

PRESIDENT'S WELCOME

October 17, 2025



Dear Friends of the Weston A. Price Foundation:

We are delighted that you have joined us for the 25th annual Wise Traditions conference! It's hard to believe that 25 years have passed since our first conference! Welcome back to a full house of 1200 people including 95 exhibitors, 38 wonderful speakers and, of course, delicious Wise Traditions meals.

You have all come here to learn and you will learn a lot this year! We are especially pleased to be hosting Drs. Mark and Samantha Bailey from New Zealand, the world's leading virus skeptics. They will be joined by fellow virus deniers Dr. Tom Cowan and Dr. Andrew Kaufman.

Returning members of our star-studded cast include Lee Merrit on parasites, Louisa Williams on neurofascial therapy, Nina Teicholz on the dietary guidelines and Sasha Latypova on the pandemic preparedness racket.

Mike Keen, our Greenland adventurer, will regale us with stories about native diets, and Bob Quinn will discuss soil health. Adam and Josh Bigelsen will reveal fascinating facts about the blood, while Odette Wilkens will educate us on the dangers of wireless communication. Catherine Austin Fitts, Valerie Borek, Leslie Manookian, Sara Patterson and Judith McGeary will focus on a variety of topics related to food and health freedom.

You will also enjoy practical presentations by Neal Bosshardt (bentonite clay), Vanessa Hargrove (microbial therapy), Desiree Brazelton (homeopathy), Dan Stachofsky (light as a nutrient), Loredana Shapson (the reproductive biome), Mandy Blume (endocrine disruptors), Valerie Borek (poisoned policies), Michelle Jorgensen (oral and overall health connection), Thaddeus Owen (body's circadian rhythm) and James Barry (organ meats). And there's more! Bill and Christina Schindler will talk about cheese, Vanessa Hargrove will present the secrets of sourdough and microbial therapy, Judy Jasek will discuss animal health and Leona Vrbancic will talk about teaching cooking in the high school setting. And of course, the ever-popular sold out farm day with Will Winter and Steve Campbell.

Amy Mihaly and Andie Simons will do the GAPS presentation this year on gut health while I will be giving my basic nourishing traditional diets talk plus presentations on bringing up baby and nourishing broth.

We are especially pleased to welcome Ariana Victor and a screening of her new film on chem trails, "Just Look Up."

The biggest complaint we get about our conference is: "I can't decide which lecture to attend!" That's a deliberate policy on our part—we try to make every track as interesting as possible. In fact, we have thirty-eight outstanding speakers this year and three to four tracks daily. But fortunately, you don't have to choose. Audio recordings of all the speakers and video recordings of many will be for sale at the Fleetwood Onsite Conference Recording table and at their site: fleetwoodonsite.com/wise/2025/stream

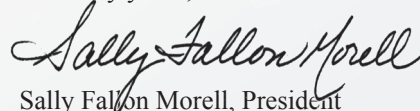
Besides all of our talks, we have extra activities including morning movement, early sponsor talks, gatherings for people ages 13-20, informal meeting during a break for you to learn about becoming a WAPF chapter leader, a family lounge, a "meet your neighbor" Friday lunch and new stickers, aprons and shirts with WAPF messages!

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

You have come to expect wonderful food at our Wise Traditions conference, and this year you will not be disappointed. We have worked closely with the chef and staff of the Hyatt Regency Salt Lake City to provide delicious, nutritious meals featuring a variety of farm-fresh foods. All of our conference meals are gluten-free (with gluten-containing sourdough bread on the side). We are especially grateful to our food provisioners who are providing a cornucopia of high-quality products. Particular thanks go to WAPF's Yolanda Hawthorne who has worked with the chefs to make sure all meals are WAPF-friendly and delicious.

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

Sincerely yours,


Sally Fallon Morell, President

Wise Traditions 2025

25TH ANNUAL CONFERENCE OF THE WESTON A. PRICE FOUNDATION OCTOBER 17–19, 2025 SALT LAKE CITY, UTAH

We would like to acknowledge and thank our sponsors for their generous support of the Weston A. Price Foundation and our conference.

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Handy Farms

Midwest Mermaid Muse

New Biology Clinic

New Trends Publishing

Nourishing Broths

Prana Maya Island Resort

Pure Indian Foods

ReVessel

IMPORTANT NOTICE

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

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

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

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Gratitude

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

- The Weston A. Price Foundation staff
- Paul Frank, Darla McCrary and Elizabeth McCrary of PTF & Associates
- Our thirty-eight excellent speakers
- Our ninety-five interesting exhibitors especially Platinum, Gold, Silver and Bronze sponsors
- Our excellent food providers
- The talented WAPF consulting chef Yolanda Hawthorne and hotel Executive Chef Ryan Olivas and the hotel F&B team
- The conference support team: George and Maureen Diaz, Mike Mudrak and Rob O'Brien
- The wonderful conference attendees and our eighty dedicated volunteers

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

1,200+ people come from near and far...

We welcome attendees come from:

Australia, Belize, Canada, Ireland, Mexico, New Zealand, Norway, Spain, United Kingdom and from all but three of the states of the U.S. plus Puerto Rico and Washington, DC.

California	170	Michigan	20	Georgia	12	Kansas	7	Maine	1
Utah	124	Minnesota	20	Nevada	12	South Dakota	7		
Texas	82	Indiana	19	New Jersey	11	Alaska	5		
Colorado	52	Montana	19	Vermont	10	Arkansas	5	Australia	1
Florida	47	Oregon	19	Wyoming	10	Washington, DC	4	Belize	2
Idaho	47	New Mexico	18	Alabama	9	Iowa	4	Canada	16
Virginia	38	New York	18	Massachusetts	9	Mississippi	4	Ireland	8
Arizona	32	Ohio	17	New Hampshire	9	South Carolina	4	Mexico	1
Washington	28	Nebraska	16	Pennsylvania	9	Louisiana	3	New Zealand	4
Missouri	25	Maryland	15	Kentucky	8	Hawaii	2	Norway	1
Wisconsin	23	North Carolina	15	Oklahoma	8	Puerto Rico	2	Spain	2
Tennessee	21	Illinois	13	Connecticut	7	Rhode Island	2	United Kingdom	1

(Reflects numbers as of October 1)

SCHEDULE AT A GLANCE

Friday, October 17

7:15–8:45 am	Breakfast
7:30–8:30 am	PAXSON Movement
9:00–10:15 am	FALLON MORELL Nourishing Broth MIHALY, SIMONS All Diseases Begin in the Gut!, Part 1 KAUFMAN The Death of the Virus Paradigm
11:00–12:15 pm	VRBANAC Real Food, Real Change: Wise Traditions in the Urban Classroom MIHALY, SIMONS All Diseases Begin in the Gut!, Part 2 JENSEN Quitting Pesticides and GMOs, Why and How I Did It
12:15–1:15 pm	Lunch: Meet Your Neighbor*
1:45–3:00 pm	PATTERSON Nourishing the Future: Inspiring a New Generation of Food Advocates MERRITT Parasites and Cancer BLUME Rethinking Neurological Conditions: Autism, Dementia, and Parkinson's Disease as Endocrine and Epigenetic Disruption
3:10–3:50 pm	VRBANAC Healthy. Happy. Hydrated. Youth Session (ages 13-20)
4:00–5:15 pm	BOSSHARDT Medical Uses of Natural Bentonite Clay HARGROVE Targeted Microbial Therapy: 8 Powerful Foods that Heal You from the Inside Out COWAN Farewell to Old Science and Biology
5:15–6:00 pm	Adult Mix and Mingle Yappy Hour (ages 13-20)
6:00–7:00 pm	Dinner
7:30–9:00 pm	VICTOR Film: Just Look Up: Uncovering the Elephant in the Sky MERRITT, WILLIAMS, KAUFMAN, BRAZELTON, MORELL Ask the Practitioners Panel BAILEY, S. Secrets of a Staged Pandemic

* **Friday Lunch: Meet Your Neighbor**
Sit at a table marked with your state or country.

Saturday, October 18

7:15–8:45 am	Breakfast
7:30–8:30 am	PAXSON Movement
7:30–8:15 am	Sponsor Presentations Harvest Right Meadows Bee Farm Best EMF Products / Smart DOTs Walkabout Health Products
9:00–10:15 am	MORELL Nourishing Traditional Diets, Part 1 MCGEARY Changing the Laws that Govern Our Food COWAN Warm Welcome to the New Biology OWEN Light, Sleep and Longevity: Reclaiming Your Circadian Rhythm in a Modern World
10:25–10:50 am	Chapter Inquiry Meeting
11:00–12:15 pm	MORELL Nourishing Traditional Diets, Part 2 KEEN Eating Greenland – an Evolutionary Diet Revelation WILLIAMS Neurofascial Therapy without Needles BAILEY, S. The Truth About Lyme Disease
12:15–1:15 pm	Lunch
1:45–3:00 pm	SCHINDLERS Cheese: The Other White Meat – Rediscovering the Health Benefits of Traditional Cheese QUINN Healing the Earth by Growing Food as Medicine (a new profit center for farmers and ranchers) JORGENSEN From Cavities to Cancer: The Surprising Links Between Oral and Overall Health MANOOKIAN No One is Going to Save US – Why You Need the Medical Freedom Act in Your State
3:15–4:30 pm	HARGROVE Unlocking the Secrets of Sourdough: Health Benefits, Gut Microbes and Ancient Grains JASEK The Most Important Aspect of Animal Health ROBBINS How & Why Copper is Central to an Ancestral Diet TEICHOLZ Saturated Fats and Seed Oils – How We Got it Wrong on “Good” Fats vs. “Bad” Fats
5:30–6:30 pm	Adult Mix and Mingle Yappy Hour (ages 13-20)
6:30–9:30 pm	BAILEY, M. Awards Banquet Keynote: Invisible Viruses and the Isolation Illusion

SCHEDULE AT A GLANCE

Sunday, October 19

7:15–8:45 am	Breakfast
7:30–8:30 am	PAXSON Movement
7:30–8:15 am	Sponsor Presentations Hearth & Homestead Daylight Computer Company Marine Health Foods Broad Spectrum DeTOX
8:45–10:00 am	MORELL Bringing Up Baby BRAZELTON Homeopathy for Acute Care: Building a Nourishing First Aid Kit for the Whole Family – Safe, Natural and Effective Remedies for Everyday Emergencies STACHOFSKY Light is Life – Let's Shine the Light on EMF Health LATYPOVA Pandemic Preparedness Racket – Continued Attack on Health and Food Supply
10:45–12:00 pm	BARRY The Original Superfood: Why Organ Meats Belong Back on the Plate SHAPSON The Reproductive Microbiome: How It Affects Women's Reproductive Health, Fertility, Men's Wellness and Future Generations BAILEY, M. A Logical End to Virology BIGELSENS Holographic Blood
12:00–1:00 pm	Lunch
1:30–2:45 pm	BOREK Poisoned Policies: The Truth Behind Vaccines, Pesticides, Fluoride and Geoengineering WILKENS Is Wireless Radiation Bad for Your Health? FITTS Financial Freedom BAILEYS, COWAN, KAUFMAN Virus Deniers Unite! Panel
3:00–4:00 pm	MORELL, MANOOKIAN, WINTER Closing Ceremony: 25 Years of WAPF

Monday, October 20

6:30 am–6:30 pm **WINTER, CAMPBELL**
Professionally Guided Farm Visit
(Meet outside the hotel)

Make the Most of Your Conference Experience

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

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

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

First timer? We recommend Saturday's seminar on traditional diets for anyone who is new.

Is there something you need? Please see the room monitor near the entrance of each session room or visit the registration desk for help.

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

Benefit the group. During Q&A periods, if you have a question that you think will benefit the group, please go to the microphone so all can hear you. Personal health questions should be posed privately.

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

Leave united and inspired.
Share this information with friends.

CONFERENCE SURVEY

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

Please go to the link to complete the survey.

surveymonkey.com/r/utahWT2025

GENERAL CONFERENCE INFORMATION

Name Badges

Wearing your conference name badge is your admission ticket to all sessions.

Meals

Your meal tickets are attached to your badge. In order to get a meal, please provide the ticket to the volunteer at meal time. Please see the Registration Desk if you need a meal ticket. One complaint we have each year is that people waste food. Please don't overload your plate but take a reasonable amount and return for seconds if you are still hungry. Please do not take food to someone who has not bought a meal ticket.

Children's Meals

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

Fermented Foods

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

Cell Phones

Please set your cell phone either to 'off' or 'airplane mode' during talks or leave it in your hotel room.

Session Rooms

If you have a question for a speaker, you may ask it at the microphone at the end of the talk. Please do not ask personal health questions but questions that will be of general interest.

Children Attending – Family Lounge

Children ages 3-12 who are potty trained are welcome to the conference as long as they are enrolled in the children's program. There will be no programs or childcare provided for infants and children under age 3. For the sake of other conference attendees, we ask that adults who bring young children to sessions take them out of the session if they are too noisy. A family lounge is available which will livestream one talk each session.

Conference Evaluation

We appreciate your time in submitting an evaluation. We review these carefully and consider your comments.

surveymonkey.com/r/utahWT2025.

EMF Protection See page 32.

Talk Slides

Whatever slides we receive from speakers, we will post on wisetraditions.org.

Conference Recordings

Please visit the Fleetwood table to inquire about ordering recordings of this conference at a 25% discount while at the conference. After the conference, go to fleetwoodonsite.com/wise/2025/stream for recordings information.

Luggage Storage

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

Photo/Video Release

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

Liability

By registering and attending the Wise Traditions 2025 Conference, you agree and acknowledge that you are participating in the activities of your own free and intentional will. You acknowledge this freely and knowingly and that you are, as a result, able to participate in said events and hereby assume responsibility for your own well-being. This acknowledgement includes participation in evening events and tours.

Disclaimer

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

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

WAPF chooses exhibitors carefully and refuses to allow exhibitors selling products known to be harmful or whose products, services or business models are inconsistent with the Foundation's values, principles and goals. We do not allow businesses based on a multi-level marketing model, including independent associates connected with such businesses. The products and claims presented at this conference, including those related to protection against electromagnetic fields (EMFs), are those of the individual speakers and exhibitors. **These claims have not necessarily been evaluated or endorsed by the conference organizers**, and no representation is made regarding the safety, efficacy or scientific validity of any product or service offered. Attendees are encouraged to conduct their own research and consult qualified professionals before making decisions based on any information or product presented at this event. Conference participation and interaction with vendors is voluntary, and the organizers assume no responsibility or liability for the use or misuse of any product or information obtained at the conference. By attending this event, you acknowledge and agree that the conference organizers, sponsors and affiliates shall not be held liable for any claims, damages or losses arising from or related to products or information encountered at this event.

SPEAKERS



Mark Bailey, MD

Saturday 6:30-9:30 PM, Salt Lake C

Banquet Keynote: Invisible Viruses and the Isolation Illusion

In 2020, the world was told that a novel coronavirus had been “isolated,” but what did this actually mean? Join Dr. Mark Bailey on an amusing guided tour through the extraordinary world of virology and its use of the word “isolation”. This includes how viruses are purportedly isolated when they cannot be known to exist! Mark will disclose the only way a virus *could* be isolated and why the virologists want to avoid this conversation.

Sunday 10:45 AM-12:00 PM, Salt Lake B

A Logical End to Virology

Dr. Mark Bailey will take you on a journey from his formative years as a doctor through to the Covid-19 event prompting him to become one of virology’s most prominent critics. Much of his work exposes the failures of virologists to adhere to the scientific method within the limits of empiricism. However, Mark has a compelling argument based on pure logic that completely defeats the “gold standard” technique for demonstrating virus existence. He reveals this fatal flaw and bids a farewell to virology.

