

# PRESIDENT'S WELCOME

November 16, 2018



Dear Friends of the Weston A. Price Foundation,

Welcome to the 19th Annual Wise Traditions Conference! We are delighted to be in the mid-Atlantic region this year, at the beautiful Baltimore Hilton Hotel. We look forward to meeting many new friends at this event.

This year's conference, *Transforming Your Health*, explores the use of nutrient-dense diets to treat a variety of conditions, particularly cancer. We have tracks discussing cancer on both Saturday and Sunday. Other tracks look at the treatment of dental problems, digestive issues and typical conditions of aging; and we are delighted to have Julia Ross speaking on treating cravings and addictions on Friday and Ronda Nelson informing us on supporting thyroid health on Monday. Also on Friday, Tedd Koren will delight his audience with a demonstration of the Koren healing technique.

We have many tracks that provide basic information for beginners: the basics of traditional diets, cooking and lifestyle, and also farming and gardening. Presenters of more advanced information include Martin Grootveld, PhD, on Friday evening, Tom Cowan, MD, and Stephanie Seneff, PhD, on Saturday and Chris Masterjohn, PhD, on Monday.

We are particularly delighted to present Natasha Campbell-McBride, MD, and her seminar on the Gut & Psychology Diet, a way of eating that has helped thousands of children recover from autism, ADHD and other behavioral disorders. Every year Natasha comes all the way from the U.K. to share her knowledge with WAPF members.

*Wise Traditions* started in a church basement way back in the Spring of 2000—our first conference—with 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.

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 more than thirty outstanding speakers this year, and three to five tracks every day. 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](http://westonaprice.org).

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 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 new 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 Baltimore Hilton Hotel to provide delicious, nutritious meals featuring a variety of farm-fresh foods. All of our basic meals are gluten-free, and we offer casein-free options. 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

# Wise Traditions 2018

19<sup>TH</sup> ANNUAL CONFERENCE

OF THE WESTON A. PRICE FOUNDATION

NOVEMBER 16–19, 2018

HILTON BALTIMORE HOTEL, BALTIMORE, MD

We would like to acknowledge and thank our sponsors and partners for their generous support of the Weston A. Price Foundation and of our 19<sup>th</sup> Annual Conference.

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Koren Wellness

Miller's Biodiversity Farm

Miller's Organic Farm

New Voice for Health

Pleasant Pastures

Pure Indian Foods

Radiant Life

Walkabout Health Products

### IMPORTANT NOTICE

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

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

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

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## Gratitude

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

- The Weston A. Price Foundation staff;
- Paul Frank and the staff of PTF & Associates;
- Platinum, Gold, Silver, Sponsoring exhibitors & other exhibitors;
- Food donors;
- Forrest C. and Frances H. Lattner Foundation for a grant for scholarships;
- Hardworking chefs and kitchen staff;
- Our many excellent speakers;
- Wonderful conference attendees and our dedicated volunteers;

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

## Wordle Scavenger Hunt

### OBJECTIVE:

Collect all 12 wordle cards and be entered to win one of three SWAG bag prizes.

### PREMISE:

This scavenger hunt will be played with the 12 wordles designed by Sally Fallon Morell. Every individual who collects all 12 will have their name entered into a raffle giving them the chance to win one of three prizes. The prizes will be a SWAG bag containing signed speaker books, a DVD of Sally's cooking class, a variety of items from exhibitors and a set of wordle note cards (which are for sale at the WAPF booth).

### LOGISTICS & RULES:

- If you want to play, ask for your first wordle at the WAPF exhibit table.
- Then start looking for other wordles on paper cards which will be scattered around the conference--in session rooms, in the exhibitor hall, in the dining room, etc. Have fun looking while you enjoy the conference!
- Attendees may swap wordles with others, if they find they have a duplicate.
- Once all 12 are in hand, submit the full set of wordles to the registration desk to have your name put in the 'hat' for the drawing.
- Listen for the three winners to be picked at the closing session on Sunday.

**THE WISE TRADITIONS DIET**  
**YES YOU CAN!**  
**EAT MEAT AND FISH!**  
**WILD SEA FOOD**  
 OCEANS, LAKES, STREAMS, RIVERS  
 FISH, SHARK, CRAB, CLAMS, OYSTERS, MUSSELS, SHRIMP, CAVIAR (YES!), FISH STEW, FISH SOUP  
 ROASTS, CHOPS, STEAKS, FILETS, HAMBURGERS, BRAISED, BAKED, IN CHILE, IN SOUPS, IN STEWS, IN CASSEROLES.  
 PS BEEF, GOAT, LAMB, VEAL, MUTTON, GAME, POULTRY, REPTILES  
**PASTURE-RAISED**  
 NEVER LEAN, ALWAYS WITH THE FAT!  
 AND INCLUDE ORGAN MEATS LIKE LIVER  
 COMPLETE PROTEIN  
 IRON  
 VITAMIN B12  
 VITAMIN B6  
 COPPER  
 MAGNESIUM  
 PHOSPHORUS  
 IODINE  
 SELENIUM  
 CHOLESTEROL  
 CHOLECALCIFEROL  
 VITAMIN A  
 VITAMIN D  
 VITAMIN K2  
 VEGETARIANS HAVE MORE CANCER, MORE MENTAL ILLNESS, MORE ALLERGIES, MORE TOOTH DECAY, NEED MORE MEDICAL CARE AND HAVE A POORER QUALITY OF LIFE COMPARED TO MEAT-EATERS.  
**WWW.WESTONAPRICE.ORG**

# SCHEDULE AT A GLANCE

## Friday, November 16th

6:45–7:30 am	THOMPSON Gentle Movement
7:45–8:30 am	THOMPSON How to Sit Comfortably
9:00–10:15 am	CAMPBELL–MCBRIDE Part I: GAPS FALLON MORELL Part I: Comfort Foods Cooking Class KITTRIDGE Part I: Nutrient-Dense Farming KOREN Part I: The Three Secrets of Healing Oneself and Others, with Demonstrations ROSS Part I: The Craving Cure
10:15–11:00 am	Visit Exhibits
11:00 am–12:15 pm	CAMPBELL–MCBRIDE Part II: GAPS FALLON MORELL Part II: Cooking Class KITTRIDGE Part II: Nutrient-Dense Farming KOREN Part II: The Three Secrets of Healing ROSS Part II: The Buddha Was Not a Vegan
12:15–1:45 pm	Lunch and Visit Exhibits
1:45–3:00 pm	CAMPBELL–MCBRIDE Part II: GAPS FALLON MORELL Part III: Cooking Class KITTRIDGE Part III: Nutrient-Dense Farming KOREN Part III: The Three Secrets of Healing ROSS Part III: Restoring Sleep and Triumph over Stress
3:00–3:45 pm	Visit Exhibits
3:45–5:00 pm	CAMPBELL–MCBRIDE Vegetarianism Explained FALLON MORELL Part IV: Cooking Class KITTRIDGE Part IV: Nutrient-Dense Farming KOREN Part IV: The Three Secrets of Healing ROSS Part IV: The Craving Cure
6:00–7:30 pm	Dinner

### FRIDAY EVENING LECTURES

7:30–9:30 pm	BOYNTON The Lunch Lady: Disrupting the Trend of Chronic Illness in the Next Generation CAMPBELL–MCBRIDE, COWAN, ROSS, SCHOENFELD Ask the Practitioner Panel STRICK The History of the Mechanism-Vitalism Controversy and the Biological Work of Wilhelm Reich CARLO “Generation Zapped” (Film and Q&A) (Free to the Public)
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## Saturday, November 17th

6:00–6:45 am	THOMPSON Gentle Movement
7:00–7:45 am	THOMPSON Release Low Back Tension
7:30–8:15 am	GROOTVELD Applications of High-Resolution NMR Analysis to Explore the Quality, Authenticity and Potential Health Benefits of Marine and Other Edible Oils DIGUSEPPE and LEMOINE It's Time to Re-Think Your Water
9:00–10:15 am	AGARWAL Cooking with Spices FALLON MORELL Introduction to the Work of Weston A. Price and Characteristics of Healthy Diets BOLAND A Mother's Journey Fighting for Her Daughter's Health SENEFF Part I: Glyphosate: How a Simple Molecule Can Cause So Much Destruction WINTERS Metabolic Makeovers to Enhance Cancer Outcomes
11:00 am–12:15 pm	FALLON MORELL Characteristics of Healthy Diets KOREN Cancer is Natural, So is the Cure RALES Grazing for Nature SENEFF Part II: Glyphosate: How a Simple Molecule Can Cause So Much Destruction WILLON Making the Wise Transition: A Practical Guide to Achieving Your Ideal Diet
12:15–1:45 pm	Lunch and Visit Exhibits
1:45–3:00 pm	CORRADO Making Meat Stock and Bone Broth with Ease COWAN Part I: Vaccines, Autoimmunity and the Changing Nature of Childhood Disease FALLON MORELL Know Your Fats JAY Starve Cancer and Heal Your Epigenetics WINTER The Fourfold Path to Making 100% Grass-fed Milk
3:00–4:00 pm	Visit Exhibits
4:00–5:15 pm	BLEASDALE Life, Liberty and the Pursuit of Raw Milk CORRADO Rebuilding Your Microbiome: Lacto-Fermentation for Everyone COWAN Part II: Vaccines, Autoimmunity and the Changing Nature of Childhood Disease FALLON MORELL How to Change Your Diet for the Better ISAACS Cancer, Enzymes and Diet
5:15–6:00 pm	Visit Exhibits

### SATURDAY EVENING

6:45–10:00 pm	Awards Banquet: Keynote: NAUGHTON Fathead
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# SCHEDULE AT A GLANCE

