

Wise Traditions 2023

23RD ANNUAL CONFERENCE
OF THE WESTON A. PRICE FOUNDATION

CONFERENCE PROGRAM

THE CONFERENCE THAT NOURISHES YOU IN EVERY WAY



Kansas City, Missouri
October 20-22, 2023

THE WESTON A. PRICE FOUNDATION[®]
for **Wise Traditions** IN FOOD, FARMING AND THE HEALING ARTS

Education Research Activism

Wise Traditions 2023

23RD ANNUAL CONFERENCE
OF THE WESTON A. PRICE FOUNDATION

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THE WESTON A. PRICE FOUNDATION®


Education ♦ Research ♦ Activism

The Weston A. Price Foundation is a nonprofit, tax-exempt charity founded in 1999 to disseminate the research of nutrition pioneer Weston A. Price, DDS, whose studies of isolated nonindustrialized peoples established the parameters of human health and determined the optimum characteristics of human diets. Dr. Price's research demonstrated that men and women achieve perfect physical form and perfect health, generation after generation, only when they consume nutrient-dense whole foods and the vital fat-soluble activators found exclusively in animal fats.

The Foundation is dedicated to restoring nutrient-dense foods to the American diet through education, research and activism and supports a number of movements that contribute to this objective, including accurate nutrition instruction, organic and biodynamic farming, pasture-feeding of livestock, community supported farms, honest and informative labeling, prepared parenting and nurturing therapies. Specific goals include establishment of universal access to clean, certified raw milk and a ban on the use of soy-based infant formula.

The Foundation seeks to conduct research to test the nutrient content of foods, particularly butter produced under various conditions and the "X" Factor, discovered by Dr. Price; and to determine the effects of traditional preparation methods on nutrient content and availability in whole foods.

The board and membership of the Weston A. Price Foundation stand united in the belief that modern technology should be harnessed as a servant to the wise and nurturing traditions of our ancestors rather than used as a force destructive to the environment and human health; and that science and knowledge can validate those traditions.

The Weston A. Price Foundation is supported by membership dues and private donations and receives no funding from the meat or dairy industries. 

PRESIDENT'S WELCOME

October 20, 2023



Dear Friends of the Weston A. Price Foundation:

We are delighted that you have joined us for the 23rd annual Wise Traditions conference! Welcome back to a full house, sold-out exhibit hall, many wonderful speakers and, of course, delicious Wise Traditions meals.

At this conference, our speakers will continue the WAPF tradition of challenging scientific orthodoxy. William Trebing will show the fallacies of the germ theory and, more importantly, explain why such shoddy science remains the basis of medical practice. Our keynote speaker, Sasha Latypova, will expound on how health care has been weaponized for harm and not the general good. Alec Zeck joins me in challenging the infectious disease paradigm. And board member Tom Cowan, MD, will present the fundamentals of the new biology.

Several speakers will explore the dangers of Wi-Fi and 5G, with suggestions on how to survive in our EMF-polluted world; holistic dentists Dawn Ewing and Blanche Grube will talk about the dangers of modern dental practices. Speakers will address risks such as environmental chemicals, parasites and oxalate intolerance, while others discuss establishing the gut microbiome and the health benefits of raw milk. Natasha Campbell-McBride will be here in person to talk about the GAPS diet and the dangers of vegetarianism. We'll also hear about such interesting topics as the flaws in the climate change narrative and money system alternatives.

We have many practical talks this year, with experts on homeopathy and herbalism, Wise Traditions food preparation, lacto-fermentation, nose-to-tail butchering, natural movement, living off the grid and natural honey production.

The biggest complaint we get about our conferences is: "I can't decide which lecture to attend!" That's a deliberate policy on our part—we try to make every track as interesting as possible. In fact, we have thirty-nine outstanding speakers this year and three to four tracks daily. But fortunately, you don't have to choose. Audio recordings of all the speakers and video recordings of many will be for sale at the Fleetwood Onsite Conference Recording table and at their site: fleetwoodonsite.com/index.php?cPath=40_649.


This conference offers continuing education units (CEUs) for nurses, NANP nutritionists and acupuncturists. You may sign up for them at WAPF's conference registration desk.

Please plan to spend some time in our exhibit hall—we have more exhibitors than ever. I know you will be impressed with the quality and variety of the exhibitors—including an oyster bar! And we don't let just anyone exhibit—exhibiting is by invitation only, so you know that all the products and foods for sale are approved by us. We welcome the many new exhibitors, as well as those who have attended in the past.

You have come to expect wonderful food at our Wise Traditions conference, and this year you will not be disappointed. We have worked closely with the chef and staff of the Kansas City Convention Center to provide delicious, nutritious meals featuring a variety of farm-fresh foods. All of our conference meals are gluten-free (with gluten-containing sourdough bread on the side). We are especially grateful to our food donors who are providing a cornucopia of high-quality products. Particular thanks go to Yolanda Hawthorne who has worked with the chefs to make sure all meals are WAPF-friendly and delicious.

If you have any questions or special needs, please speak with Paul Frank or one of his assistants at the conference registration desk. We'll do our best to make your conference weekend not only educational but also enjoyable in every way.

Sincerely yours,



Sally Fallon Morell
President

Wise Traditions 2023

23RD ANNUAL CONFERENCE
OF THE WESTON A. PRICE FOUNDATION
OCTOBER 20–22, 2023

KANSAS CITY CONVENTION CENTER, KANSAS CITY, MISSOURI

We would like to acknowledge and thank our sponsors for their generous support of the Weston A. Price Foundation and our conference.

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New Biology by Dr. Tom Cowan

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Real Salt

Children's Health Defense

Garden Goddess

Relax Saunas

CleanNature

Gardens of Grace

Simply Ghee

Energetic Wellness

Kansans for Health Freedom

Steiner Books

Midwest Mermaid Muse

IMPORTANT NOTICE

We choose our exhibitors carefully; all the products they provide at this conference are approved by the Weston A. Price Foundation.

We ask our exhibitors, and also any speakers associated with our exhibitors, to promote their products by emphasizing the good things about the foods, supplements and other items they are selling. We do not allow vendors to criticize other products or vendors.

If you as an exhibitor, attendee or speaker have any concerns about a particular product, please bring these concerns to the Weston A. Price Foundation staff, and we will investigate. Any exhibitor or representative of an exhibitor found criticizing or making negative statements about other products at this conference will be asked to leave.

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Gratitude

A conference like Wise Traditions is only possible through the efforts of many individuals. The WAPF Board of Directors is most grateful to:

- The Weston A. Price Foundation staff
- Paul Frank and the staff of PTF & Associates
- Our excellent speakers
- Our interesting exhibitors especially Platinum, Gold, Silver and Bronze
- Food donors
- The conference support team: George and Maureen Diaz, Mike Mudrak, Mitch Gore and Agnes Bunagan
- Talented WAPF consulting chef Yolanda Hawthorne and conference chef, Brian Schulz and F&B team
- Wonderful conference attendees and our dedicated volunteers

... and many others who have provided contributions of their time, energy & advice!

We have come from near and far...

Attendees are from: Ireland, Canada, Mexico, Puerto Rico, United Kingdom and the U.S.

Washington, DC and all states except Hawaii and Rhode Island are represented:

Missouri 127	Georgia 24	Montana 10	Canada 4
Texas 121	North Carolina 24	Utah 10	Alaska 3
Kansas 95	Idaho 24	Alabama 8	Mexico 3
California 83	Michigan 22	Kentucky 8	Louisiana 2
Florida 69	Washington 20	Vermont 8	North Dakota 2
Colorado 53	Iowa 20	Massachusetts 7	Puerto Rico 2
Illinois 40	Pennsylvania 18	New Hampshire 7	Washington, DC 2
Virginia 36	Oregon 18	New Mexico 7	Wyoming 2
Ohio 34	Arkansas 17	South Carolina 7	Ireland 1
Tennessee 29	Indiana 14	Connecticut 6	Maine 1
Oklahoma 27	Arizona 13	Delaware 6	United Kingdom 1
Wisconsin 26	Maryland 13	South Dakota 6	West Virginia 1
New York 25	Minnesota 13	Mississippi 5	
Nebraska 25	New Jersey 12	Nevada 5	

SCHEDULE AT A GLANCE

Friday, October 20

7:15–8:45 am	FTCLDF Breakfast
7:30–8:30 am	Movement
9:00–10:15 am	DUNN Nourish Your Family with “Junk” Foods Cooked Right CAMPBELL-MCBRIDE GAPS Concept: What Causes All Chronic Disease?, Part 1 GRUBE Mercury, Root Canals and Implants—Oh My!
11:00 –12:15 pm	RUDDICK Lost Wisdom of the Tribes and the Throne Theory of Health CAMPBELL-MCBRIDE GAPS Concept: What Causes All Chronic Disease?, Part 2 VILLANTI Parasites: Well Beyond a Gut Story
12:15–1:45 pm	Lunch
1:45–3:00 pm	FALLON MORELL Got Real Milk? Safety, Health, Economic, and Legal Issues THOMPSON Science For Sale: A Tangled Tale of Treachery FOSTER Your Gut 2.0—Unraveling Oxalate Intolerance
4:00–5:15 pm	NATHALIE B Easy Horizontal Beekeeping to Source Your Own Unfiltered Raw Honey and Other Products of the Hive FALLON MORELL The Contagion Myth RUEDA The Missing Link to Health: Balancing Tiny Explosions
6:00–7:30 pm	Dinner
7:30–9:00 pm	TREBING Germ Theory Folklore: Why Such a Tight Grip on the Big Lie? Film with Q&A ZECK Screening of Segments of “The End of Covid” (Free to the Public) Ask the Practitioners Panel CAMPBELL-MCBRIDE, COWAN, VILLANTI, EWING, FALLON MORELL

Saturday, October 21

7:15–8:45 am	FTCLDF Breakfast
7:30–8:30 am	Movement
7:30–8:15 am	Sponsor Presentations Tom Cowan and the New Biology with Dr. Adam Woullet Hearth and Homestead Smart Dots
9:00–10:15 am	FALLON MORELL Nourishing Traditional Diets, Part 1 CARLIN The Microbiome: The Ultimate Information Superhighway BROWN Introduction to Using Homeopathy at Home JAY Gender Bender Chemicals
11:00 –12:15 pm	FALLON MORELL Nourishing Traditional Diets, Part 2 MILLER The Loss of Local Farms and What you Can Do About It JONES Be Nice to Your Weeds. They Just Might Save Your Life! JAY Fluoride: A Story of Manipulation
12:15–1:45 pm	Lunch
1:45–3:00 pm	SCHINDLER Making Home Nose-to-Tail Butchering and Cooking Accessible MANOOKIAN Freedom, Law, and Litigation: A Spiritual Battle at Heart EWING How Dental Meridians are Blocked by Root Canals COWAN The New Biology Medicine, Part 1
4:00–5:15 pm	SCHINDLER The Modern Stone Age Household: Making an Ancestral Diet Work in Today’s World MASTERJOHN Finding Your Personal Wise Traditions DEL SOL BEAULIEU Opting Out of the “Internet of Bodies”: The Link Between EMFs/5G and ‘Vaccines’.. And Holistic Solutions COWAN The New Biology Medicine, Part 2
6:30–9:30 pm	Awards Banquet Keynote: LATYOVA Weaponized Healthcare: Global Attack on our Genes, Microbiome, and Food Source

SCHEDULE AT A GLANCE

Sunday, October 22

7:15–8:45 am **FTCLDF Breakfast**

7:30–8:30 am **Movement**

7:30–8:15 am **Sponsor Presentation**
Walkabout Health Products
Sauna Space
EMF Rocks

8:45–10:00 am **A Wise Traditions Home Panel**
FALLON MORELL, DIAZ, MULDOON, BOYNTON, GORE
CHILTON Natural Movement Training: An Anthropological Approach to Movement and How to Do It on Your Own!
WASHINGTON Mass Action of Liability Regarding Vaccines, 5G, and 'Smart' Meters
ZECK Reframing the Infectious Disease Paradigm

10:45–12:00 pm **CAMPBELL-MCBRIDE** Vegetarianism Explained
BROWN Creating Strong Communities, Food Systems, and Prosperity by Taking Back Our Money System
RUBIK The Perils of 5G and How to Protect Ourselves from EMFs
DOUG AND STACY OF OFF GRID How Being Dirty Keeps us Healthy in a Sterile World

12:00–1:30 pm Lunch

1:30–2:45 pm **LONGACRE:** Preserving the Fruits of Your Garden through Fermentation and Other Means
KIRKPATRICK Discussion of Climate Change: Biblical Apocalypse or More Hot Air?
FITTS, LATYPOVA What You Can Do When You Try: Highlighting Heroes

3:00–4:00 pm **Closing Ceremony** **FALLON MORELL, STEFFAN**
Free Will is an Active Process

Monday, October 23

7:00 am–6:00 pm **Professionally Guided Farm Visit**
WINTER, CAMPBELL

Make the Most of Your Conference Experience

Meet others! Nowhere else will you find so many kindred spirits gathered to learn and discuss health and traditional food. Don't be shy—introduce yourself!

Visit our sponsors and exhibitors. They have wonderful information and products to share with you.

Tell your friends. One-day passes are available, plus people can visit the exhibit hall and see the Friday movie for free.

First timer? We recommend Saturday's seminar on traditional diets for anyone who is new.

Is there something you need? Please see the room monitor near the entrance of each session room or visit the registration desk for help.

Stay comfortable. Bring a sweater or jacket to the meeting rooms, which may be chilly.

Benefit the group. During Q&A periods, if you have a question that you think will benefit the group, please go to the microphone so all can hear you. Personal health questions should be posed privately.

Stretch and enjoy. Before attending the talks, attend the early movement sessions.

Leave united and inspired.
Share this information with friends.

CONFERENCE SURVEY

We appreciate your feedback so that we can offer a great conference.

Please go to the link to complete the survey.

<https://www.surveymonkey.com/r/Missouri2023>

GENERAL CONFERENCE INFORMATION

Name Badges

Your conference name badge is your admission ticket to all sessions, plus it helps create community when we can see each other's name and city. To enter a session, you will have to wear your badge.

Meals

Your meal tickets were in your registration envelope. Please provide the appropriate ticket to the volunteer at meal time. Without a ticket, you cannot get a meal. There is plenty of food for all. One complaint we have each year is that people waste food. Please don't overload your plate but rather take a reasonable amount and return for seconds if you are still hungry. Please do not fill your plate in order to take food to someone who has not bought a meal ticket. Please see the Registration Desk if you need a meal ticket.

Children's Meals

Please note that the children's program is closed during the lunch and dinner hours. If you purchased meals for your child in this program, your child will dine with you in the main meal room for every meal except the Saturday evening banquet.

Fermented Foods

Our menu includes delicious, healthy fermented foods and drinks, which provide good bacteria needed for a healthy gut. Traditional cultures often ate them with meals, though not in large quantities. If fermented foods are new to your diet or if you overeat them, you may feel some discomfort or gas. It is not harmful, simply uncomfortable. We recommend limiting the amount you eat at each meal.

Cell Phones

Please set your cell phone either to 'off' or 'airplane mode' during talks or leave it in your room. We have arranged to have a powerful device to help mitigate damage from EMFs at the conference. See Essential Energy booth.

Session Rooms

If you have a question for a speaker, you may ask it at the microphone at the end of the talk. Please do not ask personal health questions but questions that will be of general interest.

Children Attending

Children ages 3-12 who are potty trained are welcome to the conference as long as they are enrolled in the children's program. There will be no programs or childcare provided for infants and children under age 3. For the sake of other conference attendees, we ask that adults who bring young children to sessions take them out of the session if they are too noisy.

Conference Evaluation

We appreciate your time in submitting an evaluation. We review these carefully and consider your comments.
[surveymonkey.com/r/Missouri2023](https://www.surveymonkey.com/r/Missouri2023).

EMF Protection See page 30.

Talks

If we get them from speakers, we will post talk slides on [wisetraditions.org](https://www.wisetraditions.org).

Conference Recordings

Please visit the Fleetwood table to inquire about ordering recordings of this or past conferences at a 25% discount while at the conference. After the conference, go to [westonaprice.org](https://www.westonaprice.org) for recordings information.

Luggage Storage

If you are checking out of the hotel on Sunday morning and need to store luggage, please see the staff at the hotel front desk.

