

# Summary

Traditional diets *maximized* nutrients while  
modern diets *minimize* nutrients

## TRADITIONAL DIETS

Foods from fertile soil  
Organ meats over muscle meats  
Animal fats  
Animals on pasture  
Dairy products raw and/or fermented  
Grains and legumes soaked/fermented  
Bone broths  
Unrefined sweeteners (honey, maple syrup)  
Lacto-fermented vegetables  
Lacto-fermented beverages  
Unrefined salt  
Natural vitamins in foods  
Traditional Cooking  
Traditional seeds/Open pollination

## MODERN DIETS

Foods from depleted soil  
Muscle meats, few organs  
Vegetable oils  
Animals in confinement  
Dairy products pasteurized  
Grains refined, extruded  
MSG, artificial flavorings  
Refined sweeteners  
Canned vegetables  
Modern soft drinks  
Refined salt  
Synthetic vitamins added  
Microwave, Irradiation  
Hybrid seeds, GMO seeds

***Health, Beauty and  
Strength with  
Nourishing  
Traditional Diets***

***Part II***

## 6. Seeds, grains, legumes & nuts are soaked, sprouted, fermented or naturally leavened

Deactivates ENZYME INHIBITORS (block digestion)

Neutralizes PHYTIC ACID (blocks mineral absorption)

Neutralizes TANNINS and LECTINS (irritants)

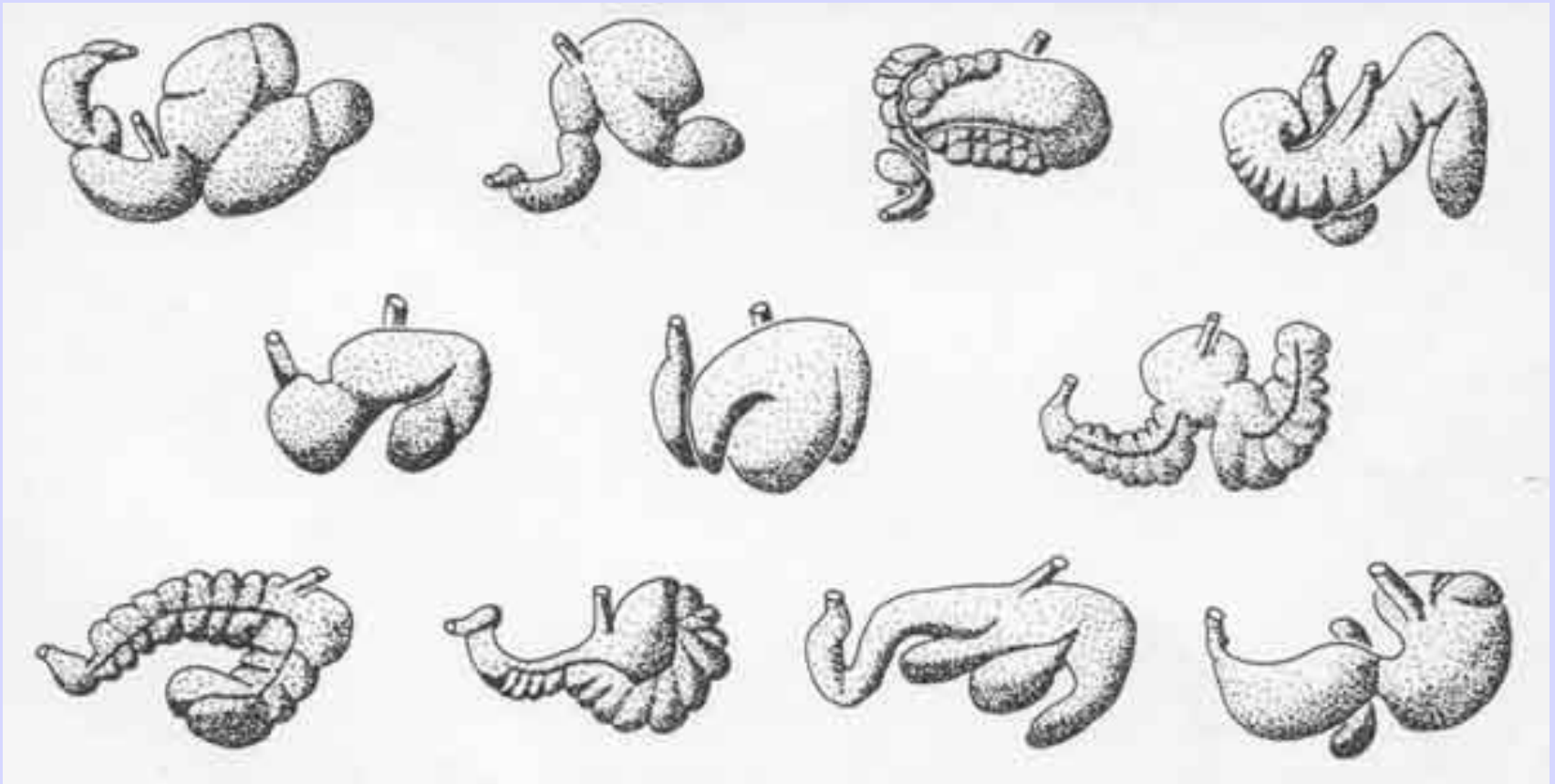
Pre-digests COMPLEX STARCHES & SUGARS (hard to digest)

Begins breakdown of GLUTEN (hard to digest; can be toxic)

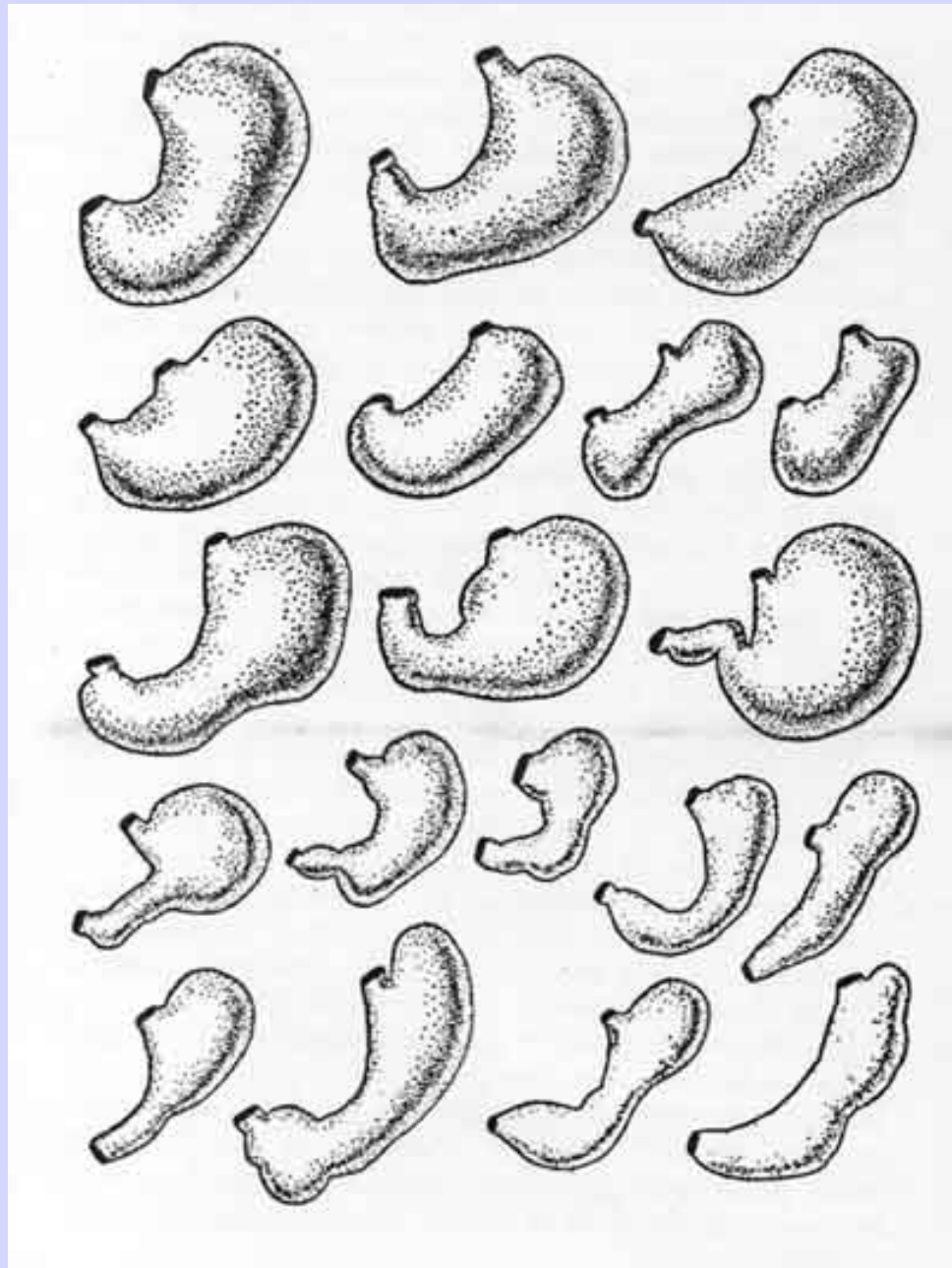
Begins breakdown of CELLULOSE (impossible to digest)

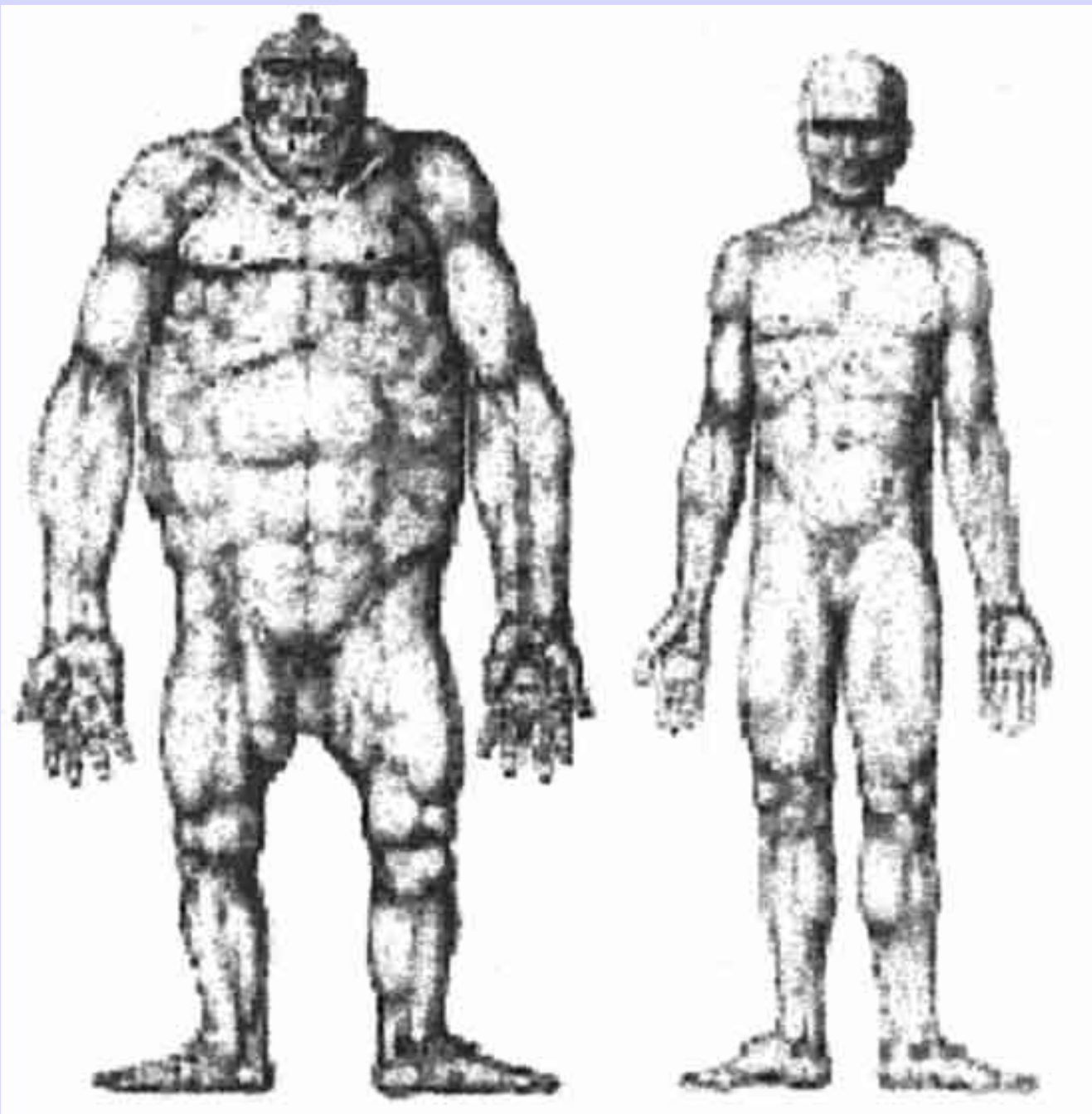
Proper preparation makes seed foods more digestible and their nutrients more available.

# 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**



# 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.

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

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

# Traditional & Modern Soy Foods

## TRADITIONAL

Miso

Soy Sauce

Tempeh

Natto

Tofu

Soy Milk

Consumed in small  
amounts

## MODERN

Bac O Bits

Hamburger Helper

Soy Milk

Soy Cheese

Soy Yogurt

Soy Ice Cream

Soy Burgers

Soy Hot Dogs

Diet Drinks

Protein Drinks

Hamburgers

Bread

“Health” bars (Zone, Balance, Atkins)

Tofu in cheesecake, dips, etc.

Isoflavone supplements

# Modern Soy Foods are Imitation Foods!



# Soy Foods in Asian Diets

**JAPAN:** Average soy consumption is about 30 g per day (2 tablespoons). 65% of calories in the Japanese diet come from fish.

**CHINA:** Average soy consumption is about 10 g per day (2 teaspoons). 65% of calories in the Chinese diet come from pork (meat and fat).

# Soy Problems in Animals

Reproductive problems, infertility, thyroid disease and liver disease due to dietary intake of isoflavones (plant types of estrogens) have been observed for several species of animals including:

mice

rats

quail

cheetah

sturgeon

sheep

pigs

marmoset monkeys

# Soy Milk or Real Milk?



Synthetic Vitamin D

Emulsifiers

Refined Sweeteners

Phytoestrogens in Soy Milk:

45 mg per cup - a toxic dose!

Twice daily average of Japanese

Other Anti-Nutrients in Soy Milk:

Phytic acid and enzyme inhibitors

# Soy-Based Infant Formula

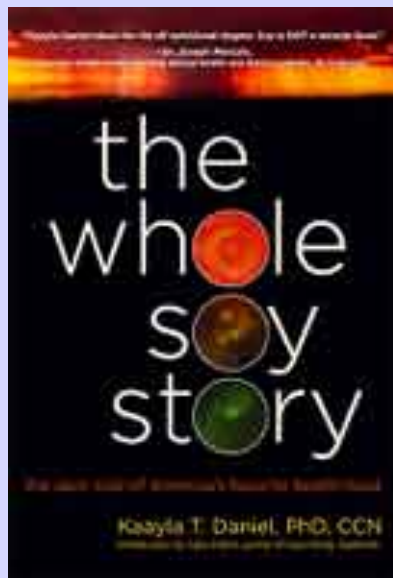


A recipe for disaster!

Baby receives daily dose of estrogens TEN times greater (as a function of body weight) than the level found in Asian diets. . .

. . . plus anti-nutrients and high levels of manganese, aluminum and fluoride.

