Summary

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

TRADITIONAL DIETS	MODERN DIETS
Foods from fertile soil	Foods from depleted soil
Organ meats over muscle meats	Muscle meats, few organs
Animal fats	Vegetable oils
Animals on pasture	Animals in confinement
Dairy products raw and/or fermented	Dairy products pasteurized
Grains and legumes soaked/fermented	Grains refined, extruded
Bone broths	MSG, artificial flavorings
Unrefined sweeteners (honey, maple syrup)	Refined sweeteners
Lacto-fermented vegetables	Canned vegetables
Lacto-fermented beverages	Modern soft drinks
Unrefined salt	Refined salt
Natural vitamins in foods	Synthetic vitamins added
Traditional Cooking	Microwave, Irradiation
Traditional seeds/Open pollination	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)

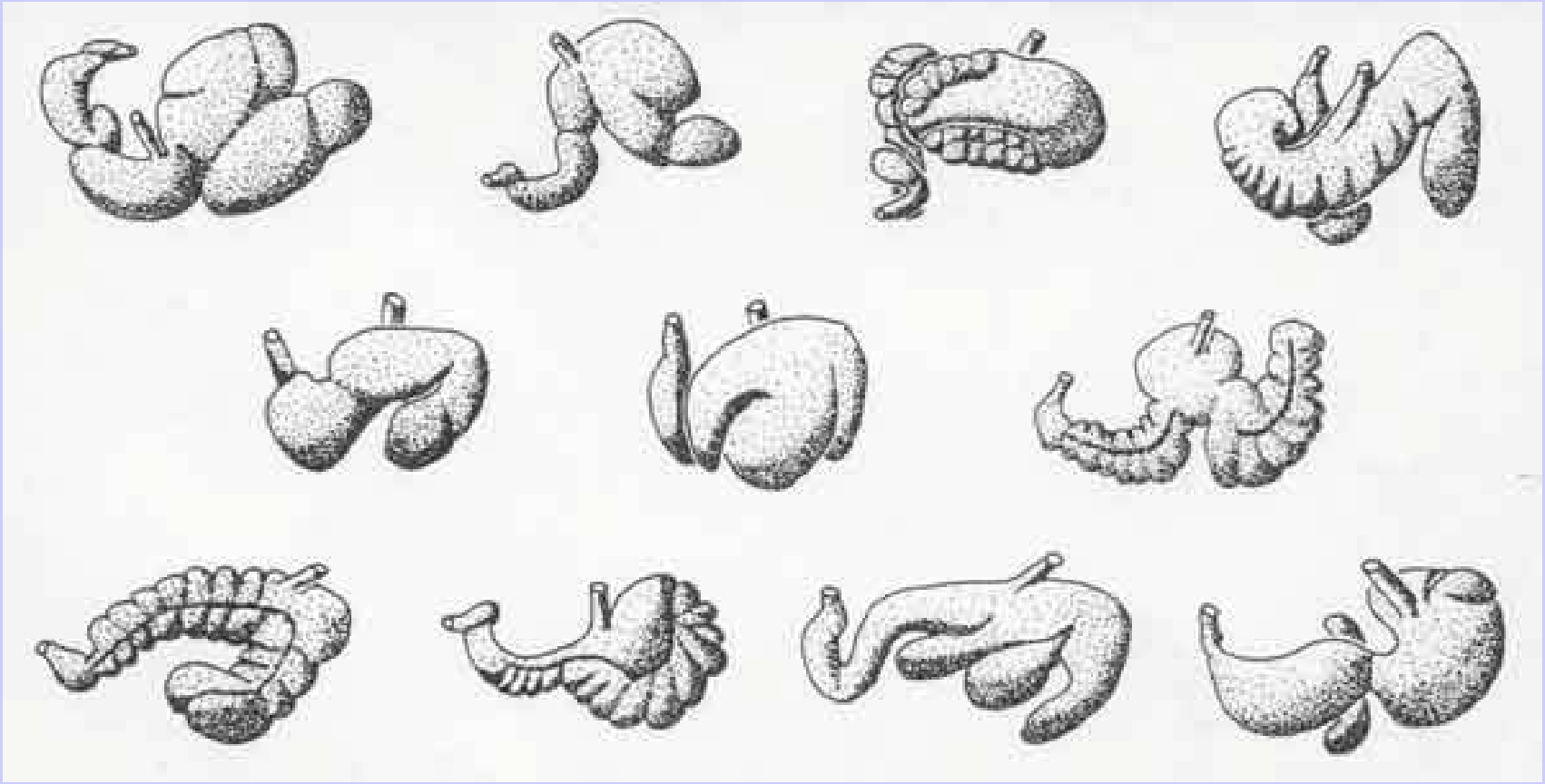
Pre-digests COMPLEX STARCHES & SUGARS (hard to digest)

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

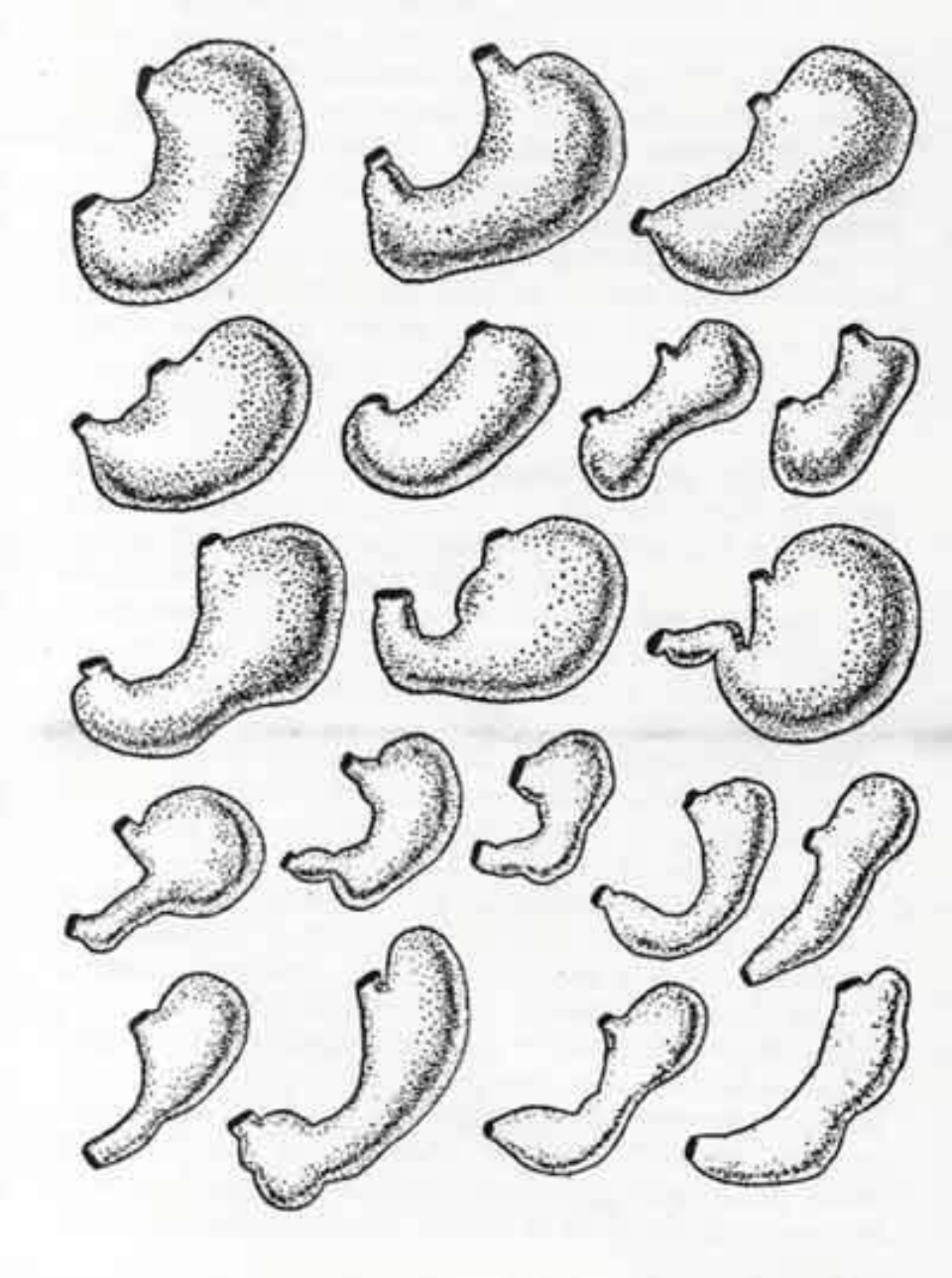
Begins breakdown of CELLULOSE (impossible to digest)

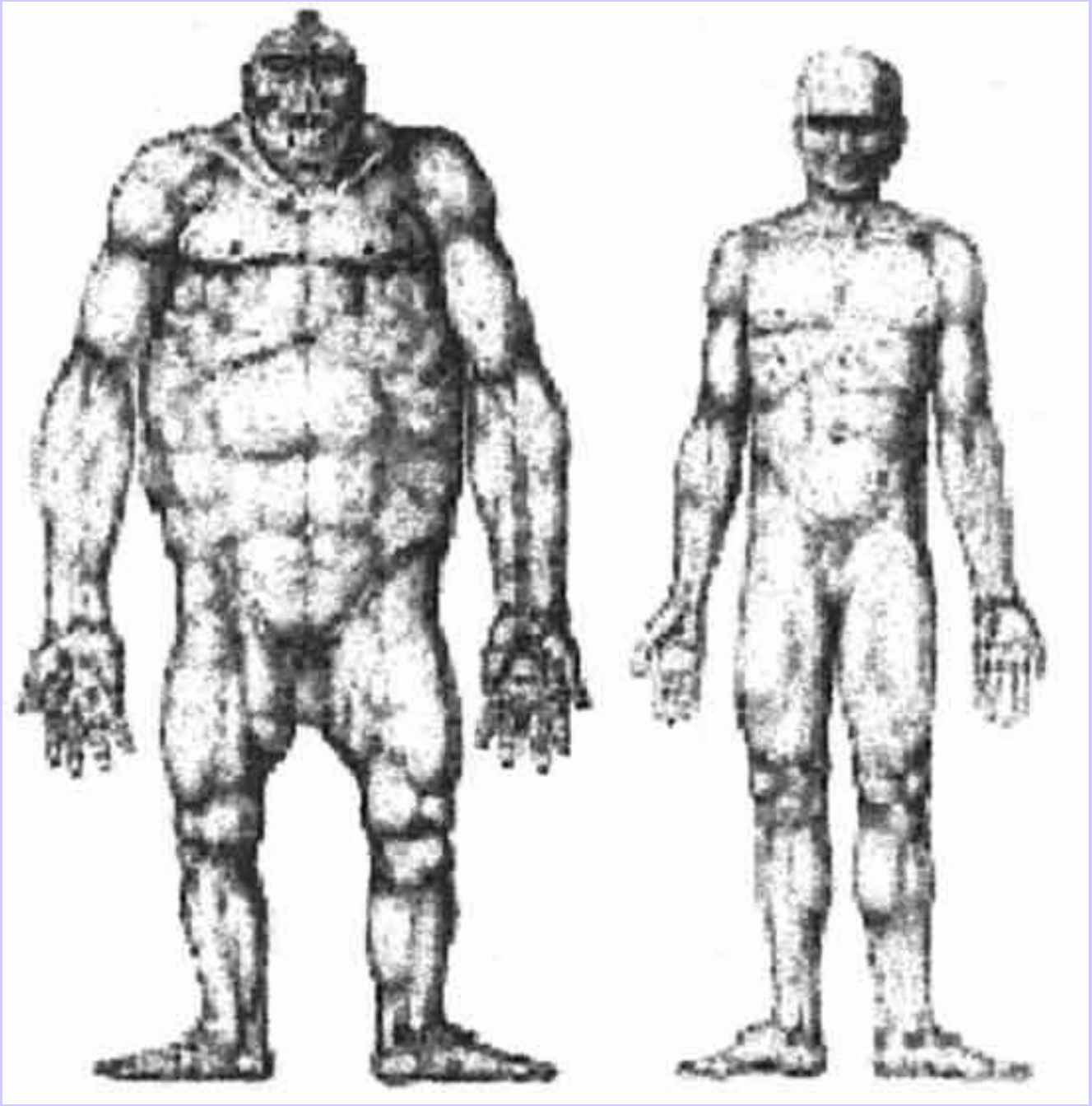
Proper preparation makes seed foods more digestible and their nutrients more available.

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

Soy Milk

Soy Yogurt

Soy Burgers

Diet Drinks

Hamburgers

Hamburger Helper

Soy Cheese

Soy Ice Cream

Soy Hot Dogs

Protein Drinks

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

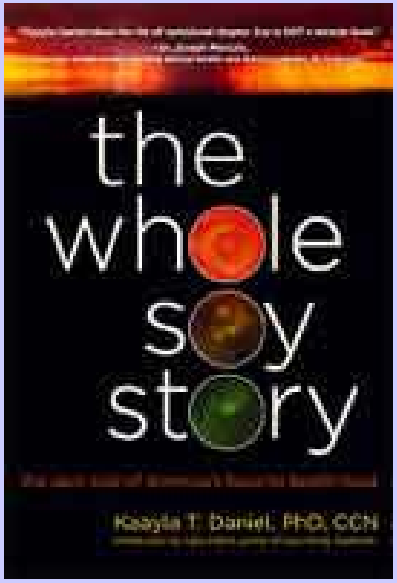
Soy-Based Infant Formula

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



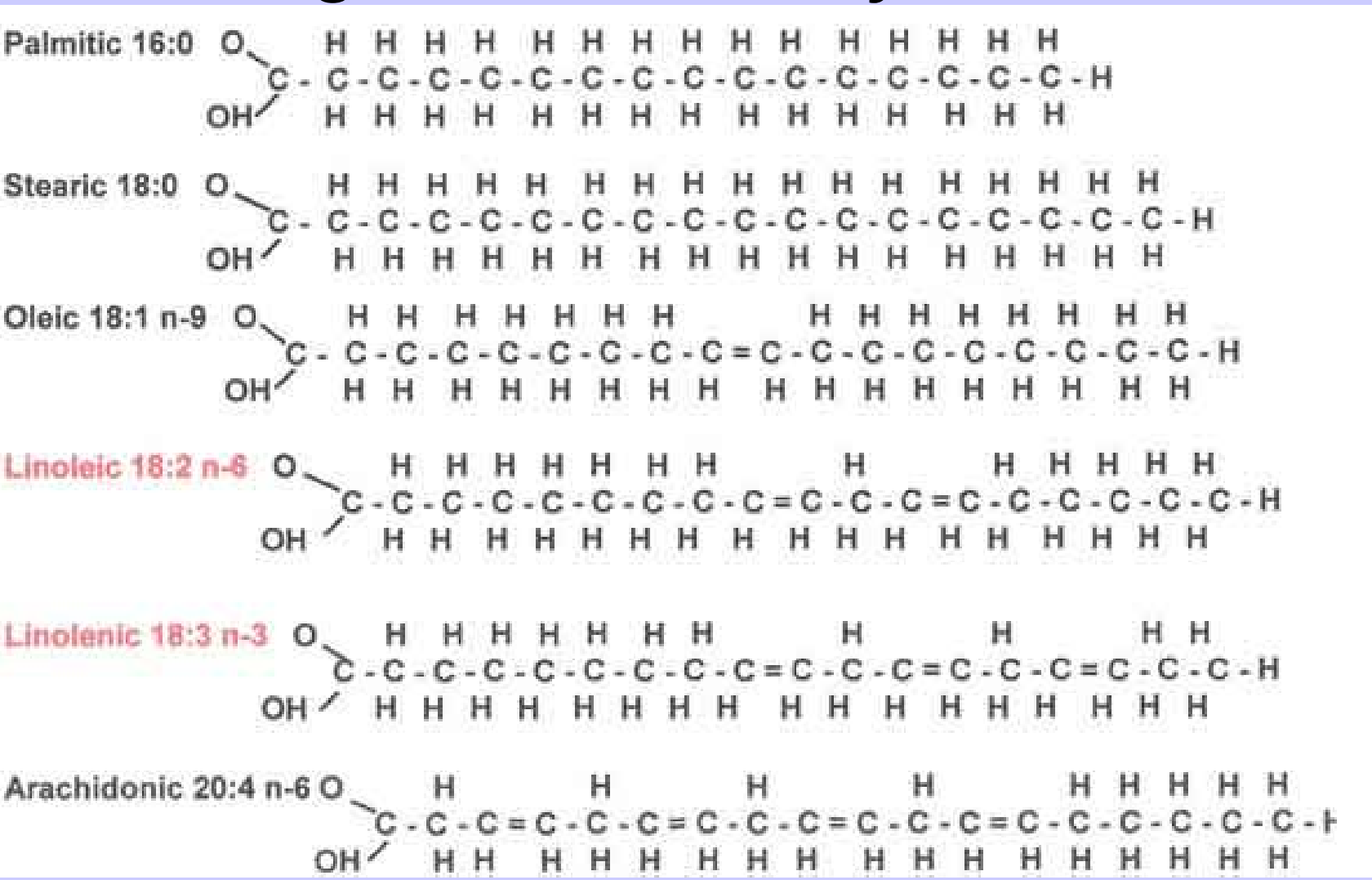
The Whole Soy Story by Kaayla Daniel, PhD, CCN

