

Sheboygan Natural Health Presents:

Annika and Dave Turba

*Fermenting Vegetables and
Understanding the Principals of
The Weston A. Price Foundation for Living
A Natural, Nutritious Life*

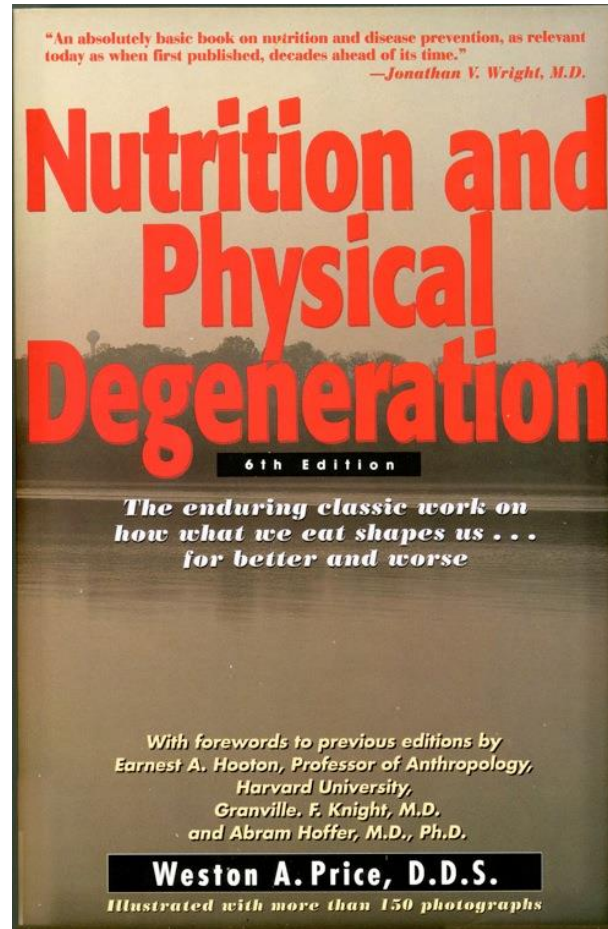
7 p.m. Monday, October 6, 2014
NorthShore Gathering
Sheboygan, Wisconsin

