

Chapter 1 : Interview with Sally Fallon, Author of Nourishing Traditions

Welcome to my Nourishing Traditions blog! I am looking forward to this opportunity to write about my favorite subject: healthy food! I'll be doing lots of updates on the science of nutrition, traditional diets, raw milk, meal planning and interesting recipes. I'll be discussing the need for.

We always recommend trying a product before making a large investment. Price Foundation, is Sally Falon Morell. This foundation attempts to educate the people on the harm that the current dietary guidelines cause. The organization promotes raw dairy and animal fats. They want to teach parents about proper nutrition for babies and children, mainly avoiding soy formula for babies. They also encourage people to stop their low-fat diets. Real Milk is another organization founded by Sally Morell in The use of raw milk in cheeses has seen a resurgence in recent years. She is also the owner of a publishing company, NewTrends Publishing. Sally bought a farm with her husband, Geoffrey Morell, in Bowen Farmstead, does not use pesticides, herbicides, hormones, antibiotics, GMOs, corn or soy. They have cows, chickens, pigs and other animals. They also sell raw cheese, raw milk, pasture-raised poultry and eggs, and woodland pork. The farm offers several tours and classes on cheese making and poultry processing. Ingredients Nourishing Traditions Ingredients As this is a lifestyle philosophy and not like traditional diets, the list of acceptable foods and unacceptable foods is quite long. Nourishing Traditions does have an app for the phone or computer that gives a pretty detailed list of acceptable and unacceptable items. It will even list specific brands and gives detailed reasons why each thing is not acceptable. This is a guideline, of course, and no one is required to stick to it percent. The app is available for iPhone and Android. The app does require a paid subscription, which is unfortunate. However, they claim to be a non-profit organization. It does seem to be a well thought out app. It also allows rating of products by users and the ability to share search results and outcomes via social media with friends and family. Most reasons listed for not accepting an item are additives including flavoring, preservatives, coloring, synthetic vitamins, sugars, gluten, soy, ascorbic acid, citric acid, un-soaked or un-sprouted grains, stevia or refined carbohydrates. They also discourage the use of items using processed vegetable oils, skim milk and GMOs. The app also rates items as Best, Good and Avoid. Several critical guidelines for this lifestyle philosophy include: Here are the guidelines outlined in the cookbook and website: Fats, Oils and Saturated Fats Fats should account for 30 percent to 80 percent of dietary intake. Saturated fats are unlimited. Butter and meat fats are highly promoted as are dairy products in all forms. Vegetable oils other than olive oil and coconut oil are avoided. They claim that the body craves carbohydrates when saturated fat intake is too low. The body will then turn the carbohydrates into saturated fat in the body. Cholesterol exists in every cell in the body. According to NCBI , cholesterol is vital for the brain to function correctly. Meats, Poultry, Seafood, and Eggs All meats should be pasture raised. The cookbook promotes organ meats over lean muscle meat. They recommend eating the skin of poultry and fish. Eggs should also be pasture raised. Pork should either be cured or eaten with fermented foods. They also suggest eating raw animal products including fish, dairy, and meat. The Nourishing Traditions program also encourages a high consumption of bone broth. Grains and Legumes Grains and legumes are allowed in this program but need to be soaked or sprouted before use. They claim that grains and legumes contain antinutrients that are neutralized by soaking. They also claim soaking increases digestibility of the grains and legumes. Most cultures do soak legumes before cooking. According to ScienceDirect , one study on millet did find a reduction in certain antinutrients, namely tannins and phytates. It found that soaking for 16 hours in to Celsius significantly reduced antinutrients and increased digestibility. Vegetables and Fruits Any fruits or vegetables can be eaten raw or cooked, preferably with fat or with a meal containing fat. High carbohydrate vegetables, such as yams and sweet potatoes, are allowed and eaten with butter or animal fats. Many cultures other than the United States recommend salt intake with meals for digestion. Sodium in processed foods is not recommended. Coffee, Chocolate, and Alcohol The Nourishing Traditions program does not recommend the use of tea, coffee or chocolate primarily due to its caffeine content. They do allow alcohol in moderation if it is wine or unpasteurized beer. If you believe that saturated fats and cholesterol do attribute to artery build-up, then this regime may be harmful. If you think that saturated

