

# NUTRITION AND PHYSICAL DEGENERATION

SUMMARIZING THE WORK OF  
DR. WESTON A. PRICE

[www.westonaprice.org](http://www.westonaprice.org)

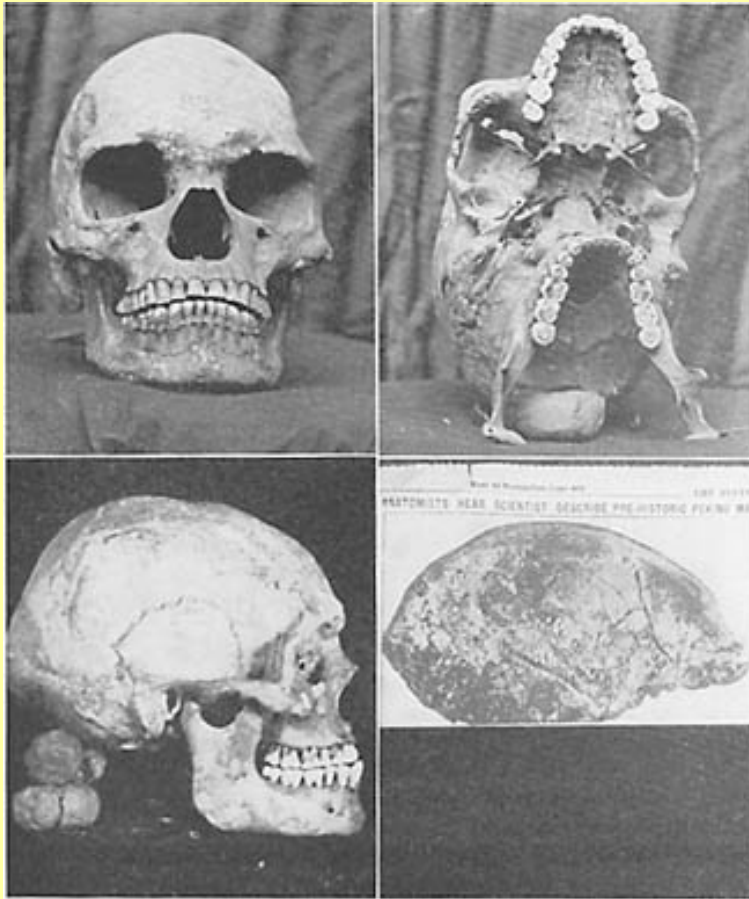
Read Dr. Price's Book for Free Here:

<http://gutenberg.net.au/ebooks02/0200251h.html>

**Cavities Are NOT Cause By A Fluoride Deficiency!**

Presented by Pam Killeen, London, ON  
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# Cavities are New to Humans



After man invented agriculture, researchers discovered an increase in bone abnormalities and diseases, dental caries and enamel defects. In 30,000 BC, adults died with 2.2 teeth missing; in 6,500 BC, they averaged 3.5 missing; during Roman times, there were 6.6 teeth missing.

# With AWF, 85% of Children Develop Cavities

“For every hundred kids in our community, 15 of them don’t have to have their teeth filled EVER because they drink fluoridated water.”

Dr. Bryna Warshawsky, associate medical officer  
of health, London-Middlesex County

