

Healthy Spirituality

Caring For Your Temple:

Eating for a Healthy Body, Mind and Spirit, Lecture 4





Sally Fallon Morell is the author of *Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats* (with Mary G. Enig, PhD), a well-researched, thought-provoking guide to traditional foods with a startling message: Animal fats and cholesterol are not villains but vital factors in the diet, necessary for normal growth, proper function of the brain and nervous system, protection from disease and optimum energy levels. She joined forces with Enig again to write *Eat Fat, Lose Fat*, and has authored numerous articles on the subject of diet and health. The President of the Weston A. Price Foundation and founder of A Campaign for Real Milk, Sally is also a journalist, chef, nutrition researcher, homemaker, and community activist. Her four healthy children were raised on whole foods including butter, cream, eggs and meat.



50
ANNIVERSARY
EDITION

NUTRITION AND PHYSICAL DEGEN- ERATION

WESTON A. PRICE, D.D.S.

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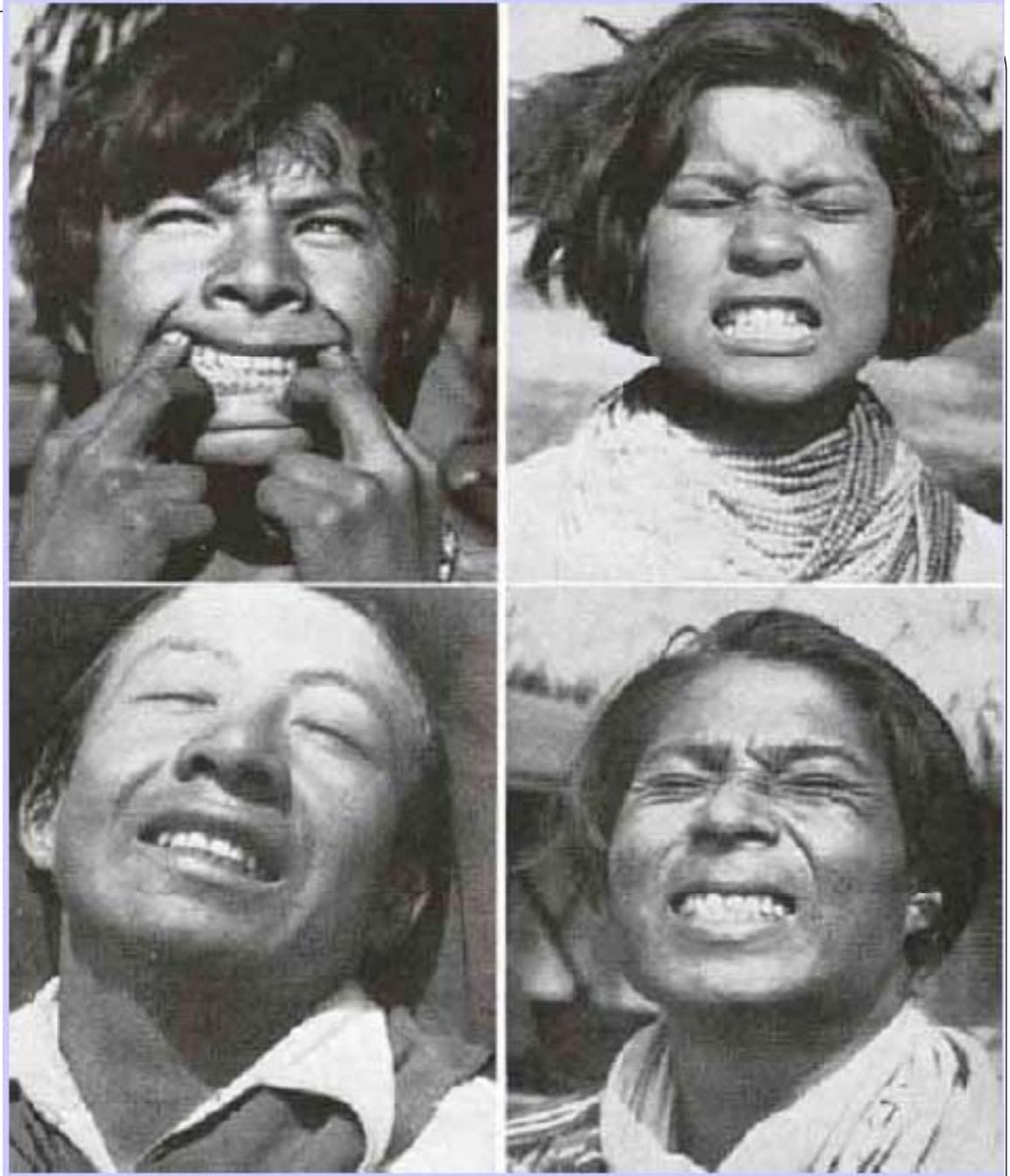
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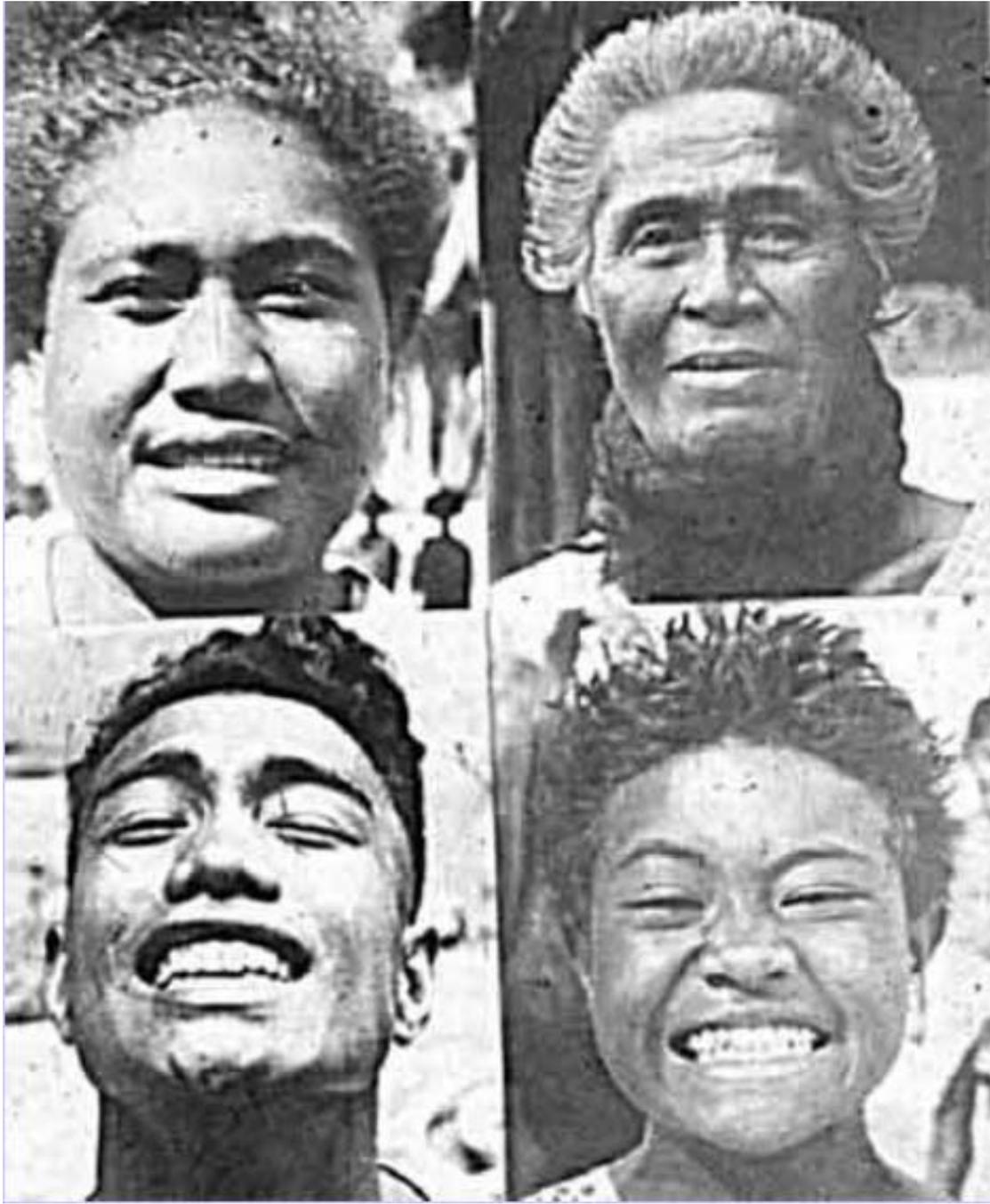