# Soy Danger Sources



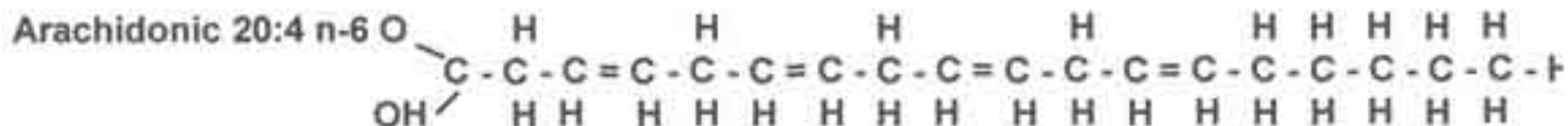
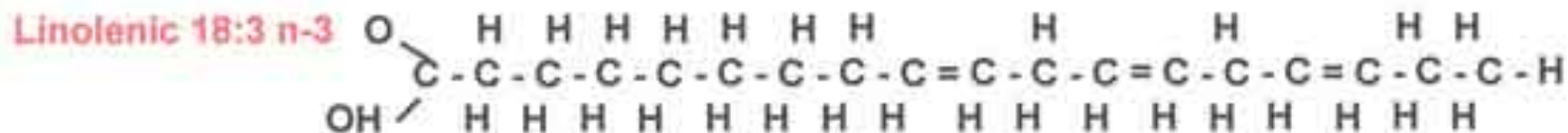
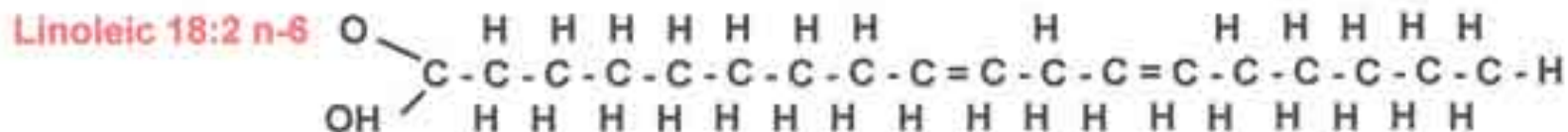
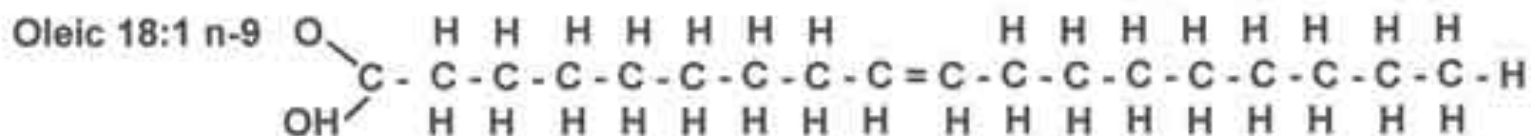
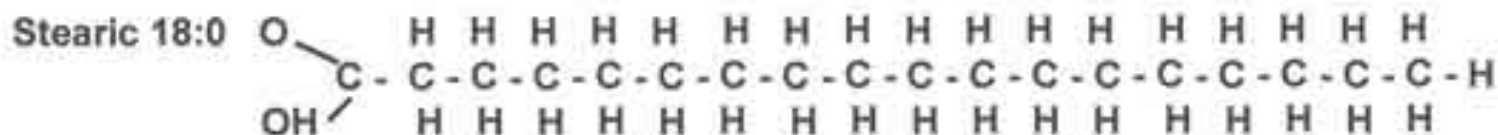
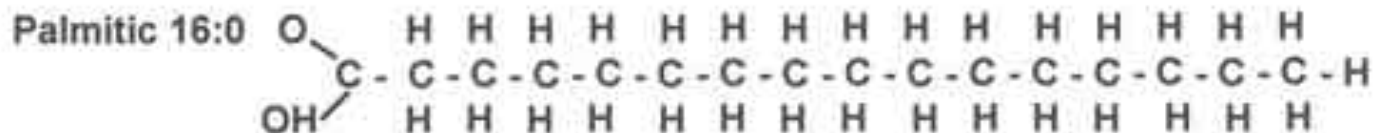
The Whole Soy Story by  
Kaayla Daniel, PhD, CCN

Soy Alert! Section of  
[westonaprice.org](http://westonaprice.org)

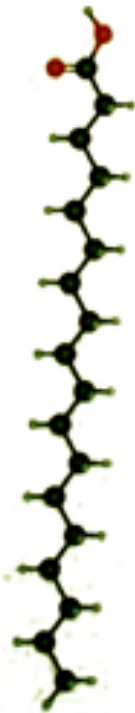
Soy Alert! Flyer from the  
Weston A. Price Foundation

7. Total fat content of traditional diets varies from 30% to 80% of calories, but only about 4% of calories come from polyunsaturated fatty acids.

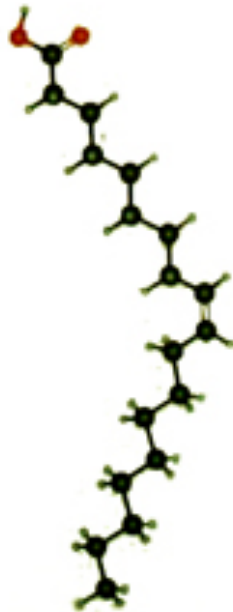
# Longer-Chain Fatty Acids



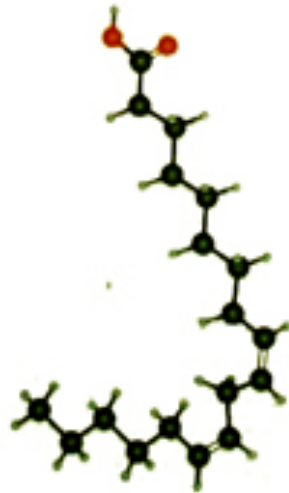
# 18 Carbon Fatty Acids



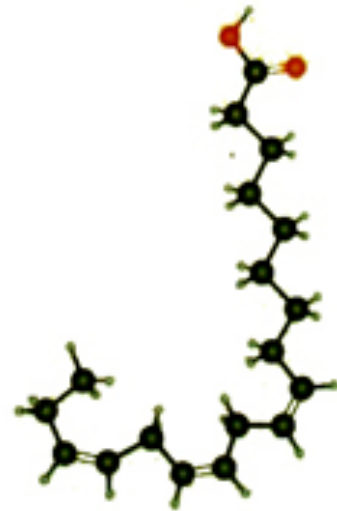
Stearic



Oleic

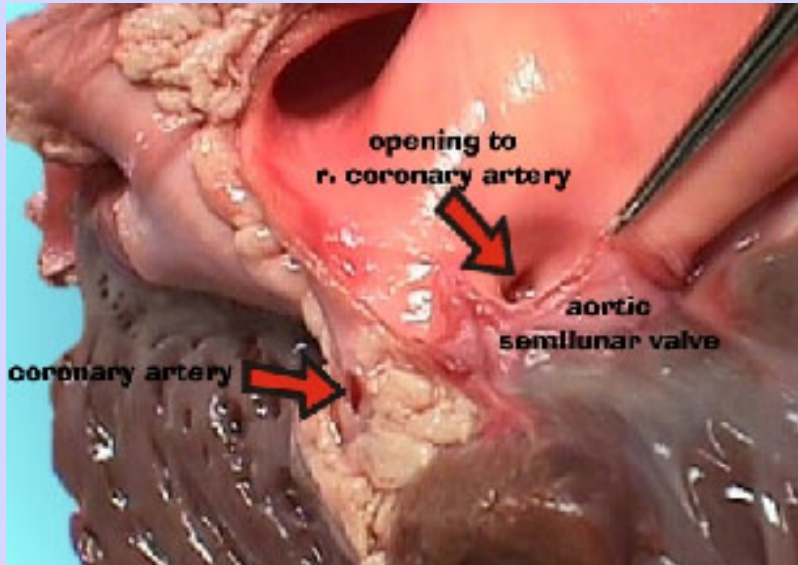


Linoleic



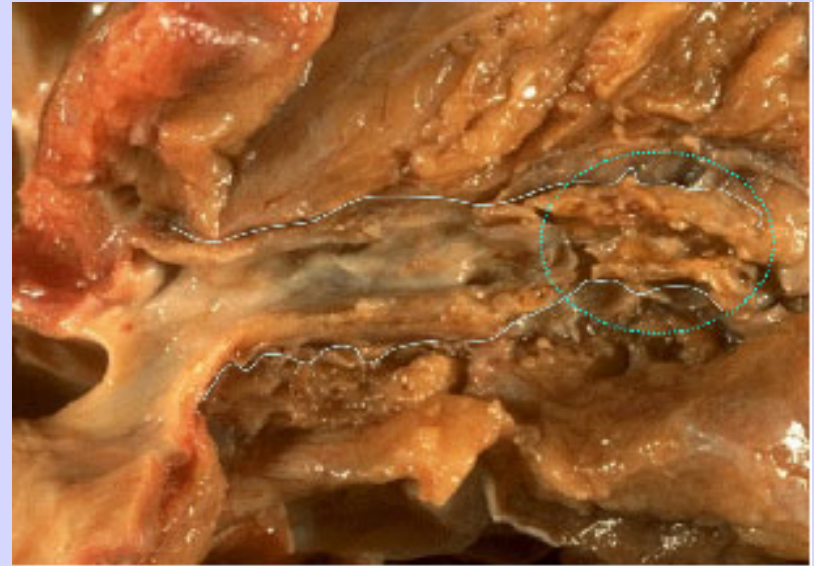
Linolenic

# Arteries: The Good and the Pathological



Good artery - smooth, elastic and pink.

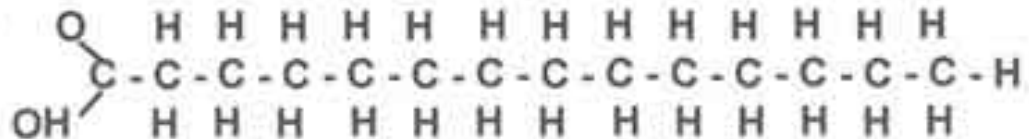
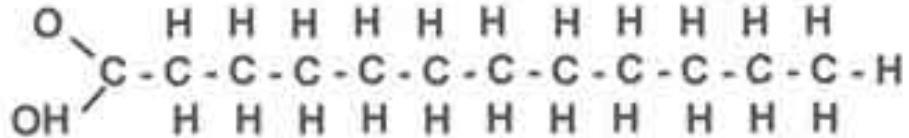
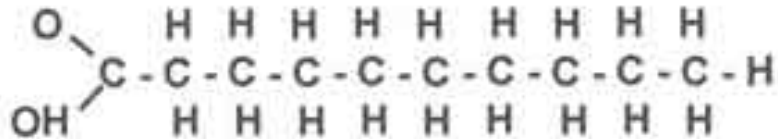
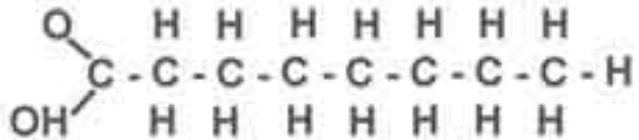
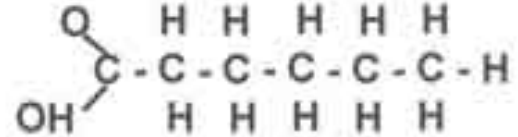
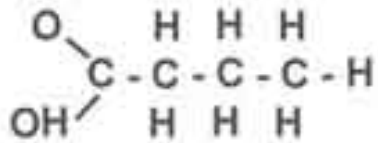
Saturated and mono-unsaturated fats do not react or harm arteries.



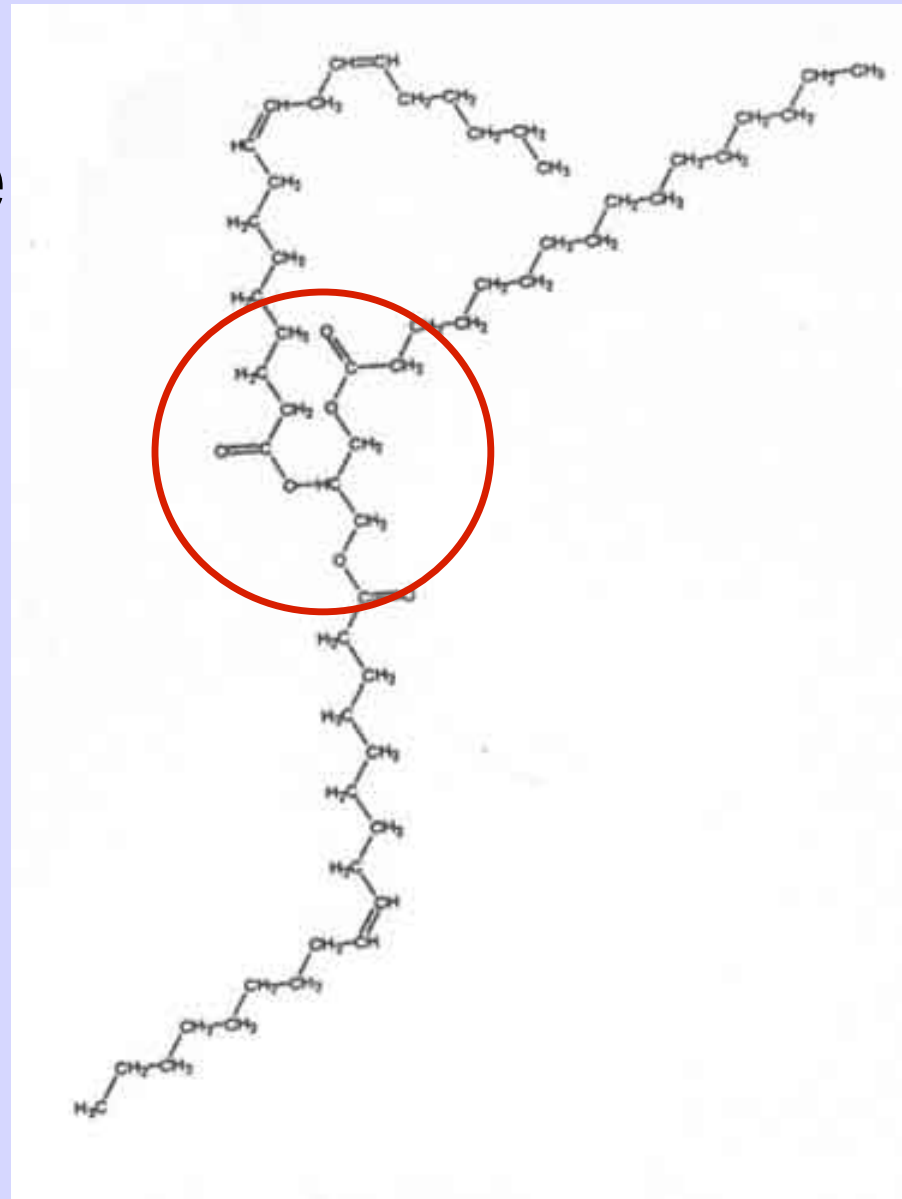
Damaged arteries - crusty and yellowish.

Damage caused by free radicals from rancid, processed vegetable oils!

# Shorter-Chain Fatty Acids



# Triglyceride



# Who's Afraid of Saturated Fat?

*Clogs arteries!*

*Causes Cancer!*

*Inflammation!*



*Makes you fat!*

*Bad for the liver!*

*Heart attack!*

Don't worry, Lisa.  
None of this is true!

# 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 & 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

# The Many Roles of Short and Medium-Chain Fatty Acids

**METABOLISM** – Raise body temperature and give quick energy

**WEIGHT LOSS** – Never stored as fat; used for energy

**IMMUNE SYSTEM** – Stimulate the immune system

**INTERCELLULAR COMMUNICATION** – Help prevent cancer

**ANTI-MICROBIAL** – Kill pathogens including candida in the gut

# Recent Studies on Fats

LOWFAT = FATTER CHILDREN: Swedish study; Children on lowfat diets were fatter, consumed more sugar and had higher insulin resistance.

([www.ub.gu.se/sok/dissdatabas/detaljvy.xml?id=6979](http://www.ub.gu.se/sok/dissdatabas/detaljvy.xml?id=6979)).

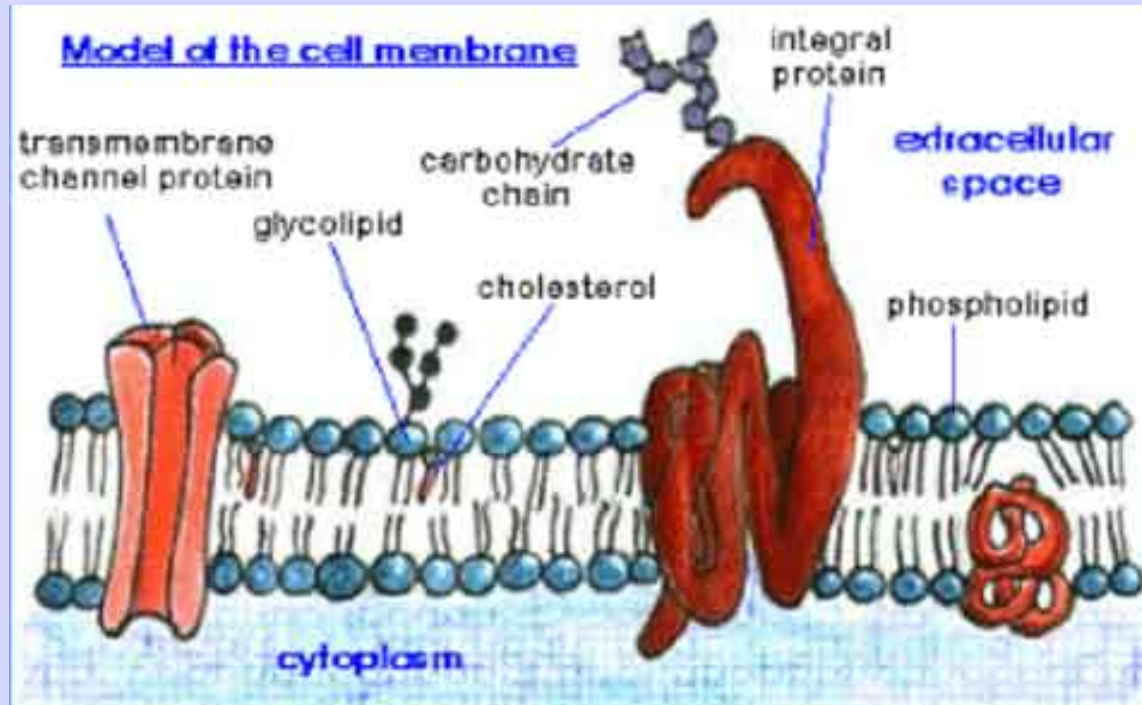
WHOLE FAT MILK = FERTILITY: Women drinking lowfat milk had fertility problems.

