

# 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.**



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Wisdom of  
the Ages  
on Diet and  
Nutrition

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# The Ultimate Make-at-Home Medicine



*This post is dedicated to the outstanding group of health conscious individuals who attend meetings of the newly formed **Nourishing the Lakeshore of West Michigan** chapter of the Weston A. Price Foundation.*

Sally Fallon Morell, the author of [Nourishing Traditions](#) and co-founder of the [Weston A Price Foundation](#) shares some thoughts about bone broth here.

The reason to use bone broth is 2 fold. One – it is key to good health and two, having it on hand makes preparing delicious meals in the kitchen so much easier.

Bone broth provides **electrolyte minerals** from bone, marrow, and cartilage (calcium, magnesium, phosphorus, silicon, and sulphur). Since minerals are extracted from natural living tissues, they are **in the ideal balance and form to be easily taken in and used by the body**. You could call broth the ultimate mineral supplement. It works to accelerate overall healing and supports our bones, joints, teeth, digestion and immunity. It is an ideal “prescription” for any disease and a wonderful preventative of future illness. As a mental health professional, I am excited about the prospects of better mental/emotional health due to improved digestion and

assimilation.

Ramiel Nagel in his book [Cure Tooth Decay](#) says broth is one of the **most potent medicines for reversing and preventing tooth decay**. He recommends 1 -2 cups per day either drank by itself or used in soups, stews or sauces.

Bone broths also provide **gelatin** which attracts digestive juices to itself and thus helps us **utilize proteins and other nutrients more completely**. This is helpful for those on a tight budget (who can't afford to buy a lot of meat)...since it allows the body to make better use of proteins.

Gelatin also **prevents bad bacteria from attacking the gut wall** neutralizing them so they don't cause problems for us. There is a [significant amount of research](#) proving that gelatin can heal chronic digestive disorders (by balancing stomach acid to normal levels), Crohns Disease, colitis, irritable bowel syndrome – all of which are on the rise, especially in teens and young adults.

Who's heard of glucosamine and chondroitin? These supplements for joint health have been proven to reduce arthritic pain and swelling...and they're in bone broth – again in the natural form your body recognizes.

One important note: use bones with integrity, that is from animals who have grazed out in the sun eating grass and non-gmo feeds. The bones from these animals will have more minerals and little or no toxins (like arsenic) than those conventionally raised. The ideal is to know your farmer.

**Chicken Stock** – any birds – turkey, duck, goose:

Can be made from raw chicken, either whole or cut up into parts, or you can use the bones from a prepared chicken meal. Skin adds flavor and additional nutrients.

### **Recipe**

In a large stockpot place:

1 whole chicken or 2-3 pounds of bones...including neck, back,

wings (can be browned for flavor),  
About 2T of vinegar – to about 3-4 quarts filtered water,  
1 large onion, 2 carrots and 3 celery stalks (with leaves)  
and/or any other vegetables you have on hand – all coarsely  
chopped,  
and let sit for 30-60 minutes – this starts the process of  
drawing out the minerals. Bring pot to a boil and remove the  
“floaties” that rise to the top – don’t worry if you don’t do  
this. Cover and simmer 6-48 hours. 10 minutes before removing  
from heat, add a bunch of parsley for added minerals. Then  
remove the bones; you can use the meat in recipes. Throw the  
veggies in your compost pile.

Strain into glass bowl or jars. Put in the frig until the fat  
solidifies on top...scrape it off and you can save it for  
sautéing vegetables. Store 5 days worth of broth in the frig  
and the rest in pint and quart jars in the freezer. LABEL with  
date and type. If you want to store in plastic...make sure the  
broth is cool and the plastic safe. Broth keeps several months  
in the freezer...you’ll use it up way before that.

Beef recipe is similar...

**Beef Stock** – same for deer, bison and lamb

Best bones are knuckle, marrow, meaty rib, neck and tail.  
Again...local and grass fed is best.

### **Recipe**

For those who are just beginning or get overwhelmed with too  
many details, brown some bones in a 350 degree oven for about  
half hour, put them in a kettle with good clean water, a  
chopped up onion, chopped carrots and celery and a tablespoon  
or 2 of raw apple cidar vinegar and let stand for an hour or  
two, bring to a gentle boil, then simmer for 6 – 72 hours. **If  
you have reason to believe your gut is leaky, stick with 6  
hours or less. Glutamate is created after a lengthy simmer,  
so using the broth after 6 hours may be more safe for those  
with intestinal permeability.**

Just DO it. You can master the details later.

Here's Sally Fallon's recipe:

In a big pot place about 4 pounds of marrow and knuckle bones and 1-2 T Vinegar for every quart of filtered water – let this stand about an hour.

In the meantime, brown about 3 pounds of meaty rib and neck bones (in a shallow casserole pan) in the oven at 350 about 20 minutes per side. Then put them in the water . You can pour out the fat, add water to the pan and scrape it to get those yummy drippings unstuck and then pour that into the stockpot. Add your choice of veggies if you like.

Bring to a boil. Skim off floaties – this is more important with beef than chicken. Turn heat down and simmer for at least 12 and up to 72 hours. The longer it cooks, the richer the flavor. Again, the last 10 minutes, you can add parsley for extra minerals.

Remove bones, strain into glass bowl or jars, cool, remove fat. There are times when I know I'm going to use the stock for a casserole so I just leave the fat in it...[as we've learned](#) these are healthy for us. It all depends on your taste. Pour into storage containers and LABEL.

How can you use your broth? Anytime you are making soup, sauce or a casserole, it is a delicious healthy addition. You can also start your day with a warm cup of broth, a touch of sea salt, and [that wondrous coconut oil](#) we've talked about recently.

“Add”itional thoughts.

\*\*\*For those who don't want the stove on all night:

– You may use a crockpot (please be sure it is made of safe material)

– Make [fish stock](#)

\*\*\*For added nutrients:

– Add egg shells, chicken feet, or heads (yes, chicken/turkey heads add healing nutrients)

– Add extra gelatin to the finished broth

\*\*\*For added flavor:



- Add basil or thyme the last hour
- Add garlic
- Add miso

\*\*\*For economy – re-use your bones, adding new bones with cartilage each time.

It is **not advisable** to buy most canned and boxed soups and broths as well as bouillon cubes and powders even if they are labeled organic – they have all sorts of unwanted substances like MSG, artificial flavors and trace amounts of the material in the container in which they are packaged.

**Wishing you REAL food, for REAL health so you can be REAL happy.**

More reading from Sally Fallon Morrell – [Broth is Beautiful](#).  
And the book Nourishing Broth, by Sally and Kaayla Daniel, Ph.D.

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## Let's Debate Raw Milk

Do you seek the *real* truth? Not information crafted to sell products to the masses?

You be the judge who won...just watch the debate. Kudos to Harvard for hosting on this controversial (because of the dairy lobby) topic. The first 20 minutes are amazing – in case you don't have time to watch the whole video. Did the attorney say anything that wasn't from the government or based on cases from which he stands to gain financially? I get the impression that the veterinarian was dozing during the Sally's presentation.



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# 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.