The 26th Annual Conference of the
Weston A. Price Foundation

Wise Traditions
Conference Program



For a Butter World!

The conference that nourishes you in every way.

WASHINGTON, D.C. OCTOBER 16-18, 2026

Wise Traditions 2026

26th Annual Conference of the Weston A. Price Foundation

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The Weston A. Price Foundation®

Education • Research • Activism

The Weston A. Price Foundation is a nonprofit, tax-exempt charity founded in 1999 to disseminate the research of nutrition pioneer Weston A. Price, DDS, whose studies of isolated nonindustrialized peoples established the parameters of human health and determined the optimum characteristics of human diets. Dr. Price's research demonstrated that men and women achieve perfect physical form and perfect health, generation after generation, only when they consume nutrient-dense whole foods and the vital fat-soluble activators found exclusively in animal fats.

The Foundation is dedicated to restoring nutrient-dense foods to the American diet through education, research and activism and supports a number of movements that contribute to this objective, including accurate nutrition instruction, organic and biodynamic farming, pasture-feeding of livestock, community supported farms, honest and informative labeling, prepared parenting and nurturing therapies. Specific goals include establishment of universal access to clean, certified raw milk and a ban on the use of soy-based infant formula.

The Foundation seeks to conduct research to test the nutrient content of foods, particularly butter produced under various conditions and the "X" Factor, discovered by Dr. Price; and to determine the effects of traditional preparation methods on nutrient content and availability in whole foods.

The board and membership of the Weston A. Price Foundation stand united in the belief that modern technology should be harnessed as a servant to the wise and nurturing traditions of our ancestors rather than used as a force destructive to the environment and human health; and that science and knowledge can validate those traditions.

The Weston A. Price Foundation is supported by membership dues and private donations and receives no funding from the meat or dairy industries.



PRESIDENT'S WELCOME

October 16, 2026

Dear Friends of the Weston A. Price Foundation:

Welcome to Wise Traditions 2026! Welcome back to a full house of twelve hundred people including one hundred exhibitors and forty-five wonderful speakers.

In 2026, we have been celebrating the Year of Butter so of course there will be plenty of yellow, grass-fed butter served with our delicious meals. If you are a newcomer and want to learn why butter is so important in our diets, please attend my talks on Wise Traditional Diets on Friday morning. Plus, visit the traveling exhibition, ButterWorld in our exhibit hall (see page 41).

We have a star-studded cast this year, starting with Dr. Joseph Ladapo, the amazing surgeon general from Florida, who had the courage to push bask against COVID masking, distancing and shots. He will inspire us at our Awards Banquet.

On Friday evening you will have to choose between two superstars—Del Bigtree and Congressman Thomas Massie, both friends of health freedom and of farmers. And then another star will close the conference on Sunday afternoon, Joel Salatin of Polyface Farm in Virginia.

Natasha Campbell-McBride is with us again this year, presenting GAPS with Amy Mihaly and Andie Simons, and also speaking about regenerative farming and the dangers of vegetarianism.

The popular Adam and Josh Bigelsen are back! They will reveal fascinating facts about blood, while Neal Bosshardt returns to educate us on the miracles of bentonite clay. Other popular returnees are Catherine Austin Fitts, Chris Knobbe, Thaddeus Owen, Bill and Christina Schindler and Loredana Shapson.

We also have a *lot* of new speakers and interesting topics this year. Elisha Celeste will talk about the importance of healthy fascia while Cheryl Ciecko shares her expertise on mold remediation. Michael Connett will address the dangers of water fluoridation. Laura Delano will share her inspiring story of how she got off psychiatric meds while Mollie Engelhart will talk about how she managed to put veganism behind her. Shannon Goossen has fascinating information on healing with micro-frequencies while Liz James will address the problem of blood donations. Pam Schoenfeld will address the important topic of fertility.

Alexandra Muñoz and Bernadette Pajer will share their work on stopping the use of dangerous pesticides while Dan Kittredge will explain about testing foods for nutrient density. Ben Edwards will address the subject of measles while Michael Clarage will present fascinating information on the electric universe. Gregory Wrightstone will explain the benefits of warming and carbon dioxide in the atmosphere and Reinette Senum will discuss the challenge of jet contrails.

Practical talks include Meaghan and Shane Carpenter on fermentation and Vanessa Hargrove on the healing power of fermented foods and sourdough bread. Helene Leeds will present on Wise Traditions cooking basics while Kate Pope will share her fun recipes for babies. Leigh Merinoff will show us how to get children involved in a homesteading lifestyle.

Our holistic dentist this year is Marc DiNola; the homeopathy presentation is by Ron Whitmont and Katie Tietje will discuss herbal remedies.

Our farming talks include presentations by Alejandro Carrillo and Allen Williams. And of course, there is the ever-popular sold-out farm day with Will Winter and Steve Campbell.

The biggest complaint we get about our conference is: "I can't decide which lecture to attend!" That's a deliberate policy on our part—we try to make every track as interesting as possible. But fortunately, you don't have to choose. Recordings will be for sale at the Fleetwood table and online at fleetwoodonsite.com/wise/2026/stream/

We have extra activities including morning movement, early sponsor talks, gatherings for people ages 13-20, an inquiry meeting to learn about becoming a WAPF chapter leader, a family lounge and a "meet your neighbor" lunch on Friday.

We also have a new Wise Traditions coloring book, featuring the art work of Kim Waters—we think children and adults will enjoy it!

Please plan to spend some time in our exhibit hall. I know you will be impressed with the quality and variety of the vendors. We welcome the many new exhibitors, as well as those who have attended in the past.

A highlight of the conference is the wonderful food. We have worked closely with the chef and staff of the Omni Shoreham Hotel to provide delicious, nutritious meals featuring a variety of farm-fresh foods. Particular thanks go to WAPF's Yolanda Hawthorne who has worked with the chefs to make sure all meals are WAPF-friendly and delicious. We are especially grateful to our food provisioners who are providing a cornucopia of high-quality products.

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

Sincerely yours,

Sally Fallon Morell

Sally Fallon Morell, President

Wise Traditions 2026

26th Annual Conference of the Weston A. Price Foundation
October 16–18, 2026, Washington, DC

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

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Pluck
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Rich Nuts
Simply Ghee
Solari Report
SteinerBooks
The Wellness Blanket

IMPORTANT NOTICE

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

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

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

TABLE OF CONTENTS

President's Welcome 1
Conference Sponsors 2
Schedule at a Glance 4
Conference Survey 5
General Conference Information 6
Speakers 7
Guided Farm Visit 29
Schedule 30
Continuing Education Units 33
WAPF Movie 34
Recordings and Photo Dump 35
Children's Program 36
Extra Activities 37
WAPF Offerings 38
Meet the WAPF Staff 40
Visit the WAPF Booth 41
Special Exhibition in Honor of Butter 41
Menus 42
Breakfast Menu 44
Food Providers 45
Exhibitor List 46
Exhibitor Layout and Hotel Map 50
Advertisements 52
Notes 59

Gratitude for the Many Involved

A conference like Wise Traditions is only possible through the efforts of many individuals. The WAPF Board of Directors wishes to express its gratitude to:

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

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

1,250+ people come from near and far!

We welcome attendees from all but two of the U.S. states plus D.C. and Puerto Rico, and eight other countries, including: Canada, China, Ireland, Mexico, Netherlands, Poland, Spain and United Kingdom.

Virginia	182	Ohio	24	Illinois	10	Maine	4	Wyoming	2	Mexico	7
Maryland	107	Idaho	20	Minnesota	10	Oregon	4	Arkansas	1	Ireland	6
Pennsylvania	101	Georgia	19	Alabama	9	Kansas	3			Netherlands	3
Florida	85	Michigan	19	Arizona	9	Mississippi	3			United Kingdom	2
Texas	78	New Hampshire	19	Delaware	9	Montana	3			Spain	1
California	62	Wisconsin	18	Indiana	9	New Mexico	3			China	1
New York	53	Connecticut	17	Nebraska	8	Alaska	2			Poland	1
North Carolina	45	DC	15	South Carolina	8	Louisiana	2			Canada	1
Colorado	34	Vermont	14	Kentucky	7	Nevada	2				
New Jersey	30	Utah	12	Oklahoma	6	North Dakota	2				
Massachusetts	26	Washington	12	Rhode Island	6	Puerto_Rico	2				
Tennessee	25	Missouri	11	West Virginia	6	South Dakota	2				

(Reflects numbers as of September 28)

SCHEDULE AT A GLANCE

Friday, October 16

6:30–7:30 am	**JAMES** Movement
7:15–8:45 am	**Breakfast**
9:00–10:15 am	**FALLON MORELL** Nourishing Traditions Seminar, Part 1 **MUÑOZ** Safeguarding Fertility in the Age of Endocrine Disruption **KITTREDGE** Nutrient Density
11:00 –12:15 pm	**FALLON MORELL** Nourishing Traditions Seminar, Part 2 **CAMPBELL-MCBRIDE** Regenerative Farming the GAPS Way **DELANO** Beyond Psychiatrization: Building a Life After Medications and Diagnoses
12:15–1:15 pm	Lunch: Meet Your Neighbor*
1:45–3:00 pm	**MERINOFF** Inspiring Curious and Capable Children through Homestead Education **CONNETT** An Unreasonable Risk: The Federal Court Verdict Against Water Fluoridation **KNOBBE** The Seed Oil Experiment: Can We Exonerate Carbohydrates? Rethinking the Drivers of Modern Chronic Disease
4:00–5:15 pm	**HARGROVE** Targeted Microbial Therapy: 8 Powerful Foods that Heal You From the Inside Out **DINOLA** A Modern Dentist's Look at Dr. Weston A. Price's Foundational Work **SCHOENFELD, WHITTAKER, FALLON MORELL** Restoring Reproductive Health - Lessons from Traditional Societies and Contemporary Science
5:15–6:00 pm	Adult Mix and Mingle Yappy Hour (ages 13-20)
6:00–7:00 pm	Dinner
7:30–9:00 pm	**BIGTREE** wisdm and An Inconvenient Study Film **MASSIE** Food Sovereignty

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

Saturday, October 17

6:30–7:30 am	**JAMES** Movement
7:15–8:45 am	**Breakfast**
7:45–8:30 am	**Sponsor Presentations** BAJA Gold Pure Indian Foods Meadows Bee Farm Health & Homestead
9:00–10:15 am	**CAMPBELL-MCBRIDE, SIMMONS, MIHALY, HOLLAND** All Disease Begins in the Gut! GAPS, Part 1 **BIGELSEN** The Holographic Blood: Exploring How We Evolve as Nature Does, through Symbiosis **ENGELHART** Debunked by Nature **BOSSHARDT** Medical Uses of Natural Bentonite Clay
10:15–10:50 am	Chapter Inquiry Meeting
11:00 –12:15 pm	**CAMPBELL-MCBRIDE, SIMMONS, MIHALY, HOLLAND** All Disease Begins in the Gut! GAPS, Part 2 **CELESTE** Fascia: Mediator Between Material and Spiritual Worlds **LEEDS** Wise Traditions IS Right. So Why Are So Many of Us Still Struggling? **CARRILLO** From Degraded Land to Nutrient-Dense Food: Restoring the Water Cycle Through Grazing
12:15–1:15 pm	Lunch
1:45–3:00 pm	**CARPENTER** Keeping Fermentation Alive: Principles From Kitchen to Scale **JAMES** Battle for Our Blood: Informed Consent and Medical Freedom As It Pertains to Blood Transfusions and Blood Products **TIETJE** Building a Natural Remedies Cabinet for Beginners **WRIGHTSTONE** Warming and More CO_2 are Benefiting Humanity
4:00–5:15 pm	**CIECKO** Is Your Home Making You Sick? How to Stop Mold Before It Stops You **POPE** Feeding Baby: The First Three Years that Shape a Lifetime **GOOSSEN** Ancient Wisdom, Modern Frequencies: Bridging the Gap in Holistic Care **CLARAGE** Why the Electricity of the Stars Matters Here on Earth
5:30–6:30 pm	Adult Mix and Mingle, Yappy Hour (ages 13-20)
6:30–9:30 pm	**LADAPO** Awards Banquet Keynote: The Right to Medical Freedom

SCHEDULE AT A GLANCE

Sunday, October 18

6:30–7:30 am	**JAMES** Movement
7:15–8:45 am	**Breakfast**
7:45–8:30 am	**Sponsor Presentation** Walkabout FarmMatch
8:45–10:00 am	**SHAPSON** Skin Deep: How Your Gut Microbiome Affects Eczema, Acne, Psoriasis and More—And What You Can Do About It **PAJER** Lobbied by Default: How Your Silence Shapes Pesticide Policy **FALLON MORELL** The Contagion Myth **OWEN** EMF Triage for Real Life
10:45 –12:00 pm	**SCHINDLER** Drinking Like a Human: Alcohol Through the Lens of Ancestral Fermentation **FITTS** The Power of Coming Clean **WILLIAMS** From Soil to Human Health: Regenerative Agriculture Principles for Restoring Life, Resilience and Well-Being **WHITMONT** The Human Microbiome, Homeopathy and Chronic Inflammatory Illness
12:00–1:00 pm	Lunch
1:30–2:45 pm	**HARGROVE** Unlocking the Secrets of Sourdough **EDWARDS** The Truth About the 2025 Mennonite Measles Outbreak **SENUM** Streaks in the Sky: What We Thought We Knew, What We Discovered and Why it Changes Everything **CAMPBELL-MCBRIDE** Don't Be a Vegetarian
3:00–4:00 pm	**SALATIN** Closing Ceremony: Food Emancipation: Unshackling America's Sustenance

Monday, October 19

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

Make the Most of Your Conference Experience

Meet others! Nowhere else will you find so many kindred spirits gathered to learn and discuss health and traditional food. Introduce yourself!

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

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

First time? We recommend Sally Fallon Morell's Friday's seminar on traditional diets for anyone who is new.

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

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

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

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

Leave united and inspired.
Share this information with friends.

CONFERENCE SURVEY

We appreciate your feedback so that we can offer a great conference.
Please go to the link to complete the survey.

www.surveymonkey.com/r/2026WT

GENERAL CONFERENCE INFORMATION

Name Badges
Wearing your conference name badge is your admission ticket to sessions.

Meals
Your meal ticket is part of your badge. In order to get a meal, please provide the part of the badge showing meals to the volunteer at the line at meal time. The volunteer will cross of the meal. Please don't overload your plate but take a reasonable amount and return for seconds if still hungry. Please do not take food to someone who has not bought a meal ticket. Our meals are WAPF-style. We are not able to accomodate special diets. If this is a problem, please visit the Registration Desk.

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

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

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

Session Rooms
If you have a question for a speaker, you may ask it at the microphone at the end of the talk. Please do not ask personal health questions.

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

Conference Evaluation
We appreciate your time in submitting an evaluation. We review these carefully and consider your comments.
surveymonkey.com/r/2026WT.

EMF Protection See page 32.

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

Conference Recordings
Please visit the Fleetwood table fpr ordering recordings of this conference at a 25% discount while at the conference. After the conference, go to **fleetwoodonsite.com/wise/2026/stream** for recordings.

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

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

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

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

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

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

SPEAKERS



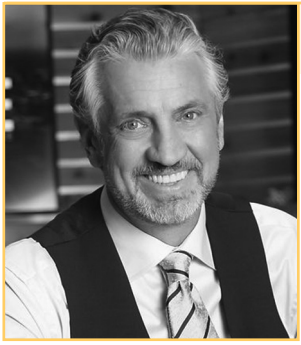
Adam & Josh Bigelsen

Saturday 9:00-10:15 AM
Empire Ballroom

The Holographic Blood: Exploring How We Evolve As Nature Does, through Symbiosis

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

Adam and Josh Bigelsen are the sons of Harvey Bigelsen, MD, who was a pioneer in the world of holistic medicine, and author of the groundbreaking books, *The Holographic Blood* and *Doctors are More Harmful than Germs*. Both brothers are international speakers, holistic wellness coaches and educators for The Bigelsen Academy. The Bigelsen family has been utilizing traditional French/German dark-microscopy since the late 1980s.



Del Bigtree

Friday 7:30-9:30 PM, Diplomat Ballroom

Introducing wisdm and Viewing the Film *An Inconvenient Study*

In the first part of this session, Del Bigtree will introduce wisdm, a new platform rooted in something ancient. It exists because millions of people are quietly stepping away from a medical system that no longer serves them and seeking something different; wisdm meets them there. Through immersive media, education, a practitioner directory, a brand-new Web3 community platform, and spanning a wide range of holistic healing modalities, wisdm encourages people to remember their innate wisdom—what health is supposed to feel like—and guides them to the practitioners who can help them get there. You can visit wisdm and learn more about it by going to wisdm.io. Del is the execuitve producer of the film, *An Inconvenient Study*, which will be shown.

Del Bigtree is one of the preeminent voices of the MAHA movement. He was the director of communications for Robert Kennedy Jr's 2024 presidential campaign and is the founder and CEO of the non-profit Informed Consent Action Network (ICAN), and host of the internet talk show TheHighWire.com, boasting over four hundred million views world-wide. Del was an Emmy-winning producer of the CBS talk show *The Doctors*, and most recently he executive produced the film, *An Inconvenient Study*. Del's multi-pronged approach incorporates media, legislative and legal actions to expose the fraud, lies and conflicts of interest that have allowed U.S. regulatory agencies to collude with industry power brokers to evade standardized safety testing on products including vaccines, drugs, food, drinking water and 5G. On behalf of American citizens, ICAN has submitted over one thousand Freedom of Information Act (FIOA) requests and has won multiple lawsuits against government agencies including HHS, NIH, FDA and the CDC. Most notable are the FDA case that forced the release of Pfizer's Covid vaccine trial data, which FDA had attempted to hide for seventy-five years, the CDC case that forced the release of its V-safe Covid vaccine injury data, and the State of Mississippi case that reinstated the religious exemption from vaccination which had been denied for over thirty years.

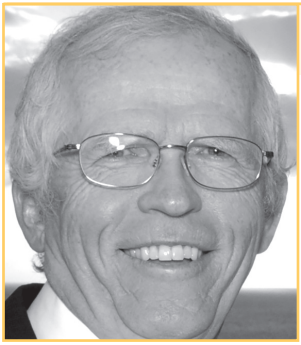
$10 off membership for conference attendees!

Join our growing membership and support our many projects!

$30 ~~$40~~ annual U.S. membership

$40 ~~$50~~ annual international membership

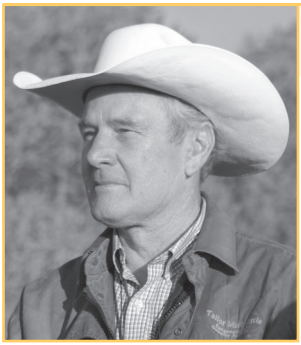
SPEAKERS



Neal Bosshardt — Saturday 9:00-10:15 AM, Palladian Ballroom

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

Neal Bosshardt's family was introduced to the idea of using bentonite clay medicinally in 1975 and has been using it ever since for both internal and external issues. It has kept them out of the doctor's office and the drug store many times. It has resolved issues that conventional medicine couldn't. Neal desires to help others benefit from natural clay as his family has done. His advice is: "Don't have kids or grandkids on your property until you have, and know how to use, natural bentonite clay."