(*Human Reproduction*, online February 28, 2007).

WHOLE FAT MILK = LOWER WEIGHT GAIN: Swedish women using cheese and full fat dairy had lower weight gain as they grew older.

(*American Journal of Clinical Nutrition*, 2007;84(6):1481-1488).

# Cell Membranes



Most of the fatty acids in the cell membrane need to be straight, saturated fatty acids, so they pack together “like logs” and give stability to the membrane. Small numbers of polyunsaturated fatty acids (always bent) are located close to the transport proteins to make transport channels through the lipid membranes.



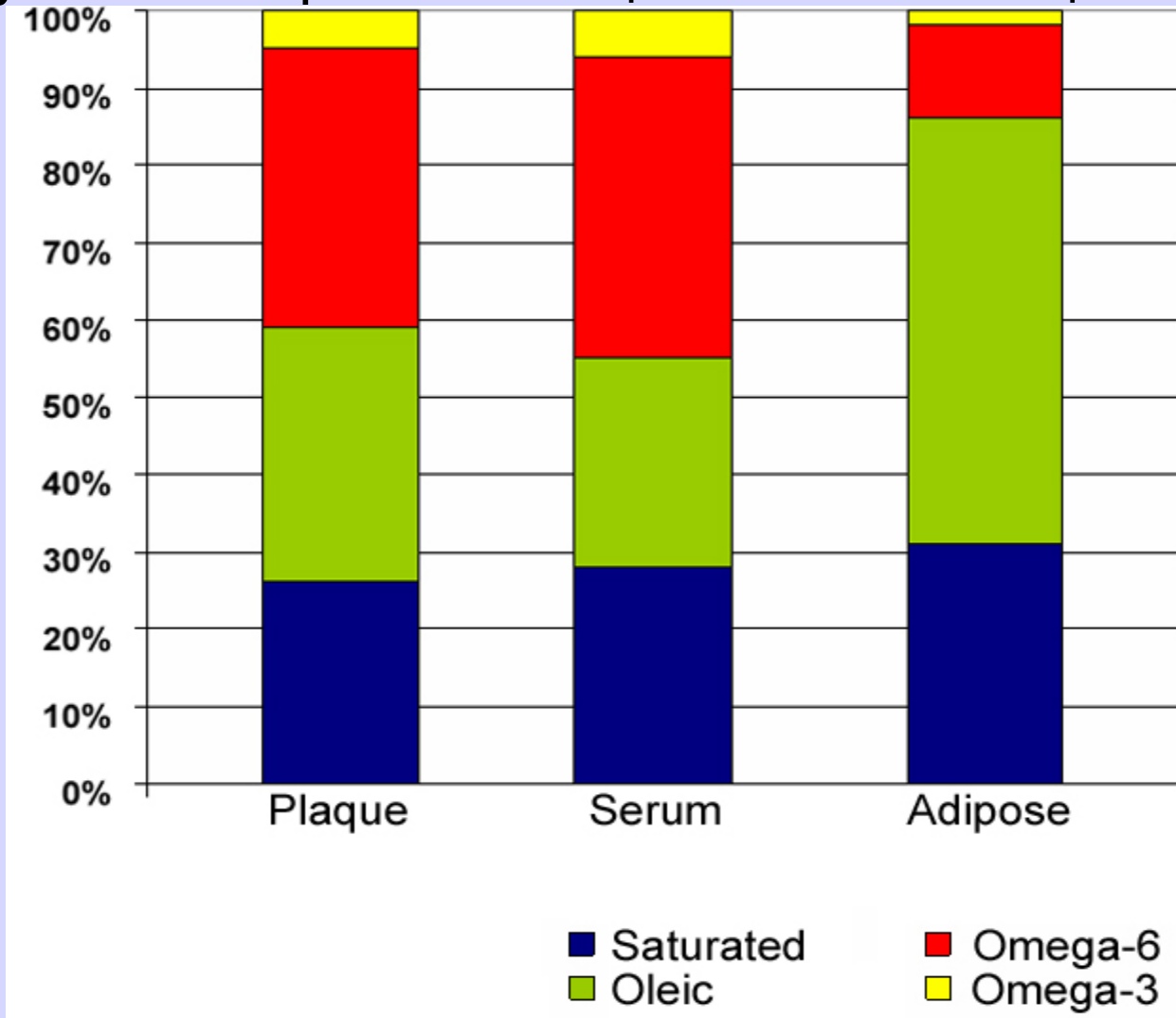
# The Famous Framingham Heart Study

"In Framingham, Massachusetts, the more saturated fat one ate, the more cholesterol one ate, the more calories one ate, the lower people's serum cholesterol... we found that the people who ate the most cholesterol, ate the most saturated fat, ate the most calories weighed the least and were the most physically active."

William Castelli, Director  
The Framingham Study

Source: *Archives of Internal Medicine* 1992

# Fatty Acid Composition: Plaque, Serum, and Adipose tissue



Fenton, *Lancet* 1994

# 1965 Study on Fats

Patients who had already had a heart attack were divided into 3 groups:

Polyunsaturated Corn Oil  
Monounsaturated Olive Oil  
Saturated Animal Fats

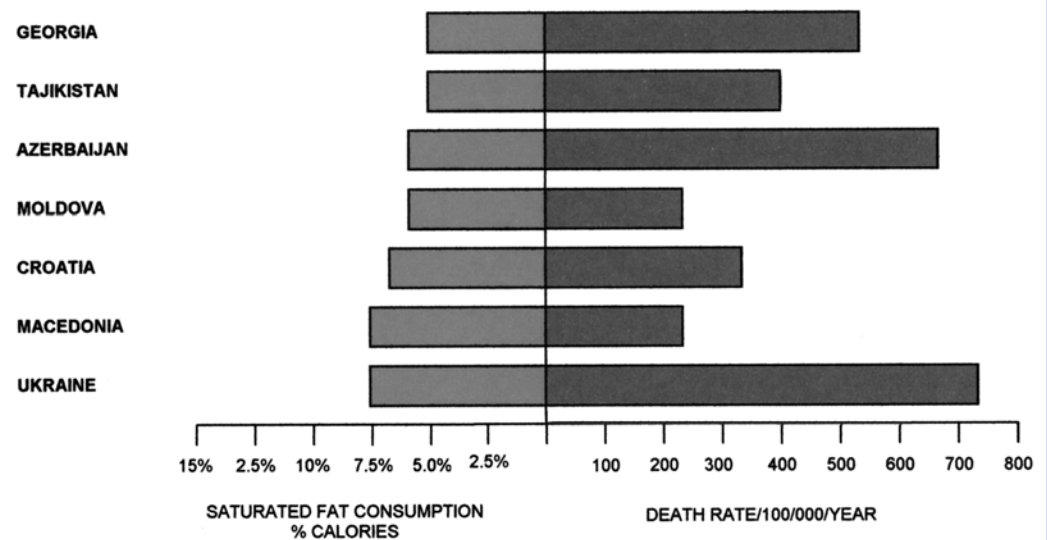
1. Corn Oil Group had 30% lower cholesterol but only 52% alive after 2 years
2. Olive Oil Group had 57% alive after 2 years
3. Animal Fat Group had 75% alive after 2 years

Source: British Medical Journal 1965 1:1531-33

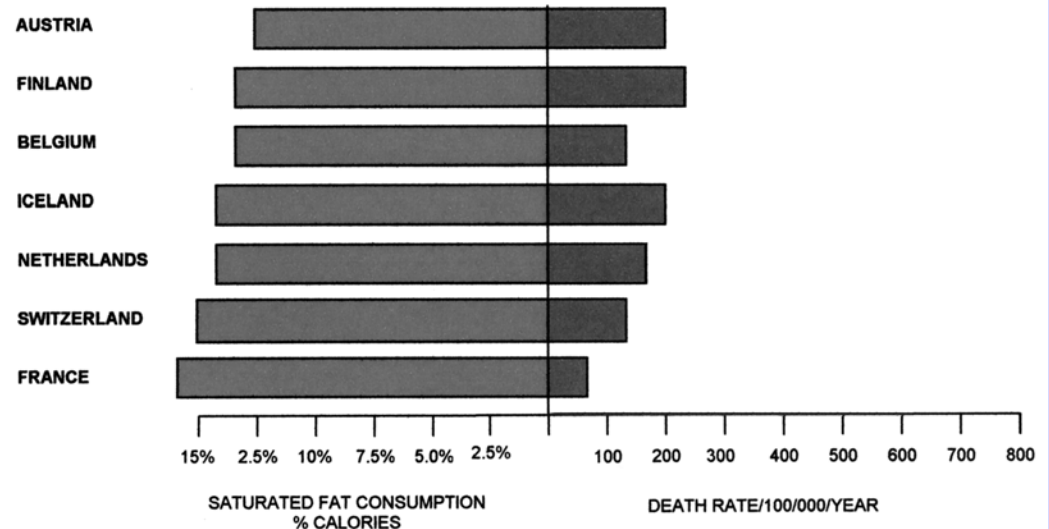
# Saturated Fat and Heart Disease

Lower rates of heart disease are associated with higher levels of saturated fat in the diet.

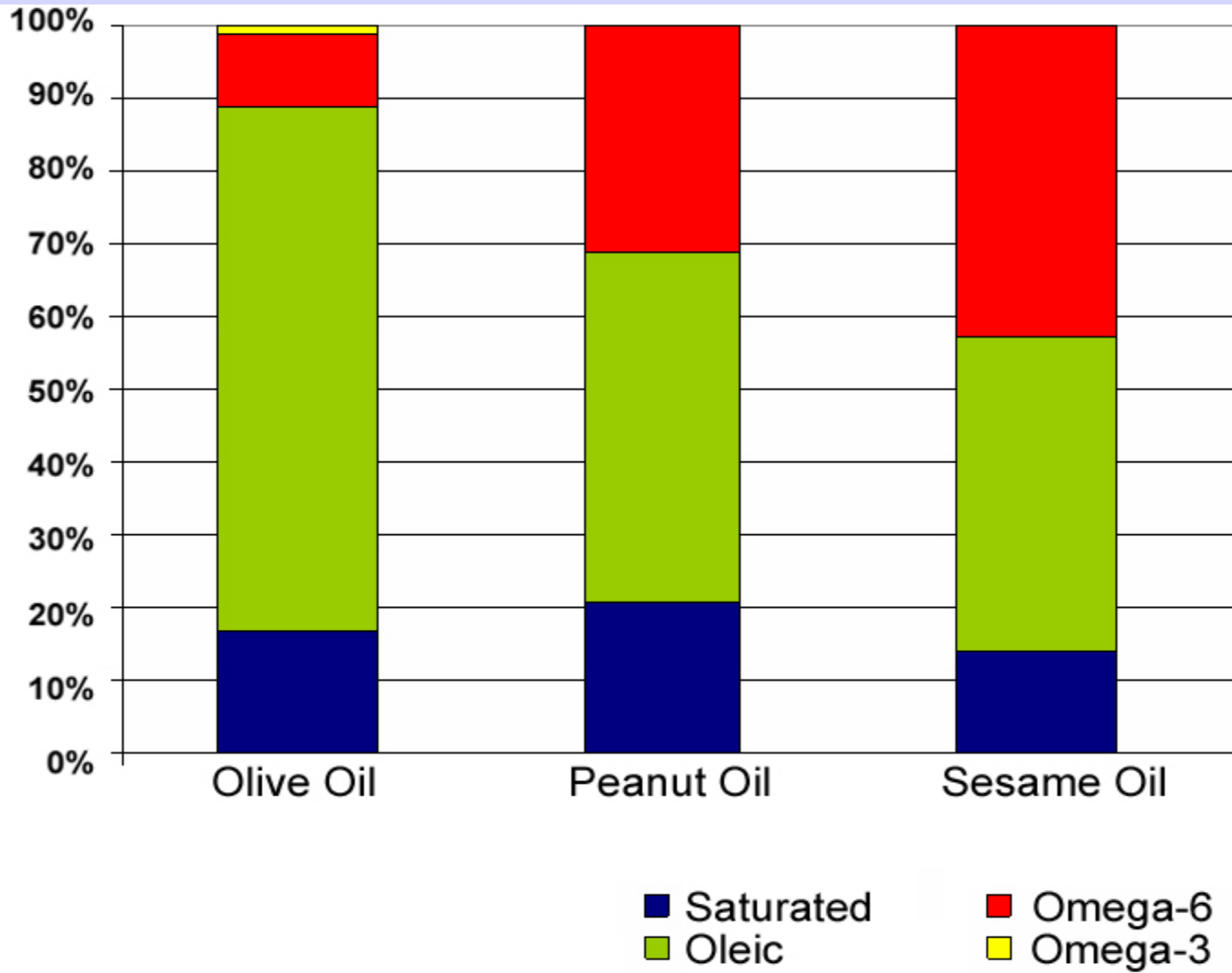
(FIG 1) COMPARISON OF HEART DISEASE DEATHS vs. CONSUMPTION OF SATURATED FAT % CALORIES  
(Countries with lowest saturated fat consumption)



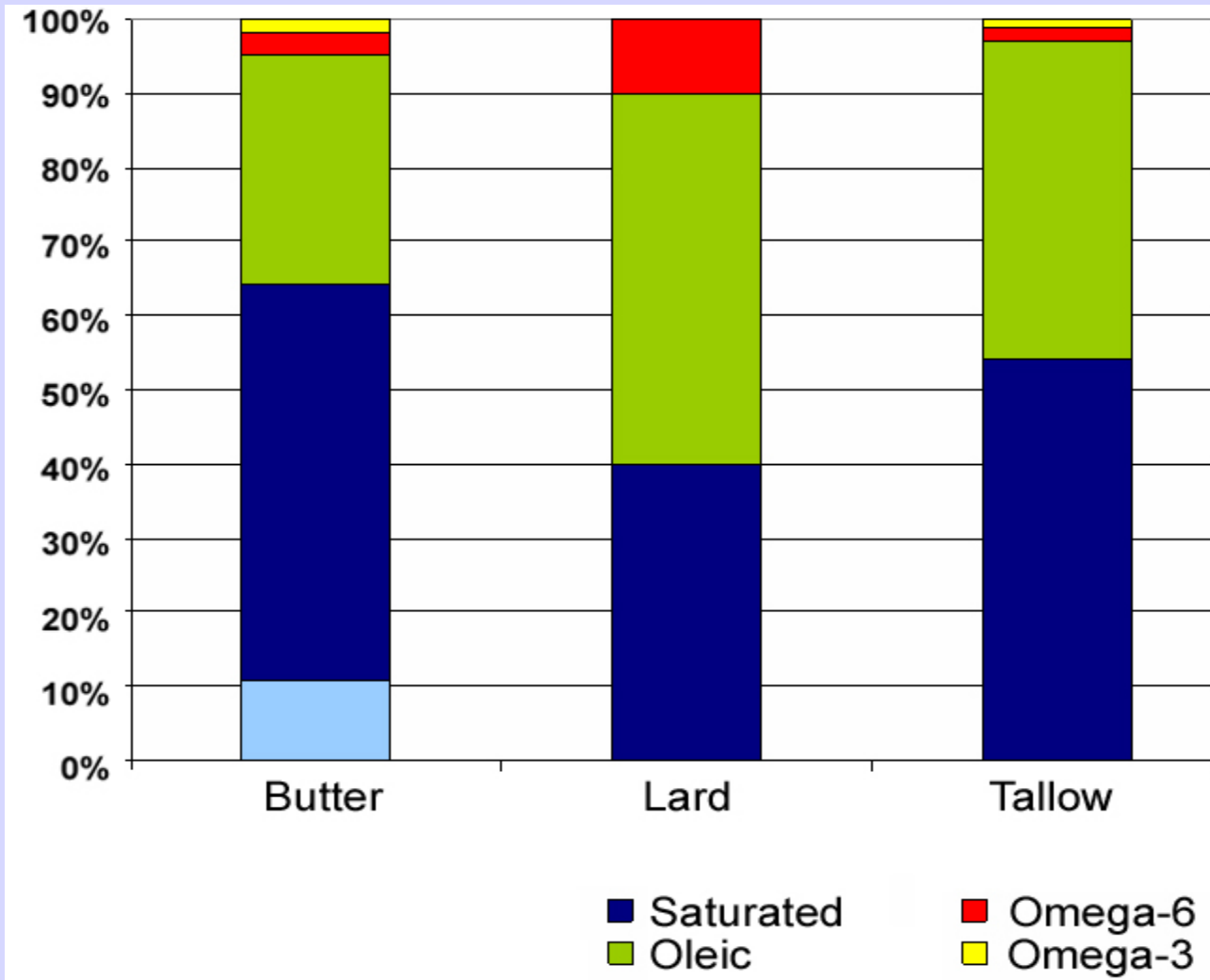
(FIG 2) COMPARISON OF HEART DISEASE DEATHS vs. CONSUMPTION OF SATURATED FAT % CALORIES  
(Countries with highest saturated fat consumption)



