

NOURISHING TRADITIONAL DIETS

THE KEY TO VIBRANT HEALTH

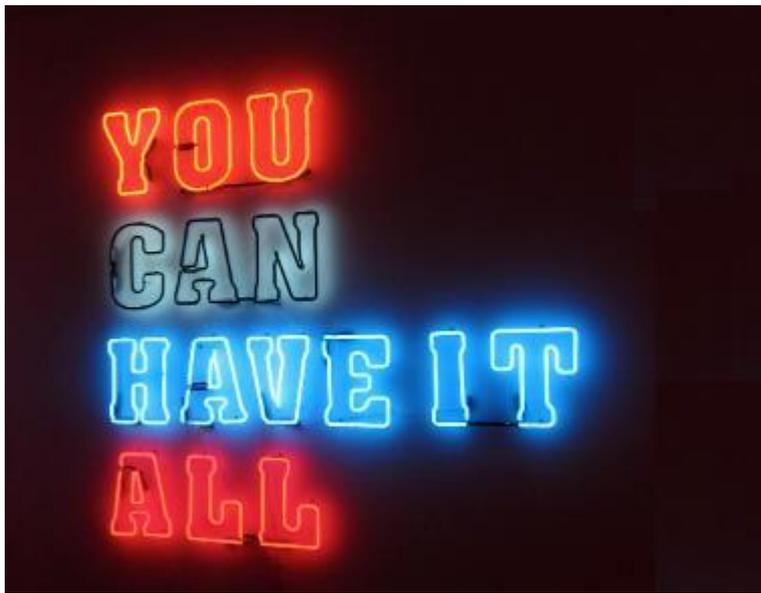
Part II

How to Change Your Diet for the Better

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

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**POWERPOINT DESIGN, AS WELL AS SOME STUDIO PHOTOGRAPHY,
BY SANDRINE HAHN**



No deprivation
on the
Wise Traditions
diet!

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

1. MAKE YOUR OWN SALAD DRESSING

RAW VINEGAR

COLD-PRESSED OLIVE OIL



GOOD QUALITY MUSTARD

EXPELLER-EXPRESSED FLAX OIL



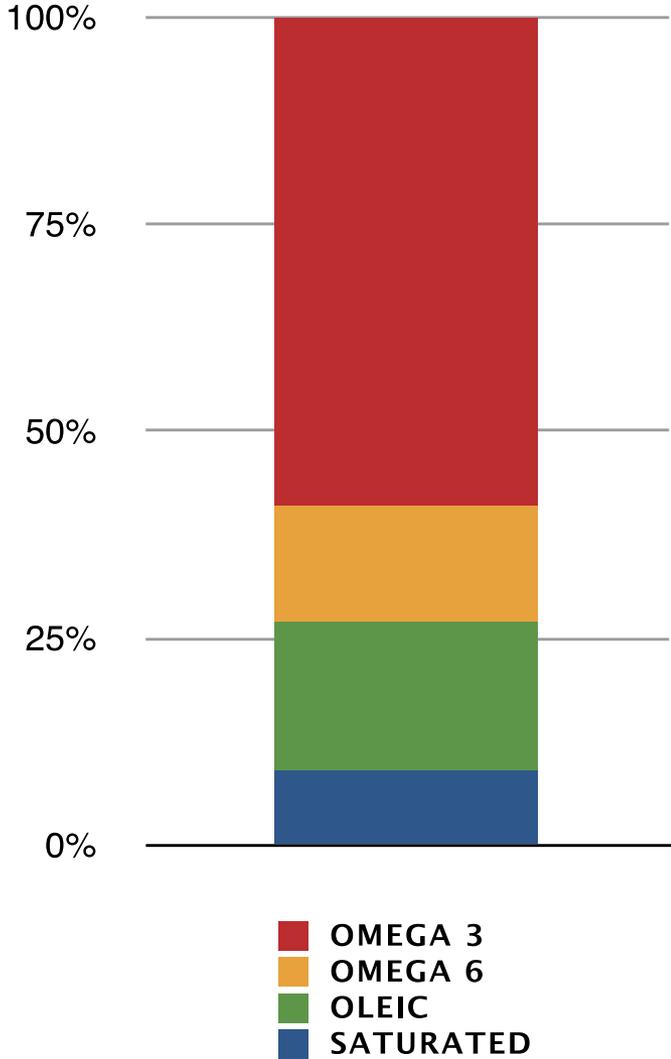








FATTY ACID PROFILE OF FLAX OIL







COMMERCIAL SALAD DRESSINGS

BAD, RANCID OILS + BAD ADDITIVES = HEALTH CRISIS

Dressing

SHAKE WELL REFRIGERATE AFTER OPENING

Ingredients: Vegetable Oil (Soybean and/or Canola), Chili Sauce (Tomatoes, Corn Syrup, Vinegar, Salt, Spices, Natural Flavor, Garlic, Onion, Citric Acid), Distilled Vinegar, High Fructose Corn Syrup, Pickle Relish (Cucumbers, High Fructose Corn Syrup, Vinegar, Sugar, Salt, Mustard Seed, Diced Red Bell Peppers, Water, Xanthan Gum), Egg Yolk, Water, Contains 2% or less of: Salt, Spice, Onion*, Garlic*, Red Bell Pepper*, Paprika, Propylene Glycol Alginate, Sodium Benzoate and Calcium Disodium EDTA as preservatives, Xanthan Gum. *Dried

Nutrition Facts

Serv. Size 2 Tbsp (30g)

Servings 16

Calories 140

Fat Cal 120

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount Per Serving	%DV*	Amount Per Serving	%DV*
Total Fat 13g	20%	Total Carb. 4g	1%
Sat. Fat 2g	10%	Dietary Fiber 0g	0%
Trans Fat 0g		Sugars 3g	
Cholest. 15mg	5%	Protein 0g	
Sodium 300mg	13%		
Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 0%			

SALAD DRESSING COMPARISON

HOMEMADE DRESSING

Extra Virgin Olive Oil

Stable Oleic Acid

Vitamin E

Antioxidants

Vanadium

Expeller Expressed

Flax Seed Oil

Omega-3 EFAs

Vitamin E

Antioxidants

Cost about \$1.50 per cup

COMMERCIAL DRESSING

Processed Vegetable Oils

Mostly Rancid Omega-6,

Trans Fatty Acids,

Free Radicals, Polymers,

Cyclic Compounds,

Aldehydes, Ketones,

Epoxides

Preservatives

Additives

Flavorings

Cost about \$1.50 per cup

RANCH DRESSING



STORE BOUGHT

Vegetable oil (soybean and/or canola) water, egg yolk, sugar, salt, cultured nonfat buttermilk, natural flavors, spices, vinegar, phosphoric acid, xanthan gum, modified food starch, monosodium glutamate, artificial flavors, disodium phosphate, sorbic acid, calcium disodium EDTA, disodium inosinate, disodium guanylate

HOMEMADE

Buttermilk, mayonnaise, sour cream, parsley, chives, garlic vinegar or lemon juice salt and pepper



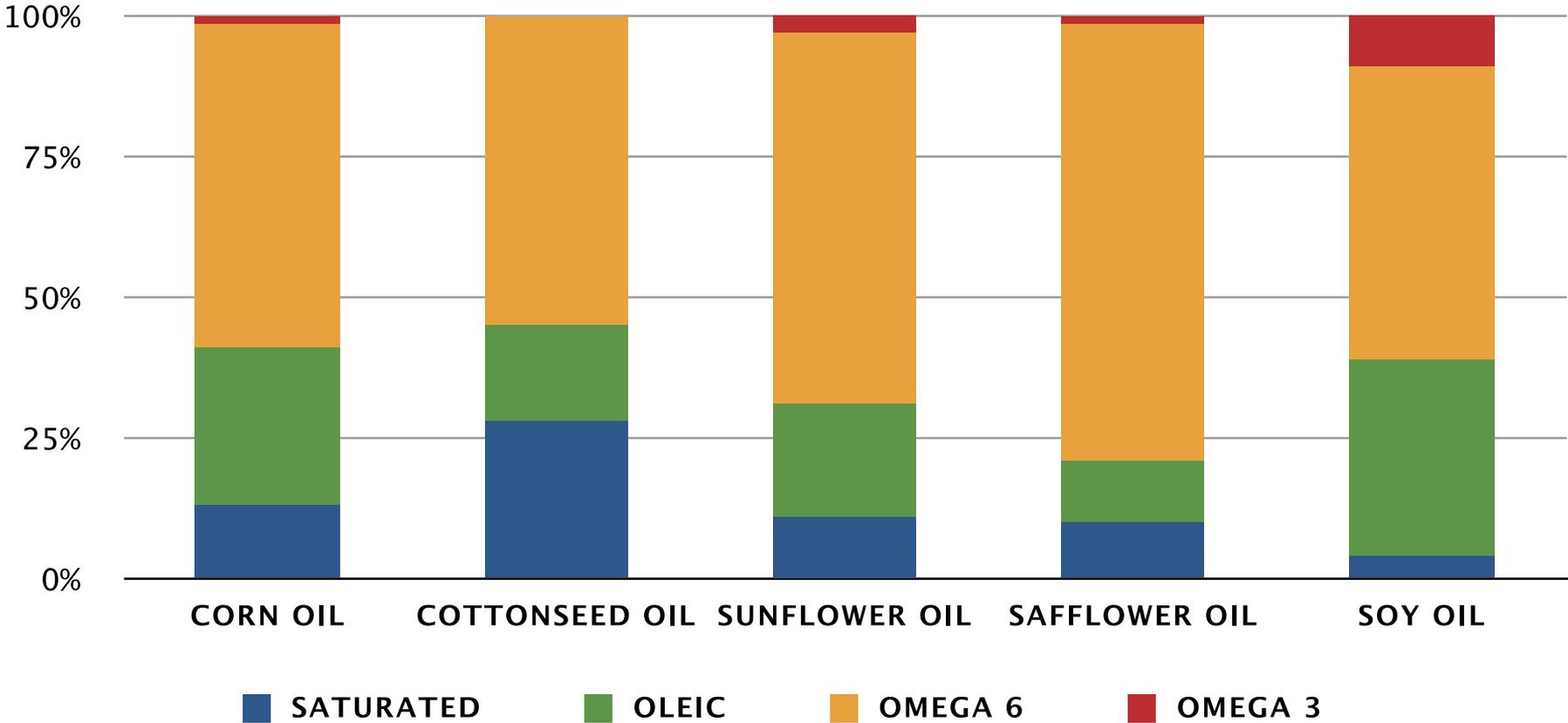
REDRESSING THE OMEGA-6/OMEGA-3 IMBALANCE

ELIMINATE all commercial vegetable oils from the diet.

USE FLAX OIL, a source of omega-3 fatty acids, in **SMALL** amounts in salad dressing (about ½ teaspoon per day).

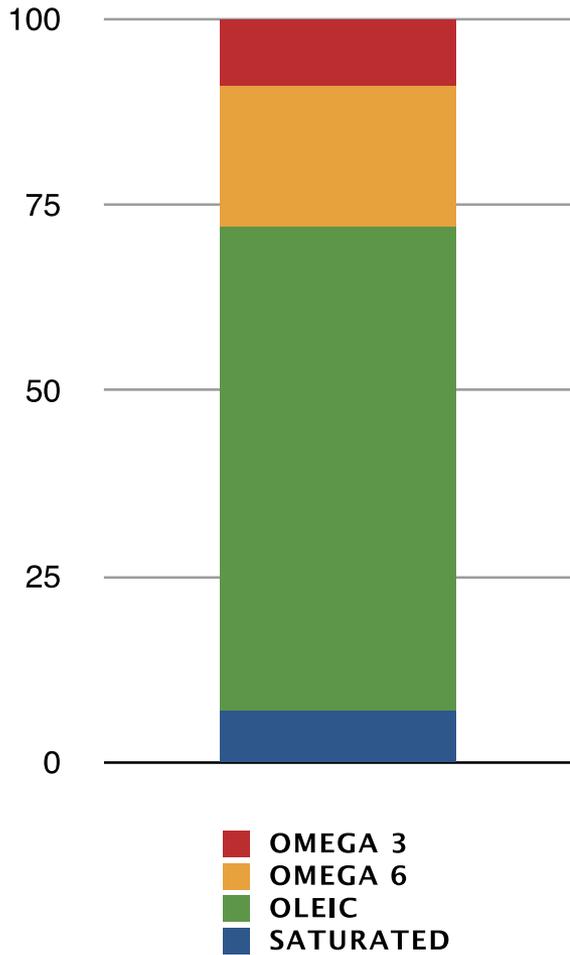
CHOOSE ORGANIC AND GRASS-FED animal and plant foods for a good source of omega-3 fatty acids.

FATTY ACID PROFILES OF POLYUNSATURATED OILS



CANOLA OIL – A NEW FANGLED OIL

A NEW OIL CREATED BY GENETIC MANIPULATION FROM THE RAPE SEED.



FATTY ACID PROFILE:

07 percent SATURATED

65 percent MONOUNSATURATED

19 percent OMEGA-6

09 percent OMEGA-3

- Seemingly "heart healthy."
- Increases the body's need for vitamin E
- Causes heart lesions in test animals
- Increases platelet clumping and causes deaths in stroke-prone rats.

Source: The Great Con-ola, westonaprice.org.

