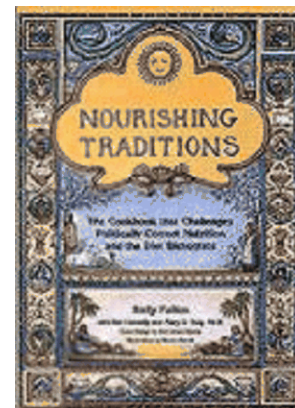


**Families for Natural Living Presents:**

**SALLY FALLON,  
NOURISHING TRADITIONS' AUTHOR  
AND PRESIDENT OF  
THE WESTON A. PRICE FOUNDATION**



**WHEN:** June 4<sup>th</sup> and 5<sup>th</sup>, 2004

**WHAT:** "The Oiling of America", Lecture and Question and Answer Period  
Friday Evening, 7 p.m. to 9 p.m.

"A Seminar on Healthy Traditional Diets: How to Change Your Diet for the Better"  
Saturday, 9 a.m. to 5 p.m.

**WHERE:** Temple Baptist Church Social Hall, 235 Harpersville Road,  
Newport News, Virginia 23601 (Directions on Reverse)

**COSTS:** Friday Evening Lecture, \$5 a person  
Saturday Seminar, \$ 45 a person, organic box lunches available for \$8

**REGISTER BY JUNE 1, 2004 BY CALLING 1-888-FNL-GRPS OR FNLEMAIL@AOL.COM**



**Author Sally Fallon Exposes the Dangers of Low-Fat Diets  
Urges Return to Traditional Food Choices  
and Preparation Techniques**

In her controversial cookbook *Nourishing Traditions*, and in numerous articles appearing in holistic publications, nutrition journalist Sally Fallon exposes current establishment low-fat propaganda as a conspiracy to rob Americans of their health and vitality, and to enrich the powerful fabricated food industry, based in large part on refined carbohydrates and vegetable oils derived from corn and soybeans.

Mrs. Fallon and her colleague, Mary G. Enig, Ph.D., a world renowned expert on the subject of lipids and human nutrition, draw on a wealth of scientific and anthropological findings to refute the notion that Americans should cut back on animal fats and cholesterol-rich foods, pointing out that 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. Animal fats and proteins are especially necessary for the proper development of babies and children.

Other themes in *Nourishing Traditions* include the importance of traditional broths as a source of minerals and as an aid to digestion, made from the bones of chicken, fish, beef and lamb; of proper preparation of grain, nuts and legumes to neutralize enzyme inhibitors and mineral-blocking substances found in all seed foods; and of ancient techniques for food preservation that enhance nutrient content while supplying beneficial digestive flora on a daily basis.

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Mrs. Fallon explains the importance of returning to organic farming, pasture-fed livestock and whole traditional foods, properly prepared, if Americans are to regain their health and vitality, and return to an economy based on small scale organic production and food processing that returns added value to the independent farmer, rather than to large-scale food processing conglomerates.

*Continued on Reverse...*

## Have You Heard The News?

FNL is moving forward quickly to meet the growing demands from parents who want to make informed health and health care choices for their families. In the last year FNL has...

- Launched a new website that features an online bookstore, national natural living directory, national, international, and state resources, web pages and contact information for our growing national network of support groups and sister organizations and an online meeting manual for support groups.
- Been featured in the March 2004 issue of the health food store magazine "Delicious Living: Feed Your Body, Feed Your Spirit". Under their "Making a Difference: Six Causes Worth Your While", FNL is listed as number three, behind the New American Dream and the Endangered Species Coalition. Delicious Living can be found in many health food stores nationally.
- Begun working with international natural parenting organizations, magazines and activists to create a global natural living community.

PLEASE HELP US TO CONTINUE OUR MISSION TO EDUCATE AND SUPPORT FAMILIES WHO WANT TO MAKE A DIFFERENCE BY CONTRIBUTING YOUR TAX-DEDUCTIBLE DONATION TO FNL AT THE BELOW SNAIL MAIL ADDRESS OR VISIT US ONLINE AND MAKE YOUR DONATION THROUGH PAYPAL.  
CALL US TODAY FOR VOLUNTEER OPPORTUNITIES AS WELL. THANK YOU FOR YOUR SUPPORT!



P.O. Box 3653  
Williamsburg, VA 23187-3653  
1-888-FNL-GRPS  
[www.FamiliesForNaturalLiving.org](http://www.FamiliesForNaturalLiving.org)

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Meet & Hear Nourishing  
Traditions Author Sally Fallon!

### Directions to Temple Baptist Church, Social Hall, 235 Harpersville Rd., Newport News, VA

Temple Baptist Church is located between Warwick Blvd. and Jefferson Ave. on Harpersville Road.

Parking is in the back of the church, where Social Hall is also located.

**From Richmond/Williamsburg on I-64 Eastbound** - Take the Hampton Roads Center Parkway West Exit off of I-64 and follow the Parkway about 4 miles until you reach Jefferson Avenue. Continue straight through the light (which now becomes Harpersville Road). The church is a 1/4 of a mile on the right. The main entrance is located just past the main buildings.

**From Norfolk/ VA Beach on I-64 Westbound** - Take the Magruder Blvd. exit and follow Magruder until you reach the Hampton Roads Center Parkway. Go westbound and follow the Parkway about 4 miles until you reach Jefferson Avenue. Continue straight through the light (which now becomes Harpersville Road). The church is a 1/4 of a mile on the right. The main entrance is located just past the main buildings.

**From Denbigh** - Take Jefferson Avenue east. Turn right on Harpersville road (3rd light after J. Clyde Morris). The church is 1/4 mile on the right. The main entrance is located just past the main buildings. If you are coming down Warwick Blvd., turn left on to Harpersville Road. The church is a 1/4 of a mile across the railroad tracks on your left.