

## Weston A. Price, DDS

In the 1930s, a dentist from Ohio travelled the world to study the diets of indigenous peoples who exclusively ate local traditional foods. He compared their glowing good health, excellent bone structure, and mental stability to the Americans of his day, who were suffering from dental problems, mental illness, allergies, arthritis, asthma, heart disease, diabetes, digestive disorders and cancer.

What Dr. Price discovered:

- Traditional diets contain abundant vitamins and minerals, especially vitamins A, D, and K<sub>2</sub>, found in seafood and the fat and organ meats of grass-fed animals.
- When indigenous people adopted processed and denatured foods such as white flour, sugar, canned foods, vegetable oils, and pasteurized milk, they developed the same chronic diseases that plague us today.

## The Weston A. Price Foundation

We are a non-profit nutrition education foundation dedicated to continuing Dr. Price's research and to returning nutrient-dense foods to our diet by supporting:

- Accurate, up-to-date nutrition information
- Organic and biodynamic farming
- Pasture-fed livestock
- Community-supported farms
- Honest and informative labeling
- Universal access to clean, raw milk
- Technology that helps retain nutrients in our food, rather than destroy them.

We foster these goals through a worldwide network of local chapters, a quarterly journal, educational brochures, a yearly shopping guide, an annual conference, and activism on the state and federal levels.

## Join Today!

Your membership in the Weston A. Price Foundation includes:

- *Wise Traditions*, our informative quarterly journal filled with timely articles on nutrition, foods, fats, and holistic therapies; health updates; book reviews; and resources for educational materials, holistic health professionals, and nourishing foods.
- A helpful Shopping Guide to use in supermarkets and health food stores.
- Periodic emailed Action Alerts.
- Discounts on fees to our annual conference.
- An opportunity to support our efforts to provide accurate nutrition information, ensure access to raw milk, participate in our local chapter system, and sustain our Soy Alert! campaign.

To join, simply complete and mail this form (or join online at [www.westonaprice.org](http://www.westonaprice.org)).

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Zip: \_\_\_\_\_ Country \_\_\_\_\_

\*Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Regular \$40 \_\_\_\_ Canada/Overseas\*\* \$50 \_\_\_\_

Reduced Fee: \$25 \_\_\_\_ (Please circle one)

Senior (62 and over) / Student /

Unemployed / Person with Disabilities

Payment: MasterCard \_\_ Visa \_\_ Check \_\_

Card Number: \_\_\_\_\_

Exp. Month \_\_\_\_ Year \_\_\_\_ Security Code \_\_\_\_

Signature: \_\_\_\_\_

\* By providing your email address, you will receive periodic Action Alerts. You may unsubscribe by contacting the WAPF office.

\*\* Credit Card only.

# Wise Foods for Healthy Families Local Farms Our Environment

The  
Weston A. Price  
Foundation  
for Wise Traditions  
in Food, Farming and the Healing Arts

*Education ♦ Research ♦ Activism*

PMB Box 106-380  
4200 Wisconsin Avenue, NW  
Washington, DC 20016  
(202) 363-4394  
[info@westonaprice.org](mailto:info@westonaprice.org)  
[www.westonaprice.org](http://www.westonaprice.org)

Local Contact:

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## **Wise Foods for Healthy Families**

### **GOOD HEALTH IS OUR BIRTHRIGHT**

Natural immunity, vitality, normal growth, an optimistic outlook, a keen mind, good bone structure, straight teeth and freedom from cavities, cancer, heart disease and chronic illness—this is our legacy when we eat foods provided by nature.

### **MODERN FOODS DESTROY OUR HEALTH**

Most chronic diseases—including mental and behavioral problems—are caused or exacerbated by modern diets. Evidence continues to mount linking chronic diseases with modern foods. Yet much nutritional advice today falsely promotes the consumption of processed food and makes us afraid to eat our ancestral foods.

### **ANIMAL FATS ARE ESSENTIAL**

Our bodies require nutrient-dense animal food, especially animal fats, for good health, generation after generation. Our cells, bones, brain, heart, lungs, kidneys and reproductive organs all require the nutrients found uniquely in animal fats to function properly.

### **WISE FOODS WILL RESTORE YOUR HEALTH**

By consuming nutrient-dense foods, we can restore our own health and provide the gift of good health to the next generation.

### **A TRUSTWORTHY SOURCE OF INFORMATION**

Our materials and website provide scientifically sound articles on the benefits of traditional foods based on research untainted by agribusiness and pharmaceutical industry money. We provide practical advice for returning nutrient-dense foods to family diets, and our local chapter leaders can help you locate healthy foods close to home.

## **Wise, Healthy Foods**

- Butter, cream and whole raw milk
- Organ meats, such as liver
- Pasture-fed meats, dairy and eggs
- Wild fish, shellfish and fish roe
- Organic vegetables and fruits
- Traditional lacto-fermented foods
- Healthy lacto-fermented soft drinks
- Homemade bone broths
- Properly prepared whole grains and traditional sourdough breads
- Unrefined salt

## **Foods to Avoid**

- Low-fat and fat-free products
- Modern soy foods
- Pasteurized, homogenized milk
- Margarine and trans fats
- Processed vegetable oils
- Dry breakfast cereals
- Artificial sweeteners and additives
- Fast foods and sodas
- Refined sweeteners and fruit juices
- White flour products
- Factory-raised meats and farm-raised fish

## **Surprising Food Facts**

- Animal fats do not cause heart disease, cancer and obesity but actually protect us against these conditions.
- Modern soy foods contribute to thyroid problems, digestive disorders and endocrine disruption.
- Low-fat diets can lead to many health problems, including emotional instability.
- Vegetarians do not live longer; vegan diets do not protect against cancer and heart disease.

## **Wise Foods for Sustainable Farms, a Clean Environment, and Local Prosperity**

**NON-TOXIC FARMING** in healthy, mineral-rich soil produces food that is free of chemical fertilizers, herbicides, pesticides and hormones.

**PASTURE-FED LIVESTOCK** are healthier animals that live outdoors eating green grass and soaking up sunshine to produce more nutritious meat, milk, eggs, and fat.

**SUSTAINABLE AGRICULTURE** depends upon millions of small family farmers who thrive by selling locally, who bring prosperity to rural communities and who also maintain open spaces for future generations.

**BIODIVERSITY** is maintained through crop rotation and natural pest control as compared to the monocultures and soil depletion typical of large industrial farms using genetically modified organisms (GMOs).

**LOCALLY GROWN FOOD** reduces transportation costs, traffic, packaging waste, pollution and dependence on foreign oil, while providing fresher foods and healthier local economies.

**LOCAL VALUE-ADDED** products such as cheese, butter, raw milk, sausage, bone broth, artisan sourdough breads and healthy lacto-fermented beverages and condiments bring prosperity to small towns and rural areas.

**Learn more at our fascinating, information-packed website, [www.westonaprice.org](http://www.westonaprice.org)**