

# 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

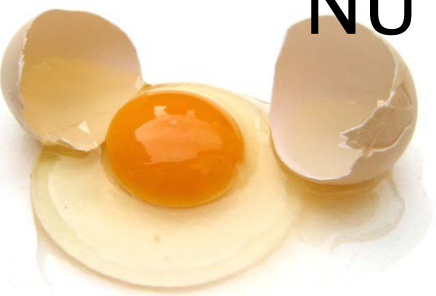
Traditional peoples  
consumed special  
nutrient-dense foods

- 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/](http://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!



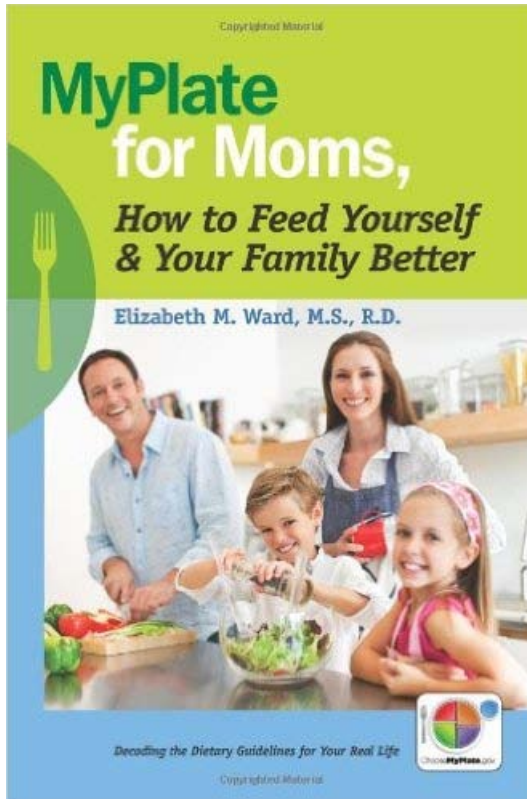




Aluminum in lining **DOES** migrate under high heat, especially to acidic foods like fruit and yogurt!



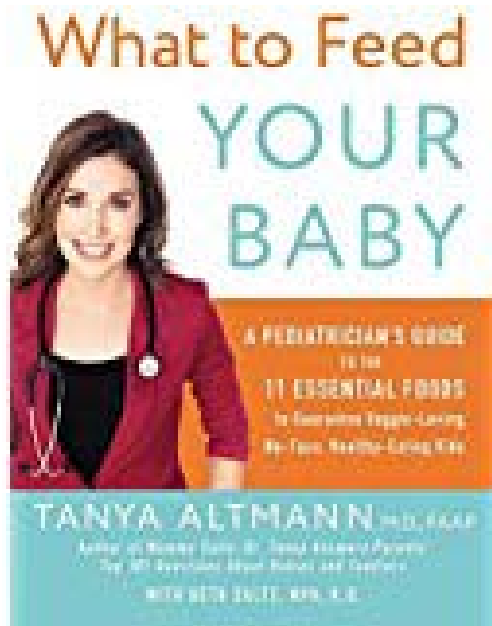
# USDA DIETARY GUIDELINES FOR PREGNANT WOMEN AND GROWING CHILDREN



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

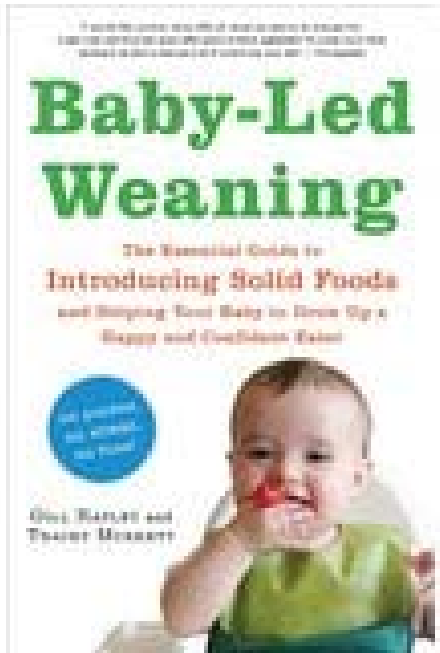


### White rice cereal or any grain-based infant cereals.

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

Avocado

Peas

Broccoli

Green Beans

Sliced Tomatoes

Shredded Cheese

Chicken

Scrambled Egg Yolk

Pears

Bananas

Peaches

Baked Apples

Turkey

Sliced Cucumber

Peppers

[www.FoodFitnessandFamilyBlog.com](http://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