Sunday 1:30-2:45 PM, Salt Lake C

Virus Deniers Unite! Panel

The most famous and cogent critics of virology join in this panel discussion to dissect what’s wrong with modern biological sciences and point the way to a more realistic future. They will discuss the principles and practices of the New Biology Clinic. Panelists include: Mark Bailey, Samantha Bailey, Tom Cowan and Andrew Kaufman.

Dr. Mark J. Bailey, MB ChB, PGDipMSM, MHealSc, is a microbiology, medical industry and health researcher who worked in medical practice for two decades. This included experience as a clinical trials research physician before exiting that world in 2016 due to dissatisfaction with the allopathic medical system. In 2020, with the onset of the Covid-era, he began an extensive investigation into the legitimacy of the claimed “pandemic” and the very existence of viruses. He

subsequently became one of virology’s most prominent critics and his 2022 treatise “A Farewell to Virology” expounded a complete refutation of the virus model. With his wife, Dr. Sam Bailey, he co-authored the bestselling book *The Final Pandemic: An Antidote to Medical Tyranny*. The couple have made their vast collection of medical and health information freely available through their website drsambailey.com.



Samantha Bailey, MD

Friday 7:30-9:00 PM, Salt Lake C

Secrets Of a Staged Pandemic

Dr. Sam Bailey will distill the key elements of how a pandemic is launched through fear propaganda and media marketing. Behind this, the arcane world of virological “science” is revealed to be based in pseudoscience and logical flaws. While the “virus” may be imaginary, what happens next is very real, including the deployment of purported diagnostic tests and vaccines. The antidote is the realization that contagious disease pandemics are simply not possible.

Saturday 11:00 AM-12:15 PM, Salt Lake C

The Truth About Lyme Disease

Lyme disease is a controversial diagnosis even within the mainstream medical system. Dr. Sam Bailey stirred things up even more in 2023 with “The Lyme Disease Lie” in which she questioned the entire paradigm. This new presentation will provide a definitive dissection of the foundational science, revealing more germ theory misconceptions and some dubious “diagnostic” tests. The issue of what actually causes the symptoms will also be addressed and whether the Lyme disease label should stay or go.

Sunday 1:30-2:45 PM, Salt Lake C

Virus Deniers Unite! Panel See description of talk under Mark Bailey above.

Dr. Samantha Bailey trained and worked as a conventional doctor for over two decades before a new understanding of health compelled her to leave the medical system. In 2020, she started what was to become New Zealand’s largest YouTube health channel, with her videos gaining millions of views and an international following. She is one of four co-authors of

Virus Mania: How the Medical Industry Continually Invents Epidemics, Making Billion-Dollar Profits at Our Expense, and co-author with her husband, Dr. Mark Bailey, of *The Final Pandemic: An Antidote to Medical Tyranny*. The couple have made their extensive collection of medical and health information freely available through their website drsambailey.com.

SPEAKERS



James Barry

Sunday 10:45 AM-12:00 PM Regency C

The Original Superfood: Why Organ Meats Belong Back on the Plate

For our ancestors, organ meats weren't scraps—they were sacred. In this talk, chef and functional food expert James Barry explores the unmatched nutritional value of organ meats, their revered place in traditional diets across cultures and practical ways to reintroduce them into your kitchen. You'll learn how to source, prepare and enjoy these powerful foods—without fear or fuss.

James Barry's twenty years in the culinary field started as a private chef cooking for celebrities such as Tom Cruise, George Clooney, Gerard Butler, Mariska Hargitay (of *Law & Order: Special Victims Unit* fame), Barbra Streisand and John Cusack. James is CEO and founder of the organ-based, superfood seasoning, Pluck. It's the first of its kind and an amazingly

easy and delicious way for people to get organ meats into their diet. James is also a published cookbook author, having co-authored the recipes in Margaret Floyd's book *Eat Naked* and Dr. Alejandro Junger's book, *Clean 7*. He authored *The Naked Foods Cookbook*. He is the host of the *Everyday Ancestral* podcast.



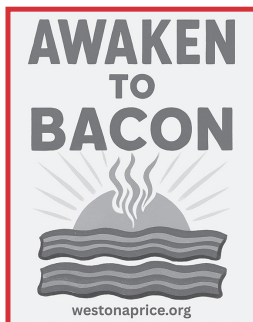
Adam & Josh Bigelsen Sunday 10:45 AM-12:00 PM, Salt Lake C

The Holographic Blood

The Bigelsen brothers will be doing a deep dive into the "terrain paradigm." Topics will include osteopathy, acupuncture, pleomorphism, homotoxicology, dark-field microscopy as well as how teeth affect the entire body. In addition, they will be talking about some of the great minds that have preceded them including Antoine Beéchamp, Jean-Baptiste Lamarck, Wilhelm Reich, Rudolf Steiner, Albert Einstein, Andrew Taylor Still, Dr. Masaru Emoto and, of course, their father Harvey Bigelsen, MD. A dominant theme will be that we evolve as Nature does, through symbiosis.

Adam and Josh Bigelsen are the sons of Harvey Bigelsen, MD, who was a pioneer in the world of holistic medicine, and author of the groundbreaking books, *Holographic Blood* and *Doctors are More Harmful than Germs*. Both brothers are

international speakers, holistic wellness coaches and educators for the Bigelsen Academy. The Bigelsen family has been utilizing traditional French/German dark-microscopy since the late 1980s.



Visit the WAPF table for free stickers! (while supplies last)



SPEAKERS



Mandy Blume

Friday 1:45-3:00 PM, Salt Lake C

Rethinking Neurological Conditions: Autism, Dementia, and Parkinson's Disease as Endocrine and Epigenetic Disruption

Prepare to challenge your perceptions and gain a deeper understanding of how endocrine and epigenetic factors shape our neurological destinies. Let's engage in an evidence-based discussion that delves into the unseen forces shaping our neurological landscape and unprecedented prevalence. This presentation offers a provocative exploration of how chemicals can disrupt our HPA axis, behavior, sex hormones, thyroid, myelination and metabolic functions, influencing a spectrum of conditions from Autism to Parkinson's disease.

Mandy Blume is an author, researcher, clinical nutritionist, mom and wife to an engineer and builder. Her journey into nutrition began when their first child was born with an anoxic brain injury, a life-altering event that set her family on a new path. Determined to find answers beyond the "incurable" prognosis, Mandy discovered the Weston A. Price Foundation and built relationships with local farmers, shifting her focus from a career in pediatric urology to the healing power of nutrition and lifestyle adjustments. Through this redirection, she witnessed not only profound improvements in her son's condition but also unexpected recoveries from her own lifelong IgE, life-threatening allergies. With a relentless heart for children, Mandy and her

husband fostered many and continue to advocate for some of society's most vulnerable youth, those who are statistically the most medicated and at risk of incarceration. She has seen firsthand the consistent, transformative role of epigenetics in their lives. With ongoing research in nutrigenetics, neurology and endocrinology through a doctoral candidacy, author of a best-selling cookbook, "Real Food Recovery", Mandy founded a 501(c)3 nonprofit supplying food and education to children at risk and advocates for foster and neurodivergent children. Her practice at DrMommy.com empowers new moms and families to "clean up" and personalize lifestyles to mitigate adverse reactions from endocrine-disrupting chemicals EVERYWHERE!



Valerie Borek

Sunday 1:30-2:45 PM, Regency C

Poisoned Policies: The Truth Behind Vaccines, Pesticides, Fluoride and Geoengineering

The U.S. has a tragic history of poisoning Americans through public policy and government programs. Join Valerie Borek as she walks us through four major federal initiatives that Americans endured with no informed choice, which left devastation in their wake. How did it happen? Where are we now? And what steps can we take moving forward to stop the toxic assault on ourselves and our children?

Valerie Borek is a wife and homeschooling mom of two. With degrees in law and biochemistry, she leads Stand for Health Freedom (SHF) advocates through complex health policy. Her work is guided by faith, family and a love for American values. The home birth of her first son, and all the parenting decisions that followed, jump started her advocacy when she learned what it's like to pursue health outside of medical and social norms. Her resolve to fight for medical freedom strengthened when her

family navigated the medical dictates of pediatric cancer while clinging to their values and incorporating non-allopathic healing modalities. Her son surprised doctors at every turn and is now cancer-free and thriving.

Before SHF, Valerie specialized in health and parenting rights at her boutique law firm. Highlights of her advocacy included fighting for transparent food labeling, and arguing that midwifery is not the practice of medicine at the Delaware Supreme Court.

DONATE TO OUR \$10,000 MATCH FUND

Once again an anonymous, generous donor offered up to \$10,000 as a donation match for this weekend. Donate at westonaprice.org or stop by the WAPF booth and pick up our new stickers and donate.

SPEAKERS



Neal Bosshardt

Friday 4:00-5:15 PM, Regency C

Medical Uses of Natural Bentonite Clay

Natural bentonite clay has been used medically for thousands of years for both internal and external applications. Neal Bosshardt's family has been using clay since 1975 for everything from diarrhea, constipation, heartburn, ulcers, diverticulitis and colitis to food poisoning. They have used it externally for cuts, bruises, rashes, infections and burns. In the class, Bosshardt will show how to use it for all those things, including tips and techniques that make using the clay easier and more effective. He will also talk about the mistakes that can be made using natural clay.

Neal Bosshardt's family was introduced to the idea of using clay medicinally in 1975 and has been using it ever since for both internal and external issues. It has kept them out of the doctor's office and the drug store many times. It has resolved issues that

conventional medicine couldn't. Neal's desire is to help others benefit from natural clay like his family has done. His advice: "Don't have kids or grandkids on your property until you have, and know how to use, natural bentonite clay."



Desirée Brazelton, CCH

Friday 7:30-9:00 PM, Salt Lake B

Practitioners Panel

Our panel of health experts answers your questions on how they treat modern diseases. The panel includes: Desirée Brazelton, CCH, Andrew Kaufman, MD, Lee Merritt, MD, and Louisa Williams, ND, with moderator Sally Fallon Morell.

Sunday 8:45-10:00 AM, Regency D

Homeopathy for Acute Care: Building a Nourishing First Aid Kit for The Whole Family—Safe, Natural and Effective Remedies for Everyday Emergencies

Empower yourself with the timeless healing art of homeopathy—an essential complement to the Weston A. Price lifestyle. In this practical and engaging session, Desirée Brazelton will teach you how to collect and use a natural first aid kit stocked with safe, effective homeopathic remedies for common household injuries and acute illnesses. From fevers and falls to bites, burns and sprains, discover the top remedies that can support healing without suppressing symptoms or disrupting the body's natural processes. She will cover the fundamentals of acute homeopathy, how to match remedies to symptoms and when to use them. Whether you're a parent, practitioner or simply looking to expand your natural wellness toolkit, this session offers practical knowledge you can use immediately.

Desirée Brazelton, CCH, is a classically trained homeopath who has a passion for deep, meaningful and long-sustained healing through homeopathy. Desirée has been in practice since 2008, working out of her office in Minneapolis while serving clients across the world. Specializing in cancer care, Desirée is pursuing her certification in cancer coaching through the Simonton Institute. In 2021, she co-founded the Prometheus Homeopathic

Institute (PHI), a revolutionary, hybrid training program for homeopathic practitioners. At PHI, in her role as CEO, she leads the institute in development and growth. Desirée also serves on the board of the Fifth Force Foundation, an organization that works to support homeopathic outreach programs both at home and abroad. She recently joined the board of the National Center for Homeopathy and also serves on the conference committee.

Please share photos and updates on social media using the hashtags:
**#wisetraditions2025 #wisetraditionsconference #wisetraditions #wapf
 #westonaprice #westonapricefoundation #ancestraldiet #justeatrealfood
 #ancestralwisdom #health #healthy #nourish #nutritious #nutrientdense**

SPEAKERS



Steve Campbell

Monday 6:30 AM-6:30 PM, Meet outside the hotel

Professionally Guided Farm Visit

Each year, we have the privilege of joining two professional guides as we visit farms in the area. Please read the bios for each of our guides to appreciate what they bring to this day. Will Winter and Steve Campbell will be on the bus speaking to us as we travel and will accompany us on each farm as we walk and observe. Each farm has a different emphasis, and we will hear and learn from the farmers themselves at each stop. Steve Campbell will be preparing the attendees for things to look for at each stop and a bit of farm etiquette. He will provide a “short course” in soil health, plant health, animal health and human health during our traveling times. He will also be going over things we did and did not see at each farm. Will Winter helps us see what healthy soil and plants look like. He

offers insights into farming and animal health based on his years of experience. He teaches us what to look for on a farm and what really matters. He explains many factors such as climate that affect farming in this particular area. Besides that, he keeps us laughing. We all enjoy the opportunity to have rich connections as well as the chance to learn from and appreciate the successful farmers and others who devote their lives to producing nutrient-dense foods.

See details about farm day under Will Winter's speaker information.

Steve Campbell has been around cattle in one capacity or another since the age of ten. His epiphany moment came in 1999 while recovering from a ranching injury. The resulting refocusing of his energies into learning about soil, plant, animal and human health led him to some very old books; like-minded thinkers and mentors; on-farm experiments with soil fertility; and numerous speaking engagements and conferences over the past twenty-four years.

From the Weston A. Price and Carey Reams philosophies for human health to Maynard Murray, Jerry Brunetti, Dr. Richard Olree, Gerald Fry, Will Winter and the teachings of numerous authors of yesteryear, Steve has extrapolated those learned principles of nature onto his own ranch—both land and animals, and to help others make similar improvements on their ranches and with their family's health.



Thomas Cowan, MD

Friday 4:00-5:15 PM, Salt Lake C

Farewell to Old Science and Biology

In this talk, Dr. Tom Cowan will examine the evidence for the existence of viruses, pathogenic bacteria and parasites, ribosomes, lipid bi-layer cell membranes, hormones, vitamins, atoms and “atomic” bombs.

Saturday 9:00-10:15 AM, Salt Lake B

Warm Welcome to the New Biology

Since viruses don't exist and bacteria do not cause disease, what are the implications for the practice of medicine? Dr. Tom Cowan's talk will explore a new approach to treating disease and bringing about healing and health. Learn about the coming true science revolution.

Sunday 1:30-2:45 PM, Salt Lake C

Virus Deniers Unite! Panel

The most famous and cogent critics of virology join in this panel discussion to dissect what's wrong with modern biological sciences and point the way to a more realistic future. They will discuss the principles and practices of the New Biology Clinic. Panelists include: Mark Bailey, Samantha Bailey, Tom Cowan and Andrew Kaufman.

Thomas Cowan, MD, is a well-known alternative medicine doctor, author and speaker, with a common-sense, holistic approach to health and wellness. He has given countless lectures and workshops throughout the U.S. on a variety of subjects in health and medicine, and is the author of seven best-selling books, including *Commonsense Childrearing*, *The Contagion Myth* co-authored by Sally Fallon Morell, *Cancer and the New Biology of Water*, *Human Heart*, *Cosmic Heart*, *Vaccines*, *Autoimmunity and the Changing Nature of Childhood Illness*, *The Nourishing*

Traditions Book of Baby & Child Care co-authored by Sally Fallon Morell, and *The Fourfold Path to Healing* (with Sally Fallon and Jaimen McMillan). From 1985 until 2019, Dr. Cowan had a general medical practice, first in upstate New York, then for 17 years in Peterborough, New Hampshire, and for 17 years in San Francisco, until his retirement from active practice. He was a founding board member of the Weston A. Price Foundation and continues to serve as its vice president.