fats are part of a traditional and healthy lifestyle, then it may be healthy. The many studies are showing results in both directions, that is the confusing part. One study suggests that exercise may be the key to the whole dilemma. It shows that walking 30 minutes several times a week reduces insulin resistance and help prevents coronary disease. It suggests that minutes of walking per week increases life expectancy by four years. The benefits of walking can be seen even if the subject does not lose weight. Some studies suggest that the type of carbohydrates eaten affects the body more than the type of fat. More studies need to be done, but there seems to be a correlation between negative health benefits and saturated fats and sugar. Most studies still suggest that saturated fats raise cholesterol levels and should negatively impact heart health. Smoking, alcoholism and drug use also have huge impacts on overall life expectancy and may exacerbate cholesterol-related issues. One study used two groups of overweight women. One group was given a low-fat, high-carbohydrate meal plan. The other group was given a low-carbohydrate, high-saturated fat meal plan. Both groups lost weight over the six-month test period. The low-carbohydrate, high-saturated fat group lost more weight than the low-fat, high-carbohydrate group. Both teams had normal glucose levels, insulin levels and blood plasma lipid levels at the end of the six-month period. The fat to water loss ratio of both groups appeared to be similar. The scientist conducting the study were unable to state why the low-carbohydrate, high-saturated fat group lost more weight than the low-fat, high-carbohydrate group. One theory is that eating considerable amounts of fats trains the body to burn fat as energy instead of carbohydrates, including stored body fat. One of the main benefits of high cholesterol consumption per Sally Morell is brain health. Cholesterol also helps regulate hormones in both men and women. The cholesterol protects the brain cells that control movement, thoughts, and sensation. The body can produce cholesterol in the liver; however, the brain is unable to access this cholesterol. The brain must create its cholesterol. However, low cholesterol levels may be due to smoking, low levels of nutrients, chronic illness or alcoholism. According to HarvardHealth , further studies show that low-cholesterol levels increase the risk of hemorrhagic. More research needs to be done to understand the function of cholesterol in the brain. According to NCBI , another study concludes that cholesterol is vital for memory and learning in the brain. However, they are unsure of the correlation. They did see some adverse side-effects in memory and learning from cholesterol-lowering drugs. Another study found no association between butter, ghee and memory. They did find that ghee appeared to be healthier than butter, NCBI reports. Does Nourishing Traditions Work? This is a tricky question to answer. It depends on the goals of each person. If the goal is to return to traditional foods based on animal products, vegetables, fruits, grains, and legumes, then it can work. Its usefulness as a weight loss regime is questionable. Any reduction in calories usually results in weight loss, especially when paired with regular exercise. There are specific issues with this program for weight loss. Fats are naturally higher in calories than protein or carbohydrates. However, they are usually more filling. It would be easy to increase caloric intake with this regime without even noticing. They claim that if you eat until satisfied but not full, you will not gain weight.

Chapter 2 : Nourishing Traditions : Sally Fallon :

Sally Fallon's Nourishing Traditions changed my life. Over a decade ago, and in the midst of many life stresses, I got a flu shot at work one year, and suddenly developed all sorts of allergies. I started to develop serious health problems - Asthma, Digestive issues, Raynaud's, Sjogrens.

