

GUIDELINES FOR A HEALTHY PREGNANCY AND OPTIMAL HEALTH FOR YOUR BABY

BY SALLY FALLON MORELL, PRESIDENT
THE WESTON A. PRICE FOUNDATION

POWERPOINT DESIGN BY SANDRINE HAHN

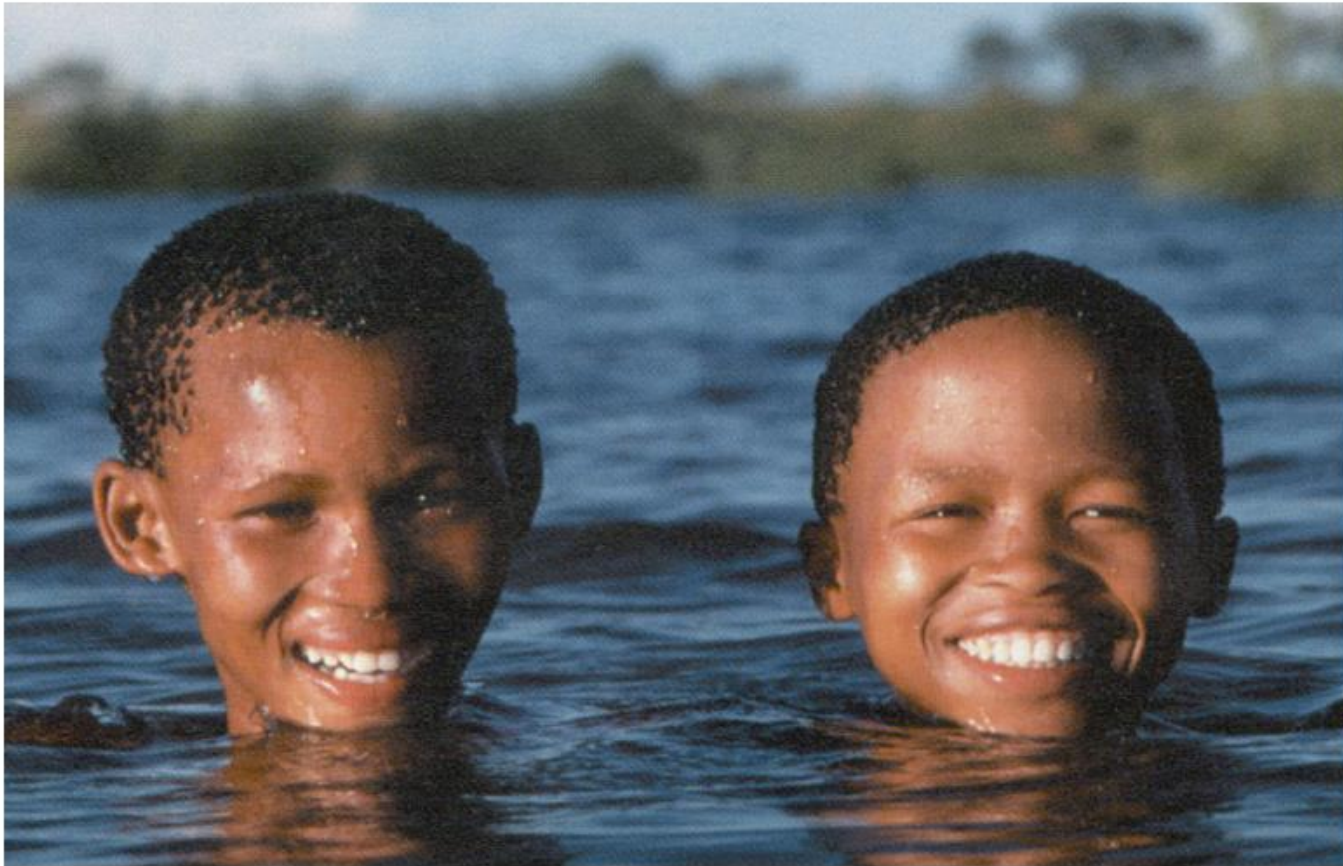
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It is provided for educational purposes only.

You assume full responsibility for how you choose to use this information.

MODERN VERSUS TRADITIONAL FACIAL STRUCTURE



THE TEETH TELL THE TALE!

STRAIGHT TEETH

CROWDED, CROOKED TEETH

PLENTY OF ROOM IN HEAD FOR
PITUITARY, PINEAL, HYPOTHALAMUS,
SINUS CAVITIES AND EAR TUBES

COMPROMISED SPACE FOR MASTER
GLANDS IN THE HEAD; INCREASED
SUSCEPTIBILITY TO INFECTION

GOOD SKELETAL DEVELOPMENT, GOOD
MUSCLES

POOR DEVELOPMENT, POOR
POSTURE, EASILY INJURED

KEEN EYESIGHT AND HEARING

POOR EYESIGHT AND HEARING

OPTIMAL FUNCTION OF ALL ORGANS

COMPROMISED FUNCTION OF ALL
ORGANS

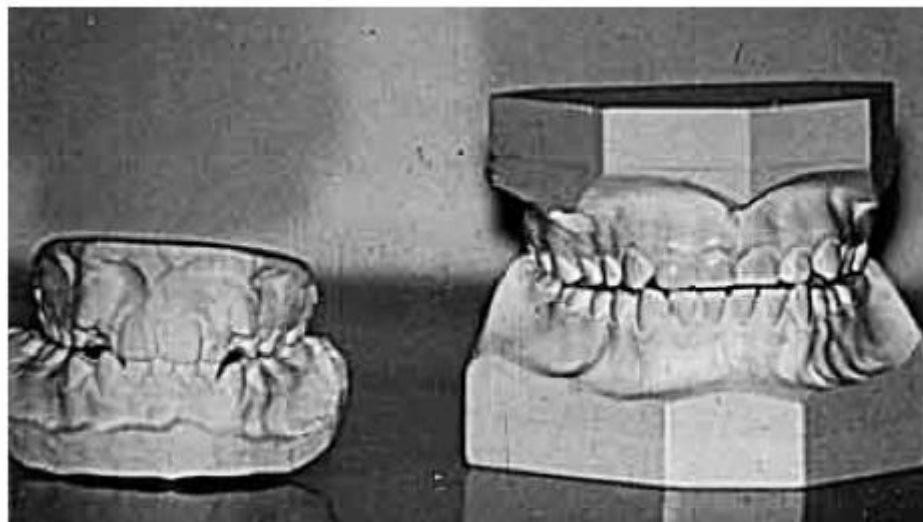
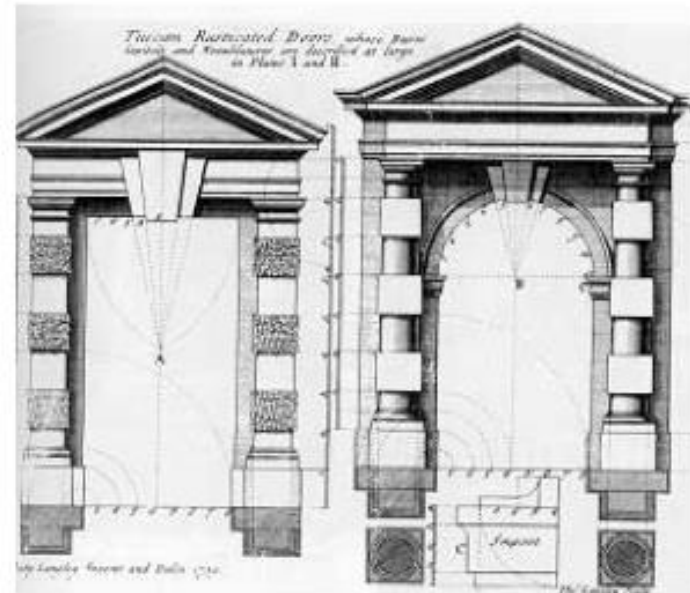
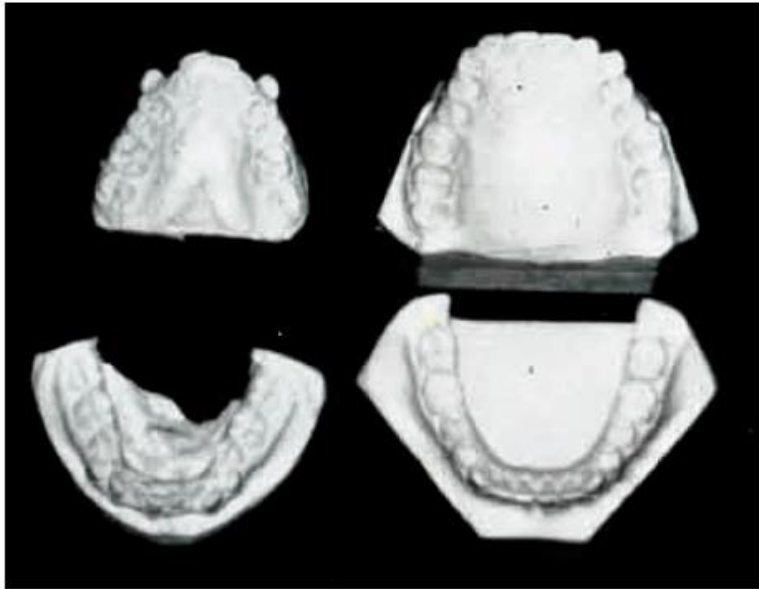
OPTIMISTIC OUTLOOK, LEARNS EASILY

DEPRESSION, BEHAVIOR
PROBLEMS, LEARNING PROBLEMS

ROUND PELVIC OPENING, **EASY**
CHILDBIRTH

OVAL PELVIC OPENING, **DIFFICULT**
CHILDBIRTH

DENTAL CASTS OF MODERNIZED AND PRIMITIVE INDIVIDUALS



TYPICAL DENTAL DEFORMITIES



ANTERIOR CROSSBITE



POSTERIOR CROSSBITE



CROWDING



OPEN BITE

An open bite is usually due to an oral habit.



