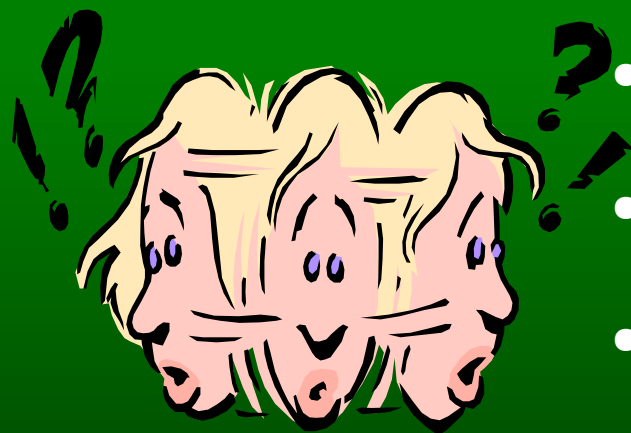


- The USDA Pyramid Diet?
- The Macrobiotic Diet?
- The Vegan Diet?
- The Vegetarian Diet?



- The Alkaline Diet?
- The Low Fat Diet?
- The Mediterranean Diet?
- The Blood Type Diet?

• **The Fill-in-the Blank Diet?**

- The Pritikin Diet?
- The MacDougal Diet?
- The Ornish Diet?
- The Zone Diet?
- The Atkins Diet?
- The Metabolic Typing Diet?
- The American Heart Assoc. Diet?
- The SAD Diet?

Making Sense

of the



Diet Wars



vis-a-vis

The Works of Weston A. Price

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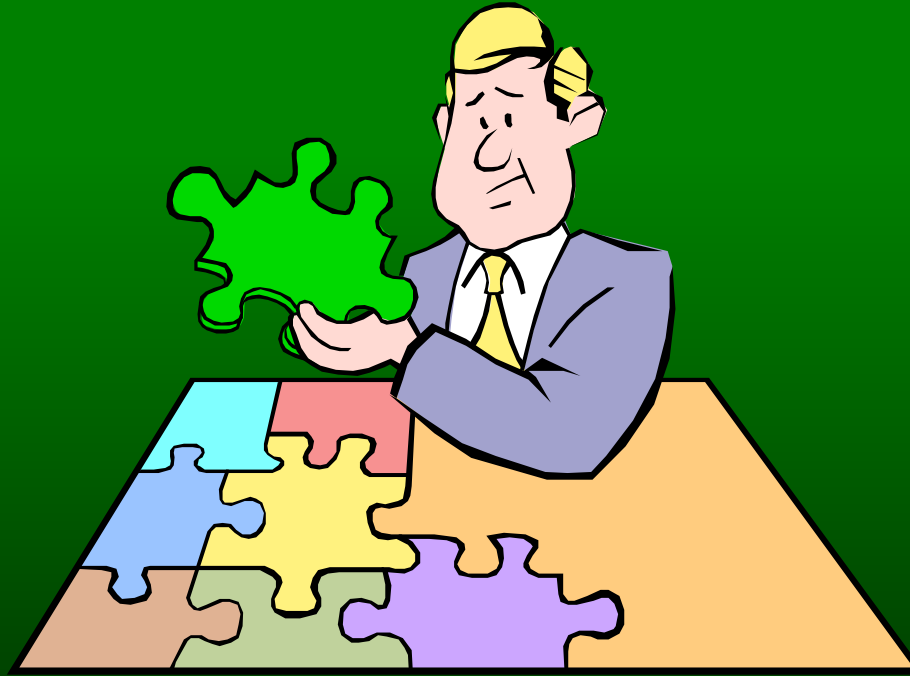
Essence of Today's Diet War Dilemma

*Perhaps, I thought,
through study, observation, and trial and error I can
discover my own best diet. But the questions are
endless, the dilemma seemingly unsolvable.*



Ronald F. Schmid, N.D. Traditional Foods Are Your Best Medicine

The Missing Piece of the Puzzle:



The Accumulated Knowledge
of Traditional Cultures

The Monumental Work of Weston A. Price

Confronted with increasing numbers of patients with worsening dental problems, Weston Price embarked on an incredible journey that would take him to the far corners of the globe.

