

DR. WESTON A. PRICE IN AFRICA

During the 1930s and 1940s, Dr. Weston A. Price, a dentist, traveled worldwide to find healthy people and discover their secrets. He published his research in the book, *Nutrition and Physical Degeneration*.

In Africa, Dr. Price found six tribes of over one hundred people per tribe without one single cavity. All of the tribe members had naturally straight teeth and a very strong immunity to disease.

He attributed this to their nutrient-dense diet that contained animal foods (including organ meats, fats, marrow and blood), seafood, raw milk and butter or ghee.

These Africans also knew to carefully prepare grains and tubers to neutralize toxins and release minerals. Traditional Africans consume many fermented, soaked and sour foods and beverages.

Dr. Price learned that when Africans or any traditional people abandon their ancestral diets and begin consuming processed food, they soon suffer from tooth decay, and in the next generation, altered facial structure and chronic, degenerative disease.



The brother on the right shows excellent, wide facial development and straight teeth. This is a sign that his body was well formed *in utero* and during early childhood. This kind of development occurs when the parents and growing children consume nutrient-dense traditional foods. This individual will continue in good health all his life if he continues to consume the foods of his ancestors.

The brother on the left has a more narrow face and crowded teeth. This kind of facial structure appears in the first generation after introduction of refined and denatured foods. This face lacked the nutritional building blocks to be formed according to genetic blueprint, and it is likely that this individual will not enjoy robust good health.

WHAT'S MAKING THE PEOPLE OF AFRICA SICK?

Refined and denatured foods!

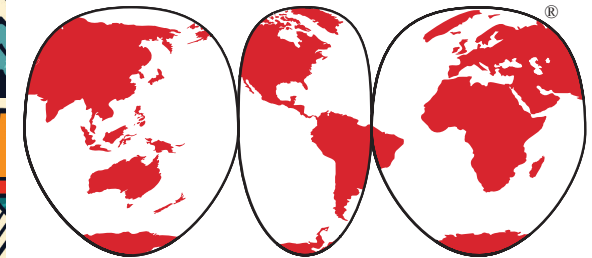
- Avoid white flour, white salt, white sugar.
- Avoid processed food--in a box, package, or can
- Avoid soft drinks/sodas/"minerals."
- Avoid hydrogenated fats (margarine, Crisco, Blue Band).
- Avoid industrially processed liquid oils such as soy(a), corn/maize, cottonseed, canola/rapeseed.
- Avoid artificial food additives like MSG, aspartame, artificial colors and flavors.
- Avoid soybeans not fermented at least six months.
- Avoid genetically modified (GMO/GE/GM) "food" (most maize, soy, sugar beets, canola/rapeseed).
- Avoid Roundup/glyphosate; don't use or eat food sprayed with it.
- Avoid caffeine, alcohol, cigarettes, drugs.
- Consider using developing natural immunity with nutrient-dense food instead of vaccinations.
- Limit EMF exposure (from computer, phone, wifi).

WHAT ARE THE WISE TRADITIONS FROM YOUR COMMUNITY?

Rediscover the Wise Traditions that have allowed your community to be healthy, thrive, and continue for many generations. Find elders in your community and ask them questions about who was healthy, what did they eat, and how did they prepare it.

- What did your elders say were important foods?
- Why were those foods important?
- What were special foods for parents-to-be? For pregnancy? For children?
- What were special processes for preparing grains: For drinks? For porridges? For pancakes and breads?
- How were meat, vegetables and milk fermented or preserved so they would last longer?
- What were fertility foods for parents-to-be? (Also good for pregnancy and nursing.)
- What were special local foods?
- What do your elders say about the health benefits of fish eggs and poultry eggs? liver and organ meats? shellfish and shrimp paste/powder? blood? raw dairy foods? butter and other animal fats? insects? bone broth and soup? cod liver oil?

Restoring Health in Africa



DO YOU HAVE GOOD HEALTH?

Ever had a toothache?

Have teeth not lined up well?

Need glasses?

Have diabetes or asthma?

Suffer pain in your joints (arthritis)?

Suffer from heart problems?

FOR WOMEN

Is it hard to get pregnant?

Do you have trouble giving birth?

Don't have enough breast milk?

Your children are often sick?

You can get your health back by preparing and eating the nutrient-dense foods of your ancestors!

THE WESTON A. PRICE FOUNDATION

for **Wise Traditions**

IN FOOD, FARMING AND THE HEALING ARTS

Education • Research • Activism

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RESTORE YOUR HEALTH WITH NUTRIENT-DENSE FOODS!

Nutrient-dense foods are needed to build strong, healthy bodies, generation after generation!

ANIMAL FOODS

- Use fat animals that eat green grass (not maize and soybeans).
- Use the whole animal: meat, fat, organ meats, bone marrow, blood.
- Make broths/stocks using meat, bones, skin, feet, heads.
- Eggs, insects, reptiles, wild animals, poultry are all important animal foods.

