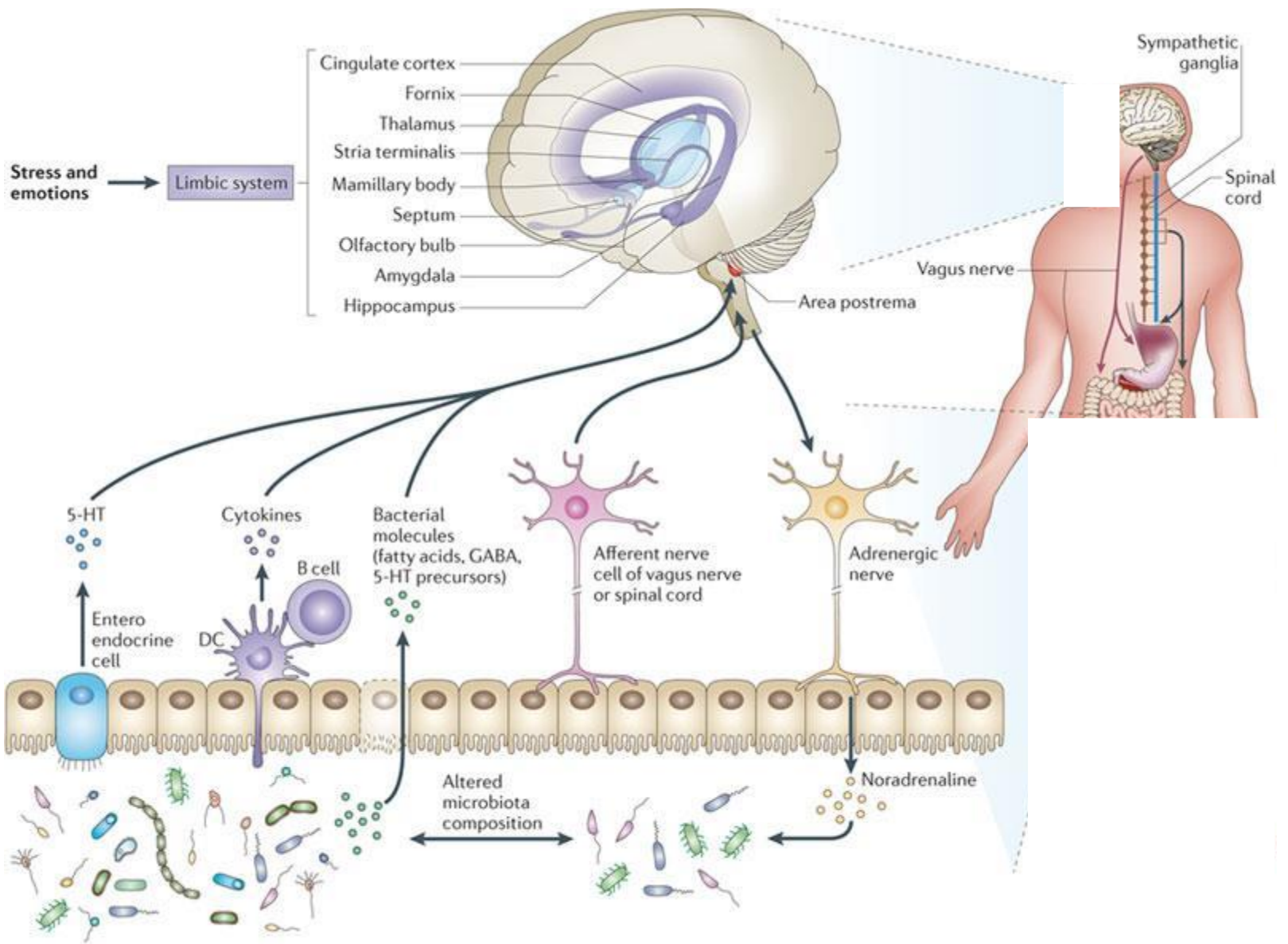


NOURISHING TRADITIONAL DIETS THE KEY TO DIGESTIVE HEALTH

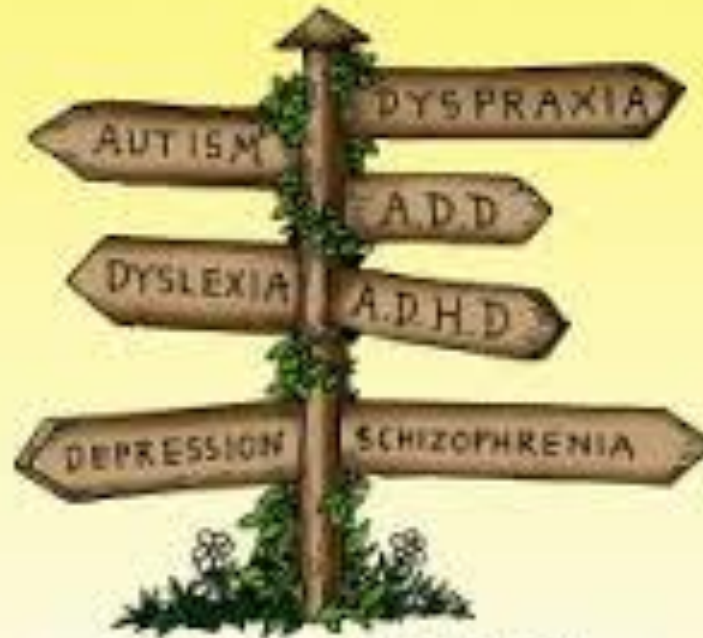
BY SALLY FALLON MORELL, PRESIDENT
THE WESTON A. PRICE FOUNDATION

POWERPOINT DESIGN BY SANDRINE HAHN



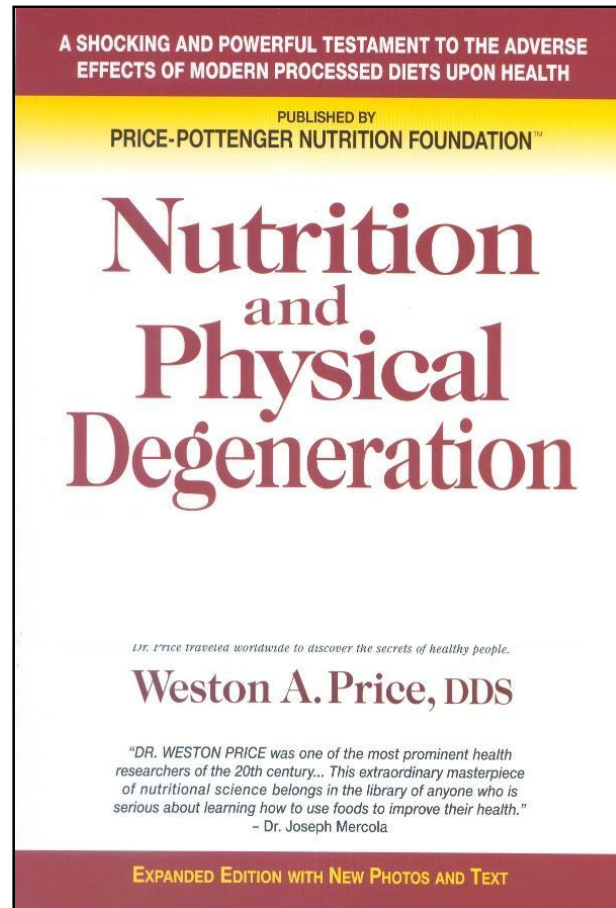
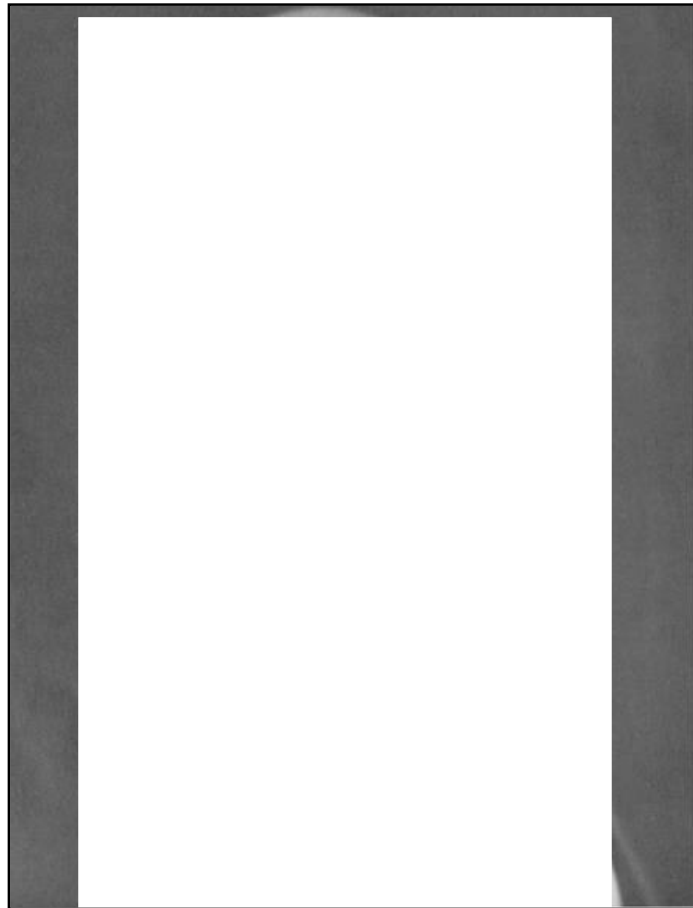
Gut and Psychology Syndrome