Price found the “missing puzzle piece” through a lifetime of meticulous study and careful scientific analysis of the health, nutrition and diets of primitive cultures around the world which he then compared to more “civilized” counterparts eating the “foods of commerce” (comprising the SAD diet).

Most importantly . . .

. . . By 1939, Weston A. Price had proved conclusively that dental decay is primarily caused by nutritional deficiencies, and further, that the conditions of a person's “biological terrain” which promote dental decay also promote disease.

****For more on “biological terrain” see:
<http://thehealthadvantage.com/biologicalterrain.html>**

Essence of Price's Research

All healthy traditional (or “primitive”) cultures studied by Price included some forms of animal protein and fats in their diets.

Price found **NO Groups who were able to maintain immunity to dental and chronic disease on diets consisting entirely of vegetable matter, even though he specifically sought out and even studied such groups.**

Numerous other researchers and health professionals have corroborated this finding.

Even though Price found that the diets of these healthy primitive cultures differed widely in terms of the specific foods eaten, the diets did share common underlying characteristics.

These common, underlying characteristics were the remarkably similar intake of key micro-nutrients:

#1: The high level of minerals obtained through the foods eaten *and*

#2: The very high level of fat-soluble “activators” which come *only* from animal foods.

Price Discovers Levels of Health

Price found that primitive groups eating grain-based natural-foods diets which contained at least some animal fats and protein had well-formed dental arches and were far more resistant to disease than their more “civilized” counterparts eating “the foods of commerce”.

However, these grain-based primitive groups were inferior to other primitive groups in terms of their resistance to dental decay, as well as their physical development and strength.

. . . The groups that were the strongest physically, and often 100% resistant to dental disease were herdsman, fisherman and hunters who relied primarily on animal proteins and fats.

Grain Based Agriculture

Acheologists are able to determine the approximate dates a specific culture adopted agriculture beginning roughly about 10,000 to 12,000 years ago by comparing the skeletons of pre-agricultural hunter gatherers to those of agriculture-dependent groups. They found that:

“Our agricultural ancestors became smaller, their bones became weaker and more diseased, and the size of their brains diminished. Human brain size, based on head circumference, has diminished approximately 11 percent since the advent of agricultural societies. . .

Drawing from Archeology

...There are many archeological excavations throughout the world that indicate this cereal-associated dynamic, regardless of where agriculture was begun.”

quote from Dangerous Grains
by James Braly (MD) and Ron Hoggan (MA)

More from Archeology . . .

“Evidence that carbohydrates contributed to poor health can be found from fossils obtained both before and after Paleolithic times. During the last 40,000 years, skeletal remains have provided important clues [including loss of stature and increased signs of disease]. . .

. . . Tooth loss at death shows a similar trend. In 30,000 B.C. adults died with 2.2 teeth missing; in 6,500 B.C. they averaged 3.5 missing; during Roman times there were 6.6 teeth missing.

These trends suggest that health was compromised by the introduction of large amounts of carbohydrate foods into the diet, and that the negative effects were experienced from the beginning. . .

*quoted from Life Without Bread: How a Low Carbohydrate Diet Can Save Your Life
by Christian B. Alan, PhD and Wolfgang Lutz, M.D.*

Fact vs Assumptions about our ancestors

“We know that throughout most of recorded history [of so-called civilized cultures] humans usually lived short, difficult lives replete with famine, pestilence, and a high infant-mortality rate [and war] . . .



“... We sometimes assume that this was also the case for their pre-agricultural, prehistoric hunter-gatherer ancestors, yet this is probably not the case.

... In fact, the available evidence from studies of modern hunter-gatherers suggest just the opposite.

