

Who is this Weston Price People Are Talking About?

Very simply he was a modern day hero whose work is only now getting the exposure it (and the world) deserves.

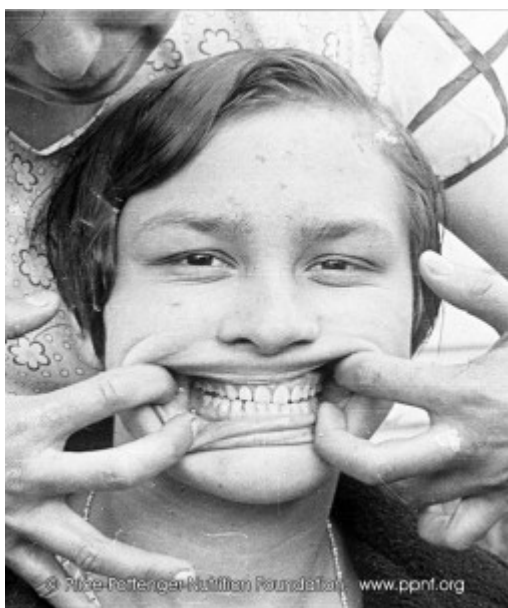
Dr. Weston A Price was a dentist who practiced in Cleveland, Ohio beginning in the 1920's. He was well known and respected in his day and was widely published in journals reviewed by his peers. He served as the head of research for the National Dental Association and authored a textbook on dentistry that was used by the United States Navy.

After years of treating rampant tooth decay in his patients, Dr. Price set out to understand why cavities and poor health were so common in his patients. More and more young people were coming into his office with narrow jaws and palates so they did not enough room for their teeth. He saw crowding, overbites, and underbites and these young people often had other health problems. Dr. Price concluded that the teeth were a visual indicator of the health of the rest of the body.

In order to find the answer as to why this was happening, Price knew he had to do what no one had done before; he chose to travel the world to find people who had little or no tooth decay (a "control group" for scientific inquiry). In his travels during the 1930's he found 14 isolated civilizations with perfect dental arches (no crooked teeth) and bone structure, excellent health, positive mental outlooks and high immunity to diseases like tuberculosis. His findings were in sharp contrast to Americans back home who had crooked teeth, cavities, arthritis, cancer, heart disease, mental illness and other health problems. No doubt he would be shocked at the [poor health our culture has today](#).

Dr. Price, being a highly respected researcher, meticulously

documented what happened to these civilizations when they were introduced to our modern convenience foods – white flour and sugar, refined vegetable oils, pasteurized milk and canned goods. Due to the advent of the camera, he was able to take pictures to show visually the immediate damaging effects when these peoples gave up their indigenous foods and preparation methods.



Superb dental formation and nearly complete immunity to cavities was observed in Native Americans (left) who lived on the traditional foods of their culture. Those who ate processed foods (right) experienced crowded teeth and rampant decay.

For years Dr. Price completed detailed analysis of traditional and modern diets. He was able to identify the important nutrients lacking in the “civilized” American diet. In his foundational book, [Nutrition and Physical Degeneration](#), Dr. Price shared what he found. He offered detailed evidence of the principles of healthy living. He predicted the continued demise of civilized populations if a return to traditional eating did not occur.

Which brings us to today. Our population in this country is getting sicker and sicker, despite advice from all the “health” related organizations. Fortunately, Dr. Price’s

principles are gaining exposure through the work of the [PRICE POTTENGER FOUNDATION](#)© and the [WESTON A PRICE FOUNDATION](#)© which now has nearly 600 local chapters around the world. Nutrient dense recipes are everywhere, thanks to the foundational cookbook [Nourishing Traditions](#) by Sally Fallon-Morell. We have Sally to thank for starting the Weston A Price Foundation, also. And the results are incredibly encouraging. Diseases are being healed naturally and children are again being born with excellent health and bone structure. To see where your closest chapter is located [click here](#).

Both of the above mentioned foundations are funded without money from outside interests, therefore the information they provide is without bias or profit motive. I encourage you to consider membership in one or both of these fine organizations.

