

SIMPLE TRADITIONS

When dealing with horses and dogs, we always recommend following traditional equine and canine diets: in other words, the basic, toxin-free foods upon which the species developed and which kept them strong and healthy; a lifestyle. Humans should be no exception. Interestingly, we can learn about ancient traditional human diets first hand.

Nutrition and Physical Degeneration

Weston A. Price [WWW.WESTONAPRICE.ORG], an Ohio dentist, traveled the world in the 1930's studying pockets of so-called 'primitive' people and their actual diets. He was able to scientifically examine over 17 different enclaves, comparing their glowing good health, excellent bone structure and mental stability to his fellow Americans suffering from crooked teeth, cavities, arthritis, asthma, allergies, heart disease, cancer and mental illness.

Dr. Price discovered that traditional diets were both far more varied, and sometimes far more restricted, than previously thought. Surprisingly, regardless of specific content, they contained over all more than **4 times** the amount of general vitamins and minerals and more than **10 times** fat-soluble vitamins A and D than contemporary American diets. As a consequence, the people exhibited none of the all-too-common American health concerns. However, when these vitally healthy individuals began eating modern foods such as "*pasteurized milk, canned foods, vegetable shortening, white flour and refined sugar,*" sometimes in opposition to individual consent, their health rapidly declined.

The most immediate and apparent observations included rampant caries, gum disease (gingivitis) and its consequential bone loss along with the emergence of hitherto unknown (to them) conditions such as TB, eye problems, infertility, long and difficult labors and birth defects. Children born after parents had been 'modernized,' began to exhibit physiological changes (Price termed them 'injuries') such as narrowed faces, pinched nostrils, depression of middle third of face, narrowed oral vaults (maxilla), excessive tooth crowding, and protruding or underslung lower jaws (mandibles) which mirrored narrowed chests and pelvic girdles

and generally weakened skeletons and bodies.

He wrote of his findings in his monumental work, NUTRITION AND PHYSICAL DEGENERATION, which contains one hundred fifty-four remarkable photographs each 'worth a thousand words.' Originally published in 1939, this book is still available today and is well worth the study.

General Findings

Climate occasionally resulted in very limited options: the Inuit lived mainly on raw seal blubber and organs, with some land plants being preserved in fat; Swiss valley residents lived off raw milk and cheese, occasional meat, rye grains and plants mainly in summer; while the Gaels of the Outer Hebrides had only marine life (both animal and plant), oats and the occasional land greens. Other more temperate climates provided an enormous variety of both animal and plant life and in some inland and mountainous areas, residents traded with coastal dwellers to obtain iodine-rich sea-food to avoid goiters; others fed both future mothers and fathers special foods for healthy fetal development. In fact trade for salt and spices was widespread and local herb-lore was pronounced.

What becomes clear as the various diets are studied, regardless of varietal limitation or abundance, is that all these healthy individuals ate large amounts of animal (land or sea) fat such as found in all the organs, many of which were eaten raw. Large animal livers, eyes and adrenals were considered major delicacies while small animals were consumed in their entirety. In fact, raw organs were so prized by some that dogs were fed the muscle meats while humans feasted on the fat and nutrient rich organs!

All plant substances were eaten when available or preserved by either drying or processing with animal fats. Seeds and nuts were ground fresh for stews/porridges or added to dried berries and fat for traveling 'power bars.' Grains were soaked, sprouted, toasted and ground fresh before cooking into porridges or flat

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bread. Greens, when available, were heartily consumed. Most areas fermented various foods into kvass, yogurt, pickles, beer, etc. which aided digestion and meats were preserved as jerky or sausage.

Dr. Price also pointed out the quantity of minerals consumed by the people he studied since soils in these areas were rich from either glaciation or alluvial deposits. Unfortunately, our soils today are seriously depleted nor would most of us eat raw organs from pristine fauna if we could even find such healthy animals.