Dr. Weston A. Price

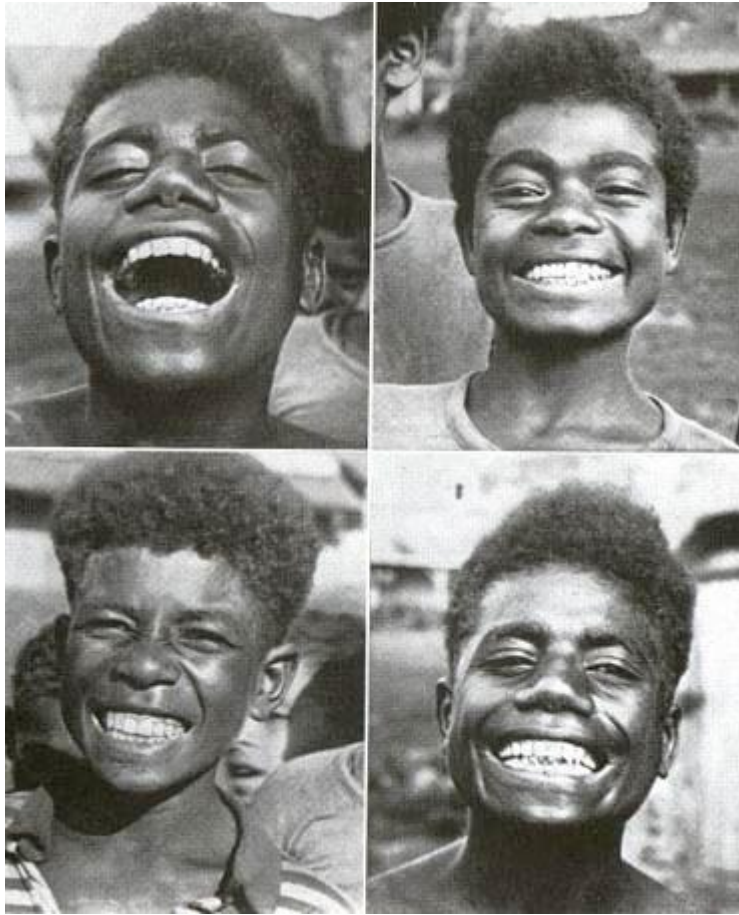


Photograph courtesy of the Price-Pottenger Nutrition Foundation

The Lessons of Dr. Weston A. Price

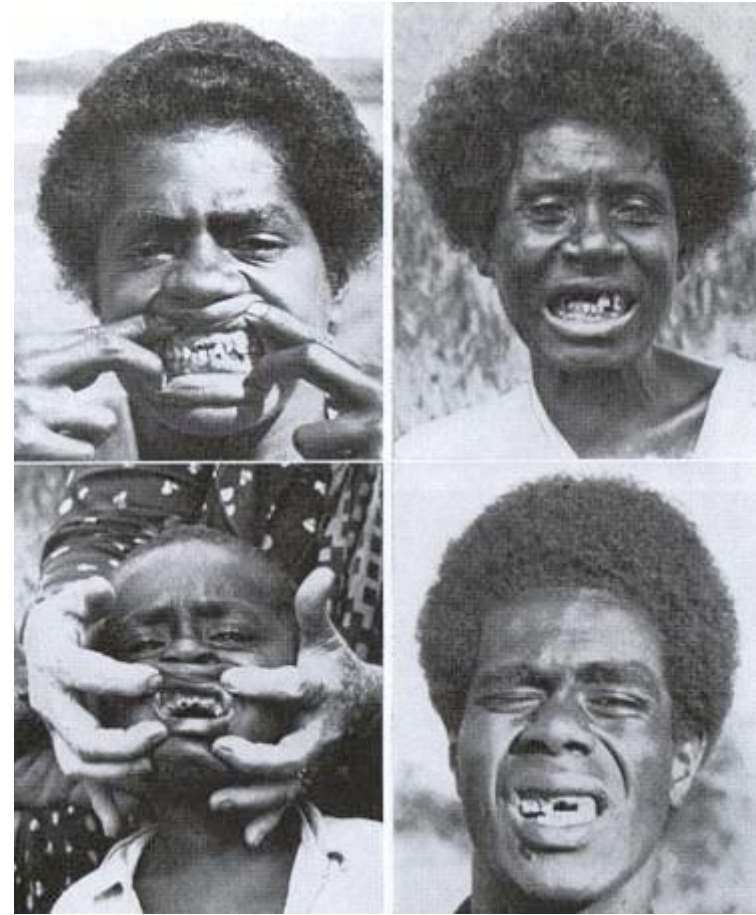


South Pacific



Traditional Diet

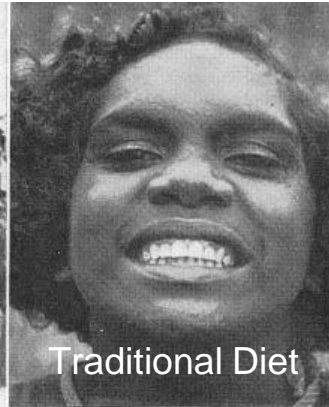
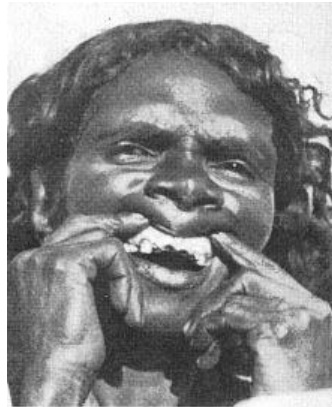
Wide dental arches, straight teeth, no cavities, excellent health.



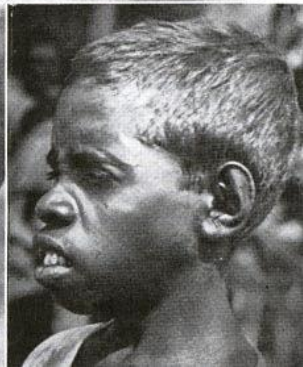
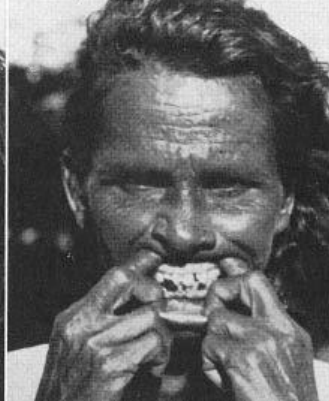
Modern Diet

Narrowed faces, dental problems, modern diseases.

Australian Aborigines



Traditional Diet



Traditional Diet

Modern Diet

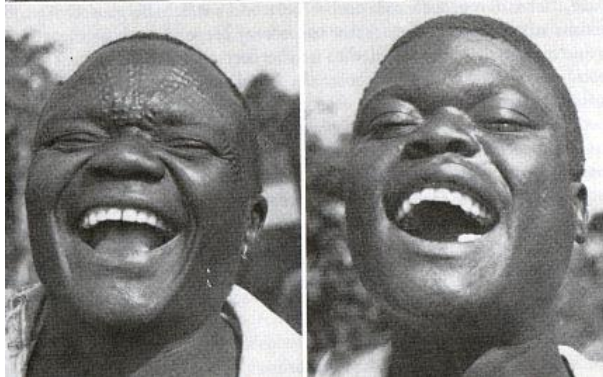
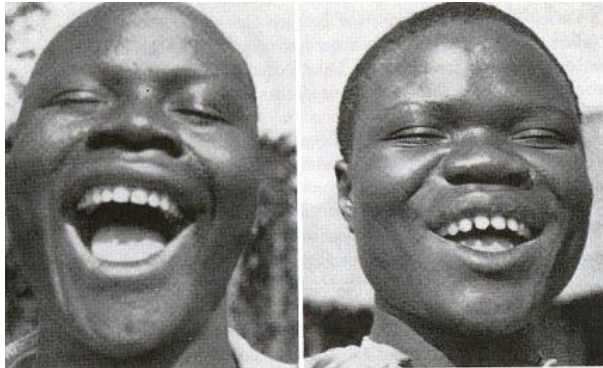
Next Generation
on a Modern Diet

Wide dental arches,
straight teeth, no cavities,
excellent health.

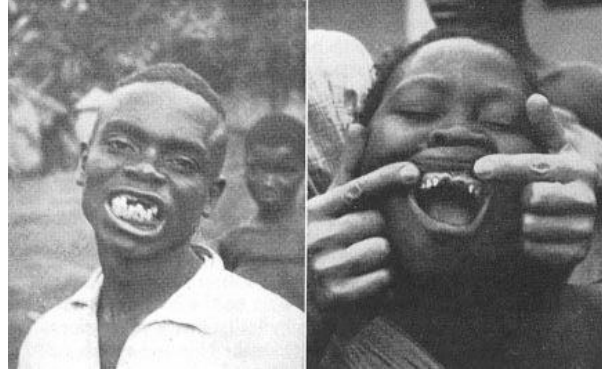
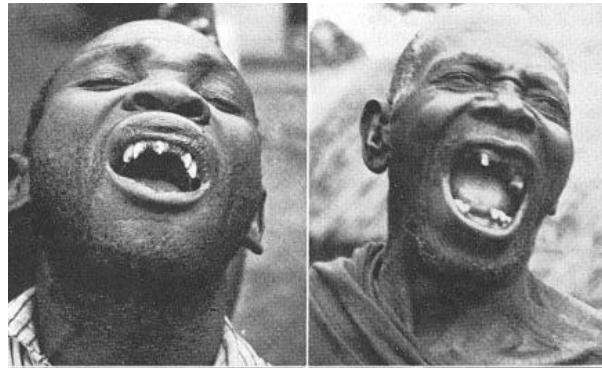
Rampant tooth decay and
modern diseases.

Narrowed faces,
dental problems, modern
diseases.

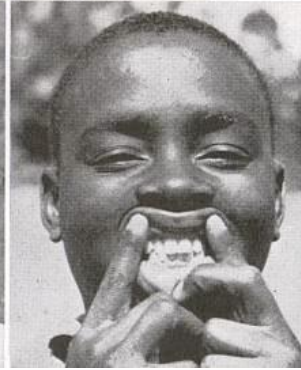
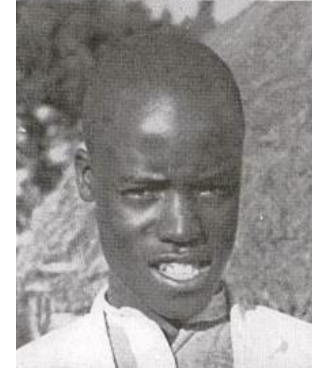
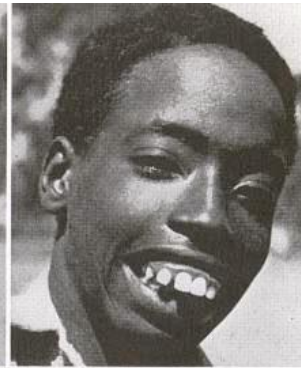
Africa



