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

No deprivation on the Wise Traditions diet!
1. MAKE YOUR OWN SALAD DRESSING
Salad Dressing 1

.EXPELLER-EXPRESSED FLAX OIL

GOOD QUALITY MUSTARD

RAW VINEGAR

COLD-PRESSED OLIVE OIL

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**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>%DV*</th>
<th>Amount Per Serving</th>
<th>%DV*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat 13g</td>
<td>20%</td>
<td>Total Carb. 4g</td>
<td>1%</td>
</tr>
<tr>
<td>Sat. Fat 2g</td>
<td>10%</td>
<td>Dietary Fiber 0g</td>
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<tr>
<td>Trans Fat 0g</td>
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<td>Sugars 3g</td>
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<tr>
<td>Cholest. 15mg</td>
<td>5%</td>
<td>Protein 0g</td>
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</tr>
<tr>
<td>Sodium 300mg</td>
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</table>

Calories 140
Fat Cal 120

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

<table>
<thead>
<tr>
<th>HOMEMADE DRESSING</th>
<th>COMMERCIAL DRESSING</th>
</tr>
</thead>
<tbody>
<tr>
<td>Extra Virgin Olive Oil</td>
<td>Processed Vegetable Oils</td>
</tr>
<tr>
<td>Stable Oleic Acid</td>
<td>Mostly Rancid Omega-6,</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>Trans Fatty Acids,</td>
</tr>
<tr>
<td>Antioxidants</td>
<td>Free Radicals, Polymers,</td>
</tr>
<tr>
<td>Vanadium</td>
<td>Cyclic Compounds,</td>
</tr>
<tr>
<td>Expeller Expressed Flax Seed Oil</td>
<td>Aldehydes, Ketones,</td>
</tr>
<tr>
<td>Omega-3 EFAs</td>
<td>Epoxides</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>Preservatives</td>
</tr>
<tr>
<td>Antioxidants</td>
<td>Additives</td>
</tr>
<tr>
<td></td>
<td>Flavorings</td>
</tr>
</tbody>
</table>

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 $\frac{1}{2}$ teaspoon per day).

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

1. **SOYBEANS, CORN, COTTONSEED OR CANOLA SEEDS**

2. **OILS WITH CATALYST SUBJECTED TO HYDROGEN GAS IN A HIGH-PRESSURE, HIGH-TEMPERATURE REACTOR.**

3. **SOAP-LIKE EMULSIFIERS MIXED IN**

4. **ADVERTISING PROMOTES MARGARINE AS A HEALTH FOOD**

5. **OILS EXTRACTED BY HIGH TEMPERATURE AND PRESSURE**

6. **OILS MIXED WITH A NICKEL CATALYST**

7. **OIL STEAM CLEANED AGAIN TO REMOVE HORRIBLE ODOR**

8. **OILS, NOW RANCID, STEAM CLEANED TO REMOVE ALL VITAMINS AND ANTI-OXIDANTS (BUT PESTICIDES AND SOLVENTS REMAIN!)**

9. **REMAINING FRACTION OF OILS REMOVED WITH HEXANE AND OTHER SOLVENTS**

10. **OILS EXTRACTED BY HIGH TEMPERATURE AND PRESSURE**

11. **OILS MIXED WITH A NICKEL CATALYST**

12. **OIL STEAM CLEANED AGAIN TO REMOVE HORRIBLE ODOR**

13. **GRAY COLOR REMOVED BY BLEACHING**

14. **MIXTURE IS PACKAGED IN BLOCKS OR TUBS**

15. **ARTIFICIAL FLAVORS, SYNTHETIC VITAMINS AND NATURAL COLOR ADDED**
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

<table>
<thead>
<tr>
<th></th>
<th>SATURATED FATS</th>
<th>TRANS FATS</th>
</tr>
</thead>
<tbody>
<tr>
<td>CELL MEMBRANES</td>
<td>Essential for healthy function</td>
<td>Interfere with healthy function</td>
</tr>
<tr>
<td>HORMONES</td>
<td>Enhance hormone production</td>
<td>Interfere with hormone production</td>
</tr>
<tr>
<td>INFLAMMATION</td>
<td>Suppress</td>
<td>Encourage</td>
</tr>
<tr>
<td>HEART DISEASE</td>
<td>Lower Lp(a). Raise &quot;good&quot; cholesterol</td>
<td>Raise Lp(a). Lower &quot;good&quot; cholesterol</td>
</tr>
<tr>
<td>OMEGA-3</td>
<td>Put in tissues and conserve</td>
<td>Reduce levels in tissues</td>
</tr>
<tr>
<td>DIABETES</td>
<td>Help insulin receptors</td>
<td>Inhibit insulin receptors</td>
</tr>
<tr>
<td>IMMUNE SYSTEM</td>
<td>Enhance</td>
<td>Depress</td>
</tr>
<tr>
<td>PROSTAGLANDINS</td>
<td>Encourage production and balance</td>
<td>Depress production; cause imbalances</td>
</tr>
</tbody>
</table>
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.
Partially Hydrogenated Vegetable Oils
DON'T YOU SELL ANYTHING WITHOUT THE DREADED TRANS FATTY ACIDS?

