



# Wise Traditions 2022

22<sup>ND</sup> ANNUAL CONFERENCE  
OF THE WESTON A. PRICE FOUNDATION

## CONFERENCE PROGRAM

THE CONFERENCE THAT NOURISHES YOU IN EVERY WAY



Knoxville, Tennessee  
October 21-23, 2022

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THE WESTON A. PRICE FOUNDATION<sup>®</sup>  
for **Wise Traditions** IN FOOD, FARMING AND THE HEALING ARTS

*Education   Research   Activism*

# Wise Traditions 2022

## 22ND ANNUAL CONFERENCE OF THE WESTON A. PRICE FOUNDATION

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# THE WESTON A. PRICE FOUNDATION®


*Education • Research • Activism*

The Weston A. Price Foundation is a nonprofit, tax-exempt charity founded in 1999 to disseminate the research of nutrition pioneer Weston A. Price, DDS, whose studies of isolated nonindustrialized peoples established the parameters of human health and determined the optimum characteristics of human diets. Dr. Price's research demonstrated that men and women achieve perfect physical form and perfect health, generation after generation, only when they consume nutrient-dense whole foods and the vital fat-soluble activators found exclusively in animal fats.

The Foundation is dedicated to restoring nutrient-dense foods to the American diet through education, research and activism and supports a number of movements that contribute to this objective, including accurate nutrition instruction, organic and biodynamic farming, pasture-feeding of livestock, community supported farms, honest and informative labeling, prepared parenting and nurturing therapies. Specific goals include establishment of universal access to clean, certified raw milk and a ban on the use of soy-based infant formula.

The Foundation seeks to conduct research to test the nutrient content of foods, particularly butter produced under various conditions and the "X" Factor, discovered by Dr. Price; and to determine the effects of traditional preparation methods on nutrient content and availability in whole foods.

The board and membership of the Weston A. Price Foundation stand united in the belief that modern technology should be harnessed as a servant to the wise and nurturing traditions of our ancestors rather than used as a force destructive to the environment and human health; and that science and knowledge can validate those traditions.

The Weston A. Price Foundation is supported by membership dues and private donations and receives no funding from the meat or dairy industries. 

# PRESIDENT'S WELCOME

October 21, 2022



Dear Friends of the Weston A. Price Foundation:

Welcome to the 22nd Annual Wise Traditions Conference! We are delighted to be back together with a full house, sold-out exhibit hall and many wonderful speakers.

Since our founding in 1999, the Weston A. Price Foundation (WAPF) has never shied away from controversy. WAPF has challenged scientific orthodoxy on many fronts: we have shown the flimsy scientific basis for the notion that animal fats are bad and that cholesterol causes heart disease; we have championed the fat-soluble vitamins, critical for health yet ignored by the scientific mainstream; we have pointed out the toxicity of soy protein and soy oil, the food industry's favorite ingredients; we have attacked the evils of confinement animal agriculture; we have championed raw milk and shown how pasteurization destroys the goodness in Nature's perfect food; we have always opposed the practice of subjecting children to deadly vaccinations; we were one of the first organizations to warn the public about the dangers of EMF, especially 5G; and, finally, we have challenged the notion of infectious disease and demonstrated the non-existence of so-called pathogenic viruses.

Our speakers will be discussing these and many other topics. Tom Cowan, Andrew Kaufman and Curtis Cost will address the theory that disease can be transferred from one person to another by "viruses"; Beverly Rubick and Robert Gilbert will expose the toxicity of microwave radiation; speakers on sourdough bread, lacto-fermentation, nourishing bone broth and traditional foods will help newcomers get started with a Wise Traditions diet; Natasha Campbell-McBride, Tommy John III, Betsy Thompson, Kristen Files, Leland Stillman, Greg Nigh, Maria Zilka, Kristen Homme, Chris Shade, Stephen Hussey and many others will provide information on regaining our health in a toxic world. Speakers on holistic dentistry and pasture-based agriculture round out the program.

Finally, Catherine Austin Fitts will address our awards banquet on the wise traditions of building family wealth.

The biggest complaint we get about our conferences is: "I can't decide which lecture to attend!" That's a deliberate policy on our part—we try to make every track as interesting as possible. In fact, we have over thirty outstanding speakers this year and three to four tracks daily. But fortunately, you don't have to choose. Audio recordings of all the speakers and video recordings of many will be for sale at the Fleetwood Onsite Conference Recording table and through our website, [westonaprice.org](http://westonaprice.org).


This conference offers continuing education units (CEUs) for nurses, NANP nutritionists and acupuncturists. You may still sign up for them.

Please plan to spend some time in our exhibit hall. I know you will be impressed with the quality and variety of the exhibitors this year. And we don't let just anyone exhibit—exhibiting is by invitation only, so you know that all the products and foods for sale are approved by us. We welcome the many new exhibitors, as well as those who have attended in the past.

I know that you have come to expect wonderful food at our *Wise Traditions* conference and this year you will not be disappointed. We have worked closely with the chef and staff of the Knoxville Convention Center to provide delicious, nutritious meals featuring a variety of farm-fresh foods. All of our conference meals are gluten-free (with gluten-containing sourdough bread on the side). We are especially grateful to our food donors who are providing a cornucopia of high-quality products. Particular thanks go to Maureen Diaz who has worked with the chefs to make sure all meals are WAPF-friendly.

If you have any questions or special needs, please speak with Paul Frank or one of his assistants at the Conference Registration Desk. We'll do our best to make your conference weekend not only educational, but also enjoyable in every way.

Sincerely yours,

  
Sally Fallon Morell  
President

# Wise Traditions 2022

22ND ANNUAL CONFERENCE

OF THE WESTON A. PRICE FOUNDATION

OCTOBER 21–23, 2022

THE KNOXVILLE CONVENTION CENTER, KNOXVILLE, TENNESSEE

We would like to acknowledge and thank our sponsors for their generous support of the Weston A. Price Foundation and our conference.

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Redmond Real Salt  
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Solari  
Steiner Books  
To Your Health  
Wellsong Energetics

### IMPORTANT NOTICE

We choose our exhibitors carefully; all the products they provide at this conference are approved by the Weston A. Price Foundation.

We ask our exhibitors, and also any speakers associated with our exhibitors, to promote their products by emphasizing the good things about the foods, supplements and other items they are selling. We do not allow vendors to criticize other products or vendors.

If you as an exhibitor, attendee or speaker have any concerns about a particular product, please bring these concerns to the Weston A. Price Foundation staff, and we will investigate. Any exhibitor or representative of an exhibitor found criticizing or making negative statements about other products at this conference will be asked to leave.



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## Gratitude

A conference like Wise Traditions is only possible through the efforts of many individuals. The WAPF Board of Directors is most grateful to:

- The Weston A. Price Foundation staff
- Paul Frank and the staff of PTF & Associates
- Platinum, Gold, Silver, Bronze and other exhibitors
- Food donors
- Our many excellent speakers
- Hardworking chef consultant Maureen Diaz and hotel chefs and kitchen staff
- The Weston A. Price Foundation conference support team George Diaz and Mike Mudrak
- Wonderful conference attendees and our dedicated volunteers

... and many others who have provided contributions of their time, energy & advice!

## We have come from far and near...

**Attendees are from: Australia, Canada, Mexico, Spain, United Kingdom and the U.S.**

**All states and Washington, DC are represented:**

Tennessee 201	Maryland 29	Washington 15	Montana 5
California 107	Indiana 25	Connecticut 12	Nevada 4
Florida 96	New Jersey 23	Nebraska 11	Arkansas 3
Texas 85	South Carolina 22	Kansas 10	Louisiana 3
North Carolina 80	Minnesota 21	Missouri 10	South Dakota 3
Virginia 70	Oregon 20	Utah 10	Alaska 2
Georgia 48	Kentucky 19	Maine 9	Mississippi 2
Pennsylvania 40	Wisconsin 18	New Mexico 8	New Hampshire 2
New York 39	Idaho 17	Vermont 8	Rhode Island 2
Michigan 35	Alabama 16	Iowa 7	West Virginia 2
Ohio 34	Arizona 16	District of Columbia 6	Wyoming 2
Colorado 30	Massachusetts 15	North Dakota 6	Hawaii 1
Illinois 29	Oklahoma 15	Delaware 5	

# SCHEDULE AT A GLANCE

## Friday, October 21st

7:15–8:45 am	<b>FTCLDF Breakfast</b>
7:30–8:30 am	<b>Movement</b>
9:00–10:15 am	<p><b>THOMASON</b> Dynamic Breathing: Healing Life and Lungs</p> <p><b>SHADE</b> Detoxification of Mercury and Other Heavy Metals through Upregulation of the Glutathione System</p> <p><b>CAMPBELL-MCBRIDE</b> Gaps Concept: What Causes All Chronic Disease, Part 1</p>
11:00–12:15 pm	<p><b>STILLMAN</b> The Most Toxic Nutrient: How Iron Overload is Killing Us and What To Do About It</p> <p><b>FALLON MORELL</b> Get Creative with Bone Broth</p> <p><b>CAMPBELL-MCBRIDE</b> Gaps Concept: What Causes All Chronic Disease, Part 2</p>
12:15–1:45 pm	Lunch
1:45–3:00 pm	<p><b>WILLIAMS</b> Reducing Direct and Indirect Toxicity from Covid Shots</p> <p><b>DICKSON</b> Connect To Your Food for Better Health</p> <p><b>LAGRECA</b> Cancer: A Wound That <i>Can</i> Heal</p>
4:00–5:15 pm	<p><b>GILBERT</b> Waves of Health and Illness: The Deep Roots of Biological Life and EMF Protection</p> <p><b>MULDOON</b> Picky Eating—All You Ever Wanted To Know</p> <p><b>HOMME</b> Mercury: A Biochemical Train Wreck Underlying Many Chronic Illnesses</p>
6:00–7:30 pm	Dinner
7:30–9:00 pm	<p><b>JOHN</b> Human? Move. Older Human? Move More. Injured Human? Move Most.</p> <p><b>Ask the Practitioners Panel</b>  <b>CAMPBELL-MCBRIDE, COWAN, LAGRECA, PALEVSKY, ZIMMERMANN, FALLON MORELL</b></p> <p><b>Film with Q&amp;A WALLACH</b> “The Viral Delusion” (Free to the Public)</p>

## Saturday, October 22nd

7:15–8:45 am	<b>FTCLDF Breakfast</b>
7:30–8:30 am	<b>Movement</b>
7:30–8:15 am	<p><b>Sponsor Presentations</b>  CYMA Technologies  Green Pastures  Smartdots</p>
9:00–10:15 am	<p><b>SCHINDLER</b> Eating Like a Human in the Modern World</p> <p><b>FILES</b> Exhausted Adrenals: Root Cause or Just a Symptom?</p> <p><b>COWAN</b> What Doesn't Make You Sick, Part 1</p> <p><b>FALLON MORELL</b> Nourishing Traditional Diets, Part 1</p>
11:00–12:15 pm	<p><b>PALEVSKY</b> Moving from Medicine to Health Care</p> <p><b>RUBIK</b> Wireless Communication Radiation and 5G: Health Impacts and Practical Solutions</p> <p><b>COWAN</b> What Does Make You Sick, Part 2</p> <p><b>FALLON MORELL</b> Nourishing Traditional Diets, Part 2</p>
12:15–1:45 pm	Lunch
1:45–3:00 pm	<p><b>BROGAN</b> Own Your Self: Why Sovereignty is an Inside Job</p> <p><b>FARZIN</b> Confidently Cooking Organ Meats</p> <p><b>NIGH, ZILKA</b> Sulfur Metabolism: How It Goes Wrong and How to Get It Working Again, Part 1</p> <p><b>FALLON MORELL</b> Nourishing Traditional Diets, Part 3</p>
4:00–5:15 pm	<p><b>ZIMMERMANN</b> Homeopathy for Children with Developmental and Behavioral Challenges</p> <p><b>TENDLER</b> High Lysine Ancestral Foods Diet</p> <p><b>NIGH, ZILKA</b> Sulfur Metabolism: How It Goes Wrong and How to Get It Working Again, Part 2</p> <p><b>FALLON MORELL</b> Nourishing Traditional Diets, Part 4</p>
6:30–9:30 pm	<p><b>Awards Banquet</b> Keynote: <b>FITTS</b>  The Wise Traditions of Building Family Wealth</p>

# SCHEDULE AT A GLANCE

## Sunday, October 23rd

7:15–8:45 am	<b>FTCLDF Breakfast</b>
7:30–8:30 am	<b>Movement</b>
7:30–8:15 am	<b>Sponsor Presentation</b> Walkabout Health Structural Elements
8:45–10:00 am	<b>HUSSEY</b> Cardiac Metabolism: Why Cancer of the Heart is So Rare <b>QUEEN</b> Mastering Sourdough <b>HOLLAND</b> We Are Winning: Let Me Count The Ways <b>CAMPBELL</b> The Type of Cow Weston A. Price Would Have Been Proud Of
10:45–12:00 pm	<b>KAUFMAN</b> Transcending the Plandemic Narrative <b>DURANT</b> Fearless Fermenting: How to Boldly Craft Fermented Foods to Feed Your Gut, Nourish Your Community and Heal the World <b>COST</b> Vaccines and Diseases — How the Public Has Been Manipulated from the Past to the Present <b>KOZINSKI</b> Stress As the Ultimate Cause of Illness: Steps to Prevent and Recover
12:00–1:30 pm	Lunch
1:30–2:45 pm	<b>ROGERS:</b> The Societal Cost of Autism <b>MCKUSICK</b> The Importance of a Small Farm Diet for Our Electric Health <b>MANOOKIAN</b> Know Your Rights and Why You Must Fight for Them in Your Community and in the Courts <b>BRONSON</b> The Oral Cavity Entrance to Regenerative Health
3:00–4:00 pm	<b>Closing Ceremony</b> <b>FALLON MORELL, NICELEY</b> Random Thoughts on Local Food and Good Health and Passing Legislation to Promote the Two

## Monday, October 24th

7:00 am–6:00 pm **Professionally Guided Farm Visit**  
**WINTER, CAMPBELL**

### *Make the Most of Your Conference Experience*

**Meet others!** Nowhere else will you find so many kindred spirits gathered to learn and discuss health & traditional food. Don't be shy—introduce yourself!

**Visit our sponsors and exhibitors.** They have wonderful information and products to share with you.

**Tell your friends.** One-day passes are available, plus people can visit the exhibit hall and see the Friday movie for free.

**First timer?** We recommend Saturday's seminar on traditional diets for anyone who is new.

**If there is something you need,** please see the room monitor near the entrance of each session room or visit the registration desk.

**Stay comfortable.** Bring a sweater or jacket to the meeting rooms, they may be chilly.

**Benefit the group.** During Q&A periods, if you have a question that you think will benefit the group, please go to the microphone so all can hear you. Personal health questions should be posed privately.

**Stretch and enjoy.** Before attending the talks, attend the early movement sessions.

**Leave united and inspired.**  
Share this information with friends.

## CONFERENCE SURVEY

We appreciate your feedback so that we can offer a great conference.

Please go to the link to complete the survey.

<https://www.surveymonkey.com/r/Tennessee2022>

# GENERAL CONFERENCE INFORMATION

## Name Badges

Your conference name badge is your admission ticket to all sessions, plus it helps create community when we can see each other's name and city. To enter a session, you will have to wear your badge.

## Meals

Your meal tickets were in your registration envelope. Please provide the appropriate ticket to the volunteer at meal time. Without a ticket, you cannot get a meal. This ticket is for one meal only. There is plenty of food for all. One complaint we have each year is that people waste food. Please don't overload your plate but rather take a reasonable amount and return for seconds if you are still hungry. Please do not fill your plate in order to take food to someone who has not bought a meal ticket. Please see the Registration Desk if you need a meal ticket.

## Children Meals

Please note that the children's program is closed during the lunch and dinner hours. If you purchased meals for your child in this program, your child will dine with you in the main meal room for every meal except the Saturday evening banquet.

## Fermented Foods

Our menu includes delicious, healthy fermented foods and drinks, which provide good bacteria needed for a healthy gut. Traditional cultures often ate them with meals, though not in large quantities. If fermented foods are new to your diet or if you overeat them, you may feel some discomfort or gas. It is not harmful, simply uncomfortable. We recommend limiting the amount you eat at each meal.

## Session Rooms

Please set your cell phone either to 'off' or 'airplane mode' during talks. If you have a question for a speaker, you may ask it at the microphone at the end of the talk. Please do not ask personal health questions but questions that will be of general interest.

## Children Attending

Children ages 3-12 who are potty trained are welcome to the conference as long as they are enrolled in the Children's Program. There will be no programs or childcare provided for infants and children under age 3. For the sake of other conference attendees, we ask that adults who bring young children to sessions, take them out of the session if they are too noisy.