Soy Alert! Section of westonaprice.org

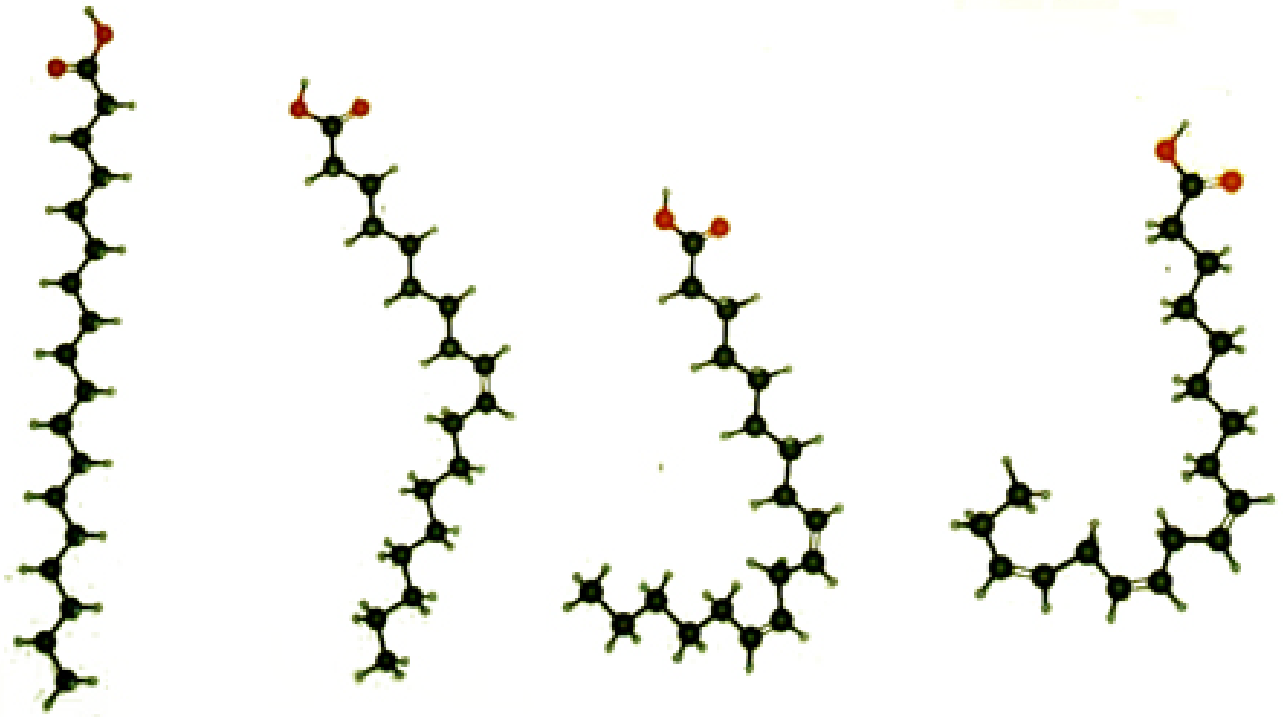
Soy Alert! Flyer from the Weston A. Price Foundation

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

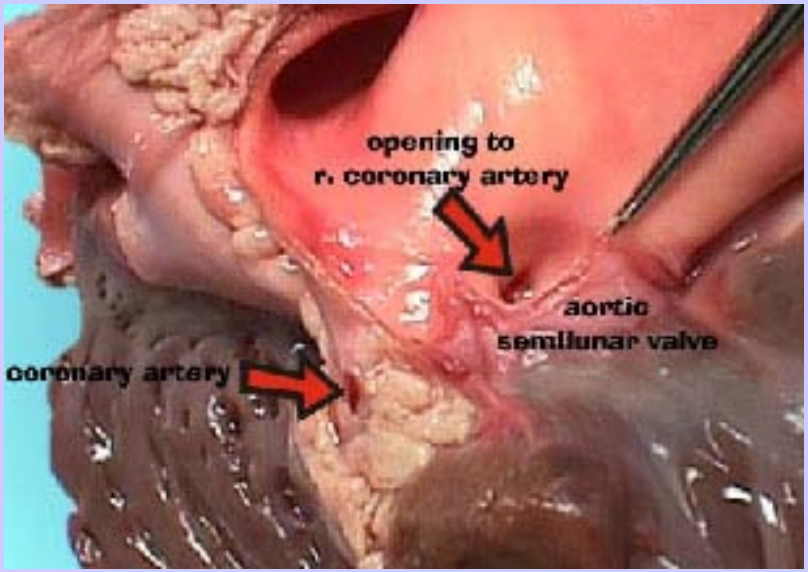


18 Carbon Fatty Acids



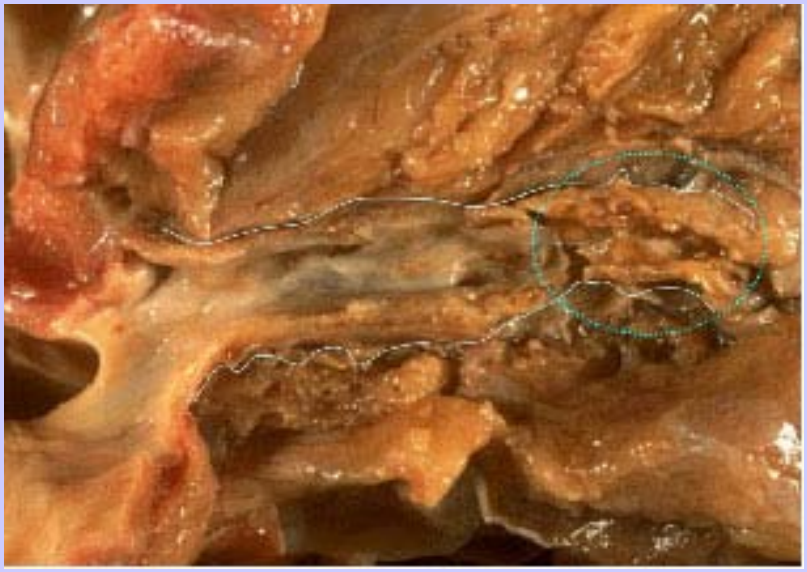
Stearic Oleic Linoleic Linolenic

Arteries: The Good and the Pathological



Good artery - smooth, elastic and pink.

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

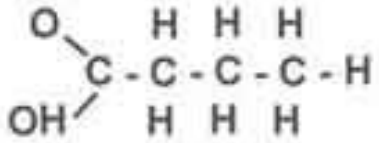


Damaged arteries - crusty and yellowish.

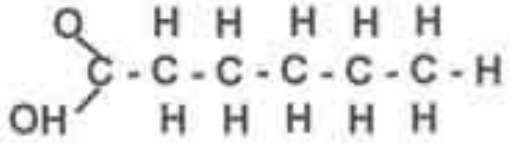
Damage caused by free radicals from rancid, processed vegetable oils!

Shorter-Chain Fatty Acids

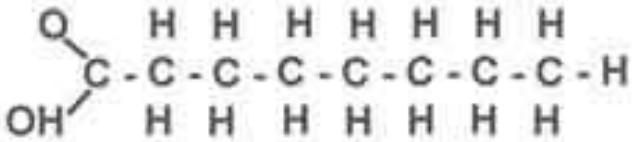
Butyric 4:0



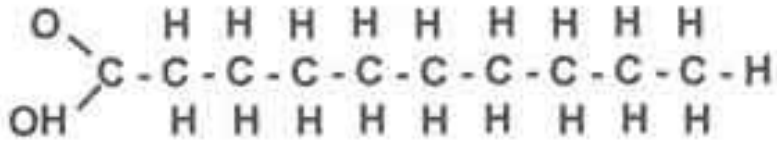
Caproic 6:0



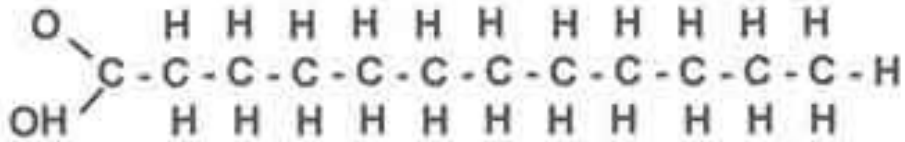
Caprylic 8:0



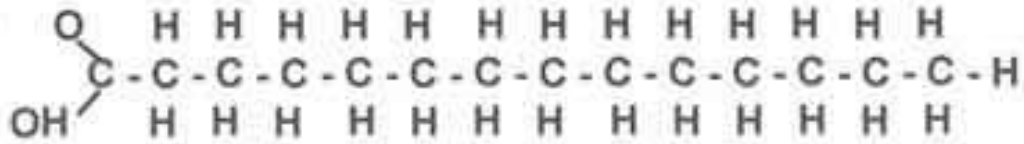
Capric 10:0



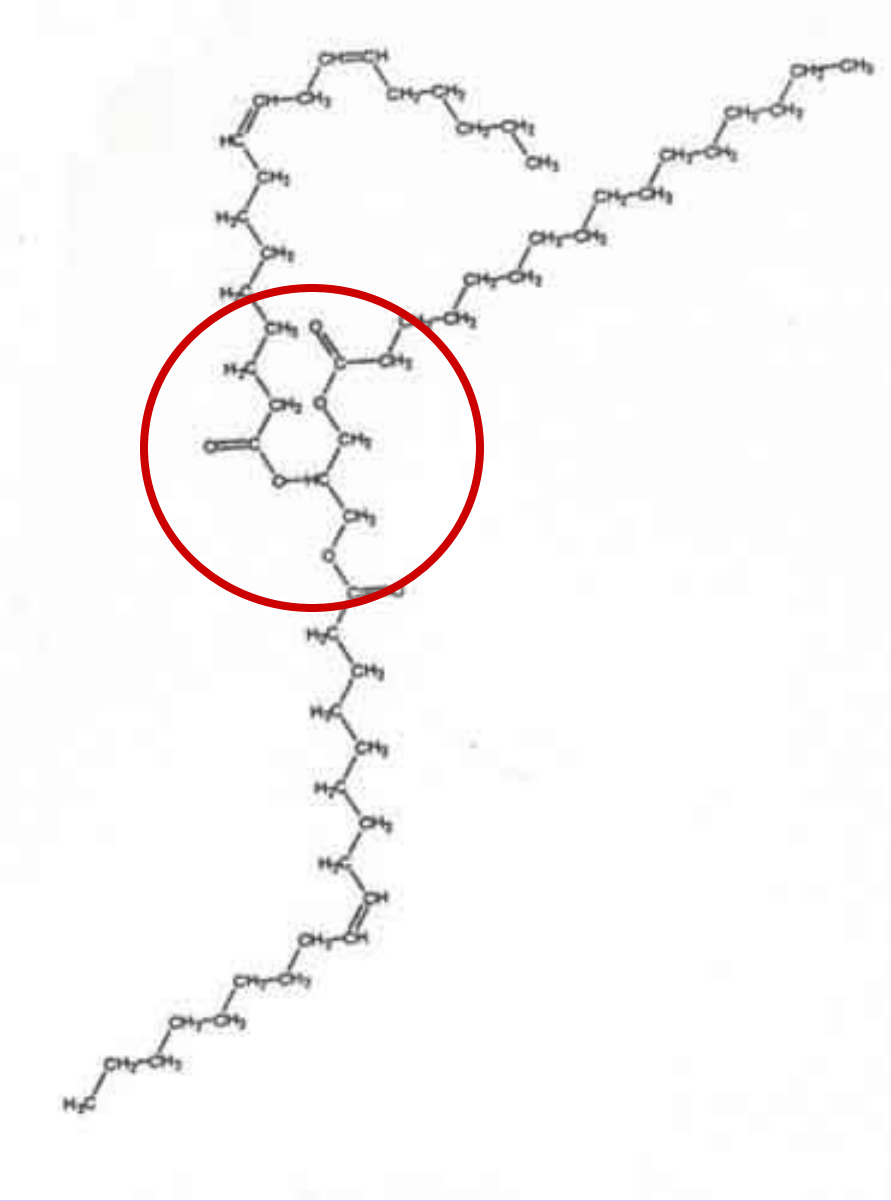
Lauric 12:0



Myristic 14:0



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).

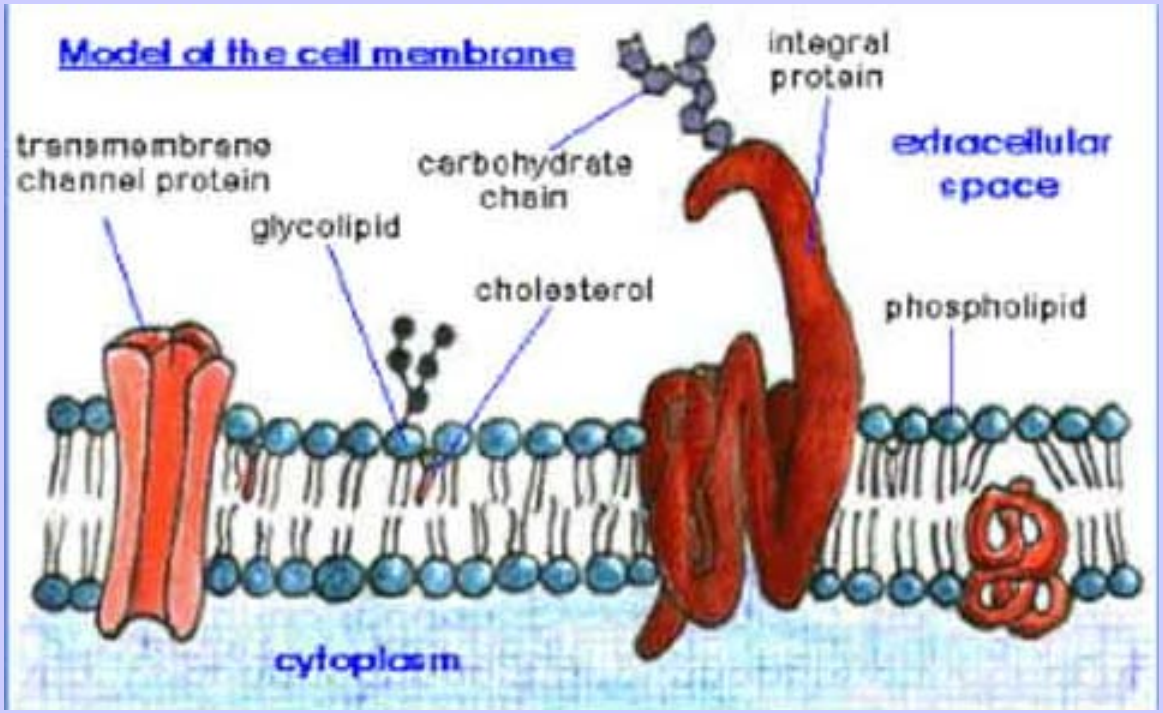
WHOLE FAT MILK = FERTILITY: Women drinking lowfat milk had fertility problems.

(*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.