Natural treatment for



Dr. Natasha Campbell-McBride MD,
MMedSci(neurology), MMedSci(nutrition)

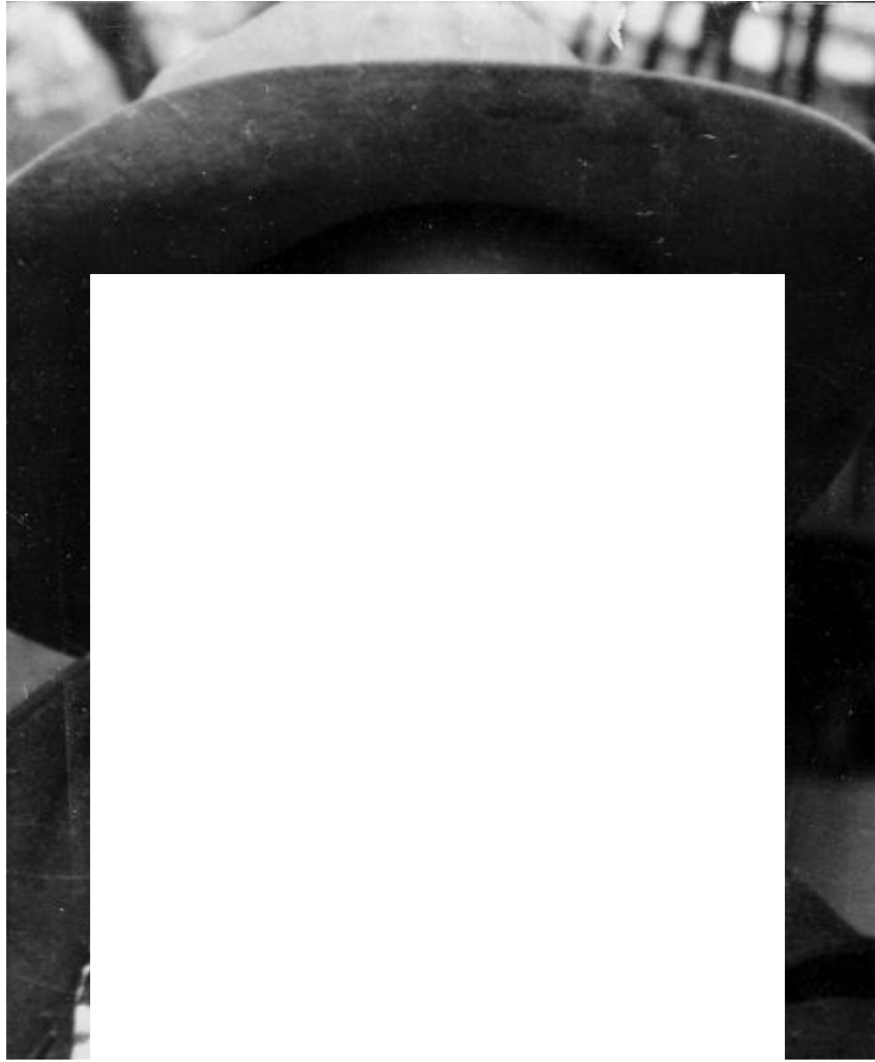
WESTON A. PRICE 1870 – 1948



PRIMITIVE SEMINOLE INDIANS OF FLORIDA

BEAUTIFUL FACIAL DEVELOPMENT SHOWS
OPTIMAL EXPRESSION OF GENETIC POTENTIAL.

MODERNIZED SEMINOLE INDIAN OF FLORIDA



POOR DIET HAS PREVENTED OPTIMAL EXPRESSION OF THE GENETIC POTENTIAL

THE TEETH TELL THE TALE!

STRAIGHT TEETH

CROWDED, CROOKED TEETH

PLENTY OF ROOM IN HEAD FOR PITUITARY, PINEAL, HYPOTHALAMUS	COMPROMISED SPACE FOR MASTER GLANDS IN THE HEAD
GOOD SKELETAL DEVELOPMENT, GOOD MUSCLES	POOR DEVELOPMENT, POOR POSTURE, EASILY INJURED
KEEN EYESIGHT AND HEARING	POOR EYESIGHT AND HEARING
OPTIMAL FUNCTION OF ALL ORGANS, including the gut!	COMPROMISED FUNCTION OF ALL ORGANS
OPTIMISTIC OUTLOOK, LEARNS EASILY	DEPRESSION, BEHAVIOR PROBLEMS , LEARNING PROBLEMS
ROUND PELVIC OPENING, EASY CHILDBIRTH	OVAL PELVIC OPENING, DIFFICULT CHILDBIRTH



MODERN CHILDREN
MOST MODERN CHILDREN HAVE NARROW FACES
AND NEED BRACES TO STRAIGHTEN THEIR TEETH



HEALTHY BABIES

GREAT VARIETY IN TRADITIONAL DIETS

- Some had no plant foods
- Some had few animal foods
- Some high carb, some low carb
- Some had mostly cooked foods
- Some had large amounts of raw foods
- Some had milk products; some did not
- Some had grains; some did not
- Some had fruits; some did not

WHAT ARE THE UNDERLYING CHARACTERISTICS
OF THESE HEALTHY DIETS?

FIRST PRINCIPLE

NO REFINED OR DENATURED FOODS

REFINED AND DENATURED FOOD COMPONENTS 1930s

Refined Sugar

White Flour

Vegetable Oils

Canned Foods

Condensed Milk

REFINED AND DENATURED FOOD COMPONENTS TODAY

Refined Sugar

High Fructose Corn Syrup

White Flour

Pasteurized Milk

Skim and Low Fat Milk

Hydrogenated Fats

Refined Vegetable Oils

Isolated Protein Powders

Additives/Artificial Sweeteners

"LIFE IN ITS FULLNESS IS MOTHER NATURE OBEYED."

WESTON A. PRICE, DDS



FACTORY FOODS ARE NOT MOTHER NATURE'S FOODS!

SECOND PRINCIPLE

EVERY DIET CONTAINED ANIMAL PRODUCTS

FISH AND SHELLFISH Including organs, oil, bones, and heads.
Weston Price found the best bone structure among those eating seafood

BIRDS Chicken, ducks, geese, etc., including the organs, fat and skin.

RED MEAT Beef, goat, sheep, game, etc., with organ meats and fat preferred.

MILK AND MILK PRODUCTS Raw or cultured, not pasteurized

EGGS From pasture raised chickens

VITAMIN B12 DEFICIENCY

EARLY SIGNS	PSYCHIATRIC DISORDERS	CHRONIC DISEASE
FATIGUE	DEPRESSION	MULTIPLE SCLEROSIS
TINGLING IN HANDS AND FEET	OBSESSIVE COMPULSION	ANEMIA
SLEEP DISORDERS	MANIC DEPRESSION	CANCER
IRRATIONAL ANGER	DEMENTIA ALZHEIMER'S	HEART DISEASE

THIRD PRINCIPLE

NUTRIENT DENSITY

DR. PRICE'S KEY FINDING

PRIMITIVE DIETS CONTAIN **4 TIMES**
THE CALCIUM AND OTHER MINERALS,
AND **10 TIMES** THE FAT-SOLUBLE VITAMINS
COMPARED TO THE MODERN AMERICAN DIET.

SOURCES OF VITAMINS A AND D

SEAFOOD

FISH EGGS
FISH LIVERS
FISH LIVER OIL
FISH HEADS
SHELL FISH
OILY FISH
SEA MAMMALS



LAND ANIMALS
GRASS-FED!

INSECTS
BUTTER AND CREAM
EGG YOLKS
LIVER, ORGAN MEATS
ANIMAL FAT

ESPECIALLY MONO-GASTRIC ANIMALS SUCH AS
BIRDS, PIG, BEAR, GUINEA PIG



THE FAT-SOLUBLE ACTIVATORS A AND D

“ A question arises as to the efficiency of the human body in removing all of the minerals from the ingested foods. Extensive laboratory determinations have shown that most people cannot absorb more than half of the calcium and phosphorus from the foods eaten. The amounts utilized depend directly on the presence of other substances, particularly fat-soluble vitamins.