## Conference Evaluation

We appreciate your time in submitting an evaluation. We review these carefully and consider your comments.

[surveymonkey.com/r/Tennessee2022](https://surveymonkey.com/r/Tennessee2022)

## Talks and Handouts

We will post talks and handouts if we get them from speakers.

[ptfassociates.com/secure/wisetraditions/lecture22.asp](https://ptfassociates.com/secure/wisetraditions/lecture22.asp)

## Conference Recordings

Please visit the Fleetwood table to inquire about ordering recordings of this or past conferences at a 25% discount while at the conference. After the conference, go to [westonaprice.org](https://westonaprice.org) for recordings information.

## Luggage Storage

If you are checking out of the hotel on Sunday morning and need to store luggage, please see the staff at the hotel front desk.

## Photo/Video Release

The Wise Traditions Conference plans to take photographs during the conference and reproduce them in educational, news or promotional materials including print, electronic or other media, and on the Weston A. Price Foundation website. By attending, you grant the Weston A. Price Foundation the right to use your name and photograph for such purposes. All postings are the property of the Weston A. Price Foundation.

## Liability

By registering and attending the Wise Traditions 2022 Conference, you agree and acknowledge that you are participating in the activities on your own free and intentional will. You acknowledge this freely and knowingly and that you are, as a result, able to participate in said events and hereby assume responsibility for your own well-being. This acknowledgement includes participation in any tours and evening events.

## Disclaimer

The information provided at this conference is for informational purposes only and is not intended to substitute for the advice of a doctor or other health care professional. You should not rely upon or follow the programs or techniques or use any of the products and services made available by or through this conference for decision making without obtaining the advice of a physician or other health care professionals. The nutritional and other information provided at this conference are not intended to be and do not constitute health care or medical advice.

Neither the Weston A. Price Foundation nor any of its affiliates or their respective members, directors, officers, employees or agents guarantees the accuracy, adequacy, timeliness, reliability, completeness or usefulness of any of the content of this conference.

Weston A. Price Foundation chooses exhibitors carefully and refuses to allow exhibitors selling products known to be harmful or whose products, services or business models are inconsistent with the Foundation's values, principles and goals. We do not allow businesses based on a multi-level marketing business model, including independent associates connected with such businesses. The Foundation does not have the expert knowledge or experience of every product exhibited. Thus, the Weston A. Price Foundation cannot vouch for the quality or efficacy of any of the products or services sold at Wise Traditions 2022.

# SPEAKERS



**Kelly Brogan**

**Saturday 1:45-3:00 PM, 2nd Floor, Lecture Hall**

## **Own Your Self: Why Sovereignty is an Inside Job**

Because we are no longer initiated to our own adult power, we remain fragmented, dependent and disconnected, experiencing challenges and adversity as failures and problems to fix. What if the medicalization of human emotion has kept us arrested in victimhood and vulnerable to a system that feeds off of our fear? Let's explore the role of victim consciousness in so-called mental illness and in trauma-based mind control on the population level and how moving through the dark night of the soul, individuating from parentified authorities, and taking radical responsibility for one's experience, can finally lead us all into the domain of sovereignty that affords the embodied freedom, joy and vitality that is our birth right

**Kelly Brogan, MD**, is a holistic psychiatrist, the *New York Times* best-selling author of *A Mind of Your Own*, *Own Your Self*, and the children's book, *A Time for Rain*, and co-editor of the landmark textbook, *Integrative Therapies for Depression*. She is the founder of the online healing program Vital Mind Reset, and the membership community, Vital Life Project. She

completed her psychiatric training and fellowship at NYU Medical Center after graduating from Cornell University Medical College, and has a B.S. from M.I.T. in systems neuroscience. She is specialized in a root-cause resolution approach to psychiatric syndromes and symptoms.



**James Bronson**

**Sunday 1:30-2:45 PM, 3rd Floor, Room DE**

## **The Oral Cavity Entrance to Regenerative Health**

A primary principle of osteopathy is that the body has an inherent ability to heal itself. To understand how to repair or heal a broken part, it is first important to recognize that there are a series of complex systems that are directed to and from, close and far from the injured area. We as healthcare practitioners are facilitators, not directors of repair. Our journey today will help us recognize and understand system analysis, the obstacles to health, and how we can effectively remove those obstacles.

**Dr. James M. Bronson** and his two children, Dr. James Alexander Bronson and Dr. Julia M. Bronson, have integrative dental practices dedicated to whole body dentistry and regenerative health care in McLean and Charlottesville, Virginia. He is a "cum laude" graduate of Georgetown University School of Dentistry, a member in the Cranial Academy, the AAGO, the IAO, the AGD and the American Academy of Dental Sleep Medicine. He has lectured on "The ALF Paradigm" in

the U.S., Canada, Asia and Europe. Dr. Bronson founded the ALF Educational Institute, LLC (AEI) in 2013. The AEI is a three-level, three-year comprehensive program in cranial facial growth and cranial mandibular rebalancing; he has taught over one hundred twenty healthcare practitioners from around the world the concept that the oral cavity is the entrance to regenerative health.

## **Practice Safe Cell Phone Use**

Please keep your cell phone on airplane mode while attending the conference, or leave it in your room.



# SPEAKERS



**Steve Campbell**

**Sunday 8:45-10:00 AM, 3rd Floor, Room DE**

## **The Type of Cow Weston A Price Would Have Been Proud Of**

We will go on a journey of discovery about how the “space race” in animals to fit the feedlot system (CAFOs) has given us females that cannot function on our low-mineral/high-toxin farms and ranches. In beef cattle specifically, the red solo cup-shaped cow that sheds early and has the butterfat indicators will be more fertile and cost less to run than the average cow in America. Part of the reason our cows are not functional is the lack of clean nutrients in utero, at mom’s side and then going forward throughout their lives. As Weston Price found in the 1930s with humans, cows that consume adequate and CLEAN minerals are born healthy and stay healthy.

**Monday 7:00 AM-6:00 PM**

## **Guide Farm Visit**

Steve Campbell and Will Winter will be our professional guides on our farm day.

*See details about farm day under Will Winter’s speaker information.*

**Steve Campbell** has been around cattle in one capacity or another since the age of twelve. His epiphany moment came in 1999 while recovering from a ranching injury. The resulting refocusing of his energies into learning about soil, plant, animal and human health since that time has led him to: some very old books; like minded thinkers and mentors; on-farm experiments with soil fertility; and numerous speakers, farm visits and conferences over the past sixteen years.

From the Weston A. Price philosophy for human health to

Carey Reams and Maynard Murray, Jerry Brunetti, Dr. Richard Olree, Gearld Fry, Will Winter and the teachings of numerous authors of yesteryear; Steve has extrapolated those learned principles of nature into his own farmland and animals and helped others make similar improvements on their farms and with their families health. Along with numerous farm consulting invitations across the country, Steve has spoken at many events and has done many presentations in conjunction with Gearld Fry. [tailormadecattle.com](http://tailormadecattle.com)



**Natasha Campbell-McBride, MD, PhD**

**Friday 9:00 AM-12:15 PM  
3rd Floor, Room ABC**

## **GAPS Concept: What Causes All Chronic Disease?**

Chronic illnesses—mental and physical—in children and adults have become epidemic in the modern world. What is happening? Why are increasing numbers of children and adults becoming chronically ill? What can we do to prevent and reverse this situation? Dr. Natasha Campbell-McBride will be talking about the microbial community of the human body and how it responds to the modern world we live in.

**Friday 7:30-9:00 PM, 2nd Floor, Room ABC**

## **Ask the Practitioners Panel**

We are excited to offer a panel of highly qualified practitioners. The panel includes: Natasha Campbell-McBride, MD; Tom Cowan, MD; Brandon LaGreca, LAc, MAcOM; Larry Palevsky, MD; and Anke Zimmermann, BSc, FCAH with moderator Sally Fallon Morell.

**Dr. Natasha Campbell-McBride** graduated with honors as a medical doctor in 1984 from Bashkir Medical University in Russia. She gained postgraduate degrees in neurology and at Sheffield University in the United Kingdom in human nutrition.

In 2004, she published *Gut and Psychology Syndrome: Natural Treatment of Autism, ADHD, Dyslexia, Depression and Schizophrenia* which explores the GAPS nutritional protocol, used in treating people with learning disabilities and other mental problems. Through her work with many patients with heart disease, high blood pressure, arrhythmia, stroke and other complications of atherosclerosis, she became acutely aware of the confusion about nutrition and these conditions. This resulted in an intense study of the topic and her 2007 book *Put Your Heart in Your*

*Mouth! What Really is Heart Disease and What Can We Do to Prevent and Even Reverse It*. After working with many young people who had chosen a plant-based diet and as a result became very ill, her 2017 book *Vegetarianism Explained* looked at the value of plant versus animal foods. The 2020 book *Gut And Physiology Syndrome* focuses on chronic physical health problems, from allergies, eczema and asthma to autoimmune illness, chronic fatigue and fibromyalgia.

Dr. Campbell-McBride is a member of The Society of Authors and The British Society for Environmental Medicine. She is a regular contributing health editor to a number of journals, magazines, newsletters and radio programs worldwide. She is also an organic regenerative farmer.

# SPEAKERS



**Curtis Cost**

**Sunday 10:45-12:00 PM, 3rd Floor, Room ABC**

## **Vaccines and Diseases – How the Public Has Been Manipulated from the Past to the Present**

In his presentation, Curtis Cost will discuss how information has been manipulated regarding various diseases in such a way as to spread unjustified panic in the public and ultimately justify tests and vaccines. These tactics included putting the blame entirely on viruses even when there is evidence of different causes. Other tactics include manipulating statistics, changing definitions and other such strategies. Cost will show that the situation with Covid, in many ways, represents a script that has played out many times in the past.

**Curtis Cost** holds a BA from Vassar College as well as an MBA from the Kellogg School of Management at Northwestern University. He is the author of the book, *Vaccines Are Dangerous*, which was published in 1991 and a second edition in 2010. His book has been endorsed by doctors, scientists, scholars, holistic health practitioners, nutritionists, journalists and many others. For nearly thirty years Mr. Cost has been

giving lectures and interviews and organizing forums and demonstrations regarding the dangers and ineffectiveness of vaccines. He is the first African American man to have written a book critical of vaccines. He has been featured in the *New York Times*, the *Village Voice* and many other publications. Mr. Cost works with Robert F. Kennedy Jr.'s organization—Children's Health Defense.



**Tom Cowan**

**Friday 7:30-9:00 PM, 2nd Floor, Room ABC**

## **Ask the Practitioners Panel**

We are excited to offer a panel of highly qualified practitioners. The panel includes: Natasha Campbell-McBride, MD; Tom Cowan, MD; Brandon LaGreca, LAc, MACOM; Larry Palevsky, MD; and Anke Zimmermann, BSc, FCAH with moderator Sally Fallon Morell.

**Saturday 9:00-12:15 PM, 3rd Floor, Room ABC**

## **Part I: What Doesn't Make You Sick**

## **Part II: What Does Make You Sick**

We have been taught that "germs" make us sick. That is incorrect. Once we get a clear picture of how living beings are constructed, it becomes easy to understand how and why we do get sick and what to do to treat illness.

**Dr. Thomas Cowan** is a well-known alternative medicine doctor, author and speaker, with a common-sense, holistic approach to health and wellness. He has given countless lectures throughout the U.S. on a variety of subjects in health and medicine, and is the author of six best-selling books, including *The Contagion Myth* co-authored with Sally Fallon Morell, *Cancer and the New Biology of Water*, *Human Heart*, *Cosmic Heart*, *Vaccines*, *Autoimmunity and the Changing Nature of Childhood Illness*, *The Nourishing Traditions Book of Baby*

*and Child Care* co-authored with Sally Fallon Morell, and *The Fourfold Path to Healing* (with Sally Fallon and Jaimen McMillan).

From 1985 until 2019, Dr. Cowan had a general-medical practice, first in upstate New York, then for seventeen years in Peterborough, New Hampshire, and for seventeen years in San Francisco, until his recent retirement from active practice. He was a founding board member of the Weston A. Price Foundation and continues to serve as its vice president.

# SPEAKERS



**Mike Dickson**

**Friday 1:45-3:00 PM, 2nd Floor, Room ABC**

## **Connect to Your Food for Better Health**

Our modern society is disconnected from our food perhaps more than any other people that have lived before us. As a result, we have alarming rates of disease and a majority of our population is clueless about how to achieve optimal health as well as how their food is produced. In order to achieve better health, we must develop a closer relationship with the food we eat. And whether we live in a one-bedroom apartment or have hundreds of acres, all of us can work towards connecting more to the food we eat.

**Mike Dickson** is a former pro natural bodybuilder. He worked over fifteen years as a fitness/nutrition professional. But in 2014, Mike aspired to live a completely different life. He along with his wife Lacie and their children, sold almost everything they owned (including their 2600 sq ft house in the city), and started a homestead in the country and a new life in a 700 sq ft yurt.

Now Mike and his family run a successful farmstead, with a market garden, chickens, ducks, goats and more. You can watch his family's adventures on his YouTube channel The Fit Farmer. And in his journey, Mike has become dedicated to inspiring others to live an abundant life by connecting more to their food, their relationships and their purpose for living



**Austin Durant**

**Sunday 10:45 AM-12:00 Noon, 2nd Floor, Room ABC**

## **Fearless Fermenting: How to Boldly Craft Fermented Foods to Feed Your Gut, Nourish Your Community, and Heal the World**

In this presentation, Austin will teach you the basics of food fermentation. You'll learn about different fermentation styles, the health benefits of fermented foods, as well as share the latest research proving what our ancestors have known for millennia: that a little bit of fermented foods each day keeps us healthy and vibrant! Austin will then share stories of how he has helped build communities around fermentation. Finally, he will demonstrate how to make a simple and delicious fermented sauerkraut, and sample some of the classic fermented vegetable recipes

from his upcoming book, *Fearless Fermenting: How to Boldly Craft Fermented Foods to Feed Your Gut, Nourish Your Community, and Heal the World*.

**Austin Durant** has been playing with food his whole life, and fermenting it for over ten years. In 2011, he founded *Fermenters Club* in his home town of San Diego, California. That same year, he studied at Sandor Katz's Fermentation Residency program in Tennessee, where he learned how to make over a dozen fermented foods. Austin's personal passion and mission is to teach people why and how to make fermented foods at home, and to create communities connected through our guts.

Austin has since taught hundreds of live hands-on classes on a wide variety of fermented foods like sauerkraut, pickles, kimchi, kombucha, miso and sourdough bread. He has written over 150 recipes on his website, *fermentersclub.com*. Austin has produced annual fermentation festivals in both San Diego and Portland, Oregon, with over 1,000 attendees. His first book, *Fearless Fermenting*, will be released in late 2022.

***Visit the WAPF table to support our work by becoming a member.***

***\$10 off membership during the conference.***

# SPEAKERS



**Catherine Austin Fitts**

**Saturday 6:30-9:30 PM, 2nd Floor, Ballroom**

## **The Wise Traditions of Building Family Wealth (Saturday Banquet Keynote)**

**Catherine Austin Fitts** is the president of Solari, Inc., publisher of the Solari Report, and managing member of Solari Investment Advisory Services. Catherine has designed and closed over \$25

portfolio and investment strategy for \$300 billion of financial assets and liabilities. “Long ago, I made a promise that I would never act against the best interests or the excellence of my own people—that I would do my best to ensure that we were worthy of the stewardship of our world and that we did our best to leave a better world for generations yet to come.”

billion of transactions and investments to-date and has led



**Sally Fallon Morell, MA**

**Friday 11:00 AM-12:15 PM, 2nd Floor, Room ABC**

## **Get Creative with Bone Broth**

Learn the health benefits of genuine gelatinous bone broth, how to make basic chicken, beef and fish broth, and tips for using bone broth for delicious soups, sauces and stews.

**Friday 7:30-9:00 PM, 2nd Floor, Room ABC**

## **Ask the Practitioners Panel**

We are excited to offer a panel of highly qualified practitioners. The panel includes: Natasha Campbell-McBride, MD; Tom Cowan, MD; Brandon LaGreca, LAc, MACOM; Larry Palevsky, MD; and Anke Zimmermann, BSc, FCAH with moderator Sally Fallon Morell.

