## Throughout the globe and for thousands of years, traditional diets have built strong, attractive bodies and ensured lifelong health.



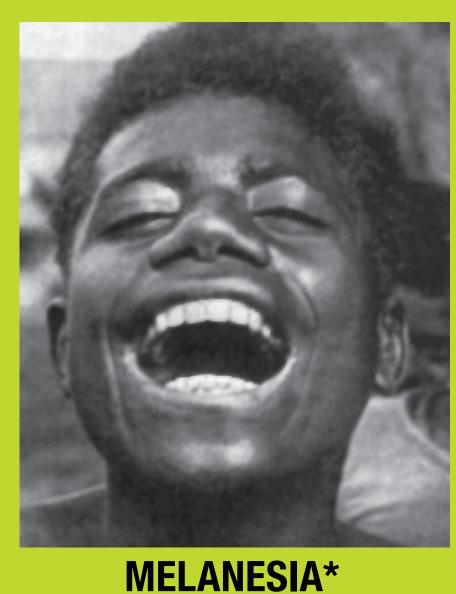
**AUSTRALIA\*** Game birds & animals, including fat & organ meats, seafood, legumes, nuts, fruit, vegetables



**CANADA** Raw milk & butter, eggs, meat & organ meats, cod liver oil, oats, fruit, vegetables



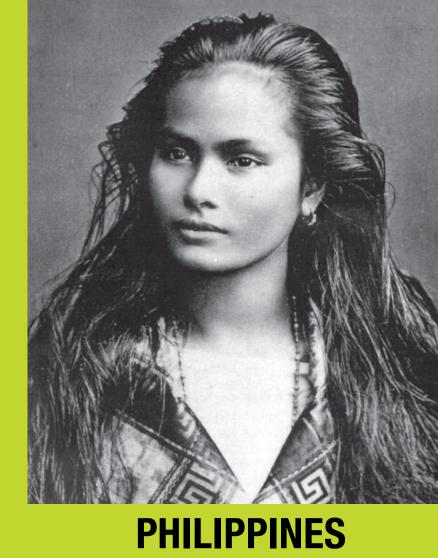
Raw milk & butter, eggs, fish & roe, shellfish, cod liver oil, meat, broth, fruit, vegetables



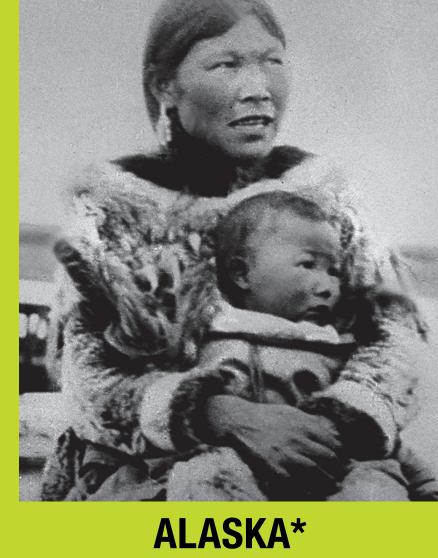
Fish, shellfish, pig, including fat & organs, tubers, coconut, fruit



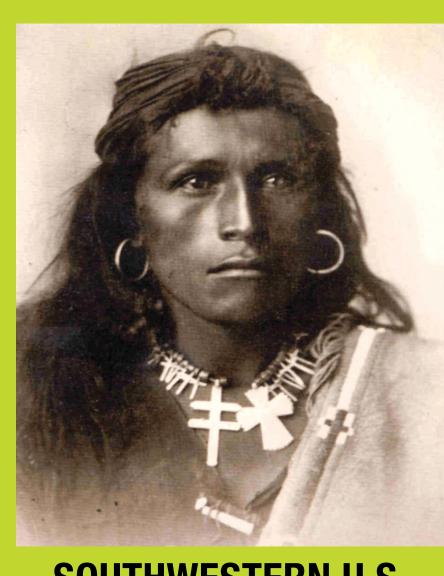
PERU\* Fish & roe, guinea pig, millet, quinoa, palm oil, potatoes, vegetables



Seafood, fish & fish broth, pig, including fat & organ meats, coconut, rice, vegetables, fruit



Fish & roe, seal oil, game animals, including fat & organ meats, wild plants



**SOUTHWESTERN U.S.** Game animals, including fat & organ meats, insects, corn,



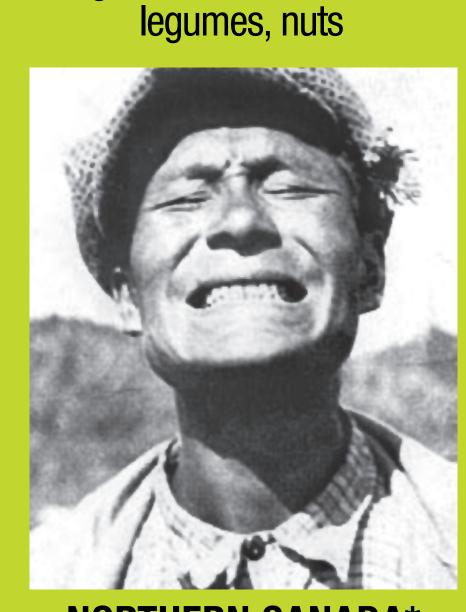
**SWITZERLAND\*** Raw milk, butter & cheese, sourdough rye bread, meats & organ meats, vegetables



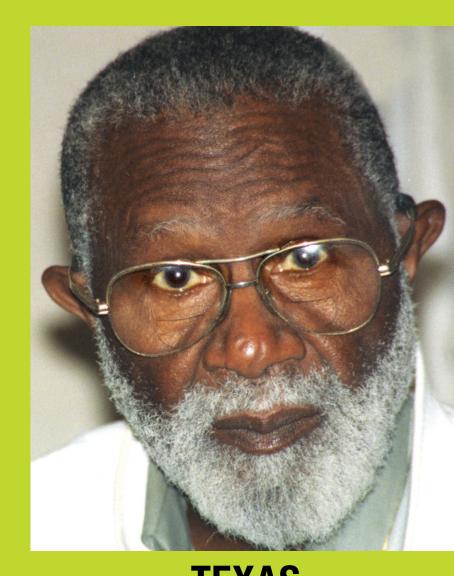
Fish, shellfish, pig, including fat & organ meats, tubers, coconut, fruit. This woman is 90 years old.