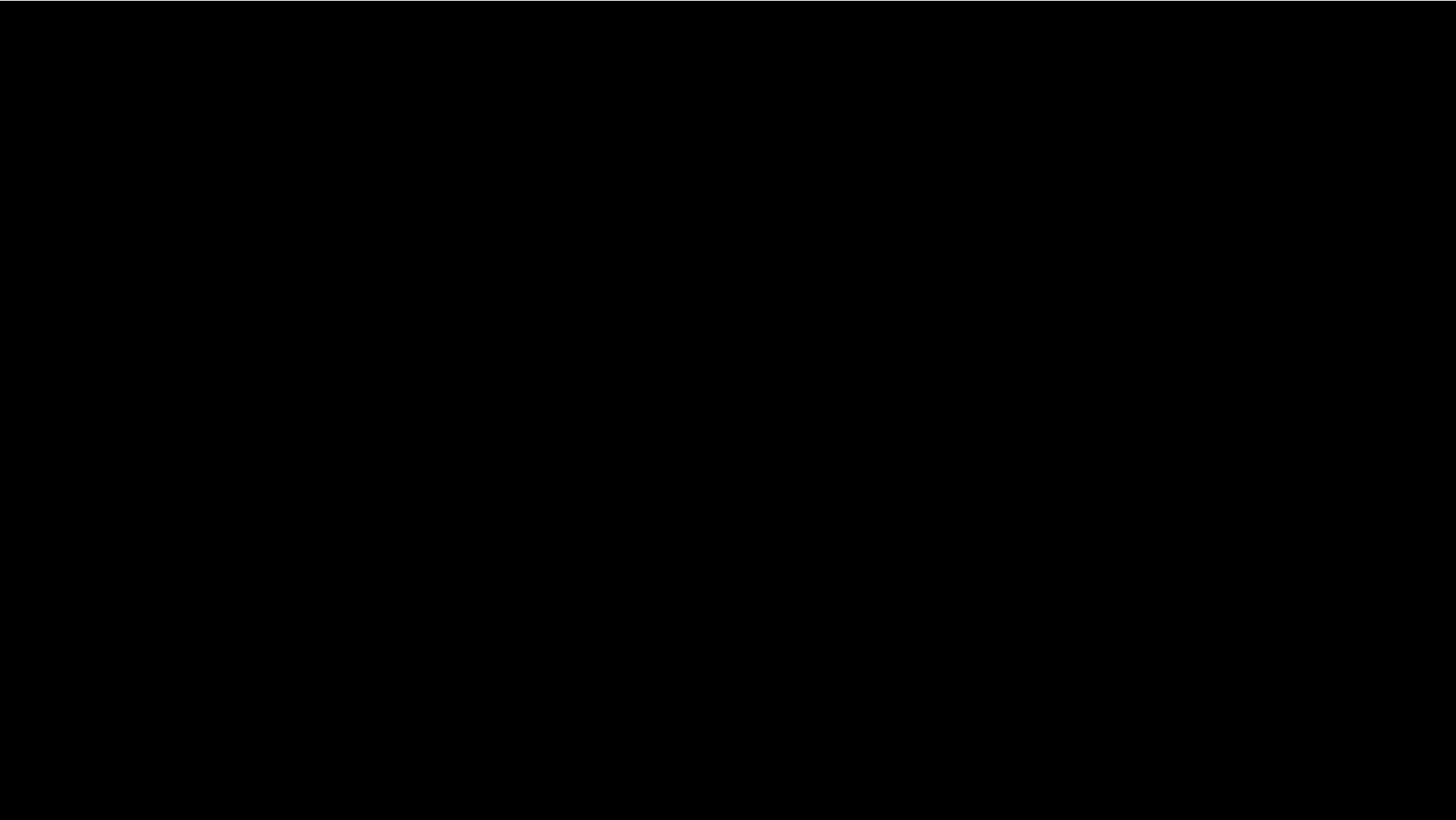
Put a variety of foods in front of baby—baby will know what to eat (but will mom know which foods baby needs?)

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.







# BABY FEEDING STUDIES BY CLARA DAVIS

## 1926 Mt. Sinai Hospital, Cleveland

### Food Choices at the Orphanage



Clara Davis, as she appeared in a 1918 photograph, spearheaded the classic food-choice study.

- |                       |              |                 |                    |
|-----------------------|--------------|-----------------|--------------------|
| 1. Water              | 17. Spinach  | 23. Barley      | 29. Chicken        |
| 2. Sweet milk         | 18. Potatoes | 24. Ry-Krisp    | 30. Sweetbreads    |
| 3. Sour (lactic) milk | 19. Lettuce  | 25. Beef        | 31. Brains         |
| 4. Sea salt           | 20. Oatmeal  | 26. Lamb        | 32. Liver          |
| 5. Apples             | 21. Wheat    | 27. Bone marrow | 33. Kidneys        |
| 6. Bananas            | 22. Cornmeal | 28. Bone jelly  | 34. Fish (haddock) |
| 7. Orange juice       |              |                 |                    |
| 8. Fresh pineapple    |              |                 |                    |
| 9. Peaches            |              |                 |                    |
| 10. Tomatoes          |              |                 |                    |
| 11. Beets             |              |                 |                    |
| 12. Carrots           |              |                 |                    |
| 13. Peas              |              |                 |                    |
| 14. Turnips           |              |                 |                    |
| 15. Cauliflower       |              |                 |                    |
| 16. Cabbage           |              |                 |                    |



A photo from Davis' 1928 paper shows foods from the eating experiment. Babies in the study were given around 10 foods to pick from at a time, presented minced, mashed or ground up in bowls or cups they could point at.

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

PER 100 g	APPLE	CARROTS	RED MEAT	EGG YOLK	GIZZARD	CHICKEN LIVER
PHOSPHORUS	6 mg	31 mg	140 mg	390 mg	148 mg	299 mg
IRON	.1 mg	.6 mg	3.3 mg	2.7 mg	2.5 mg	9.0 mg
ZINC	.05 mg	.3 mg	4.4 mg	2.3 mg	2.7 mg	2.5 mg
COPPER	.04 mg	.08 mg	0.2 mg	.08 mg	.04 mg	0.4 mg
VITAMIN B2	.02 mg	.05 mg	0.2 mg	0.5 mg	0.2 mg	1.8 mg
VITAMIN B6	.03 mg	.1 mg	.07 mg	0.4mg	0.1 mg	.72 mg
VITAMIN B12	0	0	1.84 mcg	1.9 mcg	1.2 mcg	16.6 mcg
VITAMIN C	7 mg	6 mg	0	0	3.7 mg	18 mg
VITAMIN A	0	0	40 IU	2300 IU	64 IU	34,000 IU
VITAMIN D	0	0	8 IU	1400 IU	?	370 IU
VITAMIN K	0	0	2.5 mcg	35 mcg	?	9.5 mcg