March 10, 2011



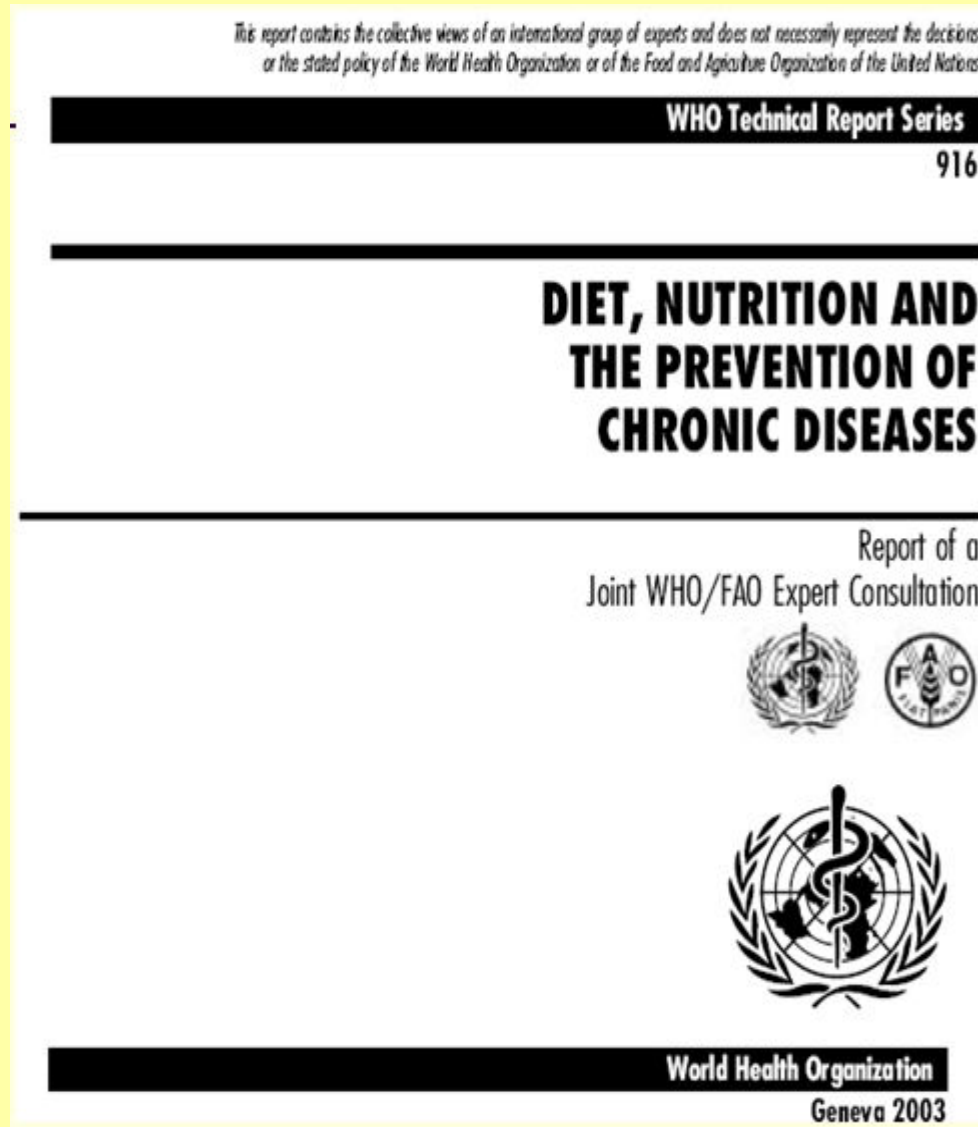


# Nutrient-Deficient Processed Foods

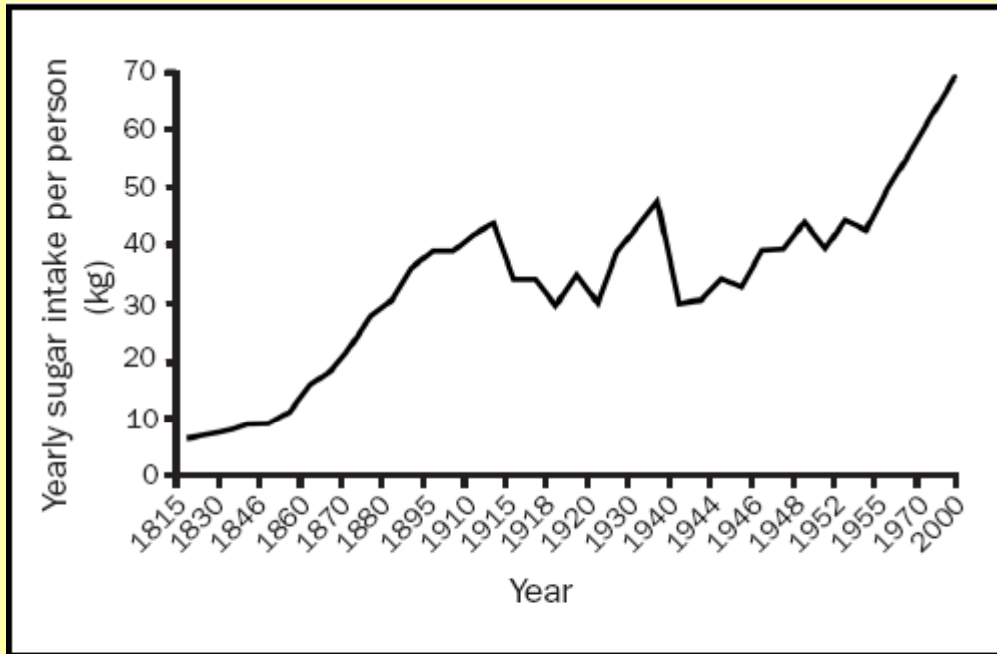




# WHO's Indictment of Processed Foods



# Increase in Sugar Consumption



1700 = 4 lbs per year

2000 = 154 lbs per year

Figure 3. Average per capita consumption of sugar in England (1815-1970) and in the United States (1970-2000).<sup>44</sup>