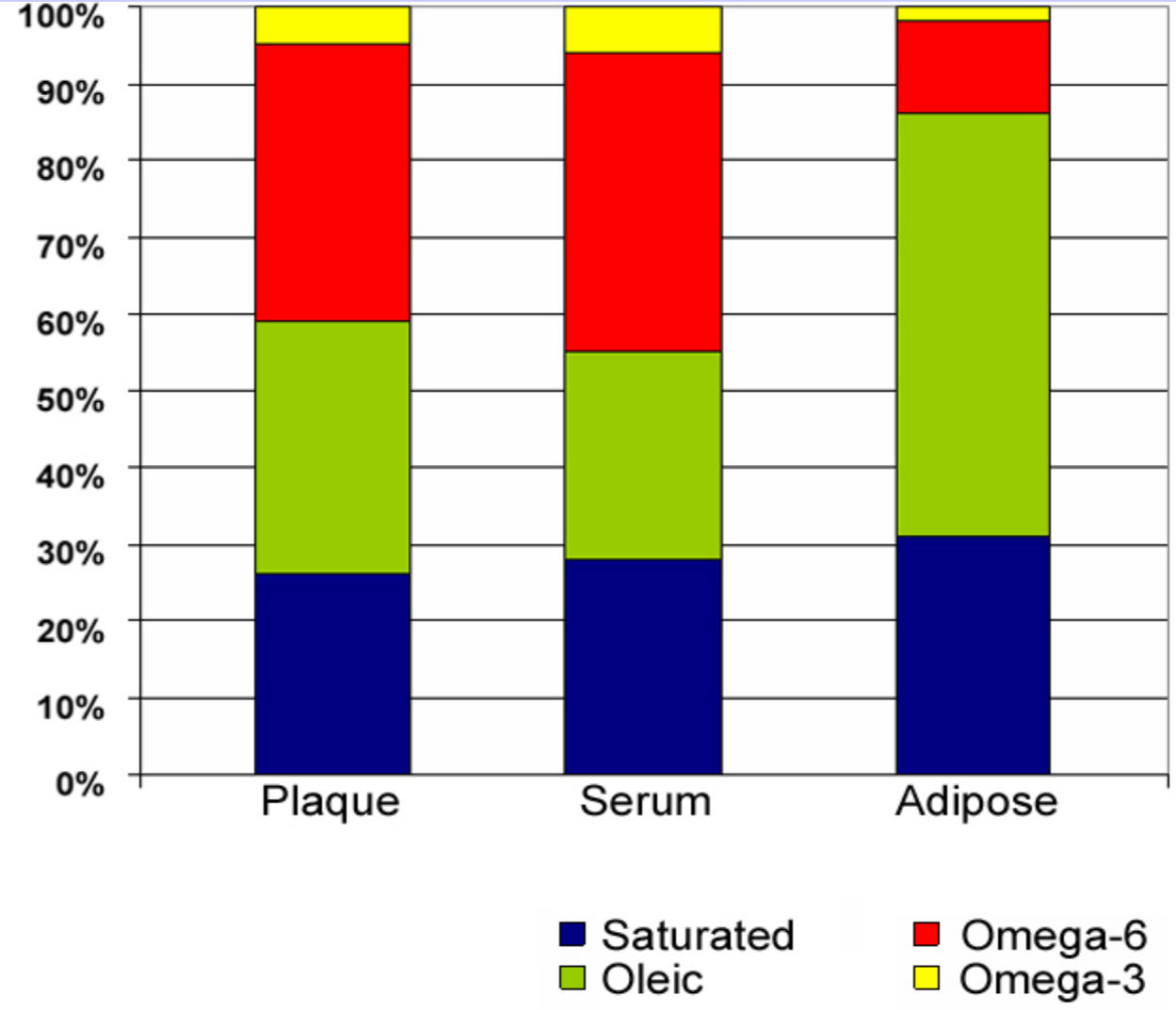
The Famous Framingham Heart Study

"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:

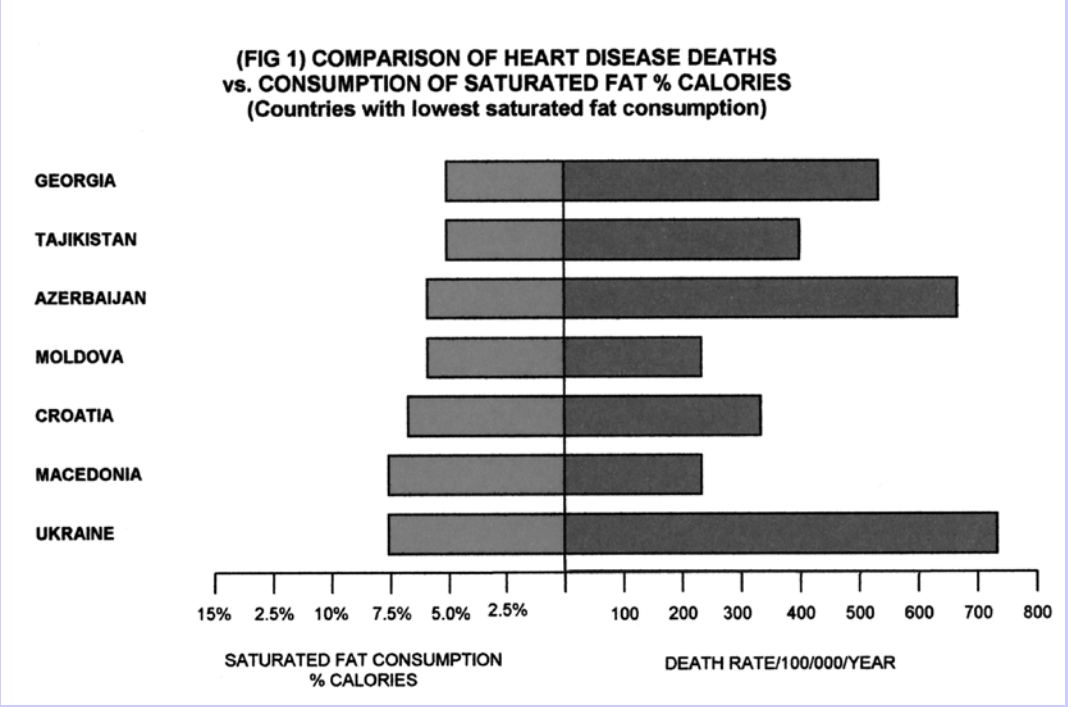
Polyunsaturated Corn Oil
Monounsaturated Olive Oil
Saturated Animal Fats

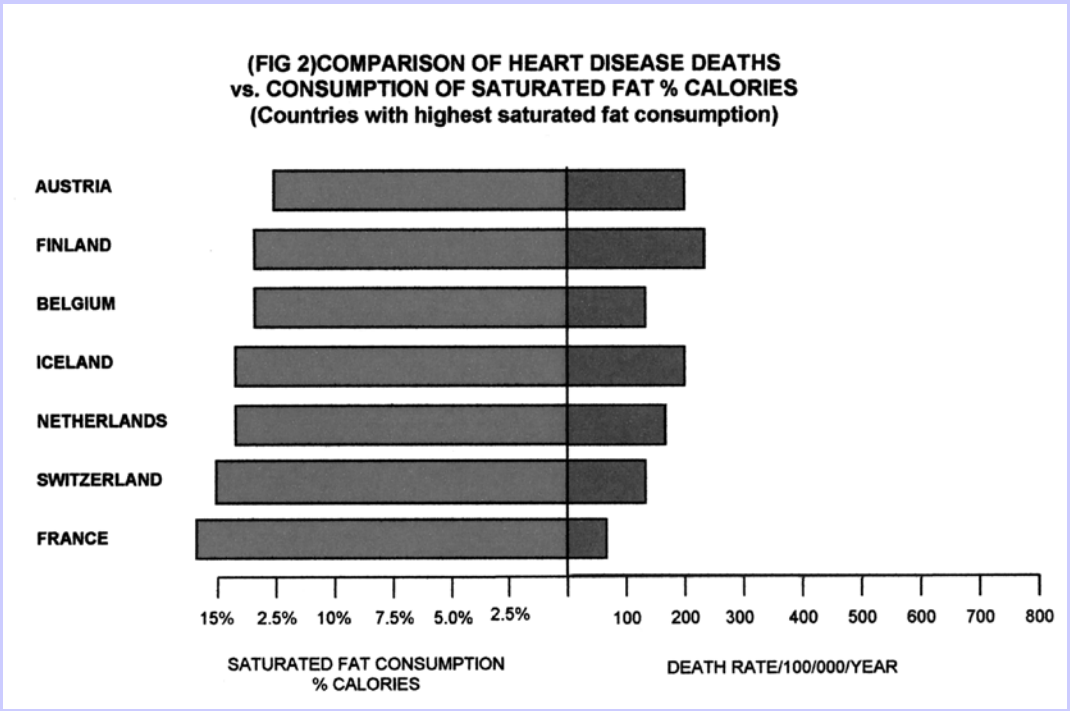
1. Corn Oil Group had 30% lower cholesterol but only 52% alive after 2 years
2. Olive Oil Group had 57% alive after 2 years
3. Animal Fat Group had 75% alive after 2 years

