NOURISHING TRADITIONAL DIETS
The Key to Vibrant Health

by Sally Fallon Morell, President
The Weston A. Price Foundation

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WHAT IS A HEALTHY DIET?

Atkins Diet?
Vegetarian/Vegan?
Zone Diet?
Macrobiotic?
South Beach Diet?
Juicing?
Food Combining?
Blood Type Diet?
Metabolic Typing?
All Raw?

Even Lisa is confused!
Or is it the US Government Official Diet. . .

. . . designed to promote the products of commodity agriculture?

. . . and resulting in an epidemic of obesity, learning disorders and malnutrition!
WESTON A. PRICE 1870-1948

Photos from Nutrition and Physical Degeneration copyright and courtesy Price-Pottenger Nutrition Foundation
LOETSCHENTAL VALLEY, SWITZERLAND
PRIMITIVE SWISS
PRIMITIVE GAELIC PEOPLE
PRIMITIVE ALASKAN PEOPLE
PRIMITIVE ALASKAN PEOPLE

Free of tooth decay and degenerative disease.
MODERNIZED ALASKANS

First generation suffered from tooth decay.
MODERNIZED ALASKANS

Second generation had more narrow faces, dental crowding and suffered from modern diseases.
SEAL OIL: A major source of calories in a diet containing 80 percent fat.
Salmon Roe

FISH EGGS: A sacred food of the Eskimos, for ensuring healthy babies.
Beautiful facial development shows optimal expression of genetic potential.
MODERNIZED SEMINOLE INDIAN of FLORIDA

Poor diet has prevented optimal expression of the genetic potential.
## THE TEETH TELL THE TALE!

<table>
<thead>
<tr>
<th>STRAIGHT TEETH</th>
<th>CROOKED, CROWDED TEETH</th>
</tr>
</thead>
<tbody>
<tr>
<td>Plenty of room in head for pituitary, pineal, hypothalamus</td>
<td>Compromised space for master glands in the head</td>
</tr>
<tr>
<td>Good skeletal development, good muscles</td>
<td>Poor development, poor posture, easily injured</td>
</tr>
<tr>
<td>Keen eyesight and hearing</td>
<td>Poor eyesight and hearing</td>
</tr>
<tr>
<td>Optimal function of all organs</td>
<td>Compromised function of all organs</td>
</tr>
<tr>
<td>Optimistic outlook, learns easily</td>
<td>Depression, behavior problems, learning problems</td>
</tr>
<tr>
<td>Round pelvic opening, easy childbirth</td>
<td>Oval pelvic opening, difficult childbirth</td>
</tr>
</tbody>
</table>
MODERN VS TRADITIONAL FACIAL STRUCTURE
TYPICAL DENTAL DEFORMITIES

- Anterior Crossbite
- Posterior Crossbite
- Crowding
- Open Bite
- Protrusion
- Ectopic Eruption
- Complete Class III
- Diastema
- Oral Habits
THE FACIAL BONES
PRE WWII AMERICAN

Diet included whole raw Jersey milk, butter, cream, shellfish, fish eggs, meat, broth, fruits, vegetables, cod liver oil
The typical Central American diet includes raw goat milk, seafood, organ meats, insects, cheese, rice and beans.
Most modern children have thin faces and need braces to straighten their teeth.
EVERY TRADITIONAL DIET CONTAINS ANIMAL FOODS

FISH AND SHELLFISH: including organs, oil, bones, heads, etc. Weston Price found the best bone structure among those eating seafood.

BIRDS: Chicken, ducks, geese, etc., including the organs, fat and skin.

RED MEAT: Beef, goat, sheep, game, etc., with ORGAN MEATS and FAT preferred.

MILK AND MILK PRODUCTS

EGGS    REPTILES    INSECTS
ANIMAL FOOD NUTRIENTS

THESE NUTRIENTS ARE FOUND ONLY IN ANIMAL PRODUCTS

Vitamin A
Vitamin D
Cholesterol
Vitamin B12
Very Long Chain, Superunsaturated fatty acids (AA, EPA and DHA)

THESE NUTRIENTS ARE MORE EASILY ABSORBED FROM ANIMAL PRODUCTS

Calcium
B6
Magnesium
Iron
Zinc
Copper
## 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>
NUTRIENT DENSITY
Dr. Price’s Key Finding

Primitive Diets contain 4 times the calcium and other minerals, and 10 times the fat-soluble vitamins as the modern American diet.
SOURCES OF VITAMINS A and D

**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)
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 amount 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*
The body is like a house or temple, built of bricks and mortar.