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

Professionally Guided Farm Visit
Each year we have the privilege of joining two professional guides as we visit farms in the conference area. Will Winter and Steve Campbell will be on the bus speaking to us as we travel and will accompany us on each farm as we walk and observe. Each farm has a different emphasis and we will hear and learn from the farmers themselves at each stop. Steve Campbell, will be preparing attendees for things to look for at each stop and a bit of farm etiquette. He will also provide a "short course" in soil, plant, animal and human health during our traveling times. After each stop, he will go over things we did and did not see at each farm.

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

Steve Campbell has been around cattle in one capacity or another since the age of ten. His epiphany moment came in 1999 while recovering from a ranching injury. The resulting refocusing of his energies into learning about soil, plant, animal and human health have led him to some very old books; like-minded thinkers and mentors; on-farm experiments with soil fertility; and numerous speakers and conferences over the past twenty-four years. From the Weston A. Price and Carey Reams philosophies for human health to the work of Maynard Murray, Jerry Brunetti, Dr. Richard Olree, Gearld Fry and Will Winter and the teachings of numerous authors of yesteryear, Steve has extrapolated those learned principles of nature onto his own ranch—both land and animals and helps others make similar improvements on their ranches and with their family's health.

DONATE TO OUR $20,000 MATCH FUND

This year a generous donor offered $20,000 as a donation match for this weekend. Donate at westonaprice.org or stop by the WAPF booth and pick up our new stickers and donate.

SPEAKERS



Natasha Campbell-McBride

Friday 11:00 AM-12:15 PM, Empire Ballroom

From Self-Healing To Sovereignty: Regenerative Farming The Gaps Way
Most people who heal through the GAPS nutritional protocol eventually reach a point in their lives when they want to grow their own food. But where do you begin? How do you create a regenerative farm that produces the highest-quality nourishment, becomes a truly beautiful place to live and contributes to the healing of our planet? Dr. Natasha Campbell-McBride and her family have walked this path and created such a farm. In this talk, Dr. Natasha will share their experience, key insights and practical guidance—showing how you, too, can move from personal healing toward food sovereignty and a regenerative way of life. She will share not only practical knowledge but a worldview.

Saturday 9:00 AM-12:15 PM, Diplomat Ballroom

All Disease Begins in the Gut Part 1, 2
All diseases begin in the gut! This is a statement made by Hippocrates, the father of modern medicine. The more we learn with our modern scientific tools, the more we realize just how correct Hippocrates was! Dr. Natasha Campbell-McBride, the creator of the GAPS concept and the GAPS diet, will speak about what GAPS is, followed by talks from experienced GAPS practitioners Amy Mihaly, Andie Simons and Monika Holland. They will cover autism-attention-deficit/hyperactivity disorder (ADHD/ADD), schizophrenia, depression, dyslexia, dyspraxia, obsessive-compulsive disorder, bipolar disorder and many other psychological and psychiatric problems, as well as autoimmune problems, allergies, asthma, eczema, MS, chronic fatigue syndrome, ME, fibromyalgia, arthritis, diabetes type one, chronic cystitis, chronic skin problems and many other physical conditions. All of these problems are becoming more common among children and adults, and all chronic illnesses stem from the gut. At the end of the session there will a Q&A with Dr. Natasha, Amy, Andie and Monika as well as other GAPS practitioners and coaches.

Sunday 1:30-2:45 PM, Palladian Ballroom

Don't Be a Vegetarian! Why Vegetarianism Is Not Healthy and Not Kind to Animals, and Destructive to the Planet
The promotion of vegetarian and plant-based diets has become pervasive in mainstream culture. These lifestyles are frequently presented as healthy, environmentally sustainable and compassionate toward animals. In this presentation, Dr. Natasha Campbell-McBride will explain why these claims are misleading and will examine the ideological and economic forces behind this widespread propaganda. Drawing on clinical experience, Dr. Natasha will present real-life cases demonstrating how long-term plant-based diets can severely damage physical and mental health, often leading to profound and life-altering consequences. She will also address common misconceptions about food production, animal welfare and environmental sustainability. The presentation will conclude with a clear, evidence-based explanation of what truly supports human health, ethical treatment of animals and the long-term wellbeing of our planet.

Dr. Natasha Campbell-McBride, M.D., MMedSci (neurology), MMedSci (nutrition) is the creator of the GAPS concept and the GAPS Diet. Please read the full bio on her website gaps.me. Dr. Campbell-McBride graduated with honors as a medical doctor in 1984 in Russia and in the following years earned postgraduate degrees in neurology and in human nutrition. She is the author of multiple books: *Gut And Psychology Syndrome: Natural Treatment of Autism, ADHD, Dyslexia, Depression and Schizophrenia*; *Vegetarianism Explained: Making an Informed Decision*; *Put Your Heart in Your Mouth! What Really Is Heart Disease and What Can We Do to Prevent and Even Reverse It*; and *Gut and Physiology Syndrome: Natural Treatment for Allergies, Autoimmune Illness, Arthritis, Gut Problems, Fatigue, Hormonal Problems, Neurological Disease and More*. Dr. Natasha is an organic regenerative farmer and a popular keynote speaker at many professional conferences worldwide.

SPEAKERS

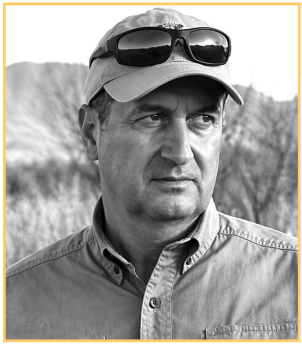


Meaghan and Shane Carpenter

Saturday 1:45-3:00 PM, Diplomat Ballroom

Keeping Fermentation Alive: Principles from Kitchen to Scale
Fermentation has always been a living, cultural practice but bringing it into today's food system presents unique challenges. How do you scale traditional methods without losing their integrity? In this talk, the founders of HEX Ferments, Meaghan and Shane Carpenter, share their path from hands-on experimentation to building a fermentation company grounded in raw, living foods and local agriculture. They'll explore the differences between true fermentation and modern "pickled" products, and the realities of producing nutrient-dense foods in a system built for shelf stability. Along the way, they'll demonstrate kraut-making live, offering a window into the beauty and variability of the process. The session will conclude with a tasting and Q&A. This is a behind-the-scenes look at what it takes to keep fermentation alive—at any scale.

Meaghan and Shane Carpenter are co-founders of HEX Ferments, a Baltimore-based fermentation company dedicated to producing raw, traditionally fermented foods using locally sourced ingredients. Inspired by family traditions of preserving the harvest, early experiences with kombucha and a shared background in art and agriculture, their work is rooted in the belief that fermentation is both a cultural practice and a vital tool for nourishing communities. Founded in 2013, HEX Ferments became the first licensed producer of traditionally fermented foods in Baltimore. Their work has been recognized with multiple Good Food Awards and honors from Slow Food International for preserving authentic fermentation practices. Today, they continue to expand their impact through their HEX Superette market/cafe, educational workshops and a robust network of regional farms. Meaghan and Shane are committed to keeping living foods alive, supporting soil health, local economies and nutrient-dense traditions for future generations.



Alejandro Carrillo

Saturday 11:00 AM-12:15 PM, Palladian Ballroom

From Degraded Land to Nutrient-Dense Food: Restoring the Water Cycle through Grazing
In drylands, the limitation is not rainfall—it is how water moves through the soil. Drawing from over a decade of work in the Chihuahuan Desert, Alejandro Carrillo explains how degraded land can be transformed into productive grasslands using managed grazing, without irrigation or external inputs. By restoring soil structure, increasing plant diversity and improving rainfall infiltration, these systems rebuild the water cycle and extend the growing season. The result is not only greater resilience and profitability, but also food with improved nutritional integrity. This talk connects soil function, water dynamics and grazing management to human health, offering a new lens on how nutrient-dense food is truly produced.

Alejandro Carrillo is a fourth-generation rancher in the Chihuahuan Desert, where annual rainfall rarely exceeds 9 inches (225 mm). Working in one of the most brittle environments in North America, he has developed grazing systems that restore ecosystem function, improve water infiltration, and enable year-round production without external inputs. His ranch, Las Damas, has been featured in documentaries—including *Common Ground*, *Sacred Cow*, *To Which We Belong* and *Water in Plain Sight*—highlighting the role of livestock in regenerating degraded landscapes. Through his company, Grasslands Regeneration Project, Alejandro advises ranchers, organizations and governments on regenerative grazing initiatives across the Americas, Europe, Africa, Australia, China and the Middle East. He has also participated as a delegate to the United Nations Convention to Combat Desertification. Before returning to ranching, Alejandro worked internationally as a software engineer. He holds an M.S. from Johns Hopkins University and a B.S. from the Monterrey Institute of Technology.

SPEAKERS



Elisha Celeste — Saturday 11:00 AM-12:15 PM Empire Ballroom

Fascia: Mediator Between Material and Spiritual Worlds
Elisha Celeste will explain fascia as a structured water tissue that wraps, interpenetrates, nourishes and protects every element in the human body, from blood vessels and bones to muscle fibers, nerves and organs. Beyond its biomechanical role, fascia reflects the stories, emotions and energetic patterns that influence pain, trauma, illness and well-being. When fascia deforms, so does everything it wraps. This can cause physical effects like postural abnormalities, gait dysfunctions, poor blood circulation, difficulty detoxing and degeneration. To understand this mysterious tissue, however, we have to look beyond what modern material science tells us about it. This is because fascia is a living interface between the physical body, human consciousness and the world we inhabit. Fascia mirrors the soul and spiritual nature of every unique person and their relationship to all of life. To work effectively with fascia, we must learn how to approach and behold the spiritual individuality inhabiting the body.

Elisha Celeste is the co-founder of the School for Living Science and founder of Kinetix, a fascia-based mapping methodology for discovering the underlying truth hidden in bodily messengers like chronic pain, chronic disease, anxiety and degeneration. Following a profound healing transformation of her own—one that involved asking her best friend Jess to learn partner fascia release in order to help her run and hike again after years of chronic pain—Elisha opened her private practice in Boulder, Colorado. Since 2008, she has helped thousands of individuals heal and transform, before closing her practice to focus on teaching. Through the School for Living Science, Elisha offers in-person Kinetix immersions as well as online study groups, courses and mentorship for practitioners who are ready to bring clear thinking and spiritual insight into their work with clients.

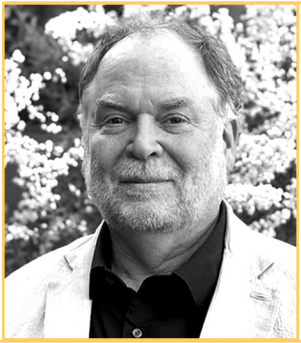


Cheryl Ciecko — Saturday 4:00-5:15 PM, Diplomat Ballroom

Is Your Home Making You Sick? How To Stop Mold Before It Stops You
Your home should be your safest place. But for millions of families, it isn't—and they don't know why. Mold and moisture damage are silently affecting the health of an estimated eighty million Americans—hiding inside walls, attics, ductwork and foundations or plainly visible on surfaces we've learned to ignore. Conventional testing often misses concealed mold, and standard remediation regularly fails to fix the real problem. In this eye-opening session, licensed architect and building scientist Cheryl Ciecko draws on thirty-five years of expertise and a deeply personal health journey to show homeowners exactly what to look for, what questions to ask and what works. You'll learn why mold keeps coming back, what the building and remediation industries get wrong and the practical steps you can take right now to investigate, identify and stop mold—before it stops you. Leave with new eyes for your home and a clear path forward.

Cheryl Ciecko, AIA, FALA, LEED AP, is a licensed architect with over thirty-five years of experience and a Master's degree in architecture. As founder of AvoidingMold.com and the Dwell Well Institute, she specializes in mold prevention, moisture management and building science for healthy homes. Cheryl's expertise is both professional and personal. When her daughter developed severe asthma and migraines, Cheryl traced the cause to aspergillus mold in their ductwork—beginning a twenty-year journey through building failures, family illness and ultimately, recovery. That journey transformed her career. As a former senior technical director and current architect representative to the American Lumber Standards Committee, she brings rare technical depth to an urgent human topic. She has presented at dozens of conferences with exceptional ratings, and her online education reaches homeowners and building professionals worldwide. She believes every family deserves to live in a home that heals—not harms.

SPEAKERS



Michael Clarage

Saturday 4:00-5:15 PM, Palladian Ballroom

Why the Electricity of the Stars Matters Here on Earth
Astronomers are perhaps the last to catch on—galaxies, stars and planets all have electric and magnetic bodies, all live in an electric environment, and all feed and communicate with each other through electricity. Michael Clarage will lay out the basics of what is sometimes called the "The Electric Universe" model. This will eventually land us on the surface of Earth, where we can place ourselves within a context as big as the Universe itself, in other words, placing us in a proper cosmology.

Dr. Michael Clarage, PhD, is a working astrophysicist and physics teacher. He earned his BA from Carleton College in Minnesota and doctorate in physics at Brandeis University in Massachusetts. His research includes radio astronomy, mathematical modeling of protein function, interstellar plasma physics and mathematical properties of fractals. His many cosmology videos can be found on YouTube and other platforms. While raising a family, Dr. Clarage worked in the high-tech industry for twenty years, designing and developing computer networks, secure cell phone applications, medical reporting, integration of business systems and voice recognition. In addition to astrophysics and teaching, he enjoys being on stage performing music of a wide variety of genres, teaching tai chi, painting using traditional egg tempera methods and cooking up a big meal for family and friends.



Michael Connett

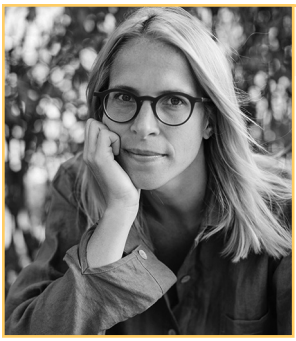
Friday 1:45-3:00 PM, Empire Ballroom

An Unreasonable Risk: The Federal Court Verdict Against Water Fluoridation
In September 2024, a federal district court issued a landmark judgment on water fluoridation. The court concluded that "fluoridation of water at 0.7 milligrams per liter (mg/L)—the level presently considered 'optimal' in the United States–-poses an unreasonable risk of reduced IQ in children." In this presentation, Michael Connett—the lead attorney for the plaintiffs—will discuss the government admissions, scientific research and expert testimony that led to this groundbreaking legal victory.

Michael Connett is a partner at Siri & Glimstad LLP and lead attorney in the groundbreaking lawsuit on water fluoridation that resulted in a federal court concluding that fluoridation "poses an unreasonable risk of reduced IQ in children." This landmark judgment has sparked legislative efforts across the U.S. to end fluoridation. Mr. Connett is now litigating the first-ever class action lawsuits against the makers of fluoride toothpaste and mouthwash for falsely advertising these products as safe for young children. Mr. Connett has studied the effects of fluoride for over twenty years. He received his law degree magna cum laude from Temple Law School where he served as editor-in-chief of the Temple Law Review.

Please share photos and updates on social media using the hashtags:
#wisetraditions2026 #wisetraditionsconference #wisetraditions #wapf #westonaprice #westonapricefoundation #ancestraldiet #justeatrealfood #ancestralwisdom #health #healthy #nourish #nutritious #nutrientdense

SPEAKERS



Laura Delano

Friday 11:00 AM-12:15 PM, Palladian Ballroom

Beyond Psychiatrization: Building a Life after Medications and Diagnoses

For fourteen years, Laura Delano was a professional psychiatric patient. She accumulated a long list of diagnoses, took a regimen of medications, was in years of therapy and cycled in and out of hospitals and programs. Laura believed deeply that she had a chronic mental illness that she would have to manage with psychiatric treatment for the rest of her life—until, at the age of twenty-seven, she decided to walk away from all of it. In this talk, Laura will position her own story within the broader story of the modern mental health industry: what we know—and don't know—about the safety and effectiveness of psychiatric medications, why it can be so hard to come off these meds, how to do so as safely as possible, how to support someone looking to build a life after medications and diagnoses, and what truly informed choice should look like for all of us.

Laura Delano is an author, speaker and consultant. She is also the founder of Inner Compass Initiative, a nonprofit organization that helps people make informed choices about taking and safely tapering off psychiatric drugs while working to shift culture, science and policy away from medicalized responses to human suffering. Laura has worked as an advocate within and beyond the mental health system and has spent the past fifteen years working with individuals and families around the world seeking guidance and support for psychiatric drug withdrawal. Psychiatrists and other mental health professionals wishing to learn about safer medication tapering protocols regularly turn to her for help. Her book, *Unshrunk: A Story of Psychiatric Treatment Resistance*, was published in March 2025.



Marc DiNola

Friday 4:00-5:15 PM, Empire Ballroom

A Modern Dentist's Look at Dr. Weston A. Price's Foundational Work

Dr. Marc DiNola explores the groundbreaking research of Dr. Weston A. Price, whose 1930s studies revealed the profound impact of nutrition on dental and overall body health. Drawing from Dr. Price's seminal book, *Nutrition and Physical Degeneration*, participants will examine how traditional "primitive" diets supported robust physical development and why the shift to modern processed foods has driven widespread degeneration in today's population. Dr. DiNola will discuss how "the displacing foods of modern commerce" have been responsible for rampant dental caries, crowded and crooked teeth, narrowed facial structures, malocclusion and increased susceptibility to chronic diseases. Dr. Price identified refined sugar, white flour, canned goods and processed vegetable oils as causal agents that also caused enormous deficiencies in healthy fats and vitamins A, K_2, D_3 and other minerals. Educating with the wisdom of Dr. Price and those who followed in his footsteps, DiNola will explore how the fruits of Price's labor can inform health decisions. The talk emphasizes regenerative protocols grounded in biological dentistry, exploring the idea of reversing known root causes to mend biological systems and eliminate the nutritional dearth found in today's modern foods. Participants will learn how biological dentists control and modify existing dental realities found in today's population and how patients can influence their path toward wellness and healing by eliminating the low-hanging fruit of modern dental intervention.

Marc DiNola, DDS, is a biological dentist who graduated from the University of Maryland School of Dentistry in 1993. He has been practicing dentistry for over twenty-five years. He was introduced to holistic dentistry through his work with the International Academy of Oral Medicine and Toxicology (IAOMT). He has been following Dr. Weston Price's ideas about oral/systemic health since that time. He includes Weston Price's nutritional research in his practice because of his interest in Dr. Price's insights about oral health and overall body health connections. He believes proper nutrition is a strategy for generating healthy growth and development of the jaw bones and thus is required for healing hidden chronic jawbone infections after surgery. Dr. DiNola also incorporates safe amalgam removal protocol into his holistic treatment plans.