Photo/Video Release

The Wise Traditions Conference plans to take photographs during the conference and reproduce them in educational, news, or promotional materials including print, electronic or other media, and on the Weston A. Price Foundation website. By attending, you grant the Weston A. Price Foundation the right to use your name and photograph for such purposes. All postings are the property of the Weston A. Price Foundation.

Liability

By registering and attending the Wise Traditions 2023 Conference, you agree and acknowledge that you are participating in the activities of your own free and intentional will. You acknowledge this freely and knowingly and that you are, as a result, able to participate in said events and hereby assume responsibility for your own well-being. This acknowledgement includes participation in evening events and tours.

Disclaimer

The information provided at this conference is for informational purposes only and is not intended to substitute for the advice of a doctor or other healthcare professional. You should not rely upon or follow the programs or techniques or use any of the products and services made available by or through this conference for decision-making without obtaining the advice of a physician or other healthcare professionals. The nutritional and other information provided at this conference are not intended to be and do not constitute healthcare or medical advice.

Neither the Weston A. Price Foundation nor any of its affiliates or their respective members, directors, officers, employees or agents guarantees the accuracy, adequacy, timeliness, reliability, completeness or usefulness of any of the content of this conference.

Weston A. Price Foundation chooses exhibitors carefully and refuses to allow exhibitors selling products known to be harmful or whose products, services, or business models are inconsistent with the Foundation's values, principles, and goals. We do not allow businesses based on a multi-level marketing business model, including independent associates connected with such businesses. The Foundation does not have the expert knowledge or experience of every product exhibited. Thus, the Weston A. Price Foundation cannot vouch for the quality or efficacy of any of the products or services sold at Wise Traditions 2023.

SPEAKERS



Nathalie B.

Friday 4:00-5:15 PM, Room 2104 A/B

Easy Horizontal Beekeeping to Source Your Own Unfiltered Raw Honey and Other Products of the Hive

Nathalie provides a practical introduction on what is needed to become a natural beekeeper. You'll learn about the fundamentals of bee biology, the main hive types and their pros and cons, how to build your own simple, cost-effective horizontal hive and which gear and tools you will need. You will also learn about products of the hive, how to establish a sustainable apiary, and where to obtain your first bees. Nathalie will also share recommended resources and outline the next steps to take on your beekeeping journey.

Nathalie B. holds an MBA from Ohio State and a master beekeeper degree from Texas A&M. She owns Bee-Mindful.com, where she manages almost four hundred colonies through several counties around Austin, Texas.

A passionate and engaging natural beekeeping expert, Nathalie offers beekeeping apprenticeships and classes in sustainable and natural beekeeping, as well as services related to beekeeping for agricultural exemption, affordable horizontal hives, and treatment-free bees.

Nathalie is a contributor to the American Beekeeping Journal and the founder of the first natural beekeeping club in Texas and

of the World Bee Day Natural Beekeeping Webinar. She also hosts the "Natural Beekeeping Corner" on the popular Hive Jive beekeeping podcast. She is a past president of the Hays County Beekeepers Association, vice president of the Travis County Beekeepers Association, a director at the Texas Beekeepers Association and chairman of the Real Texas Honey non-profit.

Nathalie is passionate about community outreach and volunteering, and has set up free training programs and teaching apiaries for refugees in the Congo, Nigeria, and Texas, donating and leveraging simple, cost-conscious, easy-to-manage, and sustainable horizontal top-bar hives in the process.



Hilary Boynton

Sunday 8:45-10:00 AM, Room 2104 A/B

A Wise Traditions Home Panel: How Do Busy Moms Implement Wise Traditions Principles in the Home? These seasoned moms share their secrets! (Dads are welcome too!)

Learn about feeding your family from these experienced panelists: Sally Fallon Morell, Hilary Boynton, Maureen Diaz, and Christine Muldoon with *Wise Traditions* podcast host Hilda Labrada Gore as moderator. We plan to publish this session later as a podcast on westonaprice.org/podcast.

Hilary Boynton is an author and the founder of School of Lunch, a training academy and culinary consulting company. A mother of five, Hilary underwent a transformative experience when modern pharmacology failed her family and she was able to heal chronic disease through food and nutrition. Hilary then set out to reawaken the culture to the value of preparing and cooking food through the framework of ancestral techniques and practices anchored in the observations of Dr. Weston A. Price.

Hilary documented her journey in her first book, *The Heal Your Gut Cookbook*. Hilary put her ancestral cooking into practice as head of nutritional services at the Manzanita School in California. After overhauling the lunch and snack programs,

she shared her proven kitchen model with other schools and individuals. Modeling scratch-cooking, nutrient density, savory menus, and strong connections with local food systems, the School of Lunch Training Academy hosts culinary intensives and retreats aimed at schools, chefs, and individuals.

Hilary is dedicated to building a tribe of leaders to catalyze a cultural shift with its focus on future generations—our children. A steward of ancestral culinary practices and a firm proponent of food as medicine, her work is both noble and critical in the face of a civilization overwhelmed by deficient diet trends and nutritional misinformation. She joyfully seeks to disrupt the trend of chronic illness in our children.

Practice Safe Cell Phone Use

Please keep your cell phone on airplane mode while attending the conference, or leave it in your room.

*The
New Etiquette*

SPEAKERS



Ellen Brown, JD

Sunday 10:45 AM-12:00, Room 2102 A/B

Creating Strong Communities, Food Systems and Prosperity by Taking Back Our Money System

Our nation was founded on publicly-issued money and credit—a breakthrough American system that competed with the British system of money and credit issued for private profit. That competition continues today—when our banking system is fragile, our government has been usurped, and we are faced with a relentless push for centralization and control, including with “programmable” Central Bank Digital Currencies (CBDCs) that would override constitutional principles of individual and local sovereignty. In her talk, Ellen Brown will address how to take our sovereignty back. We can start at the local government level with publicly-owned banks

following the stellar model of the century-old Bank of North Dakota. Digital technology has now advanced to the point that we can form our own currencies at an even more local level—food-backed or labor-backed dollars issued by groups of farmers and gardeners or by worker co-ops—connected on public platforms while remaining privacy-protected. We can restore our sovereignty by reclaiming the power to issue our own people-backed money and credit.

Ellen Brown, JD, developed her research skills as an attorney practicing civil litigation in Los Angeles. She is the founder and chair of the Public Banking Institute. She is the author of twelve books, including the groundbreaking *Web of Debt* and *The Public Bank Solution*. The latter traces the history and evolution of the current private banking system, showing how it usurped the power to create money from the public, and how

the people can take that power back through public banks that operate in the public interest. Ellen’s three-hundred-plus articles are posted at EllenBrown.com. She also co-hosts the podcast *It’s Our Money* on PRN.FM and Podbean. She is a Fellow of the Democracy Collaborative and has degrees from UC Berkeley and UCLA School of Law. publicbankinginstitute.org/contact/



Paola Brown, MED

Saturday 9:00-10:15 AM, Room 2103 B

Introduction to Using Homeopathy at Home

It comes as no surprise that one in every four children is living with chronic illness. Homeopathy is one of the most powerful but often overlooked tools available to you and your family. From battling infections and illness in your kids to dealing with more chronic issues, homeopathy has an amazing ability to bring your family’s health into balance. In this session, learn from Paola Brown, “momeopath” and president of Americans for Homeopathy Choice, about the top ten remedies every member of your family should know, how to dose a homeopathic remedy, what potency to use, how to select a remedy based on symptoms, and the law of similars. Join Paola, a delightful and engaging storyteller, as she brings you into the affordable and effective world of homeopathy for the family.

Paola Brown is an engaging speaker and established author, Paola Brown earned a BA in English education and an MA in curriculum and instruction from Arizona State University, graduating summa cum laude, before spending more than a decade teaching English at the high school and college levels. As president and founder of Americans for Homeopathy Choice, Paola is an advocate for the growing number of mothers and other home-

opathy users who want to protect their right to choose homeopathy. Her latest project, Teach Me Health & Homeopathy, helps families ditch big pharma, realize true health, and thrive. Fluent in Portuguese and Spanish, Paola was also a health instructor with Care for Life, a nonprofit organization working to develop sustainable communities in Mozambique. Learn more about her work at PaolaBrown.com/Free.

***Visit the WAPF table to support our work by becoming a member.
\$10 off membership during the conference.***

SPEAKERS



Steve Campbell Monday 6:45 AM-6:30 PM, Meet in front of Convention Center

Guided Farm Visit

Steve Campbell and Will Winter will be our professional guides on our farm day.

See details about farm day under Will Winter's speaker information.

Steve Campbell (tailormadecattle.com) has been around cattle in one capacity or another since the age of twelve. His epiphany moment came in 1999 while recovering from a ranching injury. The resulting refocusing of his energies into learning about soil, plant, animal, and human health since that time have led him to: some very old books; like-minded thinkers and mentors; on-farm experiments with soil fertility; and numerous speakers, farm visits and conferences. From the

Weston A. Price philosophy for human health to the work and teachings of Carey Reams, Maynard Murray, Jerry Brunetti, Dr. Richard Olree, Gearld Fry, Will Winter and numerous authors of yesteryear, Steve has extrapolated those learned principles of nature into his own farmland and animals and helped others make similar improvements on their farms and with their family's health. Along with numerous farm consulting invitations across the country, Steve has spoken at many events and has done many presentations in conjunction with Gearld Fry.



Natasha Campbell-McBride, MD, MMedSci (neurology), MMedSci (nutrition)

**Friday 9:00 AM-12:15 PM
Room 2103 B**

GAPS Concept: What Causes All Chronic Disease?

Chronic illnesses—mental and physical—in children and adults have become epidemic in the modern world. What is happening? Why are increasing numbers of children and adults becoming chronically ill? What can we do to prevent and reverse this situation? Dr. Natasha Campbell-McBride will discuss the microbial community of the human body and how it responds to the modern world we live in.

Friday 7:30-9:00 PM, Room 2103 A

Practitioners Panel

We are excited to offer a panel of highly qualified practitioners who will answer your questions about modern diseases. The panel includes Natasha Campbell-McBride, MD; Tom Cowan, MD; Laura Villanti, FNTP; and Dawn Ewing, PhD, ND with moderator Sally Fallon Morell.

Sunday 10:45 AM-12:00, Room 2104 A/B

Vegetarianism Explained

Vegetarianism and veganism are becoming more popular and people believe that a plant-based lifestyle can make one healthy, young, and even enlightened. Is vegetarianism a good idea? Should we all become vegetarian or even vegan? Changing your diet is a very serious decision and it will have a profound effect on your health and your whole life. Before making such a decision, it is essential to be informed about how food works in your body and what may be the consequences of this change. Dr. Natasha Campbell-McBride will discuss plant-based diets and their effect on human health, the planet, and animals.

Natasha Campbell-McBride, MD, MMedSci (neurology), MMedSci (nutrition) Dr. Natasha Campbell-McBride is the creator of the *GAPS* concept and the *GAPS Diet*. Dr Campbell-McBride graduated with honors as a medical doctor in 1984 in Russia and in the following years gained postgraduate degrees in neurology and in human nutrition. You will find her full bio on her website gaps.me.

She is the author of several books: *Gut And Psychology Syndrome: Natural Treatment of Autism, ADHD, Dyslexia,*

Depression and Schizophrenia; Vegetarianism Explained, Making an Informed Decision; Put Your Heart in Your Mouth! What Really is Heart Disease and What Can We Do to Prevent and Even Reverse It; and, Gut And Physiology Syndrome, Natural Treatment for Allergies, Autoimmune Illness, Arthritis, Gut Problems, Fatigue, Hormonal Problems, Neurological Disease and more.

She is an organic regenerative farmer and a popular keynote speaker at many professional conferences worldwide.

SPEAKERS



Martha Carlin

Saturday 9:00-10:15 AM, Room 2102 A/B

The Microbiome: The Ultimate Information Superhighway

In this presentation, Martha Carlin will explore the fascinating world of the microbiome and its profound influence on our overall health. Discover how the trillions of microorganisms living within us form a complex ecosystem that communicates and interacts with our genetic information, affecting various aspects of our well-being.

She will delve into the gut-brain axis and the emerging field of microbial endocrinology, unveiling the intricate ways in which our microbiome communicates with our brain and affects our mental health. Furthermore, she will examine the detrimental impact of glyphosate on the microbiome and minerals and enzymes, and discuss strategies to mitigate its effects.

She will explore the relationship between information and inflammation, shedding light on the concept of “garbage in, garbage out” and how molecular mimicry between microbes and food peptides can contribute to autoimmune diseases.

Lastly, she will explore the power of restoring the gut through fermented foods and targeted probiotics. Clinical evidence demonstrating the positive effects of probiotics on glucose metabolism will be presented, providing valuable insights into potential therapeutic interventions for metabolic disorders.

Martha Carlin is a transformational leader who has leveraged her extensive business experience as a turnaround expert to become a leading citizen scientist in the field of the microbiome. With a focus on improving human health, Carlin founded The BioCollective, a company dedicated to studying the microbiome and its impact on human health. Through The BioCollective, she has conducted groundbreaking research

on the gut microbiome and its relationship to diseases such as Parkinson’s. Carlin also launched the BiotiQuest brand of targeted probiotics, which offers customized probiotics based on an individual’s microbiome. Her innovative approach has earned recognition from the National Institutes of Health and the Human Microbiome Project, making her a key figure in the field of microbiome research.



**Isaac Chilton, BCSI, LMT,
MTI, CPT(CES), MOVNAT Level III**

**Sunday 8:45-10:00 AM
Room 2102 A/B**

Natural Movement Training: An Anthropological Approach to Movement Explained and How to Do It on Your Own!

The pioneering work of Dr. Weston A. Price led many thinking people to explore the wise traditions of our ancestors, especially customs around food and nutrition. Many of us healed and became stronger from reading those stories and learning about older culinary and medicinal traditions. But what can we learn from the way our ancestors moved and played? In our sports-obsessed, performance-driven, fitness-model-posting world, of health club members, desk jockeys, and weekend warriors, we have lost touch with useful and enjoyable movement. Most fitness trainers are not teaching nutritious movement. Years before Dr. Price traveled the world, another cultural anthropologist, Georges Hébert, was studying how tribal people moved and trained. He codified his research and developed a movement teaching method: Méthode Naturelle. If you want to get stronger, more pliable, more capable, and even heal from injury, come learn about this method. Isaac Chilton’s talk will appeal to novice, expert, and reticent movers.

Isaac Chilton is a structural integrator and movement teacher with over twenty-five years of experience. He has owned Structural Elements since 2004. Sparked by a fascination with Chinese medicine he began a study of the healing arts at an early age. He began to practice therapeutic massage in 1998. His foray into bodywork morphed into a discipline. Enthralled by anatomy and human structural behavior, Isaac has turned that discipline into a passion.

He holds certifications with Anatomy Trains, the International

Association of Structural Integrators, the Upledger Institute, the National Academy of Sports Medicine, Stott Pilates and TRX. He is a level III certified MovNat Trainer. He has a background in teaching anatomy and physiology and various manual and movement modalities.

Isaac practices, moves, and trains with his partners, Kali and Zack Johnson. When missing from work he is often traveling the world with his open-hearted and unshakably positive wife, Fatima Chilton

SPEAKERS



Tom Cowan, MD

Friday 7:30-9:00 PM, Room 2103 A

Practitioners Panel

We are excited to offer a panel of highly qualified practitioners who will answer your questions about modern diseases. The panel includes Natasha Campbell-McBride, MD; Tom Cowan, MD; Laura Villanti, FNTF; and Dawn Ewing, PhD, ND with moderator Sally Fallon Morell.

Saturday 1:45-5:15 PM, Room 2103 A

The New Biology Medicine, Parts I and II

Since viruses don't exist and bacteria do not cause disease, what are the implications for the practice of medicine? Dr. Cowan's talk will explore a new approach to treating disease and bringing about healing and health.

Dr. Thomas Cowan is a well-known alternative medicine doctor, author, and speaker, with a common-sense, holistic approach to health and wellness. He has given countless lectures and workshops throughout the U.S. on a variety of subjects in health and medicine and is the author of six best-selling books, including *The Contagion Myth*, co-authored by Sally Fallon Morell, *Cancer and the New Biology of Water*; *Human Heart Cosmic Heart*; *Vaccines, Autoimmunity and the Changing Nature of Childhood Illness*; *The Nourishing Traditions Book of*

Baby and Child Care, co-authored by Sally Fallon Morell, and *The Fourfold Path to Healing* (with Sally Fallon and Jaimen McMillan).

