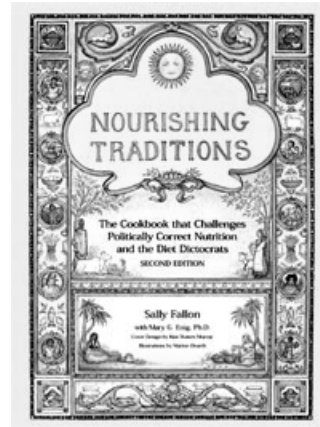


PRESENTED BY NOURISHING CONNECTIONS,  
THE DENVER CHAPTER OF THE WESTON A.  
PRICE FOUNDATION

# Transitioning to a Traditional Diet

Putting the Principles of  
Nourishing Traditions  
into Practice



CO-SPONSORED BY  
HEALTH CENTER AT AURARIA  
STANDARD PROCESS WEST  
GUIDESTONE FARM  
THE STEWADSHIP COMMUNITY

Saturday  
September 11th, 2004  
9 A.M.—5 P.M.  
Historic Tivoli Turnhalle  
Auraria Campus  
Denver, Colorado

Your Chance to Find Out...

...why saturated fat is good for you  
...how to make fermentation work for you  
...the healing benefits of raw milk

Nourishing Connections, WAPF Denver Chapter  
3770 S. Ulster St.  
Denver, CO 80237

## Conference Schedule

8:30—9:30 Registration and Vendors

9:30—11:30 Keynote: Why Saturated  
Fat is Good for You.

For decades saturated fat has been tagged as a nutritional gangster that causes all sorts of havoc on our health. But in fact, science confirms saturated fat is a necessary nutrient that can actually improve your health and protect you from disease!

Dr. Bruce Fife, C.N., N.D. is an author, speaker, certified nutritionist, and naturopath. He has written 18 books including *The Healing Miracles of Coconut Oil* and *Saturated Fat May Save Your Life*. He is a leading coconut researcher, Director of the Coconut Research Center, and is respectfully called "Dr. Coconut."



11:30– 12:30 Lunch and vendors

Optional lunch available made from local, traditional foods

**Pick 3 of 5 breakout sessions for the remainder of the afternoon.**

12:30—1:45 Breakout session 1

2—3:15 Breakout session 2

3:30—4:45 Breakout session 3

## Registration Information

Advance registration by September 1st, 2004

Single ticket: \$35

Groups of 2 or more: \$30

Registration at door: \$45 per person (no groups)

Optional lunch: \$10

To register, send registration form with check or money order to:

WAPF Denver Chapter  
7824 S. Malamute Trail  
Evergreen, CO 80439

OR

Register online at

<http://www.nourishingconnections.org>

Credit Card Payments accepted through PayPal

Please make checks and money orders payable to  
**WAPF Denver Chapter**

**For more information, contact:**

Rebecca Richey 303-796-8580, Denver area

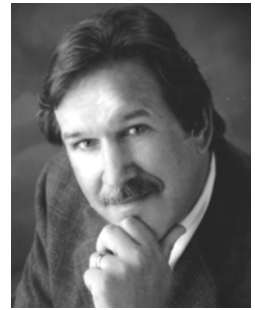
Colette Slade 970-204-1727, Northern CO area

Email: [Jen@nourishingconnections.org](mailto:Jen@nourishingconnections.org)

Learn more about the Weston A. Price Foundation at [www.westonaprice.org](http://www.westonaprice.org) or call 202-333-HEAL for a free informational brochure containing Myths and Truths about Nutrition and Concise Dietary Guidelines.

## Friday Night Extra from 6 to 9 P.M!

Mark Anderson, educator, author of *Empty Harvest*, and *Standard Process West* executive, will be offering a special educational seminar on Weston A. Price. For those new to Weston A. Price, as well as veterans, this information is fascinating and motivating. Learn why animal fats were sought after by traditional people. Mark will also review other nourishing practices and offer ideas on how to incorporate them into your lifestyle. This is a great introduction to Saturday's jam-packed event! Same location.



