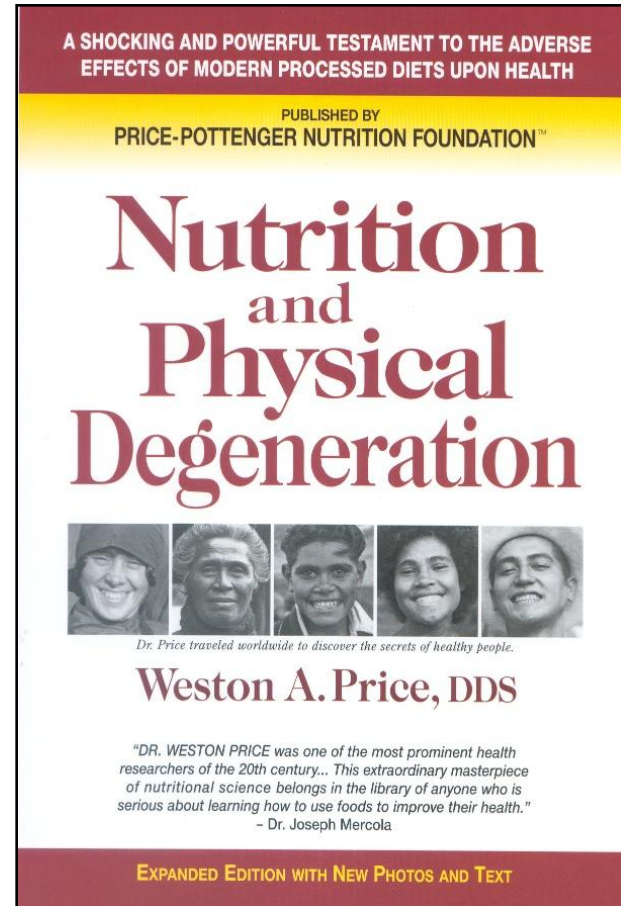


# NOURISHING TRADITIONAL DIETS THE KEY TO VIBRANT HEALTH

BY SALLY FALLON MORELL, PRESIDENT  
THE WESTON A. PRICE FOUNDATION

POWERPOINT DESIGN BY SANDRINE HAHN

# WESTON A. PRICE 1870 – 1948





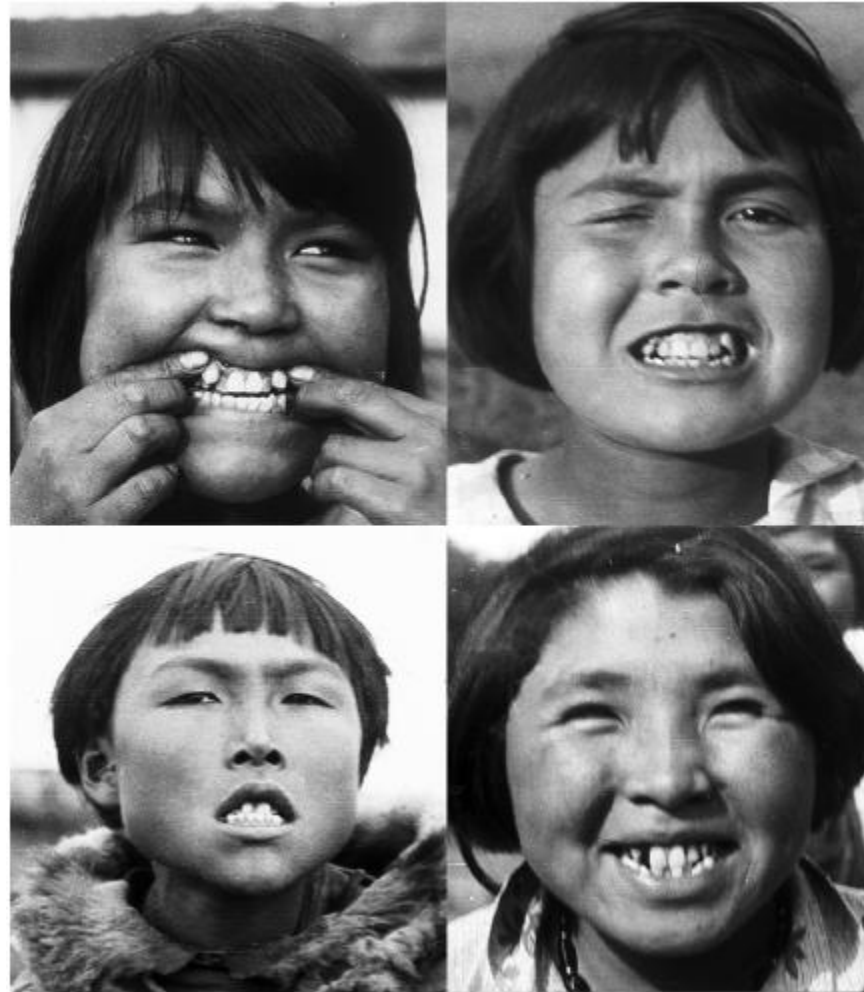


# MODERNIZED ALASKANS



FIRST GENERATION SUFFERED FROM TOOTH DECAY.