SEAFOOD

- Use wild, not farmed (fed maize, soya) seafood.
- Use the whole fish or sea animal including fish, fish livers, shellfish, fish eggs, dried seafood (crayfish, shrimps, fish), fermented fish sauces, shrimp pastes and powder and fish stock/broth using the whole fish.

DAIRY

- From animals that eat green grass (not maize, soya).
- Full fat milk - raw or cultured.
- Butter, ghee.
- All cultured forms (preserves and improves safety).
- Cheese – fresh or aged.

FATS and OILS

- Animal fats are best and needed most.
- Vegetable oils should be locally processed at low temperatures.
- Good fats and oils include butter, ghee, tallow (cow), lard (pig), chicken, camel, red palm oil, palm kernel oil, coconut oil, peanut (groundnut) oil, shea butter, sesame & sunflower oils (if cold pressed), olive oil (if not fake).

FERMENTED FOODS

- Fermenting increases the nutrition and shelf-life.
- Fermented foods provide probiotics.

VEGETABLES and FRUITS

- Vegetables – cooked, fermented, or raw
- Fruits – fresh, fermented or cooked
- Tubers and starches – properly soaked

GRAINS, LEGUMES, NUTS and SEEDS

- Need to be properly soaked and prepared as ancestors did.
- Soaking/fermenting improves the nutritional quality, flavor, digestibility and safety.
- Cooked starches from fermented sorghums, millets, maize, rice, wheat.
- Sour or acid porridges.
- Sour, liquid beverages.

BEVERAGES

- Fermented beverages are very healthy and help protect against disease.
- Fermented sour grain drinks
- Fermented/cultured dairy drinks
- Other fermented non-alcoholic drinks
- Water (filtered or boiled) flavored with herbs, roots.

SUPPLEMENTS

- Unrefined salt.
- Clay.
- Cod Liver Oil.

BABY'S FIRST FOODS

- Breast milk
- Egg yolk and liver
- After twelve months, babies are able to digest grains. Fermented grains are best.

SECRETS OF HEALTHY PEOPLES IN AFRICA & AROUND THE WORLD

- All cultures ate a nutrient-dense diet that contained at least some animal foods. The healthiest cultures ate both plant and animal foods.
- All cultures cooked some or most of their food. But they always ate some of their animal foods raw. Raw milk was usually cultured to make ayib, leben/lben, yogurt/zabadi, nono, kishk, wara, ergo, kulenaoto, sethemi, suusac, amasi/zifa, omashik-wa, rob, biruni, mish. Raw meat products included shermout, miriss, musra, beirta, sausages. Raw fish products included lanhouin, fesikh, terkeen, guedj and cod liver oil.
- All cultures used the whole animal. They ate all the organ meats and always ate the fat. They discarded lean meat.

FOR FURTHER INFORMATION & REFERENCES
visit www.westonaprice.org/africa-references/

- All cultures made use of bones and hooves, as bone broth or fermented.
- All cultures had high levels of enzymes and beneficial bacteria in their food, often from lacto-fermented beverages, relishes and starches.
- Seeds contain toxic chemicals to keep them from sprouting until the moisture and temperature are just right for survival. All traditional cultures soaked, sprouted or fermented their grains, legumes, nuts and seeds, often with long elaborate processes, to neutralize these toxins. This fermentation also multiplied the nutrition, improved the texture and flavor, and made these foods easier to digest. The acidity killed germs and preserved the preparations longer. Carefully prepared foods included cassava (gari, fufu, lafun/konkote, chikawangue, cingwada, agbelima, kivunde); cereal grains (amahewu, ogi, abreh, uji, kenkey, mahewu/magou, humulur, mawè, kisra, tef injera, kishj, laban zeer, incwancwa, togwa, hussuwa, munkoyo, ben-saal-ga); and legumes (dadawa, soumbala ugba, ogiri, okpehe, kawal).
- All cultures thrived on local foods. Africans knew many uses for local fruits and their trees (boabab, balanites, butterfruit, carissa, horned melon, kei apple, marula, melon, tamrind, watermelon). Traditional grains sustained the rich and poor (African rice, finger millets, fonio, pearl millets, sorghums, tef, wild grains). A wealth of traditional vegetables have nourished Africans for millennia (moringa, amaranth, bambara bean, boabab, celosia, cowpea, dika, garden egg, egusi, enset, lablab, locust bean, long bean, okra, shea, yam). Cultures that did eat soybeans ate very small quantities and only if fermented for at least six months.
- All cultures ate no refined or denatured foods like white flour, white sugar, pasteurized foods, canned foods, breakfast cereals, margarines, spreads and refined vegetable oils (from corn/maize, soya, canola/rapeseed, cottonseed).
- All cultures made provisions for future generations. They had special foods for parents-to-be, pregnant women, nursing women, and growing children. They all spaced their children, usually three to four years between each child. They all taught principles of proper diet to the young.