

MARY HOLLAND, ESQ

"The truth is on our side. The science is on our side. The ethics are on our side. The law is on our side."

THOMAS MASSIE

"There was never a law passed by Congress to ban raw milk."

SALLY FALLON MORELL

"The dietary guidelines are genocidal and they will eventually eliminate the people who follow them because they lead to infertility. This process is called the natural selection of the wise."

DR. TOM COWAN

"There's a hundred percent cure for high cholesterol, which is never to do the test again."

Program

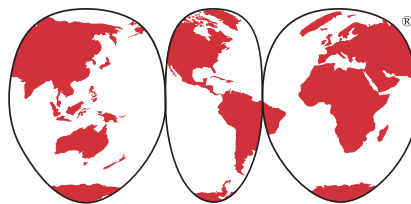
THE 24TH ANNUAL CONFERENCE OF THE WESTON A. PRICE FOUNDATION

Wise Traditions

The conference that nourishes you in every way.

Orlando, Florida

OCTOBER 25–27, 2024



LESLIE MANOOKIAN

"If they claim the right or authority to tell you what to put in your body, then you're not free."

WILL HARRIS

"The deal we made with our planet, its creatures, and our rural workforces, all so we could enjoy a slightly cheaper hamburger, might just be the worst deal that was ever made."

PAM SCHOENFELD

"Vitamin A deficiency affects reproduction at almost every stage, right from preconception to the end of pregnancy."

GRIFFIN COLE, DDS

"No studies of amalgam safety have ever been published, yet hundreds of studies by numerous scientists have found mercury, the major component of these fillings, to be unsafe."

Wise Traditions 2024

24TH 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 25, 2024



Dear Friends of the Weston A. Price Foundation:

We are delighted that you have joined us for the 24th annual Wise Traditions conference! Welcome back to a full house, sold-out exhibit hall, many wonderful speakers and, of course, delicious Wise Traditions meals.

You have all come here to learn and you will learn a lot this year! We will take a new look at the heart with presentations by Manel Ballester-Rodés, our heart-is-not-a pump expert from Spain, Stephen Hussey on the biophysics of heart disease and myself presenting *The Oiling of America*. Mary Ruddick will lead us in a fascinating exploration of traditional cultures and Tom Cowan will describe the New Biology. We have key speakers on nutrition this year including Pam Schoenfeld on vitamin A, Chris Shaw on aluminum, Leslie Klevay, the world's expert on copper, Stephen Kavanagh on oysters (one of the world's most nutrient-dense foods) and David Brownstein on salt.

Big names at the conference include Lee Merritt speaking on chlorine dioxide, Natasha Campbell-McBride on the GAPS diet, Zen Honeycutt on toxins in our food, and Congressman Thomas Massie giving the keynote address at the Awards Dinner.

If you are a newcomer (or not), you will enjoy presentations on basic skills by Sophia Eng (Asian cooking), Celeste Longacre (gardening), Sandeep Agarwal (cooking with Indian spices) and Austin Durant (fermented foods). Learn about low blood sugar and inflammation from Rachel Shuck, the adrenal-thyroid connection and mold remediation from Dr. Bruce Rind, and the dangers of glyphosate from Martha Carlin.

We've left no stone unturned with talks on rolfing (Briah Anson), movement (Isaac Chilton), detox (Adam Parker), breathing (Timothy Weeks), homeopathy (Kate Birch), marijuana dangers (Mandy Blume) and dentistry (Griffin Cole). Three colorful farmers—Texas Slim, Will Harris and Steve Campbell—will tell us what's happening on the ranch while panel discussions on nourishing our children and health freedom will give you much to think about.

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 thirty-seven 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 at their site: <https://www.fleetwoodonsite.com/wise/2024/stream>.

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

Please plan to spend some time in our exhibit hall—we have a great number of exhibitors. I know you will be impressed with the quality and variety of the exhibitors—including an oyster bar! And we don't let just anyone exhibit—exhibiting is by invitation only, so you know that all the services, 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.

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 Renaissance Orlando SeaWorld 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 and providers who are providing a cornucopia of high-quality products. Particular thanks go to WAPF's Yolanda Hawthorne who has worked with the chefs to make sure all meals are WAPF-friendly and delicious.

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 2024

24TH ANNUAL CONFERENCE
OF THE WESTON A. PRICE FOUNDATION
OCTOBER 25–27, 2024
ORLANDO, FLORIDA

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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| Green Pasture Products | Marine Health Foods | Simply Grassfed |

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| Essential Energy Solutions | Pure Indian Foods | Wellsong Energetics |
| Miller's Bio Farm | | Wild For Salmon |

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| Black Lotus Shilajit | Farm To Consumer Legal Defense Fund | Redmond Real Salt |
| The Buffalo Wool Company | Gardens of Grace | Rich Nuts |
| Chelsea Green Publishing | IABDM | SteinerBooks |
| Children's Health Defense | MineralBalance | Structural Elements |

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
- Our excellent speakers
- Our interesting exhibitors especially Platinum, Gold, Silver and Bronze
- Food donors
- The conference support team: George and Maureen Diaz and Mike Mudrak
- Talented WAPF consulting chef Yolanda Hawthorne and hotel Executive Chef Billy Brown and the F&B team
- Wonderful conference attendees and our dedicated volunteers

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

We have come from near and far...

Attendees are from: Australia, Ireland, Canada, Czech Republic, Guatemala, Mexico, Puerto Rico, Spain, United Kingdom and the United States of America.

All states are represented except Hawaii, Rhode Island and Wyoming.

| | | | | | | | | | |
|----------------|-----|----------------|----|---------------|----|--------------|---|----------------|---|
| Florida | 340 | Missouri | 23 | Wisconsin | 10 | Nevada | 4 | New Mexico | 1 |
| Texas | 79 | South Carolina | 22 | Kentucky | 9 | Delaware | 3 | | |
| California | 72 | Michigan | 19 | Connecticut | 7 | Montana | 3 | | |
| Virginia | 48 | Illinois | 18 | Oregon | 7 | Utah | 3 | United Kingdom | 5 |
| Georgia | 47 | Maryland | 15 | Alabama | 7 | DC | 3 | Canada | 4 |
| New York | 44 | Massachusetts | 11 | West Virginia | 7 | Maine | 3 | Czech Republic | 2 |
| Ohio | 36 | New Jersey | 11 | Idaho | 6 | Mississippi | 2 | Guatemala | 2 |
| North Carolina | 29 | Arizona | 11 | Louisiana | 6 | Puerto Rico | 2 | Ireland | 2 |
| Tennessee | 29 | Vermont | 11 | Indiana | 5 | South Dakota | 2 | Puerto Rico | 2 |
| Colorado | 24 | New Hampshire | 10 | Kansas | 5 | Arkansas | 1 | Spain | 2 |
| Minnesota | 24 | Washington | 10 | Oklahoma | 5 | Iowa | 1 | Australia | 1 |
| Pennsylvania | 24 | Nebraska | 10 | Alaska | 4 | North Dakota | 1 | Mexico | 1 |

(Reflects numbers as of October 1)

SCHEDULE AT A GLANCE

Friday, October 25

| | |
|-----------------|--|
| 7:15–8:45 am | FTCLDF Breakfast |
| 7:30–8:30 am | CHILTON Movement |
| 9:00–10:15 am | <p>NGUYEN ENG East Meets Weston A. Price: Nourishing Asian Cuisine Reimagined - A Journey to Reclaim Authentic Flavors, Free from MSG and Excitotoxins</p> <p>CAMPBELL-MCBRIDE All Diseases Begin in the Gut, Part 1</p> <p>ANSON The Transformative Power of Roling Structural Integration: An Integrative Approach to Whole Body Wellness</p> |
| 11:00 –12:15 pm | <p>PARKER The Fundamentals of Detoxification: A Step-by-Step Guide to Detoxing for More Energy, Vitality and Robust Health</p> <p>CAMPBELL-MCBRIDE All Diseases Begin in the Gut, Part 2</p> <p>TEXAS SLIM Shake Your Rancher's Hand</p> |
| 12:15–1:15 pm | Lunch: Meet Your Neighbor * |
| 1:45–3:00 pm | <p>LONGACRE How to Grow a Fabulous Garden</p> <p>WEEKS Sacred Breath</p> <p>BROWNSTEIN Salt Your Way to Health</p> |
| 4:00–5:15 pm | <p>HARRIS White Oak Pastures, One Family, One Farm, Six Generations</p> <p>BIRCH Homeopathy Stories from the Field</p> <p>COLE Root Canals: The Deadly Trooth</p> |
| 6:00–7:00 pm | Dinner |
| 7:30–9:00 pm | <p>BIRCH, CAMPBELL-MCBRIDE, HUSSEY, MERRITT, SCHOENFELD, FALLON MORELL Ask the Practitioners Panel</p> <p>COWAN Film with Q&A Film: "A Farewell to Virology" (Free to the Public)</p> <p>RUDDICK Gender Roles and Hormones: Ancient Solutions to Dead Bedrooms, Broken Families, Infertility and Teen Suicide</p> |

*** Friday Lunch: Meet Your Neighbor**
Sit at a table marked with your state or country.

Saturday, October 26

| | |
|-----------------|---|
| 7:15–8:45 am | FTCLDF Breakfast |
| 7:30–8:30 am | CHILTON Movement |
| 7:30–8:15 am | <p>Sponsor Presentations Hearth & Homestead Marine Health Foods New Biology Clinic Wellsong Energetics</p> |
| 9:00–10:15 am | <p>FALLON MORELL Nourishing Traditional Diets, Part 1</p> <p>BIRCH Homeoprophylaxis for Normal Childhood Development</p> <p>BALLESTER-RODÉS A New Look at the Circulation: The Helical Heart and the Microvascular Flow</p> <p>MERRITT Chlorine Dioxide—the Universal Antidote</p> |
| 11:00 –12:15 pm | <p>FALLON MORELL Nourishing Traditional Diets, Part 2</p> <p>RIND Adrenal Thyroid Connection</p> <p>BLUME From Bliss to Risk: Unveiling the Complex World of Marijuana</p> <p>HUSSEY The Biophysics of Heart Disease and Covid Injection Clotting: Exclusion Zone Water, Zeta Potential and Virchow's Triad</p> |
| 12:15–1:15 pm | Lunch |
| 1:45–3:00 pm | <p>AGARWAL Kitchari: India's Nourishing Comfort Food</p> <p>RIND Mold Solution</p> <p>SCHOENFELD Vitamin A: Key to Fertility</p> <p>COWAN Why We Need a New Biology</p> |
| 4:00–5:15 pm | <p>SHUCK Inflammation Nation: Balancing Blood Sugar to Eliminate Pain, Obesity and Chronic Disease</p> <p>COWAN AND OTHERS FROM CLINIC The New Biology Clinic Panel</p> <p>COLE The Five Biggest Lies In Dentistry: What You Need to Know to Protect Yourself</p> <p>HONEYCUTT Food Supply Exposé and What You Can Do</p> |
| 6:30–9:30 pm | MASSIE Awards Banquet Keynote: Food Freedom Initiatives in Congress |

SCHEDULE AT A GLANCE

Sunday, October 27

7:15–8:45 am **FTCLDF Breakfast**

7:30–8:30 am **CHILTON** Movement

7:30–8:15 am **Sponsor Presentations**
Baja Gold Salt
Meadows Bee Farm
Simply Grassfed
Walkabout Health Products

8:45–10:00 am **CHILTON** Move or Die
FALLON MORELL, HONEYCUTT, MULDOON, PEREZ, SCHOENFELD
Panel: Nourishing Our Children from Preconception Onward
KAVANAGH The Oyster is our World!
SHAW Aluminum Adjuvant Toxicity in the Age of Covid-19 Vaccines: A Comparison

10:45–12:00 pm **CARLIN** Bound and Broken: Glyphosate's Hidden Impact on Sauerkraut, Bone Broth and Joint Health
HOLLAND, MANOOKIAN, ROSENBERG Health Freedom Panel, Part 1
FALLON MORELL The Oiling of America
KLEVAY Ischemic Heart Disease: The Copper Deficiency Theory (by telecast)

12:00–1:00 pm Lunch

1:30–2:45 pm **DURANT:** Sauerkraut and the Alchemy of Fermentation
HOLLAND, MANOOKIAN, ROSENBERG Health Freedom Panel, Part 2
WEEKS Sacred Surrender
BALLESTER-RODÉS Field Dynamics to Understand the Body and the Soul in Medicine

3:00–4:00 pm **FALLON MORELL, MANOOKIAN, COWAN**
Closing Ceremony:
Make the World Healthy Again

Monday, October 28

6:30 am–6:30 pm **WINTER, CAMPBELL**
Professionally Guided Farm Visit
(Meet the bus outside Crystal Ballroom)

Make the Most of Your Conference Experience

Meet others! Nowhere else will you find so many kindred spirits gathered to learn and discuss health and 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.

Is there something you need? Please see the room monitor near the entrance of each session room or visit the registration desk for help.

Stay comfortable. Bring a sweater or jacket to the meeting rooms, which 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.

surveymonkey.com/r/orlandoWT2024

GENERAL CONFERENCE INFORMATION

Name Badges

Wearing your conference name badge is your admission ticket to all sessions..

