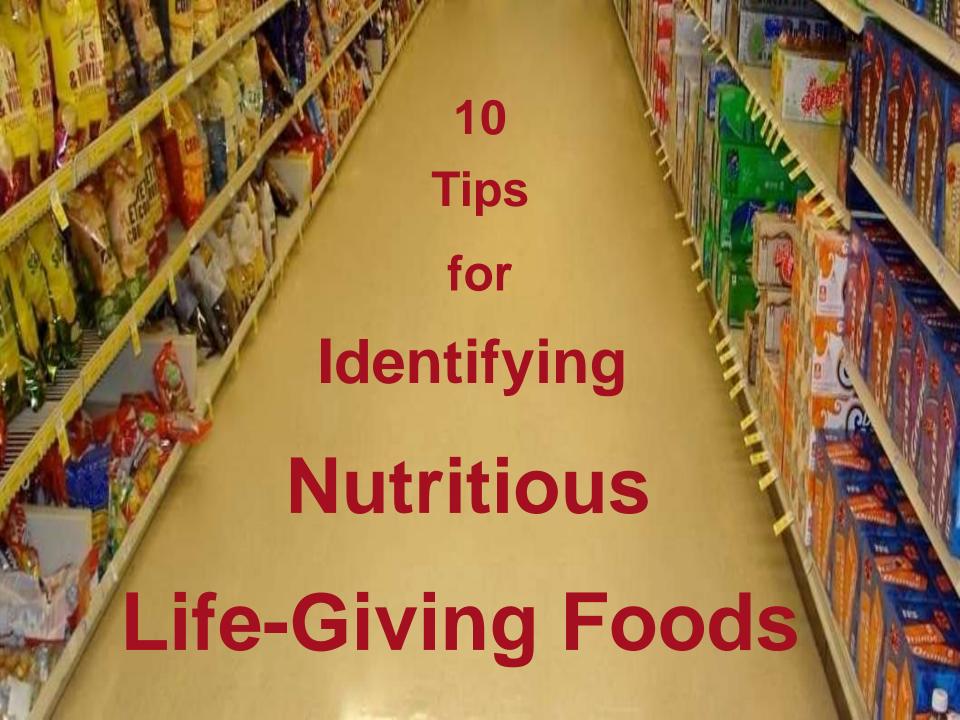
Kick the Supermarket Habit!







www.westonaprice.org



Tip #1



Look for "real" food in its original, unprocessed state.





Эr...

...process it yourself!



