November 15, 2019

Dear Friends of the Weston A. Price Foundation:

Welcome to the 20th Annual Wise Traditions Conference! We are delighted to celebrate our 20th anniversary with you in the Dallas region.

It’s hard to believe that Wise Traditions started in a church basement twenty years ago, way back in the spring of 2000, where we had a few exhibitors and seventy-five attendees. Today Wise Traditions is the premier nutrition conference in the nation! And we pride ourselves in offering something for everybody—the health professional seeking the latest science, farmers and ranchers who want to produce the highest quality food, parents looking for practical advice for raising healthy children, and anyone in search of solid information on diet and health.

This year’s conference, Ancestral Wisdom Meets Modern Science, focuses on the way that modern science validates our ancestral food traditions—from the emphasis on animal fats to the use of fermented foods. In spite of what we may read in the media, today’s science supports the Wise Traditions diet of nutrient-dense foods, including butter, eggs, meat and organ meats, animal fats and seafood.

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-five outstanding speakers this year and 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 through our website, westonaprice.org.

In order to help you choose, we have classified the conference presentations into various categories:

- Seminar = Two hours or longer
- General = Broader coverage of a topic
- Sponsor Presentation = Exhibitor talk
- Basic = Especially recommended for beginners
- Focused = In-depth coverage of a topic

This conference offers continuing education units (CEUs) for nurses and acupuncturists. You may still sign up for them at the Conference Registration Desk.

Please plan to spend some time in our exhibit hall. I know you will be impressed with the quality and variety of the exhibitors this year. 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 exhibitors, as well as those who have attended in the past.

I know that 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 Marriot Dallas-Allen Hotel 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) and casein-free. We are especially grateful to our food donors who are providing a cornucopia of high-quality foods. Particular thanks go to Maureen Diaz who has worked with the chefs to make sure all meals are WAPF-friendly.

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

Sally Fallon Morell
President
We would like to acknowledge and thank our sponsors and partners for their generous support of the Weston A. Price Foundation and of our 20th Annual Conference.

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- Holy Cow Beef
- Miller’s Biodiversity Farm
- New Trends Publishing
- Pure Indian Foods
- Radiant Life
- Rich Nuts
- Walkabout Health Products
- White Oak Pastures
- Willow Run Foods

**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.
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
- Platinum, Gold, Silver, Bronze and other exhibitors
- Food donors
- Our many excellent speakers
- Hardworking chef consultant Maureen Diaz and hotel chefs and kitchen staff
- The Weston A. Price Foundation conference support team George Diaz and Mike Mudrak
- Wonderful conference attendees and our dedicated volunteers

…and many others who have provided contributions of their time, energy & advice!
SCHEDULE AT A GLANCE

Friday, November 15th

7:15–8:45 am  FTCLDF Breakfast
9:00–1:30 am  Chapter Leader Meeting and Lunch
9:00–10:15 am  CAMPBELL The Vaccinated Versus Unvaccinated Children and the Risk of Chronic Diseases
9:00 –12:15 pm  JAY Artificial [Estrogen] Intelligence
11:00–12:15 pm  AGARWAL DIY Curry Sauces, Spice Blends and Toothpowder
12:15–1:30 pm  Lunch Served
1:45–3:00 pm  CORRADO Broths and Stocks: Timeless Remedies for Vibrant Health
3:45–5:00 pm  CORRADO Culturing Dairy for Everyone (even the Lactose-intolerant)
6:00–7:30 pm  Dinner
7:30–9:30 pm  Bloggers Panel MOEGGENBORG, BLUME, VITT Making Wise Traditions Work for Your Family
Ask the Practitioners Panel COWAN, WINTERS, JAY, SCHOENFELD, EDWARDS, PLOTNER
BALLERSTEDT Humanity & Ruminants: Past, Present and Future
Film with Q&A SMITH “The Secret Ingredients” (Free to the Public)

Mix and Mingle
Come hang out in the pool and bar area after the Friday evening sessions.

Saturday, November 16th

6:30–7:30 am  Movement Session GOKHALE
7:30–8:15 am  DIGIUSEPPE It’s Time to Re-Think Your Water!
7:15–8:45 am  FTCLDF Breakfast
9:00–10:15 am  FALLON MORELL Part 1: Nourishing Traditional Diets
11:00 –12:15 pm  FALLON MORELL Part 2: Nourishing Traditional Diets
11:00–12:15 pm  AGARWAL DIY Curry Sauces, Spice Blends and Toothpowder
12:15–1:30 pm  Lunch Served
1:45–3:00 pm  FALLON MORELL Part 3: Nourishing Traditional Diets
3:45–5:00 pm  CORRADO Culturing Dairy for Everyone (even the Lactose-intolerant)
4:00–5:15 pm  FALLON MORELL Part 4: Nourishing Traditional Diets
6:30–9:30 pm  Awards Banquet Keynote: DIAMOND Dietary Sense and Nonsense in the War on Saturated Fat and Cholesterol
SCHEDULE AT A GLANCE

Sunday, November 17th

6:30–7:30 am  Movement Session GOKHALE

7:15–8:45 am  FTCLDF Breakfast

7:30–8:15 am  SCHLINSOG Vitamin K2 MK-4 (Activator X): For the Treatment and Prevention of Physical Degeneration

9:00–10:15 am  FALLON MORELL Reading Labels
                  WILLIAMS The New Homeopathic Sensation Method
                  TENNANT Healing is Voltage: Part I
                  EDWARDS Toxic Iron and the Master Antioxidant

11:00 –12:15 pm  BOBB and GUTIERREZ The Art, Science and Story of Fermentation
                  WINTERS Healing With Hunger: Practical Applications of Intermittent Fasting
                  TENNANT Healing is Voltage: Part II
                  KRISHNER Healing Leaky Gut

12:15–1:15 pm  Lunch Served

1:30–2:45 pm  WILLON Sports Nutrition: How to Optimize Performance at Any Level
                  TENNANT Healing is Voltage: Part III
                  DIAMOND Demonization and Deception in Targeting Cholesterol as a Cause of Cardiovascular Disease

2:55–3:45 pm  Closing Ceremony FALLON MORELL and BLUME The Powerful Simplicity of Recovering with Real Food

Monday, November 18th

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

Make the Most of Your Conference Experience

Meet others! Nowhere else will you find so many kindred spirits gathered to learn and discuss health & 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 to attend the conference, 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 has not attended that talk before.

If there is something you need, please see the room monitor near the entrance of each session room or visit the registration desk or Weston A. Price Foundation table.

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

Benefit the group. If you ask 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/Texas2019
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. This ticket is for one meal only. 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 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.

Session Rooms
Please set your cell phone either to ‘off’ or ‘silence’ during talks. 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 refrain from taking children to the conference sessions.

Guided Farm Visit on Monday
There is still room to register. Go to the Registration Desk for information.

Conference Evaluation
Below is the link for the evaluation. We appreciate your time in filling this out. We review these carefully and consider your comments. Thank you.
https://www.surveymonkey.com/r/Texas2019

Handouts
Only a few paper copies of handouts will be provided. We ask that these be reserved for those with no computer access. Not all speakers provide handouts but we have posted the ones we received for you to download. These are listed in alphabetical order by the presenter’s last name. We will post additional handouts as we get them. https://www.ptassociates.com/secure/wisetraditions/lecture19.asp

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 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 front desk of the hotel.

Photo/Video Release
The Wise Traditions Conference plans to take photographs during the 2019 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 2019 Conference, you agree and acknowledge that you are participating in the activities on 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 any tours and evening events.

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 health care 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 health care professionals. The nutritional and other information provided at this conference are not intended to be and do not constitute health care or medical advice.

Neither the Weston A. Price Foundation nor any of its affiliates or their respective stockholders, 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 2019.
DIY Curry Sauces, Spice Blends and Toothpowder

In this class, you will learn traditional recipes for making your own delicious curry sauces and useful spice blends. You will learn an Ayurvedic recipe for making your own toothpowder using spices and herbs that are easily available. We will also share practical tips on how to purchase and keep spices fresh.

Sandeep Agarwal is the founder of Pure Indian Foods which makes grass-fed organic ghee and sells traditional organic Indian foods. He is also the founder and chief curator of ButterWorld (butterworld.org), a traveling exhibition showcasing unique, rare and historical dairy artifacts from around the world. His interest in dairy history grew out of his family’s fifth-generation ghee business (started by his great-great-grandfather in 1889) and the culturally significant role that dairy plays within his Indian heritage. Sandeep is a graduate of David Winston’s Center for Herbal Studies’ two-year herbalist training program and one-year graduate program. He has spoken at Ayurvedic conferences in the U.S. and India. Sandeep is passionate about cooking traditional Indian foods using lots of fresh herbs and dry spices. (pureindianfoods.com)

Forage Agriculture IS Sustainable Agriculture

Forage agriculture is the world’s largest, most climate-resilient form of agriculture. In addition to the production of nutrient dense animal source foods, forage agriculture performs many ecosystem services. Forage agriculture is an integral and indispensable part of all sustainable agriculture systems. Grassland ecosystems, forage growth, grazing management, nutrient and water cycles, and soil health will also be discussed.

Peter Ballerstedt earned his bachelor’s and Master’s degrees at the University of Georgia and his doctorate at the University of Kentucky. He was the forage extension specialist at Oregon State University from 1986 to 1992. He is currently the forage agronomist at Barenbrug USA. Peter’s personal experience has led him to re-examine human diet and health. What he has learned doesn’t agree with the advice given for the past several decades. This new understanding combined with his forage background has given him an increased passion for the key to true social, economic and ecological sustainability—ruminant animal production systems—the source of butter, red meat and cheese! Peter has spoken at many different events in the U.S. and internationally. Many of his presentations are available on YouTube (bit.ly/2JJDJpE). He blogs at “Grass Based Health” (bit.ly/2XaRdxv) and Facebook (bit.ly/2wsNBe), and posts to twitter and Instagram @GrassBased. Peter and Nancy live in western Oregon with their two dogs Conor and Noni. His knowledge, enthusiasm and speaking style will provide an entertaining and informative presentation.

Please share photos and updates on social media using the hashtags:
#wisetraditions2019 #wisetraditions #wapf #realfood #ancestralwisdom
SPEAKERS

Mandy Blume
Friday 7:30–9:30 PM, Moonlight

Bloggers Panel: Making Wise Traditions Work for Your Family
A Weston Price diet is what our families need to thrive. It can prevent and often eliminate health issues of the mind and body. It tastes the BEST and well-nourished kids are easier to raise! But our kids don’t always understand this, so we real food bloggers want to share tips we’ve learned raising our own families. We’ll answer your questions on how to help get your loved ones on board so they’ll appreciate these nourishing foods. Join Carrie Vitt from DeliciouslyOrganic.net, Mandy Blume, author of Real Food Recovery, and Kelly Moeggenborg from KellytheKitchenKop.com, as we help you get your family on track.

Mandy Blume is a dedicated wife, mom of four and volunteer mom to hundreds. She is a published author, certified nutritional therapy practitioner, certified traditional foods chef with a B.S. and advanced studies from Cal Poly. She is the founder of Real Food Recovery, a 501(c)3 non-profit organization dedicated to children-at-risk. Mandy is the force behind this advocacy portal and website, which encourages families to try old remedies and to get into the kitchen for fun and simple recipes that build strong bodies. With first-hand experience seeing kids’ health improve, she is devout and creative in her use of food for immune-boosting via the local farmers utilizing holistic practices. Her aim is to inspire a life full of simple fun, kindness, passion, good food and the CHOICE of good health. Mandy’s passion is helping and being a voice for foster/orphan children, which she remains active contributing her expertise to children in organizations including: the Children’s Home Society, Family Services in Florida and the Salvation Army.

Leslie Bobb, MPH, CIHC
Sunday 11:00–12:15, Moonlight

The Art, Science and Story of Fermentation
The ever-expanding body of scientific literature connecting the gut to the function of all other systems highlights the importance of gut health more than ever. Yet, our culture supports all the things that damage this inner ecosystem. As a nation, our health is worse than ever. Every culture throughout history has practiced fermentation. Could this be a missing piece? Fermentation is where art, science and health meet. In a world that is so disconnected and diseased, our mission is to help heal some of the spaces between us, and spaces within us, by engaging in something most of us love to do…eat. This talk will explore the history of fermentation, the ways in which modern science is supporting ancient wisdom and the art behind mastering this craft. You’ll learn why you should ferment and what, exactly, that means, as well as how to get started in your own kitchen.

Leslie Bobb started her career with degrees in psychology and communications before discovering her love for food. She went on to complete certifications in nutritional therapy and brain health, as well as a master’s in public health. Leslie shares her knowledge of and passion for the intersection of food and health in Richmond, Virginia, online, and everywhere she can.