Meals

Your meal tickets were in your registration envelope. If you are attending all days, you will have one meal ticket for the five conference meals. In order to get a meal, please provide the ticket to the volunteer at meal time. Please see the Registration Desk if you need a meal ticket. One complaint we have each year is that people waste food. Please don't overload your plate but take a reasonable amount and return for seconds if you are still hungry. Please do not take food to someone who has not bought a meal ticket..

Children's 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 in small quantities. We recommend limiting the amount you eat at each meal. 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.

Cell Phones

Please set your cell phone either to 'off' or 'airplane mode' during talks or leave it in your room. We have arranged to have a powerful device to help mitigate damage from EMFs at the conference. See Essential Energy booth.

Session Rooms

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/orlandoWT2024.

EMF Protection See page 30.

Talks

If we get them from speakers, we will post talk slides on wisetraditions.org.

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 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 2024 Conference, you agree and acknowledge that you are participating in the activities of 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 evening events and tours.

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 healthcare 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 healthcare professionals. The nutritional and other information provided at this conference are not intended to be and do not constitute healthcare 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 2024.

SPEAKERS



Sandeep Agarwal

Saturday 1:45-3:00 PM, Oceans 11-12

Kitchari: India's Nourishing Comfort Food

The Weston A. Price Foundation honors the wise and nourishing traditions of indigenous people from around the world. Many such cherished traditions live at the heart of India, dating back thousands of years. One long-standing culinary tradition is the preparation of Kitchari, India's most beloved comfort food, traditionally prepared with basmati rice and split mung dal, colorful medicinal spices and buttery-golden ghee. Kitchari is a centuries old, time-honored dish revered for its cleansing, detoxifying, healing and nourishing qualities that are appropriate for people of all ages and constitutional types.

In this cooking demonstration, Sandeep Agarwal, long-time chapter leader and co-owner of Pure Indian Foods, will show you how to make the perfect bowl of Kitchari. Come prepared to learn about India's ancient, wise tradition of preparing Kitchari while sampling this delicious, nutritious "super-food."

Sandeep Agarwal is the co-founder of Pure Indian Foods, a fifth-generation manufacturer of organic, grass-fed ghee, spices and herbal products. He holds a bachelor's degree in computer science and an MBA in finance. After immigrating to the U.S. in 1994, he worked in the tech and finance sectors until 2008 when, inspired by family values and a strong calling to continue his family's tradition, he and his wife, Nalini, opened the doors to Pure Indian Foods, which is now one of the most respected and trusted organic, grass-fed ghee companies in North America.

Sandeep is a graduate of David Winston's Center for Herbal Studies where he learned the use of three hundred medicinal herbs from the healing traditions of Ayurveda, traditional Chinese medicine and European and Native American cultures.

His life-long respect for ancient wisdom and cultures along with his desire to keep his family healthy eventually led him to the Weston A. Price Foundation where he has been a chapter leader for eleven years.

As an herbalist and naturalist, Sandeep cares deeply about the preservation of medicinal and Ayurvedic herbs. He has taught and lectured at symposiums in the U.S., India and South Korea and is currently serving as the New Jersey Food Processors Association director. He enjoys hiking, running marathons, outdoor cooking, gardening, riding his motorcycle, tree-climbing and yoga. He's well-loved by his staff for his endless jokes, riddles, fables and stories. Sandeep lives in Lawrenceville, New Jersey, with Nalini and their two kids.



**Briah Anson, MA,
Certified Advanced Rolfer**

**Friday 9:00-10:15 AM
Crystal DE**

The Transformative Power of Roling Structural Integration: An Integrative Approach to Whole Body Wellness

This presentation will offer an overview of both the principles and applications of the Roling S.I. system of bodywork. From infants to those over 100, what emerges is a cumulative understanding of Roling's role in creating transformational healing and long-term wellness and its significant place in the mind-body connection.

Anyone seeking relief from chronic pain or limitations of movement will be captivated by some of the stories presented here. This will be of interest to athletes, actors, dancers and other performing artists desiring enhanced performance, as well as those seeking to have their body released from scar tissue or from the residual effects of physical and/or mental and emotional trauma. As Ida Rolf, PhD, once stated: "We are all looking for a way to evoke human potential. We are all looking for a way to evoke greater physical and mental vitality."

Briah Anson, MA, is a certified advanced Rolfer and certified movement practitioner with over four decades of experience. She is a pioneer in the field of Roling S.I. for animals and is the author of *Animal Healing: The Power of Roling-Structural Integration* (2011). She is also the author of *Roling: Stories of Personal Empowerment* (Second Edition 2023).

Briah trained at the Dr. Ida Rolf Institute and is also a graduate of the Northwestern Academy of Homeopathy. Briah is an avid golfer and photographer. She has a private practice in Minneapolis, Minnesota. For more information, please visit roling-Briahanson.com.

SPEAKERS



Manel Ballester-Rodés, MD

Saturday 9:00-10:15 AM, Crystal C

A New Look at the Circulation: The Helical Heart and the Microvascular Flow

The ventricular myocardium is anatomically a single myocardial band enfolded as a double helix. The magnetic cardiac field of the heart elicits a vortex pulsation that sucks red blood cells into the aorta and main arteries. Microvascular circulation is not pulsatile and constantly flows, and the endothelium provides the driving force of microvascular circulation throughout the fourth phase of water. Energy blocks, by decreasing energy to microcirculation (endothelial dysfunction), can induce several diseases, including heart failure, which can be managed by energy therapy.

Sunday 1:30-2:45 PM, Crystal DE

Field Dynamics to Understand the Body and the Soul in Medicine

The physical body is embedded in a magnetic field, the biofield, which is usually invisible to the naked eye. The field has vibrational instructions for the physical body to perform several cellular tasks: function, renovation, repair and death. Organization of the biofield is basically emotional, and defensive field contraction blocks cell information, densifies the tissues and stimulates the sympathetic autonomic nervous system. Recent description of a field-to protein interaction to elicit cardiac beat to the heart and atrioventricular electrical conduction provides the first clinical evidence of a quantum mechanism in medicine which can extend to the whole body. Release of blocked energy restores health.

Manel Ballester-Rodés, MD was trained in internal medicine and cardiology at the Faculty of Medicine Universitat Autònoma Barcelona. He was head of the Echocardiography Lab at National Heart Hospital, London (1979-1983); medical chief of the Heart Failure and Transplantation Unit at Hospital Santa Creu i Sant Pau, Barcelona (1983-1999); chairman of

Cardiology Lleida (1999-2003); co-founder of the Molecular Biology Group on Apoptosis; and, worked in cooperation with Francesc Torrent-Guasp, MD on the anatomy and function of the helical heart (1985-2006). He has been involved in energy medicine clinical activities and research since 2006.



Kate Birch RSHom (NA), CCH, CMT

Friday 4:00-5:15 PM, Crystal C

Homeopathy Stories from the Field

Drawn from thirty years of clinical practice, this presentation shares a message of hope and healing from within the system of homeopathy. From an introduction to homeopathy and acute-care remedies, to the capacity of homeopathy to address disease, vaccine damage, environmental toxicity and coronavirus, the quest to find homeopathic remedies to address the evolving human condition has been ongoing. Join us for this presentation that will take us on an adventure around the world to show us what is right in our very own backyard

Friday 7:30-9:00 PM, Oceans 9-10

Practitioners Panel

Our Wise Traditions health experts answer your questions on how they treat modern diseases. Panel includes Kate Birch, Natasha Campbell-McBride, Stephen Hussey, Lee Merritt and Pam Schoenfeld with Sally Fallon Morell as moderator.

Saturday 9:00-10:15 AM, Oceans 9-10

Homeoprophylaxis for Normal Childhood Development

With an ever-increasing incidence of disruption in childhood development in conjunction with the vaccine paradigm, we have to examine how things got this way. If childhood diseases were intended to be contracted in childhood, how can we resource the benefits of that developmental process without the risk of actual disease? Homeoprophylaxis (HPx) offers

Continued on next page

SPEAKERS

Continued

another way. In this session Kate provides an overview of the application and results of a Healthy Biome HPx Program and Childhood HPx within this context.

Kate Birch has been practicing homeopathy since 1994 with a specialty in infectious disease, homeoprophylaxis (HPx) and vaccine injury since 2000. She is the past vice president (2005-2007) of the North American Society of Homeopaths and remains as the NASH representative to the International Council on Homeopathy (ICH). She is also the past director and remains as principal research investigator and core teacher of Free and Healthy Children International. She teaches homeopathy and homeoprophylaxis around the world. She lives in Minneapolis, Minnesota and runs a busy practice. Kate is the author of five

books on homeopathy (*Vaccine Free Prevention and Treatment of Infectious Contagious Disease with Homeopathy*; *Homeopathic Therapeutics of the Diseases of the Liver and Biliary Ducts: The Amazing Liver*; *The Best Family Homeopathy Acute Care Manual*; *Glyphosate Free: An Essay on Functional Nutrition and the Homeopathic Clearing of Glyphosate Toxicity*; and, with Cilla Whatcott, *The Solution: Homeoprophylaxis: The Vaccine Alternative*), two major research projects on HPx (Childhood HPx and Coronavirus HPx) and has published numerous articles in international peer-reviewed homeopathic journals.



Mandy Blume

Saturday 11:00 AM-12:15 PM, Crystal C

From Bliss to Risk: Unveiling the Complex World of Marijuana

In this enlightening presentation, a clinical nutritionist and doctoral candidate will delve into the complex landscape of public perception and scientific evidence surrounding marijuana use. Drawing on a wealth of credible studies, this discussion contrasts common public experiences and beliefs with the nuanced perspectives of global medical communities and the notably stringent stance of the U.S. federal government. Through a meticulous examination of research data and policy, we will uncover the discrepancies between public understanding and the scientific consensus, highlighting the implications for health policy and societal attitudes.

This session promises to offer a genuine and unbiased analysis that navigates through cultural, political and scientific realms, providing a current view of the evolving dialogues on marijuana.

Mandy Blume was born into an extensive rural Florida family with a heritage dating back to 1720. While pursuing a higher education and starting a family, Mandy fell into the Standard American Diet. When her first son was born with complications and diagnosed as autistic, questions began. Driven to heal her son, Mandy found *Nourishing Traditions* in 2000, reigniting her passion for ancestral foods. Witnessing dramatic improvements, Mandy continued her education in clinical nutrition, earning a master's degree and pursuing her doctorate.

Today, Mandy is a passionate mother with twenty-four years of experience working with vulnerable children. She has affected lives through her nonprofit organization and book, *Real Food Recovery*. Mandy practices at Docs Outside the Box in St. Petersburg. After unsuccessfully fighting with the medical community in 2010 for marijuana for a foster son with cancer, Mandy also researches cannabinoids and more within the university setting.



David Brownstein, MD

Friday 1:45-3:00 PM, Crystal DE

Salt Your Way to Health

Salt is the second most common constituent in the human body, next to water. Salt is an essential substance we cannot live without. This lecture will review why the right kind of salt is so important for the human body.

Dr. David Brownstein, M.D., is a board-certified family physician who utilizes the best of conventional and alternative therapies. He is the medical director for the Center for Holistic Medicine in West Bloomfield, Michigan. He is a graduate of the University of Michigan and Wayne State University School of Medicine. Dr. Brownstein is a member of

the American Academy of Family Physicians and serves on the board for the International College of Integrative Medicine. He is the father of two beautiful physicians, Hailey and Jessica, and is a retired soccer coach.

Brownstein has lectured internationally about his success using natural therapies. He has also authored seventeen books including *Salt Your Way to Health*.

SPEAKERS



Steve Campbell

Monday 6:30 AM-6:30 PM, Meet the bus outside Crystal Ballroom

Guided Farm Visit

Steve Campbell and Will Winter will be our professional guides on our farm day. Steve Campbell, will be preparing the attendees for things to look for at each stop and a bit of farm etiquette. He will provide a “short course” in soil health, plant health, animal health and human health during our traveling times. He will also be going over things we did and did not see at each farm.

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

Steve Campbell (tailormadecattle.com) 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 have 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. From the Weston A. Price philosophy for human health to the work and teachings of Carey

Reams, Maynard Murray, Jerry Brunetti, Dr. Richard Olree, Gearld Fry, Will Winter and 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 family’s 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.



**Natasha Campbell-McBride, MD,
MMedSci (neurology), MMedSci (nutrition)**

**Friday 9:00 AM-12:15 PM
Crystal C**

All Diseases Begin in the Gut!

All diseases begin in the gut! This is a statement made many years ago by Hippocrates, the father of modern medicine. The more we learn with our modern scientific tools, the more we realize just how correct Hippocrates was! Dr. Campbell-McBride will be talking about GAP Syndrome or GAPS, which stands for Gut And Psychology/Gut And Physiology Syndrome. Autism, attention deficit hyperactivity disorder (ADHD/ADD), schizophrenia, depression, dyslexia, dyspraxia, obsessive-compulsive disorder, bipolar disorder and many other

psychological and psychiatric problems will be covered. Autoimmune problems, allergies, asthma, eczema, MS, chronic fatigue syndrome, ME, fibromyalgia, arthritis, diabetes type one, chronic cystitis, chronic skin problems and many other physical conditions also will be discussed. All of these problems are becoming more common among children and adults.

