

**We invite you
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- **QUARTERLY JOURNAL**, containing informative, accurate information on nutrition, food preparation, natural healing, environmental issues, book reviews and more.
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- **EXCLUSIVE ACCESS TO OUR WEBSITE** where we have every journal issue since 1976, Regularly updated Audio and Video courses, a Members Only Q & A, Healthy living tips and expert advice that will help you on your journey to living a healthy lifestyle. Covered topics include, but are not limited to:
 - Traditional Foods & Healthy Recipes
 - Non-toxic dentistry
 - Natural healing
 - Good fats vs. bad fats
 - Feeding and raising babies and children
 - Vaccinations
 - Immunity and Auto-immune illnesses
 - Organic gardening
 - Eco-friendly pest control
 - Air and water filtration
 - Electromagnetic pollution
 - Women's health and much more



"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

What prominent health professionals say about Price-Pottenger:

"The Price-Pottenger Nutrition Foundation is on the cutting edge of nutrition – but not just the nutrition of the individual, the nutrition of the earth is just as important. We are all interconnected – soil, plants, animals, humans. There is no better support group."

-Lendon Smith, MD

"In order for people to make positive changes in health and vitality areas, they must first have authentic information upon which they can act. There are few sources of better information than that provided by the Price-Pottenger Nutrition Foundation."

-Jeffrey Bland, PhD, President, HealthComm, Inc.

"The foundation, through its educational exhibits, library, facilities, newsletter and other publications, makes available a wealth of scientific principles and practical guidance for all who seek optimal health."

**-Beatrice Trum Hunter,
Food Editor, Consumers' Research**

Price-Pottenger® NUTRITION FOUNDATION

Educating the public since 1952.

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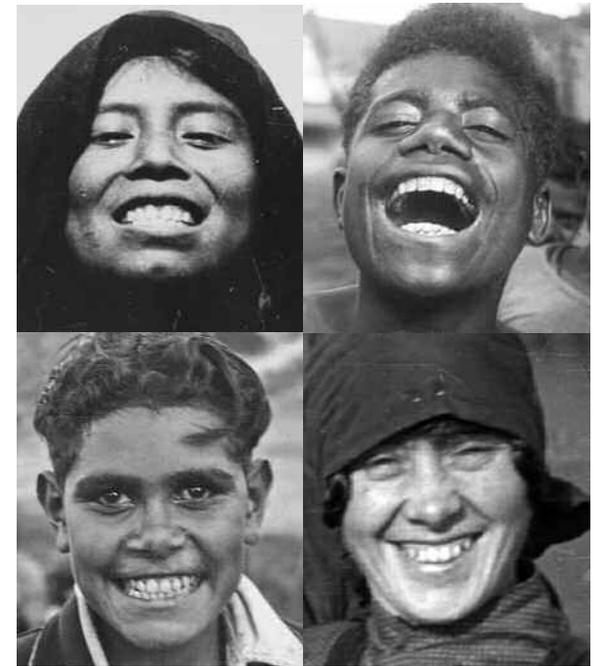
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Why are these people so healthy?



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

"Price-Pottenger Nutrition Foundation... providing consumers with sound nutritional information in a time of great confusion..."

**Beatrice Trum Hunter
Food Editor, Consumers' Research**

Price-Pottenger® NUTRITION FOUNDATION

*Preserving the work of Weston A. Price, DDS,
Francis M. Pottenger, Jr., MD,
and other health pioneers.*

Founded in 1952

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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If you know someone who may be interested in joining us, have them give us a call and we will gladly send them a complimentary copy of our Journal – 619-462-7600!