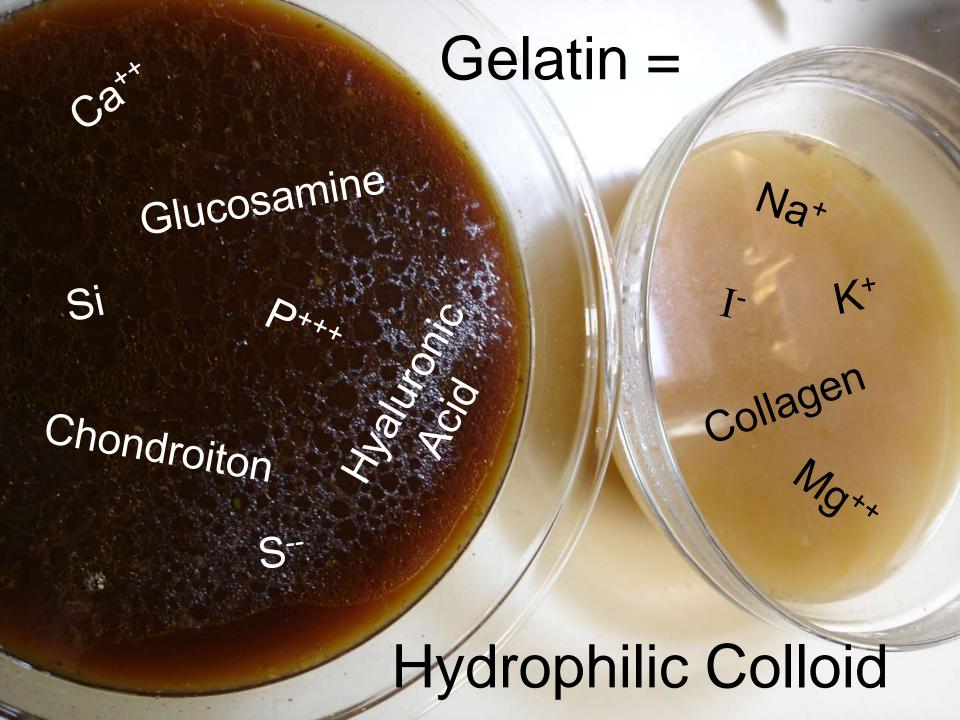




How real bone stock is made

- 1. Bones are soaked in water with raw apple cider vinegar for several hours
- 2. Bones are boiled for a day or two







Fermented Foods = Enzymes & Probiotics

Fermented Foods are Alive and Life-Giving.





Original Soda Pops

Ginger Ale
Lemon-Lime
Kombucha
Kvass
Orangina
Grape
Punch











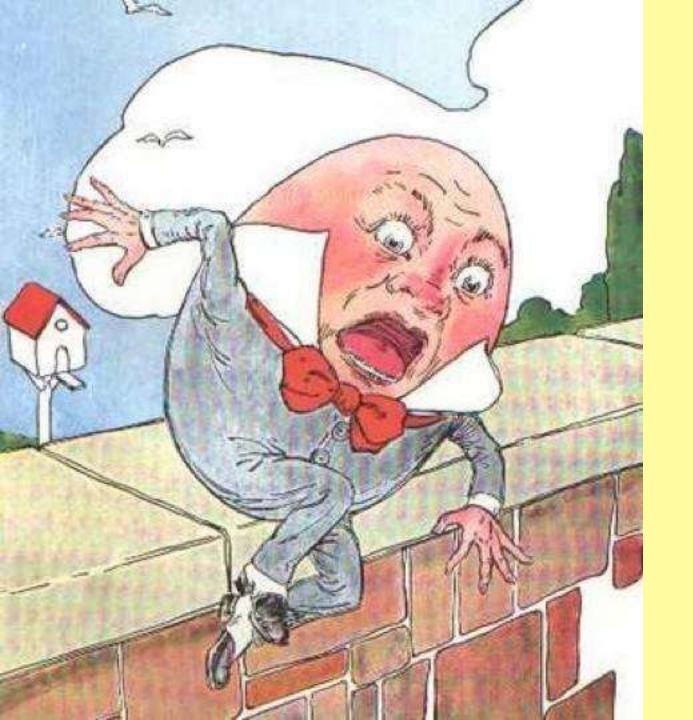






Reductionist Shopping





Real food cannot be put back together again.







Se Perimeter



Perimeter





MSG =

Natural Flavor Other Spices Seasoning Chicken Stock **Broth** Hydrolyzed Vegetable Protein Yeast Extract Calcium Caseinate Carrageenan **Enzymes** Soy Protein Isolate Whey Protein Concentrate No MSG





Wood Pulp =

Cellulose Fiber

Found in:

Meat Shredded Cheese Ice Cream **Breads** Bagels Salad Dressings **Pancakes** Pasta Sauces Cookies **Tortillas**



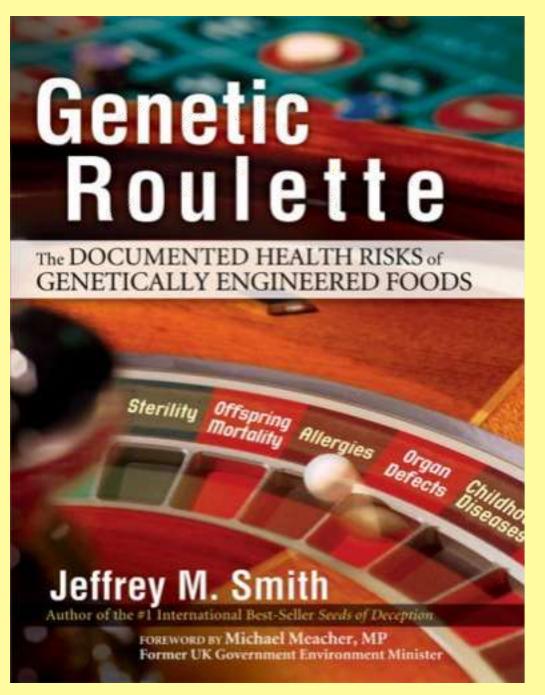




Tip #2

Avoid Genetically Modified Organisms







Jeffrey Smith

Author of
Genetic Roulette
and
Seeds of Deception

Jeffrey Smith explains...

