

# CORE PRINCIPLES OF A HEALTHY TRADITIONAL DIET

In the 1930s, a Cleveland dentist named Weston A. Price, DDS, traveled to isolated parts of the world to study the dental health of people unaffected by Western civilization. His studies revealed that dental caries and deformed dental arches, which resulted in crooked teeth, were the result of nutritional deficiencies and not genetically inherited as previously believed.

Dr. Price studied sequestered villages in Switzerland, Gaelic communities in the Outer Hebrides, indigenous peoples of North and South America, Melanesian and Polynesian South Sea Islanders, African tribes, Australian Aborigines, and the Maori people of New Zealand. He found that beautiful straight teeth, freedom from decay, good physiques, and resistance to disease were typical of native groups who consumed traditional diets, rich in essential nutrients.

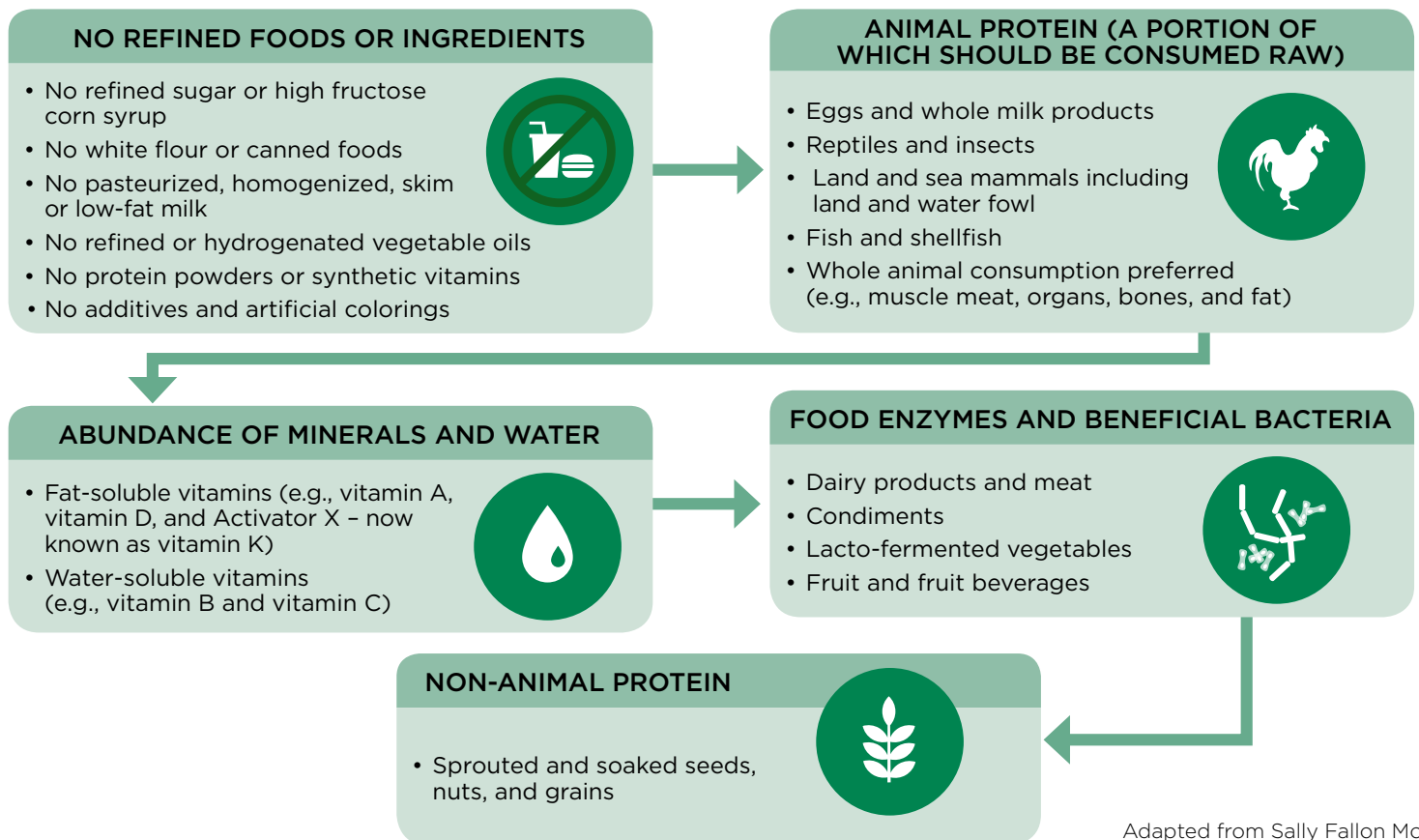
The isolated people Dr. Price photographed – with their fine bodies, ease of reproduction, emotional stability, and freedom from degenerative ills – stand in sharp contrast to civilized modern people subsisting on the “displacing foods of modern commerce,” which

includes sugar, white flour, pasteurized milk, low-fat foods, vegetable oils, and chemical and additive-filled items.

Compared to the average diet at this time, the indigenous diet provided at least four times the water-soluble vitamins, calcium, and other minerals, and 10 times the amount of fat-soluble vitamins from foods such as butter, fish eggs, shellfish, organ meats, eggs, and animal fats. These cholesterol-rich foods are the very same foods now shunned by the public today.

These healthy traditional people knew instinctively what scientists of Dr. Price's day had recently discovered – that fat-soluble vitamins were vital to health because they acted as catalysts to mineral absorption and protein utilization. Without them, we cannot absorb minerals, no matter how abundant they may be in our food. Dr. Price discovered an additional fat-soluble nutrient, which he labeled Activator X, to be present in fish livers, shellfish, organ meats, and butter from cows eating rapidly growing green grass in the spring and fall. All primitive groups had a source of Activator X, now thought to be vitamin K, in their diets.

## WHAT CONSTITUTES A HEALTHY TRADITIONAL DIET?



Adapted from Sally Fallon Morell's  
*Principles of Healthy Traditional Diets*