

Weston A. Price Foundation Conference Tapes

(Please circle selections for order)

AUDIO RECORDINGS FROM WISE TRADITIONS 2004

KEYNOTE - 1 Tape, 1 CD

KEY-1. Opening to Life: Autoimmune Dysfunction
and the Spirituality of Fermentation

Charles Eisenstein, BA

SALLY FALLON - 2 Tapes, 2 CD's

SF-1. Seminar on Traditional Diets I

Sally Fallon, MA

SF-2. Seminar on Traditional Diets II

Sally Fallon, MA

SF-3. Seminar on Traditional Diets III

Sally Fallon, MA

LECTURES - 1 Tape, 2 CD's

L-1. Industrialization and Physical Degeneration

Jerry Brunetti, BS

L-2. Seeds of Deception: Health Dangers of
Genetically Engineered Foods

Jeffrey Smith, MBA

L-3. Excitotoxins, Neurodegeneration and
Neurodevelopmental Disorders

Russell Blaylock, MD

L-4. Irradiation and the Microwave:
A Look at the Health Hazards

David Getoff, ND

L-5. The Whole Soy Story

Kaayla Daniel, Ph.D.

L-6. The Maker's Diet

Jordan Rubin, NMD

L-7. Metabolism, The Adrenal/Thyroid Connection

Bruce Rind, MD

L-8. In the Footsteps of Weston A. Price:
Revisiting Switzerland's Loetschental Valley

Linda Joyce Forristal, CCP

L-9. Bioelectric Medicine: Hope or Hype?

Paul Rosche, MD

L-10. The Ecology of Healing: Heal the Earth, Heal Yourself

Tom Cowan, MD

L-11. Coconut Oil for Weight Loss

Mary Enig, Ph.D.

L-12. Government and Regulatory Malfeasance and
its Impact on Public Health

Arthur Evangelista

L-13. Whatever Happened to Milk? Small Farms,
Big Business, Raw Milk and Food Politics

Ron Schmid, ND

L-14. MSG and Related Food Toxins: Sorting Fact from Fiction

Jack Samuels, MS

L-15. Autism: An Epidemic, A Warning, Yet Leading
Us to Answers for Ideal Health

Donna Gates, MEd

L-16. Breakfast, Lunch and Dinner

Sally Fallon, MA

L-17. The Garden of Fertility

Katie Singer, BA, DFE

L-18. Food in Oriental Medicine

Ken Morehead, DOM

L-19. Healthy Strategies in the Hospital Setting

Carol Esche, RN

Pricing for Audio Tapes and CDs

1 Tape - \$8, 2 Tapes - \$15, 3 Tapes - \$20, 6 Tapes - \$36 Full Set - \$125

1 CD - \$10, 3 CDs - \$25, 6 CDs - \$40, Full Set - \$150

VIDEO RECORDINGS FROM WISE TRADITIONS 2004
VHS AND DVD

KEYNOTE

KEY-1. Opening to Life: Autoimmune Dysfunction
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SALLY FALLON

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Carol Esche, RN

All Presentations are on one VHS or DVD

Pricing for VHS and DVDs

1 VHS - \$15, 3 VHS - \$40, 6 VHS - \$65, Full Set (14 VHS) - \$140
1 DVD - \$20, 3 DVDs - \$50, 6 DVDs - \$100, Full Set (14 DVD'S) - \$200

AUDIO RECORDINGS FROM WISE TRADITIONS 2003 and 2002
(no video recordings available)

Wise Traditions 2003 Conference:

**"Heart Disease in the 21st Century: BEYOND THE LIPID
HYPOTHESIS"**

1. Cowan, Tom, MD - "The Heart is Not a Pump: Towards a Holistic Treatment for Cardiovascular Disease" (Keynote address)

2. **Enig, Mary, PhD - Dietary Guidelines, Trans Fats and Heart Disease**
Dr. Enig reviews the evidence showing that trans fat made from vegetable oils, rather than animal fat, is the major cause of heart disease and discusses how the USDA dietary guidelines contributed to an increase in CHD.
3. **Eisenstein, Charles - The Yoga of Eating**
Learn how to transcend dietary dogma by developing greater sensitivity and trust in the body's messages
4. **Fallon, Sally, MA - The Oiling of America**
The shocking story of how the phony lipid hypothesis caused Americans to abandon traditional whole foods.
5. **Fallon, Sally, MA - Seminar on Traditional Diets I**
The pioneering work of Dr. Weston A. Price. Presentation includes the unforgettable photographs of Dr. Price and discussion of the underlying characteristics of healthy traditional diets.
6. **Fallon, Sally, MA - Seminar on Traditional Diets II**
Fats and oils in traditional diets. Learn about the basics of lipid biochemistry and how to choose good fats and avoid the bad.
7. **Fallon, Sally, MA - Seminar on Traditional Diets III**
How to change your diet for the better. Practical advice for busy parents including easy recipes for snacks, soups, breakfasts, desserts and enzyme-enriched beverages and condiments.
8. **Fallon, Sally - Questions and Answers**
9. **Gates, Donna - Your Inner Ecosystem, the Secret to a Long, Healthy Life**
A healthy inner ecosystem must be established at birth and maintained throughout a lifetime to achieve vibrant health. Learn Mother Nature's way of creating this critical inner world inside your intestinal tract and what you must do each day to keep it flourishing.
10. **Graveline, Duane, MD, MPH - Lipitor, Thief of Memory**
A review of statin-induced amnesia and other side effects of modern cholesterol-lowering drugs.
11. **Klevay, Leslie M., MD, SM, SD - Copper Deficiency and Heart Disease**
The latest theory on heart disease pinpoints arterial inflammation as a culprit. Dr. Klevay will focus on published evidence that copper deficiency contributes to arterial inflammation and subsequent heart disease.
12. **Langsjoen, Peter H., MD, FACC - CoQ10 Depletion: The Achilles' Heel of the Statin Crusade**
A review of published animal and human trials showing statin-induced coenzyme Q10 depletion resulting in muscle wasting and heart failure.
13. **McCully, Kilmer, MD, PhD - Homocysteine, Vitamins and Vascular Disease**
Dr. McCully describes the discovery of the homocysteine theory of arteriosclerosis, evidence supporting the theory, the molecular basis for the role of homocysteine in arteriosclerosis cancer and diseases of aging, and the role of vitamins B6, B12, folate and vitamin A in homocysteine metabolism.
14. **Morehead, Ken, DOM - Our Whole Heart**
Heart disease from the Oriental medical point of view, in which every organ is assumed to function within the context of the whole body.

15. **Ravnskov, Uffe, MD, PhD - High Cholesterol Protects Against Disease**
Dr. Ravnskov successfully refutes the theory that cholesterol in our food or in our blood causes heart disease and presents evidence that high cholesterol levels actually protect against infectious and chronic diseases.
16. **Rosch, Paul, MD - Dangers of Cholesterol-Lowering Drugs**
Dr. Rosch will focus on the subtle yet serious and unappreciated dangers of cholesterol-lowering measures using statin drugs based on current guidelines due to confusion about the mechanisms that mediate their cardioprotective effects.
17. **Ross, Julia, MA - The Mood Cure**
Natural strategies to combat the epidemic of depression, anxiety and stress.
18. **Rubin, Jordan S., NMD, CNC - Patient, Heal Thyself**
An inspirational true-life story of healing and the discovery of a remarkable health program combining ancient wisdom and groundbreaking clinical research.
19. **Schmid, Ron, ND - Heart Disease & Raw Milk - The Inverse Relationship**
The Maasai of East Africa, Swiss people of the Loetschental Valley and many other heart disease-free traditional cultures demonstrated for thousands of years that strong hearts and healthy lives were built around raw milk and its products.
20. **Spence, Ted, DDS, ND - Is Fluoride Really Good for Our Teeth?**
Find out from a practicing dentist the true effects of fluoride as well as the best way to protect yourself against cavities.

2002 Wise Traditions Conference:

"The Business of Beef"

1. Joel Salatin: Eco-Friendly Beef
2. Mark Purdey: Animal Pharm
3. Mike Callicrate: The Business of Beef
4. Tom Cowan, MD: Eat Meat and Be Healthy
5. Mary Enig, PhD: Know Your Fats (2-tape set)
6. Julia Ross, MA: Those Amazing Aminos (2-tape set)
7. Krispin Sullivan, CCN: The Miracle of Vitamin D (2-tape set)
8. Sally Fallon: Seminar on Traditional Diets, Part 1 (2-tape set)
9. Sally Fallon: Seminar on Traditional Diets, Part 2 (2-tape set)
10. Sally Fallon: Seminar on Traditional Diets, Part 3 (2-tape set)

Ordering Information for 2002 and 2003 Conferences

Audio Tape Prices:

- 1 Tape: \$8
- 2 Tapes: \$15
- 3 Tapes: \$20
- 6 Tapes: \$36
- 10 Tapes: \$50

- Complete 2002 Conference (16 Tape Set): \$75
- Complete 2003 Conference (21 Tape Set): \$100

ORDER

MC/V, AMEX or Check Accepted

Total from audio and video tapes circled above: \$ _____

Shipping and Handling:

- Add \$3 for orders totaling up to \$21
- Add \$5 for orders \$22-\$50
- Add \$6 for orders \$51-\$99
- Add \$7 for orders \$100 and over

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THANK YOU!