I am proud to be a founding co-leader of [Nourishing the Lakeshore of West Michigan](#), the shoreline chapter of the [Weston A. Price Foundation](#).

The fact that the populations Dr. Price found had no vaccines and were in perfect health, is most certainly noteworthy.



Explore the
Wisdom of
the Ages
on Diet and
Nutrition

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The Weston A.
Price Foundation®

The advertisement features a stack of 'Wise Traditions' magazines on the left. The main text is centered on a parchment-like background. At the bottom, there is a red button with white text and a logo consisting of three globes. The entire advertisement is enclosed in a red border.



Protecting Ourselves from Radiation

Most of this article comes from my notes of a session on the dangers of Electromagnetic Frequencies presented by Mary Cordaro at the recent [Weston A Price Foundation](#) conference. [Mary's website](#) is packed with science and helpful hints on how to protect us from the harmful wavelengths in the world today, as well as other environmental concerns. I encourage you to explore it as well as the site of the folks at [Defender Shield](#) who were also at the conference.

To learn more about specific types and sources of EMFs, I went to [greenfacts.org](#). You might want to do the same.

SAFETY MEASURES and POINTS OF INTEREST:

ELF – (Extremely low frequencies) – comes from wired devices

- At desks, move cables/power strips as far away from your feet as possible
- Unplug as much as you can in your room at bedtime
- No electric blankets
- Use battery operated clock
- If you are really electromagnetically sensitive – turn circuits to bedroom (and around bedroom) off – do this after they have been inspected so you're sure they are safe.

HF – (High frequency – digital microwave – pulsed radiation – cordless phones)

- [Antennasearch.com](#) – see how close cell towers are to your house

- *When using the following, you should test the area before and after putting the protection up:*
 - Window films and coatings
 - Window shielding fabrics
 - Canopies over beds
- Cordless Phones:
 - Are like a mini cell tower – always emitting
 - Use no more than 900 megahertz
 - Use sparingly
 - Use speaker if equipped with such
 - Investigate protective stickers that can be placed near the battery
- I found a great article on HF-EMFs [here](#).

Cell Phones

- All smart phones and tablets emit radio frequency electrical magnetic fields 10-15 feet out when in standby mode
- No pregnant women or children should use them
- Use corded phones at home (not cordless! – see below)
- Everyone should minimize cell phone use
- Use a well-researched protective device like [DEFENDER SHIELD Cell Phone Protection](#)
- Talk on speaker
- Use Blue TUBE (not Bluetooth!)
- Place phone at least 15 feet from people
- Put smart phone in airplane mode as often as possible (there still is some radiation still, but much less)

Tablets

- Radiate 10-15 feet, so...
- Keep in airplane mode as much as possible
- Research and use a protective device i.e. [DEFENDER SHIELD Tablet Protection](#)

Wi-Fi ([studies in rats that showed Wi-Fi increases oxidative stress](#))

- Keep in mind that the Wi-Fi harmful wavelengths come from both the router and the device hooked up to the Net
- If you can, remove Wi-Fi from your home and use a hardwired Internet connection
- Turn off your router at night
- Move router away from people, especially children
- ADDED NOTE: WIFI IN SCHOOL IS VERY DANGEROUS, ESP. IN ROOMS WITH MORE THAN ONE COMPUTER BECAUSE EVERY DEVICE IS EMITTING RADIATION

Smart Meters

- Have dirty electricity that cannot be shielded.
- Learn more at www.smartmetereducationnetwork.com and www.michiganstopsmartmeters.com

Dirty electricity is a problem if you have Romex (as opposed to metal tubing). To reduce it:

- Avoid dimmer switches
- Use incandescent bulbs
- Avoid halogen lamps

Flat Screen Televisions

- AC magnetic radiation from a flat screen is relatively low (lower than the fatter TVs used to be).
- AC electric radiation, however, remains for up to 8 hours after turning the television off.

Additional websites that were strongly recommended:

- For those with children (grandchildren) – WWW.SAFBABY.COM
- Objective research – www.bioinitiative.org

I personally purchased a [Defender Pad](#) for use with my laptop. While Mary Cordaro strongly recommended not getting a smart phone, I suspect some day I will. When I do, I plan to get a Defender Shield case for it.