## Sunday, November 18th

6:00–6:45 am	THOMPSON Gentle Movement
7:00–7:45 am	THOMPSON Release Neck & Shoulder Tension
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	BERGER Nourish Your Neurons: A Nutritional Strategy to Fight Alzheimer's Disease CONNETT Fluoride Can Damage the Brain and Has the Potential to Lower the Intelligence of Children GROOTVELD New NMR Techniques to Analyze Vegetable Oils and Marine Oils LAGRECA Small Bowel Obstruction LEVY The Cause of All Disease: A Unified Theory
10:15–11:00 am	Visit Exhibits
11:00 am–12:15 pm	BIENEMAN Pediatric Facial Growth and Development JAY Insidious Artificial Estrogens: Our Top 10 Hidden Exposures KRISHNAN Forget What You Know about Probiotics PLOURDE Hormone Health & Hysterectomy Options RIND Breast Thermography: Beyond Early Detection
12:15–1:30 pm	Lunch and Visit Exhibits
1:30–2:45 pm	ANDREWS Protection Against Flu LITMAN Integrative Cancer Treatment: What is the Evidence? MAREADY The Fox in the Madhouse: Metals, Medicine and the Return of Autism NORTON Become Oxalate-Savvy for Better Health WILLIAMS Safe and Effective Mercury Amalgam Detoxification
2:45–3:30 pm	Break & Visit Exhibits
3:30–4:45 pm	JOHNSON How to Thrive Through Cancer KNOBBE Macular Degeneration LITANO Keeping the Wisdom Teeth PLOURDE Sunscreen & EMR (Electromagnetic Radiation)—Unrecognized Hazards ROTHSCHILD The Rhythm of Digestion
<b>SUNDAY CLOSING CEREMONY</b>	
4:55–5:45 pm	MERINOFF Inspiring Children Back Onto the Farm

## Monday, November 19th

noon–1:00 pm	Lunch (provided for all tracks)
7:30 am–6:00 pm	WINTER Guided Farm Visit – front of hotel
9:00 am–4:00 pm	NELSON A Holistic Approach to Optimal Thyroid Health
9:00 am–4:00 pm	MASTERJOHN Measuring and Managing Nutritional Status Masterclass

### 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, please go to the microphone so all can hear your question. Please ask questions whose answers will be of general interest. 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.

# 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.

## Hotel Area

As in any large city, if you decide to take a walk, it's best to go with someone. When going out at night, we suggest that you use your car or a taxi rather than walk.

## 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.

## Extra Activities on Monday

See the schedule for Monday's activities. There is still room to register for all three sessions that day.

## 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/BaltimoreMD18>

## 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.ptfassociates.com/secure/wisetraditions/lecture18.asp>

## Conference Recordings

Please visit the Fleetwood table to inquire about ordering recordings of this or past conferences at a 50% discount while at the conference. After the conference, go to [westonaprice.org](http://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 2018 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 2018 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 2018.

# SPEAKERS



**Sandeep Agarwal**

**Saturday 9–10:15 am, Key 4**

## **Cooking with Spices and Herbs**

Indian curry is a delicious sauce that is freshly made by sautéing onion, garlic, ginger, chili, dried spices and fresh herbs in ghee or another fat or oil. Cooking with fats allow the medicinal value of the spices and herbs to become bio-available. This sauce is then used with vegetables, grains, or meats to make the final dish. During the process of making this curry sauce, your kitchen will be filled with a lovely aroma, and this helps to kick off your digestion even before you start eating. In this class, you will learn how to make your own curry sauce as well as a curry spice blend. You will also learn about the medicinal benefits of the many herbs and

spices that are included in the curry sauce and curry spice blend.

**Sandeep Agarwal** is the founder of Pure Indian Foods ([pureindianfoods.com](http://pureindianfoods.com)) which makes grass-fed organic ghee and sells traditional organic Indian foods. He is also the founder and chief curator of ButterWorld ([butterworld.org](http://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.



**Hilary Andrews, ND**

**Sunday 1:30–2:45 pm, Key 2-3**

## **Successful Strategies for Treating and Preventing the Flu**

This presentation will look at the seasonal flu and ways to prevent and treat it. Strengthening the immune system and supporting whole-body health are vital components of flu prevention and speedy recovery strategies. We will discuss scientifically proven ways both to prevent and treat the flu using nutrition, herbal medicines and homeopathy.

**Hilary Andrews, ND**, was born at the base of the Canadian Rockies into a family committed to nature and environmental conservation. Her parents raised her with a love of the earth and animals and as a result she became a naturopathic physician. Andrews graduated from the National College of Naturopathic Medicine—now called National University of Natural Medicine—with academic honors and was voted valedictorian by her fellow graduating class. Her interest in optimizing childhood health and nutrition led her to examine the topic of immunizations. In 2004, she began exploring this topic in-depth and soon it became a passion of hers. She combined the scientific data regarding vaccines, the science of the body and her strong

foundational knowledge of health from her naturopathic education to create an optimal approach to infectious disease. Since 2006 she has lectured extensively on the topic of immunizations and has created several CE courses on the subject. Most recently she began the most passionate job of my life—that of mommy. She and her naturopathic husband are the proud parents of an energetic, spirited son. His life has strengthened her determination to help doctors understand vaccines and learn safer ways to vaccinate. With that information, they can then help parents create the happiest, healthiest babies on the planet. She hopes that her passion for natural health serves as an inspiration to others.

*Please share photos and updates on social media using the hashtags:*

***#wisetraditions2018 #wisetraditions #wapf #realfood***

# SPEAKERS



**Amy Berger**

**Sunday 9–10:15 am, Key 2-3**

## **Nourish Your Neurons: A Nutritional Strategy to Fight Alzheimer's Disease**

Few illnesses are as frightening and feared as Alzheimer's disease. It seems to strike indiscriminately, and conventional medicine has nothing to offer beyond medications that are ineffective for slowing or stopping disease progression. The scientific literature is replete with research referring to Alzheimer's disease as "type 3 diabetes" or "brain insulin resistance," owing to the pivotal role of impaired glucose metabolism and insulin signaling in the brain. This talk will explore the concept of Alzheimer's as a metabolic condition, with a metabolic solution—one based on providing struggling neurons with a powerful alternative fuel

source: ketones. This can be accomplished by following a low-carbohydrate, nutrient-dense diet containing nourishing traditional fats and good quality proteins and vegetables. Berger will cover genetic factors related to risk for Alzheimer's and the failure of the pharmaceutical paradigm. She will provide a blueprint for a dietary and lifestyle strategy to attack this illness at its fundamental origins.

**Amy Berger** is a U.S. Air Force veteran, certified nutrition specialist and nutritional therapy practitioner who specializes in using low-carbohydrate nutrition to help people reclaim their vitality by eating delicious foods. She loves showing people that getting and staying well doesn't require starvation, deprivation or living at the gym. Her motto is, "real people need real food!"

She blogs at [tuitnutrition.com](http://tuitnutrition.com), where she writes about a wide range of health and nutrition-related topics, such as insulin, metabolism, weight loss, thyroid function and more. She is the author of *The Alzheimer's Antidote: Using a Low-Carb, High-Fat Diet to Fight Alzheimer's Disease, Memory Loss, and Cognitive Decline*.



**James Bieneman, DDS**

**Sunday 11 am–12:15 pm, Key 1**

## **Pediatric Facial Growth and Development**

Families are frequently told that their child's face was genetically programmed to grow the way that it did. This is a myth. Mouth breathing, tongue ties, poor quality diets and so many other factors influence how a child's face grows and develops. When children have proper oral habits and a healthy lifestyle in which to develop, they can achieve the proper facial growth that they need. Throughout this presentation, we will explore how the child's face is supposed to develop and many of the factors that can lead to unfavorable growth such as tongue ties, mouth breathing and poor oral rest posture. The role of the tongue in the

development of the face will be explored with an explanation for how myofunctional therapy can correct poor oral rest posture. When unfavorable growth is identified in children it must be corrected for the long-term health of their airway, temporomandibular joint (TMJ), as well as to preserve all permanent teeth. There are several orthodontic techniques that can be employed to correct undesirable growth; however, there are just as many orthodontic techniques that are either ineffective or have the potential to cause harm. Done improperly, orthodontics can lead to an increase in long-term health problems such as obstructive sleep apnea and temporomandibular disorder. Join us, as we explore how to ensure proper development for our children and how to avoid the pitfalls that can negatively influence growth and long-term health.

**James Bieneman, DDS**, earned his Bachelor of Science degree from Indiana University with honors. After graduating with his doctorate in dental surgery from Indiana University School of Dentistry, Dr. Bieneman has continued to refine his skills and expertise through countless post-graduate courses. He is board certified by the American Board of Craniofacial Pain.

Bieneman's private practice focuses on the health and wellness of his patients with a focus on treating children and adults for obstructive sleep apnea, facial growth based orthodontics, tongue ties and chronic pain. Since 2014, Bieneman has been a member of the Board of Trustees for the non-profit Kids in Need of Dentistry.



# SPEAKERS



**Bradley and Dana Bleasdale**

**Saturday 4–5:15 pm, Key 1**

## **Life, Liberty and the Pursuit of Raw Milk**

Dana Bleasdale will present a short history of their experience with government officials during an investigation of their raw milk. Their successful outcome offers hope, empowerment and tips for both raw milk consumers and farmers.

Brad Bleasdale will be examining the relationship between individual liberty and personal safety, specifically around the claim “there’s no such thing as safe raw milk”. Whose responsibility is food safety? As our rights get trampled on, who is really to blame? Prepare to be challenged!

**Brad and Dana Bleasdale** own Fall Creek Farms, a raw goat milk micro-dairy in middle Tennessee. They also grow organic vegetables for farmers markets and a CSA. They both teach on the farm and do public speaking. Brad also started and teaches

at the Sequatchie School for Self-Reliance. They are active in promoting food freedom, sustainable agriculture and self-reliance.