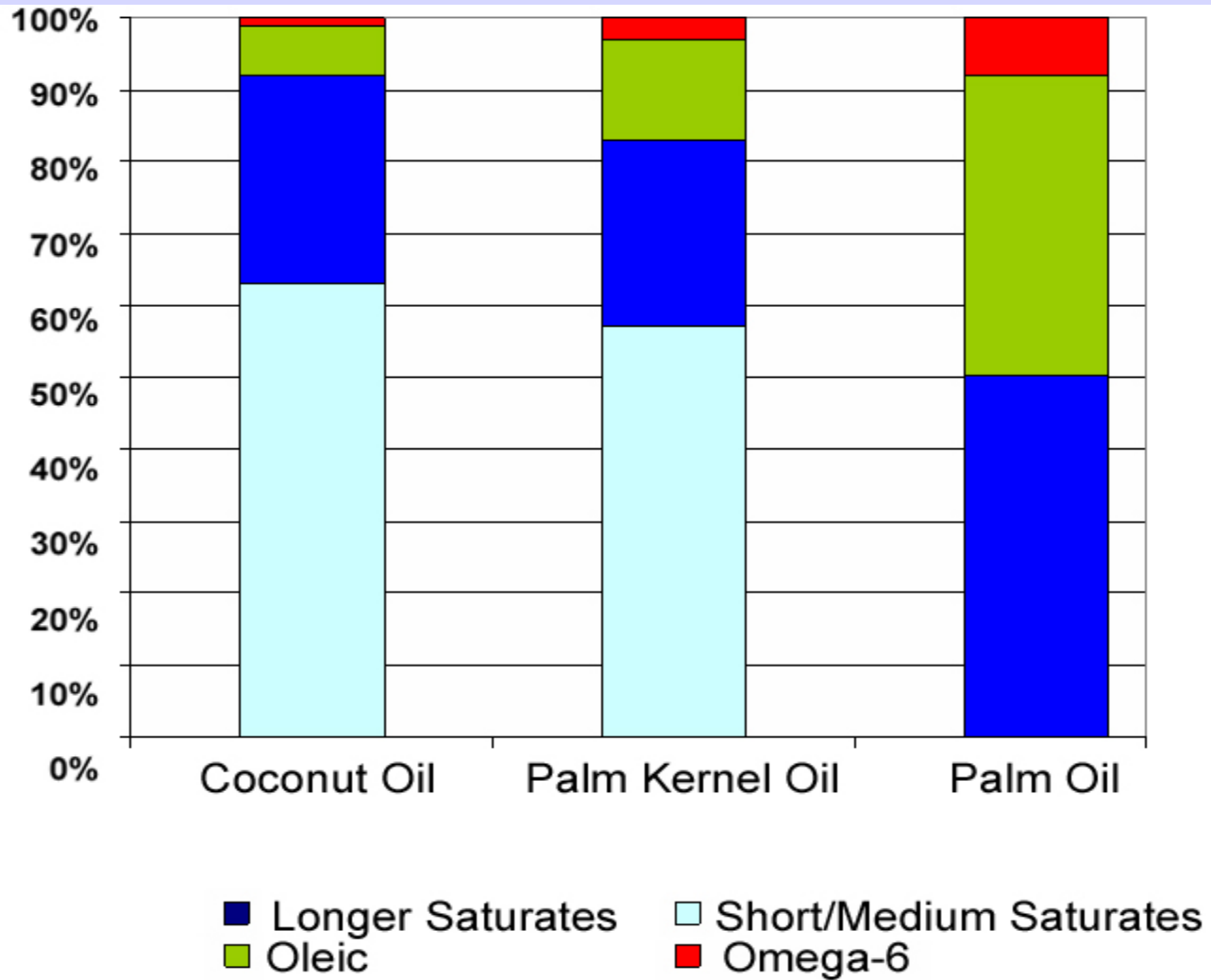
# Fatty Acid Profile of High-Oleic Oils



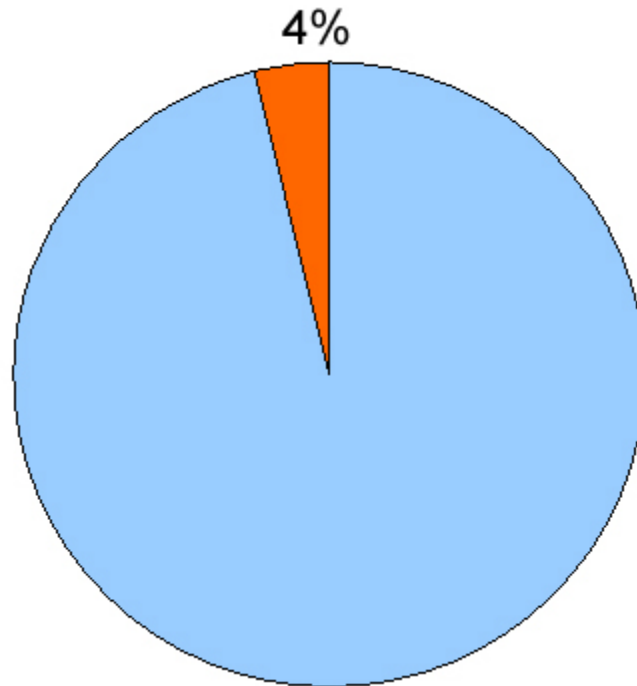
# Fatty Acid Profile of Common Animal Fats



# Fatty Acid Profile of Tropical Oils

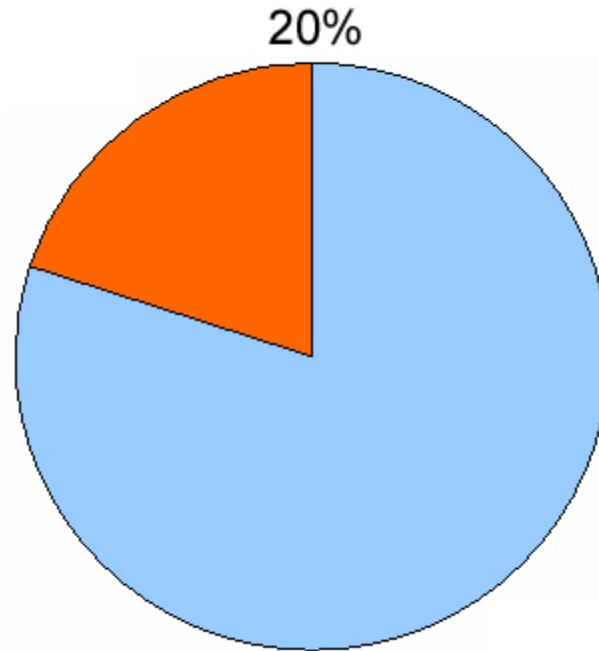


# Essential Fatty Acid Content of Primitive and Modern Diets



## **PRIMITIVE DIET**

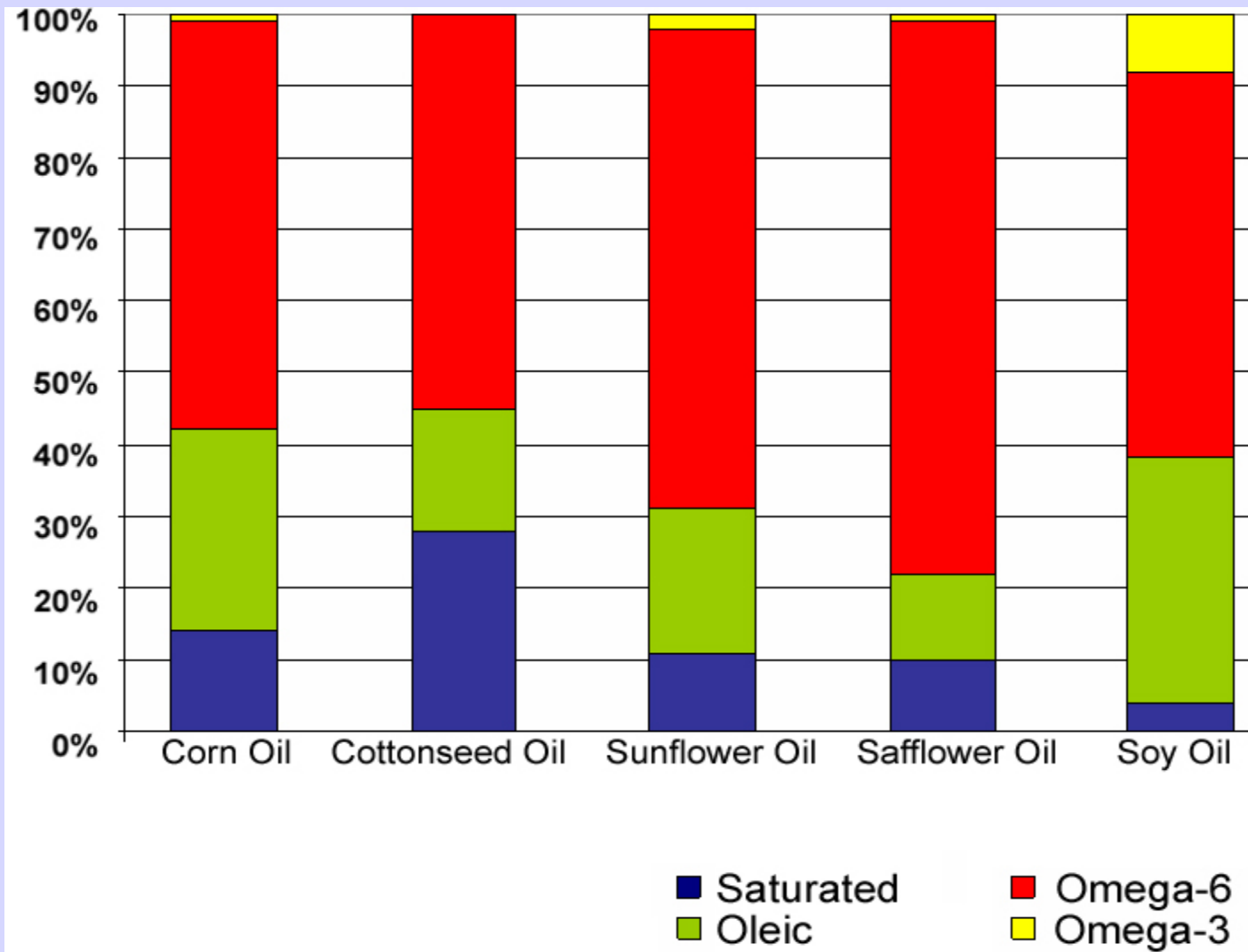
4% Calories as  
polyunsaturated essential  
fatty acids

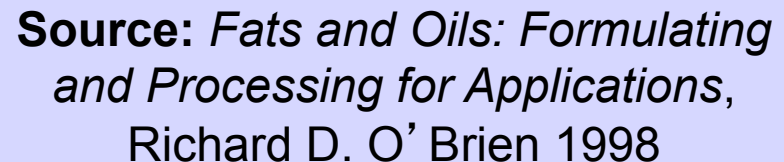


## **MODERN DIET**

20% Calories as  
polyunsaturated essential  
fatty acids

# Fatty Acid Profiles of Polyunsaturated Oils





# Problems Associated with Consumption of Polyunsaturated Oils

Increased cancer

Increased heart disease

Increased wrinkles and premature aging

Immune system dysfunction

Disruption of prostaglandin production

Depressed learning ability

Liver damage

Ceroid storage disease

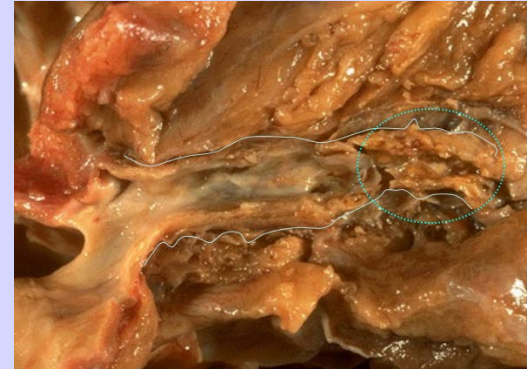
Damage to reproductive organs and the lungs

Digestive disorders due to polymerization

Increased levels of uric acid

Impaired growth

Lowered cholesterol



**Source:**

Pinckney, *The Cholesterol Controversy*

# Natural Sources of Essential Fatty Acids

GRAINS

LEGUMES

NUTS

FISH

ANIMAL FATS

EGGS

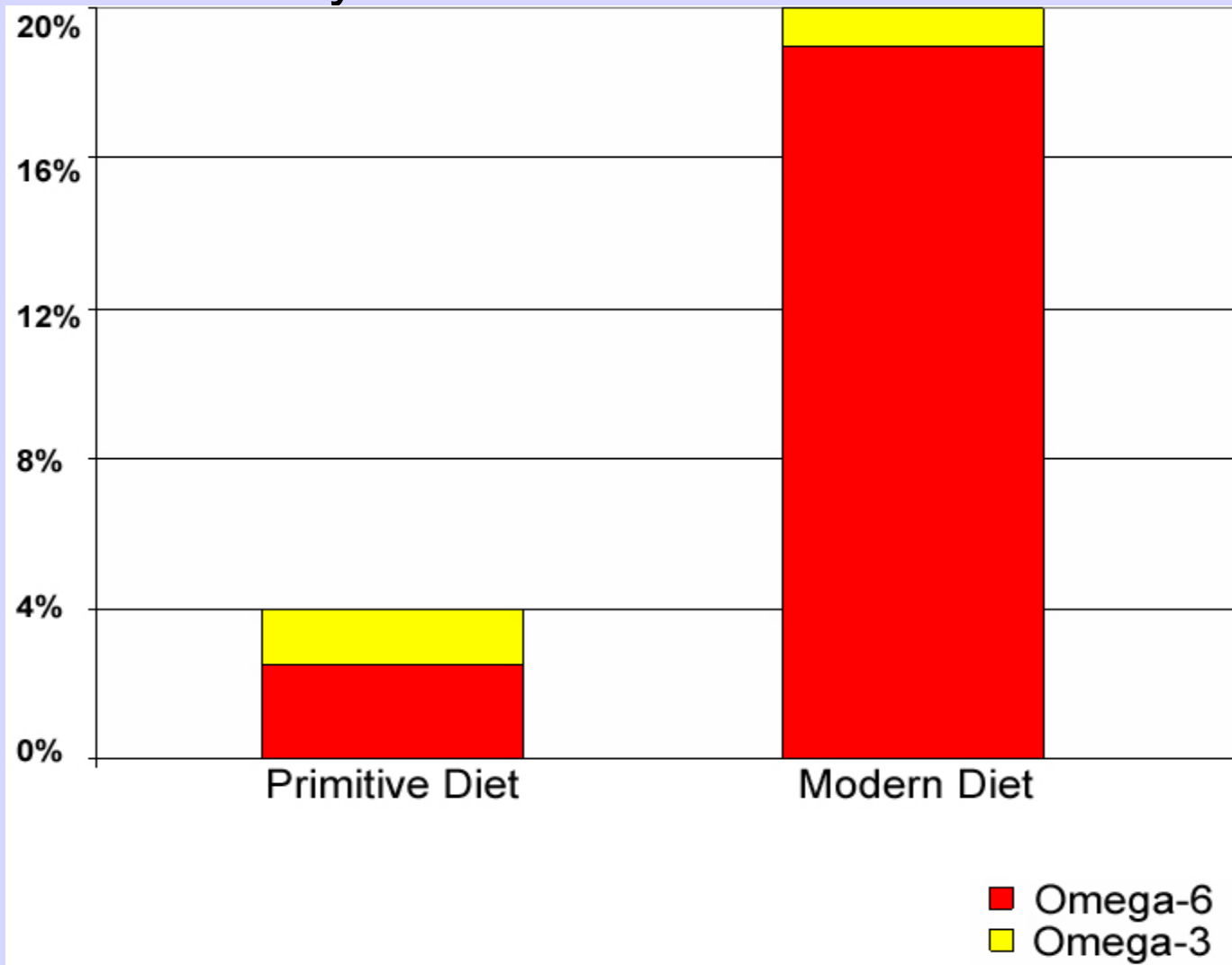
VEGETABLES

FRUITS

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

## 8. 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: Simopauls and Salem, AJCN

■ Omega-6  
■ Omega-3

# Fatty Acids in Grass-Fed and Grain-Fed Beef

Nutrients/100 g	Grass-Fed	Grain-Fed
Water	68	64
Total Fat	13	17
Saturated Fat	7	7
Monounsaturated Fat	5	9
Omega-6 Fatty Acids	.36	.56
Omega-3 Fatty Acids	.12	.09
Omega-3/Omega-6	1 to 3	1 to 6

Source: U. of Neb. (Lincoln) Inst. of Agriculture and Natural Resources

# Why Grass-Fed is Best



More Fat-Soluble Vitamins –  
A, D, E, K - in the fat.

