

Praise For Performance Without Pain

Sylvia Myintoo

Violinist

This book helped save my life.

Last year, at the age of 39, I was diagnosed with ulcerative colitis after a colonoscopy and several months of diarrhea. I lost a total of 30 pounds, and became so sick that I could not eat or get out of bed. Thank God for Kathryn Pirtle's book and all of her insight. I started with bone broth soups and little by little used the information from the chapters "Foods that Heal", as well as "Supplements" and "Making it Practical". The information in this book, as well as the Weston A. Price Foundation saved my life. I relish my cod liver oil everyday, my raw dairy and grass fed beef. I am med free and healthy, back to my normal weight.

I want to share with everyone I know the information I learned in her book. It is very straight forward, easy to read and life transforming. I highly recommend it to all who are suffering and in pain, and seeking optimal health.

Rachel R. Resch

Physical Therapist

Must read for musculoskeletal problems.

This book is a life saver! Two weeks after beginning Ms. Pirtle's food plan, my debilitating, chronic knee pain improved 80%. Today I am pain free and in the best shape of my life.

As a physical therapist, I had tried everything I knew: physical therapy, osteopathy, homeopathy, prolotherapy, supplementation, anti-inflammatories, etc. A doctor suspected rheumatoid arthritis because of all the inflammation in the joint. RA - no; inflammation - yes.

It's no secret that many of today's chronic illnesses, such as heart disease, stroke, some cancers, diabetes, Alzheimer's and asthma have been linked to systemic inflammation, and musculoskeletal pain is no exception.

While not every element of a program may fit everybody, the premise of this program is unquestionably sound and the advice excellent. Musculoskeletal pain and systemic inflammation are by-products of our vitamin D deficient society. Ms. Pirtle's plan outlines a program rich in vitamin D and other nutritional factors that heal systemic inflammation.

“*Performance without Pain* is a part of an ever increasing movement of people who are finding healing through following the wise nutritional methods of our ancestors as modern dogmas have failed completely.

Some examples are: [Nutrition and Physical Degeneration](#), [Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats](#), [Eat Fat, Lose Fat: The Healthy Alternative to Trans Fats](#) and [Wild Fermentation: The Flavor, Nutrition, and Craft of Live-Culture Foods](#).

Such information is vital for us as a society as we continue to explore lifestyle factors that contribute to health and healing. I believe the field of nutritional medicine is in its infancy, and 10, 20, 100 years from now, people will look back on texts such as these as the foundation of modern nutrition.

Paul Yaeger

Author, *Immune-The Book*

Truly Visionary Material

Nothing motivated me to achieve excellence in my own personal health and well-being as did Kathryn Pirtle's book "Performance without Pain." As a lifelong classical violinist dealing with various repetitive stress injuries and spinal scoliosis, I've been into the dietary healing wisdom of the Weston A. Price and Price-Pottenger Foundations for some time, but it was Kathryn Pirtle's book that cemented the pieces of my health puzzle together by exposing the profoundly simple connections between diet and chronic inflammation/chronic stress. The way Kathryn relates her own story is superb. Furthermore, "Performance without Pain" reigns supreme as THE #1 PRACTICAL IMPLEMENTATION GUIDE for transitioning away from the toxic poisons of Standard American Diet (SAD) and into a totally new way of life based on the healing wisdom of nutrient-dense, traditional foods. If you perform--in everything ranging from figure skating to life itself--you need this book!

Toni DiDonato

Singer

A must read for those serious about taking charge of their own health.

Kathryn Pirtle's book literally saved my life. I felt as though I was at the "end of my rope". My story was very similar to Kathryn's in that I had searched for years and had done all the "right" things by eating healthy (I was a vegetarian for 10 years), had been in the care of many alternative practitioners and had consulted many books and methodologies for healthier eating and living. By the age of 45, I had serious acid reflux problems and as a singer had survived 4 vocal surgeries for varicose veins and polyps on my vocal cords. As a professional singer, it was a depressing reality to say the least. I happened upon Kathy's book and couldn't put it down. Because of the simplicity of the layout of the book and it's easy to follow ideas, I immediately began to incorporate the recipes suggested into my diet and found myself feeling better and better over time. I am now medication free and no longer have symptoms. I feel stronger than ever and am now able to work out without pain. At 50, I feel better than ever. I continue to follow the healthy eating principles laid out in the book.