**Elaine Boland**

**Saturday 9–10:15 am, Key 1**

## **A Mother’s Journey Fighting for Her Daughter’s Health**

“Good, better, best” is a motto Elaine Boland has put into practice as she traveled the road of improving her family’s healthy habits for daily living. She knows firsthand how overwhelming and challenging life can get when trying to change how you eat especially when trying to implement the diets and foods from books like *Nourishing Traditions*, *Gut And Psychology Syndrome*, *The Paleo Approach*, or *The Paleo Solution*. Each of those books and their authors are just oozing with knowledge and real-life solutions to implement; but where to start? Follow along to hear her journey in farming, cooking and more. Gain tips on beginning a successful journey yourself.

**Elaine Boland**, owner of Fields of Atherny Farm, is a mother of five daughters who began her journey of providing nutrient dense meats and products in 2003. A farm was always a lifelong dream of Elaine’s, but if you told her she would be providing food for the public across the country, as part of that dream, she would have laughed! When one of Elaine’s daughters began having health issues with Cushing’s disease, the farm took on a life of its own. The healing process put her family and farm on a journey about the relationship between the foods we eat and chronic diseases. She developed a delicious, nutrient dense bone broth that included organ meats as a way to help her

daughter’s organ function. As her family’s health improved, the farm business grew. She went from a source of healthy foods for family and friends, to a thriving farm store and home delivery business. Most importantly, she became a resource for people looking for both knowledge and ways to feed themselves in a healthy, holistic way. Today, Elaine continues to sell her fresh, weekly butchered meats from her farm store and is shipping her nutrient dense broths across the country with the demand higher than ever. Plus their lamb was chosen to be used by Alice Waters, Emeril, Todd Grey, Anthony Chittum and others.

***Please share photos and updates on social media using the hashtags:***

***#wisetraditions2018 #wisetraditions #wapf #realfood***

# SPEAKERS



**Hilary Boynton**

**Friday 7:30–9:30 pm, Key 4**

## **The Lunch Lady: Disrupting the Trend of Chronic Illness in the Next Generation**

Are you fed up with the school lunch system? Have you banged your head against the wall trying to get healthier lunches at your children's school with no success? Do your children struggle with disease and find yourself cringing when they are fed processed junk? I too had these struggles for years, and I decided the only way I would see my vision for a healthier next generation was to become the Lunch Lady. I have landed the dream job! Being a lunch lady is like running your own restaurant with the cutest clientele. 100% WAPF principles being infused daily into our youth, and those who educate them, is proving to be a success. From

calming the blood sugar spikes to reversing digestive issues to piquing parent interest, we are finding that one meal a day truly does make a difference. Inspiring and training a whole new wave of lunch ladies and lads to sweep across the nation is the key to not only disrupting the trend of chronic illness in the young, but also to build a foundation of knowledge and health to keep these kids healthy and strong, and out of the medical system. Come hear Hilary Boynton explain the "how to" of changing a school lunch system: from patiently pushing her way in, to revamping the snack program and consulting with conventional lunch ladies to becoming the Lunch Lady herself. She will get into the nitty-gritty and the how-tos of setting up the kitchen, sourcing locally, establishing systems, staffing and how to engage the kids, teachers and parents in this new way of thinking and eating.

**Hilary Boynton** is a certified holistic health counselor who received a BA in psychology from the University of Virginia and was trained at the Institute for Integrative Nutrition. The devoted mother of five young children, Hilary has seen the power of nutritional healing firsthand. Inspired by her own experience of "food as medicine," she has dedicated herself to helping others on the path to wellness as a cook, coach and

professional educator. Hilary supports her clients by integrating "paleo" and "primal" philosophies with the wisdom of the ancestral health movement and the Weston A. Price Foundation. Hilary has run several food co-ops, teaches cooking classes out of her house, helped open a farm-to-table restaurant in Concord, Massachusetts, was a chapter leader and is the author of *Heal Your Gut Cookbook*.



**Natasha Campbell-McBride, MD**

**Friday 9 am–5 pm, Key 7-8**

## **Gut and Psychology Syndrome**

Dr. Campbell-McBride will be speaking on GAPS, which stands for Gut and Psychology/Gut and Physiology Syndrome. In addition to the well-published psychological and neurological disorders, there will be a wealth of information on autoimmune problems, allergies, asthma, eczema, MS, chronic fatigue syndrome, ME\*, fibromyalgia, arthritis, type one diabetes, chronic cystitis, chronic skin problems and many other physical conditions. New information on GAPS for those familiar with her work will be presented and discussed. This seminar is a must both for those learning about GAPS for the first time and those who are already experienced. This seminar contains information used in the recent GAPS Practitioner Certification Courses.

**Friday 7:30–9:30 pm, Key 7-8**

## **Ask the Practitioner Panel**

We are excited to offer a panel of four highly qualified practitioners and our moderator, Sally Fallon Morell. The panel includes Natasha Campbell-McBride, MD, Tom Cowan, MD, Julia Ross, MA, and Pam Schoenfeld, RD. First 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 writing questions.

**Natasha Campbell-McBride, MD**, graduated with honors as a medical doctor in 1984 from Bashkir Medical University in Russia. In the following years she gained a postgraduate

degree in neurology and completed a second postgraduate degree in human nutrition at Sheffield University, UK. In 2004 she published a book *Gut And Psychology Syndrome: Natural*

# SPEAKERS

*Continued from previous page*

*Treatment of Autism, ADHD, Dyslexia, Dyspraxia, Depression and Schizophrenia* where she explores the connection between the patient's physical state and brain function. The book gives full details of the GAPS nutritional protocol, highly successful in treating patients with learning disabilities and other mental problems. The book has been translated into twelve languages. In her clinic Dr. Campbell-McBride works with many patients with heart disease, high blood pressure, arrhythmia, stroke and other complications of atherosclerosis. She has become

acutely aware of the existing confusion about nutrition and these conditions, which spurred an intensive study into this subject resulting in her 2007 book, *Put Your Heart in Your Mouth! What Really is Heart Disease and What Can We Do to Prevent and Even Reverse It*. Campbell-McBride is a member of the Society of Authors, the British Society for Environmental Medicine and an honorary board member of the WAPF. She is a regular contributing health editor to a number of journals, magazines, newsletters and radio programs around the world.



**George L. Carlo, MSC, JD, PhD**

**Friday 7:30–9:30 pm, Key 5-6**

## **Generation Zapped Film Screening followed by Q&A with expert George Carlo**

“Generation Zapped” is an eye-opening and powerfully moving documentary which reveals that wireless technology can pose serious health risks, from infertility to cancer. Through interviews with George Carlo and other experts in science and public health, along with people who suffer from high sensitivity to wireless radiation, the film suggests ways to reduce your exposure and protect your family. Scientists, health researchers, physicians and other experts document the concerns about this technology. The multi-billion-dollar telecommunications industry goes to great lengths to lobby Congress, influence policy-

makers, and dispute any scientific data correlating wireless technology to potential health risks, which is reminiscent of the lead, asbestos and tobacco industries before them. <https://generationzapped.com/>

**George L. Carlo** is a world recognized medical scientist, best-selling author and attorney. He is the author of *Cell Phones: Invisible Hazards of the Wireless Age*. He has advised a wide range of federal elected officials and has testified before Congress on a number of public interest issues. His discoveries have been incorporated into U.S. and global patents

in areas including anti-viral vaccines, medical devices and environmental protection technologies. He presently holds appointments as chairman of the non-profit Science and Public Policy Institute based in Washington, D.C., and as a visiting professor at Longwood University in Farmville, Virginia



**Paul Connett, PhD, & Ellen Connett**

**Sunday 9–10:15 am, Key 4**

## **Fluoride Can Damage the Brain and Has the Potential to Lower the Intelligence of Children**

Dr. Paul Connett's talk will summarize the evidence of fluoride's neurotoxicity. There have been over 300 cellular, animal and human epidemiological studies that indicate that fluoride can damage the brain. This includes fifty studies that have found an association between lowered IQ and exposure to fluoride conducted in China, India, Iran and Mexico. Connett will give details of some of these studies and in particular the latest study published in 2017 by Bashash et al. This is the most rigorous to date and was funded by U.S. government agencies:

NIH, EPA and NIEHS. They found that the most critical period of exposure was during pregnancy. They found a strong association between the mother's exposure to fluoride (as measured by levels in their urine) and lowered IQ in their children—as measured at 4 years of age and again between 6 and 12-years. Even though this rigorous study was funded by U.S. government agencies they are doing nothing to warn pregnant women to avoid fluoride. Connett will also give details of the lawsuit their group with others have taken out against the U.S. EPA calling upon them to end the deliberate addition of fluoride to drinking water under provisions in the Toxic Substance and Control Act (TSCA).

**Paul Connett, PhD**, is a graduate of Cambridge University and holds a PhD in chemistry from Dartmouth College. From 1983-2006 Paul taught chemistry at St. Lawrence University in Canton, New York, where he specialized in environmental chemistry and toxicology. Over the past thirty-two years his

research on waste management has taken him to all but one state in the U.S., seven provinces in Canada and sixty-four other countries, where he has given over 2500 pro bono public presentations. Ralph Nader said of Paul Connett, “He is the only person I know who can make waste interesting.”

# SPEAKERS



**Monica Corrado, MA, CNC**

**Saturday 1:45–3 pm, Key 4**

## **Making Meat Stock and Bone Broth with Ease**

In this class, teaching chef, WAPF honorary board member and certified GAPS practitioner, Monica Corrado will demonstrate how to make these two super foods! Learn the difference between the two—why to make them, how to make them and, most importantly, when to make them on your healing journey.