# 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

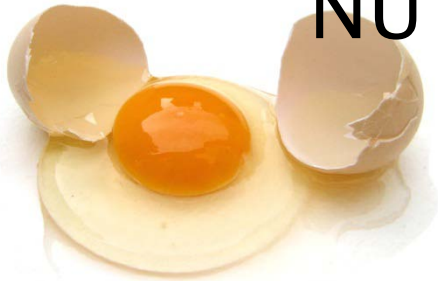
Cod liver oil

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













Lambert via Getty Images







# 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

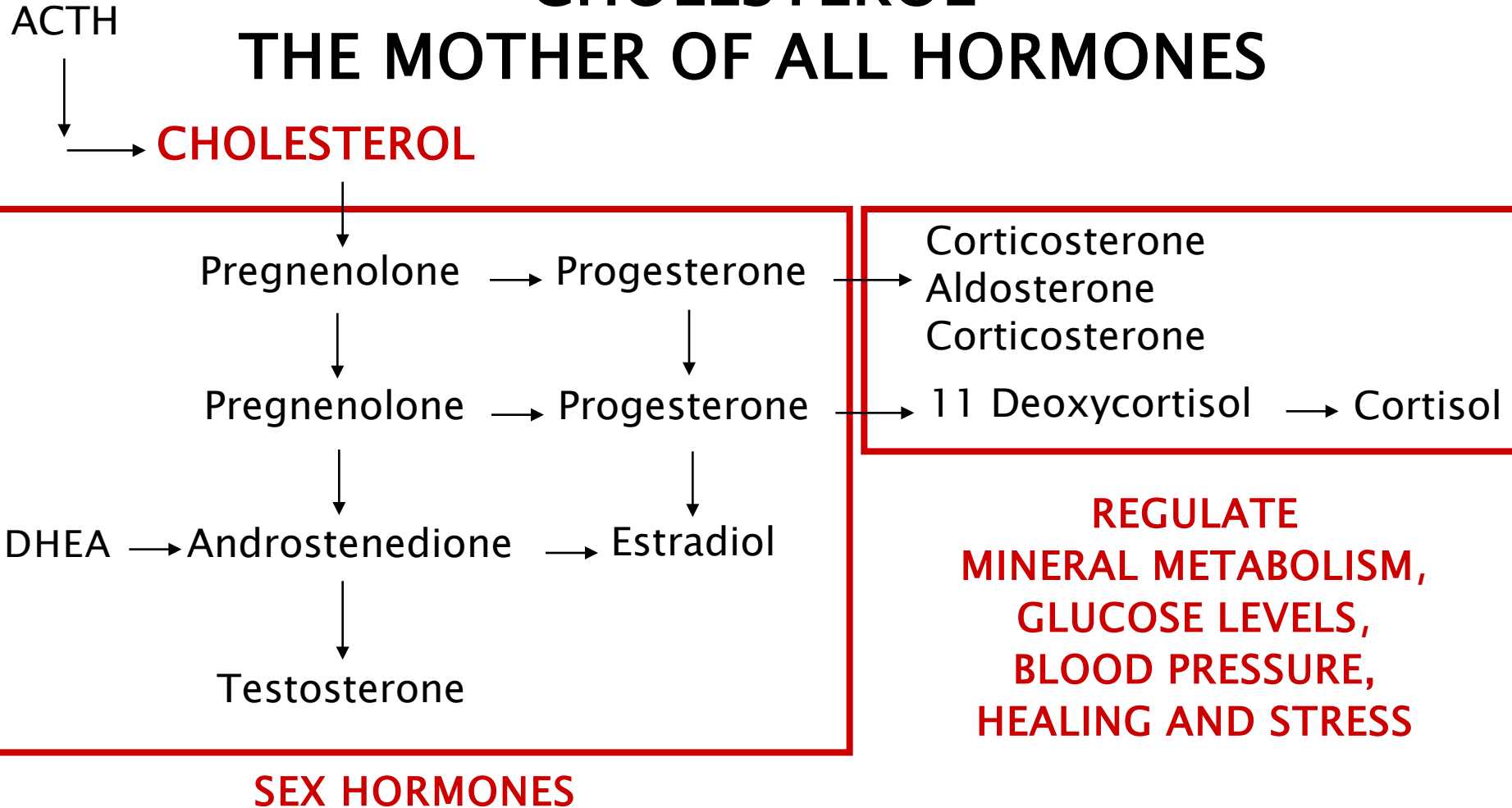
Needed for healthy skin, brain, digestion

Fat-Soluble Vitamins A, D and K



# CHOLESTEROL

## THE MOTHER OF ALL HORMONES

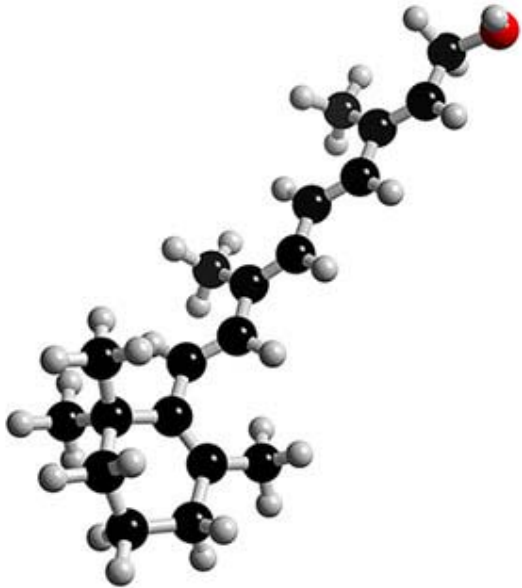


VITAMIN A IS NEEDED FOR EACH CONVERSION.  
TRANS FATS INHIBIT ENZYMES THAT MAKE THESE CONVERSIONS.