Source: British Medical Journal 1965 1:1531-33

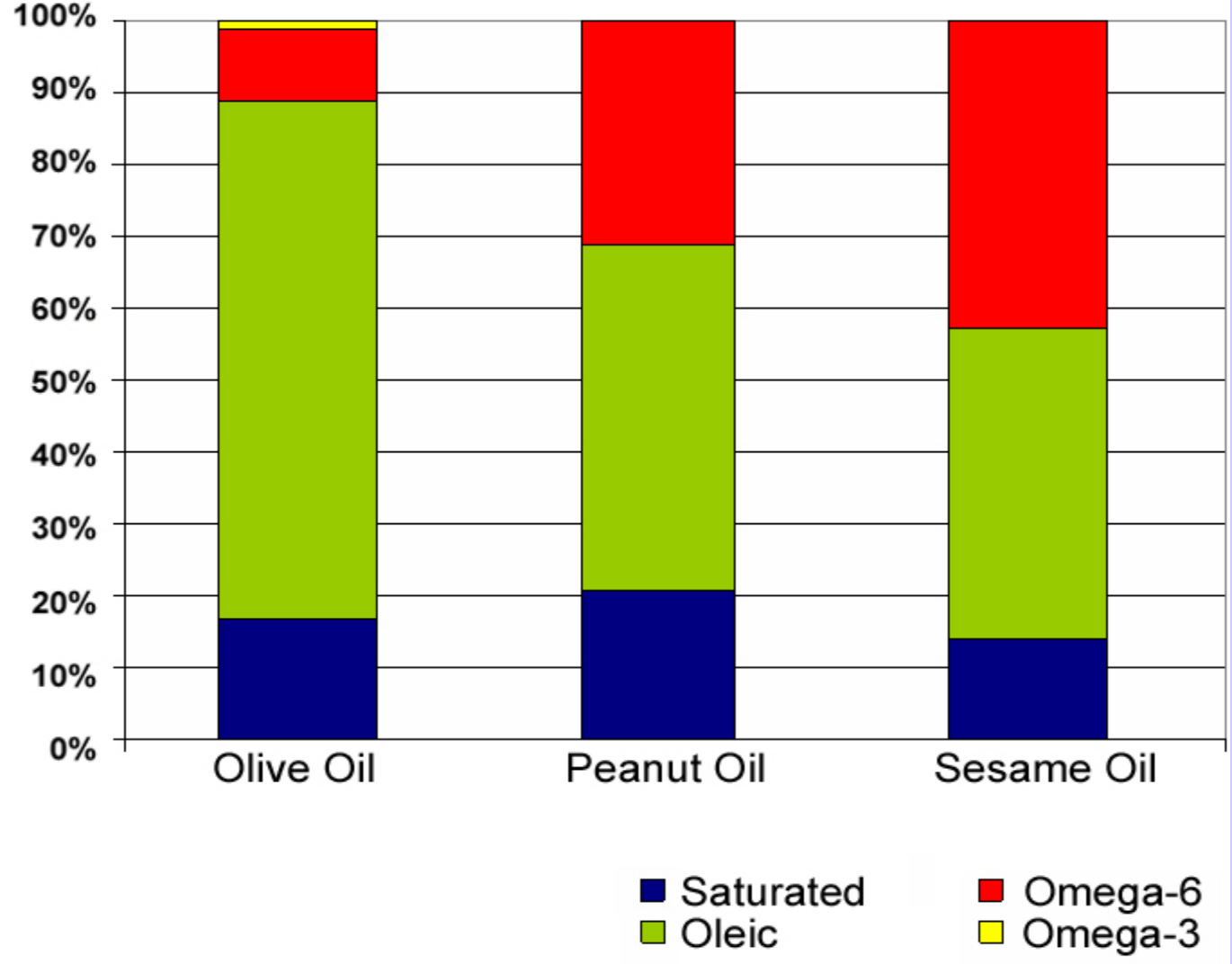
Saturated Fat and Heart Disease

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

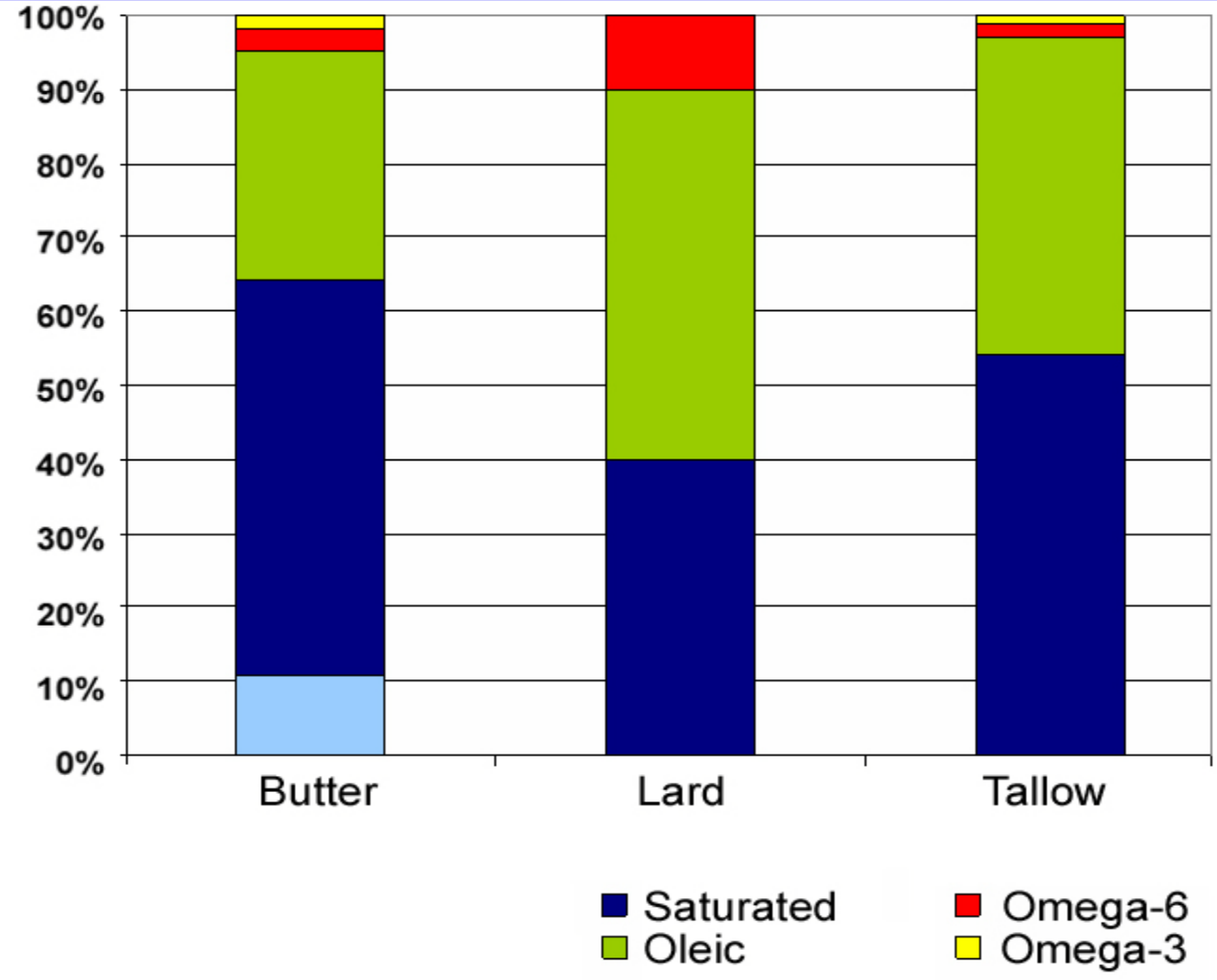




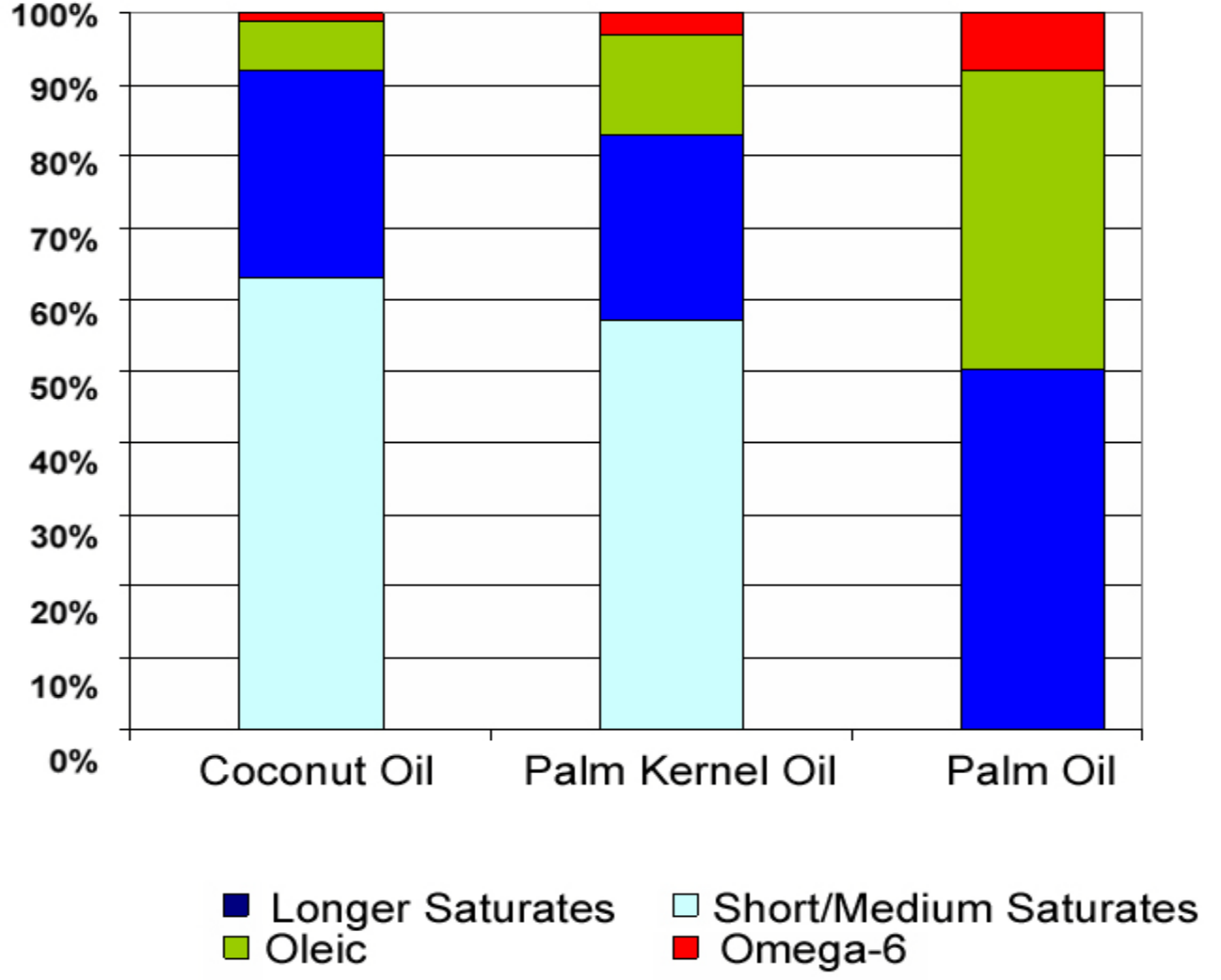
Fatty Acid Profile of High-Oleic Oils



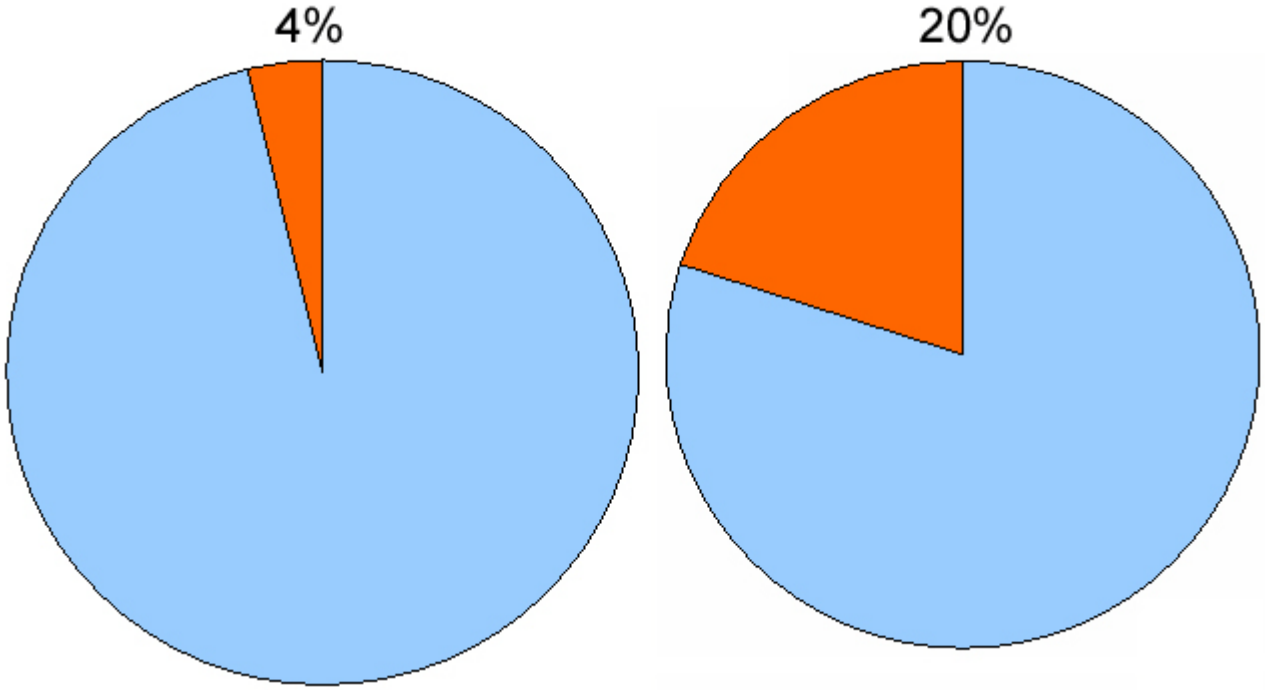
Fatty Acid Profile of Common Animal Fats



Fatty Acid Profile of Tropical Oils



Essential Fatty Acid Content of Primitive and Modern Diets



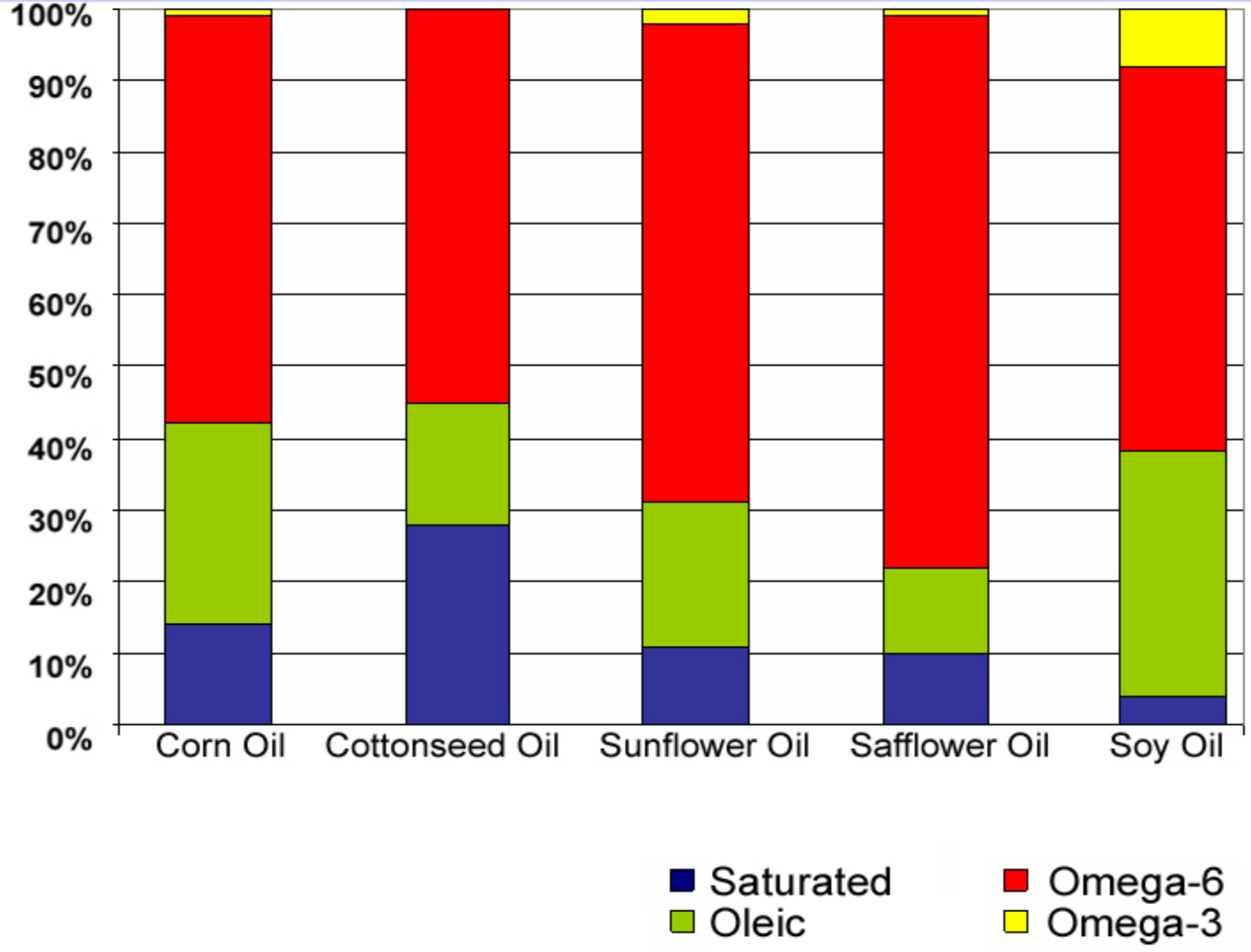
PRIMITIVE DIET

4% Calories as polyunsaturated essential fatty acids

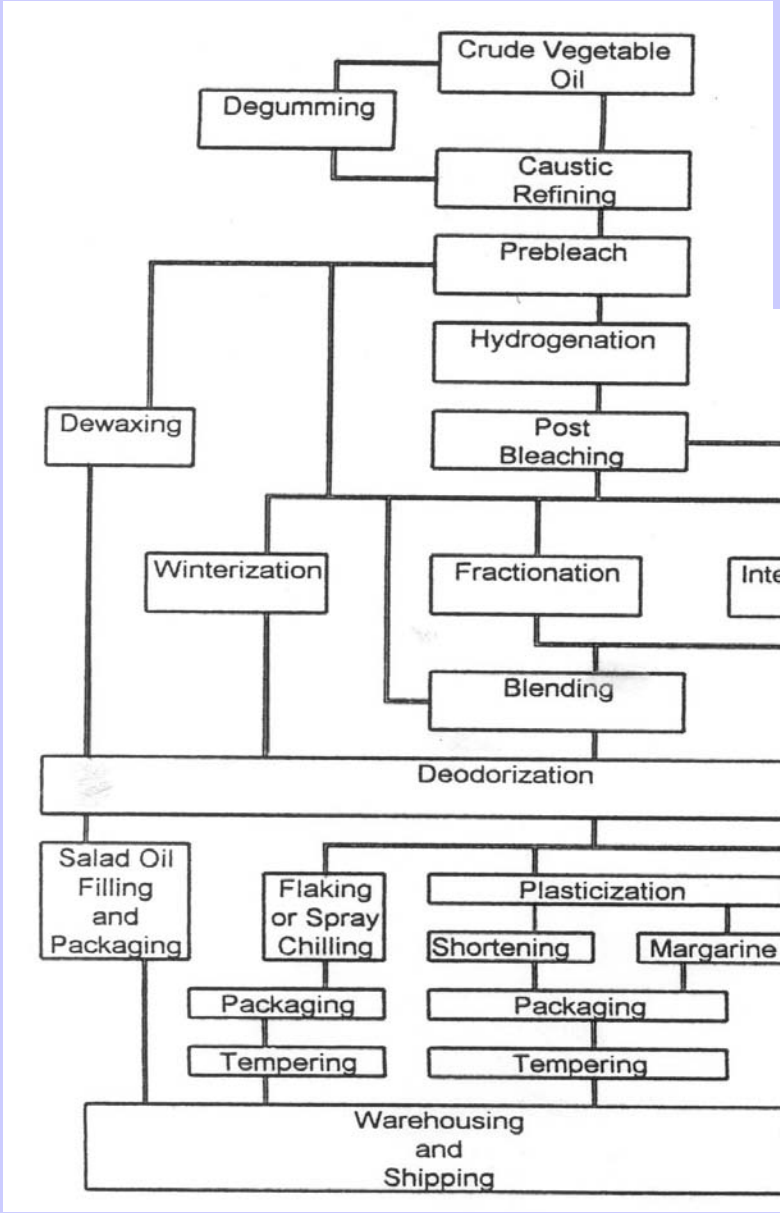
MODERN DIET

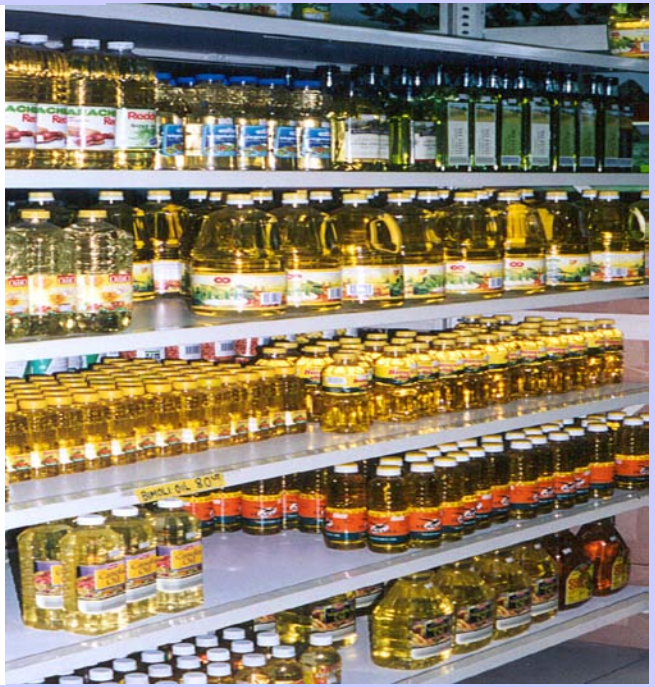
20% Calories as polyunsaturated essential fatty acids

Fatty Acid Profiles of Polyunsaturated Oils



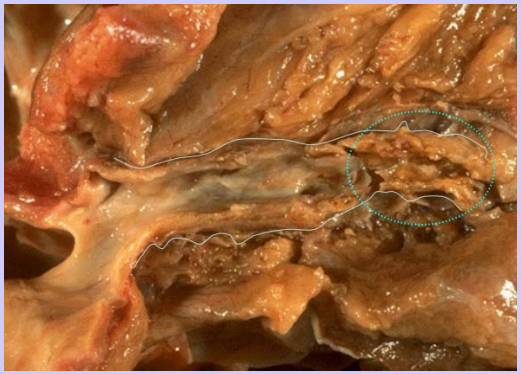
Modern Edible Oil Processing





Source: *Fats and Oils: Formulating and Processing for Applications*, Richard D. O'Brien 1998

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*

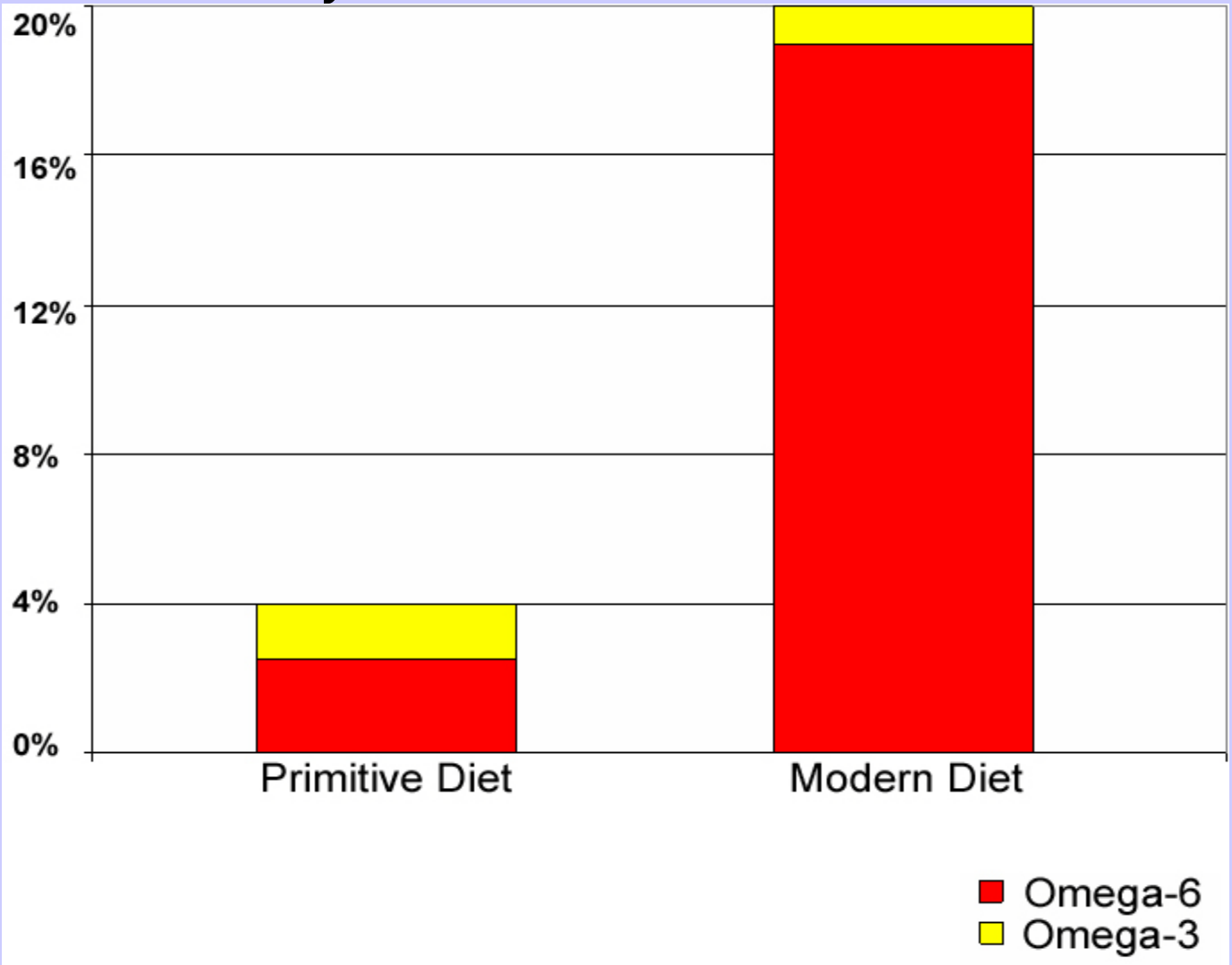
Natural Sources of Essential Fatty Acids