SURE... WE SELL CIGARETTES!
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**

- 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

- **Butter Consumption**
- **Heart Disease**
- **Cancer**

<table>
<thead>
<tr>
<th>Year</th>
<th>Butter Consumption</th>
<th>Heart Disease</th>
<th>Cancer</th>
</tr>
</thead>
<tbody>
<tr>
<td>1926</td>
<td>20 pounds/year</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1950</td>
<td>10 pounds/year</td>
<td>25%</td>
<td></td>
</tr>
<tr>
<td>1980</td>
<td>10 pounds/year</td>
<td>50%</td>
<td>25%</td>
</tr>
<tr>
<td>1990</td>
<td>10 pounds/year</td>
<td>50%</td>
<td>25%</td>
</tr>
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</table>
# THE OILING OF AMERICA!

**US DIETARY FAT**
**ANIMAL AND VEGETABLE SOURCES**

<table>
<thead>
<tr>
<th></th>
<th>1909</th>
<th>1985</th>
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<tbody>
<tr>
<td><strong>OILS</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>SHORTENING</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Margarine</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Lard</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Butter</strong></td>
<td></td>
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</tr>
</tbody>
</table>

*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
Real Eggs

Supermarket Egg

Pastured Egg

Organic Egg

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 glass or in cages produced rickets in rats.
Confinement Butter vs. 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
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](http://westonaprice.org)

This document is posted at [realmilk.com](http://realmilk.com).

Updated September, 2011
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 pasteurization\textsuperscript{1}

STEALS IRON away from pathogens and carries it through the gut wall into the blood stream; stimulates the immune system\textsuperscript{1}

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

CANDIDA: Mice injected with \textit{Candida albicans}, another iron-loving organism, had increased survival time when treated with lactoferrin.\textsuperscript{3}

WEIGHT LOSS: Believed to cut visceral fat levels up to 40\%\textsuperscript{4}

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

\begin{itemize}
  \item \textit{British J Nutrition, 2000;84(Suppl. 1):S11-S17.}
  \item \textit{J Experimental Med, 2002 DEC 02;196(11):1507-1513.}
  \item \textit{Infection and Immunity, 2001 JUN;69(6):3883-3890.}
  \item \textit{MSN-Mainichi Daily News, 2007 APR 11.}
\end{itemize}
Built-In Protective Systems in Raw Milk:

COMPONENTS OF BLOOD

• **Leukocytes**—Eat all foreign bacteria, yeast and molds (phagocytosis). Destroyed at 56°C and by pumping milk. Produce \( \text{H}_2\text{O}_2 \) to activate the lactoperoxidase system. Produce anaerobic \( \text{CO}_2 \) 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 bacteria\(^2\)

• **Neutrophils** – Kill infected cells; mobilize other parts of the immune system\(^1\)

• **T-lymphocytes** – Multiply if bad bacteria are present; produce immune-strengthening compounds\(^1\)

• **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.

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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.

Built-In Protective Systems in Raw Milk: OTHER BIOACTIVE COMPONENTS

• **Enzymes, e.g. Complement & Lysozyme** — Disrupt bacterial cell walls. Complement destroyed at 56°C; Lysozyme at 90°C.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

Built-In Protective Systems in Raw Milk: OTHER BIOACTIVE COMPONENTS

• **Beneficial Bacteria** – *Lactobacilli* and *bifidus* bacteria, crowd out bad bacteria, product 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\(^1,2\)

• **B\(_{12}\) Binding Protein** – Reduces Vitamin B\(_{12}\) in the colon, which harmful bacteria need for growth\(^1\)

• **Lactoglobulins**: Carry vitamins A and D and possibly other nutrients.\(^3\)

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FIVEFOLD PROTECTIVE SYSTEM IN RAW MILK

1. Destroys pathogens in the milk.
2. Stimulates the Immune system.
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