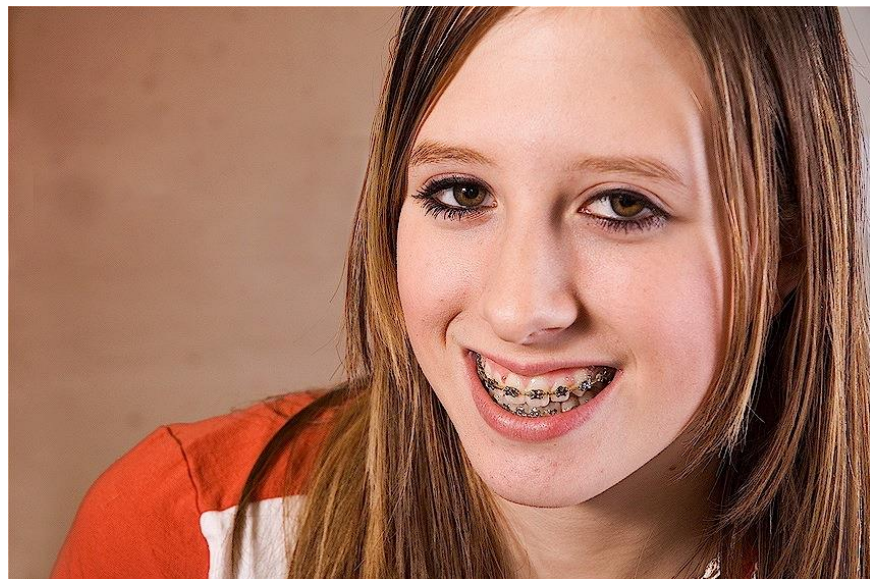
Traditional Diet



Modern Diet

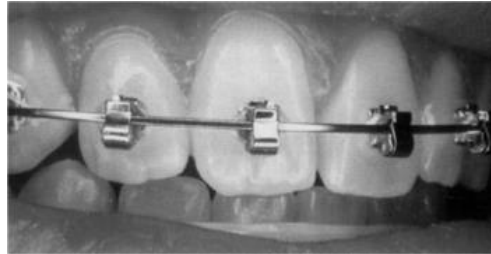


Next Generation
on a Modern Diet



So What's Wrong with Having Crooked Teeth?

Can't We Just Fix Them With Braces?



Things We Can't Fix With Braces	Consequences
Narrow Nasal Passages	Frequent infections, mouth breathing and sleep apnea
Constricted Ear Canal	Ear infections, hearing problems
Constricted Glands in the Head	Problems with hypothalamus, pituitary and pineal glands
Reduced Surface Area in the Lungs	Asthma, bronchitis, pneumonia
Digestive Disorders	Leaky gut, colitis, Crohn's disease
Bone Problems	Flat feet, easily broken, scoliosis, hip and knee problems
Narrow or Flattened Pelvis	Difficulty with childbirth

What are the Principles of Healthy Diets Discovered by Dr. Price?

1. No Processed Foods



2. Animal Foods in Every Diet



3. Nutrient Dense – High Levels of Vitamins and Minerals



1. No Processed Foods

Crackers

Modern Soy Foods

Power Bars

Donuts

Pasteurized Milk

Protein Drinks

Chips

Instant Soups

Frozen Dinners

Cookies

Canned Foods

Ice Cream

Fruit Juice

Soda

Candy, Candy Bars



What's in Processed Foods?



Refined Sugars

High Fructose Corn Syrup

Trans Fats

Rancid Vegetable Oils

White Flour

Additives

MSG

Artificial Flavors

Artificial Colors

Protein Powders

Soy Protein Isolate

Artificial Sweeteners

Preservatives

Nitrates and Nitrites

2. Animal Foods in Every Diet

Fish and Shellfish

Birds (chicken, ducks, geese, etc.)

Red Meat (beef, goat, sheep, game, etc.)

Organ Meats

Milk and Milk Products

Eggs

Reptiles

Insects

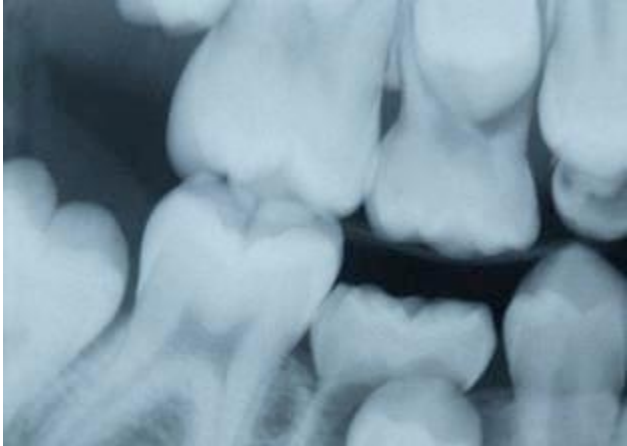


3. Nutrient Dense Diets

Traditional diets contain **four times** the calcium and other minerals, and **ten times** the fat-soluble vitamins (vitamins A and D) as the modern American diet



Conditions that Can Be Improved with Nutrient-Dense Foods



Learning Disabilities and Attention Deficit
Hyperactivity

Autism

Frequent Illness, Infection

Behavior Problems and Mood Disorders

Chronic Fatigue

Weak Bones, Osteopenia

Allergies, Asthma and Skin Problems

Dental Decay

Mood

Vitamin Deficiency



Title

*How to Change
Your Diet
for the Better*

Summary

Traditional diets *maximized* nutrients while modern diets *minimize* nutrients

TRADITIONAL DIETS

Foods from fertile soil

Choice of organ meats over muscle meats

Animal fats

Animals on pasture

Dairy products raw and/or fermented

Grains and legumes soaked/fermented

Bone broths

Unrefined sweeteners (honey, maple syrup)