GRAINS	LEGUMES
NUTS	FISH
ANIMAL FATS	EGGS
VEGETABLES	FRUITS

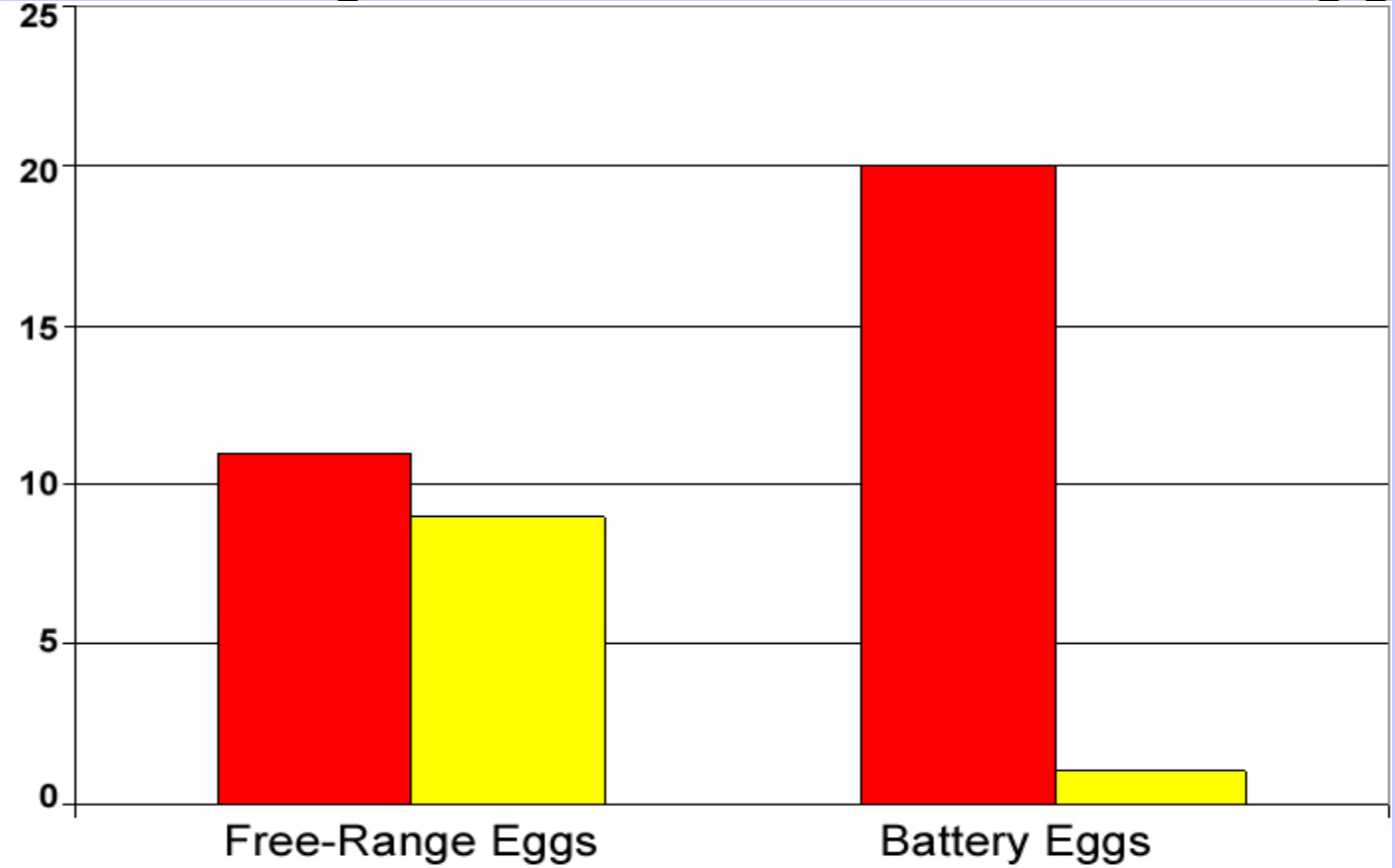
Polyunsaturated fatty acids are protected from damage when they are in whole foods.

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

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

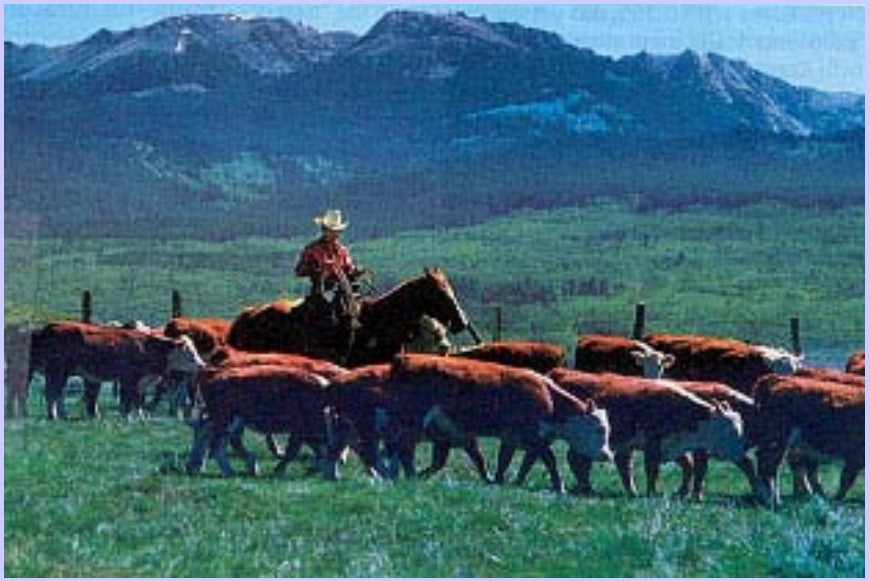
More Fat-Soluble Vitamins – A, D, E, K - in the fat.

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

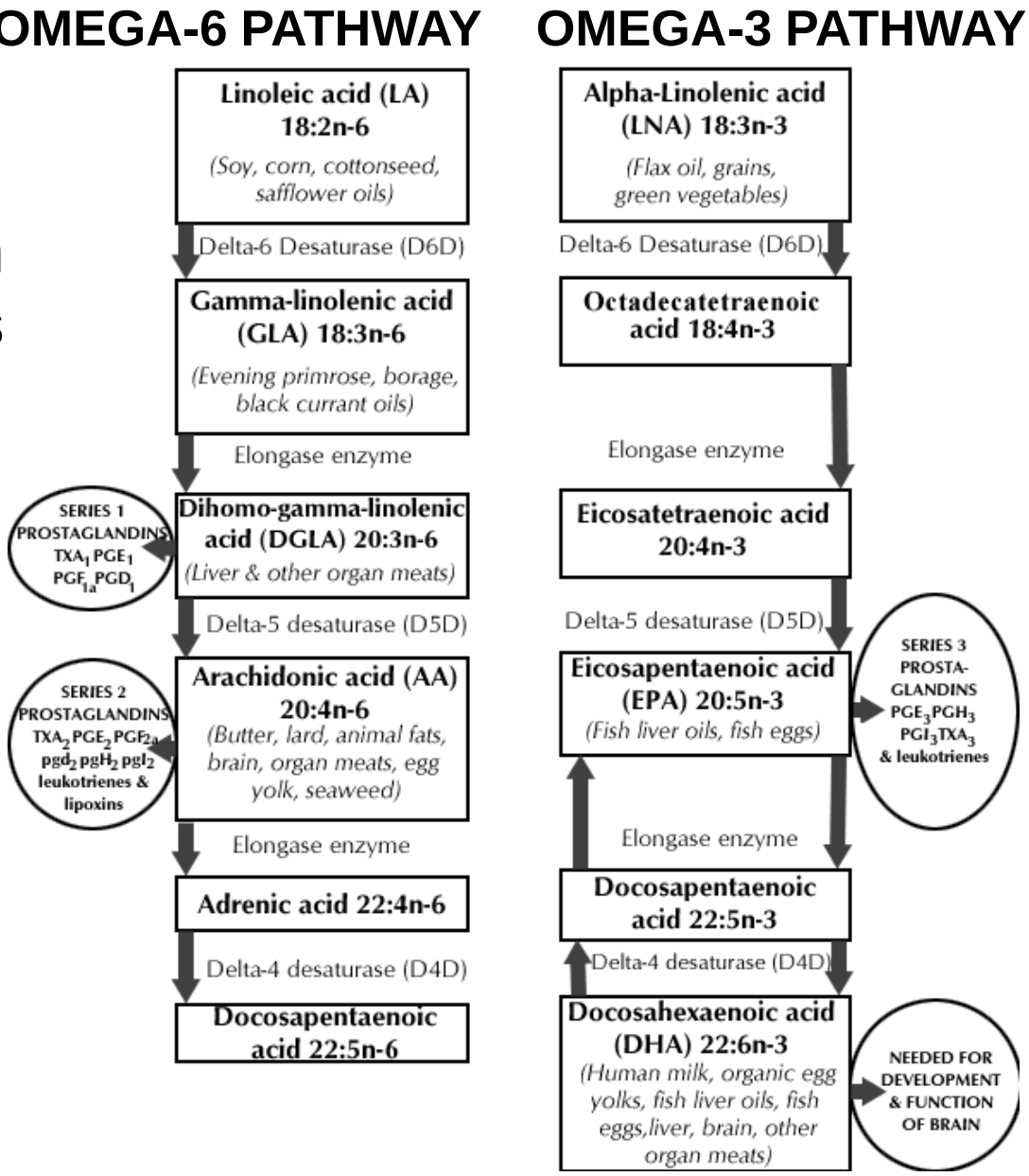
More minerals - mostly in the fat.

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



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

Alcoholism

Cancer

Premature aging

High cholesterol

Crohn's disease

Cirrhosis of liver

Cystic fibrosis

Eczema

PMS

Non-cancerous breast disease

Sjogren's syndrome

Scleroderma

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

dysentery

infectious diseases

poor digestion/assimilation

irritation of digestive tract

Crohn's disease

Colitis

ulcers

tuberculosis

diabetes

muscular dystrophy

fatigue

jaundice

allergies

infant feeding

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 oi

Raw vinegar

Expeller-expressed flax oil

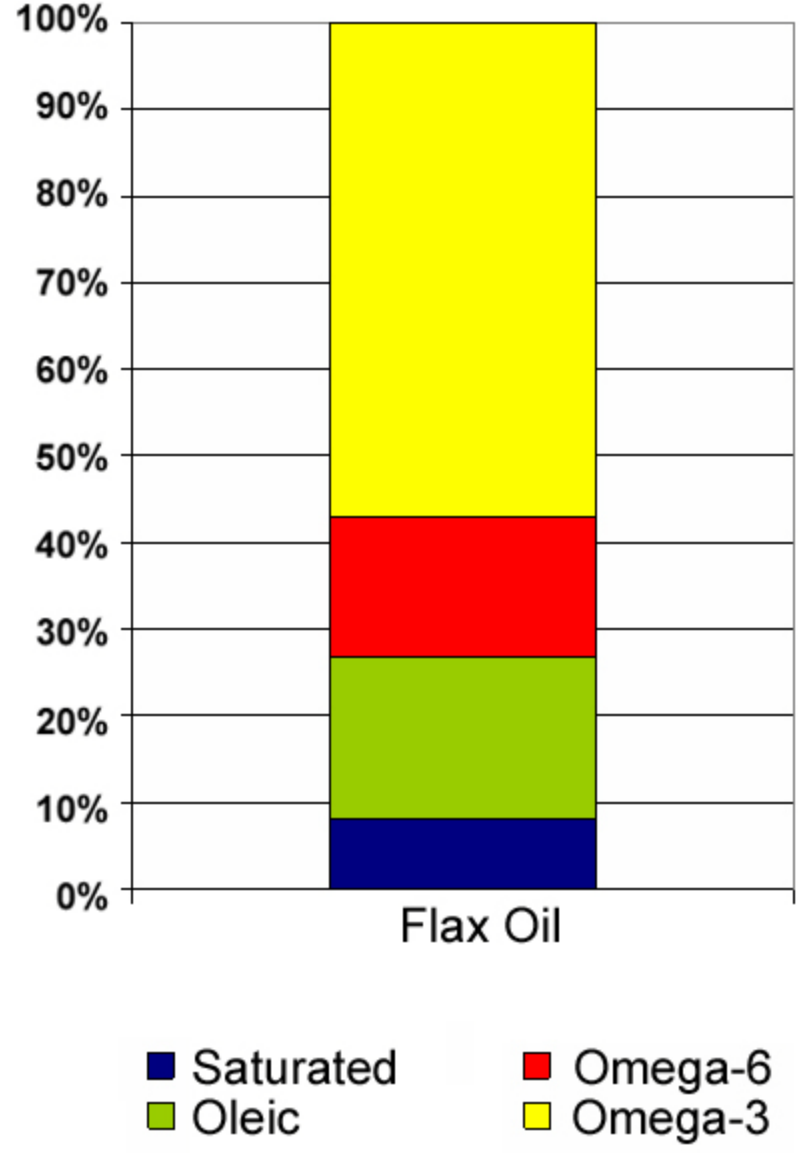

COLAVITA
EXTRA VIRGIN
OLIVE OIL
EXTRA VIRGIN
OLIVE OIL


COLAVITA
EXTRA VIRGIN
OLIVE OIL
EXTRA VIRGIN
OLIVE OIL


COLAVITA
EDEN
FLAX
SEED
OIL

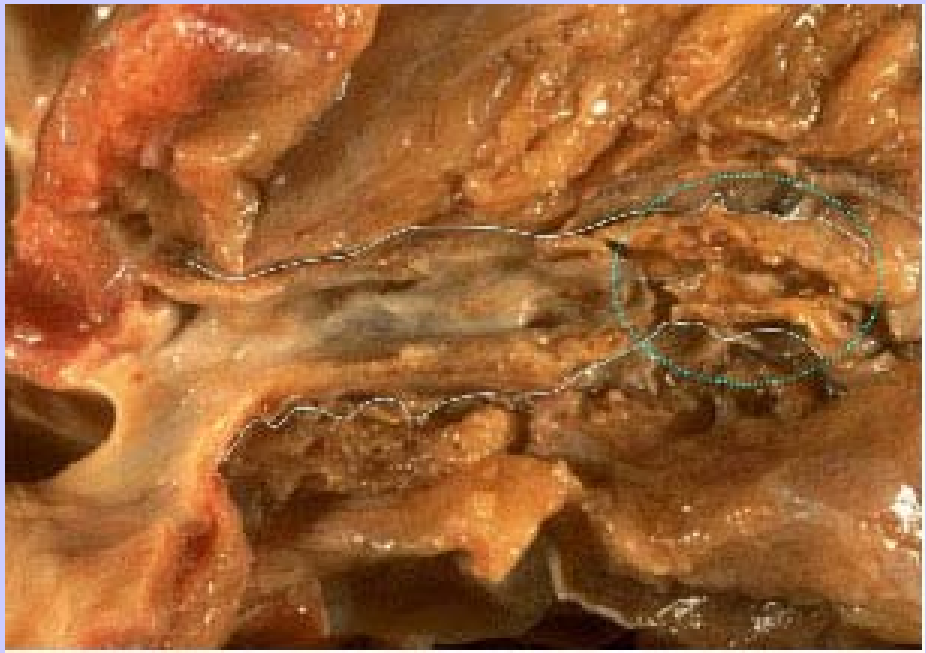

FLAX
SEED
OIL

Fatty Acid Profile of Flax Oil




FLAX SEED OIL
COLAVITA
OLIO EXTRA VERGINE DI OLIVA
EDEN SELECTED

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

COMMERCIAL DRESSING

Processed Vegetable Oils

- Mostly Rancid Omega-6
- Trans Fatty Acids
- Free Radicals Polymers
- Cyclic Compounds
- Aldehydes Ketones
- Epoxides Hydropic-Oxides

Preservatives

Additives

Flavorings

Cost about $1.50 per cup = Cost about$1.50 per cup

Redressing the Omega-6/Omega-3 Balance

ELIMINATE all commercial vegetables 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).

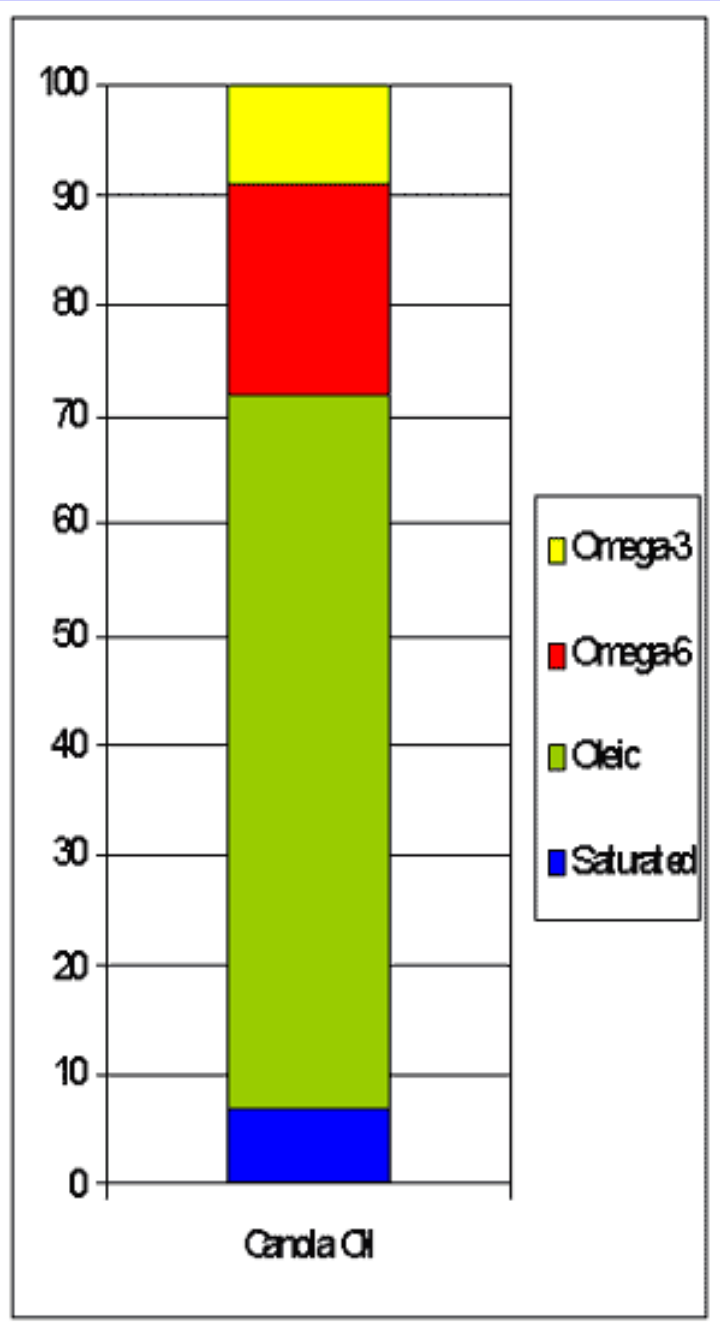
CHOOSE ORGANIC AND PASTURE FED animal and plant foods for a good source of omega-3 fatty acids.