- Gene insertion disrupts DNA
- Genes transfer to gut bacteria, viruses, & internal organs
- GM potatoes damage organs in animals
- rBGH linked to several cancers
- GMOs contain allergens
- Sheep died after grazing in Bt cotton fields
- Cows in Germany died after eating Bt corn
- Twice the number of chickens died after eating GM corn
- GMOs have fewer nutrients & more toxins
- Microfungus causes infertility







Will the *real* tomato please stand up?





CERTIFIED



R G A N

Certified Organic



- Expensive alternative
- Some GMOs "grandfathered in"
- Some chemicals permitted
- Onerous paperwork for small farmers
- Cost prohibitive for small farmers
- Standards subject to change
- High-Brix foods are exported

Where is hope?



http://www.threadless.com/product/3228/GMOS_OMG/

Tip #3

Know Your Grocer





Next to Vienna Inn, be tween two antique shops









Local Dairy

Local
Pastured
Eggs









The Magic Cauldron



The Magic Cauldron







Raw Dairy

Pastured Eggs

Fermented Beverages



Three Little Pigs Washington, D.C.

Opened in March 2012

Jason & Carolina

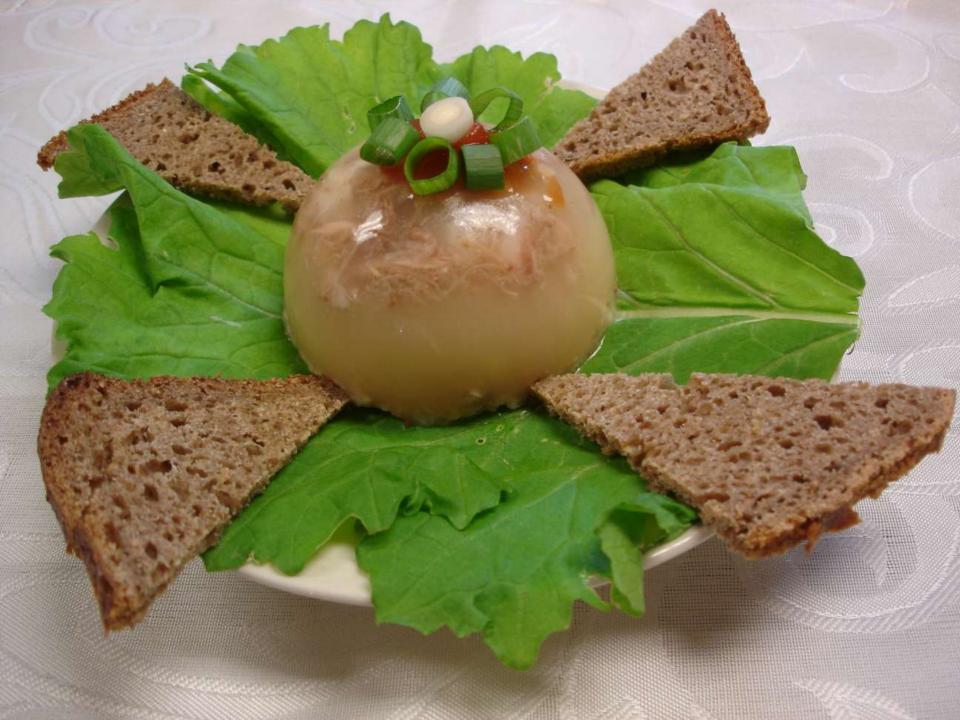


























Raw Milk

Raw Fermented Dairy

Pastured Eggs

Fermented Beverages Celtic Sea Salt

Raw Apple Cider Vinegar

Coconut Aminos

Coconut Oil

Olive Oil

Ghee

Non-Irradiated Spices