My hometown is waking up...to the microbiome

This post is dedicated to the new fermenters along the lakeshore of beautiful West Michigan. Great job to the students from my [White Lake Area Community Education](#) classes, [Nourishing the Lakeshore](#), [Fermenting the Lakeshore](#) held at [Unity of Muskegon](#) and health conscious shoppers at [Sweetwater Local Organic Foods Market](#).



What is the [microbiome](#)? Very simply, it refers to the fact that 99% of the DNA in our bodies is not our own; it belongs to micro-organisms. And if you're eating nutrient dense foods, little to no sugar and fermented foods everyday, you'll have "good" microbes that will treat you, their host, to health and

wellness. Fast foods, lots of sugar and processed carbs feed pathogenic “bad” microbes and WILL lead to illness as well as extra pounds.

A little history...In the 1990's, [the Human Genome Project](#), the biggest project ever undertaken in biology, focused on decoding human genetic information ([Holt, 2008](#)). There was hope to find the genetic cause and cure for every disease that affects humanity. What was discovered by 2003 was that every animal species shares the majority of genes, but that the expression of the genes can come in a multitude of ways depending on something called the epigenome. The epigenome is influenced by what we are exposed to in our lifestyle. While the genome can be likened to the hardware in a computer, the [epigenome](#) is similar to the software, which tells the hardware what to do. But there turned out to be another missing link.

Ultimately, by 2008, the Human [Microbiome](#) Project began where we realized that part of the reason a stalk of corn has more genes (32,000) than a human (25-30,000) is the fact that we are hosts to an estimated 100 trillion bacteria. These bacteria work in concert with our genes to run our bodies.

NPR has an animated yet thorough introduction to this new knowledge. It is about 5 minutes long and I strongly encourage you watch it:

This research is in its very early stages. Yet if we look at the research of civilizations that did not live like we do, [traditional peoples](#) (like those found by [Dr. Weston A Price](#)), we see EVERY one of these healthy groups ate fermented foods. And they ate no processed foods whatsoever. When we learn to ferment and return to traditional eating, we, too, can experience the radiant health that is our birthright.

Today, our microbiomes are compromised all sorts of ways. Besides the losses during infancy addressed in the video above, our balance of good to “pathogenic” bacteria shifts

with antibiotic use, toxins in our air, water and food, long term use of prescriptions and birth control pills as well as radiation. Without these beneficial “little critters” as I like to call them, we can’t digest and absorb nutrients to build healthy cells and this leads to nutritional deficiencies.

When we have an abundance of bad bacteria from eating processed food and drinking sodas, the “food” we eat gets broken down into toxic compounds which get absorbed into the bloodstream. From there they go to wherever we have a vulnerable area like our joints (i.e. arthritis), brain (i.e. fog, ADHD), skin (i.e. eczema, rash, acne) and our vital organs like our heart. These same bad little guys can damage the lining of our intestine and cause it to become inflamed and permeable (leaky gut), which leads to food intolerances and allergies. When this happens, we no longer are getting nutrients to build us up but instead get toxins that make us sick. And because 85% of our immune system is in our gut microbiome, if we don’t have good gut flora, our immune system goes haywire. No wonder so many people are unwell and overweight.

When people return to traditional ways, including fermenting, eating organic produce, consuming grass fed and wild animals and cutting out processed “foods”, their microbiomes can heal and do the work necessary to help return to wellness. For many, supplementing with probiotics is a sensible choice while they transition to more traditional ways. If this is something you choose to do, please make sure the product you use has integrity.



Lexi Larabee
Photography

Wishing you *real* food for *real* health so you can be *real* happy.

[Alzheimers and a Must See Video](#)

After speaking with [Dr. Bruce Fife](#) two weeks ago, author of The Coconut Oil Miracle, I was reminded of what a miracle the medium chain fatty acids in coconut oil can be to those with memory loss. I dedicate this article to two special women in my life who I think could be helped by its use.