SPEAKERS



Ben Edwards — Saturday 9:00-10:15 AM, Hampton Ballroom

The Truth About the 2025 Mennonite Measles Outbreak
In the spring of 2025, Dr. Ben Edwards found himself thrust into the middle of the Gaines County, Texas measles outbreak amongst the rural Mennonite community in West Texas. He will share his first-hand experience treating hundreds of sick children utilizing cod liver oil and whole-food vitamin C. Dr. Edwards will be discussing the historical role that cod liver oil has played in the treatment of measles over the past one hundred fifty years. He will also share some unique insights and experiences he had with the biased mainstream media and public health officials during last year's measles outbreak.

Ben Edwards, MD, is the founder and CEO of Veritas Medical and Veritas Wellness in Lubbock, Texas. He was trained as a family practitioner, graduating from UT-Houston Medical School in 2002 and Waco Family Practice residency in 2005, where he was chief resident. After seven years of practicing conventional family medicine as the only physician in the county in Post, Texas, he discovered the role that nutrition plays in health (something he did not learn in medical school). He now leads a team of four nurse practitioners and ten health coaches in teaching patients how to address root causes of chronic disease through the Veritas 4 Pillars of Health: nutrition, hydration, movement and peace.



Mollie Engelhart — Saturday 9:00-10:15 AM, Hampton Ballroom

Debunked By Nature
Mollie Engelhart will share her personal and professional journey from celebrated vegan chef to regenerative farmer, drawing directly from the insights in her book *Debunked by Nature*. Her talk explores what led her to question her former beliefs about food, health and agriculture, and how hands-on experience with soil, animals and land stewardship reshaped her understanding of nourishment. She will discuss the realities of modern food systems, the limits of labels and ideology and the deeper, often overlooked connections between human health and ecological health. Through storytelling and practical reflection, Mollie offers a candid look at transformation, challenging assumptions and what it means to align one's life and livelihood with the patterns and truths found in nature.

Mollie Engelhart is a regenerative farmer, entrepreneur, chef, writer and mother of five based in Texas. She is the founder of Sovereignty Ranch and The Barn, a farm-to-table restaurant rooted in nutrient-dense food and land stewardship. Formerly known as the founder of Sage Vegan Bistro in Los Angeles, Mollie's journey took a dramatic turn as she transitioned from vegan chef to cattle rancher, guided by firsthand experience with soil health, animal systems and the realities of food production. She is the author of *Debunked by Nature*, where she challenges modern assumptions about food, health and culture through the lens of nature. Mollie writes regularly for Acres U.S.A. and publishes a daily column in *The Epoch Times*, covering agriculture, policy, family and faith. A frequent speaker, her work bridges personal story with larger systemic questions, inviting audiences to reconsider their relationship to land, food and responsibility in an increasingly disconnected world.

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SPEAKERS



Catherine Austin Fitts

Sunday 10:45 AM-12:00 noon, Empire Ballroom

The Power of Coming Clean

In this talk, Catherine Austin Fitts explains that the current financial system is centralizing political and economic power in a manner that is rapidly draining or destroying living and financial equity. However, each of us has the power to stop supporting this parasitic system. By shifting our attention, transactions, actions and energy away from those who misuse power—in a process Solari calls "coming clean"—we can transform and decentralize political power and economic markets, moving us into alignment to create a free and abundant world.

Catherine Austin Fitts offers Solari Report subscribers a unique perspective on how to navigate the opportunities and risks in the global financial system and political economy. Catherine is the president of Solari, Inc., publisher of the Solari Report and managing member of Solari Investment Advisory Services. She blogs for the Solari Report at solari.com. Catherine served as managing director and member of the board of directors of the Wall Street investment bank Dillon, Read & Co. Inc., as assistant secretary of Housing and Federal Housing Commissioner at the United States Department of Housing and Urban Development in the first Bush administration, and was the president of Hamilton Securities Group, Inc. Catherine has designed and closed over $25 billion of transactions and investments to-date and has led portfolio and investment strategy for $300 billion of financial assets and liabilities. Catherine graduated from the University of Pennsylvania (BA), the Wharton School (MBA) and studied Mandarin Chinese at the Chinese University of Hong Kong.



Shannon Goossen

Saturday 4:00-5:15 PM, Hampton Ballroom

Ancient Wisdom, Modern Frequencies: Bridging the Gap in Holistic Care

Explore how the body's innate electrical nature meets modern bio-resonance in "Ancient Wisdom, Modern Frequencies". This session will reveal how our bodies naturally generate microcurrent through movement, mineral balance and grounding to drive cellular repair. This has been recognized in traditional healing for millennia. Frequency Specific Microcurrent (FSM) mirrors and uses sub-sensory biological resonance to support the body's innate healing capacity. Shannon will share how specific frequencies can target cellular inflammation, balance the nervous system, and restore vitality by speaking the "language" of the body's own bioelectric field. She will provide the science and research plus practical, no-cost, easy actions that you can initiate as soon as you get home to generate your own resonant frequencies. The body "in tune" with nature needs no help, only no interference, and we now have unprecedented environmental interference. Incorporating bio-resonance is intended to support this gap in our holistic care.

Shannon Goossen, AP, BA, LMT, CMTPT is in private practice in Jacksonville, Florida. She teaches nationally about Frequency Specific Microcurrent (FSM) and offers web based training through FrequenciesthatMEND.com. She has been presenting at national meetings since 1999 on subjects including myofascial pain and dysfunction, spinal disorders and rehabilitation, neurological screening and evaluation, and the use of bio-energetic devices in clinical practice. In 2018 she was the lead instructor for a three-and-a-half month demonstration study for the Department of Defense (DoD) to evaluate the efficacy of incorporating FSM and bioenergetic devices for pain treatment in hospital outpatient care at Nellis Air Force Base (AFB) in Nevada. In the last eight years she has taught both live and remotely at the Nellis, Eglin and Scott AFBs supporting Nellis Integrative Medicine Clinic research projects. Since 2020, she has also been an invited presenter for U.S. National Authority for Containment (NAC) and Pain Care Skills Training at Walter. Reed AIM. In the 2025 DOD Warrior Games, Shannon served in the Healing Hut housed under the Fisher House Family nation, which brought together over twenty-five volunteer practitioners to care for the athletes and their caretakers. In addition, her treatment algorithm and techniques were implemented at the Invictus 2025 World Games in Vancouver. She sits on the National Foundation for Integrative Medicine advisory board and serves as director of education. Her algorithm and method for addressing pain and dysfunction, Functional NeuroMyoFascial Techniques: The Mover Stabilizer Model & Method is being taught nationally and is part of multi-site Institutional Review Board (IRB) research at Nellis AFB Integrative Medicine Clinic and the Las Vegas VA Pain Medicine Services.

SPEAKERS



Vanessa Hargrove

Friday 4:00-5:15 PM, Diplomat Ballroom

Targeted Microbial Therapy: 8 Powerful Foods That Heal You from the Inside Out
During this talk, Vanessa Hargrove will guide you through the transformative power of eight fermented foods that you can easily make. These foods are packed with beneficial microbes that work magic in your body, aiding in reducing inflammation, healing leaky gut, supporting digestion and more. You'll explore how these key microbes contribute to a healthier, balanced life from the inside out. Join Vanessa to delve into the symbiotic relationship between fermentation and wellness, discovering simple yet potent ways to harness the healing power of nature's tiniest healers.

Sunday 1:30-2:45 PM, Diplomat Ballroom

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

Vanessa Hargrove is a wife and mother of two sweet kiddos. They are part of the Denver WAPF chapter. In 2007, Vanessa had horrible joint pain and her mother, a WAPF member, suggested trying the GAPS diet, which changed the course of her life. Vanessa has spent the last twenty years learning all she can about health and wellness. Vanessa makes many things in her home from soap to dishwasher powder, sourdough bread and all the fermented foods. Inspired by her friend's chemical sensitivities and her children's allergies, she founded Hargrove General Goods to craft chemical-free goods. Vanessa's journey into bread-making began four years ago, driven by a passion for health and community. Specializing in sourdough, she focuses on organic, long-fermented loaves known for their gut-friendly properties and exceptional taste. She believes living low tox and nourishing our bodies are the most important keys to health and happiness! Find her on Instagram at holistichargoves.



Monika Holland

Saturday 9:00 AM-12:15 PM, Diplomat Ballroom

All Diseases Begin in the Gut; Part 1 and 2
All diseases begin in the gut! This is a statement made by Hippocrates, the father of modern medicine. The more we learn with our modern scientific tools, the more we realize just how correct Hippocrates was! Dr. Natasha Campbell-McBride, the creator of the GAPS concept and the GAPS diet, will speak about what GAPS is, followed by talks by experienced GAPS practitioners Amy Mihaly, Andie Simons and Monika Holland. They will cover autism-attention-deficit/-hyperactivity disorder (ADHD/ADD), schizophrenia, depression, dyslexia, dyspraxia, obsessive-compulsive disorder, bipolar disorder and many other psychological and psychiatric problems, as well as autoimmune problems, allergies, asthma, eczema, MS, chronic fatigue syndrome, ME, fibromyalgia, arthritis, diabetes type one, chronic cystitis, chronic skin problems and many other physical conditions. All of these problems are becoming more common among children and adults, and all chronic illnesses stem from the gut. At the end of the session there will a Q&A with Dr. Natasha, Amy, Andie and Monika as well as other GAPS practitioners and GAPS coaches.

Monika Holland, CGC, MNBP, CNT specializes in severe digestive disorders, mental and nervous system imbalances, and autoimmunity. Having personally healed from severe, life-threatening Crohn's Disease, she brings not only extensive knowledge but also deep compassion, empathy and personal understanding to her work with clients. Over the years, Monika has worked with hundreds of clients dealing with complex and chronic health challenges. Her approach focuses on restoring the gut-brain connection, supporting the gut lining, rebuilding a healthy microbiome and addressing the underlying factors that may contribute to chronic illness. Monika is an expert in no-plant GAPS and specializes in a range of detoxification modalities, including enemas, parasite protocols and heavy metal protocols. Her work combines practical experience, extensive client experience and a deeply personalized approach to helping people navigate complex health challenges and work toward better health.

SPEAKERS



Liz James — Saturday 1:45-3:00 PM, Empire Ballroom

Battle for our Blood: Informed Consent and Medical Freedom as It Pertains to Blood Transfusions and Blood Products

Every two seconds, someone in the United States needs blood or platelets—yet most people don't consider this reality until it affects them or a loved one. For health-conscious individuals, receiving a transfusion can feel both humbling and troubling, given the importance they place on what enters their body. When circumstances allow, choosing a directed (known) donor instead of an anonymous one offers greater personal control, peace of mind, and potentially higher confidence in the blood's quality and safety. However, this option—an important aspect of medical freedom—is increasingly being discouraged or denied by parts of the blood industry. Since 2023, a growing, coordinated effort has emerged to quietly eliminate this choice in states without legal protections, limiting patients' ability to make informed, personalized decisions about their care.

Liz James is a licensed pharmacist with thirty years of experience in retail and specialty pharmacy, including oncology, infertility and rare disease. In 2020, she left traditional practice after declining to comply with employer requirements related to the Covid-19 shot. Her own health journey had led her to question conventional systems, prompting two decades of study in alternative healing. She believes Western medicine has an important role—especially in emergencies—but that most healing can be accomplished holistically. In 2022, Liz founded Blessed By His Blood, a faith-based nonprofit supporting individuals who choose to abstain from mRNA technology and seek community-based support for transfusion needs. In 2023, the mission expanded to advancing legislation protecting the right to directed donor blood across multiple states. An organic farm girl, Liz has been married to her husband Charlie for thirty-three years. She now uses her pharmacist knowledge as a certified health coach and faith-based yoga instructor, helping others pursue sustainable wellness in mind, body and spirit.



Dan Kittredge — Friday 9:00-10:15 AM, Palladian Ballroom

Nutrient Density

After coining the term "nutrient density" to refer to the variation of nutrient levels in food in 2007, the Bionutrient Food Association (BFA) and the Bionutrient Institute (BI) have been working to raise awareness about this important topic for more than eighteen years. Dan Kittredge's presentation will cover the history of the use of the term, the research accomplished to characterize the variation of nutrient levels in food, the research to identify what causes nutrient variation and discuss progress in developing meters so that anyone can assess nutrient variation. He will also cover current research with a focus on beef, upcoming market opportunities and the vision for how this exciting work could serve to profoundly disrupt the dynamics of the food supply. Can agriculture meaningfully reverse climate imbalances and be used to reverse chronic disease as well? Kittredge thinks so. Come hear how and why!

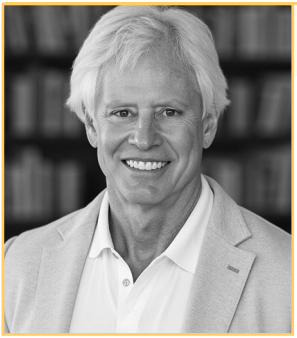
Dan Kittredge has been an organic farmer for more than thirty years and is the founder and executive director of the Bionutrient Food Association (BFA), a non-profit whose mission is to "increase quality in the food supply." Known as one of the leading proponents of "nutrient density," Dan works to demonstrate the connections between soil health, plant health and human health. Out of these efforts was born the Bionutrient Institute (BI), the science arm now leading the work to categorically define nutrient density in the world's major staple crops. Once that standard is in place, industry partners can build the hand-held meters and consumer tools needed to test nutrient density at point of purchase, empowering consumers to choose for nutrient quality and leveraging economic incentives to drive full system regeneration.

Practice Safe Cell Phone Use

The New Etiquette

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

SPEAKERS

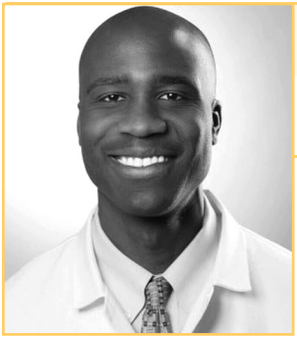


Chris Knobbe — Friday 1:45-3:00 PM, Palladian Ballroom

The Seed Oil Experiment: Can We Exonerate Carbohydrates? Rethinking the Drivers of Modern Chronic Disease

For the last few decades, carbohydrates—and especially sugar—have been cast as the primary culprits behind global epidemics of obesity, diabetes, metabolic disease and other chronic illnesses. But what if this dominant narrative is fundamentally flawed? In this talk, Dr. Chris Knobbe analyzes dietary and health trends across eighteen countries, representing over half the world's population, and challenges the foundations of conventional thinking. Since 1961, carbohydrate and sugar intake have remained relatively stable in many regions, while one dietary variable has risen relentlessly—and in striking parallel with chronic disease: industrial seed oils. Are seed oils the primary drivers of coronary heart disease, cancer and dementia, as well as obesity and diabetes? At what point does repeated global correlation, combined with biological mechanism, plausibility and experimental evidence, demand causal inference? Applying the Bradford Hill criteria, this talk evaluates whether seed oils are the missing causal link—and whether carbohydrates, and even sugar, may have been wrongly accused.

Chris Knobbe, MD, is a physician, nutrition researcher and associate clinical professor emeritus (University of Texas Southwestern Medical Center) who has spent the past decade challenging the conventional narrative of modern chronic disease. His work focuses on the role of Westernized diets—particularly industrial seed oils—as primary drivers of obesity, diabetes, cardiovascular disease, cancer, Alzheimer's disease, autoimmune disorders and age-related macular degeneration (AMD). An internationally sought-after speaker, Dr. Knobbe has presented across the U.S. and globally, questioning long-held dietary assumptions and calling for a fundamental rethinking of modern nutrition. He is the author of *The Ancestral Diet Revolution* (2023) and *Ancestral Dietary Strategy to Prevent and Treat Macular Degeneration* (2016). He is also the founder of AncestralHealth.ai, a recently launched AI-powered platform aimed at democratizing the science of ancestral health and empowering clinicians and the public to rethink the root causes of chronic disease.



Joseph Ladapo — Saturday 6:30-9:30 PM, Regency Room

Banquet Keynote: The Right To Medical Freedom

Joseph A. Ladapo, MD, PhD, is the State Surgeon General of Florida where he is promoting medical freedom, opposing vaccine mandates, water fluoridation, and doing many other positive things. He also serves as professor of medicine at the University of Florida, where his research examines behavioral economic strategies to reduce cardiovascular risk in low-income and disadvantaged populations. His research program has been supported by the National Institutes of Health and Robert Wood Johnson Foundation, and includes clinical trials of interventions for weight loss, smoking cessation and cardiovascular disease prevention among people with HIV. His studies have been published in leading medical journals, including *JAMA, Journal of the American College of Cardiology*, and *Annals of Internal Medicine*. His writings about health policy and public health have appeared in the *Washington Post*, *The Wall Street Journal* and *USA Today*. Prior to joining the faculty of the University of Florida, Dr. Ladapo was a tenured associate professor at David Geffen School of Medicine at the University of California, Los Angeles (UCLA). He graduated from Wake Forest University and received his medical degree from Harvard and PhD in health policy from Harvard Graduate School of Arts and Sciences. He completed his clinical training in internal medicine at the Beth Israel Deaconess Medical Center, where he received the Harvard Medical School Class of 2012 Resident Teaching Award and the Daniel E. Ford Award in Health Services and Outcomes Research from Johns Hopkins University.

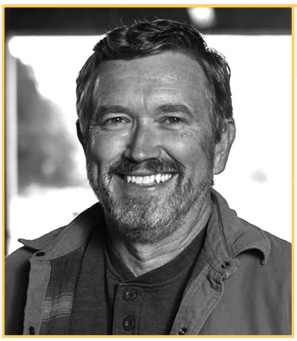
SPEAKERS



Helene Leeds — Saturday 11:00 AM-12:15 PM, Hampton Ballroom

Wise Traditions IS Right. So Why Are So Many of Us Still Struggling?
This community knows the food. Many here have lived it for years, sometimes decades. And still, for a meaningful number of people, the body has not caught up with everything the mind already knows. The weight persists. The cravings return. The quiet sense of falling short of your own convictions follows you home from every conference. This talk names that experience with warmth, and then explains it with science that this audience has not yet heard from this stage. Helene Leeds brings new research on how traditional food preparation actively restores the gut-brain pathways that modern food systematically dismantles, and why doing both simultaneously keeps so many dedicated practitioners in a draw they cannot win alone. The food is the medicine. This talk explains precisely how, and builds the practice that finally lets it work.

Helene Leeds came to traditional food the hard way. She overcame childhood obesity and osteomyelitis before spending years as a leading voice in the raw vegan culinary world, teaching people to avoid the very foods Wise Traditions considers foundational. The body that eventually proved her wrong became the foundation of thirty years of work in lifestyle medicine, nutritional psychology and food as medicine. She holds a Master of Science in nutrition with advanced studies at the Sorbonne and the University of Fribourg, has trained more than one thousand wellness professionals across sixty-three countries, and is a MasterChef finalist. She has been featured in *Forbes* and *Redbook* and on FOX TV. Her talk names what this community has been carrying quietly, and builds the practice that finally lets the food finish its work.