**BRICKS** = Minerals

**MORTAR** = Fat-Soluble Activators A and D
CONVERSION OF BETA-CAROTENE TO VITAMIN A
CONVERSION PROBLEMS

Needed to Convert Carotene to Vitamin A

- Fats in the diet
- Thyroid Hormone
- Enzymes (as yet unknown)
- Vitamin E

Conversion & storage is difficult or impossible for

- BABIES AND CHILDREN
- DIABETICS
- Individuals with poor thyroid function
- Individuals with poor liver function
- Individuals with poor intestinal absorption
- Individuals with high intake of sodium nitrites and nitrates
- Individuals exposed to pesticides and other toxins
- Individuals who consume lots of carotene

Even under optimal conditions, plant sources of carotene cannot supply sufficient vitamin A for optimum health.
VITAMIN A is NEEEDED FOR

Protein assimilation
Calcium assimilation
Proper growth
Fetal development and prevention of birth defects
Proper function of the glands
Thyroid function
Immune system function
Production of stress and sex hormones
Eyes, skin, bones
Brain function, planning and goal-oriented behavior
PRE-CONCEPTUAL DIET

• Diet rich in sacred foods must begin BEFORE conception
• At least SIX MONTHS for healthy men and women
• ONE TO TWO YEARS for those who have been vegetarians, eaten the standard American diet or have been exposed to pesticides and industrial chemicals.

Human Embryo at 6 Days Old. Heart is already forming.
CHOLESTEROL
The Mother of All Hormones

ACTH

Cholesterol

Pregnenolone → Progesterone

Pregnenolone → Progesterone

11 Deoxycortisol → Cortisol

Corticosterone
Aldosterone
Corticosterone

DHEA → Androstenedione → Estradiol

SEX HORMONES

Testosterone

REGULATE MINERAL METABOLISM, GLUCOSE LEVELS, HEALING AND STRESS

Vitamin A is needed for each conversion.

*Trans* fats inhibit enzymes that make these conversions.


VITAMIN A is DEPLETED by

Stress
Excess Dietary Protein
Cold Weather
Fever and Illness
Physical Exertion
Exposure to Toxins
VITAMIN D MYTH

MYTH - To get adequate vitamin D, just expose your face and hands to sunlight for 10 minutes every day.

TRUTH - The body makes one form of vitamin D out of cholesterol by the action of UV-B sunlight on the skin. However, except in the Tropics, UV-B is available only at MID-DAY during the SUMMER months.
VITAMIN D FOOD SOURCES

All healthy primitive groups, including those living in the tropics, had rich dietary sources of vitamin D.

<table>
<thead>
<tr>
<th>Fish liver oils</th>
<th>Butter</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fish Eggs</td>
<td>Egg yolks</td>
</tr>
<tr>
<td>Shell fish</td>
<td>Organ meats</td>
</tr>
<tr>
<td>Oily Fish</td>
<td>Fat of birds</td>
</tr>
<tr>
<td>Insects</td>
<td>Fat of pigs</td>
</tr>
<tr>
<td></td>
<td>Blood</td>
</tr>
</tbody>
</table>
ROLES OF VITAMIN D

Healthy bones  Insulin production
Proper growth  Immune system
Mineral metabolism  Nervous system
Muscle tone  Cell function
Reproduction  Feel good chemicals
Healthy skin  Longevity
Sources of Fat-Soluble Activators in the Traditional American Diet

Also:
Organ meats such as liver, and contained in sausage, scrapple, liverwurst, pate etc.
**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.
THE SYNERGY OF VITAMINS
A, D and K₂

Vitamin K activates proteins after signaling by Vitamins A and D

Vitamins A and D tell cells to make certain proteins
Vitamin K2, supported by vitamins A and D, prevents the growth plates from closing prematurely, including the growth plates in the maxilla.
FOOD SOURCES OF VITAMIN K<sub>2</sub>

- Bear Fat
- Natto (Fermented Soy)
- Goose Liver/Duck Liver
- Goose Fat/Duck Fat
- Aged Cheeses
- Egg Yolk
- Butter
- Chicken Liver
- Fatty Meats
- Sauerkraut
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 K: Butter, Egg Yolks and Organ Meats from Grass-Fed Animals

CHOLINE: Liver, Egg Yolks

DHA: Cod Liver Oil, Liver, Butter, Egg Yolks

ARACHIDONIC ACID: Butter and meat fats

ZINC: Red Meat, Shell Fish
IMPORTANT SACRED FOODS

Butter from pastured cows
Lard from pastured animals
Raw milk and cheese
Eggs, especially yolks, from pastured animals
Cod liver oil
Liver and other organ meats
Oily fish and shellfish
Fish eggs
Bone broths
GRASSFED BUTTER: THE QUEEN OF FATS

• Rich source of fat-soluble activators, A, D and K₂. Also an excellent source of vitamin E.
• Source of protective shorter-chain fatty acids
• Provides cholesterol and
• An excellent source of arachidonic acid (AA)
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 & 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
CONFINEMENT vs. GRASS-FED BUTTER