# MODERNIZED ALASKANS



SECOND GENERATION HAD MORE NARROW FACES,  
AND SUFFERED FROM DENTAL CROWDING AND MODERN DISEASES.



# PRIMITIVE SEMINOLE INDIANS OF FLORIDA



BEAUTIFUL FACIAL DEVELOPMENT SHOWS  
OPTIMAL EXPRESSION OF GENETIC POTENTIAL.

# GREAT VARIETY IN TRADITIONAL DIETS

Some had no plant foods

Some had few animal foods

Some had mostly cooked foods

Some had large amounts of raw foods

Some had milk products; some did not

Some had grains; some did not

Some had fruits; some did not

WHAT ARE THE UNDERLYING CHARACTERISTICS  
OF THESE HEALTHY DIETS?



# FIRST PRINCIPLE

## NO REFINED OR DENATURED FOODS (Including so called “health foods” that replace meat)

### REFINED AND DENATURED FOOD COMPONENTS 1930'S

Refined Sugar

White Flour

Vegetable Oils

Canned Foods

Condensed Milk

### REFINED AND DENATURED FOOD COMPONENTS TODAY

Refined Sugar

High Fructose Corn Syrup

White Flour

Pasteurized Milk

Skim and Low Fat Milk

Hydrogenated Fats

Refined Vegetable Oils

Isolated Protein Powders

Additives/Artificial Sweeteners

# PROBLEMS WITH SOYA

## MEAT REPLACEMENTS

**PHYTIC ACID:** Blocks absorption of calcium, magnesium, iron, copper and especially zinc.

**PROTEASE INHIBITORS:** Block protein digestion, cause swelling of pancreas.

**ISOFLAVONES:** Block thyroid function and cause endocrine disruption. Lower cholesterol.

**LECTINS:** Irritating to the gastrointestinal tract.

**OXALATES:** High levels can cause kidney stones.

**MANGANESE:** High levels can cause brain damage in infants.

# SECOND PRINCIPLE

## EVERY DIET CONTAINED

## ANIMAL PRODUCTS

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

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

RED MEAT      Beef, goat, sheep, game, etc.,  
with organ meats and fat preferred.

MILK AND MILK PRODUCTS      Raw or cultured, not pasteurized

EGGS      From pasture raised chickens

REPTILES

INSECTS



## PRE WWII AMERICAN

### DIET INCLUDED

WHOLE RAW JERSEY MILK

BUTTER AND CREAM

SHELLFISH

FISH EGGS

MEAT AND LIVER

BROTH

FRUITS

VEGETABLES

COD LIVER OIL

# THIRD PRINCIPLE NUTRIENT DENSITY DR. PRICE'S KEY FINDING

PRIMITIVE DIETS CONTAIN **4 TIMES**  
THE CALCIUM AND OTHER MINERALS,  
AND **10 TIMES** THE FAT-SOLUBLE VITAMINS  
COMPARED TO THE MODERN AMERICAN DIET.

# ANIMAL FOOD NUTRIENTS

THESE NUTRIENTS ARE FOUND  
ONLY IN ANIMAL PRODUCTS

VITAMIN A

VITAMIN D

CHOLESTEROL

VITAMIN B12

VERY LONG CHAIN,  
SUPERUNSATURATED FATTY ACIDS  
AA, EPA AND DHA

THESE NUTRIENTS ARE MORE  
EASILY ABSORBED FROM  
ANIMAL PRODUCTS

CALCIUM

B6

MAGNESIUM

IRON

ZINC

COPPER

# VITAMIN A **MYTH**: PLANT FOODS CONTAIN VITAMIN A



**TRUTH:** THERE IS NO VITAMIN A IN PLANT FOODS



# VITAMIN D MYTH



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

**TRUTH** – The body makes vitamin D out of cholesterol by the action of UV-B sunlight on the skin. However, except in the Tropics, UV-B is available only at mid-day during the summer months.