From 1985 until 2019, Dr. Cowan had a general-medical practice, first in upstate New York, then for 17 years in Peterborough, New Hampshire, and for 17 years in San Francisco, until his recent retirement from active practice. He was a founding board member of the Weston A. Price Foundation and continues to serve as its vice president.



Josh del Sol Beaulieu

Saturday 4:00-5:15 PM, Room 2103 B

Opting Out of the "Internet of Bodies": The Link Between EMFs/5G and 'Vaccines'... and Wholistic Solutions

Josh del Sol Beaulieu's presentation will start with a summary of existing research about 'smart' meters and EMF. Context will then be provided, including a 10,000-foot view on both the control agenda and our journey and identity as divine souls. Recent research and hypothesis will be presented on the link between EMFs/5G/wireless technologies and 'vaccines'. Josh will conclude with inspiring action steps and perspective, bringing solutions together in the practical and spiritual.

Josh del Sol Beaulieu is the creator of the *Take Back Your Power* film and community, the latter of which supports the creation of a parallel society to benefit mankind.

Josh has co-produced and co-hosted online events reaching more than a million participants collectively, including *The Event* (2021), *Re:Union Summit* (2021) and *The 5G Crisis Summit* (2019 & 2020). In 2019, Josh's 5G Crisis Summit, with co-host Sayer Ji, exposed the downside of 5G technology. Josh interviewed forty of the world's leading doctors, legal experts, researchers, and public safety advocates. the5Gsummit.com.

In 2017, Josh co-founded *InPower Movement* with Cal Washington. InPower has created and systematized a mass action of liability regarding 'vaccines', 5G and 'smart' meters. Their Notice of Liability process gets to the root cause, as it

empowers people to enforce commercial liability to prevent harm on our planet. InPowerMovement.com

In 2013, Josh directed and produced the *Take Back Your Power* documentary, exposing the 'smart' meter agenda. The film won the *AwareGuide Transformational Film of the Year*, the *Indie Fest Annual Humanitarian Award* and *Leo Award for Best Feature Documentary (British Columbia)*. takebackyourpower.net/watch

Josh is passionate about human rights, consciousness, decentralized energy production, safe technology and fatherhood. Josh lives in the Pacific Northwest with his daughter.

Receive updates including his EMF guide, "*7 Essential Ways To Make Your Home Safe From 5G & EMF Radiation*", takebackyourpower.net/subscribe

SPEAKERS



Maureen Diaz

Sunday 8:45-10:00 AM, Room 2104 A/B

A Wise Traditions Home Panel: How Do Busy Moms Implement Wise Traditions Principles in the Home? These seasoned moms share their secrets! (Dads are welcome too!) Learn about feeding your family from these experienced panelists: Sally Fallon Morell, Hilary Boynton, Maureen Diaz, and Christine Muldoon with *Wise Traditions* podcast host Hilda Labrada Gore as moderator. We plan to publish this session later as a podcast on westonaprice.org/podcast.

Maureen Diaz is a long-time chapter leader and former exhibit coordinator for WAPF. Having raised her rather large family on a homestead with her husband George, where they produced most of their own food and medicine. They now live

on a Virginia mountaintop. In 2021, she and her daughter Erin founded God's Good Table, a Weston A. Price-inspired company dedicated to bringing the message of health, hope and healing through timeless principles rooted in God's Word.



Off Grid with Doug & Stacy

**Sunday 10:45 AM-12:00
Room 2103 A**

How Being Dirty Keeps Us Healthy in a Sterile World

Doug and Stacy will share their story of how they transitioned from sterile city life with bad health to "dirty" homestead life, walking you through how living without electricity, growing 90% of their own food and living 100% off of rainwater has benefited their health and vitality. They will give you suggestions and real-life examples of how you can improve your health and well-being by getting dirty, covering key areas such as: how dirt can strengthen your immune system; why getting dirty is good for mental health; how being grounded benefits

your whole body; why your garden is your pharmacy; how to reduce stress naturally; and how cold showers keep you healthy. They will also explain how you can eat fresh greens no matter where you live and get one hundred times the nutrition.

Doug OGS (off-grid specialist) and Stacy HLC (holistic life coach) live a pioneer lifestyle in the twenty-first century in an 1800s-style log home they built themselves. They have been living off-grid like the Amish and homesteading with no public utilities for fourteen years. They value the experience of doing for themselves, leaving behind a world of instant gratification and drive-through windows. Fourteen years ago, they were like many Americans—stressed out, eating toxic food, living in debt and sick all the time. So, what did they do? They sold everything, bought eleven acres and started growing their own

food and medicine. One of their goals was to become their own health care providers by studying holistic remedies of the past and utilizing fresh food and herbs grown on their land. They have implemented this approach with great success in real-life situations—for themselves and their animals—knowing that the body is self-healing and self-regulating. From their social media presence to live speaking engagements, they have taught over one million students how to live this lifestyle. Their passion is to teach this life and how it transformed their health, vitality and happiness; it can do the same for you, no matter where you live.

***Please share photos and updates on social media using the hashtags:
#wisetraditions2023 #wisetraditionsconference #wisetraditions #wapf
#westonaprice #westonapricefoundation #ancestraldiet #justeatrealfood
#ancestralwisdom #health #healthy #nourish #nutritious #nutrientdense***

SPEAKERS



Corey Dunn

Friday 9:00-10:15 AM, Room 2104 A/B

Nourish Your Family with “Junk” Foods Cooked Right

Pizza, cheeseburgers and fries, apple pie, vanilla pudding, mac and cheese, chips and salsa. What do these foods have in common? They are all considered “junk food.” And not just by the general public, but also by a lot of folks in the real-food community. But do they have to be? Is it possible to have these and other types of foods without compromising our food values? YES! Come learn how to make *almost* any food in a real food, Wise Traditions way AND in a way that your family will love.

Corey Dunn (ForNutrientsSake.com) is a former costume designer turned wife and second generation homeschooling mama of four. When her second child developed eczema at six months, it sent Corey down the path of deep health and healing through food and lifestyle. After five years of paleo, Corey found WAPF and the magic of properly preparing grains and has

never looked back. An avid home cook and baker, Corey started sharing her health and kitchen journey on her blog, podcast and Instagram with the hope of making real, healing and nutrient-dense food practical and accessible to the everyday, modern mom. She lives in coastal Georgia with her family on their newly created homestead.



Dawn Ewing, RDH, PhD, ND

Friday 7:30-9:00 PM, Room 2103 A

Practitioners Panel

We are excited to offer a panel of highly qualified practitioners who will answer your questions about modern diseases. The panel includes Natasha Campbell-McBride, MD; Tom Cowan, MD; Laura Villanti, FNTF; and Dawn Ewing, PhD, ND with moderator Sally Fallon Morell.

Saturday 1:45-3:00 PM, Room 2103 B

How Dental Meridians Are Blocked by Root Canals

Dr. Dawn Ewing will explain that many years ago dentistry came up with the concept of trying to taxidermy a tooth. The name for this is root canal therapy. Medicine would not taxidermy an organ or body part and leave dead tissue to degrade, but dentistry is not medicine. Some dentists will even tell you they can do a “biological root canal”, which would mean they are promising a living or healthy dead tooth. That is an oxymoron. You can’t have a healthy, dead anything. To be perfectly clear, there is no such thing as a biological root canal. It is just a flat-out lie! There has never been a documented extraction of a root canal that was even sterile. There is proof that these dead cadaver teeth are filled with toxic molds, bacteria, viruses and even parasites, yet, that is not the worst part. Your body was designed to heal itself. We were designed to handle some bacteria and viruses. The issue is the electrical disconnect this process creates. In this presentation, you will learn that the body is electric and how leaving a dead tooth can interrupt the energy flow of electricity on circuits called meridians.

Dr. Dawn Ewing is the executive director of the International Academy of Biological Dentistry and Medicine. She holds a PhD in integrative medicine. She is the author of the book *Let the Tooth Be Known* and was featured in the movie *Root Cause* about the dangers root canal teeth can have on one’s health. She has a private practice in Spring, Texas, and she was recently

appointed as an adjunct faculty member in the department of oral biology at Saveetha Dental College in Chennai, India. She served on the faculty of Capital University of Integrative Medicine, was an affiliate faculty member of the American Heart Association and served two terms on the Texas State Board of Dental Examiners.

SPEAKERS



Sally Fallon Morell, MA

Friday 1:45-3:00 PM, Room 2104 A/B

Got Real Milk? Safety, Health, Economic and Legal Issues

Learn why full-fat raw milk from cows on pasture is nature's safest and healthiest food, and the key to revitalizing rural communities and reclaiming our constitutional rights.

Friday 4:00-5:15 PM, Room 2103 B

The Contagion Myth

Disease is not caused by pathogenic bacteria or "viruses." Blaming disease on "contagious pathogens" prevents looking into the true causes of illness, which are poisons, nutrient deficiencies and injuries. This presentation explores what really causes diseases like TB, anthrax, black death, the Spanish flu and Covid.

Friday 7:30-9:00 PM, Room 2103 A

Practitioners Panel

We are excited to offer a panel of highly qualified practitioners who will answer your questions about modern diseases. The panel includes Natasha Campbell-McBride, MD; Tom Cowan, MD; Laura Villanti, FNTF; and Dawn Ewing, PhD, ND with moderator Sally Fallon Morell.

Saturday 9:00 AM-12:15 PM, Room 2104 A/B

Nourishing Traditional Diets

Animal fats, organ meats, properly prepared whole grains, fermented foods and nourishing bone broths kept our ancestors healthy. Sally Fallon Morell, author of *Nourishing Traditions*, explains why these are vital factors for maintaining good health today. Beginning with a presentation showing Dr. Weston Price's unforgettable photographs of healthy traditional peoples, Ms. Fallon Morell explains the underlying factors in a variety of traditional diets, which conferred beauty, strength and freedom from disease on so-called primitive populations. Then she presents a step-by-step plan to put nourishing traditional foods—foods that your family will actually eat—back into your diet, including easy breakfast cereals, soups, sauces, snack foods, fermented condiments and soft drinks that are actually good for you.

Learn about:

- Butter, the number one health food
- The vital role of high-cholesterol foods
- Why lowfat and vegan diets don't work
- The amazing powers of raw whole milk from pasture-fed cows
- The dangers of modern soy foods and soy infant formula
- Foods that help babies grow up smart and strong
- The unfortunate consequences of modern farming methods
- The conspiracy to promote vegetable oils and hydrogenated fats; and,
- Old-fashioned foods that give limitless energy and vibrant health.

Sunday 8:45-10:00 AM, Room 2104 A/B

A Wise Traditions Home Panel: How Do Busy Moms Implement Wise Traditions Principles in the Home?

These seasoned moms share their secrets! (Dads are welcome too!) Learn about feeding your family from these experienced panelists: Sally Fallon Morell, Hilary Boynton, Maureen Diaz, and Christine Muldoon with *Wise Traditions* podcast host Hilda Labrada Gore as moderator. We plan to publish this session later as a podcast on westonaprice.org/ podcast.

Sally Fallon Morell is founding president of The Weston A. Price Foundation, a non-profit nutrition education foundation dedicated to returning nutrient-dense food to American tables. She is also the founder of A Campaign for Real Milk (realmilk.com), which has as its goal universal access to clean raw milk from pasture-fed animals. She is the author of the best-selling cookbook *Nourishing Traditions* (with Mary G. Enig, PhD);

The Nourishing Traditions Book of Baby & Child Care (with Thomas S. Cowan, MD); *Nourishing Broth* (with Kaayla T. Daniel, PhD, CCN); *Nourishing Fats; and Nourishing Diets*. She and her husband Geoffrey are owners of P A Bowen Farmstead (pabowenfarmstead.com), which produces raw cheese and milk from pastured cows, woodlands whey-fed pork and grass-fed poultry and eggs in southern Maryland.

SPEAKERS



Catherine Austin Fitts

Sunday 1:30-2:45 PM, Room 2103 A

Catherine Austin Fitts and Sasha Latypova: What You Can Do When You Try: Highlighting Heroes

Catherine Austin Fitts and Sasha Latypova will have a discussion highlighting their personal picks of heroes—people who have accomplished great things and/or built broad-based wealth simply by doing their best with what they had. These stories of real people offer examples of how much we can do when we try. By sharing these stories, Catherine and Sasha hope to inspire you to take action and recognize the power of what you can do in your own lives, homes and communities.

Catherine Austin Fitts is the president of Solari, Inc., publisher of the Solari Report and managing member of Solari Investment Screens, LLC (solariscreens.com).

Catherine offers Solari Report subscribers a unique perspective on how to navigate the opportunities and risks in the global financial system and political economy.

Catherine served as managing director and member of the board of directors of the Wall Street investment bank Dillon, Read & Co., Inc., as Assistant Secretary of Housing and Federal Housing

Commissioner at the United States Department of Housing and Urban Development in the first Bush Administration, and was the president of Hamilton Securities Group, Inc. Catherine has designed and closed over \$25 billion of transactions and investments to date and has led portfolio and investment strategy for \$300 billion of financial assets and liabilities.

Catherine graduated from the University of Pennsylvania (BA), the Wharton School (MBA) and studied Mandarin Chinese at the Chinese University of Hong Kong. She blogs for the Solari Report at solari.com.



Ruth Ann Foster, ScD, RN

Friday 1:45-3:00 PM, Room 2103 A

Your Gut 2.0: Unraveling Oxalate Intolerance

Confused about oxalate, the pesky metabolite found in many leafy greens, fruits, nuts and seeds? Curious how superfoods can be toxic for some but not for others? Humans have consumed oxalate foods for millennia. Is there a missing link? Research shows that gut health affects oxalate balance, with mounting evidence linking oxalate imbalance to a missing network of collaborative bacteria, in addition to the previously identified *Oxalobacter formigenes*. Excessive oxalate accumulation is an important risk factor in kidney stone disease, a rising global health concern.

This presentation provides an evidenced-based opportunity to: (1) explore how traditional cultures (present and past) consume(d) high-oxalate foods, and how the industrial and antibiotic revolutions have impacted oxalate tolerance; (2) examine oxalate homeostasis and the key risk factor and additional pathways to oxalate excess; (3) discover the universally recommended practice for preventing and treating oxalate accumulation and the promising target for rebalancing and boosting oxalate tolerance; and (4) review current and emerging treatment options.

Ruth Ann Foster, ScD, RN, is an enthusiastic and creative trailblazer with an extraordinary combination of industry skills, expertise and achievements. Her passion for helping others and intense curiosity have guided her through several successful careers. Dr. Foster's clinical experience includes neonatal intensive care and critical care nursing. Her long list of Hollywood editing credits includes feature films, TV mini-series, specials and concerts. Foster has spearheaded, organized and collaborated on numerous North Carolina legislative campaigns, including legalizing access to raw milk,

reforming juvenile justice and expanding nutrition practice laws. Foster's doctorate in holistic nutrition was inspired by her work in legislative campaigning. As a community nutrition educator, Foster has created and delivered captivating visual presentations for North Carolina legislators, university professors, professional organizations and civic groups. Foster's research focuses on the intriguing relationship between minerals, microbes and water. She is currently a research intern with The Center for Magnesium Education and Research (CMER).

SPEAKERS



Blanche Grube, DMD

Friday 9:00-10:15 AM, Room 2103 A

Mercury, Root Canals and Implants... Oh My!

Dr. Blanche Grube will tell us the story that started in the mid-1800s when the dental surgeons, who were also medical doctors, were dismantled by the dental craftsmen who found using mercury dental amalgam to be a cheap and easy way to fill teeth. And so began the American Dental Association and the mandate to have hundreds of millions of mercury amalgam fillings implanted in people's teeth.

Next came the work of Dr. William Hunter, Dr. Frank Billings, Dr. Edward Rosenow and, most importantly, Dr. Weston A. Price. While studying oral health and how it affects whole-body health, Price assembled a team of experts in all branches of medicine and dentistry.

His impeccable work on the toxicity of root canals is confirmed by recent research. Implants were intended to be the answer to toxic root canals, but evidence-based science is showing that they too can harbor harmful bacteria and the nano-particles translocate to other parts of the body!

Dr. Blanche Grube was mentored by the late Dr. Hal Huggins and together they developed the Huggins-Grube Protocol whose foundation is based on "Full Dental Revisions". A Full Dental Revision is accomplished by restoring the mouth as holistically as possible, utilizing state-of-the-art technology, DNA testing and most importantly, biocompatibility testing.