Lacto-fermented vegetables

Lacto-fermented beverages

Unrefined salt

Natural vitamins in foods

MODERN DIETS

Foods from depleted soil

Muscle meats, few organ meats

Vegetable oils

Animals in confinement

Dairy products pasteurized

Grains refined and/or extruded

MSG, artificial flavorings

Refined sweeteners

Canned vegetables

Modern soft drinks

Refined salt

Synthetic vitamins added to foods

Practice forgiveness

1. Make Your Own Salad Dressing

1 Tbls. Dijon Mustard

1 Tbls. Apple Cider Vinegar

2 Tbls. of a sharp Cheese

1 Egg Yolk (raw)

1/2 - 3/4 cup Olive Oil

salt & pepper to taste

optional: 1 tps. curry or other herbs

Blend in small food processor or blender

Basic Salad Dressing



Good quality mustard

Raw vinegar

Cold-pressed olive oil

Expeller-expressed flax oil

Salad Dressing Comparison

Extra Virgin Olive Oil

Stable Oleic Acid

Vitamin E

Anti-Oxidants

Vanadium

**Expeller Expressed
Flax Seed Oil**

Omega-3 EFA's

Vitamin E

Anti-oxidants

**Cost of Homemade Dressing:
About \$1.50 per cup**

Commercial Vegetable Oils

Mostly Rancid Omega-6

Trans Fatty Acids

Polymers

Cyclic Compounds

Aldehydes

Ketones

Epoxides

Hydropic-Oxides

Preservatives

**Cost of Commercial Dressing:
About \$1.50 per cup**

2. Switch to Butter – Avoid Hydrogenated Oils

Diseases Caused or Exacerbated by Hydrogenated (*trans*) Fats

Atherosclerosis

Heart Disease

Cancer

Degeneration of Joints and Tendons

Osteoporosis

Diabetes

Autoimmune Diseases

Eczema

Psoriasis

PMS

Lowered testosterone, lowered sperm count

Failure to Grow

Learning Disabilities

Low Birth Weight Babies

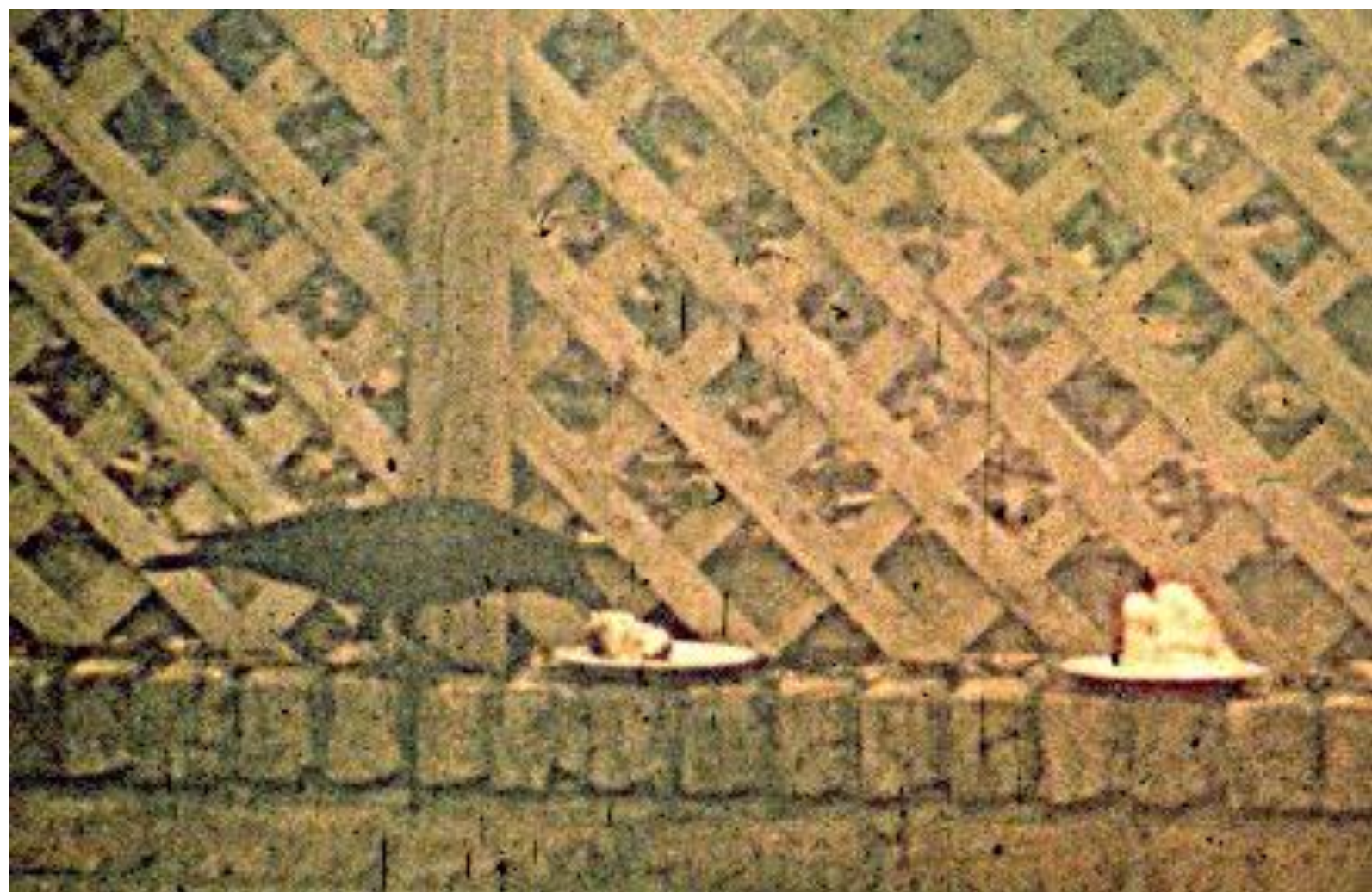
Reduced Visual Acuity

Reduced Fat Content in Mothers' Milk



Butter

Soft Spread





Good Things in Butter

Vitamin A

Vitamin D

Vitamin E

Vitamin K

Copper

Zinc

Chromium

Selenium

Iodine

Shorter Chain Fatty Acids

Essential Fatty Acids

Lecithin

Wulzen Factor

Price Factor or Activator X

Cholesterol

Glycosphingolipids

Conjugated Linoleic Acid (CLA)

Good Fats

Butter, beef tallow, lamb tallow, lard

Chicken, goose and duck fat

Cold pressed olive oil, sesame oil and flax oil

Tropical Oils—Coconut Oil and Palm Oil

Marine Oils, such as cod liver oil

Bad Fats

All partially hydrogenated fats including margarine and shortening used in processed foods

Industrially processed vegetable oils, especially soy, safflower, corn, cottonseed, and canola