PROTRUSION



ECTOPIC ERUPTION

Ectopically erupting maxillary incisor.



COMPLETE CLASS III

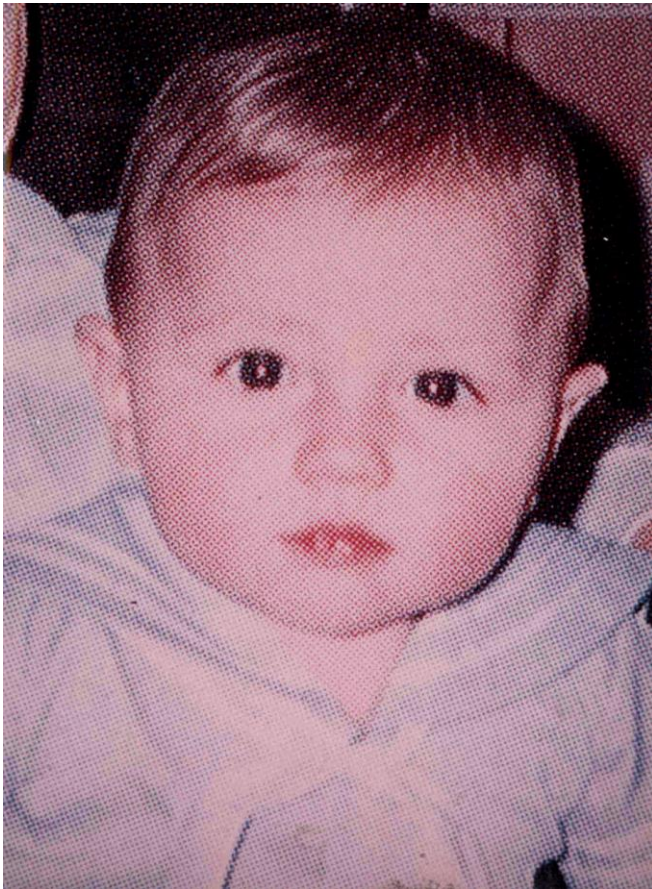


DIASTEMA

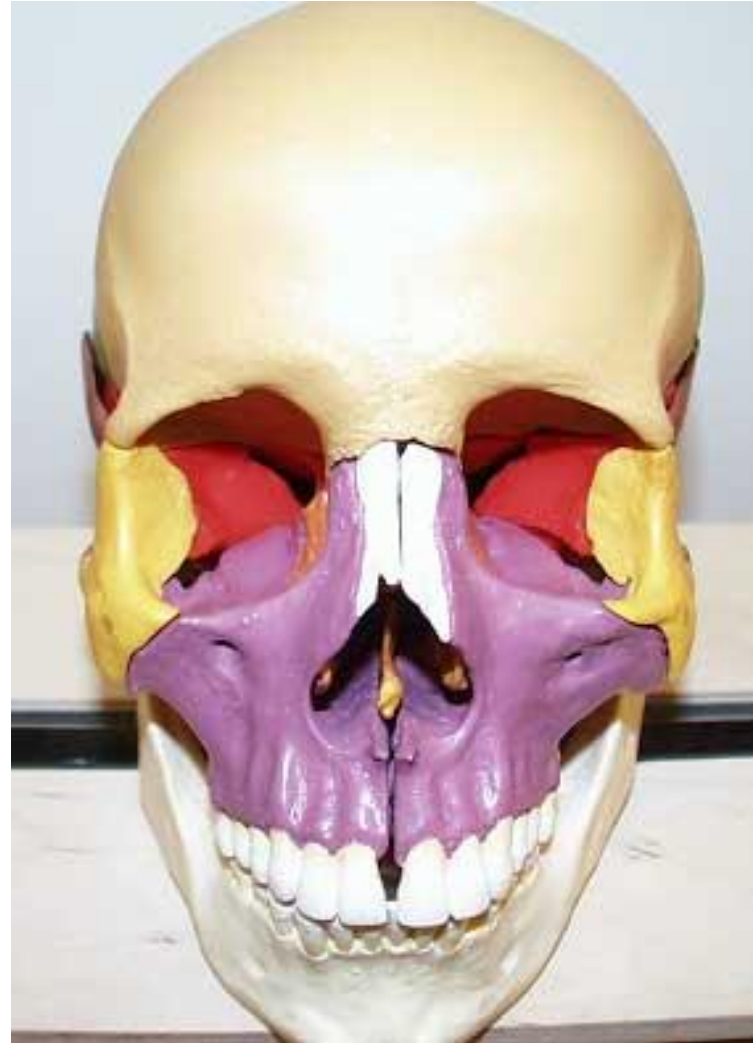
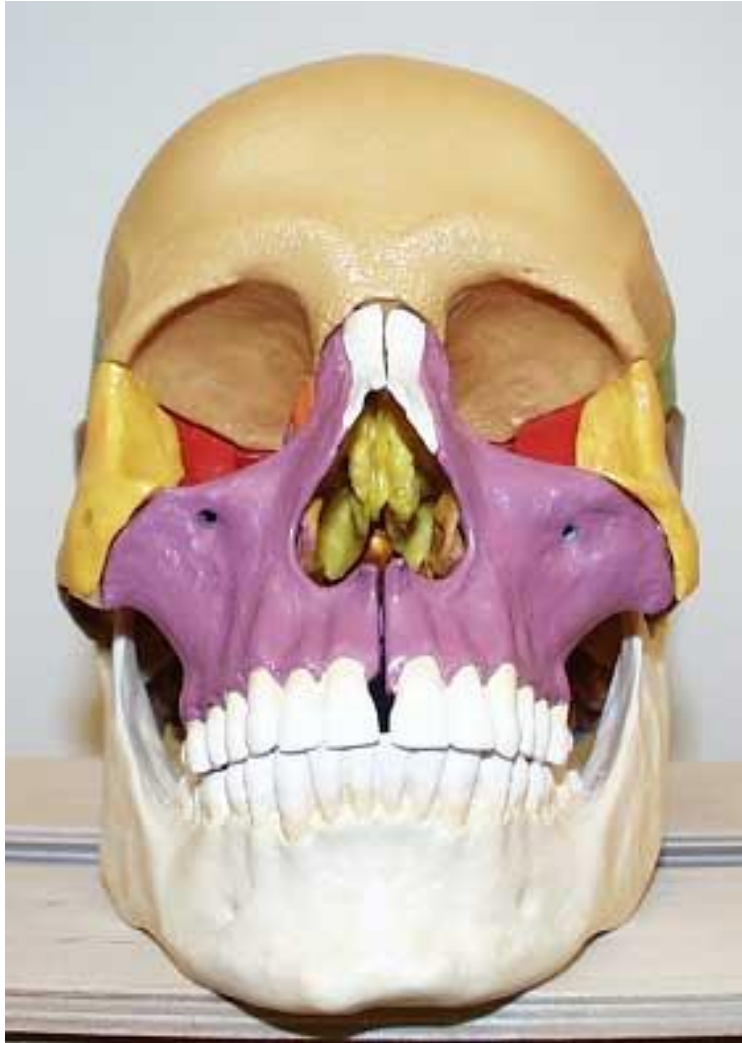


ORAL HABITS

OPTIMAL FACIAL STRUCTURE APPARENT IN INFANCY



THE FACIAL BONES



NATURAL BEAUTY

!! Individual beauty is a matter of both design of the face and regularity and perfection of the teeth.

Nature always builds harmoniously if conditions are sufficiently favorable, regardless of race, color or location.

!!

WESTON A. PRICE, DDS

"LIFE IN ITS FULLNESS IS MOTHER NATURE OBEYED."

WESTON A. PRICE, DDS



FACTORY FOODS ARE NOT MOTHER NATURE'S FOODS!

THE PURITANICAL DIET



The virtuous, low-fat, low-salt, high-fiber, impossible diet. Approved by dietitians!



PORNOGRAPHIC FOOD

NUTRIENT DENSITY

DR. PRICE'S KEY FINDING

PRIMITIVE DIETS CONTAINED **4 TIMES**
THE CALCIUM AND OTHER MINERALS,
AND **10 TIMES** THE FAT-SOLUBLE VITAMINS
COMPARED TO THE MODERN AMERICAN DIET.

SOURCES OF VITAMINS A, D and K

SEAFOODS

FISH EGGS
FISH LIVERS
FISH LIVER OIL
FISH HEADS
SHELL FISH
OILY FISH

SEA MAMMALS



LAND ANIMALS
GRASS-FED!

INSECTS
BUTTER AND CREAM
EGG YOLKS
LIVER, ORGAN MEATS
ANIMAL FAT

ESPECIALLY MONO-GASTRIC ANIMALS SUCH AS
BIRDS, PIG, BEAR, GUINEA PIG



THE FAT-SOLUBLE ACTIVATORS A AND D

“ A question arises as to the efficiency of the human body in removing all of the minerals from the ingested foods. Extensive laboratory determinations have shown that most people cannot absorb more than half of the calcium and phosphorus from the foods eaten. The amounts utilized depend directly on the presence of other substances, particularly fat-soluble vitamins.