Several isolated groups of hunter-gatherers were still in existence during the twentieth century. They had maintained their traditional lifestyle and were carefully observed by scientists like Vilhjalmur Stefansson [as well as Weston A. Price, T.L. Cleave M.D., Sir Robert McCarrison and others]. . .

The Hunter Gatherers



...In addition to enjoying more leisure time than many people living in industrialized nations, such hunter-gatherers often lived long, healthy lives.”

This is corroborated in Traditional Foods are Your Best Medicine by Ron Schmidt, the diaries of early Spanish explorers, in Elise Boulding's Cultures of Peace, the works of Weston Price and elsewhere. (Quote from Dangerous Grains)

Traditional Cultures Using No Carb Diets

“The Director of The National Museum in Iceland says that it is definitely established that during 600 years, 1200 to 1800 in Iceland, there were no dental cavities.

The foods they ate were milk and milk products, mutton, beef and fish. They ate no carbohydrate.

The only exception to this was a little moss soup in summer, but this was a rare “fun food” of little nutritional importance. . .

High vs Lo Carb Diets in Traditional Cultures

...The prehistoric Indians of California were Vegetarians, unlike most folks of that period, and they had tooth decay.

The Pueblos worshiped the Corn God, but he was not grateful. They had the most wretched teeth of all the American Indian tribes.

In contrast, the Sioux Indians lived on buffalo meat and were devoid of cavities. . .”

Quote and more examples in The Milk of Human Kindness Is Not Pasteurized by Wm. Campbell Douglass, M.D. And elsewhere.

Growing Evidence against Grains

"Popular beliefs and politically motivated promotion, not science, continue to dictate dietary recommendations, leading to debilitating and deadly diseases that are wholly or partly preventable. . .

There is a persuasive convergence of evidence against grains [and soy] from several fields, including medicine, genetics, and archeology. . . This is the extremely complex problem we face.

Many people eat grains daily because they are cheap and abundant, yet science is reporting that these very same grains are bringing us to the brink of an enormous health crisis."

Quote from Dangerous Grains by James Braly (MD) and Ron Hoggan (MA)



Grains and soy are abundant and cheap for consumers because of subsidies, tax breaks and incentives, primarily granted to large farming conglomerates.

Thus the cost to produce a pound of rice (for example) is somewhere around \$4 but the consumer only pays about \$1.12. The difference is made up by taxpayers and people in third world countries where excess products are “dumped”.

Small farmers (today's hunter gatherers) are caught in the cross hairs and squeezed out of existence all across the globe.

ANOTHER PART of the DIET WAR DILEMMA

Many popular diet regimens contain elements that are useful for understanding the effects of food on health - but virtually all of these diets miss important key principles.

Thus these “diet du jour's” are, in varying degrees, nutritionally incomplete – as well as restrictive.

Political correctness and popular culture often encourages diet promoters and followers alike to overlook or even mis-interpret key principles of the accumulated knowledge of traditional cultures.

. . . So for example, the Atkins Diet is popularly believed to be high protein, when in fact it is high fat/ low carb - much the same as many traditional cultures.

Unfortunately, Atkins, like so many others, had an incomplete understanding of fats, and especially the nutritional value of certain animal foods, including raw milk, butter and organ meat from pastured animals.

Atkins, like so many others, also lacked familiarity with the importance of naturally fermented foods, so essential to a healthy “biological terrain”.

Top 14 Foods as per the works of Weston A. Price

1. Butter from grass-fed cows, preferably raw
2. Oysters
3. Liver from grass-fed animals
4. Eggs from pastured hens
5. High quality Cod liver oil
6. Fish eggs
7. Whole raw milk from grass-fed cows
8. Bone broth
9. Wild Shrimp
10. Wild salmon
11. Whole fat yoghurt or Kefir, from raw milk from grass-fed cows
12. Beef from grass-fed cows
13. Sauerkraut
14. Organic beets

Political Correctness Leads to Popular Myths Submerging Facts. . .