All fats, especially polyunsaturated oils, heated to very high temperatures

3. Make sure your diet contains sufficient high quality animal products, some raw

High quality =

whole dairy products from pastured cows

eggs from pastured chickens

meats from pastured animals

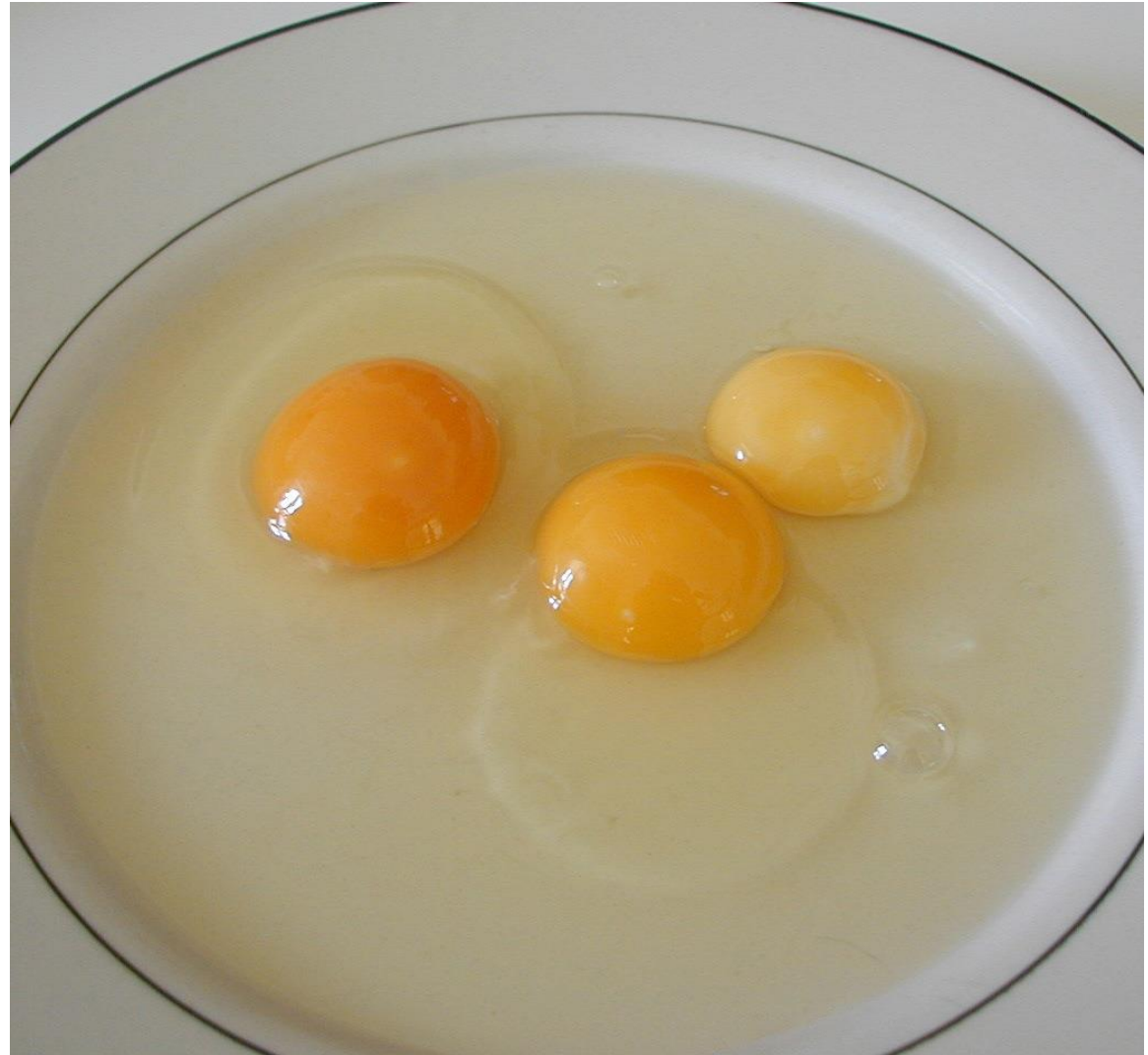
organ meats from pastured animals

fish eggs

fish and shellfish

cod liver oil

1. **Pastured Egg**
2. **Health Food Store Egg**
3. **Supermarket Egg**





Real Milk

Cows on Pasture Milk is rich in vitamins and minerals
Cows are healthy, no antibiotics needed
Very high in fat-soluble activators in Spring & Fall

Old-Fashioned Cows Milk has a high butterfat content

Raw All nutrients easy to absorb, enzymes intact
Friendly bacteria - good for gut, keep pathogens at bay
Long history of use in treating disease
Best food for babies who can't be nursed,
pregnant and nursing mothers and growing children

Demonized Always blamed for food-borne illness
Intense propaganda against raw milk
A threat to the modern dairy industry

Farm Crisis Solution The legal right to provide raw milk
can save small farms

l
a
e
R

Raw Milk Studies

Children fed raw milk have more resistance to TB than children fed pasteurized milk.
(*Lancet*, p 1142, 5/8/37)

Pathological organisms do not grow in raw milk but proliferate in pasteurized milk.
(*The Drug and Cosmetic Industry*, 43:1:109, July 1938)

Raw milk prevents scurvy and protects against flu, diphtheria and pneumonia.
(*Am J Dis Child*, Nov 1917)

Raw milk prevents tooth decay. (*Lancet*, p 1142, 5/8/37)

Raw milk promotes growth and calcium absorption.
(*Ohio Agricultural Experiment Station Bulletin* 518, p 8, 1/33)

Raw cream prevents joint stiffness. (*Annual Review of Biochemistry*, 18:435, 1944)

Raw milk protects against asthma and allergic skin problems. (*Lancet* 353:1485, 1999)

After three generations on pasteurized milk, cats developed numerous health problems and pathologies of behavior. At four generations, all reproduction ceased.
(*Pottenger's Cats*, 1983, Price-Pottenger Nutrition Foundation)

Pasteurization destroys vitamin A, B complex, C, D, enzymes and whey proteins.

(*Source: <http://www.rawmilk.com>)*

Vegetarianism

In general, vegetarians have lower serum cholesterol than non-vegetarians but autopsy studies show that vegetarians have as much arteriosclerosis as non-vegetarians.

Male vegetarians have slightly lower death rate from CHD but **higher all-cause death** rate compared to non-vegetarians.

Female vegetarians have **slightly higher** death rate from CHD and a **much higher** all-cause death rate compared to non-vegetarians.

Vegetarians women have greater risk of giving birth to low birth weight babies.

Diets of Ethnic Groups Noted for Longevity

Soviet GEORGIANS in Caucasus Mountains:

High in animal fat from pork and cheese

Soil is well mineralized from mountain run-off

Village of VILCABAMBA, Ecuador:

Chief meat is fatty pork.

Use of whole dairy products.

Soil is well mineralized from mountain run-off

Inhabitants of HUNZA, North of India:

Main food is fermented whole milk, rich in fat.