Dr. Campbell-McBride will be talking about what GAPS is and how to treat it with a sound nutritional protocol based on common sense and dietary traditions, used by people for millennia all over the world.

Friday 7:30-9:00 PM, Oceans 9-10

Practitioners Panel

Our Wise Traditions health experts answer your questions on how they treat modern diseases. Panel includes Kate Birch, Natasha Campbell-McBride, Stephen Hussey, Lee Merritt and Pam Schoenfeld with Sally Fallon Morell as moderator.

Dr. Campbell-McBride is the creator of the GAPS concept and the GAPS Diet. Please read HER full bio on her website gaps.me. Campbell-McBride graduated with honors as a medical doctor in 1984 in Russia and in the following years gained postgraduate degrees in neurology and in human nutrition. She is the author of several books: *Gut And Psychology Syndrome: Natural Treatment of Autism, ADHD, Dyslexia, Depression and Schizophrenia*; *Vegetarianism Explained: Making an Informed*

Decision; Put Your Heart in Your Mouth! What Really is Heart Disease and What Can We Do to Prevent and Even Reverse It; Gut And Physiology Syndrome. Natural Treatment for Allergies, Autoimmune Illness, Arthritis, Gut Problems, Fatigue, Hormonal Problems, Neurological Disease and More.

Dr. Campbell-McBride is an organic regenerative farmer and a popular keynote speaker at many professional conferences worldwide.

SPEAKERS



Martha Carlin

Sunday 10:45 AM-12:00 PM, Oceans 11-12

Bound and Broken: Glyphosate's Hidden Impact on Sauerkraut, Bone Broth and Joint Health

This talk will explore the far-reaching effects of glyphosate on food quality and human health. Starting with an investigation into soggy sauerkraut, the talk uncovers how glyphosate in poultry manure disrupts essential minerals in crops, such as copper, zinc and iron, critical for cell wall integrity and collagen formation. The presentation will then connect these findings to the decline in collagen quality in poultry bone broth and the potential implications for joint health in humans. By highlighting glyphosate's role in mineral chelation, the session will

emphasize the broader consequences for agriculture and human health.

Martha Carlin is a transformational leader who has leveraged her extensive business experience as a turnaround expert to become a leading citizen scientist in the field of the microbiome. With a focus on improving human health, Carlin founded The BioCollective, a company dedicated to studying the microbiome and its impact on human health. Through The BioCollective, she has conducted groundbreaking research

on the gut microbiome and its relationship to diseases such as Parkinson's. Carlin also launched the BiotiQuest brand of targeted probiotics, which offers customized probiotics based on an individual's microbiome. Her innovative approach has earned recognition from the National Institutes of Health and the Human Microbiome Project, making her a key figure in the field of microbiome research.



Isaac Chilton, BCSI, LMT, MTI, CPT(CES), MOVNAT Level III

**Sunday 8:45-10:00 AM
Oceans 11-12**

Move or Die

The late Moshe Feldenkrais said "movement is life." Most of us feel better when we move regularly. But exactly how is movement related to feeling better? In his presentation "Move or Die," Isaac Chilton will talk about how a movement practice can affect specific body tissues and why movement is essential to vitality. This talk will feature explanations about why we may feel old and how that feeling may be linked with another sense: hunger for movement.

Practical suggestions about how to keep moving will be offered. This presentation is for reticent *and* incessant movers. Young, youngish and older adults will be inspired to start a movement practice or beef up and add variety to their current movement choices.

Isaac Chilton is a structural integrator and movement teacher with over twenty-five years of experience. He has owned Structural Elements since 2004. Sparked by a fascination with Chinese Medicine he launched into a study of the healing arts at an early age. He began to practice therapeutic massage in 1998. His foray into bodywork morphed into a discipline. Enthralled by anatomy and human structural behavior, Isaac has turned that discipline into a passion. He holds certifications with Anatomy

Trains, International Association of Structural Integrators, the Upledger Institute, the National Academy of Sports Medicine, Stott Pilates and TRX. He is a level III certified MovNat trainer. He has a background in teaching anatomy and physiology and various manual and movement modalities. Isaac practices, moves and trains in the Dallas/Ft Worth area. When missing from work he is often traveling the world with his open-hearted and unshakably positive wife, Fatima Chilton.

***Visit the WAPF table to support our work by becoming a member.
\$25 membership rate during the conference (regularly \$40).***

SPEAKERS



Griffin Cole, DDS

Friday 4:00-5:15 PM, Crystal DE

Root Canals: The Deadly Trooth

In this presentation, Dr. Griffin Cole covers truths and misconceptions about dental root canals and their systemic effects. Drawing upon science and years of experience, he will show why root canal therapy is controversial and often linked to diseases of several body organs, including the brain. Attendees will acquire the answers to important questions regarding root canals and be able to make informed decisions regarding their own care.

Saturday 4:00-5:15 PM, Crystal C

The 5 Biggest Lies In Dentistry: What You Need to Know to Protect Yourself

In this presentation, Dr. Griffin Cole will expose the 5 BIGGEST LIES in dentistry and uncover the truth about the oral-systemic connection. This entertaining presentation will show how traditional dentistry provides symptom-focused care, ignoring that the mouth provides evidence of one's overall systemic health. He will focus on diagnoses and treatment modalities aimed at helping the body heal, rather than traditional symptom alleviation. Attendees will learn how traditional dentistry is not only a disease-based model, but one that is often harmful.

Dr. Griffin Cole received his Mastership in the International Academy of Oral Medicine and Toxicology (IAOMT) and drafted the Academy's fluoridation brochure and the official Scientific Review on ozone use in root canal therapy. He is past president of the IAOMT and serves as conference chairman and fundamentals course director. He has been featured on numerous

radio and television programs including *World News Tonight* with Diane Sawyer. He is published in numerous national peer reviewed publications for his restorative and cosmetic dentistry. He lectures to health professionals and the public on practice management and biological dentistry and is co-founder and president of the Center for Advanced Dental Disciplines.



Tom Cowan, MD

Friday 7:30-9:00 PM, Crystal C

Film: A Farewell to Virology

The session will include Dr. Tom Cowan introducing the film, *A Farewell to Virology*, and then watching Part One. This film is a three-part series on a 29,000-word essay by Dr. Mark Bailey, MBChB, PGDipMSM, MHealSc, that challenges virus theory and virology. This groundbreaking work has yet to be contested, and this film aims to explain why.

The film will guide the layperson through the essay and scientific evidence, making it easy, simple and understandable for everyone. The film's goal is to help you grasp the reality behind the myth of "viruses"—that they don't exist, don't cause illness and are not the reason for

lockdowns, societal destruction and the propagation of lifelong diseases and miseries through unnecessary vaccinations.

Saturday 1:45-3:00 PM, Crystal DE

Why We Need a New Biology

Since viruses don't exist and bacteria do not cause disease, what are the implications for the practice of medicine? Dr. Tom Cowan's talk will explore a new approach to treating disease and bringing about healing and health.

Saturday 4:00-5:15 PM, Oceans 9-10

The New Biology Clinic Panel

Tom Cowan, MD, will be joined by the doctors at the New Biology Clinic in a panel discussion on the principles and practices of New Biology medicine.

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 and

workshops 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,

Continued on next page

SPEAKERS

Continued

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 & Child Care co-authored with Sally Fallon Morell, and *The Four-fold Path to Healing* (with Sally Fallon and Jaimen McMillan). From 1985 until 2019, Dr. Cowan had a general-medical prac-

tice, 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.



Austin Durant

Sunday 1:30-2:45 PM, Oceans 11-12

Sauerkraut and the Alchemy of Fermentation

Author and educator, Austin Durant will guide you through the universe of food fermentation. He will first demonstrate how to safely make a darn good batch of naturally fermented sauerkraut at home as well as provide some inspiring flavor suggestions (and samples). Then, he will dive deeper to discuss the symbiotic relationships that exist between Man and microbe. By explaining how life forms interact and exchange matter and energy, he will reveal unique perspectives about fermentation: that it is, in fact, a form of alchemy.

Austin Durant has been fermenting food for over a dozen years. In 2011 he founded Fermenters Club, whose mission is to improve people's lives by teaching them why and how to make and enjoy fermented foods; and to create communities that are connected through their guts. Austin has taught hundreds of live, hands-on classes on a wide variety of fermented foods and their traditions such as sauerkraut, pickles, kimchi, kombucha, miso and sourdough bread. He writes and publishes recipes (mostly fermented) on his website, fermentersclub.com, and

hosts on-demand, self-paced food fermentation mastery courses through Fermenters Club Academy. He teaches live and virtual private team-building workshops to corporations and other organizations and hosts fermentation intensive workshops.

When not stuffing things into jars, Austin enjoys tending to his garden, cooking, yoga, writing, practicing permaculture and studying cosmology and esoteric traditions. In 2024, he authored his first book, *Fearless Fermenting*.



Sophia Nguyen Eng

Friday 9:00-10:15 AM, Oceans 9-10

East Meets Weston A. Price: Nourishing Asian Cuisine Reimagined - A Journey to Reclaim Authentic Flavors, Free from MSG and Excitotoxins

Monosodium glutamate (MSG) is an excitotoxin and a ubiquitous flavor enhancer in Asian cuisine, raising concerns among health-conscious consumers. In this presentation, Sophia Eng will explore the rich tapestry of Asian culinary traditions that thrived long before the introduction of excitotoxins. Learn how to harness the power of whole, unprocessed ingredients and traditional techniques to elevate your dishes to new heights of flavor and nourishment, without compromising your well-being.

Sophia Eng, also known as “Sprinkle with Soil,” wears many hats as an author, farmer and marketer with a passion for educating on food, farming and community building. She is a first-generation Vietnamese-American who left a successful career in growth marketing in Silicon Valley to start a five-acre permaculture farm in the Appalachian region of eastern Tennessee. During her time in the tech industry, Eng led successful growth marketing campaigns for startups and Fortune 500 companies like Workday, InVision and Smartsheet, which led to opportunities to develop a certificate training program with CXL Institute and being a founder of the tech organization Women in Growth. A sought-after speaker, she has presented at Google HQ, GrowthHackers and the global SaaS tech

conferences. Now she draws on her experiences speaking on stage and her knowledge of food, farming and health to present at homesteading conferences. Eng is also a Weston A. Price chapter leader and the author of *The Nourishing Asian Kitchen*. Alongside her husband, Tim, (known as the “Homesteading Realtor”), they manage a real estate team while living on a small farm nestled in the Appalachian mountains of Tennessee. Here, they raise dairy and beef cattle, sheep and poultry, sharing their journey on the Call To Farms podcast. Sophia shares her expertise by teaching classes on preparing and cooking nourishing food, catering to the needs of busy working families. Connect with her at her website: sprinklewithsoil.com.

SPEAKERS



Sally Fallon Morell, MA

Friday 7:30-9:00 PM, Oceans 9-10

Practitioners Panel

Our Wise Traditions health experts answer your questions on how they treat modern diseases. Panel includes Kate Birch, Natasha Campbell-McBride, Stephen Hussey, Lee Merritt and Pam Schoenfeld with Sally Fallon Morell as moderator.

Saturday 9:00 AM-12:15 PM, Oceans 11-12

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.

Sunday 8:45-10:00 AM, Oceans 9-10

Panel: Nourishing Our Children from Preconception Onward

The panelists: Sally Fallon Morell, Zen Honeycutt, Christine Muldoon, Sandrine Perez and Pam Schoenfeld will talk about how to start out right raising healthy children. Hilda Labrada Gore will be the moderator.

Sunday 10:45AM-12:00 PM, Crystal DE

Oiling of America

The Oiling of America presents the history of the diet-heart hypothesis, exposes behind-the-scenes manipulation and industry propaganda, reveals the vital role of cholesterol and saturated fats in human biochemistry, enumerates the considerable dangers of cholesterol-lowering drugs and explains how a return to old fashioned animal fats can help us solve a health crisis that threatens the very fabric of the civilized world.

Sunday 3:00-4:00 PM, Oceans 9-12

Closing Ceremony – Make the World Healthy Again

Processed foods and pharmaceutical medicine have taken over the whole world. What can we do to restore health to the world's citizens? Our closing ceremony presents three analogous viewpoints to empower and inspire you.

Sally Fallon Morell is founding president of the Weston A. Price Foundation, 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, 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 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.

SPEAKERS



Will Harris

Friday 4:00-5:15 PM, Oceans 9-10

White Oak Pastures, One Family, One Farm, Six Generations

Will plans to talk on the evolution of White Oak Pastures, and the role regenerative agriculture can play in restoring the planet and rural community health.

Will Harris is a fourth-generation cattleman, who tends the same land that his great-grandfather settled in 1866. Born and raised at White Oak

Pastures, Will left home to attend the University of Georgia's School of Agriculture, where he was trained in the industrial farming methods that had taken hold after World War II. Will graduated in 1976 and returned to Bluffton where he and his father continued to raise cattle using pesticides, herbicides, hormones and antibiotics. They also fed their herd a high-carbohydrate diet of corn and soy.

These tools did a fantastic job of taking the cost out of the system, but in the mid-1990s Will became disenchanted with the excesses of these industrialized methods. They had created a monoculture for their cattle and, as Will says, "nature abhors

a monoculture." In 1995, Will made the audacious decision to return to the farming methods his great-grandfather had used one hundred thirty years before.