# VITAMIN A & D FOOD SOURCES

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



FISH LIVER OILS

FISH EGGS

SHELL FISH

OILY FISH

INSECTS

BUTTER

EGG YOLKS

ORGAN MEATS

FAT OF BIRDS AND PIGS

BLOOD

# FOOD SOURCES OF VITAMIN K<sub>2</sub>

## TESTED SOURCES

NATTO (FERMENTED SOY)

GOOSE LIVER

CHEESES

EGG YOLK

BUTTER

CHICKEN LIVER

FATTY MEATS

SAUERKRAUT

## OTHER PROBABLE SOURCES

GOOSE, DUCK AND CHICKEN FAT

CRUSTACEAN "BUTTER"  
(HEPATOPANCREAS)

OTHER ORGAN MEATS

FISH EGGS

FERMENTED COD LIVER OIL

# LIVER: NO FOOD HIGHER IN NUTRIENTS

PER 100 G	APPLE	CARROTS	RED MEAT	LIVER
PHOSPHORUS	6 MG	31 MG	140 MG	476 MG
IRON	.1 MG	.6 MG	3.3 MG	8.8 MG
ZINC	.05 MG	.3 MG	4.4 MG	4.0 MG
COPPER	.04 MG	.08 MG	.2 MG	12 MG
VITAMIN B2	.02 MG	.05 MG	.2 MG	4.2 MG
VITAMIN A	0	0	40 IU	53,400 IU
VITAMIN C	7 MG	6 MG	0	27 MG
VITAMIN B6	.03 MG	.1 MG	.07 MG	.73 MG
VITAMIN B12	0	0	1.84 MG	111.3 MG

EAT LIVER FRIED, GRILLED, WITH BACON, IN SAUSAGE, PATE AND LIVERWURST.



## THE SOLUTION TO VITAMIN D DEFICIENCY!

**12 times** more vitamin D in lard from pastured animals compared to conventional

One test found 1100 IU vitamin D in 1 tablespoon of grass-fed lard!

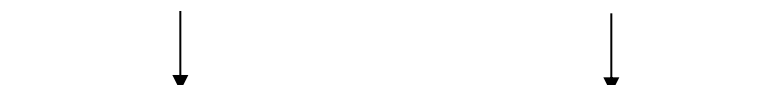




## THE SACRED COW

A Step-Up Transformer of Grass and Sunlight into the  
Vital Fat-Activators A, D and K2

# ACTH



**REGULATE  
MINERAL METABOLISM,  
GLUCOSE LEVELS,  
BLOOD PRESSURE,  
HEALING AND STRESS**

**VITAMIN A IS NEEDED FOR EACH CONVERSION.**

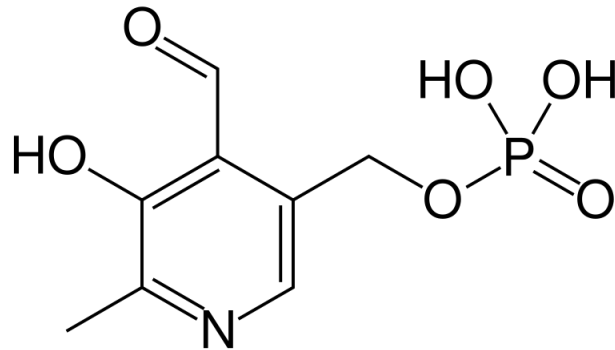
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# VITAMIN B12 DEFICIENCY

EARLY SIGNS	PSYCHIATRIC DISORDERS	CHRONIC DISEASE
FATIGUE	DEPRESSION	MULTIPLE SCLEROSIS
TINGLING IN HANDS AND FEET	OBESSIVE COMPULSION	ANEMIA
SLEEP DISORDERS	MANIC DEPRESSION	CANCER
IRRATIONAL ANGER	DEMENTIA ALZHEIMER'S	HEART DISEASE

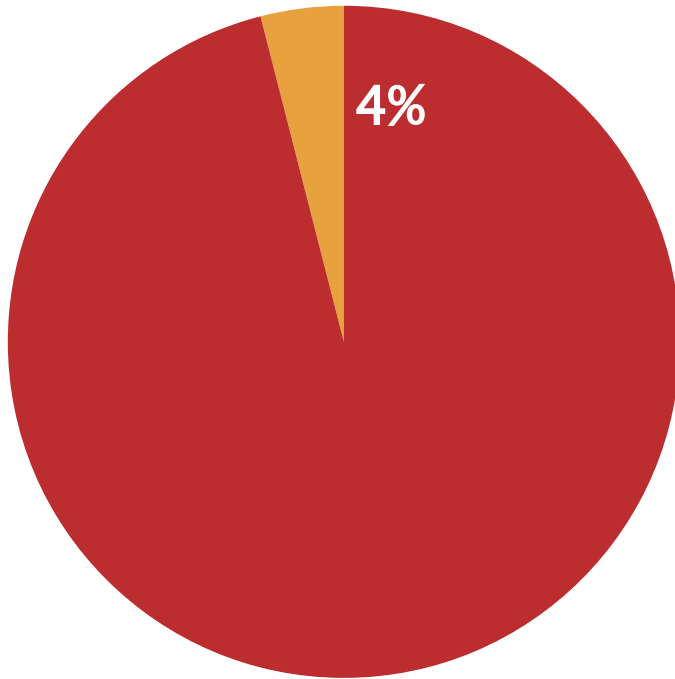
# VITAMIN B6 only in raw animal food (Steak Tartare?) DEFICIENCY LINKED TO



