



DR. PRICE'S RESEARCH

Section 1: We will now review Dr. Price's Research. However, before we do, notice that the number 1 on this slide is made of grass, so to speak. This is intentional. I will ask you why grass is central to how we nourish ourselves and our children at the end of this presentation!



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So who **was** Weston Price? Weston Price was a dentist who practiced in the 1920s, 30s, and 40s in Cleveland, Ohio. He was well known and well respected in his day, widely published in peer-reviewed journals.



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He was the author of a textbook on dentistry used by the United States Navy. He served He was the author of a textbook on dentistry used by the US Navy. He served as head of research for the National Dental Association. He had a laboratory in his dental office where he evaluated different foods for nutrient content. He did a lot of research on root canals and wrote prolifically.

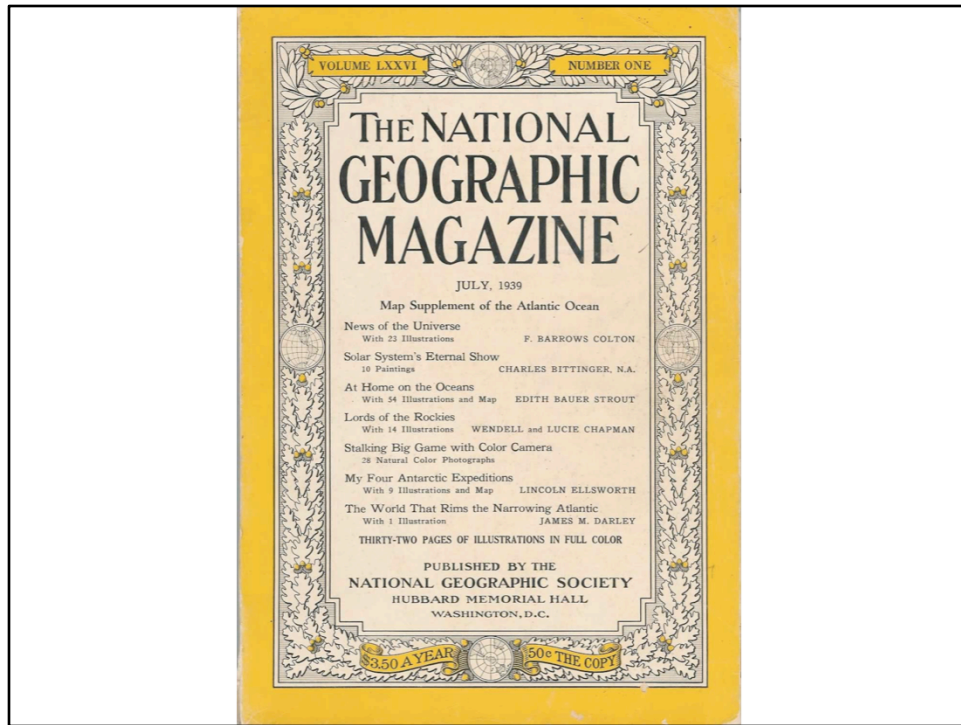


Dr. Price became more and more concerned about the increasing amount of dental caries he was seeing in his patients. He also was concerned about the children coming into his practice. Dr. Price became more and more concerned about the increasing amount of dental caries he was seeing in his patients. He also was concerned about the children coming into his practice.



More and more frequently he saw what he called "dental deformities". Today we refer to this condition as "crooked teeth". More and more young people were coming in with narrow jaws, narrow palates, not enough room for their teeth to come in, and hence crowding, overbites, under bites and the under-development of certain areas of the face.

He noted that tooth decay and dental deformities not only caused a lot of suffering but also that the people who had these problems invariably suffered from other health problems. He concluded that the teeth were a visual indicator of the health status in the rest of the body.



Their observations and photographs appeared in such magazines as the National Geographic.



A frequent observation was that isolated peoples had beautiful teeth. In fact, the first Explorers and anthropologists frequently noted that isolated peoples had beautiful teeth. The 19th century painter George Catlin described the teeth of the Native Americans as "white and straight as piano keys".



These reports intrigued Dr. Price very much and he decided to start out on a series of travels to find these people with beautiful teeth.

2 questions.

1. The first question was: **was it true?** Were these reports of populations that did not suffer from dental caries and dental deformities (and by inference had good overall health) actually true? And if the answer to the first question was yes, then he sought the answer to the second question:
2. **What were the people eating?**

Dr. Price sought the answers to two questions.

The first question was: was it true? Were these reports of populations that did not suffer from dental caries and dental deformities (and by inference had good overall health) actually true?

And if the answer to the first question was yes, then he sought the answer to the second question: what were these people eating? He was not interested in what unhealthy people were eating. He knew what unhealthy people were eating. He wanted to know what types of foods the diets of healthy people contained.



That was the genius of Dr. Price – he asked the right questions and had the fortitude and persistence to determine the answers. And it was the perfect time in the history of the world to seek the answers to these questions because groups of isolated peoples still existed, and Price had at his disposal a new invention to record his findings – the camera.

Travels.

1. Swiss Villages
2. Coast of Scotland
3. Traditional Inuit
4. Native American Tribes in Canada and Florida Everglades
5. South Sea Islanders
6. Aborigines in Australia
7. Maoris in New Zealand
8. Peruvian and Amazonian Indians
9. Tribesmen in Africa

His investigations took him to isolated Swiss villages and a windswept island off the coast of Scotland. He studied traditional Inuit (**pronounced in-you-it**) peoples (which you may have heard referred to as Eskimos), Native American tribes in Canada and in the Florida Everglades, South Sea islanders, Aborigines in Australia, Maoris (**mow-or-ee**) in New Zealand, Peruvian and Amazonian Indians and tribesmen in Africa.