**Saturday 9:00 AM-5:15, 3rd Floor, Room DE**

## **Nourishing Traditional Diets**

Animal fats, organ meats, properly prepared whole grains, fermented 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. Beginning with a presentation showing Dr. Weston Price’s unforgettable photographs of healthy traditional peoples, Ms. Fallon Morell explains the underlying factors in a variety of traditional diets, which conferred beauty, strength and freedom from disease on so-called primitive populations. Then she presents a step-by-step plan to put nourishing traditional foods—foods that your family will actually eat—back into your diet, including easy breakfast cereals, soups, sauces, snack foods, fermented condiments and soft drinks that are actually good for you

### **Learn about:**

- Butter, the number one health food
- The vital role of high-cholesterol foods
- Why lowfat and vegan diets don’t work
- The amazing powers of raw whole milk from pasture-fed cows
- The dangers of modern soy foods and soy infant formula
- Foods that help babies grow up smart and strong
- The unfortunate consequences of modern farming methods
- The conspiracy to promote vegetable oils and hydrogenated fats; and,
- Old-fashioned foods that give limitless energy and vibrant health.

**Sally Fallon Morell** 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); *Nourishing Fats*; and *Nourishing Diets*. Her latest book is *The Contagion Myth*, co-authored with Thomas S. Cowan, MD. She and her husband Geoffrey Morell are owners of P A Bowen Farmstead ([pabowenfarmstead.com](http://pabowenfarmstead.com)) in Southern Maryland, which produces raw cheese and milk from pastured cows, woodlands whey-fed pork and grass-fed poultry and eggs. Visit her blog at [nourishingtraditions.com](http://nourishingtraditions.com).



# SPEAKERS



**Janine Farzin**

**Saturday 1:45-3:00 PM, 2nd Floor, Room ABC**

## **Confidently Cooking Organ Meats**

Learn how to walk the talk by confidently incorporating organ meats into your diet and learning to love them! Janine Farzin will give practical tips for overcoming squeamishness, prepping organs and confidently cooking them. She'll remind you why you need to add organs into your diet today but show you how to be gentle with yourself along this journey.

**Janine Farzin** helps people just like you gain the confidence and skills to take their health journey to the next level by incorporating organ meats into their diet. She has been devoted to serving organ meats to her family and friends for over ten years and founded OffallyGoodCooking.com in 2017. Janine has engineering degrees from UC Berkeley and MIT and loves a good optimization problem. Knowing you only get so many

calories in a day and organ meats are your most nutrient-dense options, how can you incorporate more of them at every turn? Indeed, Janine has found that health freedom comes with incorporating these sacred foods into your life and diet. Janine is a Weston A. Price Foundation chapter leader in Grand County, Colorado, and can be found in the river or on the mountain during any season.



**Kristen Files, FNTF, BCHN, MRWP**

**Saturday 9:00-10:15 AM  
2nd Floor, Room ABC**

## **Exhausted Adrenals, Root Cause or Just a Symptom?**

The status of your adrenal glands is a vital factor to consider when seeking optimal health. Understandably, adrenal fatigue has become a 21st-century buzzword in the holistic nutrition field. Is adrenal fatigue a correct term, is it the root cause of health issues or is it a symptom of something more? Learn more about the mighty adrenals, how they manage the stress response, how they affect other systems, the potential cause of dysfunction, underlying factors and how to bring them back into balance.

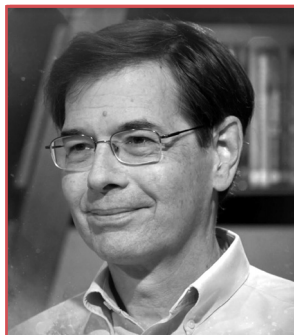
**Kristen Files, FNTF, BCHN, MRWP**, is a functional nutritional therapy practitioner and master restorative wellness practitioner, board certified in holistic nutrition. She is owner of Forest Creek Wellness, a functional nutrition practice in Austin, Texas. Kristen is also a serious foodie, homeschooling mother

of four and classical educator. She is passionate about using real food as medicine and educating other mamas to do the same. She empowers exhausted women to reconnect with and nourish their bodies, and their families, in an enjoyable, sustainable way so they can make America healthy again.

***Please share photos and updates on social media using the hashtags:  
#wisetraditions2022 #wisetraditions #wapf #westonaprice #ancestraldiet  
#westonapricefoundation #justeatrealfood #ancestralwisdom #health  
#healthy #nourish #nutritious #nutrientdense***



# SPEAKERS



**Robert Gilbert, PhD**

**Friday 4:00-5:15 PM, 2nd Floor, Lecture Hall**

## **Waves of Health and Illness: The Deep Roots of Biological Life and EMF Protection**

Dr. Robert Gilbert will offer an empowering overview of little-known international research into the energetic basis of human health, with new solutions to overcome modern electro-magnetic field (EMF) pollution and other major challenges to living beings today.

### **Topics include:**

- The French discovery of the “Universal Vibrational Spectrum” which controls all life on earth.
- Russian discovery of the Wave Transmission of Illness and Pathogens (and how this transforms modern concepts of physical epidemics).
- Egyptian BioGeometry: a modern energy science with ancient roots, which offers radical new solutions to protecting living beings from detrimental energies including EMF.
- EMF effects on human cellular information “programs”, and methods to support the human immune system.
- Details of methods used in successful cases for helping those with EMF sensitivity and similar energetic issues.

**Robert J. Gilbert, PhD**, is the founder of the Vesica Institute for Holistic Studies, located outside Asheville, North Carolina. Dr. Gilbert is a former U.S. Marine Corps instructor in nuclear-biological-chemical warfare defense (NBCD), and holds a PhD in international studies.

He was the first person outside of Egypt to be authorized to teach the new energy science of BioGeometry, developed in Cairo by Dr. Ibrahim Karim. Dr. Gilbert’s new ten-episode

television series *Sacred Geometry & Spiritual Science* was released on Gaia TV in the summer of 2022.

Gilbert is internationally known for creating clear, concise, empowering overviews of detailed information and practical methods in holistic health and personal development. He offers online training and resources in holistic health, BioGeometry, spiritual science and vibrational sciences through his website [vesica.org](http://vesica.org).



**Mary Holland**

**Sunday 8:45-10:00 AM, 3rd Floor, Room ABC**

## **We are Winning. . . Let Me Count the Ways**

Living through the tyrannical onslaught since March 2020, it is easy to lose sight of important wins—that Big Pharma’s assertions have been proven false; that lockdowns are now disfavored; that universal mandates have been struck down repeatedly; that courts have enjoined mask mandates and rent moratoria; that the U.S. Administration has utterly and completely reversed course, declaring the pandemic “over;” and that the majority of people in the U.S. and worldwide no longer support the fear-based Covid narrative.

Don’t get me wrong—we have not yet won, but we are winning; the wind is at our backs. By the now-current definition of “anti-vaxxer,” i.e., someone opposed to vaccine mandates, we are a worldwide majority. Furthermore, people are now seriously questioning the compulsory childhood vaccine program and opting out.

I will review our legal and cultural victories to date and survey the landscape ahead towards the ultimate prize—true, inalienable health freedom.

**Mary Holland** serves as president and general counsel at Children’s Health Defense (CHD). Before joining CHD’s staff, Holland taught on the faculty at NYU School of Law for seventeen years and lectured at Columbia Law School on international human rights. She has co-authored or co-edited three books on vaccines, *Vaccine Epidemic*, *The HPV*

*Vaccine on Trial: Seeking Justice for a Generation Betrayed*, and most recently *Turtles All the Way Down: Vaccine Science and Myth*. She has spoken in Congress, state legislatures and internationally on informed consent and vaccination. She appears weekly on CHD.TV’s podcast “This Week with Mary and Polly” for the week’s news in review.

# SPEAKERS



**Kristin Homme, MPP, MPH**

**Friday 4:00-5:15 PM, 3rd Floor, Room ABC**

## **Mercury: A Biochemical Train Wreck Underlying Many Chronic Illnesses**

Mercury exposures are ubiquitous. Poor excretors may develop retention toxicity and their stored burden may be difficult to detect with standard laboratory methods. Susceptibility involves genetics, epigenetics and total load, including synergies and stressors. Mercury toxicity manifests across multiple organ systems as a variety of interacting, nonspecific toxic effects, yielding a biochemical train wreck. Key toxic effects include: oxidative stress; impaired enzyme function; weakened barriers and structures; impaired mineral transport; and altered immune function. Perhaps most importantly, mercury, via Fenton chemistry (in which

mercury displaces iron from its sulfur binding sites, e.g., in mitochondrial enzymes), initiates a cascade of oxidative stress, which depletes antioxidant defenses and liberates additional iron, thus triggering a tipping point in which damage begets more damage, making recovery difficult. Prevention is key

**Kristin Homme, MPP, MPH**, is a retired engineer turned science writer who covers environmental toxicants including

mercury. Her work is available on PubMed and ResearchGate.



**Stephen Hussey, MS, DC**

**Sunday 8:45-10:00 AM, 2nd Floor, Lecture Hall**

## **Cardiac Metabolism: Why Cancer of the Heart is So Rare**

In learning what makes a tissue or organ healthy, it is important to understand what ailments or diseases it is most susceptible to. Just as important is to understand why an organ or tissue may exhibit resilience to a certain disease. Despite growing rates of cancer, the heart remains one of the rarest sites for cancer to occur, especially as a primary tumor. A look at some of the unique characteristics of the heart, like its special metabolism, help shed light on why the heart resists cancer as well as provides strategies we can implement to keep our hearts healthy.

**Dr. Stephen Hussey MS, DC** is a chiropractor and functional medicine practitioner. He attained both his doctorate of chiropractic and master's in human nutrition and functional medicine from the University of Western States in Portland, Oregon. In addition to his work in clinical practice, he is a health consultant, speaker and the author of two books on health: *The Health Evolution:*

*Why Understanding Evolution is the Key to Vibrant Health* and *Understanding The Heart: Surprising Insights into the Evolutionary Origins of Heart Disease - And Why It Matters*. Dr. Hussey guides clients from around the world back to health by using the latest research and health attaining strategies. In his down time, he likes to be outdoors, play sports, read, write and travel.

## **Practice Safe Cell Phone Use**

Please keep your cell phone on airplane mode while attending the conference, or leave it in your room.

# SPEAKERS



**Tommy John III**

**Friday 7:30-9:00 PM, 2nd Floor, Lecture Hall**

## **The Politically Incorrect Way to Heal All Injuries through Movement: Human? Move. Older Human? Move More. Injured Human? Move Most**

### **Topics include:**

- How and why all injuries occur
- What is training to the human and why does it have nothing to do with fat loss or heart health
- Why passive treatments like massage, lasers and body work delay and retard healing of soft tissue injuries
- Why are walking, biking, jogging, hiking, chasing kids and farming not considered training
- What is movement and why is it so vital
- Why age, level of function and ability are never to be considered when healing through movement
- How to utilize movement to heal from any injury to a level greater than before the event occurred
- In presentation experiential demonstrations of these principles
- Q and A if time allows

**Tommy John** is a teacher, perpetual student and a leading, unapologetic voice across the globe in human performance, health and truth. A former professional athlete and published author, Tommy is both scholar and educator, patient and facilitator, private and general. Not only does he work with clients worldwide through virtual rehab/performance sessions, he also owns and operates the Tommy John Performance and Healing Center in San Diego with over twenty-one years of clinical experience. He's impacted countless lives guiding people to relearn how to harness their innate capacity to be able

to adapt and thrive in this lifetime at any age and at whatever level accountable and responsible humans desire.

At the core of this work, his students relearn what it is to be truly sovereign and free within their bodies through movement no matter their current state of being or healing response. The human being's greatest power is its ability to adapt and thrive to any situation or environment. When we understand these liberties were never taken, our bodies self heal, regenerate and adapt to actualize any vision, dream or desire.



**Andrew Kaufman**

**Sunday 10:45 AM-12:00 Noon, 2nd Floor, Lecture Hall**

## **Transcending the Plandemic Narrative**

Dr. Kaufman will investigate and critique current false virus narratives and introduce natural healing as the new medical paradigm.

and homeschooling consultant, inventor and Covid-19 whistleblower.

Dr. Andy has a BS from M.I.T. in molecular biology and completed his psychiatric training at Duke University Medical Center after graduating from the Medical University of South Carolina. He spent many years in the medical field and practiced as a forensic psychiatrist and expert witness. When he learned that many of the modern medical practices were harming people,

not helping them, he gave up his lucrative medical career and began researching and understanding the relationship between body, mind and spirit, and how to use nature to heal your own body.

Dr. Andy's new practice is spreading truth about the world today and fighting for freedom. He teaches people the vital knowledge that they need to implement true care for themselves and their families at the highest level of consciousness. He now teaches people how to become their own health authority. Learn more at [andrewkaufman.com](http://andrewkaufman.com).

# SPEAKERS



**John Kozinski**

**Sunday 10:45 AM-12:00 Noon, 3rd Floor, Room DE**

## **Stress as the Ultimate Cause of Illness: Steps to Prevent and Recover**

Serious disease has been attributed to many different causes by conventional and alternative medicine. Causes range from smoking, obesity and lack of exercise to excess acidity from diet and excess sugar consumption. The many things that are blamed for modern illness are sources of extreme stress to the body and mind. John Kozinski will explain the ill effects of different kinds of stress that originate from our diet, lifestyles, thinking and environment. John will draw from the work of Hans Selye and Ray Peat. He will introduce solutions to countering and reversing stress illnesses through an understanding of progressive modern biology, the principles of oriental

medicine and traditional nourishing diets. Movements and exercises that reverse stress postures will be introduced that are inspired by bodywork pioneer, Thomas Hanna and qigong (Chinese healing exercises).

**John Kozinski, MEA**, is the founder of the online IDx(r) Diagnosis and Health Coach Training Program. He has been teaching and providing natural health counseling on the many facets of healing and maintaining health and happiness for tens of thousands of students and clients over forty-six years. John is

a qigong/somatic/shiatsu practitioner complimenting his natural health teachings with bodywork that transforms one's physical and mental health. His office is in Nashville, Tennessee. John provides long distance services detailed at his website [macrobiotic.com](http://macrobiotic.com) along with free articles, videos and audios.



**Brandon LaGreca, LAc, MAcOM**

**Friday 1:45-3:00 PM, 3rd Floor, Room ABC**

## **Cancer: A Wound That Can Heal**

Genetics load the gun that is cancer but environmental carcinogens pull the trigger. Learn from author, clinician and stage 4 cancer survivor Brandon LaGreca about the “yin and yang” of cancer causes and contributors that are within your control. He will discuss the role of diet, electromagnetic fields, industrial chemicals, stress and trauma—all potential cancer promoters. You will take away actionable strategies with an emphasis on patient and caregiver empowerment to remedy each of these factors.

**Friday 7:30-9:00 PM, 2nd Floor, Room ABC**

## **Ask the Practitioners Panel**

We are excited to offer a panel of highly qualified practitioners. The panel includes: Natasha Campbell-McBride, MD; Tom Cowan, MD; Brandon LaGreca, LAc, MAcOM; Larry Palevsky, MD; and Anke Zimmermann, BSc, FCAH with moderator Sally Fallon Morell.

**Brandon LaGreca, LAc, MAcOM**, is a licensed acupuncturist in the state of Wisconsin and nationally certified in the practice of oriental medicine. In 2015, Brandon was diagnosed with stage 4 non-Hodgkin's lymphoma. He achieved full remission eight months later by following an integrative medicine protocol that included immunotherapy without the use of chemotherapy, radiation or surgery. Brandon is a thought leader in the synthesis

of traditional and functional medicine, having written numerous articles on the subject. He is the author of *Cancer and EMF Radiation: How to Protect Yourself from the Silent Carcinogen of Electropollution*, and *Cancer, Stress & Mindset: Focusing the Mind to Empower Healing and Resilience*. He shares his thoughts at [EmpoweredPatientBlog.com](http://EmpoweredPatientBlog.com).



# SPEAKERS



**Leslie Manookian**

**Sunday 1:30-2:45 PM, 3rd Floor, Room ABC**

## **Know Your Rights and Why You Must Fight for Them in Your Community and in the Courts**

Leslie Manookian will empower you with knowledge about your rights so you can work locally to defend and protect them. In addition she'll give an update on legal challenges to medical mandates.

**Leslie Manookian** is president and founder of Health Freedom Defense Fund, a nonprofit that seeks to rectify health injustice through education, advocacy and legal challenges to unjust mandates, laws and policies that undermine our health freedoms and human rights. She speaks, writes and advocates on topics of health, freedom, nutrition, personal development, politics and more. She is a former successful Wall Street business executive, an award-winning documentary filmmaker and qualified homeo-

path. She conceived, wrote and produced *The Greater Good*, an award-winning documentary exploring vaccines. She serves on the boards of the Weston A. Price Foundation and Health Freedom Idaho. She has been featured in dozens of TV, radio, print and Internet interviews as well as appearing at numerous conferences. She holds an MBA from the University of Chicago, a BA from Middlebury College and M.L.C.Hom from Lakeland College of Homeopathy.