- DIABETES
- HEART DISEASE
- NERVOUS DISORDERS
- CANCER
- KIDNEY FAILURE
- ASTHMA
- PMS
- MORNING SICKNESS
- TOXEMIA OF PREGNANCY
- ALCOHOLISM
- SICKLE CELL ANEMIA
- CARPEL TUNNEL SYNDROME

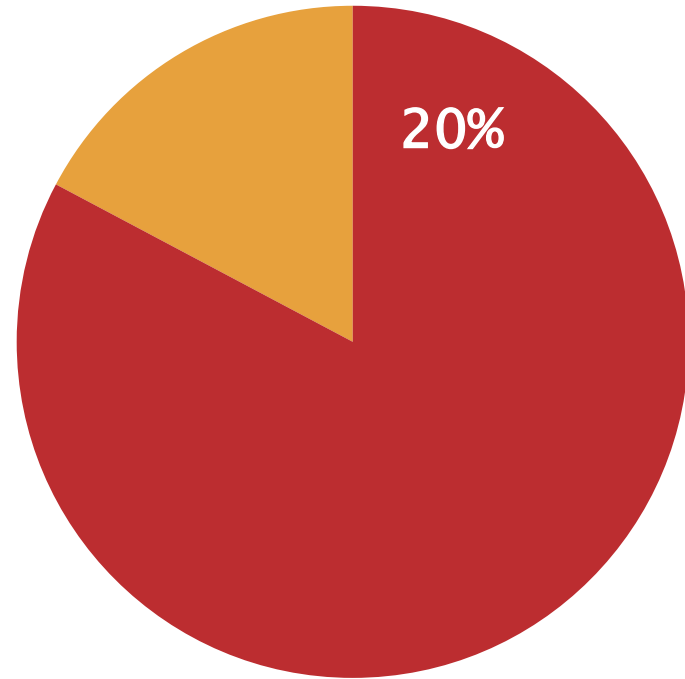
# SEVENTH PRINCIPLE

TOTAL FAT CONTENT OF TRADITIONAL DIETS VARIES FROM 30% TO 80% OF CALORIES, BUT ONLY ABOUT 4% OF CALORIES COME FROM POLYUNSATURATED FATTY ACIDS.



**PRIMITIVE DIET**

4% Calories as polyunsaturated essential fatty acids



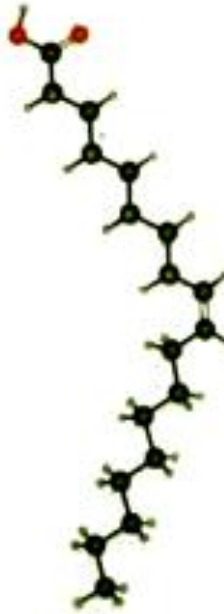
**MODERN DIET**

20% Calories as polyunsaturated essential fatty acids

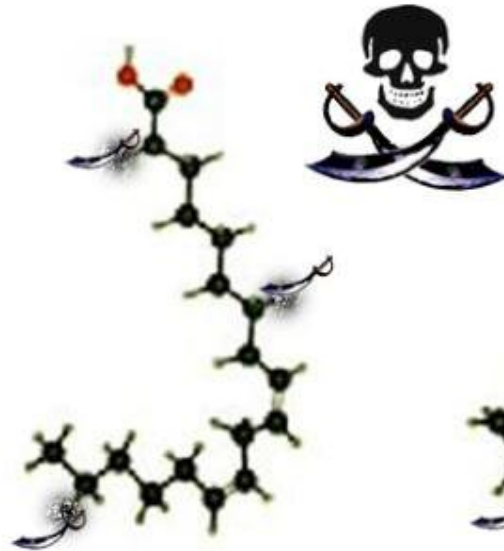
# FREE RADICALS IN PROCESSED POLYUNSATURATED OILS



Saturated  
**STEARIC**



Mono-  
unsaturated  
**OLEIC**



Poly-  
Unsaturated  
**LINOLEIC**



Poly-  
Unsaturated  
**LINOLENIC**

LIQUID POLYUNSATURATED OILS CAUSE **UNCONTROLLED REACTIONS** IN THE BODY  
SOLID PARTIALLY HYDROGENATED OILS **INHIBIT REACTIONS** IN THE BODY.  
THE RESULT? **BIOCHEMICAL CHAOS!**

