

Characteristics of Traditional Diets #1



Whole Foods, Not Refined Foods

The diets of healthy, non-industrial peoples contain no refined or denatured foods or ingredients, such as refined sugar or high fructose corn syrup; white flour; canned foods; pasteurized, homogenized, skim or low-fat milk; refined or hydrogenated vegetable oils; protein powders; synthetic vitamins; or toxic additives and artificial colorings.

Further Reading

[Whole Grains 101](#)

[Whole Food vs. Synthetic Supplements](#)

[Weston A. Price Foundation - Traditional Diets](#)

Dietary guidelines based on the findings...

Eat whole, unprocessed foods.

(This is a confusing concept because so much of what is available today is processed and labelling laws do not favor clarity.)

Use natural sweeteners in moderation, such as raw honey, maple syrup, maple sugar, date sugar, dehydrated cane sugar juice (sold as Rapadura) and stevia powder.

Use only natural, food based supplements.

Taken from...

Research by Dr, Weston A. Price, a dentist, in the 1930's in response to the rampant dental decay and structural problems he witnessed in his practice. His research involved a ten year study of the health of populations untouched by western civilization. His studies revealed that dental caries and deformed dental arches resulting in crowded, crooked teeth are the result of nutritional deficiencies within one generation, not genetic defects. His work is published in the landmark resource, *Nutrition and Physical Degeneration*, and is carried on today through the [Weston A. Price Foundation](#).

Quick Links

[Website](#)

[Newsletters](#)

[More About Us](#)

[Resources](#)

[Contact Us](#)

JOIN OUR
MAILING LIST





All material in this publication is provided for information only and may not be construed as medical advice or instruction. No action should be taken solely on the basis of this publication; instead, readers should consult appropriate health professionals on any matter relating to their health and well being. The information and opinions provided by this publication are believed to be accurate, tested and sound based on the judgement available to the authors. Readers who fail to consult with appropriate health professionals assume the risk of any injuries. Copyright, 2009, Ebenezer Wellness, Inc.

[Forward email](#)

 **SafeUnsubscribe®**

This email was sent to edwardnaylor55@gmail.com by elizabethnaylor@prodigy.net.

[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Ebenezer Wellness, Inc. | 2800 Purdue Ave | Dallas | TX | 75225