**Saturday 4–5:15 pm, Key 4**

## **Rebuilding Your Microbiome: Lacto-Fermentation for Everyone**

All disease begins in the gut! Learn how to ferment just about anything! Repopulate your gut with what Monica calls the “gut good guys”—lacto-bacilli—and reclaim your health!

### **Monica Corrado, MA, CNC**

Monica Corrado is a teaching chef, certified nutrition consultant, and certified GAPS practitioner who is passionate about illuminating the connection between food and well-being. A member of the honorary board of the Weston A. Price Foundation for many years, Monica is a dynamic teacher, speaker, consultant and author who loves to share the tools, knowledge and inspiration to cook nourishing, traditional food. Monica has been teaching food as medicine throughout the U.S. for more than twelve years after eighteen years in sustainable food sourcing and preparation, menu design and management. She started her own Cooking for Well-Being teacher training program in 2012, and has graduates all over the globe, including Mexico, Hong Kong, Canada and throughout the U.S. Over the past ten years, Monica’s work has focused on

the gut-brain connection and she is considered an authority on cooking to heal a leaky gut via the GAPS (Gut and Psychology Syndrome) nutritional protocol and others. She is writing a four-part series on Cooking Techniques for the Gut and Psychology Syndrome Diet published by Selene River Press, including meat stock and bone broth, culturing dairy, and her latest books on lacto-fermentation and nuts and seeds. Monica has had tremendous results in her private practice with those on the autism spectrum, with ADHD, failure to thrive, fertility and autoimmune disorders, guiding clients through the GAPS diet and helping them add nutrient-dense foods to their diet. For more information about Monica, her books, charts, classes, online classes and traditional foods teacher training program, see [simplybeingwell.com](http://simplybeingwell.com).



**Tom Cowan, MD**

**Friday 7:30–9:30 pm, Key 7-8**

## **Ask the Practitioner Panel**

We are excited to offer a panel of four highly qualified practitioners and our moderator, Sally Fallon Morell. The panel includes Natasha Campbell-McBride, MD, Tom Cowan, MD, Julia Ross, MA, and Pam Schoenfeld, RD. First 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 writing questions.

**Saturday 1:45–5:15 pm, Key 7-8**

## **Vaccines, Autoimmunity and The Changing Nature of Childhood Disease**

This presentation will offer an overview of the healing nature of fever and childhood illnesses, and the role that intracellular water plays in the healing process. Then we will look at the tragic consequences of policies designed to thwart these natural processes.

**Tom Cowan, MD**, 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 co-author of *The Nourishing*

*Traditions Book of Baby & Child Care*. He is a popular speaker at Wise Traditions conferences.



# SPEAKERS



**Tom DiGiuseppe, PhD & Norman LeMoine**

**Saturday 7:30–8:15 am, Key 4**

## **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 know the importance of providing our family with safe, clean drinking water. Yet hundreds of toxic chemicals have been found in our drinking water. These contaminants enter our rivers, lakes and streams and ultimately end up in the water supplied to our homes. The good news is that solutions exist for removing these toxic contaminants from your incoming water supply. During this presentation we will describe whole house water filtration systems that provide clean, filtered water throughout your entire house along with counter top and under counter filtration systems for filtering your

drinking water. Finally, for those looking to have absolutely pristine drinking water, we will describe water purification systems which incorporate technologies to purify, restructure and remineralize your drinking water to create water as close to the way nature intended it to be. So please join us for an informative discussion of water filtration and purification systems available for providing your family with safe, clean water throughout your home.

**Tom DiGiuseppe** earned his PhD in chemical physics from Boston College and has been involved in the design, testing and installation of water filtration and purification systems 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 module incorporates a greywater treatment system, water recycling and an advanced drinking water purification system that together minimizes water usage and maintains adequate

supplies of clean drinking water. He regularly attends technical conferences to keep abreast of leading-edge technologies in water filtration, purification and reuse.

**Norman LeMoine** is the president of Radiant Life, a family business. A former chemist, Norm transitioned into a seventeen-year career in executive positions within the automotive and high-tech industries before starting and successfully leading several startup companies. Over the years, Norm has advised thousands of people on optimal ways to improve the water in their homes and businesses. A lifelong health researcher and fitness enthusiast, he lives with his beautiful wife of 40 years, Kathy, in Maine.



**Sally Fallon Morell, MA**

**Friday 9 am–5 pm, Key 4**

## **Comfort Foods Cooking Class**

Healthy foods can be both nutritious and delicious. This class will focus on classic comfort foods to convince the most recalcitrant family members that the Wise Traditions diet is the way to go. We'll prepare three full meals—spicy beef and chicken liver meatloaf, crispy fried chicken (fried in lard) and delicious pulled pork enchiladas. Mashed potatoes, corn cooked in butter, lightly steamed vegetables with butter and salt, salads and salad dressing, plus naturally sweetened desserts round out the menu.

**Highly Recommended for Newcomers**

**Saturday 9 am–5:15 pm, Key 2-3**

## **Seminar on Traditional Diets**

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

### **Learn about:**

- Butter, the number one health food;
- The vital role of high-cholesterol foods;
- Why lowfat and vegan diets don't work;
- Foods that help babies grow up smart and strong;
- The amazing powers of raw whole milk from pasture-fed cows;

*Continued on next page*

# SPEAKERS

Continued from previous page

- The dangers of modern soy foods and soy infant formula;
- 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.

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.

**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 Mary G. Enig, PhD), the cookbook that launched her career in alternative health. Visit her website at [newtrendspublishing.com](http://newtrendspublishing.com).



**Martin Grootveld, PhD, FIBMS CBIol FSB FRSC** Saturday 7:30–8:15 am, Key 1

## **Applications of High-Resolution NMR Analysis to Explore the Quality, Authenticity and Potential Health Benefits of Marine and Other Edible Oils (Advanced Talk)**

In this presentation the advantages offered by NMR spectroscopy to the analysis of marine and other edible oils will be outlined, particularly the ability of this technique to simultaneously detect and monitor the contents of hundreds of molecules simultaneously (different classes of fatty acids, acylglycerols, hydrolysis products, antioxidants such as vitamin E, vitamin A, lipid oxidation products, epoxyacids, cholesterol and health-friendly sterols and stanols, etc.). The applications of NMR-linked multivariate analysis strategies to determine the quality, authenticity and possible health benefits of such oils will also be discussed.

**Sunday 9–10:15 am, Key 7-8**

## **New NMR Techniques to Analyze Vegetable Oils and Marine Oils (Advanced Talk)**

Exposure of polyunsaturated fatty acid (PUFA)-rich culinary oils (COs) to high temperature frying practices generates very high concentrations of cytotoxic and genotoxic lipid oxidation products (LOPs) therein via oxygen-fueled, recycling peroxidative bursts. These toxins, including aldehydes and epoxy fatty acids, penetrate into and are 'carried' by foods fried in such media, and hence are available for human ingestion, which poses a range of potential chronic health hazards, including cancer. Therefore, previous reports that PUFA-laden oils are 'health-friendly' or 'safe' for human consumption when used for frying purposes may indeed be erroneous and inaccurate, since they fail to consider the phalanx of public health threats presented by the formation and dietary ingestion of such LOPs. Since consumers are becoming increasingly aware of the nutritional and health facets of foods available, such considerations are of paramount public health importance. Future clinical feeding trials or epidemiological investigations focused on explorations of relationships between the incidence and/or severity of chronic non-communicable human diseases (NCDs), such as coronary heart diseases (CHDs) and cancer, and the frequency and level of dietary LOP intake, are therefore urgently required. Similarly, strategies for limiting the amounts of these agents available in the human diet should be further developed and optimized.

**Martin Grootveld** is professor of bioanalytical chemistry and chemical pathology at Leicester School of Pharmacy, De Montfort University, UK, where he is also director of the Bioanalytical Sciences/Chemistry for Health Research Group and chair of the Faculty of Health and Life Sciences Human Research Ethics Committee. He was visiting professor of clinical chemistry at Queen's University Belfast from 2001–2006. Grootveld is the author of 140 full, peer-reviewed research publications in reputable international scientific and/or clinical journals, 23 reviews and 3 books. Since 1987, he has attracted more than £8 M of external research funding, and his publications have had a very large number of

citations (h-index 38; 37 excluding self-citations); ResearchGate Score 40.63. His major research interests include (1) bio- and chemometrics/metabolomics (including NMR-based exploratory data analysis and pattern recognition techniques), with special reference to inflammatory and cardiovascular diseases, and (2) food toxicology, particularly the health effects of dietary lipid oxidation products. He is also a Fellow of the Royal Statistical Society, and held the position of honorary associate clinical professor at Warwick Medical and Dental School, University of Warwick from 2010–2014.

# SPEAKERS



**Linda L. Isaacs, MD**

**Saturday 4–5:15 pm, Key 5-6**

## **Cancer, Enzymes and Diet**

Pancreatic proteolytic enzymes have been used in the management of cancer for more than 100 years. The theoretical rationale was described by the embryologist Dr. John Beard, who noted the similarity of cancer cells to the trophoblast, the earliest stage of the placenta in fetal development, and who may have been the first researcher to speculate that cancer originates from stem cells. Since Beard's time, other practitioners have used pancreatic enzymes to treat cancer, including the orthodontist Dr. William Donald Kelley. Dr. Nicholas Gonzalez investigated Kelley's results and he and Dr. Isaacs, using methods based on Kelley's work, treated patients for twenty years. After Gonzalez' untimely death in July 2015, she has continued this work. The treatment involves diet, which varies from patient to patient and can range from almost exclusively vegetarian to one that includes large amounts of animal protein and fat; individualized nutritional supplement protocols, which include pancreatic enzymes; and procedures such as coffee enemas that help rid the body of metabolic wastes. In 1999, Isaacs and Gonzalez completed a research study in patients diagnosed with pancreatic cancer: the results were published in the peer-reviewed journal *Nutrition and Cancer*, showing survival well beyond what is described in the medical literature. They also published a series of case reports in the peer-reviewed journal *Alternative Therapies in Health and Medicine*, and co-authored the book *The Trophoblast and the Origins of Cancer*. In her lecture, Isaacs will review the history of the enzyme treatment of cancer, and describe case reports of cancer patients successfully treated with enzymes, dietary modification and detoxification by Dr. Kelley, Dr. Gonzalez or herself.

