

Characteristics of Traditional Diets #5



Food Enzymes & Beneficial Bacteria

Primitive and traditional diets have a high content of food enzymes and beneficial bacteria from lacto-fermented vegetables, fruits, beverages, dairy products, meats and condiments.

Dietary guidelines based on the findings...

Eat fresh fruits and vegetables-preferably organic-in salads and soups, or lightly steamed with butter. Begin each meal with a raw food in order to stimulate digestion.

Include enzyme-enhanced, lacto-fermented vegetables, fruits, beverages and condiments in your diet on a regular basis. Sauerkraut and plain, Greek, yogurt are the most common options. However, you can get creative and make your own or purchase additional lacto-fermented foods from farmers or specialty markets.

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](#).

Further Reading

[Lacto-Fermented Foods](#)

[A Primer on Enzymes](#)

[Raw Foods](#)

[Are Your Organically-Grown Foods Organic?](#)

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

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