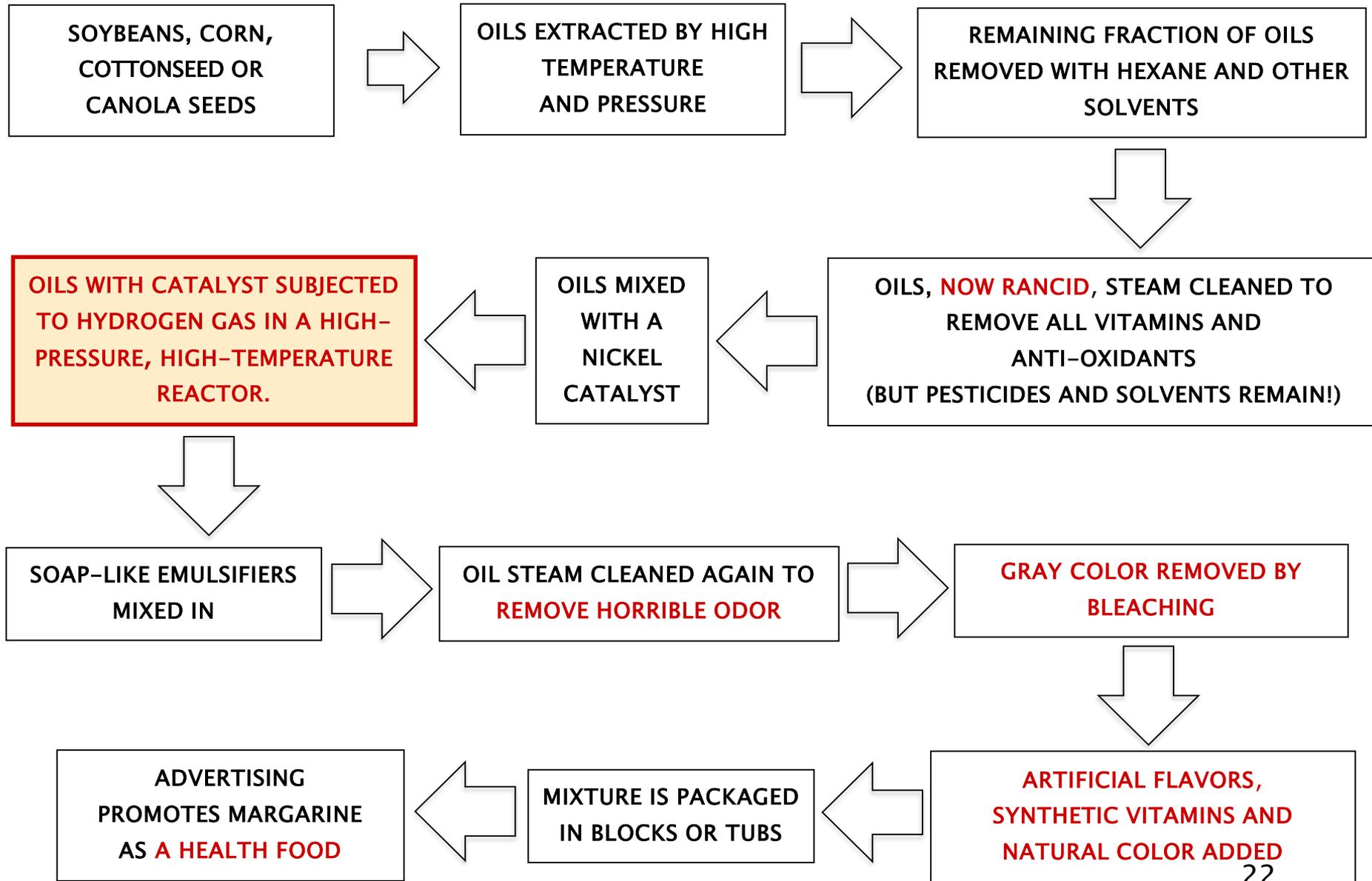


2. SWITCH TO BUTTER – AVOID PARTIALLY HYDROGENATED OILS

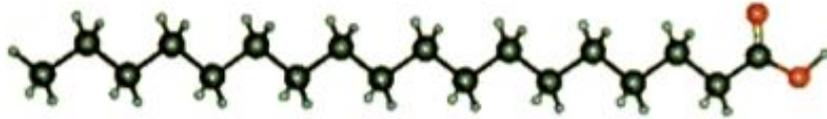


... AND SEE THOU HURT NOT THE OIL ... REV. 6:6

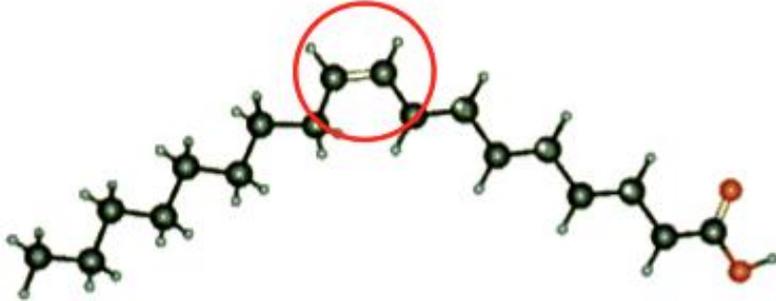
MANUFACTURE of MARGARINE and SHORTENING



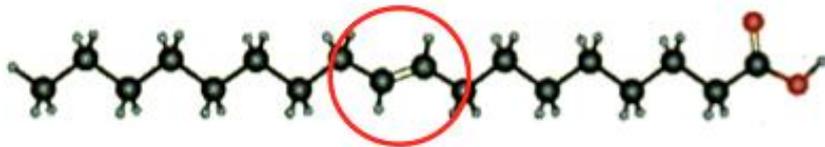
TRANS FATTY ACID



STEARIC ACID
Natural Saturated
Fatty Acid

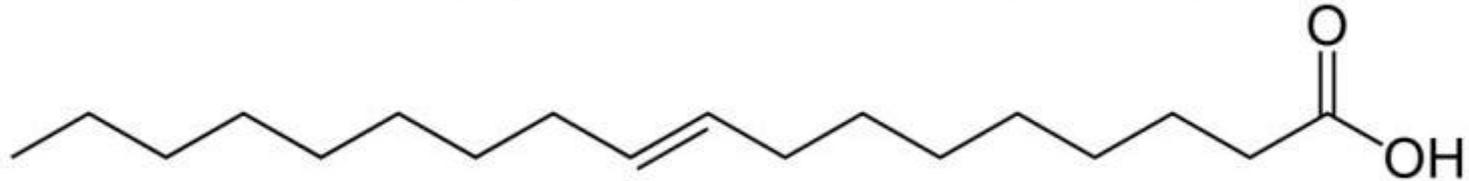


(CIS) OLEIC ACID
Natural Monounsaturated
Fatty Acid



(*TRANS*) ELAIDIC ACID
Unnatural *Trans*
Fatty Acid

DISEASES CAUSED OR EXACERBATED BY HYDROGENATED TRANS FATS



ATHEROSCLEROSIS AND HEART DISEASE

CANCER

DEGENERATION OF JOINTS AND TENDONS

OSTEOPOROSIS

DIABETES

AUTOIMMUNE DISEASES

ECZEMA AND PSORIASIS

PMS

LOWERED TESTOSTERONE, LOWERED SPERM COUNT

FAILURE TO GROW

LEARNING DISABILITIES

LOW BIRTH WEIGHT BABIES

REDUCED VISUAL ACUITY

REDUCED FAT CONTENT IN MOTHER'S MILK



INDUSTRIAL FATS AND OILS

LIQUID POLYUNSATURATED
OILS CAUSE **UNCONTROLLED
REACTIONS** IN THE BODY



SOLID PARTIALLY HYDROGENATED
OILS **INHIBIT REACTIONS** IN THE
BODY

**THE RESULT . . .
BIOCHEMICAL CHAOS**

SATURATED FATS VS. TRANS FATS

SATURATED FATS

TRANS FATS

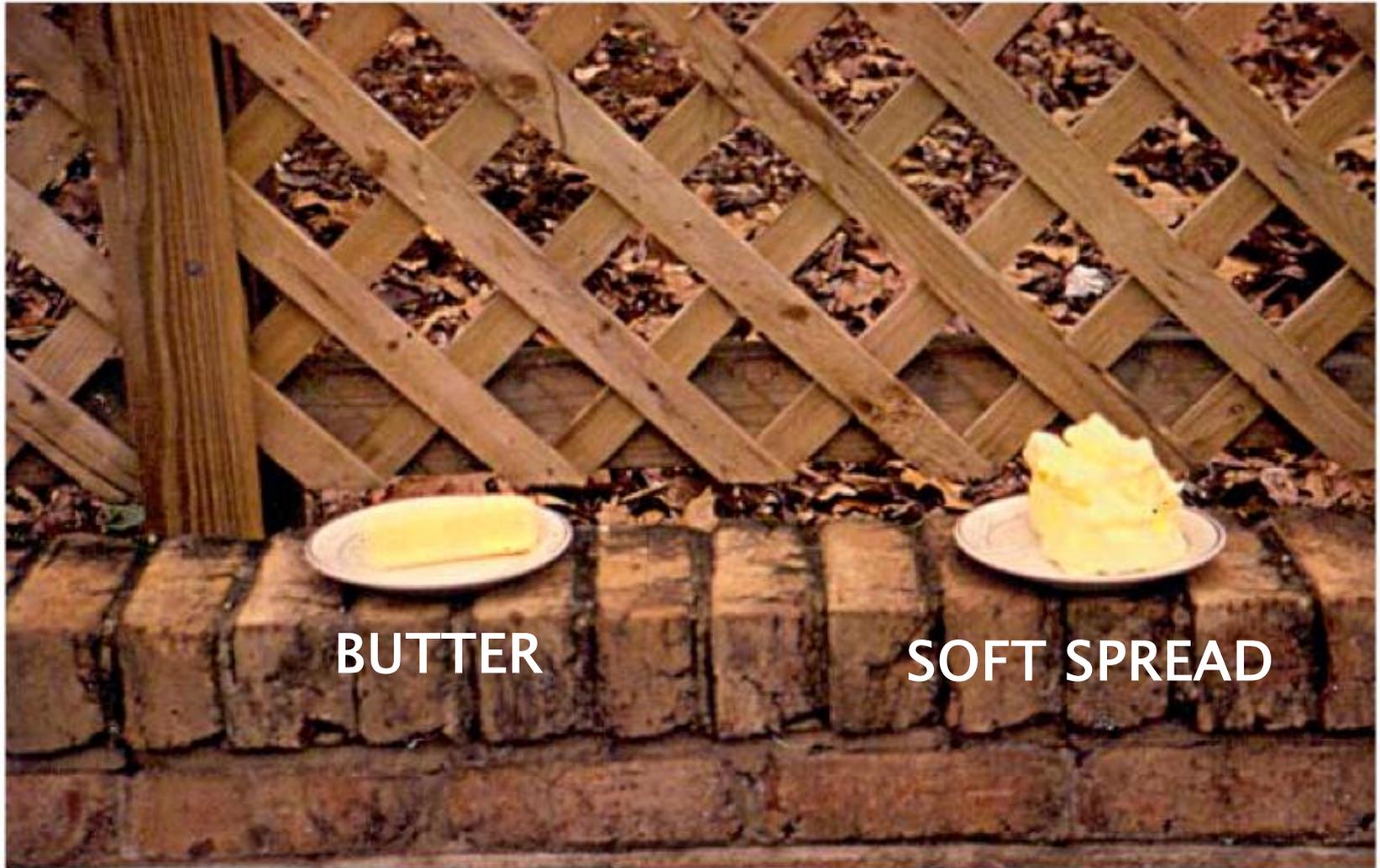
CELL MEMBRANES	Essential for healthy function	Interfere with healthy function
HORMONES	Enhance hormone production	Interfere with hormone production
INFLAMMATION	Suppress	Encourage
HEART DISEASE	Lower Lp(a). Raise "good" cholesterol	Raise Lp(a). Lower "good" cholesterol
OMEGA-3	Put in tissues and conserve	Reduce levels in tissues
DIABETES	Help insulin receptors	Inhibit insulin receptors
IMMUNE SYSTEM	Enhance	Depress
PROSTAGLANDINS	Encourage production and balance	Depress production; cause imbalances

the **BAD** **FATS** **BROTHERS**™



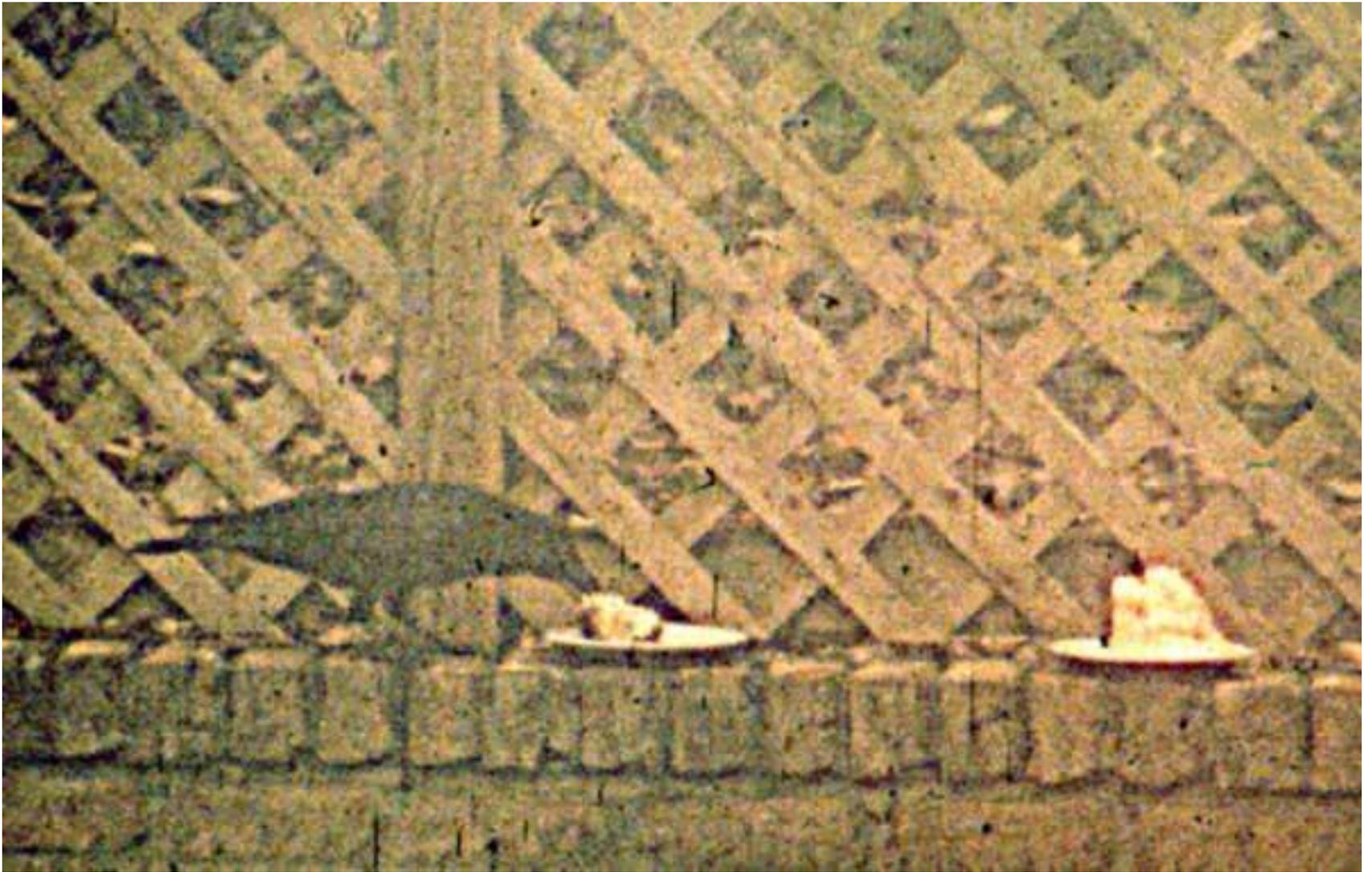
They're a charming pair, Sat and Trans. But that doesn't mean they make good friends. Read on to learn how they clog arteries and break hearts -- and how to limit your time with them by avoiding the foods they're in.



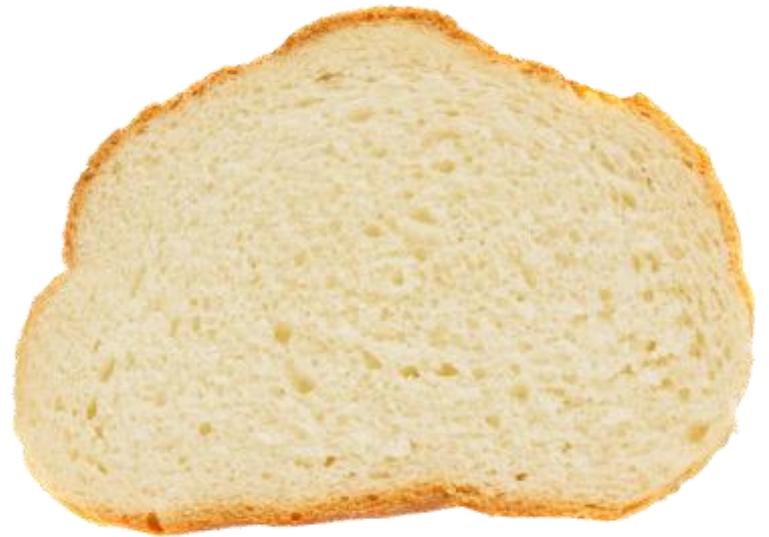


BUTTER

SOFT SPREAD













GOOD THINGS IN BUTTER

HIGH LEVELS IN GRASS-FED BUTTER

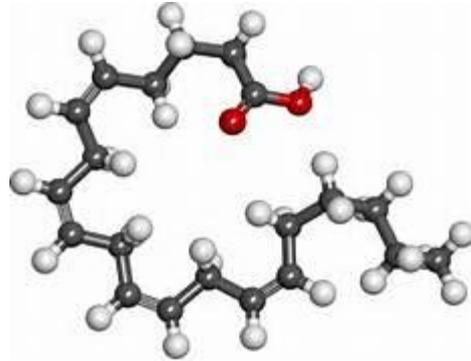
Vitamin A
Vitamin D3
Vitamin E
Vitamin K2
Copper
Zinc
Chromium
Selenium
Iodine
Conjugated Linoleic Acid



IN ALL BUTTER

Shorter Chain Fatty Acids
Essential Fatty Acids
IN PERFECT BALANCE
Lecithin
Cholesterol
Glycosphingolipids
Arachidonic Acid
Wulzen Factor
DESTROYED BY PASTEURIZATION

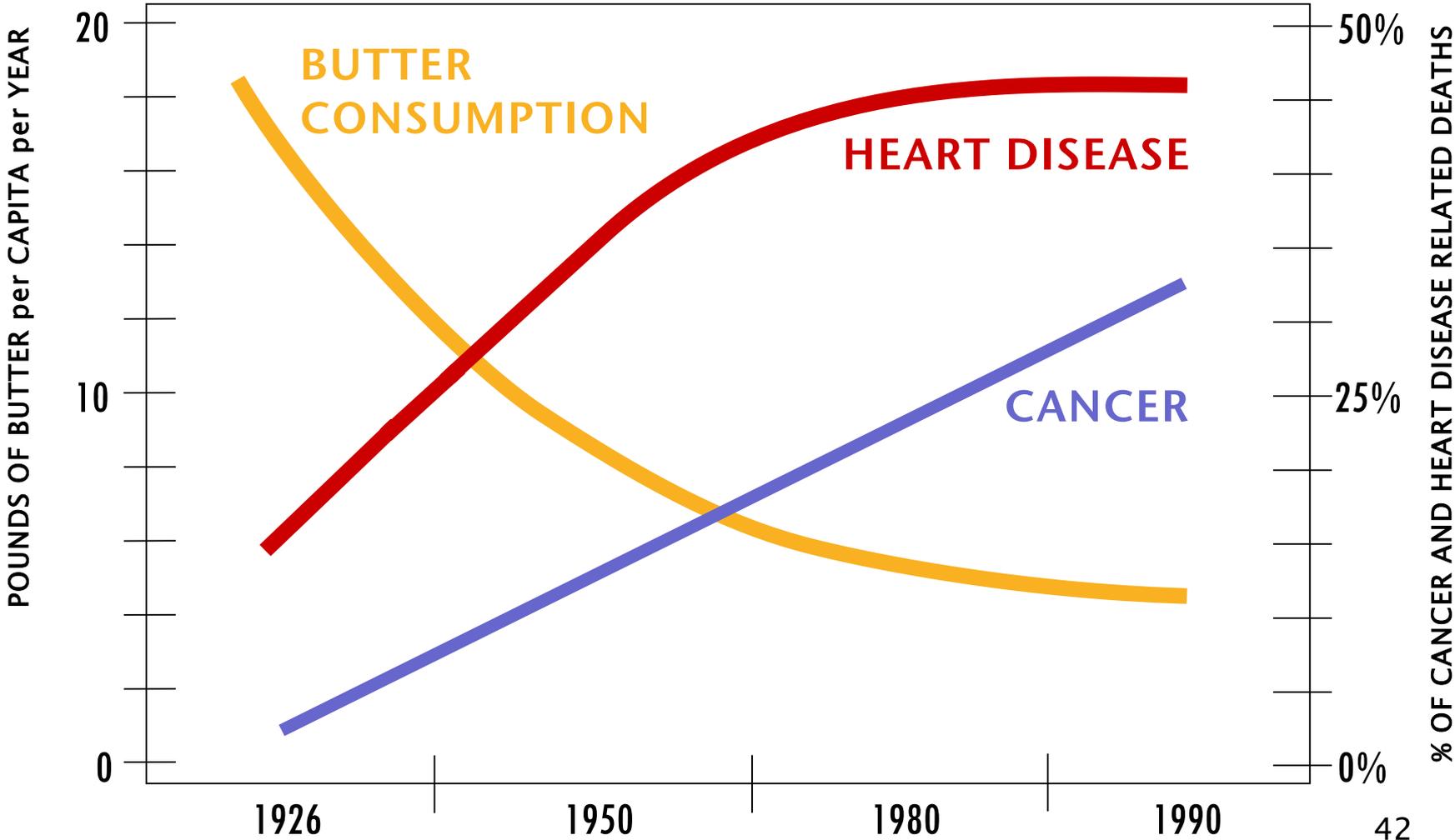
ARACHIDONIC ACID



20 CARBONS
4 DOUBLE BONDS

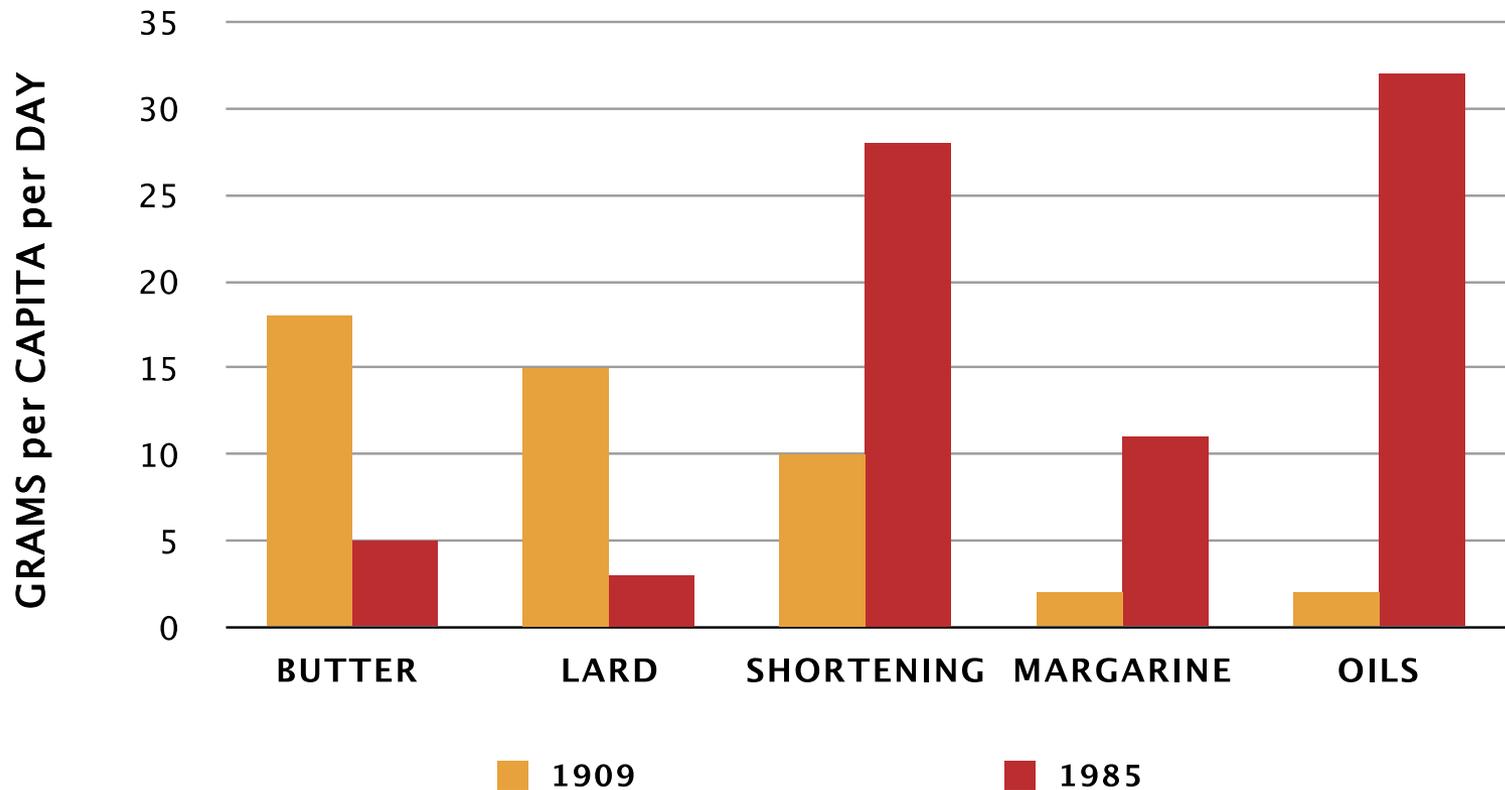
- Elongated omega-6 fatty acid found **only in animal fats**.
- Needed to balance the elongated omega-3 fatty acids in seafood.
- Needed for tight cell-to-cell junctions.
- Supports healthy skin and healthy digestion
- 11 percent of the brain is arachidonic acid
- The precursor to our natural cannabinoids.

DISEASE TRENDS AND BUTTER CONSUMPTION



THE OILING OF AMERICA!

US DIETARY FAT ANIMAL AND VEGETABLE SOURCES



SOURCE: HNIS-USDA

THE SIX BASIC GOOD FATS AND OILS



Pastured Butter, Extra Virgin Olive Oil, Pastured Lard, Coconut Oil, Fermented Cod Liver Oil

THE BAD FATS!



3. MAKE SURE YOUR DIET CONTAINS SUFFICIENT **HIGH-QUALITY** ANIMAL PRODUCTS, SOME RAW

HIGH QUALITY =

- Whole raw dairy products from pastured cows
- Eggs from pastured chickens
- Organ meats from pastured animals
- Meats from pastured animals
- Fish eggs
- Fish and shellfish
- Cod liver oil



THE PASTURED POULTRY MODEL





THE SACRED COW

A Step-Up Transformer of Grass and Sunlight into the
Vital Fat-Soluble Activators A, D and K2



CONFINEMENT CHICKEN OPERATIONS

- AS MANY AS 65,000 BIRD UNDER ONE ROOF.
- BIRDS KEPT IN CAGES STACKED SEVERAL HIGH.
- DEAD BIRDS ARE COLLECTED EVERY DAY.

