

Registration Form

OR REGISTER AT WESTONAPRICE.ORG/COLORADO

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)

OR

Exhibiting (details on back page):

_____ \$200; _____ \$100; _____ \$60 Total _____

Extra exhibit staff with lunch _____ @ \$25 _____

Total Enclosed \$ _____

Note: Fees include a nourishing traditional lunch.

Payment by _____ Check/MO _____ Visa, MC, AE, Disc

Credit Card Number _____

Expiration _____

Name on Card _____

Phone _____

Signature _____

Note: Credit cards will be charged to the Weston A. Price Foundation

Register by mail, fax, phone 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

Location

SUNRISE RANCH

SUNRISERANCH.ORG

100 SUNRISE RANCH ROAD

LOVELAND, COLORADO 80538

(970) 679-4200 / (877) 786-0078

20 MINUTES WEST OF DOWNTOWN LOVELAND

60 MILES NORTH OF DENVER

Accommodations

FOR OVERNIGHT ACCOMMODATIONS,

CONTACT SUNRISE RANCH

WHICH OFFERS SEVERAL OPTIONS:

APARTMENTS, SUITES, ROOMS AND CAMPING

★RATES INCLUDE THREE WHOLESOME MEALS.

SUNRISE RANCH.ORG/ACCOMMODATIONS

Exhibiting

In seminar room:

\$200 includes best table & lunch for two.

\$100 includes table & lunch for one.

In pavillion (lunch & registration room):

\$60 includes table & lunch for one.

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

Registration

Register by phone, fax, mail or

at the **events tab**:

westonaprice.org

info@westonaprice.org (703) 820-3333

SPACE IS LIMITED; REGISTER EARLY

PRESENTED BY
THE WESTON A. PRICE FOUNDATION

Seminar on Healthy Traditional Diets

WITH

SALLY FALLON MORELL

AUTHOR OF *NOURISHING TRADITIONS* AND
PRESIDENT, THE WESTON A. PRICE FOUNDATION



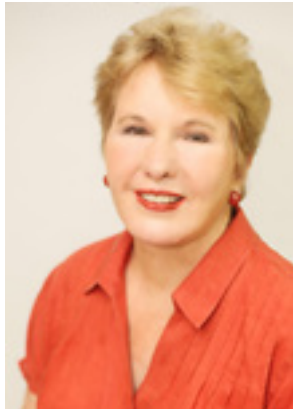
SATURDAY, MARCH 28, 2020

8:30 AM - 4:30 PM

ONLINE REGISTRATION AT
WESTONAPRICE.ORG/COLORADO

HELD AT THE
SUNRISE RANCH
LOVELAND, COLORADO
SUNRISERANCH.ORG

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**

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.