<table>
<thead>
<tr>
<th>Component</th>
<th>Breast Milk</th>
<th>Raw Milk</th>
<th>Pasteurized Milk</th>
<th>UHT Milk</th>
<th>Infant Formula</th>
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<tbody>
<tr>
<td>B-lymphocytes</td>
<td>active</td>
<td>active</td>
<td>inactivated</td>
<td>inactivated</td>
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<tr>
<td>Macrophages</td>
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<tr>
<td>Neutrophils</td>
<td>active</td>
<td>active</td>
<td>inactivated</td>
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</tr>
<tr>
<td>Lymphocytes</td>
<td>active</td>
<td>active</td>
<td>inactivated</td>
<td>inactivated</td>
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<tr>
<td>IgA/IgG Antibodies</td>
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<td>inactivated</td>
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<tr>
<td>B&lt;sub&gt;12&lt;/sub&gt; Binding Protein</td>
<td>active</td>
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<tr>
<td>Bifidus Factor</td>
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<tr>
<td>Medium-Chain FAs</td>
<td>active</td>
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<td>reduced</td>
<td>reduced</td>
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<td>Fibronectin</td>
<td>active</td>
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<td>Lactoferrin</td>
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<td>reduced</td>
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<td>Lysozyme</td>
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<td>reduced</td>
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<td>inactivated</td>
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<tr>
<td>Mucin A/Oligosaccharides</td>
<td>active</td>
<td>active</td>
<td>reduced</td>
<td>reduced</td>
<td>reduced</td>
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<tr>
<td>Hormones/Growth Factors</td>
<td>active</td>
<td>active</td>
<td>reduced</td>
<td>inactivated</td>
<td>Inactivated</td>
</tr>
</tbody>
</table>

FOOD-BORNE ILLNESS 1999-2006

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

- Fish & Shellfish: 29
- Poultry: 15
- Eggs: 13
- Beef: 11
- Pork: 8
- Produce: 4
- Dairy: 1

*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)
- 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 milk

1982—Over 17,000 cases *Y. enterocolitica* in several states from milk produced in Memphis, TN

1983—1 outbreak, 49 cases, 14 deaths from *L. monocytogenes* in MA

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 affected

1985—1,500+ cases, *Salmonella* culture confirmed, in Northern IL

1993-94—1 outbreak, 2014 cases/142 confirmed *S. enteritidis* due to pasteurized in MN, SD, WI

1995—Outbreak of *Yersinia enterocolitica* in 10 children, 3 hospitalized due to post-pasteurization contamination

2000—1 outbreak, 98 cases/38 confirmed *S. typhimurium* in PA and NJ

2005—1 outbreak, 200 cases *C. jejuni* in CO prison

2006—1 outbreak, 1592 cases/52 confirmed *C. jejuni* infections in CA

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.

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

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.

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

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

<table>
<thead>
<tr>
<th>Whole Raw Milk</th>
<th>Excellent growth; no abnormalities</th>
</tr>
</thead>
</table>
| 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.  
*American Journal of Physiology 1941, 133, 500* |
## Rat Studies
### of Scott & Erf
Ohio State University, 1931

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

*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.

*Clinical & Experimental Allergy. 2007 May; 35(5) 627-630.*
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

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.”

Photographs by Dr. Beverly Rubik
Microscopic Structure of Raw Milk

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

Structure of blood under darkfield microscope.

Photographs by Dr. Beverly Rubik
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

<table>
<thead>
<tr>
<th>Feed</th>
<th>Result in Milk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soy</td>
<td>Allergenic soy protein and estrogenic isoflavones</td>
</tr>
<tr>
<td>GMO Grains</td>
<td>Aflatoxins (liver poisons)</td>
</tr>
<tr>
<td>Bakery Waste</td>
<td>Trans fatty acids</td>
</tr>
<tr>
<td>Citrus Peel Cake</td>
<td>Cholinesterase inhibitors (pesticides that act as nerve poisons)</td>
</tr>
<tr>
<td>Hormones and Antibiotics</td>
<td>Hormones and Antibiotics</td>
</tr>
<tr>
<td>Swill from Ethanol Production!</td>
<td>Chemicals used in ethanol production</td>
</tr>
</tbody>
</table>
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.
4. ELIMINATE REFINED SWEETENERS

- SUGAR
- DEXTROSE
- FRUCTOSE
- GLUCOSE
- HIGH FRUCTOSE CORN SYRUP
- FRUIT JUICES
Sucrose, glucose and fructose 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

POUNDS per CAPITA per YEAR

1980 1994

REFINED SUGAR
HIGH FRUCTOSE CORN SYRUP
TOTAL SWEETNERS

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
Homemade Ice Cream Steps
CARBOHYDRATES OR FATS? WHICH PROVIDE THE MOST ENERGY?