Kathy's book is easy to read, easy to follow and gives you practical solutions that you can begin to implement into your life immediately. The information is succinct, to the point, is supported by years of research and it WORKS!! There are also many references at the end of the book for supplemental support in the way of companies that provide great health and food products.

This book is a must have for anyone who is serious about taking the

responsibility of their health into their own hands. No doctor or health practitioner can live your life for you and tell you what to do each day. This book gives you a practical guide for healthy eating to do just that. And it is workable, feasible and delivers results. I highly recommend that if you are ready to take charge of your own health and ultimate destiny, this book is a must!

Joanne Hay

Health Advocate

Contrary but true.

While conventional nutritionists continue to follow unscientific, never been proven, recommendations like:

1. fibre for everything from constipation to heart disease
2. eat low fat foods and replace animal fats with vegetable oils like corn and soy (even though no human has done so before)
3. unfermented soy foods, high fructose corn syrup and refined sugar are safe
4. and so by the way are formaldehyde forming artificial sweeteners and food colourings and preservatives.

Kathryn Pirtle guides you in a very different direction. One which, in her personal experience, leads to near miraculous health outcomes.

"Performance Without Pain" belongs with the growing record of experiences of those who turn their backs on modern nutritional dogma and follow the food ways of our ancestors.

Nina Planck in her great "Real Food" gives us new science which is contrary to corporate agendas, however, Pirtle's book simply tells her story of redemption from the hell of constant illness and pain to enjoying her body again. Much like "A Life Unburdened" by Richard Morris, this is simply a story about turning your back on what our society dictates is good food and finding your way back to real food.

The foods she recommends requires a rethink of what is important in your life and a reshuffle of your timetable but if robust health is your goal, you'll enjoy the wisdom borne of Pirtle's experience.

Patricia Ferreri

Musician

"The proof is in the pudding," as the saying goes. My wife and I both follow Ms. Pirtle's dietary suggestions with excellent results. Well, actually my wife suffers with IBS (Irritable Bowel Syndrome), and has to eat much less dairy food than I do. But, there are many things about Pirtle's suggestions that are working for her, too.

The main point to grasp is that each person must experiment to find what works for his or her metabolic type. Ratios, portions, how often per week, etc. are also as important as what one digests. Anyone who balks at giving this diet the "college try" has obviously not suffered enough - yet. That person may also have a spouse who enjoys so large an annual income, and therefore does not need to be concerned about being physically non-functional. You show me a person who makes a living, and supports a family, as a musician, typist, computer operator, seamstress, tailor, and anyone who

works with his or her hands, and who has debilitating (or chronically annoying) pain in his or her hands, arms, elbows, shoulders or back, and I'll show you a person is willing to try this - and anything else.

When one eventually tires of going to a doctor, getting another prescription that is frightening for its acknowledged, potential damage to ones liver, kidneys, gut and heart, Pirtle's suggestions may look a lot more promising and appealing.