It is at this point probably that the greatest breakdown in our modern diet takes place, namely, in the ingestion and utilization of adequate amounts of the special activating substances, including the vitamins [A and D] **needed for rendering the minerals in the food available to the human system.**

It is possible to starve for minerals that are abundant in the foods eaten because they cannot be utilized without an adequate quantity of the fat-soluble activators. ”

WESTON PRICE, DDS
NUTRITION AND PHYSICAL DEGENERATION

BRICKS AND MORTAR

MORTAR = FAT-SOLUBLE
ACTIVATORS A AND D

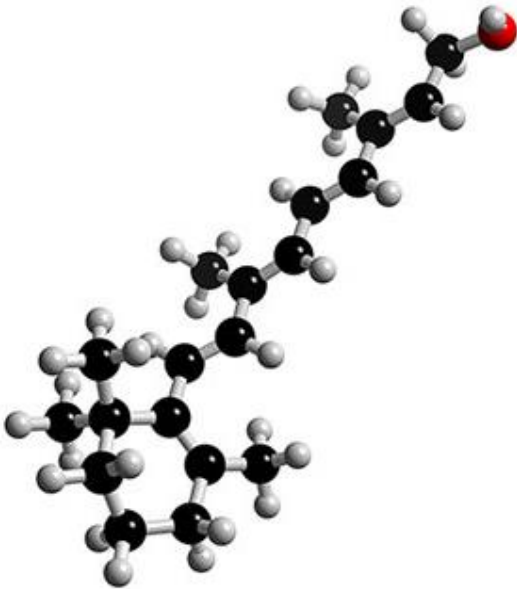


BRICKS = MINERALS

THE BODY IS LIKE A HOUSE OR TEMPLE, BUILT OF BRICKS AND MORTAR

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

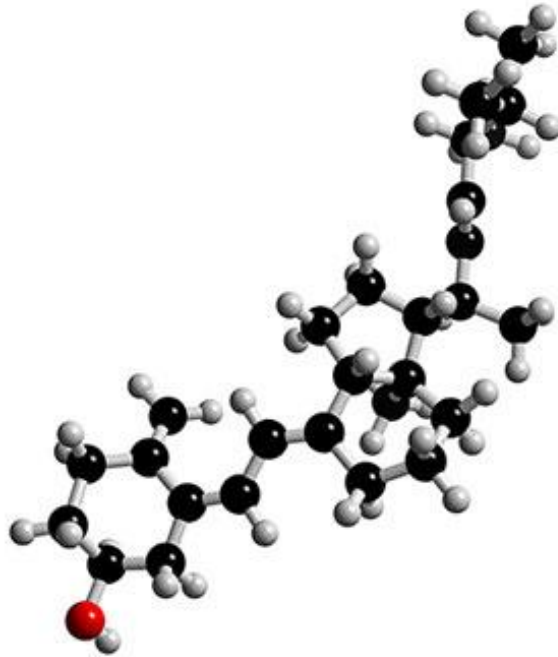
THYROID FUNCTION

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

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.

A photograph of three cracked eggs in a white bowl. The eggs are arranged in a triangular pattern. The egg on the left is labeled 'Pastured Egg', the one on the right is labeled 'Supermarket Egg', and the one in the center is labeled 'Organic Egg'. The yolks are bright yellow and appear to be of different sizes or consistencies.

Supermarket Egg

Pastured Egg

Organic Egg

8 times more
vitamin D,
2 times more
vitamin A in
pastured egg
compared to
supermarket
egg



**CONFINEMENT vs. GRASS-FED
BUTTER BUTTER**

10–13 times more vitamin A and
3 times more vitamin D in grass-fed
butter



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!



RAW CHEESE FROM PASTURED ANIMALS
A COMPLETE FOOD!



GOOD THINGS IN BUTTER

HIGH LEVELS IN GRASS-FED BUTTER

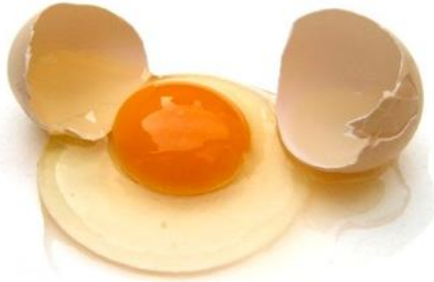
Vitamin A
Vitamin D
Vitamin E
Vitamin K
Copper
Zinc
Chromium
Selenium
Iodine
Conjugated Linoleic Acid



IN ALL BUTTER

Shorter Chain Fatty Acids
Essential Fatty Acids
PERFECT BALANCE
Lecithin
Cholesterol
Glycosphingolipids
Wulzen Factor
DESTROYED BY PASTEURIZATION

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



ZINC: Red meat, shell fish

CHOLESTEROL: Seafood; dairy foods, eggs and meat fats



LIVER: NO FOOD HIGHER IN NUTRIENTS

PER 100 G	APPLE	CARROTS	RED MEAT	LIVER
PHOSPHORUS	6 MG	31 MG	140 MG	476 MG
IRON	.1 MG	.6 MG	3.3 MG	8.8 MG
ZINC	.05 MG	.3 MG	4.4 MG	4.0 MG
COPPER	.04 MG	.08 MG	.2 MG	12 MG
VITAMIN B2	.02 MG	.05 MG	.2 MG	4.2 MG
VITAMIN A	0	0	40 IU	53,400 IU
VITAMIN C	7 MG	6 MG	0	27 MG
VITAMIN B6	.03 MG	.1 MG	.07 MG	.73 MG
VITAMIN B12	0	0	1.84 MG	111.3 MG

EAT LIVER FRIED OR GRILLED WITH BACON,
IN SAUSAGE, PATE AND LIVERWURST.

DELICIOUS FISH EGGS!



HIGH-VITAMIN COD LIVER OIL AND HIGH-VITAMIN BUTTER OIL

Dr. Weston Price found that

HIGH-VITAMIN COD LIVER OIL

(source of vitamins A and D)

given with

HIGH-VITAMIN BUTTER OIL

(source of vitamin K)

was a very powerful combination for mineral absorption. He used this combination to treat tooth decay, bone and growth problems, arthritis and many other disease conditions.



IF BUTTER OIL IS NOT AVAILABLE, INCLUDE OTHER SOURCES OF VITAMIN K2
IN THE DIET WHEN TAKING COD LIVER OIL.

HOW MUCH COD LIVER OIL?

	VITAMIN A	VITAMIN D
MAINTENANCE DOSE	10,000 IU*	1000 IU
PREGNANCY AND LACTATION	20,000 IU	2000 IU
ILLNESS OR RECOVERY FROM SURGERY	UP TO 90,000 IU FOR SHORT PERIOD	9000 IU
BABIES AND CHILDREN	5000 IU	500 IU

* From 1 teaspoon high-vitamin cod liver oil, now available as a fermented cod liver oil, or 2 teaspoons regular cod liver oil. Use only WAPF-recommended brands.

VITAMIN A AND D TOXICITY?

BALANCE: When vitamin D is low, vitamin A can be toxic, even at low doses; when A is low, vitamin D can be toxic.

ADEQUATE VITAMIN D: With adequate vitamin D - about 1000 IU per day - vitamin A is not toxic even at very high doses.

VITAMIN A FORTIFICATION: Fortification of low-fat milk, cereals, etc. with vitamin A in northern countries, such as Sweden, where vitamin D intakes are inadequate, has led to osteoporosis.

BEST RATIO: The ratio of A to D in cod liver oil should be no more than 10 IU vitamin A to 1 IU vitamin D. Many brands of cod liver oil contain almost no vitamin D, because it is removed during processing.

HIGH-VITAMIN COD LIVER OIL: Available through our recommended suppliers, has good A/D ratios, and high amounts of vitamins A and D in small amounts of cod liver oil.

DIET FOR PREGNANT WOMEN

- Cod Liver Oil to supply 20,000 IU vitamin A and 2000 IU vitamin D per day.
- 1 quart (or 32 ounces) whole milk daily, preferably raw and 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

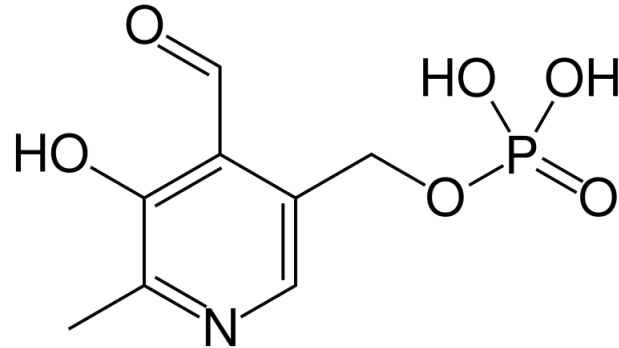
DIET FOR PREGNANT WOMEN

- Fresh beef or lamb daily, always consumed with the fat
- 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

VITAMIN B12 DEFICIENCY

EARLY SIGNS	PSYCHIATRIC DISORDERS	CHRONIC DISEASE
FATIGUE	DEPRESSION	MULTIPLE SCLEROSIS
TINGLING IN HANDS AND FEET	OBSESSIVE COMPULSION	ANEMIA
SLEEP DISORDERS	MANIC DEPRESSION	CANCER
IRRATIONAL ANGER	DEMENTIA ALZHEIMER'S	HEART DISEASE

VITAMIN B6 DEFICIENCY LINKED TO



- DIABETES
- HEART DISEASE
- NERVOUS DISORDERS
- CANCER
- KIDNEY FAILURE
- ASTHMA
- PMS
- MORNING SICKNESS
- TOXEMIA OF PREGNANCY
- ALCOHOLISM
- SICKLE CELL ANEMIA
- CARPAL TUNNEL SYNDROME

STUDIES ON RAW VS PASTEURIZED MILK

at Randleigh Farm, 1935–1940

HISTORY OF RANDLEIGH FARM



Rat fed only raw milk from cows fed dry ice grass silage and grain. Notice absence of acrodynia.



