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
DISCLAIMER

The information contained in this presentation is not intended as a substitute for professional medical advice, diagnosis or treatment.

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!

<table>
<thead>
<tr>
<th>STRAIGHT TEETH</th>
<th>CROWDED, CROOKED TEETH</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PLENTY OF ROOM</strong> in head for Pituitary, Pineal, Hypothalamus, Sinus cavities and ear tubes</td>
<td><strong>COMPROMISED SPACE</strong> for master glands in the head; increased susceptibility to infection</td>
</tr>
<tr>
<td><strong>GOOD</strong> skeletal development, <strong>GOOD</strong> muscles</td>
<td><strong>POOR</strong> development, <strong>POOR</strong> posture, easily injured</td>
</tr>
<tr>
<td><strong>KEEN</strong> eyesight and hearing</td>
<td><strong>POOR</strong> eyesight and hearing</td>
</tr>
<tr>
<td><strong>OPTIMAL</strong> function of all organs</td>
<td><strong>COMPROMISED</strong> function of all organs</td>
</tr>
<tr>
<td><strong>OPTIMISTIC</strong> outlook, learns easily</td>
<td>DEPRESSION, behavior problems, learning problems</td>
</tr>
<tr>
<td><strong>ROUND PELVIC OPENING</strong>, <strong>EASY</strong> childbirth</td>
<td><strong>OVÁL PELVIC OPENING</strong>, <strong>DIFFICULT</strong> childbirth</td>
</tr>
</tbody>
</table>
DENTAL CASTS
OF MODERNIZED AND PRIMITIVE INDIVIDUALS
TYPICAL DENTAL DEFORMITIES

- Anterior Crossbite
- Posterior Crossbite
- Crowding
- Open Bite
- Protrusion
- Ectopic Eruption
- 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.
Real Eggs

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

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

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

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.
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!
## HOW MUCH COD LIVER OIL?

<table>
<thead>
<tr>
<th></th>
<th>VITAMIN A</th>
<th>VITAMIN D</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MAINTENANCE DOSE</strong></td>
<td>10,000 IU*</td>
<td>1000 IU</td>
</tr>
<tr>
<td><strong>PREGNANCY AND</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>LACTATION</strong></td>
<td>20,000 IU</td>
<td>2000 IU</td>
</tr>
<tr>
<td><strong>ILLNESS OR RECOVERY</strong></td>
<td>UP TO 90,000 IU</td>
<td>9000 IU</td>
</tr>
<tr>
<td><strong>FROM SURGERY</strong></td>
<td>FOR SHORT PERIOD</td>
<td></td>
</tr>
<tr>
<td><strong>BABIES AND CHILDREN</strong></td>
<td>5000 IU</td>
<td>500 IU</td>
</tr>
</tbody>
</table>

* 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

<table>
<thead>
<tr>
<th>EARLY SIGNS</th>
<th>PSYCHIATRIC DISORDERS</th>
<th>CHRONIC DISEASE</th>
</tr>
</thead>
<tbody>
<tr>
<td>FATIGUE</td>
<td>DEPRESSION</td>
<td>MULTIPLE SCLEROSIS</td>
</tr>
<tr>
<td>TINGLING IN HANDS AND FEET</td>
<td>OBSESSIVE COMPULSION</td>
<td>ANEMIA</td>
</tr>
<tr>
<td>SLEEP DISORDERS</td>
<td>MANIC DEPRESSION</td>
<td>CANCER</td>
</tr>
<tr>
<td>IRRATIONAL ANGER</td>
<td>DEMENTIA ALZHEIMER’S</td>
<td>HEART DISEASE</td>
</tr>
</tbody>
</table>
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

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.
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
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

FREE RADICALS IN PROCESSED POLYUNSATURATED OILS

LINOLEIC

LINOLENIC
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?

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

CLOGS ARTERIES
CAUSES CANCER!
INFLAMMATION!
CAUSES MS!

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

SOY BEANS, CORN, COTTONSEED OR CANOLA SEEDS

OILS EXTRACTED BY HIGH TEMPERATURE AND PRESSURE

REMAINING FRACTION OF OILS REMOVED WITH HEXANE AND OTHER SOLVENTS

OILS WITH CATALYST SUBJECTED TO HYDROGEN GAS IN A HIGH-PRESSURE, HIGH-TEMPERATURE REACTOR.

OILS MIXED WITH A NICKEL CATALYST

OILS, NOW RANCID, STEAM CLEANED TO REMOVE ALL VITAMINS AND ANTI-OXIDANTS (BUT PESTICIDES AND SOLVENTS REMAIN!)

