



Join the Austin chapter  
of the Weston A. Price Foundation  
in welcoming

*Sally Fallon*

~AUTHOR OF~

NOURISHING TRADITIONS

FEBRUARY 9TH, 2006

THE OILING OF AMERICA  
THE CHOLESTEROL MYTHS

The evening will focus on how the false cholesterol theory caused Americans to abandon traditional whole foods and created an epidemic of chronic disease.

7-9 PM AUSTIN WALDORF SCHOOL

PAC Recital Hall

8700 S View Rd, Austin

\$15 at the door

288-2582 for more info

Sally Fallon is the author of *Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats*. This well-researched, thought-provoking guide to traditional foods contains a startling message: Animal fats and cholesterol are not villains but vital factors in the diet, necessary for normal growth, proper function of the brain and nervous system, protection from disease and optimum energy levels.

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