More CLA - anti-cancer/weight  
loss compound - in the fat.

More minerals - mostly in the fat.

To get the benefits of grass  
feeding... you must eat the fat!

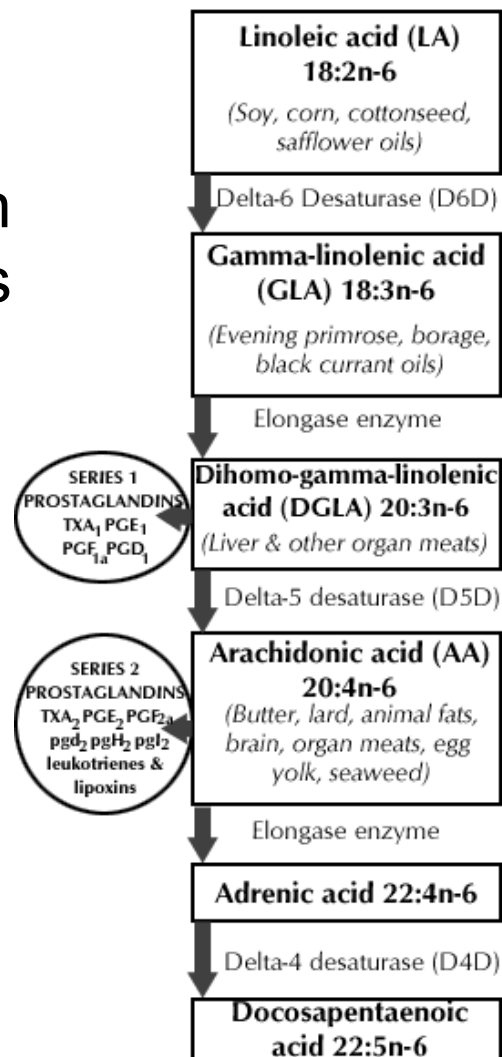
And I will send grass in thy  
fields for thy cattle, that thou  
mayest eat and be satisfied.

*Deut 11:15*

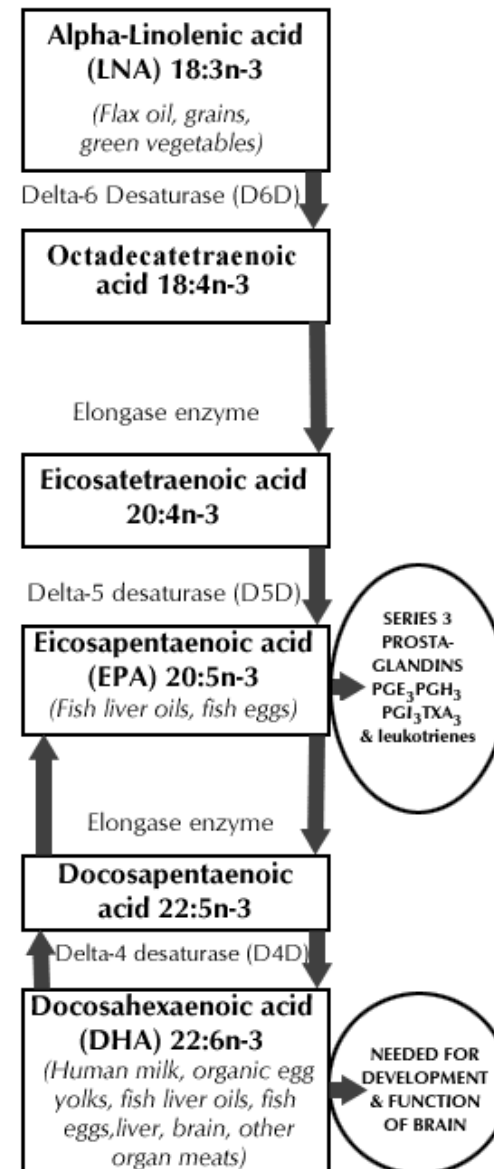


# Prostaglandin Pathways

## OMEGA-6 PATHWAY



## OMEGA-3 PATHWAY



**Source:** Mary G. Enig, PhD, adapted from RR Brenner, PhD *The Role of Fats in Human Nutrition* 1989

# These conditions interfere with Prostaglandin Pathways

**Malnutrition**

**Diabetes**

**Trans fatty acids**

**Excess omega-6**

**Excess sugar**

**Poor pituitary function**

**Low thyroid function**

**Vitamin B6 deficiency**

**Biotin deficiency**

**Vitamin B12 deficiency**

**Vitamin E deficiency**

**Protein deficiency**

**Zinc deficiency**

**Over-eating**

**Alcohol**

# Conditions caused by defective Delta-6 desaturase function

Diabetes

Cystic fibrosis

Alcoholism

Eczema

Cancer

PMS

Premature aging

Non-cancerous breast disease

High cholesterol

Sjogren's syndrome

Crohn's disease

Scleroderma

Cirrhosis of liver

Ulcerative colitis

Irritable bowel syndrome

# Food Sources of Elongated Fatty Acids

## **Omega-6**

GLA (18:3): Evening primrose, borage, black currant oils

DGLA (20:3): Liver and other organ meats

AA (20:4): Butter, lard, animal fats, brain, organ meats,  
egg yolks, seaweed

## **Omega-3**

EPA (20:5) Fish liver oils, fish eggs

DHA (22:5) Butterfat, pastured egg yolks, fish liver oils,  
fish eggs, liver, brain, organ meats

# The Sacred Foods!

## 9. All diets contained some salt

Sea salt

Salt flats and mined salt

Ashes of marsh grasses

Meat and milk products

Blood and urine

**More salt needed with cooked foods**

Salt is needed for

Protein digestion

Carbohydrate digestion

Development of brain

Adrenal function

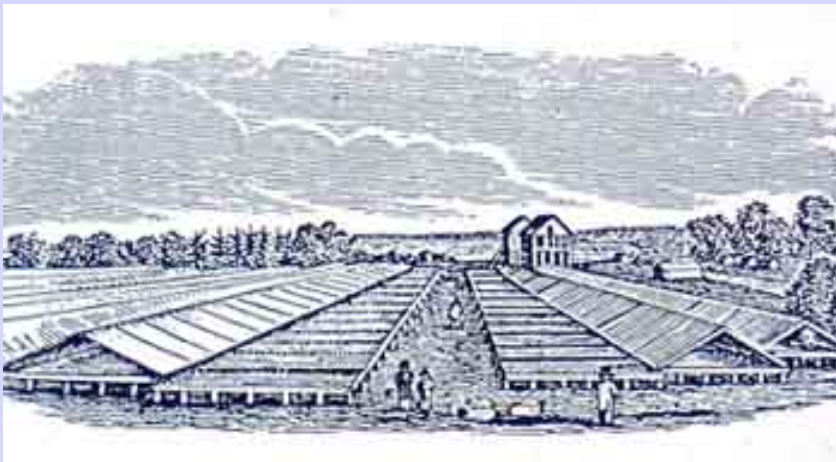
Cellular metabolism

# Traditional Salt Production



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.

## 10. 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

# Hydrophilic

RAW FOODS are HYDROPHILIC - they attract liquids, including digestive juices

COOKED FOODS are HYDROPHOBIC - they repel liquids, including digestive juices

GELATIN is HYDROPHILIC - it attracts liquids, including digestive juices

Gelatin-rich broth added to a meal containing cooked foods promotes full digestion and complete assimilation.

# Gelatin is useful in the treatment of

**malnutrition**

**tuberculosis**

**dysentery**

**diabetes**

**infectious diseases**

**muscular dystrophy**

**poor digestion/assimilation**

**fatigue**

**irritation of digestive tract**

**jaundice**

**Crohn's disease**

**allergies**

**Colitis**

**infant feeding**

**ulcers**

# The Solution to Fatigue: Easy Digestion

Raw Dairy, not pasteurized

Proper Preparation of Grains

Lacto-Fermented foods, rich in enzymes and  
beneficial bacteria

Gelatin-rich bone broths

Less energy required for digestion =  
More energy for you!

# **11. Traditional cultures made provisions for future generations**

**Special foods for parents-to-be,  
pregnant women, nursing women  
& growing children**

**Spacing of children**

**Principles of proper diet taught  
to the young**

This woman  
from Fiji has  
walked  
many miles  
to obtain a  
special food  
for the baby  
growing in  
her womb.









***How to Change  
Your Diet  
for the Better***

# 1. Make Your Own Salad Dressing

# Basic Salad Dressing



Good quality mustard

Cold-pressed olive oil

Raw vinegar

Expeller-expressed flax oil

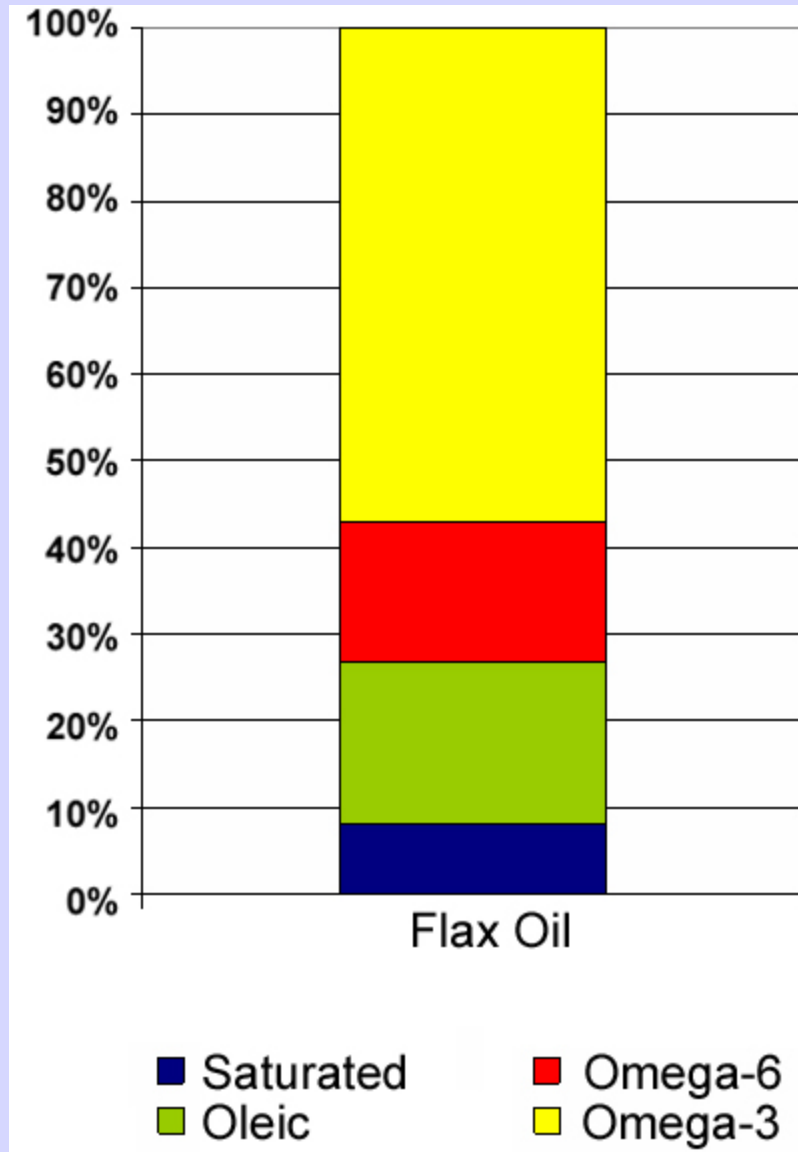






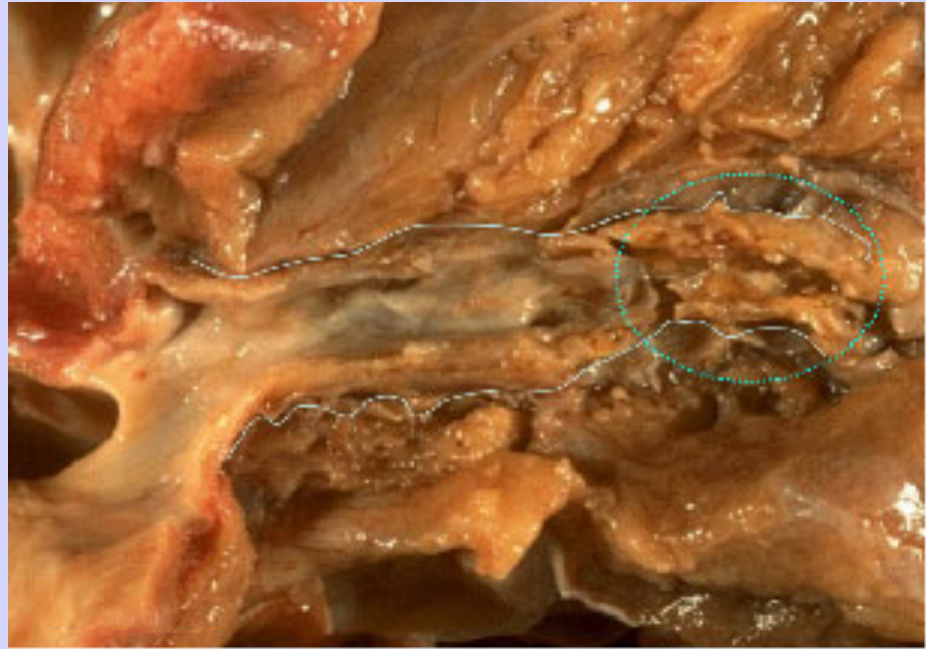


# Fatty Acid Profile of Flax Oil





# Commercial Salad Dressings



Bad, rancid oils + Bad additives  
= Health Crisis

# Salad Dressing Comparison

## HOMEMADE DRESSING

Extra Virgin Olive Oil

Stable Oleic Acid

Vitamin E

Anti-Oxidants

Vanadium

Expeller Expressed  
Flax Seed Oil

Omega-3 EFA's

Vitamin E

Anti-oxidants

Cost about \$1.50 per cup =

## COMMERCIAL DRESSING

Processed Vegetable Oils

Mostly Rancid Omega-6

Trans Fatty Acids

Free Radicals    Polymers

Cyclic Compounds

Aldehydes    Ketones

Epoxides    Hydroperoxides

Preservatives

Additives

Flavorings

Cost about \$1.50 per cup

# Redressing the Omega-6/Omega-3 Balance

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.