Congressman Thomas Massie — Friday 7:30-9:00 PM, Palladian Ballroom

Food Sovereignty, the Prime Act and Homesteading
As a farmer and off-grid homesteader, Thomas Massie will share practical tips on homesteading from his own experience. He will also talk about fighting federal bureaucracy and how farmers can successfully organize buying clubs and private associations outside conventional government systems. As a champion of this, he will discuss the Processing Revitalization and Intrastate Meat Exemption (PRIME) Act, which would allow farmers to sell meat processed at custom-exempt facilities directly to consumers and restaurants across state lines without federal USDA oversight.

U.S. Representative Thomas Massie entered Congress in November 2012 after serving as Lewis County Judge Executive. He represents Kentucky's 4th Congressional District. Massie attended the Massachusetts Institute of Technology where he earned a Bachelor's degree in electrical engineering and a Master's degree in mechanical engineering. During school, he invented a technology that enabled people to interact with computers using their sense of touch and leveraged that technology to found SensAble Technologies, Inc., which raised over $32 million of venture capital, created seventy jobs, and obtained twenty-nine patents. The hardware and software he developed is now used to design automobiles, jewelry, shoes, dental prosthetics and even reconstructive implants for wounded soldiers. In Congress, Thomas serves on two committees: the House Committee on Transportation & Infrastructure and the House Judiciary Committee. The House Committee on Transportation & Infrastructure has jurisdiction over roads, bridges, mass transit, railroads, aviation and maritime and waterborne transit. The Judiciary Committee has jurisdiction over laws that affect intellectual property, industrial hemp, civil liberties, firearms and other topics that were among the reasons Thomas ran for Congress! Thomas lives on a cattle farm in Kentucky. He's honored to be able to serve the citizens of Kentucky's 4th District.

SPEAKERS



Leigh Merinoff — Friday 1:45-3:00 PM, Diplomat Ballroom

Inspiring Curious and Capable Children through Homestead Education
Join Leigh Merinoff for an exploration of how homestead-based learning nurtures resilience, independence and intrinsic motivation in children. Through practical, hands-on experiences, including cooking, sewing, gardening, herbal medicine-making and meaningful daily work, students develop real-world competence alongside academic understanding. Leigh will share the philosophy behind the *Young Farmer Starts* curriculum, which emphasizes observation, nature study, artistic documentation and experiential learning over passive memorization and abstraction. Leigh will speak on how her educational approach utilizes personalized learning binders, checklists and merit-based rewards to foster a strong work ethic, self-motivation and lifelong curiosity in young learners. The approach is perfect for homeschooling families, educators, homesteaders and anyone interested in alternative educational models rooted in practical life skills and connection to the land.

Leigh Merinoff is a farmer, artist, educator and activist who founded Meadows Bee Farm in 2006 in the mountains of Vermont. Inspired by agricultural homesteading practices and small farm skills she learned while visiting rural communities across Asia, Africa and Central and South America with Heifer International, she began with gardens and a few beehives and gradually helped build a thriving farm and community. As the farm grew, Meadows Bee Farm expanded to include a raw milk dairy, arts center and educational programs. At the same time, the surrounding community grew to include a farmers market, café, thrift shop, post office and other local enterprises that supported rural life and connection. Leigh's passion for hands-on learning led her to create the Young Farmers Badge Program, where children develop practical skills in agriculture, cooking, animal care, homestead crafts, forestry and regenerative farming. Through experiential learning, students earn badges in more than thirty subjects while connecting academic concepts to real-world experiences. The program fosters curiosity, resilience, confidence, critical thinking and a lifelong understanding of healthy food and sustainable living. Today, Leigh is developing Young Farmer Starts, an online initiative designed to help bring practical life skills, home economics, and shop education back into schools while continuing her advocacy for small farms, children's health and educational innovation.



Amy Mihaly — Saturday 9:00 AM-12:15 PM, Diplomat Ballroom

All Diseases Begin in the Gut; Part 1 and 2
All diseases begin in the gut! This is a statement made by Hippocrates, the father of modern medicine. The more we learn with our modern scientific tools, the more we realize just how correct Hippocrates was! Dr. Natasha Campbell-McBride, the creator of the GAPS concept and the GAPS diet, will speak about what GAPS is, followed by talks by experienced GAPS practitioners Amy Mihaly, Andie Simons and Monika Holland. They will cover autism-attention-deficit/-hyperactivity disorder (ADHD/ADD), schizophrenia, depression, dyslexia, dyspraxia, obsessive-compulsive disorder, bipolar disorder and many other psychological and psychiatric problems, as well as autoimmune problems, allergies, asthma, eczema, MS, chronic fatigue syndrome, ME, fibromyalgia, arthritis, diabetes type one, chronic cystitis, chronic skin problems and many other physical conditions. All of these problems are becoming more common among children and adults, and all chronic illnesses stem from the gut. At the end of the session there will a Q&A with Dr. Natasha, Amy, Andie and Monika as well as other GAPS practitioners and GAPS coaches.

Amy Mihaly, FNP-BC, CGP, has been a family nurse practitioner and a certified GAPS practitioner since 2013. She founded Be Well Clinic where she serves many families in the Northern Colorado region. She has published a book, *Notes from a GAPS Practitioner: Using Diet to Unlock the Body's Healing Secrets*, as well as a journal line called "My Daily Insights". She is also the author of a DIY course, "Getting Started on GAPS", which is available on gapstraining.com. Finally, she works with the GAPS international team as one of the teachers in the training courses for new GAPS practitioners and coaches. Her passion is education and empowerment. She utilizes aspects of GAPS every day with her patients—teaching the healing principles and helping her patients implement them at their pace. Her goal is to make the healing principles of GAPS accessible to everyone who needs it. And the good news? Healing happens all the time! Everything we do that's good for the body helps the body. She hopes you will join her to learn more about how GAPS can help your family heal!

SPEAKERS



Sally Fallon Morell

Friday 9:00 AM-12:15 PM, Diplomat Ballroom

Nourishing Traditions Seminar, Part 1 and 2
Animal fats, organ meats, properly prepared whole grains, fermented foods and nourishing bone broths kept our ancestors healthy. Sally Fallon Morell, author of *Nourishing Traditions*, explains why these are vital factors for maintaining good health today. Beginning with a presentation showing Dr. Weston Price's unforgettable photographs of healthy traditional peoples, Ms. Fallon Morell explains the underlying factors in a variety of traditional diets, which conferred beauty, strength and freedom from disease on so-called primitive populations. Then she presents a step-by-step plan to put nourishing traditional foods—foods that your family will actually eat—back into your diet, including easy breakfast cereals, soups, sauces, snack foods, fermented condiments and soft drinks that are actually good for you.

Learn about:

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

Friday 4:00-5:15 PM, Palladian Ballroom

Restoring Reproductive Health - Lessons from Traditional Societies and Contemporary Science
A panel discussion inviting your questions.
An ever-increasing number of couples are experiencing fertility challenges. There are a lot of theories as to why this is happening, from advanced parental age to endocrine disrupting chemicals in the environment. While some cases of infertility can be "explained" by conventional medicine, a significant number remain "unexplained." And even "explained" cases are not always fully explained by a medical diagnosis. For example, PCOS (now PMOS) is often over-diagnosed and along with endometriosis, both have multiple contributing factors including poor gut health and nutrient deficiencies. The "primitive" people Weston A. Price visited had special foods for couples planning pregnancy. Science is now validating a great number of these dietary practices, and couples who embrace the Wise Traditions diet and lifestyle are giving birth to healthy children. Pam Schoenfeld, Dr. Naomi Whittaker and Sally Fallon Morell will share their extensive knowledge and experience on diet and childbearing and answer audience questions. If you or someone you know has experienced any challenge in getting pregnant or was able to reverse "infertility", this is your opportunity to share your story or ask questions. (Speakers will not be giving personalized medical advice or advising on fertility treatments, but will share what has worked for other couples.)

Sunday 8:45-10:00 AM, Hampton Ballroom

The Contagion Myth
Disease is not caused by pathogenic bacteria or "viruses." Blaming disease on "contagious pathogens" prevents looking into the true causes of illness, which are poisons, nutrient deficiencies and injuries. In this presentation, Sally Fallon Morell explores what really causes diseases like TB, anthrax, black death, the Spanish flu and Covid.

Sally Fallon Morell, is founding president of the Weston A. Price Foundation, a non-profit nutrition education foundation dedicated to returning nutrient-dense food to American tables. She is also the founder of A Campaign for Real Milk, which has as its goal universal access to clean raw milk from pasture-fed animals. She is the author of the best-selling cookbook *Nourishing Traditions* (with Mary G. Enig, PhD); *The Nourishing Traditions Book of Baby & Child Care* (with Thomas S. Cowan, MD); *Nourishing Broth* (with Kaayla T. Daniel, PhD, CCN); *Nourishing Fats*; *Nourishing Diets, The Contagion Myth*, co-authored with Thomas S. Cowan, MD and her latest book, *The Nourishing Traditions Book of Natural Remedies*.

SPEAKERS



Alexandra Muñoz — Friday 9:00-10:15 AM, Empire Ballroom

Safeguarding Fertility in the Age of Endocrine Disruption
Fertility is declining, sperm counts are plummeting and endocrine disrupting chemicals are everywhere. Endocrine disrupting chemicals interact with the hormone system, often hijacking it—leading to disease, developmental harm and infertility—and most people, including lawmakers, don't seem to know about it. This year policies have been proposed in Congress that would weaken regulations around endocrine disrupting chemicals—from pesticide liability shields to rollbacks on our country's main chemical safety legislation—there is a shocking lack of knowledge about how these policy changes would likely increase exposure to endocrine disrupting chemicals. Join Dr. Alexandra Muñoz for a high-level overview to learn about endocrine disrupting chemicals, their role in fertility and conception, and the changes lawmakers are proposing that would increase exposure to these harmful chemicals.

Dr. Alexandra Muñoz, PhD is an independent toxicologist. She holds an MS and PhD in molecular toxicology and carcinogenesis. Her expertise is in understanding the molecular mechanisms by which toxins cause cancer and interfere with hormones. Dr. Muñoz advocates on behalf of the future generations and has worked to stop the pesticide immunity legislation that has been sweeping across the country. Alexandra is striving to leave the next generation with policies that will protect their health and fertility.



Thaddeus Owen — Sunday 8:45-10:00 AM, Palladian Ballroom

EMF Triage for Real Life: Protecting Kids, Sleep and Family Health in a Wireless World
We are living inside the most pervasive environmental shift in human history. Thaddeus Owen will offer practical, affordable steps to reduce EMF without going off grid and with special focus on children's developing nervous systems, sleep quality and safety from tech devices. Emerging research and historical warnings show how wireless exposure influences sleep, nervous system regulation and long-term health. He will address how EMF exposure can affect sleep and may interact with the body's electrical and hormonal systems. He will also explain the limitations of current safety standards.

Leave with a clear, prioritized plan, including:

- Low EMF sleep sanctuary for deeper, more restorative sleep
- The most important changes to make first in your home and bedroom
- Smart device habits that protect your family without sacrificing modern life
- When and how to use shielding strategies
- Simple upgrades for a big impact

Thaddeus Owen, MS, is a circadian health expert, biohacker and co-founder of DreamWalkerz and PrimalHacker. Known as "The WHY Guy," he has spent over fifteen years researching the intersection of light, sleep and human performance. Thaddeus has been featured on TEDx and leading podcasts, sharing practical ways to optimize circadian rhythm, improve mitochondrial function and live in harmony with nature. His work bridges science and ancestral wisdom, empowering people to use light as medicine for longevity and vitality.

Practice Safe Cell Phone Use

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The New Etiquette

SPEAKERS



Bernadette Pajer — Sunday 8:45-10:00 AM, Empire Ballroom

Lobbied by Default: How Your Silence Shapes Pesticide Policy

By the time a pesticide liability shield bill appears on your radar, lobbyists have spent months—sometimes years—cultivating relationships with legislators, shaping their opinions and writing the very bills those legislators will sponsor. In this talk, Bernadette Pajer traces the history and current status of pesticide liability shield legislation, what it means for public health, and what it means for the constitutional right of every American to seek justice in court. Real examples of relationship-based advocacy will demonstrate why showing up between legislative sessions matters as much as testifying during them—and that an informed citizen in a legislator's office is the most powerful counterweight to a well-funded lobby.

Bernadette Pajer is an advocate for informed consent and scientific integrity in public health policy. She is a former board member of Informed Choice Washington, now serving as a policy advisor, has worked with Children's Health Defense in Washington State and Tennessee, and is now the volunteer Tennessee director of Stand for Health Freedom. As a private citizen, she's at her state capitol every week during session, supporting health freedom legislation and opposing bills that threaten freedom. She has developed working relationships with legislators and while always outnumbered by lobbyists, has witnessed the power of constituents to hold their elected officials accountable to them and their oath of office. Her experience has allowed her to truly understand the depth of the mindset capture of our elected officials by industry and that the only way to prevent our nation from becoming a full-fledged corporatocracy is for citizens to start showing up in the offices of their elected officials.



Kate Pope — Saturday 4:00-5:15 PM, Empire Ballroom

Feeding Baby: The First Three Years that Shape a Lifetime

What you feed your baby matters, now more than ever before. With one in three children in America suffering from chronic disease (eczema, allergies and digestive issues), it's time for a change back to the foods that align with human physiology. Your child's microbiome is shaped in the first three years of life through maternal diet, mode of birth and environment. This is the Mama Baby Biome. Starting solids is a rite of passage that can create a resilient body and mind, and beyond that lay a foundation for the emergence of your child's true self. In this session with GAPS practitioner, Kate Pope you will learn how to start solids "the gut health way," how to heal chronic diseases with food and why starting solids is not only the optimal time to address imbalances, but also the potent elixir for a life well lived.

Kate Pope, NTP, CGP, is a holistic chef, nutritional therapy practitioner and certified GAPS practitioner and founder of Regenerative Cooking School and @wildnutritionist. Kate is known for helping mothers confidently navigate the introduction of solids the "gut health way" while also addressing the deeper patterns behind common (but not normal) symptoms. Her work supports families in resolving issues such as eczema, allergies and digestive dysfunction by using food as a primary tool for healing. Her concept and signature courses, *Mama Baby Biome* and *Baby Biome First Foods Plan*, center around a mother's healing authority and power while teaching practical skills, shaped by her own lived experience as a mother, chef, dancer and self-healing woman. At the heart of all her teachings is that when a mother, and thus the family, is well-nourished, the health of the world can shift. Find her on Instagram @wildnutritionist or her website: RegenerativeCookingSchool.com

DONATE TO OUR $20,000 MATCH FUND

This year a generous donor offered $20,000 as a donation match for this weekend. Donate at westonaprice.org or stop by the WAPF booth and pick up our new stickers and donate.

SPEAKERS



Joel Salatin — Sunday 3:00-4:00 PM, Palladian Ballroom

Food Emancipation: Unshackling America's Sustenance
What one thing would solve the problem of farm profitability, high local food prices, farmland generational succession and traditional food availability? The answer: allowing consenting adults exercising freedom of choice to give their microbiome agency by allowing individual food transactions without asking the government's permission. Joel Salatin examines this issue from multiple angles and offers a convincing opt-out alternative to government/industrial/chemical approved fare.

Joel Salatin co-owns Polyface Farm in Virginia's Shenandoah Valley, offering salad bar beef, pastured poultry, pigaerator pork and other meats. Author of eighteen books, he is the editor of the world's premier pastured livestock trade magazine, *The Stockman Grass Farmer*. His blog is *Musings from the Lunatic Farmer,* and he is a guest on dozens of podcasts, speaks about chemical-free and entrepreneurial farming worldwide and writes columns in numerous print media. The farm hosts events, educational seminars and ships products nationwide. Polyface offers a 24/7/365 open door to anyone in the world to come and see anything anywhere anytime unannounced.



Bill & Christina Schindler — Sunday 10:45 AM-12:00 noon, Diplomat Ballroom

Drinking Like a Human: Alcohol Through the Lens of Ancestral Fermentation
Fermented beverages have accompanied humans for thousands of years. Across cultures, drinks such as mead, beer, wine, palm wine and chicha were deeply embedded in ritual, celebration and community life. At the same time, they were products of powerful biological processes that transformed raw ingredients into safer, more digestible and often more nourishing foods. In this presentation, Dr. Bill and Christina Schindler explore humanity's long relationship with alcohol through the lens of traditional fermentation and ancestral foodways. They examine how fermentation historically functioned as a biological technology that helped unlock nutrients, reduce anti-nutrients and create culturally meaningful foods and beverages and how industrialization dramatically altered these traditional systems. Most importantly, this talk provides a practical roadmap for navigating alcohol in the modern world. Participants will leave with clear, actionable guidelines for identifying and selecting beers, wines, spirits and mixed drinks produced using traditional principles helping those who choose to drink do so in the safest and healthiest way possible.

Dr. Bill and Christina Schindler lead Modern Stone Age, blending ancestral food research, cooking and education to reconnect people with real food. Their mission is to reshape the modern food system by making ancestral knowledge relevant, practical and impactful today. A former educator of twenty years, Christina Schindler now applies her expertise in technology and systems to running Modern Stone Age as CEO, handling HR, accounting, marketing and operations. She also serves as president of the MSA Food Lab, a nonprofit dedicated to a nourishing, ethical and sustainable food system. Dr. Bill Schindler is an archaeologist, anthropologist, chef and author of *Eat Like a Human*. A global leader in ancestral foodways, he bridges the gap between traditional diets and modern health by researching, preserving and applying ancient food techniques. Through his work at Modern Stone Age Kitchen and Food Lab, he transforms traditional practices—such as whole animal butchering and cooking, fermentation and indigenous food processing—into accessible, nourishing solutions. Bill collaborates with traditional communities worldwide, sharing their wisdom through teaching, public speaking and media.

Please share photos and updates on social media using the hashtags:
#wisetraditions2026 #wisetraditionsconference #wisetraditions #wapf #westonaprice #westonapricefoundation #ancestraldiet #justeatrealfood #ancestralwisdom #health #healthy #nourish #nutritious #nutrientdense

SPEAKERS



Pam Schoenfeld — Friday 4:00-5:15 PM, Palladian Ballroom

Restoring Reproductive Health - Lessons from Traditional Societies and Contemporary Science. A panel discussion inviting your questions.

An ever-increasing number of couples are experiencing fertility challenges. There are a lot of theories as to why this is happening, from advanced parental age to endocrine disrupting chemicals in the environment. While some cases of infertility can be "explained" by conventional medicine, a significant number remain "unexplained." And even "explained" cases are not always fully explained by a medical diagnosis. For example, PCOS (now PMOS) is often over-diagnosed and along with endometriosis, both have multiple contributing factors including poor gut health and nutrient deficiencies. The "primitive" people Weston A. Price visited had special foods for couples planning pregnancy. Science is now validating a great number of these dietary practices, and couples who embrace the Wise Traditions diet and lifestyle are giving birth to healthy children. Pam Schoenfeld, Dr. Naomi Whittaker and Sally Fallon Morell will share their extensive knowledge and experience on diet and childbearing and answer audience questions. If you or someone you know has experienced any challenge in getting pregnant or was able to reverse "infertility", this is your opportunity to share your story or ask questions. (Speakers will not be giving personalized medical advice or advising on fertility treatments, but will share what has worked for other couples.)