For all I know, maybe my life. So I would like to present this book review as a personal story of its discovery, rather than a conventional book review. I will also end with some practical advice based on years of experience using this book about how to use it effectively for your own personal health. A Personal Encounter With Nourishing Traditions When I was in college I, unfortunately, performed an experiment in vegetarianism, with disastrous consequences. From my mental health to my teeth, these two years did nothing for me but deteriorate me in every way. For a more detailed account of this story, please click here. I worked on campus at the time, and my boss, Wayne Kirley, gave me a pamphlet on the benefits of raw milk. It led me to websites which ultimately introduced me to two books: It was the number one most fascinating book I had ever read. Price traveled to every "corner" of the earth to study isolated, non-modernized populations who were immune to tooth decay. Price found that an immunity to tooth decay was associated with dietary factors and not genetics one of the prevailing wisdoms of his day was that tooth decay was due to "race-mixing"! His book is illustrated with countless, amazingly beautiful pictures of these vibrantly healthy people. This book woke me up out of my vegetarian slumber. The strong emphasis of Dr. When I received the book, the picture of the author looked nothing like I expected. But more importantly, I was struck by the glow that Sally seemed to exude in the photo. Having been exhilarated with my stumbling upon these two books, I immediately told my boss he should order it. Now that we were both enamored with Nourishing Traditions, we decided to attend a local Sally Fallon lecture when it came around a couple months later. Photos can be deceiving. Makeup and lighting can do a lot of tricks for a photo. Did Sally maintain the same glow in person? My boss, Wayne, and I both concurred that Sally Fallon possessed something we could only describe as a "glow. More Than a Cookbook Nourishing Traditions is no ordinary cookbook. It has a page introduction on nutrition, on which Sally Fallon collaborated with internationally renowned lipid scientist Mary Enig PhD. The margins of every recipe page of this nearly page book are filled with interesting food-related tid-bits of every sort: This cookbook is truly a creative masterpiece, not simply a collection of recipes. Nourishing Traditions does not simply advocate a diet rich in animal products. It also highlights other important foods that our modern diets are missing. Pleasantly sour fermented vegetables have always been the mainstay of our digestive health, but have largely disappeared from the modern menu. Nourishing Traditions provides the details on how to conveniently perform these tasks on your own. The fermented drink recipes non-alcoholic not only improve digestion, but are amazing pick-me-ups when working in the summer heat, and taste delicious. With the instructions Sally Fallon provides, they are also relatively easy to make. How to Use Nourishing Traditions Nourishing Traditions represents the full spectrum of foods that can be healthy. For example, Nourishing Traditions will enable you to consume the most health-promoting forms of grains, if grains are something you can tolerate. But whether you choose this food from the grand menu that Sally Fallon offers is something you need to determine by other means. A great detailed, but easy to understand, book to help you discover whether grains are something you should include in your diet or reconsider is Dangerous Grains. Gluten-grains like wheat and barley may be causing disastrous consequences to your health without your knowledge, and you owe it to yourself to determine whether or not this is true for you. People who cannot tolerate wheat gluten the protein in wheat and the protein in the other gluten-grains can experience autoimmune diseases of the thyroid and pancreas, massive intestinal damage, and cancer as a result of eating these grains. Often the symptoms are very soft or even silent until something disastrous like cancer strikes. While many people who cannot tolerate pasteurized milk report that they can tolerate raw milk, this is not the case for everyone. Often milk intolerance disappears once someone eliminates gluten grains for good, or recovers the health of her or his intestinal flora. While it may be that certain traditional forms of sourdough fermentation would allow a gluten-intolerant person to eat these grains, as it has been demonstrated that some sourdough organisms do

indeed break down gluten, this is probably only the case with traditional strains of these grains that are lower in gluten, and not the massively high-gluten grains on the market today. Since the jury is still out on this, it promises hope; but, given the danger that gluten grains can pose, if one tests positive for gluten intolerance, it is not worth the risk to try at this point. The non-modernized populations that Dr. The balance was in carbohydrates. Your individual proportion of protein, carbohydrate, and fat, is going to have to be experimented with and changed according to what fits you best. Even good, healthy sugars, need to be eaten in moderation. Sally Fallon reports that she continues to feel healthier each year she ages! If you have an opportunity to see her speak some time, please do so, and verify it for yourself. In the very same hospital in which Weston Price died, uttering his final words, "You teach!"

Chapter 3 : The Nourishing Traditions Book of Baby & Child Care – Sally Fallon Morell and Thomas S. Cowart

Sally Fallon Morell, MA. Sally Fallon Morell is best known as the author of Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats.