# **NATURAL SOURCES OF ESSENTIAL FATTY ACIDS**

**GRAINS**

**LEGUMES**

**NUTS**

**FISH**

**ANIMAL FATS**

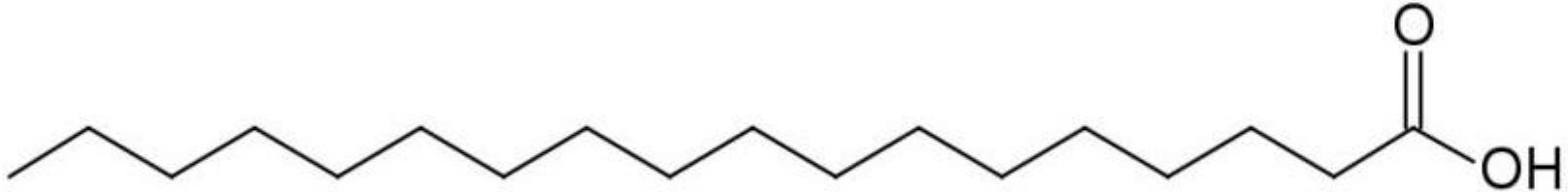
**EGGS**

**VEGETABLES**

**FRUITS**

Polyunsaturated fatty acids are protected from damage when they are in whole foods.

# THE MANY ROLES OF SATURATED FAT



**CELL MEMBRANES** – should be 50% saturated fatty acids.

**BONES** – Saturated fats help the body put calcium in the bones.

**HEART DISEASE** – Lower Lp(a), a marker for heart disease.

**HEART FUNCTION** – Saturated fats are preferred food for the heart.

**LIVER** – Saturated fats protect the liver from alcohol and other poisons.

**LUNGS** – Can't function without saturated fats.

**KIDNEYS** – Can't function without saturated fats.

**IMMUNE SYSTEM** – Enhanced by saturated fats.

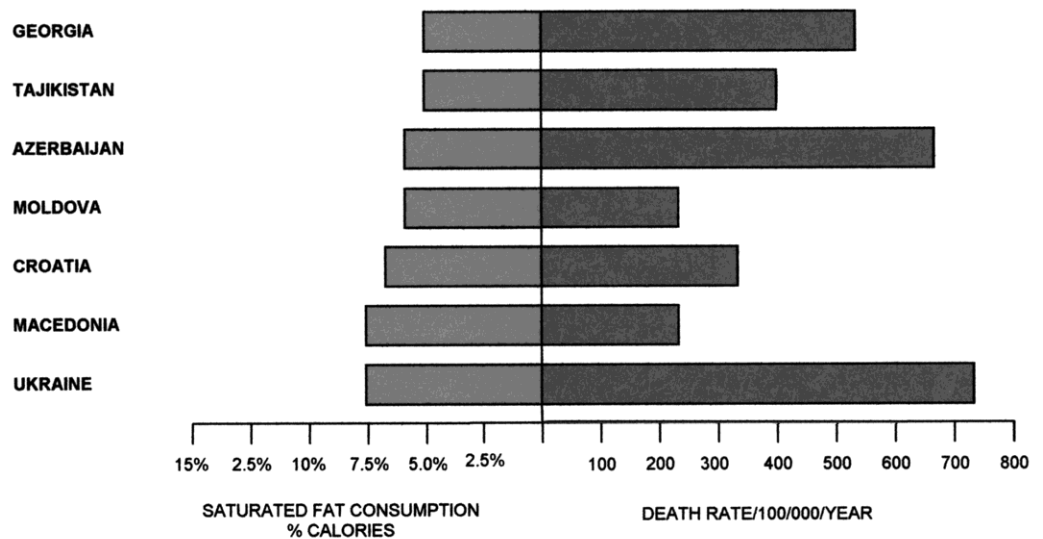
**ESSENTIAL FATTY ACIDS** – Work together with saturated fats.