O'KEEFE, JR, MD, AND LOREN CORDAIN, PhD, Cardiovascular Disease Resulting From a Diet and Lifestyle at Odds With Our Paleolithic Genome: How to Become a 21st-Century Hunter-Gatherer  
*Mayo Clin Proc.* 2004;79:101-108

Cordain L, Eades MR, Eades MD. Hyperinsulinemic diseases of civilization: more than just Syndrome X. *Comp Biochem Physiol A Mol Integr Physiol.* 2003;136:95-112.

# Healthy Eating Is A Predictor of Early Childhood Caries

Children with the best dietary practices were 44% less likely to exhibit severe early childhood caries compared with children with the worst dietary practices.

Nunn ME, Braunstein NS, Krall Kaye EA, Dietrich T, Garcia RI, Henshaw MM. Healthy Eating Index Is a Predictor of Early Childhood Caries.

Journal of Dental Research 2009 88(4):361-366





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ANNIVERSARY  
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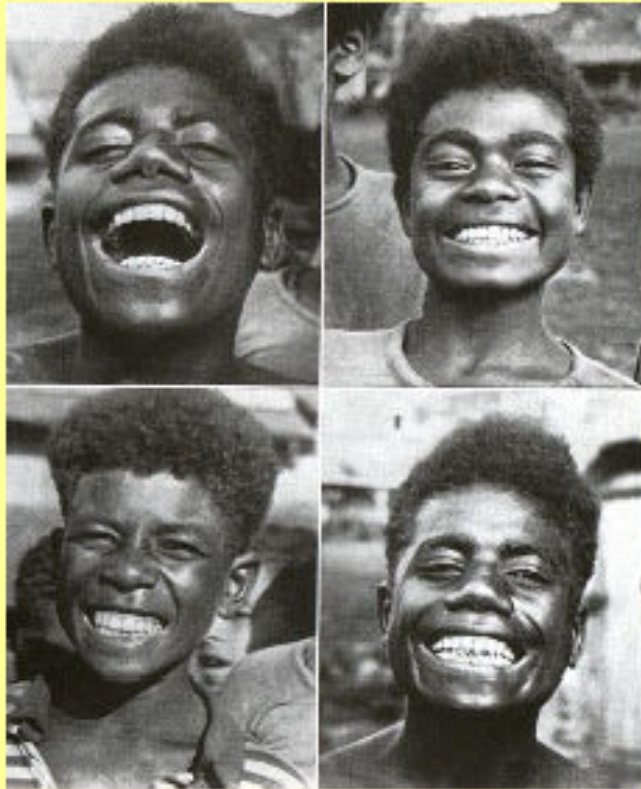
# NUTRITION AND PHYSICAL DEGEN- ERATION

WESTON A. PRICE, D.D.S.