10-13 times more vitamin A and 3 times more vitamin D in grass-fed butter
THE SACRED COW
Transforms green grass and sunlight into vitamins A, D and K.
Why drink it?
Whole Food
High in amino acids
Source of prebiotics
Rich in probiotics
Healthy fatty acids (i.e. CLA)
Good Bacteria creates lactase
No hormones/antibiotics
Great taste
Rich in Vitamin D
Nutrient Dense like Breast Milk

Health Benefits:
Less allergenic
No Lactose Intolerance
Less eczema/dermatitis
Less asthma
Increased antibodies
Anti-Inflammatory

www.nutritioncpr.com
Deaths During a 10-Year Period

Deaths due to FDA-approved prescription drugs: 1,060,000

Deaths due to USDA-approved foods:
- Produce - 3,330
- Poultry - 2,780
- Pork - 820
- Fish - 710
- Beef - 550

Deaths due to unapproved raw milk: 0

Source: JAMA 1998

Source: CDC 1998-2008

Source: CDC

Learn more at:
RAW CHEESE FROM PASTURED ANIMALS
A complete food!
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!
Vitamin D in lard helps the body make neurochemicals that protect against depression.
THE SIX BASIC GOOD FATS AND OILS

Pastured Butter, Extra Virgin Olive Oil, Pastured Lard, Coconut Oil, Fermented Cod Liver Oil
EGG YOLKS

8 times more vitamin D,

2 times more vitamin A

in pastured egg compared to supermarket egg
THE PASTURED POULTRY MODEL
FISH LIVER OILS

• Excellent source of vitamins A and D
• Excellent source of DHA
• High vitamin oils allow one to get enough vitamins A and D without overdosing on EPA.
SHELLFISH

Rich source of vitamins A, D, K2, cholesterol, choline, zinc and B12
LIVER

Lots of ways to eat liver:

• Sauteed liver
• Liverwurst
• Braunschweiger
• Pate
• In sausage
• Mixed in meat loaf, meat balls, etc.
**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 mcg</td>
<td>111.3 mcg</td>
</tr>
</tbody>
</table>

Eat liver fried, grilled, with bacon, in sausage, pate and liverwurst.
CHICKEN LIVERS

Pasture Raised      Conventional      Organic
FISH EGGS

Peruvian Girl with Dried Fish Eggs. . . “for healthy babies.”

- Activator X (Vitamin K2)
- Vitamin A
- Vitamin D
- Zinc
- Iodine
- DHA

All essential to healthy reproduction.
UBE Lab tests show 1 tablespoon caviar supplies 17,000 IU vitamin D!!
CAVIAR SYNERGY

Caviar plus sour cream supplies vitamins A, D and K2 all together!

Also sour cream and caviar provides good fatty acid balance.
REAL BONE BROTH

Good broth resurrects the dead.

South American Proverb
BONE BROTHS

1. Supply calcium and other minerals in a form easy to assimilate

2. Supply nutrients that help build healthy cartilage

3. Supply amino acids that help the body detoxify

4. Supply gelatin to help digestion

5. Support gut health

6. Glycine in broth regulates mood
A NUTRIENT-DENSE BREAKFAST!

2 pastured eggs
2 thick pieces pastured bacon
Pineapple cooked in bacon fat
Sourdough toast with 2 tablespoons butter
Glass of whole raw milk
Half fresh grapefruit
High-vitamin cod liver oil

Provides vitamins A, D and K in large amounts
PLUS: Calcium, phosphorus, iodine, vitamin C, B vitamins, choline
JUST SAY NO TO INDUSTRIAL FOOD-LIKE SUBSTANCES
“Life in its fullness is Mother Nature obeyed.”
Weston A. Price, DDS

Factory foods are not Mother Nature’s foods!
WORST OFFENDERS

Industrial fats and oils
High fructose corn syrup, agave “nectar”
MSG
Artificial Sweeteners
Modern Soy Foods
Breakfast Cereals
Pasteurized and Homogenized 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
THE BAD FATS!
MODERN SOY FOODS ARE Imitation Foods!
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.

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

LECTINS: Irritating to the gastrointestinal tract.

MANGANESE: High levels can cause brain damage in infants.

