BUILDING YOUR NATURAL IMMUNITY WITH NUTRIENT-DENSE FOOD

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

The information contained in this presentation is not intended as a substitute for professional medical advice, diagnosis or treatment.

It is provided for educational purposes only.

You assume full responsibility for how you choose to use this information.
WHAT IS NATURAL IMMUNITY?

Infectious illness rare and mild
No allergies, asthma, eczema
Robust digestive health
Recovers rapidly from injury
Sleeps well; optimistic disposition
CONVENTIONAL VIEW OF FOODS THAT BOOST IMMUNITY
LOETSCHEN VALLEY, SWITZERLAND
PRIMITIVE SWISS
MODERNIZED SWISS
SOUTH SEA ISLANDERS
PRIMITIVE SOUTH SEA ISLANDERS

THESE ARE HAPPY TEENAGE BOYS!
PRIMITIVE SOUTH SEA ISLANDERS

THE WOMAN IN THE UPPER SECTION IS 90 YEARS OLD!
MODERNIZED SOUTH SEA ISLANDERS

FIRST GENERATION SUFFERED FROM TOOTH DECAY.
MODERNIZED SOUTH SEA ISLANDERS

SECOND GENERATION HAD NARROWED FACES AND MODERN HEALTH PROBLEMS.
PRIMITIVE AFRICANS
MODERN VERSUS TRADITIONAL
FACIAL STRUCTURE
THE TEETH TELL THE TALE!

<table>
<thead>
<tr>
<th>STRAIGHT TEETH</th>
<th>CROWDED, CROOKED TEETH</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PLENTY OF ROOM</strong> IN HEAD FOR PITUITARY, PINEAL, HYPOTHALAMUS, SINUS CAVITIES AND EAR TUBES</td>
<td><strong>COMPROMISED SPACE</strong> FOR MASTER GLANDS IN THE HEAD</td>
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<tr>
<td><strong>GOOD</strong> SKELETAL DEVELOPMENT, GOOD MUSCLES</td>
<td><strong>POOR DEVELOPMENT, POOR POSTURE, EASILY INJURED</strong></td>
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<td><strong>KEEN</strong> EYESIGHT AND HEARING</td>
<td><strong>POOR EYESIGHT AND HEARING</strong></td>
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<td><strong>OPTIMAL</strong> FUNCTION OF ALL ORGANS</td>
<td><strong>COMPROMISED FUNCTION OF ALL ORGANS</strong></td>
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<tr>
<td><strong>OPTIMISTIC</strong> OUTLOOK, LEARNS EASILY</td>
<td>DEPRESSION, BEHAVIOR PROBLEMS, LEARNING PROBLEMS</td>
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<tr>
<td>ROUND PELVIC OPENING, <strong>EASY</strong> CHILDBIRTH</td>
<td>OVAL PELVIC OPENING, <strong>DIFFICULT</strong> CHILDBIRTH</td>
</tr>
</tbody>
</table>
**FIRST PRINCIPLE**

**NO Refined OR Denatured FOODS**

<table>
<thead>
<tr>
<th>Refined and Denatured Food Components 1930s</th>
<th>Refined and Denatured Food Components Today</th>
</tr>
</thead>
<tbody>
<tr>
<td>Refined Sugar</td>
<td>Refined Sugar</td>
</tr>
<tr>
<td>White Flour</td>
<td>High Fructose Corn Syrup</td>
</tr>
<tr>
<td>Vegetable Oils</td>
<td>White Flour</td>
</tr>
<tr>
<td>Canned Foods</td>
<td>Pasteurized Milk</td>
</tr>
<tr>
<td>Condensed Milk</td>
<td>Skim and Low Fat Milk</td>
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<tr>
<td></td>
<td>Hydrogenated Fats</td>
</tr>
<tr>
<td></td>
<td>Refined Vegetable Oils</td>
</tr>
<tr>
<td></td>
<td>Isolated Protein Powders</td>
</tr>
<tr>
<td></td>
<td>Additives/Artificial Sweeteners</td>
</tr>
</tbody>
</table>
"LIFE IN ITS FULLNESS IS MOTHER NATURE OBEYED."