MODERN CONFINEMENT AGRICULTURE



ORGANIC POULTRY PRODUCTION

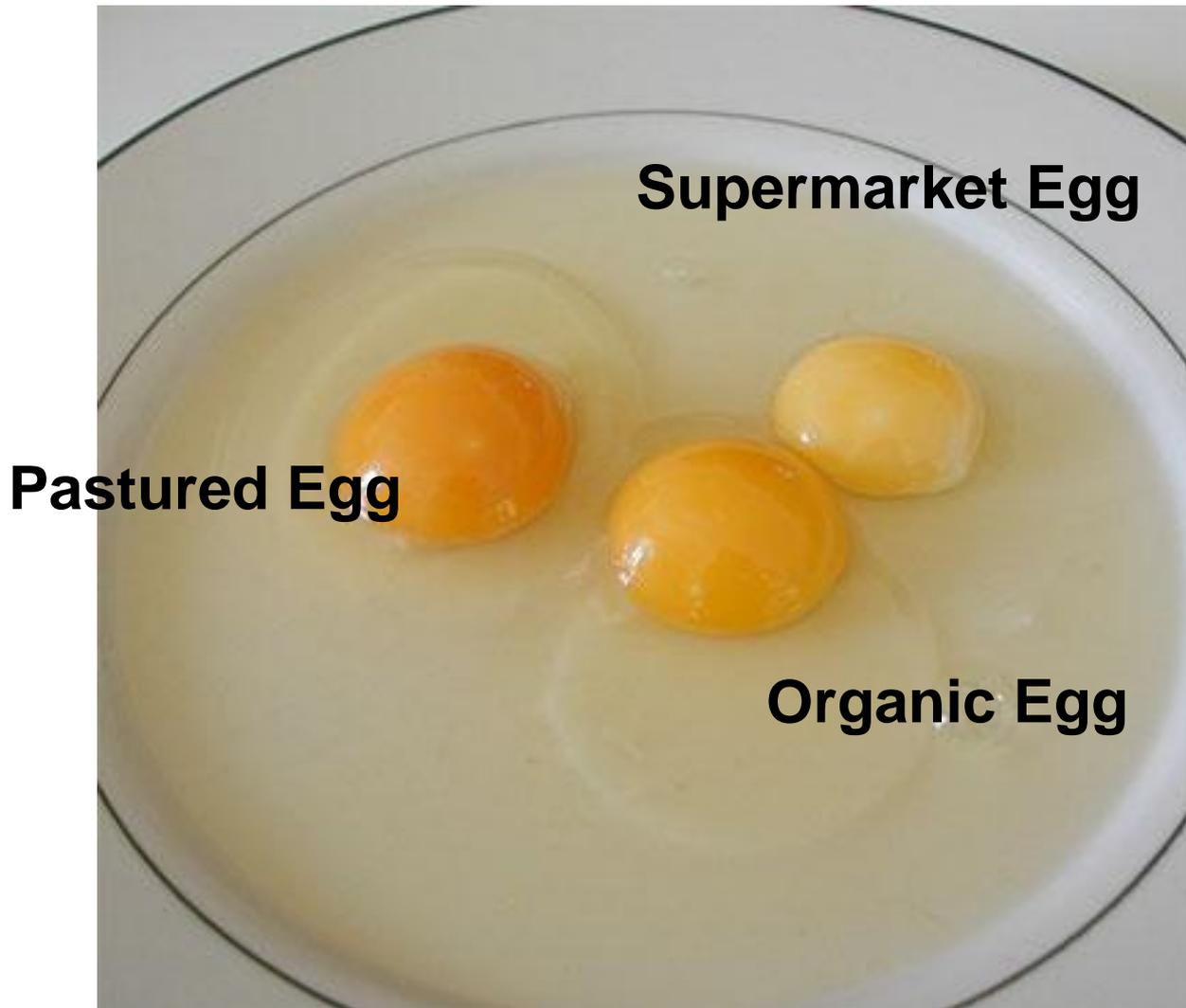


EGG YOLKS

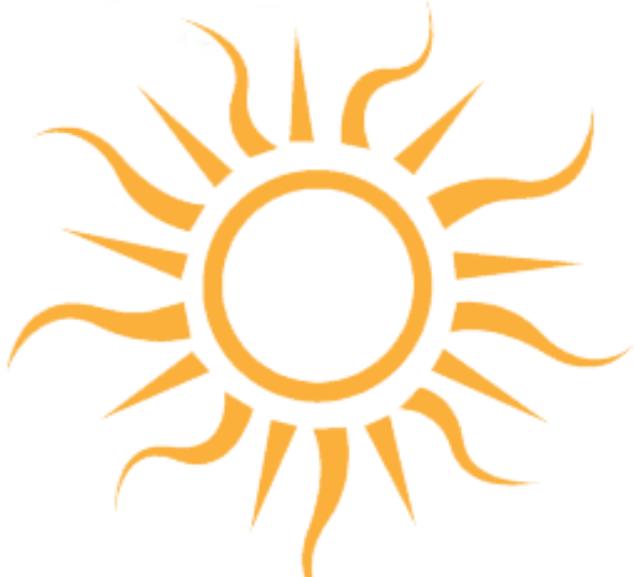
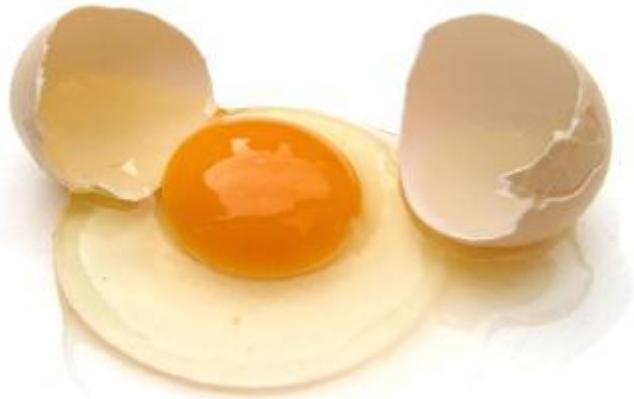
8 times more
vitamin D,

2 times more
vitamin A

in pastured
egg compared
to
supermarket
egg



EGG YOLKS AND VITAMIN D



EGG YOLKS A POTENT SOURCE:

- In 1929, researchers tested a variety of foods for vitamin D content and found the second most potent source of vitamin D was egg yolk.
- Number one was cod liver oil.

BRIGHT SUNLIGHT REQUIRED:

- The amount of vitamin D in egg yolks varies.
- Only those exposed to bright sunlight, containing UV-B light, or those exposed to a lamp producing UV-B light resulted in eggs with sufficient levels of vitamin D.
- Egg yolks from chickens under glass⁵⁴ or in cages produced rickets in rats.



CONFINEMENT BUTTER

GRASS-FED BUTTER

**10-13 TIMES MORE VITAMIN A AND
3 TIMES MORE VITAMIN D IN GRASS-FED BUTTER**

CHICKEN LIVERS



CONVENTIONAL

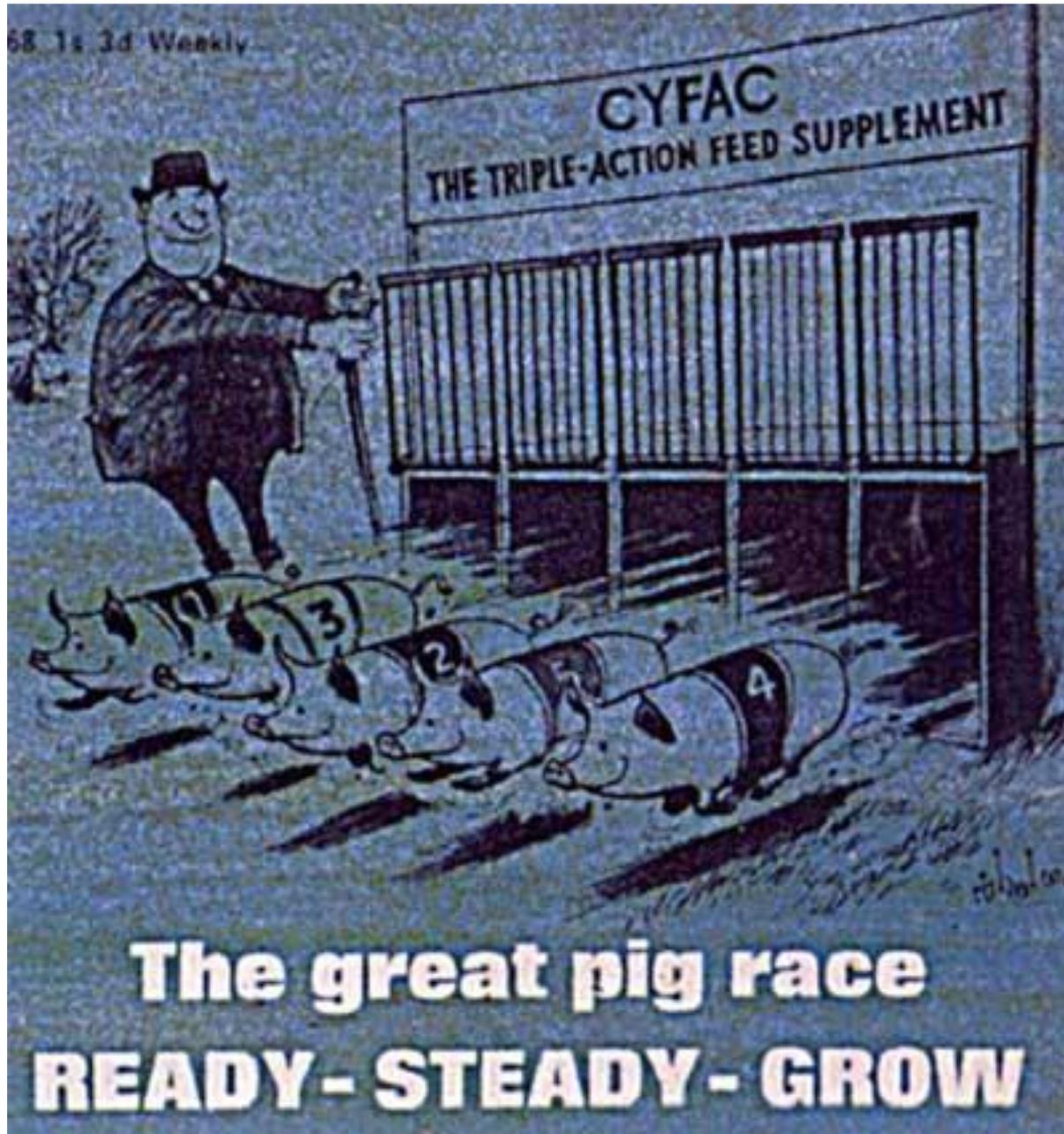


ORGANIC



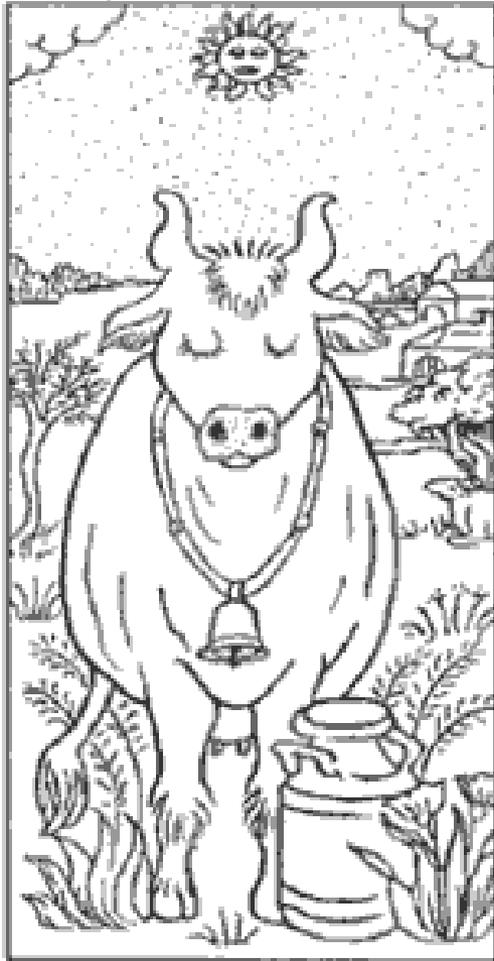
PASTURE RAISED

68 1s 3d Weekly



The great pig race
READY - STEADY - GROW

A Campaign for *Real Milk*

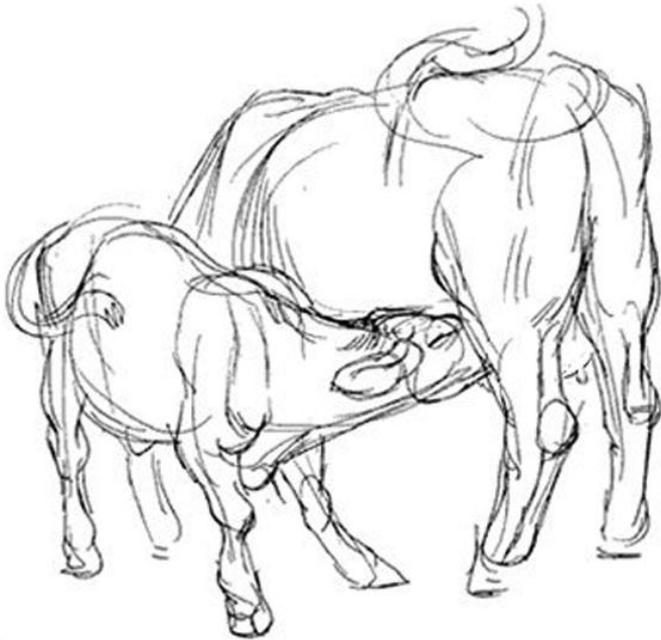


**FULL-FAT
PASTURE-FED
UNPROCESSED**

By the Weston A. Price Foundation

A Campaign for Real Milk Is a Project of
The Weston A. Price Foundation
westonaprice.org

RAW MILK IS **UNIQUELY SAFE**



Consider the calf, born in the muck, which then suckles on its mother's manure-covered teat.

How can that calf survive?

Because raw milk contains multiple, redundant systems of bioactive components that can reduce or eliminate populations of pathogenic bacteria.

Built-In Protective Systems in Raw Milk

LACTOPEROXIDASE

HYDROGEN PEROXIDE: Uses small amounts of H_2O_2 and free radicals to seek out and destroy pathogens

WIDESPREAD: In all mammalian secretions—breast milk, tears, etc.

HIGHER IN ANIMAL MILK: Lactoperoxidase levels *10 times higher* in goat milk than in breast milk

ALTERNATIVE TO PASTEURIZATION: Other countries are looking into using lactoperoxidase instead of pasteurization to ensure safety of commercial milk

Built-In Protective Systems in Raw Milk

LACTOFERRIN

PLENTIFUL in raw milk; effectiveness reduced by pasteurization¹

STEALS IRON away from pathogens and carries it through the gut wall into the blood stream; stimulates the immune system¹

TB: In a study involving mice bred to be susceptible to tuberculosis, treatment with lactoferrin significantly reduced the burden of tuberculosis organisms.²

CANDIDA: Mice injected with *Candida albicans*, another iron-loving organism, had increased survival time when treated with lactoferrin.³

WEIGHT LOSS: Believed to cut visceral fat levels up to 40%⁴

BENEFITS: Many other health benefits—is sold as a supplement!

1. *British J Nutrition*, 2000;84(Suppl. 1):S11-S17.
2. *J Experimental Med*, 2002 DEC 02;196(11):1507-1513.
3. *Infection and Immunity*, 2001 JUN;69(6):3883-3890.
4. *MSN-Mainichi Daily News*, 2007 APR 11.

Built-In Protective Systems in Raw Milk:

COMPONENTS OF BLOOD

- **Leukocytes**—Eat all foreign bacteria, yeast and molds (phagocytosis). Destroyed at 56C and by pumping milk. Produce H_2O_2 to activate the lacto-peroxidase system. Produce anaerobic CO_2 that blocks all aerobic microbes. Basis of immunity.
- **B-lymphocytes** – Kill foreign bacteria; call in other parts of the immune system^{1,2}
- **Macrophages** – Engulf foreign proteins and bacteria²
- **Neutrophils** – Kill infected cells; mobilize other parts of the immune system¹
- **T-lymphocytes** – Multiply if bad bacteria are present; produce immune-strengthening compounds¹
- **Immunoglobulins (IgM, IgA, IgG1, IgG2)**--Transfer of immunity from cow to calf/person in milk and especially colostrum; provides “passive immunization”²
- **Antibodies**—Bind to foreign microbes and prevent them from migrating outside the gut; initiate immune response.

1. *Scientific American*, December 1995.

2. *British J of Nutrition*, 2000:84(Suppl. 1):S3-S10, S75-S80, S81-S89, S135-136.

Built-In Protective Systems in Raw Milk:

FATS AND CARBOHYDRATES

- **Polysaccharides**—Encourage the growth of good bacteria in the gut; protect the gut wall
- **Oligosaccharides** – Protect other components from being destroyed by stomach acids and enzymes; bind to bacteria and prevent them from attaching to the gut lining; other functions just being discovered.^{1,2}
- **Medium-Chain Fatty Acids**—Disrupt cell walls of bad bacteria; levels so high in goat milk that the test for the presence of antibiotics had to be changed; may reduce intestinal injury and protect the liver.³
- **Phospholipids and Spingolipids**—bind to intestinal cells, prevent absorption of pathogens and toxins.³ Spingolipids are important components in cell membranes, protect cells against toxins, support digestion and protect against cancer.

• 1. *British J Nutrition*, 2000:84(Suppl. 1):S3-S10.

2. *Scientific American*, December 1995.

3. *International Dairy Journal* 2006 16:1374-1382 and 1362-1373

4. Spingolipids and Cancer, scitopics.com; Koopman, J S, et al, *AJPH*, 1984, 74:12:1371-1373

Built-In Protective Systems in Raw Milk:

OTHER BIOACTIVE COMPONENTS

- **Enzymes, e.g. Complement & Lysozyme**—Disrupt bacterial cell walls. Complement destroyed at 56C; Lysozyme at 90C.^{1,2}
- **Hormones & Growth Factors** – Stimulate maturation of gut cells; prevent “leaky” gut.²
- **Mucins** – Adhere to bacteria and viruses, preventing those organisms from attaching to the mucosa and causing disease.^{1,2}
- **Fibronectin** – Increases anti-microbial activity of macrophages and helps to repair damaged tissues.¹
- **Glycomacropeptide** – Inhibits bacterial/viral adhesion, suppresses gastric secretion, and promotes bifido-bacterial growth; supports immune system. ³

1. *British J Nutrition*, 2000:84(Suppl. 1):S3-S10.

2. *Scientific American*, December 1995.

3. *British J Nutrition*, 2000:84(Suppl. 1):S3-S10, S39-S46

Built-In Protective Systems in Raw Milk:

OTHER BIOACTIVE COMPONENTS

- **Beneficial Bacteria** – *Lactobacilli* and *bifidus* bacteria, crowd out bad bacteria, produce lactic acid that kills bad bacteria.
- **Bifidus Factor** – Promotes growth of *Lactobacillus bifidus*, a helpful bacteria in baby's gut, which helps crowd out dangerous germs^{1,2}
- **B₁₂ Binding Protein** – Reduces Vitamin B₁₂ in the colon, which harmful bacteria need for growth¹
- **Lactoglobulins:** Carry vitamins A and D and possibly other nutrients.³

1. *Scientific American*, December 1995.

2., *British J Nutrition*, 2000:84(Suppl. 1):S3-S10, S39-S46.

3. *FEBS Journal* 2009 276:2251-2265.

FIVEFOLD PROTECTIVE SYSTEM IN RAW MILK

1. Destroys pathogens in the milk.
2. Stimulates the Immune system.
3. Builds healthy gut wall.
4. Prevents absorption of pathogens and toxins in the gut.
5. Ensures assimilation of all the nutrients.

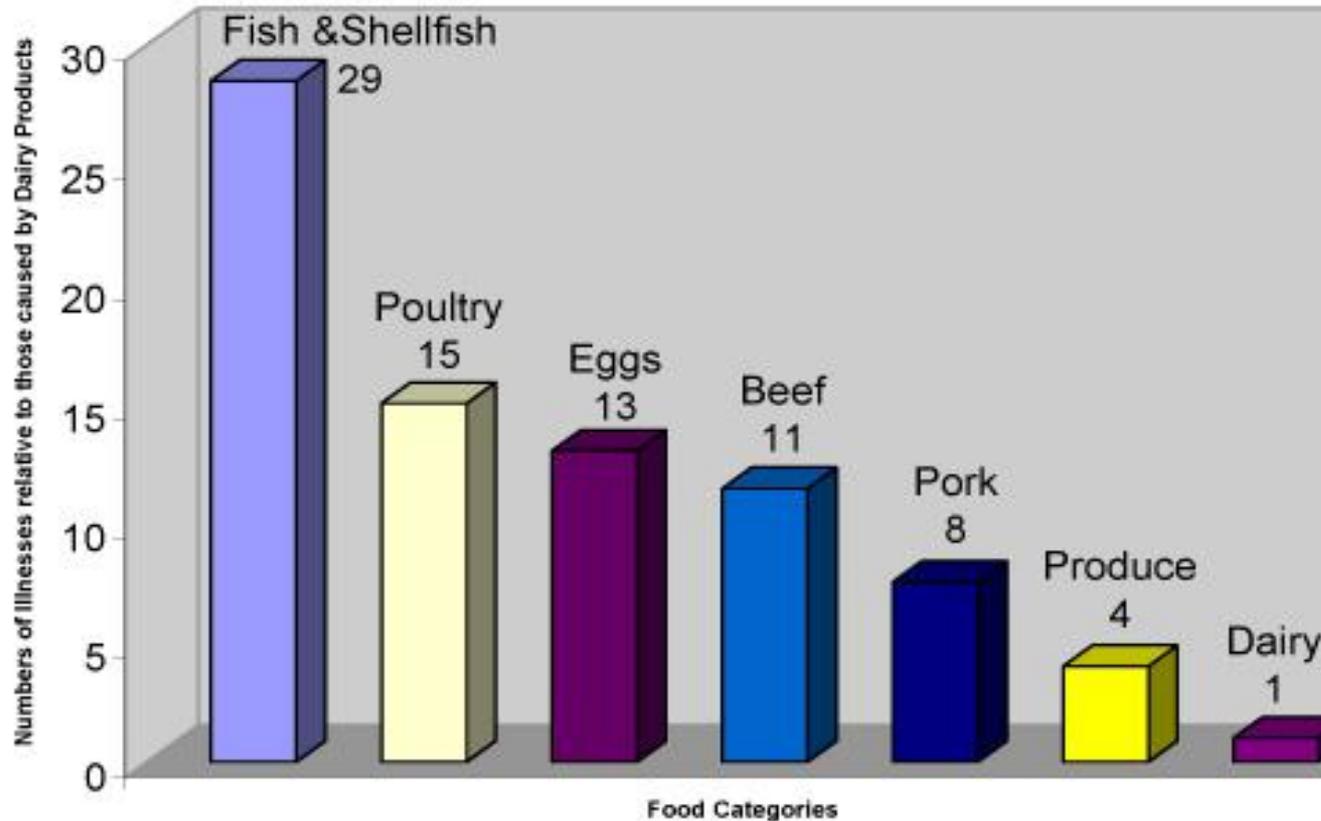
Destruction of Built-In Safety Systems by Pasteurization

Component	Breast Milk	Raw Milk	Pasteurized Milk	UHT Milk	Infant Formula
B-lymphocytes	active	active	inactivated	inactivated	inactivated
Macrophages	active	active	inactivated	inactivated	inactivated
Neutrophils	active	active	inactivated	inactivated	inactivated
Lymphocytes	active	active	inactivated	inactivated	inactivated
IgA/IgG Antibodies	active	active	inactivated	inactivated	inactivated
B₁₂ Binding Protein	active	active	inactivated	inactivated	inactivated
Bifidus Factor	active	active	inactivated	inactivated	inactivated
Medium-Chain FAs	active	active	reduced	reduced	reduced
Fibronectin	active	active	inactivated	inactivated	inactivated
Gamma-Interferon	active	active	inactivated	inactivated	inactivated
Lactoferrin	active	active	reduced	inactivated	inactivated
Lysozyme	active	active	active	inactivated	inactivated
Mucin A/Oligosaccharides	active	active	reduced	reduced	inactivated
Hormones/Growth Factors	active	active	reduced	reduced	Inactivated

1. *Scientific American*, December 1995.
 2. *The Lancet*, 17 NOV 1984;2(8412):1111-1113.