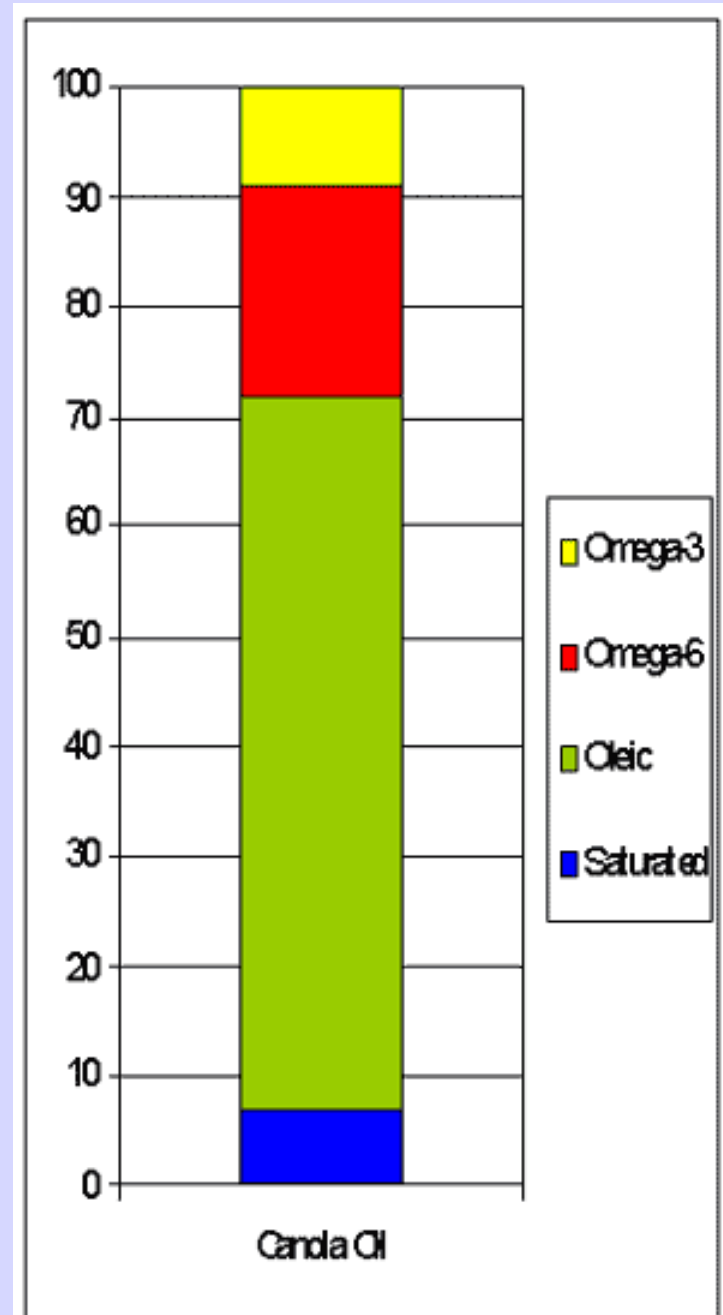
# Canola Oil

## A New Fangled Oil

A new oil created by genetic manipulation from the rape seed.

Fatty Acid Profile: 7% Saturated, 65% monounsaturated, 19% omega-6 and 9% omega-3, seemingly “heart healthy.”

But animal studies indicate canola oil greatly increases the body's need for vitamin E, causes heart lesions in test animals, increases platelet clumping and causes deaths in stroke-prone rats.



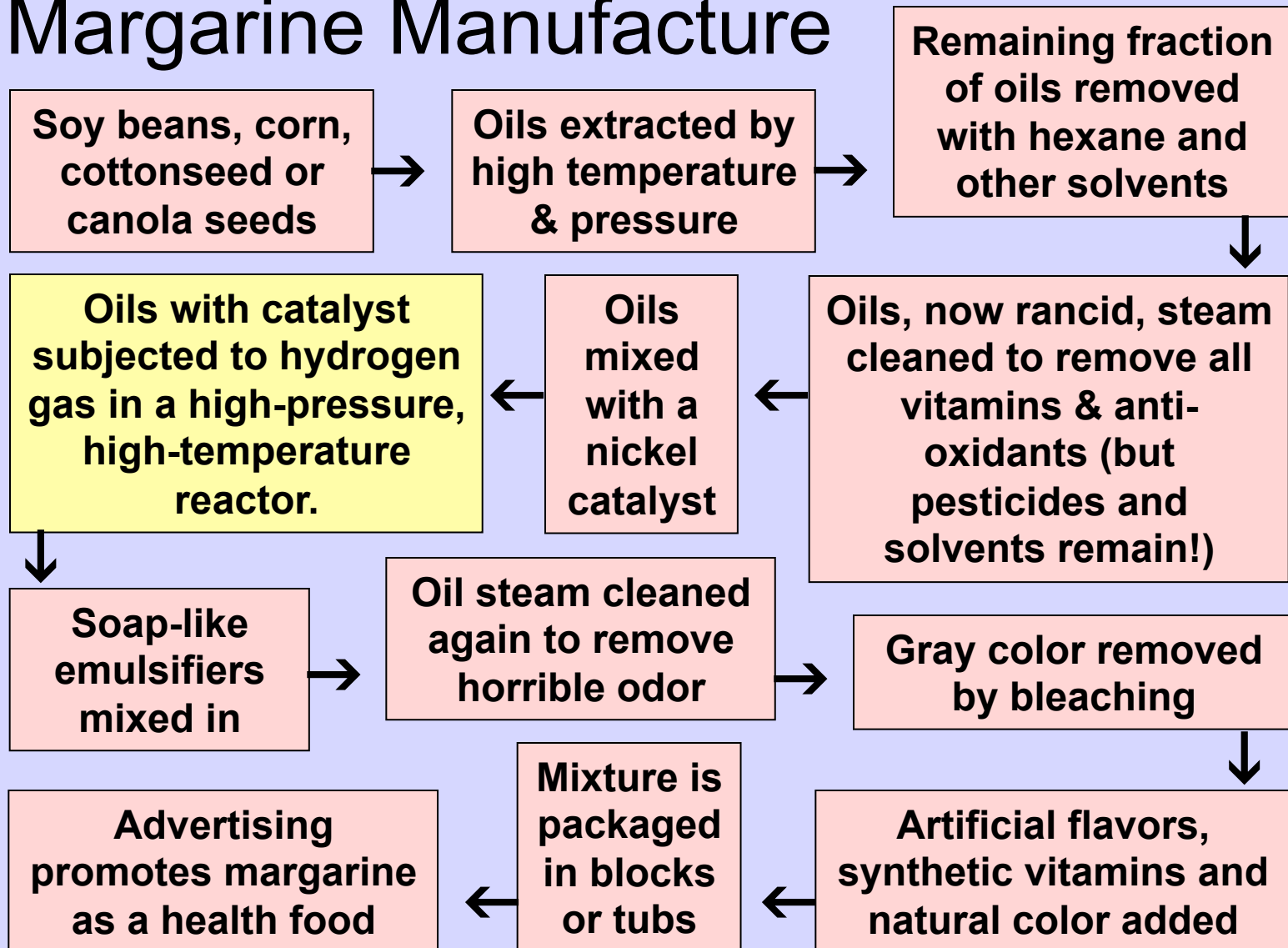


## 2. Switch to Butter - Avoid Partially Hydrogenated Oils

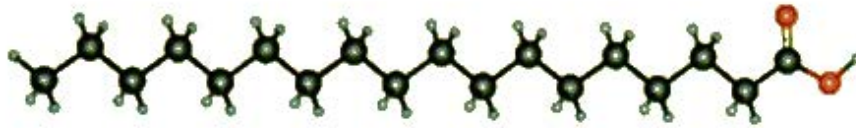


*... And see thou hurt not the oil... Rev 6:6*

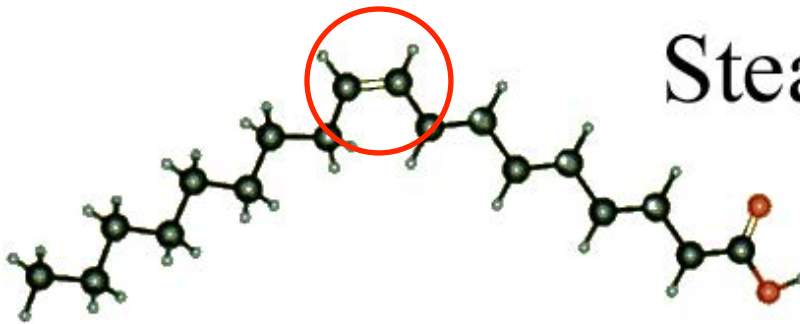
# Margarine Manufacture



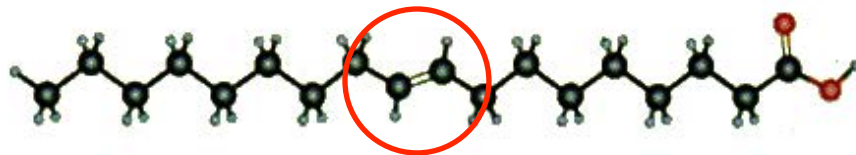
# Trans Fatty Acid



Stearic Acid



(Cis) Oleic Acid



(Trans) Elaidic Acid

# Diseases Caused or Exacerbated by Hydrogenated (*trans*) Fats

**Atherosclerosis      Heart Disease      Cancer**

**Degeneration of Joints and Tendons**

**Osteoporosis      Diabetes**

**Autoimmune Diseases**

**Eczema      Psoriasis      PMS**

**Lowered testosterone, lowered sperm count**

**Failure to Grow      Learning Disabilities**

**Low Birth Weight Babies**

**Reduced Visual Acuity**

**Reduced Fat Content in Mothers' Milk**

# Saturated Fats vs. Trans Fats

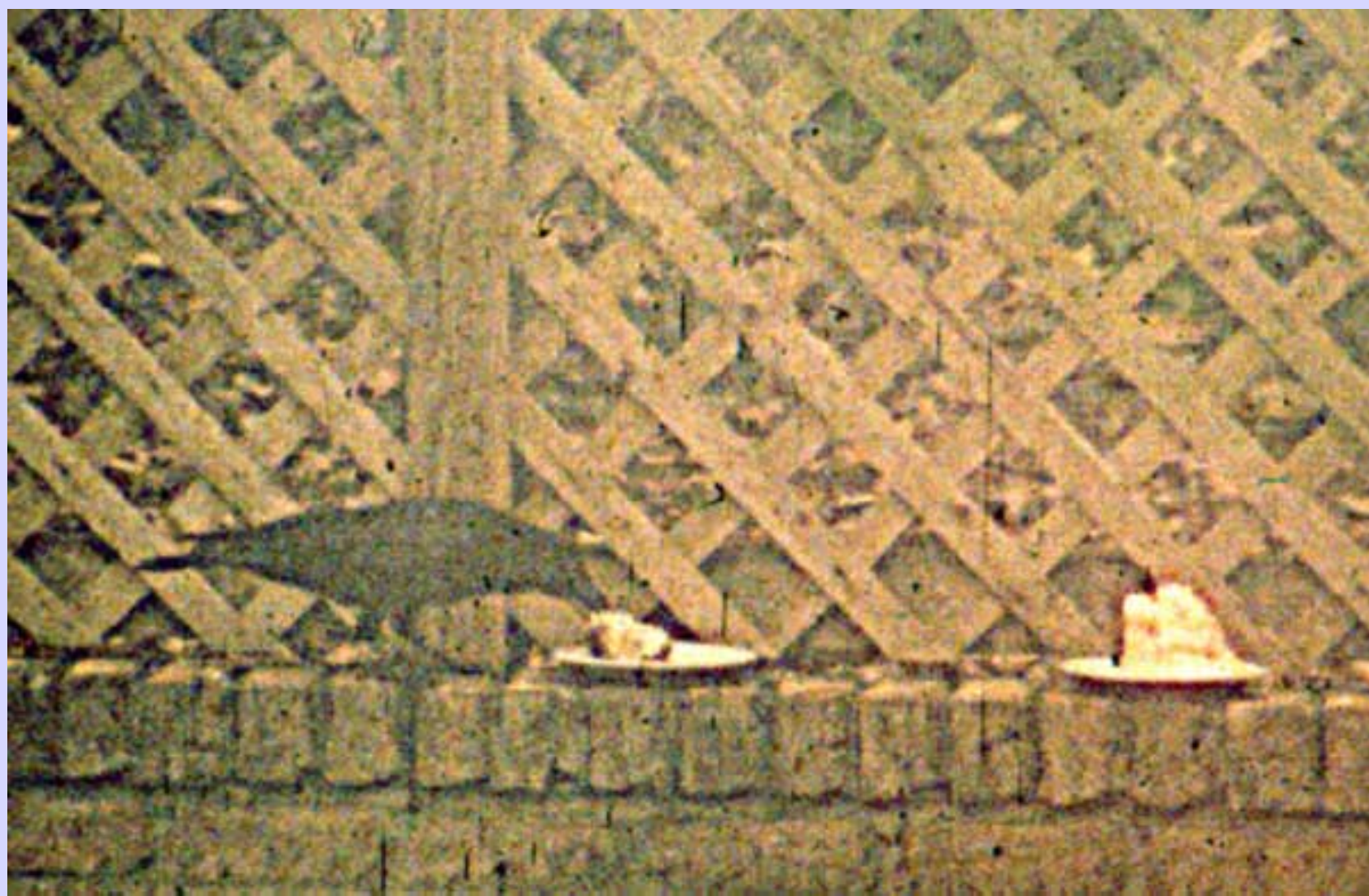
	Saturated Fats	Trans Fats
Cell Membranes	Essential for healthy function	Interfere with healthy function
Hormones	Enhance hormone production	Interfere with hormone production
Inflammation	Suppress	Encourage
Heart Disease	Lower Lp(a). Raise “good” cholesterol	Raise Lp(a). Lower “good” cholesterol
Omega-3	Put in tissues and conserve	Reduce levels in tissues
Diabetes	Help insulin receptors	Inhibit insulin receptors
Immune System	Enhance	Depress
Prostaglandins	Encourage production and balance	Depress production; cause imbalances

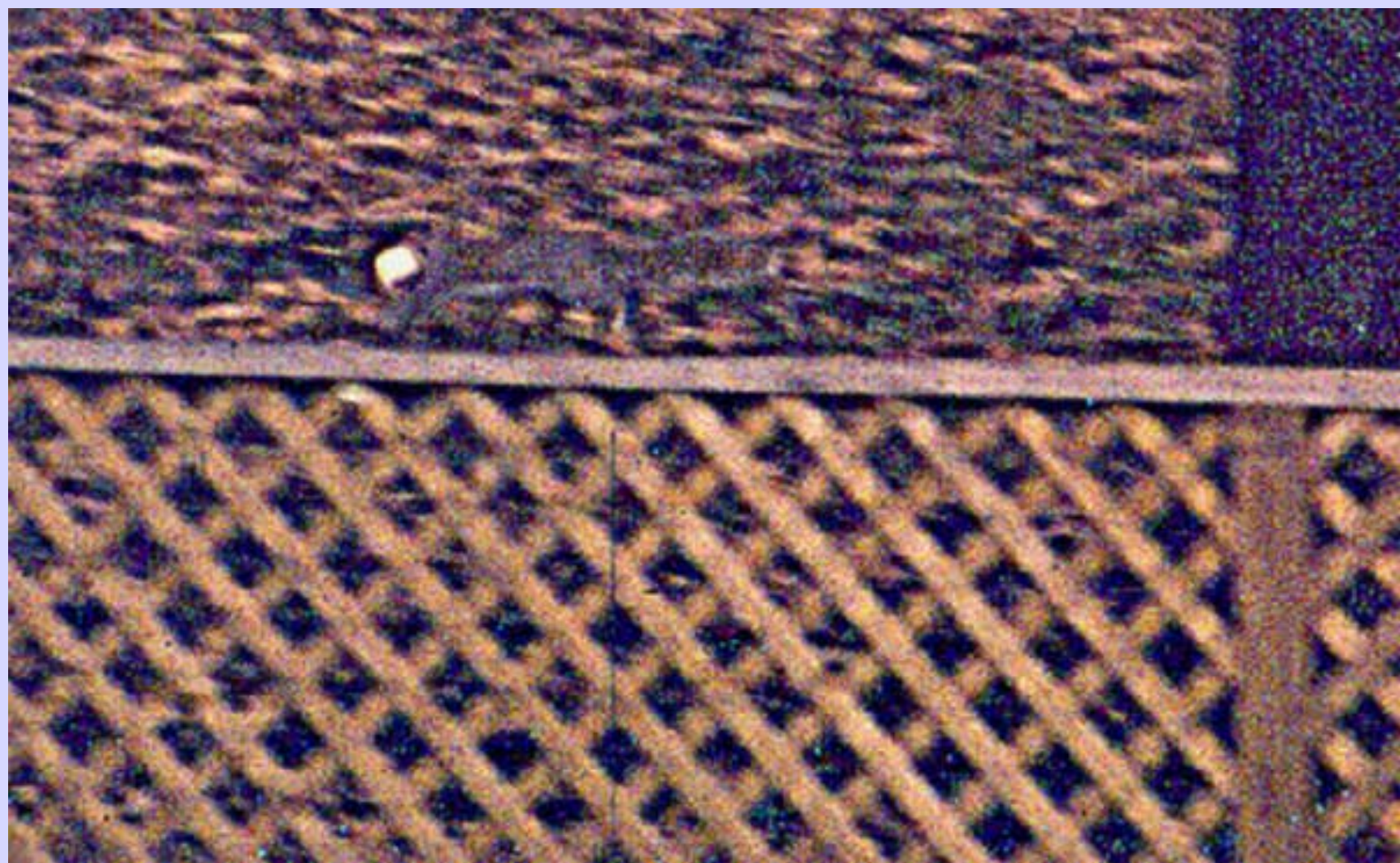




**Butter**

**Soft Spread**













Good Pittsburgh  
Post-Gazette



## SEAFOOD

HOKI	\$3.00
PACIFIC DORY	\$3.80
CALAMARI RINGS	30¢
PRAWN CUTLETS	\$1.20
SEA SCALLOPS	80¢
SEAFOOD STICKS	\$1.00
FISH BITES	50¢
SEAFOOD BITES	3 ~ \$1.00
GARLIC PRAWNS	3 ~ \$1.00