WESTON A. PRICE, DDS

FACTORY FOODS ARE NOT MOTHER NATURE’S FOODS!
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
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
VEGETARIAN DIETS

More cancer
More allergies
More mental illness
Need more health care
Poorer quality of life
AND
More tooth decay
The virtuous, plant-based, low-fat, low-salt, high-fiber diet. Approved by dietitians! Impossible to stay on.
THE PORNOGRAPHIC FOODS
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.
SOURCES OF VITAMINS A AND D

SEAFOOD
  FISH EGGS
  FISH LIVERS
  FISH LIVER OIL
  FISH HEADS
  SHELL FISH
  OILY FISH
  SEA MAMMALS

LAND ANIMALS
  GRASS-FED!
  INSECTS
  BUTTER AND CREAM
  EGG YOLKS
  LIVER, ORGAN MEATS
  ANIMAL FAT

ESPECIALLY MONO-GASTRIC ANIMALS SUCH AS
  BIRDS, PIG, BEAR, GUINEA PIG
A question arises as to the efficiency of the human body in removing all of the minerals from the ingested foods. Extensive laboratory determinations have shown that most people cannot absorb more than half of the calcium and phosphorus from the foods eaten. The amounts utilized depend directly on the presence of other substances, particularly fat-soluble vitamins.

It is at this point probably that the greatest breakdown in our modern diet takes place, namely, in the ingestion and utilization of adequate amount of the special activating substances, including the vitamins [A and D] needed for rendering the minerals in the food available to the human system.

It is possible to starve for minerals that are abundant in the foods eaten because they cannot be utilized without an adequate quantity of the fat-soluble activators.

WESTON PRICE, DDS
NUTRITION AND PHYSICAL DEGENERATION
THE BODY IS LIKE A HOUSE OR TEMPLE, BUILT OF BRICKS AND MORTAR
VITAMIN A  MYTH:  
PLANT FOODS CONTAIN VITAMIN A

TRUTH:  THERE IS NO VITAMIN A IN PLANT FOODS
Conversion of Beta-Carotene to Vitamin A
CONVERSION PROBLEMS

NEEDED TO CONVERT CAROTENE TO VITAMIN A:

Fats in the diet
Thyroid Hormone
Enzymes – as yet unknown
Vitamin E

CONVERSION AND STORAGE IS DIFFICULT OR IMPOSSIBLE FOR:

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

EVEN UNDER OPTIMAL CONDITIONS, PLANT SOURCES OF CAROTENE CANNOT SUPPLY SUFFICIENT VITAMIN A FOR OPTIMUM HEALTH.
VITAMIN A
NEEDED FOR NUMEROUS PROCESSES IN THE BODY

PROTEIN ASSIMILATION
CALCIUM ASSIMILATION
PROPER GROWTH
PREVENTION OF BIRTH DEFECTS
PROPER FUNCTION OF THE ENDOCRINE SYSTEM
THYROID FUNCTION
IMMUNE SYSTEM FUNCTION
PRODUCTION OF STRESS AND SEX HORMONES
EYES, SKIN, BONES
Vitamin A is needed for each conversion. Trans fats inhibit enzymes that make these conversions.

Cholesterol

The mother of all hormones

DHEA → Androstenedione → Estradiol

Pregnenolone → Progesterone

Pregnenolone → Progesterone

ACTH → Cholesterol

Corticosterone

Aldosterone

Corticosterone

11 Deoxycorticisol → Cortisol

Sex hormones

Regulate mineral metabolism, glucose levels, blood pressure, healing and stress.