Cultural Revivalists is a project born out of love for food and appreciation of traditional wisdom. Leslie and Lyndsay Gutierrez, both health coaches and food nerds, came together through a shared fascination for fermentation and ancestral health. Years of playing in the kitchen and learning about traditional food methods has brought a deep respect for the importance of connection that the food chain creates.
Natalie Campbell began her education at the University of Michigan as a music major but finished with a degree in physical therapy. She has worked in many areas of physical therapy including rehabilitation, general hospital, home care and hospice. She later began studying biochemistry “for fun,” which eventually turned into a master’s degree in human nutrition, also from the University of Michigan. More recently she has taken post-graduate courses in pelvic physical therapy, which she hopes to combine with nutrition for pelvic problems. In 2016 she qualified as a nutritional therapy practitioner. Her nutrition career has been temporarily put on hold to complete this and one more vaccine project.

Dr. Griffin Cole received his DDS from the University of Texas Health Science Center in San Antonio in 1993 and has been practicing biological dentistry since that time in Austin. He became ozone certified in 2006 and received both his board certification in naturopathic medicine and his degree in integrative biological dental medicine in 2010 from the School of Integrative Biological Dental Medicine, where he currently serves as the practice management instructor. Dr. Cole received his Mastership in the International Academy of Oral Medicine and Toxicology (IAOMT) in 2015 and authored the Academy’s fluoridation brochure and the official Scientific Review on Ozone Use in root canal therapy. He is a past president of the IAOMT and serves on the board of directors, the mentor committee, the fluoride committee, and is the fundamentals course director and meetings chairman. He has been featured on numerous radio and television programs including World News Tonight with Diane Sawyer. He has been published in four national peer-reviewed publications for his restorative and cosmetic dentistry and in 2013 became the first dentist to be published in a peer reviewed journal for his case study treatment of bisphosphonate-related ostenecrosis of the jaw utilizing ozone therapy for successful treatment of this disease. He lectures to health professionals on practice management and biological dentistry.

Please share photos and updates on social media using the hashtags:
#wisetraditions2019 #wisetraditions #wapf #realfood #ancestralwisdom
SPEAKERS

Monica Corrado, MA, CNC, CGP  
Friday 1:45–3:00, Moonlight

Broths and Stocks: Timeless Remedies for Vibrant Health Today
From the beginning of time, people have used bones to make nourishing stocks. Monica Corrado, teaching chef, certified GAPS (Gut and Psychology Syndrome) practitioner and member of the honorary board of the WAPF returns to teach about what it takes to make a nourishing broth or stock, from the pots and water to the types of bones and timing. Learn about the nutrient components that make stocks healing and how to achieve them. Learn what it takes to make a gelatinous stock every time. Whether you are new to cooking stock and broth, or an old hand, have your questions answered in this lively, informative cooking session.

Culturing Dairy for Everyone (even the Lactose-Intolerant)
Raw? Pasteurized? A1? A2? Grass-fed? Grain-fed? Vitamin A and vitamin K? Guernseys, Jerseys, Swiss Browns… Holsteins? Liquid milk can be hard to digest even in its most natural state: fresh from the cow, a.k.a. “raw”. Pasteurized milk is always hard on the digestive tract. Traditional peoples worldwide have cultured their milk to make it easier to digest and to increase its nutrient content. Culturing pre-digests milk proteins (casein) and milk sugar (lactose), adds probiotics and increases live enzymes. Lactose intolerant? Enjoy yogurt, kefir and sour cream again! Throw out those calcium pills and learn how to make easily digested, bio-available cultured dairy products, including yogurt, kefir, sour cream and creme fraiche. (Culturing dairy for GAPS will also be covered.)

Monica Corrado, MA, CNC, CGP is a teaching chef, certified nutrition consultant and certified GAPS practitioner who is passionate about illuminating the connection between food and well-being. She lives to share the tools, knowledge and inspiration to cook nourishing, traditional food. On the honorary board of WAPF since its inception, Monica is a dynamic teacher, speaker, consultant and author. She’s been involved in the sustainable and local food revolution for more than twenty years, forming CSAs and connecting people to farmers and real food. She has been teaching food as medicine worldwide for thirteen years after eighteen years in sustainable food sourcing and preparation, menu design and management. Over the past ten years, Monica’s work has focused on the gut-brain connection. She is an authority on cooking to heal a leaky gut via the GAPS (Gut and Psychology Syndrome) nutritional protocol. Dubbed “the GAPS chef”, she teaches cooking in the GAPS practitioner training with Dr. Natasha Campbell-McBride. For information about her books, charts, online courses and Cooking for Well-Being Teacher Training program, see: simplybeingwell.com Facebook: Simply Being Well: Cooking for Wellbeing.

Tom Cowan, MD  
Friday 7:30–9:30 PM, Starlight I

Ask the Practitioner Panel
We are excited to offer a panel of highly qualified practitioners. The panel includes Tom Cowan, MD, Ben Edwards, MD, Anthony Jay, PhD, Becky Plotner, ND, Pam Schoenfeld, RD and Nasha Winters, ND with moderator Sally Fallon Morell. Each practitioner will briefly describe his/her treatment philosophy. Next, the moderator will read questions from the audience regarding treatments for various illnesses as well as how food is incorporated into treatments. Questions should be of a general nature; this is not a place for individual medical advice or your personal medical history. Paper will be provided for questions.

Cancer and the New Biology of Water
The current model of cancer and its treatment is a failure. New discoveries about the properties of water, particularly water inside the cell, can serve as a blueprint for more successful cancer treatment and a model medicine in the 21st century.

Dr. Tom Cowan is a holistic physician in private practice in San Francisco. He is the author of Human Heart, Cosmic Heart; The Fourfold Path to Healing, and the co-author of The Nourishing Traditions Book of Baby & Child Care. He is a popular speaker at Wise Traditions conferences.
 Demonization and Deception in Targeting Cholesterol as a Cause of Cardiovascular Disease

The reputed role of high serum cholesterol as a causal factor in coronary heart disease has been a source of controversy and debate for decades. Millions of healthy people are on statins (drugs that reduce cholesterol levels) and that number will increase considerably if current guidelines from the American College of Cardiology and the American Heart Association are followed. Despite many contradictory findings, advocates for cholesterol reduction have praised statins as “miracle drugs” which provide “the best anti-atherosclerotic insurance”. However, close inspection of the clinical trial findings reveals that the apparent benefit of statins is much less impressive than clinicians and the general public have been led to believe. Dr. Diamond will discuss how biased research has created the false appearance that cholesterol causes heart disease and that statins are wonder drugs. He will describe how researchers used deceptive statistics to give the false impression that statins produce a dramatic reduction in the incidence of cardiovascular disease and mortality. He will point out that the minuscule benefits of statins are offset by their well-documented adverse effects. This talk will serve as a wake-up call for the public to learn how to optimize their diet and cardiovascular health without depending on medication.

David Diamond received his PhD in biology in 1985, with a specialization in behavioral neuroscience, from the Center for the Neurobiology of Learning and Memory at the University of California, Irvine. He was a career scientist at the Department of Veterans Affairs for thirty years and is currently a professor in the departments of psychology, molecular pharmacology and physiology at the University of South Florida, where he has directed his animal and clinical research program on post-traumatic stress disorder and traumatic brain injury. He has been funded by the VA, NIH, DoD, NSF and pharmaceutical companies in his neuroscience research, with over one hundred publications, reviews and book chapters on the brain, stress and memory. In the past decade, Dr. Diamond has expanded his research program to address cardiovascular disease, medication and nutrition research. In recent years he has added publications addressing controversial issues in heart disease, diet and cholesterol to his list of peer-reviewed medical publications. He has been invited to present his research on nutrition, diet, statins and cholesterol at numerous cardiology, obesity and diabetes conferences.

Tom DiGiuseppe, PhD

IT’S TIME TO RE-THINK YOUR WATER! Solutions that Provide Your Family with Safe, Clean and Great Tasting Water Throughout Your Home

Water is an important part of our health and we all want to provide our family with safe, clean drinking water. Yet hundreds of toxic chemicals are found in our drinking water. These contaminants enter our rivers, lakes and streams and ultimately end up in the water in our homes. Solutions exist for removing toxic contaminants from your water supply. Tom will describe water filtration systems that provide clean, filtered water throughout your entire home along with systems for filtering just your drinking water. For those looking to have absolutely pristine drinking water, he will describe water purification systems which incorporate technologies to purify, restructure and re-mineralize to create water as close to the way nature intended it to be.

Tom DiGiuseppe has been involved in the design, testing and installation of water filtration and purification systems for both residential and commercial customers for thirty years. Early research focused on the development of chemical sensor technology for environmental monitoring, measuring contaminant levels in soil and groundwater, determination of fluid purity and ceramic membrane filtration systems. Tom has recently led an effort to design, develop and demonstrate a self-sustaining living module integrating renewable energy systems with sustainable water solutions. The demonstration module incorporates a greywater treatment system, water recycling and an advanced drinking water purification system that together minimize water usage and maintain adequate water supplies of clean, safe drinking water. Tom earned his PhD in chemical physics from Boston College. He regularly attends leading technical conferences on water and wastewater management.
SPEAKERS

Ben Edwards, MD
Friday 7:30–9:30 PM, Starlight I

Ask the Practitioner Panel
We are excited to offer a panel of highly qualified practitioners. The panel includes Tom Cowan, MD, Ben Edwards, MD, Anthony Jay, PhD, Becky Plotner, ND, Pam Schoenfeld, RD and Nasha Winters, ND with moderator Sally Fallon Morell. Each practitioner will briefly describe his/her treatment philosophy. Next, the moderator will read questions from the audience regarding treatments for various illnesses as well as how food is incorporated into treatments. Questions should be of a general nature; this is not a place for individual medical advice or your personal medical history. Paper will be provided for questions.

Sunday 9:00–10:15, Sunset

Toxic Iron and the Master Antioxidant
Iron is essential for life. However, excess iron that is not properly chaperoned is deadly as it will combine with oxygen to rust you from the inside out (a.k.a. “oxidative stress”). Oxidative stress is the common denominator of all Western disease from Alzheimer’s to cancer to coronary artery disease. Because iron has been fortified into the American food supply since the 1940s and the body recycles iron very effectively with no known iron excretion pathway other than bleeding, most Americans are over-saturated with iron in their tissues. Are you really “anemic” or is the iron just stuck in the tissues? Come learn how bioavailable copper found most prominently in organ meats along with animal-based vitamin A (aka retinol) are essential for chaperoning iron and also essential to the master antioxidant needed to deal with this iron-induced oxidative stress.

Dr. Ben Edwards obtained his undergraduate degree from Baylor University and his medical degree from the University of Texas-Houston Medical School. He then completed his internship and family practice residency training in Waco, Texas, at the McLennan County Medical Education and Research Foundation where he was chief resident. Upon completion of his residency he moved to rural west Texas where he worked as the only physician in the county at Garza County Health Clinic in Post, Texas. After seven years of practicing conventional, rural family medicine, Dr. Edwards transitioned to an integrative-functional medicine type of practice and founded Veritas Medical in 2012. Dr. Edwards now oversees six other medical providers at three clinics in Lubbock, Abilene and San Angelo. He lives with his wife Jamie and six children in Abernathy.

Sally Fallon Morell, MA
Friday 9:00–5:15, Starlight II

Seminar on Traditional Diets (Highly Recommended for Newcomers)
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.

Continued on next page
This seminar is highly recommended for both laymen and health professionals new to the work of the Weston A. Price Foundation and makes an excellent introduction to the main conference speakers.

- **Introduction to the Work of Weston A. Price and Characteristics of Healthy Diets:** Introduction to Dr. Price’s work and discussion of the underlying characteristics of healthy traditional diets.
- **Know Your Fats:** Fats and oils in traditional diets. Learn about the basics of lipid biochemistry and how to choose good fats and avoid the bad.
- **How to Change Your Diet for the Better:** Practical advice for busy people including easy recipes for snacks, soups, breakfasts, desserts and enzyme-enriched beverages and condiments.

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**Reading Labels**
The shopper is faced with a bewildering number of choices at the grocery store—and even at the health food store. This talk will cover some of the main red flags on food labels for those who wish to eat as healthy a diet as possible—and also ingredients that are not labeled!

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**Sally Fallon Morell** Sally Fallon Morell is founding president of the Weston A. Price Foundation and founder of A Campaign for Real Milk. Mrs. Fallon Morell lectures extensively around the world on issues of health and nutrition. She is a prolific writer of numerous articles and books and serves as editor of *Wise Traditions*, the quarterly journal of the Weston A. Price Foundation. In 1996, Fallon Morell published the best-selling *Nourishing Traditions* (with the late Mary G. Enig, PhD), the cookbook that launched her career in alternative health. Visit her website at newtrendspublishing.com.