**DETOXIFICATION** – Supports body's detox mechanisms

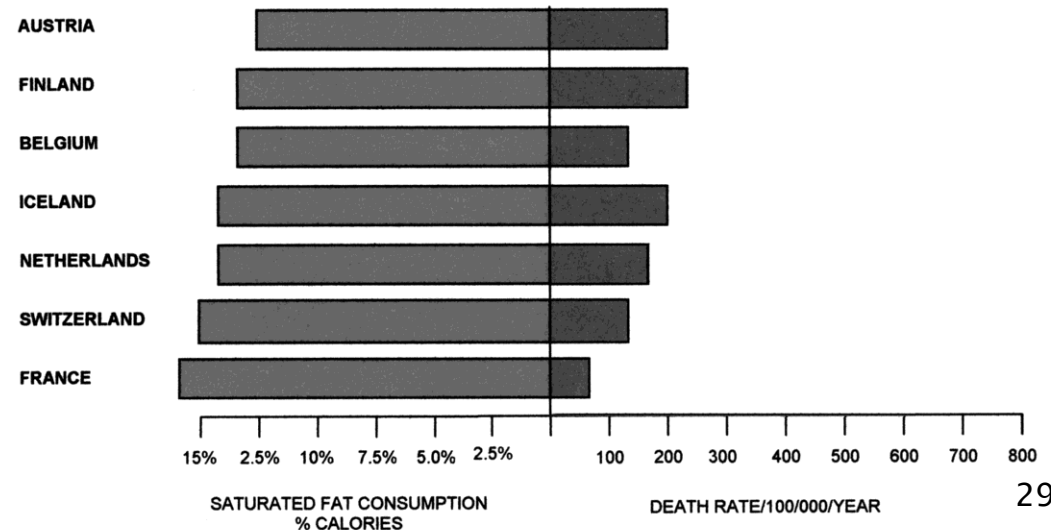
# SATURATED FAT AND HEART DISEASE

LOWER RATES OF  
HEART DISEASE ARE  
ASSOCIATED WITH  
HIGHER LEVELS OF  
SATURATED FAT IN  
THE DIET.

(FIG 1) COMPARISON OF HEART DISEASE DEATHS  
vs. CONSUMPTION OF SATURATED FAT % CALORIES  
(Countries with lowest saturated fat consumption)



(FIG 2) COMPARISON OF HEART DISEASE DEATHS  
vs. CONSUMPTION OF SATURATED FAT % CALORIES  
(Countries with highest saturated fat consumption)