**Linda Isaacs, MD**, received her bachelor of science degree from the University of Kentucky, graduating with high distinction with a major in biochemistry. She was elected to Phi Beta Kappa. She subsequently received her medical degree from Vanderbilt University School of Medicine. She completed a residency in internal medicine at the Department of Veteran's Affairs Medical Center at New York University Medical School. She is certified by the American Board of Internal Medicine,

most recently completing recertification in 2011. She has written papers published in the peer-reviewed journals *Nutrition and Cancer* and *Alternative Therapies in Health and Medicine*, and has served as a reviewer for *Alternative Therapies in Health and Medicine*. She is the co-author, with Dr. Nicholas Gonzalez, of the book *The Trophoblast and the Origins of Cancer*. Her website is DrLindaI.com.



**Anthony Jay, PhD**

**Saturday 1:45–3 pm, Key 5-6**

## **Starve Cancer and Heal Your Epigenetics**

Only about 10% of cancers are inherited. What's the dysfunction that 90% of cancers have in common? Dr. Anthony Jay explains the Warburg Effect and how most cancers feed off sugar. He also simplifies cutting-edge research on cancer epigenetics by defining it, showing how problematic chemicals can change it, and revealing how nutrition can heal it.

**Sunday 11 am–12:15 pm, Key 4**

## **Surviving in a Toxic World Track: Insidious Artificial Estrogens: Our Top 10 Hidden Exposures**

Male frogs are feminized at 200ng/L of atrazine but 3,000ng/L is legally allowed in our drinking water. Breast cancer is up 250% since 1980 and dressing up NFL players like newborn baby girls isn't solving the problem. In this exposé of our Top 10 artificial estrogen exposures, Dr. Anthony Jay explains what they are, what they do to our health and how to avoid them. From an insider's perspective, Dr. Jay also talks scientific spin and bias and the true long-term health ramifications of exposing ourselves to estrogen-mimicking chemicals.

**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*.



# SPEAKERS



**Season Johnson, BA, NTP**

**Sunday 3:30–4:45 pm, Key 7-8**

## **How to Thrive Through Cancer**

I will be talking about how to thrive through cancer using real food, detoxification, essential oils, cleaning up your environment and self care!

**Season Johnson** is a nutritional therapy practitioner who uses her knowledge in preventive healthcare and nutrition science to educate

families on how to achieve real health in a real-life way. Through a nutrient dense diet, detox remedies, essential oils and healthy living, she is helping her young son beat cancer and thrive during conventional treatment.



**Dan Kittredge**

**Friday 9 am–5 pm, Key 2-3**

## **Principles of Biological Systems: Crop Production for Nutrient Density**

This full day seminar will start with the environmental conditions and dynamics by which plants have evolved to flourish. We will then spend as much of the day as possible discussing principles and practical steps to implement them to maximize plant health, pest and disease resistance, yield and crop nutrient density. Topics will include, soil testing and mineral balancing, cover cropping, mulching, inoculation, irrigation and hydration, tillage, plant early childhood development, in season monitoring and management, and the role of intention. Expect an interactive presentation. bring your questions and struggles, and be prepared to take notes.

**Dan Kittredge** has been an organic farmer for more than thirty years. He is the founder and executive director of the Bionutrient Food Association, a non-profit educational organization whose mission is to “increase quality in the food supply.” Known as one of the leading proponents of nutrient density, Dan has worked to demonstrate the connections between plant health, soil health, carbon sequestration, crop

nutritional value, flavor and human health. Out of these efforts was born the Real Food Campaign, which has engineered the prototype of a hand-held consumer spectrometer that is designed to test nutrient density at point of purchase, thereby empowering the consumer to choose for nutrient quality. Via this tool, the deeper goal is to connect the economic incentives of consumers to growers to drive full system regeneration.



**Chris A. Knobbe, MD**

**Sunday 3:30–4:45 pm, Key 2-3**

## **Are the ‘Displacing Foods of Modern Commerce’ the Sole Cause of Age-Related Macular Degeneration?**

Age-related macular degeneration (AMD) is the leading cause of irreversible vision loss and blindness in people over the age of 65, currently affecting nearly 196 million people worldwide. Nearly one in three adults in the U.S. can expect to develop AMD within their lifetimes. Conventional ophthalmology holds that AMD is caused primarily by aging and genetics, with “environmental factors” as the third factor of least importance. Approximately 45 to 70% of the disease is currently held to be caused by genetic factors. In stark contrast

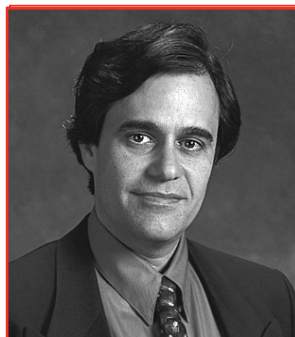
to these widely held beliefs, I’ve proffered the hypothesis that it is the ‘displacing foods of modern commerce’ that are the primary and proximate cause of AMD, while genetic factors play a diminutive role. Much evidence, including our published research in the journal *Medical Hypotheses*, supports this conclusion. In this presentation, not only will our own research be presented, but much evidence will be presented correlating the ‘displacing foods’ to multiple diseases of civilization, including AMD. This evidence will challenge currently held dogma regarding AMD, while implicating the ‘displacing foods’ as the primary factors of this potentially blinding disease. Controversial? Absolutely. But if you have any concern for your vision, don’t miss this compelling presentation!

**Chris Knobbe, MD**, is associate clinical professor emeritus, formerly of the University of Texas Southwestern Medical Center, Department of Ophthalmology. Dr. Knobbe is a general ophthalmologist, certified by the American Board of Ophthalmology since 1997. He is founder and president of Cure

AMD Foundation, a 501 (c)(3) non-profit agency, with the goal of preventing and treating age-related macular degeneration (AMD), through ancestral dietary strategy, advocacy and scientific research. He is author of *Ancestral Dietary Strategy to Prevent & Treat Macular Degeneration*. CureAMD.org



# SPEAKERS



**Tedd Koren, DC**

**Friday 9 am–5 pm, Key 5-6**

## **The Three Secrets of Healing Oneself and Others, with Demonstrations**

Dr. Tedd Koren will address what he considers to be the three secrets to healing. These are the things that will enhance your healing ability. He will explain the philosophy of healing—vitalism vs. mechanism. His talk will include explanations and demonstrations on how we all can use the wisdom of the body to discover our needs. He will also teach how to address and release issues that physical, emotional (trauma, addictions, bad habits) and physiological (allergies, dyslexia, learning disorders and more). His technique, Koren Specific Technique, offers ancient healing with a modern face. You will learn how it works, how it can be used and what it lets you discover.

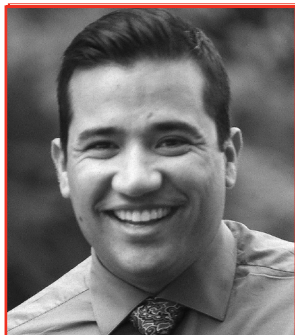
**Saturday 11 am–12:15 pm, Key 5-6**

## **Cancer is Natural, So is the Cure**

Dr. Tedd Koren will address the question he has heard, “Why did God create cancer?” He will look at the causes and true cures of cancer and other chronic illness including multiple sclerosis, Parkinson’s and Alzheimer’s.

**Tedd Koren, DC**, Tedd graduated from Sherman College of Chiropractic in Spartanburg, South Carolina, in 1977. He practiced as a chiropractor in Philadelphia, and helped found the (now defunct) Pennsylvania College of Chiropractic. Koren publishes brochures under the name Koren Publications which is one of the most prolific publishers of chiropractic literature. His publications cover over 60 topics related to chiropractic care, with titles such as Allergies, Asthma & Emphysema, Blood Pressure, and more. He created the Koren Specific Technique

(KST) around 2004. Koren said he originated KST after practicing on himself to relieve his own pain. Koren wrote on his website that “KST is an analysis protocol not a chiropractic technique.” He resides in Hatfield, Pennsylvania. Koren believes chiropractic is about more than treating back pain. He believes the chiropractic method of adjusting subluxations may have positive results that range from asthma to premenstrual syndrome according to his pamphlets.



**Kiran Krishnan**

**Sunday 11 am–12:15 pm, Key 5-6**

## **Forget What You Know About Probiotics – A Paradigm Shift**

A presentation on the most up-to-date understanding of the human microbiome, its origin, development, form and function as it relates to human health and wellness. An overview on the different strategies in probiotic therapy and an introduction into the role of commensal spore-based probiotics. The presentation will also cover how a probiotic can protect its host by resolving a major disease driver—leaky gut. You are more bacteria than you are human with 10 trillion human cells outnumbered by over 100 trillion bacteria cells in and on your body.

The human genome contributes just 1% genetic material to daily metabolic function compared to the 99% that is contributed by the microbiome. Understanding the form and function of the human microbiome is critical to understanding the human condition and the etiology of most common illnesses.

**Kiran Krishnan** is a research microbiologist whose focus is the human microbiome and wellness. With his particular expertise in the newest frontier in microbiology, gut commensal spore bacteria, Kiran is a frequent lecturer, largely to national and international medical audiences, but also as an expert guest on live radio and satellite podcasts. Coming from a strict research background in the fields of molecular medicine and microbiology at the University of Iowa, over the last seventeen years Kiran has conducted dozens of human clinical trials in

human nutrition through the contract research organization he established. In addition to his recently published, ground-breaking leaky gut study showing reversal of gut enteropathy within thirty days, Kiran is currently involved in seven other ongoing human clinical trials testing the effect of gut commensal spore probiotics on such conditions as AIDS/HIV gut enteropathy, thyroid/Hashimoto’s, irritable bowel syndrome and liver failure, as well as a longer, more extensive leaky gut trial.