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**Janine Farzin** is a Weston A. Price Foundation co-chapter leader in Chicago and can be found at offallygoodcooking.com. She has engineering degrees from UC Berkeley and MIT and is a Fulbright Fellow. After sixteen years in transportation, she is now working to start up a WAPF-inspired school and community kitchen. With four young children, she and her husband try to keep sane by drinking plenty of raw liver cocktails.

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**Learn to Play the Organs: Liver, Brains and Tongue**
You know you are supposed to be serving up organs every week, but in practice it’s not happening. We’ll outline common barriers to enjoying organs and how to overcome them. Focusing on the most nutrient-dense of the organs (liver, brains and tongue), we’ll break down why you need more, how to prep them for cooking and share several recipes for novice and advanced cooks alike.

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Please share photos and updates on social media using the hashtags: #wisetraditions2019 #wisetraditions #wapf #realfood #ancestralwisdom
Wise Traditions

CONFERENCE 2019

Esther Gokhale

Saturday 11:00–12:15, Moonlight

The Gokhale Method: How Would Weston A. Price Have Approached Back Pain?

Weston A. Price compared people in non-industrial societies who stayed in their natural context with those who traveled to an industrial context in order to discover which dietary elements help preserve natural facial structure, dentition and more. There is a parallel lesson to be derived in body structure. By studying people in similarly non-industrial settings and comparing them with people who are transplanted into more industrial settings, we can discern some key principles that help perpetuate musculoskeletal health. From ancient Indian villagers and artisans to modern-day African cement factory workers, from generations of Dutch cheesemakers to high-tech employees in Silicon Valley, Price's insights hold true today and reveal that, just because people come from a non-industrialized culture, they are not exempt from back pain. In Africa, whereas there is evidence in the medical literature of low incidence of back pain in some cultures, in modern times and in industrialized settings these statistics point to higher rates than modern Western societies suffer. What changed? What are the shifts that bring this about? How can we recover best practices from ancestral populations, so that we can, in spite of industrialization, continue to enjoy the high levels of physical function our ancestors did?

Esther Gokhale (GO-clay) is the creator of the Gokhale Method, an ecosystem of posture and movement education, products and community to help people live pain-free lives. As a girl growing up in India, she helped her mother, a nurse, treat abandoned babies waiting to be adopted. This early interest in healing led her to study biochemistry at Harvard and Princeton and later acupuncture at the San Francisco School of Oriental Medicine. After experiencing crippling back pain during her first pregnancy and unsuccessful back surgery, Esther began a lifelong crusade to vanquish back pain. Her studies at the Aplomb Institute in Paris and years of research in non-industrial cultures led her to develop the Gokhale Method. Her method has been featured in many publications, including The New York Times, which called her the “posture guru of Silicon Valley.” She sees her mission as reeducating people to help them eradicate pain. Gokhale’s book, 8 Steps to a Pain-Free Back, has sold over 150,000 copies and has been translated into ten languages. She has taught at corporations such as Google, IDEO and Facebook and has lectured at TEDx(Stanford), Ancestral Health Symposium, Wise Traditions and PrimalCon. She lives on the Stanford University campus, where she raised three children with her husband Brian White, a professor in the math department.
MARTA TRADITIONS

CONFERENCE 2019

SPEAKERS

Lyndsay Gutierrez, MIH, CIHC

Sunday 11:00–12:15, Moonlight

The Art, Science and Story of Fermentation

The ever-expanding body of scientific literature connecting the gut to the function of all other systems highlights the importance of gut health more than ever. Yet, our culture supports all the things that damage this inner ecosystem. As a nation, our health is worse than ever. Every culture throughout history has practiced fermentation, could this be a missing piece? Fermentation is where art, science and health meet. In a world that is so disconnected and dis-eased, our mission is to help heal some of the spaces between us, and spaces within us, by engaging in something most of us love to do…eat. This talk will explore the history of fermentation, the ways in which modern science is supporting ancient wisdom and the art behind mastering this craft. You’ll learn why you should ferment and what, exactly, that means, as well as how to get started in your own kitchen.

Lyndsay Gutierrez spent nine years in the Navy traveling and eating around the world, then came home and completed degrees in health and wellness, culinary arts and a Master’s in nutrition and integrative health. Lyndsay shares her passion and down to earth approach to food, farming, cooking, health, nutrition and fermentation at Pizazz in Great Falls, Montana, online and around the world. She partners with Leslie Bobb in the Cultural Revivalists project.

Anthony Jay, PhD

Friday 9:00–12:15, Moonlight

Artificial (Estrogen) Intelligence

Every single day, most people are exposed to a number of artificial estrogen chemicals. These never-before-found-in-nature chemicals disrupt natural sex hormones and drive a number of rising health problems, even inheritable health problems. Furthermore, these chemicals are additive because the body perceives them as the same thing. What these specific chemicals are, what they do to our health and how to avoid them will all be discussed.

Lyndsay Gutierrez

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Ask the Practitioner Panel

We are excited to offer a panel of highly qualified practitioners. The panel includes Tom Cowan, MD, Ben Edwards, MD, Anthony Jay, PhD, Becky Plotner, ND, Pam Schoenfeld, RD and Nasha Winters, ND with moderator Sally Fallon Morell. Each practitioner will briefly describe his/her treatment philosophy. Next, the moderator will read questions from the audience regarding treatments for various illnesses as well as how food is incorporated into treatments. Questions should be of a general nature; this is not a place for individual medical advice or your personal medical history. Paper will be provided for questions.

Friday 7:30–9:30 PM, Starlight I

Straight-Shooting Stem Cells

What is the science behind injecting someone else’s stem cells into your body and how can you upgrade your own stem cells without injections? Why did the FDA recently restrict stem cell use in the U.S. even while more professional athletes than ever are leaving the country to get injections? These are the topics discussed by an insider who has worked with and studied human stem cells at the Mayo Clinic.

Anthony G. Jay

has a PhD in biochemistry and researches stem cells and epigenetics at the Mayo Clinic in Rochester, Minnesota. He is also the president of AJ Consulting Company which provides personalized diet, sleep and training programs based on DNA. Dr. Jay is the author of a bestselling book on artificial estrogen chemicals and is an expert on hormones, fats and cholesterol. His book is called Estrogenation: How Estrogens Are Making You Fat, Sick, and Infertile.
Neil Z. Miller is a medical research journalist and the director of the Thinktwice Global Vaccine Institute (thinktwice.com). He has devoted the past thirty years to educating parents and health practitioners about vaccines, encouraging informed consent and non-mandatory laws. He is the author of several articles, studies and books on vaccines, including Miller’s Review of Critical Vaccine Studies (vaecbook.com), Vaccine Safety Manual for Concerned Families and Health Practitioners (updated 2nd edition), and Vaccines, Are They Really Safe and Effective? He has lectured for the International Chiropractic Pediatric Association, the International College of Integrative Medicine, the Hahnemann Academy of North America and the Culture of Life Institute. Mr. Miller has a degree in psychology and is a member of Mensa.
SPEAKERS

Kelly Moeggenborg

Friday 7:30-9:30 PM, Moonlight

BLOGGERS PANEL: MAKING WISE TRADITIONS WORK FOR YOUR FAMILY

A Weston Price diet is what our families need to thrive. It can prevent and often eliminate health issues of the mind and body. It tastes the BEST and well-nourished kids are easier to raise! But our kids don’t always understand this, so we real food bloggers want to share tips we’ve learned raising our own families. We’ll answer your questions on how to help get your loved ones on board so they’ll appreciate these nourishing foods. Join Carrie Vitt from DeliciouslyOrganic.net, Mandy Blume, author of \textit{Real Food Recovery}, and Kelly Moeggenborg from KellytheKitchenkop.com, as we help you get your family on track.

Kelly Moeggenborg has passionately researched how to eat better and live naturally since 2004 when she discovered the Weston A. Price Foundation and was shocked to learn the truth about the food we eat and the conventional medical options available to us. Back then everything was confusing and it was a big information overload. So she started writing in 2007 to offer simple, clear help and empower you to nourish your family well, feel better naturally and raise healthy kids without going crazy in the process. Kelly lives in a small town near Grand Rapids, Michigan and is a wife, a homeschooling mom of four, a blogger at KellytheKitchenkop.com and author of the book \textit{Real Food for Rookies}, which was given a “thumbs up” by Sally Fallon Morell in the \textit{Wise Traditions} journal.

Becky Plotner, ND

Friday 9:00-12:15, Starlight I

GAPS, STAGE BY STAGE

GAPS, Stage by Stage will cover the reasons why we do each GAPS foods at each stage, laying out the protocol in an easy-to-follow manner. GAPS is all about reducing inflammation so the body begins to speak to you, telling you what to do. When you support the body properly, it can repair itself. When we miss these signs, it can prolong the journey.

Ask the Practitioner Panel

We are excited to offer a panel of highly qualified practitioners. The panel includes Tom Cowan, MD, Ben Edwards, MD, Anthony Jay, PhD, Becky Plotner, ND, Pam Schoenfeld, RD and Nasha Winters, ND with moderator Sally Fallon Morell. Each practitioner will briefly describe his/her treatment philosophy. Next, the moderator will read questions from the audience regarding treatments for various illnesses as well as how food is incorporated into treatments. Questions should be of a general nature; this is not a place for individual medical advice or your personal medical history. Paper will be provided for questions.

Becky Plotner is a board-certified naturopathic doctor, through the American Naturopathic Certification Board. She is a traditional naturopath, a certified GAPS practitioner and doctor of pastoral sciences. She is a practitioner classified as literate in Lyme and literate in iodine. She is the owner and writer for Nourishing Plot and GAPS Protocol Help. She serves on Dr. Natasha Campbell-McBride’s GAPS board of directors and just wrote the book \textit{GAPS, Stage by Stage, With Recipes}, with ample guidance and direction from Dr. Campbell-McBride as well as the book \textit{Food Probiotics vs Commercial Probiotics}. Plotner studied parasitology through Duke University, Duke Global Health Institute, through Kilimanjaro Christian Medical University College and continues to study iridology through Ellen Tart-Jensen. In 2017, Dr. Campbell-McBride chose Plotner to be her “GAPS Expert”. She trains certified GAPS practitioners and GAPS coaches on the GAPS protocol. Plotner sees people in her north Georgia office, as well as online. Due to GAPS, her son has recovered from autism, ADHD, hypoglycemia and dyslexia and she has recovered from IBS, POTS, PCOS, cancer, stage two spinal degeneration, stage four adrenal fatigue, Lyme disease, hypothyroidism, Hashimoto’s, heavy metal poisoning, carpal tunnel, fibromyalgia, chronic H. pylori infection, systemic candida and eczema.
Elizabeth Plourde, PhD, CLS, NCMP

Surviving the 5G Never Encountered by Our Ancestors

In recent years, there has been a rampant escalation of wireless technologies throughout the world, especially in affluent countries. Led to believe that their lives will be easier and more convenient, people have incorporated these radiation-emitting devices into their lives without understanding how the effects of EMF radiations are cumulative—the same as nuclear radiations. The EMF sensitivity symptoms take longer to show up, and are symptoms that are commonly found in many diseases, therefore the wireless radiations are not being investigated as the cause of the distress, cancers and the accelerated aging that many are experiencing today. This presentation will cover the many symptoms that EMF radiations cause, along with the biochemical explanations for the symptoms. It also includes a detailed action guide that will assist participants in reducing EMF exposures, as well as guidelines for food that protects and repairs EMF damage, which will increase the efficacy of any treatment program they have incorporated to improve their health and well-being. These actions are even more imperative today due to the roll-out of 5G, which requires a multitude of small-cell antennas placed closer to our homes and businesses.

Bob Quinn

What Have We Done to Wheat and How Can We Fix It

For thousands of years wheat has been known as “the staff of life” and was the foundation of some of the greatest civilizations known to man, the Egyptians, the Babylonians, the Greeks, the Romans, the Europeans and now the North Americans. However, this has changed suddenly over the past seventy years and today we have up to 20% of the U.S. population who can no longer tolerate eating wheat and another 20% who occasionally dabble with wheat-free/gluten-free diets. The staff of life is broken. What has happened to cause these serious problems and what can be done to mend the staff of life and restore wheat to the center of a healthy diet as was the case for so many thousands of years? This presentation will explore where we have gone wrong with our wheat starting with modern industrial production systems on the farm and increasing efficiency in processing at both the mill and the bakery. In addition, wheat plant breeders are changing wheat to be more suitable for these modern industrialized systems. All of these changes have been in the name of high production and low cost so that we can be assured of abundant cheap food. We now see that this cheap food has a very high cost. The price is not paid at the checkout counter. Many are already demonstrating what can be done to reverse the damage done. The presentation will be focused more on solutions than the problem.