FOOD-BORNE ILLNESS 1999-2006

Relative Number of Foodborne Illnesses Linked to Outbreaks Caused by Various Food Categories, Adjusted for Consumption 1999-2006



*Using the yearly average illnesses linked to Dairy outbreaks as the baseline

FOODBORNE ILLNESS **DEATHS** since 1999

- Cantaloupe: 29 (2011)
- Spinach: 5 (2007)
- Luncheon Meat: 12 (Canada, 2008); 2 (2011)
- Peanuts: 9 (2009)
- Eggs: 30 PER YEAR
- Oysters: 15 PER YEAR
- Pasteurized Cheese: 7 (Europe, 2009)
- Pasteurized Milk: 3 (2007)
- Pasteurized Mother's Milk: 4 (2003)
- **Raw Milk: NONE**

Some Outbreaks Due to Pasteurized Milk

- 1976**—1 outbreak *Y. enterocolitica* in **36** children, 16 of whom had appendectomies, due to pasteurized chocolate milk¹
- 1982**—Over **17,000** cases *Y. enterocolitica* in several states from milk produced in Memphis, TN²
- 1983**—1 outbreak, **49** cases, **14 deaths** from *L. monocytogenes* in MA²
- 1984-85**—3 outbreaks of antimicrobial-resistant *S. typhimurium*, at plant in Melrose Park IL. The third wave had **16,284** confirmed cases; surveys indicated as many as 197,581 persons may have been affected²
- 1985**—**1,500+** cases, *Salmonella* culture confirmed, in Northern IL²
- 1993-94**—1 outbreak, **2014** cases/**142** confirmed *S. enteritidis* due to pasteurized
in MN, SD, WI⁶
- 1995**—Outbreak of *Yersinia enterocolitica* in **10 children**, 3 hospitalized due to post-pasteurization contamination⁷
- 2000**—1 outbreak, **98** cases/**38** confirmed *S. typhimurim* in PA and NJ⁷
- 2005**—1 outbreak, **200** cases *C. jejuni* in CO prison⁹
- 2006**—1 outbreak, **1592** cases/**52** confirmed *C. jejuni* infections in CA¹⁰
- 2007—1 outbreak, 3 deaths from pasteurized milk in Massachusetts
- 2009—1 outbreak, 7 deaths from pasteurized cheese in Europe
- 2012 –1 outbreak, 4 deaths from pasteurized cheese in the US

Breast Milk Contains Pathogens

MISCONCEPTION: Until recently, the medical profession claimed that breast milk was sterile.

PATHOGENS: We now know that breast milk contains pathogens, often at very high levels.

IMMUNITY FOR LIFE: The bioactive components in milk program the baby to have immunity for life to any pathogens he comes in contact with.

PASTEURIZE BREAST MILK? Should mothers be required to pasteurize their own milk before giving it to their babies?

DISCRIMINATION: Yet laws prevent mothers from obtaining raw milk to feed their babies should their own supply be inadequate.

J Appl Microbiol. 2003;95(3):471-8.

2. *Neonatal Netw.* 2000 Oct;19(7)21-5.

3.-11. various medical journals...

The Campaign Against Raw Milk

Coronet Magazine, May 1945



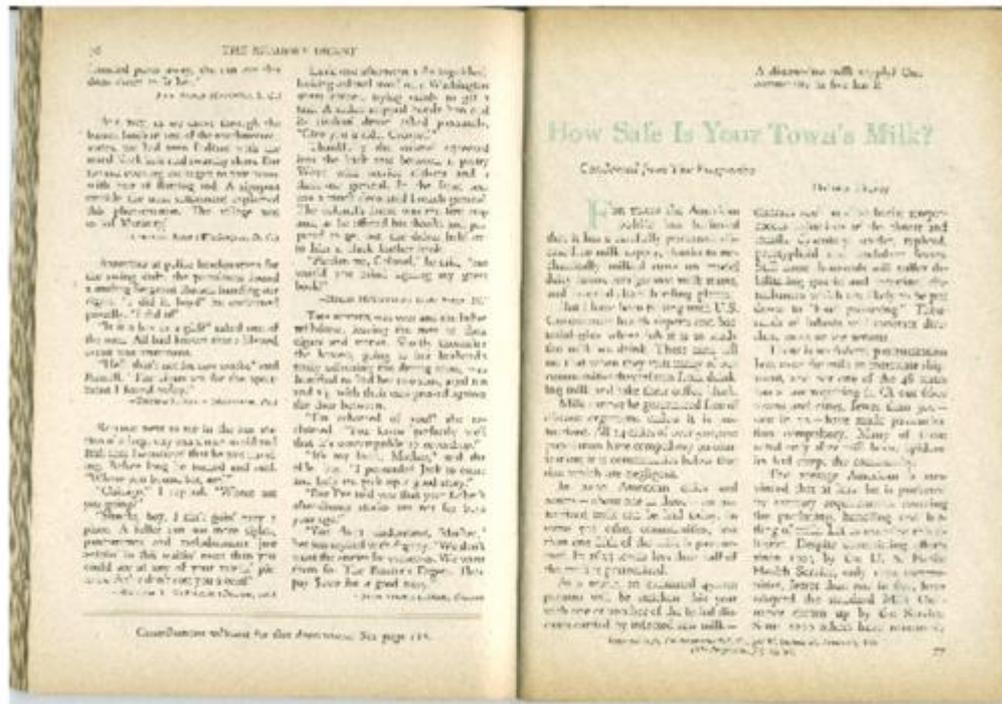
Article in *Coronet Magazine*, May, 1945
Seemingly factual article about a town called Crossroads, USA, where many died from undulant fever, contracted from raw milk

One small problem: the whole story was made up, there was no Crossroads, USA, and no outbreak of undulant fever!



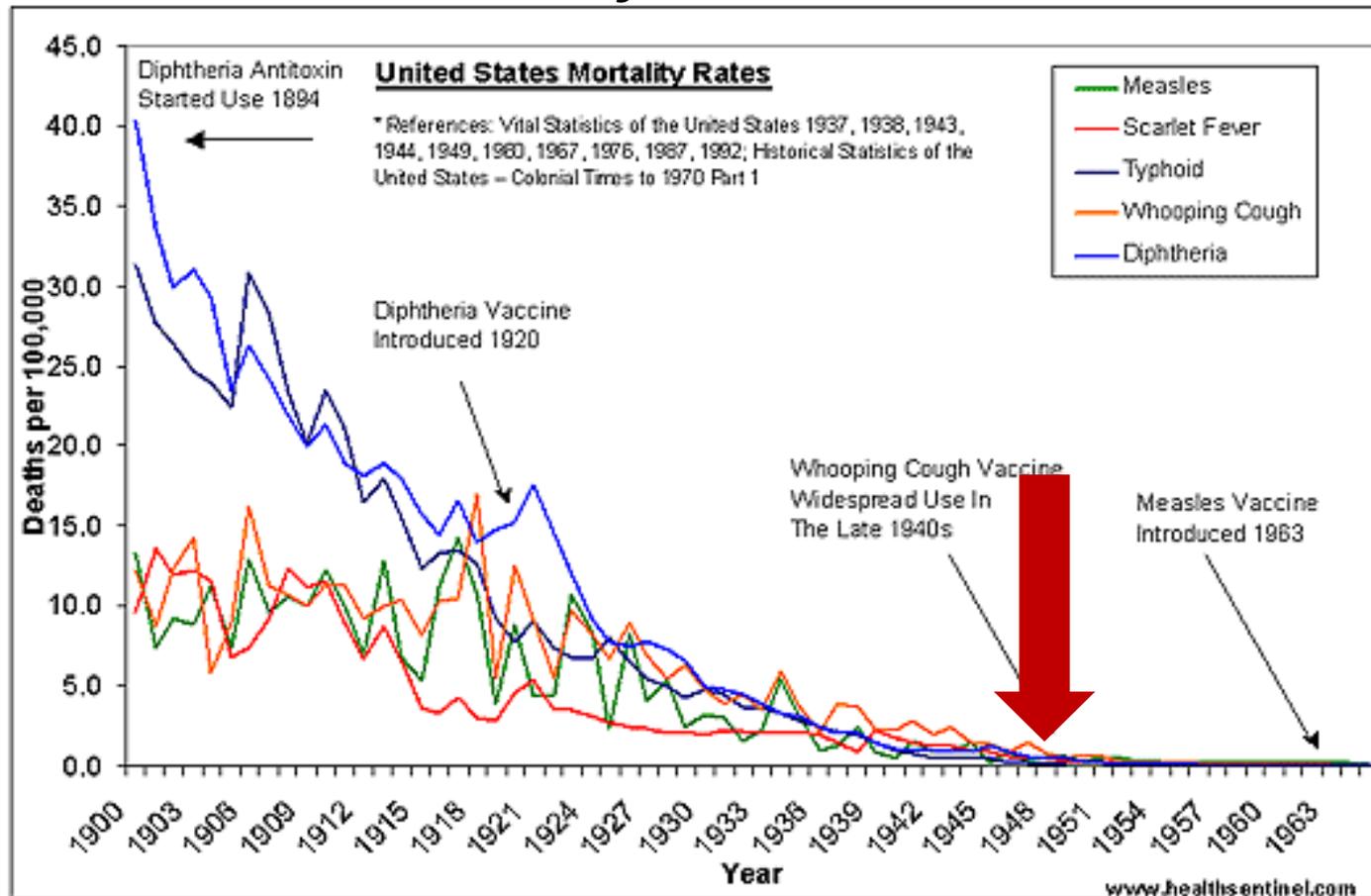
The Campaign Against Raw Milk

August, 1946, *Reader's Digest* repeated false story about Crossroads, USA



Lies about raw milk continue to this day!

Decline of Infectious Disease Not Related to Mandatory Pasteurization Laws



1948: First State Mandatory Pasteurization Laws

Raw Milk Production Today

Compared to 30-50 years ago, dairy farmers today can take advantages of many advancements that contribute to a safe product:

- Managed rotational grazing ensures healthy cows

- Herd testing for disease

- Refrigerated bulk tanks

- Refrigerated transportation

- Easier milk testing techniques

Milk Safety in California

Since 1999:

MILLIONS OF SERVINGS of Organic Pastures
raw milk, with a superlative safety record.

MANY RECALLS of
pasteurized milk
products during
the same period.



Solution to the “Milk Problem”

During the 1800s, there was a 50% death rate among urban children drinking “Swill Milk,” that is, milk produced in inner city confinement dairies, from cows fed brewery swill and raised in unimaginable filth.

The “Milk Problem” was solved by

Outlawing inner city swill dairies,

The Certified Milk Movement,
which ensured clean raw milk, and

Increased consumer access to refrigeration,

NOT by Milk Pasteurization Laws.

Summary of Raw Milk Safety

SAFEST FOOD: Raw Milk is safer than any other food.

BUILT-IN SAFETY MECHANISMS: Raw milk is the ONLY food that has built in safety mechanisms.

40-YEAR-OLD SCIENCE: Claims that raw milk is unsafe are based on 40-year-old science.

COURT OF LAW: Claims that raw milk is unsafe would not hold up in a court of law.

Pasteurized Milk = Increasing Health Problems in Children

Allergies

Asthma

Frequent Ear Infections

Gastro-Intestinal Problems

Diabetes

Auto-Immune Disease

Attention Deficit Disorder

PROTEINS IN MILK

MILK PROTEINS: Three dimensional, like tinker toys.

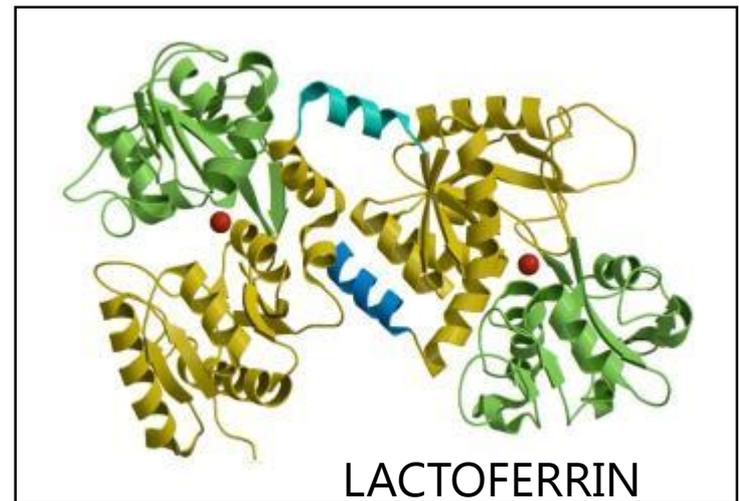
CARRIERS: Carry vitamins and minerals through the gut into the blood stream; enhance the immune system; protect against disease.

IMMUNE DEFENSE: Pasteurization and ultra-pasteurization flatten the three-dimensional proteins; the body thinks they are foreign proteins and mounts an immune defense.

DISEASES: Immune attacks lead to juvenile diabetes, asthma, allergies and other disorders later in life.

ALLERGIES: More and more people unable to tolerate pasteurized milk; one of the top eight allergies; some have violent reactions to it.

DECLINE: Consumption of fluid milk declining at 1 percent per year.



STUDY ON PROCESSED MILK

- 2019 study looked at the effect of processing on milk proteins.
- Boiling (pasteurization), spray drying, freeze drying, microwaving.
- **All four** methods resulted in **significant degradation and oxidation** of the milk proteins.
- Fed to rats, processed milk protein caused damage in plasma, liver and brain.
- Adversely affected learning and memory in rats.

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RAW MILK DIGESTIBILITY

RAW MILK DIGESTS ITSELF!

Enzymes in raw milk are activated in the digestive tract

Enzymes and carrier proteins in raw milk ensure all nutrients are absorbed

Friendly bacteria in milk aid in digestion

No energy required to digest raw milk; net energy gain

PASTEURIZED MILK IS VERY DIFFICULT TO DIGEST

The body must supply the enzymes needed to digest the milk

Proteins warped and distorted by pasteurization put additional strain on digestion

Much energy required to digest pasteurized milk; net energy loss

Studies on Raw vs. Pasteurized Milk at Randleigh Farm, 1935-1940

HISTORY OF RANDLEIGH FARM



Rat fed only raw milk from cows fed dry ice grass silage and grain. Notice absence of acrodynia.



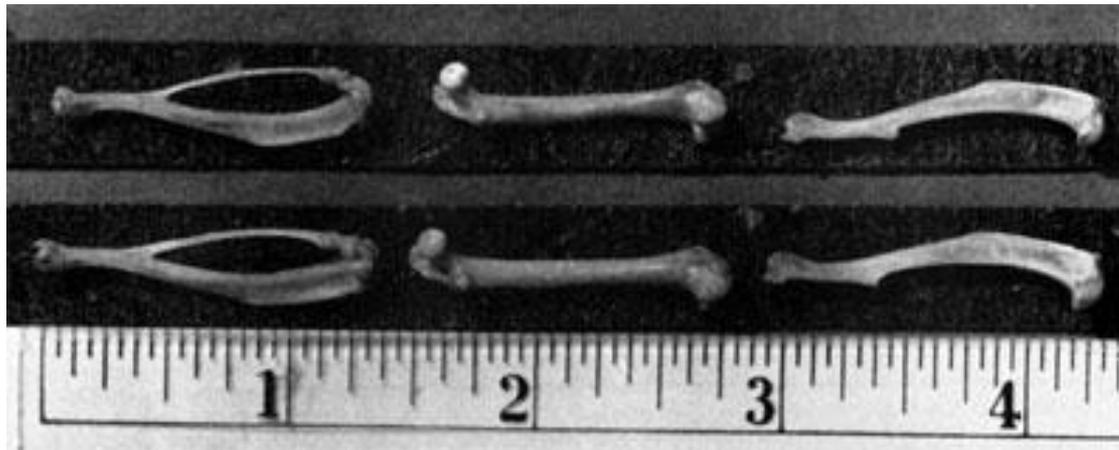
Rats fed only pasteurized milk from cows fed dry ice grass silage. Hairless areas (acrodynia) are due to a deficiency of vitamin B₆.

Above: Rat fed only raw milk. Good development, healthy fur.

Below: Rats fed only pasteurized milk. Poor development. Hairless areas (acrodynia) due to vitamin B-6 deficiency.

Bone Development Six-Month Study

PASTEURIZED Milk-Fed Rat, weighed 146 grams
Bones shorter and less dense



RAW Milk-Fed Rat, weighed 206 grams
Bones longer and more dense

One-to-One Exposure of Femur, Tibia and Fibia

Guinea Pig Studies

of Wulzen and Bahrs

Department of Zoology,

Oregon State College, 1941



Whole Raw Milk	Excellent growth; no abnormalities
Whole Pasteurized Milk	Poor growth; muscle stiffness; emaciation and weakness; death within one year. Autopsy revealed atrophied muscles streaked with calcification; tricalcium deposits under skin, in joints, heart and other organs. <i>American Journal of Physiology 1941, 133, 500</i>

Rat Studies of Scott & Erf

Ohio State University, 1931



Whole Raw Milk	Good growth; sleek coat; clear eyes; excellent dispositions; enjoyed being petted.
Whole Pasteurized Milk	Rough coat; slow growth; eyes lacked luster; anemia; loss of vitality and weight; very irritable, often showing a tendency to bite when handled.

Jersey Bulletin 1931 50:210-211;224-226, 237

THE MILK CURE

ANCIENT: Since ancient times, an exclusive raw milk diet has been used to cure many diseases.

MAYO CLINIC: In the early 1900s, the “Milk Cure” was used at the Mayo Clinic to successfully treat cancer, weight loss, kidney disease, allergies, skin problems, urinary tract problems, prostate problems, chronic fatigue and many other chronic conditions.

ONLY WITH RAW MILK: The Milk Cure only works with raw milk; pasteurized milk does not have these curative powers.

Crewe, JR. Raw Milk Cures Many Diseases, www.realmilk.com

ASTHMA & RAW MILK – 2007

RAW MILK STRONGEST FACTOR: In a study of 14,893 children aged 5-13, consumption of raw milk was the strongest factor in reducing the risk of asthma and allergy, whether the children lived on a farm or not.

FIRST YEAR OF LIFE: The benefits were greatest when consumption of farm milk began during the first year of life.

NINE DEATHS per day from asthma in the U.S.

LACTOSE INTOLERANCE

29 MILLION: Results from a survey by Opinion Research Corporation (commissioned by the Weston A. Price Foundation) indicate that about 29 million Americans are lactose intolerant.

RAW MILK OK FOR 82 PERCENT: Results from a private survey carried out in Michigan indicate that 82 percent of those diagnosed as lactose intolerant can drink raw milk without problem.

24 MILLION COULD BENEFIT: Thus, 24 million Americans diagnosed as lactose intolerant could benefit from raw milk.

RAW MILK & GLUTATHIONE

- Glutathione: Key compound for detoxification
- High levels in whey protein
- Research in 1991 discovered that whey proteins only boost glutathione status in their raw, undenatured state.
- Explains the success of the Milk Cure

Source: <http://www.westonaprice.org/blogs/cmasterjohn/2010/09/11/the-biochemical-magic-of-raw-milk-and-other-raw-foods-glutathione>

RAW MILK FOR CHILDREN

- Calcium for optimal growth, strong bones, strong teeth.
- Protection against asthma, allergies, eczema
- Builds immune system.
- Glutathione for protection against toxins.
- Builds healthy gut wall.



Microscopic Structure of Raw Milk

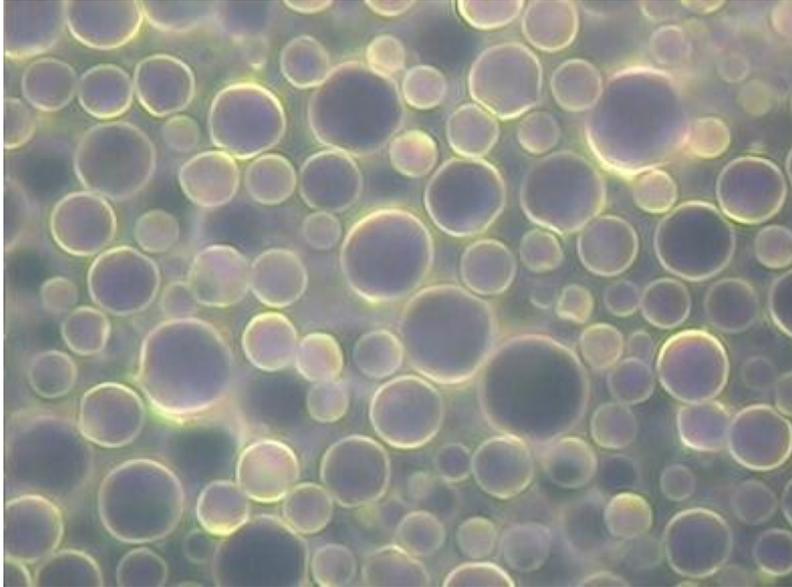


Raw milk magnified 175 times. Complex colloidal structure similar to that of all life forms. Raw milk is a “living” food.