Vitamin A is needed for each conversion. Trans fats inhibit enzymes that make these conversions.
VITAMIN A IS DEPLETED BY

STRESS
EXCESS DIETARY PROTEIN
COLD WEATHER
FEVER AND ILLNESS
PHYSICAL EXERTION
EXPOSURE TO TOXINS
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 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
ROLES OF VITAMIN D

HEALTHY BONES
PROPER GROWTH
MINERAL METABOLISM
MUSCLE TONE
REPRODUCTION
HEALTHY SKIN
INSULIN PRODUCTION
IMMUNE SYSTEM
NERVOUS SYSTEM
CELL FUNCTION
FEEL GOOD CHEMICALS
LONGEVITY
SOURCES OF VITAMINS A AND D IN THE TRADITIONAL AMERICAN DIET

ALSO, LIVER AND OTHER ORGAN MEATS AS IN SAUSAGE, PATE, LIVERWURST, SCRAPPLE, ETC.
AMERICANS COOKED IN LARD!
VITAMIN D IN LARD HELPS THE BODY MAKE NEURO-CHEMICALS THAT PROTECT AGAINST DEPRESSION.
ACTIVATOR X = VITAMIN K\textsubscript{2}

ANIMAL FORM: K2 is the animal form of vitamin K, made from K1, the plant form.

GROWTH: Plays important role, especially in facial development. Sign of deficiency: Underdevelopment of middle third of the face.

BONES AND TEETH: Needed for deposition of phosphorus and calcium in bones and teeth

HEART DISEASE: Prevents calcification and inflammation of the arteries.

BRAIN: Involved in synthesis of myelin sheath; supports learning capacity.

REPRODUCTION: Vital for normal reproduction.
THE SYNERGY OF VITAMINS A, D and K

VITAMIN K ACTIVATES PROTEINS AFTER SIGNALING BY VITAMINS A AND D

VITAMINS A AND D TELL CELLS TO MAKE CERTAIN PROTEINS
Vitamin K2, supported by vitamins A and D, prevents the growth plates from closing prematurely, including the growth plates in the maxilla.
FOOD SOURCES OF VITAMIN K$_2$

- BEAR FAT
- NATTO (FERMENTED SOY)
- GOOSE LIVER/DUCK LIVER
- GOOSE FAT/DUCK FAT
- AGED CHEESES
- EGG YOLK
- BUTTER
- CHICKEN LIVER
- FATTY MEATS
- SAUERKRAUT
THE SACRED COW
A Step-Up Transformer of Grass and Sunlight into the Vital Fat-Activators A, D and K2
THE PASTURED POULTRY MODEL
THE
“EFFICIENT”
INDUSTRIAL
CONFINEMENT
MODEL
8 times more vitamin D,
2 times more vitamin A

in pastured egg compared to supermarket egg
CONFINEMENT BUTTER  GRASS-FED BUTTER

10–13 TIMES MORE VITAMIN A AND
3 TIMES MORE VITAMIN D IN GRASS-FED BUTTER
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!
RAW CHEESE FROM PASTURED ANIMALS
A COMPLETE FOOD!
Best Source of Vitamin K2 in the Western Diet
"Your baby. . . give him the help he needs to build a well-shaped head ... a straight, strong back. . . sound, even teeth ...

Daily use is important!"
1938

NURSERY SCHOOL AT U.S. MARYSVILLE CAMP FOR DUST BOWL REFUGEES IN CALIFORNIA
CONVENTIONAL VIEW OF FOODS THAT BOOST IMMUNITY
KEY FOODS FOR IMMUNITY
BUILT-IN PROTECTIVE SYSTEMS IN RAW MILK: COMPONENTS OF BLOOD

LEUKOCYTES—Eat all foreign bacteria, yeast and molds (phagocytosis). Destroyed at 56C and by pumping milk. Produce H$_2$O$_2$ to activate the lacto–peroxidase system. Produce anaerobic CO$_2$ that blocks all aerobic microbes. Basis of immunity.