# 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

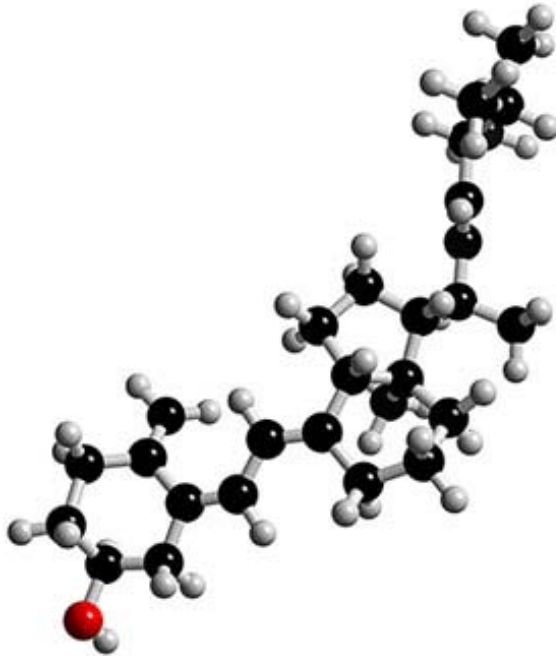
# IMMUNE SYSTEM FUNCTION

## 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 K<sub>2</sub>

**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.

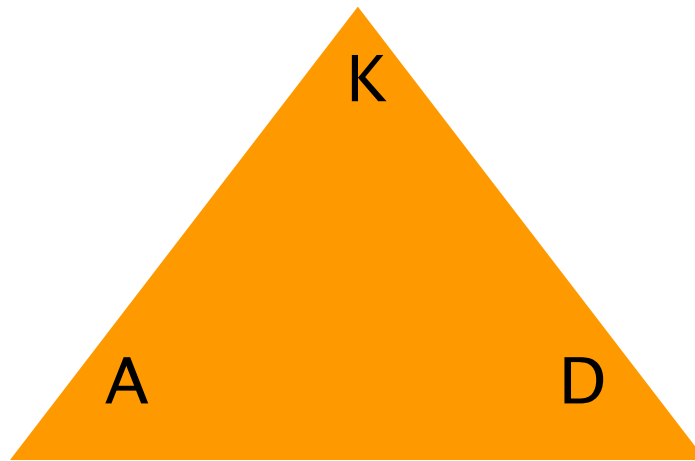
**BRAIN:** Involved in synthesis of myelin sheath; supports learning capacity.

**REPRODUCTION:** Vital for normal reproduction.



# THE SYNERGY OF VITAMINS A, D and K

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

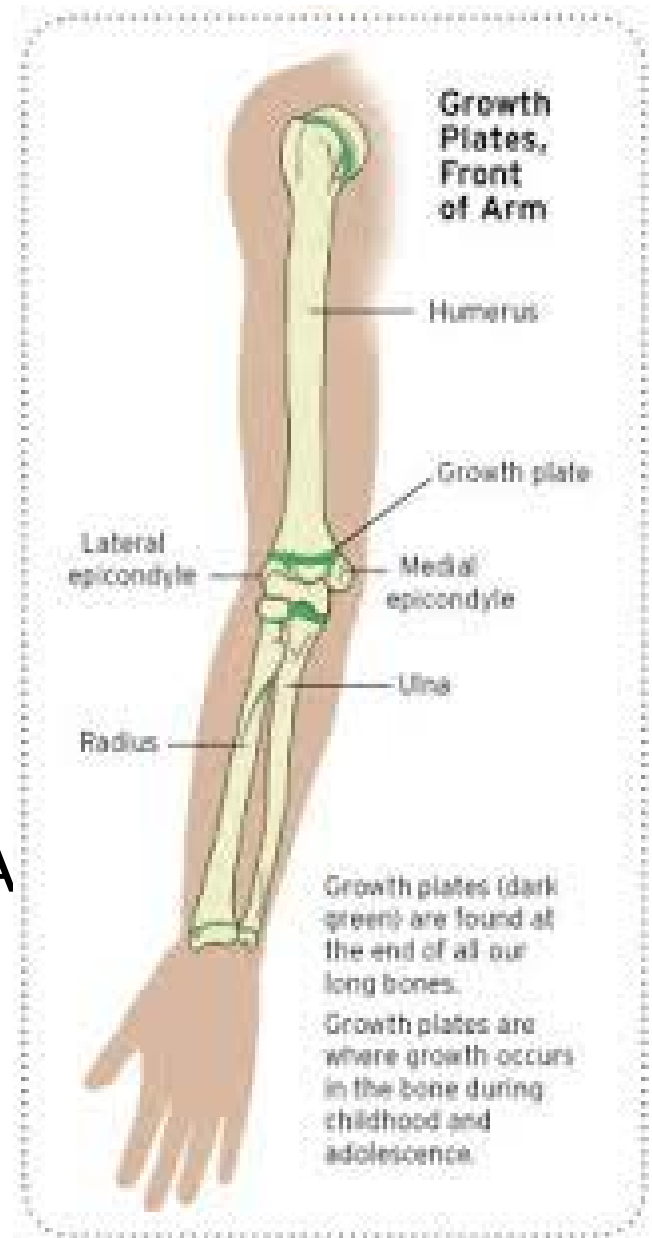


VITAMINS A AND D TELL CELLS TO MAKE CERTAIN PROTEINS





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 K<sub>2</sub>

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



[illegible]

“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.
3. Builds healthy gut wall.
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