I met the doctor in this video a few years ago at a national Weston A Price Foundation conference. Since that time, her husband continues to increase his functioning – not decline, like we're told the course of Alzheimer's generally goes. Yet, the information is not out there on mainstream media. Why? Well, who can profit? Not the pharmaceutical companies.

In my past posts on [coconut oil](#) and its [uses](#) I highlight additional benefits of this wonderful natural substance as well as a myriad of ways to include it in our daily lives.

If you or someone you know suffers from memory loss,

Alzheimer's, Parkinsons, or any neurological dysfunction-
Please share this post with them. I continue to hear stories, almost daily, of health issues that are improved with the use of coconut oil. That's exciting to me.

As always, wishing you **REAL** food for **REAL** health so you can be **REAL** happy.

Here is an [additional link](#) for further information on Dr. Westport's work with her husband using coconut oil.

[What's with the Coconut Oil](#) [#2 - Let's Get Practical](#)

Usually the first comment clients make when I encourage lots of good fats, like coconut oil, is "What about low-fat?" Take a look at [my April blog](#) and the [Weston A Price Foundation](#). As time goes by, we are seeing more and more truth hitting the mainstream about the low-fat myth. Gary Taubes was right on the money with his article [What if it's All Been a Big Fat Lie?](#)



Ask yourself, if you still believe the low-fat jargon, what are you going to eat instead? Carbs. Carbohydrates that signal the release of insulin **to store body fat**. I haven't met a client yet who wants that. And those carbs are usually processed foods (breads, "health food" bars, pasta) which make our blood sugar go up quickly then crash. Ample amounts of

good fats, like coconut oil, at every meal keep the blood sugar level.

Coconut oil at room temperature, which is how it should be stored, is a solid. This shows that it is [saturated \(and good for you\)](#) and stable. Being saturated makes it a good cooking oil as it won't turn toxic when heated.

What to buy...Make sure you get organic, virgin coconut oil. In their book *Eat Fat, Lose Fat* Dr. Mary Enig and Sally Fallon highly recommend tropicaltraditions.com as it is made through a traditional process and supports artisan coconut oil producers. Most health food stores as well as Whole Foods and Trader Joe's stock virgin coconut oil extracted using safe, non-toxic methods.

OK, so you've got your coconut oil...now what? **Switch it out for any toxic liquid oils** you have in your cupboard (vegetable, canola, corn) or margarine in the frig (if you're not allergic to milk...keep eating butter. It provides a whole other bunch of nutrients.)

If you're trying to lose weight, you're in luck. Consuming **coconut oil before your meals can help escalate weight loss**. When you consume it about 20 minutes before meal time, you won't feel near as hungry – which will curb your appetite. It's 100% natural and something your body recognizes (unlike diet pills and powders). Start with a teaspoon in warm water once a day first thing in the morning. Don't like the taste? Have it in green tea, or herbal tea, or your coffee if you drink that. You'll get used to it.

After a couple days, double the amount you're consuming, after a couple more, double it again. Below are Fallon and Enig's recommendations for daily consumption according to weight:

90-130 # – 1 Tbl per meal up to 3 Tbl day

131-180# – 1.5 Tbls per meal up to 4.5 Tbl a day

and over 180# – 2 Tbls per meal up to 6 Tbl a day

How else can you get this wondrous oil in your body...

- * Use as a body moisturizer
- * Use a small amount for dry scalp and hair
- * Use on toast (preferably true sourdough as it is prepared traditionally)
- * Super drink – add to warm bone broth with a dash of tasty mineral rich sea salt
- * Add a tablespoon or 2 to your casseroles or mashed potatoes
- * Mix with your butter or use alone on morning warm cereals
- * Have a quart jar in your cupboard with Mary's (Enig) Blend in it for cooking: 1 cup each coconut oil, olive oil and sesame oil. This is especially delicious for salad dressings

And please be aware, not only is the oil of the coconut incredible for you, but the meat and the milk are good for you, too. Make sure to get high quality organic safely made products.

Then you can try:

- * Sprinkling coconut on top of just about anything – salads, casseroles, oatmeal (which is best for the body if soaked).
- * Adding coconut milk to smoothies, soups, porridge, and sauces

This should give you ample ideas for integrating coconut products into your life.