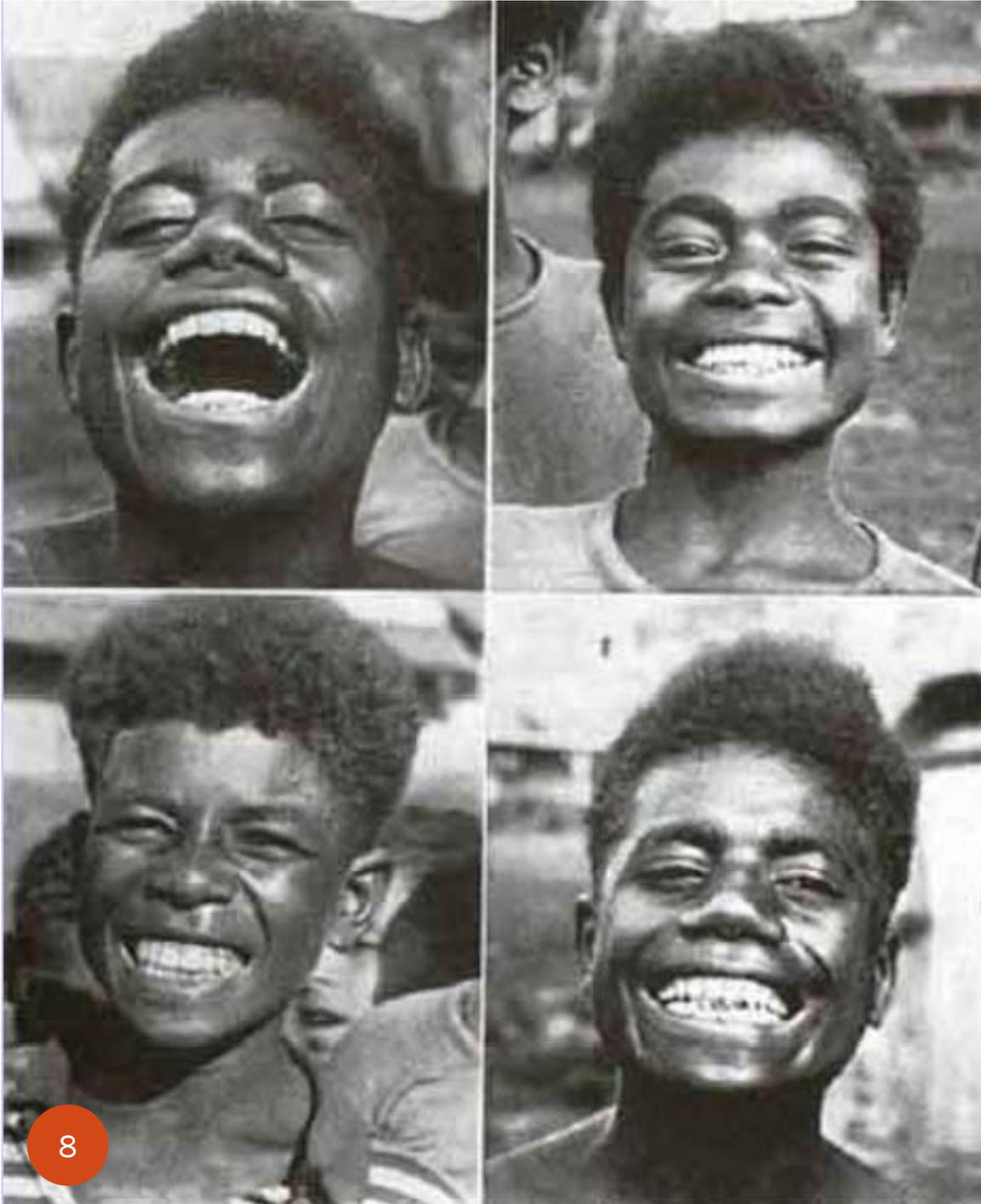


FIG. 3. Normal design of face and dental arches when adequate nutrition is provided for both the parents and the children.

FIG. 24. The Seminole Indians living today in southern Florida largely beyond contact with the white civilization still produce magnificent teeth and dental arches of which these are typical. They live in the Everglade forest and still obtain the native foods.







Dr. Price consistently found that healthy isolated peoples, whose diets contained adequate nutrients from animal protein and fat, not only enjoyed excellent health but also had a cheerful, positive attitude to life.

He noted that most prison and asylum inmates have facial deformities indicative of prenatal nutritional deficiencies.



FIG. 10. These primitive Alaskan mothers rear strong, rugged babies. The mothers do not suffer

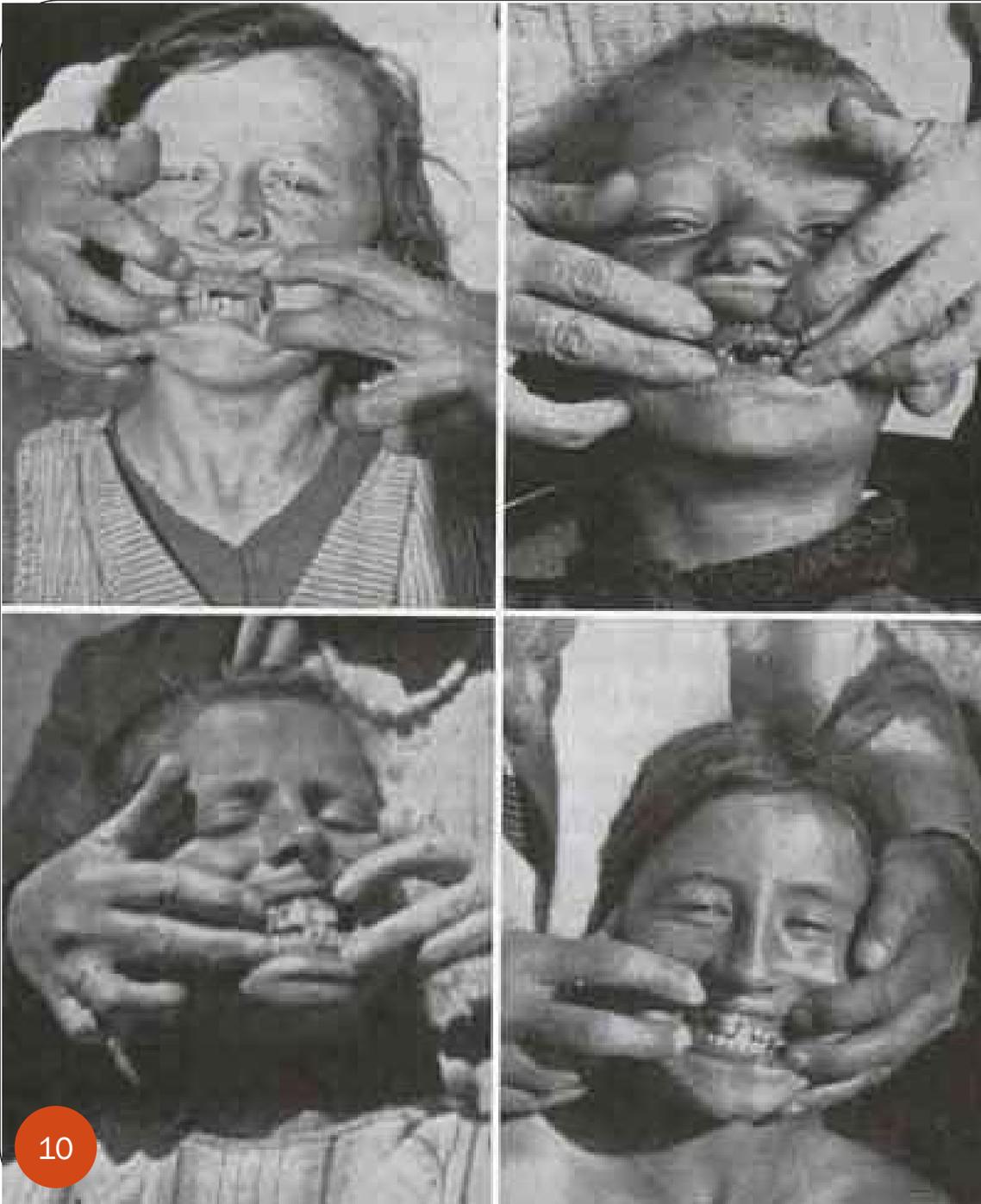


Fig. 4.