Dr. Ella McElwee



Dr. Walter Lang



Homeopathic Remedies



High Quality Supplements

Tip #3

Know Your Grocer







Kristin Nelson Catherine









Nutritious
Delicious
Fast-Food
and
Take-Out

What
Convenience Food
Should Look Like









Know <u>Your</u> <u>Farmer</u>











































Fields of Athenry











Matt Rales

Grassential Farm

Potomac, MD

Former 3-year apprentice with Polyface Farm





Rabbits

Hogs

Chickens

February 2012











































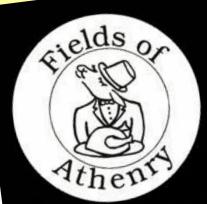














The Farm of Many Faces





Windber Farmers' Market































Soop & Sundries Closet nerbal products with good for the skin ingredients. Daps Herbal Face & Body Creams Salt Scrubs De Cleanser The Herb Spray (natural insect repellent) Adams Run Gardens, Bedford, PA 814-839-9932















































Global large ruminant equivalence and atmospheric methane concentrations

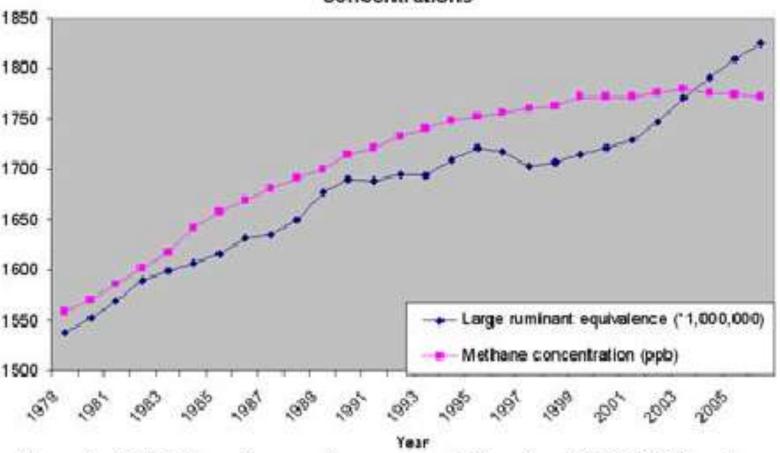


Figure 1. Global atmosphere methane concentrations from NOAA (2007) and cattle equivalents from FAO (2007). Large ruminant equivalences are calculated using 8 sheep or goats as being equivalent to a large ruminant.







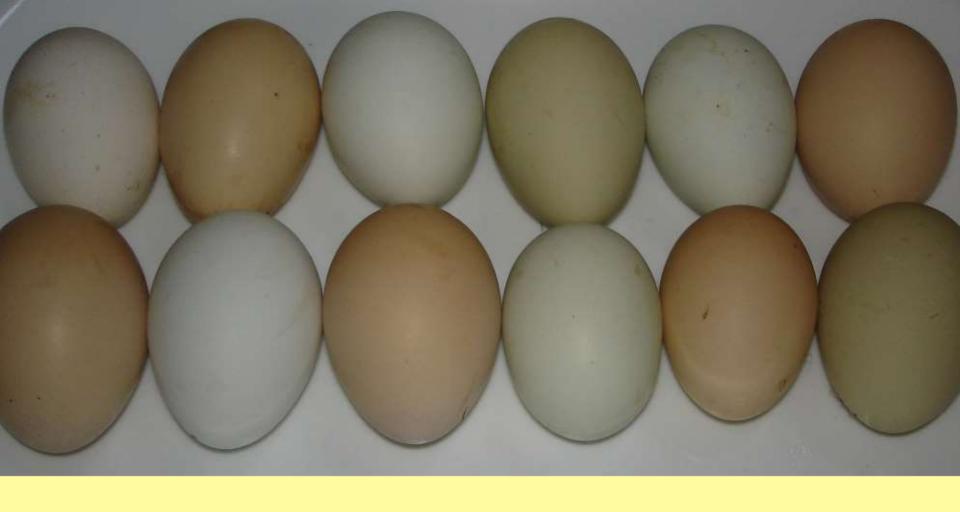


Tip #6

Buy pastured eggs...

