BRINGING UP BABY WITH NUTRIENT-DENSE FOOD

BY SALLY FALLON MORELL, PRESIDENT THE WESTON A. PRICE FOUNDATION
YOUR BABY: The most precious thing to you in the whole world.

ONLY YOU can ensure his lifelong optimal health and happiness with nutrient-dense food.
THE WORK OF WESTON A. PRICE

Traditional peoples consumed special nutrient-dense foods

- Starting 6 months before conception
- During pregnancy
- During lactation
- To the child during the period of growth.
NUTRIENT-DENSE SACRED FOODS
TO ENSURE A HEALTHY CHILD!

• Attractive facial structure; naturally straight teeth
• Tall and strong; good musculature, good posture
• Intelligent; good concentration
• High immunity to illness
• Good disposition; happy and outgoing
DIET FOR PREGNANT (and nursing) WOMEN

• Cod Liver Oil to supply 20,000 IU vitamin A and 2000 IU vitamin D per day.

• 1 quart (or 32 ounces) raw whole milk daily, from pasture-fed cows.

• 4 tablespoons butter daily, preferably from pasture-fed cows.

• 2 or more eggs daily, preferably from pastured chickens Additional egg yolks daily, added to smoothies, salad dressings, scrambled eggs, etc.

• 3–4 ounces fresh liver, once or twice per week.

• Fresh seafood, 2–4 times per week, particularly wild salmon, shellfish and fish eggs
DIET FOR PREGNANT (and nursing) WOMEN

• Fresh beef, lamb, pork or dark meat poultry daily, always consumed with the fat (and skin)
• Oily fish or lard daily, for vitamin D
• 2 tablespoons coconut oil daily, used in cooking or smoothies, etc.
• Lacto–fermented condiments and beverages
• Bone broths used in soups, stews and sauces
• Soaked or sourdough whole grains
• Fresh vegetables and fruits
• Sea salt
PRE-NATAL VITAMINS FROM FOOD!

**CALCIUM:** Raw milk, yoghurt, cheese, bone broths

**FOLATE:** Liver, beans, egg yolk, fish eggs, green vegetables

**VITAMIN B12:** Liver, shellfish, fish eggs, meat, eggs

**VITAMIN B6:** Raw meat, raw dairy, eggs, liver, bananas

**DHA:** Cod liver oil, fish eggs, egg yolks, liver

**VITAMIN A:** Cod liver oil, liver, egg yolks, butter

**VITAMIN D:** Cod liver oil, fish eggs, egg yolks, lard, butter

**VITAMIN K:** Cheese, poultry liver, poultry fats, eggs

**CHOLINE:** Egg yolks, liver

**ZINC:** Red meat, liver, fish eggs

**IODINE:** Fish eggs, sea food, butter

**PROBIOTICS:** Lacto-fermented foods, coconut oil, butter
VACCINATIONS
PREGNANT WOMEN
CONTAIN AT LEAST 4 NEUROTOXINS
- Mercury
- Formaldehyde
- Aluminum
- MSG

JUST SAY NO!
Studies show more miscarriages after vaccinations.
BREAST-FEEDING

Breast-feeding is best... 

**IF** Mom is well nourished

**IF** Mom has enough milk

**IF** Mom is at home or has a job that allows her to pump milk while at work.
IF YOU CAN’T BREASTFEED

Give your baby our homemade formula based on whole raw milk!

westonprice.org/childrens-health/formula-homemade-baby-formula/

COMMERCIAL FORMULA

Skim milk
Vegetable oils
Sugar, not lactose
Many questionable ingredients

Highly processed junk food!
Why Homemade Formula?

1. Full of quality, nutrient dense ingredients
2. Uses lactose, the sugar found in breast milk
3. Very close to nutrient profile of breast milk
4. Healthy fatty acid profile, closest to breast milk
5. Naturally high in nutrients, nothing synthetic
6. Fresh, uncooked product, full of enzymes and heat-sensitive nutrients
7. Beneficial bacteria present from cows milk plus additional strains added
NO SOY FORMULA!!
NO SOY FOODS AT ANY TIME!
EXCLUSIVE BREAST-FEEDING AFTER SIX MONTHS?

At six months, babies need more iron than breast milk can supply.