It is at this point probably that the greatest breakdown in our modern diet takes place, namely, in the ingestion and utilization of adequate amount of the special activating substances, including the vitamins [A and D] **needed for rendering the minerals in the food available to the human system.**

It is possible to starve for minerals that are abundant in the foods eaten because they cannot be utilized without an adequate quantity of the fat-soluble activators. ”

WESTON PRICE, DDS
NUTRITION AND PHYSICAL DEGENERATION

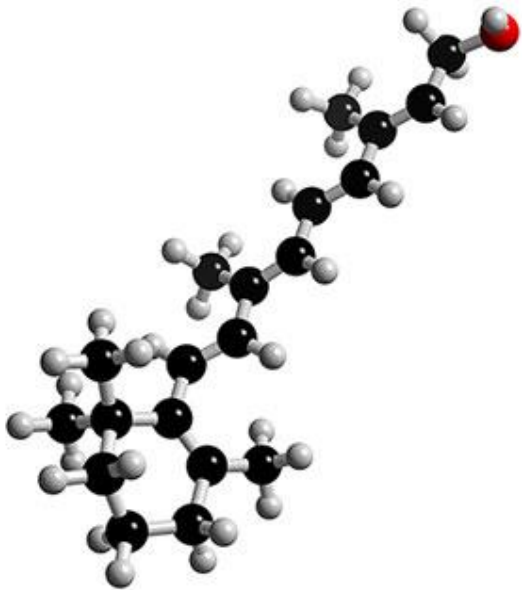
VITAMIN A **MYTH**: PLANT FOODS CONTAIN VITAMIN A



TRUTH: THERE IS NO VITAMIN A IN PLANT FOODS

VITAMIN A

NEEDED FOR NUMEROUS PROCESSES IN THE BODY



PROTEIN ASSIMILATION

CALCIUM ASSIMILATION

PROPER GROWTH

PREVENTION OF BIRTH DEFECTS

PROPER FUNCTION OF THE ENDOCRINE SYSTEM

THYROID FUNCTION

IMMUNE SYSTEM FUNCTION

PRODUCTION OF STRESS AND SEX HORMONES

EYES, SKIN, BONES

WELL FORMED GUT

CHOLESTEROL THE MOTHER OF ALL HORMONES

ACTH

↓
→ **CHOLESTEROL**

↓
Pregnenolone → Progesterone

↓
Pregnenolone → Progesterone

DHEA → Androstenedione → Estradiol

↓
Testosterone

→ Corticosterone
Aldosterone
Corticosterone
→ 11 Deoxycortisol → Cortisol

**REGULATE
MINERAL METABOLISM,
GLUCOSE LEVELS,
BLOOD PRESSURE,
HEALING AND STRESS**

SEX HORMONES

VITAMIN A IS NEEDED FOR EACH CONVERSION.

TRANS FATS INHIBIT ENZYMES THAT MAKE THESE CONVERSIONS.

VITAMIN D MYTH

MYTH – To get adequate vitamin D, just expose your face and hands to sunlight for 10 minute every day.

TRUTH – The body makes vitamin D out of cholesterol by the action of UV-B sunlight on the skin. However, except in the Tropics, UV-B is available only at mid-day during the summer months.

VITAMIN D FOOD SOURCES

All healthy primitive groups, including those living in the tropics, had rich dietary sources of vitamin D.



FISH LIVER OILS

FISH EGGS

SHELL FISH

OILY FISH

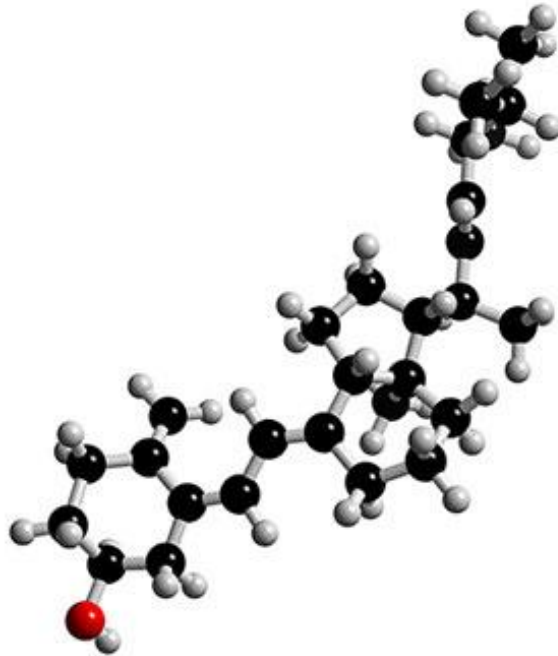
BUTTER

EGG YOLKS

ORGAN MEATS

FAT OF BIRDS

ROLES OF VITAMIN D



HEALTHY BONES

PROPER GROWTH

MINERAL METABOLISM

MUSCLE TONE

REPRODUCTION

HEALTHY SKIN

INSULIN PRODUCTION

IMMUNE SYSTEM

NERVOUS SYSTEM

CELL FUNCTION

FEEL GOOD CHEMICALS

LONGEVITY

SOURCES OF VITAMINS A AND D IN THE TRADITIONAL AMERICAN DIET



ALSO, LIVER AND OTHER ORGAN MEATS
AS IN SAUSAGE, PATE, LIVERWURST, SCRAPPLE, ETC.

ACTIVATOR X = VITAMIN K₂

ANIMAL FORM: K2 is the animal form of vitamin K, made from K1, the plant form.

GROWTH: Plays important role, especially in facial development. Sign of deficiency: Underdevelopment of middle third of the face.

BONES AND TEETH: Needed for deposition of phosphorus and calcium in bones and teeth

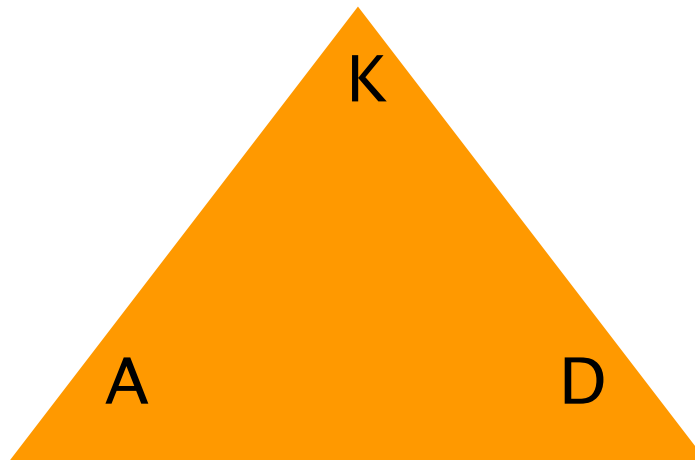
HEART DISEASE: Prevents calcification and inflammation of the arteries.

BRAIN: Involved in synthesis of myelin sheath; supports learning capacity.

REPRODUCTION: Vital for normal reproduction.

THE SYNERGY OF VITAMINS A, D and K

VITAMIN K ACTIVATES PROTEINS AFTER
SIGNALING BY VITAMINS A AND D



VITAMINS A AND D TELL CELLS TO MAKE CERTAIN PROTEINS

FOOD SOURCES OF VITAMIN K₂

TESTED SOURCES

BEAR FAT

NATTO (FERMENTED SOY)

GOOSE LIVER

CHEESES

EGG YOLK

BUTTER

CHICKEN LIVER

FATTY MEATS

SAUERKRAUT

OTHER PROBABLE SOURCES

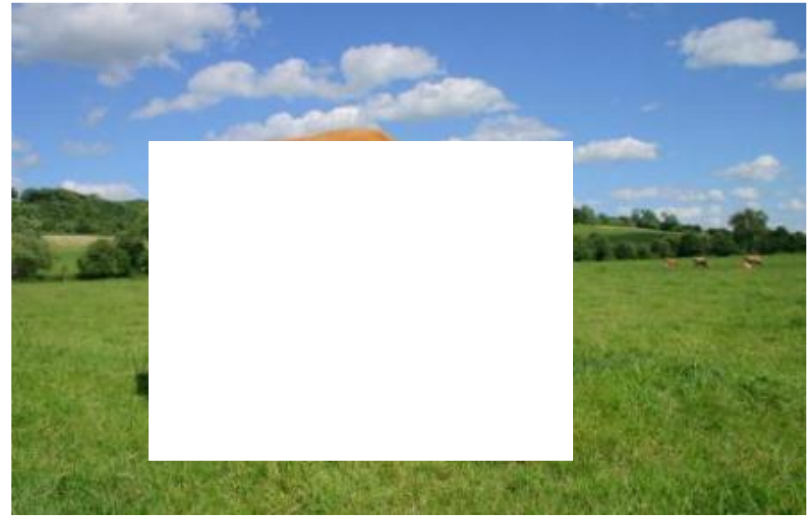
GOOSE, DUCK AND CHICKEN FAT

CRUSTACEAN "BUTTER"
(HEPATOPANCREAS)