Since successfully implementing these changes, Will has been recognized all over the world as a leader in humane animal husbandry and environmental sustainability. Will is the immediate past president of the board of directors of Georgia Organics. He is the beef director of the American Grassfed Association and was selected 2011 Business Person of the Year for Georgia by the Small Business Administration.

Will lives in his family home on the property with his wife Yvonne. He is the proud father of three daughters, Jessi, Jenni and Jodi. His favorite place in the world to be is out in pastures, where he likes to have a big coffee at sunrise and a 750ml glass of wine at sunset.



Mary Holland, ESQ

**Sunday 10:45 AM-12:00 PM, 1:30-2:45 PM
Oceans 9-10**

Health Freedom Panel

Three active, effective and inspiring women will be on our panel: Mary Holland, Kim Mack Rosenberg and Leslie Manookian. Much has changed over the past five years regarding our concerns and understanding about our health freedoms. Our panelists will address questions such as: What have been the biggest legal successes and the biggest disappointments? What are the most pressing health freedom-related issues that need to be addressed? Are there any current legal challenges you've mounted that you're able to discuss? What are some things we can do to help?

Mary Holland serves as President and General Counsel at Children's Health Defense. 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* and *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.

Please share photos and updates on social media using the hashtags:
#wisetraditions2024 #wisetraditionsconference #wisetraditions #wapf
#westonaprice #westonapricefoundation #ancestraldiet #justeatrealfood
#ancestralwisdom #health #healthy #nourish #nutritious #nutrientdense

SPEAKERS



Zen Honeycutt

Saturday 4:00-5:15 PM, Crystal DE

Food Supply Expose: Empower Yourself with the Truth

Zen Honeycutt, founding executive director of Moms Across America, will present results from food testing for toxins in school lunches, fast food, baby formula, gluten-free food and more. Find out what happens when the FDA does not do its job and moms take matters into their own hands. Learn how to protect your family and thrive despite the toxic food supply.

Sunday 8:45-10:00 AM, Oceans 9-10

Panel: Nourishing Our Children from Preconception Onward

The panelists: Sally Fallon Morell, Zen Honeycutt, Christine Muldoon, Sandrine Perez and Pam Schoenfeld will talk about how to start out right raising healthy children. Hilda Labrada Gore will be the moderator.

Zen Honeycutt is the founding executive director of the non-profit, Moms Across America, a National Coalition of Unstoppable Moms with the motto “empowered moms, healthy kids.” She is also an international speaker and the author of *Unstoppable Transforming Sickness and Struggle into Triumph, Empowerment, and a Celebration of Community*.

Moms Across America’s leaders have created over one thousand community events in all fifty states to raise awareness about GMOs, toxins in the food supply and other environmental issues that pose risks to the health of our families. The organization’s mission is to educate and empower mothers and others with actions and solutions to create healthy communities. Zen and

Moms Across America initiated the first glyphosate testing in America and successfully petitioned Costco to remove Roundup from their shelves. She is also the director of a short film called *Communities Rising* and the co-founder of the recently launched program called The Neighborhood Food Network, whose mission is to create a parallel food system, one street at a time.

Zen has been featured in over a dozen documentaries such as *Bought, Secret Ingredients, Modified* and *Common Ground*, in hundreds of podcasts and other media outlets. She is a former consumer representative on the Organic Products Advisory Committee to the California Secretary of Agriculture and is a GMOScience.org board member.



Stephen Hussey, MS, DC

Friday 7:30-9:00 PM, Oceans 9-10

Practitioners Panel

Our Wise Traditions health experts answer your questions on how they treat modern diseases. Panel includes Kate Birch, Natasha Campbell-McBride, Stephen Hussey, Lee Merritt and Pam Schoenfeld with Sally Fallon Morell as moderator.

Saturday 11:00 AM-12:15 PM, Crystal DE

The Biophysics of Heart Disease and Covid Injection Clotting: Exclusion Zone Water, Zeta Potential and Virchow’s Triad

When we look at the biophysics of the blood vessels and how blood moves, it is clear that measuring cholesterol to assess for heart disease risk is illogical. The clotting that causes heart disease is a result of damage to the lining of the artery, poor or stagnant blood flow and the clumping together of blood elements. How we prevent these things from happening all comes down to building fourth-phase water in our vascular system. Understanding the true causes of heart disease also shows why ingredients in Covid injections are causing clotting.

Dr. Stephen Hussey, MS, DC, is a chiropractor and functional medicine practitioner. He attained both of his degrees, a Doctorate of Chiropractic and Master in Science in Human Nutrition and Functional Medicine from the University of Western States in Portland, Oregon. He is a health coach, 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.

SPEAKERS



Stephen Kavanagh

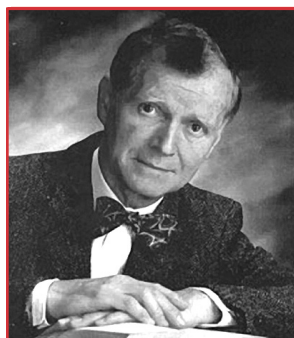
Sunday 8:45-10:00 AM, Crystal C

The Oyster is our World!

Stephen Kavanagh will discuss the importance of oysters as a source of nutrition among ancestral cultures. He will cover their importance as a food and as an economic activity for coastal communities. The specifics of the nutritive value of oysters will be covered in detail. He will touch on gastronomy and the current status of oyster stocks. He will finish with details of the work being done globally to restore oyster populations and how these important ecosystem engineers support our health and the health of the oceans. Stephen will offer an oyster tasting after the talk.

Stephen Kavanagh is a marine biologist with 30+ years of experience in shellfish production and processing. This has culminated in a range of marine extracts made by his company Marine Health Foods, based in Ireland. Stephen says that

the journey from college in Wales to Alaska for research, to smoking oysters and gastronomy and now dietary extracts and human nutrition has not been uneventful, to say the least. Lots to do and learn but only one life!



Leslie Klevay, MD, SD in Hyg

**Sunday 10:45AM-12:00 PM
Crystal C (by telecast)**

Ischemic Heart Disease: the Copper Deficiency Theory

Inspired by the now well-known protective effect of hard drinking water on heart disease, Leslie Klevay began to study trace elements and discovered fifty years ago that rats deficient in copper have very high cholesterol. This discovery prompted a search for characteristics of animals deficient in copper, plus a search for relationships between copper metabolism and heart disease. At least eighty anatomical, chemical and physiological similarities between people with ischemic heart disease and animals deficient in copper have been found. Hypercholesterolemia, electrocardiographic abnormalities, glucose intolerance, hypertension and high uric acid are the most important. The copper deficiency theory is the simplest and most general theory of ischemic heart disease because it encompasses the theories of Barker (small babies), McCully (homocysteine) and Sullivan (iron overload). Small babies often are born before maternal metabolism supplements them with copper. Copper supplementation lowered plasma homocysteine in men. Excess iron can interfere with copper utilization.

Leslie M. Klevay, MD, SD in Hyg., has degrees from the University of Wisconsin and the Harvard School of Public Health. He has published more than two hundred articles in books and more than ninety different scientific journals. He has lectured widely both in the U.S. and abroad. He has taught at four universities, most recently the University of North Dakota where he is emeritus professor of internal medicine. He has

been elected a Fellow of both the American Association for the Advancement of Science and the American Society of Nutrition for outstanding research. His unprecedented discovery that copper deficiency increases cholesterol was awarded a Citation Classic. He and Harold H. Sandstead, MD, organized the metabolic unit of the Human Nutrition Research Center of the USDA where they studied trace element metabolism in people.

DONATE TO OUR \$10,000 MATCH FUND

Again this year an anonymous donor offered to give \$10,000 if we can raise \$10,000 during the conference weekend.

SPEAKERS



Celeste Longacre

Friday 1:45-3:00 PM, Oceans 9-10

How to Grow a Fabulous Garden

Celeste will show a PowerPoint presentation on how to grow a beautiful garden. With over 130 color pictures designed to provide insights and how-to information on soil preparation, planting, weeding, thinning and some harvesting, this will give participants the tools that they need to plant and maintain a garden. Pictures are more specific than just words.

Participants will gain knowledge on how to select a site for a garden; the proper way to plan a garden; soil preparation particulars; how to plant seeds and transplants; the importance of thinning; how to stake tomatoes; companion planting to aid in deterring bugs; tricks to keep specific plants happy; planting in pots; how to mulch; how to extend the season with coverings; and more!

Celeste Longacre is the author of *Celeste's Garden Delights*. She is also an accomplished gardener who has been growing most of her family's vegetables for over forty years. Celeste preserves the garden's bounty by canning, freezing, drying and fermenting as well as by storing her produce in a root cellar. She and her husband Bob live sustainably in a handmade octagonal home. During the cold winter months, their heat is provided by the firewood that Bob cuts. Much of their electricity is generated with an array of solar panels. For further information visit

celestelongacre.com.

Celeste read Adelle Davis' *Let's Eat Right to Keep Fit* in 1972. This book maintained that in order to stay healthy, we need to pay attention to what we eat. Celeste became an organic purchaser instantly. Upon reflection, she realized that if you REALLY want to know what's in your food, you should grow it yourself (or know who does). Hopefully this presentation will give you some insights and tips to turn your back yard, patio or balcony into a source of nutritious food.



Leslie Manookian, MBA, MLC HOM

**Sunday 10:45 AM-12:00 PM,
1:30-2:45 PM, Oceans 9-10**

Health Freedom Panel

Three active, effective and inspiring women will be on our panel: Mary Holland, Kim Mack Rosenberg and Leslie Manookian. Much has changed over the past five years regarding our concerns and understanding about our health freedoms. Our panelists will address questions such as: What have been the biggest legal successes and the biggest disappointments? What are the most pressing health freedom related issues that need to be addressed? Are there any current legal challenges you've mounted that you're able to discuss? What are some things we can do to help?

Sunday 3:00-4:00 PM, Oceans 9-12

Closing Ceremony – Make the World Healthy Again

Processed foods and pharmaceutical medicine have taken over the whole world. What can we do to restore health to the world's citizens? Our closing ceremony presents three analogous viewpoints to empower and inspire you.

Leslie Manookian is a former successful Wall Street business executive and award-winning documentary film producer and writer. She conceived, wrote and produced *The Greater Good*, a documentary exploring vaccines. She has served on the board of the Weston A. Price Foundation and is a founding board member of Health Freedom Idaho. She is a qualified homeopath, nutrition and wellbeing junky and a health freedom advocate. Active on the legislative front, she works to protect rights to medical and health freedom at home in Idaho and

across the nation and has played a leading role in defeating legislation in Idaho which would have reduced health freedom, medical rights and privacy as well as helping gain consumer access to raw milk. 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.

SPEAKERS



Congressman Thomas Massie

Saturday 6:30-9:30 PM, Crystal C

Banquet Keynote: Food Freedom Initiatives in Congress

U.S. Representative Thomas Massie entered Congress in November 2012. He is honored to represent and serve the citizens of Kentucky's 4th District.

obtained twenty-nine patents.

In Congress, Thomas serves on three committees: the House Committee on Rules, the House Committee on Transportation & Infrastructure, and the House Judiciary Committee, which has jurisdiction over laws that affect intellectual property, industrial hemp, civil liberties, firearms, and other topics that were among the reasons Thomas ran for Congress! In addition to serving on these committees, Thomas is the chairman of the Subcommittee on the Administrative State, Regulatory Reform, and Antitrust, and he serves as a member of the Select Subcommittee on the Weaponization of the Federal Government.

The father of four, Thomas lives on a cattle farm in Kentucky.



Lee Merritt, MD

Friday 7:30-9:00 PM, Oceans 9-10

Practitioners Panel

Our Wise Traditions health experts answer your questions on how they treat modern diseases. Panel includes Kate Birch, Natasha Campbell-McBride, Stephen Hussey, Lee Merritt and Pam Schoenfeld with Sally Fallon Morell as moderator.

Saturday 9:00-10:15 AM, Crystal DE

Chlorine Dioxide—the Universal Antidote

Dr. Lee Merritt will address the disease delusion vs. reality. Are there viruses? What really causes the flu? How does disease spread electromagnetically? She will go over practical solutions using the new paradigm of disease as a combination of toxins and electromagnetic changes. Should we lower a temperature when sick? How do we use chlorine dioxide and why is it “the universal antidote”?

Dr. Lee Merritt experienced medicine first-hand at age four accompanying her father on house calls along the back roads of Iowa. She graduated in 1980 from the University of Rochester School of Medicine in New York where she was inducted into the Alpha Omega Alpha Honor Medical Society. She completed an orthopaedic residency and served nearly twelve years as a physician and surgeon in the United States Navy. After completing a spinal surgery fellowship she spent over twenty-five years in private practice. She served on the

board of the Arizona Medical Association, and on the Naval Research Advisory Committee where she looked at medical defense technology for the military. She is past president of the Association of American Physicians and Surgeons, and has devoted her professional career to patient centered ethical medicine. In her unexpected retirement, she is spending her time trying to wrest her professional friends and family from the medical death cult that seems to be in charge. getwisdom.com/wisdom

Practice Safe Cell Phone Use

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

The New Etiquette

SPEAKERS



Christine Muldoon

Sunday 8:45-10:00 AM, Oceans 9-10

Panel: Nourishing Our Children from Preconception Onward

The panelists: Sally Fallon Morell, Zen Honeycutt, Christine Muldoon, Sandrine Perez and Pam Schoenfeld will talk about how to start out right raising healthy children. Hilda Labrada Gore will be the moderator.

