

Dr. Price saw the negative health effects of eating processed foods.



In cultures where people raised on traditional foods were able to obtain refined and processed foods, such as white flour, white sugar, vegetable oils and canned goods, Dr. Price saw the progression of illness and chronic disease.

People eating processed food had:

- Tooth decay and other dental problems
- Illnesses caused by lowered immunity, including tuberculosis
- Susceptibility to chronic and degenerative diseases

Children of these people had:

- Birth defects
- Overall poor health
- Weakened bodies with decreased strength and stamina
- Deformed dental arches and facial bones with narrow faces
- Crooked teeth
- Rampant tooth decay
- Increased susceptibility to infections and chronic disease
- Reproductive problems



Your teeth are the window to your body's physical condition.

When people returned to their traditional diets, cavities ceased progressing and children subsequently born, had perfect dental arches and rarely had tooth decay.



After the first child, the parents stopped eating their traditional diet. Note the progressive change in facial form of the two middle boys as compared with their older sister (left), and the progressive change in their feet: normal feet, flat feet, and club feet. There is improvement in the health of the youngest two (far right) born after the parents returned to their native diet.

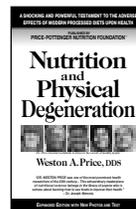
Checklist for making healthy choices

Organic, non-GMO, locally-grown, fresh, whole foods:

- Animal proteins: poultry, beef, lamb, game, organ meats, eggs, wild fish and seafood
- Raw (unprocessed) whole milk, butter, and cultured yogurt, kefir, sour cream and cheese
- Fats: butter, ghee, lard, goose/chicken fat
- Oils: olive, coconut, palm, and minimally processed seed and nut oils (no cottonseed or canola)
- Fresh fruits, land and sea vegetables, in season
- Whole grains: traditional wheat (kamut, spelt, emmer) rye, barley, oats, millet, quinoa, amaranth, teff, buckwheat, rice, corn (soak, sprout grains or sour-leaven flour)
- Legumes: peanuts, soaked beans, chickpeas, lentils and peas
- Seeds (raw): sunflower, pumpkin, flax, sesame
- Nuts (raw): walnut, peanut, brazil, almond, hazelnut, pecan, cashew, coconut, macadamia, pine nut
- Stocks made from bones of chicken, beef, lamb, fish
- Sweeteners (use small amounts): unrefined and natural
- Unrefined inland and sea salt, no additives
- Herbal teas and fermented beverages
- Pure water: no chlorinated, fluoridated or water in plastic bottles
- Cook and bake in: glass, ceramic, porcelain ware, seasoned cast iron, stainless steel. No aluminum, silicon or non-stick cookware
- Store food in glass. No plastic containers, bags or wraps
- No products that contain fragrances around food (hand and dish soap, lotions, air fresheners)

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RESOURCES AVAILABLE FROM PPNF:

Nutrition and Physical Degeneration, Weston A. Price, DDS, new expanded edition
Pottenger's Cats, A Study In Nutrition, Francis M. Pottenger, Jr., MD. The changes Dr. Pottenger observed in cats on deficient diets paralleled the degeneration that Dr. Price found in people who abandoned traditional foods.

Nourishing Traditions, Sally Fallon
 Applying the work of Dr. Price in today's kitchen.

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Dr. Price asked: “What makes people healthy?”

To find the answer, Dr. Price began his ten-year worldwide travels in 1931 to remote areas of the world to learn the secrets of healthy people.

Dr. Price discovered healthy people had:

- Excellent life-long health
- Strong bodies
- Perfect facial bones and dental arches, which provided space for all teeth, including the back molars (wisdom teeth). They did not need orthodontic braces!
- Perfect teeth, and little to no tooth decay. They did not brush, floss, use fluoride toothpaste, rinses, sealants, or drink fluoridated water. They never went to a dentist or had their teeth cleaned. Yet, they rarely had cavities!
- Strong immune system which provided protection from infections and developing chronic diseases
- Ease of reproduction: conception, birthing and breast feeding
- Healthy children
- Emotional stability – (no crime, mental illness, etc.)



Dr. Price learned that these people ate traditional whole foods to stay healthy.

The diverse groups of healthy people Dr. Price observed worldwide, from the tropics to the arctic in 14 countries, showed there are many different kinds of foods which meet the needs of the body to maintain vibrant health. Fresh, local whole foods best supply essential nutrients.



Photographs in Dr. Price’s classic book, *Nutrition and Physical Degeneration* show healthy people, as well as the physical degeneration that occurs when people abandon nourishing traditional diets for processed foods.



Here’s how generations of people worldwide enjoyed superb health

Dr. Price found the following similarities in groups of healthy people:

TRADITIONAL NUTRIENT-DENSE WHOLE FOODS

- **Whole foods were eaten.** Processing removes and destroys important parts of the food (fiber, minerals, vitamins and enzymes), and usually adds chemicals.
- **Fat-soluble vitamins** were obtained from butter, sea foods, cod liver or seal oil, animal meat and organs with their fat, and plant seeds.
- **A daily source of animal protein** was provided by meat, milk, cheese and eggs. Sources were mammals, birds, reptiles, fish, crustaceans, mollusks and insects. Some animal protein was eaten raw or fermented.
- **A variety of fruits, land and sea vegetables, nuts, and seeds (often sprouted) were eaten.**
- **Ocean and inland salt deposits were used.**
- **Foods contained two to ten times more essential nutrients** (vitamins, minerals, etc.) than did processed foods.
- **Foods were grown in soil naturally high in minerals and organic matter.**

FOOD PREPARATION, PRESERVATION & STORAGE

- **Foods were eaten raw or minimally cooked.**
- **Food was eaten fresh, in season,** and preserved and stored for the rest of the year.
- **Diets contained some fermented whole food:** cheese, cultured milk and butter, pickles, sauerkraut, beer, beans, etc. Some cultures fermented meat and fish.
- **Food was stored** in wood, ceramic, glass and other natural materials, not plastic.
- **Food was preserved and stored** by drying, freezing in cold climates, salting, culturing, pickling, fermenting, and earth storage.

THE HEALTH OF FUTURE GENERATIONS WAS PROTECTED

- **People continued to eat the same nutrient-dense whole foods their ancestors had eaten.** They passed this information on to their children, grandchildren and everyone in the community.
- **Special nutrient-dense foods were fed to men, and women of child-bearing age** in preparation for conception, pregnancy, and lactation.
- **All infants and young children were breast fed.**
- **The birth of children was spaced** at least three years apart. This provided time to replenish the nutritional stores of the mother to protect and nourish the fetus, infant, young child, her milk supply and her own health.

LIFESTYLE

- **People ate together as families and communities.**
- **Exercise** was part of their daily routine of working, playing, dancing, games, sports, hunting and food gathering.
- **Time was spent outside in the sunlight.**
- **They had pure air, water and food.** Since the time of Dr. Price’s research, there has been a huge loss of soil fertility, minerals and organic matter. Soil, air and water have been contaminated with insecticides, fungicides, herbicides, sewage sludge and chemical fertilizers. There is now widespread treatment of food animals with pharmaceutical drugs (pesticides, antibiotics and hormones), and unnatural and artificial feeds.

It is vital to choose non-GMO, organically grown food, including protein from free-range animals eating their natural diet, in order to be healthy and preserve our environment.