Do pay attention to your body's response. After years, even decades of eating unhealthy fats, it may take your body some time to adjust to the molecules of this healthy fat. Start out small, like with cooking. If you don't feel well after eating coconut oil, perhaps it's not for you. I personally have not met anyone yet with such a sensitivity, but I believe it can exist.

As always, wishing you **REAL** food for **REAL** health so you can be **REAL** happy.

Why Organic?



In my last article I touched on how what we put on our skin affects our health. Hard for some people to believe. Today we'll look at the more accepted premise – we are what we eat. Think about it. We consume “stuff” and it becomes our bodies. Shouldn't we be aware of what is in that “stuff”? What we put in our mouth is the #1 contributor to our wellness (or lack thereof). The way we eat changes our immune system, our muscles and joints, our brain and moods. With the degradation of the food supply, our wellness is running into major trouble.

So let's take a look at pesticides. [Organophosphate](#) pesticide poisons were developed during [Hitler's reign as chemical warfare](#). And we're using them on our crops?? There are over 180 identified pesticides used in this country that are [endocrine disruptors](#). That means they mess with our hormones (like insulin) which oversee the functioning of all the necessary activities in the body. The average American consumer is exposed to between 5 and 10 pesticides per day on the **Standard American Diet (SAD)** . Even with a well functioning liver, those toxins are going to build up. Proponents of the chemical industry say the trace amounts in our food are too small to negatively effect health (100 parts per billion). Did you know that the [NuvaRing](#), the birth control vaginal ring, contains .019 parts per billion and it prevents reproduction?! [Albuterol](#), the asthma inhaler, works

at 2.1 parts per billion, quite effectively for those in distress. We're kidding ourselves if we think the pesticide residues in and on our food are inert.

Why aren't physicians advising everyone to eat organic? Because they are not being educated about the damaging, even life threatening effects of pesticides on living cells/tissues/bodies. They're treating diseases AFTER they occur. The [information is out there](#), but it has not been considered a priority in med school. Who is going to advocate for including it in the curriculum?

Consider this. Back in the 80's when I was raising my family, kids just didn't have the health problems they're having today. It was rare to see a child or adolescent with high blood sugar or blood pressure, abnormal cholesterol or triglycerides, or a waist size above 40 inches. Now, 2/3 of high school students have at least one of these markers (Dr. Alan Greene, lecture to organic farmers, 2009). During the last 30 years our food supply has experienced MAJOR compromises (pesticides, GMO's, high fructose corn syrup, additives, preservatives, colorings, and more). The way we are feeding our children is setting them up for a lifetime (often abbreviated) of illness.

So let's talk about diabetes for a minute. Studies have confirmed a link between [diabetes prevalence](#) (and [auto-immune diseases](#)) and pesticides. Adult onset diabetes is now called [type II diabetes](#) because so many young people are getting it. A diagnosis of diabetes for a child is likely to reduce their lifespan [10-20 years](#). The cost of caring for them over their lifetime is estimated somewhere between \$300,000 and \$3 million – per child! Why then, do we continue sourcing our school lunches from conventionally grown and processed foods? Because it's cheap, “inexpensive” if you will. We can feed a lot of children for very little money. The long term price tag however, is astronomical. And the pain and sadness are priceless. Imagine what we could do if we spent more for

organic food and prevented diabetes in thousands (and thousands) of young people.

OK, so pesticides are dangerous. What about the hormones they use to fatten up livestock, make more milk and get those huge chicken breasts we think are good for us? Well, there is NO evidence anywhere to show the safety of the hormones used on animals. There are studies however, that show increased cancer in people who consume conventionally raised meat. That was why [in 1989, Europe banned the import of meat raised in this country.](#)

The great thing is, there are farmers with integrity out there that understand the connection between sustainable farming and sustaining human life. Animals raised on smaller farms are roaming the grass in the sunshine and taking in life sustaining nutrients that are passed on to us when we eat them. Organic vegetable and fruit farmers do not use toxic, cancer causing pesticides, AND they add needed minerals back into the soil so plants and trees can bear produce that builds healthy human bodies. [Research](#) shows that [organically grown foods](#) contain significantly more nutrients and antioxidants AND those nutrients are more bioavailable to your cells. Anyone who consumes organically raised food on a regular basis also knows it tastes great! I encourage you to find local sources for organically raised food. There are more and more every day as we spread the word of true healthy living.