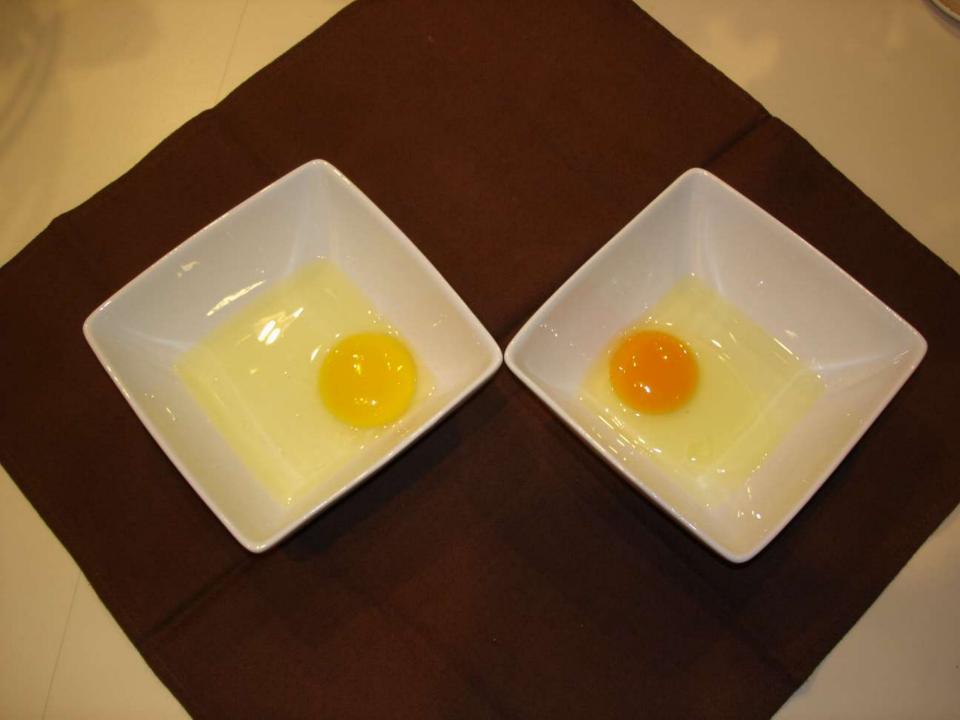


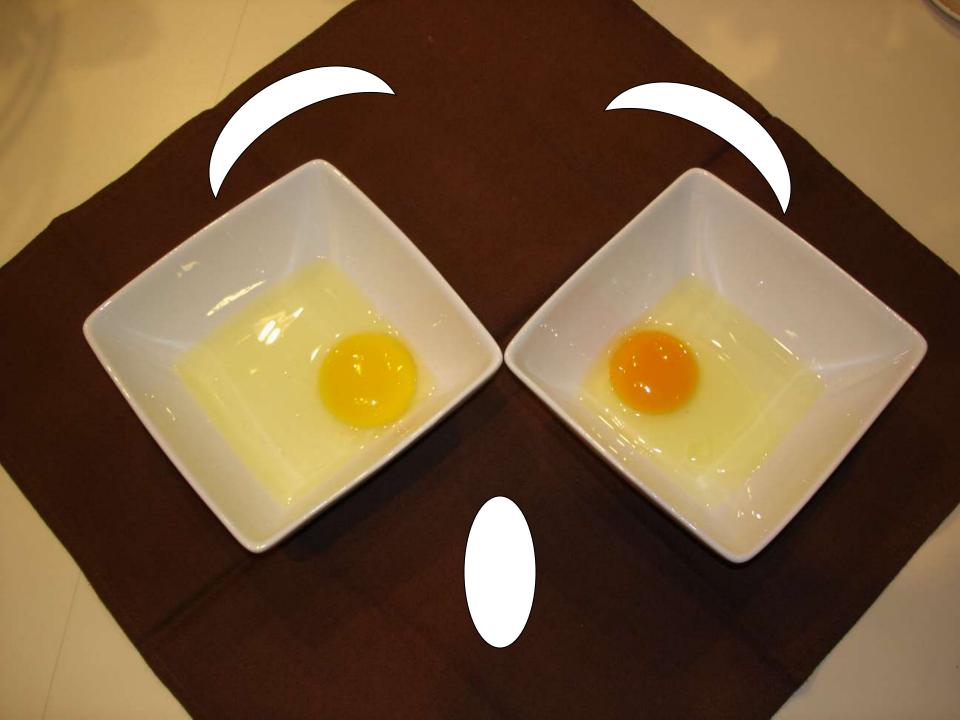
and eat them without fear!