## Saturday Breakout Sessions

**Figuring Out Fermentation:** The value of fermented foods is undeniable! These foods, such as raw sauerkraut and kombucha, provide beneficial bacteria, enzymes, and better nutrition. Presented by Rebecca Richey, RN., MS, who is a colon hydrotherapist and Registered Nurse. She has been following Nourishing Traditions for over 5 years and has great experience with fermentation.



**Raw Milk and the Politics of Food:** Raw milk is often called the "perfect food." Join our discussion on the value of this healing food, its production, its safety, and the politics that surround its consumption. Presented by David Lynch, who is the director of Guidestone Farm, a Community Supported Agriculture project featuring a 150-acre organic farm. He has been operating a raw milk dairy for thirty years and crafted the cow-share program.



**Implementing a Nourishing Traditions Diet:** Now that you know the benefits of consuming traditional foods that have been prepared correctly, how do you make it happen—especially on a budget? Presented by Donna Wild. Ms. Donna Wild has studied, practiced, and taught herbal and natural nutritional health approaches to doctors and laymen for 19 years. As a technical consultant for doctors, she has worked for Standard Process West for the past 15 years.



**Using Traditional Fats in the Kitchen:** The key to fats is using the *right kinds*. Learn how to incorporate the best choices into your meals on a daily basis—the discussion will include useful tips and recipe ideas. Presented by Jen Allbritton, CN., who has been researching, writing, and presenting on all topics of nutrition since 1996. She has been the nutrition coordinator for Vitamin Cottage Natural Grocers for the past 6 yrs. and is regularly published in their *Health Hotline* and the *Denver Daily News*.



**Using Raw Milk at Home:** Besides consuming this healing food straight, there are numerous ways to make it even more functional in the kitchen! This hands-on session will feature the how-tos for making clabbered milk, cream cheese, whey, and more. Presented by Sharon Foutch, a mother of two boys and homemaker. Her extensive experience working with raw milk coupled with a passion for helping people find true healing makes her an excellent informational resource.



## Directions

### From Denver International Airport:

Take Pena Boulevard to Interstate 70  
Take I-70 West to Interstate 25  
Follow "From the north" Directions

### From the north:

Take I-25 South to Speer Blvd  
Take Speed Blvd South (Downtown) to Auraria Pkwy  
Turn left on Auraria Pkwy; move to the left lane  
Turn left on 9th St.  
Tivoli parking on right (building on left)

### From the south:

Take I-25 North to Auraria Pkwy  
Take Auraria Pkwy East; stay in right lane  
Turn right on 9th St.  
Tivoli parking on right (building on left)

### From the west:

Take 6th Ave East to I-25  
Take I-25 North to Auraria Pkwy  
Take Auraria Pkwy East; stay in right lane  
Turn right on 9th St.  
Tivoli parking on right (building on left)

## Historic Tivoli Turnhalle Auraria Campus Downtown Denver

900 Auraria Parkway  
Denver, CO 80204

### For more information, contact:

Rebecca Richey 303-796-8580 in Denver area  
Colette Slade 970-204-1727 in Northern CO

### Email:

Jen@nourishingconnections.org

## Registration Form

\_\_\_\_\_  
Name(s)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_  
Address

\_\_\_\_\_  
City State Zip code

\_\_\_\_\_  
Email

\_\_\_\_\_  
Phone

### Advanced Registration (by 9/01/2004)

\_\_\_\_\_ Single ticket @ \$35 \_\_\_\_\_

\_\_\_\_\_ Group @ \$30 X \_\_\_\_\_

\_\_\_\_\_ Lunch @ \$10 X \_\_\_\_\_

Total Enclosed \$ \_\_\_\_\_

Payment by: \_\_\_\_\_ Check

\_\_\_\_\_ Money Order \_\_\_\_\_ Cash (at door only)

Make checks payable to WAPF Denver Chapter.

Send Registration Form and Payment to:

WAPF Denver Chapter  
7824 S. Malamute Trail  
Evergreen, CO 80439