Pamela Schoenfeld, MS RD LDN, is an enlightened registered dietitian with sixteen years of experience enhancing the lives of her patients through accurate nutrition information. After falling for the plant-based diet fallacy herself, she restored her own health when she discovered the Weston A. Price Foundation's dietary principles over twenty-five years ago. Her mission became to share this life-saving knowledge with others, first as a chapter leader, then as a holistic dietitian. Her practice now serves women that desire to be their healthiest selves and give their children the gift of vibrant health. Working with women with PCOS, she discovered that they were short in many nutrients only animal foods provide, especially vitamin A. Consuming sources of these missing nutrients healed their bodies and restored fertility for the majority, as she herself had experienced. Representing the Foundation, Pam has submitted multiple comments to the USDA, HHS and FDA on scientifically-documented concerns regarding their forty years of plant-based dietary guidance. Pam is now on a mission to spread the message that vitamin A is a hero (not a villain as some think) through her column, All About Vitamin A in the *Wise Traditions Journal*. Pam is excited to be included in the panel discussion where she will answer audience questions about women's health and fertility.



Reinette Senum — Sunday 1:30-2:45 PM, Hampton Ballroom

Streaks in the Sky: What We Thought We Knew, What We Discovered and Why It Changes Everything

Everyone has seen them. Everyone is talking about them. But almost nobody has followed the science, the law and the data all the way to where the truth actually lives. Reinette Senum and her GenSeven team did. What they found stopped them cold. The streaks in the sky are real. The chemistry behind them is documented. The biological, environmental and atmospheric consequences are measurable, far more serious, far more provable and far more actionable than anything currently dominating the public conversation. In this presentation, Reinette walks the audience through a journey of discovery defying expectations at every level, from atmospheric physics to federal law, from rainfall patterns to the human bloodstream, dismantling myths on all sides and replacing them with something far more powerful: evidence. The revelations are unexpected. The solutions are real. And the story is only beginning.

Reinette Senum is the founder and president of GenSeven, a nonprofit based on the Seventh Generation Principle, an Indigenous philosophy that holds that every decision made today must serve the next seven generations. That principle has guided everything she has done. In 1994, she became the first woman to traverse 1,500 miles across Alaska alone in winter—an expedition she documented for National Geographic. She went on to serve two terms on the Nevada City (CA) City Council, including two terms as mayor. In 2020, she was among the first and most vocal elected officials in California to publicly challenge Governor Newsom's statewide mask mandate. She subsequently ran for governor of California in 2022 as an independent candidate, campaigning on long-term thinking over short-term politics. Her most recent work has taken her into atmospheric science, federal environmental law and a years-long investigation into what is really happening in our skies and what the law requires to address it. That investigation is what brings her to this stage.

SPEAKERS



Loredana Marzullo Shapson — Sunday 8:45-10:00 AM, Diplomat Ballroom

Skin Deep: How Your Gut Microbiome Affects Eczema, Acne, Psoriasis and More—And What You Can Do About It

In this talk, Loredana Shapson explores the fascinating and growing science behind the gut-skin axis. Over a decade of clinical research has revealed how diet, probiotics and stress influence inflammatory skin conditions like eczema, acne and psoriasis from the inside out. Combining the latest evidence with firsthand clinical experience, attendees will learn which interventions have the strongest scientific support, which are still emerging and what practical steps can be taken to improve skin health.

Loredana Marzullo Shapson, PharmD, FNTP is a pharmacist-turned-holistic practitioner on a mission to help patients get off prescription medications—just as she did herself. After struggling for years with constipation, diarrhea, bloating, high blood pressure, mold illness, chronic infections and weight loss resistance, she turned to holistic healing when conventional medicine failed her. Dr. Loredana is the founder of LifeMod Solutions, a holistic health practice specializing in gut health, bloating, IBS-like conditions and vaginal health. She teaches that microbiome repair is simpler and quicker than most think—and doesn't require excessive lab testing.



Andie Simons — Saturday 9:00 AM-12:15 PM, Diplomat Ballroom

All Diseases Begin in the Gut Part 1 and 2

All diseases begin in the gut! This is a statement made by Hippocrates, the father of modern medicine. The more we learn with our modern scientific tools, the more we realize just how correct Hippocrates was! Dr. Natasha Campbell-McBride, the creator of the GAPS concept and the GAPS diet, will speak about what GAPS is, followed by talks by experienced GAPS practitioners Amy Mihaly, Andie Simons and Monika Holland. They will cover autism-attention-deficit/-hyperactivity disorder (ADHD/ADD), schizophrenia, depression, dyslexia, dyspraxia, obsessive-compulsive disorder, bipolar disorder and many other psychological and psychiatric problems, as well as autoimmune problems, allergies, asthma, eczema, MS, chronic fatigue syndrome, ME, fibromyalgia, arthritis, diabetes type one, chronic cystitis, chronic skin problems and many other physical conditions. All of these problems are becoming more common among children and adults, and all chronic illnesses stem from the gut. At the end of the session there will a Q&A with Dr. Natasha, Amy, Andie and Monika as well as other GAPS practitioners and coaches.

Andie Simons is a nationally board certified and licensed family nurse practitioner and certified GAPS practitioner with several years of experience. She has both an online telehealth business and a local practice in northern Utah. Andie believes in the holistic treatment of patients and communities, regularly seeks educational opportunities and is at the forefront of understanding the functional causes of disease. She sees patients as inherently good, views them in their entirety, and has the empathy, knowledge and sensitivity to treat them as such. Andie believes deeply in a healthcare model that reverses the global epidemic of chronic disease and puts her efforts towards supporting the development of vibrant cultural longevity. Her supportive husband and children keep her laughing, living and having fun. Andie loves to cook nourishing meals, garden, hike, play sports and spend time with friends and family.

CONFERENCE SURVEY

We appreciate your feedback so that we can offer a great conference.
Please go to the link to complete the survey.

surveymonkey.com/r/2026WT

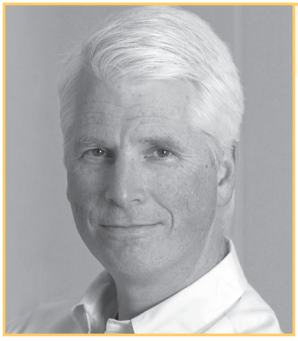
SPEAKERS



Kate Tietje — Saturday 1:45-3:00 PM, Hampton Ballroom

Building a Natural Remedies Cabinet for Beginners
Join herbalist Kate Tietje of Earthley Wellness to learn how to build a natural remedies cabinet. You'll hear about the top five herbs to keep on hand, what a 'tincture', 'salve' and other types of remedies are (and when to use them), and more. Kate will walk you through building and using these natural remedies for common needs—headaches, upset stomachs, sniffles and more. If you're ready to take health into your own hands, join Kate this weekend!

Kate Tietje is the owner and lead herbalist at Earthley Wellness, a popular holistic brand that offers herbal tinctures, magnesium lotion, curricula and much more. Kate is a passionate advocate for medical freedom and works to increase access to and education on alternative health modalities. She is the author of *Natural Remedies for Kids*, now in its second edition, as well as "The Green Family" series of children's books. Kate is passionate about living a holistic lifestyle and lives on a small homestead in Ohio where she homeschools her six children and raises chickens, turkeys and tends a small orchard.



Ronald Whitmont — Sunday 10:45 AM-12:00 noon, Palladian Ballroom

The Human Microbiome, Homeopathy and Chronic Inflammatory Illness
Knowledge of the human microbiome is derived from "cutting edge" gene-sequencing technology and might be one of the most important and far-reaching discoveries in the history of medicine. This is because it simultaneously demands both a reckoning of existing allopathic medical standards, and the confirmation of the paradigm change that began more than two hundred years ago with the development of homeopathy. The microbiome challenges many of the premises, assumptions and dogma of allopathic medicine and the societies that have embraced it as a philosophical worldview. In this presentation, Dr. Ronald Whitmont will review the evidence-base of ecosystems science, microbiology and homeopathy that reveal why conventional medicine is responsible for a worldwide epidemic of chronic inflammatory illness.

Ronald D. Whitmont, MD, is a private practitioner, an internist and a second-generation classical homeopath working in Rhinebeck, New York. He is former president of the American Institute of Homeopathy (AIH), the Homeopathic Medical Society of the State of New York (HMSSNY), current president of the National Homeopathic Product Certification Board (NHPCB), and medical advisor to Americans for Homeopathy Choice (AFHC). Dr. Whitmont is a former clinical assistant professor of Family and Community Medicine at New York Medical College where he directed a fourth-year student elective in Complementary, Alternative and Integrative Medicine (CAIM) with a special focus on homeopathy. Whitmont has lectured both nationally and internationally covering such diverse topics as homeopathy, the human microbiome and Lyme Disease. He is author of numerous articles and several chapters in medical textbooks covering the use of homeopathy in cardiovascular and gastrointestinal disorders. His website is homeopathicmd.com and his email address is homeopathicmd@gmail.com.

DONATE TO OUR $20,000 MATCH FUND

This year a generous donor offered $20,000 as a donation match for this weekend. Donate at westonaprice.org or stop by the WAPF booth and pick up our new stickers and donate.

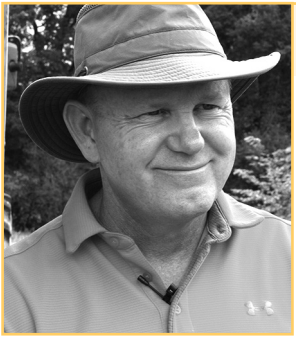
SPEAKERS



Naomi Whittaker — Friday 4:00-5:15 PM, Palladian Ballroom

Restoring Reproductive Health - Lessons from Traditional Societies and Contemporary Science. A panel discussion inviting your questions.
Pam Schoenfeld, Dr. Naomi Whittaker and Sally Fallon Morell will share their extensive knowledge and experience on diet and childbearing and answer audience questions. If you or someone you know has experienced any challenge in getting pregnant or was able to reverse "infertility", this is your opportunity to share your story or ask questions. (For full description of this session, please go to Pam Schoenfeld's section on page 25).

Dr. Naomi Whittaker, MD, is a board-certified OBGYN and fertility surgeon, and president and chief medical director of RRM Academy (rrmacademy.org), a nonprofit that teaches couples and clinicians to read a woman's cycle as health information. She trained in the Creighton Model at Creighton University School of Medicine, completed residency at the University of Illinois College of Medicine at Peoria, and completed a fellowship in medical and surgical NaProTechnology at the Saint Paul VI Institute in Omaha. She holds the American Board of Obstetrics and Gynecology's focused practice designation in minimally invasive gynecologic surgery and coauthored the textbook chapter on tubal repair surgery ("Tuboplasty") in the Textbook of Minimally Invasive Gynecologic Surgery (CRC Press, 2026). She was Physician Lead of a full-scope practice combining functional fertility care, surgery and midwifery, where her surgical work focused on endometriosis excision and microsurgical repair of the fallopian tubes. She received the American Academy of FertilityCare Professionals Honorary Award in 2024, has been a guest on more than two dozen podcasts, and shares her work on Instagram at @ napro_fertility_surgeon. The daughter of Polish refugees, she is a wife and the mother of six.



Allen Willams — Sunday 10:45 Am-12:00 noon, Hampton Ballroom

From Soil to Human Health: Regenerative Agriculture Principles for Restoring Life, Resilience and Well-Being
In this presentation, Allen Williams explores the vital connection between soil health, regenerative agriculture and human well-being. He examines how soil's biological health forms the foundation for resilient ecosystems, nutrient-dense food, healthy communities, and long-term environmental sustainability. Participants will learn the core principles of regenerative agriculture—including minimizing disturbance, increasing biodiversity, maintaining living roots, improving water cycles, and integrating livestock strategically—and how these practices rebuild soil function and ecosystem vitality. The presentation highlights how healthy soils support stronger nutrient cycling, carbon sequestration, water retention and biological diversity, ultimately influencing the quality of the food we produce and consume. By connecting ecological health to human health outcomes, this presentation demonstrates how regenerative management can contribute to improved nutrition, stronger local economies, cleaner water, reduced environmental stress and greater overall resilience for both people and landscapes. Through practical examples and real-world applications, attendees will gain a deeper understanding of how restoring soil health can serve as a pathway toward healthier farms, healthier communities and a healthier future.

Allen Williams is a sixth-generation family farmer and founding partner of Libertas Land. He also is an original founding member of Understanding Ag, the Soil Health Academy and Regenified. He has consulted with thousands of farmers and ranchers in all fifty U.S. states and over forty-five other countries, on operations ranging from a few acres to over two million acres. He is a "recovering academic", having served fifteen years on the faculty at Louisiana Tech University and Mississippi State University. He has authored more than four hundred scientific and popular press articles, and is an invited speaker at regional, national and international conferences and symposia. He has been featured in the *Carbon Nation* film series, *Soil Carbon Cowboys*, the *Roots So Deep* documentary series, *World Without Cows*, *ReThink Meat* docuseries, the Dr. Oz show, ABC Food Forecast News, *A Regenerative Secret*, the Farmer's Footprint film series, the Sacred Cow film series, and TedX Boston (First, heal the soil). He co-authored a book with Teddy Gentry, *Before You Have A Cow*. Allen is a regular contributor to several leading industry publications.

SPEAKERS



Will Winter

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

Professionally Guided Farm Visit

Each year we have the privilege of joining two professional guides as we visit farms in the area. Will Winter and Steve Campbell will be on the bus speaking to us as we travel and will accompany us on each farm as we walk and observe. Each farm has a different emphasis and we will hear and learn from the farmers themselves at each stop. Steve Campbell, will be preparing the attendees for things to look for at each stop and a bit of farm etiquette. He will provide a discussion in soil, plant, animal and human health during our traveling times. He will also be going over things we did and did not see at each farm. Will Winter helps us see what healthy soil and plants look like. He offers insights into farming and animal health based on his years of experience. He teaches us what to look for on a farm and what really matters. He explains many factors, such as climate, that affect farming in this particular area. Besides that, he keeps us laughing. We all enjoy the opportunity to have rich connections as well as the chance to learn from and appreciate more these farmers and others who devote their lives to producing nutrient-dense foods.

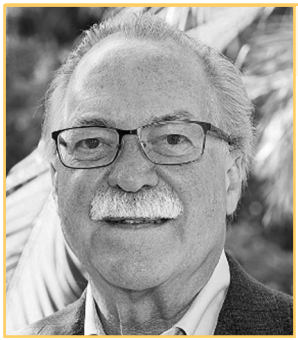
With our returning professional guides, Will Winter and Steve Campbell, we will travel by bus to the following farms:

Tour #1
Connie Grill
Faithful Friends Farm
4625 Old Hanover Road, Westminster, MD 21158
faithfulfriendsfarm.com
Chickens, ducks, turkeys, quail, chukars, guineas, pigs

Tour #2 and lunch
Stephen Stoltsfuz
Little Captain Creek
8743 Old Kiln Road, Thurmont MD 21788
littlecaptaincreekfarm.com
Dairy and meat cows, pigs, turkey

Tour #3
Mark Walter
Plow and Stars Farm
14010 Montevideo Rd, Poolesville, MD 20837
plowandstarsfarm.com
Lambs and turkeys

Will Winter received a DVM degree from Kansas State University in 1975, as well as an undergraduate degree in animal husbandry and conducted post-graduate studies and research in veterinary toxicology for the College of Veterinary Medicine's Veterinary Diagnostic Laboratory and Animal Resource Facility. After graduating he specialized in surgical referrals and emergency medicine. In 1980 he created the Uptown Veterinarian-A Holistic Practice, one of the largest and most successful holistic veterinary practices in the U.S. In 1983, he co-founded the American Holistic Veterinary Medical Association. He is the author of *The Holistic Veterinary Handbook* and founded Rescue Animal Products.



Gregory Wrightstone

Saturday 1:45-3:00 PM, Palladian Ballroom

Warming and More Co_2 are Benefiting Humanity

Enormous benefits are accruing to humanity from modest warming and increasing carbon dioxide. By nearly every metric, Earth's ecosystems are thriving, and the human condition is improving. This notion of a prospering planet is entirely contrary to the claims of a climate crisis and looming disaster around every corner proclaimed by the Climate Industrial Complex. In this presentation, Gregory Wrightstone will explore these benefits and you will learn that extreme weather events are not increasing, how we are feeding the planet's growing population through expanded crop growth and that modest warming is saving lives.

Gregory Wrightstone is a geologist, bestselling author and senior fellow for the CO_2 Coalition, the pre-eminent scientific organization in the world that disputes the "consensus" narrative of man-made catastrophic warming. He was accepted as an "expert reviewer" for the Intergovernmental Panel on Climate Change (AR-6). His first book, *Inconvenient Facts – The science that Al Gore doesn't want you to know*, was a #1 bestseller in several categories on Amazon multiple times. His most recent book on the science of climate change, *A Very Convenient Warming – How modest warming and more CO_2 are benefiting humanity* was published in 2024. In 2025, he created his first science-based illustrated children's book *Chloe the Clownfish Sleeps Well*.