# SPEAKERS



**Brandon LaGreca, LAc, MAcOM**

**Sunday 9–10:15 am, Key 5-6**

## **Living with a Small Bowel Obstruction and SIBO**

Anyone who has experienced an abdominal tumor, surgery or trauma understands the chronic pain that can result from obstruction caused by scar tissue. This impairment of gut motility often leads to small intestinal bacterial overgrowth (SIBO). Holistic medical practitioner Brandon LaGreca successfully manages both conditions in himself and his patients through diet, exercise, herbal medicine, topical therapies and bodywork. Learn Brandon's practical and effective natural strategies for living well with these challenges.

**Brandon LaGreca** is a 2005 graduate of the Oregon College of Oriental Medicine, a certified acupuncturist in Wisconsin and is nationally certified in the practice of Oriental Medicine (NCCAOM). Following the completion of his master's degree in acupuncture and oriental medicine, he continued his education with post-graduate clinical work in Nanjing, China. In 2015, Brandon was diagnosed with stage four non-Hodgkin's lymphoma, achieving full remission eight months later following an integrative medicine protocol including immunotherapy, but without the use of chemotherapy, radiation or surgery. Brandon's experience

growing stronger through and beyond cancer led to creation of the Empowered Patient Blog. He now lectures and writes extensively on holistic cancer therapies and is a columnist for Acupuncture Today. Brandon is the founder and director of East Troy Acupuncture, an integrative medical clinic serving southeast Wisconsin, where he specializes in whole-food nutrition, ancestral health and environmental medicine. When not researching and practicing holistic medicine, he studies the healing power of traditional diets and is a chapter leader for the Weston A. Price Foundation. You can read his blog at [EmpoweredPatientBlog.com](http://EmpoweredPatientBlog.com).



**Thomas E. Levy, MD, JD**

**Sunday 9–10:15 am, Key 1**

## **The Cause of All Disease: A Unified Theory**

The free radical theory of aging, first proposed by Harman in the 1950s, basically asserted that oxidative stress generated from normal metabolic processes continually contributed to the aging process by the slow accumulation of oxidative damage to biomolecules. The unified theory on the cause of all disease expands on this concept, asserting that all diseases come from combinations of increased oxidative stress in different tissues and areas of the body. This presentation asserts that all damage from toxins is due to the oxidation of biomolecules. Furthermore, the case will be made that the only clinical differences resulting from the

exposure to different toxins relates to a number of their varying chemical characteristics. Different diseases result from different tissues, organs and areas of the body having greater or lesser degrees of oxidized biomolecules. Furthermore, the case will be made that infections, often occult and usually found in the oral cavity, are by far the primary sources of toxins, and that identifying and properly addressing these sources of toxins and oxidative stress can often stop the progress of some chronic degenerative diseases and even occasionally result in various degrees of disease reversal. The importance of maintaining antioxidant reservoirs in the body to support such a therapeutic approach will also be highlighted.

**Thomas Levy, MD, JD**, is a board-certified cardiologist and a bar-certified attorney. After practicing adult cardiology for fifteen years, he began to research the enormous toxicity associated with much dental work, as well as the pronounced ability of properly-administered vitamin C to neutralize this toxicity. He has now written eleven books, with several addressing the wide-ranging properties of vitamin C in neutralizing all toxins and resolving most infections, as well as its vital role in the effective treatment of heart disease and cancer. Others address the important roles of dental toxicity and nutrition in disease and health. Recently inducted into the Orthomolecular Medicine Hall of Fame, Levy continues to research the impact of the orthomolecular application of vitamin C and antioxidants in general on chronic degenerative diseases. His ongoing research involves documenting that all diseases are different forms and degrees of focal scurvy, arising from increased oxidative stress, especially intracellularly, and that they all benefit from

protocols that optimize the antioxidant levels in the body. His latest book examines what is perhaps the most important and yet most unrecognized reason for disease-inducing toxins: ***Hidden Epidemic: Silent Oral Infections Cause Most Heart Attacks and Breast Cancers***. Levy has also assembled the documentation showing that the regular iron "fortification" of so many foods has pushed the vast majority of adults around the world into a state of increased body-wide oxidative stress secondary to iron toxicity. As a consultant to the Riordan Clinic, Levy has assembled with Dr. Ron Hunninghake multiple protocols built around optimizing vitamin C administration and assimilation into the body, along with other antioxidants and agents such as ozone, in order to bolster the immune system and facilitate recovery from a wide array of infections and chronic diseases. Currently, research is being conducted on effective ways to reverse the genetic defect preventing humans from manufacturing their own vitamin C from glucose in the liver.

# SPEAKERS



**Carlo Litano, DMD**

**Sunday 3:30–4:45 pm, Key 1**

## **Wisdom Teeth: Should They Stay or Should They Go?**

A clinical and evolutionary perspective to preserving wisdom teeth and/or indications for removal following biological protocols.

**Carlo Litano, DMD**, is from a family of medical professionals from Peru. He attended Barry

University in Miami Shores, Florida, with a focus in biology and chemistry. He went on to receive his Doctoral Dental Degree from Nova Southeastern University School of Dental Medicine in Fort Lauderdale in 2005. As a new dentist, Dr.

Litano focused his interests in holistic and integrative dentistry while practicing in Portland, Oregon, where he mentored at the Northwest Center of Dental Excellence. He later developed an interest in managing TMJ disorders and chronic pain conditions by attending a mini-residency and numerous symposiums.



**Mel Litman, MD**

**Sunday 1:30–2:45 pm, Key 7-8**

## **Integrative Cancer Treatment: What is the Evidence?**

This talk will present a review of the scientific literature on the role of nutrition and supplements in the prevention and treatment of cancer—including the controversial use of nutrients, especially antioxidants, in conjunction with conventional treatments. We will also review new developments in targeting the metabolic vulnerability common to most cancers.

**Mel Litman, MD**, began in family practice thirty-five years ago in remote areas of Canada. He has since trained in various other disciplines including acupuncture, sports medicine, psychotherapy and manual modalities. In the past fifteen years his practice has focused on orthomolecular medicine including management of cancer, autoimmune disease, psychiatric

disorders, autism, endocrine and menopausal symptoms. He moved to Israel ten years ago from Canada with his wife, Maya—a Feldenkrais and child development practitioner—and children, where he continues his orthomolecular practice.

**THE WISE TRADITIONS DIET  
YES YOU CAN!  
EAT ANIMAL FATS!**

**BUTTER LARD TALLOW BACON FAT POULTRY FAT EGG YOLKS CREAM COD LIVER OIL**

**FAT-SOLUBLE VITAMINS**

**FOR YOUR HEALTH**

**OUTLIVE YOUR GRANDFATHER**

**A FIGHTS INFECTION, SUPPORTS GROWTH, AND IS GOOD FOR YOUR EYES & EARS**

**D IS FOR DENSE BONES, STRONG TEETH, AND REPRODUCTION**

**K IS FOR KIDNEY, SKIN, AND NERVOUS SYSTEM**

**PROTECTS AGAINST CAVITIES!**

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**THE WISE TRADITIONS DIET  
YES YOU CAN!  
ENJOY DAIRY FOODS!**

**REAL MILK**

**SAY CHEESE!**

**RAW MILK IS SAFE AND HEALTHY. YOU ARE 25,000 TIMES MORE LIKELY TO GET SICK FROM OTHER FOODS THAN FROM RAW MILK!**

**UPAS COWS, GOATS, SHEEP, REINDEER, WATER BUFFALO, CAMELS**

**IS MORE DIGESTIBLE, LESS ALLERGENIC AND MORE NUTRITIOUS THAN INDUSTRIALLY PROCESSED MILK. TASTES BETTER TOO!**

**WWW.WESTONAPRICE.ORG**

**THE WISE TRADITIONS DIET  
YES YOU CAN!  
ENJOY DESSERTS!**

**RAW HONEY**

**HEALTHY FATS SLOW DOWN THE RELEASE OF GLUCOSE INTO THE BLOODSTREAM AND PREVENT THE BLOOD-SUGAR ROLLER COASTER.**

**MAPLE SYRUP**

**MAPLE SUGAR**

**RAPADURA**

**PALM SUGAR**

**MOLASSES**

**DATE SUGAR**

**SORGHUM SYRUP**

**STEVIA POWDER**

**NATURAL SWEETENERS**

**IN MODERATION**

**AS PART OF A NUTRIENT-DENSE DIET AND ALWAYS EAT SWEET THINGS WITH HEALTHY FATS!**

**JUST SAY NO TO WHITE SUGAR, BROWN SUGAR, "NATURAL" SUGARS, HIGH FRUCTOSE CORN SYRUP, AGAVE SYRUP, GLUCOSE, FRUCTOSE, MALTODEXTRIN, ASPARTAME AND SUCRALOSE**

**NO**

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# SPEAKERS



**Forrest Maready**

**Sunday 1:30–2:45 pm, Key 4**

## **The Fox in the Madhouse: Metals, Medicine and the Return of Autism**

Come listen to Forrest Maready, host of “My Incredible Opinion” and author of *Crooked: Man-Made Disease Explained: The Incredible Story of Metal, Microbes, and Medicine-Hidden Within our Faces* and *The Moth in the Iron Lung*, tell the improbable story of how and why autism first appeared and disappeared one hundred years ago, only to re-emerge 50 years later in a form that would affect more people and baffle more doctors than any illness in history. With this information, you will gain a deep understanding beyond autism into the specific way metals can affect our neurological and immunological health.