SPEAKERS



Sally Fallon Morell, MA

Friday 9:00-10:15 AM, Regency C

Nourishing Broth

Learn the basics of making nourishing chicken, beef and fish broth, and how to use them in delicious recipes.

Friday 7:30-9:00 PM, Salt Lake B

Practitioners Panel

Our panel of health experts answers your questions on how they treat modern diseases. The panel includes: Desiree Brazelton, CCH, Andrew Kaufman, MD, Lee Merritt, MD, and Louisa Williams, ND, with moderator Sally Fallon Morell.

Saturday 9:00 AM-12:15 PM, Regency C

Nourishing Traditional Diets

Animal fats, organ meats, properly prepared whole grains, fermented foods and nourishing bone broths kept our ancestors healthy. Sally Fallon Morell, author of *Nourishing Traditions*, explains why these are vital factors for maintaining good health. Beginning with a presentation showing Dr. Weston Price's unforgettable photographs of healthy traditional peoples, Ms. Fallon Morell explains the underlying factors in a variety of traditional diets which conferred beauty, strength and freedom from disease on so-called primitive populations.

Learn about:

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

Sunday 8:45-10:00 AM, Regency C

Bringing Up Baby

Learn what to do and what NOT to do to ensure the optimal health of your baby. This talk covers pre-conception and pregnancy diets, breastfeeding and homemade formula, newborn interventions and vaccinations.

Sunday 3:00-4:00 PM, Salt Lake C

Closing – 25 Years of WAPF

As we wrap up another conference, join Sally Fallon Morell, Leslie Manookian and Will Winter to hear about Wise Traditions in Food, Farming and the Healing Arts. They will highlight what we have done in our twenty-five years and what we can do going forward in a grass-roots (and grass-based) effort to restore nutrient-dense foods to the human diet and greater health to all.

Sally Fallon Morell, MA, is founding president of The Weston A. Price Foundation, a non-profit nutrition education foundation dedicated to returning nutrient-dense food to American tables. She is also the founder of A Campaign for Real Milk, which has as its goal universal access to clean raw milk from pasture-fed animals. She is the author of the best-selling cookbook *Nourishing Traditions* (with Mary G. Enig, PhD); *The Nourishing Traditions Book of Baby & Child Care* (with Thomas S. Cowan,

MD); *Nourishing Broth* (with Kaayla T. Daniel, PhD, CCN); *Nourishing Fats*; and *Nourishing Diets*. Her latest book is *The Contagion Myth*, co-authored with Thomas S Cowan, MD. She is the owner of P A Bowen Farmstead in Southern Maryland, which produces raw cheese and milk from pastured cows, woodlands whey-fed pork and grass-fed poultry and eggs. Visit her blog at nourishingtraditions.com.

SPEAKERS



Catherine Austin Fitts

Sunday 1:30-2:45 PM, Salt Lake B

Financial Freedom

We go into the courts and the state houses fighting for freedom—for food freedom, for health freedom, for financial freedom—and quickly realize it's all one thing. You can't control the money unless you control the food. If the bankers control the money, they can mandate that our children take drugs or be transgendered. Freedom is freedom—and the freedoms that relate to our land, health and money are intimately connected. That is why we work together to create the health and wealth that freedom brings.

Catherine Austin Fitts offers Solari Report subscribers a unique perspective on how to navigate the opportunities and risks in the global financial system and political economy. Catherine is the president of Solari, Inc., publisher of the Solari Report and managing member of Solari Investment Advisory Services. She blogs for the Solari Report at solari.com. Catherine served as managing director and member of the board of directors of the Wall Street investment bank Dillon, Read & Co. Inc., as assistant secretary of Housing and Federal Housing Commissioner at the

United States Department of Housing and Urban Development in the first Bush administration, and was the president of Hamilton Securities Group, Inc. Catherine has designed and closed over \$25 billion of transactions and investments to date and has led portfolio and investment strategy for \$300 billion of financial assets and liabilities Catherine graduated from the University of Pennsylvania (BA), the Wharton School (MBA) and studied Mandarin Chinese at the Chinese University of Hong Kong.



Vanessa Hargrove

Friday 4:00-5:15 PM, Salt Lake B

Targeted Microbial Therapy—8 Powerful Foods that Heal You from the Inside Out

During this talk, Vanessa Hargrove will guide you through the transformative power of eight fermented foods that you can easily make. These foods are packed with beneficial microbes that work magic in your body, aiding in reducing inflammation, healing leaky gut, supporting digestion and more. Together, we'll explore how these key microbes contribute to a healthier, balanced life from the inside out. Join Vanessa to delve into the symbiotic relationship between fermentation and wellness, discovering simple yet potent ways to harness the healing power of nature's tiniest healers.

Saturday 3:15-4:30 PM, Regency C

Unlocking the Secrets of Sourdough: Health Benefits, Gut Microbes and Ancient Grains

Join Vanessa Hargrove for an in-depth exploration of sourdough bread—its rich history, incredible health benefits, and its powerful impact on gut health. This talk will break down the science behind fermentation explaining how naturally occurring microbes transform grains into a more digestible, nutrient-dense food. Learn why traditional sourdough stands apart from commercial breads, how it interacts with your microbiome and what makes it easier to tolerate for those sensitive to gluten. Vanessa will also compare the nutrient profiles of ancient grains like spelt, emmer and einkorn to modern hybridized wheat, revealing how they support overall wellness. Whether you're a sourdough baker, a health enthusiast or just curious about fermented foods, this discussion will deepen your understanding of the connection between bread, microbes and your body.

Vanessa Hargrove is a wife and mother of two sweet kiddos. The family is part of the Denver WAPF chapter. In 2007, Vanessa had horrible joint pain and her mother, a WAPF member, suggested trying the GAPS diet, which changed the course of her life. Vanessa has spent the last twenty years learning all she can about health and wellness. Vanessa makes many things in her home, from soap to dishwasher powder, sourdough bread and all the fermented foods. Inspired by her friend's chemical sensitivities

and her children's allergies, she founded Hargrove General Goods to craft chemical-free goods. Vanessa's journey into bread-making began four years ago, driven by a passion for health and community. Specializing in sourdough, she focuses on organic, long-fermented loaves known for their gut-friendly properties and exceptional taste. She believes that living low-tox and nourishing our bodies are the most important keys to health and happiness! Find her on Instagram.

SPEAKERS



Judy Jasek, DMV

Saturday 3:15-4:30 PM, Regency D

The Most Important Aspect of Animal Health

The best way to keep your animals healthy is to change the way you think about disease. How do you interpret symptoms? Is it disease or a message from the body? The more we listen to what our animals' bodies are telling us, the better we are able to correct imbalances and create true health.

Dr. Judy Jasek received her formal education at Colorado State University, including a bachelor's degree in zoology, followed by her doctor of veterinary medicine degree in 1988. After practicing in Idaho and Utah, she returned to Colorado in 2001 where she owned and operated an integrative medicine practice for twelve years. She then developed a more specialized practice emphasizing the terrain approach to healing. Her foundational belief is that health is the natural state of the body. "We do not

create health; we support the body's natural ability to attain it." She believes that true healing must encompass not only the physical body, but also includes the mental, emotional and environmental aspects of the pet's terrain. Her treatment protocols emphasize the importance of species-appropriate nutrition augmented by natural healing aides including herbs, homeopathy, ozone and mistletoe. She also highly recommends the use of hands-on modalities such as acupuncture, chiropractic and massage.



Stan Jensen

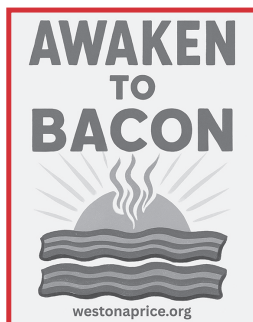
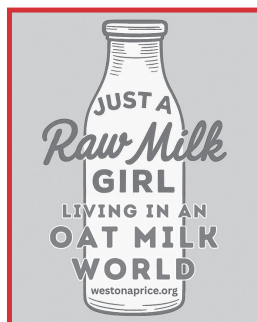
Friday 11:00 AM-12:15 PM, Salt Lake C

Quitting Pesticides and GMOs, Why and How I Did It

This is Stan Jensen's journey seeking a better future for his family and farm. A journey that has led to producing and selling eggs, chicken, pork and grass-fed and finished beef to Utah and beyond.

Stan Jensen took over his multi-generational family farm in Centerfield, Utah in 2019. He is inspired by those that build soils and practice regenerative agriculture. You can find him on his farm with his four children

and wife working to raise his family and build soil through cover crops and intensively grazing cattle, pigs, egg layers and meat chickens. He is an advocate for better agriculture practices and stronger local food economies.



SPEAKERS



Michelle Jorgensen, DDS

Saturday 1:45-3:00 PM, Salt Lake B

From Cavities to Cancer: The Surprising Links Between Oral and Overall Health

Your mouth is more than teeth and gums—it's the gateway to your entire body. In this eye-opening session, Dr. Michelle Jorgensen reveals how issues that start small, like cavities or gum infections, can ripple into chronic illness, fatigue, even cancer. Drawing from her own health journey and years of pioneering holistic dentistry, she'll uncover the surprising ways dental procedures, hidden toxins and oral imbalances affect the whole body—and what you can do about it. Attendees will leave with practical, natural strategies to protect their mouths, restore wellness at the root and unlock true whole-body health.

Dr. Michelle Jorgensen, DDS, TNC, BCHHP, is a dentist, author of six books and pioneer in biologic and holistic dentistry. After becoming seriously ill from mercury exposure during routine dental procedures, she transformed her traditional practice into one of the nation's leading centers for wellness-based dental care. Patients now travel from around the world to her clinic, where she and her team have cared for hundreds of thousands of people seeking to restore their health at the source—the mouth.

Frustrated by the lack of safe, effective products for her patients, Dr. Jorgensen began formulating her own. Today, her Living Well line has sold more than one million bottles of toothpowder and toothpaste, providing natural alternatives that align with the body's innate healing systems. Combining clinical expertise with real-world solutions, she continues to lead the movement for dentistry that supports not just a healthy smile, but true whole-body wellness.



Andrew Kaufman, MD

Friday 9:00-10:15 AM, Salt Lake C

The Death of the Virus Paradigm

Dr. Andy Kaufman will challenge the foundational assumptions of virology, exposing the flaws in the scientific rationale behind viral pandemics and offering a fresh perspective on health and disease.

Friday 7:30-9:00 PM, Salt Lake B

Practitioners Panel

Our panel of health experts answers your questions on how they treat modern diseases. The panel includes: Desiree Brazelton, CCH, Andrew Kaufman, MD, Lee Merritt, MD, and Louisa Williams, ND, with moderator Sally Fallon Morell.

Sunday 1:30-2:45 PM, Salt Lake C

Virus Deniers Unite! Panel

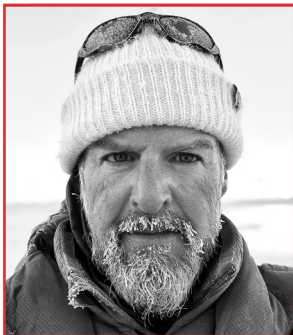
The most famous and cogent critics of virology join in this panel discussion to dissect what's wrong with modern biological sciences and point the way to a more realistic future. They will discuss the principles and practices of the New Biology Clinic. Panelists include: Mark Bailey, Samantha Bailey, Tom Cowan and Andrew Kaufman.

Andrew Kaufman, MD, is a "recovering physician," transitioned from a prestigious mainstream medical career to challenge conventional paradigms. Trained in allopathic medicine, his journey of questioning traditional principles led him to become a dynamic educator and speaker. Dr. Andy shares insights on medicine, viruses and natural healing, while exploring interconnected fields like economics, law and science, offering a holistic perspective that inspires critical thinking.

With a BS in biology from MIT, an MD from the University of

South Carolina, and a psychiatric residency at Duke University, Dr. Andy has held academic leadership roles, contributed to research and patented a medical device. Now, he dedicates himself to researching and delivering trustworthy products and protocols, empowering health-seekers to achieve optimal wellness. Follow Dr. Andy Kaufman on Medicamentum Authentica (YouTube, Instagram, Rumble) to gain knowledge and take charge of your health journey.

SPEAKERS



Mike Keen

Saturday 11:00 AM-12:15 PM, Regency D

Eating Greenland—an Evolutionary Diet Revelation

Mike Keen talks about the premise behind his 3200km solo kayak expedition eating only an ancestral Inuit diet. Mike reveals the before-and-after medical testing results and what they mean for today's global food system. Mike digs deep into our evolutionary history with food to find our optimal diet and how the Agricultural and Industrial Revolutions have affected and are affecting our collective health. Can we reset our evolutionary destiny?

Mike Keen is based in Suffolk, England where he researches firsthand the impact of evolutionary diets and questions how and why we got to this point in our evolutionary diet. A chef by trade, Mike has spent his career traveling the globe and is now using that experience to bring the big questions about our

food and diet into the collective consciousness. When not on his homestead, he can often be found somewhere remote testing diets out himself. His current project is a year-long study of eating and investigating the major dietary changes that have occurred for humans over the last hundred thousand years.



Sasha Latypova, PhD

Sunday 8:45-10:00 AM, Salt Lake C

Pandemic Preparedness Racket: Continued Attack on Health and Food Supply

Sasha Latypova will discuss the organization and perverse law (PREP Act) that is misused by the U.S. and the global "Pandemic Preparedness Racket" pursuing the goals of total control of society and its food and natural resources under the guise of contrived, fake "public health emergencies." The talk will also cover the involvement of the U.S. military and global military alliances as well as contrived (fake) bio-threats, drawing on historical examples and current events.

Sasha Latypova is an independent writer and researcher. She holds an MBA from Dartmouth College. She spent twenty-five years of her professional career in the healthcare technology, medical device and pharmaceutical R&D industries, both in the U.S. and Europe. She co-owned and managed several contract research organizations with scientists from the University of

Rochester Medical Center. These companies performed clinical trials for over sixty pharmaceutical clients worldwide, interacting with FDA, EMA and Japanese FDA regulators. Sasha has retired from the pharma industry and currently writes an independent Substack publication, "Due Diligence and Art," which is read by subscribers in one hundred ninety countries.

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\$25 ~~\$40~~ annual U.S. membership

\$35 ~~\$50~~ annual international membership

SPEAKERS



Leslie Manookian, MBA, MLC HOM

Saturday 1:45-3:00 PM, Salt Lake C

No One is Going to Save US—Why You Need the Medical Freedom Act in Your State

We are in the midst of a massive societal transition. Much of the change jeopardizes principles and freedoms we hold dear and which we do not want to yield to the coming shifts. What can we do to ensure we go in a direction that serves humanity?

Sunday 3:00-4:00 PM, Salt Lake C

Closing – 25 Years of WAPF

As we wrap up another conference, join Sally Fallon Morell, Leslie Manookian and Will Winter to hear about Wise Traditions in Food, Farming and the Healing Arts. They will highlight what we have done in our twenty-five years and what we can do going forward in a grass-roots (and grass-based) effort to restore nutrient-dense foods to the human diet and greater health to all.

Leslie Manookian is president and founder of Health Freedom Defense Fund, a nonprofit which seeks to rectify health injustice through education, advocacy, and legal challenges to unjust mandates, laws, and policies that undermine our health freedoms and human rights such as successfully defeating CDC's federal mask mandate and LAUSD's Covid vaccine mandate for

employees. She wrote and presented the Idaho Medical Freedom Act to the Idaho legislature, landmark legislation passed April 4, 2025, making Idaho the first state in the nation to outlaw medical mandates. She is an award-winning filmmaker, homeopath, nutrition junky and all around health freedom fighter.