Rats fed only pasteurized milk from cows fed dry ice grass silage. Hairless areas (acrodynia) are due to a deficiency of vitamin B₆.

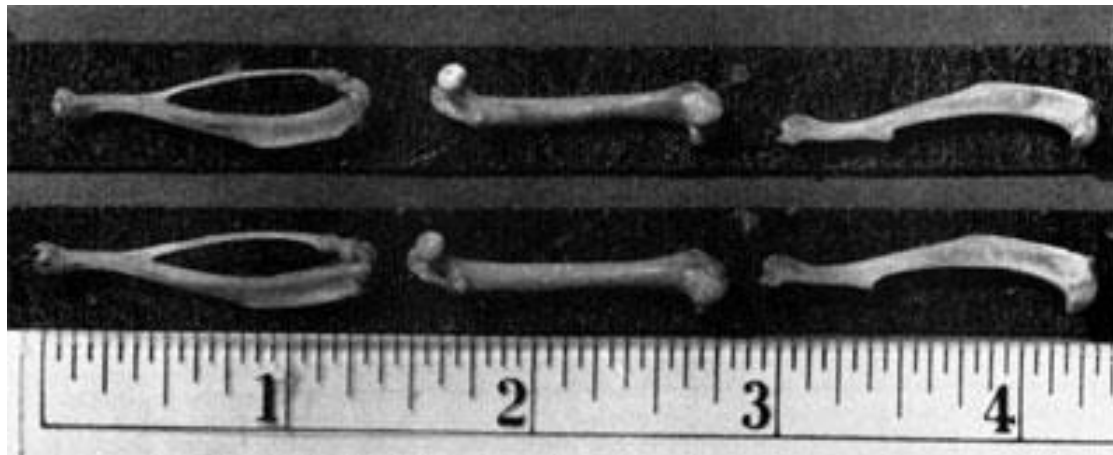
Above: Rat fed only raw milk. Good development, healthy fur.

Below: Rats fed only pasteurized milk. Poor development. Hairless areas (acrodynia) due to vitamin B-6 deficiency.³⁸

BONE DEVELOPMENT

Six-Month Study

PASTEURIZED Milk-Fed Rat, weighed 146 grams
Bones shorter and less dense



RAW Milk-Fed Rat, weighed 206 grams
Bones longer and more dense
One-to-One Exposure of Femur, Tibia and Fibia

EXAMPLES OF ENZYME-RICH FOODS



RAW DAIRY PRODUCTS

RAW MEAT AND FISH

RAW HONEY

TROPICAL FRUITS

COLD PRESSED OILS (EXTRA VIRGIN OLIVE OIL)

WINE AND UNPASTEURIZED BEER

LACTO-FERMENTED



VEGETABLES (SAUERKRAUT, PICKLES)

MEATS (SALAMI)

DAIRY PRODUCTS (YOGURT, KEFIR)

FRUITS

FISH

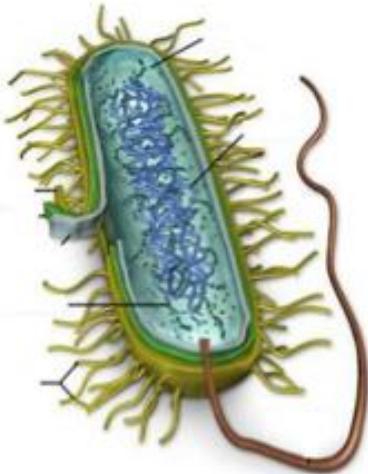
BEVERAGES

BENEFICIAL BACTERIA

OLD PARADIGM: Healthy human body is sterile and microbes attack it, making us sick.

NEW PARADIGM: Healthy human body lives in symbiotic relationship with microorganisms.

SIX POUNDS OF HEALTHY BACTERIA IN OUR DIGESTIVE TRACT:



DIGEST OUR FOOD
ASSIST IN ASSIMILATION
CREATE NUTRIENTS
PROTECT US AGAINST TOXINS
HELP US FEEL GOOD

WITHOUT GOOD BACTERIA, WE ARE DEAD!

LACTO-FERMENTED CONDIMENTS

PROVIDE ENZYMES AND GOOD BACTERIA



SAUERKRAUT, CORTIDO (SPICY SOUTH AMERICAN SAUERKRAUT),
PICKLED RELISH, PICKLED BEETS, PEACH CHUTNEY, APPLE BUTTER

LACTO-FERMENTED BEVERAGES



KOMBUCHA



KVASS



SOUR GRAIN
DRINK

SALT IS NEEDED FOR

PROTEIN DIGESTION

CARBOHYDRATE DIGESTION

DEVELOPMENT OF BRAIN

ADRENAL FUNCTION

CELLULAR METABOLISM



BENEFITS OF BONE BROTH

1. Supplies calcium and other minerals in a form easy to assimilate.
2. Supplies nutrients that help build healthy cartilage.
3. Supplies amino acids that help the body detoxify.
4. Supplies gelatin to help digestion.
5. Heals the digestive tract.

FOODS TO AVOID

- Industrial oils, liquid and solid (trans fats)
- Junk foods
- Commercial fried foods
- Sugar
- White flour
- Soft Drinks
- Caffeine
- Alcohol
- Cigarettes
- Drugs (even prescription drugs)



CRUEL BREAKFAST

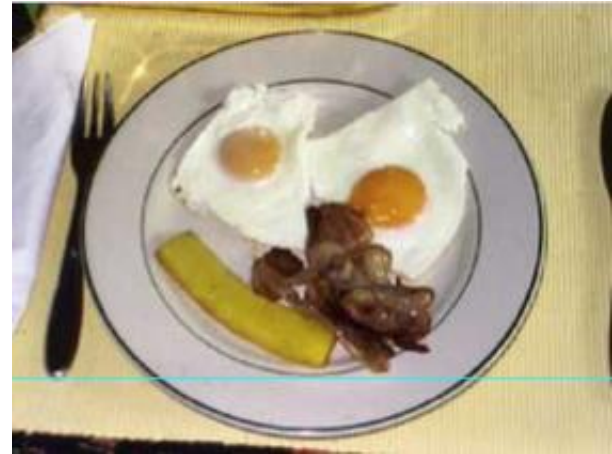
GOOD BREAKFASTS



SCRAMBLED EGGS WITH SAUTÉED POTATOES



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



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



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.

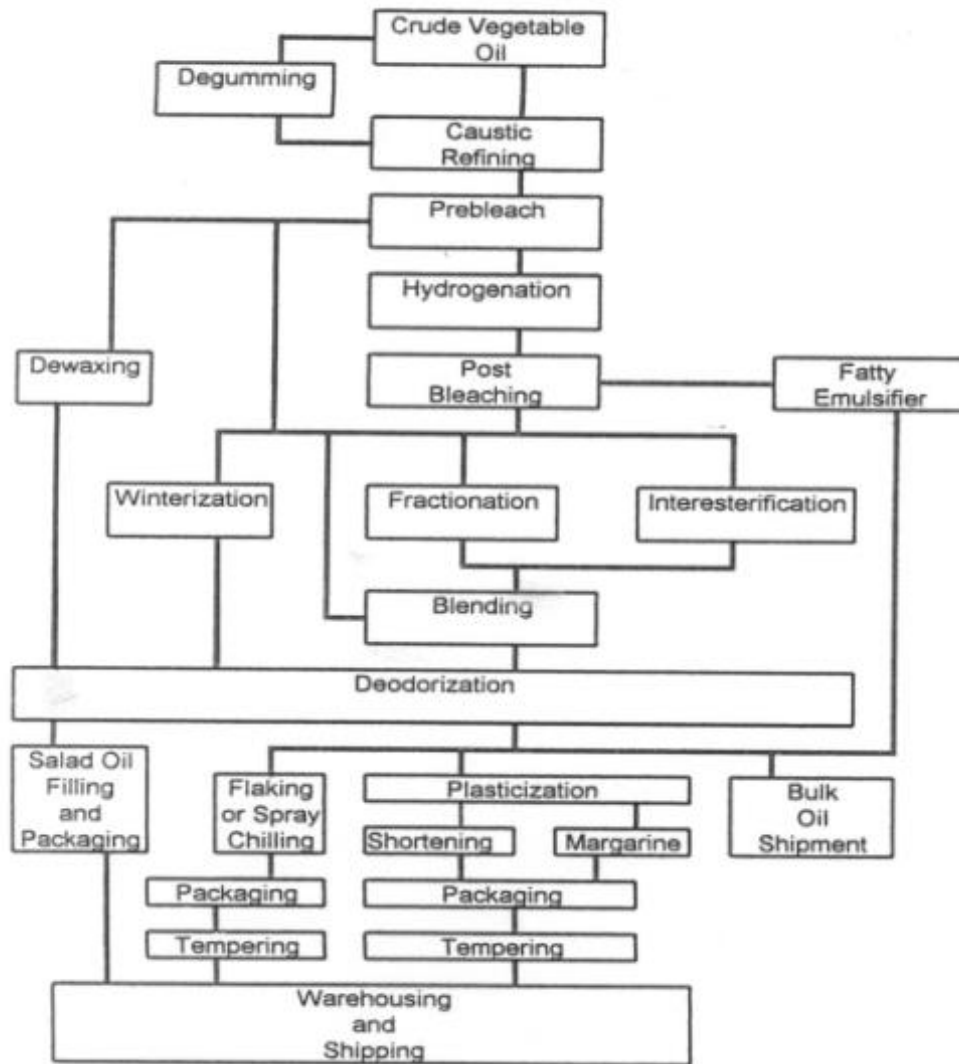
ISOFLAVONES: Block thyroid function and cause endocrine disruption. Lower cholesterol.