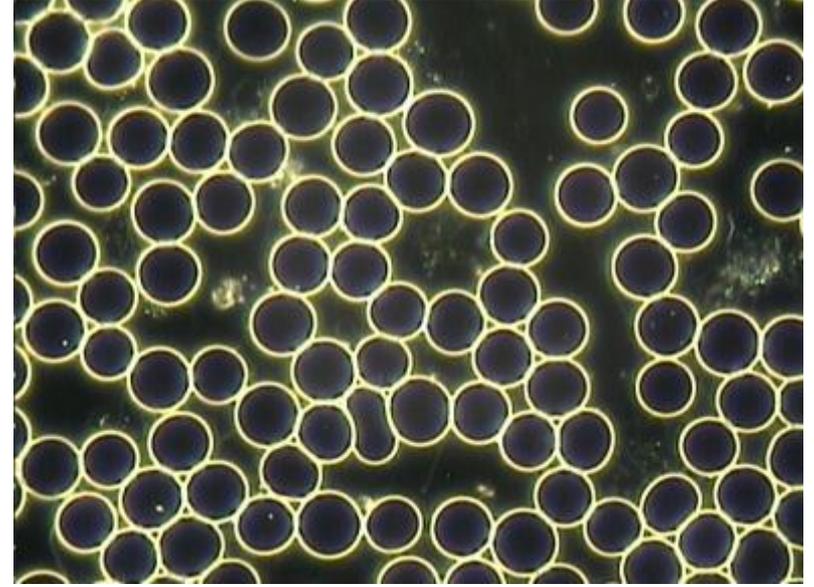


Pasteurized milk magnified 175 times. Complex colloidal structure is lost. Pasteurized milk is “lifeless.”

Microscopic Structure of Raw Milk



Raw milk magnified 4200 times. Structure is similar to that of blood.



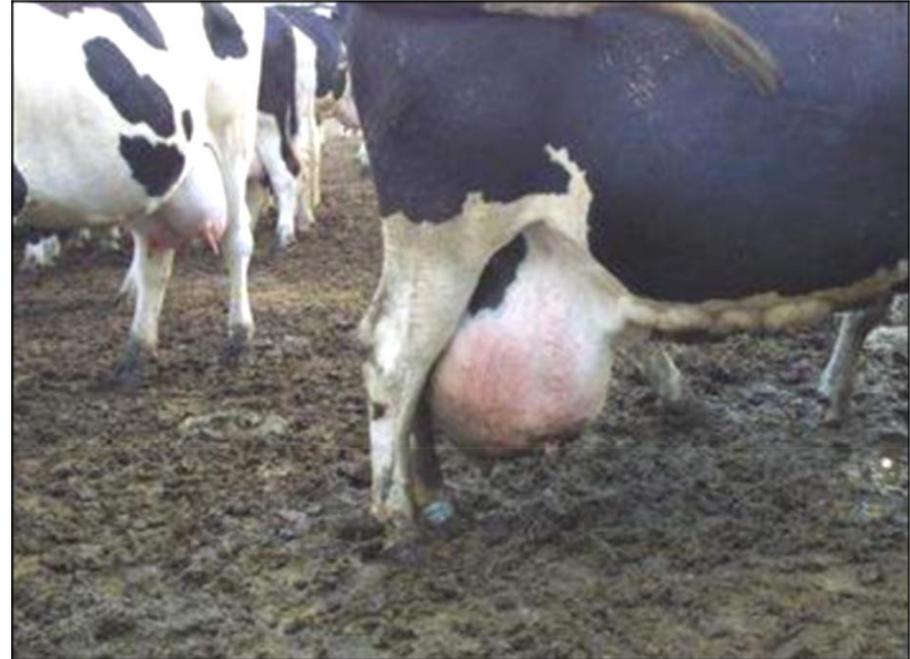
Structure of blood under darkfield microscope.

Confinement Dairy System

Cows never leave stalls. Life span averages 42 months.



The Modern Cow



Three milkings per day

Often milked for 600 days without a break, or until death.

Modern Milk From Farm to Factory



Feed Given to Confined Cows

Feed	Result in Milk
Soy	Allergenic soy protein and estrogenic isoflavones
GMO Grains	Aflatoxins (liver poisons)
Bakery Waste	Trans fatty acids
Citrus Peel Cake	Cholinesterase inhibitors (pesticides that act as nerve poisons)
Hormones and Antibiotics	Hormones and Antibiotics
Swill from Ethanol Production!	Chemicals used in ethanol production



The Wasteland

Compulsory pasteurization laws are largely responsible for the decline of American small towns and rural life.

Pasteurization laws transform what should be a local value-added product into a commodity product.





www.realmilk.com

A Project of the Weston A. Price Foundation.
Many articles on raw milk and raw cheese.
Sources for raw milk.



A Campaign for Real Milk

A Project of the Weston A. Price Foundation

[Home](#) [Health](#) [Safety](#) [Resources](#) [Hot Topics](#) [Testimonials](#) [Policy & Economics](#) [About](#) [Blog](#)



[Raw Milk Finder](#)

RAW MILK FINDER

Keep the Raw Milk Flowing

[DONATE NOW](#)

Get Updated on Raw Milk

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4. ELIMINATE REFINED SWEETENERS



SUGAR

DEXTROSE

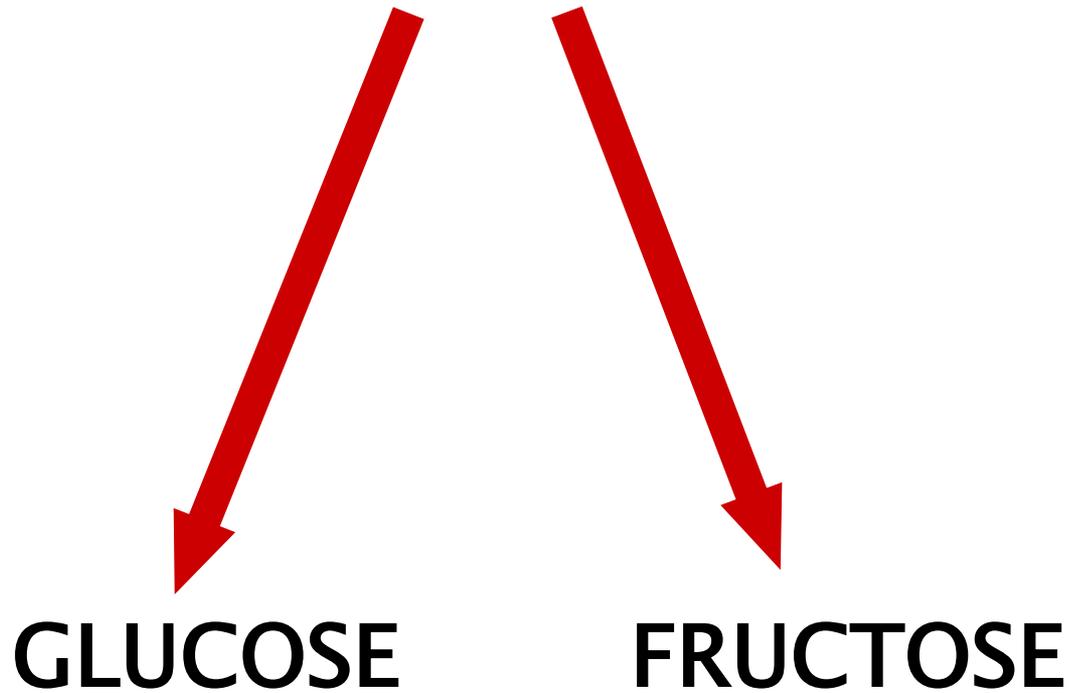
FRUCTOSE

GLUCOSE

HIGH FRUCTOSE CORN SYRUP

FRUIT JUICES

SUCROSE



IN ANIMAL STUDIES, FRUCTOSE WAS FOUND TO BE HARMFUL WHILE GLUCOSE WAS NOT.

FRUCTOSE AND HEALTH

LIVERS of rats on high-fructose diet resembled livers of alcoholics.

ANEMIA

HEART HYPERTROPHY – enlarged and exploded

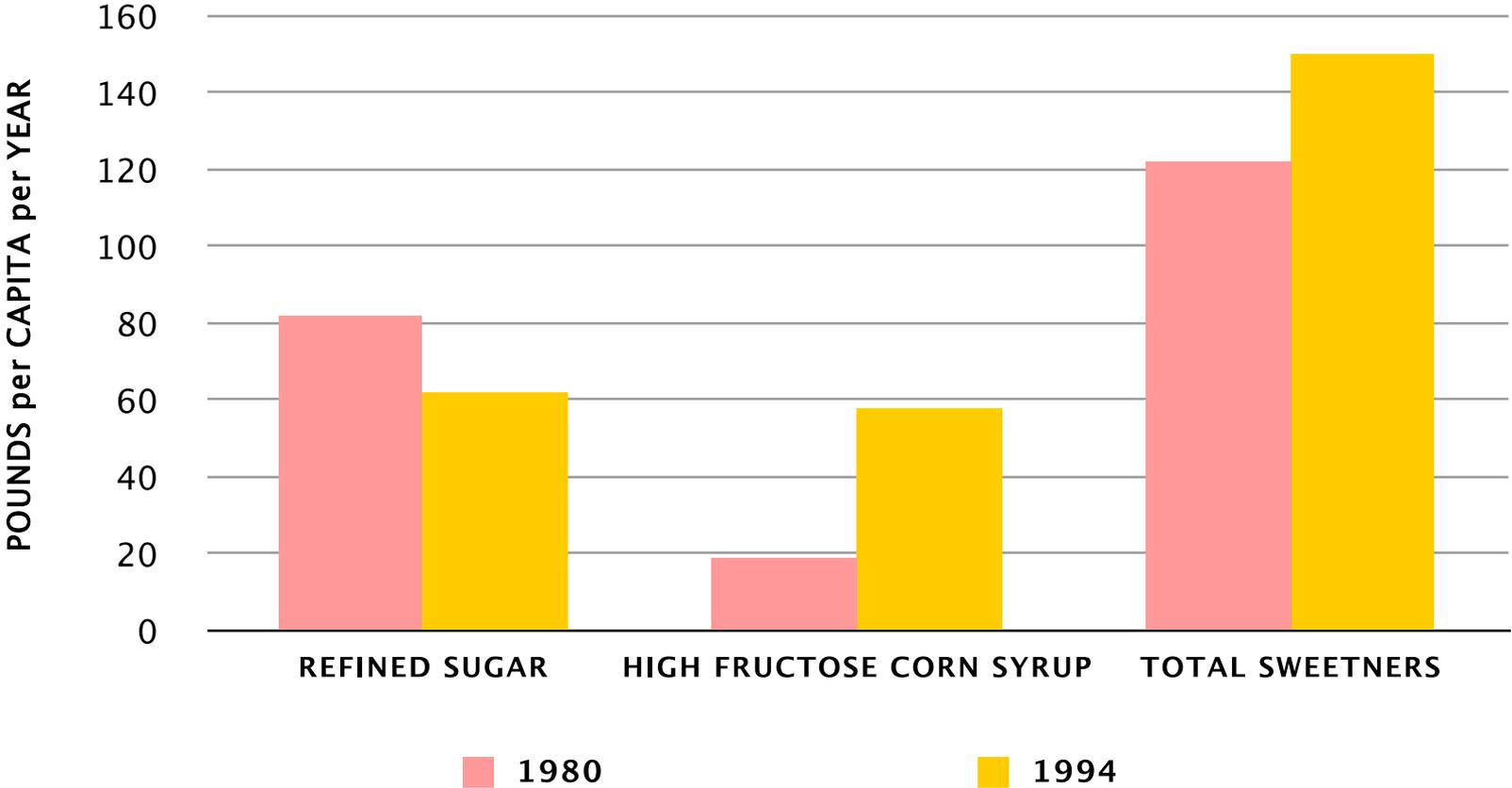
COPPER DEFICIENCY in combination with fructose interferes with collagen production, hence rat bodies fell apart. Copper deficiency widespread in the United States.

DELAYED testicular development in male rats.

FEMALE RATS were unable to produce live young.

MALE RATS did not reach adulthood.

US CONSUMPTION OF REFINED SUGARS



SOURCE: USDA

DISEASES ASSOCIATED WITH CONSUMPTION OF **REFINED SWEETENERS**

DIABETES

HYPOGLYCEMIA

CHRONIC ELEVATED INSULIN

CORONARY HEART DISEASE

CANCER

INFECTIOUS DISEASES

HYPERACIDITY OF THE STOMACH

LIVER DISEASE

KIDNEY DISEASE

INFERTILITY

ASTHMA

ACNE



HEADACHES

THYROID MALFUNCTION

ADRENAL MALFUNCTION

OBESITY

INCREASED DESIRE FOR ALCOHOL

INCREASED DESIRE FOR COFFEE AND
TOBACCO

CANDIDA ALBICANS INFECTION

BONE LOSS

DENTAL DECAY

HYPERACTIVITY

VIOLENT TENDENCIES

DEPRESSION

NATURAL SWEETENERS

USE IN MODERATION



**RAPADURA (DEHYDRATED SUGAR CANE JUICE),
MAPLE SYRUP AND MAPLE SUGAR,
MOLASSES, STEVIA POWDER AND RAW HONEY**



AVOID THE BLOOD SUGAR ROLLER COASTER
Always eat sweet things with good fats!

POSSIBLE CAUSES OF SUGAR CRAVINGS

WRONG FATS IN THE DIET

IMPROPER PREPARATION OF GRAINS

TOO FEW OR TOO MANY ANIMAL FOODS

MINERAL DEFICIENCIES

**NEUROTOXIC ADDITIVES
SUCH AS MSG AND ASPARTAME**





HOMEMADE ICE CREAM

CREAM

MAPLE SYRUP

EGG YOLKS

VANILLA

PINCH OF SALT





CARBOHYDRATES OR FATS? WHICH PROVIDE THE MOST ENERGY?

One molecule **GLUCOSE** requires

One molecule **FAT** requires

15 enzymes

5 enzymes

Numerous
vitamins and
minerals,
especially
chromium and
magnesium

Vitamins and
minerals

38 UNITS ATP

146 UNITS ATP

ATP = Energy carrier

5. ELIMINATE TOXIC METALS AND ADDITIVES AS MUCH AS POSSIBLE



SOURCES OF TOXIC METALS

ALUMINUM

Cookware
Antacids
Commercial salt
Baking powder
Deodorants

MERCURY

Amalgam fillings
Large fish, such as swordfish and tuna

LEAD

Water from lead pipes
Some cookware glazes and enamels
Dark hair dyes

IRON

All commercial white flour products

CADMIUM

Commercially raised fruits and vegetables

EFFECTS OF FLUORIDE

MAIN EFFECTS

- Depresses thyroid function
- Enzyme inhibitor

LEADING TO

- Premature aging
- Arthritis
- Osteoporosis
- Irregular bone growth
- Degeneration of bone and cartilage
- Mottling of the teeth – fluorosis
- Acne and other skin problems
- Damage to the immune system
- Hardening of the arteries
- Genetic damage
- Cancer
- Violent behavior



FOOD ADDITIVES

THE AVERAGE AMERICAN EATS NINE POUNDS OF
CHEMICAL ADDITIVES PER YEAR, INCLUDING

Preservatives

Dyes, Coloring

Bleaches

Emulsifiers

Antioxidants

Flavors and Colors

Buffers

Noxious sprays

Acidifiers

Alkalizers

Deodorants

Moisturizers

Anti-caking agents

Anti-foaming agents

Conditioners

Curers

Hydrolizers

Drying agents

Gases

Extenders

Thickeners

Sweeteners

Maturers

Fortifiers

NEUROTOXIC ADDITIVES



MSG in all its forms

ASPARTAME

Neurotoxins are found in reduced-fat milks, anything hydrolyzed or autolyzed, and many processed products containing "flavorings" or even "natural flavorings."

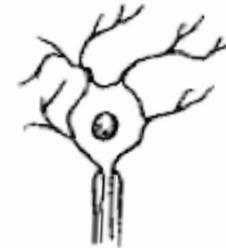
HIGH CONCENTRATED MSG

LOWER CONCENTRATED MSG

IMMEDIATE



ONE HOUR

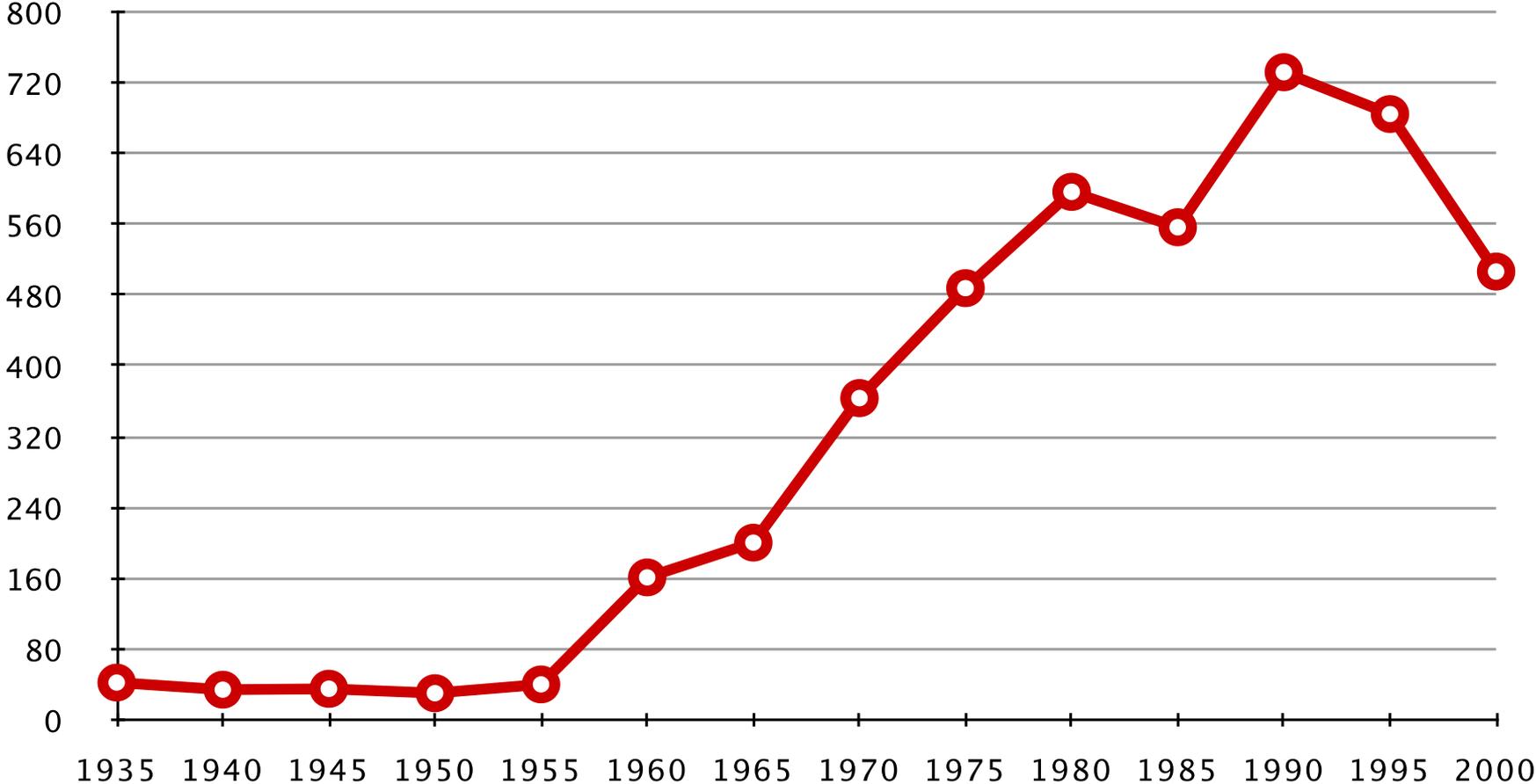


TWO HOURS



From *EXCITOTOXINS* By Russell Blaylock, MD

INCREASE IN VIOLENT CRIME SINCE THE 1950s



UNITED STATES VIOLENT CRIME INDEX RATES PER 100,000 INHABITANTS

From statistics and trends reported at <http://www.disastercenter.com/crime/uscrime.htm>
and <http://www.jrsa.org/programs/Historical.pdf>

ARTIFICIAL SWEETENERS



ASPARTAME

Equal, Nutrasweet

Headaches
Seizures
Sudden drop in BP
Brain cancer
Damage to retina
Altered neurotransmitters
Stimulates insulin release
Increased food consumption



