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“The Price-Pottenger Nutrition Foundation is
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-Beatrice Trum Hunter,
  Food Editor, Consumers’ Research

Native people eating traditional foods had
physical excellence, splendid facial and dental
arch forms, and no cavities.

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"Price-Pottenger Nutrition Foundation…
providing consumers with sound nutritional information in
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Beatrice Trum Hunter
Food Editor, Consumers’ Research

"It is particularly important in these times of
industrial and financial stress, that children shall
not suffer defects which may mark and handicap
them for their entire life.”
-Weston A. Price, DDS
Are you confused about nutrition information that is contradictory and changes often?

Price-Pottenger Nutrition Foundation has been disseminating reliable, unbiased information about nutrition, food preparation, natural healing, and environmental issues for more than half a century.

Access accurate information on nutrition. The misleading advice of “eliminating saturated fats and cholesterol from your diet and you will be healthier” is being advocated for both young and old. The results are an increased consumption of devitalized, imitation and fabricated foods and the hastened degeneration of health.

The Price-Pottenger Nutrition Foundation (PPNF), originally founded in 1952 and later known as the Weston A. Price Memorial Foundation, provides the public and the healing professionals with documented research about the role of whole, living foods and essential fats from both land and sea in human nutrition.

PPNF is a non-profit educational resource that owns and protects the original copyrighted material of Weston A. Price, DDS and Francis M. Pottenger Jr., MD. Also preserved are works by Dr. Royal Lee, Dr. Melvin Page, Dr. Emanuel Cheraskin, Dr. William Albrecht and many other nutrition pioneers.

Membership fees and donations help the foundation maintain its precious archives and library, which houses over 10,000 historical and contemporary references pertaining to nutrition, health and the environment. Get the facts first-hand, accurately stated, and as intended by the researchers themselves.

“Life in all its Fullness is Mother Nature Obeyed”

-Weston A. Price, DDS

Weston A. Price, DDS

a Cleveland dentist, has been called the “Charles Darwin” of Nutrition. Searching for the causes of dental decay and physical degeneration he observed daily in his dental practice, he turned from test tubes and microscopes to study “people with fine teeth” – the isolated “primitives.”

Traveling worldwide, Dr. Price found beautiful straight teeth, freedom from decay, stalwart bodies, resistance to disease and fine characters were typical of primitives on their traditional diets.

These primitives stand forth in sharp contrast to those subsisting on the “impoverished foods of civilization” – sugar, white flour, pasteurized milk and convenience foods filled with extenders and additives.

His worldwide findings clearly showed that dental caries and deformed dental arches, resulting in crowded, crooked teeth and unattractive appearance, were merely a sign of physical degeneration, resulting from what he had suspected – nutritional deficiencies.

Dr. Price’s classic volume Nutrition and Physical Degeneration is available from the Price-Pottenger Nutrition Foundation. Its photographs illustrate in an unforgettable way the physical degeneration that occurs when human groups abandon nourishing traditional diets in favor of modern convenience foods. $27.95 + S&H

Francis M. Pottenger, Jr., MD

was an original thinker and keen observer whose imagination, integrity and common sense gave him the courage to question official dogma. Dedicated to the cause of preventing chronic illness, he made significant contributions to the understanding of the role of nutrition in maintaining good health.

In his classical experiments in cat feeding, more than 900 cats were studied over ten years. Dr. Pottenger found only diets containing raw milk and raw meat produced optimal health: good bone structure and density, wide palates with plenty of space for teeth, shiny fur, no parasites or disease.

Cooking the meat or substituting heat processed milk for raw resulted in heterogeneous reproduction and physical degeneration, increasing with each generation. Skin diseases and allergies increased from 5% to over 90%. Bones became soft and pliable. Cats suffered from adverse personality changes, hypothyroidism and most of the degenerative diseases encountered in human medicine. They died out completely by the fourth generation.

The changes Pottenger observed in cats on deficient diets paralleled the human degeneration that Dr. Price found in tribes that had abandoned traditional foods.

Pottenger’s Cats – A Study In Nutrition, by Francis M. Pottenger, Jr., MD $9.95 + S&H

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