To those who fear that they will develop a high bad cholesterol count, on a diet such as she suggests, I offer the following personal anecdote. Someone would have to explain to me why it is that, years ago, when I went on the extreme first two week regimen of the Dr. Atkins diet, my bad cholesterol level dropped like a rock. It was so low, that my physician laughed with glee over my lab report. He, who for so long was dead set against the Atkins diet, finally read Atkins' books. When he called, to give me the lab report, he said, "You are obviously addicted and allergic to carbos. What you crave most is what you are allergic to." During the first two weeks, I ate 3 eggs and 3 sausages every morning. For lunch and supper I ate double portions of red meat, lamb, pork, bacon, chicken, or fish. In between meals I ate lots of salami, prosciutto (Italian ham), and cheese. Water was my only beverage!. I ate and drank enough (water) to fill my stomach to satisfaction, and my cholesterol went way, way down into the "no risk at all" level. Following that two week period, if I were to introduce ANY grains, or even one slice of bread, my weight would increase and my bad cholesterol would increase. I could eat greens with no bad effect, even though they contain some carbohydrates. I know this for a fact because I was tested again. Now, some physician would have to explain why this is so. Meanwhile, I am not worried about Ms. Pirtle's dairy and meat-heavy dietary suggestions. I only suggest that one eat grass-fed beef , organically grown vegetables, and the dairy products as suggested by Ms. Pirtle.

Another side effect of my all protein diet was that I stopped snoring altogether, I needed about 2 hours less sleep, I felt like I was 18 years old again, and I lost all craving for pasta, raviolis, pierogis, lasagna, cake, bread and doughnuts. I could look at that stuff and turn away from it, whereas prior to that I had a "monkey on my back" that made me feel as though "I must eat some starch RIGHT NOW, or else I will lose my mind." This is precisely why I am grateful to Ms. Pirtle for writing her book; I have much the same experience on her suggested diet.

As far as "leaky gut" is concerned, anyone who suffers from IBS (Irritable Bowel Syndrome) would do themselves a favor by reading A New IBS Solution, by author Mark Pimentel, MD. Its sub-title is Bacteria - the missing link in treating irritable bowel syndrome. Ms. Pirtle's suggestions center on this need for good bacteria; bacteria that has not been cooked and processed out of our food. We are still following the high-density, nutritional recipes that she suggests in her book can only say that we do very well on them. We are undaunted by the fact that the recipes are more time-consuming than those of the "normal" American diet; we base our convictions upon results that keep us working and playing (sports) without pain or discomfort.

Janice Kozlowski
Mother

Kathryne's book has been a great source of continued proof that the traditional foods recommended by the Weston A. Price Foundation and her book are indeed healing. I

found Kathryne's book a very well written to the point resource for active people who have encountered various health issues that interfere with performance athletic and artistic. For those who have tried the advice of mainstream health care and feel frustrated and let down this book is a welcome source of education and support in how to take an active role in healing oneself. Kathryne's personal story is a testimony as are the many others who have found and follow these principles to overcome often debilitating health problems myself included.

I love that the book is straight forward, to the point and an easy read. The recipes are great too.

I make the gluten-free nut crackers all the time as well as nourishing bone broths. This book is worth the investment and I highly recommend it!

Jordan S. Rubin, NMD

New York Times Bestselling author of *The Maker's Diet*, *Patient Heal Thyself* and *Restoring Your Digestive Health*, Founder of Garden of Life Company

Performance without Pain is a must read for musicians, athletes, dancers, and anyone who wants good health and long life. Kathryne Pirtle's personal journey from a near career-ending injury to vibrant health will inspire you to take responsibility for your health.

Mandy Fey

Professional Clarinetist

Fantastic source for finding total health.

Performance without pain is a "true gem", and it has opened my eyes to a whole new way of eating and nourishing my body. I have had 7 surgeries since 2002 and I have tried everything to try to improve my health. By eating raw and fermented foods along with the Cod liver oil and high vitamin butter oil....my health has improved tremendously. I think everyone should read this book and start to incorporate these principles into one's daily life. I feel blessed to have come across this book and am forever grateful.

Alana Sugar

Clinical Nutritionist

A Life Saver

This book is a blessing! It is easy to read and understand. It will show you how to heal your digestion using the principles of a nourishing traditions diet. While it may seem to be a lot of work, it really is not! While nuts soak and dehydrate, you can leave your house and go about your work. You can easily culture foods such as kefir with practically no work at all. These things sit on your kitchen counter while you are focused on other things. But mostly, this diet nearly instantly relieves gastric distress, it begins to re-implant the digestive tract with healthy live bacteria, and it soothes an inflamed gut.

