

11 DIETARY
11
PRINCIPLES

**Emphasize nutrient-dense foods
before and during pregnancy,
and for growing babies.**



Traditional cultures make provisions for the health of future generations by providing special nutrient-rich animal foods for parents-to-be, pregnant women and growing children; by adequate spacing of children; and by teaching the principles of right diet to the young.

Eleventh Principle

Traditional cultures prepared for the next generation: this is the final principle of nourishing traditional diets. They recognized the fact that health was not just about feeling good in the present, but also about ensuring that future generations would be healthy and strong.

Weston Price is unique among early investigators in his emphasis on asking the people he studied about special or sacred foods to ensure healthy offspring. Dr. Price's investigation showed that so-called primitive people understood and practiced preconception nutritional programs for both parents. Many tribes required a period of premarital nutrition, and children were spaced to permit the mother to regain her full health and strength between pregnancies, thus assuring subsequent offspring of physical excellence. Lactating women, as well as maturing boys and girls also ate special foods in preparation for future parenthood. Dr. Price found these foods to be very rich in fat-soluble vitamins A, D and K₂—foods like liver, organ meats, animal fats, gelatinous soups, fish eggs, fish liver oils, whole raw milk from grass-fed animals, cheese from grass-fed animals and butter from cows eating rapidly growing green grass.

In addition, Dr. Price reported that in cultures throughout Africa and the South Seas, the native people considered it shameful to have a child more than once every three years. The practice of spacing children—either with natural birth control methods, through a system of multiple wives, or even through abstinence in marriage—accords very well with modern science. A 2006 study published in the *Journal of the American Medical Association* found that the ideal interval between babies was at least eighteen months but not more than five years. Spacing of at least three years allows the mother to recover her health and to provide the same nutrient-dense environment to subsequent children that was available to her first child.

These practices put modern man to shame; we are very careless in the way we prepare for having children, and when something goes wrong, we blame the three G's—germs, genes or God. Traditional cultures knew better; they knew that the responsibility for bringing healthy children into the world rested squarely on their shoulders.

For further information:

Articles

- On children's health: westonaprice.org/childrens-health/
- On growing wise kids:
westonaprice.org/making-it-practical/growing-wise-kids/
- Ancient Dietary Wisdom for Tomorrow's Children:
westonaprice.org/health-topics/traditional-diets/ancient-dietary-wisdom-for-tomorrows-children/
- Butter! Cravings: Follow your Child's Lead: nourishingourchildren.org/2013/01/18/cravings-follow-your-childs-lead/
- Diet for Pregnant and Nursing Mothers by Sally Fallon Morell:
westonaprice.org/health-topics/diet-for-pregnant-and-nursing-mothers/
- Homemade baby formula: westonaprice.org/health-topics/childrens-health/formula-homemade-baby-formula/

Brochures

- Vaccination; Homemade Raw Milk Formula for Babies; A Message to Grandparents: westonaprice.org/about-us/brochures/

Journals

- Vaccination Journal: westonaprice.org/journal-summer-2015-vaccination-issue/
- Healthy Children Journal, Summer 2005: westonaprice.org/journal-summer-2005-childrens-health/

Wise Traditions Podcast westonaprice.org/podcast/

- Episode 284: Principle 11: How to Have a Healthy Pregnancy with Sally Fallon Morell
- Podcasts on parenting:
westonaprice.org/podcast-category/parenting/

Videos

- Healthy children:
westonaprice.org/category/video/healthy-children/
- Dangers of Ultra-Sound: by Sally Fallon Morell: youtube.com/watch?v=YBA5ZTxQzyE