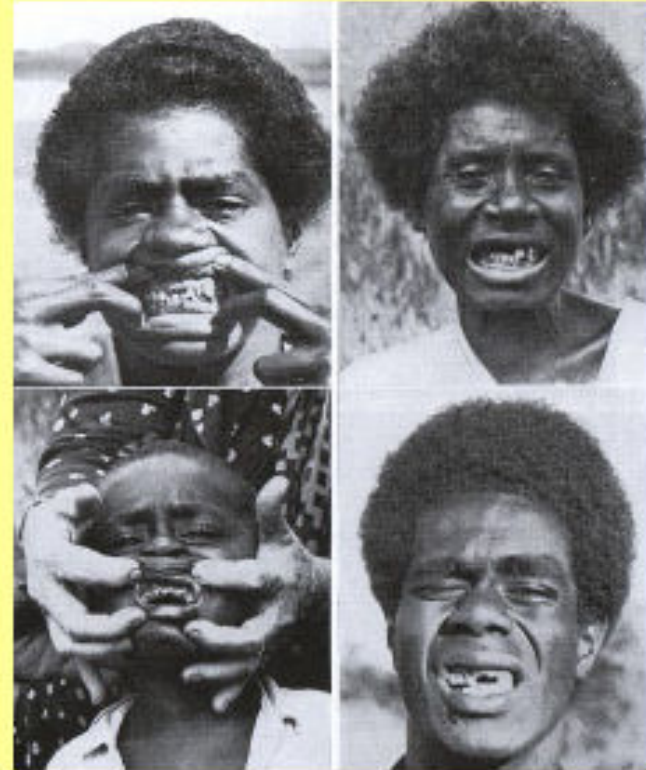
With forewords from the original editions by Ernest Albert Hooton, Professor of Anthropology, Harvard University; Cranville Frank Knight, M.D., William A. Allrich, Ph.D., Department of Soils, University of Missouri; and new Introductions and reminiscences specially written for this Golden Anniversary Edition by Akram Hoffer, M.D., Ph.D., H. Leon Abrams, Jr., Associate Professor of Anthropology, University System of Georgia, and David DeBruge Fawcett.

Keats Publishing, Inc.  New Canaan, Connecticut

# South Pacific



On  
Traditional  
Diet –  
Wide dental  
arches,  
straight  
teeth, no  
cavities,  
excellent  
health.



On Western Diet – Rampant tooth  
decay and modern diseases



Next Generation on Western Diet –  
Narrowed faces, dental problems,  
modern diseases.

# Brothers, Isle of Harris

Diet: White bread, jam, highly sweetened coffee and also sweet chocolates. "His father told me with deep concern how difficult it was for this boy to get up in the morning and go to work."



Diet: Primitive food of oatmeal and oatcake and sea foods with some limited dairy products.

The younger at left uses modern food and has rampant tooth decay. Brother at right uses native food and has excellent teeth. Note narrowed face and arch of younger brother.



# Did Primitive Cultures Need False Teeth?



“Many primitive peoples not only retain all of their teeth, many of them to an old age, but also have a healthy flesh supporting these teeth. This has occurred in spite of the fact that the primitives have not had dentists to remove the deposits and no means for doing so for themselves.”

Dr. Weston A. Price

# Components of a Healthy Traditional Diet

**Healthy Fats** — butter, meat fats, egg yolks, coconut oil, olive oil

**Pasture-Fed** — meat, milk, eggs

**Raw Animal Foods** — milk, cheese and some meat

**Superfoods** — cod liver oil, liver, fish eggs, shellfish

**Bone Broths** — chicken, beef, fish

**Lacto-Fermented Condiments** — sauerkraut, pickles, chutneys

**Lacto-Fermented Beverages** — ginger ale, coconut kefir, etc.

**Proper Preparation** — grains, nuts, legumes

# There's Too Much at Stake



**"Doctors Fear Ontario Children May Not Live  
as Long as their Parents"**

Ontario Medical Association, October 4, 2005  
[www.oma.org/Media/news/pr051004.asp](http://www.oma.org/Media/news/pr051004.asp)  
N Engl J Med 2005 Mar;352(11):1138-1145





# Something is Terribly Wrong

- **Chronic diseases account for 84.7% of all deaths**
- **Infectious diseases account for 6.7% of all deaths**
- **8.6% of deaths are due to injuries**