OTHER ORGAN MEATS

FISH EGGS

FERMENTED COD LIVER OIL



THE

COW

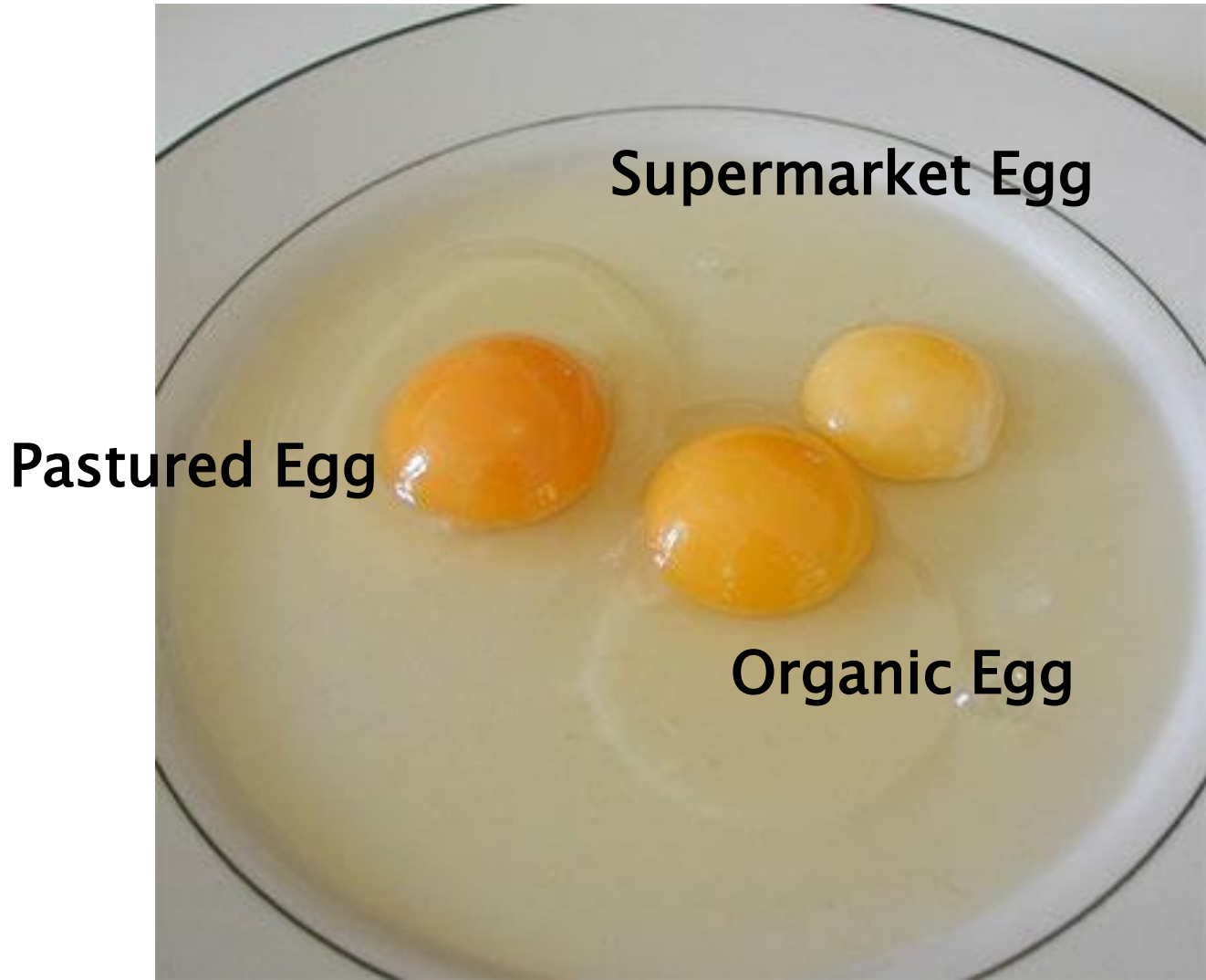
**A Step-Up Transformer of Grass and Sunlight into the
Vital Fat-Activators A, D and K2**

THE PASTURED POULTRY MODEL



THE “EFFICIENT” INDUSTRIAL CONFINEMENT MODEL





8 times more
vitamin D,

2 times more
vitamin A

in pastured
egg
compared to
supermarket
egg



CONFINEMENT BUTTER

GRASS-FED BUTTER

**10-13 TIMES MORE VITAMIN A AND
3 TIMES MORE VITAMIN D IN GRASS-FED BUTTER**

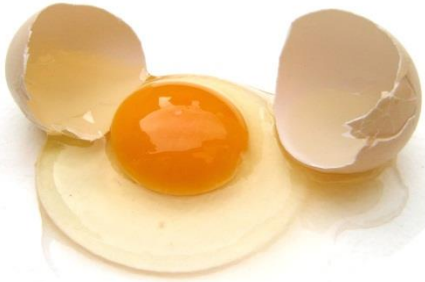


RAW CHEESE FROM PASTURED ANIMALS

A COMPLETE FOOD!