Barbara Haffner

Assistant Principal Cellist, Lyric Opera of Chicago

I have read Ms. Pirtle's book, *Performance without Pain*, with shock and disbelief at the ill-considered judgments of the food industry and our government's decisions concerning it. The history of milk set forth in Chapter 5 is *jaw-dropping!* Frankly, it's a wonder any American is well today! The book is a must-read if you care at all about your family's health and is, without doubt, one of the most important books I have ever read.

Daniel Duell

Artistic Director, Ballet Chicago
Former Principal Dancer, New York City Ballet

As a professional ballet dancer, teacher, choreographer, and serious flutist all my life, Ms. Pirtle's story resonates deeply with me. Like Ms. Pirtle, during the course of my career I have sought remedies for injuries and ailments; some of those remedies have been highly successful, while others have left much to be desired. In my opinion, Ms. Pirtle's extensive research and her resultant discoveries open up a whole new world of hope for healing and health for performing artists. I am grateful for the magnificent and caring effort she has put into sharing her knowledge, including her practical, easy-to-follow instructions for applying it. Ms. Pirtle's book is important for anyone seeking complete health as well as for anyone seeking optimal performance capacity.

Catriona White

University Dance Professor, Former Ballet Dancer

I know this approach to eating works, as it has, over the past five years, changed my life dramatically for the better. You can do yourself a wonderful favor by reading this book, and trying it!

Nicholas F Quarrier MHS PT OCS

Clinical Associate Professor of Physical Therapy
Ithaca College, Ithaca, NY
Director of *The Healthy Musician: Care and Prevention of Music-Related Injuries*
Summer Workshop

Ms. Pirtle, Ms. Fallon and Dr. Turner have written an informative and extremely important text for all performing artists that is especially relevant today, when performers are seeking more and more medical attention for performance-related injuries. Many performance-related injuries are very difficult to diagnose and the nutritional aspect to injury provides a valuable piece of this highly complicated puzzle. I have spent much of my professional career examining and treating individuals with performing arts-related injuries and have recently realized the huge importance nutrition plays in the healing and health of the musculoskeletal system. Many of the musicians I see have food allergies and many poor nutrition habits—fast foods, unbalanced, etc. Many have chronic pain conditions, often diagnosed as fibromyalgia-type of pain. This text may very likely provide the help that many of these individuals need for full recovery and continuation of long uninterrupted musical/dance careers.

Thomas Cowan, MD

Author of the *Fourfold Path to Healing*

When I started to get into the world of nutritional medicine and the work of Dr. Weston Price, DDS some 20 years ago, I had no idea where it would lead. Now as the work has grown, particularly with the publication of *Nourishing Traditions* by Sally Fallon, the horizons seem to be rapidly expanding. This work by Kathy Pirtle, Sally Fallon and Dr. Turner expands greatly the use of traditional diets in the treatment of people that I had previously not considered. I, of course, knew the benefits of this approach for many people and types of maladies, but I had never considered the special situation of musicians, dancers and athletes and their musculo-skeletal issues.

This well written and interesting book expands the uses of traditional diets and is a welcome addition to the growing literature on the uses of this approach.

Carsten Vagn-Hansen

"Carsten Health Consult," Vejle Denmark

Most disease and health problems start with the wrong food, bad quality of food, bad digestion and trouble with a leaky gut, leading to inflammation and pain. Kathy Pirtle presents this on a background of her own experience in an easily understandable way of the basic facts. This will free the reader from symptom treatment with potentially dangerous drugs and lead the way to remove the causes of pain and inflammation.

Florentina Ramniceanu

Concertmaster, Chicago Opera Theatre; Violinist, Orion Ensemble

As a close colleague and friend for many years, I have witnessed Kathy Pirtle's transformation—an incredible journey from years of living and performing with pain to vibrant health and career success. The story of a brilliant clarinetist—this book is a wonderful life lesson of nutrition—full of practical guidance paired with the most advanced nutritional research based on accurate historical data about the diets of healthy populations worldwide.