Changing the paradigm

All of these natural diets are in stark contrast to our modern eating habits. In addition to Dr. Price's afore-mentioned "*pasteurized milk, canned foods, vegetable shortening, white flour and refined sugar,*" today we can add a multitude of 'soft' and 'fruit' drinks, questionable vending machine offerings, and an absolute plethora of chemical additives in addition to most foods being grown on devitalized/chemicalized soils. Compare ancient food dietary practices to our deadly 'food pyramid,' modern fast-food emporiums, fear of fat, micro-waved dinners, and sterilized-to-death items. Is it any wonder so many of us suffer from the ills described by Dr. Price?

But Price does not stand alone. A contemporary, Henry G. Bieler, MD, stated in FOOD IS YOUR BEST MEDICINE "*Whereas other medical men appear to accept sickness, physical decrepitude and degenerative disease as a natural circumstance...I consider them a consequence of unnatural living habits; improper diets and stimulating drugs.*" More recently, Diana Schwarzbein, M.D., an endocrinologist, speaks in THE SCHWARZBEIN PRINCIPLE of eating only that which we "*could in theory pick, gather, milk, hunt or fish;*" in other words, traditional foods rather than modern fads. Uffe Ravnskov, MD, PhD [WWW.RAVNSKOV.NU] blows away the modern concept of equating vital dietary fats with heart disease in his THE CHOLESTEROL MYTHS, and Dr. Joseph Mercola's THE NO-GRAIN DIET [WWW.MERCOLA.COM] addresses, in addition to so much else, the issue of different metabolic types. The most all-encompassing, fact-filled tome, and one which we recommend highly for all, is the incredible, and seminal, cookbook NOURISHING TRADITIONS by Sally Fallon and Mary Enig, Ph.D., premier fat researcher, which brings the research done by Dr. Price into practical, modern-day application

[WWW.WESTONAPRICE.ORG]. Major points upon which all the authors agree include:

- Shop the perimeter of your market choosing from the whole foods offered there rather than the interior where all the processed and chemicalized items are.
- Choose a little occasional raw, unfiltered honey, agave nectar or maple syrup/sugar rather than white sugar or sugar substitute.
- Buy only range-free or wild meats/dairy/eggs; grain feeding changes Omega 3 fats to Omega 6.
- Sadly the only marine life safe to eat due to the current level of toxicity in our oceans and waterways, are wild (not farm) salmon and anchovies
- All dairy products should be **raw** and **whole**; some local suppliers can be located in the Real Dairy section of WWW.WESTONAPRICE.ORG while these folks ship nation-wide: WWW.ORGANICPASTURES.COM.
- Choose real butter or coconut oil for cooking (they can handle high heat) and cold-pressed, organically grown extra virgin olive oil, walnut oil or avocado oil for salads.
- Reduce grain consumption; soaking, sprouting or fermenting grains increases both nutrients and digestive ability and decreases grain sensitivities. Also experiment with ancient grains such as amaranth, quinoa, millet, etc.
- Alkaline reserves, essential to maintain proper pH levels, are achieved through abundant minerals, proper protein/fat ratios, and a generous supply (50-80% of most modern diets) of organically grown produce - dependent upon climate, activity level and metabolic type.

To ensure adequate mineral/nutrient intake and absorption, we believe it important to follow the **DYNAMITE** basic program of **Elixir**, **Regular** or **Plus**, and **TriMins**; we always add **Izmine** and **Herbal Green**, too. For the best nutrition and taste ever, grow your own produce with **HumiZyme** or livestock with **DYNAMITE** products on **HumiZyme** pastures.

GOOD NUTRITION CAN BE ATTAINED by thoughtful awareness and adherence to ancient wisdoms rather than modern greed. We pay a terrible price for *easy*: processed foods are far more expensive both in the short run at the cash register and in the long run at the hospital. If you know of a medical or dental student, do share Dr. Price's book, and some of the other book suggestions, with them. Perhaps they can then spread real nutritional concepts. ■