Best Source of Vitamin K2 in the Western Diet

KEY NUTRIENTS FOR GUT & BRAIN DEVELOPMENT



VITAMIN A: Cod liver oil; liver, butter and egg yolks from grass-fed animals

VITAMIN D: Cod liver oil; butter and egg yolks from grass-fed animals

VITAMIN K: Butter, egg yolks and organ meats from grass-fed animals



CHOLINE: Liver, egg yolks from grass fed animals

DHA: Cod liver oil, liver, butter, egg yolks

ZINC: Red meat from grass fed animals, shell fish

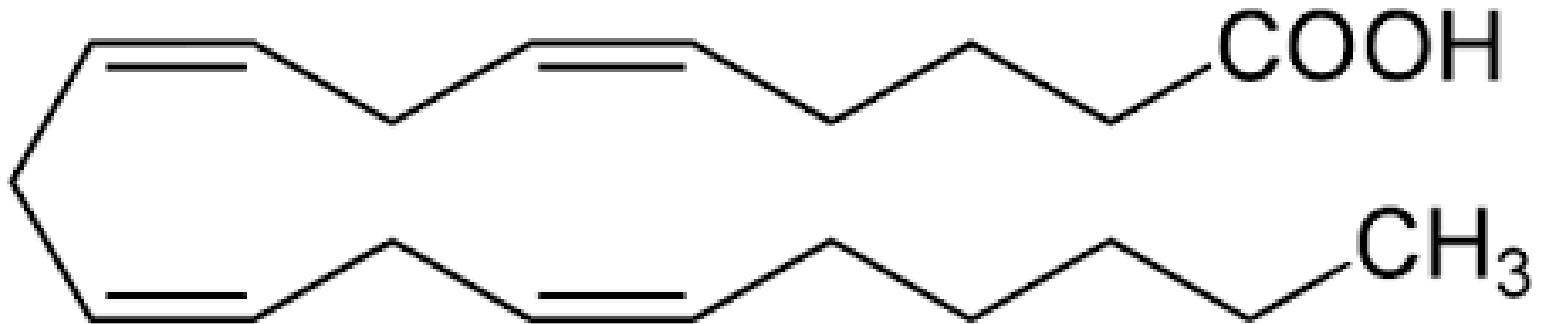


CHOLESTEROL: Seafood; dairy foods, eggs and meat of grass fed animals

ARACHIDONIC ACID: dairy foods, eggs, meat and organ meats

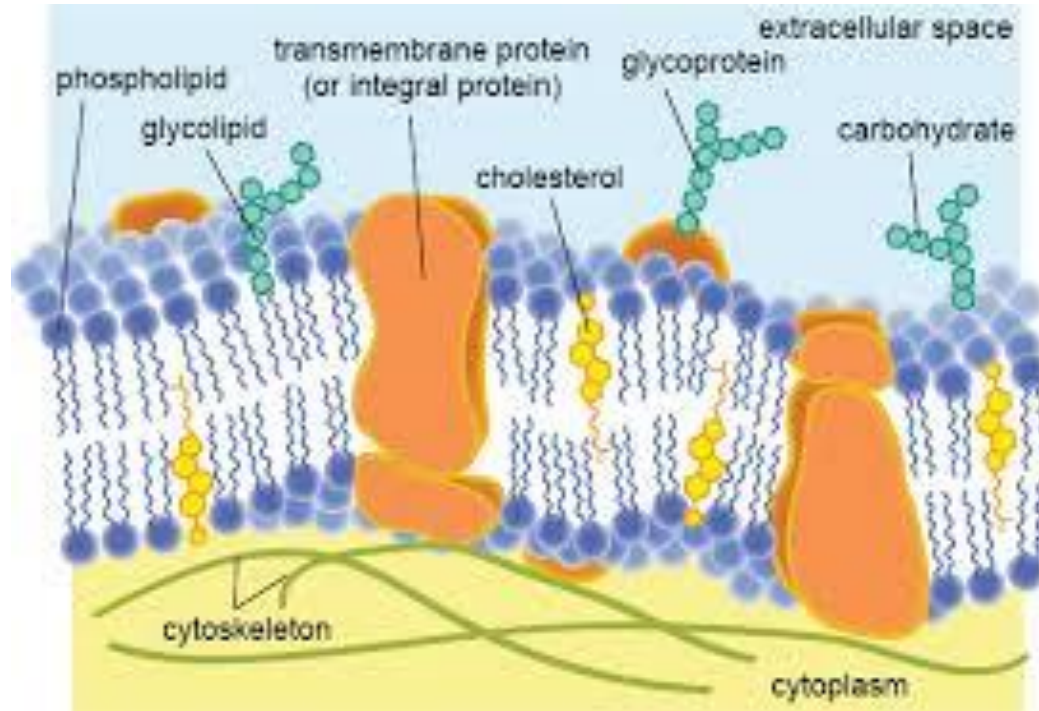


ARACHIDONIC ACID



- Highly unsaturated omega-6 fatty acid.
- Needed for regulating inflammation.
- Critical for tight cell-to-cell junctures, hence a healthy gut wall.
- Found in animal fats and organ meats.

SATURATED FATS & CHOLESTEROL



- Saturated fat gives stability to cell walls.
- Cholesterol makes cell walls waterproof.

HIGH-VITAMIN COD LIVER OIL AND HIGH-VITAMIN BUTTER OIL

Dr. Weston Price found that

HIGH-VITAMIN COD LIVER OIL

(source of vitamins A and D)

given with

HIGH-VITAMIN BUTTER OIL

(source of vitamin K)

was a very powerful combination for mineral absorption. He used this combination to treat tooth decay, bone and growth problems, arthritis and many other disease conditions.



IF BUTTER OIL IS NOT AVAILABLE, INCLUDE OTHER SOURCES OF VITAMIN K2
IN THE DIET WHEN TAKING COD LIVER OIL.

Your baby . . . give him the help he needs to build a well-shaped head

... a straight, strong back
When your baby starts to sit up, you'll want him to have a back that's straight and strong. That's why you'll want to give him Squibb's Cod Liver Oil. It's a recognized source of the important factor, Vitamin D, and contains Vitamins A, B, and C.

... a firm, full chest
Build your baby's chest in four years, or often determined by the way a baby's bones grow in those first few months. That's why you'll want to give him the important factor, Vitamin D. . . for the factor behind why the skeletal structure in his feet . . . helps form calcium and strengthens his sturdy bone structure.

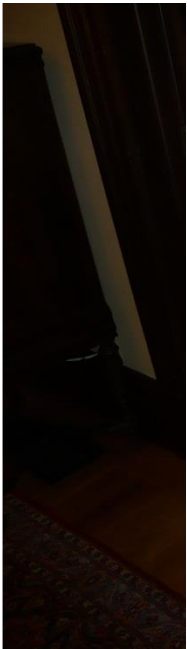
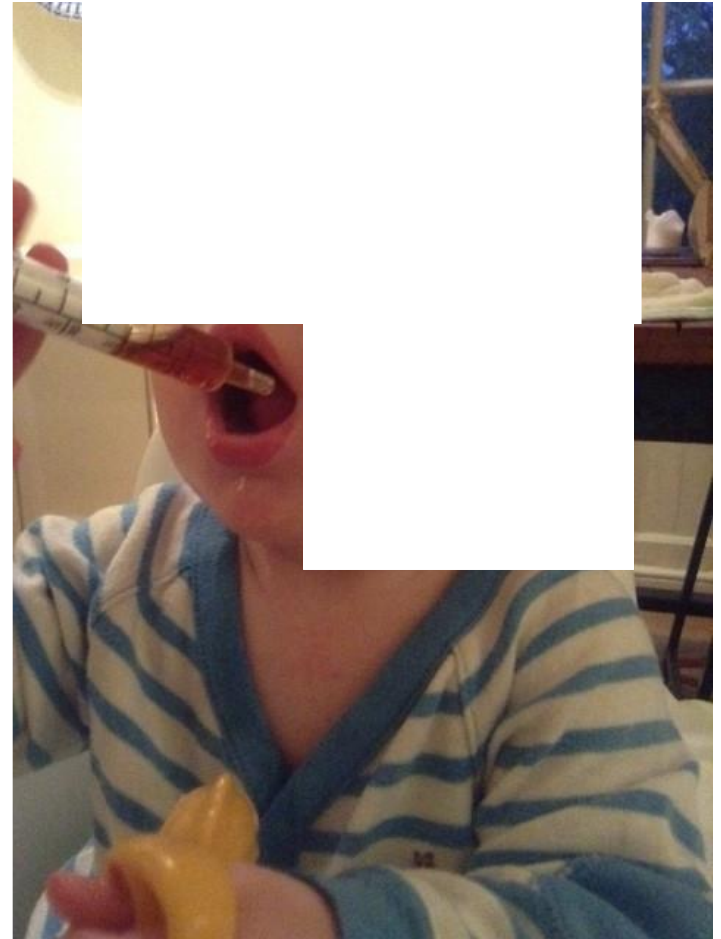
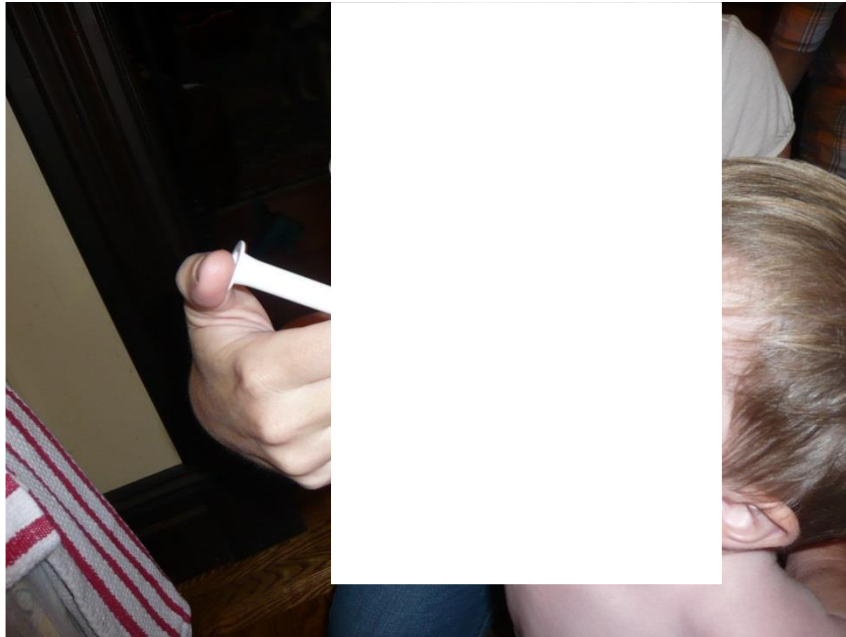
... sound, even teeth
Baby's first teeth may appear at first as if eight months old, but they're more important than when they appear are the important one they should . . . come. To help baby's sound teeth structure, start giving Squibb's Cod Liver Oil now, if you don't already.

Vitamin guards! You get full value
Vitamin A, which will be increasing growth and stabilizing resistance to infection in general. . . of baby's regular diet does not provide enough. Vitamin A and D work as they should. . . and if you're as there temperature of a cold here at which but none the requirements of the U.S. Pharmacopoeia, get full value for your money! Squibb's Cod Liver Oil is the same and category of its kind.

Mother's! Two baby pictures for you . . .
Mom's love want two beautiful little "1st" photographs. It's made in France, of two of the best babies on this year, made by Mrs. M. J. Taylor, 1000, and Mrs. J. Taylor, 1000, and the only one ever made with purest of the finest of cod, from Iceland, from any Squibb's Cod Liver Oil. . . 743 Fifth Ave., New York, N. Y. . . and your name and address plainly. It's your baby!