B–LYMPHOCYTES – Kill foreign bacteria; call in other parts of the immune system$^1,2$

MACROPHAGES – Engulf foreign proteins and bacteria$^2$

NEUTROPHILS – Kill infected cells; mobilize other parts of the immune system$^1$

T–LYMPHOCYTES – Multiply if bad bacteria are present; produce immune–strengthening compounds$^1$

IMMUNOGLOBULINS (IGM, IGA, IGG1, IGG2)—Transfer of immunity from cow to calf/person in milk and especially colostrum; provides "passive immunization"$^2$

ANTIBODIES—Bind to foreign microbes and prevent them from migrating outside the gut; initiate immune response.

FIVEFOLD PROTECTIVE SYSTEM IN RAW MILK

1. Destroys pathogens in the milk.
2. Stimulates the immune system.
4. Prevents absorption of pathogens and toxins in the gut.
5. Ensures assimilation of all the nutrients.
## DESTRUCTION OF BUILT-IN SAFETY SYSTEMS BY PASTEURIZATION

<table>
<thead>
<tr>
<th>Component</th>
<th>Breast Milk</th>
<th>Raw Milk</th>
<th>Pasteurized Milk</th>
<th>UHT Milk</th>
<th>Infant Formula</th>
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</thead>
<tbody>
<tr>
<td>B-lymphocytes</td>
<td>Active</td>
<td>Active</td>
<td>Inactivated</td>
<td>Inactivated</td>
<td>Inactivated</td>
</tr>
<tr>
<td>Macrophages</td>
<td>Active</td>
<td>Active</td>
<td>Inactivated</td>
<td>Inactivated</td>
<td>Inactivated</td>
</tr>
<tr>
<td>Neutrophils</td>
<td>Active</td>
<td>Active</td>
<td>Inactivated</td>
<td>Inactivated</td>
<td>Inactivated</td>
</tr>
<tr>
<td>Lymphocytes</td>
<td>Active</td>
<td>Active</td>
<td>Inactivated</td>
<td>Inactivated</td>
<td>Inactivated</td>
</tr>
<tr>
<td>IgA/IgG Antibodies</td>
<td>Active</td>
<td>Active</td>
<td>Inactivated</td>
<td>Inactivated</td>
<td>Inactivated</td>
</tr>
<tr>
<td>B12 Binding Protein</td>
<td>Active</td>
<td>Active</td>
<td>Inactivated</td>
<td>Inactivated</td>
<td>Inactivated</td>
</tr>
<tr>
<td>Bifidus Factor</td>
<td>Active</td>
<td>Active</td>
<td>Inactivated</td>
<td>Inactivated</td>
<td>Inactivated</td>
</tr>
<tr>
<td>Medium–Chain FAs</td>
<td>Active</td>
<td>Active</td>
<td>Reduced</td>
<td>Reduced</td>
<td>Reduced</td>
</tr>
<tr>
<td>Fibronectin</td>
<td>Active</td>
<td>Active</td>
<td>Inactivated</td>
<td>Inactivated</td>
<td>Inactivated</td>
</tr>
<tr>
<td>Gamma–Interferon</td>
<td>Active</td>
<td>Active</td>
<td>Inactivated</td>
<td>Inactivated</td>
<td>Inactivated</td>
</tr>
<tr>
<td>Lactoferrin</td>
<td>Active</td>
<td>Active</td>
<td>Reduced</td>
<td>Inactivated</td>
<td>Inactivated</td>
</tr>
<tr>
<td>Lysozyme</td>
<td>Active</td>
<td>Active</td>
<td>Active</td>
<td>Inactivated</td>
<td>Inactivated</td>
</tr>
<tr>
<td>Mucin A/Oligosaccharides</td>
<td>Active</td>
<td>Active</td>
<td>Reduced</td>
<td>Reduced</td>
<td>Inactivated</td>
</tr>
<tr>
<td>Hormones/Growth Factors</td>
<td>Active</td>
<td>Active</td>
<td>Reduced</td>
<td>Reduced</td>
<td>Inactivated</td>
</tr>
</tbody>
</table>