Robert “Bob” Quinn—the 2007 recipient of the Montana Organic Association Lifetime of Service Award—is a progressive leader in promoting organic and sustainable agriculture throughout Montana and the rest of the world. The Organic Trade Association awarded Bob the 2010 Organic Leadership Award for his contributions in the “Growing Organic Agriculture” category and in 2013, he received the Rodale Institute’s Organic Pioneer Award. In 1986, Bob’s company...
Montana Flour & Grains introduced the natural food industry to an ancient Egyptian wheat, called khorasan (similar to durum wheat). This grain was marketed under his own brand name, KAMUT (the ancient Egyptian word for wheat). Through the trademark, Bob has been able to preserve an ancient grain and guarantee it is not genetically modified or altered. KAMUT brand khorasan wheat is grown under strict production guidelines and is exclusively grown organically. On a mission to educate and farm eco-consciously, Bob is studying dryland vegetable production and a project designed to grow and process enough straight vegetable oil (SVO) on his farm to run all the farm’s tractors and combines. He also promotes food production systems based on producing high nutrition and quality rather than high yields. For Bob, experimenting with crops is the most enjoyable part of farming. He studied to be a plant scientist, his first love is growing plants and his whole farm is his laboratory. His love of the land continues to fuel his desire to change the agricultural landscape of America—one grain at a time.

Karen Randall, FAAEM
Saturday 11:00-12:15, Sunset

Cannabis – The Basics and Beyond
Karen Randall will offer a discussion of the basic science of cannabis. It will include a brief discussion about plant basics and how current cannabis has changed. Additionally, she will cover the medical harms being seen with chronic and acute THC use. CBD use has drastically increased across the country, but is the product on the shelf really safe? What are the harms? What are the potential benefits?

Karen Randall, DO, FAAEM, is trained in emergency medicine, pediatrics and family medicine. She has a certificate in cannabis science and medicine from the University of Vermont School of Medicine. Dr. Randall spent twenty years teaching emergency medicine at Henry Ford Hospital in Detroit and was selected as teacher of the year multiple times. She moved to Pueblo, Colorado in 2013 and is the vice president of case management and serves as chairman of the board for the Southern Colorado Emergency Medicine Associates (SCEMA).

Will Schlinsog, DC
Sunday 7:30-8:15 AM, Moonlight

Vitamin K2 MK-4 (Activator X): For the Treatment and Prevention of Physical Degeneration
Dr. Will Schlinsog will be sharing the latest news and research about Walkabout emu oil, the highest food source of naturally occurring vitamin K2 MK-4, Dr. Price’s Activator X.

Dr. Will Schlinsog is a board certified doctor of chiropractic in Wisconsin and California. He completed his pre-chiropractic education at the University of Wisconsin and went on to attain his doctor of chiropractic degree from Logan College of Chiropractic now known as Logan University in Chesterfield, Missouri. He has been in practice for thirty-three years and maintains a private practice in Marshfield, Wisconsin. He will be sharing the latest news and research about Walkabout Emu Oil, the highest food source of naturally occurring vitamin K2 MK-4, Dr. Price’s Activator X.
### SPEAKERS

**Pam Schoenfeld, RD**  
*Friday 7:30-9:30 PM, Starlight I*

**Ask the Practitioner Panel**
We are excited to offer a panel of highly qualified practitioners. The panel includes Tom Cowan, MD, Ben Edwards, MD, Anthony Jay, PhD, Becky Plotner, ND, Pam Schoenfeld, RD and Nasha Winters, ND with moderator Sally Fallon Morell. Each practitioner will briefly describe his/her treatment philosophy. Next, the moderator will read questions from the audience regarding treatments for various illnesses as well as how food is incorporated into treatments. Questions should be of a general nature; this is not a place for individual medical advice or your personal medical history. Paper will be provided for questions.

**Saturday 1:45-3:00, Sunset**

**Vitamin A-mazing!**
Vitamin A deficiency has been considered a Third World problem. It is becoming clear that this is no longer the case. A high percentage of individuals in developed nations are at risk for vitamin A deficiency, both because they consume almost no good sources of animal-based vitamin A and, because of gene and other biological differences. Their bodies cannot adequately convert the carotenoids in plant foods to physiologically-essential vitamin A or retinol. As a licensed dietitian-nutritionist, Pam sees vitamin A deficiency daily in her practice. She is often the first person on the medical care team to recognize and address it. She sees amazing results when the deficiency is corrected. Pam will discuss the myriad of essential functions that vitamin A serves and the problems that can arise when intake is deficient. Pam will present recent discoveries showing that vitamin A is required for cognitive function, energy production, hormonal balance and successful reproduction. While all ages are affected by vitamin A deficiency, during pregnancy and childhood the deleterious effects can be permanent. You will learn which foods provide vitamin A and how much to consume, why traditional diets are naturally rich in vitamin A, and what to do if you are not regularly consuming liver—the best dietary source of vitamin A. With so much focus on the fat-soluble vitamins D and K2, it is time that vitamin A once again had its moment in the sun!

**Pamela Schoenfeld** is a registered dietitian-nutritionist whose practice in Raleigh, North Carolina, focuses on the nutritional needs of women and their families. She credits the information from the Weston A. Price Foundation for restoring her own health and giving her the energy to return to school to become a dietitian at the age of fifty. She firmly believes this was in part due to her resuming the consumption of liver and other high-vitamin A foods, foods she enjoyed while growing up. Currently a member of the board of directors, she has represented the Weston A. Price Foundation via written and oral commentary to the United States government regarding the critical deficits in the dietary guidelines for Americans and the FDA food labeling requirements, both of which have contributed to the simultaneous epidemics of malnutrition and obesity in the U.S. and across the globe. She has been a frequent presenter at Wise Traditions conferences with topics including polycystic ovary syndrome and senior malnutrition. She is the author of several articles for the journal *Wise Traditions* including “The Scarlet Nutrient: The Unfair Stigmatization of Vitamin A during Pregnancy.” She embraces a common-sense approach to food and nutrition and is not afraid to question the dietary dogma that unfortunately all too often governs her profession. Finally, she is the author of the book, *The Collagen Diet*, where she weaves the traditional wisdom of nose-to-tail eating into the scientific basis of consuming collagen protein.

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**Stephanie Seneff, PhD**  
*Friday 9:00–12:15, Starlight I*

**Glyphosate: The Rattlesnake in the Corn Fields**
Glyphosate is the active ingredient in the pervasive herbicide Roundup. Although it kills all plants except those that have been engineered to resist it, it is considered to be practically nontoxic to humans. By contrast, Dr. Seneff’s extensive research leads her to conclude that it is the most dangerous chemical in our environment today. Its toxicity has eluded scientific proof for many decades because it is a slow kill, such that it becomes difficult to connect the dots between exposure and disease states. Seneff will provide strong evidence from the research literature that glyphosate is insidiously, cumulatively toxic through a unique

*Continued on next page*
mechanism involving substitution by mistake for the coding amino acid glycine during protein synthesis. This has widespread consequences and, in particular, can easily explain the correlations we are seeing between glyphosate usage on core crops and the rise in a long list of debilitating autoimmune, metabolic, neurological and oncological diseases. In addition to explaining the amazing chemistry behind glyphosate’s path to destruction, she will also provide advice on how to protect yourself from glyphosate exposure and how to detox it.

Dr. Stephanie Seneff is a senior research scientist at MIT’s Computer Science and Artificial Intelligence Laboratory in Cambridge, Massachusetts. She has a BS degree from MIT in biology and MS, EE and PhD degrees from MIT in electrical engineering and computer science. She has published two hundred peer-reviewed papers in scientific journals and conference proceedings. Her recent interests have focused on the role of toxic chemicals and micronutrient deficiencies in health and disease, with a special emphasis on the pervasive herbicide Roundup and the mineral sulfur. She has authored over thirty peer-reviewed journal papers over the past few years on these topics, and has delivered numerous slide presentations around the world.

**Jeffrey Smith**

**Secret Ingredients Movie**

While the debate rages on about GMOs and pesticides, this powerful film by Amy Hart and Jeffrey Smith, shares remarkable stories of people who regain their health after discovering the secret ingredients in their food and making a bold commitment to avoid them. The secret ingredients in our food may be a leading driver of our obesity, infertility, cancer, digestive problems, autism, brain fog, skin conditions, gluten sensitivity, allergies, fatigue, anxiety and many other conditions. Meet more than a dozen people who have turned around serious health conditions after adopting a diet that avoids genetically modified organisms (GMOs) and food sprayed with toxic herbicides like Roundup. Learn from leading physicians who say that these improvements are not coincidences. They see illness and recovery like this daily in their practice. Learn for scientists who explain why. Trailer: secretingredientsmovie.com/

Jeffrey Smith is the leading consumer advocate promoting healthier non-GMO choices, Jeffrey Smith was named the 2017 “Person of the Year” by Masters of Health Magazine. For more than two decades, his research has exposed how biotech companies mislead policy makers and the public, and put the health of society and environment at risk. Mr. Smith’s feature-length award-winning documentary Genetic Roulette—The Gamble of Our Lives links genetically engineered food to toxic and allergic reactions, infertility, digestive disorders and other numerous problems. He and Amy Hart released Secret Ingredients in 2018. Mr. Smith’s books, Seeds of Deception—the world’s bestseller on GMOs—and Genetic Roulette: The Documented Health Risks of Genetically Engineered Foods, demonstrate that the safety assessments by the FDA and regulators worldwide are based on outdated science and false assumptions, and tell why genetically engineered foods must become our top food safety priority. Mr. Smith has lectured in forty-five countries, counseled leaders from every continent, appears regularly on influential radio and television programs and has been quoted by thousands of news outlets. He is the founding executive director of The Institute for Responsible Technology (IRT), a leading source of GMO health risk information for consumers, policy makers and healthcare professionals. IRT’s educational programs are driving the tipping point of consumer rejection against GMOs, which is already starting to push genetically engineered ingredients out of the market in the U.S.

**Joseph Tarantolo, MD**

**Not by Bread Alone Doth Man Live, Even if it’s Sourdough: A Critique of Antidepressants and the Medical Model in Psychiatry**

Dr. Tarantolo will explore the pharmaceutical industry’s stranglehold of psychiatry and the medicalization of life’s normal struggles. What is an “expert”? Can we trust clinical literature? So you want to go into psychotherapy. Will it break your heart?

Dr. Joseph Tarantolo, MD, an existential psychiatrist, has been in private practice on Capitol Hill in Washington, DC, for forty years. He does intensive psychotherapy and has helped many patients come off of psychotropic drugs. He consulted and makes an appearance in the movie Thank You for Your Service, a film about the moral injury of battle-scared soldiers. He published: Primum Nocere (First to Harm)...Why Psychiatrists Promote Dangerous, Harmful and Ineffectual Necroleptic Drugs.
**SPEAKERS**

**Jerry Tennant, MD**

**SPEAKING TIME:** Sunday 9:00-3:45, Starlight II

**Healing is Voltage, Parts I, II, III**

Every organ in the body has its own battery pack to provide the -25 millivolts cells need to function and the -50 millivolts to make new cells when the old ones wear out or get damaged. Chronic disease only occurs when you lose the ability to make new cells that work. Our muscles are rechargeable batteries stacked one on top of each other in a specific order to form a battery pack. A stack of muscle batteries is what has been called an acupuncture meridian. Thus, chronic disease occurs when one or more of your battery packs won’t hold a charge. That leads us to the question, “Why won’t it hold a charge?” There are five reasons we have identified as to why a battery pack won’t hold a charge: not enough thyroid hormone, scars, dental infections, emotions and toxins. When the body has the voltage and the nutrients to make new cells, the body remembers how to heal itself. We will discuss each of these.

Two associates who are experts in emotional release and toxins will assist in talks. Dr. Amy Marshall will assist Dr. Tennant in the second lecture on Tennant Scalar Emotional Tuning and Dr. Chase Faldmo will assist in the third lecture on cancelling toxins with scalar energy.

**Jerry Tennant, MD, MD(H), PScD,** was trained as an ophthalmologist/ophthalmic plastic surgeon. While doing research for the LASIK procedure, he inhaled viruses and developed encephalitis. He spent seven years in bed, sleeping about sixteen hours a day. When medicine could not help him, he began to look for additional answers, only to realize that everything in the universe is first based in physics, not chemistry. He began to unravel the role of voltage in health and disease and over the past twenty years has developed a system that defines the battery packs, wiring system and electronic subsystems that make every cell in the body function. Every cell in the body is designed to run at -25 millivolts but requires -50 millivolts to make new cells when the old ones wear out or become injured. Chronic disease only occurs when you lose the ability to make new cells that work, and thus all chronic disease is characterized by lacking adequate voltage in that organ’s battery packs (acupuncture meridians). Dr. Tennant is believed by many to be the leading expert on the role of voltage in health and disease and will teach how to measure it and correct it so the body can repair itself.