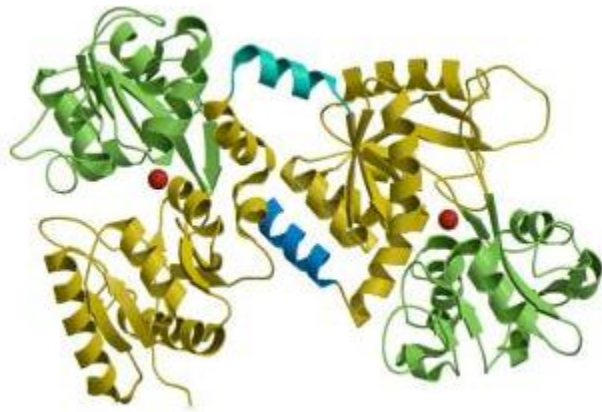
SQUIBB'S Cod Liver Oil

Your baby. . .
 Give him the help
 he needs to build a
 well-shaped head ...
 a straight, strong
 back. . .
 sound, even teeth
 ...
 Daily use is
 important!

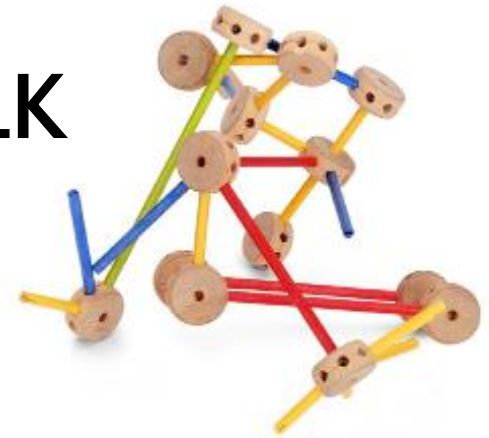


FOURTH PRINCIPLE

ALL CULTURES COOKED SOME OR
MOST OF THEIR FOOD...
BUT THEY ALWAYS ATE SOME
OF THEIR ANIMAL FOODS RAW



PROTEINS IN MILK



MILK PROTEINS: Three dimensional, like tinker toys.

CARRIERS: Carry vitamins and minerals through the gut into the blood stream; enhance the immune system; protect against disease.

IMMUNE DEFENSE: Pasteurization and ultra-pasteurization flatten the three-dimensional proteins; the body thinks they are foreign proteins and mounts an immune defense.

DISEASES: Immune attacks lead to juvenile diabetes, asthma, allergies and other disorders later in life.

ALLERGIES: More and more people unable to tolerate pasteurized milk; one of the top eight allergies; some have violent reactions to it.

DECLINE: Consumption of fluid milk declining at 1 percent per year.

RAW MILK DIGESTIBILITY

RAW MILK DIGESTS ITSELF!

- Enzymes in raw milk are activated in the digestive tract
- Enzymes and carrier proteins in raw milk ensure all nutrients are absorbed
- Friendly bacteria in milk aid in digestion
- No energy required to digest raw milk; net energy gain

PASTEURIZED MILK IS VERY DIFFICULT TO DIGEST

- The body must supply the enzymes needed to digest the milk
- Proteins warped and distorted by pasteurization put additional strain on digestion
- Much energy required to digest pasteurized milk; net energy loss

RAW MILK & GLUTATHIONE

- Glutathione: Key compound for detoxification
- High levels in whey protein
- Research in 1991 discovered that whey proteins only boost glutathione status in their raw, undenatured state.
- Explains the success of the Milk Cure

Source: <http://www.westonaprice.org/blogs/cmasterjohn/2010/09/11/the-biochemical-magic-of-raw-milk-and-other-raw-foods-glutathione>

RAW MILK FOR CHILDREN

- Calcium for optimal growth, strong bones, strong teeth.
- Protection against asthma, allergies, eczema
- Builds immune system.
- Glutathione for protection against toxins.
- Builds healthy gut wall.



FIFTH PRINCIPLE HIGH LEVELS OF ENZYMES AND BENEFICIAL BACTERIA



EXAMPLES OF ENZYME-RICH FOODS



RAW DAIRY PRODUCTS

RAW MEAT AND FISH

RAW HONEY

TROPICAL FRUITS

COLD PRESSED OILS EX. EXTRA VIRGIN OLIVE OIL



LACTO-FERMENTED (ENZYME ENHANCED)

VEGETABLES such as SAUERKRAUT, PICKLES

MEATS such as SALAMI

DAIRY PRODUCTS such as YOGURT

FRUITS such as CHUTNEY, ASIAN PLUM SAUCE

FISH such as GRAVLAX

BEVERAGES such as KOMBUCHA

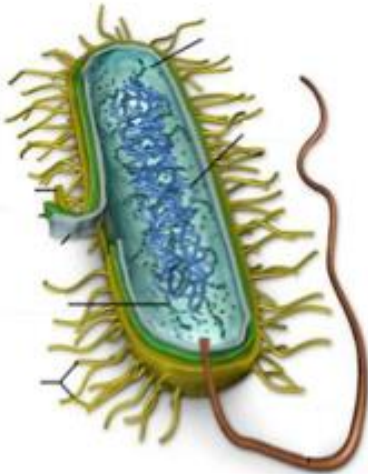


BENEFICIAL BACTERIA

OLD PARADIGM: Healthy human body is sterile and microbes attack it, making us sick.

NEW PARADIGM: Healthy human body lives in symbiotic relationship with microorganisms.

SIX POUNDS OF HEALTHY BACTERIA IN OUR DIGESTIVE TRACT:



DIGEST OUR FOOD
ASSIST IN ASSIMILATION
CREATE NUTRIENTS
PROTECT US AGAINST TOXINS
HELP US FEEL GOOD

WITHOUT GOOD BACTERIA, WE ARE DEAD!