In the modernized districts of Switzerland tooth decay is rampant. The girl, upper left, is sixteen and the one to the right is younger. They use white bread and sweets liberally. The two children below have very badly formed dental arches with crowding of the teeth. this deformity is not due to heredity

FIG. 11. When the primitive Alaskan Eskimos obtain the white man's foods, dental caries become active. Pyorrhea (or periodontitis refers to an advanced stage of periodontal disease in which the ligaments and bones that support the teeth become inflamed and infected) also often becomes severe. In many districts dental service cannot be obtained and suffering is acute and prolonged.

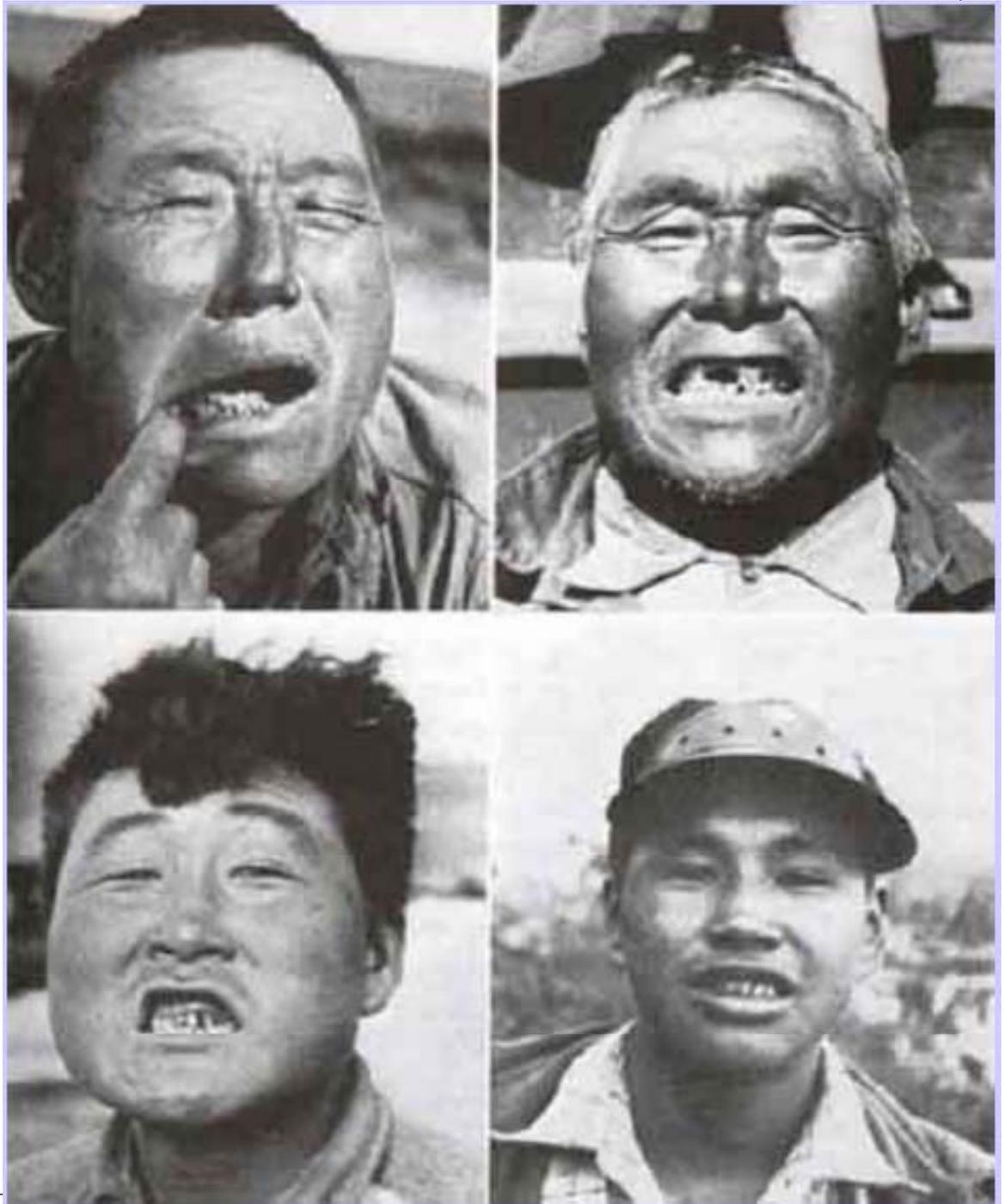




FIG. 12. While dental arch deformities or crowded teeth are practically unknown among many of the primitive groups of Eskimos, they occur frequently in the first generation of children born after the parents have adopted the white man's foods. Note the narrow nostrils and changed facial form of these children. This is not due to thumb sucking.