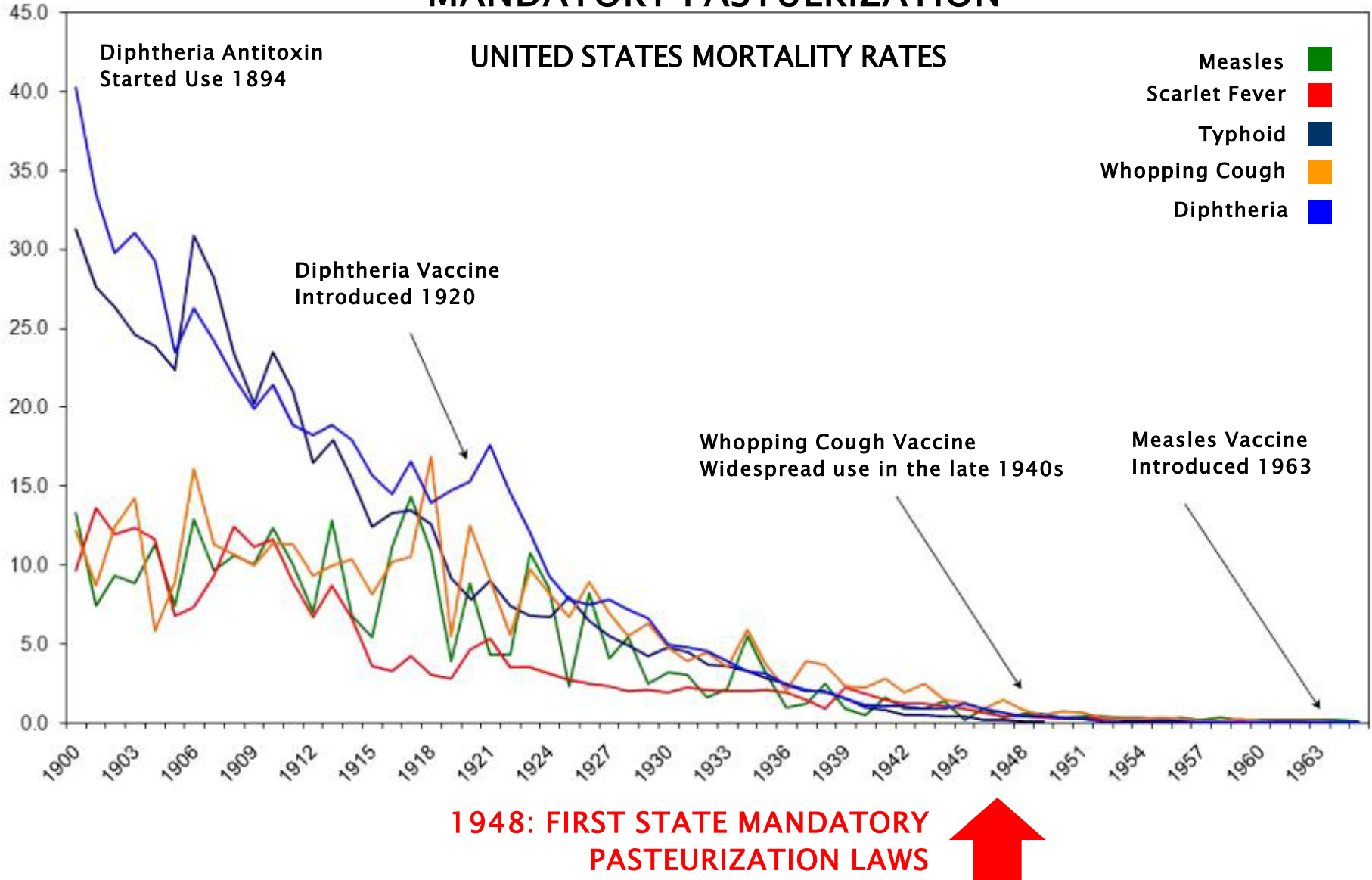
Component	Breast Milk	Raw Milk	Pasteurized Milk	UHT Milk	Infant Formula
B-lymphocytes	Active	Active	Inactivated	Inactivated	Inactivated
Macrophages	Active	Active	Inactivated	Inactivated	Inactivated
Neutrophils	Active	Active	Inactivated	Inactivated	Inactivated
Lymphocytes	Active	Active	Inactivated	Inactivated	Inactivated
IgA/IgG Antibodies	Active	Active	Inactivated	Inactivated	Inactivated
B <sub>12</sub> Binding Protein	Active	Active	Inactivated	Inactivated	Inactivated
Bifidus Factor	Active	Active	Inactivated	Inactivated	Inactivated
Medium-Chain FAs	Active	Active	Reduced	Reduced	Reduced
Fibronectin	Active	Active	Inactivated	Inactivated	Inactivated
Gamma-Interferon	Active	Active	Inactivated	Inactivated	Inactivated
Lactoferrin	Active	Active	Reduced	Inactivated	Inactivated
Lysozyme	Active	Active	Active	Inactivated	Inactivated
Mucin A/Oligosaccharides	Active	Active	Reduced	Reduced	Inactivated
Hormones/Growth Factors	Active	Active	Reduced	Reduced	Inactivated

1. *Scientific American*, December 1995

2. *The Lancet*, 17 NOV 1984; 2(8412):1111-1113.



# DECLINE IN INFECTIOUS DISEASE NOT RELATED TO MANDATORY PASTEURIZATION







## THE SACRED COW

A Step-Up Transformer of Grass and Sunlight into the  
Vital Fat-Activators A, D and K2



