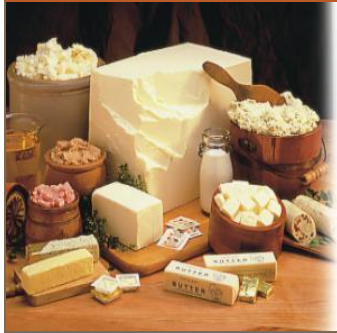


## Characteristics of Traditional Diets #3



### Vitamins & Minerals

*The diets of healthy, non-industrialized peoples contain at least FOUR times the minerals and water-soluble vitamins and TEN times the fat-soluble vitamins found in animal fats (vitamin A, vitamin D and Activator X, now thought to be vitamin K2) as the average American diet.*

### Dietary guidelines based on the findings...

Beef, lamb, game, organ meats, poultry and eggs from pasture-fed animals.

(note...although organ meats are not popular in modern cultures, they are a superfood with concentrated nutrients useful especially in times of growth such as pregnancy & childhood and in times of convalescence)

Eat wild fish (not farm raised) and shellfish from unpolluted waters.

Use animal fats, especially butter liberally.

Take cod liver oil regularly to provide at least 10,000 IU vitamin A and 1,000 IU vitamin D per day.

Use traditional vegetable oils only - extra virgin olive oil, expeller-expressed sesame oil & flax oil, and the tropical oils - coconut oil, palm oil and palm kernel oil.

### Further Reading

[Cod Liver Oil](#)

[Myths & Truths](#)

[Nourishing Traditions Cookbook](#)

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

### Quick Links

[Website](#)

[Newsletters](#)

[More About Us](#)

[Resources](#)

[Contact Us](#)

### 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](#).

JOIN OUR  
MAILING LIST



# SCOTT'S EMULSION

of pure COD LIVER OIL with HYPOPHOSPHITES of LIME SODA.

## THE TWINS.

Can you see! Happy little maids  
are we  
just as sweet as sweet can be  
fresh and rose strong of health.  
Mama says her dearest wealth  
is our bright dear faces' smiles.  
In our way may we combined  
become papa's kindest friend  
And this friend who has us blest  
In golden colored wrappers dressed  
"Looked under so snug and neat"  
In the boxes at our feet?  
This our friend Has World-Wide  
Fame.

Scott's  
EMULSION

IS THE NAME!



Sold Everywhere

SCOTT'S EMULSION will fortify the system against COUGERS, COLDS, CONSUMPTION, SCROFULA,  
GENERAL DEBILITY and ANEMIC WASTING DISEASES especially in Children. Palatable as Milk.

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](mailto: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