We only recommend products and services we wholeheartedly endorse. This post may contain special links through which we earn a small commission if you make a purchase though your price is the same. I am heading in the direction of traditional food preparation methods, such as you can find in Nourishing Traditions by Sally Fallon Morell. What is Nourishing Traditions? Reading from the book, its premise is: Nourishing Traditions departs from modern industrialized food methods because it goes beyond just using whole, natural ingredients. It takes those ingredients and prepares them properly, according to the traditions of healthy, un-industrialized peoples across the globe. Examples of the quality ingredients and traditional preparations would be: I find the nutrition benefits very, very compelling. I resonated with almost everything I read. I tried out a few recipes. I tried sourdough bread; it was horrible – the starter got moldy, time after time. I tried soaking our oatmeal in lemon juice the night before cooking; the sour taste made us barely able to tolerate it. I should have tried a little harder, I think. The book also used many eggs, which were out because my son is allergic. So the book went back to the library. Fast forward to last year. By this time, we knew of gluten intolerance issues in my daughter and my husband. I heard from friends and read in other books about sprouting gluten grains. The issue kept coming up. We had to try it. We were curious whether sprouting would enable those two to be able to eat the grains without any adverse symptoms. I did some experiments with sprouting emmer wheat an ancient, ancient variety of wheat, kamut, hard white wheat, and spelt. See here and here. My husband and daughter did very well with these foods. They are thriving, and we are using sprouted spelt and other flours for all our baked good like cookies, biscuits, scones, tortillas and bread. The following is a paraphrase from Nourishing Traditions explaining what the sprouting does: The proteins in grains, especially gluten, are very difficult to digest. If the grains especially gluten grains are not soaked or sprouted, they put a great strain on the digestive system, which can over time, turn into allergies, celiac disease, mental illness, chronic indigestion and candida overgrowth. The process of sprouting partially breaks down the gluten and other difficult-to-digest proteins into simpler components more readily available for absorption. And the enzymes help with the rest of the job, done by our digestive system. Sprouting accomplishes a veritable pre-digestion of grains. Phytic acid, which blocks the absorption of calcium and magnesium, is largely decomposed. So are certain sugars which cause intestinal gas. Part of the starch is transformed into sugars and numerous enzymes that aid digestion are produced. Disease, sickness, and obesity run rampant – and it coincides with industrialization. Two words encapsulate industrialized food though we can hardly call it food: We will be incorporating more and more traditional food preparation techniques. I now soak all grains, nuts and seeds prior to consumption. The usual soaking medium for grains is whey added to filtered water. In the meantime, I either add a glug of raw apple cider vinegar or Kombucha to all my soaking water. From them, we plan on drinking raw milk, and making butter if I can get enough cream to separate, yogurt, buttermilk, and all sorts of cheeses. I am already experimenting with lacto-fermentation. Last week, I made lacto-fermented pickled turnips. This process takes a few days at room temperature, then the jar is moved to cold storage. I am determined not to repeat my experiments of six years ago! I have purchased starter to try soon. As well, I have yogurt starter, water kefir starter, milk kefir starter, and buttermilk starter to try. See my Resources page for starter sources. I have many, many recipes on this site that use the best of ingredients. This will take time, but I know can be done with a little thought. It is not more time they need, but rather, planning. Meals and dishes must be started days in advance. This can happen in minutes, and the beneficial work is done by the food itself. There is a very helpful brochure, including a simple list of traditional dietary guidelines, at the Weston A. For cooking demonstrations, and information on local resources and help, check to see if there is a local chapter of the Weston A. Price Foundation in your area. Price Foundation also runs the campaign, realmilk. If you have any questions, please feel free to ask. Although I am a newbie, I am an excited sponge for great information, so I can try to direct you in the right direction! This post is part of Fight Back Fridays!

Chapter 4 : Sally Fallon's Meatloaf Recipe from Nourishing Traditions cookbook

Sally Fallon Morell and Dr. Thomas S. Cowan are the authors of The Nourishing Traditions Book of Baby & Child Care. They are leaders in the campaign to raise children on nutrient-dense diets and to treat childhood illnesses with natural therapies.

This well-researched, thought-provoking guide to traditional foods contains a startling message: The unforgettable photographs contained in his book document the beautiful facial structure and superb physiques of isolated groups consuming only whole, natural foods. Price noted that all of these diets contained a source of good quality animal fat, which provided numerous factors necessary for the full expression of our genetic potential and optimum health. Sally applied the principles of Dr. When the youngest of her four children became old enough to attend school full time, Sally applied her writing skills and training in French and Mediterranean cooking to the subject of nutrition and began work on a comprehensive cookbook that would combine accurate information on nutrition with delicious, practical recipes. She teamed with Mary Enig, PhD, an expert of world renown in the subject of lipids and human nutrition. The book places special emphasis on the feeding of babies and children to ensure optimal development during their crucial growing years. Raw milk production is flourishing as are direct farm-to-consumer buying arrangements. Sally is frequent contributors to holistic health publications. Her work is widely respected for providing accurate and understandable explanations of complicated subjects in the field of nutrition and health. Several articles on the dangers of modern soy products have generated intense controversy in the health food industry. Sally Fallon Morell is founding president of the Weston A. The Foundation has fifteen thousand members and almost six hundred local chapters worldwide. The Foundation has changed the conversation about what constitutes a healthy diet and has stimulated many fine writers to challenge the legitimacy of the lowfat, low-cholesterol paradigm. The Foundation has also alerted the public to the dangers of modern soy products, especially soy infant formula. She also founded A Campaign for Real Milk [www. At its inception in , the website listed only twenty-eight sources of raw milk in the U. Today there are over two thousand, with many hundreds more not listed. Raw milk is the fastest growing agricultural product in the US; this growth has been largely stimulated by the information provided at \[realmilk. In , Sally and her husband Geoffrey Morell embarked on a new venture: Bowen Farmstead is a mixed-species, pasture-based farm that produces award-winning artisan raw cheese, whey-fed woodlands pork, pastured poultry and pastured eggs. The farm does not use corn, soy, GMOs, pesticides, herbicides, hormones or antibiotics. She speaks French and Spanish. Her interests include music, gardening, metaphysics.\]\(http://realmilk.com\)](http://www.realmilk.com)