**Forrest Maready** was born in Wilmington, North Carolina, and grew up around a large film studio and the many movies and TV shows that were filmed there. After receiving religion and music degrees from Wake Forest University, he plied his trade in the film and television industry for thirteen years working as an editor, audio engineer, visual effects artist or composer on two Muppet movies, Dawson’s Creek, Varsity Blues and many other productions. As a medical historian, researcher and author, Maready has written several books on the nature of modern disease. *Crooked: Man-Made Disease Explained*, covers a

range of neurological and immunological illnesses and connects the origins of many of these diseases to the cranial nerve damage visible on many children’s faces as crooked smiles and misaligned eyes. *The Moth in the Iron Lung* traces the escape of an invasive insect from Boston, Massachusetts, and how the pesticide developed to stop its spread led to outbreaks of epidemic polio that followed close behind. His latest book, *Unvaccinated*, clearly explains why many parents have opted for natural immunity over vaccines. He maintains a popular Facebook and YouTube channel.



**Chris Masterjohn, PhD**

**Monday 9 am–4 pm, Key 11-12**

## **Measuring and Managing Nutritional Status Masterclass (Advanced Talk)**

While nothing can replace a nutrient-dense traditional diet as a foundation for health, different people have different needs for nutrients, and many people have disordered absorption or metabolism as a result of genetics or disease. Optimizing nutrition therefore requires recognizing the signs and symptoms of deficiency, using bloodwork and other testing to assess nutritional status, developing strategies to manage nutritional status, and using tests to monitor the results. This class teaches each of these skills, reviews some cases, and offers ample time for questions and discussion.

**Chris Masterjohn, PhD**, earned his PhD in nutritional sciences in 2012 from the University of Connecticut at Storrs, served as a postdoctoral research associate at the University of Illinois at Urbana-Champaign from 2012 to 2014, and served as assistant professor of health and nutrition sciences at Brooklyn College from 2014 to 2016. He now works independently in health and nutrition research, education and consulting. Chris has authored

or co-authored ten peer-reviewed publications. His podcast, Mastering Nutrition, his two video series, Chris Masterjohn Lite and Masterclass with Masterjohn, and his blog can all be found on his web site at [chrismasterjohnphd.com](http://chrismasterjohnphd.com). You can also find him on Facebook, Instagram, Twitter, YouTube, and Snapchat, where his username is [@chrismasterjohn](https://www.instagram.com/chrismasterjohn).

*Please share photos and updates on social media using the hashtags:*

**#wisetraditions2018 #wisetraditions #wapf #realfood**



# SPEAKERS



**Leigh Merinoff**

**Sunday 4:55–5:45 pm, Key 5-9**

## Inspiring Children Back Onto the Farm

So many kids leave Vermont, turning away from the country and the farm life. Is there a way to coax kids back to love the land, to want to make a life there? Meadows Bee Farm has started the Young Farmers Badge Program where kids are rewarded with colorful badges. These are much harder to earn than you might think and the more they challenge the kids, the more they like it. Along the way they teach nutrition—WAP style, agroecology, permaculture, crafts and how to raise all sorts of farm animals. Leigh's talk will explore their adventures in trying to turn kids and others back onto the land so that they might create a life in regenerative

agriculture and most certainly will know what real food is and where it comes from. Spend some time with Leigh to explore her farm and its programs.

**Leigh Merinoff** is the owner-operator of Meadows Bee Farm in Windham, Vermont. She is the developer of Leigh's Bees

herbals and skin products and a tireless advocate for natural farming and healthy food.



**Tom Naughton**

**Saturday 7:30–8 pm, Key 5-9**

## Banquet Keynote: Diet, Health and the Wisdom of Crowds

For most of human history, dietary advice was based on the wisdom gained from thousands of generations of experience. A generation ago, that wisdom was replaced with what author and economist Thomas Sowell calls “the vision of the anointed.” This talk explains how “the anointed” think and how they impose their grand plans on the rest of us—usually making small problems much worse in the process. Fortunately, the wisdom of crowds is re-emerging and beginning to crowd out “the vision of the anointed.”

**Tom Naughton** has worked as a freelance writer, a touring standup comedian, a filmmaker and a software programmer. *Fat Head*, his humorous documentary about the lousy health advice handed down from official sources, has been seen on Netflix, Hulu and Amazon Prime, as well as on television networks in

several countries. Tom is the author of *Fat Head Kids: stuff about diet and health I wish I knew when I was your age*, which will be released as an animated film in December 2018. Tom lives on a small hobby farm in Tennessee with one wife, two daughters, two dogs, one cat and dozens of chickens.

**THE WISE TRADITIONS DIET**  
**YES YOU CAN!**  
**HAVE SAUCES & GRAVY**  
 GOURMET DELICIOUS NUTRITIOUS  
 SAUCE AND GRAVY BASED ON HOME-MADE BONE BROTH MAKES YOUR MEAT MORE DIGESTIBLE AND PUTS YOU IN A GOOD MOOD. EVERYONE WILL SAY YOU ARE A WONDERFUL COOK!  
 MHB ADD MORE BROTH WHEN YOU COOK IT  
 START WITH CHICKEN, BEEF OR FISH  
 BROTH THEN REDUCE BY BOILING OR THICKEN WITH FLOUR OR ARROWROOT. YOU CAN ADD WINE, BRANDY, HERBS, BUTTER, CREAM, MUSTARD.  
 AVOID SAUCES IN PROCESSED FOODS. THEY ARE LOADED WITH MSG AND OTHER BAD ADDITIVES THAT GIVE YOU HEADACHES AND MAKE YOU FAT!  
**WWW.WESTONAPRICE.ORG**

**THE WISE TRADITIONS DIET**  
**YES YOU CAN!**  
**EAT GRAINS!**  
 PROPERLY PREPARED  
 MANY TRADITIONAL CULTURES CONSUMED GRAINS BUT ONLY AFTER SOAKING, SOURING OR SPROUTING TO MAKE THEM MORE DIGESTIBLE AND TO NEUTRALIZE ANTI-NUTRIENTS.  
 STOMACH ACID INHIBITORS, TANNINS, FIBER, GLUTEN, CELLULOSE, STARCHES, RAPHANOSYL, AND OTHERS ARE ALL ANTI-NUTRIENTS IN GRAINS AND BEANS THAT CAN CAUSE HEALTH PROBLEMS.  
 SOURDOUGH BREAD WITH PLENTY OF BUTTER  
 IF YOU WANT YOUR CHILDREN TO TOLERATE GRAINS, DON'T START THEM ON GRAINS TOO YOUNG. LET THEIR GUTS MATURE FIRST.  
 ORGANIC NON-GMO HERITAGE GRAINS ARE BEST. AVOID HARD-TO-DIGEST GRAIN PRODUCTS LIKE MUESLI, GRANOLA OR EXTRUDED BREAKFAST CEREALS.  
**WWW.WESTONAPRICE.ORG**

**THE WISE TRADITIONS DIET**  
**YES YOU CAN!**  
**ENJOY SNACKS!**  
 CHEESE IS A COMPLETE FOOD AND A DELICIOUS SNACK. EAT CHEESE WITH CRISPY NUTS OR NATURAL SALAMI AND YOU HAVE A MEAL. WASH DOWN WITH KOMBUCHA OR RAW MILK!  
 AVOID INDUSTRIAL SNACK FOODS CONTAINING WHITE FLOUR, REFINED SWEETENERS, MSG AND VEGETABLE OILS.  
 DELICIOUS, NUTRITIOUS! KEEP YOU FUELED WHEN ON THE GO! USE THE WAPF SHOPPING GUIDE TO FIND HEALTHY VERSIONS OF BETWEEN-MEAL TREATS.  
 CHEESE, YOGURT, WHOLE RAW MILK, SALAMI, BARS, COOKIES, NUTS, BREAD & BUTTER, CRACKERS, FRUIT, KOMBUCHA, PORK RINDS, MIN, HAN, POTATO CHIPS, COOKED IN LARD  
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# SPEAKERS



**Ronda Nelson, PhD**

**Monday 9 am–4 pm, Key 9-10**

## **A Holistic Approach to Optimal Thyroid Health**

Thyroid dysfunctions have become a significant health issue in recent years, fueled by a variety of factors that have the ability to turn a vibrant life into one that bears no resemblance to its former self. During this information-packed seminar, Dr. Ronda Nelson highlights the key ingredients for maintaining a healthy thyroid using a purely holistic approach. Her humor and frank candor make this seminar both entertaining and practical—one you will want to attend!

**Ronda Nelson, PhD**, holds a PhD in holistic nutrition along with a master's degree in herbal medicine. Her passion lies in helping others regain their health through dietary modifications, herbal and nutritional support. Dr. Nelson enjoys working with difficult digestive and endocrine-related cases, helping men and women

reach their health potential as quickly as possible. She recently transitioned to a virtual-only practice which allows her to work from her Seattle home. Nelson has gained the respect of patients and doctors alike, providing relevant clinical information both online and at her sold-out educational seminars across the country.



**Sally K. Norton, MPH**

**Sunday 1:30–2:45, Key 5-6**

## **Become Oxalate-Savvy for Better Health**

Few people are aware of oxalate and the fact that eating too much of it can erode the function of your digestive tract, kidneys, glands, nerves and connective tissues. In this session you will learn how oxalate creates metabolic mayhem, poisoned terrain and frustration. Someone with oxalate-related problems might have problems with reflux, diarrhea, indigestion, leaky gut, tooth pain, tartar, joint pain, headaches, sinus infections, yeast infections, joint pain, back pain, sleep problems, irritable bladder, kidney stones, osteoporosis, thyroid function, autoimmune disease, aging skin and much more. Today, it's easy to overeat oxalate, get into

serious health trouble as a result, and never make the connection with your diet. Learn how to harness the therapeutic power of dietary oxalate avoidance. You can spare your unsuspecting family from dangerous food-fads without a radical shift in your lifestyle. This talk includes amazing visuals. And, you'll be in good hands with this engaging speaker. Learn this essential, health-saving information.