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 “littles”. 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 Weston A. Price Foundation co-chapter leader in the Dallas metroplex area and board member. 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.



Adam Parker

Friday 11:00 AM-12:15 PM, Oceans 9-10

The Fundamentals of Detoxification: A Step-by-Step Guide to Detoxing for More Energy, Vitality and Robust Health

It appears that everything we touch today has a toxic burden. Whether it's endocrine disrupting chemicals in our food packaging, heavy metals in our personal care products, or even EMFs emitting from our smart devices, we have a lot to deal with today if we want to be healthy.

While there is a lot of information on how to avoid and mitigate these exposures, there is little information on how to remove the backlog of toxicity that has accumulated in our bodies since birth. Disease appears when our internal terrain is compromised.

In Adam's ground-breaking talk, he opens with a step-by-step guide on how to cleanse your body of the chemical solvents and heavy metals that cause organ stagnation to bring your body back into balance. Once people do this work, they often find big shifts in energy, digestion and the ability to adapt to stress. Join Adam as he gives the roadmap on detoxing for better health.

Adam Parker realized through his own health journey that addressing the root causes of our physical health issues can be the key to mental and emotional health. After his own conditions defied diagnosis, he searched for five years for answers to resolve his health issues.

Adam teaches how to address root causes through detox as the key to resolving the issues plaguing us both individually and as a culture. Adam is completely committed to helping people reshape their lifestyles so that their bodies can reclaim their innate abilities.

\$15 off membership for conference attendees!

Join our growing membership and support our many projects!

\$25 ~~\$40~~ annual U.S. membership

\$25 ~~\$50~~ annual international membership

SPEAKERS



Sandrine Perez, MA

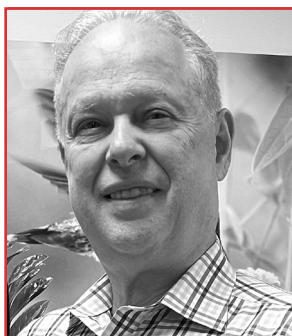
Sunday 8:45-10:00 AM, Oceans 9-10

Panel: Nourishing Our Children from Preconception Onward

The panelists: Sally Fallon Morell, Zen Honeycutt, Christine Muldoon, Sandrine Perez and Pam Schoenfeld will talk about how to start out right raising healthy children. Hilda Labrada Gore will be the moderator.

Sandrine Perez previously worked as a teacher, family therapist, art therapist, educational therapist and learning specialist in private practice before she established Nourishing Our Children, a project of the Weston A. Price Foundation, twenty years ago. Convinced that the children she worked with were well-fed but malnourished, Sandrine closed her private practice to devote herself to educating and inspiring parents to return to the whole, natural foods that have produced generation after generation of healthy children. She has created a DVD, PowerPoint, study guide, e-book, audio book and food

pyramid chart as educational tools for others to use. She has also created two children's books, *A Real Food Alphabet* and *The Adventures of Andrew Price*. She has served as a chapter leader in San Francisco and Portland, Oregon for over ten years. Sandrine received an activist award from the Weston A. Price Foundation twice--in 2006 and in 2019 at the twenty year anniversary. In 2014 she was named to the Honorary Board. She currently serves as the organization's social media director, recipe of the week moderator, Wise Traditions conference web designer and photographer. She also created the artwork and web pages for the *11 Wise Traditions Dietary Principles*.



Bruce Rind, MD

Saturday 11:00 AM-12:15 PM, Oceans 9-10

Thyroid Adrenal Connection

Dr. Bruce Rind will explain the connection between the thyroid and adrenals. Thyroid energy and adrenal function have an inverse relationship. A high one looks like a low other; that is, the symptoms of too much thyroid can look similar to adrenal fatigue and vice versa. He will explain how to recognize weak adrenal function and how to help. He will also explain how to understand your thyroid test results and how to identify numerous problems even though the values are "within normal limits". Our effort should not be to obtain "normal lab values", it should be to obtain "optimal function". Lastly, he will explain how fungal toxins impact adrenal and thyroid function and testing.

Saturday 1:45-3:00 PM, Oceans 9-10

Mold Solution

Mold and yeast affect virtually 100 percent of the population, either strongly or weakly. In Dr. Rind's experience, 99 percent of doctors and patients don't realize this. Effects differ with what a person's "weak link(s)" might be and can range from rapid aging, chronic pain, dementia in older individuals, brain fog and poor focus in younger individuals, autoimmune disease, and neurological disorders to hypersensitivities and allergies. It can affect any cell type because the fungal toxins can lower cellular ATP production which can affect any and every cell type in the body. Therefore, the effects are broad-ranging.

Dr. Rind has discovered and developed a way to deal with mold that is rapid and easy to do. He discusses the mechanism of mold injury, how to outsmart the mold and how to test yourself to see if you are succeeding using a home test that costs nothing and takes about a minute to do.

Bruce Rind, MD, has been practicing medicine since 1976. He started his career as an anesthesiologist, received board certification and quickly transitioned to holistic medicine, now called integrative medicine (American Board of Integrative Holistic Medicine: Diplomate). He developed an interest and expertise in the areas of osteopathic medicine, orthopedic

medicine (noninvasive orthopedic treatments), nutritional medicine, repair of traumatic brain injury (TBI), concussion and stroke injury, thyroid/adrenal endocrinology, and mold problems, specifically rapid resolution. His orientation is to work with Mother Nature and support our innate ability to heal and self-repair.

SPEAKERS



Kim Mack Rosenberg, Esq.

**Sunday 10:45 AM-12:00 PM, 1:30-2:45 PM
Oceans 9-10**

Health Freedom Panel

Three active, effective and inspiring women will be on our panel: Mary Holland, Kim Mack Rosenberg and Leslie Manookian. Much has changed over the past five years regarding our concerns and understanding about our health freedoms. Our panelists will address questions such as: What have been the biggest legal successes and the biggest disappointments? What are the most pressing health freedom related issues that need to be addressed? Are there any current legal challenges you've mounted that you're able to discuss? What are some things we can do to help?

Kim Mack Rosenberg is Children's Health Defense's general counsel. She also maintains a New Jersey-based private practice representing clients nationwide on health freedom and vaccine issues, as well as healthcare practice management and insurance coverage issues and disputes primarily relating to autism spectrum disorder. She graduated from Carleton College (BA in political science) and the Case Western Reserve University School of Law (JD), where she served as a *Law Review* editor.

Kim is a long-time vaccine safety and health freedom advocate, joining this movement as a result of her son's vaccine injury,

and has served in various leadership roles in health freedom, autism and vaccine safety non-profits. Kim has testified before legislatures to retain, restore or expand vaccine exemptions and speaks often on health freedom, autism and insurance-related issues. She has three book credits: *Vaccine Epidemic: How Corporate Greed Biased Science and Coercive Government Threaten Our Human Rights Our Health and Our Children* (co-editor/chapter author), *The HPV Vaccine on Trial: Seeking Justice for a Generation Betrayed* (co-author), and *The Parent's Autism Sourcebook* (author).



Mary Ruddick, CNC

Friday 7:30-9:00 PM, Crystal DE

Gender Roles and Hormones: Ancient Solutions to Dead Bedrooms, Broken Families, Infertility and Teen Suicide

Enter into the magical world of hormones! Learn what ancient cultures practiced to achieve astounding health and learn what you can do to improve your hormones (and your quality of life) today.

Mary Ruddick is an ancestral nutritionist who specializes in neuromuscular disorders, infertility and disabling chronic disease. She can regularly be found endangering herself in the untouched corners of the world to learn from and distill the

wisdom of the last remaining traditional cultures. She shares her findings and knowledge via her sought after keynote speeches, over one hundred podcast appearances, her published articles and her work both in front of and behind the camera.

CONFERENCE SURVEY

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

Please go to the link to complete the survey.

surveymonkey.com/r/orlandoWT2024

SPEAKERS



Pam Schoenfeld, RD

Friday 7:30-9:00 PM, Oceans 9-10

Practitioners Panel

Our Wise Traditions health experts answer your questions on how they treat modern diseases. Panel includes Kate Birch, Natasha Campbell-McBride, Stephen Hussey, Lee Merritt and Pam Schoenfeld with Sally Fallon Morell as moderator.

Saturday 1:45-3:00 PM, Crystal C

Vitamin A: Key to Fertility

Globally, one in six adults experience infertility according to the World Health Organization. Unfortunately, the current standard of care for infertility involves expensive medical intervention which is not without harm to the mother or baby. Infertility does not discriminate—high-income individuals are affected to an even greater extent than lower-income individuals and men as often as women. There are a myriad of reasons behind this growing problem that include the advancing age of both parents, obesity, chronic diseases such as diabetes and pollutants in the environment. Malnutrition is a known contributor, but often overlooked in individuals with adequate access to food. Learn why true vitamin A is essential to female and male fertility and prenatal development, why vitamin A deficiency is overlooked as a cause for fertility problems and how our ancestors used vitamin A-rich animal foods to prepare for having healthy children.

Sunday 8:45-10:00 AM, Oceans 9-10

Panel: Nourishing Our Children from Preconception Onward

The panelists: Sally Fallon Morell, Zen Honeycutt, Christine Muldoon, Sandrine Perez and Pam Schoenfeld will talk about how to start out right raising healthy children. Hilda Labrada Gore will be the moderator.

Pam Schoenfeld is a licensed dietitian with fifteen years of experience in applying the principles of nourishing traditional diets to optimize health. She specializes in her Raleigh, North Carolina, practice in working with couples desiring pregnancy and women wanting the best for their babies during pregnancy, the lactation period and beyond. She combines ancestral wisdom with the current scientific knowledge of the role of nutrients in foods, especially vitamins and minerals, to nourish the whole

body with special emphasis on the reproductive organs. She has been a member of the Weston A. Price Foundation since 2001, previously serving as a chapter leader and a member of the board. She is married to Adam and they have three children and three thriving grandchildren who give her tremendous joy. Her desire is to see all babies born to well-nourished parents so they can reach their genetic potential and live life to the fullest.



Christopher Shaw, PhD

Sunday 8:45-10:00 AM, Crystal DE

Aluminum Adjuvant Toxicity in the Age of Covid-19 Vaccines: A Comparison

Dr. Chris Shaw's talk will focus on the basic chemistry of aluminum, its history in the human biosphere as a neurotoxin, where it is found and the use of aluminum salts as "adjuvants" in vaccines. He will also present a summary of some recent literature on aluminum toxicity in vaccines. The talk will address some new data on the concentration of aluminum in cycad (a seed plant) as it may relate to the neurological disorder on Guam, ALS-PDC. Finally, the talk will put aluminum neurotoxicity in context to the damage done by the various mRNA "vaccines" that have developed for Covid-19.

Dr. Chris Shaw is a full professor in the University of British Columbia's (UBC's) department of ophthalmology and visual sciences, with cross appointments to the neuroscience and experimental medicine programs and the department of pathology. The author of over one hundred fifty peer reviewed articles as well as chapters in scientific volumes, he also reviews for academic journals and Canadian and international granting agencies. After a suspension of nearly two years, he has returned to his UBC laboratory to continue investigating early phase biomarkers in amyotrophic lateral sclerosis (ALS). He is the co-chair of the Canadian Covid Care Alliance's Scientific and Medical Advisory Committee.

Chris is the author of three books including the recent *Dispatches from the Vaccine Wars* (published by Skyhorse, 2021) with a foreword by Robert F. Kennedy, Jr. He is co-editor of *Down the Covid-19 Rabbit Hole: Independent Scientists and Physicians Unmask the Pandemic* (also Skyhorse) to be released in September 2024 with a second volume due in the fall. In 2020, Chris co-founded the *International Journal of Vaccine Theory, Practice and Research*, a peer-reviewed scholarly open access journal.

Chris lives in the Cowichan Valley of British Columbia with his three children.

SPEAKERS



Rachel Shuck

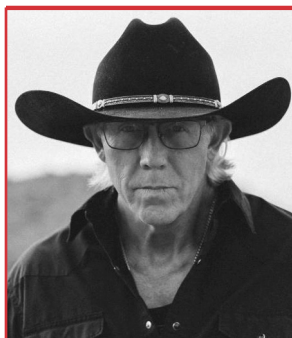
Saturday 4:00-5:15 PM, Oceans 11-12

Inflammation Nation: Balancing Blood Sugar to Eliminate Pain, Obesity and Chronic Disease

The number one block to healing and wholeness is often, if not deliberately, overlooked by Western medicine. Discover the ins and outs of blood sugar control as Dr. Rachel Shuck explores how manipulating dietary intake can lead to effective clinical outcomes, from eliminating joint pain, diabetes and anxiety to getting rid of irritable bowel syndrome (IBS), hypertension and excess weight. Learn the steps that can improve your health in less time than you think.