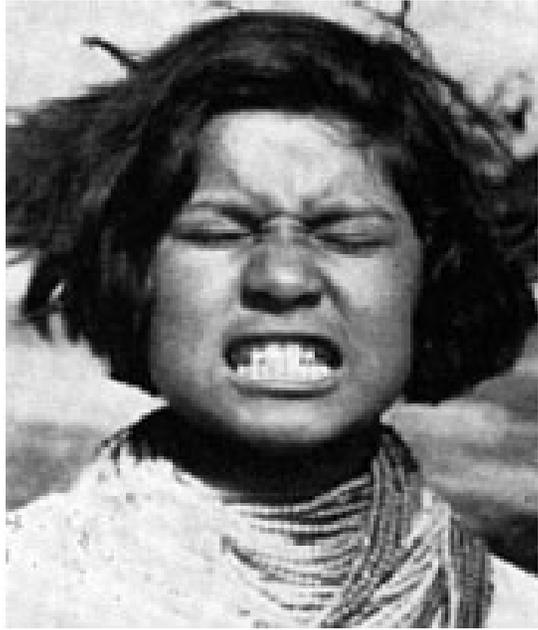


Photo © Price-Pottenger Nutrition Foundation
www.price-pottenger.org



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 (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.

Bill Cody's Wild West Show, 1910

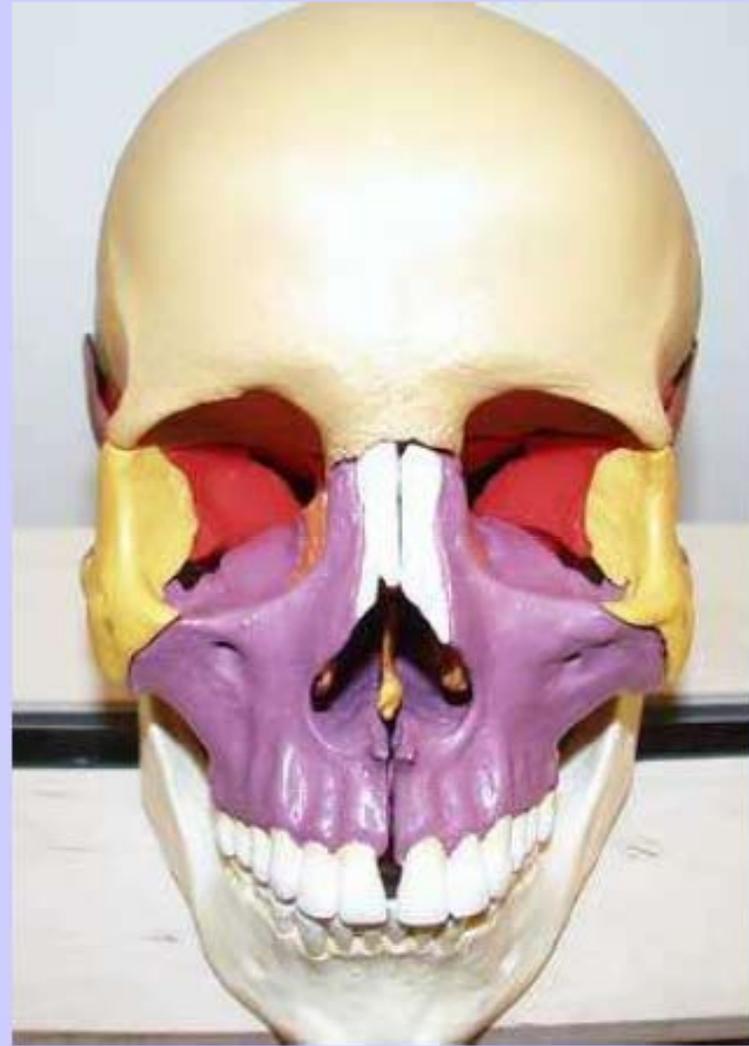
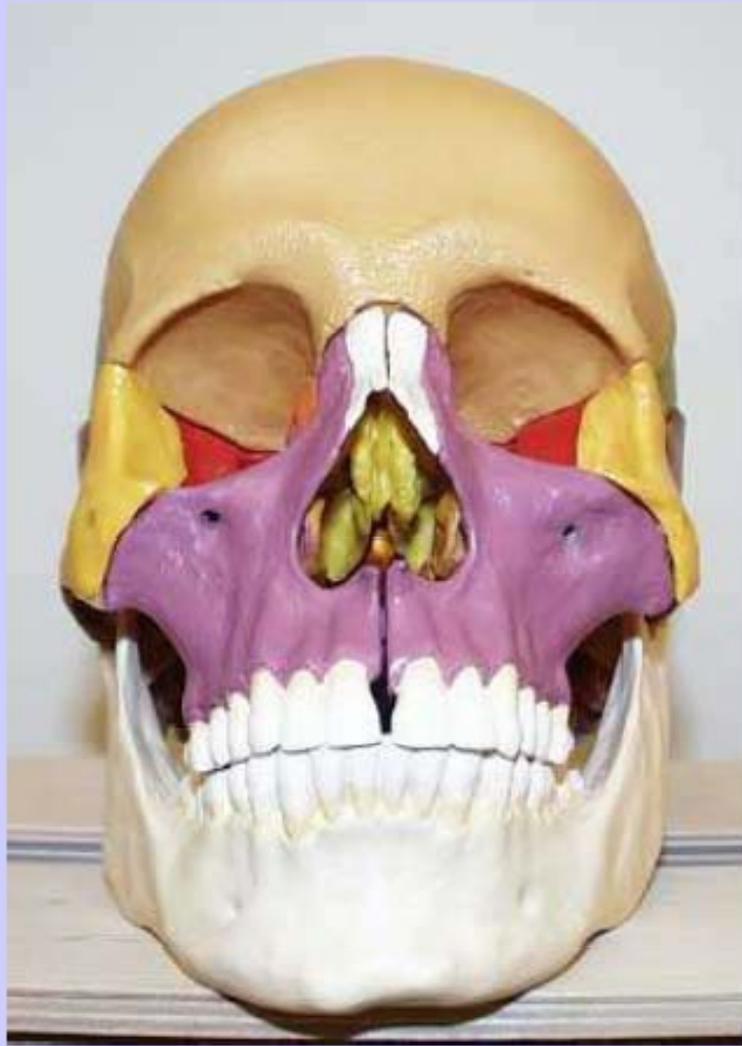