Dr. Blanche is the former president of the International Academy of Biological Dentistry & Medicine (IABDM). She holds a mastership from IABDM, and fellowships from the International Academy of Oral Medicine and Toxicology (IAOMT), the Institute of Natural Dentistry, and the Dental

Association of Conscious Sedation. Dr. Blanche holds a second doctorate in integrative medicine from the Capital University of Integrative Medicine in Washington, D.C. To this, she has added extensive training in homeopathy, nutrition, iridology, colon hydrotherapy, neural therapy and acupuncture. Dr. Blanche has published peer-reviewed articles on various aspects of dentistry and recently published her first book "Chew on this...but don't swallow". As an international lecturer, she is committed to training dentists around the globe in the new paradigm in dentistry, noting that it is imperative that not only dentists but also physicians, "First do no harm."



Anthony Jay, PhD

Saturday 9:00-10:15 AM, Room 2103 A

Gender Bender Chemicals

A number of chemicals exist in our everyday environments that have the power to alter sex hormones, altering the body and mind. Dr. Anthony Jay will answer the questions: What are these chemicals, what do they do exactly, and how can we avoid them?

Saturday 11:00 AM-12:15 PM, Room 2103 A

Fluoride: A Story of Manipulation

Many years ago, Dr. Anthony Jay made a YouTube video going through the scientific research on fluoride. He found major flaws. YouTube shadow banned that video to the point where it cannot be found even by searching the exact title of the video plus the name "Anthony Jay". What is the science and why are certain people pushing the fluoride agenda so aggressively?

Dr. Anthony Jay is a health optimizer who has worked with National Football League (NFL), Major League Baseball (MLB) and Mixed Martial Arts (MMA) athletes and the U.S. Special Forces. He is president of AJ Consulting Company, which analyzes 23andMe DNA data to personalize people's

health approaches, and he is the author of the bestselling book, *Estrogenation*. Dr. Jay has a PhD in biochemistry from the Boston University School of Medicine and has been a research scientist at the Mayo Clinic in Rochester, Minnesota, for three years.

SPEAKERS



Patrick Jones

Saturday 11:00 AM-12:15 PM, Room 2103 B

Be Nice To Your Weeds. They Just Might Save Your Life!

Dr. Patrick Jones, traditional naturopath, veterinarian and clinical herbalist, has been using herbs in clinical practice for decades. Join him as he discusses how common weeds, likely growing in your neighborhood, have remarkable medicinal properties. You'll leave this lecture feeling empowered to recognize, grow and use these plants to work true medical miracles. You can be an herbalist!

Dr. Patrick Jones is a practicing veterinarian, clinical herbalist and traditional naturopath. He is the founder of the HomeGrown Herbalist School of Botanical Medicine. His lecture style has been described as a cross between John Christopher and Steve Martin. When you leave his class, your brain will be full and your sides will be sore from laughing. His engaging and down-to-earth style will leave you feeling truly excited and empowered to use these wonderful plants. Because of his veterinary credentials, Dr. Jones has had the opportunity to use herbs on all sorts of cases that would not typically be addressed by

herbalists. Rattlesnake bites, gunshot wounds, serious infections and systemic illnesses of all kinds make up his daily herbal practice for man and beast. Having seen numerous miracles over the years, Jones has an evangelical zeal to teach others about herbal medicine. His book, "The HomeGrown Herbalist" and his school emphasize self-reliant herbalism and being plant-based rather than product-based. Dr. Jones and his wife LoriAnn are the parents of fifteen (mostly adopted) children. They live in Filer, Idaho. More info at HomeGrownHerbalist.net.



James Kirkpatrick

Sunday 1:30-2:45 PM, Room 2103 B

Discussion on Climate Change: Biblical Apocalypse or More Hot Air?

Today our media and airwaves are saturated with climate change news, warnings and ivory-tower style proclamations. The vast majority have consistent dark and ominous undertones—ranging from hot earth face with thermometer-in-mouth suffering from fever, to droughts, wildfires, falling crop yields, rainfall variability, record heat, record cold, sea-level changes, hockey-stick graphs, carbon dioxide a requirement for life but also a toxic pollutant, tipping points, Al Gore, polar bears, Greta and cats and dogs living together—all on a high volume 24-7 mind-numbing feed. In this session, Mr. Kirkpatrick provides his views on what is fast

becoming one of the major societal friction points of our time, discussing what is actually provable by the science versus how the topic is portrayed by "the science", and how to fish for the facts in a sea of fiction on this important but highly politicized and complicated topic.

James Kirkpatrick is a veteran of the global energy and commodities businesses. After starting his career as a mechanical engineer in the petroleum refineries of Texas, he spent twenty-five years working as an engineer, manager and senior advisor to the motley assortment of players that provide the raw materials and energy that powers our modern way of

life. Today, he spends his time managing his own private energy consulting practice while moonlighting as a guest author for *Wise Traditions* and their "Technology as a Servant" series covering topics such as energy, climate change or whatever topics may be top of readers' minds.

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SPEAKERS



Sasha Latypova

Saturday 6:30-9:30 PM, Room 2102 A/B

Weaponized Healthcare: Global Attack on Our Genes, Microbiome and Food Sources

The global war on people, marketed as the “Covid pandemic,” included the coordinated use of multiple categories of weapons, including informational (lies, fearmongering, propaganda, censorship, prosecution of dissent), bio-chemical (poisons marketed as “approved vaccines and therapeutics”) and other methods and tactics such as denial of healthcare, violation of human rights, destruction of small businesses and supply chains, and other methods of unrestricted warfare. One of the perpetrators’ major objectives was to deploy the dangerous mRNA technology into mass use, which resulted in billions of people getting injected with

what can only be properly categorized as a bio-chemical poison (weapon) in violation of basic human rights and informed consent. Further, the mRNA platform is being deployed into the food supply. The plan of the perpetrators is to wreck the food supply and cause illness in both animals and humans (and destroy soil microbiome as well). Latypova’s presentation will cover legal frameworks used to subvert consumer protections and human subject bioethics in the deployment as well as covering technological mechanisms of harm.

Sunday 1:30-2:45 PM, Room 2103 A

Catherine Austin Fitts and Sasha Latypova: What You Can Do When You Try: Highlighting Heroes

Catherine Austin Fitts and Sasha Latypova will have a discussion highlighting their personal picks of heroes—people who have accomplished great things and/or built broad-based wealth simply by doing their best with what they had. These stories of real people offer examples of how much we can do when we try. By sharing these stories, Catherine and Sasha hope to inspire you to take action and recognize the power of what you can do in your own lives, homes and communities

Sasha Latypova holds a graduate degree in business from Dartmouth College and is a retired pharmaceutical industry research and development executive with twenty-five years of experience in conducting clinical trials. Ms. Latypova co-founded and managed several contract research organizations performing clinical trials for over sixty pharmaceutical companies, including Pfizer, J&J, AstraZeneca, Novartis, GSK and many others. Her area of expertise was in cardiovascular safety evaluation across all therapeutic areas of drug development. She has interacted with the FDA Center for Drug

Evaluation and Research (CDER) on behalf of the pharma companies submitting data for drug approvals, and as part of the leadership of the Cardiovascular Safety Research Consortium, a public-private partnership.

Ms. Latypova has conducted an independent investigation into the lack of good manufacturing practice compliance for Covid vaccines, and the role of the Department of Defense in the design and manufacture of these products and other medical countermeasures.



Celeste Longacre

Sunday 1:30-2:45 PM, Room 2104 A/B

Preserving the Fruits of Your Garden through Fermentation and Other Means

Join Celeste Longacre for a visual display of how to store and keep your garden veggies through fermentation, canning and freezing. Celeste will begin by fermenting fruit kvass, beet kvass, mayonnaise, ketchup, fancy sauerkraut and bread and butter pickles. She will then show the basics of getting fruits and vegetables into the freezer and how to make and can spaghetti sauce. Food is a big part of self-sufficiency and knowing how to provide for ourselves and our families eases stress and creates self confidence. Gain confidence and know-how so you can go home with new knowledge and sustainable skills.

Celeste Longacre has been growing and preserving many of her family’s vegetables for over forty years. She does a lot of teaching about gardening, preserving the harvest and

fermenting. She is the author of the book, *Celeste’s Garden Delights: Discover the Many Ways a Garden Can Nurture You.*

SPEAKERS



Leslie Manookian, MBA, MLC HOM

**Saturday 1:45-3:00 PM
Room 2102 A/B**

Freedom, Law and Litigation: A Spiritual Battle at Heart

Leslie Manookian will walk us through some important questions about freedom. Freedom is a word bandied about, but what does it truly mean to be free? While it's something most of us claim to value and seek, what role do we as individuals play in our freedom? American law in particular, and Western law in general, purport to protect our freedoms, but is that true and how must our laws be changed to codify enduring freedom? What role does litigation play in ensuring freedom? Why do we even have to have this conversation in the twenty-first century? Why is the crux of the current struggle over freedom a spiritual battle, and what can you do to effect change?

Leslie Manookian is president and founder of Health Freedom Defense Fund, a nonprofit which seeks to rectify health injustice through education, advocacy and legal challenges to unjust mandates, laws and policies that undermine our health freedoms and human rights. She is a speaker, writer and advocate on topics of health, freedom, nutrition, personal development, politics and more. She is a former successful Wall Street business executive, an award-winning documentary filmmaker

and qualified homeopath. She conceived, wrote and produced *The Greater Good*, an award-winning documentary exploring vaccines. She serves on the boards of the Weston A. Price Foundation and Health Freedom Idaho. She has been featured in dozens of TV, radio, print and Internet interviews as well as appearing at numerous conferences. She holds an MBA from the University of Chicago, a BA from Middlebury College, and M.L.C.Hom from Lakeland College of Homeopathy.



Chris Masterjohn

Saturday 4:00-5:15 PM, Room 2102 A/B

Finding Your Personal Wise Traditions

Weston Price traveled all over the world to find the same “displacing foods of modern commerce” destroying people’s health and enormous diversity of traditional diets promoting vibrant health. While it would seem that either all of these diets are good for everyone, or that our ancestry should determine which traditional diet we use, modern genetics has shown enormous variation in genetics within populations. My calculations suggest that each person has one to six rare mutations that impact macronutrients or micronutrients that most people around them do not have. This suggests that even if we have homogeneous ancestry, there are reasons we will have to pick and

choose different specific foods from the full menu of traditional diets. In his talk, Chris Masterjohn covers practical tips for things you can measure at home and ways you can experiment with different diets to find which one works best for you, and covers principles of individualizing supplementation as well.

Dr. Chris Masterjohn has a PhD in nutritional sciences, has been attending Wise Traditions since 2003 and spoken at most Wise Traditions conferences from 2006 to the present. His PhD was from the University of Connecticut at Storrs in 2012. He served as postdoctoral research associate at the University of Illinois at Urbana-Champaign from 2012-2014, as assistant professor of health and nutrition sciences at Brooklyn College from 2014-2016, and worked independently in science education

from 2016-2023. Chris recently co-founded BioOptHealth and co-created the Biochemical Optimization Program, which aims to systematically optimize each individual’s biochemistry around a small number of “super unlocks” rooted in rare gene mutations to help resolve mysterious or chronic health problems, optimize for performance and maximize longevity. You can find his personal writings at chrismasterjohnphd.substack.com, and you can get optimized at bioopthealth.com.

Practice Safe Cell Phone Use

Please keep your cell phone on airplane mode while attending the conference, or leave it in your room.

*The
New Etiquette*

SPEAKERS



Alex Miller, PhD

Saturday 11:00 AM-12:15 PM, Room 2102 A/B

The Loss of Local Farms and What You Can Do About It

America's traditional farms have become an endangered species as more and more are lost to industrial ag and urban sprawl. In this session, Dr. Miller will detail the loss of farmland, explain how and why it is happening, and discuss the consequences we face. He will end the session on a more optimistic note by explaining how we, as informed consumers, can protect and sustain our remaining farms.

Alex Miller, PhD, is the William B. Stokely Chair of Business at the University of Tennessee. He is also a seventh-generation farmer at Lick Skillet Farm in the foothills of East Tennessee's Smoky Mountains. His family's century-old farm practices regenerative agriculture to produce the cleanest, most nutrient dense beef, pork, lamb, chicken, and eggs possible. With half his time spent inside the university business school and the other half spent on a successful family farm, Alex is uniquely qualified

to tackle the subject of saving family farms. Alex worked his way through college and two graduate schools on the family farm. Now, as a business school professor, he sees the data documenting the loss of US farms. But he also understands the business dynamics behind that loss, and what we can all do to help stop it. He describes himself as a one-man crusade to save family farms and is delighted to bring his message of hope to us at Wise Traditions.



Christine Muldoon

Sunday 8:45-10:00 AM, Room 2104 A/B

A Wise Traditions Home Panel: How Do Busy Moms Implement Wise Traditions Principles in the Home? These seasoned moms share their secrets! (Dads are welcome too!)

Learn about feeding your family from these experienced panelists: Sally Fallon Morell, Hilary Boynton, Maureen Diaz, and Christine Muldoon with *Wise Traditions* podcast host Hilda Labrada Gore as moderator. We plan to publish this session later as a podcast on westonaprice.org/podcast.

Christine Muldoon is a functional nutritional therapy practitioner and food educator for families. Her focus is to empower caregivers to shift their mindsets and inspire intentionality and consciousness in parenting and feeding their littles. She is the creator and founder of *Nourish the Littles*, an online community that strives to nourish littles with real food and real connection. Her platform offers two online courses to guide caregivers on their health journeys with their families:

Real Food + Real Families and Nurtured Foundations. In addition, she is the co-host of the popular podcast: *Modern Ancestral Mamas*. She also serves as a Weston A. Price Foundation co-chapter leader in the Dallas area. Christine resides in Texas with her husband and three children where they fill their days with delicious, nutrient-dense meals, messy emotions, play and lots of love.



Hilda Labrada Gore, Alberto Medina and Anette Ruiz, hosts and producers of the Foundation's podcasts *Wise Traditions*, in English, and "*Tradiciones Sabias*", in Spanish, respectively, are here at this year's conference. They are interested in meeting attendees, exchanging ideas and receiving feedback about the Foundation's effort to spread knowledge through the two podcasts, as well as to collect testimonials to be used for next year's conference promotion. Stop by the Foundation's table during each morning break to connect with them!

SPEAKERS



Beverly Rubik, PhD

Sunday 10:45 AM-12:00, Room 2103 B

The Perils of 5G and How to Protect Ourselves from EMFs

EMFs (electromagnetic fields)—artificial ones emitted from technology—are recognized environmental toxins that are eroding our health and challenging all life on earth. The escalation of 5G, the 5th generation of wireless devices, is all around us. Millions of new antennas are being mounted in residential neighborhoods and near schools and businesses. Thousands of low-orbit satellites are being installed to broadcast 5G signals from space. This will provide a wireless worldwide web and an “internet of things” that will constantly affect earth’s electromagnetic environment with artificial EMFs. We are all at risk from adverse

health effects; children, pregnant women and the elderly are most at risk.

A growing number of purported protective devices are on the market, some with incredible claims. What does EMF protection really mean? Do any of these devices achieve total or partial protection? What testing is being done? How do these devices work? What should we look for in a protective device? What should we avoid?

In Dr. Beverly Rubik’s presentation, you will learn about how wireless radiation including 5G affects our health and the environment; what constitutes “EMF protection”, and practical ways we can take control of our immediate environment and protect ourselves and our families.

Dr. Beverly Rubik earned her PhD in biophysics at the University of California at Berkeley. Since then, she has published over 90 scientific papers and 2 books. From 1992 to 1994, she served as one of 18 advisors selected by Congress to the original Office of Alternative Medicine at the US National Institutes of Health. In 1997 Dr. Rubik founded and became president of the Institute for Frontier Science, a 501c3 nonprofit laboratory in Emeryville, California. She is a leading scientist internationally known for her research that goes beyond the

mainstream and challenges the dominant biomedical paradigm. She serves on the editorial boards of several integrative health journals including *Journal of Integrative and Complementary Medicine*. Dr. Rubik is an adjunct faculty member at California Institute for Human Science and Saybrook University. Her research interests include the full human potential in health and healing; the biofield (human energy field); energy medicine; and the adverse health effects of wireless communication radiation. frontiersciences.org, brubik.com



Mary Ruddick, CNC

Friday 11:00 AM-12:15 PM, Room 2104 A/B

Lost Wisdom of the Tribes and the Throne Theory of Health

In the last three years there has been a rapid shift in modernizing the most remote cultures of the world. With this modernization, precious knowledge is being lost. The wisdom and health we are all seeking is available to us. Mary Ruddick’s presentation will focus on what she has learned from these quickly disappearing regions.