Rachel Shuck holds her doctorate in integrative healthcare with an emphasis in clinical nutrition. She has evolved from a runner chasing her own goals to a beacon of hope for those lost in the maze of metabolic health issues. Her emphasis is on the crucial interplay of proper nutrition and the body's innate healing

capabilities. Her insights and experiences have graced platforms like Mind Body Green, Personal Growth and Livestrong.com, bringing her message of health and empowerment to a wide audience. Her message is clear: food is medicine.



Texas Slim

Friday 11:00 AM-12:15 PM, Crystal DE

Shake Your Rancher's Hand

Community-building happens by reestablishing food systems through local and decentralized microprocessing centers. The great American health initiative is being led by the great American rancher and producer.

Texas Slim, an advocate for sustainable food systems and founder of the Beef Initiative, is revolutionizing the beef industry. His commitment to ethical and sustainable farming practices is driving a significant shift toward a more localized and secure food supply. Texas Slim advocates

a return to regenerative farming methods, emphasizing the importance of food integration and community-based food systems. His vision extends beyond just providing quality beef; it's about empowering community, supporting local ranchers and educating consumers about the benefits of sustainable food sources.



Timothy Weeks, DC

Friday 1:45-3:00 PM, Crystal C

Sacred Breath

In "Sacred Breath," we explore the profound connection between the formation and expansion of the universe and our very own breath. Just as the cosmos began with a single, expansive breath, our breathing and fascia mirror this grand creation. This talk delves into the synergy between the opening of the flower of the human face, the hydraulic systems that power the body and the expansion of our energy and very consciousness, revealing how we connect to the universal life force. By learning to open our physical bodies, especially our skulls and breath, we align ourselves with the energy that powers the entire universe. Join us in discovering how to breathe in harmony with life, energy and spirit, unlocking the sacred potential within each of us.

Sunday 1:30-2:45 PM, Crystal C

Sacred Surrender

"Sacred Surrender" delves into the transformative power of releasing our breath, fascial adhesions and life energy, allowing our being to reset and return to our source. This process of shedding accumulated stress and traumas, and surrendering to the sacred river of life, is often termed the hero's journey. It mirrors the sacred flow of cerebral spinal

Continued on next page

SPEAKERS

Continued

fluid from sacrum to head, embodying the essence of life's journey. In this talk, discover ancient healing techniques that have been used for thousands of years to help people break through the bonds of suffering and disease. Learn how to embrace Sacred Surrender, letting the flow of life guide you towards profound healing and liberation. Join us to uncover the timeless wisdom that facilitates true transformation and a deeper connection to the universal life force.

Dr. Timothy Weeks is a distinguished sixth-generation physician who has dedicated over two decades to running a successful multidisciplinary practice in Medina, Ohio. Renowned for his expertise in healing and facilitating miracles, Dr. Weeks possesses a unique ability to uncover the connections between spirit, emotions and the physical body, offering profound relief from chronic illness.

For the past two years, Weeks has embarked on a global pilgrimage he calls "Sacred Surrender," immersing himself in

ancient healing and especially the art of breath as it relates to healing. This journey has taken him around the world to many ancient sites, where he has voluntarily treated people on a donation basis, exploring the principles that allow for miracles to occur. Weeks' profound understanding of holistic healing and his ability to facilitate Sacred Surrender have opened an entire new healing art. His work continues to inspire and heal, as he connects individuals to the universal life force and the profound potential within.



Will Winter, DVM **Monday 6:30 AM-6:30 PM, Meet the bus outside Crystal Ballroom**

16th 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 to the following farms:

Farm 1 – Eco Farm

Jon and Debbie Butts

Plant City, Florida

Vegetables, fruit trees and ornamentals and water buffalo for milk

ecofarmfl.org

Farm 2 – TrailBale Farm

Travis Malloy

Tampa, Florida

Raising chickens, pigs and turkeys. Selling grass-finished beef and New Country Organic Feed.

trailbale.com

Farm 3 – Meachum Urban Farms

Nicole Kubilins and team

Tampa, Florida

Organic food and events. Urban farm dedicated to sustainable farming practices and community growth.

meachumfarm.com/our-vision

Farm 2 – Providence Cattle Company

Joe and Liz Planz

Dade City, Florida

Grass-fed, grass-finished cattle.

Providencecattle.com

Will Winter received a DVM degree from Kansas State University in 1975, as well as an undergraduate degree in animal husbandry and conducted post-graduate 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 emergency 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.

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. The children's meal ticket includes attending regular conference meals with the adult for: Friday lunch, Friday dinner, Saturday and Sunday lunch. PLEASE NOTE: THIS DOES NOT INCLUDE THE SATURDAY NIGHT BANQUET. The children stay at the program and will have food there. 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.

LOCATION: 2nd Floor Palani A & B

Friday, October 25

Make conference name tags, tote bags, and art project

Lesson: Movement

Lesson: Health Benefits of Kombucha

AM snack – Nuts and Cranberries

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 26

Lesson: Movement

Lesson: How do the kids put WAPF into their lives

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 27

Lesson: A visit to Switzerland WAPF style

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 |
|--------------------------|---------------|---------------|--------------|
| Morning | 8:00–12:15 | 8:00–12:30 | 8:00–12:10 |
| Closed for lunch | | | |
| Afternoon | 1:15–6:00 pm | 1:30–4:45 pm | 1:00–4:30 pm |
| Closed for dinner | | | |
| Evening | 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 (they will be served food at the children's program).

RECORDINGS / PHOTO DUMP

Conference Video & Slide Recordings



24th Annual International Conference of the
Weston A. Price Foundation
October 25-27, 2024 | Orlando, FL

Conference Recordings



Dr. Tom Cowan

Sally Fallon Morell

Congressman Thomas Massie

Zen Honeycutt



Adam Parker

Dr. Lee Merritt

Will Harris

Dr. Natasha Campbell-McBride

Audio with Synchronized Slides
Plus **Video of Presenters with Synchronized Slides** for Selected Sessions



Fleetwood Onsite
conference recording

Take the Conference Home!

**Audio or Video of presenters with
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**USB Flash Drive or
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or online at www.fleetwoodonsite.com/wise/2024**

Fleetwood On-Site Conference Recording
781-599-2400 orders@fleetwoodonsite.com

PHOTO DUMP



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 your very best large photos—in terms of content, lighting and composition—to 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. Four people whose names are randomly picked will have the option of receiving two years of membership to the Weston A. Price Foundation or one of Sally Fallon Morell's books!

Thursday Evening Raw Milk Celebration Dinner
Thursday, October 24 – 6:00-9:00 PM (Oceans 11-12)

FRIDAY, OCTOBER 25

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

| | Oceans 11-12 | Oceans 9-10 | Crystal C | Crystal DE |
|------------|--|--|---|--|
| 7:00 AM | <div>7:15–8:45 AM</div> Farm-to-Consumer Legal Defense Fund FundRAISER Breakfast – Menu page 38 (Atrium) Not included in general registration | | | <div>7:30–8:30 AM</div> Movement Session Isaac Chilton (Oceans 8) |
| 8:00 AM | | | | |
| 9:00 AM | | 9:00–10:15 East Meets WAPF: B Nourishing Asian Cuisine Re-imagined - A Journey to Reclaim Authentic Flavors, Free from MSG & Excitotoxins Sophia Nguyen Eng | 9:00–10:15 All Diseases Begin in the Gut, Part 1 Natasha Campbell-McBride | 9:00–10:15 The Transformative Power of Roling Structural Integration: An Integrative Approach to Whole Body Wellness Briah Anson <i>In Person & Live Streamed</i> |
| 10:00 AM | 10:15–11:00 Visit Exhibits | | | |
| 11:00 AM | | 11:00–12:15 The Fundamentals of Detoxification: A Step-by-Step Guide to Detoxing for More Energy, Vitality and Robust Health Adam Parker | 11:00–12:15 All Diseases Begin in the Gut, Part 2 Natasha Campbell-McBride | 11:00–12:15 Shake Your Rancher's Hand Texas Slim <i>In Person & Live Streamed</i> |
| 12:00 Noon | 12:15–1:15 Meet Your Neighbor Lunch Menu page 36 (Atrium) We have had many requests to help people meet others from their area. The tables will be marked with a state or country and arranged like a US map and color coded by region. Find your state/country and enjoy! | | | |
| 1:00 PM | Visit Exhibits | | | |
| 2:00 PM | | 1:45–3:00 How to Grow a Fabulous Garden Celeste Longacre | 1:45–3:00 Sacred Breath Timothy Weeks | 1:45–3:00 Salt Your Way to Health David Brownstein <i>In Person & Live Streamed</i> |
| 3:00 PM | 3:00–4:00 Visit Exhibits | | | |
| 4:00 PM | | 4:00–5:15 White Oak Pastures, One Family, One Farm, Six Generations Will Harris | 4:00–5:15 Homeopathy Stories from the Field Kate Birch | 4:00–5:15 Root Canals: The Deadly Trooth Griffin Cole <i>In Person & Live Streamed</i> |
| 5:00 PM | 5:15–6:00 Visit Exhibits Mix & Mingle - Meet poolside | | | |
| 6:00 PM | 6:00–7:00 Buffet Dinner Menu page 36 (Atrium) VIP Dinner (Oceans 11-12) | | | |
| 7:00 PM | | | | |
| 8:00 PM | | 7:30–9:00 Ask the Practitioners Panel Kate Birch, Natasha Campbell-McBride, Stephen Hussey, Lee Merritt and Pam Schoenfeld with moderator Sally Fallon Morell | 7:30–9:00 Film: "A Farewell to Virology" (Free to the public) with Tom Cowan | 7:30–9:00 Gender Roles and Hormones: Ancient Solutions to Dead Bedrooms, Broken Families, Infertility and Teen Suicide Mary Ruddick <i>In Person & Live Streamed</i> |

SATURDAY, OCTOBER 26

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

Oceans 11-12

Oceans 9-10

Crystal C

Crystal DE

6:30 AM

7:15–8:45 AM **Farm-to-Consumer Legal Defense Fund FundRAISER**

Breakfast – Menu page 38 (Atrium) Not included in general registration

7:30–8:30 **Movement Session**

Isaac Chilton (Oceans 8)

7:00 AM

7:30–8:15 **Wellsong Energetics SP**
Finding and Filling The Nutritional Gaps in Your Diet

7:30–8:15 **Hearth & Homestead SP**
Ancestral Skincare for the Modern Family

7:30–8:15 **Marine Health Foods SP**
The Oyster: Our Forgotten Super Food

7:30–8:15 **New Biology Clinic SP**
The New Clinic Experience: Live Group Session Demos

8:00 AM

9:00 AM

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

9:00–10:15 **Homeoprophylaxis for Normal Childhood Development** Kate Birch

9:00–10:15 **A New Look at the Circulation: The Helical Heart and the Microvascular Flow** Manel Ballester Rodés

9:00–10:15 **Chlorine Dioxide—the Universal Antidote** Lee Merritt

In Person & Live Streamed

10:00 AM

10:15–11:00 **Visit Exhibits**

11:00 AM

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

11:00–12:15 **Adrenal Thyroid Connection** Bruce Rind

11:00–12:15 **From Bliss to Risk: Unveiling the Complex World of Marijuana** Mandy Blume

11:00–12:15 **The Biophysics of Heart Disease and Covid Injection Clotting: Exclusion Zone Water, Zeta Potential and Virchow's Triad** Stephen Hussey

In Person & Live Streamed

12:00 Noon

12:15–1:15 **Lunch** Menu page 37 (Atrium)

1:00 PM

Visit Exhibits

2:00 PM

1:45–3:00 **Kitchari: India's Nourishing Comfort Food**
Sandeep Agarwal

1:45–3:00 **Mold Solution**
Bruce Rind

1:45–3:00 **Vitamin A: Key to Fertility**
Pam Schoenfeld

1:45–3:00 **Why We Need a New Biology**
Tom Cowan

In Person & Live Streamed

3:00 PM

3:00–4:00 **Visit Exhibits**

4:00 PM

4:00–5:15 **Inflammation Nation: Balancing Blood Sugar to Eliminate Pain, Obesity and Chronic Disease** Rachel Shuck

4:00–5:15 **The New Biology Clinic Panel** Tom Cowan and others from the clinic

4:00–5:15 **The Five Biggest Lies in Dentistry: What You Need to Know to Protect Yourself** Griffin Cole

4:00–5:15 **Food Supply Exposé and What You Can Do** Zen Honeycutt

In Person & Live Streamed

5:00 PM

5:15–6:30 **Visit Exhibits**
Mix & Mingle - Meet poolside

6:00 PM

6:30–9:30

AWARDS BANQUET WITH KEYNOTE

Banquet Keynote: Food Freedom Initiatives in Congress

Thomas Massie

Menu page 37
(Crystal C)

9:00 PM

*We recommend that any attendee who has not heard Sally's seminar, attend this life-changing seminar.

B = Suitable for Beginners **SP** = Sponsor Presentation – These are talks by exhibitors about their products and services.