FRIDAY, OCTOBER 16

7:00 AM–6:00 PM **Conference Registration** (Congressional A & B)

	Diplomat Ballroom	Empire Ballroom	Hampton Ballroom	Palladian Ballroom
7:00 AM	6:30–7:30 AM **Movement Session** Paula James (Regency Room)			
8:00 AM			7:15–8:45 AM **Breakfast** – Menu page 44 (Ambassador Ballroom/Regency Room) Not included in general registration	
9:00 AM	9:00–10:15 B **Nourishing Traditions Seminar, Part 1*** Sally Fallon Morell	9:00–10:15 **Safeguarding Fertility in the Age of Endocrine Disruption** Alexandra Muñoz		9:00–10:15 **Nutrient Density** Dan Kittredge In Person & Live Streamed
10:00 AM	10:15–11:00 **Visit Exhibits**			
11:00 AM	11:00–12:15 B **Nourishing Traditions Seminar, Part 2*** Sally Fallon Morell	11:00–12:15 **Regenerative Farming the GAPS Way** Natasha Campbell-McBride		11:00–12:15 **Beyond Psychiatrization: Building a Life After Medications and Diagnoses** Laura Delano In Person & Live Streamed
12:00 Noon	12:15–1:15 **Meet Your Neighbor Lunch** Menu page 42 (Ambassador Ballroom/Regency Room) The tables will be marked with a state or country and arranged like the US map and color coded by region. Find your state/country and enjoy!			
1:00 PM	**Visit Exhibits**			
2:00 PM	1:45–3:00 B **Inspiring Curious and Capable Children through Homestead Education** Leigh Merinoff	1:45–3:00 **An Unreasonable Risk: The Federal Court Verdict Against Water Fluoridation** Michael Connett		1:45–3:00 B **The Seed Oil Experiment: Can We Exonerate Carbohydrates? Rethinking the Drivers of Modern Chronic Disease** Chris Knobbe In Person & Live Streamed
3:00 PM	**Executive Room** 3:00–3:50 **Fuel Your Flow: The Secret Minerals that Actually Hydrate** Youth Session with Leona Vrbanac (ages 13-20)		3:00–4:00 **Visit Exhibits**	
4:00 PM	4:00–5:15 B **Targeted Microbial Therapy: 8 Powerful Foods that Heal You From the Inside Out** Vanessa Hargrove	4:00–5:15 B **A Modern Dentist's Look at Dr. Weston A. Price's Foundational Work** Marc DiNola		4:00–5:15 **Restoring Reproductive Health - Lessons from Traditional Societies and Contemporary Science** Pam Schoenfeld, Dr. Naomi Whittaker and Sally Fallon Morell
5:00 PM	5:15–6:00 **Visit Exhibits** **Adult Mix & Mingle** (Lobby Bar) **Youth Happy Hour** (ages 13-20) By pool or in lobby			In Person & Live Streamed
6:00 PM	5:30–7:00 **VIP Dinner** for speakers and Platinum and Gold sponsors (Hampton Ballroom) 6:00–7:00 **Buffet Dinner** Menu page 42 (Ambassador Ballroom/Regency Room)			
7:00 PM				
8:00 PM	7:30–9:30 **wisdm & An Inconvenient Study Film** Del Bigtree			7:30–9:00 **Food Sovereignty, the Prime Act and Homesteading** Thomas Massie In Person & Live Streamed

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

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

SATURDAY, OCTOBER 17

7:00 AM–6:00 PM **Conference Registration** (Congressional A & B)

	Diplomat Ballroom	Empire Ballroom	Hampton Ballroom	Palladian Ballroom
7:00 AM	6:30–7:30 **Movement Session** Paula James (Regency Room)		7:15–8:45 AM **Breakfast** Menu page 44 (Ambassador Ballroom/Regency Room) Not included in general registration	
8:00 AM	7:45–8:30 **BAJA Gold - Ocean Minerals: The Missing Link in Agriculture, Nutrition & Vitality** SP	7:45–8:30 **Pure Indian Foods - The Beauty of Ghee; Nourishment Inside and Out** SP	7:45–8:30 **Health & Homestead - Greenwashed: Smart Shopping in the "Clean Beauty" Era** SP	
9:00 AM	9:00–10:15 **All Diseases Begin in the Gut! GAPS, Part 1** Natasha Campbell-McBride, Amy Mihaly, Andie Simmons and Monika Holland	9:00–10:15 **The Holographic Blood: Exploring How We Evolve as Nature Does, through Symbiosis** Josh and Adam Bigelsen	9:00–10:15 B **Debunked by Nature** Mollie Engelhart	9:00–10:15 B **Medical Uses of Natural Bentonite Clay** Neal Bosshardt In Person & Live Streamed
10:00 AM	10:15–11:00 **Visit Exhibits**		**Palladian Ballroom** 10:15–10:50 **Chapter Inquiry Meeting** Learn about becoming a WAPF volunteer!	
11:00 AM	11:00–12:15 **All Diseases Begin in the Gut! GAPS, Part 2** Natasha Campbell-McBride, Amy Mihaly, Andie Simmons and Monika Holland	11:00–12:15 **Fascia: Mediator Between Material and Spiritual Worlds** Elisha Celeste	11:00–12:15 B **Wise Traditions IS Right. So Why Are So Many of Us Still Struggling?** Helene Leeds	11:00–12:15 **From Degraded Land to Nutrient-Dense Food: Restoring the Water Cycle Through Grazing** Alejandro Carrillo B In Person & Live Streamed
12:00 Noon	12:15–1:45 **Lunch** Menu page 43 (Ambassador Ballroom/Regency Room) See reserved tables for youth (ages 13-20)			
1:00 PM	**Visit Exhibits**			
2:00 PM	1:45–3:00 B **Keeping Fermentation Alive: Principles from Kitchen to Scale** Meaghan and Shane Carpenter	1:45–3:00 **Battle for our Blood: Informed Consent and Medical Freedom as It Pertains to Blood Transfusions and Blood Products** Liz James	1:45–3:00 B **Building a Natural Remedies Cabinet for Beginners** Kate Tietje	1:45–3:00 B **Warming and More CO_2 are Benefiting Humanity** Gregory Wrightstone In Person & Live Streamed
3:00 PM	**Executive Room** 3:00–3:50 **Debunked by Nature** Youth Session with Mollie Engelhart (ages 13-20)		3:00–4:00 **Visit Exhibits**	
4:00 PM	4:00–5:15 B **Is Your Home Making You Sick? How to Stop Mold Before It Stops You** Cheryl Ciecko	4:00–5:15 B **Feeding Baby: The First Three Years that Shape a Lifetime** Kate Pope	4:00–5:15 **Ancient Wisdom, Modern Frequencies: Bridging the Gap in Holistic Care** Shannon Goossen	4:00–5:15 **Why the Electricity of the Stars Matters Here on Earth** Michael Clarage In Person & Live Streamed
5:00 PM	5:30–6:30 **Adult Mix & Mingle** (Lobby Bar) **Youth Happy Hour** (ages 13-20) By pool or in lobby			
6:00 PM				
7:00 PM	6:30–9:30 **AWARDS BANQUET WITH KEYNOTE** **Banquet Keynote: The Right to Medical Freedom** **Joseph Ladapo, MD, PhD** Menu page 43 (Regency Room)			
8:00 PM				
9:00 PM				

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

SUNDAY, OCTOBER 18

7:00 AM–1:00 PM **Conference Registration** (Congressional A & B)

	Diplomat Ballroom	Empire Ballroom	Hampton Ballroom	Palladian Ballroom
7:00 AM	6:30–7:30 **Movement Session** Paula James (Regency Room)		7:15–8:45 AM **Breakfast** Menu page 44 (Ambassador Ballroom/Regency Room) Not included in general registration	
8:00 AM	7:45–8:30 **Walkabout Health - The Important Role of Walkabout Emu Oil for Family and Pet Health** SP	7:45–8:30 **FarmMatch - How to Bring Raw Milk & Other Real Foods On Your Commercial Flights** SP		
9:00 AM	8:45–10:00 B **Skin Deep: How Your Gut Microbiome Affects Eczema, Acne, Psoriasis and More—And What You Can Do About It** Loredana Shapson	8:45–10:00 **Lobbied by Default: How Your Silence Shapes Pesticide Policy** Bernadette Pajer	8:45–10:00 **The Contagion Myth** Sally Fallon Morell	8:45–10:00 B **EMF Triage for Real Life** Thaddeus Owen In Person & Live Streamed
10:00 AM	10:00–10:45 **Visit Exhibits**			
11:00 AM	10:45–12:00 B **Drinking Like a Human: Alcohol Through the Lens of Ancestral Fermentation** Bill and Christina Schindler	10:45–12:00 **The Power of Coming Clean** Catherine Austin Fitts	10:45–12:00 B **From Soil to Human Health: Regenerative Agriculture Principles for Restoring Life, Resilience and Well-Being** Allen Williams	10:45–12:00 **The Human Microbiome, Homeopathy and Chronic Inflammatory Illness** Ronald Whitmont In Person & Live Streamed
12:00 Noon	12:00–1:00 **Lunch** Menu page 44 (Ambassador Ballroom/Regency Room) **Visit Exhibits**			
1:00 PM	1:30–2:45 B **Unlocking the Secrets of Sourdough** Vanessa Hargrove	1:30–2:45 **The Truth About the 2025 Mennonite Measles Outbreak** Ben Edwards	1:30–2:45 **Streaks in the Sky: What We Thought We Knew, What We Discovered and Why it Changes Everything** Reinette Senum	1:30–2:45 B **Don't Be a Vegetarian** Natasha Campbell-McBride In Person & Live Streamed
2:00 PM				
3:00 PM	3:00–4:00 **CLOSING CEREMONY** (Palladian Ballroom) **Food Emancipation: Unshackling America's Sustenance** With Joel Salatin			

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

EMF SAFE EVENT

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

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

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

CONTINUING EDUCATION CREDITS

We have applied to three organizations for continuing education credits: nurses, acupuncturists and National Association of Nutrition Professionals (NANP) nutritionists.

TO RECEIVE CREDIT FOR ATTENDING
The fee for CEUs is ($65/3 days; $25/day). Each morning you must sign in at the CEU desk near registration. Before you depart the conference (not each day), you must submit the required paperwork at the CEU desk. Certificates will be emailed to you after the conference.

ACUPUNCTURIST
We have been approved by the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM). Total possible credit hours for 3 days: 17.25 (Friday 6.5 hours; Saturday 6; Sunday 4.75). All states accept this approval **except Florida and California**.

NANP NUTRITIONIST
We have been approved by the National Association of Nutrition Professionals (NANP). Total possible credit hours for 3 days: 17.25 (Friday 6.25 hours; Saturday 5; Sunday 4.75). Use code NANP for $25 off.

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

NURSE
We applied to the Maryland Nurses Association. At time of printing this program, we are still waiting to receive approval. For years we have been approved and anticipate that this year will be no different. Total possible credit hours for 3 days: 16.25 hours (Friday 6.5 hours; Saturday 5; Sunday 3.75). Please see the list below for the talks approved for credit*. (This activity has been submitted to Maryland Nurses Association for approval to award contact hours. Maryland Nurses Association is accredited as an approver of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.)

CERTIFICATE OF ATTENDANCE (NOT CEU CERTIFICATE) - $5 FEE
FOR ANY PROFESSIONS BESIDES THOSE LISTED ABOVE: The Certificate of Attendance is for any profession not listed above. Check with your board to see if they will accept it. You do not sign in or submit an evaluation. We email the certificate after the conference.

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

RDs
Overall, in recent years when we last checked, RDs would do self-reporting. We would not be invovled. Check with your board to see if they will accept our conference for credit. In the past, you could report attending yourself (not through us). The way it has worked in the past was, you could receive up to 15 credit hours. You would request our Certificate of Attendance (see above) to submit to your board. You will not need to sign in at the CEU table here. You will need to keep track and submit a list of talks attended with the appropriate Learning Need Codes. If you are in Florida, Illinois, Pennsylvania or Texas, they have had different requirements, so you should check with your board to see if they will accept this.

***TALKS FOR NURSES**

FRIDAY, OCTOBER 16

9:00-12:15	Sally Fallon Morell: Nourishing Traditional Diets
1:45-03:00	Chris Knobbe: The Seed Oil Experiment: Rethinking the Drivers of Modern Chronic Disease
4:00-05:15	Vanessa Hargrove: Targeted Microbial Therapy: 8 Foods That Heal or Panel: Restoring Reproductive Health - Lessons from Traditional Societies and Contemporary Science
7:30-09:00	Del Bigtree: Understanding Health and Finding Practitioners to Help Reach It

SATURDAY, OCTOBER 17

9:00-12:15	Natasha Campbell-McBride, Amy Mihaly and Andrea Simons, Gut and Psychology Syndrome
1:45-03:00	Kate Tietje: Building a Natural Remedies Cabinet for Beginners
4:00-05:15	Kate Pope: Feeding Baby: The First 3 Years that Shape a Lifetime
7:30-8:30	Joseph Ladapo: Surgeon General Improving Health in Florida

SUNDAY, OCTOBER 18

8:45-10:00	Loredana Shapson: Skin Deep: How Your Gut Microbiome Affects Eczema, Acne, Psoriasis and More
10:45-12:00	Ronald Whitmont: The Human Microbiome and Chronic Inflammatory Illness
1:30-02:45	Ben Edwards: Treating Measles

WAPF MOVIE

THE GREATEST GIFT

Restoring fertility. Raising healthy children.
Building a brighter future through traditional wisdom.

The Weston A. Price Foundation's new feature-length documentary is moving ahead at full speed!

Last year, we announced this exciting project and began filming at the Wise Traditions Conference. Thanks to additional funding, including the generosity of WAPF members, we are now moving beyond the conference and into the real world, filming the experts and families that will bring this story to life.

Award-winning filmmaker Kendall Nelson, creator of *The Greater Good*, is directing this visually rich, character-driven documentary exploring some of today's most urgent problems: rising infertility and the health crisis in our children in a world increasingly disconnected from real food.

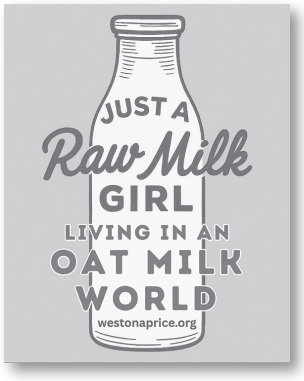
A production of the Weston A. Price Foundation, the film will bring to life the pioneering research of Dr. Weston A. Price, whose global studies revealed the profound connection between ancestral diets and human health—especially fertility, childhood development and lifelong vitality. As we retrace parts of Dr. Price's original journey, we will follow modern families embracing these time-tested principles and explore how traditional foods are changing their lives.

The film will feature compelling personal stories alongside experts willing to challenge conventional thinking, examining modern nutritional advice and environmental factors affecting health while offering a hopeful vision of how we can nourish future generations.

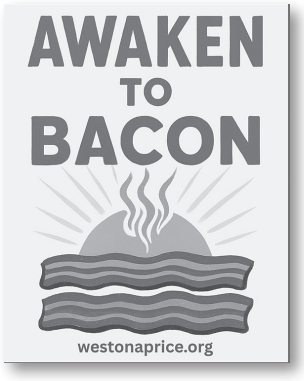
We are looking for couples who were able to get pregnant and have healthy children by following the WAPF dietary principles. If this is your story, we would love to hear from you. Send your submission to info@westonaprice.org or seek out Kendall at the conference.

We would also be grateful for your support in bringing *The Greatest Gift* to the screen. Every donation helps us continue filming these important stories and share this message with a wider audience. Please donate at westonaprice.org/film or at the Foundation's booth.

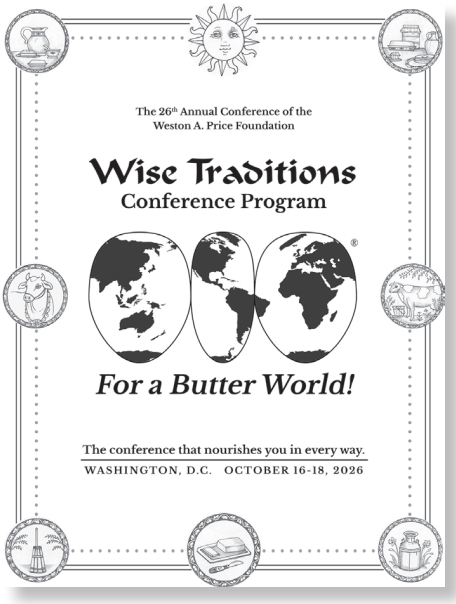
We are deeply grateful to everyone whose generosity has helped bring us this far and excited to take you along on the next chapter of this journey!







Conference Video & Slide Recordings



Fleetwood Onsite
conference recording

Take the Conference Home!

Audio or Video of presenters with synchronized slides



USB Flash Drive or Stream On-Demand



Individual sessions are also available

TO PURCHASE

Visit the Fleetwood Sales booth at the conference or online at fleetwoodonsite.com/wise/2026/stream

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

PHOTO DUMP









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

CHILDREN'S PROGRAM

The Wise Traditions Conference is pleased to provide a children's program. Children ages 3–12 who are potty-trained are welcome to participate in the Children's Program. Children who are too young or too old for the children's program are welcome at the conference. Since we are recording all sessions, we ask that if a child is disrupting the recordings that the adult take the child out of the session room until the child is quiet again. We have a family lounge where adults can watch a session while children can move around and make noise without disturbing anyone.

MEALS: The children's meal ticket includes attending regular conference meals with the adult for: Friday lunch, Friday dinner, Saturday and Sunday lunch. PLEASE NOTE: THIS DOES NOT INCLUDE THE SATURDAY NIGHT BANQUET. The children stay at the program and will have food there.

LOCATION: Cabinet Room and Forum Room

Friday, October 16

9:30-10:00: **Movement**: Paula Jones

11:00-11:30: Guest Speaker: Neal Bosshardt, **We Eat Clay**

Lunch: Children will spend lunchtime with parent.

2:00-2:30: Guest Speaker: Alpha Dehner, **Mooi Alpha**

2:30-3:00 Guest Speakers: Christine Muldoon and Corey Dunn, **Nourish the Littles**

4:00-4:30: Guest Speaker: Gregory Wrightstone, **CO_2 Coalition**

Friday Dinner: Children will spend dinner time with parent.

Friday Evening: **Glow Stick Freeze Dance Party**.

Saturday, October 17

9:30-10:00: **Movement**: Paula Jones

11:00-11:30: Guest Speaker: Vanessa Hargrove, Hargrove **General Goods**

Lunch: Children will spend lunchtime with parent.

2:00-2:30: Guest Speaker: Bill Schindler, **Modern Stone Age Kitchen**

2:30-3:00: Guest Speaker: Mollie Engelhart, **Sovereignty Ranch**

4:00-4:30: Guest Speaker: Thaddeus Owen, **Dreamwalkerz**

Saturday Dinner: The children do not attend the banquet but will have dinner at the children's program.

Saturday Evening – **Dance Party: Masquerade Butter Ball**.

Sunday, October 18

9:30-10:00: **Movement**: Paula Jones

11:00-11:30: Guest Speaker: James Barry, **Pluck**

Lunch: Children will spend lunchtime with parent.

2:00-2:30: Guest Speaker: Leigh Merinoff, **Meadows Bee Farm**

2:30-3:00: Guest Speaker: Adam Bigelsen, **Bigelsen Academy**

Snacks between meals will be provided.
Program content and snack/meals are subject to change without prior notification.

	Friday	Saturday	Sunday
Morning **Closed for lunch**	**8:30–12:15**	**8:30–12:15**	**8:30–12:00**
Afternoon **Closed for dinner**	**1:30–6:00 pm**	**1:30–4:45 pm**	**1:15–4:30 pm**
Evening	**7:15–9:30 pm**	**6:15–10:00 pm**	

***PLEASE NOTE THE CLOSURES for lunch Friday, Saturday and Sunday and dinner Friday.** You MUST pick up your child during those hours. For those who purchased this program with meals, your child will accompany you to dine at the regular conference meal. THIS DOES NOT INCLUDE THE SATURDAY EVENING BANQUET (dinner will be served on Saturday at the children's program).

EXTRA ACTIVITIES

FRIDAY LUNCH – Meet people from your area

At Friday lunch the tables will be marked with a state or country and arranged like the U.S. map. Find your state/country and enjoy sharing a meal with your 'neighbors'.

ADULT MIX & MINGLE

An Adult Mix & Mingle will be held Friday and Saturday before dinner in the hotel lobby.

FAMILY LOUNGE - Senate Room

We have a room designated for families with young children to use when needed. Adults can enjoy the educational content of the conference while the children get to laugh and play with other WAPF kids. There will be a monitor showing the live stream talks. If your child isn't very quiet in the session rooms, or he/she just needs a place to get the wiggles out, you can retreat to the Family Lounge and can connect with other WAPF families.