Judith McGeary

Saturday 9:00-10:15 AM, Regency D

Changing the Laws that Govern Our Food

If we want better access to nutrient-dense foods, then we have to change the laws that govern what is grown, by whom and how it can be sold. Making changes in government policies is both easy and challenging at the same time; it doesn't take a law degree or lots of money, but it does take time, an understanding of the system and careful strategizing. This session will use the experience in changing Texas raw milk regulations as a tool to explain effective activism. Learning from both our wins and our losses along the way can help you become a strong voice for farmers and food producers in your state.

Judith McGeary is an attorney, activist and regenerative farmer. After earning her BS from Stanford University and her law degree with high honors from the University of Texas at Austin, she clerked for a Federal Appeals Court and went on to private law practice. During that time, she became a passionate advocate of sustainable agriculture, and she and her husband established their own livestock farm. After seeing how government

regulations benefit industrial agriculture at the expense of family farms, she founded the Farm and Ranch Freedom Alliance to promote common-sense policies for local, diversified agricultural systems. Judith has been profiled in the Texas Observer and Edible Austin, appears in the documentary *Farmageddon*, and has been interviewed on numerous radio shows across the country.

Practice Safe Cell Phone Use

Please keep your cell phone on airplane mode while attending the conference, or leave it in your room.

The New Etiquette

SPEAKERS



Lee Merritt, MD

Friday 1:45-3:00 PM, Salt Lake B

Parasites and Cancer

Dr. Lee Merritt will expose the truth about cancer and parasites. She shows that there is a relationship between parasites and cancer as well as other diseases. She will show a short German video about cancer as a parasitical infection. Dr. Merritt asked herself: Why are cancers bursting out after the COVID shot? Why does autoimmune disease respond to anti-parasitics? Dr. Merritt will offer an explanation of the parasites we are facing, and a guide to the three things you need to do to protect yourself and your family.

Friday 7:30-9:00 PM, Salt Lake B

Practitioners Panel

Our panel of health experts answers your questions on how they treat modern diseases. The panel includes: Desiree Brazelton, CCH, Andrew Kaufman, MD, Lee Merritt, MD, and Louisa Williams, ND, with moderator Sally Fallon Morell.

Lee Merritt, MD, experienced medicine first-hand at age four accompanying her father on house calls along the back roads of Iowa. She graduated in 1980 from the University of Rochester School of Medicine in New York where she was inducted into the Alpha Omega Alpha Honor Medical Society. She completed an orthopedic residency and served nearly twelve years as a physician and surgeon in the United States Navy. After completing a spinal surgery fellowship she spent over twenty-five years in private practice. She served on the board of the Arizona

Medical Association and on the Naval Research Advisory Committee, where she looked at medical defense technology for the military. She is past president of the Association of American Physicians and Surgeons and has devoted her professional career to patient-centered ethical medicine. In her unexpected retirement, she is spending her time trying to wrest her professional friends and family from the medical death cult that seems to be in charge. getwisdom.com/wisdom



Amy Mihaly, FNP, BC, CGP

Friday 9:00 AM-12:15 PM, Salt Lake B

All Diseases Begin in the Gut!

All diseases begin in the gut! This is a statement made many years ago by Hippocrates, the father of modern medicine. The more we learn with our modern scientific tools, the more we realize just how correct Hippocrates was! Amy Mihaly and Andie Simons will be talking about GAP Syndrome (GAPS), which stands for Gut And Psychology/Gut And Physiology Syndrome. They will cover autism-attention-deficit/hyperactivity disorder (ADHD/ADD), schizophrenia, depression, dyslexia, dyspraxia, obsessive-compulsive disorder, bipolar disorder and many other psychological and psychiatric problems, as well as autoimmune problems, allergies, asthma, eczema, MS, chronic fatigue syndrome, ME, fibromyalgia, arthritis, diabetes type one, chronic cystitis, chronic skin problems and many other physical conditions. All of these problems are becoming more common among children and adults. Amy and Andie will talk about what GAPS is and how to treat it with a sound nutritional protocol based on common sense and dietary traditions used by people for millennia all over the world

Amy Mihaly FNP-BC, CGP, is privileged to represent Dr. Natasha Campbell-McBride's work here at Wise Traditions. Amy has been a family nurse-practitioner and a certified GAPS practitioner since 2013. She founded Be Well Clinic where she serves many families in the Northern Colorado region. She has published a book, *Notes from a GAPS Practitioner: Using Diet to Unlock the Body's Healing Secrets*, as well as a journal line called *My Daily Insights*. She is also the author of a DIY course, *Getting Started on GAPS*, which is available on www.gapstraining.com. Finally, she works with the GAPS international team as one of

the teachers in the training courses for new GAPS practitioners and coaches. Her passion is education and empowerment. She utilizes aspects of GAPS every day with her patients, teaching the healing principles and helping her patients to implement them at their pace. Her goal is to make GAPS accessible to everyone who needs it. And the good news? Healing happens all the time! Everything we do that's good for the body helps the body. She hopes you will join her and Andie Simons to learn more about how GAPS can help your family heal!

SPEAKERS



Thaddeus Owen, MS

Saturday 9:00-10:15 AM, Salt Lake C

Light, Sleep and Longevity: Reclaiming Your Circadian Rhythm in a Modern World

Modern living has pulled us out of sync with nature's most powerful regulator: light. From artificial lighting and screens to late nights under LEDs, our circadian rhythm is under constant assault, leading to poor sleep, hormone imbalance, accelerated aging and chronic disease. In this talk, Thaddeus Owen will reveal how light directly shapes your biology, melatonin production, mitochondrial health and longevity. You'll learn simple, actionable strategies for better sleep and increased longevity using nature as a guide—from harnessing morning sunlight to creating a light-optimized evening routine—to restore circadian balance, improve sleep quality and unlock

your body's innate capacity for repair and renewal. Walk away with practical tools to align your lifestyle with the natural cycles of light and dark, so you can sleep deeply, age gracefully and reclaim vibrant health.

Thaddeus Owen, MS, is a circadian health expert, biohacker and co-founder of DreamWalkerz and PrimalHacker. Known as “The WHY Guy,” he has spent over fifteen years researching the intersection of light, sleep and human performance. Thaddeus has been featured on TEDx and leading podcasts, sharing practical

ways to optimize circadian rhythm, improve mitochondrial function and live in harmony with nature.

His work bridges science and ancestral wisdom, empowering people to use light as medicine for longevity and vitality.



Sara Patterson

Friday 1:45-3:00 PM, Regency C

Nourishing the Future: Inspiring a New Generation of Food Advocates

Sara Patterson is proud to be a “Weston A. Price kid”, grateful for her parents who dared to question the status quo. Their bold choices—home birth, opting out of vaccinations, breastfeeding, avoiding fluoride, drinking raw milk and choosing organic food—have profoundly shaped Sara's health and inspired her life's work. Now, at thirty, she is a passionate advocate for state and federal legislation that expands access to the foods we choose.

She has successfully run an organic and biodynamic farm for sixteen years. She finds herself pondering why some young people seem to struggle with valuing food and often rebel

against their upbringing. Sara is concerned about the next generation's connection to nutrition and local farming. How can we inspire young mothers, children and emerging farmers to join the movement? She will share her story and offer suggestions based on her own experience as a young farmer and advocate. Let's work together to nourish our communities for future generations!

Sara Patterson, owner, farmer, chef, advocate, public speaker, dreamer and doer, started her first CSA at just 14 years old and now owns and operates Red Acre Farm CSA—a thriving, biodiverse, two-acre biodynamic farm in Cedar City, Utah. The farm includes a farm stand, a farm kitchen and a farm stay. Together with her mother, Sara also co-founded the Red Acre Center for Food and Agriculture, a nonprofit dedicated to supporting small farms and food producers across Utah. Since 2015, she has successfully championed twenty-two pieces of

legislation, advancing the rights of small-scale farmers and artisan producers—including a landmark raw milk bill that expanded access to local raw milk through a herdshare program. The Center hosts the Utah Farm and Food Conference, now in its tenth year, which brings together farmers, producers, advocates and food lovers from across the state. Sara is passionate about empowering others to grow food, start businesses and build more resilient, nutrient-dense local food systems.

DONATE TO OUR \$10,000 MATCH FUND

Once again an anonymous, generous donor offered up to \$10,000 as a donation match for this weekend. Donate at westonaprice.org or stop by the WAPF booth and pick up our new stickers and donate.

SPEAKERS



Bob Quinn, PhD

Saturday 1:45-3:00 PM, Regency D

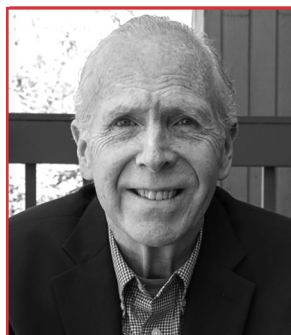
Healing the Earth by Growing Food as Medicine—A New Profit Center for Farmers and Ranchers

They say food is medicine—Bob Quinn says regenerative organic food is the best medicine. Bob will show the real cost of cheap food to our farmers, our communities, our planet and the health of our people. He will share his conversion to regenerative organic farming forty years ago and its great boon to the economic and agronomic viability of his farm. He will give examples of what he is seeing after forty of years farming organically, some of the challenges and successes as well as the financial advantage of organic versus non-organic systems today.

He will outline the principles of delivering food as medicine to your table starting with what happens on the farm. He will conclude with the establishment and purpose of the newly created Quinn Institute, which focuses on regenerative organic agricultural research, education, outreach and health.

Bob Quinn was raised on a 2400-acre wheat and cattle ranch his grandfather started in north central Montana near Big Sandy in 1920. He received a BS in botany and a MS in plant pathology from Montana State University and a PhD in plant biochemistry from UC Davis. He then returned to the farm in 1978. In 1983, he started Montana Flour & Grains to direct-market his own high protein wheat to whole grain bakeries in California. In 1986, he

introduced ancient grain to the organic marketplace as Kamut brand wheat. That year, he also started converting his whole farm to a regenerative organic system. He started several businesses on his farm to add value to his crops. He leased out his farm in 2018, and in 2023 he created the Quinn Institute on 700 acres of his farm for regenerative organic agricultural research, education, outreach and health.



Morely Robbins, MBA, CHC

Saturday 3:15-4:30 PM, Salt Lake B

How & Why Copper is Central to an Ancestral Diet

We live on a planet that is run by a 3-ring circus: copper $\diamond$ oxygen $\diamond$ iron. Despite copper's small footprint in our body, it is the catalyst and the "General" running the show--as long as it's made bioavailable by retinol in our diet. Morley Robbin's talk will examine how and why copper is so important for our metabolism and immune system and how it is being challenged by a wide cast of environmental factors. The talk will also examine the impact of unchecked iron in the human body and offer a proven protocol to bring our stressed-out bodies back into balance and neutralize the metabolic impact of unrelenting stress in our lives.

Morely Robbins, MBA, CHC, is the creator and founder of The Root Cause Protocol. Morley received his BA in biology from Denison University in Ohio and holds an MBA in healthcare administration from George Washington University. Morley has trained in wellness coaching, nutritional counseling and functional diagnostic nutrition. He was known as the "Magnesium Man" due to his extensive research into and understanding of magnesium's role in the body and the body's response to stress. Today, Morley is researching the intricate relationship between the three ring circus: copper, iron and oxidative stress and their impact upon mitochondrial function and immune response. He is a firm believer that we have been misled and misfed as it relates to medicine and nutrition. As a certified health coach with an expertise in hair tissue mineral analysis (HTMA), Morley has performed over seventy-five hundred one-on-one consults, helping people feel better by empowering them to get to the root cause of their symptoms. rep123.org

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

***#wisetraditions2025 #wisetraditionsconference #wisetraditions #wapf
#westonaprice #westonapricefoundation #ancestraldiet #justeatrealfood
#ancestralwisdom #health #healthy #nourish #nutritious #nutrientdense***

SPEAKERS



Bill Schindler, PhD

Saturday 1:45-3:00 PM, Regency C

Cheese: the Other White Meat—Rediscovering the Health Benefits of Traditional Cheese

Cheese is often misunderstood in modern diets, yet when made using traditional methods, it can be a powerful addition to a healthy lifestyle—even for those following ketogenic or carnivore diets. In this presentation, we'll explore the significant differences between traditional and industrially processed cheeses, revealing why these distinctions are critical for optimal health. Drawing from extensive ethnographic research, hands-on experience making cheese at his restaurant and years of teaching cheesemaking classes, Dr. Bill and Christina Schindler will provide practical insights on how to source, select and incorporate nutrient-dense, traditionally crafted cheeses into your daily life. Whether you're a cheese enthusiast, a health-conscious eater or simply curious, this session will equip you with the knowledge to navigate the cheese aisle with confidence and embrace cheese as a nourishing staple. Dr. Bill Schindler, an internationally recognized food archaeologist, primitive technologist, chef and author of *Eat Like a Human*, and Christina Schindler, an experienced educator and business leader, are the husband-and-wife team behind Modern Stone Age in Chestertown, Maryland. Bill, founder and director of the Modern Stone Age Food Lab, works to preserve ancestral dietary traditions to build a more nourishing, ethical and sustainable food system. His expertise has been featured globally, including on National Geographic and *Wired* magazine. Christina, CEO of Modern Stone Age Kitchen, leads business operations, growth strategy and educational programming. Together, they merge science, tradition and culinary arts to redefine what it means to eat like a human. Whether through their research, food or hands-on education, they are dedicated to empowering individuals and families to reconnect with real, nourishing food.

Dr. Bill Schindler is an archaeologist, anthropologist, chef and author of *Eat Like a Human*. A global leader in ancestral foodways, he bridges the gap between traditional diets and modern health by researching, preserving and applying ancient food techniques. Through his work at Modern Stone Age Kitchen and Food Lab, he transforms traditional practices—such as whole

animal butchering and cooking, fermentation and indigenous food processing—into accessible, nourishing solutions. Bill collaborates with traditional communities worldwide, sharing their wisdom through teaching, public speaking and media. His mission is to reshape the modern food system by making ancestral knowledge relevant, practical and impactful today.



Christina Schindler

Saturday 1:45-3:00 PM, Regency C

Cheese: the Other White Meat—Rediscovering the Health Benefits of Traditional Cheese

See description of talk under Bill Schindler above.

Christina Schindler, a former educator of twenty years, Christina Schindler now applies her expertise in technology and systems to running Modern Stone Age as CEO, handling HR, accounting, marketing and

operations. She also serves as president of the MSA Food Lab, a nonprofit dedicated to a nourishing, ethical and sustainable food system. Most importantly, she's a mom to three busy young adults and the high-tech other half of Dr. Bill Schindler, keeping things running in the present while he dives into the past.

Practice Safe Cell Phone Use

Please keep your cell phone on airplane mode while attending the conference, or leave it in your room.

The New Etiquette

SPEAKERS



Loredana Shapson, MD

Sunday 10:45 AM-12:00 PM, Regency D

The Reproductive Microbiome: How it Affects Women's Reproductive Health, Fertility, Men's Wellness and Future Generations

The reproductive microbiome is a powerful but often overlooked factor in urogenital health, reproductive health, fertility and even the well-being of future generations. This talk dives deep into the role of the vaginal, seminal and gut microbiomes in shaping hormonal balance, fertility outcomes and overall wellness for both women and men. The talk will explore common issues like bacterial vaginosis (BV), vaginal yeast infections, and how imbalances in these microbial ecosystems can disrupt fertility, increase miscarriage risk and how the sperm microbiome plays a role. You'll learn about the latest research, natural strategies to restore balance and how optimizing the microbiome supports healthier pregnancies and healthier babies. This session will provide practical, science-backed insights for anyone looking to enhance reproductive health through a microbiome-focused lens.