**Carrie Vitt**

**SPEAKING TIME:** Friday 7:30-9:30 PM, Moonlight

**Bloggers Panel: Making Wise Traditions Work for Your Family**

A Weston Price diet is what our families need to thrive. It can prevent and often eliminate health issues of the mind and body. It tastes the BEST and well-nourished kids are easier to raise! But our kids don’t always understand this, so we real food bloggers want to share tips we’ve learned raising our own families. We’ll answer your questions on how to help get your loved ones on board so they’ll appreciate these nourishing foods. Join Carrie Vitt from DeliciouslyOrganic.net, Mandy Blume, author of *Real Food Recovery*, and Kelly Moeggenborg from KellytheKitchenKop.com, as we help you get your family on track.

**Carrie Vitt** is a nutritional therapy practitioner at Biodynamic Wellness and treating especially those struggling with thyroid disease and other autoimmune issues. Carrie personally struggled with health issues for years, but after turning to an unprocessed grain-free diet, a variety of detox therapies and addressing the root cause of heavy metal toxicity, she helped herself and her family overcome several problems: Hashimoto’s disease, severe asthma, eczema, IBS and migraines. Carrie is the author of the successful health and cooking blog, DeliciouslyOrganic.net, and the two cookbooks, *Deliciously Organic* and *The Grain-Free Family Table*. 
SPEAKERS

Timothy Weeks, DC
Friday 3:45-5:00, Sunset

Whole Body Health Tests: Simple Tests to Determine Your Current Level of Health and Strategies for Resetting It
Many people spend thousands of dollars trying to name their dysfunction or disease. Often, this name does little in helping you know the most basic questions - WHAT'S WRONG and HOW DO YOU FIX IT? Dr. Timothy Weeks uses and teaches simple tests to determine overall health and functionality of the various systems of the body. By listening to the subtle language of the body and doing the tests he will teach, you can empower yourself and supercharge your healing. Systems he teaches tests for: cellular function and nutritional reserves; digestive function; endocrine function—adrenal, thyroid, hormone levels; oxygen function and aerobic fitness; and food allergies and sensitivities.

Dr. Timothy Weeks has run his practice, Whole Body Health, in Medina, Ohio, since 2004. He holds a B.S. in human biology and a doctorate in chiropractic from Logan University. He is board-certified and licensed in the state of Ohio. Dr. Tim is a sixth-generation physician and his family has been practicing medicine since before the Civil War. From this extensive family tradition, he has learned many time-tested health techniques to healing. He has also received thousands of hours of training in applied kinesiology and nutrition. He prides himself in working with difficult cases and finding solutions in multi-disciplinary actions and has given over four hundred thousand treatments in his career. In 2018 his book Whole Body Health was published and he has since traveled the world extensively speaking, holding retreats and consulting.

Louisa Williams, MS, DC, ND
Sunday 9:00-10:15, Starlight I

The New Homeopathic Sensation Method
At the turn of this century a group of doctors in India developed a new homeopathic constitutional system they termed the “Sensation Method.” This new revolutionary technique in homeopathic case-taking is so effective that it has been called “The greatest thing since Hahnemann!” During her talk Dr. Williams will explain the difference between acute and constitutional homeopathy, and why the new Sensation Method—that is geared toward revealing the unconscious mind’s negatively-oriented patterning—has been so successful. Wise Tradition participants should come away with a clearer understanding of how a carefully-chosen plant, animal or mineral homeopathic remedy is most accurately chosen, and why it is so essential in healing our often difficult-to-cure chronic symptoms.

Louisa Williams, MS, DC, ND, practices naturopathic medicine in Austin, Texas, and is the author of the book Radical Medicine. The word radical means “going to the root or origin, and pertaining to that which is fundamental and thorough.” Dr. Williams practices according to this “radical medicine” philosophy by addressing such core issues as heavy metal and petrochemical detoxification (mercury amalgam fillings, toxic cosmetics, etc.); clearing dental, tonsil, sinus and other focal infections; treating scar interference fields; identifying significant malocclusions (“bad bites”); and uncovering major hidden food sensitivities. With Dr. Dietrich Klinghardt, Dr. Williams co-developed Neural Kinesiology (now ART), and has originated her current energetic testing method, Matrix Reflex Testing. MRT measures the most highly sensitive indicator of function (or dysfunction) in the body—the state of the fascial-matrix connective tissue. It is an easy-to-learn and a very accurate energetic testing method for attaining more specific diagnoses and more effective treatments. She is currently launching her new herbal company, Radical Botanicals: Sprouted, Fermented and Detoxified Phytoembryotherapy, which are both gentle and potent remedies, and exceptionally bioavailable in the body.

Please share photos and updates on social media using the hashtags:
#wisetraditions2019 #wisetraditions #wapf #realfood #ancestralwisdom
Lindsea Willon was influenced by the work of Dr. Weston A. Price from a young age and experienced the benefits of a nourishing, traditional diet first hand. The gap between conventional teaching and traditional wisdom sparked her curiosity and led her to pursue a degree in nutritional sciences from the University of California, Berkeley. She then earned her certification as a nutritional therapy practitioner and began work on her master’s degree in kinesiology. While at California State University Northridge, Lindsea led biochemical research on the effects of diet and exercise on inflammation and insulin resistance and completed her program with a focus on exercise physiology. After finishing graduate school, she began her own practice and has since joined the experienced team at Biodynamic Wellness in Salano Beach, California.

Will Winter, DVM

13th 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 professional guide, Will Winter, we will travel by bus north of Allen, Texas to visit the following farms and have lunch:

**Prairie Farmstead** – 4617 Farmington Rd, Sherman, TX 75092
100% grass-fed, grass-finished beef cattle and pastured eggs
Prairie Farmstead is owned by a young family producing chicken eggs and 100% grass-fed, grass-finished cattle on chemical-free pasture. Their chickens are fed certified non-GMO feed and their beef herd never receive any hormones or unnecessary medications.

**N&P Farm and Dairy** – 713 CR 610, Farmersville, Texas 75442  collincountyguide.com/NandPFarmandDairyLLC.html
Cow and goat dairy
N&P is a ten-acre, micro dairy with three milk cows and thirty milk goats. Licensed by the state of Texas to sell Grade A raw milk. They make yogurts, buttermilk, kefir and many other products.

**Lunch by:** Patina Green Home and Market, McKinney, Texas; (972) 548-9141, PatinaGreenHomeAndMarket.com

**Cartermere Farms** – 3436 County Road 134, Celina, Texas 75009  Cartermerefarms.com
Eggs, chicken, lamb and vegetables
Cartermere is a family-owned and operated farm sitting on 300 acres of land anchored by a 38-acre lake. They grow a wide variety of vegetables as well as harvest native fruits and nuts which grow on the property. They produce pastured poultry and fresh eggs year-round and grass-fed lamb seasonally.

**Dessert by:** Bon Appetit Y’all, Old Quail Run Farm (903) 820-1260, oldquailrunfarm.com

Continued on next page
SPEAKERS

Continued from previous page

Will Winter, DVM, is a livestock nutritionist and holistic herd health consultant. He is the inspector for the American Grassfed Association, and consults for Grassfarmer Supply out of Becker, Minneapolis. He sponsors pastured pork production, as well as invasive weed eradication utilizing hair sheep and meat goats. He operates The Uptown Locavore, a private buying club for raw dairy and local sustainable food in Minneapolis. He is also a writer for several eco-agriculture magazines and websites such as AcresUSA and Stockman Grassfarmer Magazine. Find him at (612) 756-1232, willwinter.com, practicallivestocksolutions.com, grassfarmersupply.com or willwinterdvm@gmail.com.

Nasha Winters, ND, FABNO, LAc, Dipl.OM  Friday 7:30-9:30 PM, Starlight I

Ask the Practitioner Panel
We are excited to offer a panel of highly qualified practitioners. The panel includes Tom Cowan, MD, Ben Edwards, MD, Anthony Jay, PhD, Becky Plotner, ND, Pam Schoenfeld, RD and Nasha Winters, ND with moderator Sally Fallon Morell. Each practitioner will briefly describe his/her treatment philosophy. Next, the moderator will read questions from the audience regarding treatments for various illnesses as well as how food is incorporated into treatments. Questions should be of a general nature; this is not a place for individual medical advice or your personal medical history. Paper will be provided for questions.

Sunday 11:00-12:15, Starlight I

Healing with Hunger: Practical Application of Intermittent Fasting
A discussion on when and how to incorporate the ancient healing power of fasting in modern times to increase longevity and treat and prevent chronic illness.

Dr. Nasha Winters is a sought-after luminary and a global healthcare authority in integrative cancer research and consults with physicians around the world. She bridges ancient therapies with advances in modern medicine. Winters consults with prestigious cancer centers in the U.S. on projects such as developing the clinical protocol for the current FDA-approved clinical trial using intravenous application of Viscum Album Extract (mistletoe) to treat advanced cancer, hyperthermia, cannabis, ketogenic diet, IV Vitamin C and more. She has taught hundreds of professionals the clinical use of mistletoe and has created educational programs for both healthcare institutions and the public on incorporating vetted integrative therapies in cancer care. Dr. Nasha is co-author of the bestselling book The Metabolic Approach to Cancer which has received many accolades. She is also completing a book on therapeutic diets for cancer with her co-author Jess Higgins Kelley, MNT and is a contributor to a book on mistletoe highlighting clinical applications around the world. In addition to her publications, Dr. Nasha is an engaging speaker bringing passion, heart and soul to her audience. She has a variety of interviews and podcasts available on her website, drnasha.com.

A personal journey with cancer, overseeing the care of tens of thousands of patients worldwide, training practitioners in her methodology, speaking at medical conferences globally and sharing her wisdom and wit with dozens of podcasters underscores her passion and purpose to be a beacon of hope. Dr. Nasha is on a mission to educate and empower the nearly fifty percent of the population expected to have cancer in their lifetime. Prevention is the only cure.

AUTHOR BOOK SIGNINGS

<table>
<thead>
<tr>
<th>Speaker</th>
<th>Time</th>
<th>Booth</th>
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<tbody>
<tr>
<td>Monica Corrado, MA, CNC, CGP</td>
<td>Friday 5:30–6:00</td>
<td>at her table</td>
</tr>
<tr>
<td>Tom Cowan, MD</td>
<td>Saturday 5:30–6:00</td>
<td>Chelsea Green Table</td>
</tr>
<tr>
<td>Nasha Winters ND, FABNO, LAc, Dipl.OM</td>
<td>Sunday 1:00–1:30</td>
<td>Chelsea Green Table</td>
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</table>
The podcast is an extension of WAPF’s mission to educate. It’s chock-full of great info, much like our journal, but in audio format. The guests are experts, health professionals, authors, farmers, and just plain regular people who have stories of transformation thanks to food, farming and the healing arts. All guests are WAPF-approved and are part of an ancestral health movement that we have been leading for 20 years and counting.

Don’t listen to the podcast yet? Start. You don’t need a smart phone to do so. Each episode can be found on our website’s podcast page and on the Wise Traditions YouTube channel. And don’t keep this good stuff to yourself! Send your friends links to episodes that address their health concerns!

2.5 million downloads and counting....

Hilda Labrada Gore is the producer and host of WAPF’s Wise Traditions podcast and a DC co-chapter leader. An enthusiastic communicator, Hilda is passionate about wellness on every level, which is why she is known as Holistic Hilda. Most recently, she has traveled to Australia following in the footsteps of Dr. Price, seeking to connect with indigenous people and remind everyone about the importance of following traditional wisdom for good health. You can find her on Instagram @holistichilda. Hilda has boundless energy thanks to her morning sun ritual and, of course, liverwurst.

*Hilda regrets not being able to attend this year’s conference!
The Wise Traditions Conference is pleased to provide a children’s program for this year’s conference. The program costs $225 and goes from Friday to Sunday. It includes Friday lunch, Friday dinner, Saturday lunch and Sunday brunch. PLEASE NOTE: THIS DOES NOT INCLUDE THE SATURDAY NIGHT BANQUET. The fee for the program without meals is $150. All children 3-12 who are potty trained are welcome to participate in the Wise Traditions 2017 Children’s Program. Children who are too young for the children’s program or are older and do not want to participate in the Children’s Program are welcome at the conference.

Since we are recording all sessions, we ask that children who are disrupting the recordings for the adult to take the child out of the session room until the child is quiet again.

**Friday, November 15**

- Make conference name tags, tote bags, and art project
- **Lesson: Movement** with guest Esther Gokhale of Art of Moving Well
- **Lesson: Health Benefits of Kombucha** with guest Kimberly Lanski of Buddha’s Brew
- AM snack – nut butter on apples
- PM snack – kombucha

Friday Evening – Movie Night – *Those registered for meals, will enjoy the buffet 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, November 16**

- Make labels for the fermented vegetable jars children will take home.
- **Lesson: Benefits of Bone Stock** with guest Elaine Boland from Fields of Athenry Farm
- **Lesson: Living Organisms in the Soil** with guest Judy Mudrak
- 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.

