

weston a price foundation

weston a price foundation is a nonprofit organization dedicated to advancing the knowledge of traditional diets and their impact on human health. Founded on the research of Dr. Weston A. Price, a dentist and nutrition pioneer, the foundation emphasizes nutrient-dense whole foods, proper food preparation, and the connection between diet and dental, as well as overall, health. This article provides an in-depth overview of the Weston A. Price Foundation, including its history, core principles, dietary recommendations, and educational initiatives. Readers will gain insight into how this foundation continues to influence nutritional science and health practices today. The foundation's role in promoting traditional food wisdom offers valuable perspectives for those interested in holistic nutrition and ancestral health. Below is the detailed table of contents outlining the main topics discussed.

- History and Mission of the Weston A. Price Foundation
- Core Principles and Philosophy
- Dietary Guidelines and Nutritional Recommendations
- Educational Programs and Resources
- Impact on Modern Nutrition and Health

History and Mission of the Weston A. Price Foundation

The Weston A. Price Foundation was established to continue the pioneering work of Dr. Weston A. Price, who conducted extensive research on traditional diets and their effects on dental health and overall well-being. Founded in 1999, the organization aims to educate the public about nutrient-dense foods and traditional preparation methods that support optimal health. The foundation's mission focuses on restoring nutrient-rich foods and advocating for food sovereignty, sustainable agriculture, and the use of traditional culinary practices. Through research dissemination and community outreach, the foundation preserves Dr. Price's legacy while promoting practical approaches to modern nutrition challenges.

Origins and Founding Principles

Dr. Weston A. Price's original research, conducted in the early 20th century, involved studying indigenous populations around the world to understand the link between diet and

dental health. He discovered that traditional diets, rich in fat-soluble vitamins and minerals, correlated with strong teeth and low rates of chronic disease. The foundation founded in his name strives to revive these dietary principles, emphasizing whole, unprocessed foods and the avoidance of modern processed products. The organization's founding principles reflect a commitment to authentic nutritional wisdom that supports physical and dental health.

Organizational Goals and Outreach

The Weston A. Price Foundation seeks to empower individuals and communities through education on traditional diets and sustainable food systems. It supports farmers, health practitioners, and consumers by providing scientific research, practical guidance, and advocacy tools. The foundation promotes policies that protect traditional food rights and improve access to nutrient-dense foods. Its outreach includes workshops, conferences, publications, and online resources designed to foster a deeper understanding of ancestral nutrition and its relevance today.

Core Principles and Philosophy

The core philosophy of the Weston A. Price Foundation centers on the belief that traditional diets, as consumed by indigenous and pre-industrial societies, contain the optimal balance of nutrients essential for human health. This perspective challenges modern dietary trends and encourages a return to nutrient-dense, minimally processed foods prepared using time-tested methods. The foundation advocates for a holistic approach that considers not only the nutritional content but also the bioavailability and synergistic effects of food components.

Emphasis on Nutrient-Dense Foods

Central to the foundation's teachings is the consumption of foods rich in fat-soluble vitamins A, D, E, and K2, as well as minerals like calcium and phosphorus. These nutrients are found in traditional animal fats, organ meats, dairy products, fermented foods, and properly prepared grains and legumes. The emphasis is on whole foods that provide a spectrum of nutrients in their natural matrix, which supports digestion, immunity, and cellular function. The foundation warns against refined sugars, processed oils, and synthetic additives that deplete nutritional value.

Traditional Food Preparation Techniques

The Weston A. Price Foundation advocates traditional preparation methods such as soaking, fermenting, sprouting, and slow cooking to enhance nutrient availability and reduce anti-nutrients like phytic acid. These techniques improve digestibility and

maximize the health benefits of plant-based foods. For example, fermenting dairy into products like yogurt and cheese increases beneficial bacteria and vitamins, while soaking grains reduces compounds that impair mineral absorption. The foundation encourages adopting these practices to improve nutritional outcomes.