Soil is well mineralized from mountain run-off

4. Eliminate refined sweeteners

Sugar

Dextrose

Fructose

Glucose

High Fructose Corn Syrup

Fruit Juices

Diseases Associated with Sugar Consumption

diabetes

hypoglycemia

coronary heart disease

cancer

infectious diseases

hyperacidity of the stomach

liver disease

kidney disease

thyroid malfunction

adrenal malfunction

obesity

increased desire for alcohol

increased desire for coffee and tobacco

candida albicans infection

bone loss

dental decay

hyperactivity

violent tendencies

depression

Natural Sweeteners (Use in Moderation)



**Rapadura (Dehydrated Cane Sugar Juice), Maple Syrup and
Maple Sugar, Molasses, Stevia Powder and Raw Honey**

Possible causes of sugar cravings

Wrong fats in the diet

Improper preparation of grains

Too few or too many animal foods

Mineral deficiencies

Neuro-toxic additives (MSG, Aspartame)



Homemade Ice Cream
Cream
Maple Syrup
Egg Yolks
Vanilla



**5. Eliminate toxic metals and additives
as much as possible**

Sources of Toxic Metals

ALUMINUM	Cookware Antacids Commercial salt Baking powder Deodorants
MERCURY	Amalgam fillings Large fish, such as swordfish and tuna
LEAD	Water from lead pipes Some cookware glazes and enamels Dark hair dyes
IRON	All commercial white flour products
CADMIUM	Commercially raised fruits and vegetables

Effects of Fluoride

Depresses thyroid function

Enzyme inhibitor

Pre-mature aging

Arthritis

Osteoporosis

Irregular bone growth

Degeneration of bone and cartilage

Mottling of the teeth

Acne and other skin problems

Damage to the immune system

Hardening of the arteries

Genetic damage

Cancer

Violent Behavior

Neuro-Toxic Additives

MSG

Hydrolyzed Protein

Aspartame

Neurotoxins are found in reduced fat milks, anything hydrolyzed, microwaved foods and many processed products containing "flavorings," "natural flavorings" or "spices."

**6. Be kind to your grains. . . and
your grains will be kind to you**

**(This rule applies to all seed foods:
grains, legumes, nuts and other
seeds.)**

Additives in white flour

Synthetic vitamin B1

Synthetic vitamin B2

Synthetic Folic Acid

Inorganic Iron

Bleaching Agents

Proper Preparation of Seed Foods

Imitates natural factors
that neutralize the seed's "preservatives"
and allow it to sprout:

Moisture

Warmth

Slight Acidity

Time

Good Things in Whole Grains

B Vitamins

Macro and Trace Minerals

Vitamin E

Protein

Essential Fatty Acids

Fiber

Bad Things in Whole Grains

Phytic Acid (if not neutralized)

Enzyme Inhibitors (if not deactivated)

Fiber (irritating if not properly prepared)

Rancid Essentials Fatty Acids

(if grains are subjected to oxygen & high heat)

Altered Proteins

(if grains are subjected to high heat & pressure)



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.





Serve oatmeal with plenty of butter or cream and a natural sweetener. Sprinkle coconut and/or crispy nuts on top if desired.



Crispy Almonds and Crispy Pecans



**Crispy Almonds Crispy Pecans Crispy Slivered Almonds Crispy Cashews
Pepitas**

**7. Make stock (bone broth)
at least once a week**









8. Eat a variety of fresh vegetables and fruits, preferably organic





Some vegetables may be eaten raw.

Some Vegetables Should be Eaten Cooked

Green Leafy Vegetables (Spinach, Chard, Beet Greens, etc.)

Cooking neutralizes calcium-blocking oxalic acid.



Cruciferous Vegetables (Cabbage, Brussels sprouts, Broccoli)

Cooking neutralizes goitrogens.





Many vegetables provide more nourishment when cooked.