LACTO-FERMENTED CONDIMENTS

PROVIDE ENZYMES AND GOOD BACTERIA



SAUERKRAUT, CORTIDO (SPICY SOUTH AMERICAN SAUERKRAUT),
PICKLED RELISH, PICKLED BEETS, PEACH CHUTNEY, APPLE BUTTER

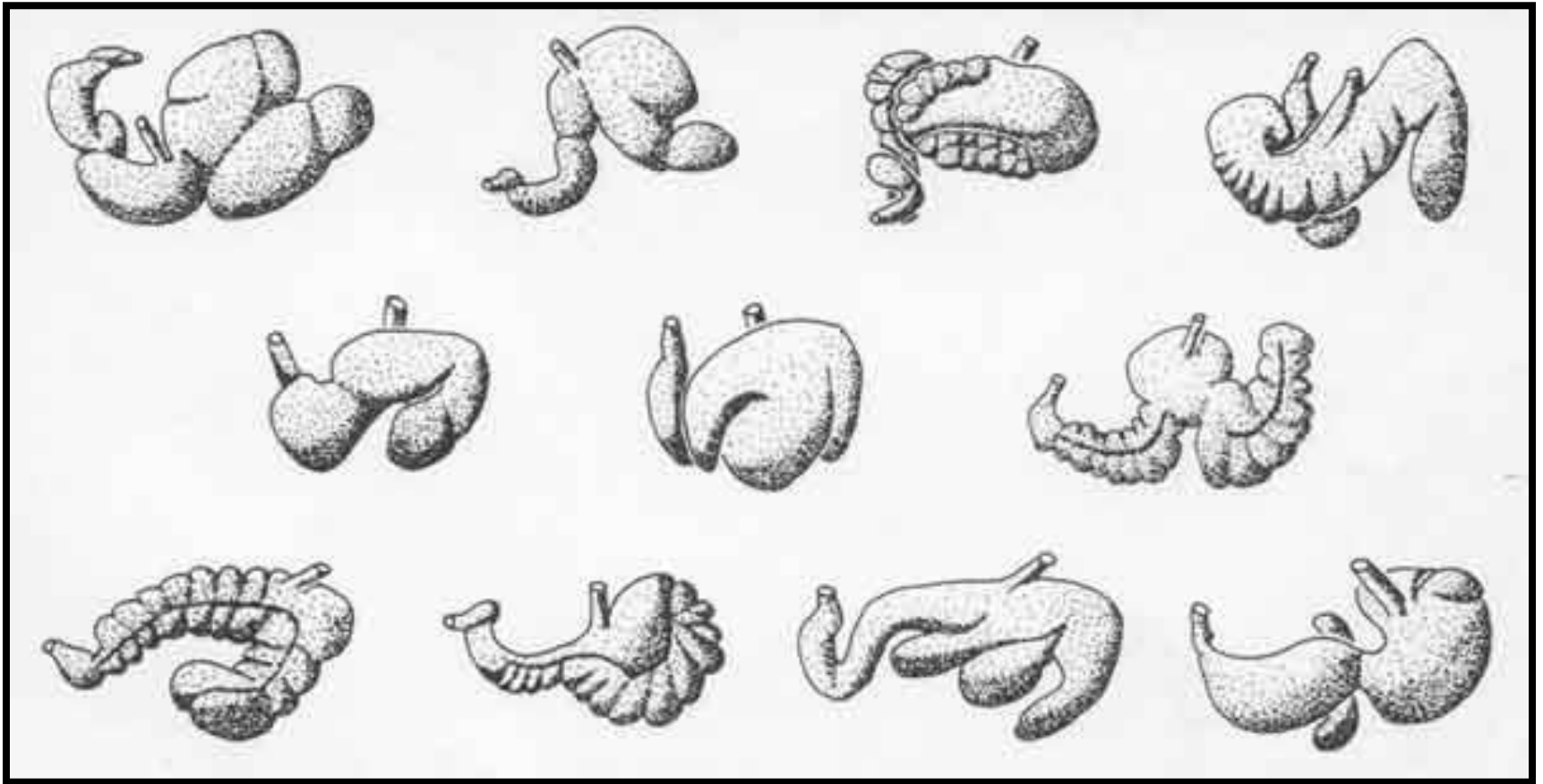
SIXTH PRINCIPLE

SEEDS, GRAINS, LEGUMES AND NUTS
ARE SOAKED, SPROUTED, FERMENTED OR NATURALLY
LEAVENED

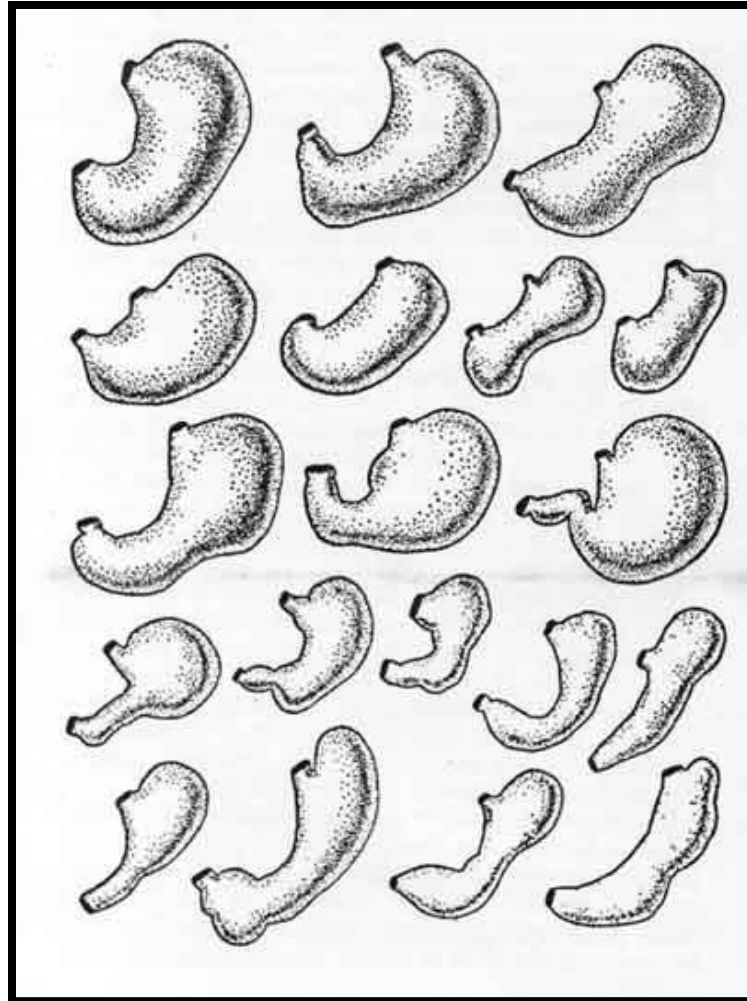
PROPER PREPARATION MAKES SEED FOODS MORE DIGESTIBLE
AND THEIR NUTRIENTS MORE AVAILABLE.

BENEFITS	REASON
DEACTIVATES ENZYME INHIBITORS	BLOCK DIGESTION
NEUTRALIZES PHYTIC ACID	BLOCKS MINERAL ABSORPTION
NEUTRALIZES TANNINS AND LECTINS	IRRITANTS
PRE-DIGESTS COMPLEX STARCHES & SUGARS	HARD TO DIGEST
BEGINS BREAKDOWN OF GLUTEN	HARD TO DIGEST; CAN BE TOXIC
BEGINS BREAKDOWN OF CELLULOSE	IMPOSSIBLE TO DIGEST

HERBIVORE STOMACHS



HUMAN STOMACHS



PROPER PREPARATION OF SEED FOODS

**IMITATES NATURAL FACTORS THAT
NEUTRALIZE THE SEED'S "PRESERVATIVES"
AND ALLOW IT TO SPROUT:**

MOISTURE

WARMTH

SLIGHT ACIDITY

TIME



QUICK-CHANGE!

from one Fabricated

Food to another



HOOR cleans system,
changes extruder
ponents.





CRUEL BREAKFAST



MORE CRUEL BREAKFASTS

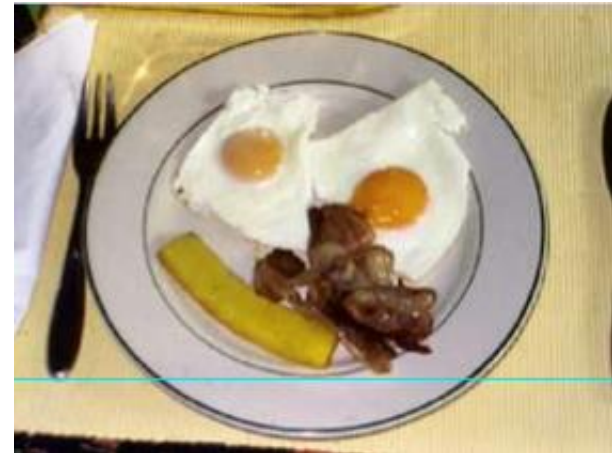
GOOD BREAKFASTS



SCRAMBLED EGGS WITH SAUTÉED POTATOES



**SMOOTHIE MADE WITH WHOLE YOGHURT,
EGG YOLKS, FRUIT AND COCONUT OIL**



**FRIED EGGS WITH NO-NITRATE BACON
AND FRUIT**

GOOD GRAIN BREAKFAST



1. SOAK ROLLED OATS IN WARM WATER AND 1 TABLESPOON OF SOMETHING ACIDIC - **WHEY, YOGHURT, VINEGAR OR LEMON JUICE** - OVERNIGHT.



2. NEXT MORNING, BRING WATER AND SALT TO A BOIL.

3. ADD SOAKED OATMEAL, BRING TO A BOIL AND COOK, STIRRING, FOR ONE MINUTE.

4. COVER AND LET SIT SEVERAL MINUTES.



5. SERVE OATMEAL WITH PLENTY OF BUTTER OR CREAM AND A NATURAL SWEETENER. SPRINKLE COCONUT AND/OR CRISPY NUTS ON TOP IF DESIRED.

GENUINE SOURDOUGH BREAD



Celiacs can tolerate
genuine sourdough bread without problems.

Appl Environ Microbiol. 2004 Feb; 70(2): 1088-1096



PROBLEMS WITH SOY FOODS

PHYTIC ACID: Blocks absorption of calcium, magnesium, iron, copper and especially zinc.

PROTEASE INHIBITORS: Block protein digestion, cause swelling of pancreas.

ISOFLAVONES: Block thyroid function and cause endocrine disruption. Lower cholesterol.

LECTINS: Irritating to the gastrointestinal tract.

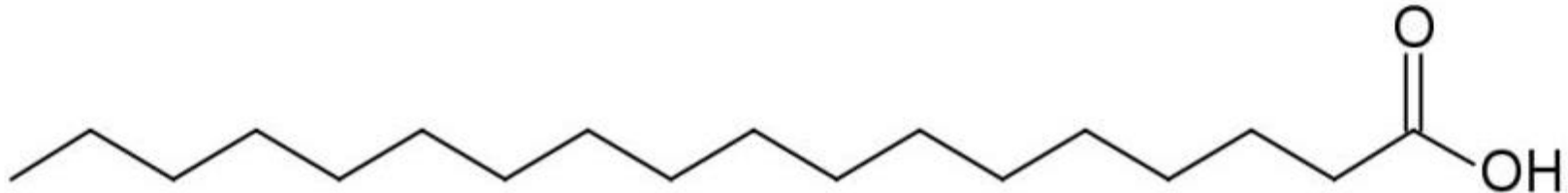
OXALATES: High levels can cause kidney stones.

MANGANESE: High levels can cause brain damage in infants.

SEVENTH PRINCIPLE

ONLY NATURAL FATS
NO INDUSTRIAL FATS AND OILS

THE MANY ROLES OF SATURATED FAT



CELL MEMBRANES – should be 50% saturated fatty acids.

BONES – Saturated fats help the body put calcium in the bones.