Mary Ruddick, dubbed the “Sherlock Holmes of Health” for her unique ability to assess and remediate rare neuromuscular conditions that have baffled others, is a seasoned researcher, educator, medical nutritionist, entrepreneur and philanthropist. She can regularly be found endangering herself in the untouched corners of the world to learn from and distill the wisdom from the last remaining traditional cultures.

When not traveling from the Arctic to the Amazon, she can be found sharing her findings and knowledge via her speeches,

100+ podcast appearances, and her work both in front of and behind the camera. Mary can be found on international TV and film productions (watch for the 2023 Netflix documentary, *Food Lies* for her next appearance). Behind the scenes, she leads film crews to remote tribal regions thanks in large part to her well-established friendships amongst the indigenous. Her writing has been published in the *Wise Traditions* journal and her own inspirational healing story can be found within Palmer Kippola’s best-selling book, *Beat Autoimmune*.

SPEAKERS



Nina-Marie Rueda, ND

Friday 4:00-5:15 PM, Room 2103 A

The Missing Link to Health: Balancing Tiny Explosions

Quality health comes from more than just food. Understanding mineral balancing provides you with health that will last for ages. Minerals unlock hormonal health and cardiovascular health, and are needed for every physiological process in the body. Men, women and children need adequate mineral balancing to have the health our ancestors had. Come to Nina-Marie Rueda's talk with curiosity, and leave with tangible steps to bring minerals into your family's life.

Nina-Marie Rueda is a wife and mother who loves to partner with God in sustaining her family by providing them with food that nourishes. She is a doctor of naturopathy, functional nutritional therapy practitioner, restorative wellness practitioner, and lactation educator and is trained as a labor and postpartum doula. With her extensive training, Nina-Marie works with

women through the preconception, pregnancy and postpartum seasons ensuring that their bodies are well-nourished for the task of motherhood. She also works with families in supporting the health of their children, especially those with health concerns like eczema, GI dysfunction and ASD.



Bill Schindler, PhD

Saturday 1:45-3:00 PM, Room 2104 A/B

Making Home Nose-to-Tail Butchering and Cooking Accessible

In this presentation, Dr. Bill Schindler will cover everything from how to source quality meats and offal; how to talk to your abattoir/butcher; equipment; breaking down whole and large cuts of animals in your home; hints, tricks, tips and recipes for dealing with skin, fat, marrow, liver, heart, kidneys and feet; how to clean and store offal; and a quick primer on grinding meat and some takeaways for grinding your own hamburgers and even making your own whole-animal hot dogs!

Saturday 4:00-5:15 PM, Room 2104 A/B

The Modern Stone Age Household: Making an Ancestral Diet Work in Today's World

Dr. Bill Schindler, PhD, and Christina Schindler

See details under Christina Schindler's speaker information.

Dr. Bill Schindler is the author of *Eat Like a Human: Nourishing Foods and Ancient Ways of Cooking to Revolutionize Your Health* and is an internationally-known archaeologist, primitive technologist and chef. He founded and directs the Eastern Shore Food Lab with a mission to preserve and revive ancestral dietary approaches to create a nourishing, ethical and sustainable food system and, along with his wife, Christina, operates the Modern Stone Age Kitchen, a restaurant and

sourdough bakery designed to provide nourishing food created using ancestral approaches maximizing safety, nutrient density and bioavailability to the community. His work was the focus of *Wired* magazine's YouTube series, *Basic Instincts and Food Science*, and he co-starred in the National Geographic Channel series *The Great Human Race*, which aired in 2016 in 171 countries.

*Participate in our photo dump.
See details on page 35.*

SPEAKERS



Christina Schindler

Saturday 4:00-5:15 PM, Room 2104 A/B

The Modern Stone Age Household: Making an Ancestral Diet Work in Today's World

Talking about how to nourish your family is one thing—actually doing it is something completely different! The Schindler family of five have done it all: GAPS, carnivore, keto, intermittent fasting. They have traveled the world together to live, cook and share food with indigenous and traditional groups. They have learned to make all of their food entirely from scratch to nourish their family and even opened up a restaurant to nourish the community based on what they have learned. They hunt, they forage and they shop at the grocery store. They have made all the mistakes—argued about Halloween candy, put restrictions on food

and even refused to eat birthday cake when on strict diets—and have learned from each and every one of them. Most importantly, they have done all of this while navigating the demands of modern life—two careers, kids' activities (soccer, ballet, field hockey) and the immense pressure society puts on all of us.

Bill and Christina Schindler look forward to sharing their story and what they have learned along the way to inspire and empower others to strike the happy balance we all need to achieve genuine nourishment.

Christina Schindler: after spending twenty years in public education as a teacher and administrator, Christina Schindler has embarked on a business venture with her family as the CEO of the Modern Stone Age Kitchen, a “foodery” in Chestertown, Maryland, that optimizes nutrition in modern foods through ancestral techniques to create healthy food for the community.

Christina also serves as president of the Eastern Shore Food Lab, a non-profit that is focused on creating a nourishing, ethical and sustainable food system through education, outreach and research. Most importantly, Christina is a mother of three busy teenagers and Dr. Bill Schindler's high-tech other half.



Senator Mark Steffen, MD

Sunday 3:00-4:00 PM, Room 2103 A/B

**Closing Ceremony:
Remarks by Sally Fallon Morell and talk by Mark Steffen, MD:
Free Will is an Active Process**

Dr. Mark Steffen lives and works in rural Hutchinson, Kansas, and is a Kansas state senator. He is a recently retired physician and

board-certified anesthesiologist who has practiced since 1997. Dr. Mark was the first physician to specialize in interventional pain management and practice exclusively in rural Kansas communities.

When Dr. Mark is not seeing patients in rural hospitals across Kansas, he is working as a rancher and farmer managing 3500 acres of agriculture and grassland in Kingman, Reno, and Rice

counties for Steffen Family Natural Resources, a business that he built and operates. Dr. Mark is also the managing partner and operator of Steffen Resource Development, a licensed oil and gas operating company in Kingman County.

Dr. Mark is an avid hunter and conservationist with six North American big game animals listed in the Boone and Crocket Club's Record Books. Dr. Mark has been married to his high school sweetheart, Deanna, since 1985. They have two adult children. Dr. Mark and Deanna are committed followers of Christ.

***Please share photos and updates on social media using the hashtags:
#wisetraditions2023 #wisetraditionsconference #wisetraditions #wapf
#westonaprice #westonapricefoundation #ancestraldiet #justeatrealfood
#ancestralwisdom #health #healthy #nourish #nutritious #nutrientdense***

SPEAKERS



Mike Thompson

Friday 1:45-3:00 PM, Room 2103 B

Science For Sale--*A Tangled Tale of Treachery*

What if “the science is settled” really means that the bill for a specific scientific outcome has been paid by the highest bidder? That is not how science is supposed to work, but increasingly, “settled science” has been used as a weapon to silence, intimidate, denigrate and isolate those whose voices are inconvenient. . . and to control as many people as possible.

This is not a new phenomenon, but it has culminated in dangerous policies surrounding climate change, health, energy and almost everything we do each day.

How you are being lied to. How you are paying for it. And, a coming crisis that may be unavoidable. Mike Thompson will walk us through the tangled tale of scientific debauchery that everyone should be aware of.

Mike Thompson has worked in the field of meteorology and climate for forty-five years. His last television assignment was as chief meteorologist at WDAF-TV, FOX4, in Kansas City, where he worked for twenty-seven years before retiring from on-air work in late 2018. Mike then pivoted to entrepreneurship, science education and the political world.

Mike has served as the Senator for the 10th district in the state of Kansas since 2019. Mike is the chairman of the Senate Federal and State Affairs Committee, and also serves on the Utilities Committee, Public Health Committee, Local Government Committee and the Transparency and Ethics Committee. He is the secretary on the board of the Truth Caucus.

He is co-owner of IQ Learning Center.com that produces

an online weather and science course for students called IQ Weather. He is the executive director of the Academy for Climate and Energy Analysis (ACEA), a 501C3 dedicated to education on climate and energy issues. Mike also serves on the education committee for the CO2 Coalition, and as a policy advisor for the Heartland Institute. Both national organizations were formed to educate the public on atmospheric science matters and energy policies. He has won six Emmy Awards and is in the Guinness Book of World Records for twenty years of developing, writing and producing his annual weather and science show, “School Day at the K”.

He lives in the Kansas City area with his wife, LeAnne. They have been married for forty-six years, and have three children and ten grandchildren.



William Trebing, DC

Friday 7:30-9:00 PM, Room 2104 A/B

Germ Theory Folklore: Why Such a Tight Grip on the Big Lie?

In this discussion, Dr. William Trebing will be covering his knowledge from over forty years of research into germ theory corruption as it relates to American history, politics and law.

Focusing on chapters from his new book, he will bring the following topics front and center:

- the vaccine mythology they don't even follow;
- virus and “germ” ghost stories;
- the nonsense and non-science of the Covid scamdemic;
- the original intent of Jonas Salk advanced homeopathy;
- installing big pharma as your biology deity;
- historical significance of germ theory fraud from 1935 to the present day;
- mass-programming and mind control; and,
- the art of war: know thy enemy, the only way out.

Dr. William Trebing is a board-certified chiropractic physician with a specialty in neurology and radiology, centered in Connecticut and South Carolina. He has been in private practice for thirty-eight years offering natural health care solutions and chiropractic adjustments, with a specialty in lower back and neck intervertebral disc repair, as well as brain-training neurofeedback. He is an internationally renowned lecturer on

the topics of spinal disc repair, disc radiography, natural health care, the fallacies of the germ theory and mandatory vaccination programs. He is also the author of the popular book, “Good-Bye Germ Theory.” He completed his undergraduate and graduate work in biology/chemistry and secondary education at both Adelphi and Brown Universities, as well as his doctorate in chiropractic from NY Chiropractic College.

SPEAKERS



Laura Villanti

Friday 11:00 AM-12:15 PM, Room 2103 A

Parasites: Well Beyond a Gut Story

Parasites, one of our most undiagnosed and underdiagnosed root-cause health issues, can lead to debilitating gut function and autoimmunity, as well as affect the brain, skin, eyes, sinus, thyroid, heart, lungs, liver and more. Long attributed to travel in Third World countries, this is no longer the case. Laura Villanti will explain the relationship with parasites' hosts—us! Learn the varied symptoms, why parasitic overgrowth is more prevalent today, why parasites are difficult to diagnose, how best to test for them, natural remedies and protocols, what to look for with recurrent infections and more.

Laura will share insights from her clinical practice where she uses the decades-refined autonomic response testing methodology developed by Dr. Dietrich Klinghart to determine prioritized root-cause stressors that are blocking healing and the supports that resolve these stressors. Root-cause stressors include infections, heavy metals, toxins, EMF, food allergies and sensitivities, interference fields including scars, and dental infections, etc. Her work supports those with health issues who have not found resolution. As a result, she has gained great first-hand clinical insight on parasitic infections and how to best resolve them.

Friday 7:30-9:00 PM, Room 2103 A

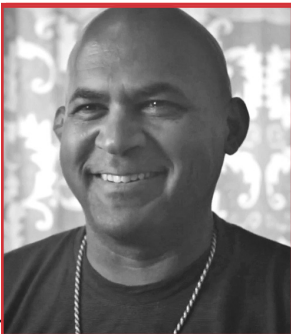
Practitioners Panel

We are excited to offer a panel of highly qualified practitioners who will answer your questions about modern diseases. The panel includes Natasha Campbell-McBride, MD; Tom Cowan, MD; Laura Villanti, FNTF; and Dawn Ewing, PhD, ND with moderator Sally Fallon Morell.

Laura Villanti has been teaching and inspiring others with food as medicine for over twenty years. She started her practice, At Home With Wellness (AtHomeWithWellness.com) in 2011 to help individuals find their vibrant health with tools that they can employ from their home—whether in the kitchen, garden or otherwise—in addition to helping individuals feel at home (meaning comfortable and confident) with their path to healing. Her clinical toolset continues to advance but maintains a

foundation in nutritional therapy and root-cause resolution of advanced health issues.

Laura is a functional nutritional therapy practitioner (FNTF), certified GAPS practitioner, allergy release technique practitioner (A.R.T.), bio-individual nutrition practitioner, Klinghardt autonomic response testing practitioner, advanced Reiki practitioner and certified healing food specialist. She is also a WAPF chapter co-leader for Rochester, New York.



Cal Washington

Sunday 8:45-10:00 AM, Room 2103 B

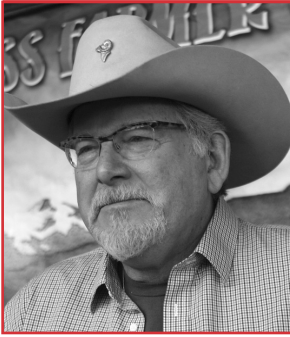
Mass Action of Liability Regarding Vaccines, 5G and 'Smart' Meters

Cal Washington explains how men and women worldwide can hold public officials and CEOs accountable for causing widespread harm with trespassing technology. He has co-authored a new commercial liability action to solve the 'smart' meter problem, as well as the looming 5G rollout, mandatory vaccination and geo-engineering. Learn how it works, why it works and how each of us can participate in the greatest transfer of wealth in history.

Cal Washington: construction contractor, musician, and family man turned law merchant scholar, Cal Washington is an empowerment advocate who “has stumbled into knowledge leading to an extraordinary experience within the systems

of commerce and justice”. As co-founder of the InPower Movement he is dedicated to sharing his knowledge to help people truly take back their power, and hold accountable those involved in agendas causing harm.

SPEAKERS



Will Winter, DVM Monday 6:45 AM-6:30 PM, Meet in front of Convention Center

16th Annual GUIDED FARM VISIT

Why a guided farm visit?

When evaluating a farm, it is important to know what to look for, what to ask and what really matters. This professionally guided farm visit enables informed eaters and food activists to learn these things. Farmers and ranchers accompany us as well! We all enjoy the opportunity to have rich connections as well as the chance to learn from and appreciate more the successful farmers and others who devote their lives to producing nutrient-dense food.

With our returning professional guides, Will Winter and Steve Campbell, we will travel by bus to the following farms:

Farm 1 – Hedgewood Farms

Brian and Marla Biggs
Paola, Kansas
Grassfed Scottish Highland beef, chicken,
pork, produce
hedgewoodfarms.com

Farm 2 – Harmony Farms

Josh Brown
Fontana, Kansas
Beef
harmony.farm

Farm 3 – George Farms

Derek and Morgan George
Wellsville, Kansas
Raw milk, cheese, yogurt, pork, beef, honey; store, farm-to-
table events
georgefarms.farm

Farm 2 – Skyview Farm and Creamery

Bill and Sheri Noffke
Pleasanton, Kansas
Raw milk, artisan cheese, store
skyviewfarm.net

Will Winter received a DVM degree from Kansas State University in 1975, as well as an undergraduate degree in animal husbandry and conducted post-graduate studies and research in veterinary toxicology for the College of Veterinary Medicine's Veterinary Diagnostic Laboratory and Animal Resource Facility. After graduating he specialized in surgical referrals and

emergency medicine. In 1980 he created the Uptown Veterinarian-A Holistic Practice, one of the largest and most successful holistic veterinary practices in the U.S. In 1983, he co-founded the American Holistic Veterinary Medical Association. He is the author of *The Holistic Veterinary Handbook* and founded Rescue Animal Products.



Alec Zeck

Friday 7:30-9:00 PM, Room 2103 B

Film: Segments of "The End of Covid"

Alec Zeck, co-producer and co-director of The End of Covid series will join us to introduce and do Q&A for the following session of the series. theendofcovid.com

Session #12 Gain of Function Narrative

What is going on in these labs? Do we need to worry about gain of function experiments? Do we need to worry about "lab leaks?" In this groundbreaking session, Drs. Mark and Sam Bailey thoroughly investigate the gain of function narrative, covering all of the scientific details and its impact on our lives.

Dr. Sam is one of the co-authors of the acclaimed book *Virus Mania*. We highly suggest reading this book to uncover further details about these pseudoscientific narratives! <https://drsambailey.com/>

Sunday 8:45-10:00 AM, Room 2103 A

Reframing the Infectious Disease Paradigm

Alec Zeck will offer a presentation on virology and all of its fallacies with a discussion on his thoughts of what causes the phenomenon of contagion. Are we sure that viruses exist, or is it a conditioned belief? Could the supposed effects of viruses be caused by something else? What causes the contagion phenomenon (two plus people sick in the same space)? Are temporary symptoms of illness bad, or is this also a conditioned belief? Why is this important?