One molecule **GLUCOSE** requires

15 enzymes
Numerous vitamins and minerals, especially chromium and magnesium

38 UNITS ATP

One molecule **FAT** requires

5 enzymes
Vitamins and minerals

146 UNITS ATP

ATP = Energy carrier
5. ELIMINATE TOXIC METALS AND ADDITIVES AS MUCH AS POSSIBLE
# SOURCES OF TOXIC METALS

<table>
<thead>
<tr>
<th>METAL</th>
<th>Sources</th>
</tr>
</thead>
<tbody>
<tr>
<td>ALUMINUM</td>
<td>Cookware, Antacids, Commercial salt, Baking powder, Deodorants</td>
</tr>
<tr>
<td>MERCURY</td>
<td>Amalgam fillings, Large fish, such as swordfish and tuna</td>
</tr>
<tr>
<td>LEAD</td>
<td>Water from lead pipes, Some cookware glazes and enamels, Dark hair dyes</td>
</tr>
<tr>
<td>IRON</td>
<td>All commercial white flour products</td>
</tr>
<tr>
<td>CADMIUM</td>
<td>Commercially raised fruits and vegetables</td>
</tr>
</tbody>
</table>
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
- Emulsifiers
- Buffers
- Alkalizers
- Anti-caking agents
- Curers
- Gases
- Sweeteners
- Dyes, Coloring
- Antioxidants
- Noxious sprays
- Deodorants
- Anti-foaming agents
- Hydrolizers
- Extenders
- Maturers
- Bleaches
- Flavors and Colors
- Acidifiers
- Moisturizers
- Conditioners
- Drying agents
- Thickeners
- 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."
From *EXCITOTOXINS* by Russell Blaylock, MD

**HIGH CONCENTRATED MSG**

**IMMEDIATE**

**ONE HOUR**

**TWO HOURS**

**LOWER CONCENTRATED MSG**
INCREASE IN VIOLENT CRIME SINCE THE 1950s

UNITED STATES VIOLENT CRIME INDEX RATES PER 100,000 INHABITANTS

## 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)
Teeth marks in butter
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
- Vitamin E
- Essential Fatty Acids
- Macro and Trace Minerals
- Protein
- 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.

Source: Fighting the Food Giants by Paul Stitt
CEREAL STUDIES
THREE SETS OF RATS, EACH ON A DIFFERENT DIET

Rat chow and water.
Lived over a year, in good health.

Cardboard box the cornflakes came in and water.
Died of malnutrition.

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."
• 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.

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
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
Butter and 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

YOUGHURT
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
MSG has been linked to: diabetes, migraines and headaches, obesity, autism, ADHD and Alzheimer's.
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 flavoring 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 baking – 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 914-897-2828.

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.
BROCCOLI
BROCCOLI
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.
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 SALAMI
FERMENTATION

ALCOHOLIC FERMENTATION
Action of Yeasts on Sugars:

\[
\text{C}_6\text{H}_{12}\text{O}_6 \text{ (Glucose)} \rightarrow 2\text{C}_2\text{H}_5\text{OH} \text{ (Alcohol)} + 2\text{CO}_2
\]

LACTIC ACID FERMENTATION
Action of Bacteria on Sugars:

\[
\text{C}_6\text{H}_{12}\text{O}_6 \text{ (Glucose)} \rightarrow 2\text{CH}_3\text{CHOHCO}_2\text{H} \text{ (Lactic Acid)}
\]
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:
CELティC 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.
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
COMMERCIALY 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
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, fat, sauces, 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...

18th Annual Conference of The Weston A. Price Foundation
November 10-13, Minneapolis, Minnesota

FEATURES

Opportunity to Support a Study on Saw 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

CeMAF and Saw Milk
Lee Emerson explains how the cancer paradigm is changing

NEW SERVICE FOR WAPF MEMBERS
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<table>
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<tr>
<th>Traditional Diets</th>
<th>Modern Diets</th>
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<tr>
<td>Foods from fertile soil</td>
<td>Foods from depleted soil</td>
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<tr>
<td>Organ meats preferred over muscle meats</td>
<td>Muscle meats, few organs</td>
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<tr>
<td>Animal fats</td>
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<td>Animals on pasture</td>
<td>Animals in confinement</td>
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<td>Dairy products raw and/or fermented</td>
<td>Dairy products pasteurized</td>
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<td>Grains and legumes soaked/fermented</td>
<td>Grains refined, extruded</td>
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<td>Bone broths</td>
<td>MSG, artificial flavorings</td>
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<td>Unrefined sweeteners (honey, maple syrup)</td>
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<td>Lacto-fermented vegetables</td>
<td>Canned vegetables</td>
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<td>Hybrid seeds, GMO seeds</td>
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Powerpoint Presentation
With notes is posted at

NourishingTraditions.com/resources