DECREASE IN INFECTIOUS DISEASE NOT RELATED TO MANDATORY PASTEURIZATION

UNITED STATES MORTALITY RATES

Diphtheria Antitoxin
Started Use 1894

Diphtheria Vaccine
Introduced 1920

Whopping Cough Vaccine
Widespread use in the late 1940s

Measles Vaccine
Introduced 1963

1948: FIRST STATE MANDATORY PASTEURIZATION LAWS

RAW MILK STRONGEST FACTOR: In a study of 14,893 children aged 5–13, consumption of raw milk was the strongest factor in reducing the risk of asthma and allergy, whether the children lived on a farm or not.

FIRST YEAR OF LIFE: The benefits were greatest when consumption of farm milk began during the first year of life.

ASTHMA KILLS, at the rate of NINE people per day.

Clinical & Experimental Allergy. 2007 May; 35(5) 627–630.
LACTOSE INTOLERANCE

29 MILLION: Results from a survey by Opinion Research Corporation, commissioned by the Weston A. Price Foundation, indicate that about 29 million Americans are lactose intolerant.

RAW MILK OK FOR 82 PERCENT: Results from a private survey carried out in Michigan indicate that 82 percent of those diagnosed as lactose intolerant can drink raw milk without problem.

24 MILLION COULD BENEFIT: Thus, 24 million Americans diagnosed as lactose intolerant could benefit from raw milk.
• Glutathione: Key compound for detoxification
• High levels in whey protein
• Research in 1991 discovered that whey proteins only boost glutathione status in their raw, undenatured state.
• Explains the success of the Milk Cure

RAW MILK FOR CHILDREN

• Calcium for optimal growth, strong bones, strong teeth.
• Protection against asthma, allergies, eczema
• Builds immune system.
• Glutathione for protection against toxins.
• Builds healthy gut wall.
LACTO-FERMENTED FOODS PROVIDE ENZYMES AND GOOD BACTERIA

SAUERKRAUT, CORTIDO (SPICY SOUTH AMERICAN SAUERKRAUT), PICKLED RELISH, PICKLED BEETS, PEACH CHUTNEY, APPLE BUTTER
COMMERICIALLY AVAILABLE

LACTO-FERMENTED BEVERAGES

KOMBUCHA

KVASS

SOUR GRAIN DRINK
Fermented Beverages in Africa

Made from maize, sorghum, bananas, etc.

Rich sources of enzymes, protective bacteria, vitamin K, B vitamins
**GRAINS IN TRADITIONAL CULTURES**

SEEDS, GRAINS, LEGUMES AND NUTS ARE SOAKED, SPROUTED, FERMENTED OR NATURALLY LEAVENED

PROPER PREPARATION MAKES SEED FOODS MORE DIGESTIBLE AND THEIR NUTRIENTS MORE AVAILABLE.

<table>
<thead>
<tr>
<th>BENEFITS</th>
<th>REASON</th>
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<tr>
<td>DEACTIVATES ENZYME INHIBITORS</td>
<td>BLOCK DIGESTION</td>
</tr>
<tr>
<td>NEUTRALIZES PHYTIC ACID</td>
<td>BLOCKS MINERAL ABSORPTION</td>
</tr>
<tr>
<td>NEUTRALIZES TANNINS AND LECTINS</td>
<td>IRRITANTS</td>
</tr>
<tr>
<td>PRE-DIGESTS COMPLEX STARCHES &amp; SUGARS</td>
<td>HARD TO DIGEST</td>
</tr>
<tr>
<td>BEGINS BREAKDOWN OF GLUTEN</td>
<td>HARD TO DIGEST; CAN BE TOXIC</td>
</tr>
</tbody>
</table>
HERBIVORE STOMACHS
HUMAN STOMACHS
PROPER PREPARATION OF SEED FOODS