LEARN ABOUT BECOMING A WAPF VOLUNTEER CHAPTER LEADER

Saturday 10:25, Palladian Room

WE NEED YOUR HELP! Would you be willing to share the WAPF message with your community? Would you like to help others in your area find great food and possibly improve their health?

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

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

MORNING MOVEMENT

6:30-7:30 am, Regency Room

Feeling stiff from long hours of sitting? Morning movement, led by Paula James, will release tension in your neck, shoulders, low back, and hips. Paula will share activities that work with your muscles instead of fighting them. You'll leave feeling more comfortable and ready to be fully present for the day. flourishwithpaula.com/wise

EVENTS FOR 13-20 YEAR OLDS

Friday 3:00-4:00, Executive Room
Fuel Your Flow: The Secret Minerals that Actually Hydrate with Leona Vrbanac (ages 13-20).

Saturday 3:00-4:00, Executive Room
Debunked by Nature with Mollie Engelhart (ages 13-20).

Friday and Saturday – Outside *or* in the lobby.
Yappy Hour (ages 13-20) Join others to socialize before dinner.

Saturday Lunch
There will be a few tables reserved in the lunch hall for you. Look for signs indicating which tables.

We have recommended talks for your age group. See those marked with "B" on the main schedule.

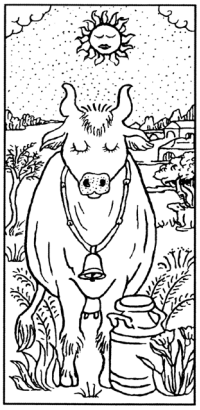
WAPF OFFERINGS

12 SPOONS RESTAURANT RATING GUIDE

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

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

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



A CAMPAIGN FOR REAL MILK

realmilk.com

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

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

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

WISE TRADITIONS PODCAST: FOOD, FARMING & THE HEALING ARTS

This year, Kendall Nelson took the helm as the new host and producer of the *Wise Traditions* podcast, bringing fresh conversations to the show while continuing its exploration of food, farming and the healing arts. The podcast consistently ranks among the top 20 Alternative Health podcasts, with an exciting lineup of thought-provoking guests this year including Leslie Manookian, Dr. Joseph Ladapo, Jeffrey Tucker, Aaron Siri, Dr. Sina McCullough, Dr. Lawrence Palevsky, Dr. Ben Edwards, Kate Pope and so many more. Each week, Kendall sits down with leading voices, courageous thinkers and fascinating people who challenge conventional wisdom and share ideas for living healthier, more nourished and freer lives. Tune in every Monday for the latest episode of *Wise Traditions*—wherever you get your podcasts!

WAPF OFFERINGS

WISE TRADITIONS SPANISH PODCAST

"Tradiciones Sabias"

Empowering. Inspiring. Educational. Questioning official narratives. Challenging conventional paradigms while exploring cutting edge scientific knowledge and ancestral wisdom.

This is "Tradiciones Sabias", our Spanish podcast with hosts Alberto Medina and Anette Ruiz. Ranked among the top 5% most popular podcasts worldwide out of 3.4 million, and among the Spanish Alternative Health Podcasts it is in the top 5 of Mexico and Ecuador. Tradiciones Sabias has 183 episodes and 135,000 downloads, featuring experts on a wide range of topics. From the Galapagos Islands to the Amazon Rainforest, from the Pampa in Brazil to the Chilean Patagonia and Buenos Aires, from Mexico's Pacific Coast and the Chihuahuan Desert to the Canary Islands and rural towns with less than fifty inhabitants in Spain, we have had guests from fifteen different countries and many regions.

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



NOURISHING OUR CHILDREN

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

THREE HELPFUL RESOURCES ON WESTONAPRICE.ORG

Local Chapters

westonaprice.org under Find Food/Local Chapters

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

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

Action Alerts

westonaprice.org under Get Involved

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

Recipe of the Week

Westonaprice.org under Recipes/Reviews/Blogs

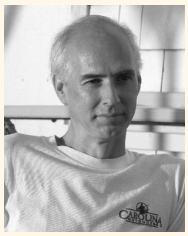
Offering a weekly recipe based on the dietary principles of Wise Traditions.

MEET THE WAPF STAFF



Kathy Kramer, Executive Director

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



Tim Boyd, Education Services

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



Yolanda Hawthorne, Membership Coordinator/Resident Chef

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



Theresa Castellan, Communications and Events Coordinator

Theresa joined the Weston A. Price Foundation this summer, bringing her passion for nutrition, wellness and healthy living to her work. Originally from Virginia, she holds a B.A. in English and enjoys painting, running and traveling. She is excited to be part of the Weston A. Price Foundation community and connect with others who share these interests.

VISIT THE WAPF BOOTH

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

EDUCATIONAL MATERIALS

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

SPECIAL MEMBERSHIP OFFER

If you are not already or want to offer a gift membership, do so at the special conference rate of $30/year.

LOCAL CHAPTER LEADERS

Learn about chapter leaders in the DC area. Sign up to get their chapter food list. If there is not a chapter in your area, learn about starting one.

MEET OUR PODCAST HOSTS

Kendall Nelson, Alberto Medina and Anette Ruiz, hosts and producers of the Foundation's podcasts: Wise Traditions, in English, and "Tradiciones Sabias", in Spanish are here at the conference. They want to meet attendees, exchange ideas and receive feedback about the Foundation's effort to spread knowledge through the two podcasts. Stop by the Foundation's table during each afternoon break to connect with them.

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

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

DONATE TO OUR $20,000 MATCH FUND

This year a generous donor offered to give $20,000 for the film, if we can raise $20,000 during the conference weekend.

SPECIAL EXHIBITION IN HONOR OF BUTTER!

ButterWorld is a traveling exhibition showcasing unique, rare and historical dairy artifacts from around the world. Inspired in part by WAPF, Sandeep Agarwal, of Pure Indian Foods, curated this exhibition, which is one of the largest collections of dairy artifacts in the world. The collection is mentioned in Elaine Khosrova's book: *Butter: A Rich History* and may be viewed at butterworld.org.

MENUS

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

Our meals are made using **New Biology Clinic** olive oil, **Baja Gold** sea salt, **Simply Ghee** ghee, **Really Raw Honey** honey, **Willow Run Food** maple syrup and lard, **Miller's Bio Farm** dairy, **Wild For Salmon** and **Noble Pastures** eggs, **Pleasant Pastures** grassfed butter and cream cheese, **Gardens of Grace** almonds, dates, walnuts and pecans, **Rich Nuts** assorted nuts and **One Degree** sprouted flours and oats. **Owl Spoon Water Kefir Co** water kefir (chapter meeting & VIP dinner).

FRIDAY LUNCH BUFFET

Triple E Farm Organ Meatloaf with Horseradish-Garlic Mashed Potatoes & Gravy

Buttery Green Beans

Wild Local Green Salad Tossed with Creamy Herb Dressing

Seylou Crusty Artisanal Sourdough Bread with Whipped Pastured Butter

Blondie Bar with Whipped Cream & Fresh Berries

Garden Goddess Ferments

Hex Kombucha

FRIDAY DINNER BUFFET

Northstar Bison Coq au Vin with Roasted Vegetables

Traditional Caesar Salad, Crisp Romaine Lettuce tossed in House-made Creamy Caesar Dressing with Anchovies,

Topped with Shaved Parmesan Cheese

Seylou Crusty Artisanal Sourdough Bread with Whipped Grassfed Butter

Apple Pandowdy with Chantilly Cream

Garden Goddess Ferments

Hex Kombucha

GREAT FOOD IN GREAT QUANTITIES FOR THE CONFERENCE MEALS!

650 pounds chicken
150 pounds chicken livers
600 pounds hamburger with organ meat
300 pounds ham
250 pounds salmon
250 pounds pork
350 pounds beef sausage
325 pounds breakfast sausage
600 dozen eggs
350 pounds assorted cheeses
500 pounds bones for stock and dessert
500 pounds raw butter
100 gallons ghee
60 gallons yogurt
60 gallons olive oil
70 gallons ferments
30 kegs kombucha
150 pounds rolled oats
300 pounds of assorted flours
75 pounds sea salt
150 pounds raw honey
6 gallons maple syrup
250 pounds each of dates, almonds & pecans

MENUS

Our meals are made using **New Biology Clinic** olive oil, **Baja Gold** sea salt, **Simply Ghee** ghee, **Really Raw Honey** honey, **Willow Run Food** maple syrup and lard, **Miller's Bio Farm** dairy, **Wild For Salmon** and **Noble Pastures** eggs, **Pleasant Pastures** grassfed butter and cream cheese, **Gardens of Grace** almonds, dates, walnuts and pecans, **Rich Nuts** assorted nuts and **One Degree** sprouted flours and oats.

Menu subject to change without notice.

SATURDAY LUNCH BUFFET

Wild Local Green Salad with Goat Cheese in Creamy Vinaigrette

Fields of Athenry Rich Pastured Chicken & Vegetable Soup

Orchard Valley Farm Beef Sausages with Roasted Onions & Bell Peppers

Bread Furst Rustic Sourdough Bread, Grassfed Whipped Butter & **Simply Ghee's** Ghee

Hex Ferments

Conference Classic Creamy Cheesecake with **Pleasant Pastures** Cream Cheese

Gardens of Grace Dates & Almond Crust Drizzled with a Rainier Cherry Coulis

Mountain Culture Kombucha

SATURDAY DINNER BANQUET

Chesapeake Crabcake Served on a Bed of Arugula with Fennel Shavings Topped with Citrus-herbed Aioli

Fields of Athenry Braised Osso Bucco in Chef's Red Wine Sauce on a Bed of Creamy Cheese Polenta

Root Vegetable Medley

Bread Furst Artisanal Sourdough Bread with Whipped Grassfed Butter

Hex Local Ferments

Black Forest Cherry Carob Mousse with Brandy Cream

Hex Kombucha

Cash Bar

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

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

MENUS

Our meals are made using **New Biology Clinic** olive oil, **Baja Gold** sea salt, **Simply Ghee** ghee, **Really Raw Honey** honey, **Willow Run Food** maple syrup and lard, **Miller's Bio Farm** dairy, **Wild For Salmon** and **Noble Pastures** eggs, **Pleasant Pastures** grassfed butter and cream cheese, **Gardens of Grace** almonds, dates, walnuts and pecans, **Rich Nuts** assorted nuts and **One Degree** sprouted flours and oats.

Menu subject to change without notice.

SUNDAY BRUNCH BUFFET

Miller's Organic Farm Fresh Sliced Virginia Baked Ham

Roasted Vegetable-Cheese Frittata

Wild For Salmon Poached Salmon with Creamy Dill Sauce

Miller's Organic Farm Chicken Liver Pâté

Sweet Potato Hash

Sourdough Bread

Seasonal Fresh Fruit Platter

Assorted Farmstead Cheeses

Mountain Culture Kombucha

NUTRIENT-DENSE BUFFET BREAKFAST

- **One Degree** Organic Sprouted and Soaked Oatmeal
- **Miller's Bio Farm** Grassfed Butter, **Baja Gold** Sea Salt, **Rich Nuts** Maple Walnuts & Mixed Nuts
- Local Pasture Soy-free, Hormone-free, Pastured Hard Boiled Eggs
- **Grand View Farm** Pastured Pork Breakfast Sausages
- **Fields of Athenry and Miller's Organic Farm** Grassfed Bones for Savory Bone Broth
- **Pleasant Pastures** Organic Whole Milk Yogurt
- Fresh Fruit

Friday–Sunday | 7:15–8:45 AM | Ambassador Ballroom/Regency Room
$25 each breakfast ticket

BUY TICKETS AT CONFERENCE REGISTRATION

FOOD PROVIDERS

BEEF - GRASS-FED

Fields of Athenry
Middleburg, VA
(703) 300-5765
Fieldsofathenryfarm.com
Beef for Osco Bucco

Miller's Organic Farm
Bird-in-Hand, PA
(717) 556-0672
Amosmillersorganicfarm.com
Beef Bones for Stock
Ox Tail

Orchard Valley Farm
Seven Valleys, PA
(223) 276-9829
Beef Sausage

Triple E Farms
Romney, VA
(304) 790-2918
Tripleefarming.com
Ground Beef - Ancestral Blend

DAIRY

Miller's Bio Farm
Quarryville, PA
(973)866-8577
Millersbiofarm.com
Pastured Butter
Colby Cheese
Chedder Cheese

Pleasant Pastures
Honey Brook, PA
(717) 768-3437
Pleasantpastures.com
Yogurt
Heavy Cream
Sour Cream
Cream Cheese

EGGS - PASTURED

Noble Pastures
Christiana, PA
(223) 221-0040
Noblepastures.com
Eggs from Soy-Free, Pastured, Organically-Fed Hens

Wild for Salmon
Bloomsburg, PA
Wildforsalmon.com
(570) 387-0550
Eggs from Soy-Free, Pastured, Organically-Fed Hens

FATS & OILS

New Biology Clinic By Tom Cowan
Mount Ulla, NC
(603) 630-3585
Newbiologyclinic.com
Olive Oil

Simply Ghee
Lancaster, PA
(717) 587-6841
SimplyGhee.com
Grassfed Ghee

Willow Run Food
Christina, PA
(717) 556-0265
Lard

FERMENTS

Hex Ferments
Baltimore, MD
(410) 929-1843
Hexferments.com
Fermented Vegetables
Kombucha

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

Mountain Culture
Charlottesville, VA
(202) 615-0045
mountainculturekombucha.com
Kombucha

Owl Spoon Water Kefir
Richmond, VA
(804) 441-5337
owlspoonkefir.com
Water kefir

FRUIT, GRAINS, BREAD, SEEDS, NUTS

Bread Furst
Washington, DC
(202) 765-1200
breadfurst.com
Sourdough Bread

Gardens of Grace
Dousman, WI
(262) 443-7522
Gardensofgrace.us
Organic Pitted Dates
Dried Cranberries
Organic Soaked/Sprouted Dried Almonds
Organic Soaked/Sprouted Dried Pecans

One Degree Organics
Onedegreeorganics.com
Spouted Flours & Oats

Rich Nuts
Fitzpatrick, AL
(334) 584-7875
Richnuts.com
Spouted Maple Pecans
Sprouted Cinnamon Walnut Crunch

Seylou
Washington, DC
(202) 842-1122
seylou.com
Sourdough bread

PORK

Grand View Farm
Forest Hill, MD
(410) 937-2221
Grandviewfamilyfarming.com
Pork Breakfast Sausage

Miller's Organic Farm
Bird-in-Hand, PA
(717) 556-0672
Amosmillersorganicfarm.com
Ham
Bacon Ends

POULTRY - PASTURED

Fields of Athenry
Middleburg, VA
(703) 300-5765
Fieldsofathenryfarm.com
Chicken Bones for Stock
Whole Chickens

Miller's Organic Farm
Bird-in-Hand, PA
(717) 556-0672
Amosmillersorganicfarm.com
Chicken Livers

Northstar Bison
Cameron, WI
(715) 458-4300
northstarbison.com
Chicken Legs and Thighs

SALT & SPICES

Baja Gold Sea Salt
Marietta, GA
(914) 330-4090
bajagoldseasalt.com
Sea Salt
Salt Shakers

SEAFOOD

Wild For Salmon
Bloomsburg, PA
Wildforsalmon.com
(570) 387-0550
Wild Salmon

SWEETENERS

Really Raw Honey
Baltimore, MD
(800) 732-5729
Reallyrawhoney.com
Raw Honey

Willow Run Food
Christiana, PA
(717) 556-0265
Pure Maple Syrup

EXHIBITORS

American Institute of Homeopathy
Rhinebeck, NY
homeopathyusa.org
Table# 602

Americans for Homeopathy Choice
Salmon, ID
(202) 630-8301
homeopathychoice.org
Table# 604

Ancestral Nutrition Foundation
Lemon Grove, CA
(800) 366-3748
theancestralnutritionfoundation.org
Table# 501

Avoiding Mold
Cheyenne, WY
avoidingmold.com
Table# 505

Baja Gold and Sea-90
Canton, GA
bajagoldseasalt.com
GOLD SPONSOR
Table# 214

Be Well Clinic
Loveland, CO
(970) 218-8273
bewellclinic.net
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Bionutrient Food Association
Northampton, MA
(978) 355-1199
bionutrient.org
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Black Lotus Shilajit
Port Saint Lucie, FL
blacklotusshilajit.com
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Blessed By His Blood
Anna, TX
blessedbyhisblood.com
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Boiron
Newtown Square, PA
(800) 264-7661
BoironUSA.com
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Bordeaux Kitchen Naturals
Falls Church, VA
bordeauxkitchen.com
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BRMI
Sandwich, MA
brmi.online
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Broad Spectrum DeTOX
Salem, OR
(503) 851-1927
DeTOXalot.com
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Bumbiotics
Arroyo Grande, CA
(805) 440-4334
bumbiotics.com
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Call To Farms
Kingsport, TN
calltofarms.com
Table# 716

Children's Health Defense
Franklin Lakes, NJ
childrenshealthdefense.org
Table# 601

CO_2 Coalition
Fairfax, VA
co2coalition.org
Table# 710

CoeDynamics
Torrance, CA
(424) 903-3104
coe-dynamics.com
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Cyma Technologies
Tallahassee, FL
(850) 339-0443
joannemendez.com
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Dreamwalkerz
Hudson, WI
dreamwalkerz.ai
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Earthley Wellness
Columbus, OH
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earthley.com
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Energetic Wellness School of Naturopathy
Edmond, OK
(405) 359-1245
theschoolofnaturopathy.com
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Environmental Health Sciences
Rockville, MD
ehsciences.org
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(301) 654-4899
schooloflife.org
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Eucellus
Pea Ridge, AR
(573) 218-0211
eucellus.com
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Fairchilds Apple Cider Vinegar
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(208) 452-4701
fairchildsvinegar.com
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farmtoconsumer.org
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farmmatch.com
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Jacksonville, FL
frequenciesthatmend.com
Table# 614

Fully Alive
Warrenton, VA
FullyAliveFamilies.com
Table# 507

Garden Goddess
Phoenix, AZ
(480) 239-8561
ggferments.com
GOLD SPONSOR
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Gardens of Grace
Cross Plains, WI
gardensofgrace.us
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Grand View Farm
Forest Hill, MD
grandviewfarming.com
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Gray Goat Soaps
West River, MD
graygoatsoaps.com
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Greatest Gift Film
westonaprice.org/film
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Table# 718

