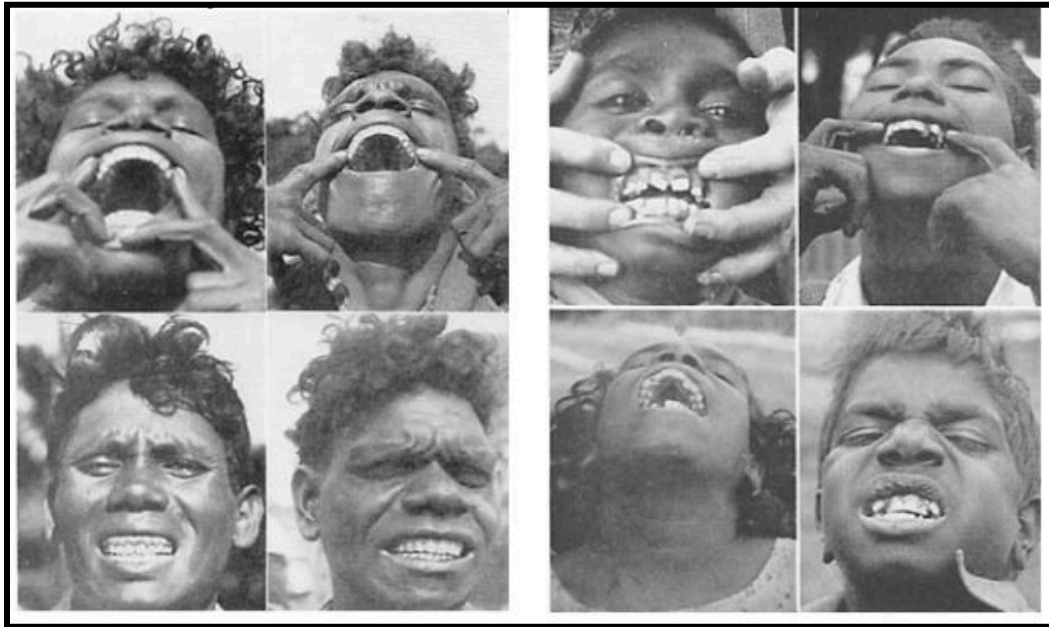




Nutrition and Physical Degeneration

Why is the modern diet so harmful?



(Left) Aboriginals eating traditionally | (Right) Aboriginals on a modern diet

In the 1930s, Dr. Weston A. Price traveled around the world to study the health of people living on traditional diets. This included the Aborigines of Australia, Native Americans, Polynesians, and many others. Dr. Price's research included 15,000 photographs, 4,000 slides, and many film strips.

The natives who lived on their traditional foods very rarely had dental cavities. Their teeth were straight and their facial structure was robust. Native peoples who lived in modernized cities had a significant number of cavities and dental deformities. They also had health problems that were non-existent to the natives living on traditional foods.

How did this happen? And why did the traditional diets work so well for preserving their health?

There are various culprits for what makes a modern diet so unhealthy. Vegetable oils, refined sugar/flour, dyes, and other additives are commonplace in many of our “food products.” Our processed foods also have very little vitamins and minerals. In fact, synthetic vitamins and minerals have to be added to most of our foods.

The native peoples who were eating traditional foods all had these things in common about their diets:

- Foods high in fat (especially from animals) were regularly consumed
- There were far more vitamins and minerals in their foods because of their soil quality
- There were no denatured (heavily processed) foods
- Grains, legumes, and seeds were properly prepared with cooking, soaking, and sprouting
- Fermented foods (high in probiotics) were present in every native diet
- Raw foods were regularly eaten and considered valuable
- There were sacred foods that were given to nursing and pregnant women

If you're interested in learning more about Dr. Price's work, check out *Nutrition and Physical Degeneration*. There's a lot that we can learn from the past. Food is not fuel, it is the mortar that holds the building blocks of our health together.

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