**Sunday, November 17**

- **Lesson: Pasture Fed is Best** with guest Sally Fallon Morell
- **Lesson: How to make Fermented Veggies** with Maureen Diaz
- 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.

<table>
<thead>
<tr>
<th></th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
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<tbody>
<tr>
<td><strong>Morning</strong></td>
<td>8:00–12:15</td>
<td>8:00–12:30</td>
<td>8:00–12:10</td>
</tr>
<tr>
<td>CLOSED FOR LUNCH</td>
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<td></td>
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<tr>
<td><strong>Afternoon</strong></td>
<td>1:15–6:00 pm</td>
<td>1:30–4:45 pm</td>
<td>1:00–4:00 pm</td>
</tr>
<tr>
<td>CLOSED FOR DINNER</td>
<td></td>
<td></td>
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</tr>
<tr>
<td><strong>Evening</strong></td>
<td>7:00–9:00 pm</td>
<td>6:15–9:00 pm</td>
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</table>

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 with the other conference attendees. PLEASE KEEP IN MIND THAT THIS DOES NOT INCLUDE THE SATURDAY EVENING BANQUET.
## FRIDAY, NOVEMBER 15

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:00 am–6:30 pm</td>
<td>Conference Registration – (The Corral)</td>
</tr>
<tr>
<td>7:15–8:45 am</td>
<td>Farm-to-Consumer Legal Defense Fund FundRAISER Breakfast – Menu page 37 (Terrell IV)</td>
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<tr>
<td>9:00 AM</td>
<td><strong>Moonlight</strong>&lt;sup&gt;1&lt;/sup&gt;</td>
</tr>
</tbody>
</table>
| 9:00–10:15   | The Vaccinated Versus Unvaccinated Children and the Risk of Chronic Diseases  
Natalie Campbell, MS, PT, NTP                                |
| 10:00 AM     |                                                                                     |
| 11:00 AM     | **Starlight I**<sup>1</sup>                                                                 |
| 11–12:15     | DIY Curry Sauces, Spice Blends and Toothpowder  
Sandeep Agarwal                                          |
| 12:00 Noon   |                                                                                     |
| 1:00 PM      | **Starlight II**<sup>1</sup>                                                                 |
| 1:45–3:00    | Broths and Stocks: Timeless Remedies for Vibrant Health  
Monica Corrado, MA,CNC,CGP                                |
| 2:00 PM      | **Sunset**<sup>1</sup>                                                                  |
| 2:00 PM      | Vaccine Studies (Part 1)  
Neil Z. Miller                                               |
| 3:00 PM      | Culturing Dairy for Everyone (even the Lactose-intolerant)  
Monica Corrado, MA,CNC,CGP                                 |
| 4:00 PM      | Studies on Kamut  
Bob Quinn                                                   |
| 5:00 PM      |                                                                                     |
| 6:00 PM      | **Buffet Dinner**<sup>1</sup>                                                               |
| 7:00 PM      | Humanity & Ruminants: Past, Present and Future  
Peter Ballerstedt, PhD                                      |
| 8:00 PM      | Ask the Practitioners  
Tom Cowan, MD; Nasha Winters, ND, FABNO, LAc, Dipl.OM;  
Anthony Jay, PhD; Pam Schoenfeld, RD; Ben Edwards, MD;  
Becky Plotner, ND with moderator  
Sally Fallon Morell, MA                                     |
| 9:00 PM      | Film: “The Secret Ingredients” (Free to the public)  
Followed by Q&A with Jeffrey Smith                         |
| 10:00 PM     | Gathering in Pool and/or Bar Area:  
Come mix and mingle after the Friday night sessions.        |

---

**Legend:**  
B=Basic;  
G=General;  
F=Focused;  
S=Seminar;  
SP=Sponsor Presentation

---

1. Confirmed presentations: These presentations have confirmed speakers and topics.  
2. LIVESTREAM: These sessions will be live streamed.  
3. CONFERENCE 2019: This is the 2019 edition of the conference.  
4. Wise Traditions: This is a program associated with the conference.  
5. MENUS: Menus for meals and snacks are available at the conference.

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MENU PAGE 35 (TERRELL IV)  
Menu page 35 (Terrell IV) contains details of the menu for the conference.

---

MENU PAGE 37 (TERRELL IV)  
Menu page 37 (Terrell IV) contains details of the menu for the conference.

---

CONFERENCE 2019  
This is a program associated with the conference.

---

LIVE FEED  
LIVE FEED is a feature that allows attendees to watch live streams of sessions.

---

GATHERING IN POOL AND/OR BAR AREA:  
Gathering in Pool and/or Bar Area is an event where attendees can relax and socialize.

---

CONFERENCE REGISTRATION (THE CORRAL)  
Conference Registration is an event where attendees can register for the conference.

---

FUNDRAISER BREAKFAST – MENU PAGE 37 (TERRELL IV)  
This is a fund-raiser breakfast that is part of the conference.

---

LIVESTREAM PRESENTATION  
LIVESTREAM PRESENTATION refers to a presentation that is broadcast live.

---

CONFERENCE 2019 BLOGGERS PANEL: MAKING WISE TRADITIONS WORK FOR YOUR FAMILY  
This is a panel discussion for bloggers on how to make Wise Traditions work for their families.

---

CONFERENCE 2019 PANEL DISCUSSION ON HOLISTIC DENTISTRY  
This is a panel discussion on holistic dentistry.

---

CONFERENCE 2019 PANEL DISCUSSION ON THE VACCINATED VERSUS UNVACCINATED CHILDREN AND THE RISK OF CHRONIC DISEASES  
This is a panel discussion on the risks of chronic diseases in vaccinated and unvaccinated children.

---

CONFERENCE 2019 PANEL DISCUSSION ON THE GAPS DIET, STAGE BY STAGE  
This is a panel discussion on the GAPS diet.

---

CONFERENCE 2019 PANEL DISCUSSION ON DIY CURRY SAUCES, SPICE BLENDS AND TOOTHPowDER  
This is a panel discussion on DIY curry sauces, spice blends, and toothpowder.

---

CONFERENCE 2019 PANEL DISCUSSION ON BROTHS AND STOCKS: TIMELESS REMEDIES FOR VIBRANT HEALTH  
This is a panel discussion on broths and stocks as timeless remedies.

---

CONFERENCE 2019 PANEL DISCUSSION ON VACCINE STUDIES (PART 1)  
This is a panel discussion on vaccine studies.

---

CONFERENCE 2019 PANEL DISCUSSION ON VACCINE STUDIES (PART 2)  
This is a panel discussion on vaccine studies (Part 2).

---

CONFERENCE 2019 PANEL DISCUSSION ON THE GAPS DIET, STAGE BY STAGE  
This is a panel discussion on the GAPS diet.

---

CONFERENCE 2019 PANEL DISCUSSION ON SURVIVING THE 5G NEVER ENCOUNTERED BY OUR ANCESTORS  
This is a panel discussion on surviving the 5G never encountered by our ancestors.

---

CONFERENCE 2019 PANEL DISCUSSION ON WHOLE BODY HEALTH TESTS: SIMPLE TESTS TO DETERMINE YOUR CURRENT LEVEL OF HEALTH AND STRATEGIES FOR RESETTING IT  
This is a panel discussion on whole body health tests.

---

CONFERENCE 2019 PANEL DISCUSSION ON HUMANITY & RUMINANTS: PAST, PRESENT AND FUTURE  
This is a panel discussion on humanity and ruminants.

---

CONFERENCE 2019 PANEL DISCUSSION ON THE SECRET INGREDIENTS (FREE TO THE PUBLIC)  
This is a panel discussion on the secret ingredients (free to the public).

---

CONFERENCE 2019 PANEL DISCUSSION ON BLOGGERS PANEL: MAKING WISE TRADITIONS WORK FOR YOUR FAMILY  
This is a panel discussion on making Wise Traditions work for your family.
<table>
<thead>
<tr>
<th>Time</th>
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</tr>
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<tbody>
<tr>
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<td><strong>Conference Registration</strong> – (The Corral)</td>
<td></td>
</tr>
<tr>
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<td><strong>Farm-to-Consumer Legal Defense Fund FundRAISER Breakfast</strong> – Menu page 37 (Terrell IV)</td>
<td></td>
</tr>
<tr>
<td>6:30 AM</td>
<td><strong>Moonlight</strong></td>
<td><strong>Starlight I</strong></td>
</tr>
<tr>
<td>7:00 AM</td>
<td><strong>Moonlight</strong></td>
<td><strong>Starlight I</strong></td>
</tr>
<tr>
<td>6:30–7:30</td>
<td><strong>Movement Session</strong></td>
<td><strong>Esther Gokhale</strong></td>
</tr>
<tr>
<td>7:30–8:15</td>
<td><strong>It’s Time to Re-Think Your Water</strong></td>
<td><strong>Terrell IV</strong></td>
</tr>
<tr>
<td>8:00 AM</td>
<td><strong>9:00–10:15 Forage Agriculture IS Sustainable Agriculture</strong></td>
<td><strong>_glyphosate: The Rattlesnake in the Corn Fields (Part 1)</strong></td>
</tr>
<tr>
<td>9:00 AM</td>
<td><strong>10:15–11:00 Visit Exhibitors</strong></td>
<td><strong>The Corral and The Porch, Terrell Hall I &amp; II</strong></td>
</tr>
<tr>
<td>10:00 AM</td>
<td><strong>10:15–11:00 Visit Exhibitors</strong></td>
<td><strong>The Corral and The Porch, Terrell Hall I &amp; II</strong></td>
</tr>
<tr>
<td>12:00 Noon</td>
<td><strong>12:15–1:30 Lunch</strong></td>
<td><strong>Menu page 36 (Terrell IV)</strong></td>
</tr>
<tr>
<td>12:15–1:45</td>
<td><strong>Visit Exhibitors</strong></td>
<td><strong>The Corral and The Porch, Terrell Hall I &amp; II</strong></td>
</tr>
<tr>
<td>1:00 PM</td>
<td><strong>1:45–3:00 Ancestral Skin Care</strong></td>
<td><strong>Cancer and the New Biology of Water (Part 1)</strong></td>
</tr>
<tr>
<td>2:00 PM</td>
<td><strong>1:45–3:00 Ancestral Skin Care</strong></td>
<td><strong>Cancer and the New Biology of Water (Part 2)</strong></td>
</tr>
<tr>
<td>3:00 PM</td>
<td><strong>3:00–4:00 Visit Exhibitors</strong></td>
<td><strong>The Corral and The Porch, Terrell Hall I &amp; II</strong></td>
</tr>
<tr>
<td>4:00 PM</td>
<td><strong>4:00–5:15 Learn to Play the Organs: Liver, Brains and Tongue</strong></td>
<td><strong>Cancer and the New Biology of Water (Part 2)</strong></td>
</tr>
<tr>
<td>5:00 PM</td>
<td><strong>5:15–6:00 Visit Exhibitors</strong></td>
<td><strong>The Corral and The Porch, Terrell Hall I &amp; II</strong></td>
</tr>
<tr>
<td>6:00 PM</td>
<td><strong>6:30–9:30 AWARDS BANQUET WITH KEYNOTE</strong></td>
<td></td>
</tr>
<tr>
<td>7:00 PM</td>
<td><strong>Banquet Keynote:</strong> Dietary Sense and Nonsense in the War on Saturated Fat and Cholesterol**</td>
<td><strong>David Diamond, PhD</strong></td>
</tr>
<tr>
<td>8:00 PM</td>
<td><strong>9:00 PM</strong></td>
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</tbody>
</table>