**Eileen Day McKusick**

**Sunday 1:30-2:45 PM, 2nd Floor, Room ABC**

## **The Importance of a Small Farm Diet for our Electric Health**

In this talk, we will discuss what our body's electrical system is, how it works and how a mineral rich diet is key in establishing and maintaining optimal electric health.

**Eileen Day McKusick** is a pioneer in the fields of the human biofield, therapeutic sound and electric health. A researcher, author, inventor, educator, speaker and practitioner, Eileen has been researching health since 1987, and specifically how sound impacts health, since 1996.

She is the originator of the sound therapy method Biofield Tuning (with thousands of students trained worldwide since 2010), the founder of the Biofield Tuning Institute (which

conducts grant funded, peer reviewed studies on the human biofield), and author of the award winning, bestselling book *Tuning the Human Biofield: Healing with Vibrational Sound Therapy*, as well as the recently released *Electric Body, Electric Health*. Eileen is also the inventor of the revolutionary and much-loved tool, the Sonic Slider, the creator of a line of tuning forks and accessories, and the CEO of BioSona, LLC which provides sound therapy tools and training globally.



## **Do you want to be on our podcast?**

Record your testimonial about your experience here at the conference and we may include it on the podcast! Go to our website, to the Wise Traditions Podcast tab, 'about the show' click on the microphone icon and record your 2-3 minute testimonial. We hope to use many of these on a podcast show. Thanks!



# SPEAKERS



**Christine Muldoon**

**Friday 4:00-5:15 PM, 2nd Floor, Room ABC**

## **Picky Eating—All You Ever Wanted to Know**

Have you ever spent valuable time in the kitchen preparing nutrient-dense meals only to have your kids take one bite or none at all? Picky eating is a common phenomenon that has plagued families all over the world. In this presentation you will learn about the four pillars of picky eating, nutritional root causes that contribute to picky eating, how to create peaceful mealtimes and so much more.

**Christine Muldoon** is a functional nutritional therapy practitioner and food educator for families. Her focus is to empower caregivers to shift their mindsets and inspire intentionality and consciousness in parenting and feeding their little ones. She is the creator and founder of Nourish the Littles, an online community that strives to nourish littles with real food and real connection. Her platform offers two online courses to guide caregivers on their health journeys with their

families: Real Food + Real Families and Nurtured Foundations. In addition, she is the co-host of the popular podcast: Modern Ancestral Mamas. She also serves as a WAPF co-chapter leader in the Dallas metroplex area. Christine resides in Texas with her husband and three children where they fill their days with delicious, nutrient dense meals, messy emotions, play and lots of love.



**Frank S. Niceley**

**Sunday Closing 3:00-4:00 PM, Ballroom**

## **Random Thoughts on Local Food and Good Health and Passing Legislation to Promote the Two**

**Frank S. Niceley** is a member of the Tennessee State Senate who previously served in the Tennessee House of Representatives. Niceley

is a native of Knox County and of the district he served in the state House of Representatives. He was raised around agriculture. After graduating from Jefferson High School,

Niceley attended the University of Tennessee, where he received a bachelor's degree in soil science in 1969. Subsequently, he and his wife, Cyndie, moved their residence to neighboring Jefferson County, where he began his career as a farmer and businessman. He is a tireless advocate for access to raw milk and has worked on many bills to make life easier for small farmers.



**TAKE THE  
50% Pledge!**

Spend at least 50% of your food dollars on direct purchases from local farmers and artisans; with the remainder of your food dollars, you can celebrate how small the world has become!



# SPEAKERS



**Greg Nigh**

**Saturday 1:45-5:15 PM, 3rd Floor, Room ABC**

## **Sulfur Metabolism: How it Goes Wrong and How to Get it Working Again**

Dietary sulfur plays many vital roles in the body. These include regulation of cellular energy production, detoxification and regulation of the activity of dozens of hormones. It is also an essential component of healthy connective tissue. Sulfur can only participate in these processes if the pathways by which it is metabolized to various sulfur-containing compounds are functioning properly. Unfortunately, our modern world is filled with chemicals, electromagnetic frequencies and now toxic injectable material, all of which has the potential to negatively affect sulfur metabolism. If impaired, a few symptom-causing sulfur byproducts—hydrogen sulfide and sulfite—are generated

in excess. In this two-part talk, Dr. Greg Nigh will give an overview of sulfur metabolism, including the main pathways, essential enzymes and micronutrients and intended downstream products. He will review how our toxic world can affect this metabolism at multiple steps and the symptoms that result. Finally, he will give a detailed overview of the clinical protocol he and Maria Zilka, NTP, are utilizing to get sulfur metabolism working as it should.

Maria will offer an explanation of the low-sulfur dietary protocol she has developed and implemented with over a hundred of Dr. Nigh's patients. It has also been used successfully by several other doctors

**Greg Nigh** is a naturopathic physician and licensed acupuncturist practicing at Immersion Health in Portland, Oregon. He is a 2001 graduate of the National University of Natural Medicine with a dual degree as a Doctor of Naturopathic

Medicine and a master of science in Oriental Medicine. He is a prolific writer and has spoken around the world on topics related to sulfur metabolism and associated problems.



**Larry Palevsky**

**Friday 7:30-9:00 PM, 2nd Floor, Room ABC**

## **Ask the Practitioners Panel**

We are excited to offer a panel of highly qualified practitioners. The panel includes: Natasha Campbell-McBride, MD; Tom Cowan, MD; Brandon LaGreca, LAc, MAcOM; Larry Palevsky, MD; and Anke Zimmermann, BSc, FCAH with moderator Sally Fallon Morell.

**Saturday 11:00 AM-12:15 PM, 2nd Floor, Lecture Hall**

## **Moving from Medicine to Health Care**

Do we have a health care system? Have we ever had a health care system? What might the relationship of provider and patient look like if we created the first-of-its-kind, health care system? Better still, what might health care look like if patients were the primary care providers of their own health? In this talk, Dr. Larry Palevsky will explore with us the shift in patient care from a focus on disease and suppression of symptoms, to a focus on health, health care and the new paradigm of healing.

**Dr. Larry Palevsky** is a New York State licensed pediatrician, who utilizes a holistic approach to children's wellness and illness. Dr. Palevsky received his medical degree from the New York University School of Medicine in 1987, completed a three-year pediatric residency at The Mount Sinai Hospital in 1990, and served as a pediatric fellow in the ambulatory care out-patient department at Bellevue Hospital, New York City, from 1990-1991. Since 1991, his clinical experience includes working in pediatric emergency and intensive care medicine, pediatric medicine, neonatal intensive care medicine, newborn and delivery room medicine, and conventional, holistic and integrative pediatric private practice. Palevsky is a diplomate of the American Board of Integrative Holistic Medicine, and past-president of the American Holistic Medical Association. He received his pediatric board certification in 1990, and passed

his pediatric board recertification exams in 1997, 2004, and 2011. In his current pediatric practice, Palevsky offers well-child examinations, consultations and educational programs to families and practitioners in the areas of preventive and holistic health; childhood development; lifestyle changes; nutrition for adults, infants and children; safe, alternative treatments for common and difficult to treat acute and chronic pediatric and adult conditions; vaccination controversies; mindful parenting; and rethinking the medical paradigm. Additionally, he teaches holistic integrative pediatric and adolescent medicine to parents and medical and allied health professionals.

You can hear his weekly podcast, "Critically Thinking with Dr. T & Dr. P" Thursday at 7 pm ET, and other podcasts and interviews at [drpalevsky.com](http://drpalevsky.com).

# SPEAKERS



**Courtney Queen**

**Sunday 8:45-10:00 AM, 2nd Floor, Room ABC**

## **Mastering Sourdough**

In this dynamic presentation, you will start by learning the secret science behind the incredible symbiotic relationship of sourdough's wild yeast and lactic acid bacteria. This crucial knowledge will help you understand how to use your intuition and incorporate your own personal style into sourdough baking. Instructions will be given on how to cultivate and maintain a thriving sourdough starter that can grow with you for life, and you will receive recommendations on what grains, ingredients and tools are needed for baking great sourdough bread. You will also discover how prolonged fermentation times can benefit your bread and your health.

Examples of sourdough recipes and how to read them for accuracy will be shared. Finally, a visual tutorial of the sourdough process from start to finish will be shown, providing you with a great foundation for starting or expanding upon the exciting journey of sourdough bread baking.

**Courtney Queen** is the chef, author and photographer for the real-food recipe website Butter For All. Her culinary style is earthy and creative with an emphasis on organic, local, farm-to-table slow food. Well versed in the Weston A. Price food philosophy, Courtney is passionate about the proper preparation of all foods, especially the sourdough starter she has cultivated, encouraged and baked with for the last twenty years. She is an active advocate for organic, biodiverse and regenerative

farming, ethical meat eating, raw milk, fermentation, healthy fats and sustainability. Through Butter For All she encourages people to take a more active role in their health by teaching them how to source and prepare real-food ingredients with dedication and care. Courtney holds a degree in culinary arts and hospitality management and has many years of fine dining, restaurant and catering experience.



**Toby Rogers**

**Sunday 1:30-2:45 PM, 2nd Floor, Lecture Hall**

## **The Societal Costs of Autism**

By 2025, the U.S. will spend over \$1 trillion a year on autism (3.6% of Gross Domestic Product). As a point of comparison, U.S. Defense Department spending is projected to be \$807 billion (3.1% of GDP). Autism costs will continue to rise for the foreseeable future as the parents of the "1986 Generation" eventually die and expenses formerly absorbed by families are transferred to the state. This is not sustainable. We know how to stop this epidemic right now (keep toxic chemicals out of kids' bodies). But at the moment, almost no politicians are talking about this. Why? I'll present the latest scientific information on the toxicants that

increase autism risk, economic data on the costs of autism and I'll share my thoughts on how we build the political movement necessary to protect kids from toxic harms.

**Dr. Toby Rogers** has a PhD in political economy from the University of Sydney in Australia. His doctoral thesis, "The Political Economy of Autism," explores the regulatory history of five classes of toxicants that increase autism risk. He also has a Master of Public Policy from the University of California,

Berkeley. Dr. Rogers writes, speaks and teaches about the rise in chronic illness in children and does grassroots political organizing with medical freedom groups across the country. You can find his essays at [tobyrogers.substack.com](http://tobyrogers.substack.com).

***Participate in our photo contest.  
See details on page 36.***



# SPEAKERS



**Beverly Rubik, PhD**

**Saturday 11:00 AM-12:15 PM, 2nd Floor, Room ABC**

## **Wireless Communication Radiation and 5G: Health Impacts and Practical Solutions**

The deployment of 5G, the 5th generation of wireless devices, is underway. Millions of new antennas are being mounted in residential neighborhoods and close to schools and businesses. Thousands of low-orbit satellites will broadcast 5G signals from space. This will provide a wireless worldwide web and an “internet of things” that will forever change earth’s electromagnetic environment with microwave pollution. This radiation is a health and environmental hazard and we are all at risk. There are no clear-cut safety standards, nor is there adequate safety testing of wireless devices. Electrohypersensitivity is on the rise, and soon vulnerable

populations will be exposed to even more radiation.

In this presentation, you will learn what 5G entails; how it impacts our health and the environment; and practical ways in which we can protect ourselves. Dr. Beverly Rubik will also provide an update on her ongoing study in which purported protective devices are being scientifically tested.

**Dr. Beverly Rubik** earned her Ph.D. in biophysics at the University of California at Berkeley. Since then, she has published over ninety scientific papers and two books. From 1992-1994, she served as one of 18 advisors selected by Congress to the original Office of Alternative Medicine at the U.S. National Institutes of Health. In 1997 Dr. Rubik founded and became president of the Institute for Frontier Science, a 501c3 nonprofit laboratory in Emeryville, California. She is a leading scientist internationally known for her research that goes beyond the mainstream and challenges the dominant

biomedical paradigm. She serves on the editorial boards of several integrative health journals, including the *Journal of Integrative and Complementary Medicine*. Rubik is an adjunct faculty member at California Institute for Human Science and Saybrook University. Her research interests include the full human potential in health and healing; the biofield (human energy field); energy medicine; and the adverse health effects of wireless communication radiation. Websites: [frontiersciences.org](http://frontiersciences.org) and [brubik.com](http://brubik.com)



**Bill Schindler**

**Saturday 9:00-10:15 AM, 2nd Floor, Lecture Hall**

## **Eating Like a Human in the Modern World**

The diet that built us as a species holds the key to creating the most nourishing, ethical and sustainable diet for the future. This presentation provides a comprehensive understanding of our ancestral dietary past through the eyes of an archaeologist, primitive technologist and chef and offers meaningful lessons and takeaways that we can all apply directly in our lives so that we can begin to Eat Like Humans again.

**Dr. Bill Schindler** is the author of *Eat Like a Human: Nourishing Foods and Ancient Ways of Cooking to Revolutionize Your Health*. He is an internationally-known archaeologist, primitive technologist and chef. He founded and directs the Eastern Shore Food Lab with a mission to preserve and revive ancestral dietary approaches to create a nourishing, ethical and sustainable food system. He and his wife, Christina, operate

the Modern Stone Age Kitchen, a foodery designed to provide nourishing food created using ancestral approaches maximizing safety, nutrient density and bioavailability to the community. His work is currently the focus of *Wired* magazine’s YouTube series, *Basic Instincts and Food Science*, and he co-starred in the National Geographic Channel series *The Great Human Race*, which aired in 2016 in 171 countries.

# SPEAKERS



**Chris Shade**

**Friday 9:00-10:15 AM, 2nd Floor, Room ABC**

## **Detoxification of Mercury and Other Heavy Metals through Upregulation of the Glutathione System**

Mercury and other heavy metals can have both chronic and acute effects on our biochemistry. The body's systems for addressing these toxins center around the glutathione system and also rely on coupling of detoxification to proper bile flow and the use of GI binders. Chris Shade will explain how to build protocols to maximize removal and excretion of these toxins.

**Christopher Shade, PhD**, founder and CEO of Quicksilver Scientific, continues to be the driving force of development and innovation. Dr. Shade's vast depth and breadth of knowledge, passion for healing and intuitive understanding of chemistry and biology are reflected in Quicksilver Scientific's well-designed detoxification protocols, unique supplement delivery systems and patented mercury speciation test.

Dr. Shade is a recognized expert on mercury and liposomal delivery systems. He has lectured and trained doctors in the U.S. and internationally on the subject of mercury, heavy metals and the human detoxification system. Shade's current focus is on the development of cutting-edge, lipid-based delivery systems for nutraceuticals, such as liposomes and micro-emulsion systems, to address the growing need for high-quality, affordable detoxification solutions.



**Leland Stillman, MD**

**Friday 11:00 AM-12:15 PM, 2nd Floor, Lecture Hall**

## **The Most Toxic Nutrient: How Iron Overload Is Killing Us and What to Do About It**

Iron is an essential nutrient, but it can also be a poison. We know that iron overload contributes to a wide range of illnesses, including diabetes, obesity, dementia, infertility, neurological and psychiatric disorders, liver disease and many types of cancer. Many Americans are at risk for iron-overload, but despite this the American flour supply is fortified with iron. This is a clear and present danger to the health of the American people. While iron is necessary for distribution of oxygen and clearance of carbon dioxide to and from the body's organs and tissues, it can accumulate in them and cause excessive oxidative stress. This stress

contributes to disease and premature aging. In this presentation, Dr. Stillman will explore how iron is handled in the body and how to protect yourself from iron overload

**Leland Stillman, MD**, was born in New York City and grew up in Richmond, Virginia. He graduated with a degree in environmental health from Connecticut College and earned his medical degree from the University of Virginia. He trained in internal medicine at Maine Medical Center. During his training, he published papers in immunology with Dr. Thomas Platts-Mills and Dr. Larry Borish, who were his faculty mentors at the University of Virginia. He has worked in over a dozen hospitals

and clinics as a traveling doctor. He spent the early part of Covid-19 working in a rural hospital and later on went viral for speaking out against the lockdown and mandate measures. He has had videos delisted from YouTube and has been featured on frequently censored conservative news sites, including LifeSiteNews, the Epoch Times and Zerohedge.com. He now practices natural and holistic medicine in Florida.