SUNDAY, OCTOBER 27

| | | | | |
|------------|--|--|--|---|
| | 7:00 AM–6:00 PM Conference Registration | | | |
| | Oceans 11-12 | Oceans 9-10 | Crystal C | Crystal DE |
| 6:30 AM | 7:15–8:45 AM Farm-to-Consumer Legal Defense Fund FundRAISER Breakfast – Menu page 38 (Atrium) Not included in general registration | | 7:30–8:30 Movement Session Isaac Chilton (Oceans 8) | |
| 7:00 AM | 7:30–8:15 Baja Gold Salt SP Not All Salts Are Created Equal | 7:30–8:15 Walkabout Health Products SP How Vitamin K2 Promotes Straight, Cavity-free Teeth, Strong Bones, Clean Arteries and Healthy Brains | 7:30–8:15 Simply Grassfed SP Green Washing of Our Food System | 7:30–8:15 Meadows Bee Farm SP Bringing Children's Homestead Education to your Community |
| 8:00 AM | | | | |
| 9:00 AM | 8:45–10:00 Move or Die Isaac Chilton | 8:45–10:00 Panel: Nourishing Our Children from Preconception Onward Sally Fallon Morell, Zen Honeycutt, Christine Muldoon, Sandrine Perez and Pam Schoenfeld with moderator Hilda Labrada Gore | 8:45–10:00 The Oyster is our World! Stephen Kavanagh | 8:45–10:00 Aluminum Adjuvant Toxicity in the Age of Covid-19 Vaccines: A Comparison Christopher Shaw <i>In Person & Live Streamed</i> |
| 10:00 AM | 10:00–10:45 Visit Exhibits | | | |
| 11:00 AM | 10:45–12:00 Bound and Broken: Glyphosate's Hidden Impact on Sauerkraut, Bone Broth and Joint Health Martha Carlin | 10:45–12:00 Health Freedom Panel, Part 1 Mary Holland, Leslie Manookian and Kim Mack Rosenberg | 10:45–12:00 The Oiling of America Sally Fallon Morell | 10:45–12:00 Ischemic Heart Disease: The Copper Deficiency Theory Leslie Klevay (by telecast) <i>In Person & Live Streamed</i> |
| 12:00 Noon | 12:00–1:00 Lunch Menu page 38 (Atrium) Visit Exhibits | | | |
| 1:00 PM | 1:30–2:45 Sauerkraut and the Alchemy of Fermentation Austin Durant | 1:30–2:45 Health Freedom Panel, Part 2 Mary Holland, Leslie Manookian and Kim Mack Rosenberg | 1:30–2:45 Sacred Surrender Timothy Weeks | 1:30–2:45 Field Dynamics to Understand the Body and the Soul in Medicine Manel Ballester-Rodés <i>In Person & Live Streamed</i> |
| 2:00 PM | | | | |
| 3:00 PM | 3:00–4:00 (Oceans 9-12) CLOSING CEREMONY Make the World Healthy Again With Sally Fallon Morell, Leslie Manookian and Tom Cowan | | | |

B = Suitable for Beginners **SP** = Sponsor Presentation – These are talks by exhibitors about their products and services.



PROTECTION FROM EMF

As part of our commitment to crafting a safe and harmonious atmosphere for our conference, we've partnered with Essential Energy to use their Office Conditioner.



Harnessing insights from Russian and German energy science, and fortified by over forty years of pioneering research in plasmonic and photonic technology, Essential Energy's Office Conditioner is their most powerful device against today's EMF crisis. It emits coherent photonic waves that gracefully neutralize non-native EMF, from radio waves to 5G/4G/3G networks, corporate Wi-Fi, microwave radiation and beyond. This device doesn't confine its protective reach to just buildings. It extends its aura of wellness, conditioning the energy within buildings of all sizes and rejuvenating the vitality of all biological systems within a one-mile radius. <https://essentialenergy.solutions/products/power-conditioner-gen-3>

CONTINUING EDUCATION CREDITS

2024 WISE TRADITIONS CONFERENCE

We have received approval from three organizations for continuing education credits; approved for: nurses, acupuncturists and National Association of Nutrition Professionals (NANP) nutritionists.

WHAT YOU DO IF YOU WANT TO RECEIVE CREDIT FOR ATTENDING:

The fee for CEUs is (\$65/3 days; \$25/day). Each morning at the conference you must sign in at the CEU desk near registration. Before you depart the conference (not each day), you must submit the required paperwork at the CEU desk. Certificates will be emailed to you within a month of the conference.

APPROVING ORGANIZATIONS

NURSE: We are approved by the Maryland Nurses Association. Total possible credit hours for 3 days: 15.25 hours (Friday 6.5 hours; Saturday 5; Sunday 3.75). Please see the list below for the talks approved for credit*. (Maryland Nurses Association is an accredited approver of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.).

ACUPUNCTURIST: We are approved by the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM). Total possible credit hours for 3 days: 16 (Friday 6.5 hours; Saturday 5; Sunday 4.75). All states **accept this approval except Florida and California.**

NANP NUTRITIONIST: We have been approved by the National Association of Nutrition Professionals (NANP). Total possible credit hours for 3 days: 16 (Friday 6.25 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.

MASSAGE THERAPIST: We did not apply for approval. But you can check with your state board. Some states give credit under the NCCAOM/acupuncturists approval mentioned above. Please let us know if your state will accept it.

CERTIFICATE OF ATTENDANCE - \$5 FEE

FOR OTHER PROFESSIONS: 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 to submit to your board.

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 with 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.

*TALKS APPROVED FOR NURSES

FRIDAY, OCTOBER 25

| | | | |
|------------|--|-----------|--|
| 9:00-12:15 | Natasha Campbell McBride, MD, PhD, Gut and Psychology Syndrome | 4:00-5:15 | Griffin Cole, DDS, Root Canals |
| | | 7:30-9:00 | Practitioner Panel with Q&A: with Natasha Campbell-McBride, MD, Pam Schoenfeld, RN |
| 1:45-3:00 | David Brownstein, MD, Salt Your Way to Health | | |

SATURDAY, OCTOBER 21

| | | | |
|------------|---|-----------|--|
| 9:00-12:15 | Sally Fallon Morell, MA: Nourishing Traditional Diets | 4:00-5:15 | Rachel Shuck, PhD: Balancing Blood Sugar |
| 1:45-3:00 | Pam Schoenfeld, RN: Vitamin A—Key to Fertility | | |

SUNDAY, OCTOBER 22

| | | | |
|-------------|--|-----------|--|
| 8:45-10:00 | Isaac Chilton: Natural Movement Training | 1:30-2:45 | Manel Ballester, MD: Field Dynamics to Understand the Body |
| 10:45-12:00 | Leslie Klevay, MD: Copper Deficiency Explained | | |

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

WAPF OFFERINGS

12 spoons

12 SPOONS RESTAURANT RATING GUIDE

Based on the dietary principles of the Weston A. Price Foundation
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.

Find restaurants from the 200 listed and add others by rating them yourself. 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

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-seven.

Offering free listings for raw milk farmers, 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: Everything from Lucky Charms to High Cholesterol

Topics featured on the Wise Traditions podcast include everything from what to do when your hormones are shot, to life (and health) after Lucky Charms and TV dinners, to the power of structured water in the body, to what to do if you have high cholesterol, and how reading the ingredients label on your purchases might just change your life.

This is the short list of the podcast's contents, from some episodes published this fall. Launched in 2016, the Wise Traditions podcast is a huge success, with nearly 15 million downloads to date! New episodes are released every Monday with the goal of equipping you to live a healthier life.

Our host and podcast producer, Hilda Labrada Gore, makes sure that every episode features

- an interview with a knowledgeable guest
- solid content that's applicable to your health and life
- encouragement for your journey

Listen wherever you get your podcasts or directly from our website westonaprice.org!

WAPF OFFERINGS



WISE TRADITIONS SPANISH PODCAST

“Tradiciones Sabias”

Empowering. Inspiring. Educational. Questioning official narratives. Challenging conventional paradigms. Cutting edge scientific knowledge and ancestral traditions.

This is “Tradiciones Sabias”, our Spanish podcast with hosts Alberto Medina and Anette Ruiz from Puerto Rico. Ranked among the top 5% most popular podcasts worldwide out of 3.4 million. Tradiciones Sabias has 75 episodes featuring experts on a wide range of topics from 12 different countries: Spain, US, Mexico, Venezuela, Colombia, Argentina, Ecuador, Perú, El Salvador, Chile, Uruguay, and Puerto Rico.

Listen on Spotify, Apple Podcasts, Ivoox, or on our website westonaprice.org/es/tradiciones-sabias-podcast/, where you can also give us feedback to make it even better. Go to each episode and send us your comments or write an email to the producers at tradicionessabias@gmail.com.



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! 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 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 under Find Food/Local Chapters

Local chapters help you find local, nutrient-dense food including 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 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.

VISIT THE WAPF BOOTH

Visit our booth to meet long-time staff member, Tim Boyd, and our outreach person, Maureen Diaz, and learn about the many projects of the Foundation.

EDUCATIONAL MATERIALS - Much is free

Pick up our educational materials to read and share with others.

SPECIAL MEMBERSHIP OFFER

If you are not already, become a member for the special conference rate of \$25/year.

LOCAL CHAPTER LEADER

Inquire about one of our volunteers in your area who maintains a list of local foods and may have events, too. If there is no chapter leader near you, learn what is involved in becoming one yourself.

MEET OUR PODCAST HOSTS

Hilda Labrada Gore, Alberto Medina and Anette Ruiz, hosts and producers of the Foundation's podcasts: Wise Traditions, in English, and "Tradiciones Sabias", in Spanish, respectively, are here at the conference. They are interested in meeting attendees, exchanging ideas and receiving feedback about the Foundation's effort to spread knowledge through the two podcasts. Stop by the Foundation's table during each afternoon break to connect with them.

MEET OUR VACCINE EXPERT and FOOD FREEDOM EXPERT

The Weston A. Price Foundation is proud to offer the expertise of two people on important topics who will be available at our booth during morning and afternoon breaks to speak with you:

Kendall Nelson: Health Freedom Consultant

Kendall Nelson, has fought tirelessly for or against hundreds of crucial bills to protect health freedom. Kendall creates action alerts and writes the Vaccination Updates section of the Wise Traditions journal. She is deeply committed to safeguarding your right to bodily autonomy. Visit the WAPF booth to speak with Kendall, share your vaccine story or seek guidance.

Pete Kennedy: Food Freedom Consultant

Pete Kennedy is an attorney and on the WAPF board of directors. He has assisted and represented dairy farmers facing possible enforcement action in various states as well as helped others get started in the business of distributing raw dairy products. He compiled the state raw milk law summaries on realmilk.com and writes for the Wise Traditions journal. Consult with Pete on state laws, regulations and policies including food freedom legislation and issues regarding consumer access to raw milk, cottage foods and on-farm meat and poultry processing.

DONATE TO OUR \$10,000 MATCH FUND

Again this year an anonymous donor offered to give \$10,000 if we can raise \$10,000 during the conference weekend.

PARTICIPATE IN A RESEARCH PROJECT

Research Study on Consumer Resilience

Researchers from Florida State University are looking for consumers or practitioners to share their unique health journeys through one-hour Zoom or in-person interviews. We want to understand how consumers and practitioners who are using innovative health and wellness products, that are often criticized, build resilience to pursue something out of the ordinary.

Dr. Harmeling will be at the WAPF booth from 10:15-11:00 am, 1:00-1:45 pm, 3:00-4:00 pm Friday and Saturday. If you are over 18 years old, residing in the United States, and currently using (or have used) an innovative health and wellness product, please sign up at the WAPF booth to participate. As a thank you for sharing your stories with us, you will receive a \$20 prepaid Visa gift card.

Colleen Harmeling, PhD is the Dr. Persis E. Rockwood associate professor and co-director of the PhD Program in marketing at

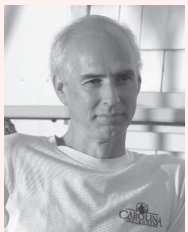
Florida State University. Inspired by her family's own health journeys, Colleen's research focuses on consumer decision-making with an emphasis on the complex social systems (especially digital environments and morality) that underlie healthcare decision-making. She has highly-cited, award-winning research in top academic journals on topics such as consumer engagement, online customer experiences, consumer stigma, moralizing consumption, and consumer digital trust. She is a developmental editor for Journal of Marketing, an area editor for Journal of Academy of Marketing Science and Journal of Retailing, and on the editorial review board for the Journal of Marketing Research, Journal of Service Research and Journal of International Business Studies. Her work on stigma and healthcare decision-making was a finalist for the Paul E. Green Award from the Journal of Marketing Research and the AMA-EBSCO-RRBM Award. charmeling@fsu.edu

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 kayaking. Since 2003, she has felt honored to be part of the Foundation's hard-working staff and 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 of her career.

MENUS

NOTE: If you are physically unable to stand in the food lines, please come to the front of the line. If you need help carrying your food, please ask one of the ticket takers for help. Menus subject to change without notice.

Our meals are made using **Miller's Bio Farm** grassfed butter, **Authentic Super Foods** olive oil, **Baja Gold** sea salt, **Simply Ghee** ghee, **Back Creek Farms** maple syrup, **Amos Miller Organic Farm** eggs, cream and poultry, **Simply Grassfed** pork and cheese, **Gardens of Grace** almonds, dates, walnuts and pecans, **Rich Nuts** assorted nuts.

Menu subject to change without notice.