This book is a step beyond anything you have ever read. You will learn the precise principles of optimal nutrition in an easy to follow system to help you achieve *your* perfect balance for top performance.

A very fun, easy and most interesting read! A *must* for performers and anyone who desires to achieve a higher level of health.

Jacqueline Hunt

Mother

This book is exactly what I needed in my quest for an improved diet. I have Celiac disease (as does the author of the book) and I struggle with Osteoporosis. My 14 year old son also has Celiac disease and is slow to grow. My daughter is

Autistic and has many gastrointestinal issues. The principles in this book allow me to maximize the nutrition of my family in a way that benefits all of us. Yes, it does require one to go back to the kitchen and put more effort into creating food from scratch but the benefits far outweigh the negatives. It makes me feel good that I am providing higher levels of vitamins and minerals to my kids in a more effective manner than simply popping a vitamin pill in their mouths.

I am convinced that the large food manufacturers in this country have totally impoverished our food supply. Dr Weston A Price first discovered this in the 1930's. As hard as it is going to be for the general public to understand "where we went wrong", I believe that, with the help of Kathryne Pirtle's book, we must begin to teach the truth about what is healthy and what is not.

Ron deVries

Former NBA basketball player

One person through personal experience, another through professional study—put them together and a stark picture of nutritional marketing emerges. Kathy Pirtle, John Turner and Sally Fallon have written an insightful book revealing some of the myths propagated by the food industry while revealing to readers a roadmap for better health and pain-free living. Having competed in the NBA and suffering many of the symptoms Kathy, John and Sally discuss, I find myself appreciative of their work and wanting to share their findings with others. Reading the book and the subsequent change in diet has resulted in my life being more productive, less stressful, and most importantly—pain-free. I encourage you to see for yourself.

Konstantin Monastyrky

Author of *Fiber Menace*

Performance without Pain is a remarkable book about surviving prevailing medical "wisdoms," dogmas and devastating ailments not caused by bad genes, but by foods which are, amazingly, considered "wholesome" and "healthy." If you are a concerned parent, promising professional, aspiring artist, successful executive or simply a health-conscious and responsible individual, you must read this book to assure yourself and your children a productive and disease-free future.

Roberta Stewart

Writer

So often our modern medical world is labeled as health care, when in fact it is, at best, "crisis management" or "sickness care." Ms. Pirtle presents not only a doable alternative to sickness and degeneration, but one that, in her personal experience, has been proven to reverse them.

Basing her own healing story on well-founded research, she has laid out a systematic approach to well-being that is a must for anyone who truly cares to flourish. If you are familiar with the recent story and work of Jordan Rubin, or that of Dr. Weston A. Price from earlier in the 20th century, you know that much

of the degeneration experienced by modern day human beings is a result of our "SAD" Standard American Diet of processed foods and chemically-damaged soils. Through the use of more traditional food preparation techniques with organic vegetables and clean, pasture-fed meats, we still can create healthy bodies like our parents and grandparents did. The information on fats shared in this book builds on a lifetime of research by Mary G. Enig, PhD, an expert of international renown in the field of lipid biochemistry. ([Know Your Fats : The Complete Primer for Understanding the Nutrition of Fats, Oils and Cholesterol](#) by Mary G Enig, PhD.)

Ms. Pirtle emphasizes that food preparation deserves care and attention if we are to live long, healthy, productive lives. I have particularly benefitted from the bone broth soups she describes, enjoying the simmering aromas from my crock pot. Simple to prepare, and a joy to eat, they truly nourish both body and soul. I also have enjoyed a quick preparation of raw sauerkraut that provides essential enzymes, using a Cuisinart and Kitchenaid mixer to make 4 quarts or more at a time--about 1 hour's effort to provide 1 or 2 months' supply of this highly nutritious and tasty condiment. I use it on fried egg whites, using the yolks as part of a kefir smoothie for a nutritious and delicious breakfast.