Respect for Ancestral Wisdom and Biodiversity

The foundation's philosophy extends beyond nutrition to encompass respect for cultural food heritage and biodiversity. It recognizes the value of diverse traditional diets shaped by local environments and emphasizes preserving heirloom varieties and heritage livestock breeds. By supporting sustainable farming and ethical animal husbandry, the foundation promotes ecological balance and food quality. This holistic worldview integrates nutrition, culture, and environmental stewardship as essential components of human health.

Dietary Guidelines and Nutritional Recommendations

The Weston A. Price Foundation provides comprehensive dietary guidelines that emphasize natural, whole foods and traditional eating patterns. These recommendations are designed to restore nutrient density and promote optimal health through balanced consumption of macronutrients and micronutrients. The foundation's dietary model often contrasts with mainstream low-fat or high-carbohydrate diets, advocating instead for adequate intake of healthy fats and naturally sourced vitamins and minerals.

Recommended Food Groups

- **Raw and fermented dairy products:** including raw milk, butter, cream, and cultured cheeses for fat-soluble vitamins and probiotics.
- **Grass-fed and pasture-raised animal products:** such as meats, eggs, and organ meats rich in essential fatty acids and fat-soluble vitamins.
- **Seafood:** especially wild-caught fish and shellfish, which provide omega-3 fatty acids and trace minerals.
- **Vegetables and fruits:** preferably organic and locally sourced, prepared through traditional methods to enhance nutrient absorption.
- **Whole grains and legumes:** properly soaked, sprouted, or fermented to reduce anti-nutrients and improve digestibility.

- **Natural fats:** including coconut oil, lard, tallow, and butter, which supply energy and support cell function.

Foods to Limit or Avoid

The foundation advises limiting consumption of processed foods, refined sugars, hydrogenated oils, and synthetic additives. It also cautions against overconsumption of polyunsaturated vegetable oils, which can disrupt the balance of essential fatty acids. Highly processed carbohydrates and artificial sweeteners are discouraged due to their negative impact on metabolism and dental health. The emphasis remains on nutrient density and food quality rather than calorie counting or macronutrient restriction.

Supplements and Additional Nutritional Support

While prioritizing whole foods, the Weston A. Price Foundation acknowledges that certain populations may benefit from supplementation to correct nutrient deficiencies or support health conditions. The foundation recommends supplements derived from natural sources, such as cod liver oil, which provides vitamins A and D, as well as mineral-rich bone broths. However, it stresses that supplements should complement, not replace, a nutrient-dense diet based on traditional foods.

Educational Programs and Resources

The Weston A. Price Foundation offers a variety of educational programs and resources aimed at spreading knowledge about traditional nutrition and healthy food systems. These initiatives serve health professionals, farmers, educators, and the general public, providing tools to implement and advocate for the foundation's principles in daily life and community practices.

Workshops and Conferences

Regular workshops and annual conferences organized by the foundation provide in-depth learning experiences on topics such as nutrient-dense cooking, sustainable agriculture, and dental health. These events feature expert speakers, practical demonstrations, and networking opportunities. Attendees gain actionable knowledge about food preparation, sourcing, and health benefits aligned with the foundation's philosophy.

Publications and Online Resources

The foundation publishes books, newsletters, and research articles that detail the science behind traditional diets and offer guidance for consumers and practitioners. Their website hosts a wealth of information including recipes, instructional videos, and scientific summaries. These resources help individuals understand the rationale for traditional eating patterns and how to incorporate them effectively.

Community Support and Advocacy

In addition to educational content, the Weston A. Price Foundation fosters a community of practitioners and advocates who promote food sovereignty and nutritional education. The foundation supports local chapters and online forums where members share experiences and strategies. It also engages in advocacy efforts to protect access to raw milk, heritage foods, and sustainable farming practices, influencing policy decisions related to nutrition and agriculture.

Impact on Modern Nutrition and Health

The Weston A. Price Foundation has had a significant influence on contemporary discussions about nutrition, holistic health, and food sustainability. Its emphasis on traditional diets challenges conventional dietary guidelines and introduces a paradigm that integrates ancestral wisdom with modern scientific research. The foundation's work has contributed to a growing movement focused on real food, sustainable agriculture, and preventive health.