Danger of anemia in the baby.
  Growth problems
  Mental retardation
  Fatigue
  Behavior problems
  Shy and clinging; not smiling
  Lack of social referencing
WHEN TO WEAN?

Start some solid food by six months

Can be earlier if baby is very big/mature

BUT WHAT TO FEED BABY?
AMERICAN ACADEMY OF PEDIATRICS?

- Introduce solid foods around 6 months of age
- Expose baby to a wide variety of healthy foods
- Offer a variety of textures
- Iron–fortified rice cereal as first food (until recent arsenic scandal)
- Now grudgingly recommending red meat for iron
COMMERCIAL BABY FOOD?

- Mostly vegetables or fruit plus water
- Strange mixtures, like quinoa and peas
- Meat with “gravy” (water and corn starch)
- No liver, no egg yolks
COMMERCIAL BABY FOOD?

• Often in plastic containers—give your child phthalates at an early age!
COMMERCIAL BABY FOOD?

- Aseptic containers – flash heated to 295 °F
- Lined with aluminum!
Aluminum in lining **DOES** migrate under high heat, especially to acidic foods like fruit and yogurt!
Lean meat or tofu
Occasional egg
Occasional cheese
Fruits and vegetables
Whole grains – dry breakfast cereals
Lowfat milk
Low–trans spreads
Reduced salt

NO butter
NO organ meats
NO animal fats
ELEVEN FOODS

- Eggs
- Prunes
- Avocado
- Fish
- Yogurt/cheese/milk
  (soy milk if allergic to cow’s milk)
- Nuts
- Chicken/beans
- Fruit
- Green veggies
- Whole grains
- Water

- Avoid salt
- No butter
- Nonfat or lowfat milk after age 2
- No organ meats, no red meat
- Rough whole grains
**Best First Foods for Baby**

- Fruits:
  - Banana
  - Pear
  - Avocado
  - Peach
  - Apple
  - Melon, etc.

- Vegetables:
  - Sweet potato
  - Butternut squash
  - Carrots
  - Pumpkin
  - Beets
  - Green beans, etc.

- Other ideas for later:
  - Chicken, turkey, fish
  - Scrambled egg
  - Pasta
  - Cheese
  - Tofu
  - Toasted bread

**Worst First Foods for Baby**

- White rice cereal or any grain-based infant cereals.

When flour is refined to make cereal, the most nutritious part of the grain is removed, so the flour essentially becomes a form of sugar.

When you feed your baby a bowl of infant cereal, picture yourself dipping directly into your sugar bowl and feeding baby a spoon or two, because that’s essentially what it amounts to. - Dr. Mercola
The Natural, No–Fuss, No–Purée Method for Starting Your Baby on Solid Foods

*Baby–Led Weaning* explodes the myth that babies need to be spoon-fed and shows why self-feeding from the start of the weaning process is the healthiest way for your child to develop. With baby-led weaning (BLW, for short), you can skip purées and make the transition to solid food by following your baby’s cues.
SKIP PUREES
WITH baby lead weaning
BLW FIRST FOODS

Raw carrot, raw broccoli, strip of meat
Micro-waving OK
“Salt is bad for babies”
“Healthy Fats” vegetable oils, oily fish, olive oil
Full fat dairy OK, but no butter
Pasta, pizza OK
Oat cakes, rice cakes, dry breakfast cereal

Expect mess—allow time for mom to clean up!

Baby tells mom what he is going to eat!
Baby Led Weaning Foods

Sweet Potato Sticks  Scrambled Egg Yolk
Avocado             Pears
Peas                Bananas
Broccoli           Peaches
Green Beans         Baked Apples
Sliced Tomatoes     Turkey
Shredded Cheese     Sliced Cucumber
Chicken             Peppers

www.FoodFitnessandFamilyBlog.com
With baby-led weaning, Mom gets to clean up this mess 3–4 times per day!
REASONS GIVEN FOR BABY-LED WEANING

Put a variety of foods in front of baby—baby will know what to eat (but will mom know which foods baby needs?)

Babies need the training to learn to put things in their mouths (!)

Babies need to eat with the family at the table (!)

Babies are traumatized by putting a spoon in their mouth—will grow up to be axe murderers.
Foods included sweet milk (whole, raw milk), sour milk, salt, beef, lamb, chicken, bone marrow, bone jelly, sweetbreads, brains, liver, kidneys, fish and eggs.
• Foods were mashed, ground up or finely minced—not raw and in big chunks.

