

THE WESTON A. PRICE FOUNDATION
for **Wise Traditions**
IN FOOD, FARMING AND THE HEALING ARTS
Education ♦ Research ♦ Activism

- ♦ Is a reliable source of accurate nutrition information.
- ♦ Raises a strong voice against imitation foods.
- ♦ Does not receive funding from any government agency, nor from the meat and dairy industries.
- ♦ Campaigns for a return to healthy traditional fats.
- ♦ Warns consumers about the dangers of modern soy foods.
- ♦ Promotes access to unprocessed whole milk products from pasture-fed animals.
- ♦ Keeps members informed through *Wise Traditions*, a lively quarterly magazine.
- ♦ Helps consumers find healthy, farm-fresh foods through a system of local chapters.

Local chapter and membership information is posted at www.westonaprice.org

or call (202) 333-HEAL and request a free 12-page informational brochure containing Dietary Guidelines and Myths and Truths about Nutrition.

Who was Weston A. Price?

Weston A. Price was an Ohio dentist who traveled the world during the 1930s to study the diets of “primitive” people who ate only local, traditional foods. He compared their glowing good health, excellent bone structure and mental stability to the modern Americans of his day, who were suffering from crooked teeth, cavities, arthritis, asthma, allergies, heart disease, cancer, and mental illness.

Dr. Price discovered that traditional diets contained **four times more vitamins and minerals and ten times more fat-soluble vitamins A and D compared to the American diet of his day.** (That disparity would be even greater today as our soil has become devitalized and as we have embraced the notion that we should avoid animal fats.) When “primitives” began eating modern foods, such as pasteurized milk, canned foods, vegetable shortening, white flour and refined sugar, their health declined and they developed the same chronic diseases that plague us in great numbers today.

Nutrition Myths

It’s a myth that animal fats cause cancer and heart disease. It’s a myth that salt is bad for us. It’s a myth that veganism is a healthy life-style. It’s a myth that modern soy foods can make us healthy. It’s a myth that low-fat diets can prevent disease.

Find out more by visiting our website and reading the many informative articles posted there. Keep up to date with important, often unheralded, nutrition research by joining the Foundation and receiving *Wise Traditions*, our quarterly magazine.

Eat Traditional Foods for Healthy FAMILIES, Healthy FARMS & a Healthy ENVIRONMENT!

SAY YES TO:

Butter, cream, and full-fat dairy
Pasture-fed beef, lamb, poultry and eggs
Organic vegetables and fruit
Traditional lacto-fermented foods
Properly prepared whole grains

SAY NO TO:

Processed and denatured foods
Low-fat and fat-free products
Dry, tasteless lean meat
Modern soy foods
White flour, white rice, white sugar
Pasteurized, homogenized milk
Hydrogenated oils and *trans* fats
Artificial sweeteners and additives

Intrigued? Learn more about traditional diets and find **glowing good health** without pills and highly processed “health” foods. Read on!

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PMB Box 106-380
4200 Wisconsin Avenue, NW
Washington, DC 20016
(202) 333-HEAL

westonaprice@msn.com www.westonaprice.org

What does it mean to eat traditional foods?

The diets of healthy primitive and nonindustrialized peoples contained no refined or denatured foods such as refined sugar or corn syrup; white flour; canned foods; pasteurized, homogenized, skim or low-fat milk; refined or hydrogenated vegetable oils; protein powders; artificial vitamins or toxic additives and colorings.

Instead, all traditional cultures consume some sort of animal protein and fat from fish and other seafood; water and land fowl; land animals; eggs; milk and milk products; reptiles; and insects.

Primitive and traditional diets have a high food-enzyme content from raw dairy products, raw meat and fish; raw honey; tropical fruits; cold-pressed oils; wine and unpasteurized beer; and naturally preserved, lacto-fermented vegetables, fruits, beverages, meats and condiments.

Traditional cultures soaked, sprouted, fermented or naturally leavened legumes, grains and nuts in order to neutralize naturally occurring anti-nutrients in these foods, such as phytic acid, enzyme inhibitors, tannins and complex carbohydrates.

Traditional cultures used the bones of animals to make nourishing broth that provides gelatin to aid digestion and minerals in a highly usable form.

Most importantly, traditional cultures valued foods high in animal fat and rich in vitamins A and D, found in foods like seafood, organ meats and butterfat & egg yolks from grass-fed animals. Today we are told not to eat these foods, but they are essential for good health.

Why eat traditional foods?

Traditional foods make healthy families

Natural immunity, good bone structure, straight teeth, freedom from cavities, cancer, & chronic diseases, limitless energy and healthy babies generation after generation. . . that is our legacy when we eat the food that nature provides.

Nature provides us with whole foods containing all the nutrients, vitamins, minerals and cofactors we need for vibrant health.

When we strip food of these essential building blocks, our health suffers. Synthetic versions of naturally occurring vitamins (such as those added to “enriched” flour) do not confer the same benefits. Manufactured fats such as margarine and vegetable shortening can cause serious health problems.

By replacing processed foods with natural whole foods, you can make a big difference in your health and the health of your children.

Most chronic diseases—including *mental and behavioral problems*—are caused or exacerbated by our modern diets. Research indicates this may include ADHD, mental illness and violent behavior.

Traditional food choices, preparation techniques and farming methods **maximized** the nutrient value of food.

Modern food choices, processing and farming methods **diminish** the nutrient value of food.

Traditional foods come from healthy farms

Organic farms don't use chemical pesticides or herbicides.

Biodynamic farms fertilize with manure from pastured animals, and include livestock, orchards, forest and honey bees for a self-contained, sustainable farm.

Pasture-based livestock means animals live happier lives outdoors eating grass and soaking up sunshine. . . better for the animals, and more nutritious for people.

Smaller, local slaughtering operations mean more humane conditions for both animals and workers.

Economic models that rely on huge profits for food processors destroy the livelihoods of local farmers and artisans. With traditional foods, millions of small family farmers selling their meat, eggs, dairy products, fruits and vegetables locally can earn a decent living. With commercial foods, a few make millions of dollars while millions of people are impoverished—both economically and physically.

Traditional foods sustain a healthy environment

Biodiversity is maintained through crop rotation and natural pest control, NOT through genetically modified organisms.

Locally grown food uses less packaging which means less waste.

Shorter distances from farm to table mean less air pollution and traffic.

Small sustainable farms means less sprawl and more open space for future generations.