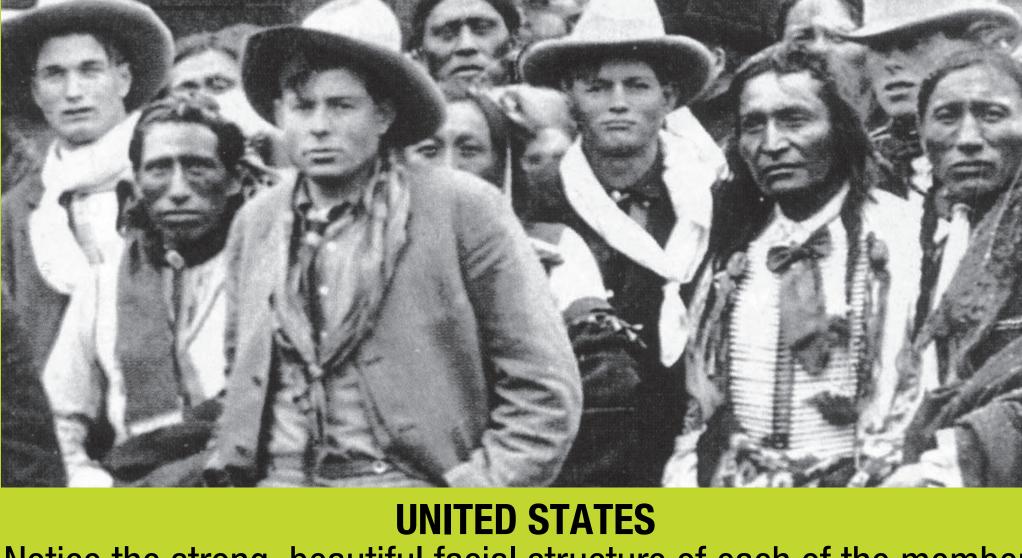
Game animals, including fat & organ meats, reptiles, birds, fish, shellfish, fruit, vegetables



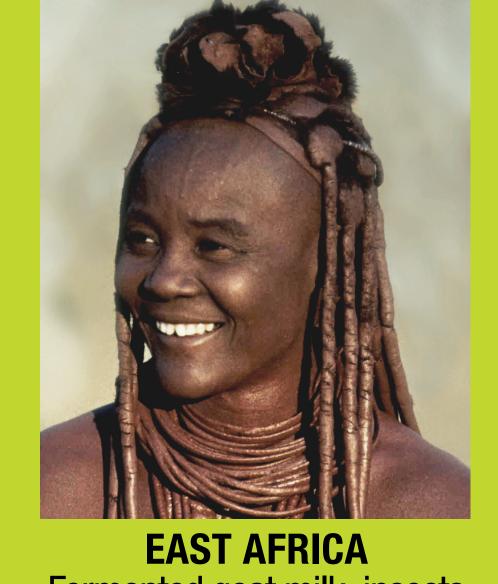
**NORTHERN CANADA\*** Game, including fat & organ meats, fish, broth



**TEXAS** Raw milk & butter, eggs, meat, organ meats, crawfish, broth, fruit, vegetables



Notice the strong, beautiful facial structure of each of the members of Bill Cody's Wild West Traveling Show – these are healthy people. This broad facial structure has become increasingly rare due to the decline in nutrient levels in the modern diet. Native Americans ate game animals, including organ meats & fat; European Americans consumed raw milk and butter, eggs, meat and organ meats. \* Photos Copyright © Price-Pottenger Nutrition Foundation. www.ppnf.org

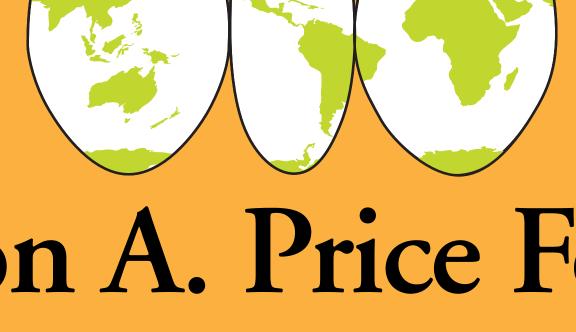


Fermented goat milk, insects

## Traditional diets maximized nutrients. Modern diets minimize them.

	IRADI	IONAL	DIEIS			
Foods from fertile soil	Organ meats (over muscle meats)	Animal fats	Lacto- fermented beverages	Traditional seeds/open pollination		
Animals raised on pasture	Raw and/or fermented dairy products	Soaked and/or fermented grains	Traditional cooking	Natural vitamins obtained from foods		
Bone broths	Unrefined sweeteners (honey, maple syrup)	Lacto- fermented vegetables	Unrefined salt			

MODERN DIETS							
Foods from depleted soil	Muscle meats (few organ meats)	Vegetable oils	Modern soft drinks	Hybridized and GMO seeds			
Animals raised in confinement	Pasteurized dairy products	Refined/ extruded grains	Microwave irradiation	Synthetic vitamins added to foods			
MSG, artificial flavorings	Refined and artificial sweeteners	Canned/frozen vegetables	Refined salt				
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