SUCRALOSE

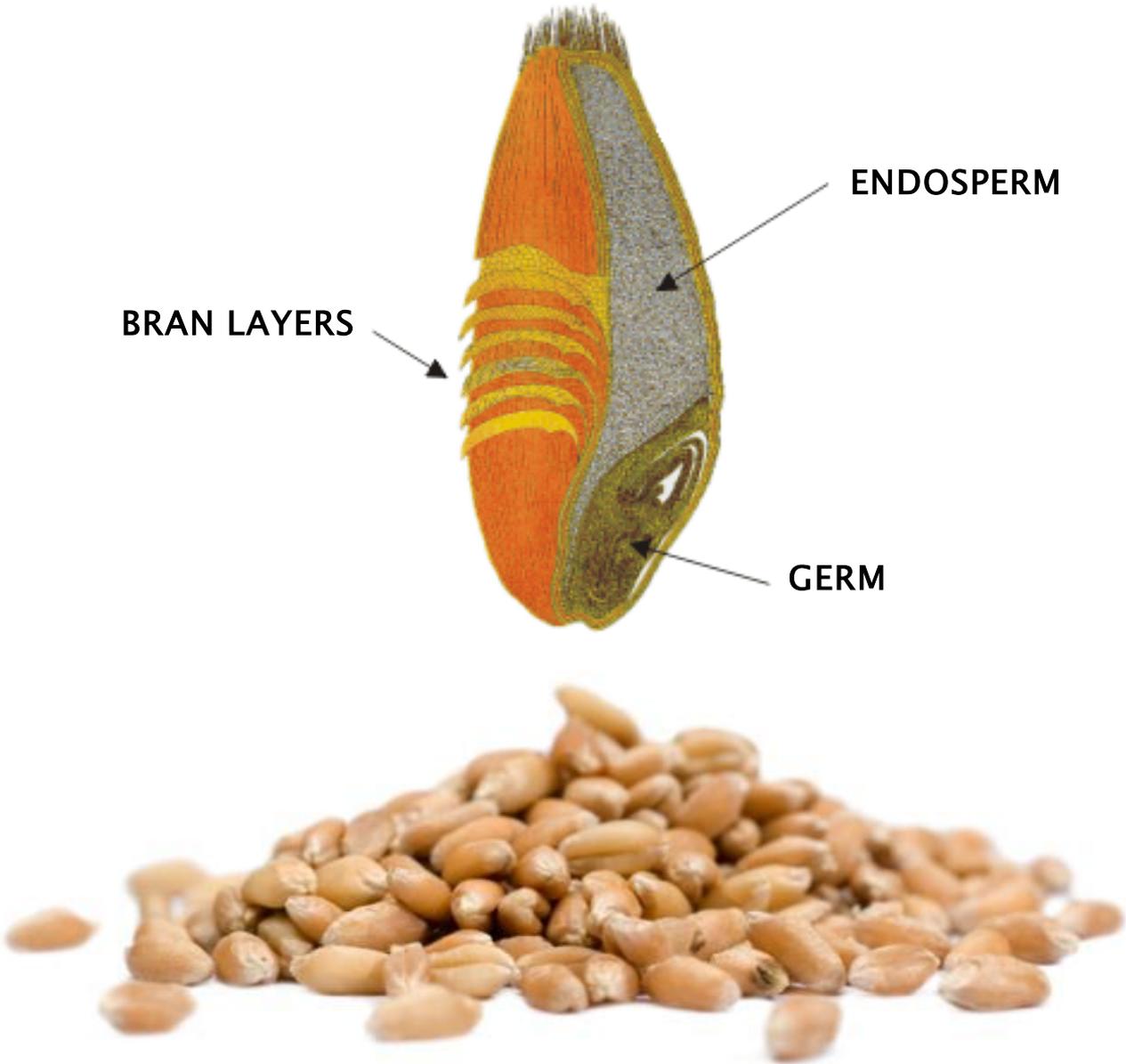
Splenda

Shrunken thymus
Enlarged liver and kidneys
Reduced growth rate
Decreased red blood cells
Prolonged pregnancy
Aborted pregnancy
Low birth weight
Diarrhea

6. BE KIND TO YOUR GRAINS ... AND YOUR GRAINS WILL BE KIND TO YOU

**This rule applies to all seed foods:
grains, legumes, nuts and other seeds.**





ADDITIVES IN WHITE FLOUR

SYNTHETIC VITAMIN B1

SYNTHETIC VITAMIN B2

SYNTHETIC FOLIC ACID

INORGANIC IRON

BLEACHING AGENTS









GOOD BREADS: Sourdough or sprouted
(without added gluten)



PROPER PREPARATION OF SEED FOODS

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

MOISTURE

WARMTH

SLIGHT ACIDITY

TIME

GOOD THINGS IN WHOLE GRAINS

B Vitamins

Macro and Trace Minerals

Vitamin E

Protein

Essential Fatty Acids

Fiber

BAD THINGS IN WHOLE GRAINS

PHYTIC ACID – if not neutralized

ENZYME INHIBITORS – if not deactivated

FIBER – irritating if not properly prepared

RANCID ESSENTIAL FATTY ACIDS – if grains are subjected to oxygen and high heat

ALTERED PROTEINS – if grains are subjected to high heat and pressure

QUICK-CHANGE!

from one Fabricated

Food to another



HOUR cleans system,
changes extruder
ponents.

CEREAL STUDIES

FOUR SETS OF RATS WERE GIVEN SPECIAL DIETS



Plain whole wheat, vitamins and minerals, water. **Lived over 1 year.**



Water plus vitamins and minerals. **Lived for about 8 weeks.**



Water and white sugar. **Lived for 1 month.**



Puffed wheat, water, and vitamins and minerals. **Died in 2 weeks.**

CEREAL STUDIES

THREE SETS OF RATS, EACH ON A DIFFERENT DIET



Rat chow and water.

Lived over a year, in good health.



Cornflakes and water

**Died before the rats
given the cardboard box.**

Before death the cornflake rats developed schizophrenic behavior, threw fits, bit each other and finally went into convulsions. Autopsy revealed dysfunction of the pancreas, liver and kidneys and degeneration of the nerves in the spine – all signs of "insulin shock."



Cardboard box the cornflakes came in
and water.

Died of malnutrition.

PROTEINS IN GRAINS

- Zeins are located in spherical organelles called protein bodies, found in corn.
- In one study (the only study in the literature on extruded grains), researchers found that during extrusion, the protein bodies are completely disrupted and the zeins dispersed.
- The results suggest that the zeins in cornflakes are not confined to rigid protein bodies but can interact with each other and other components of the system, forming new compounds that are foreign to the human body.
- The extrusion process breaks down the organelles and disperses the proteins, **which then become toxic**. When the proteins are disrupted in this way, **they can adversely affect the nervous system**, as indicated by the cornflake experiment.

Source: *Cereal Chemistry*. American Association of Cereal Chemists. Mar/Apr 1998 V 75 (2) 217-221.

A NEW STUDY ON EXTRUDED GRAINS BAD FOR THE GUT FLORA!

- Researchers at the Norwegian Institute of Food, Fisheries and Aquaculture Research fed pigs either whole grain barley or oat groats, and these same grains in extruded form.
- The extruded grains resulted in lower gut bacteria diversity along with higher levels of pathogenic bacteria such as streptococcus.
- Grains that had not been extruded resulted in higher levels of bacteria producing beneficial lactic acid and butyric acid.
- Said the researchers: “This is the first study showing that cereal extrusion affects the microbiota composition and diversity towards a state generally thought to be less beneficial for health.

. . ”

Source: *Food and Function* 2016;2





CRUEL BREAKFAST





MORE CRUEL BREAKFASTS

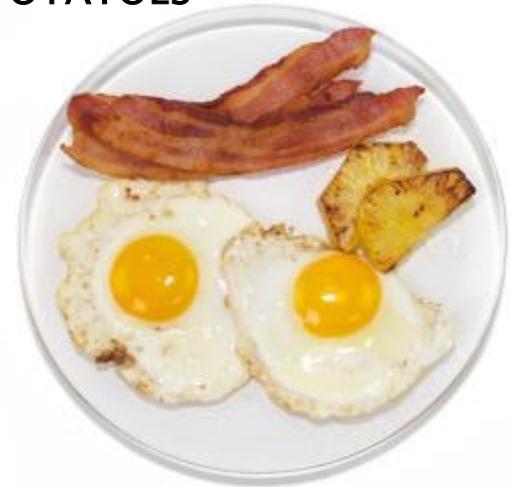
GOOD BREAKFASTS



SCRAMBLED EGGS WITH SAUTÉED POTATOES



**SMOOTHIE MADE WITH WHOLE YOGURT,
EGG YOLKS, FRUIT AND COCONUT OIL**



**FRIED EGGS WITH
NO-NITRATE BACON AND FRUIT** 152

GOOD GRAIN BREAKFAST



1. PLACE ROLLED OATS IN WARM WATER AND SOAK OVERNIGHT WITH 1 TABLESPOON OF SOMETHING ACIDIC – **WHEY, YOGHURT, VINEGAR OR LEMON JUICE.**



- 2. NEXT MORNING, BRING WATER AND SALT TO A BOIL.**
- 3. ADD SOAKED OATMEAL, BRING TO A BOIL AND COOK, STIRRING, UNTIL OATS ARE SOFT AND CREAMY.**
- 4. COVER AND LET SIT SEVERAL MINUTES.**



5. SERVE OATMEAL WITH PLENTY OF BUTTER OR CREAM AND A NATURAL SWEETENER. SPRINKLE COCONUT AND/OR CRISPY NUTS ON TOP IF DESIRED.

SOURDOUGH PANCAKES



SOURDOUGH PANCAKES







CRISPY PANCAKES



1. Make small, thin pancakes.
2. Place on cookie sheet and dry out in a warm oven.
3. Use like crackers with many toppings (cream cheese, honey, pate, caviar).
4. Store in an airtight container.



CRISPY PANCAKES WITH SOURCREAM AND CAVIAR

YOGURT DOUGH



YOGHURT
FRESHLY GROUND WHOLE GRAIN FLOUR
BUTTER
SALT

QUICHE





EMPANADAS

PREPARATION OF CRISPY NUTS



SOAK RAW NUTS IN SALTED WATER 6-8 HOURS TO NEUTRALIZE ENZYME INHIBITORS.



DRAIN SOAKING LIQUID



DRY OUT IN WARM OVEN OR DEHYDRATOR.

CRISPY NUTS



**CRISPY
CASHEWS**



**CRISPY
PECANS**



**CRISPY
ALMONDS**



PEPITAS

COOKIES



**GROUND CRISPY NUTS,
ARROWROOT POWDER BUTTER, RAPADURA
FLAVORINGS (SALT, VANILLA, LEMON PEEL, ETC.)**

7. MAKE **STOCK** (BONE BROTH) AT LEAST ONCE A WEEK



CHICKEN STOCK



Whole chicken (including feet) or chicken backs and necks, vegetables (onions, carrots, celery), vinegar, filtered water

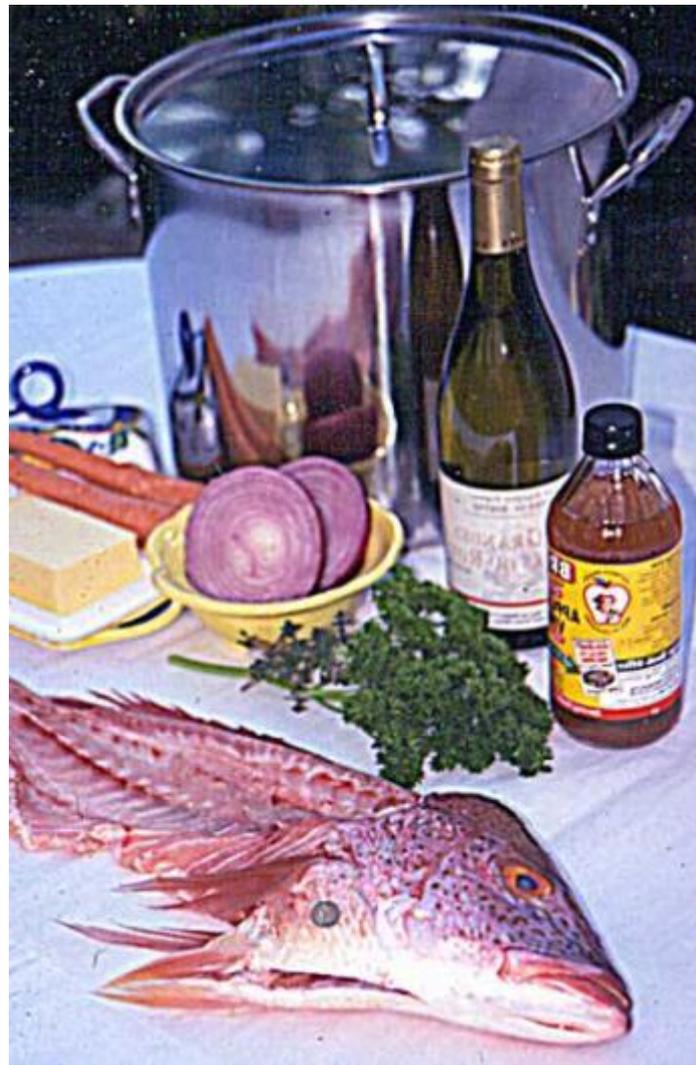
CHICKEN STOCK



**Good broth
resurrects the dead.**

South American Proverb





Fish broth will cure anything!

South American Proverb

BEEF STOCK





FOODS THAT CONTAIN HIGH LEVELS OF MSG

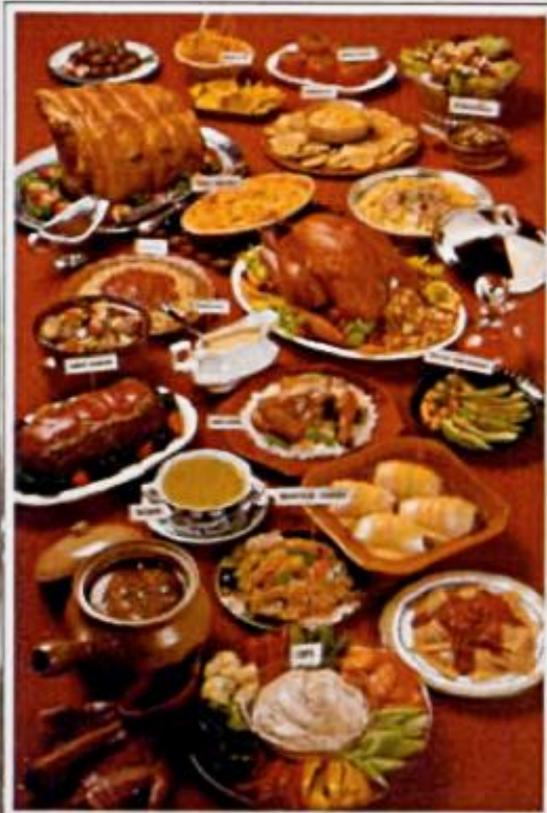


MSG has been linked to: diabetes, migraines and headaches, obesity, autism, ADHD and Alzheimer's. 176

INGREDIENTS THAT CONTAIN MSG

Monosodium Glutamate
Hydrolyzed Vegetable Protein
Hydrolyzed Protein
Hydrolyzed Plant Protein
Hydrolyzed Oat Flour
Plant Protein Extract
Sodium Caseinate
Calcium Caseinate
Yeast Extract
Textured Vegetable Protein (TVP)
Autolyzed Yeast
Corn Oil
Soy Protein Isolate
Reduced-Fat Milk
Flavors and Natural Flavors

For flavoriety and expertise, it's never too soon to call FIDCO.



If you're searching for a new flavor sensation, FIDCO can provide you the *flavoriety* and expertise you need **EARLY IN THE PROCESS** for the most successful and cost effective results.

FIDCO can meet the challenge by custom creating the perfect flavor to meet your special need... the one-of-a-kind flavor, as personal as a fingerprint, to assure your product's success.

Call FIDCO for flavorists who have mastered the fine art of tasting - creative people, working in partnership with a sales force of food specialists who know and understand the food manufacturing process.

For quick, personal attention, literature and samples, call 914-657-2828.

FIDCO

For information circle 112

The flavor masters

8. EAT A VARIETY OF FRESH VEGETABLES AND FRUITS, PREFERABLY ORGANIC!



FRUITS AND VEGETABLES HIGHEST IN PESTICIDES

The Dirty Dozen

Apples

Celery

Strawberries

Peaches

Spinach

Nectarines (imported)

Grapes (imported)

Sweet bell peppers

Potatoes

Blueberries (domestic)

Lettuce

Kale/collard greens

Source: <http://www.ewg.org/foodnews/summary/>.



SOME VEGETABLES MAY BE EATEN RAW.



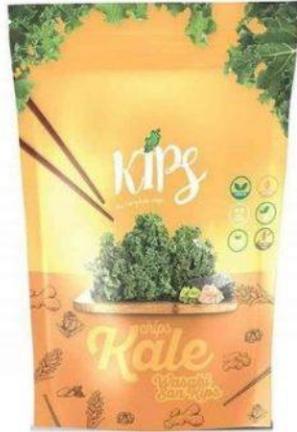
SOME VEGETABLES SHOULD BE EATEN COOKED



Green leafy vegetables – spinach, chard, beet greens, KALE, etc.
Cooking neutralizes calcium-blocking oxalic acid.



Cruciferous vegetables – cabbage, Brussels sprouts, broccoli.
Cooking neutralizes goitrogens.



**You Don't
Have to
Eat Kale!**





**MANY VEGETABLES PROVIDE
MORE NOURISHMENT WHEN COOKED.**

SPINACH



BROCCOLI



BROCCOLI





LENTIL SOUP







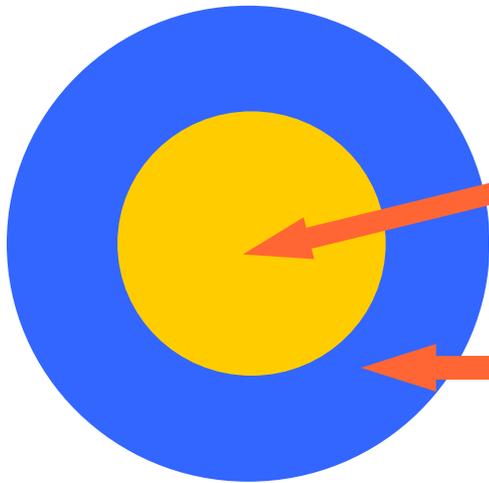
NAME THIS PRODUCT

Water, sugar (sucrose), maltodextrin, calcium and sodium caseinates, high-oleic safflower oil, **soy protein isolate**, canola oil, soy oil, potassium citrate, calcium phosphate dibasic, magnesium chloride, sodium citrate, artificial flavor, magnesium phosphate dibasic, sodium chloride, soy lecithin, choline chloride, ascorbic acid, carrageenan, calcium carbonate, zinc sulfate, ferrous sulfate, alpha-tocopherol acetate, niacinamide, calcium pantothenate, manganese sulfate, cupric sulfate, vitamin A palmitate, thiamine chloride hydrochloride, pyridoxine hydrochloride, riboflavin, folic acid, biotin sodium molybdate, chromium chloride, potassium iodide, sodium selenate, phylloquinone, cyanocobalamin and vitamin D₃.

9. REDUCE STRESSES TO THE BODY

- AVOID** Caffeine and other drugs
Exposure to pesticides and environmental toxins
Amalgam fillings and root canals
Vaccinations
Extremes of heat and cold
Dirty food, water and clothes
Stale air
Synthetic fabrics
Strong electromagnetic fields, EMF
Loud, syncopated music
Partial spectrum fluorescent lights
Microwaved food
Cell phones
High heels

THE ADRENAL GLAND



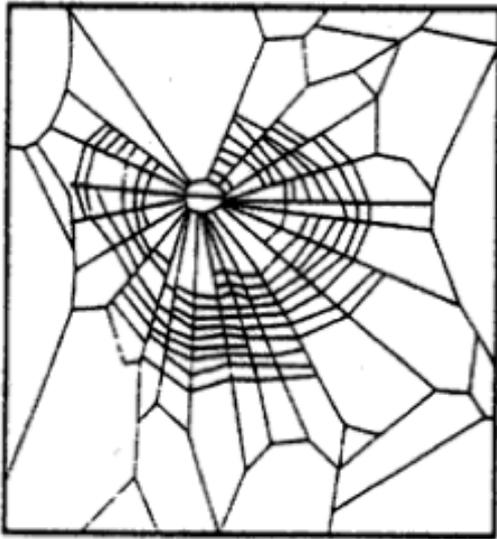
Adrenal Medulla – produces adrenaline for "fight or flight."

Adrenal Cortex – produces "chill out" corticoid hormones that relax and heal the body.

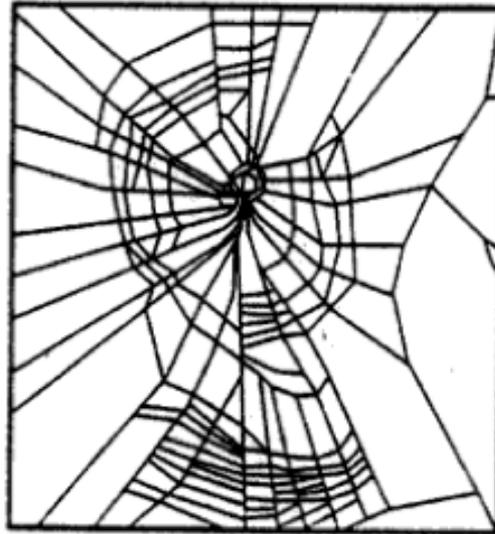
ADRENALINE: Sugar and caffeine stimulate the adrenal medulla to produce adrenaline.

HOMEOSTASIS: The adrenal cortex then produces hormones to bring the body back into homeostasis.

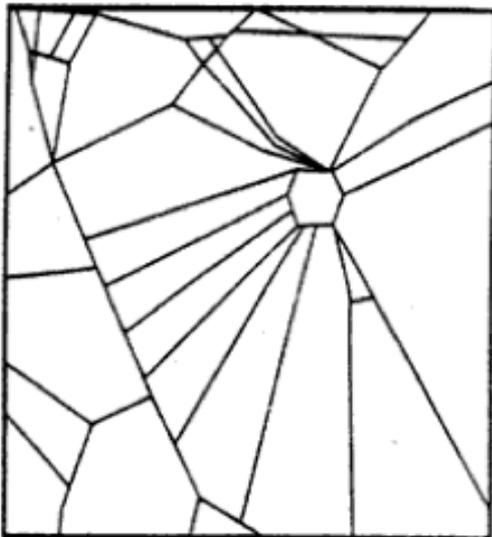
ADRENAL EXHAUSTION: With continual stimulation from sugar and caffeine, the adrenal cortex becomes exhausted and we can no longer deal with stress.