HEART DISEASE – Lower Lp(a), a marker for heart disease.

HEART FUNCTION – Saturated fats are preferred food for the heart.

LIVER – Saturated fats protect the liver from alcohol and other poisons.

LUNGS – Can't function without saturated fats.

KIDNEYS – Can't function without saturated fats.

IMMUNE SYSTEM – Enhanced by saturated fats.

ESSENTIAL FATTY ACIDS – Work together with saturated fats.

DETOXIFICATION – Supports body's detox mechanisms

THE FIVE BASIC GOOD FATS AND OILS



Pastured Butter, Extra Virgin Olive Oil,
Coconut Oil, Fermented Cod Liver Oil

THE BAD FATS!



EIGHTH PRINCIPLE

ALL DIETS CONTAINED SOME SALT

SEA SALT

SALT FLATS AND MINED SALT

ASHES OF MARSH GRASSES

MEAT AND MILK PRODUCTS

BLOOD AND URINE

More salt needed with cooked foods

NINTH PRINCIPLE

ALL TRADITIONAL CULTURES MADE USE OF BONES, USUALLY AS BONE BROTH

1. Supplies calcium and other minerals in a form easy to assimilate.
2. Supplies nutrients that help build healthy cartilage.
3. Supplies amino acids that help the body detoxify.
4. Supplies gelatin to help digestion.
5. Heals the digestive tract.
6. Regulates dopamine for mental/emotional health

FOODS THAT CONTAIN HIGH LEVELS OF MSG



MSG has been linked to: diabetes, migraines and headaches, obesity, autism, ADHD and Alzheimer's.

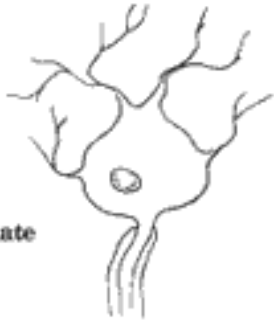
INGREDIENTS THAT CONTAIN MSG

- Monosodium Glutamate
- Hydrolyzed Vegetable Protein
- Hydrolyzed Protein
- Hydrolyzed Plant Protein
- Plant Protein Extract
- Sodium Caseinate
- Calcium Caseinate
- Yeast Extract
- Textured Vegetable Protein (TVP)
- Autolyzed Yeast
- Hydrolyzed Oat Flour
- Corn Oil
- Soy Protein Isolate

High Concentration MSG

Lower Concentration MSG

Immediate



One hour



Two hours



From
EXCITOTOXINS

By
Russell Blaylock,
MD

THE SOLUTION TO FATIGUE: **Easy Digestion**

Raw Dairy, not pasteurized

Proper Preparation of Grains

Lacto-Fermented foods, rich in enzymes
and beneficial bacteria

Gelatin-rich bone broths

Less energy required for digestion

=

More energy for you!



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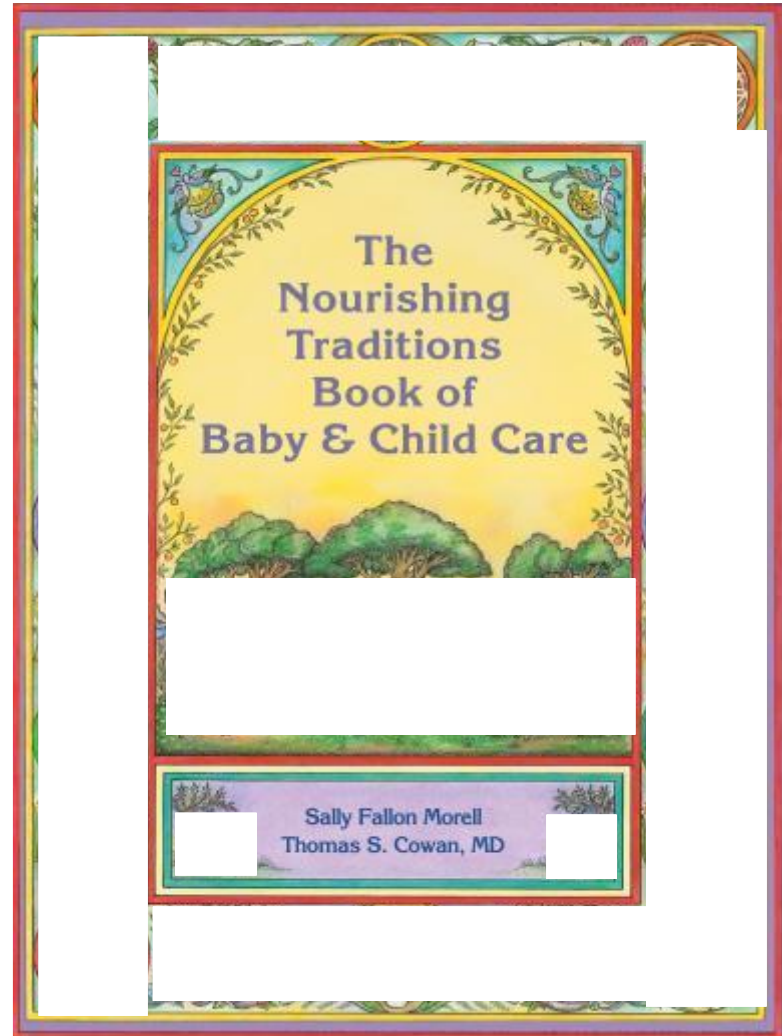
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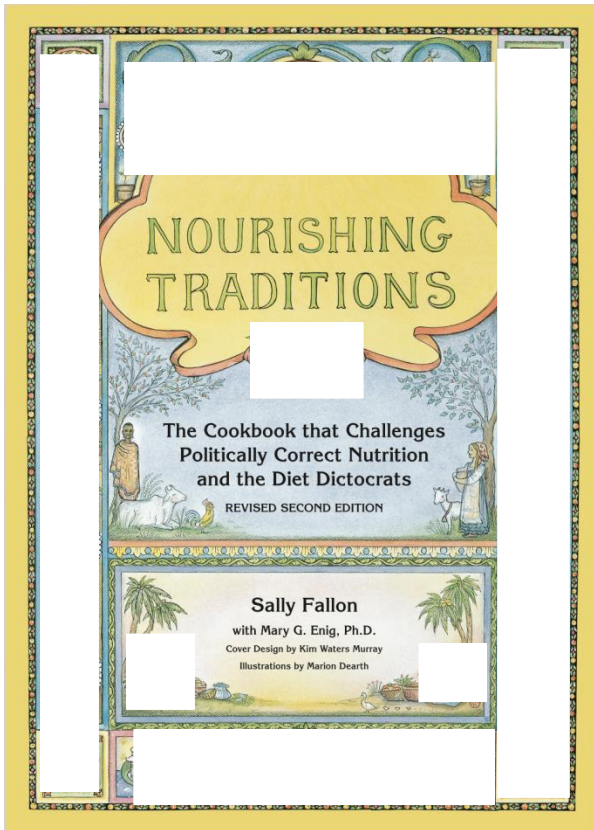
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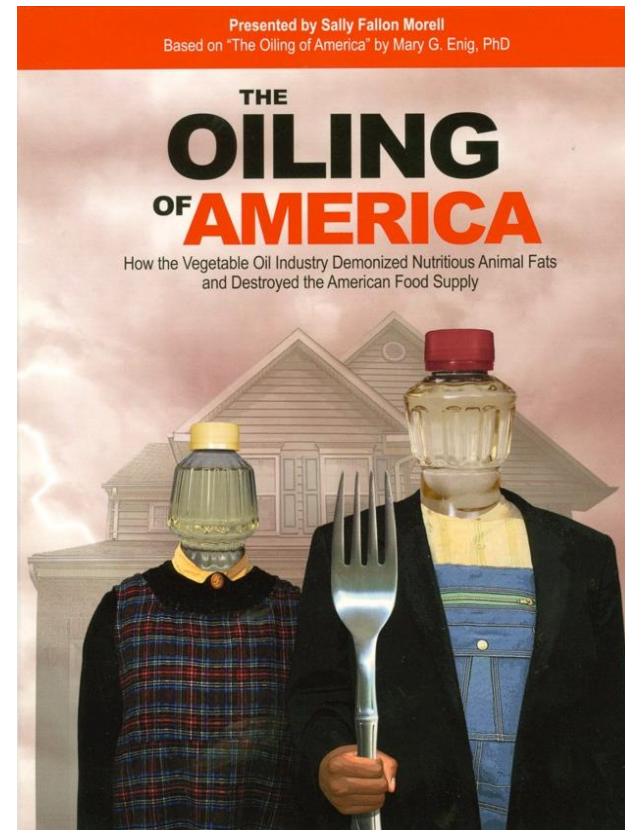


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