It takes trial and error to find the recipes that appeal to you most, but Ms. Pirtle's book gives you the information and inspiration you need to get started. I take true enjoyment in knowing that I am preparing REAL food. Start with this book to learn the basics. Go on from there to get more ideas, recipes, stories, and interesting background in Sally Fallon's "Nourishing Traditions." ([Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats](#)) It is worth investing your time and interest in nutritional support for a lifetime of health.

Gail Williams

Horn Soloist

Professor of Music, Northwestern University

Former Associate Principal Horn, Chicago Symphony Orchestra

This book is a must read from a Mom's point of view to that of a professor. Through research from personal health problems, Kathy Pirtle has written a very important and revealing book. The chapter on milk and grass-fed animals just made me smile, since I grew up on raw milk. Being a healthy child with no digestive problems to an adult with colitis, I certainly will be researching changes in my diet.

From the perspective of a professor, this book also offers new insight into treatment approaches of embouchure strength and stability problems in brass and woodwind players.

Anonymous

Professional Classical Violinist and Health Advocate, San Francisco, CA

Around three years ago, I received an HIV+ diagnosis. Just prior to my startling and terrifying experience of receiving this diagnosis, I had received educations in

Western anatomy, physiology, and pathology as part of my training to become a massage therapist. During that time, I had become intimately familiar with the problems confronting athletes, musicians, dancers, and others who are highly prone to having repetitive stress injuries and chronic conditions such as carpal tunnel, tendonitis, functional scoliosis, torticollis, gastro-esophageal acid reflux disease or GERD, tennis elbow, etc. As a professional violinist, this background gave me a special insight into my own functional scoliosis produced by nearly life-long violin playing, and how to remedy these conditions *to some extent*.

When I received what I thought at the time was my life-threatening “HIV” diagnosis, what at first seemed unrelated to my violin-related problems, which was my quest for truly optimal diet and supplements, led me eventually to the conclusions about human nutrition reached by Dr. Weston A. Price and the Weston A. Price Foundation. I personally have *zero* doubt that if I had not implemented these specific findings in my kitchen and in my life that I may either not be alive today, or may have unwisely succumbed to taking what are well-known to be highly chemotoxic and potentially fatal AIDS medications. Furthermore, there is a growing movement of HIV+’s here in the Bay Area who share my views on Weston Price and have had similar survival experiences with these findings.

What I also learned when I implemented this new diet, however, was not only how to live with an HIV diagnosis free of pharmaceuticals and free of opportunistic infections, but that many of the chronic conditions I had experienced for so long as a result of violin playing had underlying roots in the poor nutrition I was receiving prior for most of my life.

Ms. Pirtle’s book is sure to serve as a profound turning point for artists and others who live a life as performers, and therefore for the whole world. It delivers the plain and simple truths on the nutritional roots of the extremely common conditions which we are faced with as performers, and it delivers an easy-to-follow roadmap showing how to make it back to the state of perfect, optimal health which is so extremely crucial to our way of life as performers. The information she presents, which is well grounded in the Weston Price body of knowledge on nutrition, which literally saved my life and is certain to massively improve yours.

David Taylor

Assistant Concertmaster, Chicago Symphony Orchestra

Who would ever believe that musicians, i.e. classical musicians would confront real and at times severe occupational hazards from playing their instruments? But, alas, it is often so. I have personally experienced these myself and have seen careers often end prematurely because their bodies just could no longer cope with the pain or discomfort that can follow a serious and relentless pursuit of musical perfection. This book will educate us all and give guidelines that may help others to avoid the pitfalls that Kathy and no doubt others have fallen into. Even if one does not choose to apply this wisdom to their own particular situation it will prove to be profitable food for thought and open a whole world of priorities that might not otherwise have been presented.