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.

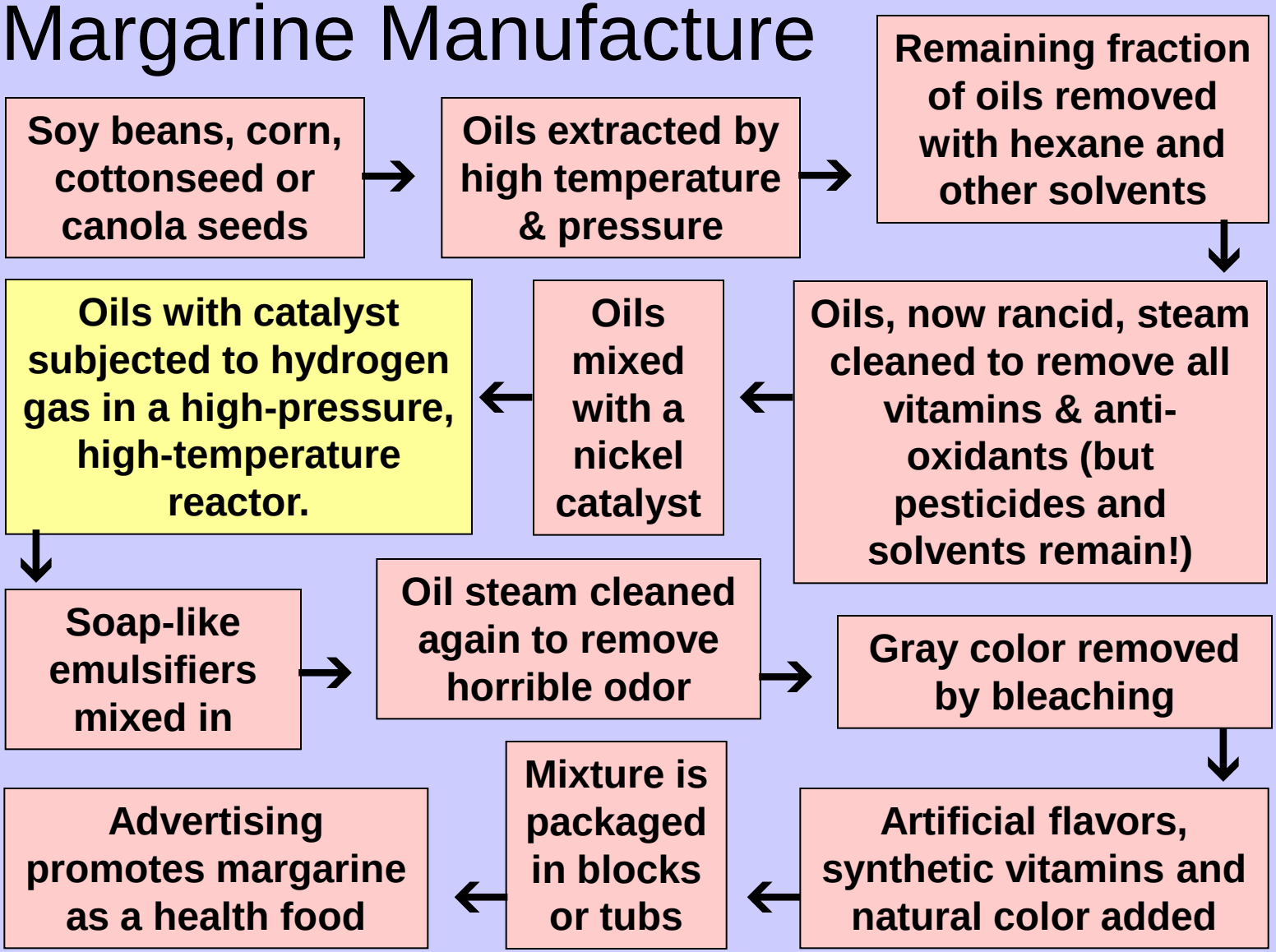



CITY OF TORONTO
DE CANOLA
DE CANOLA

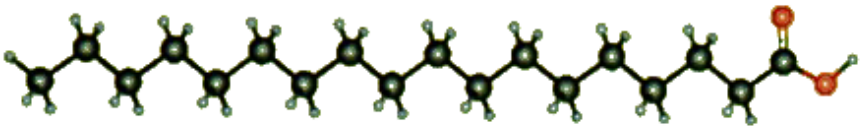
2. Switch to Butter - Avoid Partially Hydrogenated Oils

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

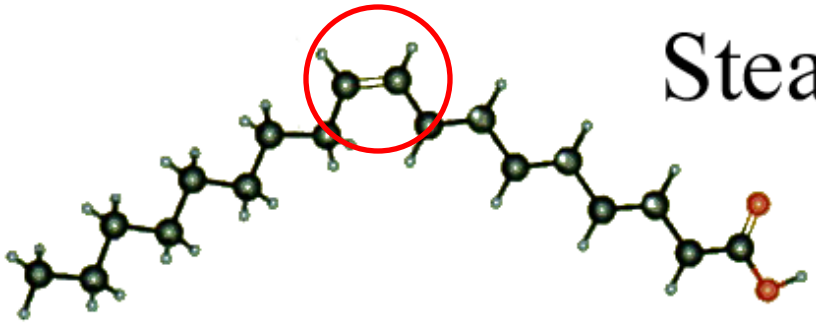
Margarine Manufacture



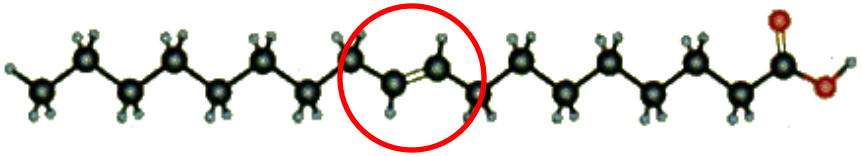
Trans Fatty Acid



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

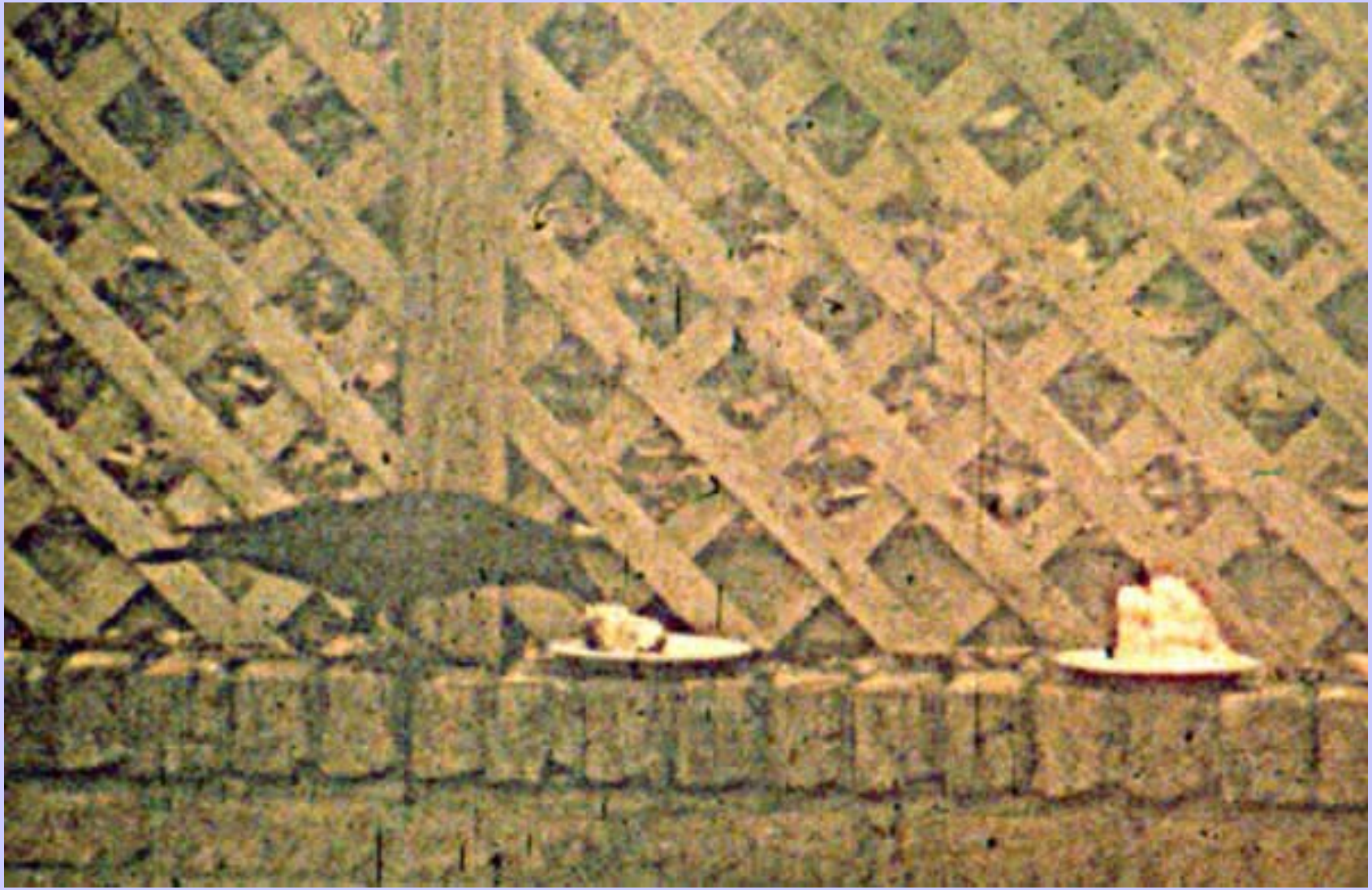
Reduced Visual Acuity

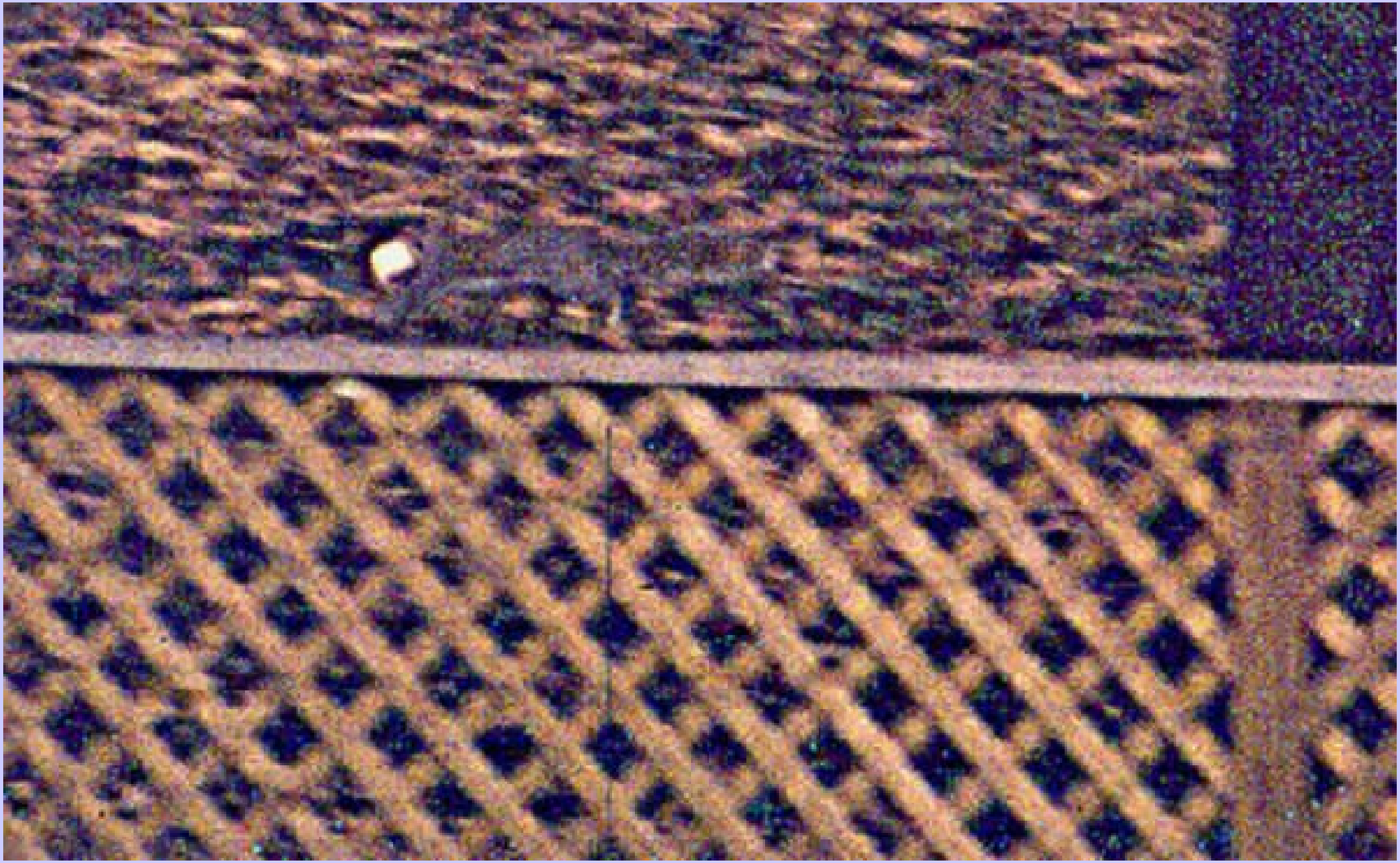
Reduced Fat Content in Mothers' Milk

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**

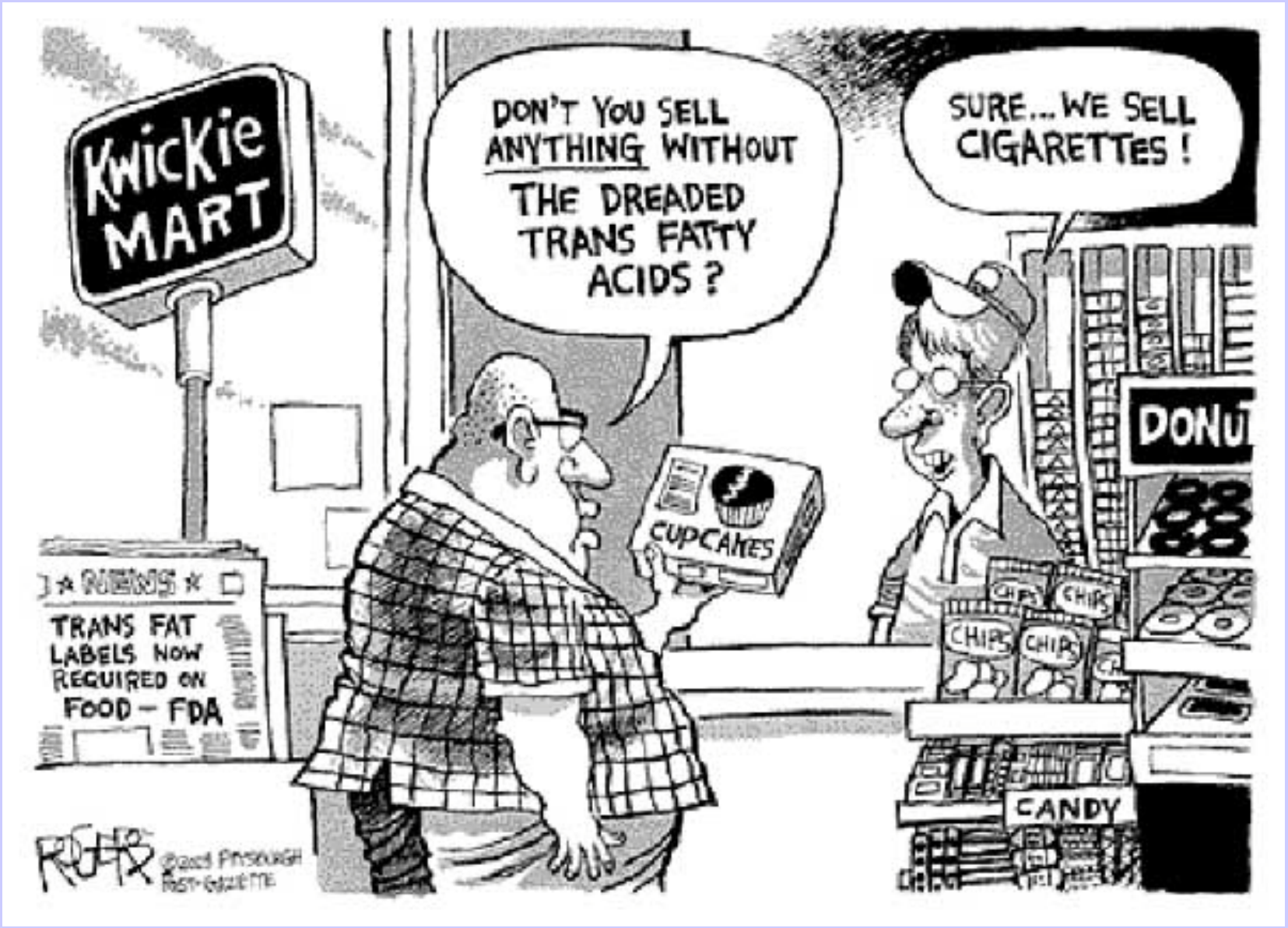




Wheat Thins
AIR CRISPS
triscuit
WIN
BETTER CHEDDARS


REDUCED FAT
NEW AT SAFEWAY
$1.99
STYLE
BAG
TORTILLAS
BIG BAG
$1.99


McDonald's


KWICKIE MART
DON'T YOU SELL ANYTHING WITHOUT THE DREADED TRANS FATTY ACIDS ?
SURE... WE SELL CIGARETTES !
TRANS FAT LABELS NOW REQUIRED ON FOOD – FDA
CUPCAKES
DONUT
CHIPS
CHIPS
CHIPS
CHIPS
CANDY


