

NOURISHING OUR CHILDREN

TIMELESS PRINCIPLES FOR SUPPORTING LEARNING, BEHAVIOR AND HEALTH THROUGH OPTIMAL NUTRITION



NOURISHING OUR CHILDREN

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Appreciation

The content of this ebook is based on presentations created by Sally Fallon Morell, President of the Weston A. Price Foundation. We have contributed entirely new sections of our own, and expanded upon others in both the visual and written content, nonetheless, she serves as the primary author of this material.

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INTRODUCTION

This is an overview of the journey we are about to take.

We'll start with the research of Dr. Weston A. Price. We'll discuss the notion that one can be well fed yet also be malnourished, and then we'll focus on the nutritional principles Dr. Price discovered, including on the importance of vitamins A and D. We'll discuss traditional fats and oils, raw milk, the dangers of soy, excitotoxins such as MSG, and extrusion (a process by which most commercial cereal is made). We'll explore the topic of drinking water and describe healthy meals. We'll close with motivation, first steps and community resources to support you as you integrate this knowledge.

The first photo will give us an opportunity to share our vision of a healthy child.

Our Vision



Imagine.

Imagine a child raised according to the nutritional wisdom of our ancestors. This child grows up free from the common ailments and diseases that we currently take for granted.

This child's strong, white teeth grow in straight — and free of tooth decay. This child's face is broad and well formed. This child is attentive and engaged, and can learn easily and readily because of optimal brain

development. This child is energetic by day and sleeps soundly at night. This child is sturdy but not overweight.

This child has a strong immune system, experiences only mild versions of childhood illnesses, does not suffer from allergies, and has a stable, cheerful and optimistic disposition.

Not Realistic?

Yet we know such good health is possible because Weston A. Price documented and photographed whole villages throughout the world where this kind of good health was a reality, generation after generation!



The photographs Price took, the descriptions of what he found and his startling conclusions are preserved in a book considered a masterpiece by many nutrition researchers who followed in Price's footsteps.

His book *Nutrition and Physical Degeneration* documents the foods that allow people of every race and every climate to experience their birthright — radiant health and wholeness.

Yet this compendium of ancestral wisdom is all but unknown to today's medical community and modern parents. That is why we are here.