With one exception (circled in red) all individuals in this photo, both Native and European Americans, have excellent facial structure. Today the individual with good facial structure is the exception. Americans in 1910

The Teeth Tell the Tale!

STRAIGHT TEETH	CROOKED, CROWDED TEETH
Plenty of room in head for pituitary, pineal, hypothalamus	Compromised space for master glands in the head
Good skeletal development, good muscles	Poor development, poor posture, easily injured
Keen eyesight and hearing	Poor eyesight and hearing
Optimal function of all organs	Compromised function of all organs
Optimistic outlook, learns easily	Depression, behavior problems, learning problems
Round pelvic opening, easy childbirth	Oval pelvic opening, difficult childbirth

The Facial Bones



Dental Deformities



ANTERIOR CROSSBITE



POSTERIOR CROSSBITE



CROWDING



OPEN BITE

An open bite is usually due to an oral habit.



PROTRUSION



ECTOPIC ERUPTION

Ectopically erupting maxillary molars.



COMPLETE CLASS III



DIASTEMA



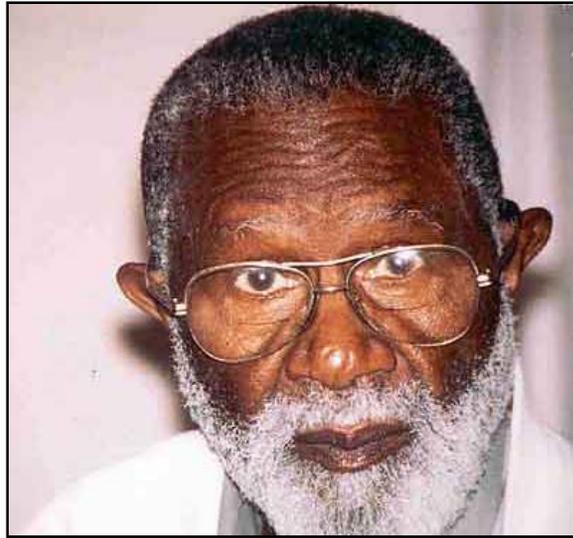
ORAL HABITS

Modern and Traditional Face

African Boys



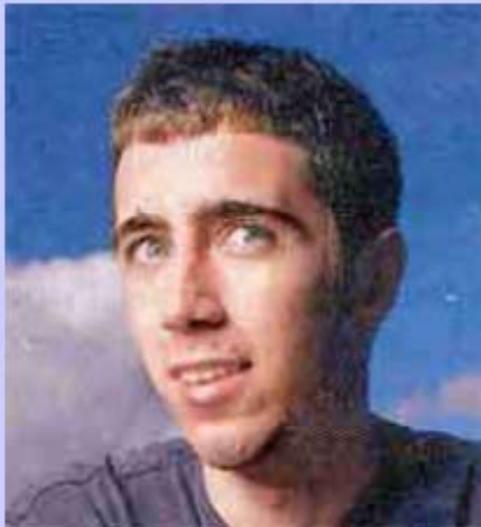
North America



Well-built facial structure of North Americans raised on raw dairy products from grass-fed cows, organ meats, sea food and cod liver oil.

South American Children





Modern Children

Most modern children have thin faces and need braces to straighten their teeth

Impact that non-traditional diets had on the first, second, and third generations

- First Generation: dental decay
- Second Generation: narrowing of the facial structures and malformation of dental arches. Such children invariably suffered from frequent infections, allergies, anemia, asthma, poor vision, lack of coordination, fatigue and behavioral problems.
- Third Generation: infertility