# Swiss Bread Photo



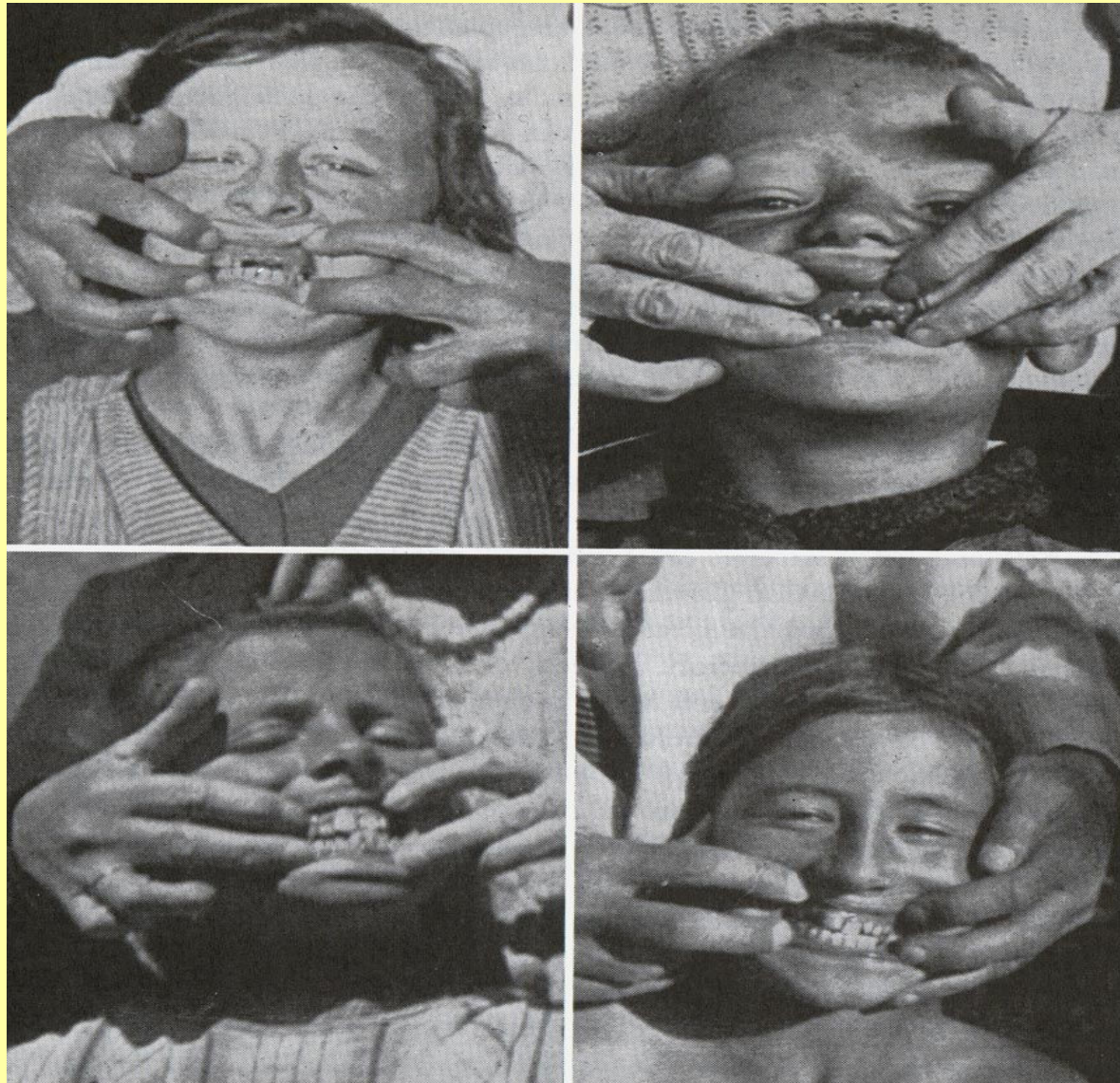


## Nutrient Analysis of an Average Diet for Indigenous People in the Swiss Alps

Calories	Food	Fat-Soluble Activators	Calcium (grams)	Phosphorus (grams)	Iron (grams)
800	Rye Bread	Low	0.07	0.46	0.00
400	Milk	High	0.68	0.53	0.00
400	Cheese	Very High	0.84	0.62	0.00
100	Butter	Very High	0.00	0.00	0.00
100	Barely	Low	0.00	0.03	0.00
100	Vegetables	Low	0.06	0.08	0.00
100	Meat	Medium	0.00	0.12	0.00
<b>2000</b>		<b>Very High</b>	<b>1.76</b>	<b>3.04</b>	<b>0.01</b>

Price, W. A., (Some figures have been rounded up for simplicity)

# Modernized Swiss



### Nutrient Analysis of an Average Diet for Modernized Swiss

Calories	Food	Fat-Soluble Activators	Calcium	Phosphorus	Iron
1000	White Bread	Low	0.11	0.35	0.00
400	Jam, Honey, Sugar, Syrup	Low	0.05	0.08	0.02
100	Chocolate and Coffee	Low	0.02	0.07	0.00
100	Milk	High	0.17	0.13	0.00
100	Canned Vegetables	Low	0.08	0.08	0.00
100	Meat	Medium	0.01	0.11	0.00
100	Vegetable Fat	Low	0.00	0.00	0.00
100	Butter (dairy)	High	0.00	0.00	0.00
<b>2000</b>		<b>Low</b>	<b>0.44</b>	<b>0.82</b>	<b>0.026</b>