Green Pasture Products
O'Neill, NE
(402) 858-4818
greenpasture.org
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Grid Iron Hill Farm
Harve de Grace, MD
(443) 417-8195
gridironhillfarm.com
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Hargrove General Goods
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hargrovegeneralgoods.com
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healtheonion.com
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heartandsoil.co
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Hearth & Homestead
Rustburg, VA
hearthandhomesteadstore.com
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hwbna.org
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honeysharvest.com
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iaomt.org
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lauradelano.com
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Little Captain Creek Farm
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(240) 288-2010
littlecaptaincreekfarm.com
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Loncho's Larder
Denver, CO
Lonchoslarder.com
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MAHA Center
Washington, DC
mahacenter.org
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Marine Healthfoods
Arklow, UK
353 (0)402 94604
marinehealthfoods.com
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Windham, VT
youngfarmerstarts.com
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mediairpurifier.com
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drnatasha.com
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Miller's Organic Farm
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mindbodyblend.com
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Chestertown, MD
(410) 996-4776
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Weaverville, NC
(800) 680-0183
momsacrossamerica.com
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Chesapeake Beach, MD
(240) 925-4301
mooi-alpha.com
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St. Paul, MN
(800) 722-2587
nadachair.com
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homeopathycenter.org
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Payson, AZ
nutritioninanutshell.com
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Nutrition Therapy Institute
Arvada, CO
(303) 377-3974
ntischool.com
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OraBiologics
Kissimmee, FL
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(223) 276-9829
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Albany, NY
Reclamationfoods.com
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redmond.life
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relaxsaunas.com
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rememberingwhatmattersmost.com
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Nyack, NY
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richnuts.com
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rootcausehealthandwellness.com
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rositausa.com
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simplyghee.com
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getsmidge.com
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Solari Report
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(731) 403-6263
solari.com
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Sovereignty Ranch
Bandera, TX
sovereigntyranch.com
Table# 600

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Rogersville, TN
standforhealthfreedom.com
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Hudson, NY
steinerbooks.org
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Step It Up
Malibu, CA
stepitup.life
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(855) 683-7482
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westonaprice.org
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Warrenton, VA
(540) 935-0600
whiffletreefarmva.com
Table# 720

Whole Truth, Whole Milk Campaign
Groton, NY
colemanscientific.org
Table# 515

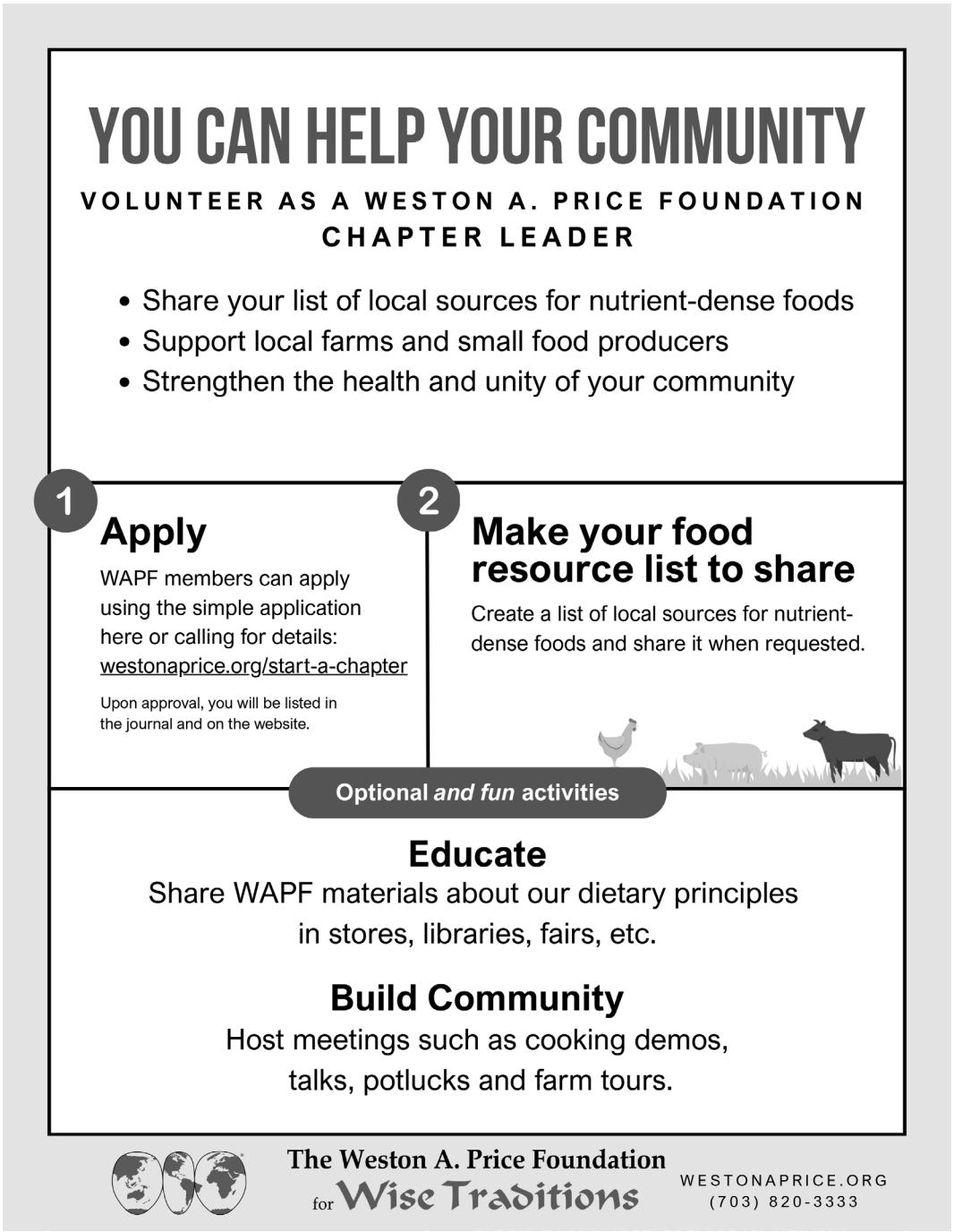
WholeStix
Locust Grove, OK
wholestix.com
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Wild For Salmon
Bloomsburg, PA
(570) 387-0550
wildforsalmon.com
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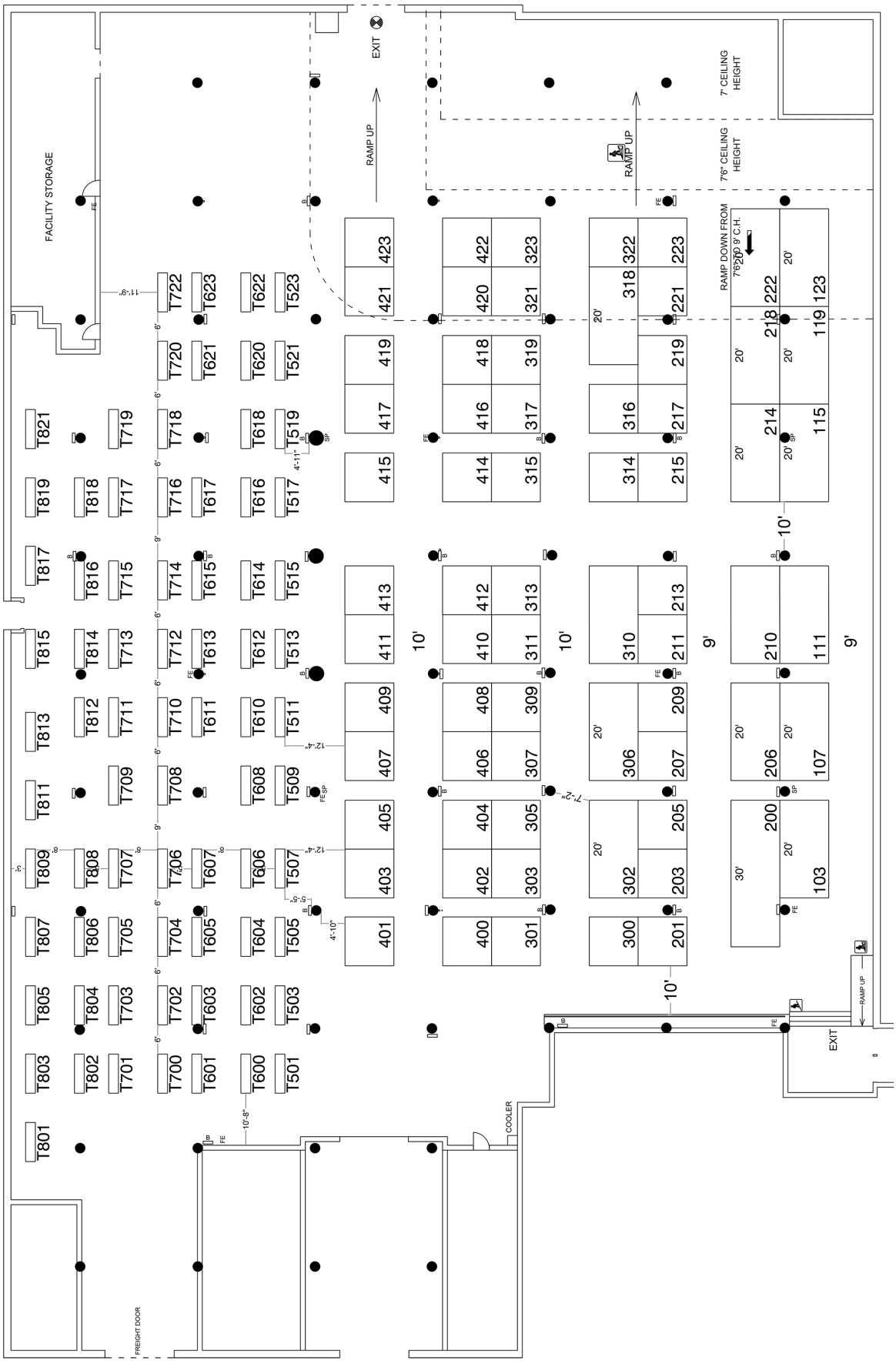
Wildnutritionist
Gainesville, FL
regenerativecookingschool.com
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Austin, TX
wisdm.io
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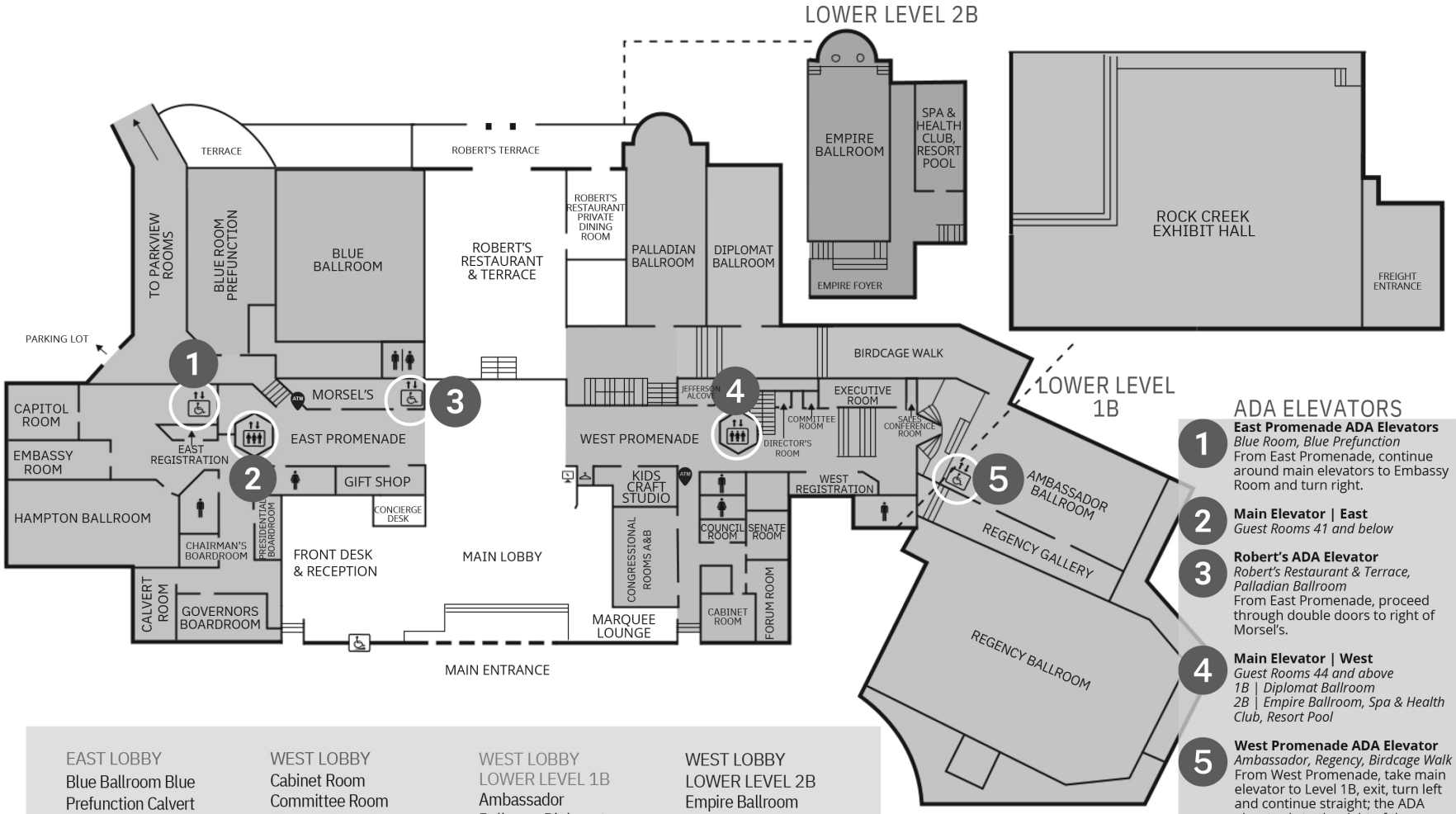


EXHIBITOR MAP



OMNI SHOREHAM HOTEL MAP

MAIN LEVEL



ADA ELEVATORS

1. **East Promenade ADA Elevators**
   Blue Room, Blue Prefunction
   From East Promenade, continue around main elevators to Embassy Room and turn right.
2. **Main Elevator | East**
   Guest Rooms 41 and below
3. **Robert's ADA Elevator**
   Robert's Restaurant & Terrace, Palladian Ballroom
   From East Promenade, proceed through double doors to right of Morsel's.
4. **Main Elevator | West**
   Guest Rooms 44 and above
   1B | Diplomat Ballroom
   2B | Empire Ballroom, Spa & Health Club, Resort Pool
5. **West Promenade ADA Elevator**
   Ambassador, Regency, Birdcage Walk
   From West Promenade, take main elevator to Level 1B, exit, turn left and continue straight; the ADA elevator is to the right of the Ambassador entrance.

EAST LOBBY
Blue Ballroom Blue Prefunction Calvert Room Capitol Room Chairman's Boardroom Embassy Room Governor's Boardroom Hampton Ballroom Presidential Boardroom East Registration

WEST LOBBY
Cabinet Room
Committee Room
Congressional Rooms A&B Council Room
Director's Room
Executive Room Forum Room Palladian Ballroom
Sales Conference Room
Senate Room West Registration

WEST LOBBY LOWER LEVEL 1B
Ambassador Ballroom Diplomat Ballroom Regency Room Regency Gallery Rock Creek Exhibit Hall

For access to Diplomat Room, please use the elevators on the west side and go to level 1B.

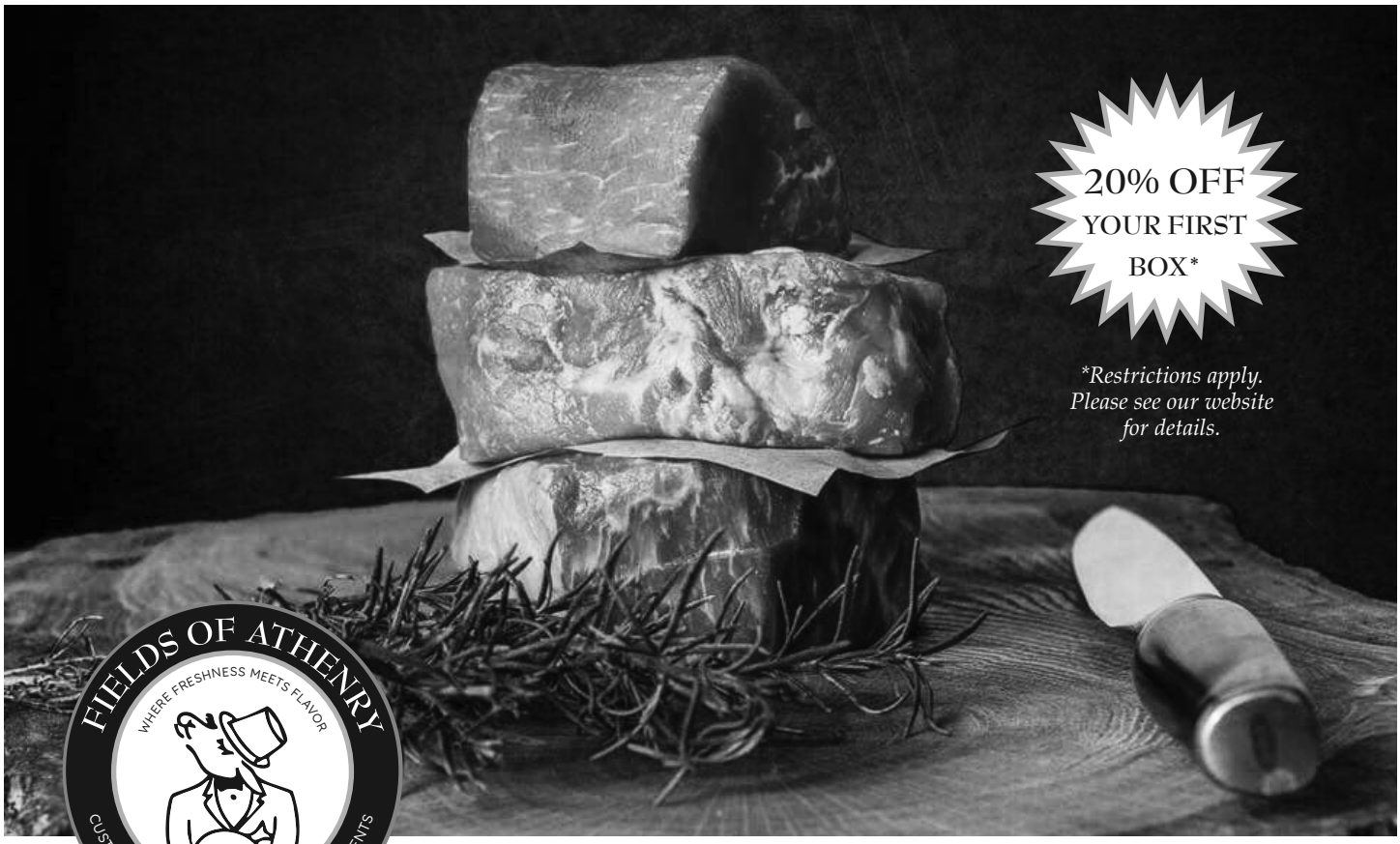
WEST LOBBY LOWER LEVEL 2B
Empire Ballroom

For access to the Empire Room, Spa & Health Club and Resort Pool, please use the elevators on the West Promenade and proceed to level 2B.

OMNI SHOREHAM

HOTEL MAP

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NOTES

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