Dr. Loredana Marzullo Shapson, PharmaD, is a pharmacist-turned-holistic practitioner on a mission to help patients get off prescription medications—just as she did herself. After struggling for years with constipation, diarrhea, bloating, high blood pressure, mold illness, chronic infections and weight loss resistance, she turned to holistic healing when conventional

medicine failed her. Dr. Loredana is the founder of LifeMod Solutions, a holistic health practice specializing in gut health, bloating, IBS-like conditions and vaginal health. She teaches that microbiome repair is simpler and quicker than most think—and doesn't require excessive lab testing.



Andie Simons, FNP

Friday 9:00 AM-12:15 PM, Salt Lake B

All Diseases Begin in the Gut!

All diseases begin in the gut! This is a statement made many years ago by Hippocrates, the father of modern medicine. The more we learn with our modern scientific tools, the more we realize just how correct Hippocrates was! Amy and Andrea will be talking about GAPS Syndrome or GAPS, which stands for Gut And Psychology/Gut And Physiology Syndrome. Autism, attention deficit hyperactivity disorder (ADHD/ADD), schizophrenia, depression, dyslexia, dyspraxia, obsessive-compulsive disorder, bipolar disorder and many other psychological and psychiatric problems will be covered. Autoimmune problems, allergies, asthma, eczema, MS, chronic fatigue syndrome, ME, fibromyalgia, arthritis, diabetes type one, chronic cystitis, chronic skin problems and many other physical conditions also will be discussed. All of these problems are becoming more common among children and adults. Amy and Andrea will be talking about what GAPS is and how to treat it with a sound nutritional protocol based on common sense and dietary traditions, used by people for millennia all over the world

Andie Simons, APRN, FNP-C, is a nationally board certified and licensed family nurse-practitioner with twelve years of experience as a GAPS practitioner. She first became interested in GAPS during her quest for health for herself and her children, and continues to be amazed by the power of food as medicine. She regularly seeks educational opportunities and is at the forefront of understanding the functional causes of disease.

She believes deeply in a healthcare model that reverses the global epidemic of chronic disease and puts her efforts towards supporting the development of vibrant cultural longevity. She has a busy functional medicine and primary care practice in Utah and Idaho. She is supported by her husband and children and loves to cook nourishing meals, garden, hike, run, play soccer, read, scuba dive and spend time with friends and family.

CONFERENCE SURVEY

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

Please go to the link to complete the survey.

surveymonkey.com/r/utahWT2025

SPEAKERS



Dan Stachofsky

Sunday 8:45-10:00 AM, Salt Lake B

Light is Life—Let's Shine the Light on EMF Health

Most people aren't sure if artificial electro-magnetic fields are affecting them or they have tried different gadgets without success, leaving a sense of hopelessness. Dan Stachofsky's experience mitigating EMF stress on farms across North America, gives a unique perspective and new life into the EMF discussion. You'll leave with hope and a deeper understanding of why EMF from 5G, smart meters and all modern tech is not just an inconvenience but a crisis threatening the very foundation of life. Dan will explain the journey of how we got here and look at data that is eye opening and informative.

Dan Stachofsky is a former tech executive who served Fortune 100 clients like Microsoft and Amazon during the foundational rise of wireless infrastructures, including the Cloud and AI. Intersecting with his family's health crisis, he became an EMF researcher—specializing in quantum biophysics and bio-photonic optimizing technologies, with the aim to holistically restore immune and brain function by mitigate EMF stress from junk lighting to satellite radiation and other environmental stressors. Combined with his foundation in chemistry from the University

of Washington, Dan's multi-disciplinary background makes him a sought after in functional-energy stewardship.

Today, he leads Essential Energy, a non-profit on a mission to better a billion lives with harmonizing photonic therapy. These EMF conditioning devices are used worldwide, advancing photonic health for people, plants and animals. He's been featured on leading podcasts and advises event planners and commercial developers on designing EMF-safe spaces.



Nina Teicholz, PhD

Saturday 3:15-4:30 PM, Salt Lake C

Saturated Fats and Seed Oils—How we got it Wrong on “Good” Fats vs. “Bad” Fats

Since the early 1960s, Americans have been told to replace saturated fats with seed oils as the best measure of prevention against heart disease. This advice, which started with the American Heart Association and was then adopted by the U.S. Dietary Guidelines, remains in place today despite never being based on rigorous evidence. Nina Teicholz will review the astonishing history of the extensive body of science on saturated fats and seed oils that has never been recognized by health authorities. What does the science really tell us about good fats vs. bad?

Nina Teicholz, PhD, is a science journalist and author of the New York Times bestseller, *The Big Fat Surprise*. She's been a pioneer in challenging the conventional wisdom on saturated fats, vegetable (seed) oils, the health halo around the Mediterranean diet and the reliability of the U.S. national dietary guidelines. Her work has been favorably reviewed by top medical journals, including the *Lancet*, and her writing has been published in academic journals such as *BMJ*, *Nutrients* and a journal of the National Academy of Sciences as well as media outlets such as the *New York Times*, *Wall Street Journal*, *The Atlantic* and

Economist. Teicholz has appeared on most major TV networks and many podcasts, from NPR to Joe Rogan. She is a graduate of Stanford and Oxford Universities, and in 2024, she received a PhD in nutrition focused on evidence-based nutrition policy. For years, she ran a non-profit called the Nutrition Coalition aimed at updating the U.S. dietary guidelines with the current science. She has a Substack called “Unsettled Science.” A former vegetarian of 25+ years from Berkeley, CA, Teicholz now lives in New York City with her husband and two sons.

DONATE TO OUR \$10,000 MATCH FUND

Once again an anonymous, generous donor offered up to \$10,000 as a donation match for this weekend. Donate at westonaprice.org or stop by the WAPF booth and pick up our new stickers and donate.

SPEAKERS



Ariana Victor

Friday 7:30-9:00 PM, Regency C

Just Look Up: Uncovering the Elephant in the Sky – Film

Have you ever looked up at the sky and wondered what's really going on with those strange clouds and bizarre weather patterns? You're not alone. After filmmaker Ariana Victor's hometown was ravaged by a historic California wildfire, she embarked on a journey that lead her straight into the wild world of geoengineering and weather modification. With governments worldwide considering drastic measures to "fix" climate change, this film asks whether these so-called solutions are as theoretical as we've been told. From mounting evidence of weather manipulation already at play to the ecological risks and questionable motivations behind technologies like solar radiation management, *Just Look Up* explores the true impact of

tinkering with our skies. Get ready to question everything you thought you knew about climate change and discover your role in shaping the future of our planet. It's time to look up, wake up and take action.

Ariana Victor is an investigative filmmaker and truth-seeker devoted to exposing the hidden forces impacting public health, the environment and human freedom. With a background in documentary storytelling, she brings sharp research and compelling narratives to topics often ignored or censored. Her current film, *Just Look Up*, dives into the urgent and controversial issue of geoengineering, uncovering its impact on our bodies, ecosystems and skies. She hopes this film encourages people to not only look up and see our skies with fresh eyes but also to

question the stories and systems shaping our culture. Since the age of seven, the camera has been Ariana's way of making sense of the world—a lens not just for seeing but for understanding. Now, she's on a mission to tell stories that ignite conversation, challenge the status quo and inspire people to reclaim their power. *Just Look Up* is a call to awareness for healing, environmental justice and collective action—because we are not powerless; we are participants in the turning of this tide and the shaping of our future.



Leona Vrbanac

Friday 11:00 AM-12:15 PM, Regency C

Real Food, Real Change: Wise Traditions in the Urban Classroom

Chipper. Happy. Fun. Engaged. Curious. Determined. Cooperative. Capable. Enthusiastic. Not the adjectives you'd expect for students in an inner-city high school classroom? Think again! These qualities shine every day in Ms. V.'s culinary class—the first-ever high school chapter of Wise Traditions, rooted in a public urban school. Join us as she explores how students are joyfully cooking (and yes, eating!) their way through the nutrient-dense principles of Wise Traditions. From keeping sourdough starters alive to fermenting yogurt, nixtamalizing corn, composting and tending their own garden, these students are hands-on, hearts-in and fully fed—

body, mind, and spirit. What started as an experiment in real food turned into a movement with a 300-student waitlist. What's the secret? It's not just the curriculum—it's the nourishment. This session will share how real food can transform not just health, but attitudes, engagement and even school culture. Clearly, students are hungry—for knowledge, for connection, for purpose and for real nourishment. Let's spread the love and bring real food to schools across the country!

Friday 3:10-3:50 PM, Salt Lake E

Healthy, Happy, Hydrated. (Exclusively for 13-20 year olds)

Learn how to fuel your body the smart way! In this interactive seminar, you'll discover the power of hydration--then mix up your own small-batch, handcrafted hydration drink using fresh fruit and Redmond's Real Salt. Come thirsty, leave energized!

Leona Vrbanac is a culinary teacher and garden manager at Newark High School, an urban school with government-provided breakfast and lunch. She brings a strong commitment to counter the status quo and connect students to deeply nourishing food. Her core curriculum is rooted in the principles of the Weston A. Price Foundation, emphasizing traditional, nutrient-dense foods. Leona guides her students in ancestral culinary practices such as fermenting sourdough and dairy, nixtamalizing corn, sprouting legumes, preparing meats, harvesting herbs, creating herbal hydrosols, growing vegetables and composting to develop nutrient-dense soils in the class garden. She encourages her

sometimes reluctant students to "meet every edible opportunity with optimism." Surprises abound. Leona holds a Bachelor's degree in family and consumer sciences, a Master's in education with a focus on intervention and certifications in both Montessori education and the Orton-Gillingham approach to literacy. She also serves as a Weston A. Price chapter leader promoting traditional, nutrient-dense foods and holistic wellness. She consistently pursues continuing education through the annual Wise Traditions Conference, Modern Stone Age Food Lab, Jovial Einkorn Experience and the Culinary Institute of America, Hyde Park.

SPEAKERS



Odette Wilkens, Esq.

Sunday 1:30-2:45 PM, Regency D

Is Wireless Radiation Bad for Your Health?

Cell phones, Wi-Fi used on tablets, desktops and laptops, and cell towers and cell antennas are becoming ubiquitous around the world. 5G “small cells” are being placed closer and closer to our homes, schools and in parks, and “smart” utility meters are being placed on our homes. The common theme is that they use wireless radiation to carry messages and data. The one universal question many communities ask when a cell tower is being planned or installed;—is wireless radiation safe? People want to know if people and the environment will be affected. Are our children at risk? Are there safer alternatives? These and other issues will be addressed in this talk.

Odette Wilkens, a technology transactional attorney for over twenty years, co-founded the National Call for Safe Technology, where she is president and general counsel. A coalition of over one hundred organizations and individuals, it advocates for safe communications networks for phone and Internet access. After seeing that many people were being affected by wireless radiation from cell towers, “smart” meters and other wireless devices, Odette co-founded the National Call with Virginians for Safe Technology. She also co-founded Wired Broadband, Inc., a non-

profit based in New York also advocating for safe communications networks where she is also president and general counsel. In 2024, Odette served as a volunteer on the Communications Equity and Diversity Council at the Federal Communications Commission on bridging the digital divide for those without access to broadband. Odette graduated from Brooklyn Law School and holds an MBA in finance from Stern at New York University, and a B.A. from Barnard College affiliated with Columbia University.



Louisa Williams, DC, ND

Friday 7:30-9:00 PM, Salt Lake B

Practitioners Panel

Our panel of health experts answers your questions on how they treat modern diseases. The panel includes: Desireé Brazelton, CCH, Andrew Kaufman, MD, Lee Merritt, MD, and Louisa Williams, ND, with moderator Sally Fallon Morell.

Saturday 11:00 AM-12:15 PM, Salt Lake B

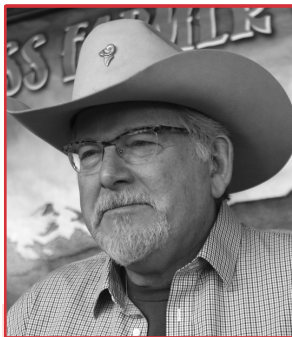
Neurofascial Therapy Without Needles

The term “ganglion” comes from the Greek work for “knot” and describes the clusters of nerve cell bodies surrounded by fascial connective tissue strategically located in our bodies. Described as “little brains,” ganglia help maintain homeostasis in our periphery that would otherwise be too overwhelming for the central nervous system and brain to handle. Less well-known, however, is that ganglia also serve a second major function—as long-term storehouses in the body for toxins. This sacrificial storage depot functioning helps take the load off neighboring organs and tissues—most commonly focal infection areas such as the teeth, tonsils and sinuses. This talk will cover the treatment of ganglia in the body through neural therapy methods from Germany but without the need for injections. This non-invasive clearing of ganglia and their related foci can be accomplished through treatment of specific therapy localization (TL) points that overlie these often insidiously silent toxic tissues.

Louisa Williams initially studied psychology at the University of Texas where she received a Bachelor’s degree, and later obtained her Master’s at Purdue University. Increasingly drawn to the mind-body aspect of healing, she attended Texas Chiropractic College where she graduated cum laude in 1984. After moving to the Northwest and establishing the Seattle Health Clinic that specialized in environmental medicine, she graduated in 1990 from naturopathic medical school. Dr. Williams later practiced in Marin County, California for eighteen years where she wrote

the book *Radical Medicine*. She currently practices in the Texas Hill Country far away from 5G! Specialties include homeopathy; biological dentistry including mercury amalgam detox, cavitation surgery support and assessing malocclusions; the diagnosis and treatment of chronic focal infections; detoxification of direct and indirect vaccinosis; the identification of primary food sensitivities; the prescription of non-pharmaceutically-derived supplements; and counseling patients on the principles of a Wise Traditions nutrient-dense diet.

SPEAKERS



Will Winter, DVM

Sunday 3:00-4:00 PM, Salt Lake C

Closing – 25 Years of WAPF

As we wrap up another conference, join Sally Fallon Morell, Leslie Manookian and Will Winter to hear about Wise Traditions in Food, Farming and the Healing Arts. They will highlight what we have done in our twenty-five years and what we can do going forward in a grass-roots (and grass-based) effort to restore nutrient-dense foods to the human diet and foster greater health for all.

Monday 6:30 AM-6:30 PM, Meet outside the hotel

Professionally Guided Farm Visit

Why a guided farm visit?

Each year we have the privilege of joining two professional guides as we visit farms in the area. Please read the bios for each of our guides to appreciate what they bring to this day. Will Winter and Steve Campbell will be on the bus speaking to us as we travel and will accompany us on each farm as we walk and observe. Each farm has a different emphasis and we will hear and learn from the farmers themselves at each stop.

Steve Campbell will be preparing the attendees for things to look for at each stop and a bit of farm etiquette. He will provide a “short course” in soil health, plant health, animal health and human health during our traveling times. He will also be going over things we did and did not see at each farm.

Will Winter helps us see what healthy soil and plants look like. He offers insights into farming and animal health based on his years of experience. He teaches us what to look for on a farm and what really matters. He explains many factors such as climate that affect farming in this particular area. Besides that, he keeps us laughing.

We all enjoy the opportunity to have rich connections as well as the chance to learn from and appreciate more the successful farmers and others who devote their lives to producing nutrient-dense foods.

With our returning professional guides, Will Winter and Steve Campbell, we will travel by bus to the following farms:

First Stop: Utah Natural Meat

utahnaturalmeat.com

Shayn & Kristen Bowler
West Jordan, Utah

Full farm operation in a suburban landscape. They are pioneers in local raw milk production and regulation.