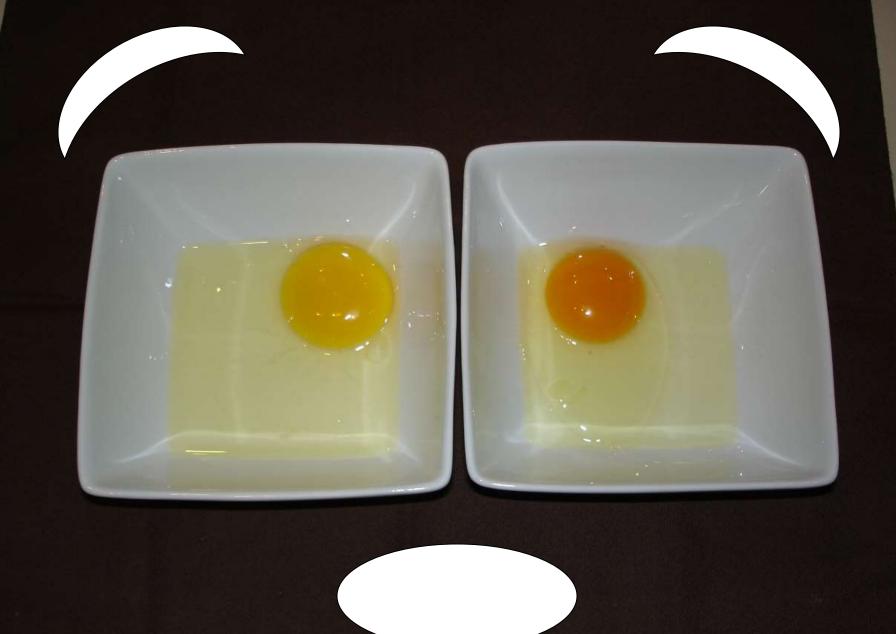
- Choline
- Protein

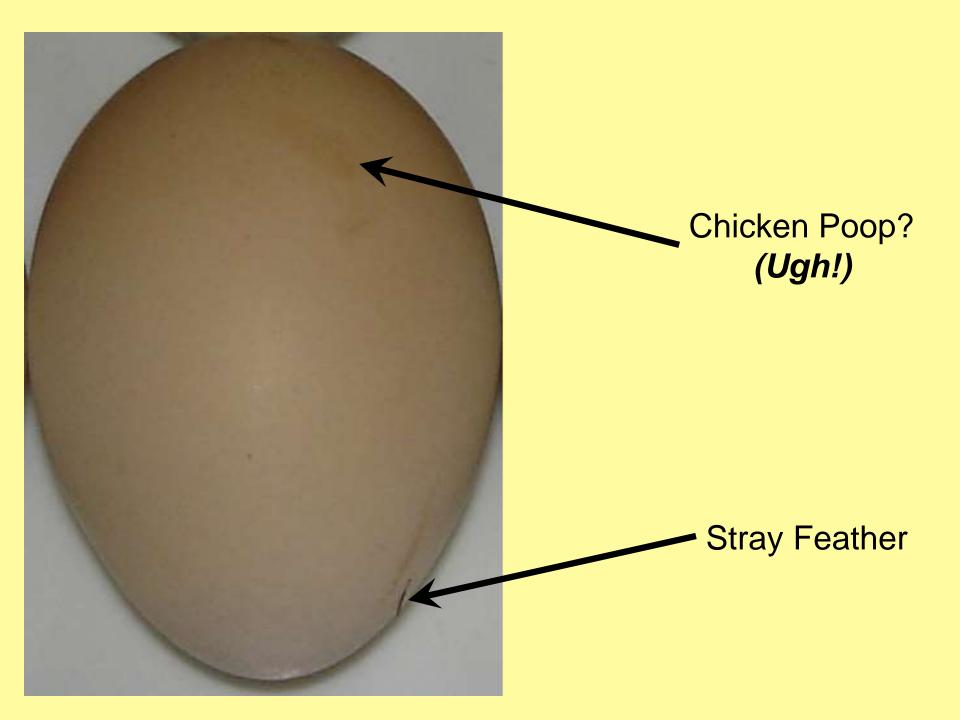
- Conjugated Linoleic Acid (CLA)
- Healthy Ratio Omega-6:Omega-3