Captain Hook's
SEAFOOD
Take Away
FRESH OR COOKED
LONGBOARD
TAKE AWAY
FISH 'N' CHIPS
FRESH seafood
FISH & CHIPS


SEAFOOD
HOKI
PACIFIC DORY $3-00
CALAMARI RINGS $3-80
PRAWN CUTLETS $1-20
SEA SCALLOPS
SEAFOOD STICKS $1-00
FISH BITES
SEAFOOD BITES 3~$1-00
GARLIC PRAWNS 3~$1-00
FISHERMANS BASKET
1 PIECE HOKI, CHIPS
4 CALAMARI SEAFOOD STICKS
1 SEA SCALLOP
1 PRAWN CUTLET
$8-90
GRILLED FISH (HOKI) CHIPS AND SALAD
$5-00
CHIKO ROLL $1-00
MINI DIM SIM
½ SPRING ROLL
MINI SPRING ROLL
ONION RINGS
CHICKEN NUGGETS 6~ $2-40
POTATO SCALLOPS
BATTERED SAV
FISH CAKES
PINEAPPLE FRITTER
CHIPS $1-50 MED
CHOLESTEROL FREE
NO SMOKING


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

Good Things in Butter

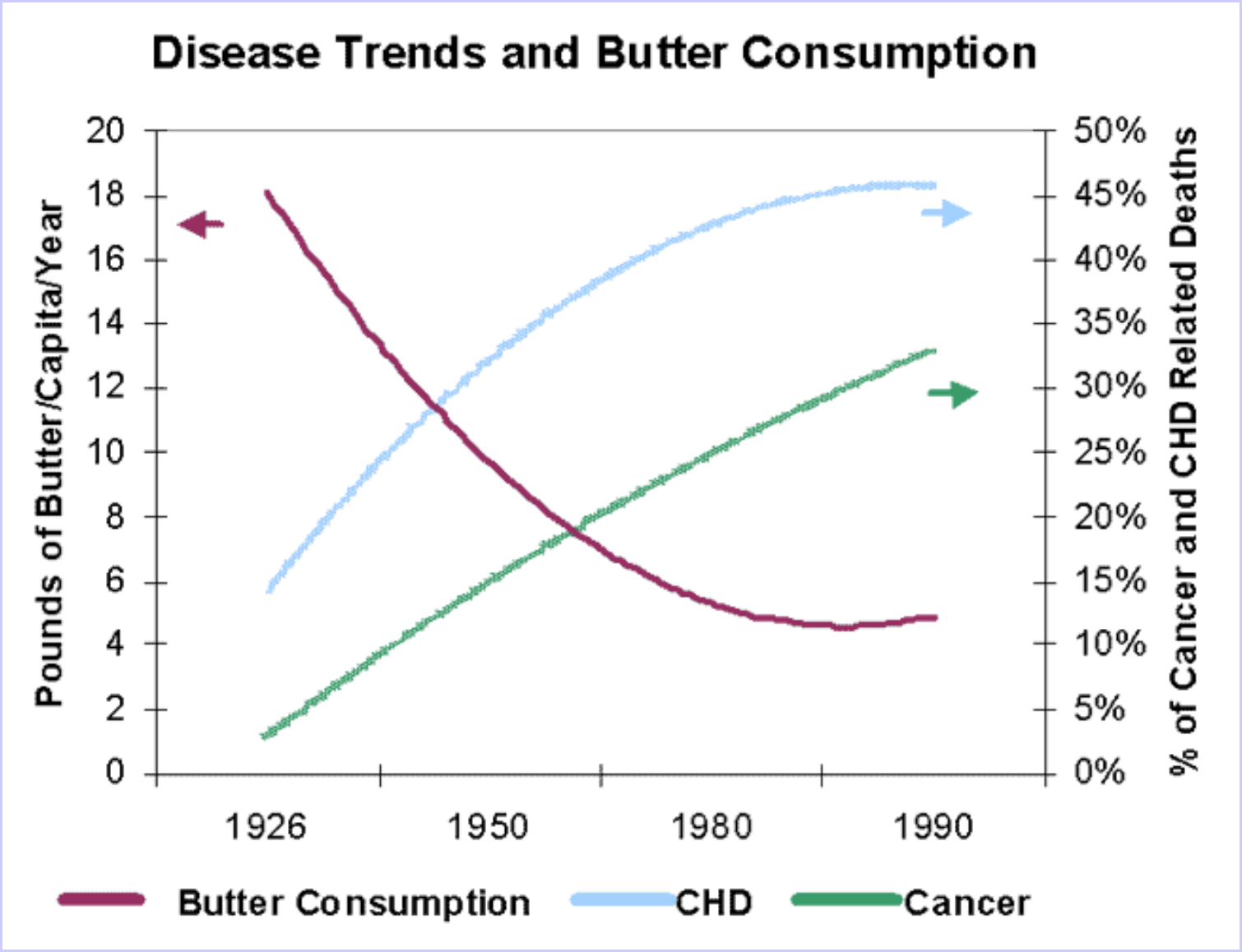
HIGH LEVELS IN GRASS-FED BUTTER

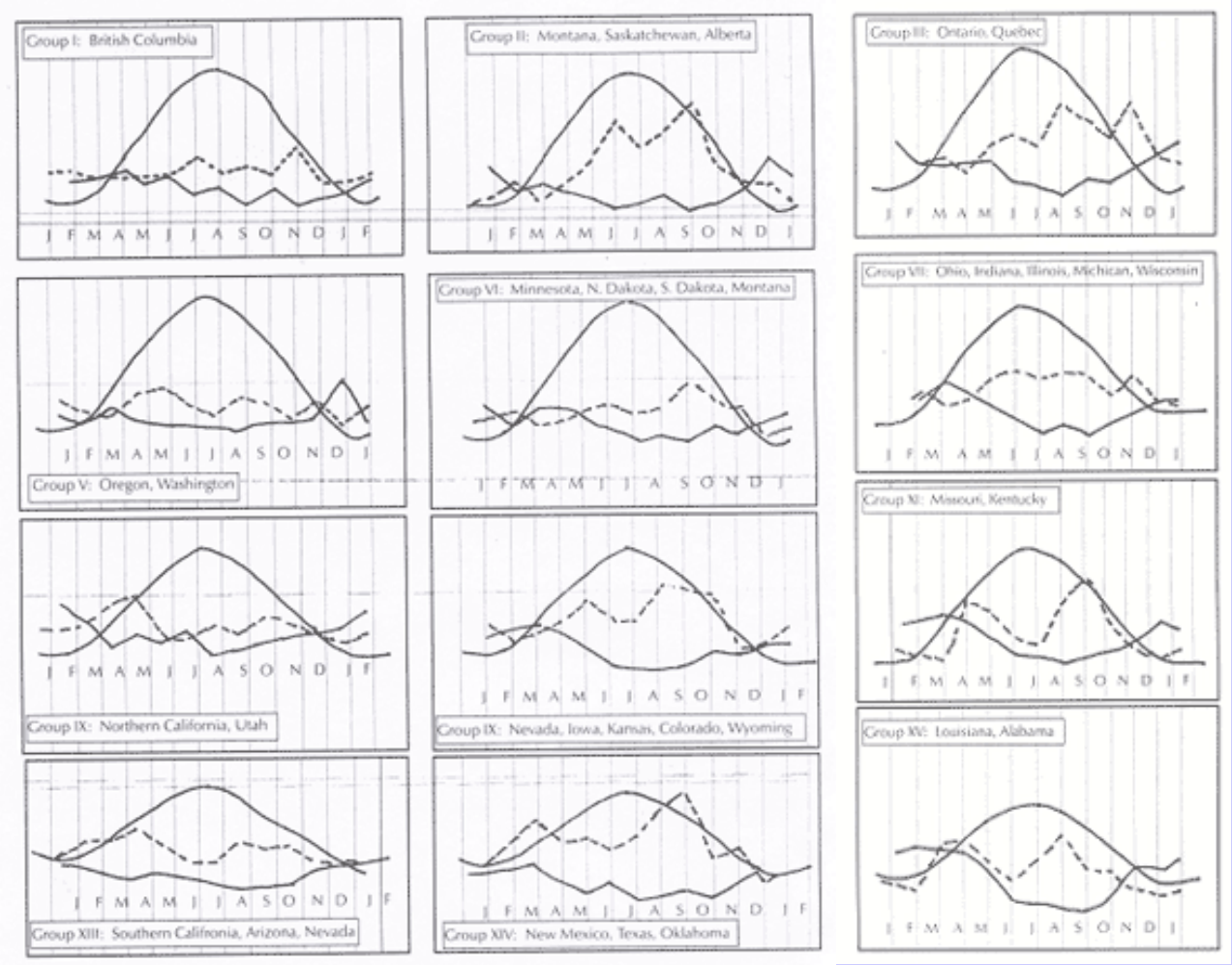
Vitamin A
Vitamin D
Vitamin E
Vitamin K
Copper
Zinc
Chromium
Selenium
Iodine
Conjugated Linoleic Acid (CLA)

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
Pounds of Butter/Capita/Year
% of Cancer and CHD Related Deaths
20
18
16
14
12
10
8
6
4
2
0
50%
45%
40%
35%
30%
25%
20%
15%
10%
5%
0%
1926
1950
1980
1990
Butter Consumption
CHD
Cancer



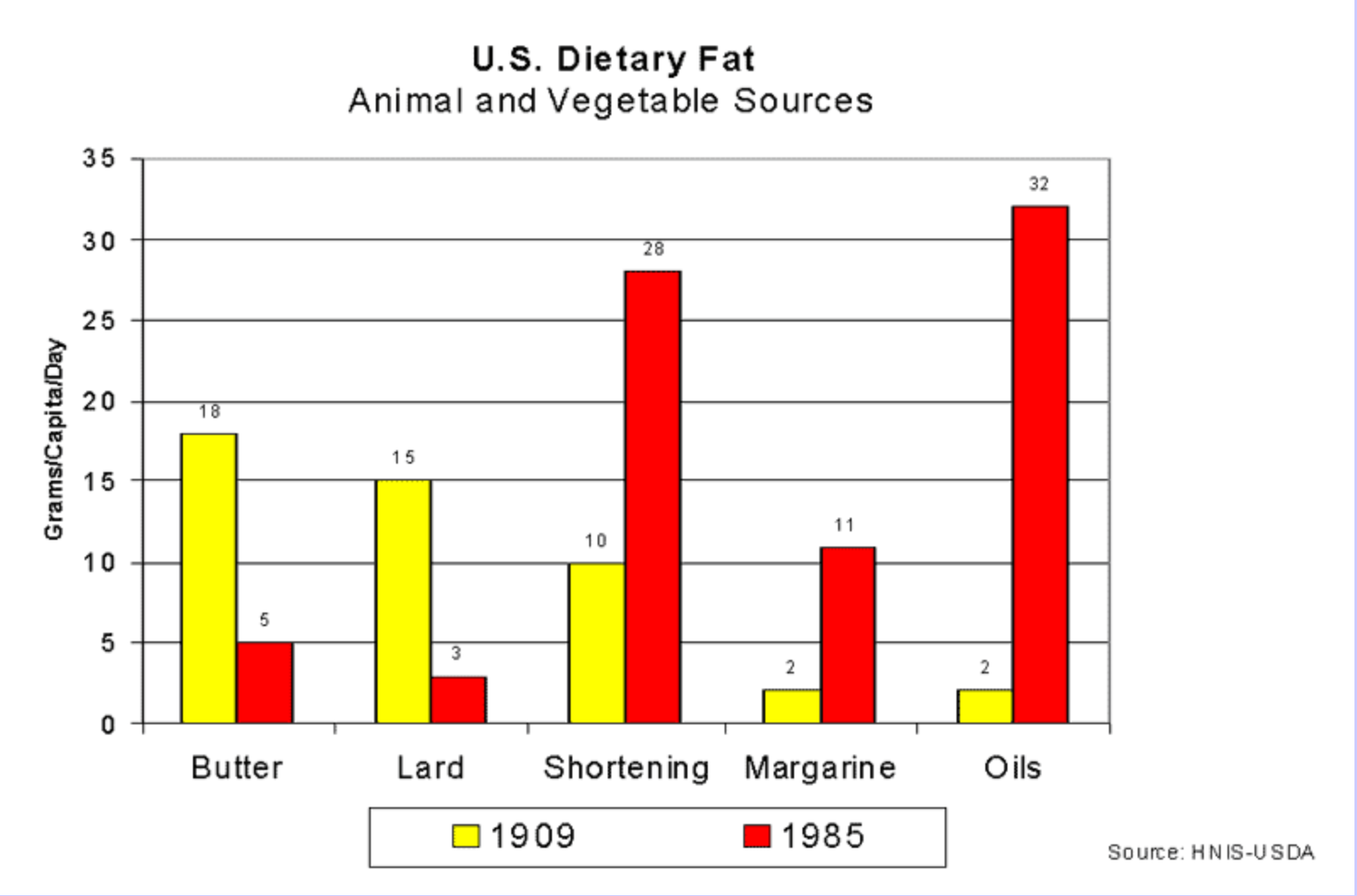
Heart Disease Study by Weston Price

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

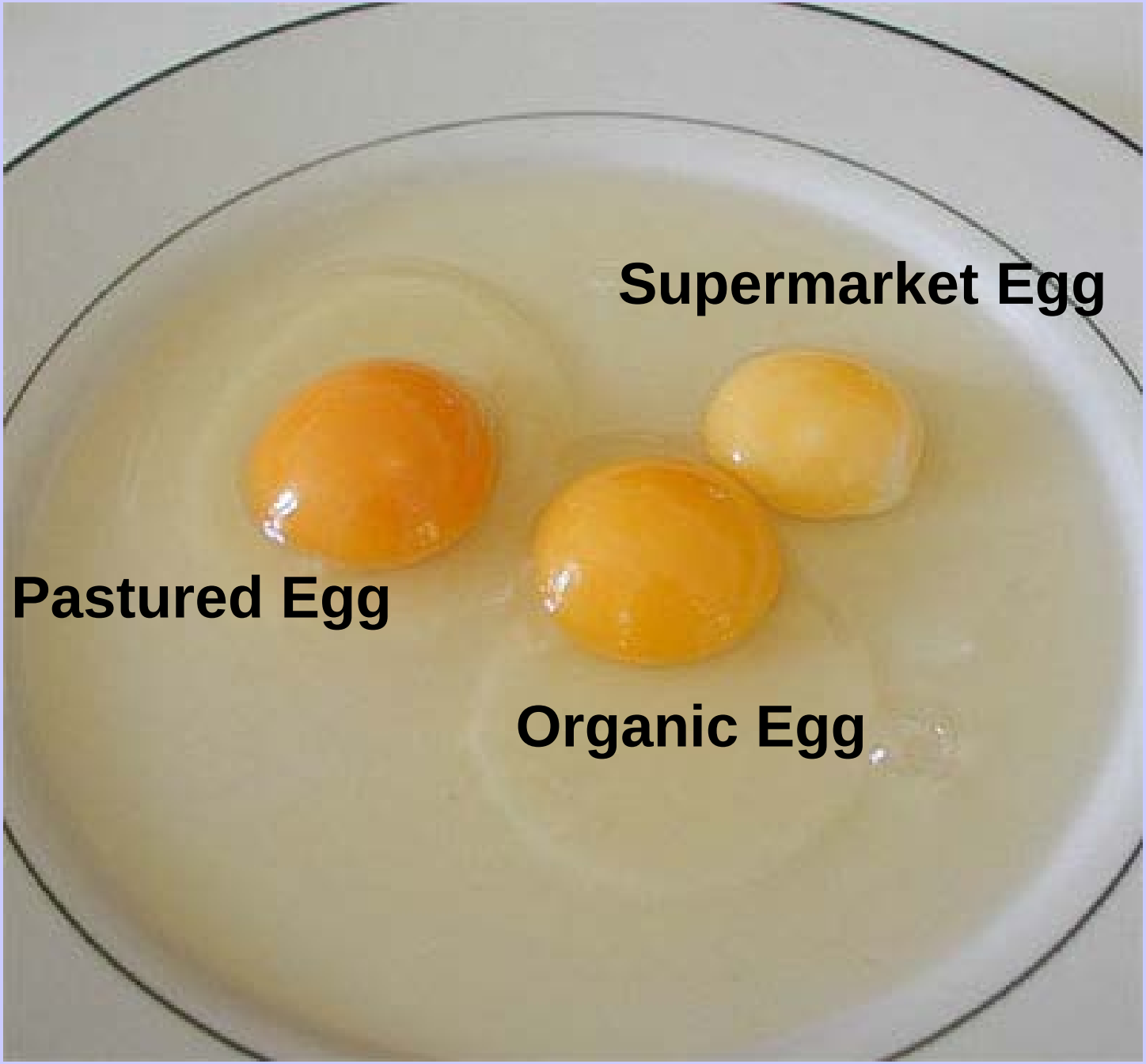
Confinement Chicken Operations

As many as 65,000 bird under one roof.