Chapter 5 : Nourishing Traditions with Sally Fallon & Harry Blazer on Vimeo

Nourishing Traditions invites us to partake in the full feast of Human Traditions. At the root of our civilization is the wisdom and support for health and vitality. Come home to inspirational recipes and be nourished by wise insights that are thoughtfully explained and supported.

Reviews 0 Sally Fallonâ€™ founder and president of the Weston A. Price Foundation, nutrition researcher, lecturer, and mother of fourâ€™ takes readers through the ages, breaking down how our present food supply has been corrupted and what each of us can do to start eating healthfully again. Based on the brilliant research of Dr. Marinate meat in red wine for several hours or overnight. Remove from wine and dry off well with paper towels. In a heavy, flameproof casserole, brown the meat on all sides in butter and olive oil. Transfer meat to a plate and pour out browning fat. Remove stems and seeds from chiles. Use rubber gloves for this. Add all ingredients except salt and pepper to the casserole, bring to a boil, skim and return the roast to the pot. Bake in a degree oven for several hours or until meat is tender. Remove roast to a heated platter and keep warm in the oven. Run the sauce through a food mill [or blend it in a blender]. Return sauce to the casserole and reheat. If it is too thin, boil down for a bit; if too thick, add a little water. To serve, slice the beef and ladle sauce over each slice. From Amazon Customer Reviews: It led me to discover so much and to become much healthier and thinner. Lots of recipes for real food eating and a healthy family! Great information that will benefit your family! This is how we should all be eating and we will have much less disease in this world. Talk about saving on healthcare! The recipes are easy to follow. I keep my copy very close to the kitchen.

Chapter 6 : Nourishing Traditions by Sally Fallon PDF

Nourishing Traditions by Sally Fallon. The first chapter of her book is so right on target that I feel a little guilty for taking her ideas. The first chapter of her book is so right on target that I feel a little guilty for taking her ideas.

Mar 12, melissa rated it it was amazing I am a reformed vegan. I will say this again and again with no shame. I was a longtime vegetarian who went vegan after being diagnosed with rheumatoid arthritis and fibromyalgia. I thought I was eating "cleaner" and "healthier". I guess I did feel morally superior but physically I felt like crap and I never felt any relief from autoimmune disease flare-ups. Then I was diagnosed with hypothyroidism. I felt like my body was turning against me even though I thought I was healthy. After finding out t I am a reformed vegan. I mean, Tofutti Cuties!! And then magically one day I met Weston A. Go do that yourself. And I have almost-normal sleep now! I mean, shakes and chills and visions of goblins until I had an hourly fix -cleared complexion -okay, this is going to be harder to explain but I have this definition I never had before in my face and body. Like, contours I never knew I had. Magic, I tell you! I will get off this soapbox now! So, as another review said, this is more textbook than cookbook so I have a feeling I will be reading this forever. The general idea is grass-fed, organic meats, full-fat dairy and lots of it! There are characters remaining for this review. I wish I could use them all.

Chapter 7 : Nourishing Traditions, By Sally Fallon

There is a very helpful brochure, including a simple list of traditional dietary guidelines, at the Weston A. Price Foundation website (founded by Sally Fallon Morell, author of Nourishing Traditions).

Chapter 8 : Nourishing Traditions " This Book Saved My Health!

No doubt--Nourishing Traditions absolutely lives up to its subtitle in Sally Fallon's direct, no-nonsense critique of prevailing nutritional values and investigation of the vagaries of processed foods.

Chapter 9 : About - Nourishing Traditions

Sally Fallon's meatloaf recipe from Nourishing Traditions is slightly different from my typical meatloaf in that it has some fresh finely chopped vegetables in it. My daughter was reading the recipe this morning and said 'oh no' about the vegetables, but it was actually a welcome addition to a typically heavy dish.