Second Stop: Sunnyside Up Pastures

supastures.net

Stanford & Kristi Jensen
Centerfield, Utah

100% pasture-raised, pasture-finished beef – never fed grain; pork, chicken, eggs, tallow products

SPECIAL FARM-to-TABLE LUNCH

at Sunnyside Up Pastures by Chef Shon Foster
chefshon.com/#about

Third Stop: Redmond Farm

redmondfarms.com/

Julie Lewis
Orem, Utah
Chickens, pigs, cows, dairy, fodder

Will Winter received a DVM degree from Kansas State University in 1975, as well as an undergraduate degree in animal husbandry and conducted post-graduate studies and research in veterinary toxicology for the College of Veterinary Medicine's Veterinary Diagnostic Laboratory and Animal Resource Facility. After graduating, he specialized in surgical referrals

and emergency medicine. In 1980, he created the Uptown Veterinarian-A Holistic Practice, one of the largest and most successful holistic veterinary practices in the U.S. In 1983, he co-founded the American Holistic Veterinary Medical Association. He is the author of *The Holistic Veterinary Handbook* and founded Rescue Animal Products.

EXTRA ACTIVITIES

FRIDAY LUNCH – MEET PEOPLE FROM YOUR AREA

We have had many requests to help people meet others from their area. At Friday lunch the tables will be marked with a state or country and arranged like the U.S. map and color coded by region. Find your state/country and enjoy sharing a meal with ‘neighbors’.

EVENTS FOR 13-20 YEAR OLDS

Friday 3:10-3:50, Salt Lake E

Healthy. Happy. Hydrated.

Learn to make a highly-hydrating drink. Youth Session with Leona Vrbanac (ages 13-20).

Friday and Saturday – Before dinner, Park City

Yappy Hour (ages 13-20)

Join others in Park City room to socialize before dinner.

ADULT MIX & MINGLE

Friday and Saturday before dinner, Hotel Lobby.

FAMILY LOUNGE (Juniper room)

We have a room designated for families with young children to use when needed. It’s a place where the adults can enjoy the educational content of the conference while the children get to laugh and play with other WAPF kids. The room will have a monitor showing the live stream talks. If your child isn’t sitting very quietly in the session rooms, or he/she just needs a place to get the wiggles out, you can retreat to the Family Lounge for them and to connect with other families also on the Wise Traditions journey.

LEARN ABOUT BECOMING A WAPF VOLUNTEER CHAPTER LEADER

Saturday 10:25, Regency D

Would you like to share the WAPF message with your community? Would you like to help others in your area find great food and possibly improve their health?

Attend a no-pressure inquiry meeting to learn what it means to be a chapter leader and what is required to be one.

Consider becoming a volunteer chapter leader for WAPF. Our dream is to have a chapter leader in every county of the United States and in as many cities/towns around the world. Does your county have a chapter? We can change the health of the world by changing what people eat, one meal at a time, not from the top down but from the grass up, literally.

MORNING MOVEMENT

7:30-8:30 am, Park City

Morning movement, led by Liz Paxson, will include simple stretches, mindful in-place movements and deep breathing exercises that support focus, relaxation and nervous system balance—all done standing or sitting, with no floor work required. Perfect for easing into the day with clarity and energy.

CHILDREN'S PROGRAM

The Wise Traditions Conference is pleased to provide a children's program which goes from Friday to Sunday. The children's meal ticket includes attending regular conference meals with the adult for: Friday lunch, Friday dinner, Saturday lunch and Sunday lunch. PLEASE NOTE: This does NOT INCLUDE THE SATURDAY NIGHT BANQUET. The children stay in the children's room and will have food there. The program is sold out. It is for children ages 3–12 who are potty trained. Children who are too young or too old for the children's program are welcome at the conference. Since we are recording all sessions, we ask that if a child is disrupting the recordings or those listening to the talk that the adult take the child out of the session room until the child is quiet again. We have a family lounge available where you can listen to a talk and children can play or relax.

LOCATION: 5th Floor Canyonlands and Arches

Friday, October 17

Make conference name tags, tote bags, and art project

Lesson: Movement

Lesson: Health Benefits of Kombucha

AM snack – yogurt, honey, fresh fruit, nuts and deviled eggs

PM snack – raw cheese, sourdough bread, raw butter, cured meats

Friday Evening – Movie Night – Children (who have a meal ticket) go to dinner with the adult conference attendee (typically the parent). Then return to the program for movie night.

Saturday, October 18

Lesson: Movement

Lesson: How do the kids put WAPF into their lives

AM snack – bone stock, fresh fruit, nuts and hard-boiled eggs

PM snack – mini grilled cheese on sourdough bread with fresh tomatoes

Evening Dinner – Chicken/Beef Tacos, side green salad, ferments, carob cookie, milk

Saturday Evening – Dinner and Dance Party – *The children do not attend the Saturday banquet but they will be served food in the program.

Sunday, October 19

Lesson: A visit to Switzerland WAPF style

AM snack – liver pate, crackers, cheese

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

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

PLEASE NOTE THE CLOSURES FOR LUNCH AND DINNER DAILY. You **MUST** pick up your child during those hours! For those who purchased this program with meals, your child will accompany you to dine at the regular conference meal. **PLEASE KEEP IN MIND THAT THIS DOES NOT INCLUDE THE SATURDAY EVENING BANQUET** (they will be served food at the children's program).

CONTINUING EDUCATION CREDITS

2025 WISE TRADITIONS CONFERENCE

Continuing Education Credits for Acupuncturists, Nurses and NANP Nutritionists

WHAT YOU DO IF YOU WANT TO RECEIVE CREDIT FOR ATTENDING

The fee for CEUs is (\$65/3 days; \$25/day). Register at the Conference Registration Desk. Each morning you must sign in at the CEU desk near registration. Before you depart the conference (not each day), you must submit the required paperwork at the CEU desk. Certificates will be emailed to you within about six weeks.

NURSE

We applied to the Maryland Nurses Association. Total possible credit hours for 3 days: 15.25 hours (Friday 6.5 hours; Saturday 5; Sunday 3.75). Pick up the evaluation form from the CEU desk to see which talks are included for credit. (This activity has been approved by the Maryland Nurses Association for approval to award contact hours. Maryland Nurses Association is accredited as an approver of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.)

ACUPUNCTURIST

We have been approved by the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM). Total possible credit hours for 3 days: 16 (Friday 6.5 hours; Saturday 5; Sunday 4.75). All states accept this approval **except Florida and California**.

NANP NUTRITIONIST

We have been approved by the National Association of Nutrition Professionals (NANP). Total possible credit hours for 3 days: 16 (Friday 6.25 hours; Saturday 5; Sunday 4.75).

Other Nutritionists: Check with your board to see if a Certificate of Attendance will suffice for you to receive credit.

MASSAGE THERAPIST

We did not apply for approval. But you can check with your state board. Some states give credit under the NCCAOM/acupuncturists approval mentioned above. Please let us know if your state will accept it.

CERTIFICATE OF ATTENDANCE - \$5 FEE

FOR OTHER PROFESSIONS

Check with your professional board to see if a Certificate of Attendance will suffice. As far as we know it will for RDs, some NDs and some nutritionists (besides NANP). Purchase the Certificate of Attendance when you register. You are not required to sign in each day or submit an evaluation. You simply receive the certificate after the conference to submit to your board.

RDs

According to the Commission on Dietetic Registration, CDR Credentialed Practitioners may receive up to 15 cpeus for attending our conference. You will not need to sign in each day but will have to obtain and retain in your files a Certificate of Attendance. You will need to keep track and submit talks attended with the appropriate Learning Need Codes. If you are in Florida, Illinois, Pennsylvania or Texas, you should check with your board to see if they will accept this.

Please visit the CEU table or the conference registration desk, if you have further questions.

FRIDAY, OCTOBER 17

	7:00 AM–6:00 PM Conference Registration (Aspen)			
	Regency C	Regency D	Salt Lake B	Salt Lake C
7:00 AM	7:15–8:45 AM Breakfast – Menu page 40 (Regency A & B) Not included in general registration		7:30–8:30 AM Movement Session Liz Paxson Park City Room	
8:00 AM				
9:00 AM	9:00–10:15 Nourishing Broth Sally Fallon Morell	B	9:00–10:15 All Diseases Begin in the Gut!, Part 1 Amy Mihaly and Andie Simons	9:00–10:15 The Death of the Virus Paradigm Andrew Kaufman <i>In Person & Live Streamed</i>
10:00 AM	10:15–11:00 Visit Exhibits			
11:00 AM	11:00–12:15 Real Food, Real Change: Wise Traditions in the Urban Classroom Leona Vrbanac	B	11:00–12:15 All Diseases Begin in the Gut!, Part 2 Amy Mihaly and Andie Simons	11:00–12:15 Quitting Pesticides and GMOs, Why and How I Did It Stan Jensen <i>In Person & Live Streamed</i>
12:00 Noon	12:15–1:15 Meet Your Neighbor Lunch Menu page 38 (Regency A & B) The tables will be marked with a state or country and arranged like the US map and color coded by region. Find your state/country and enjoy!			
1:00 PM	Visit Exhibits			
2:00 PM	1:45–3:00 Nourishing the Future: Inspiring a New Generation of Food Advocates Sara Patterson	B	1:45–3:00 Parasites and Cancer Lee Merritt	1:45–3:00 Rethinking Neurological Conditions: Autism, Dementia, and Parkinson's Disease as Endocrine and Epigenetic Disruption Mandy Blume <i>In Person & Live Streamed</i>
3:00 PM	3:00–4:00 Visit Exhibits		Park City Room 3:10–3:50 Healthy. Happy. Hydrated. Youth Session with Leona Vrbanac (ages 13-20)	
4:00 PM	4:00–5:15 Medical Uses of Natural Bentonite Clay Neal Bosshardt	B	4:00–5:15 Targeted Microbial Therapy: 8 Powerful Foods that Heal You From the Inside Out Vanessa Hargrove	4:00–5:15 Farewell to Old Science and Biology Tom Cowan <i>In Person & Live Streamed</i>
5:00 PM	5:15–6:00 Visit Exhibits Mix & Mingle (Lobby Bar) Yappy Hour (ages 13-20) Park City Room			
6:00 PM	6:00–7:00 Buffet Dinner Menu page 38 (Regency A & B) VIP Dinner for speakers and Platinum and Gold sponsors (Regency D)			
7:00 PM				
8:00 PM	7:30–9:00 Film: Just Look Up: Uncovering the Elephant in the Sky Ariana Victor		7:30–9:00 Practitioner Panel: Lee Merritt, Louisa Williams, Andy Kaufman, Desiree Brazelton with Sally Fallon Morell as moderator	7:30–9:00 Secrets of a Staged Pandemic Samantha Bailey <i>In Person & Live Streamed</i>

B = Suitable for Beginners and Youth SP = Sponsor Presentation – Talks by exhibitors about their products and services.

SATURDAY, OCTOBER 18

7:00 AM–6:00 PM **Conference Registration** (Aspen)

Regency C

Regency D

Salt Lake B

Salt Lake C

7:15–8:45 AM **Breakfast**

Menu page 40 (Regency A & B) Not included in general registration

7:30–8:30 **Movement Session**

Liz Paxson (Park City Room)

7:00
AM

7:30–8:15
Harvest Right

SP

7:30–8:15
Meadows Bee Farm

SP

7:30–8:15 **Best EMF
Products / Smart DOTs**

SP

7:30–8:15
Walkabout Health Products

8:00
AM

9:00
AM

9:00–10:15
**Nourishing Traditional
Diets, Part 1 ***
Sally Fallon Morell

B

9:00–10:15
**Changing the Laws
That Govern Our Food**
Judith McGeary

9:00–10:15
**Warm Welcome to the
New Biology**
Tom Cowan

9:00–10:15 **Light, Sleep and
Longevity: Reclaiming Your
Circadian Rhythm in a Modern
World** Thaddeus Owen

10:00
AM

10:25–10:50
Chapter Inquiry Meeting Learn
about becoming a WAPF Volunteer!

10:15–11:00 **Visit Exhibits**

*In Person &
Live Streamed*

11:00
AM

11:00–12:15
**Nourishing Traditional
Diets, Part 2 ***
Sally Fallon Morell

B

11:00–12:15
**Eating Greenland –
an Evolutionary Diet
Revelation** Mike Keen

B

11:00–12:15
**Neurofascial Therapy
Without Needles**
Louisa Williams

11:00–12:15
**The Truth About Lyme
Disease**
Samantha Bailey

*In Person &
Live Streamed*

12:00
Noon

12:15–1:15 **Lunch** Menu page 39 (Regency A & B)

1:00
PM

Visit Exhibits

*In Person &
Live Streamed*

2:00
PM

1:45–3:00 **Cheese: The Other
White Meat – Rediscovering the
Health Benefits of Traditional
Cheese** Bill and Christina Schindler

B

1:45–3:00 **Healing the Earth
by Growing Food as Medicine
(a new profit center for farmers
and ranchers)** Bob Quinn

B

1:45–3:00 **From Cavities to
Cancer: The Surprising Links
Between Oral and Overall Health**
Michelle Jorgensen

1:45–3:00
**No One is Going to Save US
– Why You Need the Medical
Freedom Act in Your State**
Leslie Manookian

3:00
PM

3:15–4:30 **Unlocking the
Secrets of Sourdough: Health
Benefits, Gut Microbes and
Ancient Grains** Vanessa Hargrove

B

3:15–4:30
**The Most Important
Aspect of Animal Health**
Judy Jasek

B

3:15–4:30
**How & Why Copper is
Central to an Ancestral Diet**
Morley Robbins

3:15–4:30 **Saturated Fats B
and Seed Oils – How We Got
it Wrong on “Good” Fats vs.
“Bad” Fats** Nina Teicholz

4:00
PM

4:30–5:30 **Visit Exhibits**

*In Person &
Live Streamed*

5:00
PM

5:30–6:30 **Mix & Mingle** (Lobby Bar)

6:00
PM

Yappy Hour (ages 13-20) Park City Room

7:00
PM

6:30–9:30

AWARDS BANQUET WITH KEYNOTE

Banquet Keynote: Invisible Viruses and the Isolation Illusion

Mark Bailey

Menu page 39
(Regency Ballroom)

8:00
PM

9:00
PM

*We recommend that any attendee who has not heard Sally's seminar, attend this life-changing seminar.

B = Suitable for Beginners and Youth SP = Sponsor Presentation – Talks by exhibitors about their products and services.