SOAP-LIKE EMULSIFIERS MIXED IN

OIL STEAM CLEANED AGAIN TO REMOVE HORRIBLE ODOR

GRAY COLOR REMOVED BY BLEACHING

ADVERTISING PROMOTES MARGARINE AS A HEALTH FOOD

MIXTURE IS PACKAGED IN BLOCKS OR TUBS

ARTIFICIAL FLAVORS, SYNTHETIC VITAMINS AND NATURAL COLOR ADDED
TRANS FATTY ACID

STERIC ACID

(CIS) OLEIC ACID

(TRANS) ELAIDIC ACID
DISEASES CAUSED OR EXACERBATED BY PARTIALLY HYDROGENATED TRANS FATS

ATHEROCLEROSIS & HEART DISEASE
CANCER
DEGENERATION OF JOINTS AND TENDONS
OSTEOPOROSIS
DIABETES
AUTOIMMUNE DISEASES
ECZEMA & PSORIASIS
PMS
LOWERS 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)
Autolysed 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:**

<table>
<thead>
<tr>
<th>Description</th>
<th>Weight Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baby</td>
<td>8 pounds</td>
</tr>
<tr>
<td>Placenta</td>
<td>2–3 pounds</td>
</tr>
<tr>
<td>Amniotic fluid</td>
<td>2–3 pounds</td>
</tr>
<tr>
<td>Breast tissue</td>
<td>2–3 pounds</td>
</tr>
<tr>
<td>Increased blood supply</td>
<td>4 pounds</td>
</tr>
<tr>
<td>Extra fat stores</td>
<td>5–9 pounds</td>
</tr>
<tr>
<td>Uterus increase</td>
<td>2–5 pounds</td>
</tr>
</tbody>
</table>

**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


• 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

“Trimedisyn 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 rated 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 ultrasound.
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

• ROUTENE 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
Coming
Spring 2013

The Nourishing Traditions
Book of Baby & Child Care
COLORFUL DIETARY
GUIDELINES AND RECIPE
BOOKLET BASED ON
FOUR FOOD GROUPS
2011 Shopping Guide

For Finding the Healthiest Foods in Supermarkets, Health Food Stores and by Mail Order

Education • Research • Activism

THE WESTON A. PRICE FOUNDATION®
for WiseTraditions in Food, Farming and the Healing Arts

PMB 106-380, 4200 Wisconsin Avenue, NW
Washington, DC 20016
(202) 363-4394
www.westonaprice.org
info@westonaprice.org
BOOKS FROM NewTrends Publishing

NEWTRENDS PUBLISHING.COM
877 | 707–1776
DR. PRICE’S PIONEERING WORK

Nutrition and Physical Degeneration

Weston A. Price, DDS

“A DR. WESTON PRICE was one of the most prominent health researchers of the 20th century... This extraordinary masterpiece of nutritional science belongs in the library of anyone who is serious about learning how to use foods to improve their health.”

– Dr. Joseph Mercola

THE PRICE–POTTenger NUTRITION FOUNDATION

PPNG.ORG

619 | 462–7600
<table>
<thead>
<tr>
<th>TRADITIONAL DIETS</th>
<th>MODERN DIETS</th>
</tr>
</thead>
<tbody>
<tr>
<td>FOODS FROM FERTILE SOIL</td>
<td>FOODS FROM DEPLETED SOIL</td>
</tr>
<tr>
<td>ORGAN MEATS OVER MUSCLE MEATS</td>
<td>MUSCLE MEATS, FEW ORGANS</td>
</tr>
<tr>
<td>ANIMAL FATS</td>
<td>VEGETABLE OILS</td>
</tr>
<tr>
<td>ANIMALS ON PASTURE</td>
<td>ANIMALS IN CONFINEMENT</td>
</tr>
<tr>
<td>DAIRY PRODUCTS RAW AND/OR FERMENTED</td>
<td>DAIRY PRODUCTS PASTEURIZED</td>
</tr>
<tr>
<td>GRAINS AND LEGUMES SOAKED/FERMENTED</td>
<td>GRAINS REFINED, EXTRUDED</td>
</tr>
<tr>
<td>BONE BROTHS</td>
<td>MSG, ARTIFICIAL FLAVORINGS</td>
</tr>
<tr>
<td>UNREFINED SWEETENERS (HONEY, MAPLE SYRUP)</td>
<td>Refined sweeteners</td>
</tr>
<tr>
<td>LACTO-FERMENTED VEGETABLES</td>
<td>CANNED VEGETABLES</td>
</tr>
<tr>
<td>LACTO-FERMENTED BEVERAGES</td>
<td>MODERN SOFT DRINKS</td>
</tr>
<tr>
<td>UNREFINED SALT</td>
<td>Refined salt</td>
</tr>
<tr>
<td>NATURAL VITAMINS IN FOODS</td>
<td>SYNTHETIC VITAMINS ADDED</td>
</tr>
<tr>
<td>TRADITIONAL COOKING</td>
<td>MICROWAVE, IRRADIATION</td>
</tr>
<tr>
<td>TRADITIONAL SEEDS/OPEN POLLINATION</td>
<td>HYBRID SEEDS, GMO SEEDS</td>
</tr>
</tbody>
</table>

**SUMMARY**

TRADITIONAL DIETS MAXIMIZED NUTRIENTS WHILE MODERN DIETS MINIMIZE NUTRIENTS