The Weston A. Price Foundation®
for Wise Traditions
IN FOOD, FARMING, AND THE HEALING ARTS
Education • Research • Activism

The Pioneering Work of Dr. Hazel Parcells

Kaayla T. Daniel, PhD, CCN

Our Ninth Annual International Conference
Wise Traditions 2008
Life in Its Fullness:
Nutrition for Mental and Emotional Health

November 7-10, 2008
Our First West Coast Conference!

Dr. Hazel Parcells Age 106

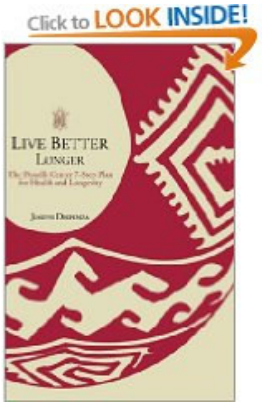
The Doctors' Verdict -- Terminally Ill -- 1931

Incurable tuberculosis
Collapsed lung
Hemorrhaging kidney
Enlarged heart

"So many times I am asked for the secret of my longevity. I can assure you, there are no secrets. There is only the understanding of nature and the everyday practice of nature's laws."

-- Dr Hazel Parcells on her 106th birthday

Joseph Dispenza



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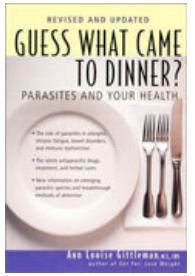

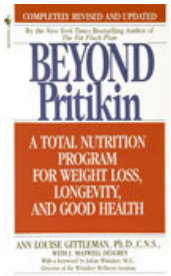

Ann Louise Gittleman, Ph.D.

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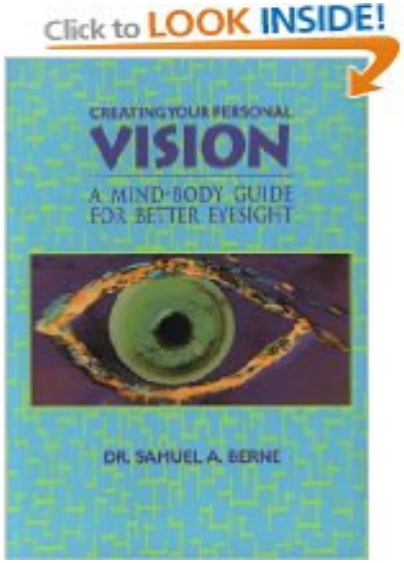

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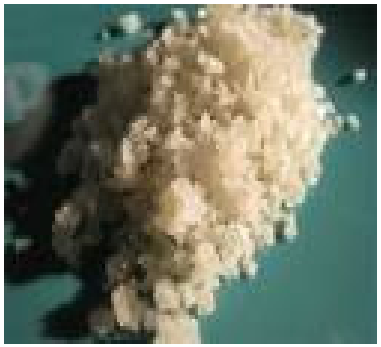
BUTTER
VS
MARGARINE