Influence on Nutritional Science

By highlighting the importance of fat-soluble vitamins and nutrient-dense animal fats, the Weston A. Price Foundation has shaped new perspectives in nutritional science. Its research-based approach has encouraged further studies into the role of traditional foods in preventing chronic diseases and promoting dental health. The foundation's advocacy has helped shift some public health conversations toward recognizing the value of whole foods and traditional fat sources.

Role in the Real Food Movement

The foundation is a key player in the real food movement, which emphasizes eating whole, unprocessed foods in alignment with natural biological needs. It inspires farmers, chefs, and consumers to prioritize food quality over convenience or industrial processing. This movement aligns with broader efforts to improve food systems, reduce environmental

impact, and enhance community well-being through nutrition.

Contributions to Sustainable Agriculture and Food Policy

Through its advocacy and educational efforts, the Weston A. Price Foundation supports sustainable agricultural practices that promote soil health, biodiversity, and animal welfare. The foundation's involvement in food policy debates helps protect traditional food rights and encourages regulatory frameworks that support nutrient-dense food production. Its work contributes to a more resilient and health-promoting food landscape in the modern era.

Frequently Asked Questions

What is the Weston A. Price Foundation?

The Weston A. Price Foundation is a nonprofit organization dedicated to promoting traditional and nutrient-dense diets based on the research of Dr. Weston A. Price, focusing on whole foods, raw dairy, and traditional preparation methods.

Who was Weston A. Price?

Weston A. Price was a dentist and researcher who studied the diets and health of traditional societies in the 1930s, documenting the effects of nutrition on dental and overall health.

What dietary principles does the Weston A. Price Foundation advocate?

The foundation advocates for diets rich in whole, unprocessed foods, including raw milk, fermented foods, organ meats, healthy fats, and avoidance of processed foods and refined sugars.

Is raw milk consumption safe according to the Weston A. Price Foundation?

The foundation supports the consumption of raw milk from healthy, pasture-raised animals, citing its nutritional benefits, but advises sourcing it from reputable, sanitary farms to reduce health risks.

How does the Weston A. Price Foundation view modern

processed foods?

The foundation opposes modern processed foods, considering them detrimental to health due to the loss of nutrients and the presence of artificial additives and refined ingredients.

Does the Weston A. Price Foundation provide resources for traditional food preparation?

Yes, the foundation offers educational materials, recipes, and workshops that teach traditional food preparation techniques such as fermentation, soaking, and sprouting.

How can I get involved with or support the Weston A. Price Foundation?

You can support the foundation by becoming a member, donating, attending events or conferences, volunteering, or using their educational resources to promote traditional nutrition in your community.

Additional Resources

1. Nutrition and Physical Degeneration

This seminal work by Weston A. Price documents his groundbreaking research on traditional diets and their impact on dental and overall health. Price traveled the world, studying isolated indigenous populations and contrasting their health with that of modernized societies. The book emphasizes the importance of nutrient-dense, whole foods and traditional food preparation methods in promoting optimal health and preventing disease.

2. Wise Traditions in Food, Farming, and the Healing Arts

Published by the Weston A. Price Foundation, this journal compiles articles on traditional diets, sustainable farming practices, and holistic health approaches. It serves as a valuable resource for those interested in ancestral nutrition and natural healing. The publication promotes a return to nutrient-dense, whole foods and supports ethical farming and food production methods.

3. Eat Fat, Lose Fat by Mary Enig

Co-authored by a prominent Weston A. Price Foundation supporter, this book challenges conventional low-fat diet wisdom. It explains the role of healthy fats in metabolism, hormone function, and weight management. The book encourages the consumption of traditional fats like butter, coconut oil, and animal fats for improved health and vitality.