# THE **PASTURED** POULTRY MODEL

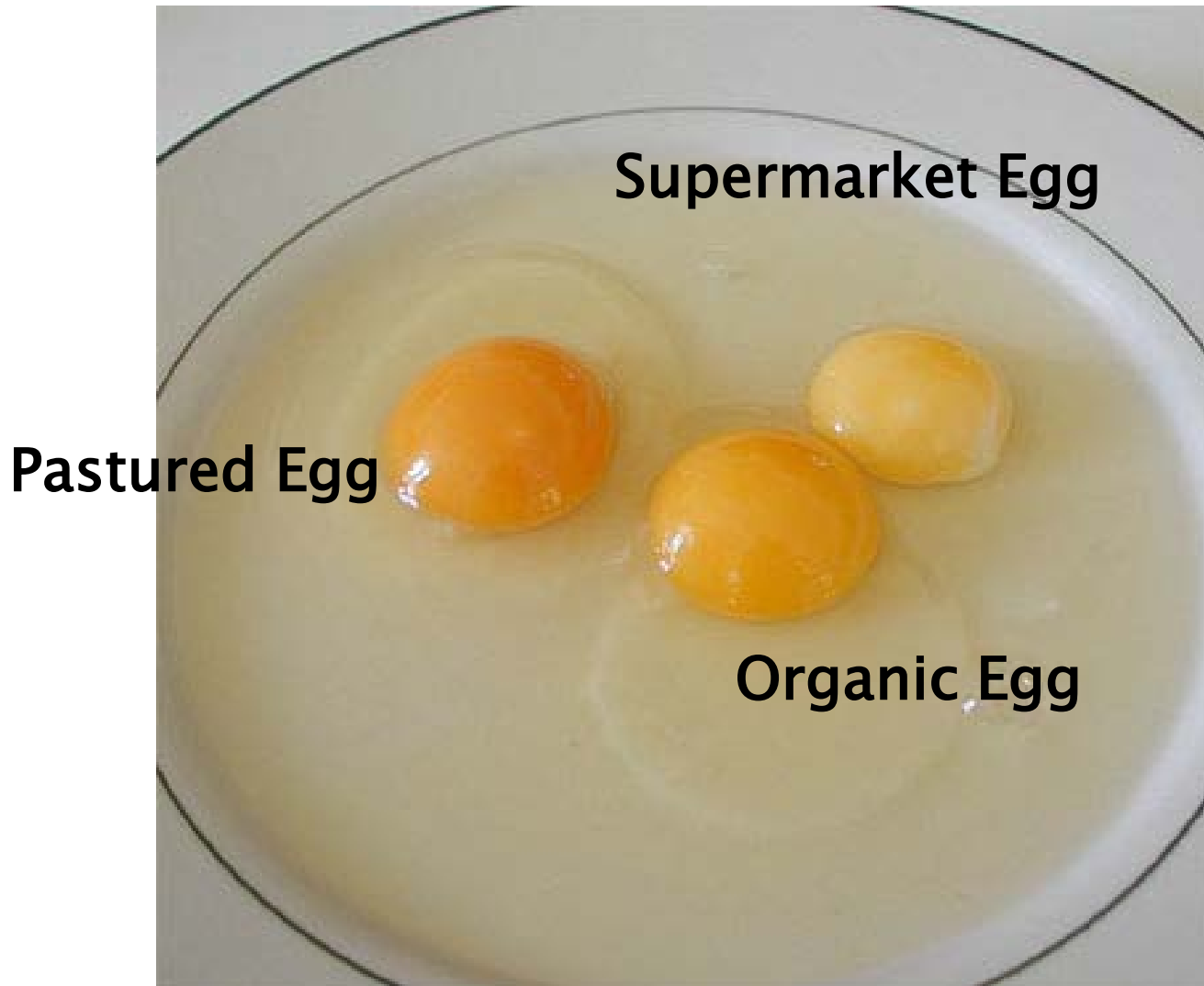




# THE “EFFICIENT” INDUSTRIAL CONFINEMENT MODEL







**8 times** more  
vitamin D,

**2 times** more  
vitamin A

in pastured  
egg  
compared to  
supermarket  
egg



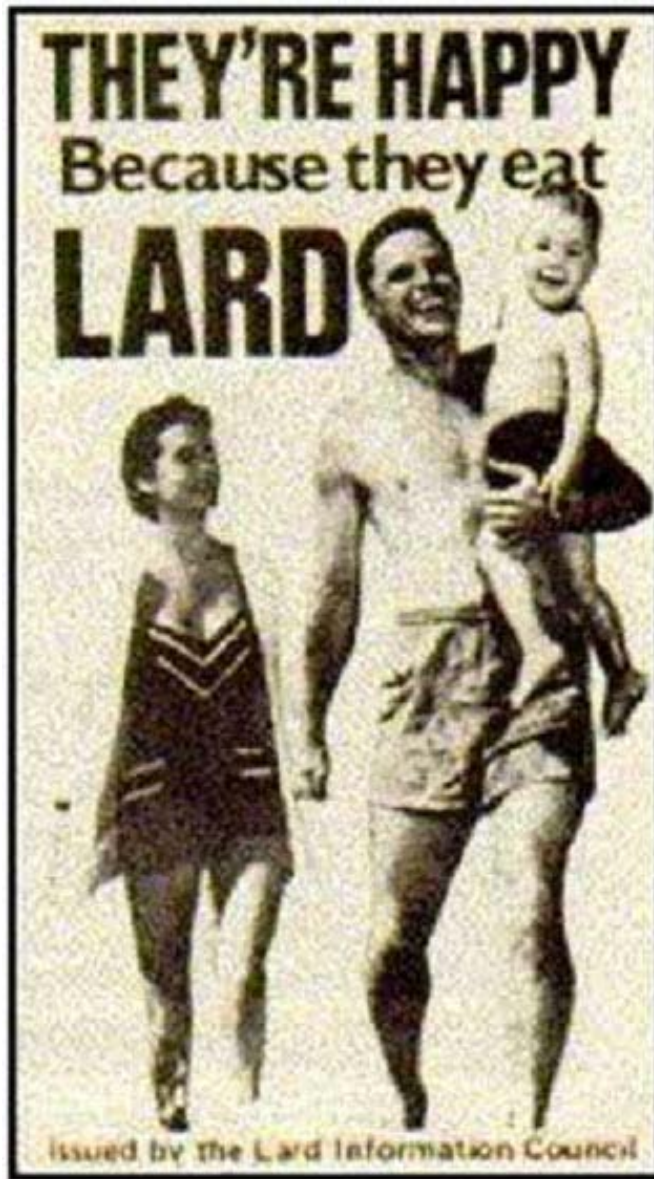


**CONFINEMENT BUTTER**

**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.

---

## BENEFITS

## REASON

---

DEACTIVATES ENZYME INHIBITORS

BLOCK DIGESTION

NEUTRALIZES PHYTIC ACID

BLOCKS MINERAL ABSORPTION

NEUTRALIZES TANNINS AND LECTINS

IRRITANTS

PRE-DIGESTS COMPLEX STARCHES & SUGARS

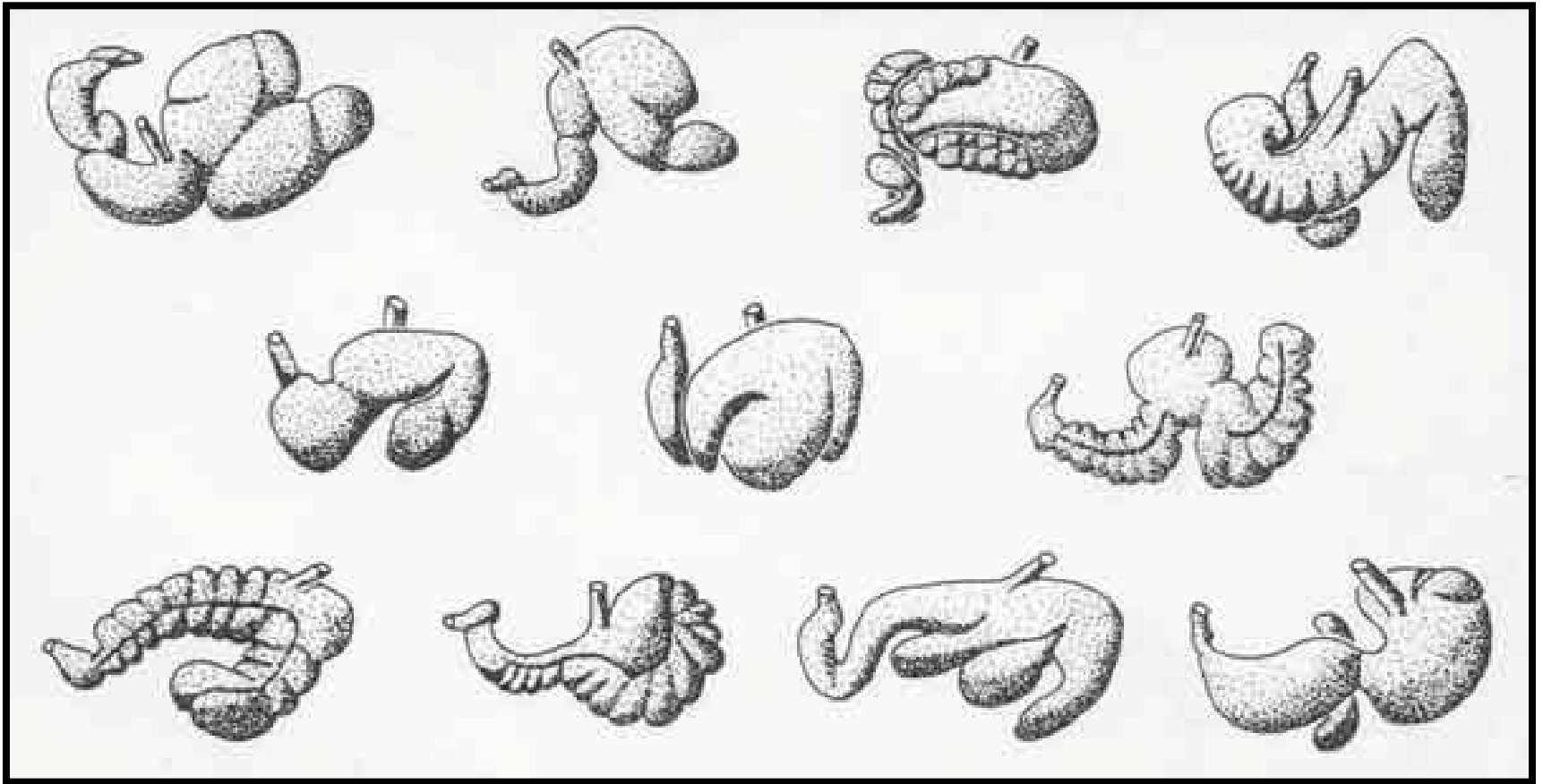
HARD TO DIGEST