Alec Zeck received his B.S. in systems engineering from the United States Military Academy at West Point. He is a speaker, writer, podcaster and former Army captain. He is the former

executive director and founder of Health Freedom for Humanity and is the founder of The Way Forward. thewayfwr.com

CHILDREN'S PROGRAM

The Wise Traditions Conference is pleased to provide a children's program. The program costs \$250 (or \$150 without meals) and goes from Friday to Sunday. The children's meal ticket includes attending regular conference meals with the adult for: Friday lunch, Friday dinner, Saturday lunch, Saturday dinner and Sunday lunch. PLEASE NOTE: THIS DOES NOT INCLUDE THE SATURDAY NIGHT BANQUET. The children stay at the program and will have food there. Children ages 3–12 who are potty trained are welcome to participate in the Children's Program. Children who are too young or too old for the children's program are welcome at the conference. Since we are recording all sessions, we ask that if a child is disrupting the recordings that the adult take the child out of the session room until the child is quiet again.

LOCATION: 1st floor 2101

Friday, October 20

Make conference name tags, tote bags, and art project

Lesson: Movement

Lesson: Health Benefits of Kombucha

AM snack – nut butter on apples

PM snack – kombucha

Friday Evening – Movie Night – *Those registered for meals, will have dinner with the registered conference attendees.

We will be serving popcorn cooked in coconut oil with butter and sea salt as a snack during the movie.

Saturday, October 21

Lesson: Benefits of Ghee

Lesson: How to Make Fermented Veggies

AM snack – bone stock and ghee

PM snack – fermented vegetables

Saturday Evening – Dance and Party – *The Saturday banquet meal is not included in this program but food will be served.

Sunday, October 22

Lesson: Living Organisms in the Soil

AM snack – meat bars

PM snack – cheese, cheese and did we say cheese?

All children in attendance will participate by assisting with snack preparation. Program content and snack/meals are subject to change without prior notification.

	Friday	Saturday	Sunday
Morning	8:00–12:15	8:00–12:30	8:00–12:10
Closed for lunch			
Afternoon	1:15–6:00 pm	1:30–4:45 pm	1:00–4:30 pm
Closed for dinner			
Evening	7:00–10:15 pm	6:15–10:00 pm	

PLEASE NOTE THE CLOSURES FOR LUNCH AND DINNER DAILY. You MUST pick up your child during those hours! For those who purchased this program with meals, your child will accompany you to dine at the regular conference meal. PLEASE KEEP IN MIND THAT THIS DOES NOT INCLUDE THE SATURDAY EVENING BANQUET (they will be served food at the children's program).

Thursday Evening Raw Milk Celebration Fundraiser Dinner

Thursday, October 19 – 6:00-9:00 PM (Room 2102 A/B)

FRIDAY, OCTOBER 20

7:00 AM–6:00 PM **Conference Registration**

	Room 2104 A/B	Room 2102 A/B	Room 2103 B	Room 2103 A
7:00 AM	7:15–8:45 AM Farm-to-Consumer Legal Defense Fund		7:30–8:30 Movement Session (2103 D)	
8:00 AM	FundRAISER Breakfast – Menu page 39 (Exhibit Hall A, 2nd Floor)			
9:00 AM	9:00–10:15 Nourish Your Family with “Junk” Foods Cooked Right Corey Dunn		9:00–10:15 Gaps Concept: What Causes All Chronic Disease?, Part 1 Natasha Campbell-McBride	9:00–10:15 Mercury, Root Canals and Implants. . . Oh My! Blanche Grube <i>In Person & Live Streamed</i>
10:00 AM	10:15–11:00 Visit Exhibits			
11:00 AM	11:00–12:15 Lost Wisdom of the Tribes and the Throne Theory of Health Mary Ruddick		11:00–12:15 Gaps Concept: What Causes All Chronic Disease?, Part 2 Natasha Campbell-McBride	11:00–12:15 Parasites: Well Beyond a Gut Story Laura Villanti <i>In Person & Live Streamed</i>
12:00 Noon	12:15–1:45 Lunch Menu page 37 (Exhibit Hall A, 2nd Floor)			
1:00 PM	Visit Exhibits			
2:00 PM	1:45–3:00 Got Real Milk? Safety, Health, Economic and Legal Issues Sally Fallon Morell		1:45–3:00 Science For Sale: A Tangled Tale of Treachery Mike Thompson	1:45–3:00 Your Gut 2.0-Unraveling Oxalate Intolerance Ruth Ann Foster <i>In Person & Live Streamed</i>
3:00 PM	3:00–4:00 Visit Exhibits			
4:00 PM	4:00–5:15 Easy Horizontal Beekeeping to Source Your Own Unfiltered Raw Honey and Other Products of the Hive Nathalie B.		4:00–5:15 The Contagion Myth Sally Fallon Morell	4:00–5:15 The Missing Link to Health: Balancing Tiny Explosions Nina-Marie Rueda <i>In Person & Live Streamed</i>
5:00 PM	5:15–6:00 Visit Exhibits Mix & Mingle Singles Gathering (Marriott Hotel Lobby Bar)			
6:00 PM	6:00–7:30 Buffet Dinner Menu page 37 (Exhibit Hall A, 2nd Floor) VIP Dinner (2105)			
7:00 PM	7:30–9:00			
8:00 PM	7:30–9:00 Germ Theory Folklore: Why Such a Tight Grip on the Big Lie? William Trebing		7:30–9:00 Film: Segments of “The End of Covid” (Free to the public) Followed by Q&A with Alec Zeck	7:30–9:00 Ask the Practitioners Panel Natasha Campbell-McBride, Tom Cowan, Laura Villanti and Dawn Ewing with moderator Sally Fallon Morell <i>In Person & Live Streamed</i>

SATURDAY, OCTOBER 21

7:00 AM–6:00 PM **Conference Registration**

	Room 2104 A/B	Room 2102 A/B	Room 2103 B	Room 2103 A
6:30 AM	7:15–8:45 AM Farm-to-Consumer Legal Defense Fund FundRAISER Breakfast – Menu page 39 (Exhibit Hall A, 2nd Floor)		7:30–8:30 Movement Session (2103 D)	
7:00 AM	7:30–8:15 Smart Dots ^{SP} Practical EMF Solutions		7:30–8:15 Hearth and Homestead ^{SP} Rediscovering Ancestral Skincare	7:30–8:15 Tom Cowan and the New Biology with Dr. Adam Woullet ^{SP}
8:00 AM				
9:00 AM	9:00–10:15 Nourishing Traditional Diets, Part 1 * Sally Fallon Morell	9:00–10:15 The Microbiome: The Ultimate Information Superhighway Martha Carlin	9:00–10:15 Introduction to Using Homeopathy at Home Paola Brown:	9:00–10:15 Gender Bender Chemicals Anthony Jay <i>In Person & Live Streamed</i>
10:00 AM	10:15–11:00 Visit Exhibits			
11:00 AM	11:00–12:15 Nourishing Traditional Diets, Part 2 * Sally Fallon Morell	11:00–12:15 The Loss of Local Farms and What You Can Do About It Alex Miller	11:00–12:15 Be Nice To Your Weeds. They Just Might Save Your Life! Patrick Jones	11:00–12:15 Fluoride: A Story of Manipulation Anthony Jay <i>In Person & Live Streamed</i>
12:00 Noon	12:15–1:45 Lunch Menu page 38 (Exhibit Hall A, 2nd Floor)			
1:00 PM	Visit Exhibits			
2:00 PM	1:45–3:00 Making Home Nose-to-Tail Butchering and Cooking Accessible Bill Schindler	1:45–3:00 Freedom, Law and Litigation: A Spiritual Battle at Heart Leslie Manookian	1:45–3:00 How Dental Meridians Are Blocked by Root Canals Dawn Ewing	1:45–3:00 The New Biology Medicine, Part 1 Tom Cowan <i>In Person & Live Streamed</i>
3:00 PM	3:00–4:00 Visit Exhibits			
4:00 PM	4:00–5:15 The Modern Stone Age Household: Making an Ancestral Diet Work in Today's World Bill & Christina Schindler	4:00–5:15 Finding Your Personal Wise Traditions Chris Masterjohn	4:00–5:15 Opting Out of the "Internet of Bodies": The Link Between EMFs/5G and 'Vaccines' and Wholistic Solutions Josh del Sol Beaulieu	4:00–5:15 The New Biology Medicine, Part 2 Tom Cowan <i>In Person & Live Streamed</i>
5:00 PM	5:15–6:00 Visit Exhibits Mix & Mingle Singles Gathering (Marriott Hotel Lobby Bar)			
6:00 PM	6:30–9:30			
7:00 PM	AWARDS BANQUET WITH KEYNOTE			
8:00 PM	Banquet Keynote: Weaponized Healthcare: Global Attack on our Genes, Microbiome and Food Source			
9:00 PM	Sasha Latypova Menu page 38 (Exhibit Hall B, 2nd Floor)			

*We recommend that any attendee who has not heard Sally's seminar, attend this life-changing seminar.
SP = Sponsor Presentation – These are talks by exhibitors about their products and services.

SUNDAY, OCTOBER 22

7:00 AM–6:00 PM **Conference Registration**

	Room 2104 A/B	Room 2102 A/B	Room 2103 B	Room 2103 A
6:30 AM	7:15–8:45 AM Farm-to-Consumer Legal Defense Fund FundRAISER Breakfast – Menu page 39 (Exhibit Hall A, 2nd Floor)		7:30–8:30 Movement Session (2103 D)	
7:00 AM	7:30–8:15 Sauna Space SP		7:30–8:15 Walkabout Health Activator X: Essential Nutrients for Human Health SP	7:30–8:15 EMF Rocks 5G Physics and Grounding by Nature SP
8:00 AM				
9:00 AM	8:45–10:00 A Wise Traditions Home Panel: How Do Busy Moms Implement Wise Traditions Principles in the Home? Sally Fallon Morell, Maureen Diaz, Hilary Boynton, Christine Muldoon	8:45–10:00 Natural Movement Training: An Anthropological Approach to Movement Explained and How to Do It on Your Own! Isaac Chilton	8:45–10:00 Mass Action of Liability Regarding Vaccines, 5G and ‘Smart’ Meters Cal Washington	8:45–10:00 Reframing the Infectious Disease Paradigm Alec Zeck <i>In Person & Live Streamed</i>
10:00 AM	10:00–10:45 Visit Exhibits			
11:00 AM	10:45–12:00 Vegetarianism Explained Natasha Campbell- McBride	10:45–12:00 Creating Strong Communities, Food Systems and Prosperity by Taking Back Our Money System Ellen Brown	10:45–12:00 The Perils of 5G and How to Protect Ourselves from EMFs Beverly Rubik	10:45–12:00 How Being Dirty Keeps Us Healthy in a Sterile World Doug and Stacy <i>In Person & Live Streamed</i>
12:00 Noon	12:00–1:30 Lunch Menu page 39 (Exhibit Hall A, 2nd Floor) Visit Exhibits			
1:00 PM	1:30–2:45 Preserving the Fruits of Your Garden through Fermentation and Other Means Celeste Longacre		1:30–2:45 Discussion on Climate Change, Biblical Apocalypse or More Hot Air? James Kirkpatrick	1:30–2:45 What You Can Do When You Try: Highlighting Heroes Catherine Austin Fitts and Sasha Latypova <i>In Person & Live Streamed</i>
2:00 PM				
3:00 PM	3:00–4:00 (Room 2103 A/B) CLOSING CEREMONY Closing remarks by Sally Fallon Morell and talk by Mark Steffen, MD: Free Will is an Active Process			

SP = Sponsor Presentation – These are talks by exhibitors about their products and services.



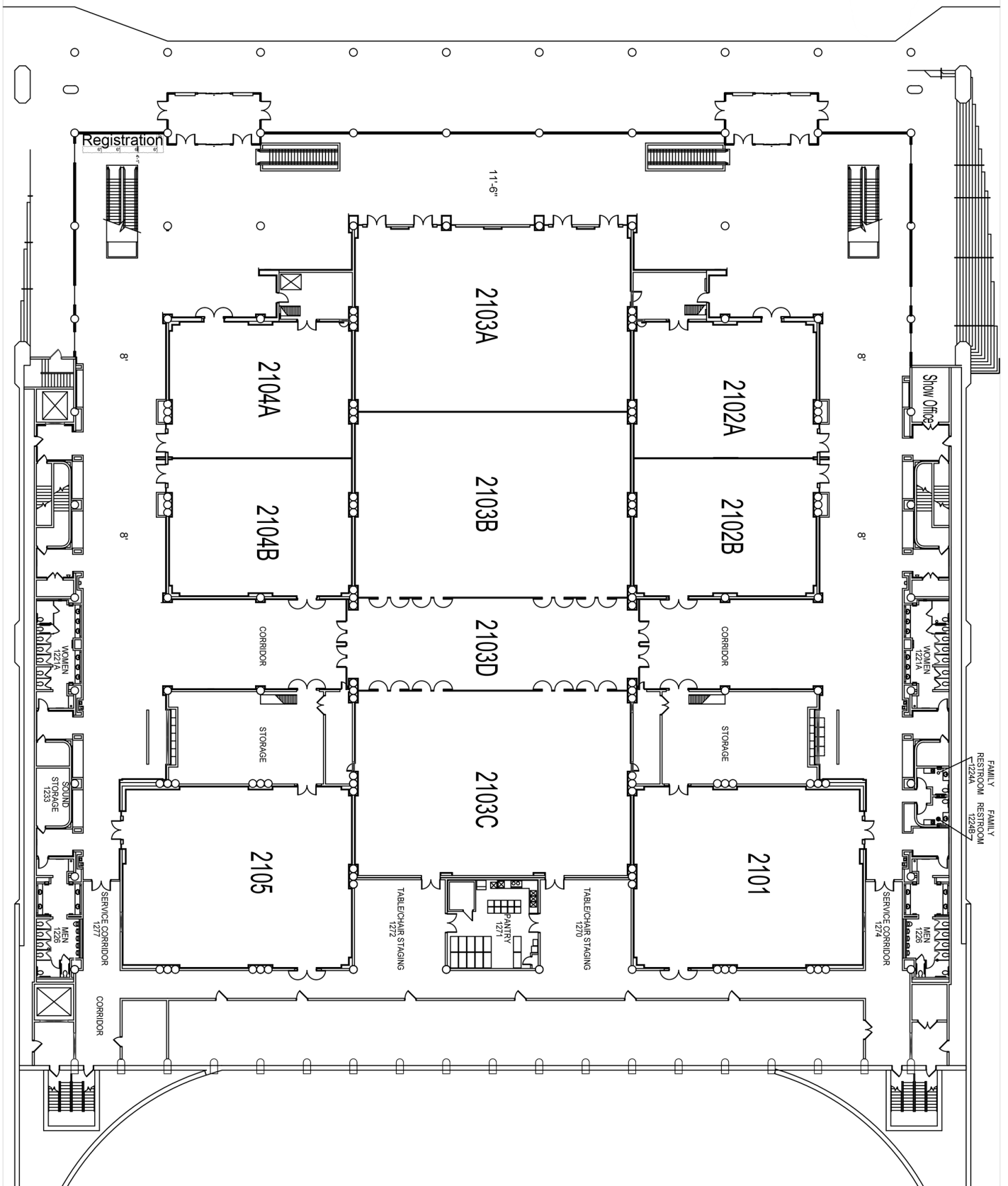
PROTECTION FROM EMF

As part of our commitment to crafting a safe and harmonious atmosphere for our conference, we've partnered with Essential Energy to use their Office Conditioner.



Harnessing insights from Russian and German energy science, and fortified by over forty years of pioneering research in plasmonic and photonic technology, Essential Energy's Office Conditioner is their most powerful device against today's EMF crisis. It emits coherent photonic waves that gracefully neutralize non-native EMF, from radio waves to 5G/4G/3G networks, corporate Wi-Fi, microwave radiation and beyond. This device doesn't confine its protective reach to just buildings. It extends its aura of wellness, conditioning the energy within buildings of all sizes and rejuvenating the vitality of all biological systems within a one-mile radius. <https://essentialenergy.solutions/products/power-conditioner-gen-3>

HOTEL MAP



WAPF OFFERINGS

Do you know about these many free services the foundation offers to help members and non-members in finding good food and good health?