MARIJUANA



BENZEDRINE



CHLORAL HYDRATE



CAFFEINE

SPIDER WEBS

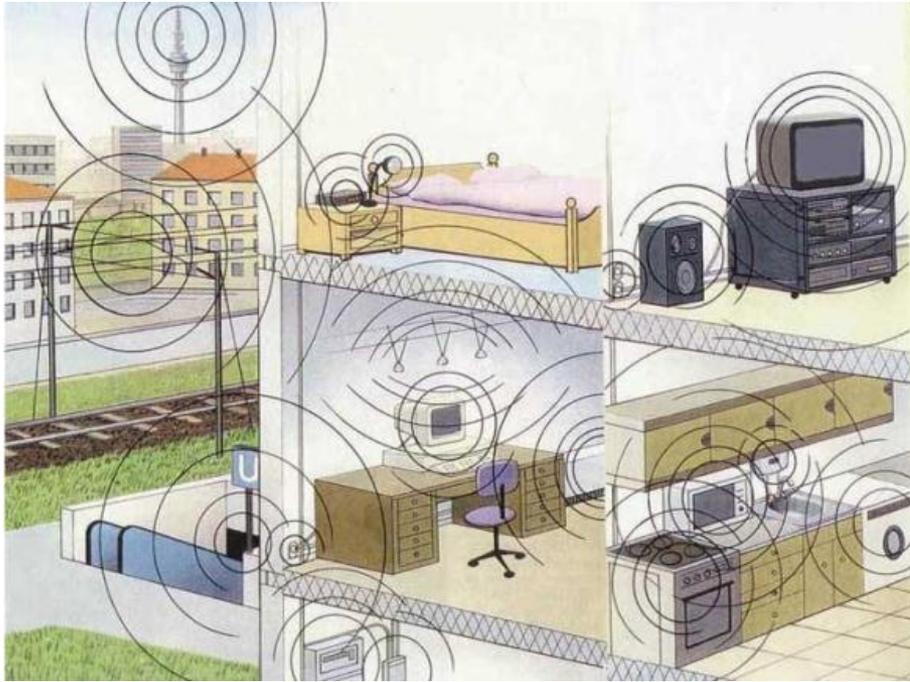
Spiders given caffeine spun the most chaotic webs.

THE BODY AND BRAIN CANNOT FUNCTION ON CAFFEINE AND JUNK FOOD!

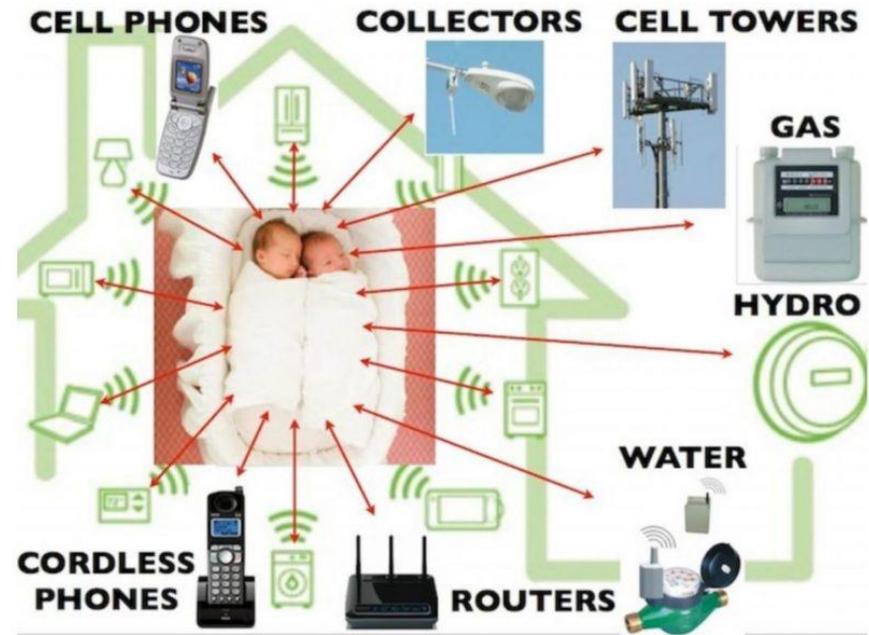


Instead of junk food based on sugar, white flour and *trans* fats, eat real food such as eggs, meat, cheese, pate, liverwurst, nuts, etc.

Instead of caffeine beverages, drink whole raw milk, broth-based soups, kombucha and other lacto-fermented beverages.



EMF: THE NEW POLLUTION



WHAT TO DO?

CLEAN UP OUR HOUSES

Like installing plumbing, bathrooms after the industrial revolution

- No wifi, install wired internet, at least inside
- Land lines, minimal cell phone use
- No smart meters, no smart appliances
- No Wifi or electrical devices where we sleep
- Consult with a building biologist

NEW ETIQUETTE

- Similar to new etiquette for smoking
- Cell phones on airplane mode at gatherings
- Ask permission to bring cell phone into house or use in front of someone.



10. PUT THE PRINCIPLES OF LACTO-FERMENTATION TO WORK FOR YOU



FAMILIAR LACTO-FERMENTED FOODS INCLUDE

NATURAL CHEESE AND YOGURT

OLD-FASHIONED PICKLES AND SAUERKRAUT

GRAVLOX (LACTO-FERMENTED SALMON) AND TRADITIONAL SALAMI²⁰⁰

FERMENTATION

ALCOHOLIC FERMENTATION

Action of Yeasts on Sugars:



LACTIC ACID FERMENTATION

Action of Bacteria on Sugars:



BENEFITS OF LACTO-FERMENTED FOODS

LACTO-FERMENTATION OF VEGETABLES, FRUITS,
GRAINS, DAIRY PRODUCTS AND MEATS:

A PRESERVATION METHOD THAT

- Increases vitamin and enzyme content
- Adds lactic acid and beneficial bacteria
- Neutralizes anti-nutrients and improves digestibility
- Breaks down difficult-to-digest proteins and carbohydrates
- Promotes small scale, rather than monopolistic, farming and food processing

MAKING LACTO-FERMENTED FOODS AT HOME



BASIC EQUIPMENT:
POUNDER AND MASON JARS



BASIC INGREDIENTS:
CELTIC SEA SALT AND HOMEMADE WHEY

MAKING WHEY



MAKING WHEY



SAUERKRAUT



LACTO-FERMENTED PICKLES





LACTO-FERMENTED RASPBERRY SYRUP



PEACH CHUTNEY

COMMERCIAL KETCHUP



LACTO-FERMENTED KETCHUP

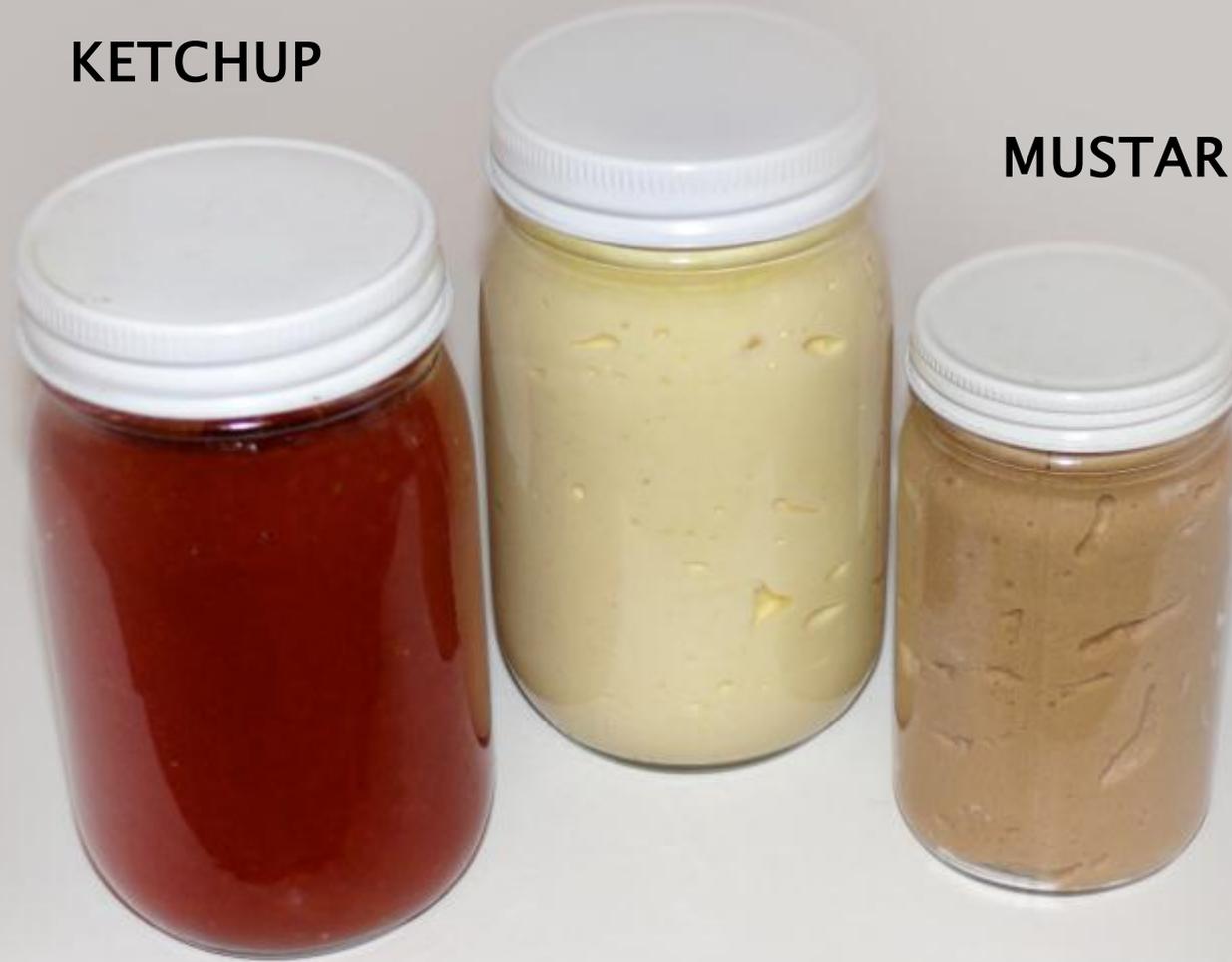


**ORGANIC TOMATO PASTE, FISH SAUCE (HOMEMADE OR COMMERCIAL),
SEASONINGS, WHEY, SALT.**

MAYONNAISE

KETCHUP

MUSTARD



LACTO-FERMENTED BEVERAGES

SOFT DRINKS

Concentrated Sweeteners
Aspartame
Caffeine
Phosphoric Acid
Artificial Colors
Artificial Flavors
Quality of Water Unknown
 may contain Fluoride

Cost: about \$1 /quart

LACTO-FERMENTED BEVERAGES

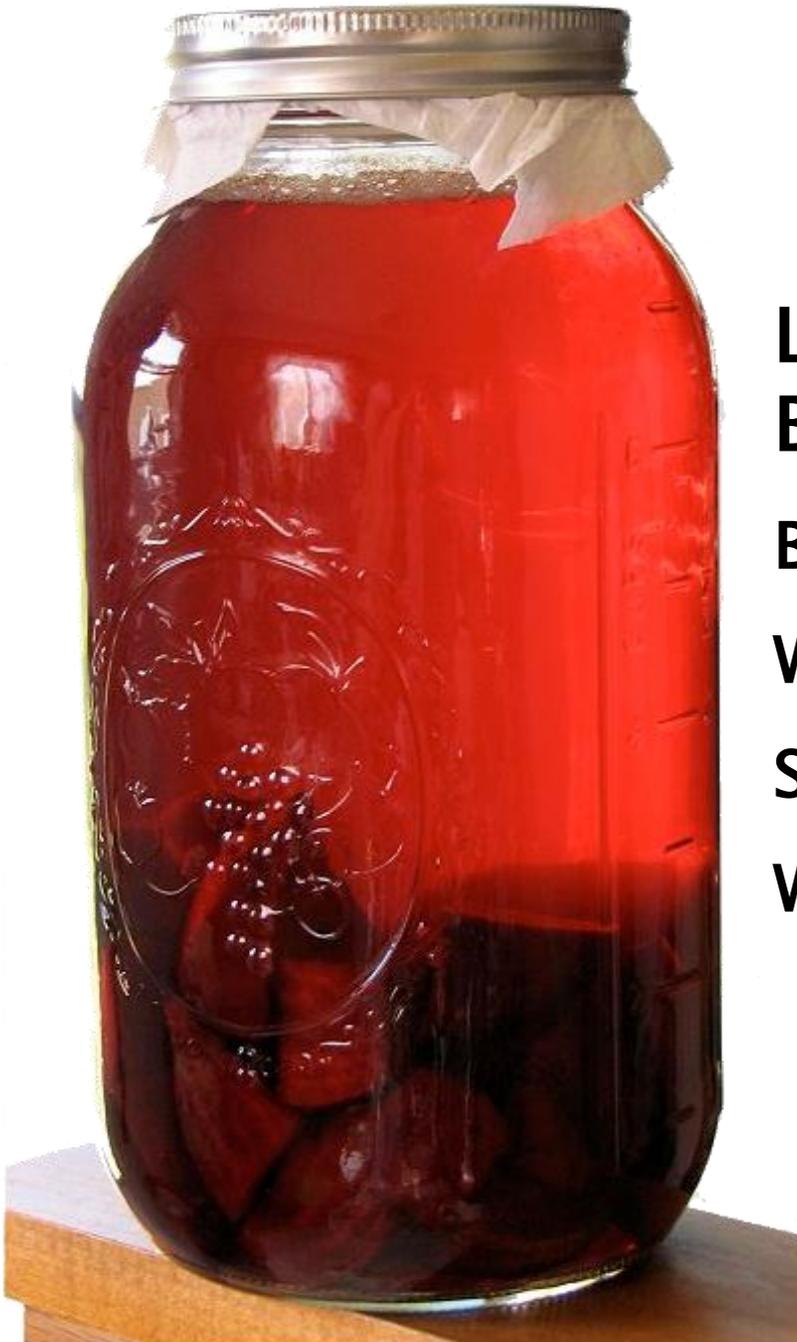
Dilute Sweeteners
Mineral Ions
Enzymes
Beneficial Bacteria
Lactic Acid
Natural Flavors
Good Quality Water

Cost: as little as 20cents/quart

**AMERICANS CONSUME 56 GALLONS
of SOFT DRINKS per PERSON per YEAR!**



LACTO-FERMENTED GINGER ALE
FRESH GINGER, FRESH LIME JUICE, RAPADURA OR HONEY,
WHEY, SALT, WATER



**LACTO-FERMENTED
BEET KVASS MADE WITH
BEETS
WHEY
SALT
WATER**

COMMERCIALLY AVAILABLE

LACTO-FERMENTED BEVERAGES



KOMBUCHA



KVASS



SOUR GRAIN DRINK





11. PRACTICE FORGIVENESS







The Weston A. Price Foundation®

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



QUARTERLY MAGAZINE
INFORMATIONAL BROCHURES
YEARLY SHOPPING GUIDE
ANNUAL CONFERENCE
LOCAL CHAPTERS

westonaprice.org

The Weston A. Price Foundation website features a navigation menu with links for HOME, ABOUT, HEALTH TOPICS, EVENTS, GET INVOLVED, JOURNALS, PRESS, REVIEWS, VIDEO, BLOGS & PODCASTS, and social media icons. A search bar is located in the top right corner. The main banner area contains a large image of fresh food with the text "Looking for a healthier and more delicious way to eat?" and a button that says "GET THE BASICS OF THE WISE TRADITIONS DIET". Below this, there are sections for "About the Weston A. Price Foundation", "SUPPORT THE WORK WE DO" (with buttons for "DONATE NOW" and "BECOME A MEMBER"), and "FEATURES" (listing articles like "Opportunity to Support a Study on Raw Milk Cheese", "Why Did God Create Cancer?", "Support for Pediatric Cancer", "CcMAF and Raw Milk", and "NEW SERVICE FOR WAPF MEMBERS"). A "CAMPAIGNS" section lists various initiatives such as "Raw Milk", "Why Milk?", "Nourishing Our Children", "Learn to Make Your Own Cottage Cheese", "Healthy Kids", "Empowering Young People - Cottage Cheese", "Buy Local Raw Milk with Every Order at WestonA.org", and "Join a Nutrition Webinar with WestonA.org". A "CONFERENCE SPONSORS" section displays logos for various partners. At the bottom, there is a footer with the text "WHAT A HEALTHY DELICIOUS WAY TO EAT!" and "DO MEET WITH US".

This detailed view of the website content shows the "About the Weston A. Price Foundation" section. It features a large image of a family (a woman, a man, and two children) with the text "They're happy... because they eat butter!" and "They also eat plenty of raw milk, cream, cheese, eggs, liver, meat, cod liver oil, seafood, and other nutrient-dense foods that have nourished generations of healthy people worldwide!". Below this, the "FEATURES" section highlights three key articles: "Opportunity to Support a Study on Raw Milk Cheese" (with a "READ MORE" link), "Why Did God Create Cancer?" (noting that Dr. Tedd Koren reveals cancer as a self-protective mechanism), and "Support for Pediatric Cancer" (noting that Kim Schuette provides detailed instructions for restoring your child to health). The "NEW SERVICE FOR WAPF MEMBERS" section mentions a consultation with Pete Kennedy on policy and legal matters. The "CAMPAIGNS" section at the bottom lists various initiatives.

About the Weston A. Price Foundation

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

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

WISE TRADITIONS 2017
18th Annual Conference of
The Weston A. Price Foundation
November 10-13,
Minneapolis, Minnesota
ORDER CONFERENCE RECORDINGS

FEATURES

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

[Why Did God Create Cancer?](#)
Dr. Tedd Koren reveals cancer as a self-protective mechanism.

[Support for Pediatric Cancer](#)
Kim Schuette provides detailed instructions for restoring your child to health.

[CcMAF and Raw Milk](#)
Lee Emerson explains how the cancer paradigm is changing.

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

SUPPORT THE WORK WE DO

[DONATE NOW](#) [BECOME A MEMBER](#)



They're happy... because they eat butter!

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

- [READ OUR BROCHURE](#)
- [REQUEST FREE INFO PACK](#)
- [WEBSITE TOUR](#)
- [FIND A LOCAL CHAPTER](#)
- [FIND NUTRIENT-DENSE FOODS](#)
- [BECOME A MEMBER](#)
- [RENEW MEMBERSHIP](#)
- [ORDER MATERIAL](#)
- [DONATE](#)
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CAMPAIGNS



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2022 Shopping Guide

For Finding the Healthiest Foods in
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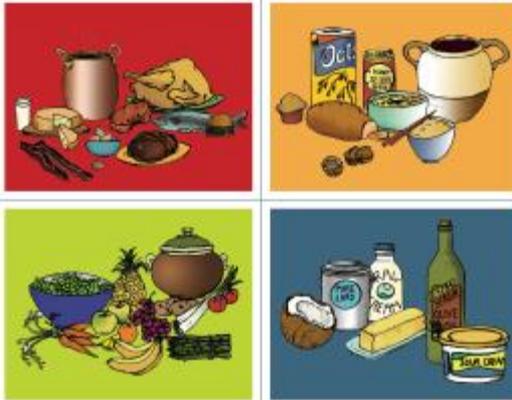




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Healthy 4 Life



Dietary Guidelines

from the Weston A. Price Foundation

for Cooking and Eating

Healthy, Delicious, Traditional Whole Foods

COLORFUL DIETARY GUIDELINES AND RECIPE BOOKLET BASED ON FOUR FOOD GROUPS

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

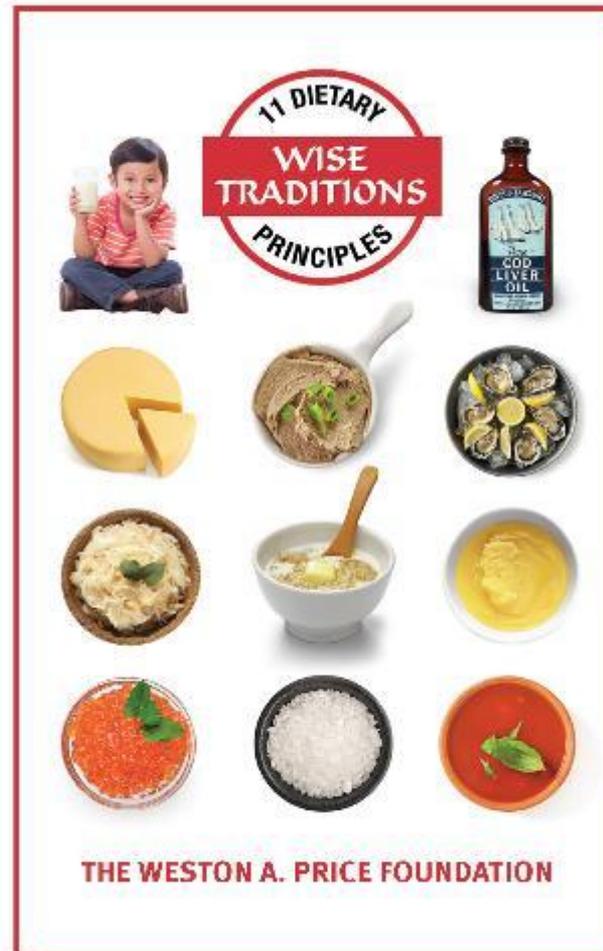


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NEW!

11 PRINCIPLES BOOKLET





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TAKE THE
50% Pledge!