***Please share photos and updates on social media using the hashtags:***  
**#wisetraditions2022 #wisetraditions #wapf #westonaprice #ancestraldiet**  
**#westonapricefoundation #justeatrealfood #ancestralwisdom #health**  
**#healthy #nourish #nutritious #nutrientdense**



# SPEAKERS



**Joan Tendler**

**Saturday 4:00-5:15 PM, 2nd Floor, Room ABC**

## **High Lysine Ancestral Foods Diet**

Ancestral proteins—meat, fish, dairy and eggs—are well-known to be complete proteins. However, these protein foods are also balanced in that they're higher in the essential amino acid lysine than in arginine, which is non-essential. In contrast, many plant foods—soy, peanuts, grains, nuts, cacao, and seeds—are higher in arginine. Arginine is very high in nitrogen, which can be inflammatory. Arginine thus worsens infections, impedes detoxification and contributes to leaky gut, cancer, anxiety and more. There is an interplay between lysine and arginine: lysine is needed to control arginine. Plus, lysine has many vital functions. So,

when humans began eating grains, they had to increase the lysine and decrease the arginine by fermentation. But, today we commonly eat a high-arginine diet of soy, peanuts, unfermented grains, nuts, cacao and seeds. Joan will explain how to get the benefits of lysine while avoiding problems of arginine with a high lysine diet.

**Joan Tendler** is the leader of the WAPF-Milwaukee chapter. She has a master's degree in architecture and urban planning and has worked as an architect and landscape architect in New York City. Then she had children and moved back to Milwaukee, and became a foster parent and homeschooled her children. After being a vegetarian for thirty-five years, and during a stressful

time, her health failed. Joan then did research that led her to the Weston A. Price Foundation and a high lysine ancestral foods diet. She now helps others regain their health with a high lysine diet. Her research is found at: [tendler5.wixsite.com/highlysinediet](https://tendler5.wixsite.com/highlysinediet).



**Betsy Thomason, BA, RRT**

**Friday 9:00-10:15 AM, 2nd Floor, Lecture Hall**

## **Dynamic Breathing: Healing Life and Lungs**

Healing is a broad term that offers positive outcomes, even in the midst of uncertainty and negativity. Healing, as a concept, engages us in a myriad of modalities that can ease pain and suffering, improve energy, and even create joy and laughter. Since breathing impacts every organ system, muscle and cell in our body, it is a springboard to launch a healing journey. When the outbreath focus is understood, learned and used, other layers of healing and well-being emerge.

Betsy reviews the anatomy and physiology of breathing and engages the audience in learning the basics of the BreatheOutDynamic system (BODs), efficient and effective breathing, focused on the active spine-stretching outbreath and passive, relaxed inbreath—just the opposite of “normal” breathing. In addition, Betsy shares hands-on respiratory therapies that promote lung health without drugs.

**Betsy Thomason**, author of *Just Breathe Out—Using Your Breath to Create a New, Healthier You* (“All Thumbs Up Book Reviews”, *Wise Traditions*, Summer 2017) is a retired elementary school teacher, wilderness guide, and registered respiratory therapist. Her thirty years of respiratory experience include running a pulmonary rehabilitation program, teaching outbreath-focused breathing workshops, and supporting people using mechanical ventilators at home, because of neuromuscular-related breathing weakness, caused by ALS, post-polio and muscular dystrophy.

In retirement, Betsy's mission is to share the BreatheOutDynamic system (BODs) for drug-free management of anxiety, fear, pain and stress. Her pro bono work teaching BODs includes phone coaching.

Betsy is a co-leader of the West River Vermont WAPF chapter. When not writing her commentary “A Respiratory Therapist Speaks Out About. . .,” she enjoys writing fiction and being outdoors. You can learn more about Betsy's work at [outbreathinstitute.com](https://outbreathinstitute.com).

# SPEAKERS



**Michael Wallach**

**Friday 7:30-9:00 PM, 3rd Floor, Room ABC**

## **The Viral Delusion Film Screening + Q & A**

The doctors, scientists and journalists featured in *The Viral Delusion* examine the scientific papers that were used to justify the pandemic, and what they find is shattering. In this shocking, five-part, seven hour documentary series, they explode every major claim, from the “isolation” of the virus to its so-called genetic sequencing, from the discovery of how to “test” for SARS-CoV2 to the emergence of “variants” that in reality exist only on a computer. Their point: that the so-called SARS-CoV2 virus exists only as a mental construct whose existence in the real world has been disproven by the science itself.

They then go back through history to reveal how the birth and growth of virology has led to massive misunderstanding and misdiagnosis of disease: from smallpox to the Spanish flu, polio to AIDS, to Covid itself—putting the pandemic in a whole new context better understood not as settled science, but as the tragic culmination of misunderstood biology by the growing cult of virology, built on pseudo-science, to which much of the rest of the medical profession defers without understanding or examination, and the tragic consequences that have been wrought in its name.

Come watch the first episode together and join filmmaker Mike Wallach for a Q&A afterwards.

**Mike Wallach** is the founder of Paradigm Shift Pictures and is the director and co-producer, with Diarra Leslie, of its film series, *The Viral Delusion*, which has received extraordinary early reviews. Dr. John Bevan-Smith called the series “Immensely important and beautifully made.” Dr. Vinnie Costa said it’s “Amazing. Should be translated into every language in the world,” and Dr. Sam Bailey explains it is “incredibly important and absolutely incredible. A Masterpiece!”

Mike is a graduate of Cornell University who holds a Master’s degree in international affairs from Columbia University. Mike

became a Presidential Management Fellow with the State Department as a Middle East analyst. His reports were delivered directly to the White House, the Pentagon and the National Security Council. Frustrated with the constant misuse of his work, he left the government to pursue his dream of filmmaking.

His first feature film *The Bay* was helmed by Oscar-winning director Barry Levinson (*Wag the Dog*, *Good Morning Vietnam*) and distributed globally by Lionsgate Pictures. *The Viral Delusion* is his first documentary.



**Louisa L. Williams, MS, DC, ND** **Friday 1:45-3:00 PM, 2nd Floor, Lecture Hall**

## **Reducing Direct and Indirect Toxicity from Covid Shots**

Dr. Louisa Williams’ talk will include suggested detoxification measures for those who have received the Covid shots, as well as for their friends and family who are exposed to these toxins by living or working in close proximity to them. She will cover in detail the stealth pathogenic duo of graphene oxide and 5G microwave radiation. Treatment suggestions include reducing toxic EMFs and 5G radiation, adhering strictly to a Wise Traditions diet, reducing your major food allergen(s), clearing any dental focal infections or heavy metals, and being on your lifelong constitutional remedy. Instructions on how to best utilize the centuries-old traditional antidote to poisoning—activated charcoal—will be explained in depth.

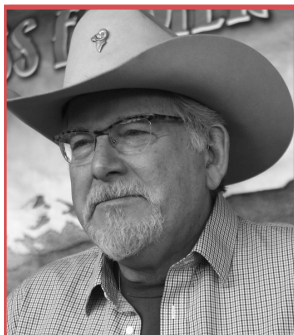
Demonstrations on audience volunteers using Dr. Williams’ MRT (Matrix Reflex Testing) method and kinesiology testing will be interspersed throughout the lecture.

**Louisa L. Williams, MS, DC, ND**, initially studied psychology at the University of Texas where she received a bachelor’s degree, and later obtained her master’s at Purdue University. Increasingly drawn to the mind-body aspect of healing, she attended Texas Chiropractic College and graduated cum laude in 1984. After moving to the Northwest and establishing the Seattle Health Clinic that specializes in environmental medicine, she graduated in 1990 from naturopathic medical school. Dr. Williams later practiced in Marin County, California for eighteen years where she wrote the book *Radical Medicine*. She

currently practices in the Texas Hill Country far away from 5G!

Specialties include homeopathy—both constitutional and acute—biological dentistry including mercury amalgam detox, cavitation surgery, and malocclusions; the diagnosis and treatment of chronic focal infections (dental, tonsil, sinus, scars); the identification of primary food sensitivities; the prescription of natural non-pharmaceutically-derived supplements; and counseling patients on the principles of the Wise Traditions diet.

# SPEAKERS



**Will Winter, DVM**

**Monday 7 AM-6 PM, Meet in Lobby**

## **15th Annual GUIDED FARM VISIT**

### **Why a guided farm visit?**

When evaluating a farm, it is important to know what to look for, what to ask and what really matters. This professionally guided farm visit enables informed eaters and food activists to learn these things. Farmers and ranchers accompany us as well! We all enjoy the opportunity to have rich connections as well as the chance to learn from and appreciate more the successful farmers and others who devote their lives to producing nutrient-dense food.

**With our returning professional guides, Will Winter and Steve Campbell, we will travel by bus east of Knoxville to the following farms:**

#### **Farm 1 – Cox Homestead**

Brad and Laura Cox

Kodak, TN 37764

Rabbits, chickens, sheep, produce, flowers, bee hive host; orchard and farm stay accommodation

[cox-homestead.com](http://cox-homestead.com)

#### **Farm 2 – Riverplains Farm**

Niceley Family

Strawberry Plains, TN 37871

Beef cattle, hogs, open-pollinated corn

[riverplainsfarm.love](http://riverplainsfarm.love)

**Farm-to-Table at the Farm Lunch** by Stolen Street Lights from Knoxville at Riverplains

#### **Farm 3 – Lick Skillet Farm**

Alex and Shannon Miller

New Market, TN 37820

[Lickskillet.farm](http://Lickskillet.farm)

#### **Farm 4 – Our Family Farm**

Savannah Hartman

New Market, TN 37820

16 milking cows and calves; soy-free eggs; beef cattle

[Ourfamilyfarmtn.com](http://Ourfamilyfarmtn.com)

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**Will Winter** received a DVM degree from Kansas State University in 1975, an undergraduate degree in animal husbandry and conducted postgraduate studies and research in veterinary toxicology for the College of Veterinary Medicine's Veterinary Diagnostic Laboratory and Animal Resource Facility. After graduating, he specialized in surgical referrals and emer-

gency medicine. In 1980, he created the Uptown Veterinarian—A Holistic Practice, one of the largest and most successful holistic veterinary practices in the U.S. In 1983, he co-founded the American Holistic Veterinary Medical Association. He is the author of *The Holistic Veterinary Handbook* and founded Rescue Animal Products.

# SPEAKERS



**Anke Zimmermann, BSc, FCAH**     **Friday 7:30–9:00 PM, 2nd Floor, Room ABC**

## **Ask the Practitioners Panel**

We are excited to offer a panel of highly qualified practitioners. The panel includes: Natasha Campbell-McBride, MD; Tom Cowan, MD; Brandon LaGreca, LAc, MAcOM; Larry Palevsky, MD; and Anke Zimmermann, BSc, FCAH with moderator Sally Fallon Morell.

**Saturday 4:00-5:15 PM, 2nd Floor, Lecture Hall**

## **Homeopathy for Children with Developmental and Behavioral Challenges**

Developmental and behavioral challenges in children—including autism, ADHD, anxiety and aggression—are increasing at devastating rates around the world. Homeopathy has much to offer such children and their families. Please join Anke for a brand-new presentation with exciting, new success stories of children who were helped with homeopathic remedies made from plants, animals, minerals, as well as from medications, vaccines, anesthetics and more.

**Anke Zimmermann, BSc, FCAH**, is a professional homeopath with a practice focusing on children with developmental and behavioral challenges. She has been in clinical practice

for thirty-one years and has an international clientele via telemedicine. She lives and works in beautiful Sooke on Vancouver Island in Canada. [ankezimmermann.net](http://ankezimmermann.net)

## **MATCHING DONATION OFFER**

We are grateful to a member who has generously offered to match our funds if we receive \$10,000 in donations by Sunday, October 23 at 3:00 pm. Please visit the WAPF booth for details or donate at [westonaprice.org/donate](http://westonaprice.org/donate). (You would hit the ‘new’ button.)

## **\$10 off membership for conference attendees!**

Join our growing membership  
and support our many projects!

**\$30 ~~\$40~~ annual U.S. membership**  
**\$40 ~~\$50~~ annual international membership**



# CHILDREN'S PROGRAM

The Wise Traditions Conference is pleased to provide a children's program. The program costs \$250 (or \$150 without meals) and goes from Friday to Sunday. It includes Friday lunch, Friday dinner, Saturday lunch, Saturday dinner and Sunday lunch. PLEASE NOTE: THIS DOES NOT INCLUDE THE SATURDAY NIGHT BANQUET. Children ages 3–12 who are potty trained are welcome to participate in the Children's Program. Children who are too young or too old for the children's program are welcome at the conference. Since we are recording all sessions, we ask that if a child is disrupting the recordings that the adult take the child out of the session room until the child is quiet again.

3rd FI West Concourse 300-C-D.

## Friday, October 21

Make conference name tags, tote bags, and art project

**Lesson: Movement**

**Lesson: Health Benefits of Kombucha**

AM snack – nut butter on apples

PM snack – kombucha

Friday Evening – Movie Night – \*Those registered for meals, will have dinner with the registered conference attendees.

We will be serving popcorn cooked in coconut oil with butter and sea salt as a snack during the movie.

## Saturday, October 22

Make labels for the fermented vegetable jars children will take home.

**Lesson: Benefits of Ghee**

**Lesson: How to make Fermented Veggies**

AM snack – bone stock and ghee

PM snack – fermented vegetables

Saturday Evening – Dance and Party – \*The Saturday banquet meal is not included in this program but food will be served.

## Sunday, October 23

**Lesson: Pasture Fed is Best**

**Lesson: Living Organisms in the Soil**

AM snack – meat bars

PM snack – cheese, cheese and did we say cheese?

*All children in attendance will participate by assisting with snack preparation. Program content and snack/meals are subject to change without prior notification.*

	Friday	Saturday	Sunday
<b>Morning</b>	8:00–12:15	8:00–12:30	8:00–12:10
<b>Closed for lunch</b>			
<b>Afternoon</b>	1:15–6:00 pm	1:30–4:45 pm	1:00–5:45 pm
<b>Closed for dinner</b>			
<b>Evening</b>	7:00–10:15 pm	6:15–10:00 pm	

**PLEASE NOTE THE CLOSURES FOR LUNCH AND DINNER DAILY.** You **MUST** pick up your child during those hours! For those who purchased this program with meals, your child will accompany you to dine at the regular conference meal. **PLEASE KEEP IN MIND THAT THIS DOES NOT INCLUDE THE SATURDAY EVENING BANQUET.**

**Thursday Evening Real Milk Campaign Fundraiser Dinner**

Food, Awards, Real Milk Quiz, Mike Hartmann Tribute

Thursday, October 20 – 6:00-9:00 PM

# FRIDAY, OCTOBER 21

7:00 AM–6:00 PM **Conference Registration**

2nd Floor Lecture Hall

2nd Floor Room ABC

3rd Floor Room ABC

3rd Floor Room DE

7:00  
AM

7:15–8:45 AM

**Farm-to-Consumer Legal Defense Fund**

**FundRAISER Breakfast** – Menu page 40 (Henley Concourse 3rd Floor Ballroom A-C)

7:30–8:30

**Movement Session**

(3rd Floor Clinch Concourse)

8:00  
AM

9:00  
AM

9:00–10:15  
**Dynamic Breathing:  
Healing Life and Lungs**  
Betsy Thomason

9:00–10:15  
**Detoxification of Mercury and  
Other Heavy Metals through  
Upregulation of the Glutathione  
System** Chris Shade

9:00–10:15  
**Gaps Concept: What Causes  
All Chronic Disease, Part 1**  
Natasha Campbell-McBride

10:00  
AM

10:15–11:00 **Visit Exhibits** (3rd FI Cumberland Concourse and Ballroom E-G)

11:00  
AM

11:00–12:15 **The Most Toxic  
Nutrient: How Iron Overload  
is Killing Us and What To Do  
About It** Leland Stillman

11:00–12:15  
**Get Creative with  
Bone Broth**  
Sally Fallon Morell

11:00–12:15  
**Gaps Concept: What Causes  
All Chronic Disease, Part 2**  
Natasha Campbell-McBride

12:00  
Noon

12:15–1:45 **Lunch** Menu page 38 (Henley Concourse 3rd Floor Ballroom A-C)

**Visit Exhibits** (3rd FI Cumberland Concourse and Ballroom E-G)

1:00  
PM

2:00  
PM

1:45–3:00  
**Reducing Direct and Indirect  
Toxicity from Covid Shots**  
Louisa Williams

1:45–3:00  
**Connect To Your Food for  
Better Health**  
Mike Dickson

1:45–3:00  
**Cancer: A Wound That  
Can Heal**  
Brandon LaGreca

3:00  
PM

3:00–4:00 **Visit Exhibits** (3rd FI Cumberland Concourse and Ballroom E-G)

4:00  
PM

4:00–5:15  
**Waves of Health and Illness:  
The Deep Roots of Biological  
Life and EMF Protection**  
Robert Gilbert

4:00–5:15  
**Picky Eating—All You Ever  
Wanted To Know**  
Christine Muldoon

4:00–5:15  
**Mercury: A Biochemical Train  
Wreck Underlying Many  
Chronic Illnesses**  
Kristen Homme

