

Nourishing foods, nourishing traditions

Find good health in traditional diets

with Sally Fallon

Animal fats, properly prepared whole grains, enzyme-enriched foods and nourishing bone broths kept our ancestors healthy. These are the findings of nutrition pioneer Dr. Weston A. Price. Sally Fallon, author of *Nourishing Traditions* and President of the Weston A. Price Foundation, explains the importance of these foods for maintaining good health today.

In her first visit to Edmonton, Sally Fallon will introduce the research of Dr. Weston A. Price and spell out the relevance of his findings to our current health concerns.

Learn:

- the facts and the fiction surrounding the food we eat
- why butter is better
- how traditional fermented foods contribute to healthy digestion
- the benefits of raw whole milk from pasture-fed cows
- the dangers of soy and soy infant formula
- which foods help babies grow up strong and smart
- the vital role of high-cholesterol foods
- how to change your diet for the better



Sally Fallon is the author of the best-selling nutritional cookbook, *Nourishing Traditions*, and serves as founding president of the Weston A. Price Foundation, a non-profit nutrition education organization. She travels the world, lecturing and teaching on healthy nutrition and traditional cuisine.

The Weston A. Price Foundation is dedicated to restoring nutrient-dense foods to our tables and boasts over 350 chapters worldwide. The foundation supports accurate nutrition education, organic and biodynamic farming, pasture feeding of livestock, community-supported farms, honest and informative labelling, prepared parenting and nurturing therapies.

Nourishing foods, nourishing traditions

Sunday, May 7, 2006; 1 p.m. to 5 p.m.

Old Timers Cabin

9430 Scona Road (directions available)

Edmonton, Alberta

Cost to attend: \$15 per person or \$25 for two (Bring a friend or family member.)

- Please register early so we can judge numbers.
- A subsidy may be available.

For more information or to register:

- 1-780-417-3952 (please call before 9 p.m.)
- nourishingtraditions@gmail.com

For further information on Sally Fallon and the Weston A. Price Foundation:

- www.westonaprice.org

Who should attend?

This seminar is highly recommended for: parents—students—food writers—food providers—farmers—health professionals—teachers—public servants—cancer patients—heart disease patients—dental patients—people interested in nutrition—people with no interest in nutrition—nutritionists and dieticians —doctors—nurses— dentists— people concerned about their health—people who love to cook—people who hate to cook—people who like to eat—grandparents concerned about grandchildren—couples who want healthy babies—people who want answers—people who love controversy—and people who want to know how to improve the quality of their lives!