**FISHERMAN'S**  
**RENT**

1 PEECE MONI, CHIPS  
4 CALAMARI, 1 SEA FROST  
1 SEA SCALLOP  
1 PRJMMI OUTLET  
\$8.90

GRILLED FISH (W/ONION)  
CHIPS

And  
SALAD  
\$5.00

CHIKO ROLL	\$1.40
MINI DIM SUM	60¢
1/2 SPRING ROLL	\$1.40
MINI SPRING ROLL	80¢
ONION RINGS 5 ~	\$1.60
CHICKEN NUGGETS 6 ~	\$2.40
POTATO SCALLOPS	60¢
BATTERED SAL	\$1.50
FISH CAKES	\$1.50
PINEAPPLE FRITTER	80¢
CHIPS	\$1.50 mini

HAM  
ST  
EG  
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HA  
5

JUST FOR YOU WE COOK IN  
"CHOLESTEROL FREE"  
VEGETABLE OIL FROM PEERLESS 

EDIBLE FATS AND OILS

# 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 (CLA)

## IN ALL BUTTER

Shorter Chain Fatty Acids

Essential Fatty Acids

(perfect balance)

Lecithin

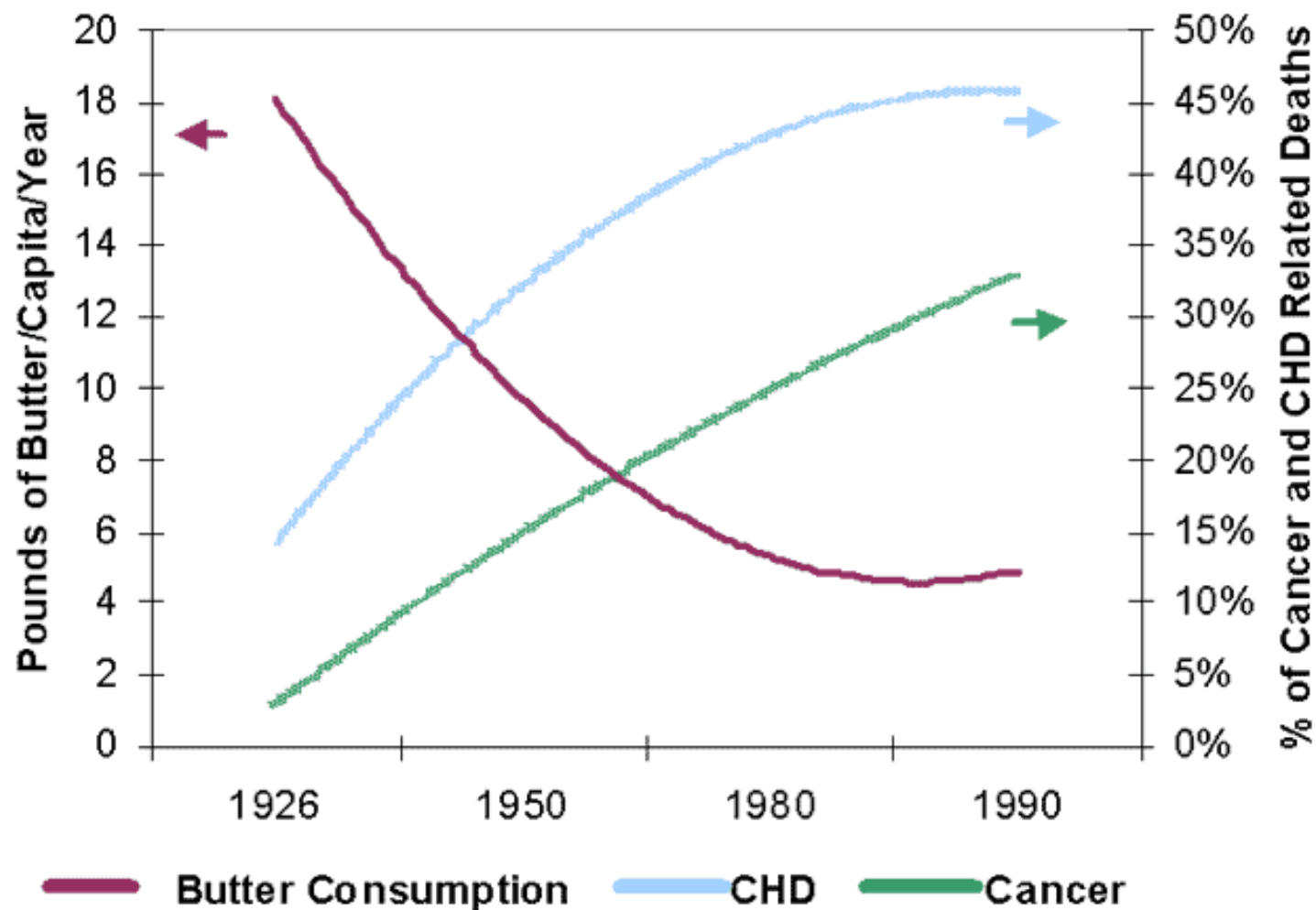
Cholesterol

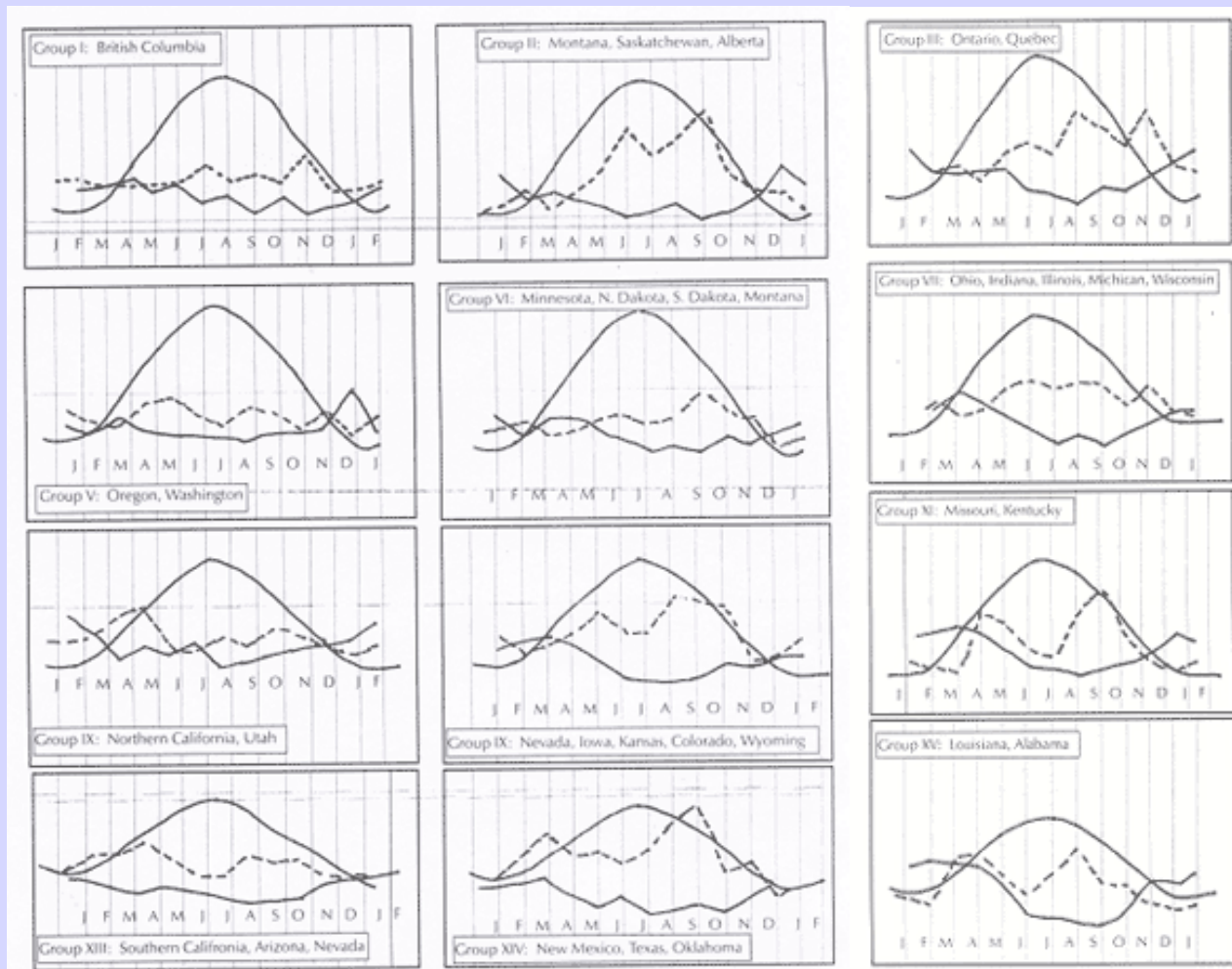
Glycosphingolipids

Wulzen Factor\*

\*Destroyed by Pasteurization

## Disease Trends and Butter Consumption





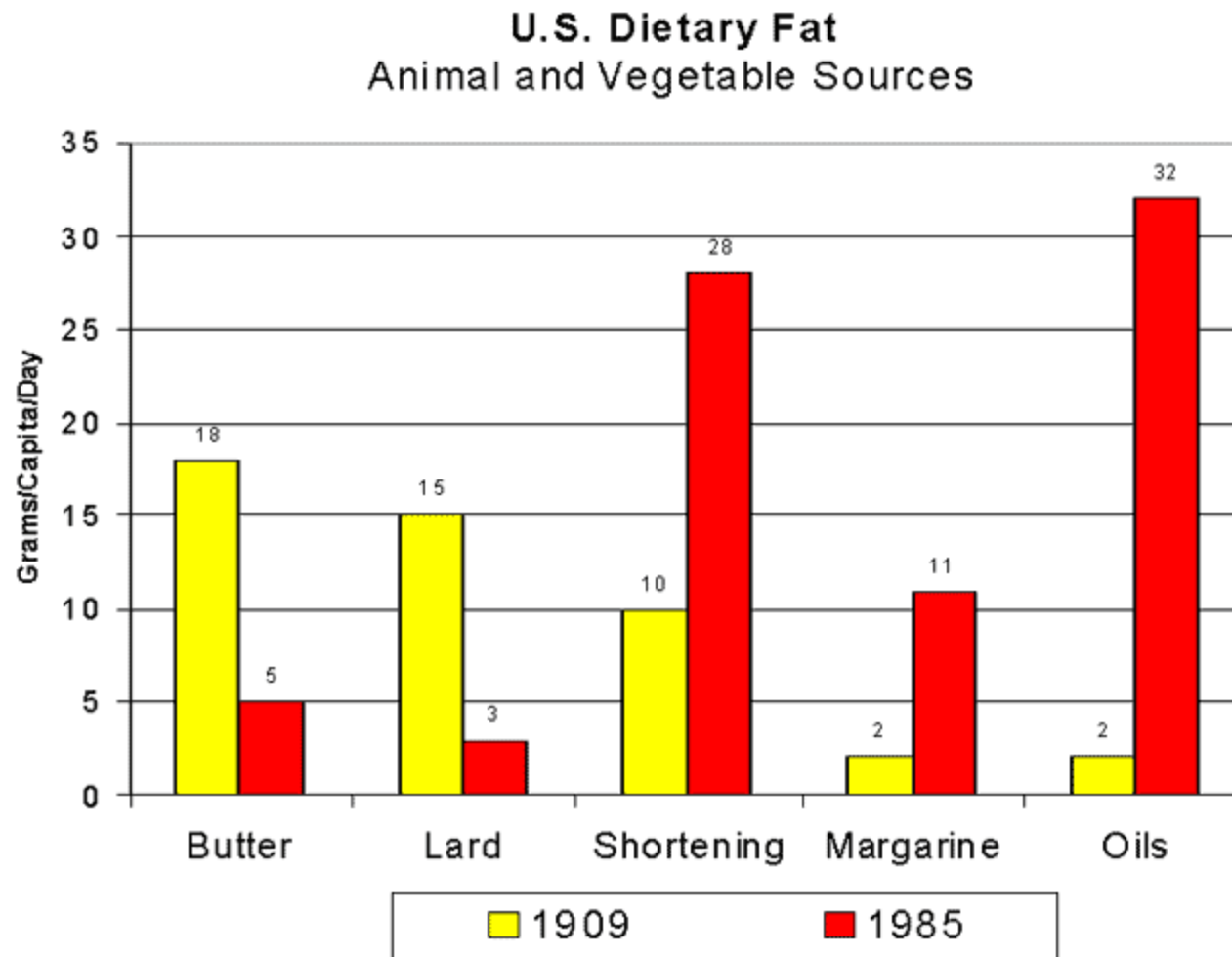
## Heart Disease Study by Weston Price

Upper Line (Parabola): Hours of sunlight

Dotted Line: Fat-Soluble Activators in Local Butterfat

Solid Line: Deaths from Heart Attacks & Pneumonia in Local Hospitals

# The Oiling of America!





# Good Fats, Bad Fats

## Good Fats

Butter, beef tallow, lamb tallow, lard

Chicken, goose and duck fat

Cold pressed olive oil, sesame oil and flax oil

Tropical Oils—Coconut Oil and Palm Oil

Fish Liver Oils, such as cod liver oil

## Bad Fats

All partially hydrogenated fats including margarine and shortening used in processed foods

Industrially processed vegetable oils, especially soy, safflower, corn, cottonseed, and canola

All fats, especially polyunsaturated oils, heated to very high temperatures

3. Make sure your diet contains sufficient **HIGH QUALITY** animal products, some raw

**HIGH QUALITY =**

whole dairy products from pastured cows

eggs from pastured chickens

meats from pastured animals

organ meats from pastured animals

fish eggs

fish and shellfish

cod liver oil

# Remember the Activators!

## **VITAMIN A**

### **Sea Food**

Fish eggs, Shellfish and  
Fish Liver Oils

### **Land Animals**

**Eating Green Grass**

Fat and Organ Meats

## **VITAMIN D**

### **Sea Food**

Fish eggs, Shellfish and  
Fish Liver Oils

### **Land Animals**

**in Bright Sunlight**

Fat and Organ Meats

Grass-based farming is the basis of Good Health because it ensures the presence of the activators - NOT because the meat is lean or higher in 18-carbon omega-3 fatty acids.



# The Pastured Poultry Model







# **Confinement Chicken Operations**

As many as 65,000 bird under one roof.