FRIDAY LUNCH BUFFET

Rustic Cowboy **Amos Miller Organic Farm** Organ Meatloaf

Creamy Garlicky Mashed Potatoes

Wild Field Green Salad, Cherry Tomatoes, Cucumbers & Red Onions

Local Sourdough Bread with **Miller's Bio Farm** Grassfed Butter

Olive My Pickle Ferments

Coconut Honey Blondie Bars with Fresh Vanilla Whipped Cream

Orlando City Kombucha



FRIDAY DINNER BUFFET

Wild for Salmon Pan Seared Rockfish Fillets with Chimichurri Sauce

Fennel Confit with Tarragon & Lemon

Roasted Root Vegetables with Apples on a Bed of Wild Field Greens topped with Goat Cheese

Local Sourdough Bread with **Miller's Bio Farm** Grassfed Butter

Olive My Pickle Ferments

Strawberry Shortcake Made with Sprouted Gluten-free Flour

Orlando City Kombucha

GREAT FOOD IN GREAT QUANTITIES FOR THE CONFERENCE MEALS!

| | | |
|--------------------------------------|--|-----------------------------------|
| 250 whole chickens | 600 dozen eggs | 30 kegs kombucha |
| 200 pounds chicken livers | 300 pounds assorted cheeses | 150 pounds rolled oats |
| 300 pounds chicken quarters | 400 pounds bones for stock and dessert | 300 pounds of assorted flours |
| 600 pounds hamburger with organ meat | 600 pounds raw butter | 75 pounds sea salt |
| 300 pounds ham | 100 gallons ghee | 125 pounds raw honey |
| 350 pounds fish | 40 gallons yogurt | 6 gallons maple syrup |
| 75 pounds shrimp | 45 gallons olive oil | 250 pounds each of dates, almonds |
| 325 pounds breakfast sausage | 80 gallons ferments | & pecans |

MENUS

Our meals are made using **Miller's Bio Farm** grassfed butter, **Authentic Super Foods** olive oil, **Baja Gold** sea salt, **Simply Ghee** ghee, **Back Creek Farms** maple syrup, **Amos Miller Organic Farm** eggs, cream and poultry, **Simply Grassfed** pork and cheese, **Gardens of Grace** almonds, dates, walnuts and pecans, **Rich Nuts** assorted nuts.

Menu subject to change without notice.

SATURDAY LUNCH BUFFET

Grilled Wild Woodland Mushrooms with Farmstead Cheese & Wild Field Greens

Amos Miller Organic Farm Pastured Chicken & Vegetable Soup Infused with Fresh Ginger

Amos Miller Organic Farm Beef Sausages with Roasted Onion & Bell Pepper Mélange

Local Sourdough Bread, **Miller's Bio Farm Grassfed Butter** & **Simply Ghee** Ghee

Olive My Pickle Ferments

Conference Classic Creamy Cheesecake **Amos Miller Organic Farm** Cream Cheese,
Gardens of Grace Dates & Almond Crust Drizzled with a Key Lime Coulis

Orlando City Kombucha



SATURDAY DINNER BANQUET

Wild for Salmon Pickled Shrimp with Avocado Buttermilk Dressing on a Bed of Wild Greens

Beef Short Ribs on a Bed of Sprouted Jasmine Rice Pilaf
with Citrus Infused Asparagus & Carrots

Local Sourdough with **Miller's Bio Farm** Grassfed Butter

Olive My Pickle Ferments

Buttermilk Sweet Potato Panna Cotta with Orange Compote Topped with Streusel

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 Yolanda Hawthorne 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 **Miller's Bio Farm** grassfed butter, **Authentic Super Foods** olive oil, **Baja Gold** sea salt, **Simply Ghee** ghee, **Back Creek Farms** maple syrup, **Amos Miller Organic Farm** eggs, cream and poultry, **Simply Grassfed** pork and cheese, **Gardens of Grace** almonds, dates, walnuts and pecans, **Rich Nuts** assorted nuts.

Menu subject to change without notice.

SUNDAY BRUNCH BUFFET

Simply Grassfed Fresh Sliced Ham

Roasted Vegetable & Cheese Frittata

Sweet Potato Breakfast Hash

Bourbon Maple Pecan Bread Pudding – Gluten Free

Miller's Organic Farm Chicken Liver Pâté

Gluten-free Crackers

Seasonal Fresh Fruit Platter

Assorted Farmstead Cheeses & Mountain Swiss Cheese

Midwest Mermaid Muse Southern Honey Sun Tea

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.

- Organic Sprouted and Soaked Oatmeal
- **Willow Run Farm** Organic Maple Syrup, **Miller's Bio Farm** Grassfed Butter, **Baja Gold** Sea Salt, **Rich Nuts** Maple Walnuts
- **Amos Miller Organic Farm** Soy-free, Hormone-free, Pastured Hard Boiled Eggs
- **Simply Grassfed** Pastured Breakfast Sausages (pork depending on the day)
Amos Miller Organic Farm Pastured Breakfast Sausages (beef depending on the day)
- Grassfed Bone Stock
- **Amos Miller Organic Farm** Organic Whole Yogurt

Friday–Sunday | October 25–27 from 7:15–8:45 AM | Atrium
\$25 for each single breakfast ticket or \$70 for breakfast all three mornings

BUY TICKETS AT CONFERENCE REGISTRATION!

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Bird-in-Hand, PA
(717) 556-0672
amosmillerorganicfarm.com
Ground Beef with Liver & Heart
Beef Sausage

BEVERAGE

Midwest Mermaid Muse
Kansas City, MO
(816) 363-7711
midwestmermaidmuse.com
Herbal Tea

Orlando City Kombucha
Orlando, FL
(407) 374-9360
orladocitykombucha.com
Kombucha

DAIRY – BUTTER

Miller's Bio Farm
Quarryville, PA
(717) 786-7895
millersbiofarm.com
Cultured Grass-fed Butter

DAIRY – CHEESE

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

Simply Grassfed
Paradise, PA
(717) 847-3397
Simplygrassfed.com
Cheddar Cheese
Feta Cheese

DAIRY – MISC.

Full Circle Farm
Live Oak, FL
(386) 776-2770
Fullcirclerealfoods.com
Real Milk

Amos Miller Organic Farm
Bird-in-Hand, PA
(717) 556-0672
Amosmillerorganicfarm.com
Cream
Cream Cheese

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

DAIRY – YOGURT

Amos Miller Organic Farm
Bird-in-Hand, PA
(717) 556-0672
Amosmillerorganicfarm.com
Yogurt

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Fullcirclerealfoods.com
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Amos Miller Organic Farm
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Amosmillerorganicfarm.com
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Organically-fed Hens

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Organic Soaked/
Sprouted Dried Almonds
Organic Soaked/
Sprouted Dried Cashews
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Sprouted Dried Walnuts

Rich Nuts
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(334) 584-7875
richnuts.com
Maple Walnuts
Cashews

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Pastured Breakfast Sausage
Ground Pork

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Amosmillerorganicfarm.com
Pastured Whole Chickens
Pastured Leg Quarters

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Salt Shakers

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Wild Rockfish Fillets
Wild Shrimp

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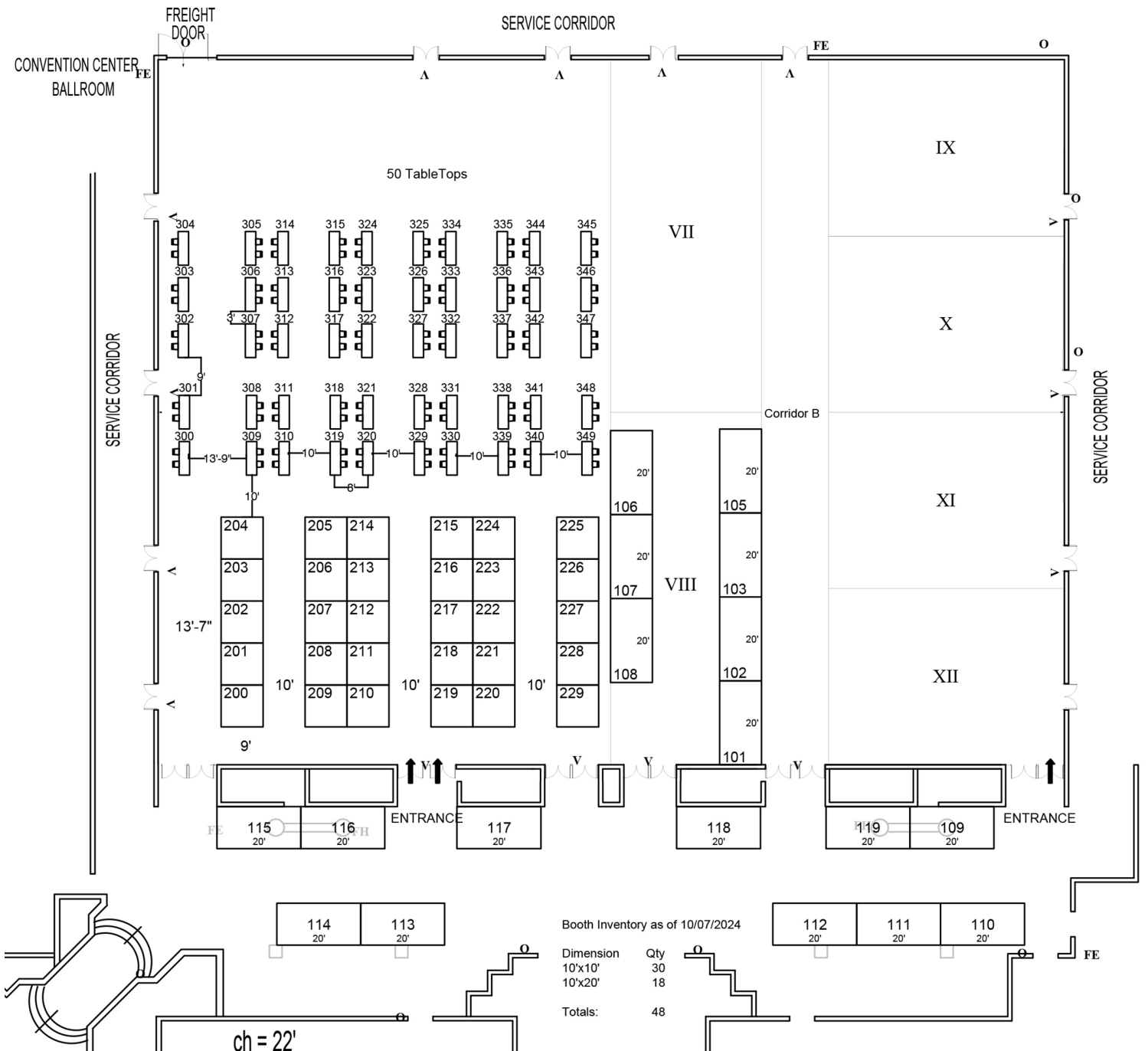
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Backcreekfarm.com
Pure Maple Syrup

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*The
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EXHIBITOR LAYOUT



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Black Mountain, NC
(207) 577-7759
andilockemears.com
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Autism Health
Berkeley Springs, WV
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Autismhealth.com

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bajagoldseasalt.com
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(970) 218-8273
bewellclinic.net
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biotiquest.com
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dnaconnexions.com
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blessedbyhisblood.com
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thebuffalowoolco.com
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bumbiotics.com
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celestelongacre.com
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theschoolofnaturopathy.com
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farmtoconsumer.org
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fermentersclub.com
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firstalternativetherapies.com
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beefinitiative.com
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tanyakell.com
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ncoaa.us
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homeopathycenter.org
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Purecoppercuffs.com
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realfoodrecovery.org
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realvitality.org
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relaxsaunas.com
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SolaraGem.com
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sprinklewithsoil.com
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steinerbooks.org
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structuralelements.net
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texastallow.com
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tousandco.com
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westonaprice.org
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whiteoakpastures.com
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Whole Body Healing with Jen

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wholebodyhealingwithjen.com
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wildforsalmon.com
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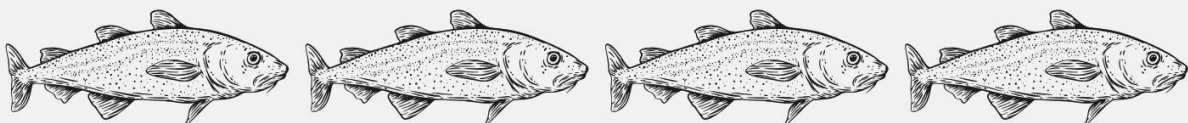
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BY
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Again this year an anonymous donor offered to give \$10,000 if we can raise \$10,000 during the conference weekend.



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NOTES

DONATE TO OUR \$10,000 MATCH FUND

Again this year an anonymous donor offered to give \$10,000 if we can raise \$10,000 during the conference weekend.

NOTES

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The New Etiquette

NOTES

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NOTES

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Please share photos and updates on social media using the hashtags:
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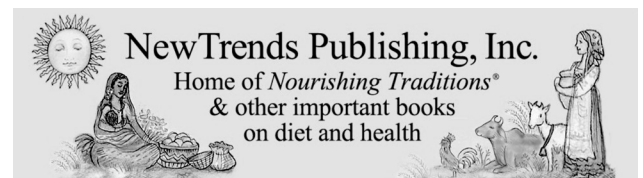


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