5:00  
PM

5:15–6:00 **Visit Exhibits**

**Mix & Mingle Singles Gathering** – Marriott Hotel Bar (across from the Convention Center)

6:00  
PM

6:00–7:30

**Buffet Dinner** Menu page 38 (Henley Concourse 3rd Floor Ballroom A-C)

**VIP Dinner** (3rd FI West Concourse 300-A-B)

7:00  
PM

8:00  
PM

7:30–9:00  
**Human? Move.  
Older Human? Move More.  
Injured Human? Move Most.**  
Tommy John

7:30–9:00  
**Ask the Practitioners Panel**  
Natasha Campbell-McBride,  
Tom Cowan, Brandon LaGreca,  
Larry Palevsky, Anke Zimmermann,  
Sally Fallon Morell

7:30–9:00  
**Film: The Viral Delusion  
(Free to the public)**  
Followed by Q&A with Michael  
Wallach

# SATURDAY, OCTOBER 22

7:00 AM–6:00 PM **Conference Registration**

2nd Floor Lecture Hall

2nd Floor Room ABC

3rd Floor Room ABC

3rd Floor Room DE

6:30 AM

7:15–8:45 AM **Farm-to-Consumer Legal Defense Fund**  
**FundRAISER Breakfast** – Menu page 40 (Henley Concourse 3rd Floor Ballroom A-C)

7:30–8:30 **Movement Session**  
(3rd Floor Clinch Concourse)

7:00 AM

7:30–8:15 **CYMA Technologies** **SP**

7:30–8:15 **Green Pastures** **SP**

7:30–8:15 **Smartdots** **SP**

8:00 AM

9:00 AM

9:00–10:15 **Eating Like a Human in the Modern World**  
Bill Schindler

9:00–10:15 **Exhausted Adrenals: Root Cause or Just a Symptom?**  
Kristen Files

9:00–10:15 **What Doesn't Make You Sick, Part 1**  
Tom Cowan

9:00–10:15 **Nourishing Traditional Diets, Part 1 \***  
Sally Fallon Morell

10:00 AM

10:15–11:00 **Visit Exhibits** (3rd FI Cumberland Concourse and Ballroom E-G)

11:00 AM

11:00–12:15 **Moving from Medicine to Health Care**  
Larry Palevsky

11:00–12:15 **Wireless Communication Radiation and 5G: Health Impacts and Practical Solutions**  
Beverly Rubik

11:00–12:15 **What Does Make You Sick, Part 2**  
Tom Cowan

11:00–12:15 **Nourishing Traditional Diets, Part 2 \***  
Sally Fallon Morell

12:00 Noon

12:15–1:45 **Lunch** Menu page 39 (Henley Concourse 3rd Floor Ballroom A-C)  
**Visit Exhibits** (3rd FI Cumberland Concourse and Ballroom E-G)

1:00 PM

2:00 PM

1:45–3:00 **Own Your Self: Why Sovereignty is an Inside Job**  
Kelly Brogan

1:45–3:00 **Confidently Cooking Organ Meats**  
Janine Farzin

1:45–3:00 **Sulfur Metabolism: How It Goes Wrong and How to Get It Working Again, Part 1**  
Greg Nigh

1:45–3:00 **Nourishing Traditional Diets, Part 3 \***  
Sally Fallon Morell

3:00 PM

3:00–4:00 **Visit Exhibits** (3rd FI Cumberland Concourse and Ballroom E-G)

4:00 PM

4:00–5:15 **Homeopathy for Children with Developmental and Behavioral Challenges** Anke Zimmermann

4:00–5:15 **High Lysine Ancestral Foods Diet**  
Joan Tandler

4:00–5:15 **Sulfur Metabolism: How It Goes Wrong and How to Get It Working Again, Part 2**  
Greg Nigh

4:00–5:15 **Nourishing Traditional Diets, Part 4 \***  
Sally Fallon Morell

5:00 PM

5:15–6:00 **Visit Exhibits**  
**Mix & Mingle Singles Gathering** – Marriott Hotel Bar (across from the Convention Center)

6:00 PM

6:30–9:30

**AWARDS BANQUET WITH KEYNOTE**

**Banquet Keynote: The Wise Traditions of Building Family Wealth**

**Catherine Austin Fitts**

Menu page 39  
(Henley Concourse 3rd Floor Ballroom A-C)

9:00 PM

\*We recommend that any attendee who has not heard Sally's seminar, attend this life-changing seminar.  
SP = Sponsor Presentation – These are talks by exhibitors about their products and services.

# SUNDAY, OCTOBER 23

	7:00 AM–6:00 PM <b>Conference Registration</b>			
	2nd Floor Lecture Hall	2nd Floor Room ABC	3rd Floor Room ABC	3rd Floor Room DE
6:30 AM	7:15–8:45 AM <b>Farm-to-Consumer Legal Defense Fund FundRAISER Breakfast</b> – Menu page 40 (Henley Concourse 3rd Floor Ballroom A-C)			7:30–8:30 <b>Movement Session</b> (3rd Floor Clinch Concourse)
7:00 AM	7:30–8:15 <b>Haven</b> SP		7:30–8:15 <b>Walkabout Health</b> SP	7:30–8:15 <b>Structural Elements</b> SP
8:00 AM				
9:00 AM	8:45–10:00 <b>Cardiac Metabolism: Why Cancer of the Heart is So Rare</b> Stephen Hussey	8:45–10:00 <b>Mastering Sourdough</b> Courtney Queen	8:45–10:00 <b>We Are Winning: Let Me Count The Ways</b> Mary Holland	8:45–10:00 <b>The Type of Cow Weston A. Price Would Have Been Proud Of</b> Steve Campbell
10:00 AM	10:00–10:45 <b>Visit Exhibits</b> (3rd FI Cumberland Concourse and Ballroom E-G)			
11:00 AM	10:45–12:00 <b>Transcending the Plandemic Narrative</b> Andrew Kaufman	10:45–12:00 <b>Fearless Fermenting: How to Boldly Craft Fermented Foods to Feed Your Gut, Nourish Your Community and Heal the World</b> Austin Durant	10:45–12:00 <b>Vaccines and Diseases — How the Public Has Been Manipulated from the Past to the Present</b> Curtis Cost	10:45–12:00 <b>Stress As the Ultimate Cause of Illness: Steps to Prevent and Recover</b> John Kozinski
12:00 Noon	12:00–1:30 <b>Lunch</b> Menu page 40 (Henley Concourse 3rd Floor Ballroom A-C) <b>Visit Exhibits</b> (3rd FI Cumberland Concourse and Ballroom E-G)			
1:00 PM	1:30–2:45 <b>The Societal Cost of Autism</b> Toby Rogers	1:30–2:45 <b>The Importance of a Small Farm Diet for Our Electric Health</b> Eileen McKusick	1:30–2:45 <b>Know Your Rights and Why You Must Fight for Them in Your Community and in the Courts</b> Leslie Manookian	1:30–2:45 <b>The Oral Cavity Entrance to Regenerative Health</b> James Bronson
2:00 PM				
3:00 PM	3:00–4:00 (Henley Concourse 3rd Floor Ballroom A-C) <b>CLOSING CEREMONY</b> Closing remarks by Sally Fallon Morell and talk by Frank Niceley: <b>Random Thoughts on Local Food and Good Health and Passing Legislation to Promote the Two</b>			

SP = Sponsor Presentation – These are talks by exhibitors about their products and services.

## PRACTICE SAFE CELL PHONE USE

Please keep your cell phone on airplane mode while attending the conference, or leave it in your room.



# CONTINUING EDUCATION CREDITS

## 2022 WISE TRADITIONS CONFERENCE

We have received approval from three organizations for continuing education credits. These are for nurses, acupuncturists and nutritionists with the National Association of Nutrition Professionals (NANP).

### What you do if you want to receive credit for attending:

If you did not pay when you registered, you can still pay at the registration desk. The fee for CEUs is (\$65/3 days; \$25/day). Each morning at the conference you will sign in at the CEU desk near registration. Before you depart, you will submit the required paperwork at the same desk. Certificates will be emailed to you in the month following the conference.

### Approving Organizations

**Nursing:** We are approved by the Maryland Nurses Association. Total possible credit hours for 3 days: 17.25 hours (Friday 6.5 hours; Saturday 6; Sunday 4.75). Please note only certain lectures are approved for credit (see below).

**Acupuncturists:** We are approved by the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM). Total possible credit hours for 3 days: 17.25 (Friday 6.5 hours; Saturday 6; Sunday 4.75). All states accept this approval except Florida and California.

**Massage Therapists:** Check with your state board. Some states give credit under the NCCAOM approval mentioned above. Please let us know if your state will accept it.

**NANP Nutritionists:** We are approved by the National Association of Nutrition Professionals (NANP). Total possible credit hours for 3 days: 15 (Friday 5.25 hours; Saturday 5; Sunday 4.75).

Other Nutritionists: Check with your board to see if a Certificate of Attendance will suffice for you to receive credit.

## CERTIFICATE OF ATTENDANCE \$5 FEE

Check with your professional board to see if a Certificate of Attendance will suffice. As far as we know it will for RDs, some NDs and some nutritionists (besides NANP). Purchase the Certificate of Attendance when you register. You are not required to sign in each day or submit an evaluation. You simply receive the certificate after the conference and you submit it to your board or school.

**RDs:** According to the Commission on Dietetic Registration, CDR Credentialed Practitioners may receive up to 15 cpeus for attending our conference. You will not need to sign in each day but will have to obtain and retain in your files a certificate of attendance. You will need to keep track and submit talks attended and of the appropriate Learning Need Codes. If you are in Florida, Illinois, Pennsylvania or Texas you should check with your board to see if they will accept this.

## OPTIONS FOR NURSES

### FRIDAY, OCTOBER 21 Total for day: 6.5 hours

- 9:00-12:15** **Natasha Campbell-McBride:** Gut and Physiology Syndrome 2 sessions – 2.5  
**9:00-10:15** **Kristen Files:** Exhausted Adrenals 1 session – 1.25  
**11:00-12:15** **Leland Stillman:** The Most Toxic Nutrient 1 session – 1.25  
**1:45-3:00** **Brandon LaGreca:** Cancer 1 session – 1.25  
**3:15-4:30** **Kristin Homme:** Mercury 1 session – 1.25  
**7:30-9:00** **Ask the Practitioner Panel** 1 session – 1.5

### SATURDAY, OCTOBER 22 Total for day: 6 hours

- 9:00-4:45** **Sally Fallon Morell, MA:** Traditional Diets 4 sessions - 5  
**9:00-12:00** **Tom Cowan:** What Makes You Sick 2 sessions - 2.5  
**10:45-12:00** **Larry Palevsky:** Children's Health 1 session – 1.25  
**1:45-5:15** **Greg Nigh:** Sulfur 2 sessions – 2.5

### 1:45-3:00

**Kelly Brogan:** Mental Health 1 session – 1.25

### 4:00-5:15

**Anke Zimmermann:** Children--Developmental Challenges 1 session – 1.25

### 4:00-5:15

**Joan Tendler:** High Lysine Diets 1 session – 1.25

### 7:30-8:30

**Catherine Austin Fitts:** Health and Wealth 1 session – 1.00

### SUNDAY, OCTOBER 23 Total for day: 4.75 hours

### 9:00-10:15

**Stephen Hussey:** Cardiac Metabolism 1 session – 1.25

### 10:45-12:00 Narrative

**Andrew Kaufman:** Transcending the Pandemic 1 session – 1.25

### 1:30-2:45

**Toby Rogers:** The Cost of Autism 1 session – 1.25

### 1:30-2:45

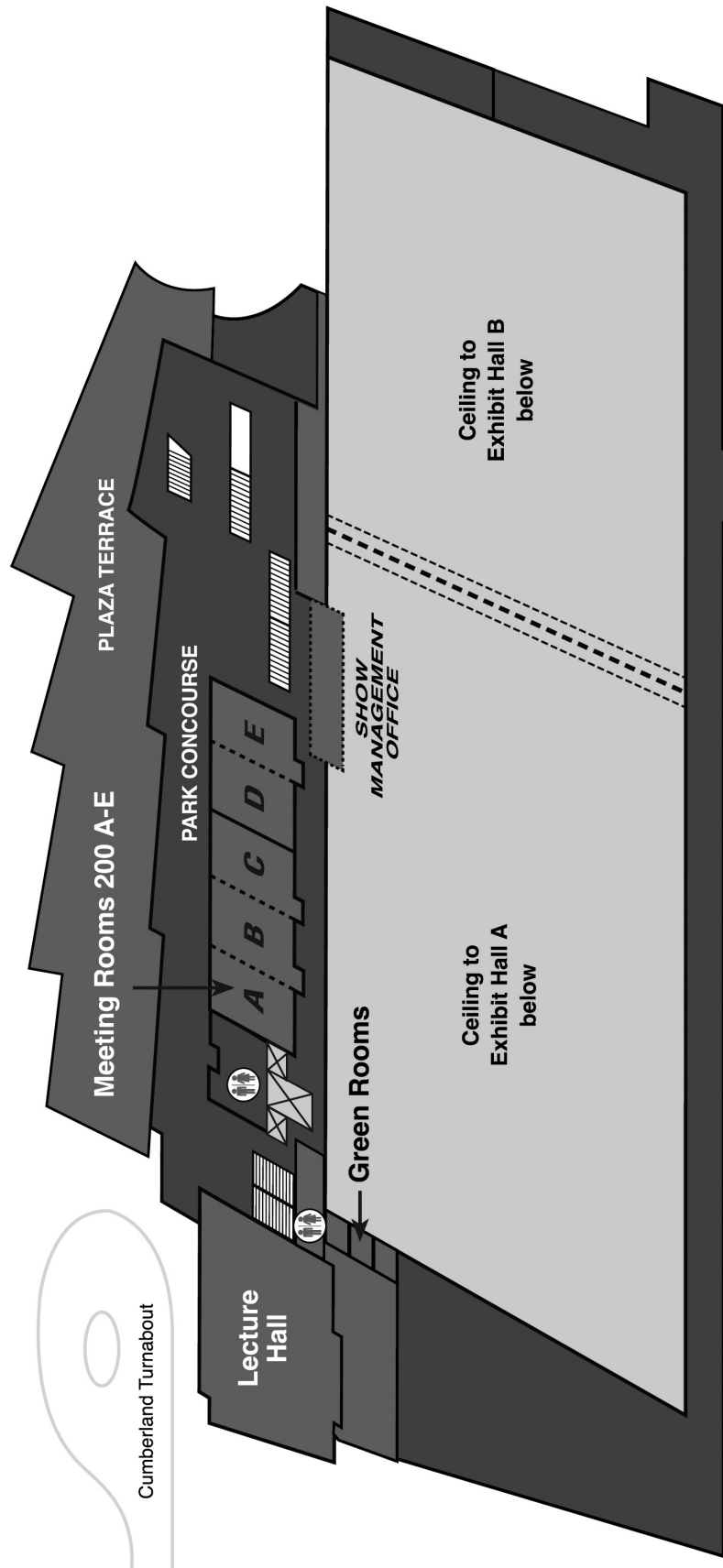
**Eileen McKusick:** The Importance of a Small Farm 1 session – 1.25

### 3:00-4:00

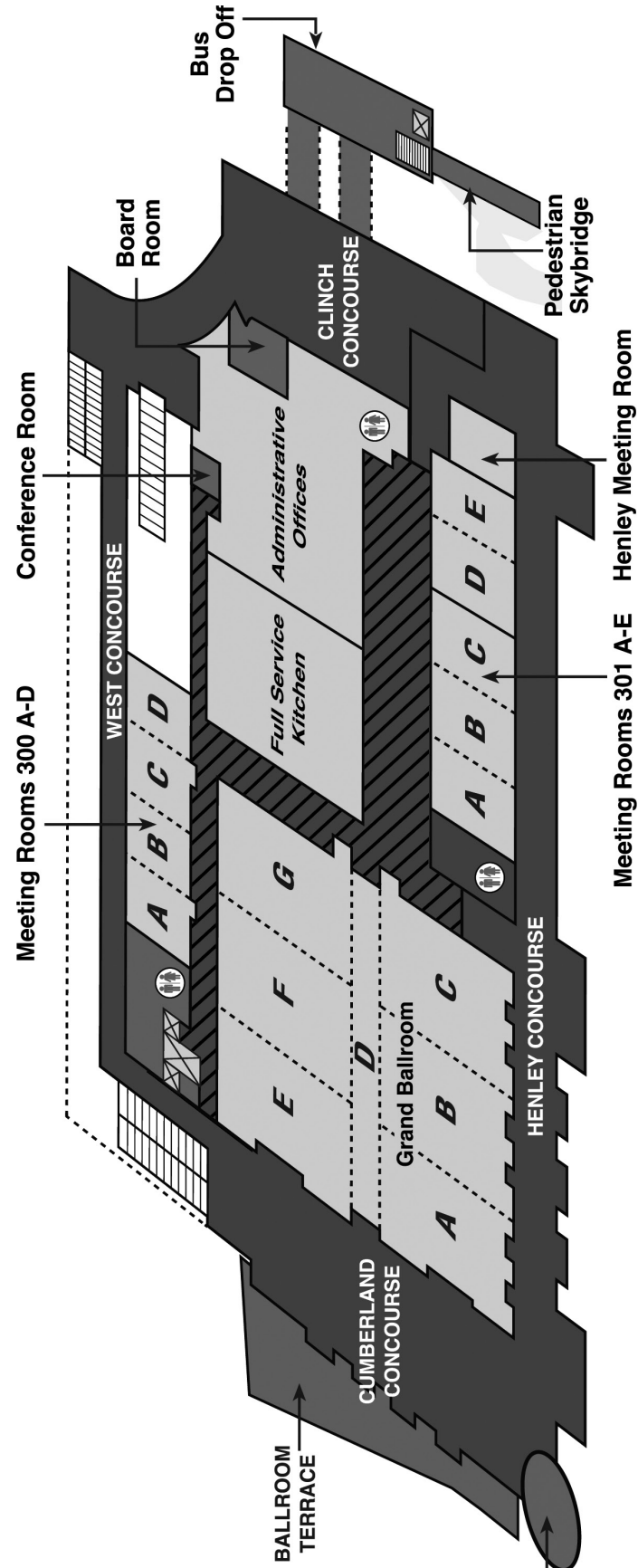
**Closing:** Sally Fallon Morell and Frank Niceley 1 session – 1.00

Please visit the CEU table or the conference registration desk, if you have further questions.