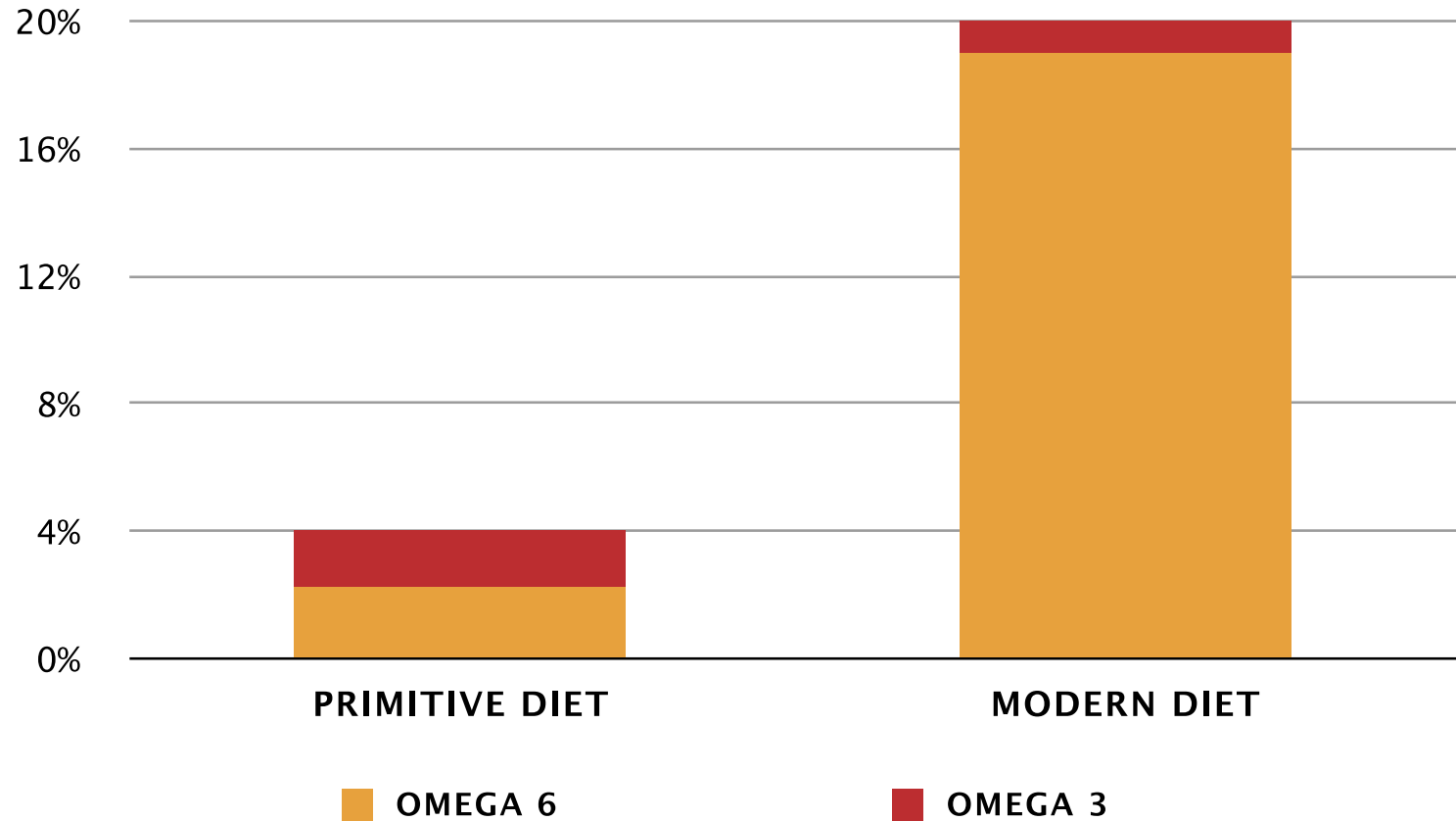




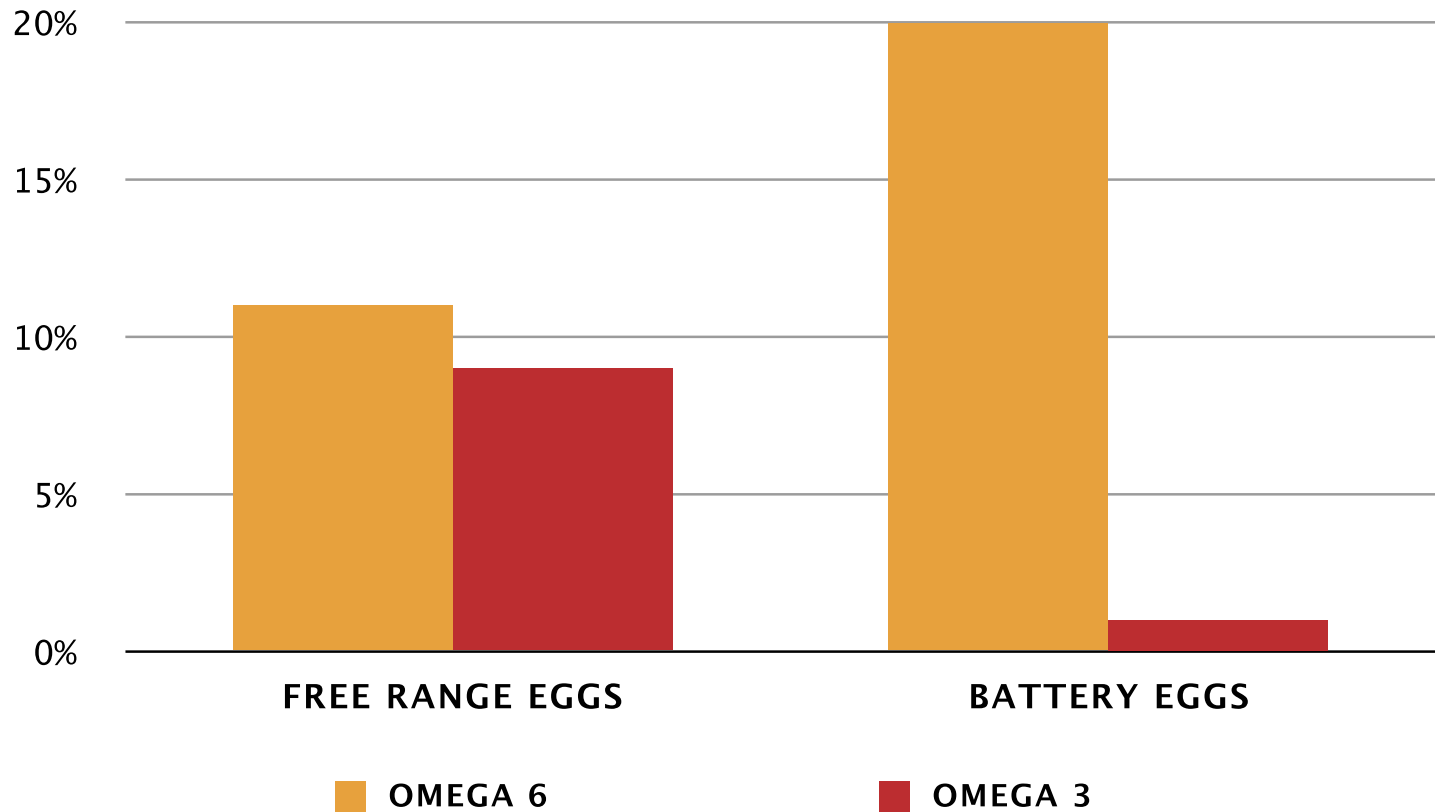
# **EIGHTH PRINCIPLE**

**NEARLY EQUAL AMOUNTS OF  
OMEGA-6 AND OMEGA-3  
FATTY ACIDS**

# ESSENTIAL FATTY ACIDS IN PRIMITIVE AND MODERN DIETS



# FREE-RANGE\* VERSUS CONFINEMENT EGGS



\* Greek chickens on fish-based feed Source: Simopolis and Salem, AJCN

# REDRESSING THE OMEGA-6/OMEGA-3 IMBALANCE

**ELIMINATE** all commercial vegetable oils from the diet.

**USE FLAX OIL**, a source of omega-3 fatty acids, in **SMALL** amounts in salad dressing (about ½ teaspoon per day).

**CHOOSE ORGANIC AND PASTURE-FED** animal and plant foods for a good source of omega-3 fatty acids.

# **NINTH PRINCIPLE**

**ALL DIETS CONTAINED SOME SALT**

**SEA SALT**

**SALT FLATS AND MINED SALT**

**ASHES OF MARSH GRASSES**

**MEAT AND MILK PRODUCTS**

**BLOOD**

More salt needed with cooked foods

# **SALT IS NEEDED FOR**

**PROTEIN DIGESTION**

**CARBOHYDRATE DIGESTION**

**DEVELOPMENT OF BRAIN**

**ADRENAL FUNCTION**

**CELLULAR METABOLISM**



## TENTH PRINCIPLE

### ALL TRADITIONAL CULTURES MADE USE OF BONES, USUALLY AS BONE BROTH

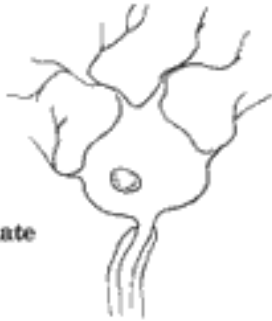
1. Supplies calcium and other minerals in a form easy to assimilate.
2. Supplies nutrients that help build healthy cartilage.
3. Supplies amino acids that help the body detoxify.
4. Supplies gelatin to help digestion.