• Nurses fed foods baby indicated WITH A SPOON.

• Babies also ate with fingers.

• Babies developed definite tastes. For example, one baby ate two pounds of oranges in one day.

• “All babies ended up eating a balanced diet.” HOW DO WE KNOW??

• This is NOT baby-led weaning in which babies are given raw broccoli or raw carrots as their first foods!!
# NUTRIENT-DENSE FOODS FOR BABY

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Apple</th>
<th>Carrots</th>
<th>Red Meat</th>
<th>Egg Yolk</th>
<th>Gizzard</th>
<th>Chicken Liver</th>
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<tbody>
<tr>
<td><strong>PHOSPHORUS</strong></td>
<td>6 mg</td>
<td>31 mg</td>
<td>140 mg</td>
<td>390 mg</td>
<td>148 mg</td>
<td>299 mg</td>
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<tr>
<td><strong>IRON</strong></td>
<td>.1 mg</td>
<td>.6 mg</td>
<td>3.3 mg</td>
<td>2.7 mg</td>
<td>2.5 mg</td>
<td>9.0 mg</td>
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<tr>
<td><strong>ZINC</strong></td>
<td>.05 mg</td>
<td>.3 mg</td>
<td>4.4 mg</td>
<td>2.3 mg</td>
<td>2.7 mg</td>
<td>2.5 mg</td>
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<tr>
<td><strong>COPPER</strong></td>
<td>.04 mg</td>
<td>.08 mg</td>
<td>0.2 mg</td>
<td>.08 mg</td>
<td>.04 mg</td>
<td>0.4 mg</td>
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<tr>
<td><strong>VITAMIN B2</strong></td>
<td>.02 mg</td>
<td>.05 mg</td>
<td>0.2 mg</td>
<td>0.5 mg</td>
<td>0.2 mg</td>
<td>1.8 mg</td>
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<tr>
<td><strong>VITAMIN B6</strong></td>
<td>.03 mg</td>
<td>.1 mg</td>
<td>.07 mg</td>
<td>0.4 mg</td>
<td>0.1 mg</td>
<td>.72 mg</td>
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<tr>
<td><strong>VITAMIN B12</strong></td>
<td>0</td>
<td>0</td>
<td>1.84 mcg</td>
<td>1.9 mcg</td>
<td>1.2 mcg</td>
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<tr>
<td><strong>VITAMIN C</strong></td>
<td>7 mg</td>
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<td>0</td>
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<tr>
<td><strong>VITAMIN A</strong></td>
<td>0</td>
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<td>40 IU</td>
<td>2300 IU</td>
<td>64 IU</td>
<td>34,000 IU</td>
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<tr>
<td><strong>VITAMIN D</strong></td>
<td>0</td>
<td>0</td>
<td>8 IU</td>
<td>1400 IU</td>
<td>?</td>
<td>370 IU</td>
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<tr>
<td><strong>VITAMIN K</strong></td>
<td>0</td>
<td>0</td>
<td>2.5 mcg</td>
<td>35 mcg</td>
<td>?</td>
<td>9.5 mcg</td>
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</table>
NUTRIENT–DENSE FOODS

Liver and other organ meats, preferably pasture–fed
Whole raw milk
Butter! Butter! Butter! (and other animal–fats!)
Egg yolks, preferably pasture–fed
Red meat with fat, poultry with the skin and fat!
Cheese
Fish eggs
Shell fish
Oily fish
Cod liver oil
Fermented foods like sauerkraut
Homemade gelatinous bone broth
NUTRIENT-DENSE SUPER FOODS
BABY’S FIRST FOODS

Soft cooked egg yolk with salt.

Pureed liver, with butter and salt, thinned with water, broth, cream or raw milk.

Pureed meat or gizzard, with butter or duck fat

Mashed banana
AS BABY GROWS

Pureed cooked fruit with butter or cream

Pureed soups with cream

Cheese

Avocado

Scrambled egg with extra yolk

Seafood; fish eggs

Family food, finely minced, with butter and salt
ATTENTION TO DIGESTIBILITY

Raw fruit—very hard for baby to digest—cook baby’s fruit!

Raw vegetables—very hard for baby to digest and contain anti-nutrients that block mineral absorption and thyroid function—save for later.