9. Reduce stresses to physical body

AVOID caffeine and other drugs

exposure to pesticides & environmental toxins

amalgam fillings and root canals

vaccinations

extremes of heat and cold

dirty food, water and clothes

stale air

synthetic fabrics

strong electromagnetic fields

loud, syncopated music

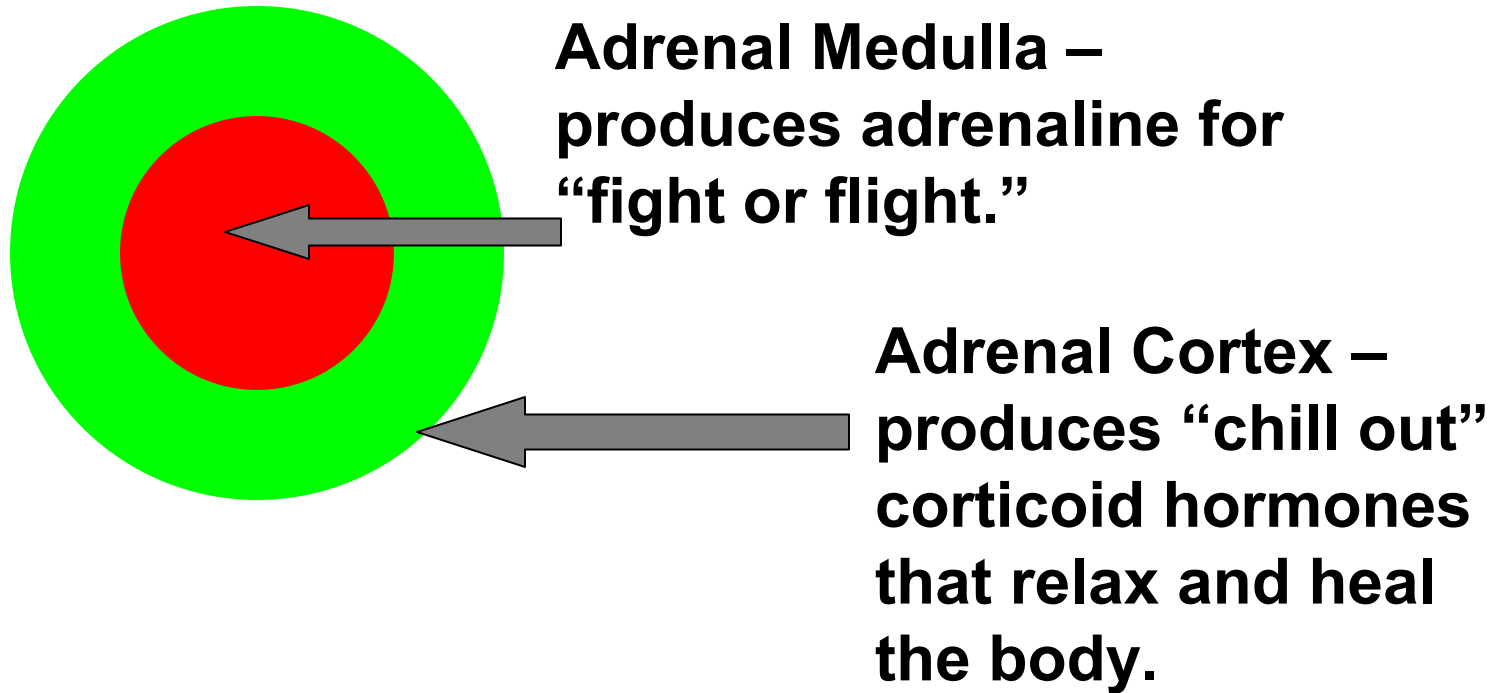
partial spectrum fluorescent lights

microwaved food

cell phones

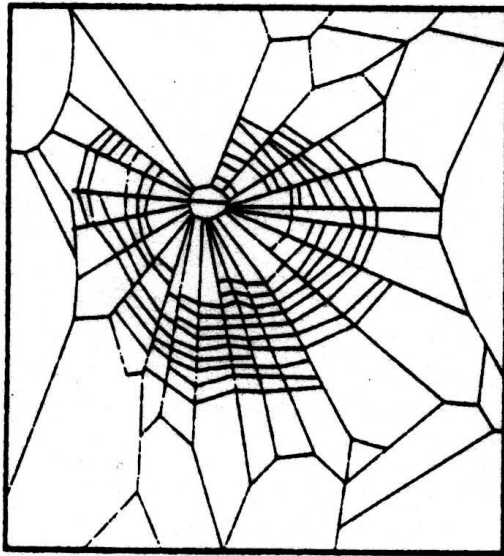
high heels

The Adrenal Gland

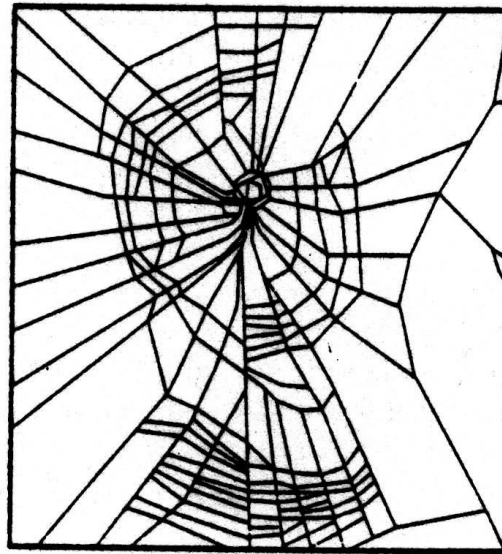


Sugar and caffeine stimulate the adrenal gland to produce adrenaline. The adrenal cortex then produces hormones to bring the body back into homeostasis. With continual stimulation from sugar and caffeine, the adrenal cortex soon becomes exhausted and we can no longer deal with stress.

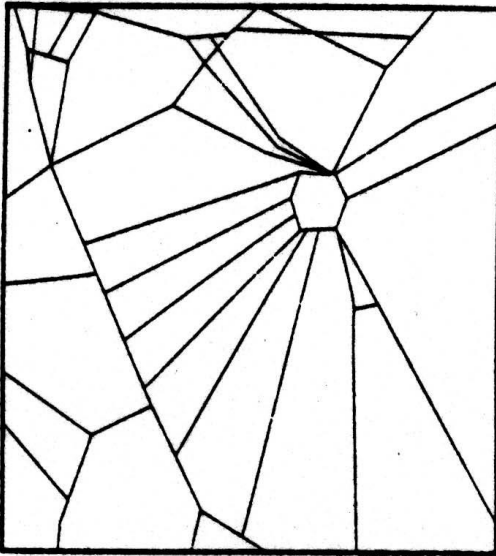
Spider Webs



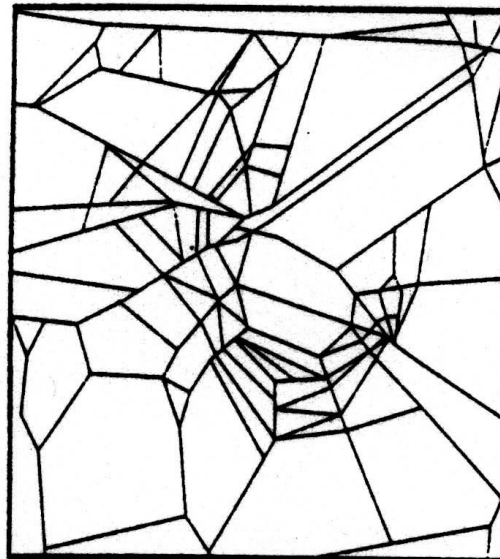
Marijuana



Benzedrine



Chloral Hydrate



Caffeine

Spiders given
caffeine spun
the most
chaotic webs.

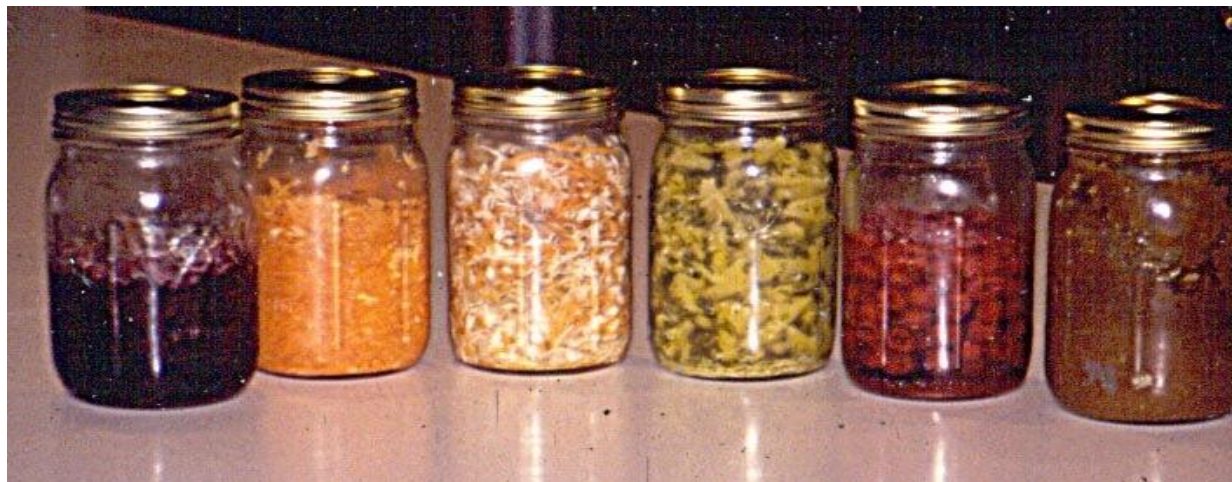
10. Put the principles of lacto-fermentation to work for you