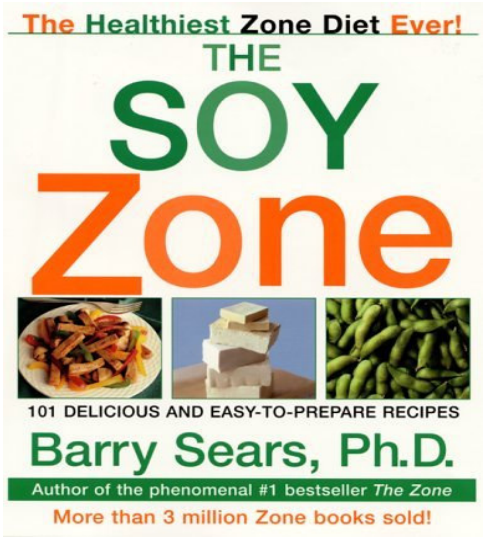


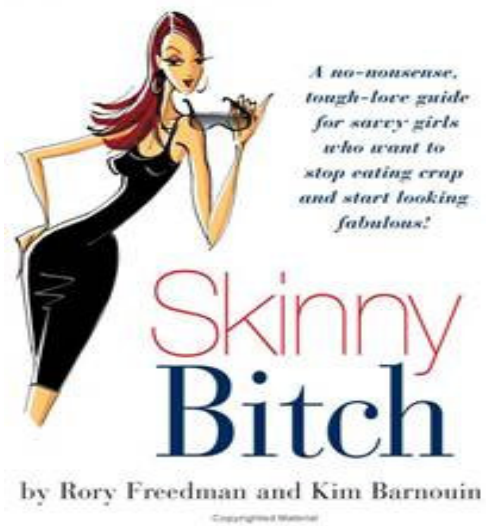
FOOD COMBINING

GOATS AND COWS

WOES OF VEGETARIAN DIETS

SOY
AN INFERIOR PROTEIN





Environmental Toxins

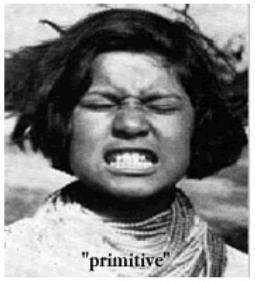


Photo © Price-Pottenger Nutrition Foundation
www.price-pottenger.org

Photo © Price-Pottenger Nutrition Foundation
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The photographs of Dr. Weston Price **illustrate the difference** in facial structure between those on native diets and those whose parents had adopted the "civilized" diets of devitalized processed foods.

The **"primitive"** Seminole girl (left) has a wide, handsome face with plenty of room for the dental arches. The **"modernized"** Seminole girl (right) born to parents who had abandoned their traditional diets, has a **narrowed face, crowded teeth, and a reduced immunity to disease.**

FOOD CLEANING BATH

- **SEPARATE FOODS:**
  > Leafy vegetables
  > Root and heavy fiber vegetables
  > Thin skinned fruits such as berries
  > Medium skinned fruits such as peaches
  > Thick skinned fruits such as apples
  > Citrus fruits and bananas
  > Eggs
  > Meat and poultry

HYPOCHLORITE REACTION TO PRODUCE SALT AND OXYGEN

$$NaClO \xrightarrow{H_2O_2} NaCl + O_2 + H_2O$$

Sodium Hypochlorite (in H_2O)

Sodium Chloride (in H_2O)

FOOD CLEANING BATH

- **SOAK**
- Place foods in a solution of 1 tsp Clorox to 1 gallon of water.
- Use **only** regular blue-and-white label Clorox
- Do **NOT** use more Clorox than instructed.

– **TIMING**
– Do not leave food in the soak longer than the suggested time.

- +Leafy Vegetables: 5-10 minutes
  + Root and heavy fiber vegetables : 10-15 minutes
    + Thin skinned berries - 5 minutes
    + Medium=sinned fruits: 10 minutes
    + Thick-skinned fruits: 10-15 minutes
    + Citrus fruits and bananas - 15 minutes
    + Eggs - 20-30 minutes
    + Meat/poultry fresh or thawed - 10 minutes per lb.
    + Meat/poultry frozen -- 15-20 minutes per lb.

FOOD CLEANING BATH

- RINSE: After the soak, remove the food and place it in a fresh water. Rinse for 5-10 minutes.
- STORE: Let the food drain and dry before being placed in the refrigerator.

COOKWARE

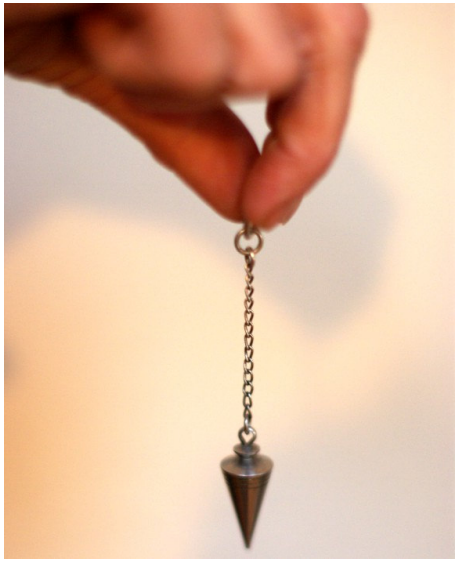
Cayenne Pepper

PARCELLS' FENG SHUI

- Bedroom
- Bathroom
- Kitchen

A DOCTORS' DOCTOR

HEALERS' HEALER



"The pendulum, properly used, is a scientific instrument. It is neither a toy nor a plaything. Those who know the laws of the pendulum hold the key to the universe in their hands."

-- Dr. Hazel Parcells

THERAPEUTIC BATHS

- **More effective at bedtime**
- **Use only one formula per day**
- **Do not mix ingredients from different formulas**
- **If redness, dryness or roughness of the skin develops, it is an indication that the body is working to remove toxins. To minimize discomfort, rub a little olve or almond oil on the skin after bathing.**

FORMULA #1-- SALT AND SODA BATH

- **WHEN:** When you've been exposed to X rays or environmental radiation. After traveling by airplane
- **HOW**: Dissolve one pound of sea salt or rock salt and one pound of baking soda in a tub of water as hot as can be tolerated. Stay in the bath until the water has cooled. Never add more hot water. Do not shower for at least four hours after the bath.