Whole grains—a disaster for baby’s gut. Wait until at least one year and prepare properly to make more digestible

Egg white—wait until at least one year
PROBLEMS WITH BABY-LED WEANING

Malnutrition

Wasteful

Choking

Mess

Horrible for family meals

Baby put in charge
BABY AT FAMILY MEALS

Feed baby his pureed food first, so he is not hungry.

Give him small pieces of finger food (such as banana) to eat during the meal.

A pelican bib can cut down on the mess.
WHY BABIES NEED ANIMAL FATS

Cholesterol
Critical for growth, hormone production

Saturated Fats
Key to all processes in the body

Arachidonic Acid
Needed for healthy skin, brain, digestion

Fat–Soluble Vitamins A, D and K
VITAMIN A IS NEEDED FOR EACH CONVERSION. TRANS FATS INHIBIT ENZYMES THAT MAKE THESE CONVERSIONS.

CHOLESTEROL
THE MOTHER OF ALL HORMONES

ACTH

CHOLESTEROL

Pregnenolone → Progesterone

Pregnenolone → Progesterone

DHEA → Androstenedione → Estradiol

Testosterone

Corticosterone → Aldosterone → Corticosterone

11 Deoxycortisol → Cortisol

REGULATE MINERAL METABOLISM, GLUCOSE LEVELS, BLOOD PRESSURE, HEALING AND STRESS

SEX HORMONES
VITAMIN A
NEEDED FOR NUMEROUS PROCESSES IN THE BODY

PROTEIN ASSIMILATION
CALCIUM ASSIMILATION
PROPER GROWTH
PREVENTION OF BIRTH DEFECTS
PROPER FUNCTION OF THE ENDOCRINE SYSTEM
THYROID FUNCTION
IMMUNE SYSTEM FUNCTION
PRODUCTION OF STRESS AND SEX HORMONES
EYES, SKIN, BONES
ROLES OF VITAMIN D

HEALTHY BONES
PROPER GROWTH
MINERAL METABOLISM
MUSCLE TONE
REPRODUCTION
HEALTHY SKIN
INSULIN PRODUCTION
IMMUNE SYSTEM
NERVOUS SYSTEM
CELL FUNCTION
FEEL GOOD CHEMICALS
LONGEVITY
SOURCES OF VITAMINS A AND D IN THE TRADITIONAL AMERICAN DIET

ALSO, LIVER AND OTHER ORGAN MEATS AS IN SAUSAGE, PATE, LIVERWURST, SCRAPPLE, ETC.
ACTIVATOR X = VITAMIN K₂

ANIMAL FORM: K₂ is the animal form of vitamin K, made from K₁, the plant form.

GROWTH: Plays important role, especially in facial development. Sign of deficiency: Underdevelopment of middle third of the face.

BONES AND TEETH: Needed for deposition of phosphorus and calcium in bones and teeth

HEART DISEASE: Prevents calcification and inflammation of the arteries.

BRAIN: Involved in synthesis of myelin sheath; supports learning capacity.

REPRODUCTION: Vital for normal reproduction.
THE SYNERGY OF VITAMINS A, D and K

**VITAMIN K** ACTIVATES PROTEINS AFTER SIGNALING BY VITAMINS A AND D

VITAMINS A AND D TELL CELLS TO MAKE CERTAIN PROTEINS
Vitamin K2, supported by vitamins A and D, prevents the growth plates from closing prematurely, including the growth plates in the maxilla.
FOOD SOURCES OF VITAMIN K₂

- Bear Fat
- Natto (Fermented Soy)
- Goose Liver/Duck Liver
- Goose Fat/Duck Fat
- Aged Cheeses
- Egg Yolk
- Butter
- Chicken Liver
- Fatty Meats
- Sauerkraut
RAW CHEESE FROM PASTURED ANIMALS
A COMPLETE FOOD!
Best Source of Vitamin K2 in the Western Diet
1938

NURSERY SCHOOL AT U.S. MARYSVILLE CAMP FOR DUST BOWL REFUGEES IN CALIFORNIA
"Your baby. . .
give him the help he
needs to build a
well-shaped head ... 
a straight, strong
back. . .
sound, even teeth
...
Daily use is
important!"
KEY NUTRIENTS FOR BRAIN DEVELOPMENT