FACT: “You do NOT need to eat large amounts of fruits and vegetables to get your daily supply of vitamins [and minerals]. . . we can get most of our micro-nutrients from animal foods. Even more importantly, there are many vitamins and cofactors that we ONLY get from animal foods. . .

This means that if you don’t eat any animal foods you will probably develop a deficiency in some vitamin. . . and except for chromium, animal foods supply more of each mineral. . .”

AND More Submerged Facts . . .

FACT: “. . . You do NOT have to eat carbohydrates to have them available for energy. Your body can make carbohydrates as needed, if the protein supply is adequate. Reducing your daily intake of carbs . . . will result in more energy at your disposal, as long as you eat plenty of fat and protein.”

FACT: “Many organs prefer fat for energy. . . [For instance] your heart primarily uses fat for energy. . . the preferred fat is saturated fat.”

Quotes from Life Without Bread: How a Low Carbohydrate Diet Can Save Your Life
by Christian B. Alan, PhD and Wolfgang Lutz, M.D. See also information at:
<http://thehealthadvantage.com/>

Other popular diets include...

metabolic typing diets and blood type diets, which attempt to address “biochemical individuality”.

These types of diets overlook the fact that anthropologists can provide evidence that all four main blood types living today also existed in the hunter/gather Paleolithic era – suggesting that our evolved dietary practices have not impacted our dietary requirements to the extent believed.

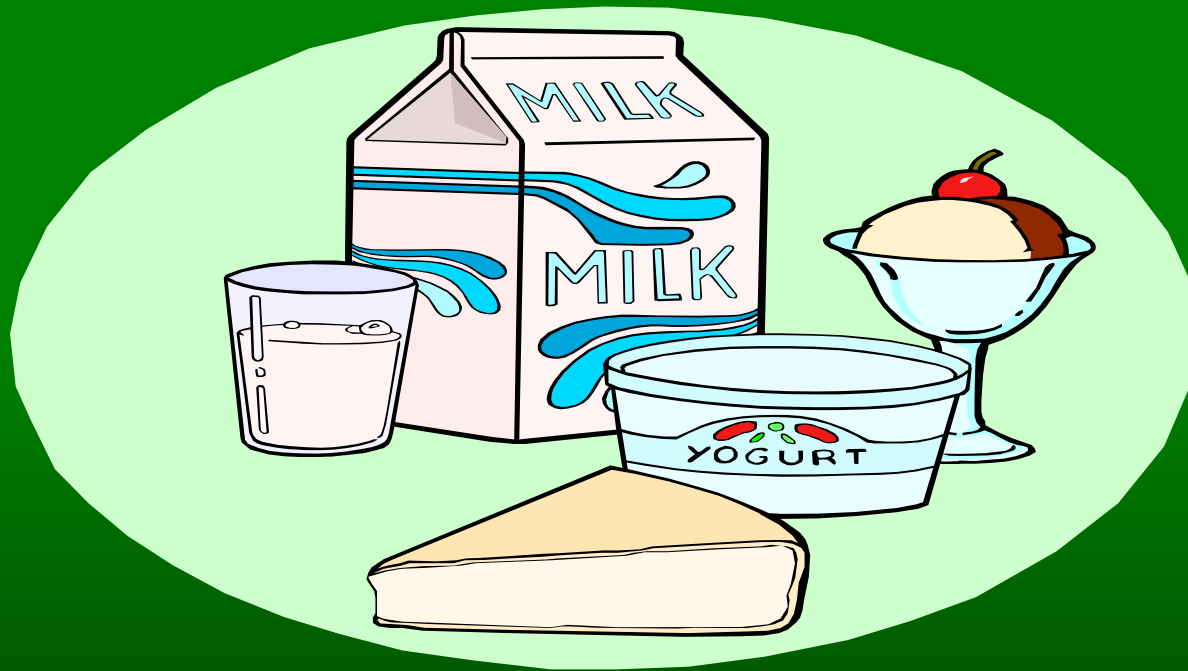
As Price proved, it was not the specific foods that various healthy cultures ate that made the difference, but the fact that the diets of these cultures shared common underlying characteristics.