SUNDAY, OCTOBER 19

	7:00 AM–1:00 PM Conference Registration (Aspen)			
	Regency C	Regency D	Salt Lake B	Salt Lake C
	7:15–8:45 AM Breakfast Menu page 40 (Regency A & B) Not included in general registration		7:30–8:30 Movement Session Liz Paxson (Park City Room)	
7:00 AM	7:30–8:15 Hearth & Homestead SP	7:30–8:15 Daylight Computer Company SP	7:30–8:15 Marine Health Foods SP	7:30–8:15 Broad Spectrum DeTOX SP
8:00 AM				
9:00 AM	8:45–10:00 Bringing Up Baby B Sally Fallon Morell	8:45–10:00 Homeopathy for Acute Care: Building a Nourishing First Aid Kit for the Whole Family—Safe, Natural and Effective Remedies for Everyday Emergencies B Desiree Brazelton	8:45–10:00 Light is Life – Let's Shine the Light on EMF Health Dan Stachofsky	8:45–10:00 Pandemic Preparedness Racket – Continued Attack on Health and Food Supply Sasha Latypova <i>In Person & Live Streamed</i>
10:00 AM	10:00–10:45 Visit Exhibits			
11:00 AM	10:45–12:00 The Original Superfood: Why Organ Meats Belong Back on the Plate B James Barry	10:45–12:00 The Reproductive Microbiome: How it Affects Women's Reproductive Health, Fertility, Men's Wellness and Future Generations B Loredana Shapson	10:45–12:00 A Logical End to Virology Mark Bailey	10:45–12:00 Holographic Blood Adam and Josh Bigelsen <i>In Person & Live Streamed</i>
12:00 Noon	12:00–1:00 Lunch Menu page 40 (Regency A & B) Visit Exhibits			
1:00 PM	1:30–2:45 Poisoned Policies: The Truth Behind Vaccines, Pesticides, Fluoride and Geoengineering B Valerie Borek	1:30–2:45 Is Wireless Radiation Bad for Your Health? B Odette Wilkens	1:30–2:45 Financial Freedom Catherine Austin Fitts	1:30–2:45 Virus Deniers Unite! Panel Mark and Samantha Bailey, Tom Cowan, and Andrew Kaufman <i>In Person & Live Streamed</i>
2:00 PM				
3:00 PM	3:00–4:00 CLOSING CEREMONY (Salt Lake C) 25 Years of WAPF With Sally Fallon Morell, Leslie Manookian and Will Winter			

B = Suitable for Beginners and Youth SP = Sponsor Presentation – Talks by exhibitors about their products and services.

EMF SAFE EVENT

To help everyone feel **safe and healthy** at this conference, **Weston A. Price** teamed up with **Essential Energy**. Their special **Geofield EMF Conditioner** helps protect this whole event—and even up to **two miles around!** It works by boosting natural light energy to help your body feel better, reduce stress from EMFs, and give your body **more strength and energy**.



This powerful device has been featured **twice** on the podcast *Conversations with Dr. Cowan and Friends* (Episodes #52 and #85 with Dr. Will Winter). It's **trusted by over 10,000 people**, used on **20 million acres of farmland**, and chosen by many **health clinics and events**.

If you want to **feel great and stay strong** in today's world filled with artificial EMFs, **Essential Energy** is **here to help you thrive**.

RECORDINGS / PHOTO DUMP

Conference Video & Slide Recordings

 **Wise Traditions 2025
Annual Conference**
25th Annual International Conference of the
Weston A. Price Foundation
October 17-19, 2025 | Salt Lake City, UT



**Conference
Recordings**

**Audio with Synchronized Slides
Plus Video of Presenters with Synchronized
Slides for Selected Sessions**



Take the Conference Home!

**Audio or Video of presenters with
synchronized slides**



**USB Flash Drive or
Stream On-Demand**



Individual sessions are also available

TO PURCHASE

**Visit the Fleetwood Sales booth at the conference
or online at www.fleetwoodonsite.com/wise/2024**

Fleetwood On-Site Conference Recording
781-599-2400 orders@fleetwoodonsite.com

PHOTO DUMP



1. Please take high-quality, candid photos during the conference. We'd love you to capture folks being nourished in every way. . . by the company, the presentations and the meals!
2. Email your very best, highest resolution photos—in terms of content, lighting and composition—to socialmedia@westonaprice.org.
3. Everyone whose photos we choose to use on social media, in our banquet slideshow or for future promotional purposes will be entered into a drawing.
4. Four people whose names are randomly picked will have the option of receiving one year of membership to the Weston A. Price Foundation or one of Sally Fallon Morell's books!

WAPF OFFERINGS

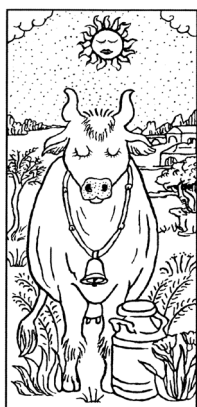


12 SPOONS RESTAURANT RATING GUIDE

Based on the dietary principles of the Weston A. Price Foundation
westonaprice12spoons.com

This free site is meant to help people find at least *acceptable* food when they want to eat out. And it's also meant to highlight those establishments that are doing great things. **An establishment can earn one “spoon” for each of our 12 criteria they meet. *The criteria are explained on the site.*** A 1-Spoon establishment signals a place where that busy traveler will find at least a few acceptable dishes, whereas a 12-Spoon establishment signals a place that truly gets it; that's doing everything right.

Find restaurants from the 200 listed and add others by rating them yourself. We hope that as the site gains traction and food purveyors learn of it, they'll want to know our criteria and how they can earn a higher score. We look forward to a day when there will be a number of high-scoring establishments in every locale, at a variety of price points.



A CAMPAIGN FOR REAL MILK

realmilk.com

When A Campaign for Real Milk was founded, only twenty-seven states allowed farmers to sell raw milk or provide it as pet milk or through herd shares. Today that number is forty-seven.

Offering free listings for raw milk farmers, realmilk.com when started listed a mere thirty-seven sources of raw milk—today there are over two thousand—ranging from small, on-farm stores to four-hundred-cow dairies to long-distance delivery services. In 2007, a CDC survey estimated that ten million Americans drank raw milk. That number is certainly considerably higher today.

We look forward to the continued growth of the real milk market as an alternative to industrial milk. Real milk is the ideal food for growing children, the elderly and all ages in-between. And when we purchase Nature's perfect food, we are supporting small, independent farms and rural prosperity.



YEAR 10 OF THE WISE TRADITIONS PODCAST: OUR MILESTONES

In honor of this, WAPF's 25th year, we'd like to share some milestones of the Wise Traditions podcast. Launched in **January 2016**, **the podcast consistently is featured in the top 150 of Health & Fitness podcasts** on Apple Podcast charts. It has been **downloaded 16+ million times** and has thousands of listeners. It has featured topics as diverse as **gut health, mindset, motherhood, homesteading, geoengineering, vaccinations, and detoxing**. Since the show's inception, **Hilda Labrada Gore** has been its host and producer.

Thank you for listening and sharing episodes! We love how the podcast furthers WAPF's education efforts and are gratified that it is serving both you, our members, and those who get introduced to us through you.

WAPF OFFERINGS

Sabias Tradiciones



WISE TRADITIONS SPANISH PODCAST

“Tradiciones Sabias”

Empowering. Inspiring. Educational. Questioning official narratives. Challenging conventional paradigms. Cutting edge scientific knowledge and ancestral traditions.

This is “Tradiciones Sabias”, our Spanish podcast with hosts Alberto Medina and Anette Ruiz. Ranked among the top 5% most popular podcasts worldwide out of 3.4 million, and among the Spanish Alternative Health Podcasts it is in the Top 5 of Mexico and Ecuador. Tradiciones Sabias has 130 episodes and 104,000 downloads, featuring experts on a wide range of topics. From The Galapagos Islands to The Amazon Rainforest, from the Mountains of Tennessee to the Chilean Patagonia, from Mexico’s Pacific Coast and the Chihuahuan Desert to rural towns with less than 50 inhabitants in Spain, we have had guests from 14 different countries.

Listen on Spotify, Apple Podcasts, Ivoox, or on our website westonaprice.org/es/tradiciones-sabias-podcast/, where you can also give us feedback to make it even better. Go to each episode and send us your comments or write an email to the producers at tradicionessabias@gmail.com.



NOURISHING OUR CHILDREN

We focus on timeless principles for supporting learning, behavior and health through optimal nutrition. We have an active social media presence and a private Facebook group for new and experienced parents, grandparents, caregivers and educators who have the opportunity to ask questions and receive communal support and guidance on everything from infertility, how to feed infants, how to make the homemade baby formula, natural remedies for ear infections and constipation, what foods to pack for travel and how to address picky eating. We require a \$5 donation for a calendar year for this service, and it includes entry into a related group for conversation focused on how we nourish ourselves as adults. We invite you to join us: nourishingourchildren.org/groups! We also offer educational materials in the form of a DVD, PowerPoint, e-book, study guide and audio book, as well as children’s books. We publish a blog on our website nourishingourchildren.org that provides information on how to nourish and not merely feed yourself and your children. We are a project of the Weston A. Price Foundation.

THREE HELPFUL RESOURCES ON WESTONAPRICE.ORG

Local Chapters

westonaprice.org under Find Food/Local Chapters

Attend our meeting about how to be a chapter leader – see EXTRA ACTIVITIES PAGE 27.

Local chapters help you find local, nutrient-dense food including locally-grown organic and biodynamic vegetables, fruits and grains; and milk products, butter, eggs, chicken and meat from pasture-fed animals. They also represent the Weston A. Price Foundation at local fairs and conferences and may host cooking classes, potluck dinners and other activities to help you learn to integrate properly prepared whole foods into your lifestyle. Local chapters may be able to put you in touch with health practitioners who share our philosophy and goals.

Action Alerts

westonaprice.org under Get Involved

Action Alerts let WAPF members know what is going on federally as well as in your state or region regarding our food, farming and health freedoms and what you can do to protect them.

Recipe of the Week

Westonaprice.org under Recipes/Reviews/Blogs

Offering a weekly recipe based on the dietary principles of Wise Traditions.

VISIT THE WAPF BOOTH

Visit our booth to meet our outreach person, Maureen Diaz, and learn about the many projects of the Foundation.

EDUCATIONAL MATERIALS

Much is free. Pick up our educational materials to read and share with others. Plus, pick up our new stickers.

SPECIAL MEMBERSHIP OFFER

If you are not already, become a member for the special conference rate of \$25/year.

LOCAL CHAPTER LEADER

Learn about chapter leaders in the Salt Lake City area. Sign up to get the chapter food list.

MEET OUR PODCAST HOSTS

Hilda Labrada Gore, Alberto Medina and Anette Ruiz, hosts and producers of the Foundation's podcasts: Wise Traditions, in English, and "Tradiciones Sabias", in Spanish, respectively, are here at the conference. They are interested in meeting attendees, exchanging ideas and receiving feedback about the Foundation's effort to spread knowledge through the two podcasts. Stop by the Foundation's table during each afternoon break to connect with them.

NEW FILM! HAS THE WAPF WAY OF EATING CHANGED YOUR HEALTH OR LIFE?

The Weston A. Price Foundation is excited to announce the production of a new film—and it all begins right here at the Wise Traditions Conference!

Award-winning filmmaker Kendall Nelson, creator of "The Greater Good" (the groundbreaking documentary on the vaccine controversy), is now focusing on one of today's most urgent health challenges: the rising rates of infertility and the health crisis in our children in a world increasingly disconnected from real food.

Produced by the Weston A. Price Foundation, this feature-length documentary will bring to life the pioneering research of Dr. Weston A. Price, whose global studies which began in the early 1930s revealed the deep connection between ancestral diets and human health—especially fertility, strong childhood development and lifelong vitality. As we retrace parts of Dr. Price's original journey, the film follows modern families embracing these time-tested principles and seeing remarkable results.

Featuring experts who are not afraid to speak the truth and challenge mainstream ideas, the film dispels common myths and explores other important factors—disastrous nutritional advice, toxins in vaccines, food and water—that affect our health today.

Character-driven, visually rich and urgently needed, this film offers real solutions and has the power to change how we approach the future of health.

Have you raised your children eating a WAPF diet?

Our first shoot is happening right here at the conference, and we would love to connect—especially if you have raised your children on a WAPF diet and can speak to its benefits. Your stories matter. Help us bring this powerful message to the world.

If you have a message to share, please stop by the WAPF booth to meet the filmmakers.

PETE KENNEDY: FOOD FREEDOM CONSULTANT *(Will be at WAPF booth during the morning breaks)*

Pete Kennedy is an attorney and on the WAPF board of directors. He has assisted and represented dairy farmers facing possible enforcement action in various states as well as helped others get started in the business of distributing raw dairy products. He compiled the state raw milk law summaries on realmilk.com and writes for the Wise Traditions journal. Consult with Pete on state laws, regulations and policies including food freedom legislation and issues regarding consumer access to raw milk, cottage foods and on-farm meat and poultry processing.

DONATE TO OUR \$10,000 MATCH FUND

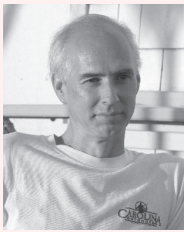
Again this year an anonymous donor offered to give \$10,000 if we can raise \$10,000 during the conference weekend.

MEET THE WAPF STAFF



Kathy Kramer, Executive Director

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



Tim Boyd, Education Services

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



Yolanda Hawthorne, Membership Coordinator/Resident Chef

Yolanda combines a lifelong passion for food, design and the healing arts into her position as membership coordinator. Yolanda graduated from The Natural Gourmet Institute in New York City where she studied under the tutelage of Annemarie Colbin, who introduced her to Sally Fallon's book *Nourishing Traditions*, which totally changed the way she viewed "healthy eating". In addition, she studied at Gulliver's Living and Learning Center (now The Institute for Integrative Nutrition) and the Ann Wigmore Natural Health Institute in Puerto Rico. Yolanda co-founded Zenful Bites in 2012 where their sole purpose was to address these components of the food system: food education, access and sustainability via community outreach, cooking classes/demos and after-school programming. This all came to an abrupt end during covid. At WAPF, Yolanda is able to incorporate her love for hospitality by cheerfully greeting WAPF members and by cooking for WAPF staff at bimonthly staff meetings. As resident chef she's able to cook for and work with the Queen of Ancestral Cooking, our very own Les Dames d'Escoffier, Sally Fallon Morrel, which Yolanda says has been one of the highlights of her career.

MENUS

NOTE: If you are physically unable to stand in the food lines, please come to the front of the line. If you need help carrying your food, please ask one of the ticket takers for help. Menus subject to change without notice.

Our meals are made using **Baja Gold** sea salt, **Pure Indian Foods** ghee, **Local Pasture** eggs, **Pleasant Pastures** cheese and butter, **Rich Nuts** assorted nuts, **Gardens of Grace** almonds, dates, walnuts and pecans, **Redmond's Real Salt** cream and raw milk, **Loncho's Larder** lard, **One Degree** sprouted oats and flour, **Hollow Tree Honey** honey.

Menu subject to change without notice.

FRIDAY LUNCH BUFFET

Sunny Side Up Farm Nose-to-Tail Shepherd's Pie

Green Mountain Salad tossed with Creamy Herb Dressing

Leavity Artisanal Sourdough Bread with **Pleasant Pastures** Grassfed Butter

Apple Crumble

Garden Goddess Ferments

Han's Kombucha



FRIDAY DINNER BUFFET

Northstar Bison Bison Pot Roast served with Roasted Root Vegetable Medley

Foraged Salad Mix

Leavity SLC Sourdough Bread with **Pleasant Pastures** Grassfed Butter

Garden Goddess Ferments

Butterscotch Budino topped with Caramel Sauce

Han's Kombucha

GREAT FOOD IN GREAT QUANTITIES FOR THE CONFERENCE MEALS!

450 pounds whole turkey	500 dozen eggs	150 pounds rolled oats
150 pounds turkey livers	300 pounds assorted cheeses	300 pounds of assorted flours
600 pounds hamburger with organ meat	400 pounds bones for stock and dessert	75 pounds sea salt
300 pounds ham	500 pounds raw butter	125 pounds raw honey
250 pounds salmon	100 gallons ghee	6 gallons maple syrup
600 pounds bison	40 gallons yogurt	70 gallons real milk
600 pounds leg of lamb	45 gallons olive oil	700 pounds potatoes
200 pounds pork	80 gallons ferments	250 pounds each of dates, almonds
325 pounds breakfast sausage	30 kegs kombucha	& pecans

MENUS

Our meals are made using **Baja Gold** sea salt, **Pure Indian Foods** ghee, **Local Pasture** eggs, **Pleasant Pastures** cheese and butter, **Rich Nuts** assorted nuts, **Gardens of Grace** almonds, dates, walnuts and pecans, **Redmond's Real Salt** cream and raw milk, **Loncho's Larder** lard, **One Degree** sprouted oats and flour, **Hollow Tree Honey** honey.