**VITAMIN A:** Cod liver oil; liver, butter and egg yolks from grass-fed animals

**VITAMIN D:** Cod liver oil; lard, butter and egg yolks from grass-fed animals

**VITAMIN K2:** Butter, egg yolks and organ meats from grass-fed animals

**CHOLINE:** Liver, egg yolks

**DHA:** Cod liver oil, liver, butter, egg yolks

**ARACHIDONIC ACID:** Animal fats, egg yolks, organ meats

**ZINC:** Red meat, shell fish

**CHOLESTEROL:** Seafood; dairy foods, eggs and meat fats
RAW MILK FOR CHILDREN

• Calcium for optimal growth, strong bones, strong teeth.
• Protection against asthma, allergies, eczema.
• Builds immune system.
• Glutathione for protection against toxins.
• Builds healthy gut wall.
FIVEFOLD PROTECTIVE SYSTEM
IN RAW MILK

1. Destroys pathogens in the milk.
2. Stimulates the immune system.
4. Prevents absorption of pathogens and toxins in the gut.
5. Ensures assimilation of all the nutrients.
## DESTRUCTION OF BUILT-IN SAFETY SYSTEMS BY PASTEURIZATION

<table>
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<tr>
<th>Component</th>
<th>Breast Milk</th>
<th>Raw Milk</th>
<th>Pasteurized Milk</th>
<th>UHT Milk</th>
<th>Infant Formula</th>
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<td>Macrophages</td>
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<td>Neutrophils</td>
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<td>Lymphocytes</td>
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<tr>
<td>IgA/IgG Antibodies</td>
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<tr>
<td>B&lt;sub&gt;12&lt;/sub&gt; Binding Protein</td>
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<tr>
<td>Bifidus Factor</td>
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<td>Medium–Chain FAs</td>
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<td>Fibronectin</td>
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<td>Mucin A/Oligosaccharides</td>
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<td>Reduced</td>
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<tr>
<td>Hormones/Growth Factors</td>
<td>Active</td>
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<td>Reduced</td>
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</table>

1. Scientific American, December 1995
Diphtheria Vaccine
Introduced 1920

Whopping Cough Vaccine
Widespread use in the late 1940s

Measles Vaccine
Introduced 1963

Diphtheria Antitoxin
Started Use 1894

Measles
Scarlet Fever
Typhoid
Whopping Cough
Diphtheria

1948: FIRST STATE MANDATORY PASTEURIZATION LAWS

THE SACRED COW
A Step–Up Transformer of Grass and Sunlight into the Vital Fat–Activators A, D and K2
THE PASTURED POULTRY MODEL
THE “EFFICIENT” INDUSTRIAL CONFINEMENT MODEL
Supermarket Egg

Pastured Egg

Organic Egg

8 times more vitamin D,

2 times more vitamin A

in pastured egg compared to supermarket egg
CONFINEMENT BUTTER  
GRASS–FED BUTTER  

10–13 TIMES MORE VITAMIN A AND  
3 TIMES MORE VITAMIN D IN GRASS–FED BUTTER
VITAMIN D IN LARD HELPS THE BODY MAKE NEURO-CHEMICALS THAT PROTECT AGAINST DEPRESSION.
THE SOLUTION TO VITAMIN D DEFICIENCY!

12 times more vitamin D in lard from pastured animals compared to conventional

One test found 1100 IU vitamin D in 1 tablespoon of grass-fed lard!
VEGETARIAN DIETS

More cancer
More allergies
More mental illness
Need more health care
Poorer quality of life
AND
More tooth decay
THE PURITANICAL DIET

The virtuous, plant-based, low-fat, low-salt, high-fiber diet. Approved by dietitians! Impossible to stay on.
THE PORNOGRAPHIC FOODS
LACTO-FERMENTED FOODS PROVIDE ENZYMES AND GOOD BACTERIA

SAUERKRAUT, CORTIDO (SPICY SOUTH AMERICAN SAUERKRAUT), PICKLED RELISH, PICKLED BEETS, PEACH CHUTNEY, APPLE BUTTER
**GRAINS IN TRADITIONAL CULTURES**

SEEDS, GRAINS, LEGUMES AND NUTS ARE SOAKED, SPROUTED, FERMENTED OR NATURALLY LEAVENED

PROPER PREPARATION MAKES SEED FOODS MORE DIGESTIBLE AND THEIR NUTRIENTS MORE AVAILABLE.