4. Nutrition and Physical Degeneration: A Classic Study of the Dental and General Health of Primitive Peoples

An expanded edition of Price's original work, this book provides detailed case studies and photographs from his global research. It highlights the correlation between traditional diets rich in fat-soluble vitamins and strong teeth and bones. The book is foundational for understanding the principles behind the Weston A. Price Foundation's dietary recommendations.

5. *Deep Nutrition: Why Your Genes Need Traditional Food* by Catherine Shanahan

While not directly published by the Weston A. Price Foundation, this book aligns closely with its principles. Shanahan explores how traditional diets rich in nutrient-dense foods influence genetics and long-term health. The book underscores the importance of ancestral eating patterns for preventing chronic disease and promoting vitality.

6. *Real Food: What to Eat and Why* by Nina Planck

This book advocates for a return to traditional, nutrient-dense foods, echoing Weston A. Price's findings. Planck discusses the dangers of processed foods and the benefits of whole dairy, properly prepared grains, and pastured meats. It is a practical guide for those seeking to eat healthfully based on traditional food wisdom.

7. *Healing with Whole Foods: Asian Traditions and Modern Nutrition* by Paul Pitchford

Though centered on Asian nutritional traditions, this book complements the Weston A. Price Foundation's emphasis on whole, traditional foods. It combines Eastern and Western nutritional philosophies to promote healing and optimal health. The book offers recipes, dietary recommendations, and insights into the energetic qualities of food.

8. *Butter: Historical Perspectives and Health Benefits*

This focused text explores the cultural history and nutritional science of butter, a staple fat endorsed by the Weston A. Price Foundation. It details butter's role in traditional diets and its content of fat-soluble vitamins like A, D, E, and K2. The book helps dispel myths about butter and highlights its importance in a nutrient-dense diet.

9. *The Nourished Kitchen: Farm-to-Table Recipes for the Traditional Foods Lifestyle* by Jennifer McGruther

This cookbook offers recipes and guidance consistent with Weston A. Price Foundation principles, emphasizing nutrient-dense, traditionally prepared foods. It encourages the use of whole, unprocessed ingredients and highlights techniques like fermentation and bone broth preparation. The book is a practical resource for adopting a traditional food lifestyle.

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weston a price foundation: The Medical-Pharmaceutical Killing Machine Children's Health Defense, 2024-11-26 Medical and pharmaceutical history is replete with examples of dangerous interventions that have poisoned, injured, or killed. However, events since 2020 have attracted attention as never before to medicine's potential to be both lethal and malevolent. In The Medical-Pharmaceutical Killing Machine, Children's Health Defense situates current perils in their broader context with the aim of helping readers understand how to protect themselves and their loved ones. In the Greek Trojan War saga, the god Apollo ensured that Cassandra's prophecies would never be believed, with disastrous consequences. As recounted in the book, modern medicine, too, has produced its fair share of "medical Cassandras"—doctors and writers who have tried to warn the public about medicine's life-threatening underbelly, generally to little avail. A chapter

dedicated to nine of these medical skeptics, beginning with Ivan Illich and his coining of the term "iatrogenesis" to describe adverse outcomes caused by doctors, weaves a powerful portrait of harms regularly denied and ignored, with those making the claims typically marginalized and "canceled." The book shows that there is no shortage of tools in the killing machine arsenal. One chapter highlights the mRNA vaccine technology inaugurated with COVID, illustrating how this new mechanism for iatrogenesis is inflicting novel forms of toxicity, not all of which are yet understood. Another chapter about assisted suicide and euthanasia describes the chilling global proliferation of policies and propaganda promoting those practices for vulnerable populations that include babies, children, people diagnosed with autism, and the mentally ill. The book also describes factors that make it possible for the killing machine to continue operating with impunity, including the ascendance of an "evidence-based medicine" juggernaut, medical gaslighting, and a ballooning global enforcement infrastructure. Nor does it shy away from confronting what some now characterize as "iatrogenocide"; a chapter asking "Why Do They Do It?" considers money, prestige, and control as three possible answers. Ultimately, it is only by acknowledging the long-standing reality of an all-too-effective medical-pharmaceutical killing machine that people can learn to dodge the threats and work toward building a different model that prioritizes life and genuine health.

