Presented by the Weston A. Price Foundation

Seminar on Healthy Traditional Diets

With Ally Fallon Morell
Author of Nourishing Traditions
And President, the Weston A. Price Foundation

Saturday, March 28, 2020
8:30 AM - 4:30 PM

Online registration at
WestonAPrice.org/colorado

Held at the Sunrise Ranch
Loveland, Colorado 80538

Exhibiting
In seminar room:
$200 includes best table & lunch for two.
$100 includes table & lunch for one.

In pavilion (lunch & registration room):
$60 includes table & lunch for one.

To exhibit, contact us for approval unless you have exhibited or advertised with us before.

Accommodations
For overnight accommodations, contact Sunrise Ranch:
Which offers several options: apartments, suites, rooms and camping.
Rates include three wholesome meals.

Registration
Register by phone, fax, mail or at the events tab:
westonaprice.org
info@westonaprice.org (703) 820-3333

Space is limited; register early.

Registration Form

Name(s)
Address
City    State Zip
Phone   Email

Registration by March 6, $45 x ___ = ___
Registration after March 6, $55 x ___ = ___
(*Include additional people on separate page)

Exhibiting (details on back page):
$200 includes best table & lunch for two.
$100 includes table & lunch for one.
Extra exhibit staff with lunch = Total
Total Enclosed $__

Extra exhibit staff with lunch ___ @ $25 = __________

Note: Fees include a nourishing traditional lunch.

To exhibit, contact us for approval unless you have exhibited or advertised with us before.

Registration
Register by phone, fax, mail or online:
The Weston A. Price Foundation
PMB 106-380, 4200 Wisconsin Avenue, NW
Washington, DC 20016
(703) 820-3333, fax (571) 777-8932
info@westonaprice.org

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What You Will Learn

• Why butter is better and animal fats are vital to health.
• The key vitamins for growth and development.
• The importance of pasture-feeding of livestock.
• Why children need raw milk.
• The many roles of cholesterol in the body.
• Why grains and legumes need proper preparation.
• Why your body needs old-fashioned fermented foods.
• The health benefits of genuine bone broth.
• The dangers of modern soy products.
• Why we should avoid industrial fats and oils.
• The dangers of cholesterol-lowering drugs.
• Simple health guidelines everyone can follow.
• A simple, inexpensive treatment for joint pain.

The Weston A. Price Foundation

• Provides accurate information on diet and health.
• Receives no funding from government agencies or the food industry.
• Helps consumers find raw milk and pasture-raised animal products through nearly 500 local chapters.
• Popular website westonaprice.org and weekly podcast.
• Publishes Wise Traditions, a lively and informative quarterly journal.

Sally Fallon Morell

Sally Fallon Morell is the author of the best-selling cookbook Nourishing Traditions: The Cookbook That Challenges Politically Correct Nutrition and the Diet Dictocrats, with Mary Enig, PhD, a world-renowned expert in the field of lipids and human nutrition. This well-researched, thought-provoking guide contains a startling message: animal fats and cholesterol are not villains but vital factors in a healthy diet, necessary for normal growth, proper functioning of the brain and nervous system, protection from disease and optimum energy levels.

In 1999, Fallon Morell helped found the Weston A. Price Foundation, a nonprofit, tax-exempt charity dedicated to restoring nutrient-dense foods to the diet through education, research and activism. The Foundation supports a number of movements that contribute to this objective including accurate nutrition instruction, organic and biodynamic farming, pasture-feeding of livestock, community-supported farms, honest and informative labeling, prepared parenting and nurturing therapies.

Fallon Morell is also founder of A Campaign for Real Milk, dedicated to restoring consumer access to unprocessed milk products from pasture-fed cows. She is a frequent contributor to holistic health publications and serves as editor of Wise Traditions, the quarterly magazine of the Weston A. Price Foundation.

She is noted for sorting out fact from fiction in the complicated subject of human nutrition, and for making difficult concepts easy to understand. Her seminars are both inspiring and practical.

Take advantage of this rare opportunity to learn about the principles of healthy diets for your friends and family!

Conference Schedule

8:30 - 9:30 Registration & Visit Exhibits
9:30 - 11:00 The Work of Weston Price and the Basics of Nutrient-Dense Diets
Learn about the pioneering work of Weston A. Price and his studies of healthy nonindustrialized peoples. Dr. Price’s photographs graphically illustrate the effects of processed foods on human health. Topics include the importance of fat-soluble vitamins, problems with a vegan diet, and the importance of pasture-based farming.

11:00 - 11:30 Break & Visit Exhibits

11:30 - 12:15 A Campaign for Real Milk
Learn about the health benefits of raw milk, proper preparation of grains and legumes, the dangers of modern soy foods, benefits of lacto-fermented foods, the healing powers of genuine bone broth, and the importance of spacing of children.

12:15 - 1:30 Lunch & Visit Exhibits

1:30 - 3:00 Important Health Issues: Grains, Fermented Foods, Fats & Oils, Salt and Broth
Good fats versus bad fats; how to include grains in the diet; the health benefits of bone broth and fermented foods; why we need salt.

3:00 - 3:30 Strategies for Implementing Traditional Foods in Modern Kitchens
Hate to cook? No time to spend in the kitchen? Learn important strategies for incorporating the principles of nourishing traditional diets into your busy schedule, and for good and thorough digestion.

3:30 - 4:00 Q&A
4:00 - 4:30 Mingle & Visit Exhibits