LECTINS: Irritating to the gastrointestinal tract.

OXALATES: High levels can cause kidney stones.

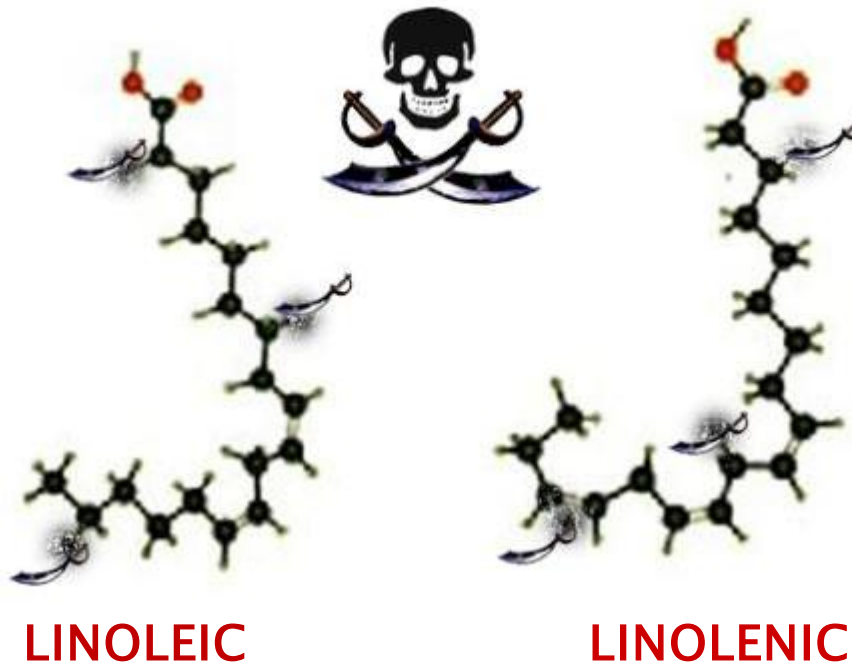
MANGANESE: High levels can cause brain damage in infants.

MODERN EDIBLE OIL PROCESSING



Source: *Fats and Oils: Formulating and Processing for Applications*, Richard D. O'Brien 1998

FREE RADICALS IN PROCESSED POLYUNSATURATED OILS



PROBLEMS ASSOCIATED WITH CONSUMPTION OF POLYUNSATURATED OILS

INCREASED CANCER

INCREASED HEART DISEASE

INCREASED WRINKLES AND PREMATURE AGING

IMMUNE SYSTEM DYSFUNCTION

DISRUPTION OF PROSTAGLANDIN PRODUCTION

LIVER DAMAGE

CEROID STORAGE DISEASE

DAMAGE TO REPRODUCTIVE ORGANS AND THE LUNGS

DIGESTIVE DISORDERS DUE TO POLYMERIZATION

INCREASED LEVELS OF URIC ACID

DEPRESSED LEARNING ABILITY

IMPAIRED GROWTH

LOWERED CHOLESTEROL



Source: Pinckney, *The Cholesterol Controversy*

WHO'S AFRAID OF SATURATED FAT?

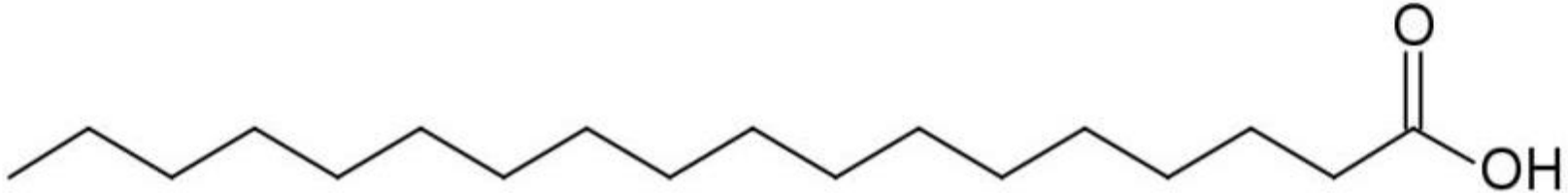
CLOGS ARTERIES
CAUSES CANCER!
INFLAMMATION!
CAUSES MS!



MAKES YOU FAT!
BAD FOR THE LIVER!
HEART ATTACK!
DIABETES!

DON'T WORRY, LISA.
NONE OF THIS IS TRUE!

THE MANY ROLES OF SATURATED FAT



CELL MEMBRANES – should be 50% saturated fatty acids.

BONES – Saturated fats help the body put calcium in the bones.

HEART DISEASE – Lower Lp(a), a marker for heart disease.

HEART FUNCTION – Saturated fats are preferred food for the heart.

LIVER – Saturated fats protect the liver from alcohol and other poisons.

LUNGS – Can't function without saturated fats.

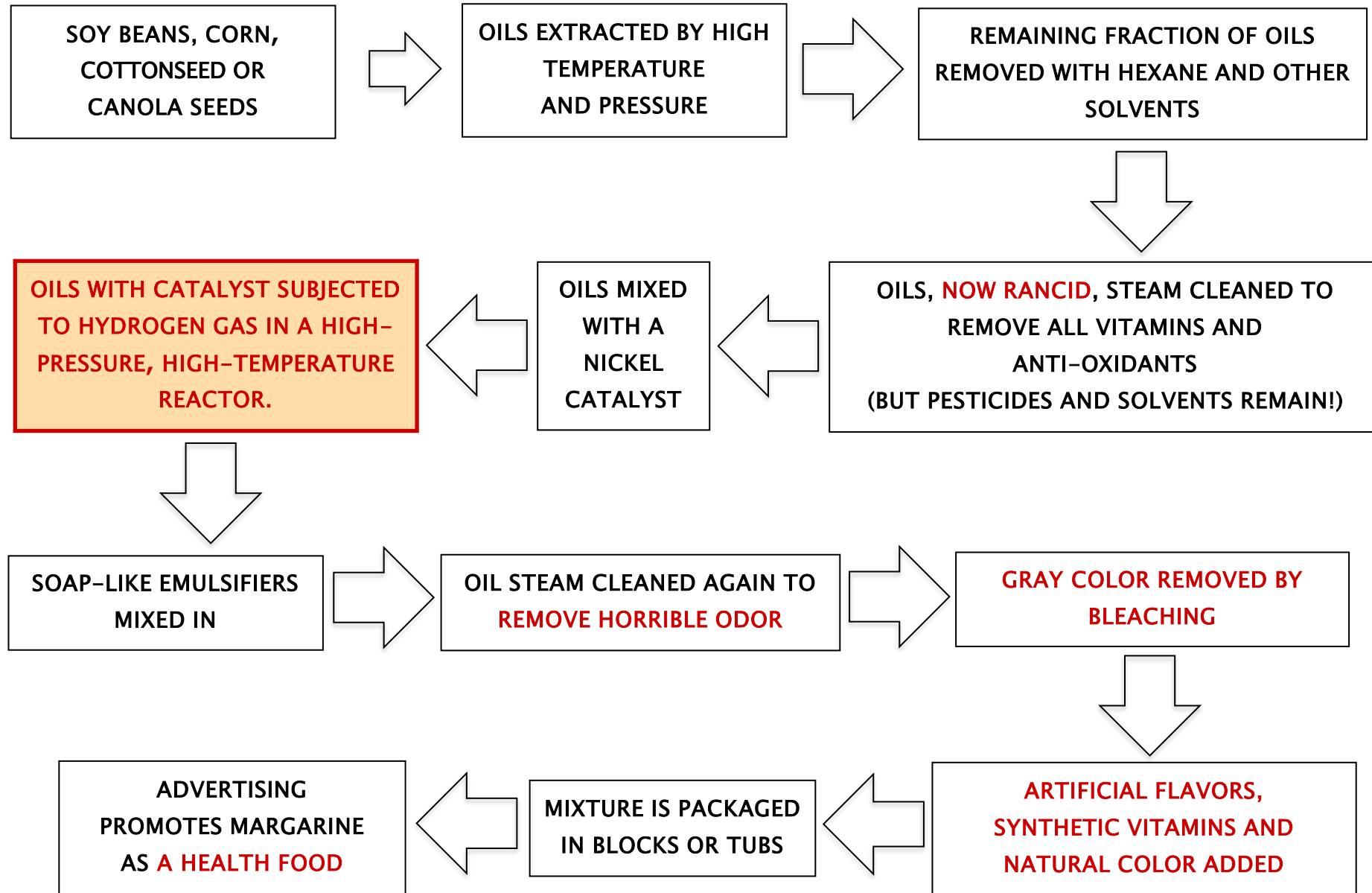
KIDNEYS – Can't function without saturated fats.

IMMUNE SYSTEM – Enhanced by saturated fats.