Menu subject to change without notice.

SATURDAY LUNCH BUFFET

Wild Local Greens with **Pleasant Pastures** Crumbled Feta drizzled in Citrus Vinaigrette

Old Home Place Rich Pastured Turkey & Vegetable Soup

Amos Miller Organic Farm Beef Sausage with Roasted Onion & Bell Pepper Mélange

Leavity Sourdough Bread, **Pleasant Pastures** Grassfed Butter & **Pure Indian Foods** Ghee

Garden Goddess Ferments

Conference Classic Creamy Cheesecake with **Amos Miller Organic Farm** Cream Cheese,
Gardens of Grace Dates & Almond Crust Drizzled with Rainier Cherry Coulis

Han's Kombucha



SATURDAY DINNER BANQUET

Wild for Salmon Smoked Salmon Verrine

Northstar Bison Braised Leg of Lamb with Herb-Scented Jus atop White Bean Tomato Ragout
with Swiss chard & Asiago-Parmesan Polenta

Leavity Sourdough Focaccia with **Pleasant Pastures** Grassfed Butter

Garden Goddess Ferments

Old-Fashioned Sour Cream Butter Cake with Fresh Fruit & Chantilly Cream

Han's White Peach Champagne Kombucha 25 Year Toast

Cash Bar

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

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

MENUS

Our meals are made using **Baja Gold** sea salt, **Pure Indian Foods** ghee, **Local Pasture** eggs, **Pleasant Pastures** cheese and butter, **Rich Nuts** assorted nuts, **Gardens of Grace** almonds, dates, walnuts and pecans, **Redmond's Real Salt** cream and raw milk, **Loncho's Larder** lard, **One Degree** sprouted oats and flour, **Hollow Tree Honey** honey.

Menu subject to change without notice.

SUNDAY BRUNCH BUFFET

Amos Miller Organic Farm Fresh Sliced Ham

Roasted Vegetable **Pleasant Pastures** Mixed Cheese Frittata

Sweet Potato Hash

Bourbon Maple Pecan Bread Pudding, Gluten-free

Old Home Place Turkey Liver Pâté

Crackers, Gluten-free

Seasonal Fresh Fruit Platter

Assorted Farmstead Cheeses & Mountain Swiss Cheese

Midwest Mermaid Muse Sun Tea

NUTRIENT-DENSE BUFFET BREAKFAST

- **One Degree** Organic Sprouted and Soaked Oatmeal
- **Pleasant Pastures** Grassfed Butter, **Baja Gold** Sea Salt, **Rich Nuts** Maple Walnuts & Mixed Nuts
- **Local Pasture** Soy-free, Hormone-free, Pastured Hard Boiled Eggs
- **Amos Miller Organic Farm** Pastured Pork Breakfast Sausages
- **Sunny Side Up Farm** Grassfed Bones for Savory Bone Broth
- **Devin's Good Gut Yogurt** Organic Whole Milk Yogurt
- Fresh Fruit

Friday–Sunday | October 17–19 from 7:15–8:45 AM | Regency Ballroom A&B
\$20 for each single breakfast ticket or \$60 for breakfast all three mornings

BUY TICKETS AT CONFERENCE REGISTRATION

FOOD PROVIDERS

BEEF – GRASS-FED

Amos Miller Organic Farm
Bird-in-Hand, PA
(717) 556-0672
amosmillerorganicfarm.com
Beef Sausage

Sunnyside Up Pastures
Centerfield, UT
(801) 885-4859
utahsbestbeef.com
Beef, organ meat
Beef Lard

BEVERAGE

Midwest Mermaid Muse
Kansas City, MO
(816) 363-7711
midwestmermaidmuse.com
Herbal Tea

HK Brewing Collective
(385).227-8240
hkbrewing.com
Kombucha

BISON– GRASS-FED

NorthStar Bison
Rice Lake, WI
(715) 651-0965
northstarbison.com
Bison Roasts

DAIRY – BUTTER

Pleasant Pastures
Honey Brook, PA
(717) 768-3437
wewantrawmilk@gmail.com
Cultured Grass-fed Butter

DAIRY – CHEESE

P.A Bowan Farmstead
Brandywine, MD
(301) 579-2727
Pabowenfarmstead.com
Blue Cheese

Pleasant Pastures
Honey Brook, PA
(717) 768-3437
wewantrawmilk@gmail.com
Feta Cheese

Amos Miller Organic Farm
Bird-in-Hand, PA
(717) 556-0672
amosmillerorganicfarm.com
Cheddar Cheese

DAIRY – MISC.

Amos Miller Organic Farm
Bird-in-Hand, PA
(717) 556-0672
Amosmillerorganicfarm.com
Cream Cheese

Pure Indian Foods
Burlington, NJ
(609) 785-9100
pureindianfoods.com
Grass-fed Milk Ghee

Redmond Real Salt
Heber, UT
(801) 717-7666
redmond.life
Cream, Real Milk

DAIRY – YOGURT

Devin's GoodGut Yogurt
devinsgoodgutyogurt.com
Yogurt

FERMENTED FOODS

Garden Goddess
Phoenix, AZ
(480) 239-8561
ggferments.com
Ferments

NUTS AND DATES

Gardens of Grace
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(262) 443-7522
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GardensofGraceCereals/
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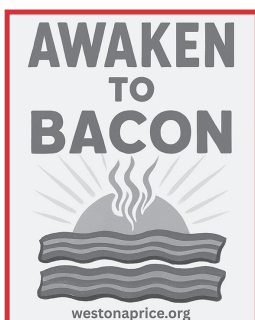
Rich Nuts
Fitzpatrick, AL
(334) 584-7875
richnuts.com
Maple Walnuts
Cashews

SALT & SPICES

Baja Gold Sea Salt
Marietta, GA
(914) 330-4090
bajagoldseasalt.com
Sea Salt
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Wild for Salmon
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wildforsalmon.com
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(417) 209-5344
absolutewellnesscenterllc.com
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Academy Healing Nutrition

New York, NY
(848) 702-3779
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Americans for Homeopathy Choice Action

Heber City, UT
(801) 721-1078
homeopathychoice.org
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(717) 556-0672
amosmillerorganicfarm.com
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AndiLockeMears.com

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(207) 577-7759
andilockemears.com
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Animal Healing Arts

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ahavet.com
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Alpharetta, GA
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bajagoldseasalt.com
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(970) 218-8273
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BestEMFProducts.com
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Black Lotus Shilajit

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(321) 544-3376
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blessedbyhisblood.com
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Border Farm

Bozeman, MT
pawsandpeople.com/border-farm
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BRMI

Louisville, KY
(502) 429-8835
brmi.online
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DeTOXalot.com
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chelseagreen.com
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Children's Health Defense

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childrenshealthdefense.org
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San Francisco, CA
daylightcomputer.com
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(616) 836-1240
Dreamwalkerz.ai
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Woodruff, UT
drycreekheritagemeats.com
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(612) 338-1668
freeandhealthychildren.org
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Health Freedom Defense Fund

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mindbodyblend.com
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nadachair.com
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homeopathycenter.org
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reclaimingmed.org
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pranamayaresort.com
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price-pottenger.org
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Real Food Recovery/drmommy.com

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reVessel

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Rich Nuts

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richnuts.com
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Solari Report

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solari.com
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Stand for Health Freedom

Chesapeake City, MD
(610) 972-7863
standforhealthfreedom.com
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Sunnyside Up Pastures

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walkabouthealthproducts.com
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Washington, DC
(703) 820-333
westonaprice.org
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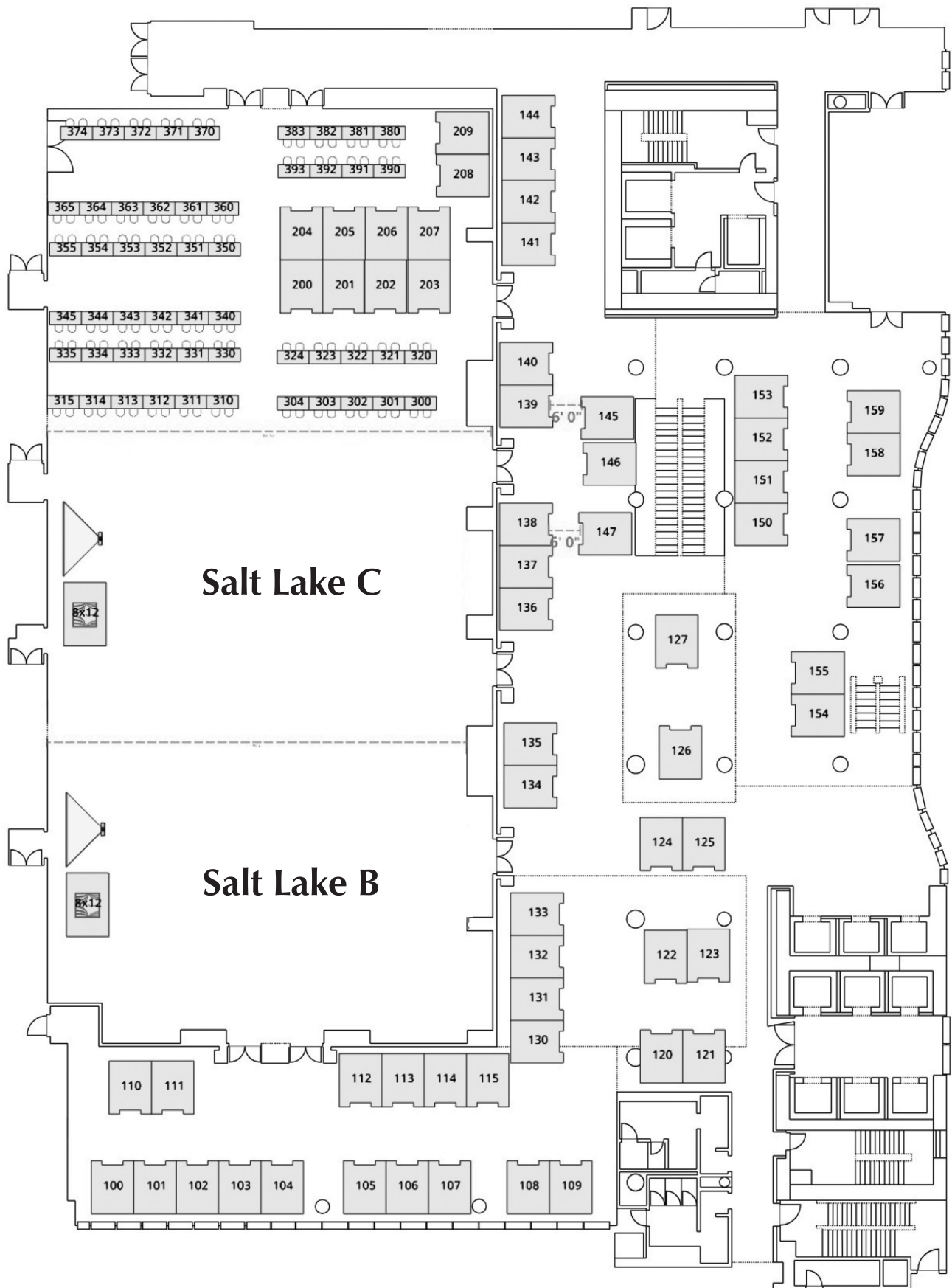
The Wellness Blanket

Nolensville, TN
(765) 480-1502
TheWellnessBlanket.com
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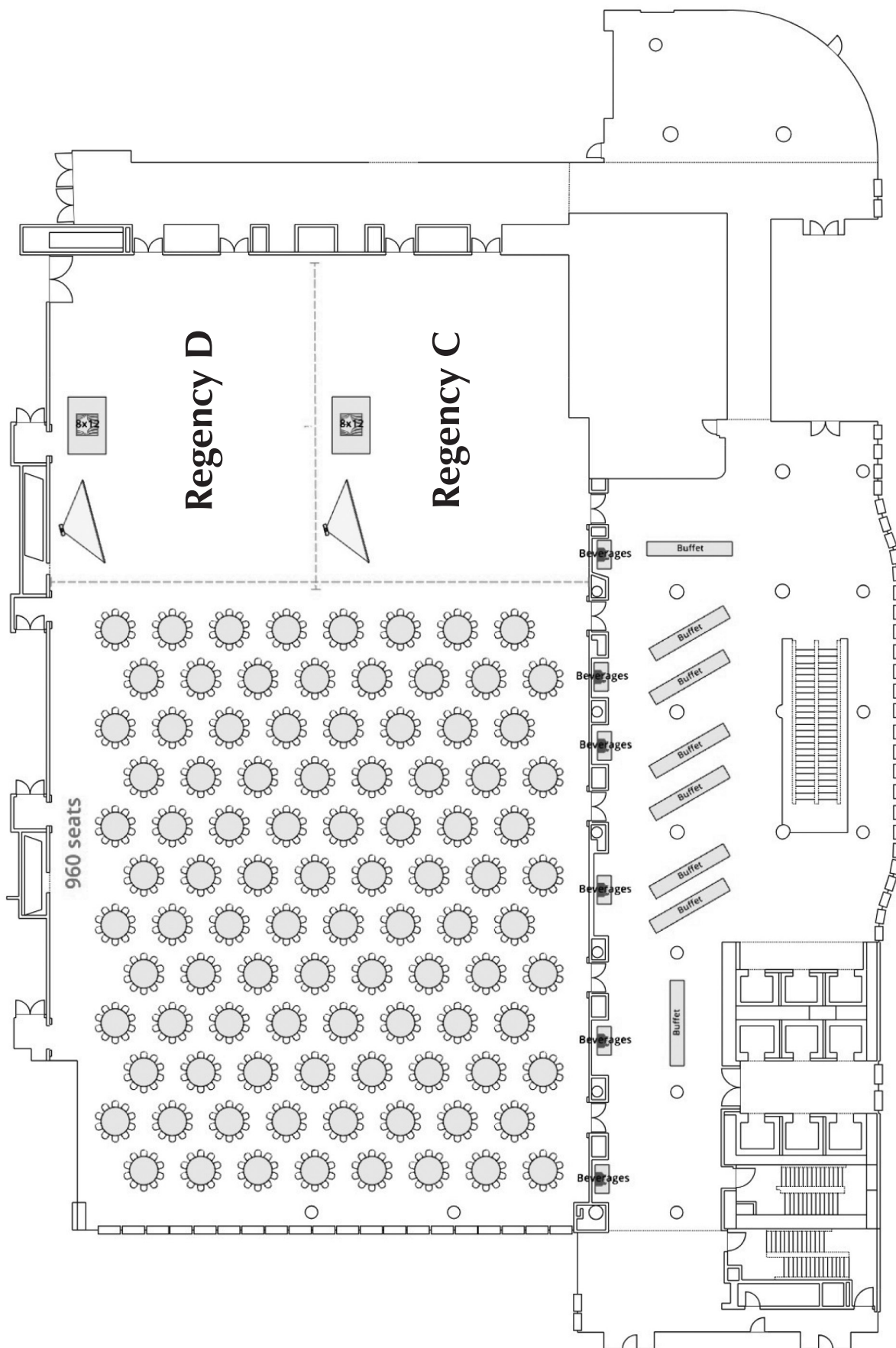
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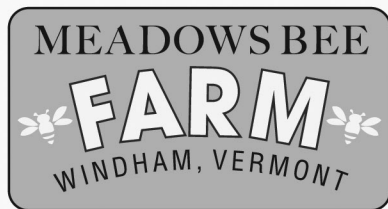
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