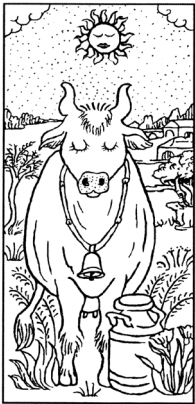


12 SPOONS RESTAURANT RATING GUIDE

Based on the dietary principles of the Weston A. Price Foundation
westonaprice12spoons.com

This free site is meant to help people find at least *acceptable* food when they want to eat out. And it's also meant to highlight those establishments that are doing great things. **An establishment can earn one "spoon" for each of our 12 criteria they meet. The criteria are explained on the site.** A 1-Spoon establishment signals a place where that busy traveler will find at least a few acceptable dishes, whereas a 12-Spoon establishment signals a place that truly gets it; that's doing everything right.

We hope that as the site gains traction and food purveyors learn of it, they'll want to know our criteria and how they can earn a higher score. We look forward to a day when there will be a number of high-scoring establishments in every locale, at a variety of price points.



A CAMPAIGN FOR REAL MILK

realmilk.com

When A Campaign for Real Milk was founded, only twenty-seven states allowed farmers to sell raw milk or provide it as pet milk or through herd shares. Today that number is forty-four.

Offering free listings for raw milk farmers, realmilk.com when started listed a mere thirty-seven sources of raw milk—today there are over two thousand—ranging from small, on-farm stores to four-hundred-cow dairies to long-distance delivery services. In 2007, a CDC survey estimated that ten million Americans drank raw milk. That number is certainly considerably higher today.

We look forward to the continued growth of the real milk market as an alternative to industrial milk. Real Milk is the ideal food for growing children, the elderly and all ages in-between. And when we purchase Nature's perfect food, we are supporting small, independent farms and rural prosperity.



WISE TRADITIONS PODCAST

Our podcast is in the top one hundred of health and fitness podcasts on Apple Podcast chart rankings. Hilda Labrada Gore is the host and producer. We have over twelve million downloads, and our listenership and reach keep growing!

We are so thankful because you have helped us get there by listening, sharing the show and links and simply spreading the word.

Popular episodes this year included:

- Episode 421: Pfizer Documents Exposé with Naomi Wolf
- Episode 419: True Midwifery with Lindsey Meehleis
- Episode 429: Mythbusting Modern Biology with Dr. Tom Cowan
- Episode 413: Improve Fertility with Vitamin A with Pam Schoenfeld

Thanks once again for your support and for spreading the word about health and wellness, the Wise Traditions way!

WAPF OFFERINGS



WISE TRADITIONS SPANISH PODCAST

“Tradiciones Sabias”

Empowering. Inspiring. Educational. Questioning official narratives. Challenging conventional paradigms. Cutting edge scientific knowledge and ancestral traditions.

This is “Tradiciones Sabias”, our Spanish podcast with hosts Alberto Medina and Anette Ruiz from Puerto Rico. Ranked #3 in the category of alternative health in Ecuador and Guatemala, Tradiciones Sabias features experts in a wide range of topics with a combined global reach of nearly 1.5 million followers on Instagram.

Listen on Spotify, Apple Podcasts, Ivoox, or on our website westonaprice.org/es/tradiciones-sabias-podcast/, where you can also give us feedback to make it even better. Go to each episode and send us your comments or write an email to the producers at tradicionessabias@gmail.com.



NOURISHING OUR CHILDREN

We focus on timeless principles for supporting learning, behavior and health through optimal nutrition. We have an active social media presence and a private Facebook group for new and experienced parents, grandparents, caregivers and educators who have the opportunity to ask questions and receive communal support and guidance on everything from infertility, how to feed infants, how to make the homemade baby formula, natural remedies for ear infections and constipation, what foods to pack for travel and how to address picky eating. We require a \$5 donation for a calendar year for this service, and it includes entry into a related group for conversation focused on how we nourish ourselves as adults. We invite you to join us: nourishingourchildren.org/groups! We also offer educational materials in the form of a DVD, PowerPoint, e-book, study guide and audio book, as well as children’s books. We publish a blog on our website nourishingourchildren.org that provides information on how to nourish and not merely feed yourself and your children. We are a project of the Weston A. Price Foundation.

THREE HELPFUL RESOURCES ON WESTONAPRICE.ORG

Local Chapters

westonaprice.org under Find Food/Local Chapters

Local chapters help you find local, nutrient-dense food. Local chapters find locally-grown organic and biodynamic vegetables, fruits and grains; and milk products, butter, eggs, chicken and meat from pasture-fed animals. They also represent the Weston A. Price Foundation at local fairs and conferences and may host cooking classes, potluck dinners and other activities to help you learn to integrate properly prepared whole foods into your lifestyle. Local chapters may be able to put you in touch with health practitioners who share our philosophy and goals.

Action Alerts

westonaprice.org under Get Involved

Action Alerts let WAPF members know what is going on federally as well as in your state or region regarding our food, farming and health freedoms and what you can do to protect them.

Recipe of the Week

Westonaprice.org under Recipes/Reviews/Blogs

Offering a weekly recipe based on the dietary principles of Wise Traditions.

CONTINUING EDUCATION CREDITS

2023 WISE TRADITIONS CONFERENCE

We have received approval from three organizations for continuing education credits: nurses, acupuncturists and NANP nutritionists (see below).

TO RECEIVE CREDIT:

If you did not pay when you registered, you can still pay at the registration desk. The fee for CEUs is (\$65/3 days; \$25/day).

STEPS REQUIRED:

Each morning you will sign in at the CEU desk near registration. Before you depart, you will submit the required paperwork at the same desk. Certificates will be emailed to you in the month following the conference.

APPROVING ORGANIZATIONS

Nursing: We have been approved by the Maryland Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Total possible credit hours for 3 days: 15.25 hours (Friday 6.5 hours; Saturday 5; Sunday 3.75).

Acupuncturists: We have been approved by the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM). Total possible credit hours for 3 days: 16 (Friday 6.5 hours; Saturday 5; Sunday 4.5). Not all talks receive credit; see attendance form for complete list. **NOTE:** All states accept this approval **except Florida and California.**

Massage Therapists: Check with your state board. Some states give credit under the NCCAOM approval mentioned above. Please let us know if your state will accept it.

NANP Nutritionists: We have been approved by the National Association of Nutrition Professionals (NANP). Total possible credit hours for 3 days: 17 (Friday 6.5 hours; Saturday 6; Sunday 4.5). <https://nanp.org/events/>

For other professions including nutritionists other than NANP: CERTIFICATE OF ATTENDANCE - \$5 FEE

Check with your professional board to see if a Certificate of Attendance will suffice. As far as we know it will suffice for RDs, some NDs and some nutritionists (besides NANP). Purchase the Certificate of Attendance at the registration desk. You are not required to sign in each day or submit an evaluation. You will receive the certificate by email after the conference and should submit it to your board or school.

RDs: According to the Commission on Dietetic Registration, CDR Credentialed Practitioners may receive up to 15 cpeus for attending our conference. You will not need to sign in each day. You will need to keep a Certificate of Attendance from us and a list of talks attended with appropriate Learning Need Codes indicated. If you are in Florida, Illinois, Pennsylvania or Texas you should check with your board as we are not certain if they will accept this.

TALKS APPROVED FOR NURSING CREDIT

FRIDAY, OCTOBER 20

- 9:00-12:15 Natasha Campbell McBride, MD, PhD, Gut and Psychology Syndrome
- 1:45-3:00 Ruth Ann Foster, BSN, ScD, RN Your Gut – Understanding Oxalate Intolerance
- 4:00-5:15 Nina-Marie Reuda: Minerals – The Missing Link to Health
- 7:30-9:00 Practitioner Panel with Q&A: with Natasha Campbell-McBride, MD, PhD, Sally Fallon Morell

SATURDAY, OCTOBER 21

- 9:00-12:15 Sally Fallon Morell, MA: Nourishing Traditional Diets
- 1:45-3:00 Tom Cowan, MD: New Biology
- 4:00-5:15 Bill and Christina Schindler, PhD: Modern Stone Age Kitchen

SUNDAY, OCTOBER 22

- 8:45-10:00 Isaac Chilton: Natural Movement Training
- 10:45-12:00 Natasha Campbell-McBride: Vegetarianism Explained
- 1:30-2:45 Celeste Longacre: Preserving through Fermentation

Please visit the CEU table or the conference registration desk, if you have further questions.

RECORDINGS/PHOTO CONTEST

WISE TRADITIONS CONFERENCE 2023

The Weston A. Price Foundation's 23rd Annual Conference
Kansas City, Missouri October 20-22, 2023



Take this year's conference home.

Did you miss any sessions? On-demand available for the entire conference. Enjoy all sessions on-demand streaming or on MP3, Flash Drive or DVD.

fleetwoodonsite.com/wise/

PHOTO DUMP



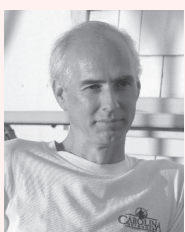
1. Please take high-quality, candid photos during the conference. We'd love you to capture folks being nourished in every way. . . by the company, the presentations and the meals!
2. Email your very best large photos—in terms of content, lighting and composition—to socialmedia@westonaprice.org.
3. Everyone whose photos we choose to use on social media, in our banquet slideshow or for future promotional purposes will be entered into a drawing.
4. Four people whose names are randomly picked will have the option of receiving two years of membership to the Weston A. Price Foundation or one of Sally Fallon Morell's books!

MEET THE WAPF STAFF



Kathy Kramer, Executive Director

Kathy grew up in Maryland, one of ten in a close-knit family. After earning a BA in literature, she trained and worked as a Montessori elementary teacher for several years until her own health problems sparked an interest in health and nutrition which gradually drew her into working in that field. She studied nutrition at American Health Sciences University (now defunct) to be a licensed nutritionist. For several years, she offered nutritional consultations and talks to people of all ages. Her interests and employment came together in 2003 when she called Sally Fallon Morell to ask about a job with the Foundation. Helping ship materials part-time eventually led to full-time work doing an array of tasks as executive director. She is married, lives in Maryland and loves hiking and kayaking. Since 2003, she has felt honored to be part of the Foundation's hard-working staff and important mission.



Tim Boyd, Education Services

Tim Boyd was born and raised in Ohio, graduated from Case Western Reserve University with a degree in computer engineering, and worked in the defense industry in Northern Virginia for over twenty years. During that time, a slight case of arthritis led him to discover that nutrition makes a difference, and then nutrition became a serious hobby. After a fun time in the electronics field, he decided he wanted to do something more important. He is now enjoying his dream job working for the Weston A. Price Foundation doing book and video reviews, managing website content, doing shipping, answering a variety of questions, and even handling facility maintenance.



Yolanda Hawthorne, Membership Coordinator

Yolanda combines a lifelong passion for food, design and the healing arts into her position as membership coordinator. Yolanda graduated from The Natural Gourmet Institute in New York City where she studied under the tutelage of Annemarie Colbin, who introduced her to Sally Fallon's book *Nourishing Traditions*, which totally changed the way she viewed "healthy eating". In addition, she studied at Gulliver's Living and Learning Center (now The Institute for Integrative Nutrition) and the Ann Wigmore Natural Health Institute in Puerto Rico. Yolanda co-founded Zenful Bites in 2012 where their sole purpose was to address these components of the food system: food education, access and sustainability via community outreach, cooking classes/demos and after-school programming. This all came to an abrupt end during covid. At WAPF, Yolanda is able to incorporate her love for hospitality by greeting cheerful members and by cooking for WAPF staff at bimonthly staff meetings. As resident chef she's able to cook for and work with the Queen of Ancestral Cooking, our very own Les Dames d'Escoffier, Sally Fallon Morrel, which Yolanda says has been one of the highlights of her career.

MENUS

NOTE: If you are physically unable to stand in the food lines, please come to the front of the line. If you need help carrying your food, please ask one of the ticket takers for help. Menu subject to change without notice.

Our meals are made using **Authentic Super Foods** olive oil, **Baja Gold** sea salt, **Simply Ghee** ghee, **Really Raw Honey** honey, **Back Creek Farms** maple syrup, **Miller's Organic Farm** eggs, cream and grass-fed butter, **Simply Grassfed** cheese, **Gardens of Grace** almonds, dates, walnuts and pecans, **Rich Nuts** assorted nuts, **To Your Health Sprouted Flour Company** flours and oats.

FRIDAY LUNCH BUFFET

Force of Nature Organ Beef Chili with Red Kidney Beans & Vegetables

Miller's Organic Farm Sour Cream, **Simply Grassfed** Grated Cheddar

Corn Tortilla Chips Fried in **Simply Grassfed** Lard

Wild Field Green Salad, Cherry Tomatoes, Cucumbers, Red Onions, tossed in Classic Balsamic Vinaigrette

Pico de Gallo

Wild Alive Curtido

Coconut-Honey Blondie Bars with Fresh Vanilla Whipped Cream

Artisan Kombucha KC Kombucha



FRIDAY DINNER BUFFET

Simply Grassfed BBQ Pulled Pork – Kansas City BBQ Sauce on the side

Baked Beans

Cilantro-Lime Cabbage-Carrot Red Pepper Slaw Tossed with Sesame Seeds

To Your Healthy Sprouted Flour Company Sprouted Cornbread with **Miller's Organic Farm** Grassfed Butter

Garden Goddess Ferments

Sprouted Rice Pudding topped with Cinnamon & Fresh Mango

Artisan Kombucha KC Kombucha

GREAT FOOD IN GREAT QUANTITIES FOR THE CONFERENCE MEALS!

150 whole chickens	500 dozen eggs	30 kegs kombucha
200 pounds chicken livers	300 pounds assorted cheeses	150 pounds rolled oats
300 pounds chicken quarters	400 pounds bones for stock and dessert	300 pounds of assorted flours
200 pounds lamb	300 pounds raw butter	75 pounds sea salt
600 pounds hamburger with organ meat	100 gallons ghee	125 pounds raw honey
600 pounds pork butt	40 gallons yogurt	6 gallons maple syrup
300 pounds ham	45 gallons olive oil	250 pounds each of dates, almonds & pecans
325 pounds breakfast sausage	50 gallons ferments	

MENUS

Our meals are made using **Authentic Super Foods** olive oil, **Baja Gold** sea salt, **Simply Ghee** ghee, **Really Raw Honey** honey, **Back Creek Farms** maple syrup, **Miller's Organic Farm** eggs, cream and grass-fed butter, **Simply Grassfed** cheese, **Gardens of Grace** almonds, dates, walnuts and pecans, **Rich Nuts** assorted nuts, **To Your Health Sprouted Flour Company** flours and oats.

SATURDAY LUNCH BUFFET

Micro Greens drizzled with Creamy Herbed Dressing, topped with

Gardens of Grace Toasted Walnuts & Goat Cheese

White Oak Pastures Rich Pastured Chicken & Vegetable Soup

Force of Nature Wild Boar Sausages with Roasted Onions & Bell Peppers

Au Contraire Rustic Sourdough Bread, **Miller's Organic Farm** Raw Butter & **Simply Ghee's** Ghee

The Kraut Lady Ferments

Conference Classic Creamy Cheesecake with **Miller's Organic Farm** Cream Cheese,

Gardens of Grace Dates & Almond Crust Drizzled with Raspberry Berry Coulis

Artisan Kombucha KC Kombucha



SATURDAY DINNER BANQUET

Wild For Salmon Salmon Filets with Cucumber & Caper Crème Fraiche

Fields of Athenry Braised Osso Bucco in Chef's Special Red Wine Sauce

Creamy Garlicky Mashed Potatoes

Grilled Asparagus drizzled with Hollandaise Sauce

Local Sourdough with **Miller's Organic Farm** Grassfed Raw Butter & **Simply Ghee's** Ghee

Garden Goddess Ferments

Fruit Compote Crumble drizzled in Grand Marnier Sauce topped with Maple-Candied Walnuts & Chantilly Creme

Cash Bar

Countless hours go into preparing the menu, obtaining and preparing the food and working with the hotel chefs and staff so that our meals are a beautiful reflection of our dietary principles and a memorable part of the conference.

Besides the hotel chefs and staff, we wish to thank Paul Frank for his work in obtaining the food and Yolanda Hawthorne as the chef consultant who plays an important role in planning and executing the menu. Their hard work brings us meals that are a highlight of the conference. *Bon Appétit!*

MENUS

Our meals are made using **Authentic Super Foods** olive oil, **Baja Gold** sea salt, **Simply Ghee** ghee, **Really Raw Honey** honey, **Back Creek Farms** maple syrup, **Miller's Organic Farm** eggs, cream and grass-fed butter, **Simply Grassfed** cheese, **Gardens of Grace** almonds, dates, walnuts and pecans, **Rich Nuts** assorted nuts, **To Your Health Sprouted Flour Company** flours and oats.