Birds kept in cages stacked several high.

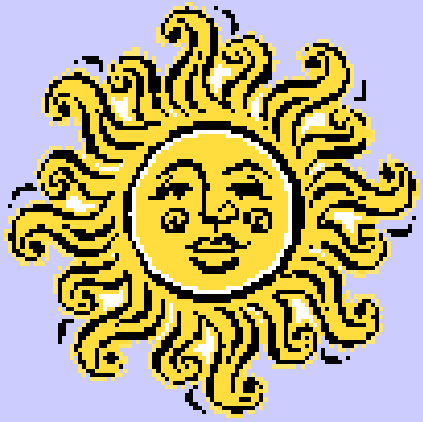
Dead birds are collected every day.

Animals in Confinement


Supermarket Egg
Pastured Egg
Organic 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.)

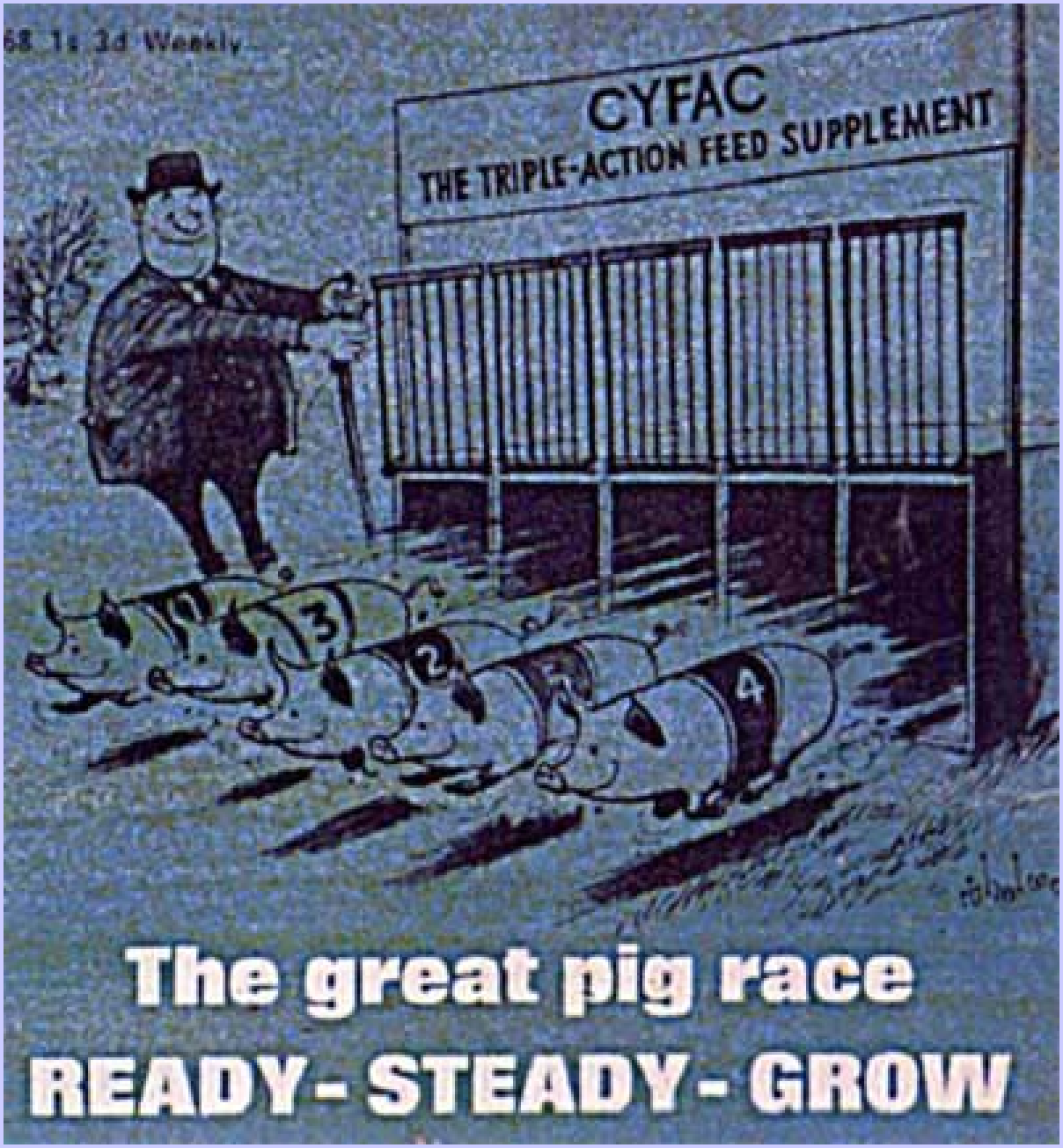


BRIGHT SUNLIGHT REQUIRED:
The amount of vitamin D in egg yolks varies. Researchers in Kansas compared vitamin D in egg yolks under various conditions. Only those exposed to bright sunlight (containing UV-B light) or those exposed to a lamp producing UV-B light resulted in eggs with sufficient levels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

Confinement Butter vs. Grass-Fed Butter

Chicken Livers

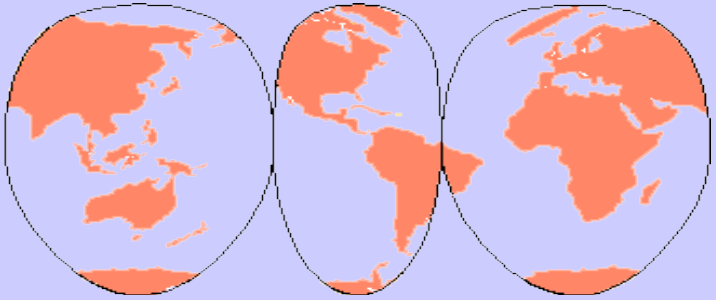
Pasture Raised **Conventional** **Organic**


68 1s 3d Weekly
CYFAC
THE TRIPLE-ACTION FEED SUPPLEMENT
The great pig race
READY - STEADY - GROW

Resources

The Weston A. Price Foundation

www.westonaprice.org



Quarterly Magazine

Informational Brochures

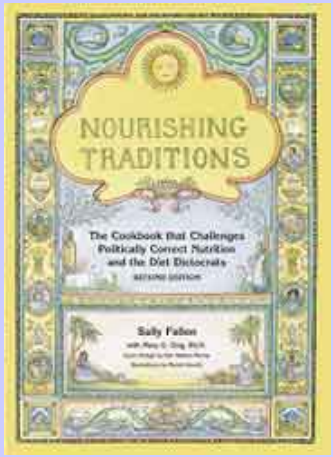
Yearly Shopping Guide

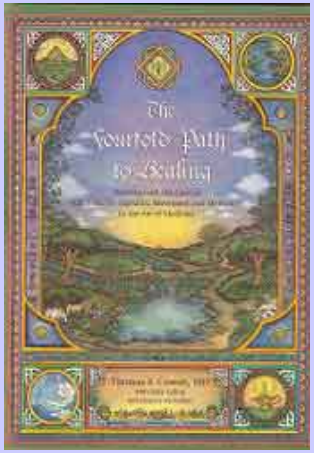
Annual Conference

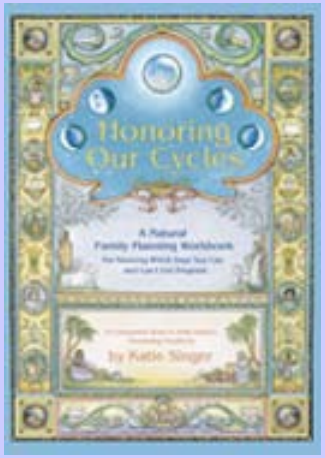
Local Chapters

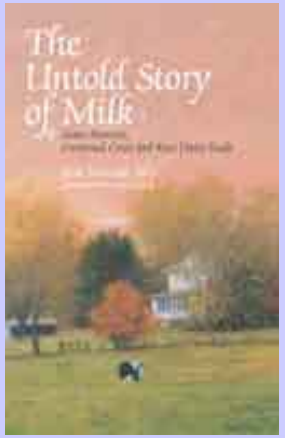
Books from NewTrends Publishing

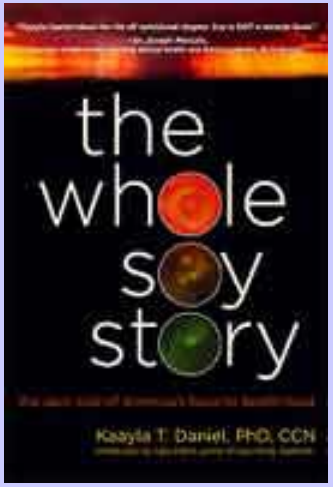
www.newtrendspublishing.com, (877) 707-1776

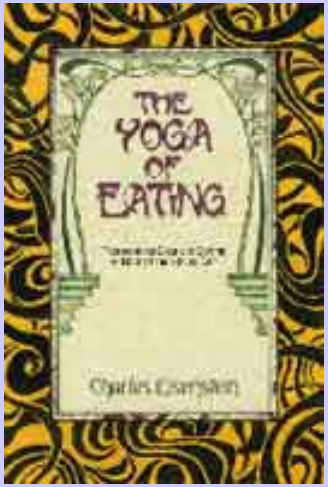


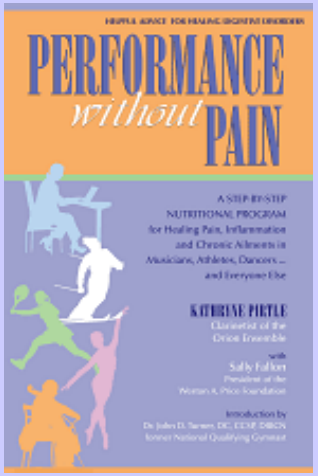


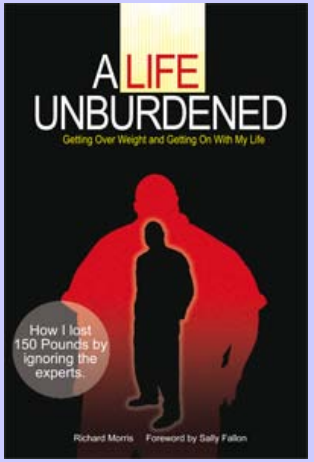




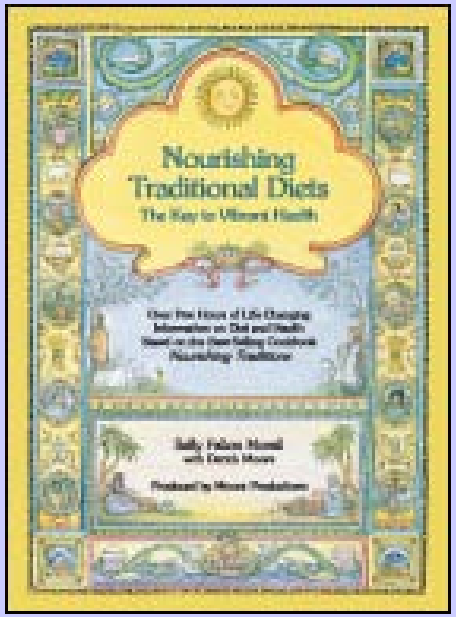


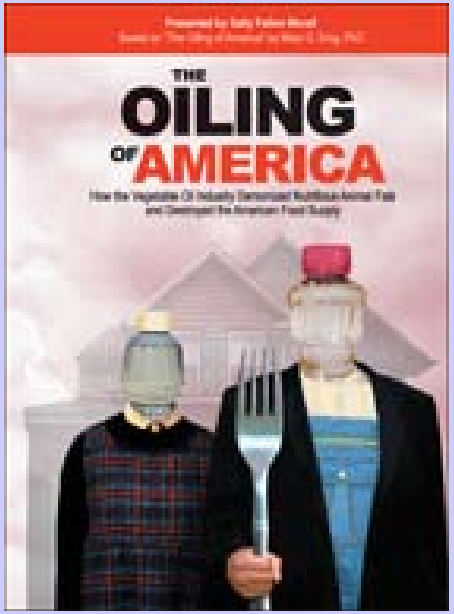






NewTrends DVD Series

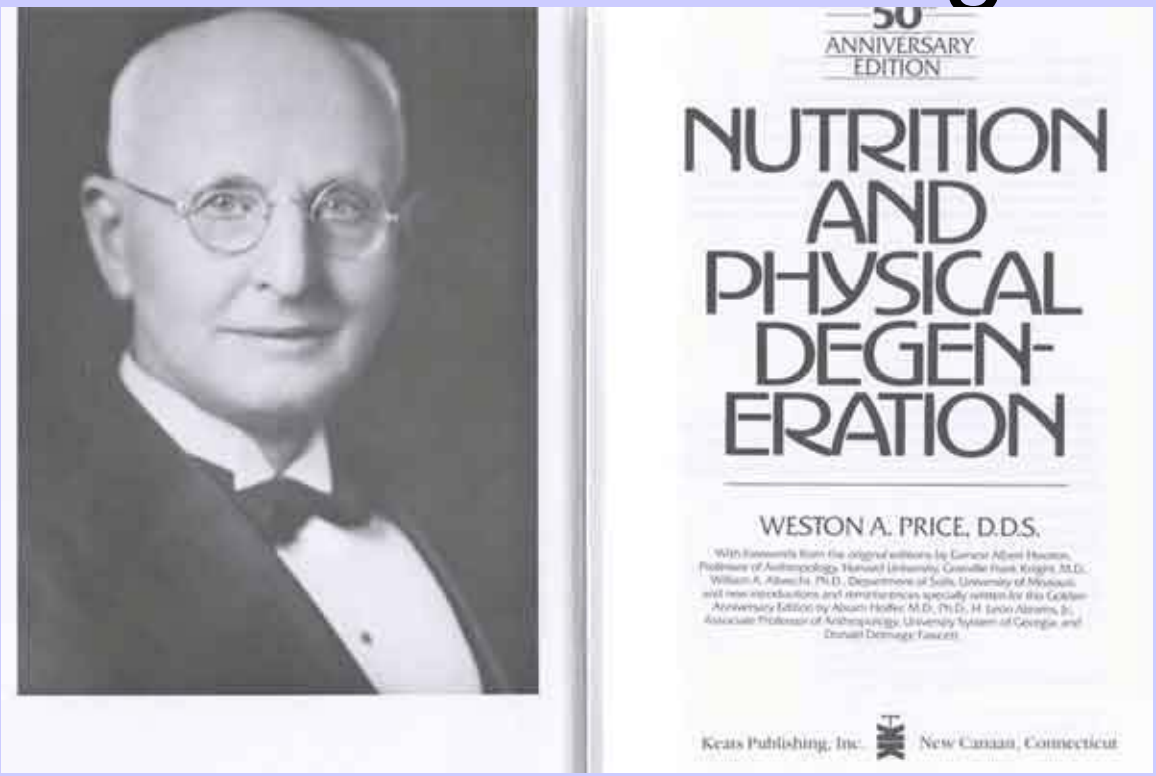




Five-Hour Seminar on Nourishing Traditional Diets

The Oiling of America

Dr. Price's Pioneering Work



The Price-Pottenger Nutrition Foundation
www.price-pottenger.org
(619) 462-7600

Summary

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

TRADITIONAL DIETS	MODERN DIETS
Foods from fertile soil	Foods from depleted soil
Organ meats over muscle meats	Muscle meats, few organs
Animal fats	Vegetable oils
Animals on pasture	Animals in confinement
Dairy products raw and/or fermented	Dairy products pasteurized
Grains and legumes soaked/fermented	Grains refined, extruded
Bone broths	MSG, artificial flavorings
Unrefined sweeteners (honey, maple syrup)	Refined sweeteners
Lacto-fermented vegetables	Canned vegetables
Lacto-fermented beverages	Modern soft drinks
Unrefined salt	Refined salt
Natural vitamins in foods	Synthetic vitamins added
Traditional Cooking	Microwave, Irradiation
Traditional seeds/Open pollination	Hybrid seeds, GMO seeds