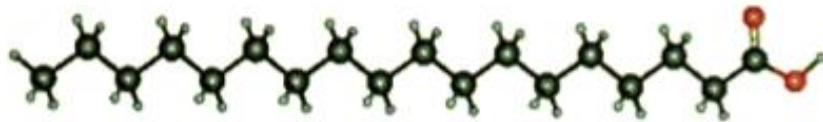
ESSENTIAL FATTY ACIDS – Work together with saturated fats.

DETOXIFICATION – Supports body's detox mechanisms

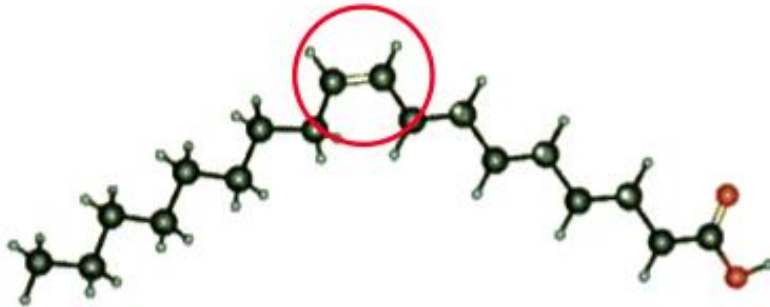
MANUFACTURE of MARGARINE and SHORTENING



TRANS FATTY ACID



STERIC ACID

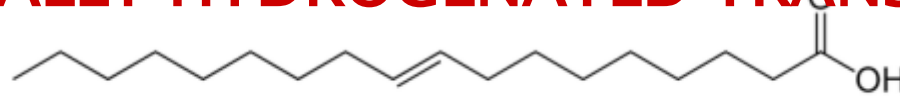


(CIS) OLEIC ACID



(TRANS) ELAIDIC ACID

DISEASES CAUSED OR EXACERBATED BY **PARTIALLY HYDROGENATED TRANS FATS**



ATHEROSCLEROSIS & HEART DISEASE

CANCER

DEGENERATION OF JOINTS AND TENDONS

OSTEOPOROSIS

DIABETES

AUTOIMMUNE DISEASES

ECZEMA & PSORIASIS

PMS

LOWERED TESTOSTERONE, LOWERED SPERM COUNT

FAILURE TO GROW

LEARNING DISABILITIES

LOW BIRTH WEIGHT BABIES

REDUCED VISUAL ACUITY

REDUCED FAT CONTENT IN MOTHERS' MILK

INDUSTRIAL FATS AND OILS



LIQUID POLYUNSATURATED OILS CAUSE
UNCONTROLLED REACTIONS IN THE BODY



SOLID PARTIALLY HYDROGENATED OILS
INHIBIT REACTIONS IN THE BODY

THE RESULT:

BIOCHEMICAL CHAOS

FOODS THAT CONTAIN HIGH LEVELS OF MSG



MSG has been linked to diabetes, migraines and headaches, obesity, autism, ADHD and Alzheimer's

INGREDIENTS THAT CONTAIN MSG

Monosodium Glutamate

Hydrolyzed Vegetable Protein

Hydrolyzed Protein

Hydrolyzed Plant Protein

Plant Protein Extract

Sodium Caseinate

Calcium Caseinate

Yeast Extract

Textured Vegetable Protein (TVP)

Autolyzed Yeast

Hydrolyzed Oat Flour

Corn Oil

Soy Protein Isolate

CAUTIONS FOR PREGNANT WOMEN

TO PREVENT LISTERIA INFECTION

All soft cheese, raw and pasteurized
Luncheon meats

TO PREVENT INTESTINAL UPSET, start new foods
slowly

Fats

Raw Milk

Kombucha

COMMON IN EARLY PREGNANCY

FATIGUE: Don't fight it, get plenty of rest

MORNING SICKNESS:

- Avoid low blood sugar, get three good meals per day
- Raw whole milk sipped throughout the day, very helpful
- Ginger, acupuncture, vitamin B6
- Plenty of liquids to avoid dehydration

THEORIES ABOUT MORNING SICKNESS

OLD THEORY: Increased hormones levels; progesterone relaxes stomach and intestines, may lead to acid reflux.

NEW THEORY: An “evolved trait” to protect mother from toxins in food. Not a pathology, nothing to worry about.

SALLY’S THEORY: Increased hormone production uses up cholesterol so body unable to produce sufficient bile.

SOLUTION: Eat more cholesterol-rich foods; take ox bile or Swedish bitters with meals

DRUGS FOR MORNING SICKNESS

OLD DRUG: Thalidomide, a disaster. Were birth defects due to sequestering cholesterol from developing fetus to production of bile acids?

NEW DRUGS: Zofran or Promethazine, side effects include dizziness, drowsiness, dry mouth, nausea, vomiting and weakness. Effect on fetus unknown.

WEIGHT GAIN

NORMAL to gain 25–35 pounds.

BEST to err on the high side.

WHERE THE EXTRA POUNDS GO:

Baby	8 pounds
Placenta	2–3 pounds
Amniotic fluid	2–3 pounds
Breast tissue	2–3 pounds
Increased blood supply	4 pounds
Extra fat stores	5–9 pounds
Uterus increase	2–5 pounds
TOTAL	25–35 pounds

EXERCISE DURING PREGNANCY

MODERATE EXERCISE OK.

DON'T DO MORE than you could do when not pregnant. You will be more limber, and more easily injured.

WALKING is best.

GARDENING with a lot of stooping helps get baby's head down.

SWIMMING OK in salt water pool.

STAYING COOL DURING PREGNANCY

- Raised body temperature poses a threat to developing fetus
- “Hyperthermia during pregnancy can cause embryonic death, abortion, growth retardation and developmental defects” (*Int J Hyperthermia* 19(3):295–324).
- Women who use hot tubs or saunas during early pregnancy face triple risk of bearing babies with spina bifida or brain defects (*JAMA* 268(7):882–885).
- Showers are fine but avoid hot tubs, prolonged hot baths, saunas and steam rooms. If you develop a fever, try to lower with cold compresses, extra cod liver oil.

PRE-NATAL VITAMINS?

ONE-A-DAY PRENATAL VITAMINS

Calcium Carbonate, Microcrystalline Cellulose, Magnesium Oxide, Ferrous Fumarate, Ascorbic Acid, Maltodextrin, Gelatin, dl-Alpha-Tocopheryl Acetate, Dicalcium Phosphate; Less than 2% of: Beta-Carotene, Biotin, Cholecalciferol, Croscarmellose Sodium, Cupric Oxide, Cyanocobalamin, D-Calcium Pantothenate, FD&C Red #40 Dye, FD&C Red #40 Lake, FD&C Yellow #6 Lake, Folic Acid, Hydroxypropyl Methylcellulose, Niacinamide, Polyethylene Glycol, Polysorbate 80, Potassium Iodide, Pyridoxine Hydrochloride, Riboflavin, Silicon Dioxide, Soybean Oil, Starch, Stearic Acid, Thiamine Mononitrate, Titanium Dioxide (color), Vitamin A Acetate, Zinc Oxide.

“LATEST SCIENCE” PRE-NATAL VITAMINS

“**Trimesisyn** is the most complete prenatal vitamin. It's more than your typical folic acid, calcium and iron supplement. It goes above and beyond by including 19 other essential vitamins and minerals, 10 probiotics, CoQ10, DHA, ginger root, inositol, and choline -- all in exact amounts to meet the needs of an expecting mother.”

Developed by **Greggory R. DeVore, M.D.**

- Conducted over 175,000 fetal ultrasounds;
- Published in over 100 peer-reviewed papers;
- Contributed to 39 textbooks of medicine;
- Fellow in Maternal-Fetal Medicine;
- Pioneered 4D and color Doppler Ultrasound;
- Highest detection rate reported in medical literature for the detection of Down Syndrome.



DR. COWAN RECOMMENDATIONS

- Fermented Cod Liver Oil: 2 capsules
- High-Vitamin Butter Oil: 2 capsules
- Catalyn from Standard Process: 6 tablets
- B12-Folic Acid from Standard Process: 3 tablets

PRE-NATAL VITAMINS FROM FOOD!

CALCIUM: Raw milk, yoghurt, cheese, bone broths

FOLIC ACID: 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, meat 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

FLU SHOTS FOR PREGNANT WOMEN

CONTAIN AT LEAST 4 NEUROTOXINS

Mercury

Formaldehyde

Aluminum

MSG

JUST SAY NO!

GESTATIONAL DIABETES

SYMPTOMS usually mild; danger of a large baby, making birth difficult.

BIGGEST DANGER IS THE TEST! Pregnant women are given the oral glucose tolerance test, a very risky procedure that sends blood sugar on a roller coaster ride.

LESS RISKY: If gestational diabetes suspected, insist on the Casual Plasma Glucose Test.

BEST DEFENSE: Limited carbohydrates and plenty of vitamin D-rich foods like cod liver oil, egg yolks, shrimp, lard, fish eggs.

RUBELLA AND OTHER VIRUSES

RUBELLA OR GERMAN MEASLES usually a mild disease with low fever, rash, swollen glands, achy joints

BIRTH DEFECTS: Main danger of rubella in first trimester.

VACCINES are treatment of conventional medicine. For whatever reason, fewer women are exposed in childhood.

NORMAL ADVICE is for pregnant women to avoid contact with people who have rubella, but some doctors give the vaccine (MMR vaccine) to pregnant women!

BEST PROTECTION: Vitamin A! Viruses deplete vitamin A. Be sure to take your cod liver oil!

ULTRASOUND SCREENING

DETECTION OF BIRTH DEFECTS

DETERMINATION OF BABY'S SEX

FETAL MONITORING of heartbeat, etc. during pregnancy. (Less powerful but used more frequently)

FETAL MONITORING constantly during birth, especially C-Section. (Less powerful but used during birth, often for hours.)

