Nourishing Traditional Diets: The Key to Vibrant Health

Sally Fallon Morell

Saturday, March 30, 2019

San Jose, California

Hillside Church, San Jose

545 Hillsdale Avenue

San Jose, CA 95136

9:30 AM – 3:30 PM PDT

To Purchase Tickets:

<https://www.eventbrite.com/e/sally-fallon-morell-health-and-the-food-traditions-of-the-past-tickets-56857341840>

## Looking for a healthier and more delicious way to eat?

## Join WAPF President Sally Fallon Morell and learn about food traditions of the past.

Animal fats, properly prepared whole grains, enzyme-enriched foods and nourishing bone broths kept our ancestors healthy. Sally Fallon Morell, author of Nourishing Traditions, explains why these are vital factors for maintaining good health today. She explains the underlying factors in a variety of traditional diets which conferred beauty, strength and complete freedom from disease on so-called primitive populations. Ms. Fallon Morell presents a plan to put nourishing traditional foods—foods that your family will actually eat—back into your diet, and will share her shopping and cooking tips for those with a busy life.

## ****Event Schedule:****

**9:30 Registration**

**10:00 - 12:00 Morning talk - Nourishing Traditional Diets--The Key to Vibrant Health**

Based on the pioneering work of Dr. Weston A. Price, this talk will explain the eleven basic principles of healthy traditional diets from around the world. Learn about the role of the fat-soluble vitamins, the dangers of veganism, the health benefits of raw milk, how to prepare grains for maximum digestibility, the importance of lacto-fermented foods and gelatinous bone broths, and the human need for salt. These principles can be applied to any diet based on food availability, your budget, the time you have for food preparation and whether or not your children will actually eat these foods!

**12:00 - 1:30 Optional box lunch (menu below) and time to visit vendors**

**1:30 - 3:00 Afternoon talk and Q&A - The Wise Traditions Diet for the Non-Cook and Busy People**

Implementing the Wise Traditions diet can be daunting at first. This presentation will show you how to eat a healthy diet even if you never cook, or take you step by step through basic recipes for those who are learning to cook, including lots of tips for busy parents.

## ****Box Lunch by The Purple Onion - Must be purchased by 3/22****

* Organic Golden Beet Kvass Shot - organic beets, salt, purslane and filtered water in 2 oz shot
* Roast Chicken, Cheddar, & Vegetable Salad (GF) - pasture raised chicken breast, Organic Pastures Dairy raw cheddar cheese, artichoke hearts, organic greens, fermented onion, scallions, cauliflower, sprouted pumpkin seeds
* Turmeric Mustard Dressing - apple cider vinegar, whole mustard, turmeric, ginger, chia, flax, maple syrup, organic olive oil
* Sugar-free No Bake Coconut Cookies

### Thank you Organic Pastures Dairy for donating the cheese!

## Our Speaker:

Sally Fallon Morell is founding president of The Weston A. Price Foundation ([westonaprice.org](http://westonaprice.org/)), a non-profit nutrition education foundation dedicated to returning nutrient-dense food to American tables. She is also the founder of A Campaign for Real Milk ([realmilk.com](http://realmilk.com/)), which has as its goal universal access to clean raw milk from pasture-fed animals. She is the author of the best-selling cookbook Nourishing Traditions (with Mary G. Enig, PhD); The Nourishing Traditions Book of Baby & Child Care (with Thomas S. Cowan, MD); Nourishing Broth (with Kaayla T. Daniel, PhD, CCN); and Nourishing Fats and Nourishing Diets. Visit her blog at [nourishingtraditions.com](http://nourishingtraditions.com/).

## ****FAQs****

**How can I contact the organizer with any questions?**

Contact us with questions at barbie@communitycuisine.com

**What's the refund policy?**

Like other events or concerts, there is no refund but you can give your ticket to a friend.

**Do I have to bring my printed ticket to the event?**

Yes or a mobil confirmation.

**Is my registration fee or ticket transferrable?**

Yes, if you can't come, send a friend.

**Is it ok if the name on my ticket or registration doesn't match the person who attends?**

Yes, we just need the name of the person who purchased the ticket when registering at the event.