Alkaline Diets

"[Some] advocate [an alkaline] diet based primarily on fruits and vegetables, one that minimizes "acid-forming" foods such as meat, fish and grains. . . A diet in which these acid ash foods are absent can lead to deficiencies which undermine the body's ability to maintain the proper blood pH. Meat and other animal foods provide protein, red meats provide zinc, and meat and [properly prepared and grown] whole grains provide phosphorus, all of which are needed for the regulation of acid-base balance.

Fat soluble vitamins found in organ meats, shellfish and good quality butter help maintain the health of the lungs and kidneys, the two prime organs involved in acid-base regulation."

Quoted from an editor's comment on an article by Virginia Worthington, ScD as posted at http://www.price-pottenger.org/Articles/Acid_alk_bal.htm



To repeat, shellfish, eggs from wild caught fish, organ meats (high in minerals and fat soluble vitamins) and raw milk, butter, cheese, yoghurt, kefir— all from healthy, pastured animals - have the fat soluble vitamins we must have in order to maintain the health of the lungs and kidneys, the two prime organs needed for acid-base regulation. . .

. . . In addition, our organs and glands require sufficient amounts of high quality animal fats and protein in order to produce essential hormones, neurotransmitters, digestive enzymes and other elements which are needed to properly regulate as well as carry out all metabolic processes.

Still other popular diets can be grouped into the high carb/low fat category.

These include the Pritikin, Ornish, and McDougal diets as well as the vegan, macrobiotic, vegetarian, and alkaline diets.

These diets are often able, at least initially, to claim measurable improvements in health and a sense of well-being. This may, at least in part, be due to the fact that whole, natural foods, especially vegetables are generally emphasized - helping to reverse an “acid” biological terrain in the short term. . .

. . . A common feature of all of these diets is the minimization or complete exclusion of both vegetable and animal fat - and animal protein.

With the exception of a well-constructed vegetarian diet that includes at least some animal foods, these kinds of diets *eventually* fail as associated health problems begin to surface.*

Meanwhile these diets help propel the USDA approved list of “Politically Correct” agribusiness-style foods which now include “industrial organic” foods.

***Examples given by Ann Louise Gittleman in Beyond Pritikin, Ron Schmid in Traditional Foods Are Your Best Medicine, and elsewhere.**

The Politically Correct Top 14 Foods

1. Beans
2. Blueberries
3. Broccoli
4. Oats
5. Oranges
6. Pumpkin
7. Salmon
8. Soy
9. Spinach
10. Tea (green or black)
11. Tomatoes
12. Turkey
13. Walnuts
14. Yoghurt

The USDA Pyramid Diet



- *The caloric proportions of proteins, fats and carbohydrates advocated by USDA's Food Pyramid and Dietary guidelines are alarmingly similar to the USDA guidelines for fattening cattle and other livestock . . .*

Excerpted from Written Testimony submitted by the Weston A. Price Foundation to the USDA "Guidelines Advisory Committee"

Wheat, corn, and soy are used to fatten livestock (and people?) to the extreme detriment of the nutrients of foods obtained from animals fed such grains - whether or not organic grains are used. (Human health is also affected.)

Grains and soy occupy the bulk of fertile farmland, and are mostly grown, processed and sold under large multi-national umbrellas.

Grains and soy cause soils to become depleted - and their use as feed encourages factory farming of animals.

Oceans, rivers and waterways (and the fish in them) are seriously damaged by the run-off from pesticides and chemical fertilizers used for grain and soy crops.

Local economies which depend on locally produced - and sold - goods to flourish are also seriously impacted.

Additionally . . .

Objective review of the evidence clearly suggests that when agriculture was introduced, carbohydrates - especially grains – helped to initially increase populations, even as they decreased health (and fertility) over the long term.