**Legend: B=Basic; G=General; F=Focused; S=Seminar; SP=Sponsor Presentation**
## SUNDAY, NOVEMBER 17

**7:30 am–2:00 pm** Conference Registration – (The Corral)

**7:15–8:45 am** Farm-to-Consumer Legal Defense Fund FundRAISER Breakfast – Menu page 37 (Terrell IV)

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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</thead>
<tbody>
<tr>
<td>6:30 AM</td>
<td>Moonlight</td>
</tr>
<tr>
<td>7:00 AM</td>
<td>7:30–8:15 SP Vitamin K2 MK-4 (Activator X) Will Schlinsog, DC</td>
</tr>
<tr>
<td>8:00 AM</td>
<td>9:00–10:15 B Reading Labels Sally Fallon Morell, MA</td>
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<tr>
<td></td>
<td>9:00–10:15 F Toxic Iron and the Master Antioxidant Ben Edwards, MD</td>
</tr>
<tr>
<td></td>
<td>9:00–10:15 G The New Homeopathic Sensation Method Louisa Williams, MS, DC, ND</td>
</tr>
<tr>
<td></td>
<td>S 9:00–10:15 G Healing is Voltage (Part 1) Jerry Tennant, MD</td>
</tr>
<tr>
<td>10:00 AM</td>
<td>10:15–11:00 Visit Exhibitors (The Corral and The Porch, Terrell Hall I &amp; II)</td>
</tr>
<tr>
<td>11:00 AM</td>
<td>11:00–12:15 B The Art, Science and Story of Fermentation Leslie Bobb, MPH, CIHC and Lyndsay Gutierrez, MPH, CIHC</td>
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<tr>
<td></td>
<td>11:00–12:15 F Healing Leaky Gut Kiran Krishner</td>
</tr>
<tr>
<td></td>
<td>11:00–12:15 G Healing With Hunger: Practical Applications of Intermittent Fasting Nasha Winters, ND, FABNO, LAc, Dipl.OM</td>
</tr>
<tr>
<td></td>
<td>S 11:00–12:15 G Healing is Voltage (Part 2) Jerry Tennant, MD</td>
</tr>
<tr>
<td>12:00 Noon</td>
<td>12:15–1:15 Lunch Menu page 37 (Terrell IV)</td>
</tr>
<tr>
<td>1:00 PM</td>
<td>1:00–2:45 B Sports Nutrition: How to Optimize Performance at Any Level Lindsea Willon, MS, NPT</td>
</tr>
<tr>
<td>2:00 PM</td>
<td>2:00–3:45 CLOSING CEREMONY: The Powerful Simplicity of Recovering with Real Food Sally Fallon Morell, MA and Mandy Blume (Starlight I)</td>
</tr>
<tr>
<td>3:00 PM</td>
<td>2:55–3:45 SP = Sponsor Presentation = Exhibitor talk</td>
</tr>
</tbody>
</table>

**S** = Seminar = Two sessions or more  
**B** = Basic = Especially recommended for beginners  
**G** = General = Broader coverage of a topic  
**F** = Focused = In-depth coverage of a topic  
**SP** = Sponsor Presentation = Exhibitor talk
Wish others could hear these talks?
Bring the conference into your home.

Purchase conference recordings during the conference for **25% off**. Purchase single talks or the entire set. MP3, CD or DVD. Visit the Fleetwood Recording booth or go to: [www.fleetwoodonsite.com/wise/2019/stream](http://www.fleetwoodonsite.com/wise/2019/stream)

20th WISE TRADITIONS CONFERENCE
ANCESTRAL WISDOM MEETS MODERN SCIENCE
NOVEMBER 15-17, 2019 • ALLEN, TEXAS

PHOTO CONTEST

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 large photos of your very best, in terms of content, lighting and composition, to socialmedia@westonaprice.org.

3. Everyone whose photos we use on social media during the conference will be entered into a drawing. 4 people whose names are randomly picked will have the option of receiving 2 years of membership to the Weston A. Price Foundation or 40 bucks!

Thank you for your participation!
CONTINUING EDUCATION CREDITS

$65 fee for Nurses and Acupuncturists

Nurses and acupuncturists must sign in at the CEU table daily to receive credit. Nurses attend certain lectures*, and submit an evaluation. Acupuncturists must submit an evaluation and attendance record.

Approving Organizations

- **Nursing:** Total possible for 3 days: 16.25 hours (Friday 7 hours; Saturday 5; Sunday 4.25). We are approved by the Maryland Nurses Association to award contact hours for nurses. The Maryland Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation (ANCC), all states accept this. Please note only certain lectures are approved for credit* (see below) Each day has a different number of credits possible: Friday 7, Saturday 5 and Sunday 4.25, for a total possible of 16.25 hours.
- **Acupuncture:** Total possible for 3 days: 16.75 hours (not accepted by California and Florida). Approved by the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM): Possible number of points is 16.75 PDA for full conference. Maximum each day: Friday = 7 PDAs, Saturday = 5.5, Sunday = 4.25 (PDA points are accepted by all states except California and Florida.)

FEES

The fees for CEUs is $25 per day or $65 for all three days. In an effort to keep our registration fees low, we do not build this fee into the registration price but charge only those receiving credit.

CERTIFICATION OF ATTENDANCE ($5 fee)

For RDs, some NDs and some nutritionists, a Certificate of Attendance will suffice to give you 5 credit hours each day. You do not have to sign in or submit an evaluation. You simply receive the certificate which you submit to your board or school.

- **RDs only need to get the $5 Certificate of Attendance.** According to the Commission on Dietetic Registration, CDR Credentialed Practitioners may receive up to 15 cpus for attending our conference (5 more for Monday). You will not need to sign in each day but will have to obtain and retain in your files a certificate of attendance. You will need to keep track and submit talks attended and of the appropriate Learning Need Codes. If you are in Florida, Illinois, Pennsylvania or Texas you should check with your board to see if they will accept this.
- **Nutritionists:** Check with your professional board to see if they will accept this.
- **Other Professions:** You can get a Certificate of Attendance and see if your board will accept it.

*OPTIONS FOR NURSES*

**Friday, November 15 (Total 7 hours)**

<table>
<thead>
<tr>
<th>Time</th>
<th>Speaker and Topic</th>
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<tbody>
<tr>
<td>9:00–12:15</td>
<td>Becky Plotner: Gut and Psychology Syndrome</td>
</tr>
<tr>
<td>9:00–12:15</td>
<td>Anthony Jay, PhD: Artificial (Estrogen) Intelligence</td>
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<tr>
<td>1:45–5:00</td>
<td>Neil Miller, Vaccine Studies</td>
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<tr>
<td>3:45–5:00</td>
<td>Timothy Weeks, Whole Body Health Tests</td>
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<tr>
<td>7:30–9:30</td>
<td>Ask the Practitioner Panel</td>
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</table>

**Saturday, November 16 (Total 5 hours)**

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<tr>
<th>Time</th>
<th>Speaker and Topic</th>
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<tbody>
<tr>
<td>9:00–5:00</td>
<td>Nourishing Traditional Diets Sally Fallon Morell, MA: Traditional Diets</td>
</tr>
<tr>
<td>9:00–12:15</td>
<td>Stephanie Seneff, Glyphosate: The Rattlesnake in the Corn Fields</td>
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<tr>
<td>9:00–10:15</td>
<td>Anthony Jay, PhD, Straight Shooting Stem Cells</td>
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<tr>
<td>1:45–5:15</td>
<td>Tom Cowan, MD, Cancer and the New Biology of Water</td>
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**Sunday, November 17 (Total 4.25 hours)**

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<tr>
<th>Time</th>
<th>Speaker and Topic</th>
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<tbody>
<tr>
<td>9:00–12:15</td>
<td>Jerry Tennant, MD, Treating Pain</td>
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<tr>
<td>9:00–10:15</td>
<td>Ben Edwards, PhD, Toxic Iron and the Master Antioxidant</td>
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<tr>
<td>11:00–12:15</td>
<td>Nasha Winter, Healing with Hunger, Intermittent Fasting</td>
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<td>Kirk Krishner, Healing Leaking Gut</td>
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<td>Lindsea Willon, Sports Nutrition: How to Optimize Performance</td>
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<td>David Diamond, Cholesterol and Cardiovascular Disease</td>
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<td></td>
<td>Mandy Blume, The Powerful Simplicity of Recovering with Real Food</td>
</tr>
</tbody>
</table>

Please visit the CEU table or contact Kathy Kramer of the Weston A. Price Foundation, at info@westonaprice.org if you have further questions.
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 Nationals baseball. For sixteen years, she has felt honored to be part of the Foundation’s hard-working staff and involved in its 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.

Agnes C. Bunagan, Membership Coordinator

Agnes is a teacher by training but has spent more years working in development and customer relations than in the classroom. Her preference for controlled chaos and a relaxed environment explain the discrepancy. She is currently training to become a teacher for the blind and visually impaired. Agnes first started working at the Weston A. Price Foundation as part-time summer staff after finishing a graduate program in 2010. It was a part-time gig that turned into a full-time commitment after she resigned from teaching. She moved to Naples, Florida, in 2013 for another job but got lured back to the D.C. area and back to WAPF in 2017. Her first assigned task at WAPF was quite an eye-opener. She read and summarized letters from inmates who wrote to the Foundation about their health issues over the soy laden diet in prisons. (The Foundation had been involved in a lawsuit put forth by inmates against the Illinois Department of Corrections over their soy laden diet since 2009.) Agnes grew up eating mostly real, unadulterated foods but beyond her mother’s perennial warning that junk food was bad, she didn’t know much about the diet-health connection. Sally Fallon and her landmark book Nourishing Traditions and the WAPF have since schooled her on this matter, and in fact, she wrote her graduate research paper on the diet-cognition link for young children. She’s very grateful to do her bit to help advance the important work that Sally has started.
MENUS

Our meals are made using **Authentic Super Foods** olive oil, **Baja Gold** sea salt, **Pure Indian Foods** and **Mt. Capa’s** ghee, **Miller’s Biodiversity Farm** grass-fed butter, **Miller’s Organic Farm** cheese, **Sunny Crest Pastures** eggs, **Willow Run Farm** eggs, bacon, cream cheese, **Great Lakes** gelatin, **Really Raw Honey** and **Gardens of Grace** almonds, dates, walnuts and pecans.

**FRIDAY LUNCH BUFFET**

Holy Cow Farm Beef Stew

Roasted Garlic Mashed Potatoes with Ghee

Salad of Mixed Greens with Glorified Caesar Salad Dressing

Sprouted Cornbread with Butter

Apple Kraut

Apple Crisp with Whipped Cream

**Buddha’s Brew** Kombucha

**FRIDAY DINNER BUFFET**

White Oak Farm Brined, Herb-Roasted Chicken

Brown Rice Pilaf

Sautéed Green Beans with **Willow Run Farm** Bacon

Dilly Kraut

Vanilla Cream Cheese Mousse

**Buddha’s Brew** Kombucha

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 Maureen Diaz 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!*
Our meals are made using Authentic Super Foods olive oil, Baja Gold sea salt, Pure Indian Foods and Mt. Capa’s ghee, Miller’s Biodiversity Farm grass-fed butter, Miller’s Organic Farm cheese, Sunny Crest Pastures eggs, Willow Run Farm eggs, bacon, cream cheese, Great Lakes gelatin, Really Raw Honey and Gardens of Grace almonds, dates, walnuts and pecans.

**SATURDAY LUNCH BUFFET**

**White Oak Farm** Chicken and Vegetable Soup

Carrot Salad

Assorted Cheeses

**Fields of Athenry** Mélange of Sausages with Peppers, Onions and Mushrooms

Bread with Butter and Ghee

Conference Cheesecake with **Willow Run Foods** Cream Cheese and

**Gardens of Grace** Dates and Almonds

**Buddha’s Brew** Kombucha

**SATURDAY DINNER BANQUET**

De-constructed French Onion Soup

Salad of Mixed Greens with Pecans, Blue Cheese and Champagne Vinaigrette

**Fields of Athenry** Beef Short Ribs

Purée of Roasted Root Vegetables

Sourdough Brioche with Butter and Ghee

Dried Fruit Compote with Whipped Cream

Fermented Radish

**Buddha’s Brew** Kombucha
Our meals are made using **Authentic Super Foods** olive oil, **Baja Gold** sea salt, **Pure Indian Foods** and **Mt. Capa’s ghee**, **Miller’s Biodiversity Farm** grass-fed butter, **Miller’s Organic Farm** cheese, **Sunny Crest Pastures** eggs, **Willow Run Farm** eggs, bacon, cream cheese, **Great Lakes** gelatin, **Really Raw Honey** and **Gardens of Grace** almonds, dates, walnuts and pecans.