Price, W. A., (Some figures have been rounded up for simplicity)



# Nutrient-Dense Traditional Foods

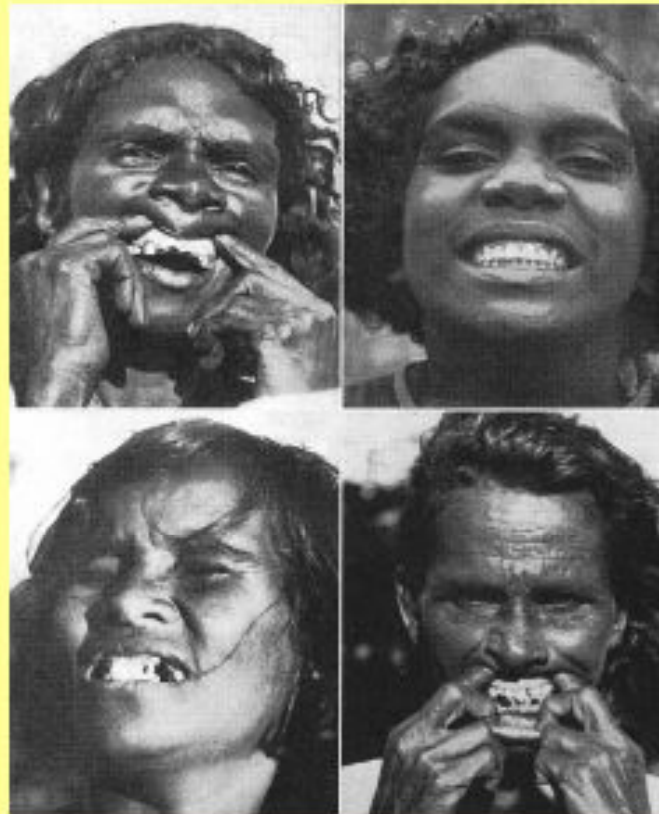




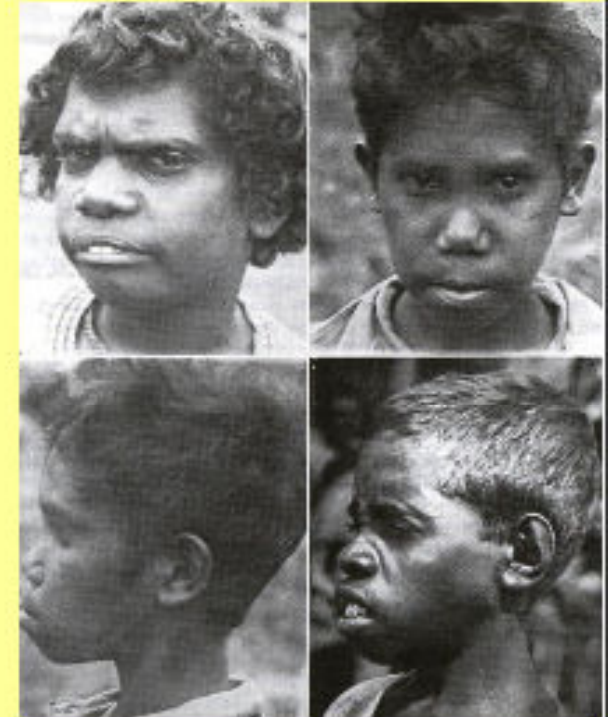
# Australian Aborigines



**Traditional Diet –**  
Wide dental arches,  
straight teeth, no  
cavities, excellent  
health.

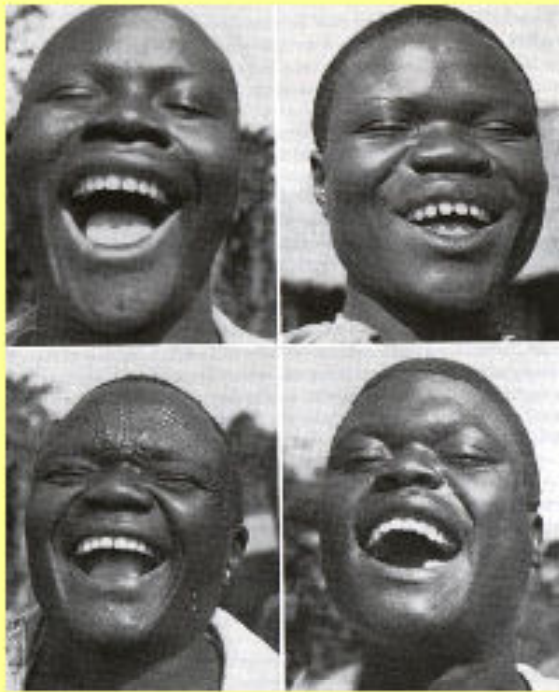


**Western Diet –**  
Rampant tooth decay  
and modern diseases

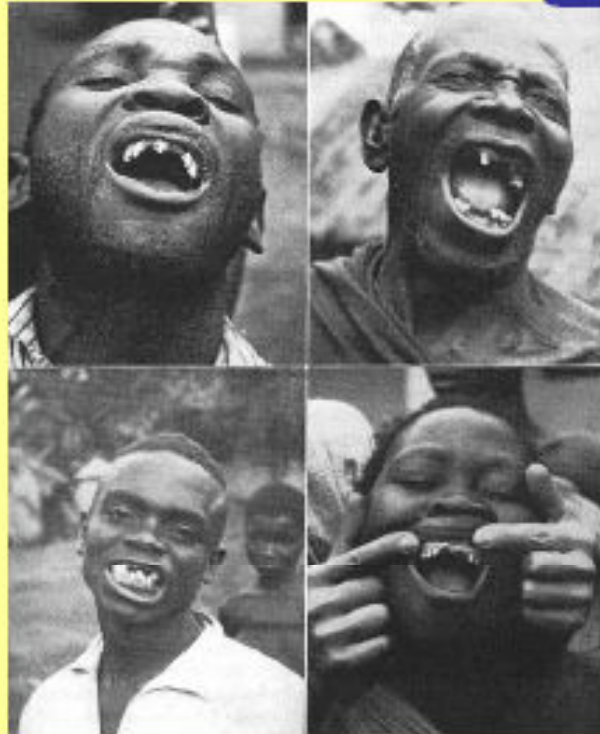