Today health problems associated with grains, whether whole or refined, are becoming more common and more serious.

This is why the healthiest grain-eating cultures developed growing and preparation methods which optimized nutrient availability in grain foods - and always included animal foods in the diet.

A few more excerpts from our written testimony to the USDA...

- *The more carbohydrate that is eaten, the more fat the liver and adipose tissues make from any excess carbohydrate*
- *A diet high in refined carbohydrates stimulates an abnormal pancreatic insulin response in order to moderate blood sugar levels*

And . . .

Just two more excerpts . . .

- *The two best sources of protein in the vegetable kingdom are legumes and cereal grains, but all plant foods are low in the amino acids tryptophan, cystine, and threonine. . .*
- *Just as animal fats are our only sources of natural vitamins A and D and other body building factors, so also animal protein is our only source of complete protein*

For full testimony :

http://www.westonaprice.org/federalupdate/testimony/commentsFoodPyramid_26AUG04.pdf

Micro vs Macro-nutrients

“In his research, Price focused on micro-nutrients – that is the vitamin and mineral content of food, rather than macro-nutrients such as protein, fat or carbohydrate. . .

[However] Price knew that when foods are dense in nutrients, fewer calories are needed to maintain optimal health.”

From “Adventures in Macronutrient Land” by Sally Fallon and Mary Enig, PhD, Winter 2004 edition of *Nourishing Traditions Magazine*

Price on food selection for micro-nutrient content

“Most people need from 2000 to 3000 calories a day. . . [as well as] two grams of phosphorus and 1 ½ grams of calcium. . .

One problem is to get enough of the minerals and vitamins without exceeding our limit in calories. . .

It is not wise to fill the limited space with foods that are not doing our bodies any good. . .

“... You would have to eat 7 ½ pounds of potatoes or 11 pounds of beets or 9 ½ pounds of carrots to get the daily requirement of phosphorus [which could be obtained from 1 pound of lentils, which also supplies the needed calcium.] There is a [similar] misapprehension regarding the value of fruits as food. . .

BUT. . .

You would also supply the entire day's requirement of minerals from 0.8 pounds of [wild caught] fish or 0.6 pounds of cheese [raw, and from healthy, pastured animals]. . .”

From Weston A. Price. *Letters to his Nieces and Nephews*, 1934. PPFN archives available through <http://www.ppnf.org/>

Soil Fertility Already a Concern in 1936

In 1936 the USDA reported to Congress that from 1836 to 1936 American farmlands had been depleted of 85% of their mineral content. Other nutrients suffered as well, and continue their downward decline today.

For example wheat and other grains around the world have suffered steady overall declines in protein content at least since the early 1900s. (Protein content is a measure for soil fertility.)

Animal foods reflect similar changes in overall micro-nutrient content.

In his landmark book Nutrition and Physical Degeneration, Weston Price details the health effects on Americans resulting from depleted farm and ranch lands he visited in the 1930s.

Today, Nutrient Losses Occur from . . .

- Factory farming of animals (and all this entails)
- Overuse of pesticides and fertilizers on soils
- Over-tilling and mono-crop agriculture
- Harvesting “Mature Green”
- Various hi-tech methods of handling, transportation and storage
- Land and resource development practices that reduce availability of fertile land
- Mining and industrial degradation of the soil
- Genetic engineering of crops
- Use of cloned animals
- “no-waste” farming
- Use of growth enhancers such as MSG on crops

More nutrients losses Occur from . . .

Food processing techniques including

- Refining
- Canning
- Freezing
- Irradiating
- Certain packaging techniques
- The use of chemical additives to enhance flavor, smell, sensory appeal, shelf life, “safety”

AND. . .

Still More Nutrient Losses Occur. .

Due to Home handling techniques including. . .