FORMULA #2 - THE CLOROX BATH

- **WHEN:** If you have been exposed to heavy metals such as aluminum or mercury or to carbon monoxide or to pesticide sprays.
- **HOW:** Add 3/4 cup of regular blue-and-white label Clorox to a tub of hot water as hot as can be tolerated. Stay in the bath until the water has cooled. Never add more hot water. Do not shower for at least four hours after the bath. Caution: Do not use any other brand of bleach than regular Clorox. Do **NOT** use lemon fresh, garden fresh, raindew seet etc. Regular only.

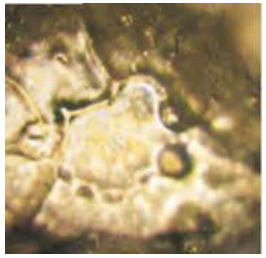
FORMULA #3 -- **APPLE CIDER VINEGAR BATH**

- **WHEN:** For general detoxificaiton, to help build immunity and correct the pH of the body. Indications are general muscle aches and pains, fatigue, emotional stress, symptoms associated with the start of cold or flu.
- **HOW:** Add 2 cups of raw apple cider vinegar to a tub of hot water. Stay in the bath until the water has been cooled. Be sure to use pure apple cider vinegar. Many supermarket brands are now colored with caramel and just flavored with apple cider vinegar.

Sanbu-ichi Yusui Spring water,

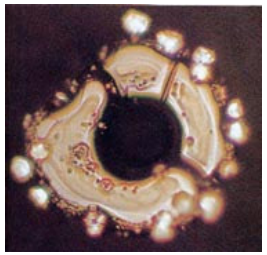
Japan Shimanto River, referred to as the last clean stream in Japan

Fountain in Lourdes, France



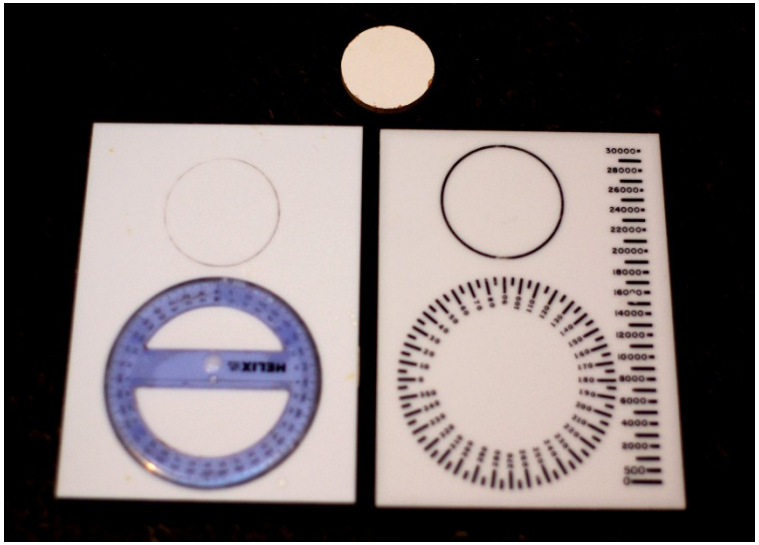
Fujiwara Dam, before offering a prayer

Fujiwara Dam, after offering a prayer



Biwako Lake, the largest lake at the center of Japan and the water pool of the Kinki Region. Pollution is getting worse.

Yodo River, Japan, pours into the Bay of Osaka. The river passes through most of the major cities in Kasai.



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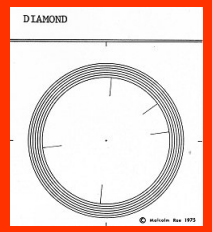
Rae Machine

Malcom Rae



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"You can't stay dry if you keep going out in the rain."

-- Dr Hazel Parcells

"If we put fresh, new wine into an old wineskin, the new wine will turn sour and be worthless. The same principle is at work in matters of health. A healthy body begins with cleaning out the accumulated toxins of the past and preparing it to accept new and effective nutrients. When the body is cleared of poisons, nature will take over and provide us the gift of health."

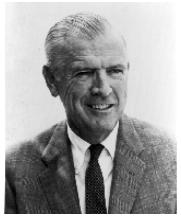
-- Dr. Hazel Parcells

Hazel Parcells' Distinguished Colleagues

Royal Lee

Max Gerson

Ruth Drown



Dr. John Ott

“Honey, if you like what you've got, keep it!”

-- Dr. Hazel Parcells

www.parcellscenter.com

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If you are ever to be healthy and stay healthy, you'll have to trade your wishbone for a backbone and get to work!"

-- Dr. Hazel Parcells