Great Variety in Traditional Diets

Some had no plant foods

Some had few animal foods

Some had mostly cooked foods

Some had large amounts of raw foods

Some had milk products; some did not

Some had grains; some did not

Some had fruits; some did not

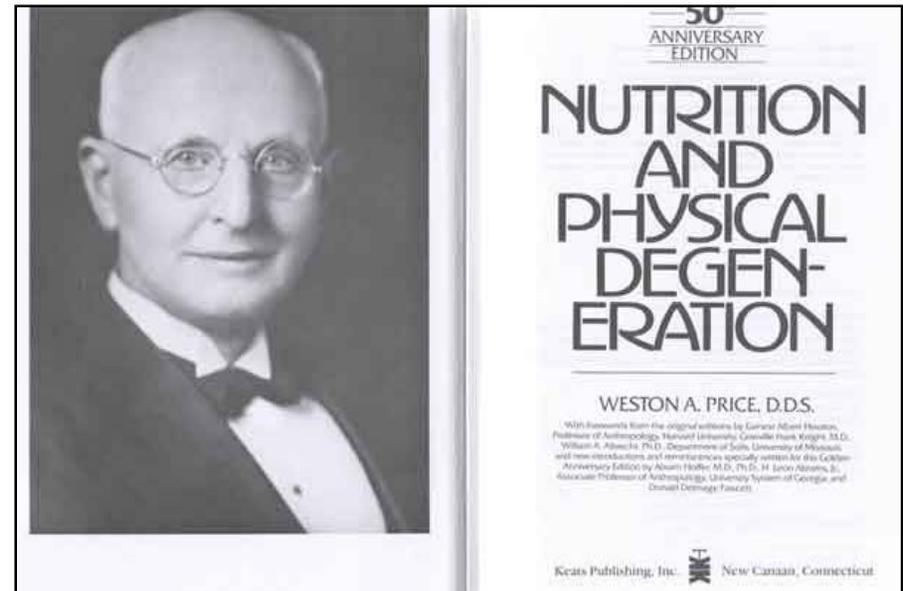
What are the underlying characteristics
of these healthy diets?

Nutrient Levels in Traditional Diets

The key finding of
Dr. Weston A. Price:

Calcium and other
Minerals – at least
four times higher
than the modern diet.

Vitamins A, D and K₂–
Ten times higher than the modern diet.



Vitamin A

- Vital for mineral and protein metabolism,
- the prevention of birth defects,
- the optimum development of infants and children,
- protection against infection,
- the production of stress and sex hormones,
- thyroid function,
- and healthy eyes, skin and bones.



Vitamin A is depleted by stress, infection, fever, heavy exercise, exposure to pesticides and industrial chemicals, and excess protein consumption (hence our warnings against the consumption of excess protein in the form of lean meat, lowfat milk and protein powders.)

Vitamin D



- Needed for mineral metabolism,
- healthy bones and nervous system,
- muscle tone,
- reproductive health,
- insulin production,
- protection against depression,
- and protection against chronic diseases like cancer and heart disease.



Vitamin K2

- plays an important role in growth and facial development,
- normal reproduction,
- development of healthy bones and teeth,
- protection against calcification and inflammation of the arteries,
- and learning capacity.



Cod Liver Oil

<http://www.westonaprice.org/cod-liver-oil/238-cod-liver-oil-basics-and-recommendations>

BEST in the USA (Available Online/Mail Order):

- Green Pasture Products: Blue Ice High-Vitamin Fermented Cod Liver Oil, (402) 858-4818, greenpasture.org
- Dr. Ron's Ultra-Pure: Blue Ice High-Vitamin Fermented Cod Liver Oil, (877) 472-8701, drrons.com
- Radiant Life: Blue Ice High-Vitamin Fermented Cod Liver Oil and Premier High-Vitamin Cod Liver Oil, (888) 593-8333, 4radiantlife.com
- Azure Standard: Blue Ice High-Vitamin Fermented Cod Liver Oil, (541) 467-2230, azurestandard.com
- Natural Health Advocates: Blue Ice High-Vitamin Fermented Cod Liver Oil, 888-257-8775, building-health.com/

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

TRADITIONAL DIETS

Foods from fertile soil
Choice of 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 organ meats
Vegetable oils
Animals in confinement
Dairy products pasteurized
Grains refined and/or extruded
MSG, artificial flavorings
Refined sweeteners
Canned vegetables
Modern soft drinks
Refined salt
Synthetic vitamins added to foods
Microwave, irradiation
Hybrid seeds, GMO seeds

Dietary Dangers

1. Do not eat commercially processed foods such as cookies, cakes, crackers, TV dinners, soft drinks, packaged sauce mixes, etc. Read the labels!
2. Avoid all refined sweeteners such as sugar, dextrose, glucose, high fructose corn syrup and fruit juices.
3. Avoid white flour, white flour products and white rice.
4. Avoid all hydrogenated or partially hydrogenated fats and oils.
5. Avoid all refined liquid vegetable oils made from soy, corn, safflower, canola or cottonseed.

6. Do not use polyunsaturated oils for cooking, sautéing or baking.
7. Avoid foods fried in polyunsaturated oils or partially hydrogenated vegetable oils.
8. Do not practice veganism. Animal products provide vital nutrients not found in plant foods.
9. Avoid products containing protein powders as they usually contain carcinogens formed during processing; and consumption of protein without the cofactors occurring in nature can lead to deficiencies, especially of vitamin A.
10. Avoid processed, pasteurized milk; do not consume ultra pasteurized milk products, low fat milk, skim milk, powdered milk or imitation milk products.

11. Avoid factory-farmed eggs, meats and fish.
12. Avoid highly processed luncheon meats and sausage.
13. Avoid rancid and improperly prepared seeds, nuts and grains found in granolas, quick rise breads and extruded breakfast cereals, as they block mineral absorption and cause intestinal distress.
14. Avoid canned, sprayed, waxed and irradiated fruits and vegetables. Avoid genetically modified foods (found in most soy, canola and corn products).
15. Avoid artificial food additives, especially MSG, hydrolyzed vegetable protein and aspartame, which are neurotoxins. Most soups, sauce and broth mixes and most commercial condiments contain MSG, even if not indicated on the label.

16. Individuals sensitive to caffeine and related substances should avoid coffee, tea and chocolate.
17. Avoid aluminum-containing foods such as commercial salt, baking powder and antacids. Do not use aluminum cookware or deodorants containing aluminum.
18. Do not drink fluoridated water.
19. Avoid synthetic vitamins and foods containing them.
20. Avoid distilled liquors.
21. Do not use a microwave oven.