- Freezing and re-freezing
- Improper or overly long Storage (of commercial foods in particular)
- Cooking, especially high heat cooking
- Reheating
- Microwaving

Raw Foods and Chronic Disease

“Dr. Josef Ronig told Weston Price that modernized Eskimos and Indians usually recovered when returned to their native villages and native diets.

Native Eskimo and northern Indian diets were similar to the diet Pottenger successfully used for patients with tuberculosis and other diseases. . .”

Liberal amounts of animal protein, with organs emphasized, were used in these cultures - and much of the diet was served raw, with enzymes and nutrients intact.

Quote from Ron Schmidt, [Traditional Foods Are Your Best Medicine](#). For Pottenger studies see: <http://www.ppnf.org/catalog/ppnf/PottengerResearch.htm>

Dietary Advice from Price

“There are two ways in which I could make suggestions relative to the mineral and vitamin problem in the selection of food . . .

. . .the one on the basis of detailing a special menu for each day, which is very unsatisfactory . . .

. . .and the other would be in the form of general principles which should control and guide you in selecting the foods which will meet the body's needs. . .

I will suggest the latter . . .

Minimize Carbs

... [Thus] *“what Price provided was the general principles of a healthy diet and a list of the richest sources of fat-soluble vitamins. . .*

... [Nevertheless modern realities mean that] *it is probably easier for westerners to obtain high levels of nutrients from a diet in which carbs are minimized . . .”*

From “The Right Price: Interpreting the Work of Dr. Weston A. Price,” by Sally Fallon, *Nourishing Traditions Magazine*, Fall 2005

**Price's Depression-era
advice for Working within
Budgetary or Other
Constraints:**

“The protein requirement can be provided each day in one egg or a piece of meat equivalent to the bulk of one egg a day.”

(If we think about this recommendation, it is very suggestive of what could form the basis of a well-constructed vegetarian-style diet.)

The best protein foods, according to Price, are nutrient-dense organ meats, shellfish, and small, oily fish such as anchovies and sardines, eaten with the bones, and eggs.

In addition, Price recommended one quart of whole, raw milk per day for children in particular.

Such diets can be supplemented with properly prepared “protein-sparing” bone broth soups and all diets should include naturally fermented* foods which supply important “good” bacteria (probiotics) to the gut. *

*Probiotics are essential for a healthy “biological terrain”. For the importance of fermented foods and probiotics watch all six segments of this video: <http://www.youtube.com/watch?v=nLP0Ijo2CK4> and read their books.

As Price Clearly Detailed, Food Affects *Every Aspect of Your Life*

Including . . .

- Mental acuity and alertness
- Emotional health and ability to deal with stress
- Physical energy, strength and stamina
- Vision, dental health, bone, skin, hair and nail health
- Ability to produce healthy offspring
- Ability to heal successfully, as well as maintain health over the long term . . . and more

*“As Price saw so clearly, chronic disease manifests not so much as a collection of symptoms, but is itself a symptom of malnutrition's inexorable conclusion . . .”**

In other words, disease does not occur suddenly, without warning. It develops gradually over time, and sometimes manifests itself most strikingly in our offspring, or even in our own ability to reproduce.

This the primitives knew well, and it is why they took pains to select from those foods available to them which they knew to be required for vibrant health.

*Quote taken from “The Right Price: Interpreting the Work of Dr. Weston A. Price,” by Sally Fallon, *Nourishing Traditions Magazine*, Fall 2005

**You may
want to re-evaluate
your diet
and health program if you
have . . .**

Signs and Signals of Declining Health

Including any or all of the following:

- * You are plagued by dental problems, including cavities or crowded, crooked teeth, failing eyesight, increasing health problems
- * You feel chronically sluggish (mentally or physically)
- * You lack energy or enthusiasm or just plain interest in your life and surroundings, even if your standard response has simply become a tepid whatever
- * You are plagued by mental confusion, brain fog, learning or behavior problems
- * You feel chronically lazy or out-of-sorts
- * OR if you are constantly running in overdrive or on empty, feeling "tired" but "wired" . . .

