

Weston A. Price / 5 hours

By Sally Fallon Morel

Dr. Weston, who is a dentist, studied primitive people's diet and he made remarkable conclusions regarding their health. He studied many communities with primitive diets around the world. He noticed that all primitive communities had a wider jawline and perfectly aligned straight white teeth. The most shocking finding is that these communities did not have any cavities, tooth decay, and mouth inflammations. That's because these communities consumed a lot of natural foods and they all prepared themselves. For instance, he studied Switzerland, Loetschen's population. Dr. Weston examined villagers and their teeth, they were very healthy, and the children's teeth had excellent white straight teeth. These villagers produce their food, except salt. Their diet included the Paleo diet kind of foods, mostly they consumed dairy and meat products. Villagers consumed raw milk. Also, all the organs of the animal, livers, intestines, liver, and bone prepared broth.

One of the interesting facts from this conference is that we often throw away the most nutritious parts of animal organs. For instance, I never knew that chicken liver is very high in vitamin A, more than 13,328 IU compared to chicken breast which has only 21IU. Another interesting comparison is that 7-8 oz of cheese and 5 cups of milk provide 1500 mg of calcium at 900 kcals, but from vegetables, 40 carrots would yield 1500mg of calcium at 1600 kcals.

The story of Crisco was amazing, how the advertisement industry depicted that eating natural lard and butter is sinful, pushing hydrogenated butter to consumers.

Dr. Weston concluded that the ideal diet avoids too much animal food and too much plant food. Primitive diet contained 4 times more calcium and other minerals, and 10 times more fat-soluble vitamins compared to the American diet.

The typical American diet contains more refined carbohydrates and sugars, corn fructose corn syrup, white flour, pasteurized milk, skim low-fat milk, hydrogenated fats, refined vegetable oils, isolated protein powders, artificial sweeteners, and additives.

Applying characteristics of traditional diets to modern diets is beneficial. This conference was very helpful to study all natural foods and their nutrient contents, including vitamins, minerals, trace minerals, and detoxifying enzymes.