DANGERS OF ULTRA-SOUND

OVERHEATING OF THE FETUS: inhibits enzyme reactions, enzymes may be unable to function, even after temperature returns to normal.

HEATS BONE (SKULL) more rapidly than soft tissue, subjecting brain to continued heat after ultrasound exam.

RECORDED SOUND IN UTERUS “as loud as a subway train coming into the station.”

FREQUENT EXPOSURE associated with decrease in birth weight, increase in left-handedness, delayed speech.

MORE DANGERS

FOCUSED ON BABY'S GENITALS to determine sex: Defects of genitals has greatly increased, now affecting one in ten babies

FOCUSED ON THE HEART. Serious defects of the heart increased nearly 250 percent between 1989 and 1996.

ULTRASOUND AND AUTISM

In 1993, FDA approved 8-fold increase in equipment output.

Since that date, incidence of autism has increased nearly 60-fold.

Highest in U.S., Japan, Scandinavia, Australia, India and U.K., countries where most pregnant women are exposed to ultra-sound.

WHAT TO DO?

AVOID PRENATAL SCREENING: Ensure a healthy baby with good pre-conceptual and pregnancy diet. Let baby's sex be a surprise!

INSIST ON A STETHESCOPE during pregnancy, do not allow “Doppler” fetal monitor. Avoid hospital birth if possible.

FOR HIGH RISK MOTHERS (older, many babies, family history, poor nutrition, baby conceived during period of stress), one screening for birth defects may be justified. Should be set at lowest possible level and for shortest period of time.

GROUP B STREP TEST

- ROUTINE at 35–37 weeks, pregnant women given test for Group B Strep (GBS), which one in every three women carries in her vagina.
- ANTIBIOTICS: Those who test positive are routinely given IV antibiotics during labor and delivery—bound to disrupt normal flora.
- NO THREAT: Strep B poses no threat to the pregnant woman or their babies. GBS infections occur in only approximately 0.0225 percent, and in these cases, administration of antibiotics may not make any difference.

GROUP B STREP TEST

- **ANTIBIOTICS FUTILE:** In one review of babies with early onset GBS infections, use of IV antibiotics during labor "did not change the clinical spectrum of disease or the onset of clinical signs of infection within 24 hours of birth for term infants with GBS infection" (*Pediatrics*, Aug 2000; 106: 244–250).
- **SIDE EFFECTS:** Many women have reported severe allergies, asthma, ADHD and even autism in their children after they received IV antibiotics during labor and delivery. These conditions can afflict children for *years* after the birth.
- **BEST TO SAY NO:** The best defense against this practice is to just refuse the test. Even a healthy mother may test positive, and such tests are never fool proof—they may come back with a false positive when you do not actually carry the strep B organism.
- **DIETARY PREVENTION:** Be sure to include coconut oil and probiotic foods in diet during pregnancy.

SWELLING DURING PREGNANCY

COMMON COMPLAINT: Swelling of feet, ankles, fingers and hands.

CAUSE: Increase in supply of blood and other fluids by as much as 50 percent.

SOLUTIONS:

- Ice packs

- Epsom salts baths (not too hot)

- Support hose

- Attractive flats, not high heels

- Loose comfortable clothes

- Daily walk

DIET FOR SWELLING

AVOID refined carbohydrates and wrong fats

DON'T reduce salt! Use unrefined salt

DO consume raw milk and foods rich in potassium

Bananas

Potassium broth made with potato skins

PREECLAMPSIA, TOXEMIA AND ECLAMPSIA

RAPID ONSET HIGH BLOOD PRESSURE leading to sudden swelling in hands and face, often accompanied by toxemia, decline in function of liver and kidneys.

MOST COMMON in first pregnancies, women carrying twins or triplets, women older than 35, women with history of diabetes, obesity, high blood pressure or kidney disease.

TREATMENT includes PB meds, steroids to hasten development of baby's lungs, magnesium sulfate

BEST PROTECTION: Healthy diet rich in animal foods, minimizing refined carbohydrates.

A STRESS-FREE PREGNANCY

ONE HUNDRED YEARS AGO, pregnancy viewed as a “delicate condition.”

TODAY, assumed that pregnant women can continue all activities

REALITY somewhere in between.

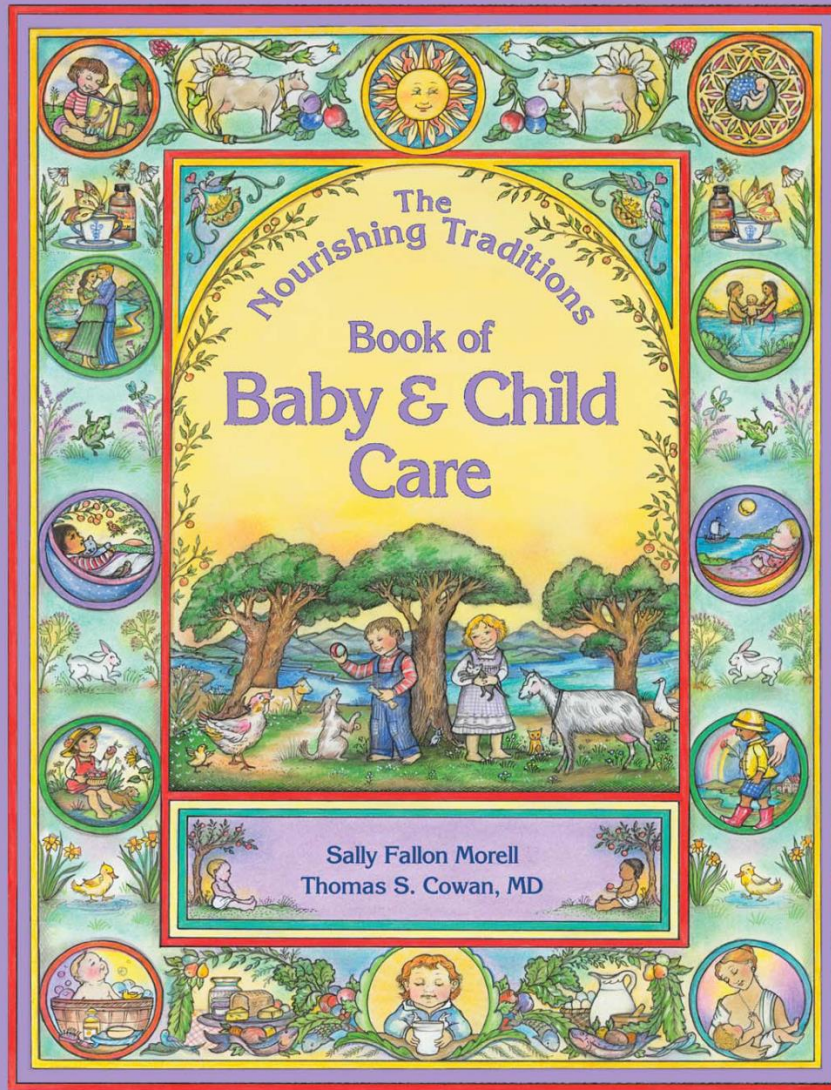
BOUNDARIES: Pregnant women need to set boundaries and be kind to themselves.

WHILE PREGNANT, DO NOT decorate your home, take on new projects, travel frequently, launch a business venture, get involved in politics or change jobs.

WHILE PREGNANT, DO pamper yourself, get help when needed, take time to be well groomed.



HEALTHY BABIES



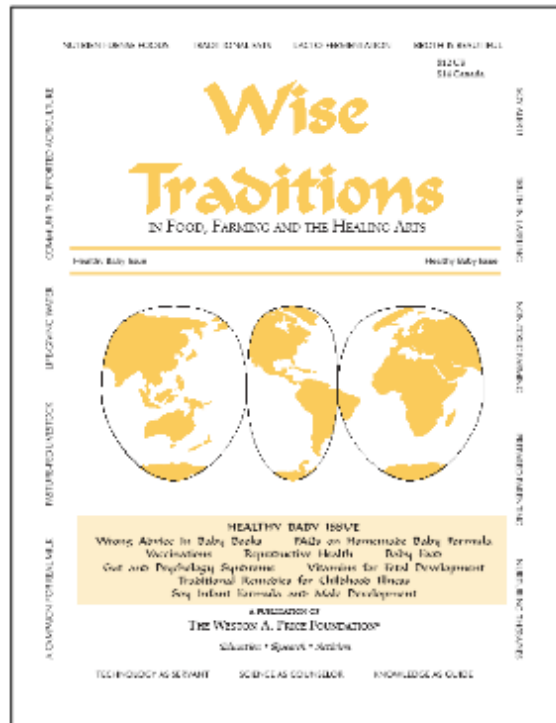
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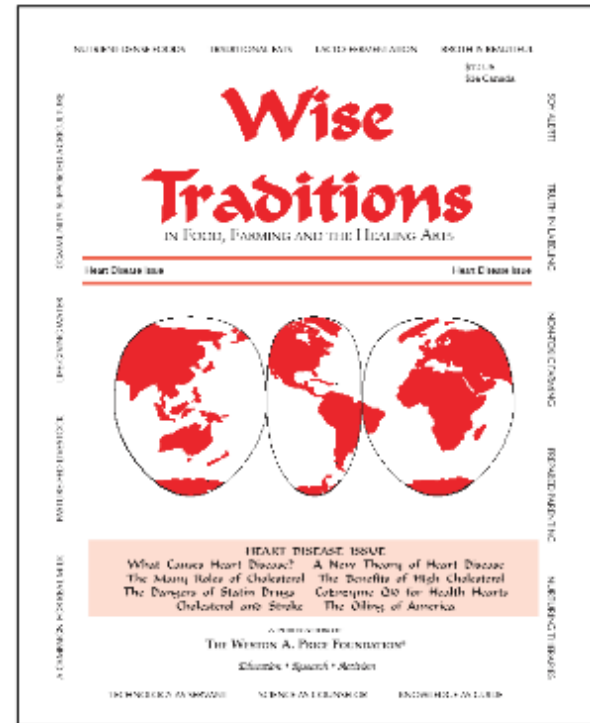