And . . .

If you have *chronic* problems of any sort including:

- * insomnia
- * headaches or body aches and pains
- * frequent mood swings or depression
- * unexplained, excessive or unprovoked irritability or anxiety
- * indigestion, reflux, acid stomach, constipation, diarrhea, bloating, abdominal cramping, or gas
- * allergies
- * weight issues, especially excess water retention
- * All symptoms associated with decreased bone/muscle mass (which includes bones, ligaments, tendons and other connective tissue)

Or . . .

Or . . .

*If you must take drugs on a regular basis
for any health problem . . .*

*You need to re-evaluate your wellness/
health program.*

Three Easy Rules

- 1: Start every meal and every snack with a satisfying amount of BEST protein and “GOOD” fat, then add carbs, starting with “MOST FAVORABLE” which are mostly non-starchy vegetables. Remember, good fats are essential and far more important than carbs. (After protein and fats, next in line of importance would be non-starchy vegetables, low glycemic fruits and a bit of unfiltered, really raw honey).
- 2: Reduce “insulin stimulants” from your diet and lifestyle.
- 3: Adopt a HIGH QUALITY, HIGH POTENCY, PERSONALLY APPROPRIATE nutritional supplement program, starting with a high quality cod liver oil (or suitable equivalent)

For more information see: <http://thehealthadvantage.com/> Be sure to read this page for insight on the role of insulin in a host of health problems: <http://thehealthadvantage.com/roleofinsulin.html> .]

INSULIN STIMULANTS

- Too many “UNFAVORABLE” CARBS, even when exercise is used to “burn” them off
- For some people, too many "Favorable carbs" in addition to too many "unfavorable carbs."
- DAMAGED FATS
- Skipping meals and/or yoyo dieting
- Stimulants such as caffeine and ephedrine
- Aspartame and saccharin
- ALL drugs!!
- Alcohol and tobacco
- Excessive stress of any kind, including chemical overload, emotional or physical stress, over-exercise for your needs
- Lack of exercise
- Excessive and/or unnecessary thyroid replacement therapy
- NUTRIENT DEPLETION

Though many today
would prefer otherwise,
nutrition is not a matter of choice. . .

Ronald F. Schmid, N.D. Traditional Foods Are Your Best
Medicine

FEEL GOOD FOOD CHECK

#1. I AM HUNGRY - OR VERY HUNGRY 2 to 4 hours after my last meal *BUT* . . .

MY energy level, mental focus and mood remained good.

This means at my last meal I either did not eat enough good fat or maybe not enough carbohydrates.

AFTER assessing whether I included enough good fat at my last meal, I then consider that I may need to INCREASE my carbohydrates, especially “Most Favorable and Favorable” carbs, which are vegetables, whole (properly grown and prepared) grains and low glycemic fruits. These carbs I can eat as a snack, with non-starchy veggies consumed with some good fat. *OR* . . .

#2. I AM HUNGRY - OR VERY HUNGRY 2 to 4 hours after my last meal *AND* . . .

I became sleepy or fatigued, I couldn't concentrate as well, I became irritable or anxious for no reason - OR I just felt "off".

This means that at my last meal (or several meals) I ate too many carbs in relation to protein, and my insulin levels were too high. I need to REDUCE my carbs, especially my "unfavorable" carbs (which are all sweeteners and high glycemic fruits), and make sure I remembered to add in enough "good" fat.

OR long term. . . I can just minimize my carb intake, especially refined carbs and to the extent necessary starchy or high glycemic carbs as well.

Health, like life, is a journey

not a destination.

It's up to each of us

to make the most of our journey,

*by first drawing upon the accumulated
knowledge of our ancestors.*

“Life in all its fullness

is

Mother Nature Obeyed.”

*Weston A. Price,
anthropologist, scientist, researcher, writer,
dentist, student*

To order the latest edition of
Nutrition and Physical Degeneration

by Weston A. Price

please visit and support:

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