weston a price foundation: *21st Century Homestead: Organic Food* Desmond Klingler, 2015-02-21 21st Century Homestead: Organic Food contains everything you need to stay up to date on organic food.

weston a price foundation: The Maker's Diet Jordan S. Rubin, 2005 Are you looking for a health plan that is biblically based and scientifically proven? The Maker's Diet is just that. Using a truly holistic approach to health, this groundbreaking book leads you on a journey that will change your life. The Maker's Diet will help you: Boost your immune system Attain and maintain your ideal weight Have abundant energy Improve your physical appearance Reduce stress Improve digestion Discover how Jordan Rubin's faith-based journey from near death to vital health led him to uncover the timeless principles of the world's healthiest people. By following The Maker's Diet, your health dreams can become a reality.

weston a price foundation: Cure Tooth Decay Ramiel Nagel, 2012-02 Forget about drilling, filling, and the inevitable billing. Your teeth can heal naturally because they were never designed to decay in the first place! They were designed to remain strong and healthy for your entire life. But the false promises of conventional dentistry have led us down the wrong path, leading to invasive surgical treatments that include fillings, crowns, root canals and dental implants. Now there is a natural way to take control of your dental health by changing the food that you eat. Cure Tooth Decay is based upon the pioneering nutritional program of dentist Weston Price, former head of research at the National Dental Association. Dr. Price's program proved to be 90-95% or more effective in remineralizing tooth cavities utilizing only nutritional improvements in the diet. Cure Tooth Decay is the result of five years of research and trial and error that started as one father's journey to cure his daughter's rapidly progressing tooth decay. With Cure Tooth Decay you will join the thousands of people who have learned how to remineralize teeth, eliminate tooth pain or sensitivity, avoid root canals, stop cavities -- sometimes instantaneously, regrow secondary dentin, form new tooth enamel, avoid or minimize gum loss, heal and repair tooth infections, only use dental treatments when medically necessary, save your mouth (and your pocketbook) from thousands of dollars of unneeded dental procedures, and increase your overall health and vitality.

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plates is complicated. Is meat good or bad for me? Is buying local always best? Is organic worth it? WHAT TO EAT? asks all these questions and more: some are specific, going back to the nature of particular foods such as milk, meat and fish. Some are more general and challenging, examining the green and the good at a time when money is short and choices matter. The book also offers answers. This is a refreshingly practical guide to the stuff of everyday living, from the ingredients up: Hattie Ellis exposes the myths and unveils the truth about how food is produced, what gives us most value for money, what it does to us, and what we have done to it.

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weston a price foundation: A Place-Based Perspective of Food in Society Kevin M. Fitzpatrick, Don Willis, 2015-08-18 This book provides an outstanding collection of interdisciplinary and international essays examining the food-place relationship. It explores such topics as the history of food and agriculture, the globalization and localization of food, and the role of place in defining the broader societal consequences of this ever-changing phenomena.

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weston a price foundation: Doing Nutrition Differently Allison Hayes-Conroy, 2016-05-13 'Hegemonic nutrition' is produced and proliferated by a wide variety of social institutions such as mainstream nutrition science, clinical nutrition as well as those less classically linked such as life science/agro-food companies, the media, family, education, religion and the law. The collective result is an approach to and practice of nutrition that alleges not only one single, clear-cut and consented-upon set of rules for 'healthy eating,' but also tacit criteria for determining individual fault, usually some combination of lack of education, motivation, and unwillingness to comply. Offering a collection of critical, interdisciplinary replies and responses to the matter of 'hegemonic nutrition' this book presents contributions from a wide variety of perspectives; nutrition professionals and lay people, academics and activists, adults and youth, indigenous, Chicana/o, Latina/o, Environmentalist, Feminist and more. The critical commentary collectively asks for a different, more attentive, and more holistic practice of nutrition. Most importantly, this volume demonstrates how this 'new' nutrition is actually already being performed in small ways across the American continent. In doing so, the volume empowers diverse knowledges, histories, and practices of nutrition that have been marginalized, re-casts the objectives of dietary intervention, and most broadly, attempts to revolutionize the way that nutrition is done.