# HOTEL MAP 2ND FLOOR



# HOTEL MAP 3RD FLOOR



# WAPF OFFERINGS

Do you know about these many free services the foundation offers to help members and non-members in finding good food and good health?

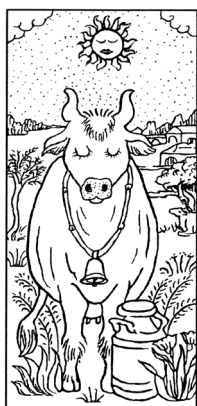


## 12 SPOONS RESTAURANT RATING GUIDE

Based on the dietary principles of the Weston A. Price Foundation  
[westonaprice12spoons.com](http://westonaprice12spoons.com)

This free site is meant to help people find at least *acceptable* food when they want to eat out. And it's also meant to highlight those establishments that are doing great things. **An establishment can earn one “spoon” for each of our 12 criteria they meet. The criteria are explained on the site.** A 1-Spoon establishment signals a place where that busy traveler will find at least a few acceptable dishes, whereas a 12-Spoon establishment signals a place that truly gets it; that's doing everything right.

We hope that as the site gains traction and food purveyors learn of it, they'll want to know our criteria and how they can earn a higher score. We look forward to a day when there will be a number of high-scoring establishments in every locale, at a variety of price points.



## A CAMPAIGN FOR REAL MILK

[realmilk.com](http://realmilk.com)

When A Campaign for Real Milk was founded, only twenty-seven states allowed farmers to sell raw milk or provide it as pet milk or through herd shares. Today that number is forty-four.

Offering free listings for raw milk farmers, [realmilk.com](http://realmilk.com) when started listed a mere thirty-seven sources of raw milk—today there are over two thousand—ranging from small, on-farm stores to four-hundred-cow dairies to long-distance delivery services. In 2007, a CDC survey estimated that ten million Americans drank raw milk. That number is certainly considerably higher today.

We look forward to the continued growth of the real milk market as an alternative to industrial milk. Real Milk is the ideal food for growing children, the elderly and all ages in-between. And when we purchase Nature's perfect food, we are supporting small, independent farms and rural prosperity.



## WISE TRADITIONS PODCAST

Thought-provoking. Bold. Entertaining. Easy to share. This is the Wise Traditions podcast. Our podcast, with host Hilda Labrada Gore, has had 9 million downloads. Listen on any podcast platform, through our Wise Traditions podcast app or from our website, [westonaprice.org](http://westonaprice.org).

Already a fan? Give us your feedback to make it even better. Go to the “about the show” page on our website and take the quick survey about the podcast. Filling it out gives you a chance to win a copy of our new WAPF book on the 11 Wise Traditions dietary principles!

Do you have friends who speak Spanish? Direct them to the podcast in Spanish: *Tradiciones Sabias!* It is also available on our website.



# WAPF OFFERINGS



## NOURISHING OUR CHILDREN

We focus on timeless principles for supporting learning, behavior and health through optimal nutrition. We have an active social media presence and a private Facebook group for new and experienced parents, grandparents, caregivers and educators who have the opportunity to ask questions and receive communal support and guidance on everything from infertility, how to feed infants, how to make the homemade baby formula, natural remedies for ear infections and constipation, what foods to pack for travel and how to address picky eating. We require a \$5 donation for a calendar year for this service, and it includes entry into a related group for conversation focused on how we nourish ourselves as adults. We invite you to join us: [nourishingourchildren.org/groups](https://nourishingourchildren.org/groups)! We also offer educational materials in the form of a DVD, PowerPoint, e-book, study guide and audio book, as well as children's books. We publish a blog on our website [nourishingourchildren.org](https://nourishingourchildren.org) that provides information on how to nourish and not merely feed yourself and your children.

We are a project of the Weston A. Price Foundation.

## THREE HELPFUL RESOURCES ON WESTONAPRICE.ORG

### Local Chapters

[westonaprice.org](https://westonaprice.org) under Find Food/Local Chapters

Local chapters help you find local, nutrient-dense food. Local chapters find locally-grown organic and biodynamic vegetables, fruits and grains; and milk products, butter, eggs, chicken and meat from pasture-fed animals. They also represent the Weston A. Price Foundation at local fairs and conferences and may host cooking classes, potluck dinners and other activities to help you learn to integrate properly prepared whole foods into your lifestyle. Local chapters may be able to put you in touch with health practitioners who share our philosophy and goals.

### Action Alerts

[westonaprice.org](https://westonaprice.org) under Get Involved

Action Alerts let WAPF members know what is going on federally as well as in your state or region regarding our food, farming and health freedoms and what you can do to protect them.

### Recipe of the Week

[Westonaprice.org](https://westonaprice.org) under Recipes/Reviews/Blogs

Offering a weekly recipe based on the dietary principles of Wise Traditions.

## SETTLING THE VIRUS DEBATE

The Weston A. Price Foundation has been at the forefront of challenges to the scientific community to prove the existence of pathogenic viruses.

Please take note of the one-page document, "Settling the Virus Debate" in your welcome bag. The research we propose could settle the virus debate once and for all.

If pathogenic viruses do not exist, then neither does the rationale for all the draconian measures that have characterized the last two years: masking, quarantine, social distancing, travel restrictions, school and business closures and toxic vaccines,

You can help us spread this challenge on the Internet information highway. In your postings and comments, just point folks to [westonaprice.org/settling-the-virus-debate](https://westonaprice.org/settling-the-virus-debate). Let's create a groundswell of demand for serious research on the virus question.

# RECORDINGS/PHOTO CONTEST

## WISE TRADITIONS CONFERENCE 2022

The Weston A. Price Foundation's 22<sup>nd</sup> Annual Conference  
Knoxville, Tennessee    October 21-23, 2022



## Bring this year's conference into your home.

Did you miss any sessions? On-demand available for the entire conference.  
Enjoy all sessions on-demand streaming or on MP3, Flash Drive or DVD.  
[fleetwoodonsite.com/wise/](http://fleetwoodonsite.com/wise/)



## PHOTO CONTEST

1. Please take high quality, candid photos during the conference. We'd love you to capture folks being nourished in every way .... by the company, the presentations, and the meals!
2. Email large photos of your very best, in terms of content, lighting, and composition, to [socialmedia@westonaprice.org](mailto:socialmedia@westonaprice.org).
3. Everyone whose photos we choose to use on social media, in our banquet slideshow or for future promotional purposes will be entered into a drawing. 4 people whose names are randomly picked will have the option of receiving 2 years of membership to the Weston A. Price Foundation or one of Sally Fallon Morell's books.

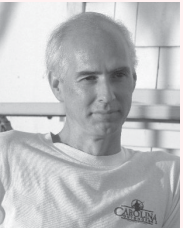
Thank you for your participation!

## MEET THE WAPF STAFF



### **Kathy Kramer, Executive Director**

Kathy grew up in Maryland, one of ten in a close-knit family. After earning a BA in literature, she trained and worked as a Montessori elementary teacher for several years until her own health problems sparked an interest in health and nutrition which gradually drew her into working in that field. She studied nutrition at American Health Sciences University (now defunct) to be a licensed nutritionist. For several years, she offered nutritional consultations and talks to people of all ages. Her interests and employment came together in 2003 when she called Sally Fallon Morell to ask about a job with the Foundation. Helping ship materials part-time eventually led to full-time work doing an array of tasks as executive director. She is married, lives in Maryland and loves hiking and Nationals baseball. For sixteen years, she has felt honored to be part of the Foundation's hard-working staff and involved in its important mission.



### **Tim Boyd, Education Services**

Tim Boyd was born and raised in Ohio, graduated from Case Western Reserve University with a degree in computer engineering, and worked in the defense industry in Northern Virginia for over twenty years. During that time, a slight case of arthritis led him to discover that nutrition makes a difference, and then nutrition became a serious hobby. After a fun time in the electronics field, he decided he wanted to do something more important. He is now enjoying his dream job working for the Weston A. Price Foundation doing book and video reviews, managing website content, doing shipping, answering a variety of questions, and even handling facility maintenance.



### **Yolanda Hawthorne, Membership Coordinator**

Yolanda combines a lifelong passion for food, design and the healing arts into her position as membership coordinator. Yolanda graduated from The Natural Gourmet Institute in New York City where she studied under the tutelage of Annemarie Colbin, who introduced her to Sally Fallon's book *Nourishing Traditions*, which totally changed the way she viewed "healthy eating". In addition, she studied at Gulliver's Living and Learning Center (now The Institute for Integrative Nutrition) and the Ann Wigmore Natural Health Institute in Puerto Rico. Yolanda co-founded Zenful Bites in 2012 where their sole purpose was to address these components of the food system: food education, access and sustainability via community outreach, cooking classes/demos and after-school programming. This all came to an abrupt end during covid. At WAPF, Yolanda is able to incorporate her love for hospitality by greeting cheerful members and by cooking for WAPF staff at bimonthly staff meetings. As resident chef she's able to cook for and work with the Queen of Ancestral Cooking, our very own Les Dames d'Escoffier, Sally Fallon Morrel, which Yolanda says has been one of the highlights her career.

# MENUS

Our meals are made using **Authentic Super Foods** olive oil, **Baja Gold** sea salt, **Simply Ghee** ghee, **Really Raw Honey**, **Miller's Biodiversity Farm** grass-fed butter, **Simply Grassfed** cheese, **Miller's Biodiversity Farm** eggs, **Great Lakes** gelatin and **Gardens of Grace** almonds, dates, walnuts and pecans. **Triple E Farm** bones for stock, **To Your Health Sprouted Flour Company** flours and oats.

## FRIDAY LUNCH BUFFET

**Force of Nature Meats** Organ Meatloaf

Roasted Garlic & Cheddar Smashed Potatoes

Chopped Cucumber & Dill Salad with Red Onion & Feta

**God's Good Table** Sauerkraut

Gluten-free Oatmeal Raisin Cookie Made with

**To Your Health Sprouted Flour Company** Sprouted Gluten-free Flour

**Buchi Kombucha**



## FRIDAY DINNER BUFFET

**Simply Grassfed** BBQ Pulled Pork

Baked Beans

Collard Greens Sautéed in Bacon Fat

**God's Good Table** Apple Kraut

**To Your Health Sprouted Flour Company** Cornbread

Apple Crisp

**Buchi Kombucha**

### GREAT FOOD IN GREAT QUANTITIES FOR THE CONFERENCE MEALS!

290 whole chickens	325 pounds breakfast sausage	50 gallons ferments
200 pounds chicken livers	500 dozen eggs	30 kegs kombucha
300 pounds chicken quarters	300 pounds assorted cheeses	150 pounds rolled oats
175 duck quarters	530 pounds bones for stock and dessert	300 pounds of assorted flours
400 pounds lamb	300 pounds raw butter	75 pounds sea salt
500 pounds hamburger with organ meat	100 gallons ghee	125 pounds raw honey
500 pounds pork butt	40 gallons yogurt	4 gallons maple syrup
300 pounds ham	45 gallons olive oil	125 pounds each of dates, almonds & pecans



# MENUS

Our meals are made using **Authentic Super Foods** olive oil, **Baja Gold** sea salt, **Simply Ghee** ghee, **Really Raw Honey**, **Miller's Biodiversity Farm** grass-fed butter, **Simply Grassfed** cheese, **Miller's Biodiversity Farm** eggs, **Great Lakes** gelatin and **Gardens of Grace** almonds, dates, walnuts and pecans. **Triple E Farm** bones for stock, **To Your Health Sprouted Flour Company** flours and oats.

## SATURDAY LUNCH BUFFET

Salad with Caesar Dressing

**Fields of Athenry Farm** Lamb Stew

**Butter For All** Sourdough Bread & Butter

**God's Good Table** Sauerkraut

Conference Cheesecake with **Gardens of Grace** Dates & Almond

**Buchi** Kombucha



## SATURDAY DINNER BANQUET

Deconstructed French Onion Soup

Roasted Beet & Feta Salad with Walnuts, Triple Beet Honey Dijon

**White Oak Pastures** Brined, Herb-Roasted Chicken Quarters

Roasted Brussels Sprouts & Carrots with Herbs, Olive Oil & Ghee

**Fierce Cultures of Knoxville** Fermented Radishes

**God's Good Table** Sourdough Bread with Butter & Ghee

Poached Pears with **Miller's Biodiversity Farm** Goat Cheese

Cash Bar

Countless hours go into preparing the menu, obtaining and preparing the food and working with the hotel chefs and staff so that our meals are a beautiful reflection of our dietary principles and a memorable part of the conference.

Besides the hotel chefs and staff, we wish to thank Paul Frank for his work in obtaining the food and Maureen Diaz as the chef consultant who plays an important role in planning and executing the menu. Their hard work brings us meals that are a highlight of the conference. *Bon Appétit!*

# MENUS

Our meals are made using **Authentic Super Foods** olive oil, **Baja Gold** sea salt, **Simply Ghee** ghee, **Really Raw Honey**, **Miller's Biodiversity Farm** grass-fed butter, **Simply Grassfed** cheese, **Miller's Biodiversity Farm** eggs, **Great Lakes** gelatin and **Gardens of Grace** almonds, dates, walnuts and pecans. **Triple E Farm** bones for stock, **To Your Health Sprouted Flour Company** flours and oats.

## SUNDAY BRUNCH BUFFET

**Simply Grassfed Ham**

Vegetable & Cheese Frittata

GF Maple Pecan French Toast Casserole

Sweet Potato Hash

Assorted Cheeses

**Fields of Athenry** Chicken Liver Pâté

**God's Good Table** Chutney

**Buchi** Kombucha

## FARM-TO-CONSUMER LEGAL DEFENSE FUND

### FundRAISER Breakfasts

Join the Farm-to-Consumer Legal Defense Fund (FTCLDF) for a nutrient-dense breakfast each morning. Farmers, artisans and FTCLDF friends have provided generous donations and discounts so that you will have a hot buffet breakfast of Wise Traditions foods.