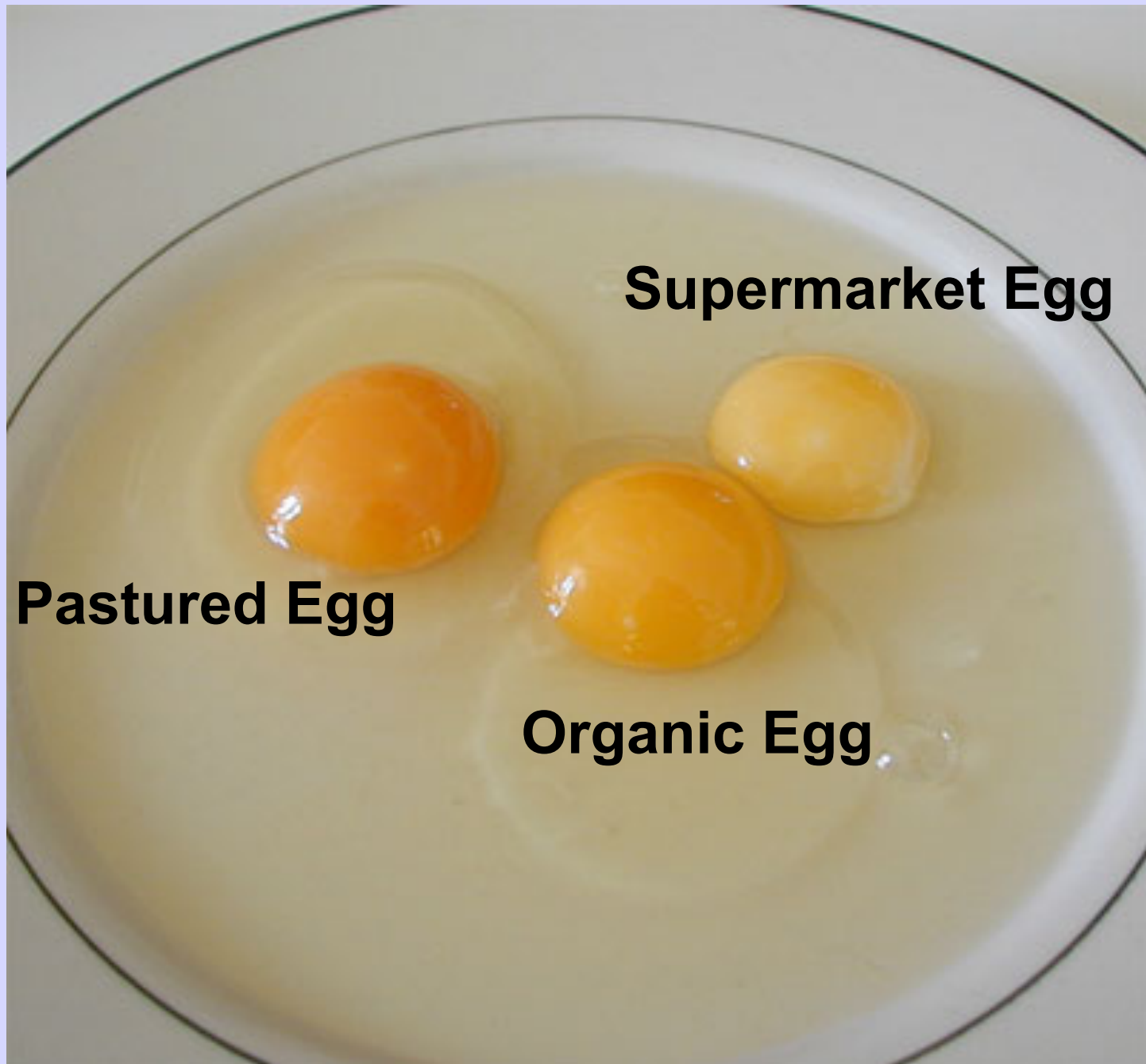
Birds kept in cages stacked several high.

Dead birds are collected every day.



# Animals in Confinement





**Pastured Egg**

**Organic Egg**

**Supermarket Egg**

# Egg Yolks and Vitamin D



## **EGG YOLKS A POTENT SOURCE:**

In 1929, researchers tested a variety of foods for vitamin D content and found the second most potent source of vitamin D was egg yolk. (Number one was cod liver oil.)

## **BRIGHT SUNLIGHT REQUIRED:**

The amount of vitamin D in egg yolks varies. Researchers in Kansas compared vitamin D in egg yolks under various conditions. Only those exposed to bright sunlight (containing UV-B light) or those exposed to a lamp producing UV-B light resulted in eggs with sufficient levels of vitamin D. Egg yolks from chickens under glass or in cages produced rickets in rats.





Confinement      vs.      Grass-Fed  
Butter                      Butter

# Chicken Livers

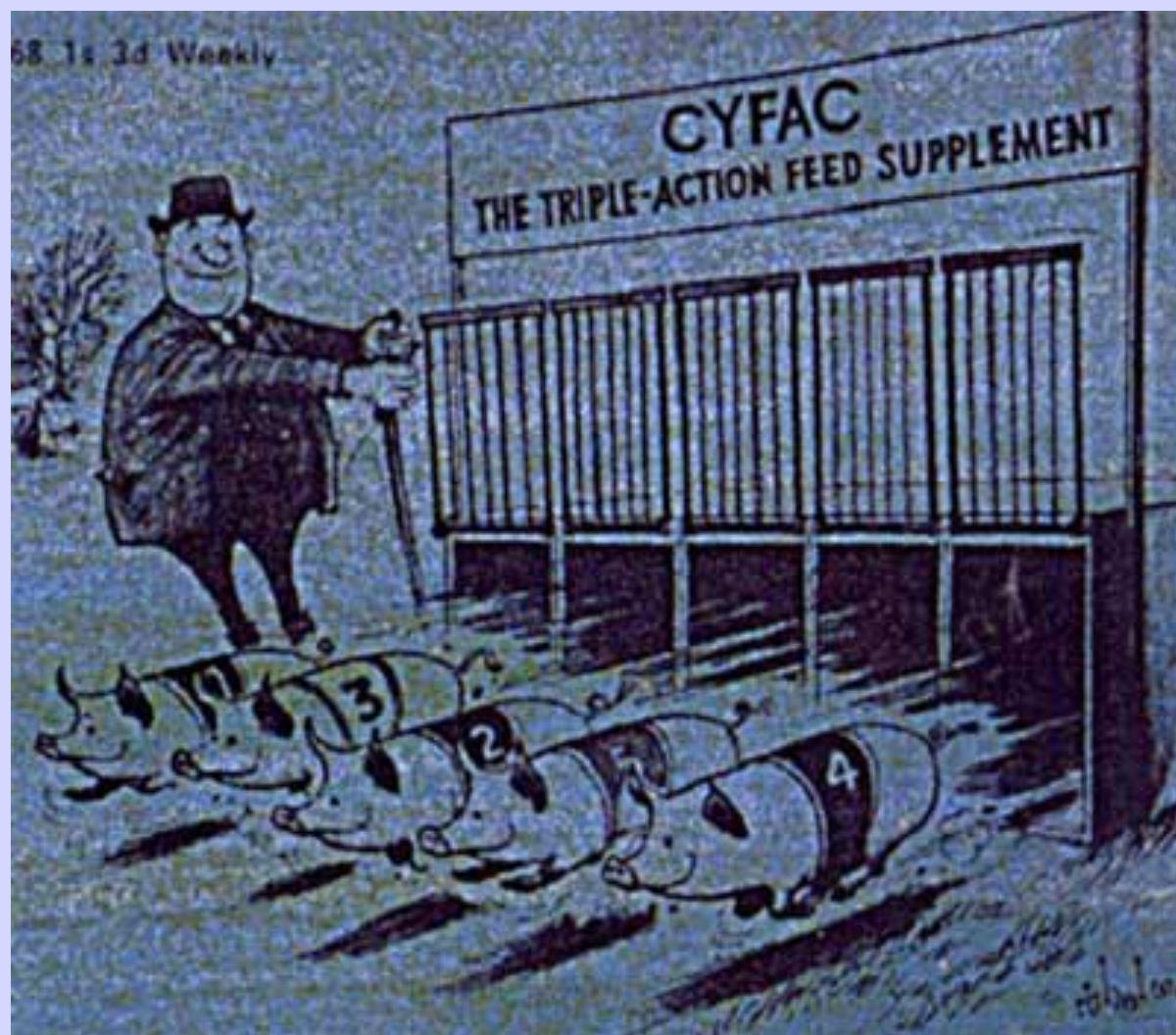


**Pasture Raised**

**Conventional**

**Organic**

68 1s 3d Weekly

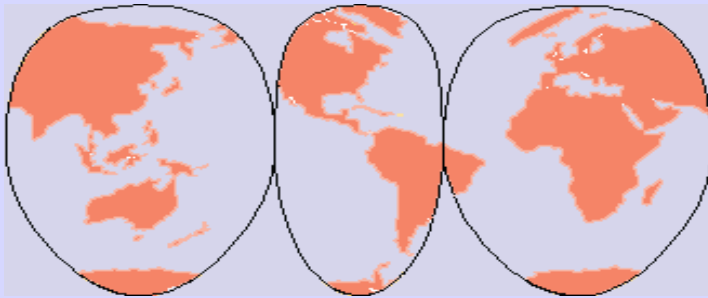


**The great pig race**  
**READY-STEADY-GROW**

# Resources

***The Weston A. Price Foundation***

**[www.westonaprice.org](http://www.westonaprice.org)**



Quarterly Magazine

Informational Brochures

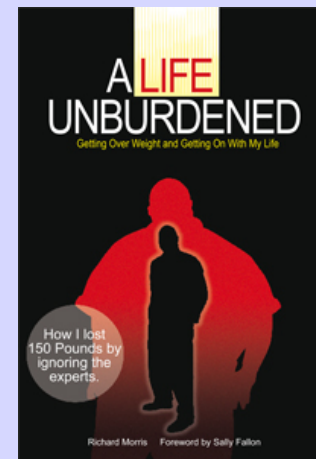
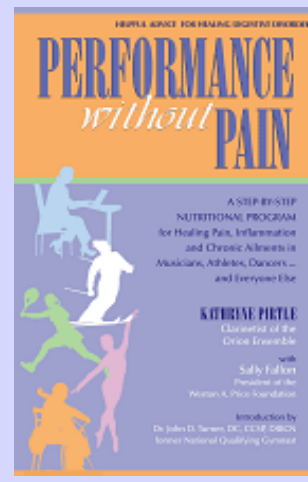
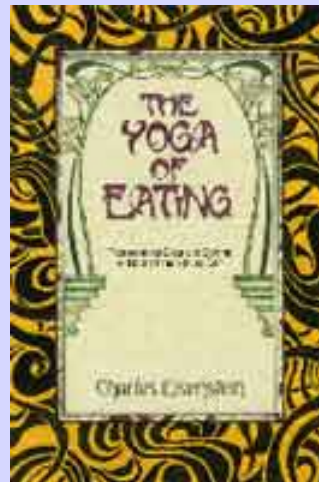
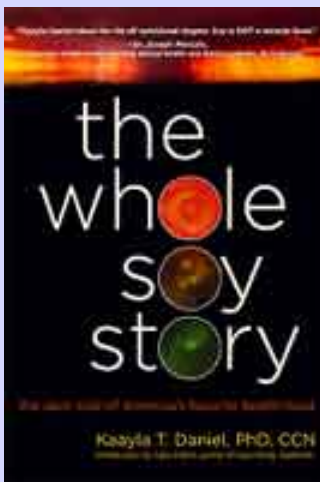
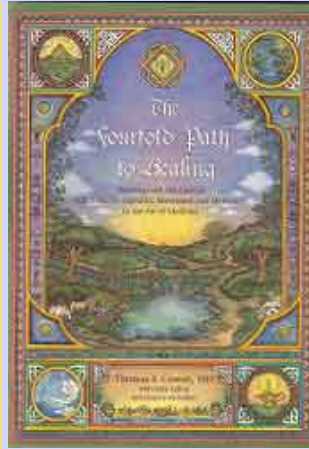
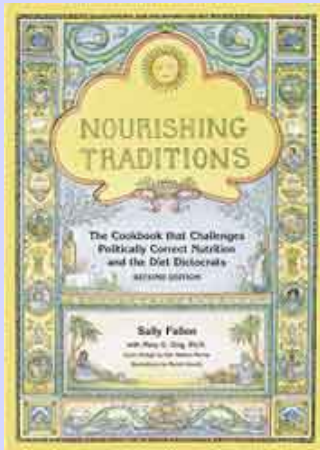
Yearly Shopping Guide

Annual Conference

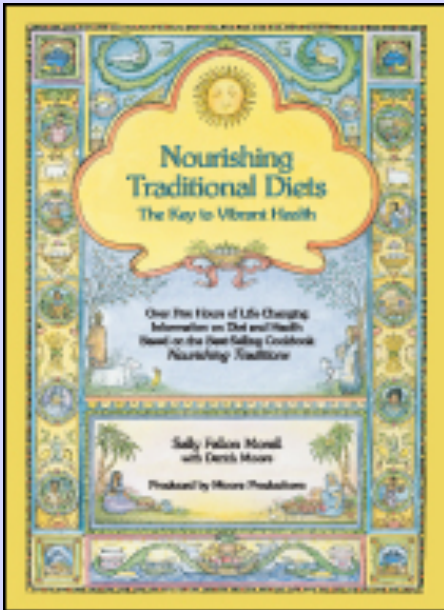
Local Chapters

# Books from NewTrends Publishing

[www.newtrendspublishing.com](http://www.newtrendspublishing.com), (877) 707-1776



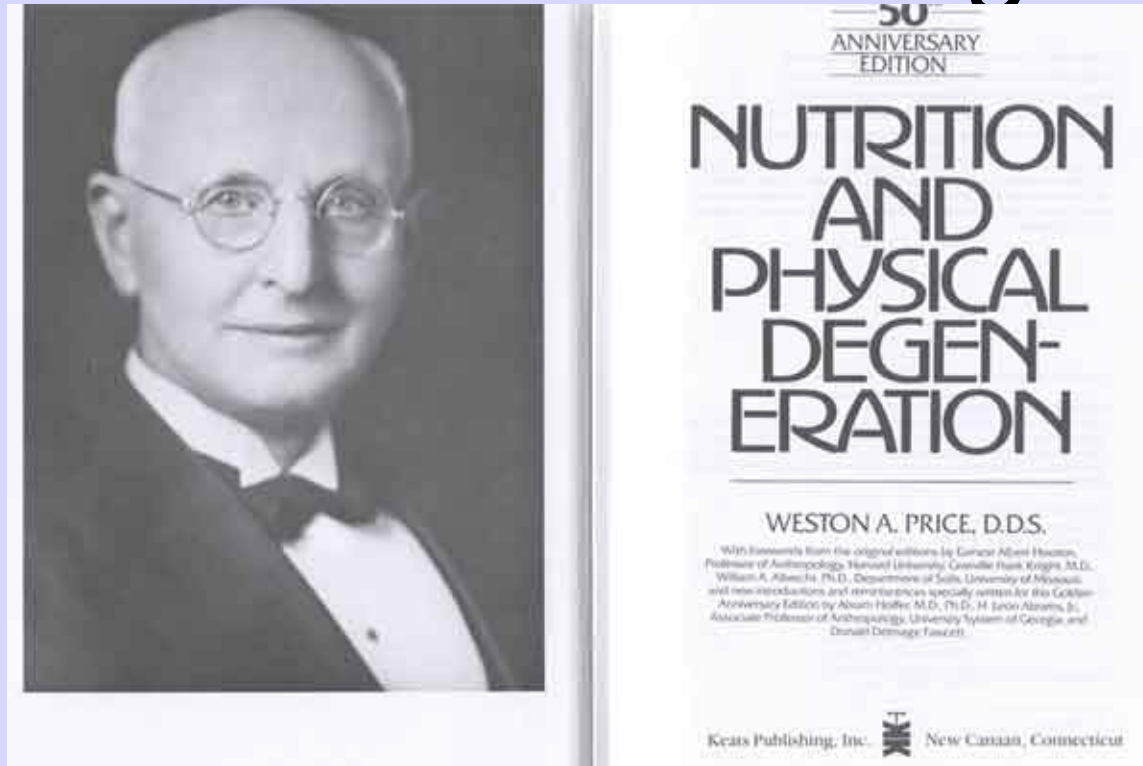
# NewTrends DVD Series



Five-Hour  
Seminar on  
Nourishing  
Traditional Diets

The Oiling of  
America

# Dr. Price's Pioneering Work



**The Price-Pottenger Nutrition Foundation**  
**[www.price-pottenger.org](http://www.price-pottenger.org)**  
**(619) 462-7600**

# Summary

Traditional diets *maximized* nutrients while  
modern diets *minimize* nutrients

## TRADITIONAL DIETS

Foods from fertile soil  
Organ meats over muscle meats  
Animal fats  
Animals on pasture  
Dairy products raw and/or fermented  
Grains and legumes soaked/fermented  
Bone broths  
Unrefined sweeteners (honey, maple syrup)  
Lacto-fermented vegetables  
Lacto-fermented beverages  
Unrefined salt  
Natural vitamins in foods  
Traditional Cooking  
Traditional seeds/Open pollination

## MODERN DIETS

Foods from depleted soil  
Muscle meats, few organs  
Vegetable oils  
Animals in confinement  
Dairy products pasteurized  
Grains refined, extruded  
MSG, artificial flavorings  
Refined sweeteners  
Canned vegetables  
Modern soft drinks  
Refined salt  
Synthetic vitamins added  
Microwave, Irradiation  
Hybrid seeds, GMO seeds