**Next Generation on  
Western Diet –** Narrowed  
faces, dental problems,  
modern diseases. 48

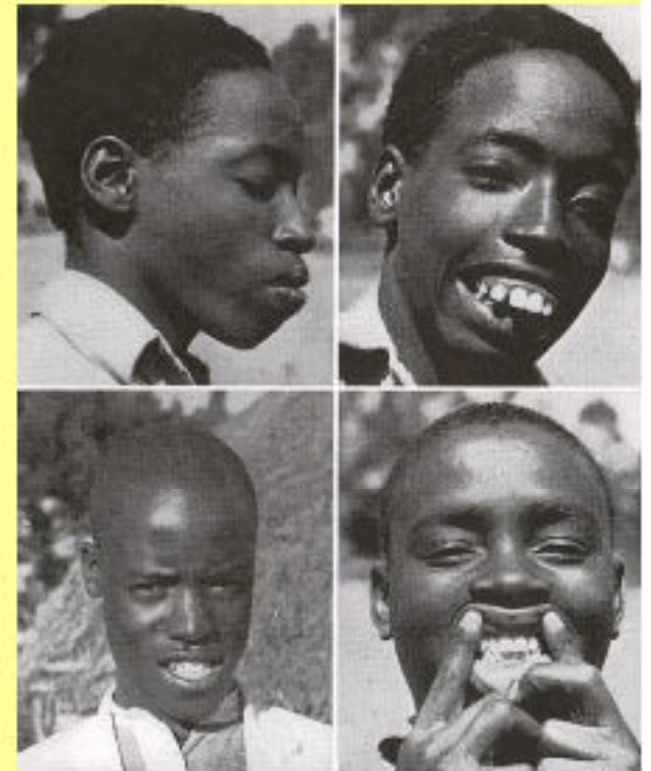
# Africa



**Traditional Diet –**  
Wide dental arches,  
straight teeth, no  
cavities, excellent  
health.



**Western Diet –**  
Rampant tooth decay  
and modern diseases



**Next Generation on  
Western Diet –**  
Narrowed faces, dental  
problems, modern <sup>49</sup>  
diseases.