Tip #7

Buy raw dairy
products from
grassfed animals













Raw Milk and Pasteurized Milk Compared

Raw, Grassfed	Pasteurized, Conventional
Cows eat grass.	Cows eat grains.
No hormones used.	rBGH used to increase milk.
No antibiotics used.	Liberal use of antibiotics.
Cows live 11 to 13 years.	Cows live 3 to 5 years.
Small herds (25 to 50 head).	Large herds (15,000 head).
Stirred gently in holding tank.	Homogenized.
Not pasteurized.	Pasteurized.
Contains vitamins, minerals.	Vitamins, minerals added.
Contains enzymes, probiotics	No enzymes, probiotics.
Contains CLA.	No CLA.
Shelf life of 10 to 14 days.	Shelf life of 3 to 4 weeks.
Immune booster.	Linked to allergy/intolerance.

Holsteins and Jerseys/Guernseys Compared



Holsteins

- A1 Casein
- Bred for volume (large udder)
- Favorite of commercial dairy industry

Holsteins and Jerseys/Guernseys Compared



Jersey Guernsey

- A2 Casein
- Smaller is better!
- Favorite of raw milk farmers & consumers



Raw Milk Rally

May 16, 2011



Raw Milk Rally

May 16, 2011



Raw Milk Rally

May 16, 2011

Activist Liz Reitzig
Farm Food Freedom Coalition



Tip #8

Avoid refined sugars and carbohydrates

Barbados sugar barley malt beet sugar brown sugar buttered syrup cane-juice crystals cane sugar caramel carob syrup castor sugar chicory confectioners sugar corn sweetener corn syrup corn syrup solids date sugar dehydrated fruit juice demerara sugar

dextran dextrose diatase diastatic mal ethyl malt evaporate free floy n suga fructose fruit fructose fruit juice fruit juice concentrate fruit juice crystals galactose glucose glucose-fructose syrup glucose solids golden sugar golden syrup

granulated sugar grape highhoney icing inulin invert sugar iso-glucose lactose malt syrup maltodextrin maltose maple syrup mannitol molasses uscovado

raw sugar refiner's syrup rice syrup sorbitol sorghum syrup sucrose sugar sugar cane crystals treacle turbinado zylitol yellow sugar

rup

powdered sugar

Barbados sugar barley malt beet sugar brown sugar buttered syrup cane-juice crystals cane sugar caramel carob syrup castor sugar chicory confectioners sugar corn sweetener corn syrup corn syrup solids date sugar dehydrated fruit juice demerara sugar

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powdered sugar

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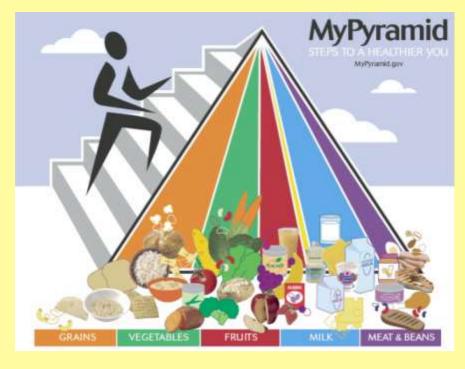
granulated sugar grape highhoney icing inulin invert sugar iso-glucose lactose malt syrup maltodextrin maltose maple syrup mannitol molasses muscovado panocha powdered sugar

rup raw sugar refiner's syrup rice syrup sorbitol sorghum syrup sucrose sugar sugar cane crystals treacle turbinado xyletol yellow sugar



Tip #10 Ignore the Food Pyramid





(And the Plate, too.)