SUNDAY BRUNCH BUFFET

Simply Grassfed Fresh Sliced Ham

Roasted Vegetable-Cheese Frittata

Sweet Potato Breakfast Hash

Bourbon Maple Pecan Bread Pudding – Gluten Free

White Oak Pastures Chicken Liver Pâté

Gluten-Free Crackers

Seasonal Fresh Fruit Platter

Assorted Farmstead Cheeses & Mountain Swiss Cheese

The Midwest Mermaid Muse Organic Tea

Menu subject to change without notice.

FARM-TO-CONSUMER LEGAL DEFENSE FUND

FundRAISER Breakfasts

Join the Farm-to-Consumer Legal Defense Fund (FTCLDF) for a nutrient-dense breakfast each morning. Farmers, artisans and FTCLDF friends have provided generous donations and discounts so that you will have a hot buffet breakfast of Wise Traditions foods.

- **To Your Health Sprouted Flour Company** Organic Sprouted and Soaked Oatmeal
- Oatmeal Fixins: **Really Raw Honey**, **Willow Run Farm** Organic Maple Syrup, **Miller's Organic Farm** Grassfed Butter, **Baja Gold** Sea Salt, **Rich Nuts** Maple Walnuts
- **Miller's Organic Farm** Soy-Free Hormone-Free Pastured Hard-Boiled Eggs
- **Simply Grass Fed** Pastured Breakfast Sausages (chicken or pork depending on the day)
- Grassfed Bone Stock
- **Fruitful Hills** Organic Whole Yogurt

Friday–Sunday | October 20–22 from 7:15–8:45 AM | 2nd Floor Exhibit Hall A
\$20 for each single breakfast ticket or \$55 for breakfast all three mornings

BUY TICKETS AT CONFERENCE REGISTRATION!

Sponsored by: **Baja Gold/Sea-90**, **Solari Report**, **Green Pasture Products**,
Nutritional Therapy Institute, **Weston A Price Foundation**

FOOD DONORS

BEEF - GRASS-FED

Field of Athenry Farm
Middleburgh, VA
(703) 300-5765
FieldofAthenryfarm.com
Osso Bucco

Force of Nature
Stevensville, MT
(720) 234-2508
Forceofnature.com
Ground Beef Liver & Heart
Board Sausage

BEVERAGE

Artisan Kombucha KC
Kansas City, MO
Artisankombuchakc.com
Kombucha

Midwest Mermaid Muse
Kansas City, MO
(816) 363-7711
Midwestmermaidmuse.com
Herbal Tea

DAIRY - BUTTER

Miller's Organic Farm
Bird-in-Hand, PA
(717) 556-0672
Millersorganicfarm.com
Cultured Grass-fed Butter

DAIRY - CHEESE

Fruitful Hills
Meadville, MO
fruitfullhillsca.com
Cheddar Cheese

P.A Bowan Farmstead
Brandywine, MD
(301) 579-2727
Pabowenfarmstead.com
Blue Cheese

Simply Grassfed
Paradise, PA
(717) 847-3397
Simplegrassfed.com
Cheddar Cheese
Feta Cheese

DAIRY

Fruitful Hills
Meadville, MO
fruitfullhillsca.com
Raw Milk

Miller's Organic Farm
Bird-in-Hand, PA
(717) 556-0672
Millersorganicfarm.com
Sour Cream
Cream
Cream Cheese

Simply Ghee
Lancaster, PA
(717) 587-6841
Simplyghee.com
Grass-fed Milk Ghee

DAIRY - YOGURT

Fruitful Hills
Meadville, MO
fruitfullhillsca.com
Yogurt

EGGS - PASTURED

Miller's Organic Farm
Bird-in-Hand, PA
(717) 556-0672
Millersorganicfarm.com
Eggs from Soy-Free, Pastured,
Organically-Fed Hens

FATS & OILS

Authentic Super Foods
Falls Church, VA
(571) 722-6725
Authenticsuperfoods.com
Olive Oil

FERMENTS

Gardens Goddess Ferments
Phoenix, AZ
(408) 239-8561
Ggferments.com
Assorted Raw Ferments

FRUIT & VEGETABLES GRAINS, SEEDS, NUTS & BEANS

Fruitful Hills
Meadville, MO
fruitfullhillsca.com
Sweet Potatoes
Salad Greens

Gardens of Grace
Dousman, WI
(262) 443-7522
josheweasgarden.com
Organic Pitted Dates
Organic Soaked/Sprouted Dried
Almonds
Organic Soaked/Sprouted Dried
Cashews
Organic Soaked/Sprouted Dried
Walnuts

Rich Nuts
Fitzpatrick, AL
(334) 584-7875
richnuts.com
Maple Walnuts
Cashews

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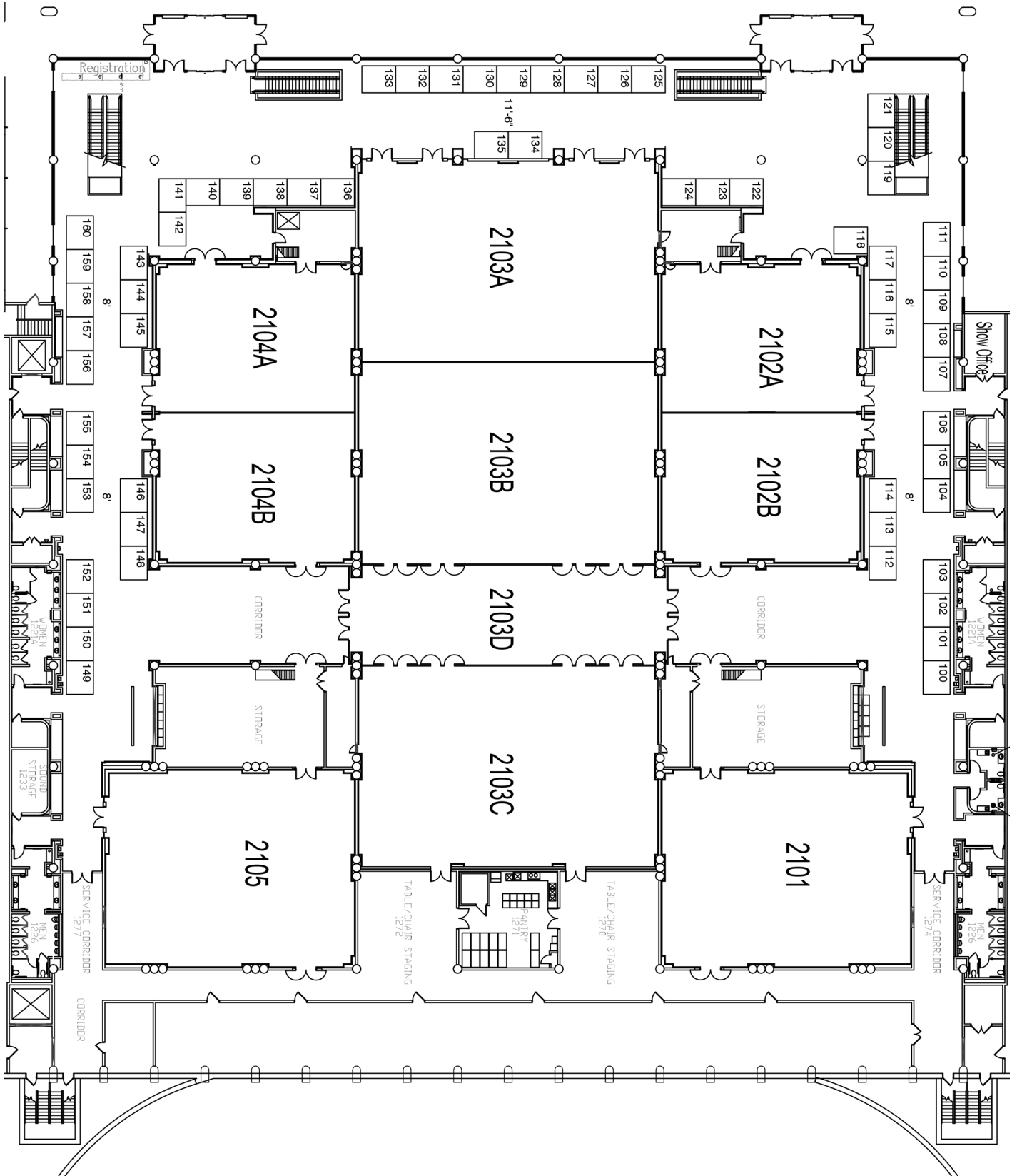
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EXHIBITOR LAYOUT, 2nd Floor

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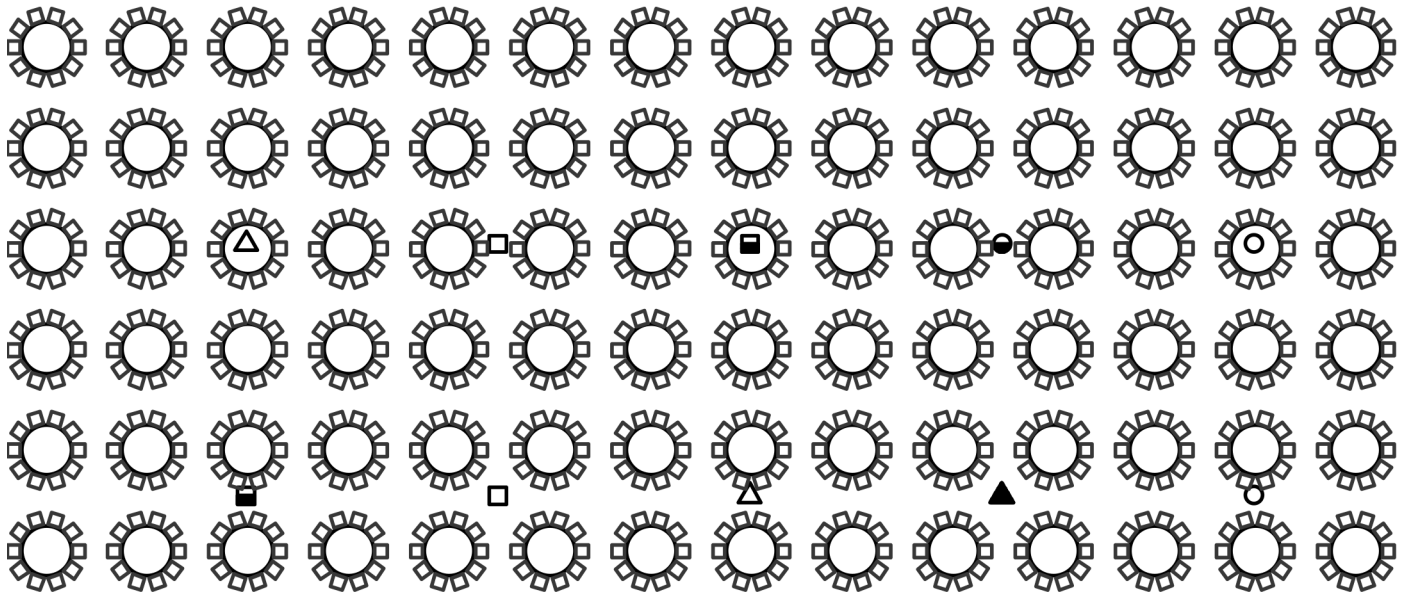
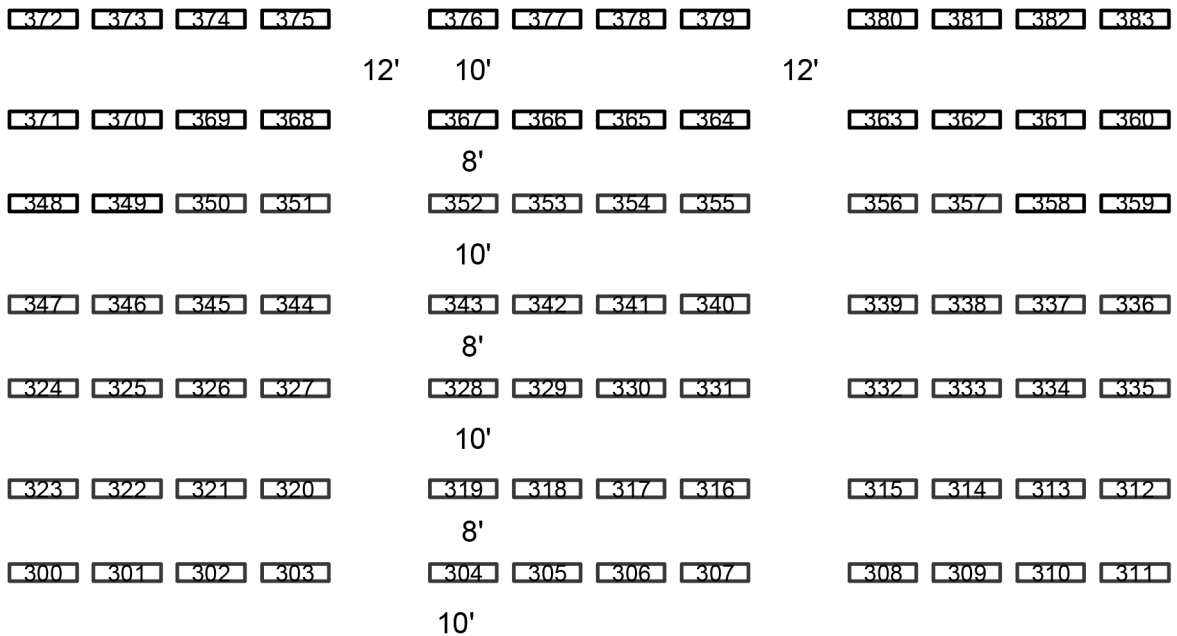


Exhibit Hall



225	224	223	222
200	201	202	203

10'

221	220	219	218	217
204	205	206	207	208

10'

216	215	214	213
209	210	211	212

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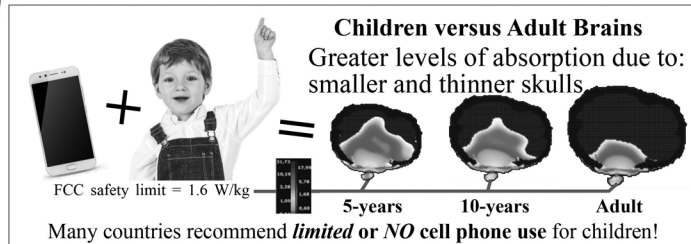


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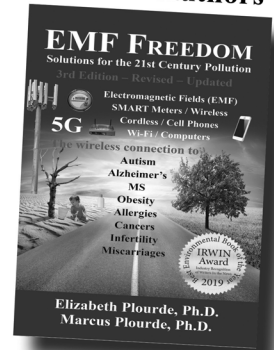
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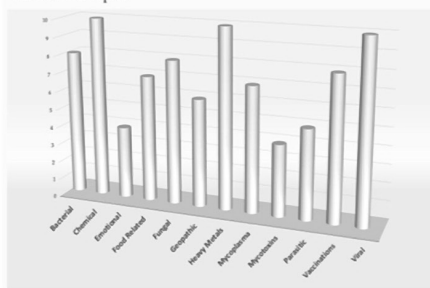
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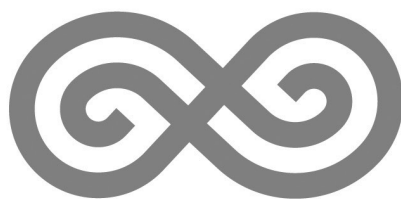
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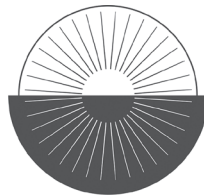
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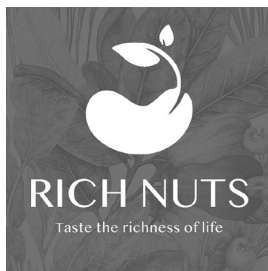
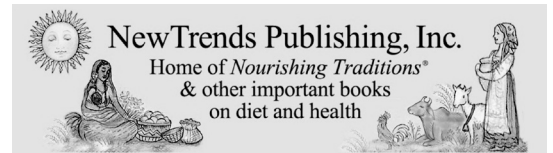
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