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**SUNDAY BRUNCH BUFFET**

**Fields of Athenry** Ham

Vegetable and Cheese Frittata

**GF Willow Run Farm** Maple Pecan French Toast Casserole

Sweet Potato Hash

Assorted Cheeses

**White Oak Farm** and **Fields of Athenry** Chicken Liver Paté

**Cultural Revivalists** Cranberry Apple Chutney

**Buddha’s Brew** Kombucha

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**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 Fixin’s: **Really Raw** Honey, **Willow Run Farm** Organic Maple Syrup, **Miller’s Biodiversity Farm** Grass-fed Butter, **Baja Gold** Sea Salt
- **Willow Run Farm** Soy-Free Hormone-Free Pastured Hard-Boiled Eggs
- **Fields of Athenry** and **White Oak Pastures** Pastured Breakfast Sausages (chicken or pork depending on the day)
- **Pleasant Pastures** Organic Whole Yogurt

**Friday–Sunday    |    November 15–17 from 7:15–8:45 a.m.**

$17 for each single breakfast ticket or $45 for breakfast all three mornings

**BUY TICKETS AT CONFERENCE REGISTRATION!**
**FOOD DONORS**

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  fieldsofathenryfarm.com
  Beef Marrow Bones
  Beef Soup Bones

**BEEF – GELATIN**
- **Great Lakes Gelatin**
  Great Lake, IL
  (847) 223-8141
  greatlakesgelatin.com
  Unflavored Beef Gelatin

**BEEF – GRASS-FED**
- **Fields of Athenry Farm**
  Middleburg, VA
  (703) 300-5765
  fieldsofathenryfarm.com
  Pastured Short Ribs

**DAIRY – GHEE**
- **Mt. Capra**
  Chehalis, WA
  (877) 588-4433
  mtcapra.com
  Grass-fed Goat Milk Ghee

**DAIRY – BUTTER**
- **Miller’s Biodiversity Farm**
  Quarryville, PA
  (717) 786-7895
  Cultured Grass-fed Butter

**DAIRY – CHEESE**
- **Miller’s Organic Farm**
  Bird-in-Hand, PA
  (717) 556-0672
  Assorted Raw Cheese

**FERMENTS**
- **Maureen Diaz**
  Assorted Raw Ferments

**FRUIT & VEGETABLES**
- **Gardens of Grace**
  Dousman, WI
  (262) 443-7522
  josheweasgarden.com
  Assorted Vegetable Powders

**GRAINS, SEEDS, NUTS & BEANS**
- **Dr. Cowan’s Garden**
  San Francisco, CA
  (510) 516-0238
  drcowansgarden.com
  Assorted Vegetable Powders

**EGGS – PASTURED**
- **Willow Run Foods**
  Gordonville, PA
  (717) 768-0101
  sunnycreastpastures.com
  Eggs from Soy-free, Pastured, Organically-fed Hens

**POULTRY – PASTURED**
- **White Oak Pastures**
  Bluffton, GA
  (229) 641-2081
  whiteoakpastures.com
  Pastured Whole Chickens
  Pastured Chicken Breasts
  Pastured Feet, Necks and Heads
  Pastured Chicken Livers
  Pastured Duck
  Pastured Breakfast Sausage

**BEVERAGE**
- **Buddha’s Brew Kombucha**
  Austin, TX
  (512) 736-4815
  buddhasbrew.com
  Kombucha

**DAIRY – YOGURT**
- **Pleasant Pastures**
  Honey Brook, PA
  (717) 768-3437
  Yogurt

**SALT & SPICES**
- **Selina Naturally**
  Arden, NC
  (800) 867-7258
  celticseasalt.com
  Celtic Sea Salt
  Salt Shakers

**EGGS – PASTURED**
- **Willow Run Foods**
  Gordonville, PA
  (717) 768-0101
  sunnycreastpastures.com
  Eggs from Soy-free, Pastured, Organically-fed Hens

**FATS & OILS**
- **Authentic Super Foods, LLC**
  Falls Church, VA
  (517) 722-6725
  authenticsuperfoods.com
  Olive Oil

**POULTRY – PASTURED**
- **Willow Run Foods**
  Gordonville, PA
  (717) 768-0101
  sunnycreastpastures.com
  Eggs from Soy-free, Pastured, Organically-fed Hens

**SWEETENERS**
- **Really Raw Honey**
  Baltimore, MD 21224
  (800) 732-5729
  reallyrawhoney.com
  Really Raw Honey

**PORK**
- **Fields of Athenry Farm**
  Middleburg, VA 20118
  (703) 300-5765
  fieldsofathenryfarm.com
  Pastured Breakfast Sausage
  Pastured Ham
  Pastured Sausage Medley

**SWEETENERS**
- **Really Raw Honey**
  Baltimore, MD 21224
  (800) 732-5729
  reallyrawhoney.com
  Really Raw Honey
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EXHIBITORS – ALPHABETICAL

Lovestock Dermacare
South Lake Tahoe, CA
(530) 307-0852
lovestockdermacare.com
Table 240

Radical Botanicals-Plant Stem Cell Therapy
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(512) 600-6983
louiswilliamsnd.com
Table 220

Senergy Medical Group-Tennant Institute
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tennantinstitute.com
Table 225-224

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belly-fat-burner.com
Table 252

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(727) 401-4070
realfoodrecovery.org
Table 242

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(636) 399-4242
drtoddfrisch.com
Table 235

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(224) 554-9110
vitalproteins.com
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Relax Saunas of Momentum
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momentum98.com
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simplybeingwell.com
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Marshfield, WI
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walkabout.com
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smartDOTs.us
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revessel.com
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Texans for Vaccine Choice
Keller, TX
(214) 229-3780
texansforvaaccinechoice.com
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Weston A. Price Foundation
Washington, DC
(703) 820-3333
westonaprice.org
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ntischool.com
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richnuts.com
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texastallow.com
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whiteoakpastures.com
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Table 126

Pure Indian Foods
Princeton Junction, NJ
(609) 785-9100
pureindianfoods.com
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Table 207-208

School of Permaculture
Irvine, TX
(214) 856-8477
schoolofpermaculture.com
Table 221

Think Twice
Santa Fe, NM
(505) 660-2287
thinktwice.com
Table 234

Whole Body Health
Medina, OH
(330) 764-3434
wholebodyhealth.org
Table 231 Table 242

Radiant Life
Sata Rosa, CA
(888) 593-9100
radiantlife.com
BRONZE SPONSOR
Table 219

Secret Ingredients
Fairfield, IA
(561) 951-7877
seedsofdeception.com
Table 228

Veritas Market
Lubbock, TX
(806) 392-1065
veritasmedical.com
Table 237

Will Winter, DVM
Minnesota, MN
(612) 756-1232
willwinter.com
Table 228
“A country’s ability to feed itself is its first line of national defense. The key to being self-sufficient in high-quality food is prosperous small farms. A gateway to small farm prosperity is raw milk. Follow these great patriots in supporting raw milk and family farms.”

I Want YOU to Save Family Farms

Drink Raw Milk

Prosperous Family Farms

We Can Do It! Drink Raw Milk

realmilk.com
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TAKE THE 50% Pledge!

Spend at least 50% of your food dollars on direct purchases from local farmers and artisans; with the remainder of your food dollars, you can celebrate how small the world has become!

Will you take the Pledge?

Let’s help small farmers and local artisans.
Visit our 50% Pledge booth and write your comment on how you will use or are using half of your food budget to make local direct purchases.

TAKE THE 50% Pledge!

LOCAL DIRECT PURCHASES:
- Raw Milk
- Raw Cheese
- Pork, Beef and Turkey
- Charcuterie and Organ Meats
- Chicken and Eggs
- Fruit and Vegetables
- Homemade Soups and Stews
- Homemade Desserts
- Sourdough Bread
- Lacto-fermented Condiments
- Fermented Vegetables
- Kombucha

CELEBRATE OUR SMALL WORLD:
- Rice
- Pineapple
- Mango and Papaya
- Bananas
- Nuts
- Pepper
- Unrefined Salt
- Spices
- Heritage Grains
- Wild Seafood
- Fruit and Vegetables
- Breads and Crackers

westonaprice.org
ORAL TO OVERALL HEALTH STARTS WITH GOOD NUTRITION!

★★★★★

You have been helping my child strengthen his teeth and I love telling people about your magic. Thank you!!
- Bre N.

★★★★★

Keep up the good work! Your products have a profound effect on my dental health, and I no longer have sensitive teeth.
- Robert D.

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Willow Run Foods P.M.A.
995-B Musser School Rd.
Gordonville, PA 17529
Phone: (717) 556-0285, ext. 1

History
Started in 2005 by Eli and Sylvia King, Willow Run Foods (a private membership association) is owned by siblings - David, Michael and Betty Lantz - since 2017 when the Kings moved to New York. At first the Kings focused on custom cheese and ice cream. Then, in 2010, they started shipping direct to consumers. This was the beginning of where we are today - shipping weekly to members and making custom ice cream. In addition to products produced in house, we partner with other local organic farms to provide a wide variety of wholesome food. Give us a call to request a membership form, our free monthly newsletter or to discuss shipping options.

Core Values
We strive to keep our products free from chemicals such as herbicides, insecticides, fungicides, antibiotics, vaccines, etc. We also encourage fairness to our customers, employees, suppliers, etc. We promote good animal and soil husbandry. Above all, we believe that all should be to the glory of God.

Mission Statement and Vision
Mission
We strive to provide nutritious, delicious food that promotes vibrant health and healing while supporting sustainable small scale, family farms who care for the tiny organisms in the soil which we believe is the beginning of life on this earth.

Vision
We envision providing high quality food at an affordable price while also enabling more small farms to not only survive but to thrive.
The Fields of Athenry
Farm Shop and Side Saddle Cafe

Fields of Athenry (FoA), our family owned & operated farm business located in Middleburg, VA.

We believe healthy eating as the first and foremost preventative to many illnesses that are a result from a reliance on convenience and processed foods.

Elaine Boland
FoA Owner

7 W. Washington Street  |  Middleburg, VA 20118  |  703.300.5765  |  elaine@fieldsofathenryfarm.com
A Different Approach to Chronic Disease

Dr. Linda Isaacs and the late Dr. Nicholas Gonzalez worked together, offering individualized protocols involving diet, nutritional supplementation, and detoxification, for more than 20 years. The work continues.

Linda L. Isaacs, M.D.
www.drlindai.com
Now relocated to Austin, Texas.
Our mission is to produce real farm fresh, nutrient dense, great tasting food.

Our vision is to end sickness by enhancing health, nutrition, and happiness.

Our purpose is to inspire a generation of healthy children and reduce healthcare costs.

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We have a wide variety of hand-crafted and mineral-rich products available!
At Prairie Farmstead, we strive to produce the cleanest meats and eggs on pasture while healing the land we steward.

Truly Pasture Raised Eggs
Our free range hens are raised on pasture, moved frequently and are fed: Bugs, Fresh Prairie Grass & Non-GMO Feed

Grass-Fed & Grass-Finished Beef
Our cattle are rotated on pasture year around and raised naturally on our North Texas prairie grasses. They never receive any antibiotics, grain or protein supplements, chemical wormers or chemical fly controls.

Regenerative Land Management
Our holistically raised chickens and cattle are our greatest tools to help restore the properties we manage.

We are located in Sherman, TX
less than 1 hour from Dallas

Contact us for sale locations
prairiefarmstead@gmail.com
903-231-3748

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ANNOUNCING THE RELEASE OF
SALLY FALLON MORELL’S SECOND COOKING VIDEO
Comfort Foods: Cooking for Skeptical Family Members

$25 Conference Rate at WAPF Table: $20
Includes 4 parts, 3.5 hours total, showing the preparation of 3 meals:

PART 1: Cutting Up a Chicken and Marinating Chicken including Livers for Frying; Meat Loaf and Rissoles

PART 2: Mashed Potatoes, He-Man Sauce, Steamed Spinach with Butter, Almond Spice Cookies and Potassium Broth

PART 3: Pork Hock Enchiladas with Homemade Sauce and Fried Bananas in Honey Orange Sauce

PART 4: Southern Fried Chicken, Tomato Salad, Sautéed Corn and Peach Ice-Cream

Know About Us!

Let More People
Spread the word in style!

Get apparel with our name and logo. Items include: shirts, hats, bags & aprons.
https://www.embroideryimages.com/Wise_c_157.html
(price shown includes logo)
Why be a WAPF member?
Why suggest membership to others?

Your membership fees and donations support our many projects:

- **Wise Traditions**, our lively and informative quarterly journal;
- **450 local chapters** to help you find nutrient-dense local food;
- **Huge website** with a weekly podcast;
- **Soy Alert!** and legal efforts to eliminate this toxic food from our diet;
- **Laboratory research** on the fat-soluble vitamins and other nutrition topics;
- **A Campaign for Real Milk** and realmilk.com;
- **Hosting a major conference, local seminars** and dozens of exhibits each year;
- **Publication of educational brochures, flyers and booklets**;
- **Thoroughly researched yearly Shopping Guide**;
- **Future restaurant rating project**.

The member-supported Weston A. Price Foundation is returning nutrient-dense food to tables! You can’t do it alone, and neither can we!

Join or donate today! westonaprice.org

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Sally Fallon Morell’s First-Ever Cooking Video

MASTER COOKING CLASS OF WISE TRADITIONS COOKING

$25 for DVD or USB
4 hrs; Includes preparation of 3 meals:
- Fish Filets with Julienne of Vegetables and Cream Sauce
- Potato Cooked in Duck Fat
- Radicchio Orange Salad with Balsamic Dressing
- Cranberry Pear Pie
- Roast Chicken with Arrowroot-Thickened Sauce
- Steamed Green Beans with Butter-Onion Garnish
- Brown Rice
- Leg of Lamb with Gravy
- Mashed Potatoes
- Coconut Custard Pie

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New!

Broth is Beautiful Mug
WAPF Celebrates its 20th Anniversary

Mug is Wise Traditions yellow with black writing

Back side of mug

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