5. Heals the digestive tract.



High Concentration MSG

Lower Concentration MSG

Immediate



One hour



Two hours



From  
***EXCITOTOXINS***  
By  
Russell Blaylock,  
MD

# ELEVENTH PRINCIPLE

## TRADITIONAL CULTURES MADE PROVISIONS FOR FUTURE GENERATIONS

- **Special foods** for parents-to-be, pregnant women, nursing women and growing children
- **Spacing** of children
- **Principles of proper diet taught to the young**



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**INFORMATIONAL BROCHURES**  
**YEARLY SHOPPING GUIDE**  
**ANNUAL CONFERENCE**  
**LOCAL CHAPTERS**

# SUMMARY

TRADITIONAL DIETS **MAXIMIZED** NUTRIENTS WHILE MODERN DIETS **MINIMALIZE** NUTRIENTS

## TRADITIONAL DIETS

## MODERN DIETS

FOODS FROM FERTILE SOIL	FOODS FROM DEPLETED SOIL
ORGAN MEATS OVER MUSCLE MEATS	MUSCLE MEATS, FEW ORGANS
ANIMAL FATS	VEGETABLE OILS
ANIMALS ON PASTURE	ANIMALS IN CONFINEMENT
DAIRY PRODUCTS RAW AND/OR FERMENTED	DAIRY PRODUCTS PASTEURIZED
GRAINS AND LEGUMES SOAKED/FERMENTED	GRAINS REFINED, EXTRUDED
BONE BROTHS	MSG, ARTIFICIAL FLAVORINGS
UNREFINED SWEETENERS (HONEY, MAPLE SYRUP)	REFINED SWEETENERS
LACTO-FERMENTED VEGETABLES	CANNED VEGETABLES
LACTO-FERMENTED BEVERAGES	MODERN SOFT DRINKS
UNREFINED SALT	REFINED SALT
NATURAL VITAMINS IN FOODS	SYNTHETIC VITAMINS ADDED
TRADITIONAL COOKING	MICROWAVE, IRRADIATION
TRADITIONAL SEEDS/OPEN POLLINATION	HYBRID SEEDS, GMO SEEDS