BEGINS BREAKDOWN OF GLUTEN

HARD TO DIGEST; CAN BE TOXIC

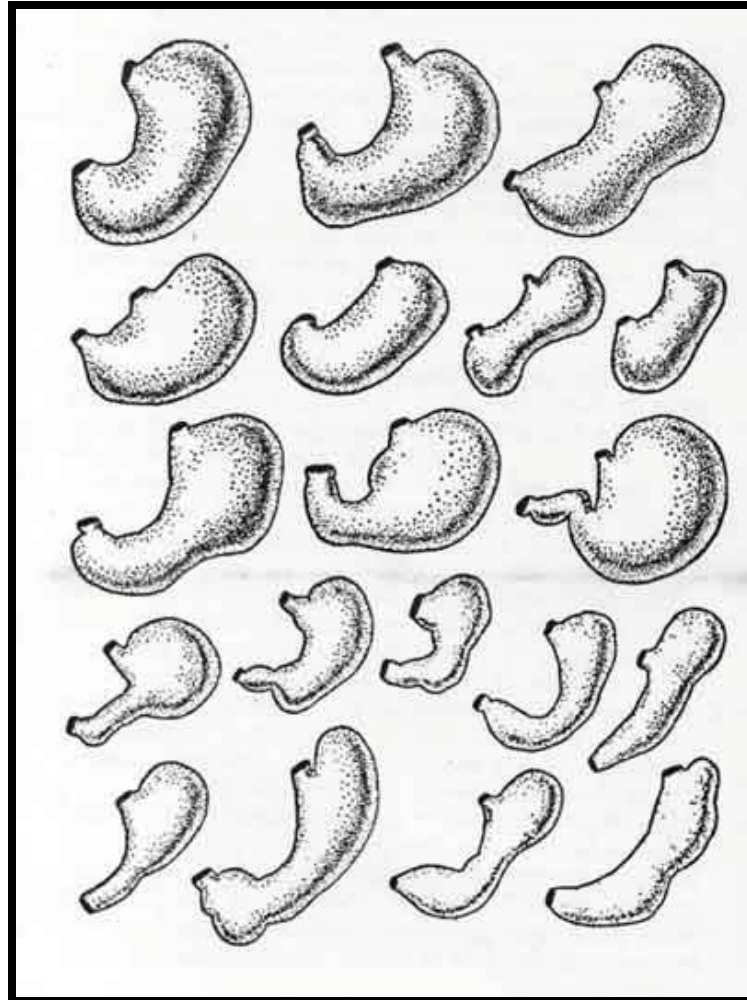


# HERBIVORE STOMACHS





# 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  
ponents.









**CRUEL BREAKFAST**





## MORE CRUEL BREAKFASTS



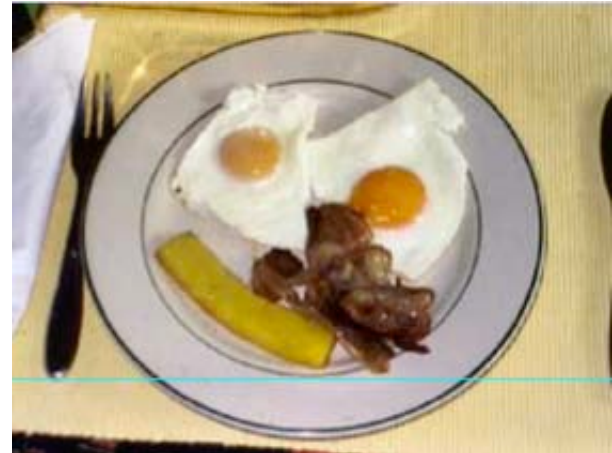
# GOOD BREAKFASTS



**SCRAMBLED EGGS WITH SAUTÉED POTATOES**



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



**FRIED EGGS WITH NO-NITRATE BACON  
AND FRUIT**



# GOOD GRAIN BREAKFAST



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.







# 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!













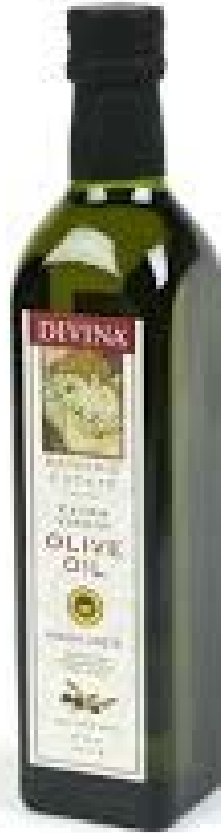