<table>
<thead>
<tr>
<th>BENEFITS</th>
<th>REASON</th>
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<tr>
<td>DEACTIVATES ENZYME INHIBITORS</td>
<td>BLOCK DIGESTION</td>
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<tr>
<td>NEUTRALIZES PHYTIC ACID</td>
<td>BLOCKS MINERAL ABSORPTION</td>
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<tr>
<td>NEUTRALIZES TANNINS AND LECTINS</td>
<td>IRRITANTS</td>
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<tr>
<td>PRE-DIGESTS COMPLEX STARCHES &amp; SUGARS</td>
<td>HARD TO DIGEST</td>
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<tr>
<td>BEGINS BREAKDOWN OF GLUTEN</td>
<td>HARD TO DIGEST; CAN BE TOXIC</td>
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HERBIVORE STOMACHS
HUMAN STOMACHS
PROPER PREPARATION OF SEED FOODS

IMITATES NATURAL FACTORS THAT NEUTRALIZE THE SEED’S "PRESERVATIVES" AND ALLOW IT TO SPROUT:

MOISTURE

WARMTH

SLIGHT ACIDITY

TIME
QUICK-CHANGE!
from one Fabricated Food to another

HOUR cleans system, changes extruder components.
CRUEL BREAKFAST
MORE CRUEL BREAKFASTS
GOOD BREAKFASTS

SCRAMBLED EGGS WITH SAUTÉED POTATOES

SMOOTHIE MADE WITH WHOLE YOGHURT, EGG YOLKS, FRUIT AND COCONUT OIL

FRIED EGGS WITH NO-NITRATE BACON AND FRUIT
1. SOAK ROLLED OATS IN WARM WATER AND 1 TABLESPOON OF SOMETHING ACIDIC – WHEY, YOGHURT, VINEGAR OR LEMON JUICE – OVERNIGHT.
2. NEXT MORNING, BRING WATER AND SALT TO A BOIL.
3. ADD SOAKED OATMEAL, BRING TO A BOIL AND COOK, STIRRING, FOR ONE MINUTE.
4. COVER AND LET SIT SEVERAL MINUTES.
5. SERVE OATMEAL WITH PLENTY OF BUTTER OR CREAM AND A NATURAL SWEETENER. SPRINKLE COCONUT AND/OR CRISPY NUTS ON TOP IF DESIRED.
Teeth marks in butter
PROBLEMS WITH SOY FOODS

PHYTIC ACID: Blocks absorption of calcium, magnesium, iron, copper and especially zinc.

PROTEASE INHIBITORS: Block protein digestion, cause swelling of pancreas.

ISOFLAVONES: Block thyroid function and cause endocrine disruption. Lower cholesterol.

LECTINS: Irritating to the gastrointestinal tract.

OXALATES: High levels can cause kidney stones.

MANGANESE: High levels can cause brain damage in infants.
THE BAD FATS!
THE SIX BASIC GOOD FATS AND OILS

Pastured Butter, Extra Virgin Olive Oil, Pastured Lard, Coconut Oil, Fermented Cod Liver Oil
IMPORTANCE OF BONE BROTH

1. Supplies calcium and other minerals in a form easy to assimilate.

2. Supplies nutrients that help build healthy collagen and cartilage.

3. Supplies amino acids that help the body detoxify.

4. Supplies gelatin to help digestion.

5. Heals the digestive tract.

6. Regulates dopamine for mental/emotional health
   (www.westonaprice.org/mentalemotional-health/meat-organs-bones-and-skin)
FOODS THAT CONTAIN HIGH LEVELS OF MSG

MSG has been linked to: diabetes, migraines and headaches, obesity, autism, ADHD and Alzheimer's.
The Weston A. Price Foundation® for Wise Traditions in Food, Farming and the Healing Arts

QUARTERLY MAGAZINE
INFORMATIONAL BROCHURES
YEARLY SHOPPING GUIDE
ANNUAL CONFERENCE
LOCAL CHAPTERS
The Nourishing Traditions Cookbook for Children

Teaching Children to Cook the Nourishing Traditions Way

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THEY’RE ONLY YOUNG ONCE

Early attention to good nutrition ensures lifelong health!