Until next time...Wishing you **real food** for **real health** so you can be **REAL HAPPY**.

Additional recommended reading:

[Mounting Evidence Links Pesticides to Parkinson's Disease](#)

[Serum organochlorine pesticide residues and risk of gallstone disease: A case-control study in Xiamen.](#)

[Childhood brain tumors, residential insecticide exposure, and pesticide metabolism genes.](#)

[New study confirms atrazine's effects across a range of](#)

[species \(including us\)](#)

[Organic Foods Contain More Nutrients!](#)

[Study links Honey Bee Deaths to Corn Insecticides](#)

What We've Learned from Traditional Diets

Why are these People so Healthy?



Native people eating traditional foods had physical excellence, splendid facial and dental arch forms, and no cavities.

Our standard American diet is **sad**; sad because its consumption is making us sick. Rates of cancer, diabetes and heart disease, as well as obscure diseases and behavioral problems in children are higher than ever.

Theories of healthy nutrition come and go, which only adds to the confusion about what we should eat to be healthy. The food industry loves this because then we all just throw our hands up and say...“everything is bad for you.” This is just not true. While sifting through all the claims and advice is not easy, when you use common sense and diligence, the truth emerges.

Fortunately we have the work of [Weston A Price](#) to show us what people who were truly healthy ate. Dr. Price identified 14 groups of disease free people. If we look at the diets of these hearty people we see they had similarities with each

other but were very different to how we eat today. These common factors helped them build strong bodies that resisted disease.

Here are the 9 common characteristics of these life sustaining diets. Compare them with how you eat – could there be a correlation with your own aches, pains, tooth decay and other health problems? The answer is yes.

1. 30% to 80% of calories were from fat
2. Unrefined salts were eaten regularly
3. Lacto-fermented foods provided healthy bacteria for the intestine (this is where our nutrients are taken in to build our cells)
4. Absolutely no denatured/refined foods were eaten (no flour, sugar, lowfat milk, refined vegetable oils, food additives)
5. Some animal food was consumed by every group, be it raw milk or products made from it, fish, eggs, beef, pork or insects and reptiles
6. Nuts, grains and seeds were always prepared to neutralize substances in them called anti-nutrients
7. Preparation methods included cooking, soaking, sprouting and fermenting and some animal foods were consumed raw (milk and meat).
8. The amounts of omega 3 and omega 6 oils were about equal. Today that ratio is often 1:20 which has a devastating effect on our cells, particularly in the brain
9. All cultures used animal bones, usually to make bone broths.

These people ate REAL food they took time to prepare with love and care. And that food became their bodies through digestion

and assimilation.

Are you eating REAL food? Think it might be time to?

If you see this as possible in your life, good for you, because it is. Large numbers of people are healing themselves by returning to traditional diets. The [Weston A Price Foundation website](#) is a wonderful resource. Each of the above issues will be addressed in detail in future articles on this blog.

Until next time, wishing you Real Food for Real Health so you can be Real Happy

[The Keys to Traditional Eating](#)

We are in the midst of an informational paradigm shift. Thanks to the Internet and politically incorrect non-profits like the [Weston A Price Foundation](#)® and the [Price-Pottenger Foundation](#)®, and movies like [Food, Inc.](#) and [Fresh](#), a revolution in how we choose, prepare and consume food is on. Across the world, people are switching to organically grown and raised local produce, eggs, milk, chicken and meat. When they do, they see dramatic positive changes in their health, mood and energy levels.

Many argue it is too expensive to go this route, but when we look at the cost of “health” care for chronic disease, which is at an all time high, can we afford NOT to make these changes?

The founder of the [Weston A. Price Foundation](#), Sally Fallon

Morell lays the foundation for REAL healthy eating.