# THE SIX BASIC GOOD FATS AND OILS



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](http://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.





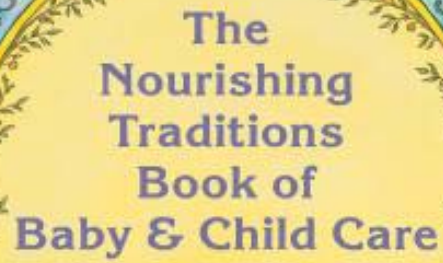
# The Weston A. Price Foundation®

for **Wise Traditions** in Food, Farming and the Healing Arts



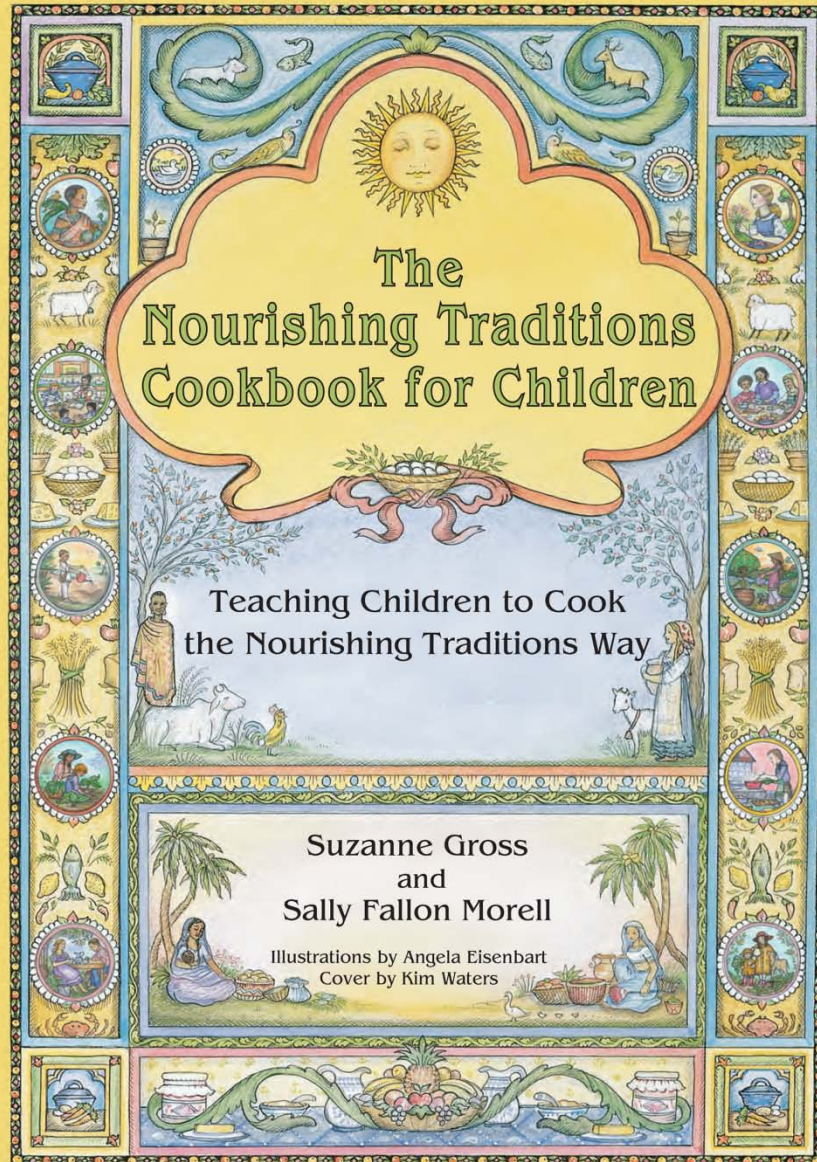
**QUARTERLY MAGAZINE**  
**INFORMATIONAL BROCHURES**  
**YEARLY SHOPPING GUIDE**  
**ANNUAL CONFERENCE**  
**LOCAL CHAPTERS**





Sally Fallon Morell  
Thomas S. Cowan, MD







# THEY'RE ONLY YOUNG ONCE

Early attention to good nutrition ensures lifelong health!