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YEARLY SHOPPING GUIDE



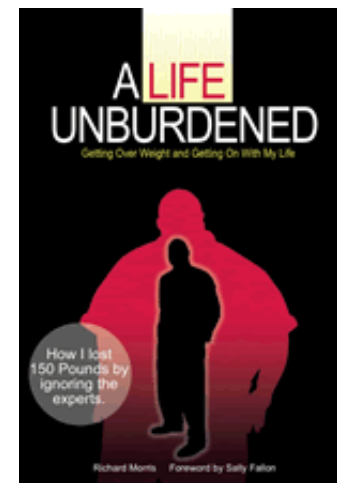
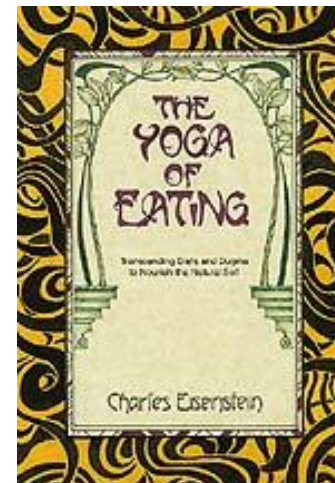
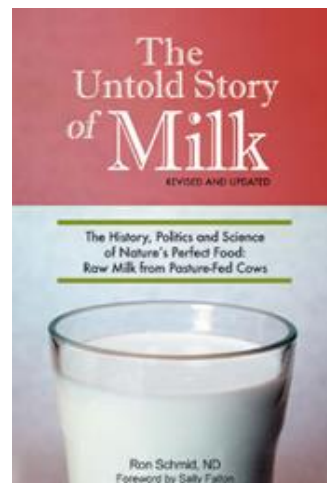
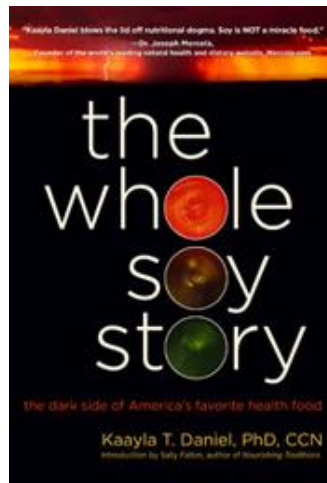
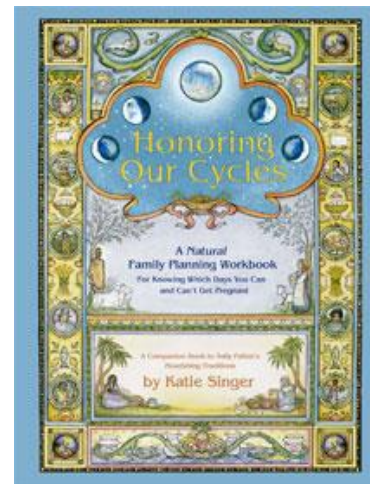
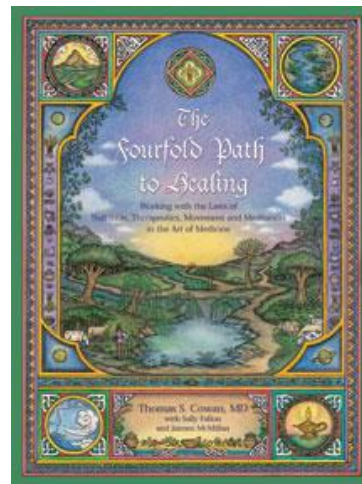
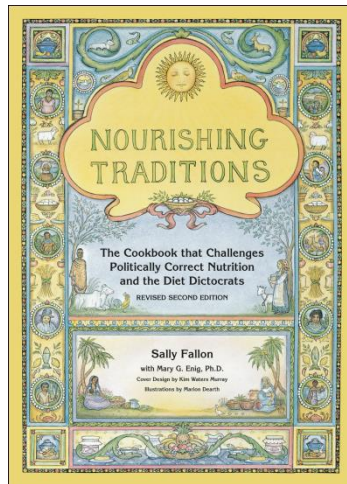
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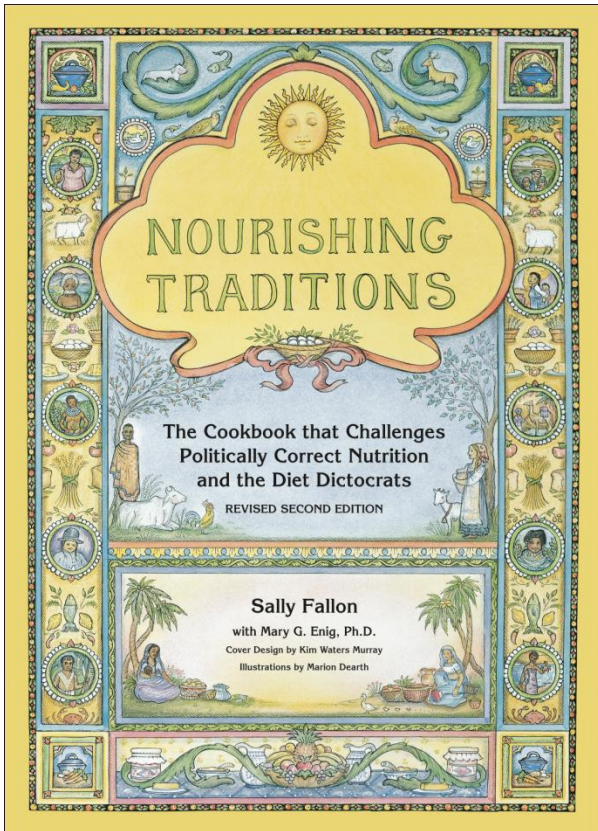


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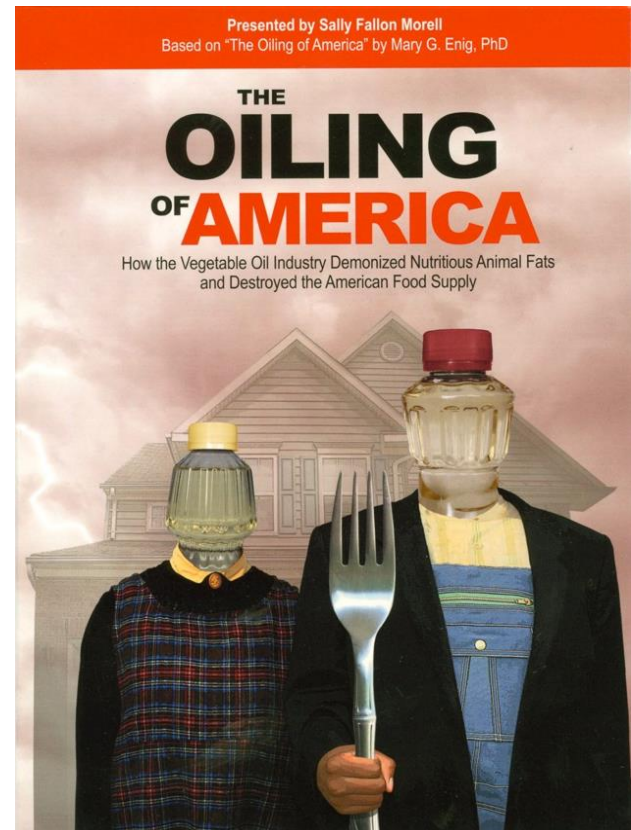
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SUMMARY

TRADITIONAL DIETS **MAXIMIZED** NUTRIENTS WHILE MODERN DIETS **MINIMALIZE** NUTRIENTS

TRADITIONAL DIETS

MODERN DIETS

FOODS FROM FERTILE SOIL	FOODS FROM DEPLETED SOIL
ORGAN MEATS OVER MUSCLE MEATS	MUSCLE MEATS, FEW ORGANS
ANIMAL FATS	VEGETABLE OILS
ANIMALS ON PASTURE	ANIMALS IN CONFINEMENT
DAIRY PRODUCTS RAW AND/OR FERMENTED	DAIRY PRODUCTS PASTEURIZED
GRAINS AND LEGUMES SOAKED/FERMENTED	GRAINS REFINED, EXTRUDED
BONE BROTHS	MSG, ARTIFICIAL FLAVORINGS
UNREFINED SWEETENERS (HONEY, MAPLE SYRUP)	REFINED SWEETENERS
LACTO-FERMENTED VEGETABLES	CANNED VEGETABLES
LACTO-FERMENTED BEVERAGES	MODERN SOFT DRINKS
UNREFINED SALT	REFINED SALT
NATURAL VITAMINS IN FOODS	SYNTHETIC VITAMINS ADDED
TRADITIONAL COOKING	MICROWAVE, IRRADIATION
TRADITIONAL SEEDS/OPEN POLLINATION	HYBRID SEEDS, GMO SEEDS