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weston a price foundation: History of Soy Nutritional Research (1990-2021) William Shurtleff; Akiko Aoyagi, 2021 The world's most comprehensive, well documented, and well illustrated book on this subject. With extensive subject and geographical index. 30 photographs and illustrations - mostly color. Free of charge in digital PDF format.

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energy and immunity, enhance brain function, save money on groceries, and live longer and happier.

weston a price foundation: *The Good Fat Diet* Mary Enig, Sally Fallon, 2005-05-05 Since the late 1950's, it's been drilled into us that fat is bad, saturated fat is worse, and tropical fats, like coconut and palm, are just about as near to poison as a food can be. However, a new and unprejudiced look at fat research over the last fifty years indicates that the opposite is true, and that saturated fats, and in particular coconut oil, are the healthiest fats you can eat. This diet will put you back on the track that nature intended for efficient nourishment. This is not a deprivational diet. Let go of the notion that you must suffer to lose weight. Starving yourself is counter-productive, as it signals the body to hold fat. Instead, eating sufficient quantities of the right combinations of fats (as outlined in the recipes and menu plans), you'll notice that you can go for several hours without eating, and without experiencing cravings because the body is satisfied and also has stable blood sugar levels. As a result, hunger pangs melt away, and eating sensibly becomes easy!

weston a price foundation: *Skinny Chicks Eat Real Food* Christine Avanti, 2011-12-20 *Skinny Chicks Don't Eat Salads* author Christine Avanti explains how women and men can control their appetites and lose weight by avoiding the fake and processed foods that are actually making them fatter. Many women think that products labeled fat-free, sugar-free, or lite are the key to easy weight loss. The truth is that these so-called healthy packaged foods are filled with processed ingredients and chemicals that actually contribute to weight gain by causing us to overeat. In *Skinny Chicks Eat Real Food*, nutritionist Christine Avanti explains why a diet rich in all-natural produce, whole grains, and lean protein packed with the nutrients responsible for maintaining stable blood sugar levels and speeding up metabolism is by far the more effective option. Avanti draws on the latest research to provide guidelines for what and how often readers should eat to ensure that pounds are dropped—and offers specific meal plans, grocery lists, and a collection of flavorful recipes filled with fresh, seasonal ingredients. A guide to eating real food in a factory-food world, a weight loss plan, and a real-food cookbook in one, *Skinny Chicks Eat Real Food* will instruct and inspire readers to steer clear of fake food and eat the balanced, all-natural way we were designed to eat.

weston a price foundation: *The Integrative Medicine Solution* Cathy Ochs PA-C, 2015-07-28 Get out of the health-care trap. Transition into an integrative medicine practice. Return to practicing medicine the way you always dreamt it could be. The United States spends the most health-care dollars per person in the world. Yet we are a sick, fat, and tired nation. Both patients and health-care providers are dissatisfied with our health-care system. We have a diseased management system masquerading as a health-care system. This system is broken! Integrative medicine is a solution to heal our broken system. *The Integrative Medicine Solution* is a practical guidebook for physician assistants, supervising physicians, nurse practitioners, and other health-care providers who want to transition from treating symptoms to the root causes. Patients are healthier, happier, and less dependent on drugs. Providers are rewarded for spending more time with their patients. It will restore balance and joy in your practice and life. This book is a great introduction and practical guide for PAs or any other health-care providers who are wanting to start their own integrative practice. Jana Pratt, PA-C, Womens Integrative Health Specialist This is an awesome read and a great education piece for all health care providers to read. I think it is a must read. Nathan S. Bryant, PhD, author of *The Nitric Oxide (NO) Solution* Excellent job . . . your book will shed light on what patients need to know. Mark Starr, MD, author of *Hypothyroidism Type 2: The Epidemic*

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