Familiar lacto-fermented foods:

Natural cheese and yoghurt

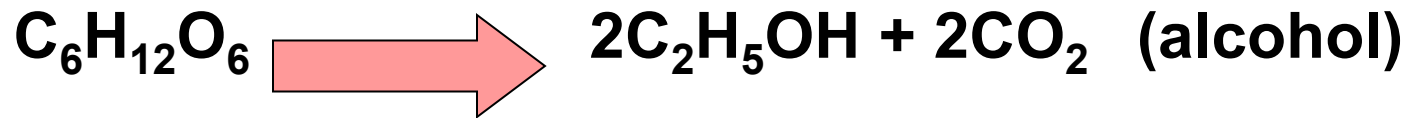
Old-fashioned pickles and sauerkraut

Gravlox (marinated salmon)

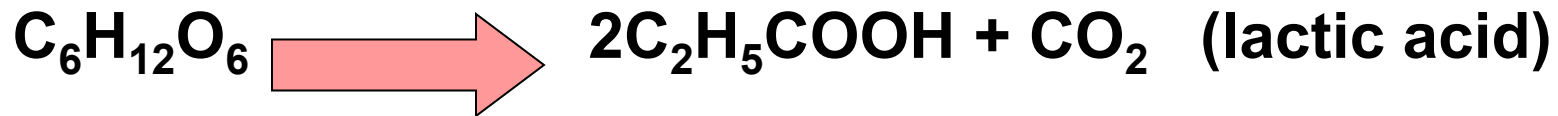


Fermentation

Alcoholic Fermentation (Action of Yeasts on Sugars):



Lactic Acid Fermentation (Action of Bacteria on Sugars)



Lacto-Fermentation of vegetables, fruits, nuts, grains, dairy products and meats:

A preservation method that

Increases vitamin & enzyme content

Adds lactic acid & beneficial bacteria

Neutralizes anti-nutrients & improves digestibility

Breaks down difficult-to-digest proteins and carbohydrates

**Promotes small scale, rather than monopolistic,
farming and food processing**

Soft Drinks

Concentrated Sweeteners

Aspartame

Caffeine

Phosphoric Acid

Artificial Colors

Artificial Flavors

**Quality of Water Used Unknown
(may contain Fluoride)**

Cost: about \$1/qt

Lacto-Fermented Drinks

Dilute Sweeteners

Mineral Ions

Enzymes

Beneficial Bacteria

Lactic Acid

Natural Flavors

Good Quality Water

Cost: as little as 20c/qt



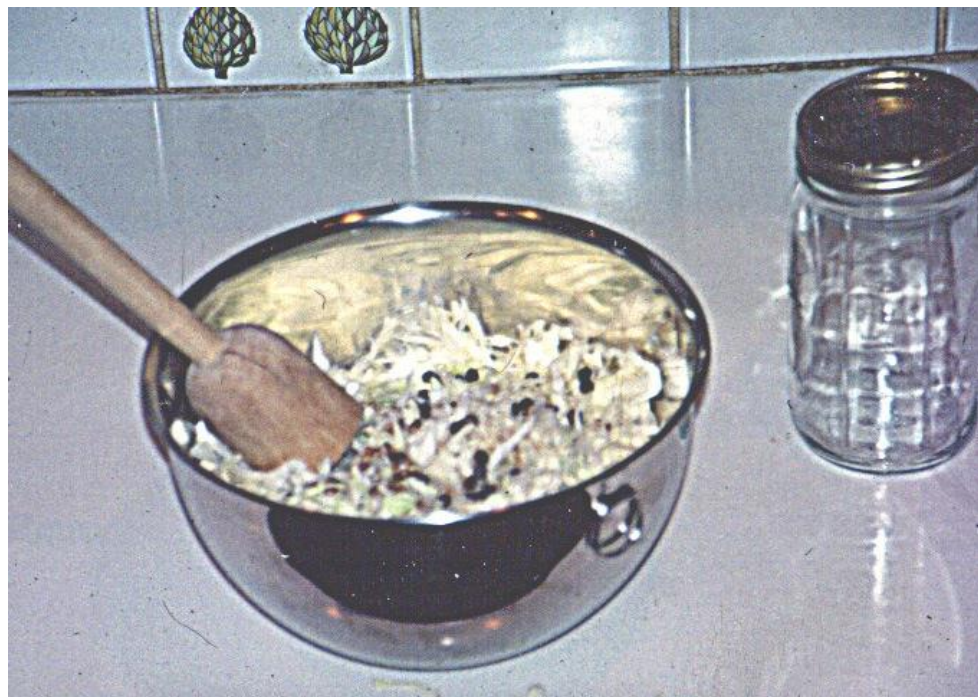
Basic Equipment: Pounder and Mason Jars

Basic Ingredients: Celtic Sea Salt and Homemade Whey

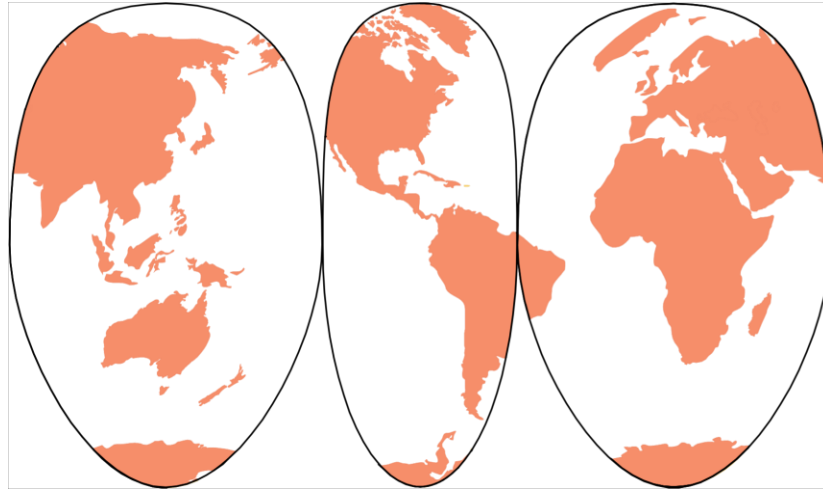








The Weston A. Price Foundation[□]



For Wise Traditions in Food, Farming and the Healing Arts

- Quarterly Magazine
- Informational Brochures
- Yearly Shopping Guide
- Annual Conference
- Local Chapters in the USA, Canada and Overseas

www.westonaprice.org

David & Annika Turba (920.894.1757) daturbas@yahoo.com