OXALATES: High levels can cause kidney stones.
MSG has been linked to: diabetes, migraines and headaches, obesity, autism, ADHD and Alzheimer's.
## INGREDIENTS THAT CONTAIN MSG

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Yeast Extract</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monosodium glutamate</td>
<td></td>
</tr>
<tr>
<td>Hydrolyzed Vegetable Protein</td>
<td>Yeast Extract</td>
</tr>
<tr>
<td>Hydrolyzed Protein</td>
<td>Yeast Extract</td>
</tr>
<tr>
<td>Hydrolyzed Plant Protein</td>
<td>Yeast Extract</td>
</tr>
<tr>
<td>Plant Protein Extract</td>
<td>Yeast Extract</td>
</tr>
<tr>
<td>Sodium Caseinate</td>
<td>Yeast Extract</td>
</tr>
<tr>
<td>Calcium Caseinate</td>
<td>Yeast Extract</td>
</tr>
<tr>
<td>Textured Vegetable Protein</td>
<td>Yeast Extract</td>
</tr>
<tr>
<td>Corn Oil</td>
<td>Yeast Extract</td>
</tr>
<tr>
<td>Reduced fat dairy products</td>
<td>Yeast Extract</td>
</tr>
<tr>
<td>Soy Protein Isolate</td>
<td>Yeast Extract</td>
</tr>
<tr>
<td>Natural Flavors</td>
<td>Yeast Extract</td>
</tr>
<tr>
<td>Flavors</td>
<td>Yeast Extract</td>
</tr>
</tbody>
</table>
From EXCITOTOXINS
By Russell Blaylock, MD
HONORING OUR HEALTHY GUT FLORA
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

- Beet relish
- Ginger carrots
- Cortido (spicy So. American sauerkraut)
- Pineapple chutney
- Raspberry syrup
- Apricot butter
LACTO-FERMENTED BEVERAGES

KOMBUCHA

KVASS

SOUR GRAIN DRINK
GRAINS: BANE OR BLESSING?
GRAIN PREPARATION IN TRADITIONAL DIETS

Seeds, grains, legumes & nuts are soaked, sprouted, fermented or naturally leavened

- Deactivates ENZYME INHIBITORS (block digestion)
- Neutralizes PHYTIC ACID (blocks mineral absorption)
- Neutralizes TANNINS and LECTINS (irritants)
- Pre-digests COMPLEX STARCHES & SUGARS (hard to digest)
- Begins breakdown of GLUTEN (hard to digest; can be toxic)
- Begins breakdown of CELLULOSE (impossible to digest)

Proper preparation makes seed foods more digestible and their nutrients more available.
HERBIVORE STOMACHS
HUMAN STOMACHS
PROPER PREPARATION OF SEED FOODS

Imitates natural factors that neutralize the seed’s “preservatives” and allow it to sprout:

Moisture
Warmth
Slight Acidity
Time
TRADITIONAL CHEROKEE CORN PREPARATION

Two weeks fermentation wrapped in corn husk
GOOD GRAIN BREAKFAST

1. Soak rolled oats in warm water and 1 tablespoon of something acidic (whey, yoghurt, vinegar or lemon juice) overnight.
2. Next morning, bring water and salt to a boil.

3. Add soaked oatmeal, bring to a boil and cook, stirring, for one minute.

4. Cover and let sit several minutes.
5. Serve oatmeal with plenty of butter or cream and a natural sweetener. Sprinkle coconut and/or crispy nuts on top if desired.
SALT IS NEEDED FOR

Protein digestion
Carbohydrate digestion
Development of brain
Adrenal function
Cellular metabolism
TRADITIONAL SALT PRODUCTION

Traditional salt production involved the simple evaporation of sea water. The salt was rich in magnesium and trace minerals.

Modern salt has all the magnesium and trace minerals removed and contains aluminum-based additives.
UNREFINED SALT

Salt should be gray, beige or pink (not white), indicating the presence of minerals.
THE SOLUTION TO FATIGUE: Easy Digestion

Raw Dairy, not pasteurized

Proper Preparation of Grains

Lacto-Fermented foods, rich in enzymes and beneficial bacteria

Gelatin-rich bone broths

Less energy required for digestion = More energy for you!
The virtuous, plant-based, low-fat, low-salt, high-fiber diet. Approved by dietitians! Impossible to stay on.
THE PORNOGRAPHIC FOODS
Meat!
Sauces and Gravy!
Bacon!
Eggs!
Seafood!
Fats!
Salt!
Grains!
Milk and Cheese!
Pickles!
Vegetables!
Soups!
Sweets!
Soft Drinks!

No deprivation on the Wise Traditions diet!
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Informational Brochures
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Annual Conference
Local Chapters
YEARLY SHOPPING GUIDE

Now available as an iPhone app!

Realfoodmobileapp.com
Healthy 4 Life

Dietary Guidelines
from the Weston A. Price Foundation
for Cooking and Eating
Healthy, Delicious, Traditional Whole Foods

COLORFUL DIETARY GUIDELINES AND RECIPE BOOKLET BASED ON FOUR FOOD GROUPS
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Bookstores
Five-Hour Seminar on Nourishing Traditional Diets

The Oiling of America

A long version of this presentation is posted at http://www.pediatricalternatives.com/sally-fallon-morell.html
SUMMARY

Traditional diets *maximized* nutrients while modern diets *minimize* nutrients.

<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>