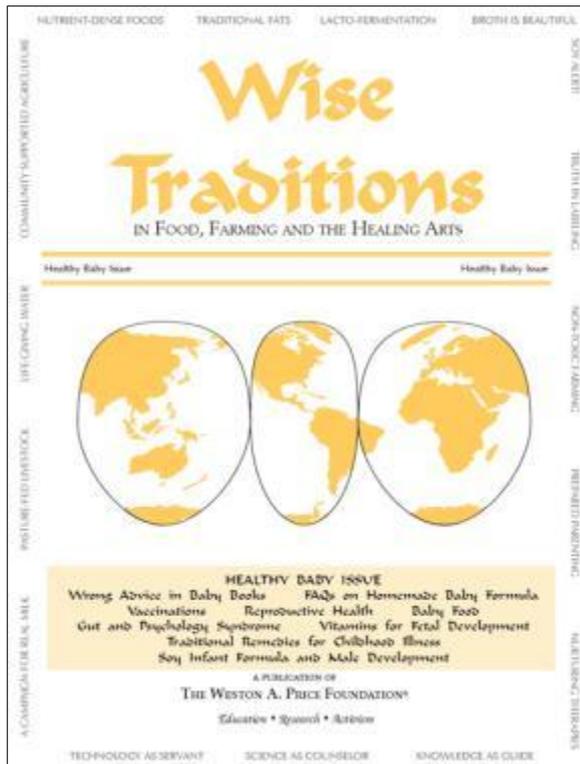
Spend at least 50% of your food dollars on direct purchases from local farmers and artisans; with the remainder of your food dollars, you can celebrate how small the world has become!



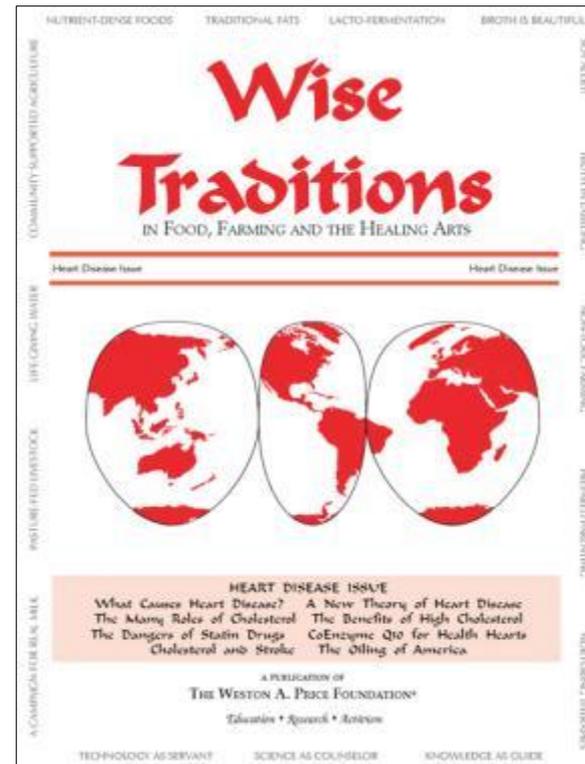


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HEALTHY BABY ISSUE



HEART DISEASE ISSUE



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The go-to podcast for good health

A Production of the Weston A. Price Foundation

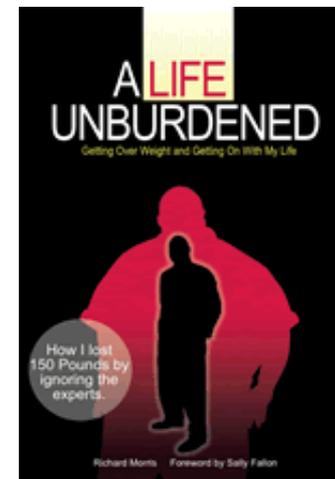
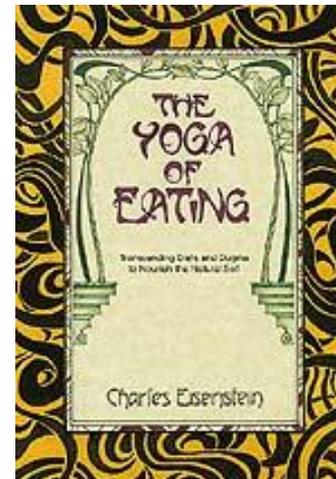
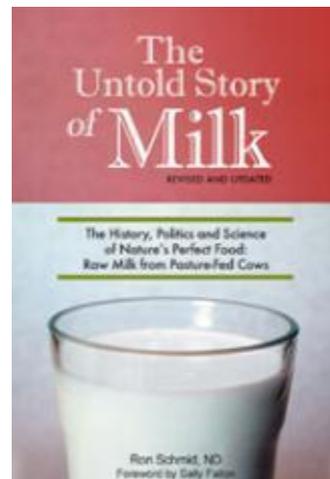
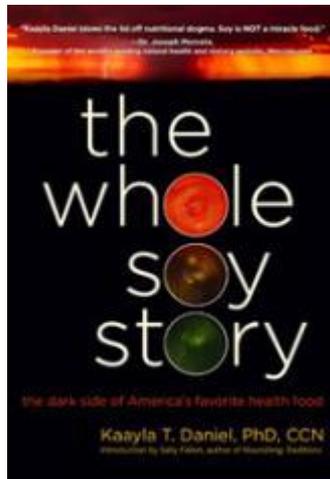
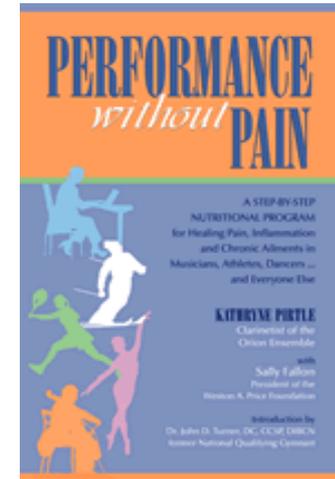
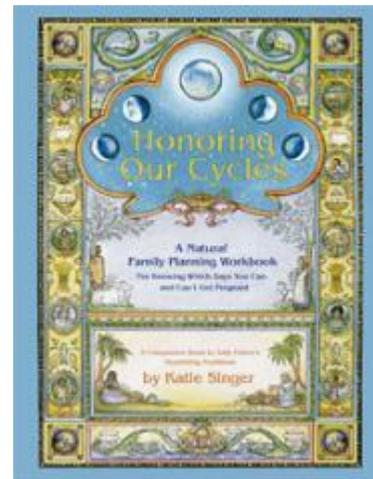
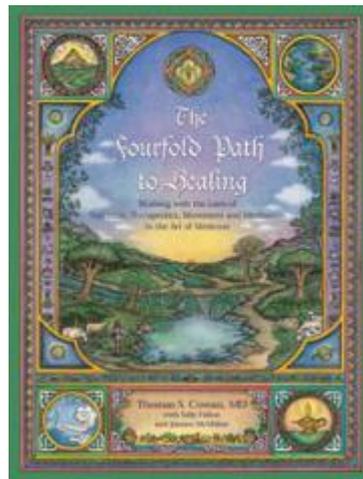
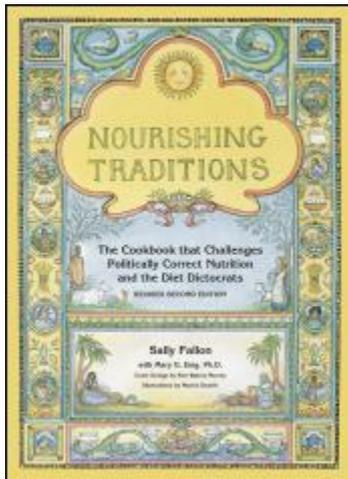
The Wise Traditions podcast covers topics like:

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

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

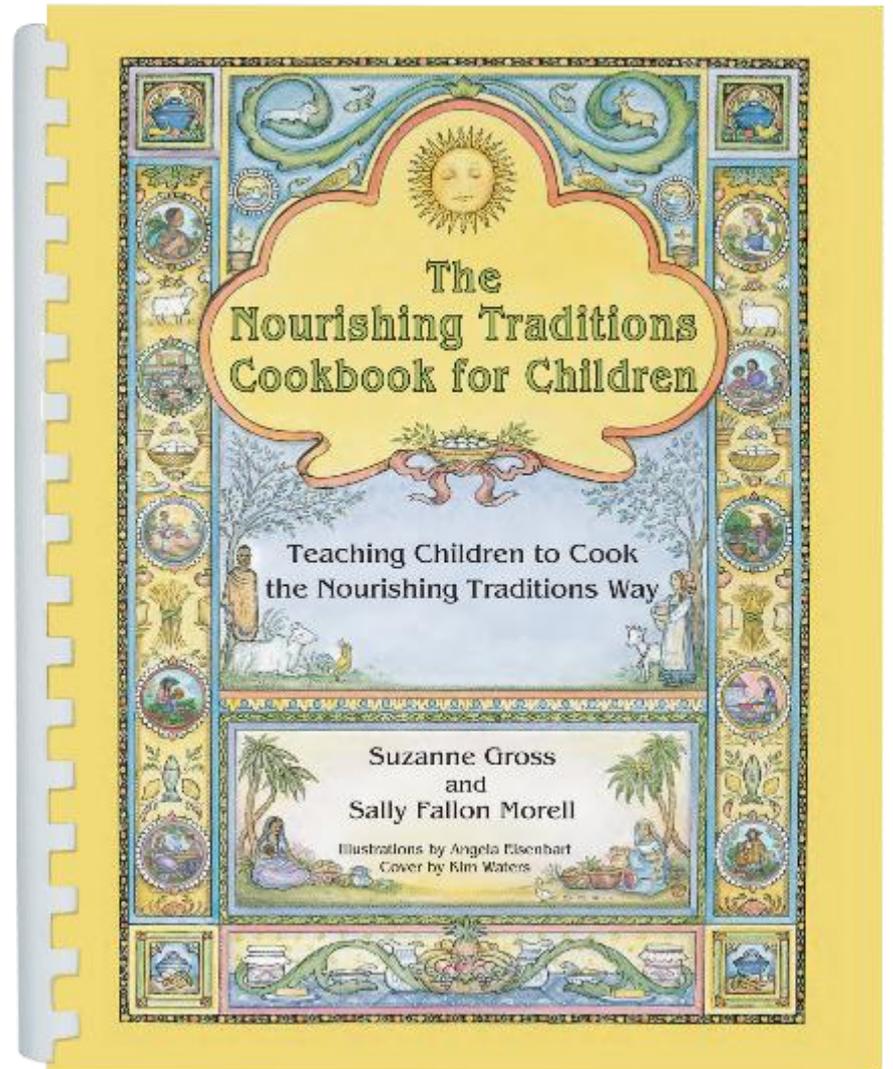
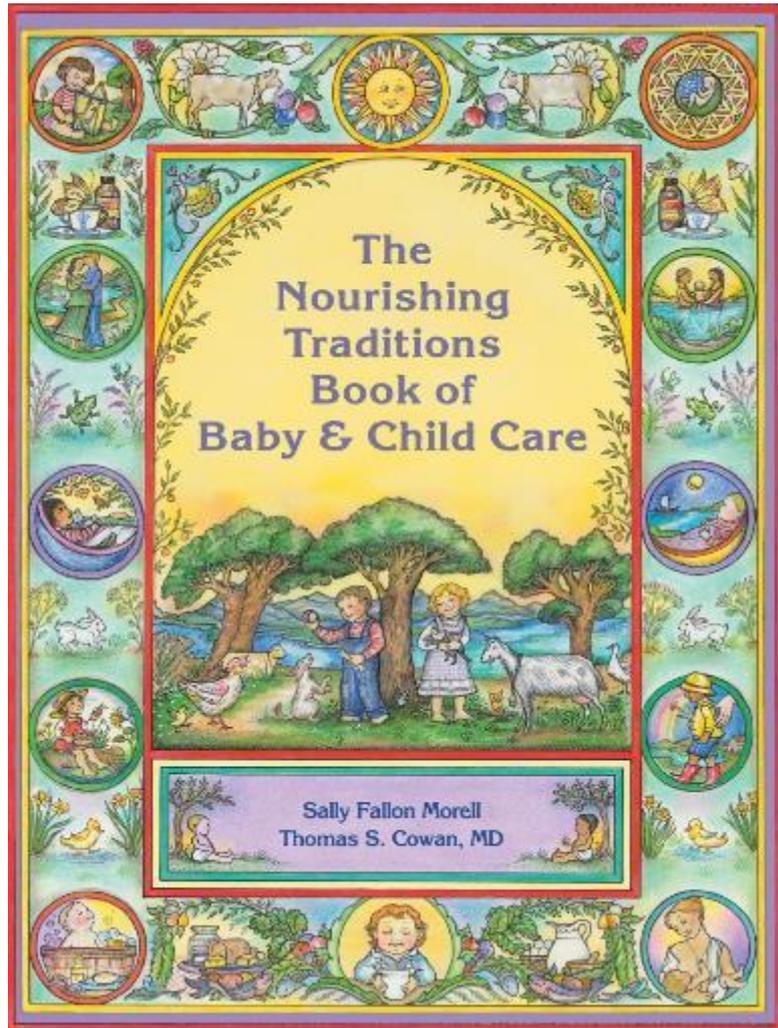
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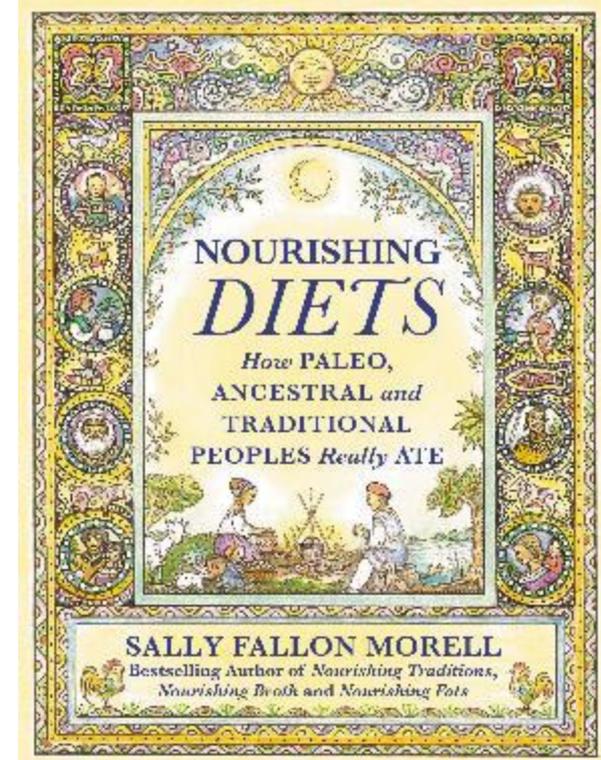
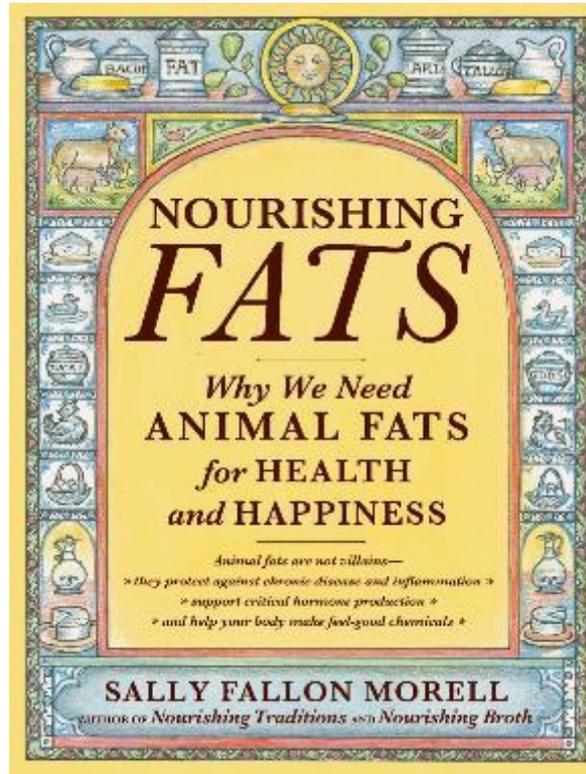
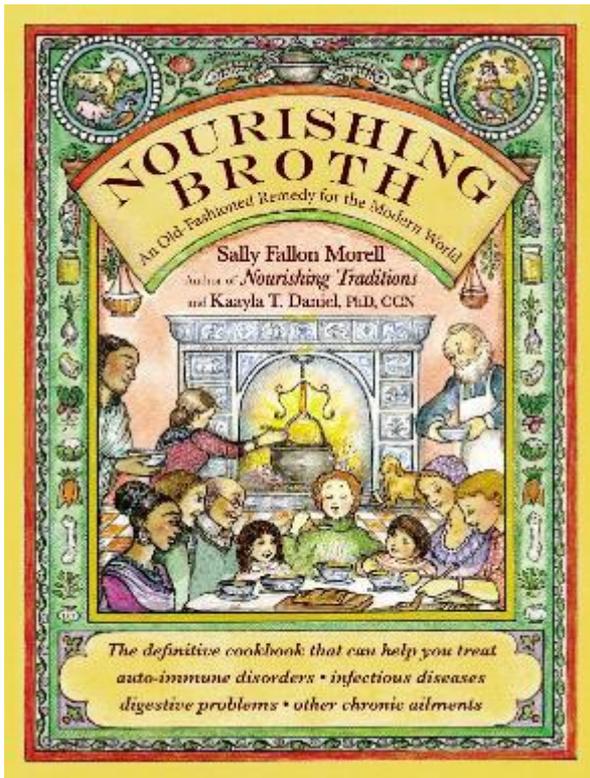
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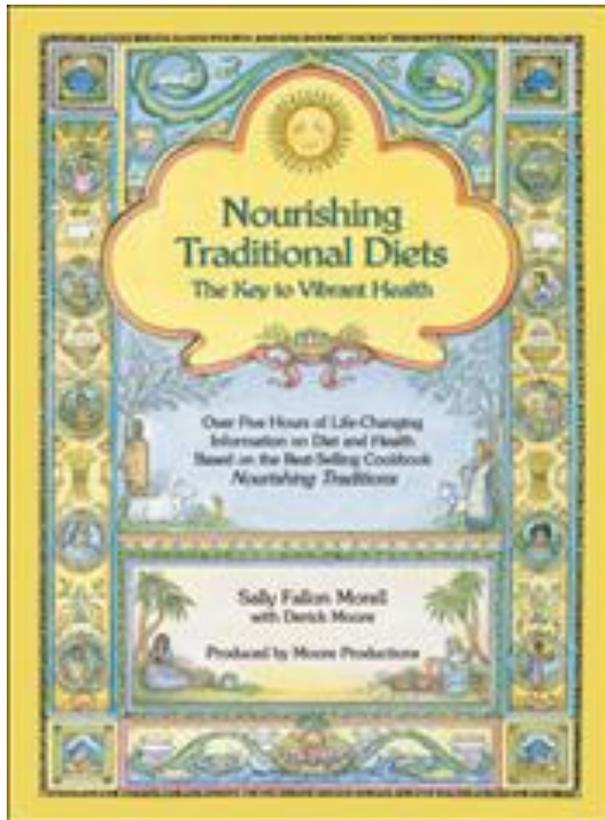
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*Why Viruses
(including “Coronavirus”)
Are Not the Cause
of Disease*

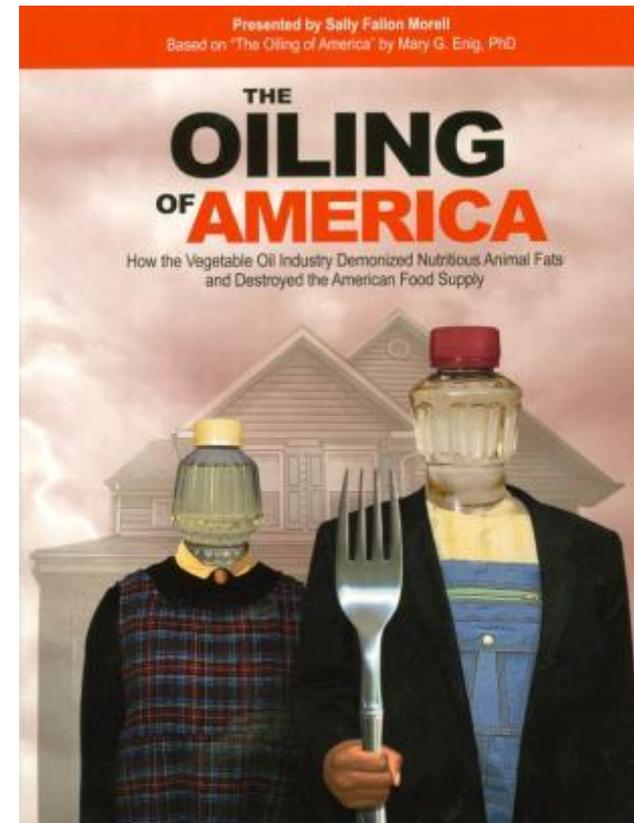
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FOODS FROM DEPLETED SOIL

ORGAN MEATS PREFERRED OVER MUSCLE MEATS

MUSCLE MEATS, FEW ORGANS

ANIMAL FATS

VEGETABLE OILS

ANIMALS ON PASTURE

ANIMALS IN CONFINEMENT

DAIRY PRODUCTS RAW AND/OR FERMENTED

DAIRY PRODUCTS PASTEURIZED

GRAINS AND LEGUMES SOAKED/FERMENTED

GRAINS REFINED, EXTRUDED

BONE BROTHS

MSG, ARTIFICIAL FLAVORINGS

UNREFINED SWEETENERS (HONEY, MAPLE SYRUP)

REFINED SWEETENERS

LACTO-FERMENTED VEGETABLES

CANNED VEGETABLES

LACTO-FERMENTED BEVERAGES

MODERN SOFT DRINKS

UNREFINED SALT

REFINED SALT

NATURAL VITAMINS IN FOODS

SYNTHETIC VITAMINS ADDED

TRADITIONAL COOKING

MICROWAVE, IRRADIATION

TRADITIONAL SEEDS/OPEN POLLINATION

HYBRID SEEDS, GMO SEEDS



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The Blog that Challenges Politically Correct Nutrition
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Sally Fallon Morell



Powerpoint Presentation
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