- **To Your Health Sprouted Flour Company** Organic Sprouted and Soaked Oatmeal
- Oatmeal Fixins: **Really Raw Honey**, **Back Creek Farms** Organic Maple Syrup, **Miller's Biodiversity Farm** Grassfed Butter, **Baja Gold** Sea Salt
- **Miller's Biodiversity Farm** Soy-Free Hormone-Free Pastured Hard-Boiled Eggs
- **Miller's Biodiversity Farm** Pastured Breakfast Sausages (chicken or pork depending on the day)
- **Miller's Biodiversity Farm** Organic Whole Yogurt

Friday–Sunday | October 21–23 from 7:15–8:45 AM

\$17 for each single breakfast ticket or \$45 for breakfast all three mornings

**BUY TICKETS AT CONFERENCE REGISTRATION!**

*Sponsors are: The Solari Report, Weston A. Price Foundation, and KNA Wines*

# FOOD DONORS

## BEEF – GRASS-FED BONES

**Triple E Farms**  
Romney, WV  
(304) 790-2918  
Tripleefarming.com  
Beef Bones  
Beef Marrow Bones

## BEEF – GRASS-FED

**Force of Nature**  
Stevensville, MT  
(720) 234-2508  
Forceofnature.com  
Ground Beef Liver & Heart

## BEVERAGE

**Buchi**  
Marshall, NC  
(828) 222-0460  
Drinkbuchi.com  
Kombucha

## BREAD

**Butter for All**  
Springfield, OR  
(415) 684-4182  
Butterforall.com  
Focaccia

**God's Good Table**  
Linden, VA  
(717) 253-0529  
Sourdough

## DAIRY – BUTTER

**Miller's Biodiversity Farm**  
Quarryville, PA  
(717) 786-7895  
Millersbiofarm.com  
Cultured Grass-fed Butter

## DAIRY – CHEESE

**Miller's Biodiversity Farm**  
Quarryville, PA  
(717) 786-7895  
Millersbiofarm.com  
Goat Cheese

**P.A. Bowen Farmstead**  
Brandywine, MD  
(301) 579-2727  
Pabowenfarmstead.com  
Blue Cheese

**Simply Grassfed**  
Paradise, PA  
(717) 847-3397  
Cheddar Cheeses

## DAIRY – GHEE

**Simply Ghee**  
Lancaster, PA  
(717) 587-6841  
Simplyghee.com  
Grass-fed Milk Ghee

## DAIRY – YOGURT

**Miller's Biodiversity Farm**  
Quarryville, PA  
(717) 786-7895  
Millersbiofarm.com  
Yogurt

## EGGS - PASTURED

**Miller's Biodiversity Farm**  
Quarryville, PA  
(717) 786-7895  
Millersbiofarm.com  
Eggs from Soy-Free, Pastured,  
Organically-Fed Hens

## FATS & OILS

**Authentic Super Foods**  
Falls Church, VA  
(571) 722-6725  
Authenticsuperfoods.com  
Olive Oil

## FERMENTS

**God's Good Table**  
Linden, VA  
(717) 253-0529  
Godsgoodtable.com  
Assorted Raw Ferments

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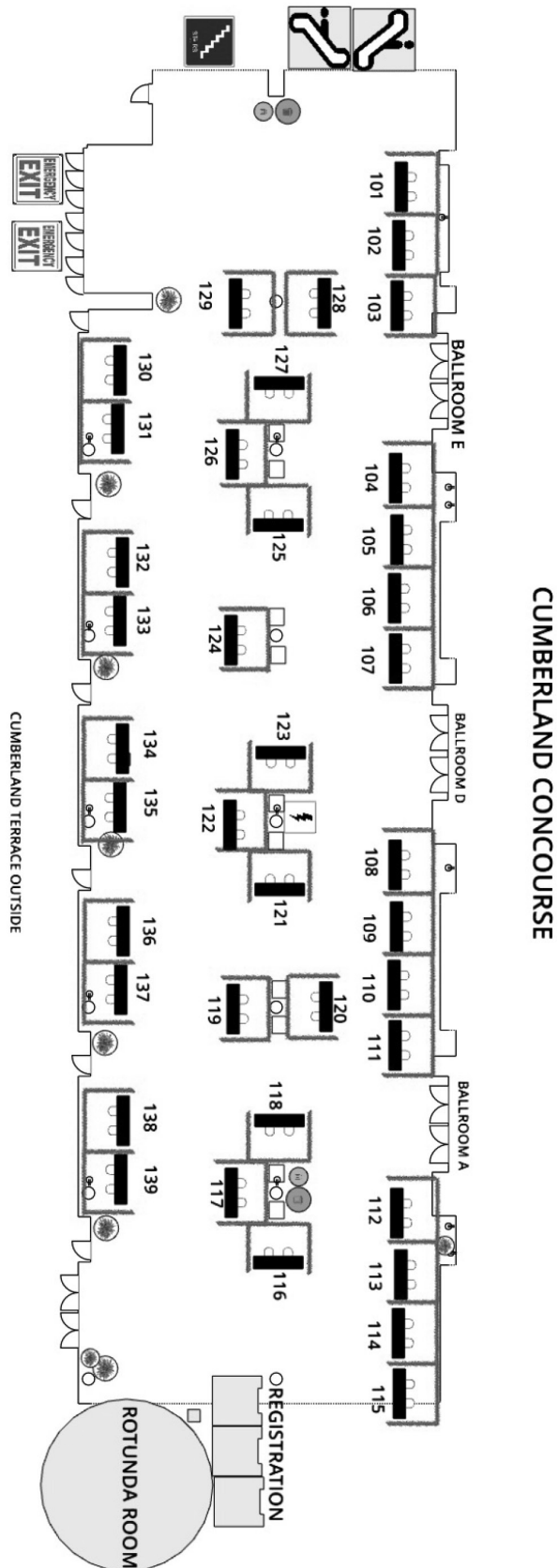
**Baja Gold Sea Salt**  
Marietta, GA  
(914) 330-4090  
bajagoldseasalt.com  
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Backcreekfarms.com  
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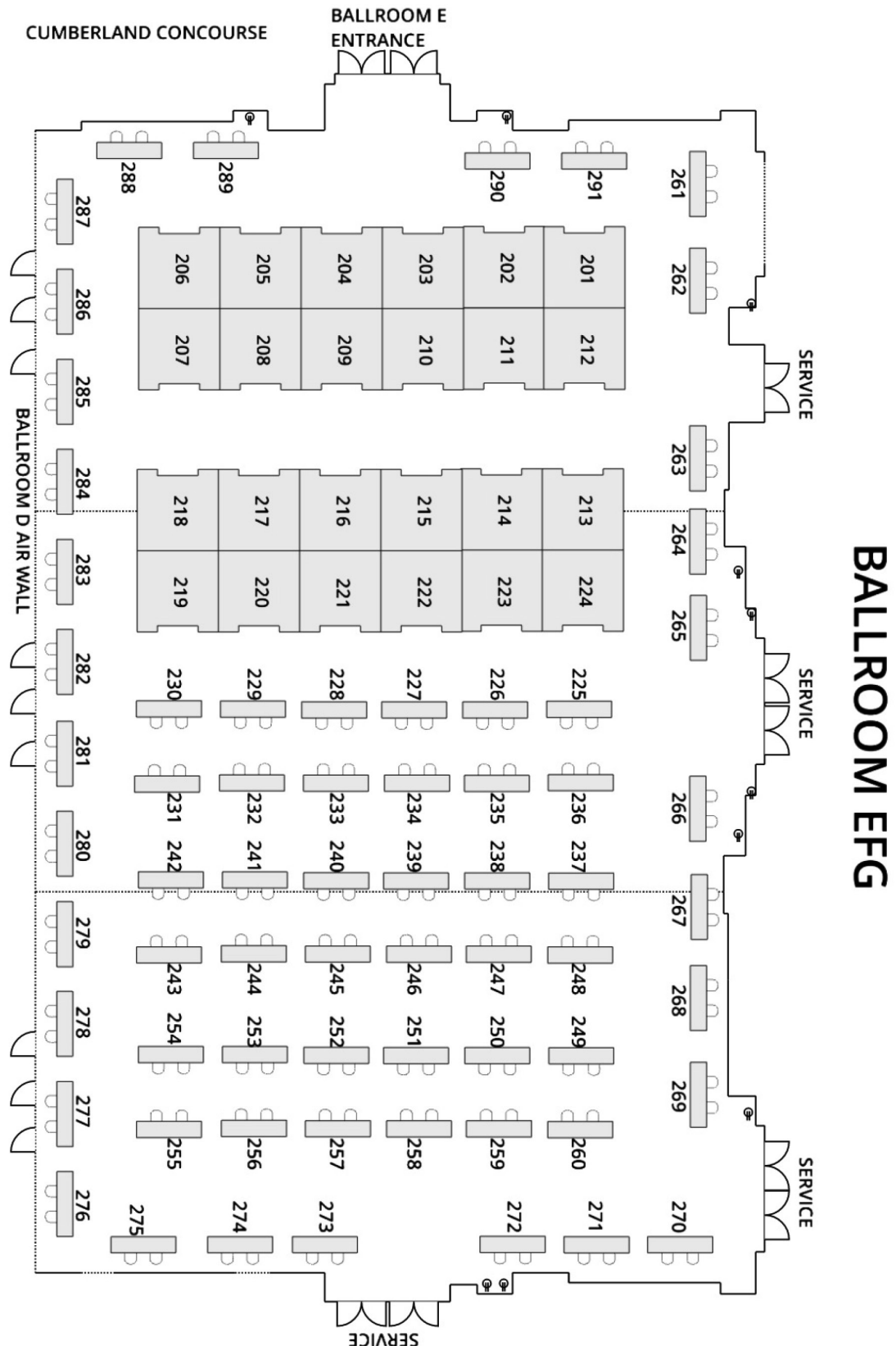
**Really Raw Honey**  
Baltimore, MD 21224  
(800) 732-5729  
reallyrawhoney.com  
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# EXHIBITOR LAYOUT



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Dover, DE  
(302) 336-8559  
adamandasglobal.com  
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## Americans for Homeopathy Choice

New Caney, TX  
(281) 608-9254  
homeopathychoice.org  
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## Baja Gold Sea Salt

Marietta, GA  
(914) 330-4090  
bajagoldseasalt.com  
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## Be Well Clinic

Loveland, CO  
(970) 218-8273  
bewellclinic.net  
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## Bio HealthWorks Institute

Black Mountain, NC  
(207) 577-7759  
andilockemears.com  
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## Biofield Tuning/Sonic Slider

Colchester, VT  
biofieldtuning.com  
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brimseed.com  
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alfeducationalinstitute.com  
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childrenshealthdefense.org  
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clairedarlinglmt.com  
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contactorganics.com  
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CymaTechnologies.com  
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drlindas.com  
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(602) 999-1590  
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EMFRocks.com  
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(201) 932-6861  
empoweredpatientblog.com  
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theschoolofnaturopathy.com  
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farrow.life  
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fermentersclub.com  
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forceofnature.com  
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havenholistichealth.com  
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healthfreedomdefense.org  
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theheirloom.co  
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hwcmmorristown.com  
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ifnh.org  
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independent.vision  
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airinspector.com  
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irishacres.org  
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Knoxfarms2families.com  
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labsmarts.com  
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millersbiofarm.com  
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mindd.org  
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neighborhoodfoodnetwork.com  
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Perpetuaremdies.com  
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pulsepemf.com/kara-hayes/  
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spacialdynamics.com  
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TimberTownMedia.com  
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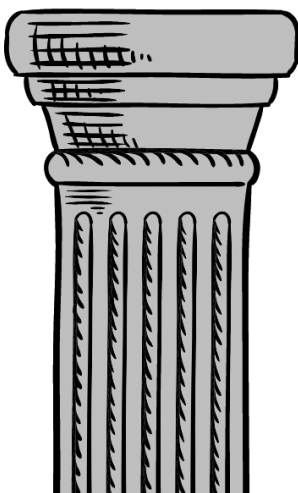
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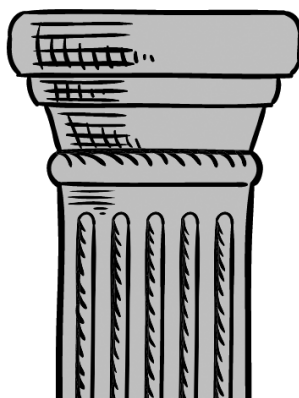


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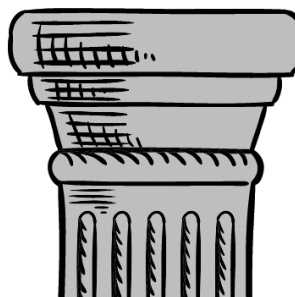
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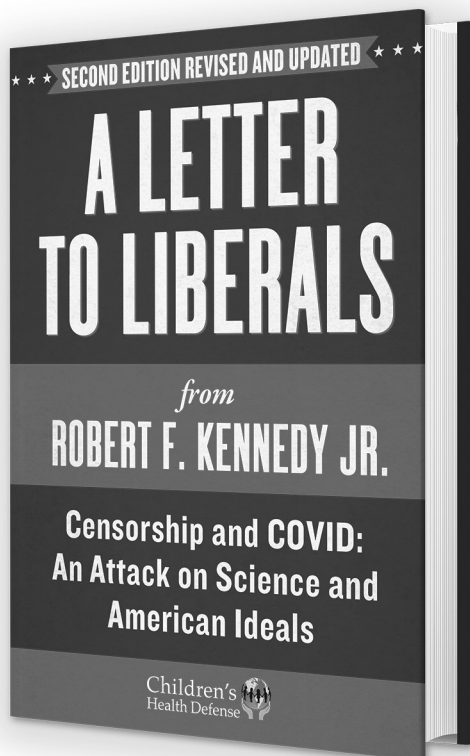
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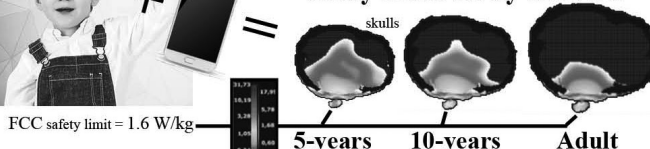
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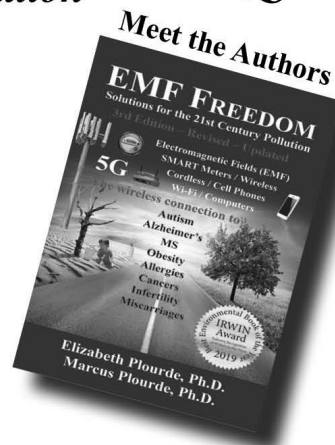
Source: Exposure limits: the underestimation of absorbed cell phone radiation, especially in children.

Gandhi OP, Morgan LL, de Salles AA, Han YY, Herberman RB, Davis DL. *Electromagn Biol Med*. 2012 Mar;31(1):34-51. Printed in Research Gate

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The beekeepers at Really Raw<sup>®</sup> Honey use holistic, non-industrial methods that nurture the honeybee and help sustain this ancient craft.

Really Raw<sup>®</sup> Honey bees forage on flowers in woods and fields where no sprays or artificial fertilizers are being used. Our methods take more time but allow Really Raw<sup>®</sup> Honey to use the whole hive, less fuel, and to minimize the health problems beginning to affect bee colonies worldwide.

Our health depends on the quality of our food, which depends in turn on the health of our small farms. Because of our holistic view, Really Raw<sup>®</sup> Honey is helping beekeepers sustain their bees and their livelihoods.

Really Raw<sup>®</sup> Honey is dedicated to raising awareness among beekeepers, and our family looks forward to a time when people everywhere will understand and honor the honeybee and the work she does to ensure the health of our planet.

**1-800-732-5729**  
**www.reallyrawhoney.com**

Look for Really Raw Honey at your local Health Food store.




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jams & syrup / fermented veggies



**Pet Food**  
raw meat / raw dairy  
treats



**Bakery**  
crackers / breads / muffins / cookies  
frozen pizza / donut holes / whoopie pies



**Pantry**  
flours & grains / honey & sweeteners  
nuts & seeds / spices / teas & supplements





**A Restaurant Rating Guide** based on the dietary principles of the Weston A. Price Foundation.

**Free & Easy for All to Use**

**Find Restaurants:** Going out to eat? Find a restaurant which uses the WAPF dietary principles

**Rate Restaurants:** Found a restaurant using our principles? It's easy to rate it on [westonaprice12spoons.com](http://westonaprice12spoons.com)

**One spoon for each category.**

**Encourage restaurants to get more spoons.** Spoons include: makes own broth/stock; uses sourdough bread; lacto-fermented foods and drinks; organ meats; locally produced food etc.

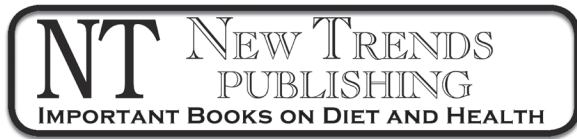
# NOTES

*Please share photos and updates on social media using the hashtags:*  
*#wisetraditions2022 #wisetraditions #wapf #westonaprice #ancestraldiet*  
*#westonapricefoundation #justeatrealfood #ancestralwisdom #health*  
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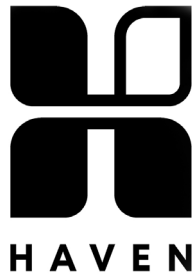


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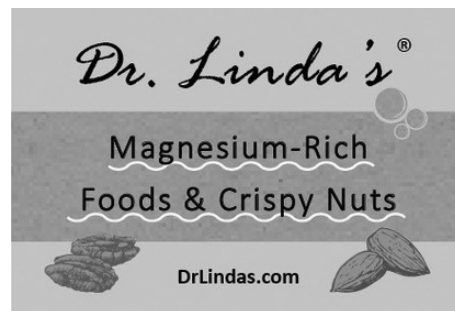
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To be announced soon!