"Let food be thy
medicine."



-Hippocrates



Dietary Guidelines

1. Eat whole, unprocessed foods.
2. Eat beef, lamb, game, organ meats, poultry and eggs from pasture-fed animals.
3. Eat wild fish (not farm-raised) and shellfish from unpolluted waters.
4. Eat full-fat milk products from pasture-fed cows, preferably raw and/or fermented, such as raw milk, whole yogurt, kefir, cultured butter, whole raw cheeses and fresh and sour cream. (Imported cheeses that say “milk” or “fresh milk” on the label are raw.)
5. Use animal fats, especially butter, liberally.

6. Use traditional vegetable oils only—extra virgin olive oil, expeller-expressed sesame oil, small amounts of expeller-expressed flax oil, and the tropical oils—coconut oil, palm oil and palm kernel oil.
7. Take cod liver oil regularly to provide at least 10,000 IU vitamin A and 1,000 IU vitamin D per day.
8. Eat fresh fruits and vegetables—preferably organic—in salads and soups, or lightly steamed with butter.
9. Use whole grains, legumes and nuts that have been prepared by soaking, sprouting or sour leavening to neutralize phytic acid, enzyme inhibitors and other anti-nutrients.
10. Include enzyme-enhanced lacto-fermented vegetables, fruits, beverages and condiments in your diet on a regular basis.

11. Prepare homemade meat stocks from the bones of chicken, beef, lamb and fish and use liberally in soups, stews, gravies and sauces.
12. Use filtered water for cooking and drinking.
13. Use unrefined salt and a variety of herbs and spices for food interest and appetite stimulation.
14. Make your own salad dressing using raw vinegar, extra virgin olive oil and a small amount of expeller- expressed flax oil.
15. Use natural sweeteners in moderation, such as raw honey, maple syrup, maple sugar, date sugar, dehydrated cane sugar juice (sold as Rapadura) and stevia powder.

16. Use only unpasteurized wine or beer in strict moderation with meals.
17. Cook only in stainless steel, cast iron, glass or good quality enamel.
18. Use only natural, food-based supplements.
19. Get plenty of sleep, exercise and natural light.
20. Think positive thoughts and practice forgiveness.

Good Fats

For Cooking

- Butter
- Tallow and suet from beef and lamb
- Chicken, goose and duck fat
- Coconut, palm and palm kernel oils



For Salads

- Extra virgin olive oil (also OK for cooking)
- Expeller-expressed sesame and peanut oils
- Expeller-expressed flax oil (in small amounts)



For Fat-Soluble Vitamins

- Fish liver oils such as cod liver oil (preferable to fish oils, which do not provide fat-soluble vitamins, can cause an overdose of unsaturated fatty acids and usually come from farmed fish.)

Bad Fats



The following newfangled fats can cause cancer, heart disease, immune system dysfunction, sterility, learning disabilities, growth problems and osteoporosis:

- All hydrogenated and partially hydrogenated oils
- Industrially processed liquid oils such as soy, corn, safflower, cottonseed and canola
- Fats and oils (especially vegetable oils) heated to very high temperatures in processing and frying.

Myth: Heart disease in America is caused by consumption of cholesterol and saturated fat from animal products.

Truth: During the period of rapid increase in heart disease (1920-1960), American consumption of animal fats declined but consumption of hydrogenated and industrially processed vegetable fats increased dramatically (USDA-HNIS).

Myth: Vegetarians live longer.

Truth: The annual all-cause death rate of vegetarian men is slightly more than that of non-vegetarian men (.93% vs .89%); the annual all-cause death rate of vegetarian women is significantly more than that of non-vegetarian women (.86% vs .54%) (*Wise Traditions* 2000 1:4:16-17).

Myth: Animal fats cause cancer and heart disease.

Truth: Animal fats contain many nutrients that protect against cancer and heart disease; elevated rates of cancer and heart disease are associated with consumption of large amounts of vegetable oil (*Federation Proceedings* July 1978 37:2215).

Myth: Americans do not consume enough essential fatty acids (EFAs).

Truth: Americans consume far too much of one kind of EFA (omega-6 EFAs found in most polyunsaturated vegetable oils) but not enough of another kind of EFA (omega-3 EFAs found in fish, fish oils, eggs from pasture-fed chickens, dark green vegetables and herbs, and oils from certain seeds such as flax and chia, nuts such as walnuts and in small amounts in all whole grains) (*American Journal of Clinical Nutrition* 1991 54:438-63).

In Conclusion

Choose traditional whole foods that are organically grown, humanely raised, minimally processed and above all not deprived of their vital lipid component.

The Weston A. Price Foundation

- The Foundation is dedicated to restoring nutrient-dense foods to the human diet through education, research and activism.
- It supports a number of movements that contribute to this objective including accurate nutrition instruction, organic and biodynamic farming, pasture-feeding of livestock, community-supported farms, honest and informative labeling, prepared parenting and nurturing therapies.
- Specific goals include establishment of universal access to clean, certified raw milk and a ban on the use of soy formula for infants.

Resources for this Lecture

- GnosticRadio.org – Healthy Spirituality Lectures
- The Weston A. Price Foundation
www.westonaprice.org/beginners-tour.html
- Nutrition and Physical Degeneration by **Weston A. Price**
- Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats by **Sally Fallon Morell**