IMITATES NATURAL FACTORS THAT NEUTRALIZE THE SEED’S "PRESERVATIVES" AND ALLOW IT TO SPROUT:

MOISTURE
WARMTH
SLIGHT ACIDITY
TIME
QUICK-CHANGE!
from one Fabricated Food to another

HOUR cleans system, changes extruder components.
CRUEL BREAKFAST
MORE CRUEL BREAKFASTS
GOOD BREAKFASTS

SCRAMBLED EGGS WITH SAUTÉED POTATOES

SMOOTHIE MADE WITH WHOLE YOGHURT, EGG YOLKS, FRUIT AND COCONUT OIL

FRIED EGGS WITH NO–NITRATE BACON AND FRUIT
1. SOAK ROLLED OATS IN WARM WATER AND 1 TABLESPOON OF SOMETHING ACIDIC – WHEY, YOGHURT, VINEGAR OR LEMON JUICE – OVERNIGHT.
2. NEXT MORNING, BRING WATER AND SALT TO A BOIL.
3. ADD SOAKED OATMEAL, BRING TO A BOIL AND COOK, STIRRING, FOR ONE MINUTE.
4. COVER AND LET SIT SEVERAL MINUTES.
5. SERVE OATMEAL WITH PLENTY OF BUTTER OR CREAM AND A NATURAL SWEETENER. SPRINKLE COCONUT AND/OR CRISPY NUTS ON TOP IF DESIRED.
PROBLEMS WITH SOY FOODS

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

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

**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.
THE BAD FATS!
THE SIX BASIC GOOD FATS AND OILS

Pastured Butter, Extra Virgin Olive Oil, Pastured Lard, Coconut Oil, Fermented Cod Liver Oil
GOOD THINGS IN BUTTER

HIGH LEVELS IN GRASS–FED BUTTER

Vitamin A
Vitamin D
Vitamin E
Vitamin K
Copper
Zinc
Chromium
Selenium
Iodine
Conjugated Linoleic Acid

IN ALL BUTTER

Shorter Chain Fatty Acids
Essential Fatty Acids
PERFECT BALANCE
Lecithin
Cholesterol
Glycosphingolipids
Wulzen Factor
DESTROYED BY PASTEURIZATION
SALT IS NEEDED FOR

PROTEIN DIGESTION
CARBOHYDRATE DIGESTION
DEVELOPMENT OF BRAIN
ADRENAL FUNCTION
CELLULAR METABOLISM
Traditional salt production involved the simple evaporation of sea water. The salt was rich in magnesium and trace minerals.

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

SALT SHOULD BE GRAY, BEIGE OR PINK, NOT WHITE, INDICATING THE PRESENCE OF MINERALS.
HOW MUCH SALT?

Adult requirement:
  at least 1 ½ teaspoons (8 g) salt per day.

Current Consumption:
  about 1 ½ teaspoons (8 g) per day

US government recommendation:
  only 3/4 (3 g) teaspoon salt per day.

Salt consumption in 1900:
  about 3 teaspoons (15 g) per day.
FOODS THAT CONTAIN HIGH LEVELS OF MSG

MSG has been linked to: diabetes, migraines and headaches, obesity, autism, ADHD and Alzheimer's.
www.westonaprice.org
YEARLY SHOPPING GUIDE

Now available as an iPhone app!

Realfoodmobileapp.com
Healthy 4 Life

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

COLORFUL DIETARY GUIDELINES AND RECIPE BOOKLET BASED ON FOUR FOOD GROUPS
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HEART DISEASE ISSUE
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Author of Nourishing Traditions
and Kaayla T. Daniel, PhD, CCN

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DR. PRICE’S PIONEERING WORK

Nutrition and Physical Degeneration

Weston A. Price, DDS
# SUMMARY

**TRADITIONAL DIETS MAXIMIZED NUTRIENTS WHILE MODERN DIETS MINIMIZE NUTRIENTS**

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