Tip #10 Ignore the Food Pyramid





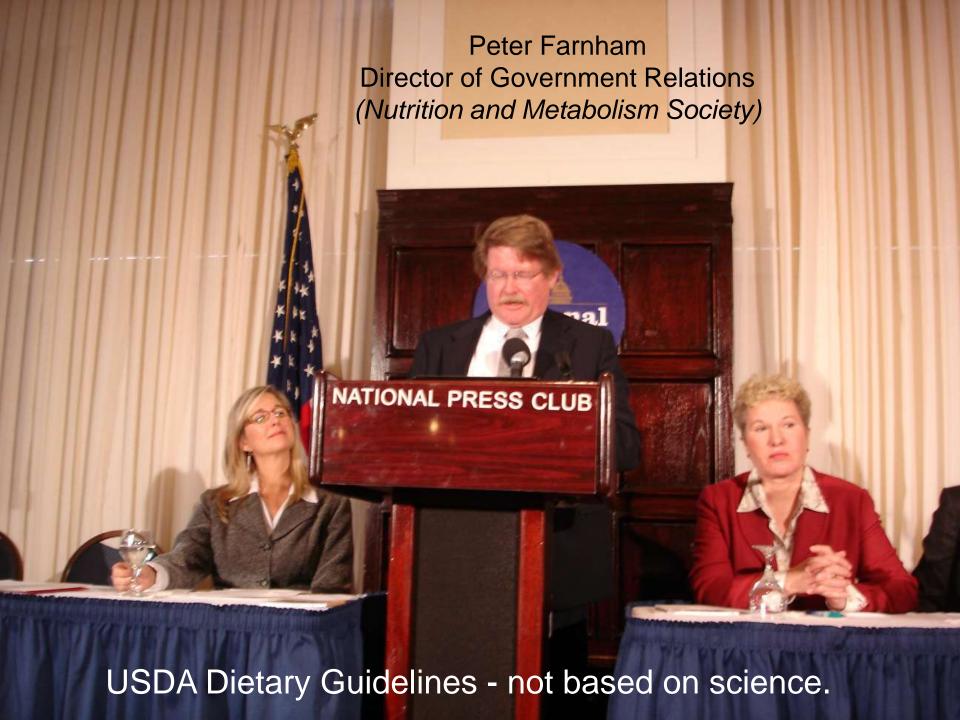
(And the Plate, too.)















Healthy 4 Life









Dietary Guidelines

from the Weston A. Price Foundation

for Cooking and Eating

Healthy, Delicious, Traditional Whole Foods

Dietary Guidelines

based on science...

traditional wisdom...

and common sense.



Advocating for Food Freedom

The Weston A. Price Foundation

Farm-to-Consumer Legal Defense Fund

The Center for Food Safety

Organic Consumers Association

The Cornucopia Institute

Nutritional Therapy Association

Farm Food Freedom Coalition

National Independent Consumers and Farmers Association

...and more!



Dr. Buck Levin Co-author of Staying Healthy with Nutrition

"Nourishment is beyond all worldly proportions. Nutrients come from food; food comes from the Earth. We cannot make food, we can only find it, and in some cases cultivate it, although we seem to botch that up a good bit of the time. Where we find food is right where it belongs, at home in its spot, some unique niche in an ecosystem where soil and seasons and climate and geography come together in some amazingly cooperative way.

Dr. Buck Levin Co-author of Staying Healthy with Nutrition

"Food cannot be extracted from the earth, like profits can be extracted from a business. Food comes to us with earthly constraints. The only way for us to profit from food is to safeguard the Earth's potential for producing it. That potential involves every ocean, every river, every land mass, every cubic meter of air. The only thing that will work is an unbounded kindness on our part for everything natural, even when it's inconvenient and doesn't pay.

Dr. Buck Levin Co-author of Staying Healthy with Nutrition

"Nourishment is a connection between our inward health and the most distant reaches of the Earth. We break with this connection when we live in an isolationist, separatist, exclusionary, exploitative, and extractive way, and we restore it by being inclusive, accommodating, integrative, and considerate. When all is said and done, nourishment is about the connection, not the payoff."