**Sally Norton** earned her bachelor of science degree in nutrition from Cornell University and a Master's degree in public health leadership from UNC-Chapel Hill. She's spent over three decades promoting health, wellness and holistic healing both at the community level and also through academic research by: 1) designing, delivering and evaluating programs in urban and rural communities; 2) designing research and developing health research grant proposals at two medical schools; 3) managing research projects; 4) educating health professionals about alternative, holistic and integrative healing practices; and 5) creating a guide for buying healthy meats from local grass-based farms in 2005. She is now a self-employed health consultant, oxalate educator and researcher. She spends a lot

of time treasure-hunting in medical libraries. Her company, My Food Matters, provides health and nutrition consultations, speaker services and tools for recovery from oxalate-related health problems. She regularly presents introductory seminars on the therapeutic value of low-oxalate eating. Since 2014, she has led a monthly educational study-group in Richmond, Virginia, to support people using diet to heal and recover from difficult health issues. Sally practices hot yoga and meditation. In her spare time she gardens and wishes she had the time to volunteer more often with the Richmond Tree Stewards. She has an information-rich blog at [sallyknorton.com](http://sallyknorton.com) and you can follow her on Facebook and twitter.

# SPEAKERS



**Elizabeth Plourde, CLS, NCMP, PhD**

**Sunday 11 am–12:15 pm, Key 2-3**

## Hormone Health & Hysterectomy Options

The uterus and ovaries perform many important functions throughout a woman's life. Even AFTER menopause! The female reproductive organs provide essential-to-live chemicals and hormones throughout a woman's ENTIRE life. This talk will outline what these lifegiving organs produce at all stages of life. Participants of all ages, including the men who care for women, will gain a better understanding as to how to improve their long-term health, maintain the quality of their lives, and experience fewer medical problems or complications. The sooner you learn how your body works—the sooner you can take charge of your health, the better you will live your life, improve your quality-of-life, live with greater dignity and age gracefully.

Dr. Plourde combines her expertise as a NAMS certified menopause practitioner with her own personal experiences to create a helpful presentation. She provides many common-sense answers to health problems that have not been well managed by the medical community.

**Sunday 3:30–4:45 pm, Key 4**

## Sunscreen & EMR (Electromagnetic Radiation)—Unrecognized Hazards

We have been sold on the idea that we can live better through chemistry (sunscreens) and wireless EMR technology (electromagnetic radiation devices; i.e., cell phones; Wi-Fi and computers, iPads, etc.). Unfortunately, these new innovations have been massively introduced and accepted into our lives without being sufficiently studied as to their effect on our bodies. After decades of use, thousands of scientific studies show both of these “must have products” have tremendous detrimental effects on our entire body. This presentation will highlight how these two innovations are harming our health. Most importantly, it includes steps that can be taken to reduce your exposure and which foods are natural medicines that protect us from both solar and EMF radiations. It is important to do as much as we can to protect our health from these powerful and harmful toxic pollutants. After having compiled extensive research and written books on both, Dr. Plourde believes these two pollutants may be major reasons for many unexplained illnesses and declining health people are experiencing.

**Elizabeth Plourde, PhD**, is a clinical laboratory scientist and NAMS certified menopause practitioner. Her education is augmented by invaluable experience while working with cutting-edge medical research laboratories for two decades. Applying this knowledge and background, her research has been devoted to hormone interactions, toxins that interfere with their balance, and most recently to the cellular disruptions of electromagnetic radiations that affect the body's ecosystem. Dr. Plourde's independent research provides simple common sense answers to avoiding or clearing up the disease states that have become accepted as normal when the conditions are just a matter

of the proper knowledge of how to prevent them. Her goal is that everyone maintains a greater quality of life and obtain life-long vibrant health and vitality. Her twenty-five years of research and expertise in the field of health have resulted in her appearances on *ABC's 20/20*, *Berman & Berman: For Women Only*, *Good Morning America*, *The Gary Null Show*, and numerous network news and radio shows. She is the author of *EMF Freedom: Solutions for the 21<sup>st</sup> Century Pollution*; *Sunscreens – Biohazard: Treat As Hazardous Waste*; *Hysterectomy: The Best or Worst Thing that Ever Happened to Me?*; and, *Your Guide to Hysterectomy, Ovary Removal & Hormone Replacement*.

**THE WISE TRADITIONS DIET  
YES YOU CAN!  
INCLUDE CARBS!**

POTATOES  
SWEET POTATOES  
STARCHY VEGGIES  
HONEY  
SOURDOUGH BREAD  
SOAKED PORRIDGE  
POLENTA  
BROWN RICE  
FRUIT  
NUTS

ALL TRADITIONAL CULTURES EXCEPT THE ESKIMOS  
HAD PLENTY OF GOOD CARBS IN THE DIET.

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**AVOID REFINED CARBS**  
YOU NEED ABOUT 50 GRAMS OF CARBS PER  
DAY FOR HEALTHY THYROID FUNCTION. THAT'S  
THE AMOUNT IN 3 SLICES BREAD, 3 ORANGES,  
1 BAKED POTATO, 2 CUPS COOKED OATMEAL OR  
1 CUP COOKED RICE. SOME PEOPLE NEED A LOT  
MORE – LIKE GROWING CHILDREN, ATHLETES  
AND PEOPLE WITH FAST METABOLISMS.

EAT CARBS WITH  
GOOD FATS TO AVOID  
THE BLOOD SUGAR  
ROLLER COASTER.

**ALWAYS**

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**THE WISE TRADITIONS DIET  
YES YOU CAN!  
EAT VEGETABLES!**

**TENDER  
SALAD  
VEGETABLES**

AVOID  
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**CAREFUL!**

MANY VEGETABLES CONTAIN ANTI-  
NUTRIENTS LIKE OXALATES, SALI-  
CYLATES, SAPONINS, GOITROGENS  
AND LECTINS, WHICH CAN CAUSE  
KIDNEY STONES, BEHAVIOR PRO-  
BLEMS, DIGESTIVE DISORDERS AND  
THYROID PROBLEMS. COOKING  
HELPS NEUTRALIZE THESE AND  
MAKES THE VEGETABLES MORE  
DIGESTIBLE.

AVOID RAW JUICES  
THEY CAN BE VERY HARMFUL

EAT  
VEGETABLES  
COOKED.  
WITH  
BUTTER  
AND  
SALT,  
OR MAKE  
INTO A  
DELICIOUS  
SOUP  
USING  
HOME-  
MADE  
BROTH  
AND  
ADDED  
CREAM.

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# SPEAKERS



**Matt Rales**

**Saturday 11 am–12:15 pm, Key 1**

## **Grazing for Nature: Creating Real Ecological Wealth Using Animals**

Matt Rales will talk about the ways that we can use livestock to mitigate real world ecological degradation by managing them to increase overall biodiversity. He will explore examples in Virginia and other parts of the world. The answer lies in the clues about ancient ecosystems that existed before agriculture. Matt will also cover the ways that we can grass-finish our cattle and produce 100% grass-fed beef with an abundance of nutrient dense fat within this ecological context.

**Matt Rales** is a livestock grazer based in Northern Virginia whose focus is on ecosystem services to the greater watershed. He grew up on a horse farm in Maryland where he spent his days exploring the forests, creeks and pastures. From an early age he found himself enamored with the natural world around him. He spent many summers fishing and camping in Canada's Northwest Territories, one hundred miles south of the Arctic Circle. Here he deeply connected with the vast, treeless landscape and the relationship between reindeer and muskoxen and the grey wolves that pursued them. This was one of the formative experiences that seeded his obsession with biomimicry. During his years at Middlebury College in Vermont he was influenced by the great nature writers Aldo Leopold, Gary Snyder and Paul Shepard. Their essays and poems on past and present ecological degradation helped crystalize for Matt the need to facilitate

ecological literacy in our modern culture. He spent the next decade immersed in the art and science of grazing management and land regeneration. He worked and studied alongside the most innovative farmers and ranchers managing for ecosystem health. The most formative experience during this learning journey was his time in southern Africa where he learned from leaders and herdsman at the Africa Centre for Holistic Management in Zimbabwe as well as his time spent immersed in remnant wildlife populations in Botswana's Okavango Delta, Kalahari Game Reserve and Nxai Pan National Park. He now grazes cattle on two thousand acres in Northern Virginia where he is intimately studying soil carbon, perennial grasses and microbial life while producing nutrient-dense grass-fed beef. Matt's life mission is to work toward an agriculture that truly mimics nature.



**Bruce Rind, MD**

**Sunday 11 am–12:15 pm, Key 7-8**

## **Breast Thermography: Beyond Early Detection**

Breast thermography is very different from mammography and other imaging methods where one can only image what already exists, i.e., 'structural'. Breast thermography enables us to do a 'functional' assessment that helps assess the current state of health, risk and likely presence of cancer in the breast. Thus, women can be empowered to take steps during the preventive phase of breast health and often assess the presence of tumors which are too small to be seen by the usual imaging modalities since thermography is not looking for the physical tumor.

Instead, thermography finds physiologic signs that indicate the likely presence of a tumor or the presence of high risk. If high risk is detected, then we have the opportunity to take steps to improve breast health and reduce the risk. The improvement or, in some cases, worsening can typically be seen in the thermographic image.

**Bruce Rind, MD**, has been practicing medicine for forty-one years, and practicing integrative medicine for thirty-six of those years (even before the term 'integrative medicine' existed. At that time it was called alternative, complementary or holistic medicine). Dr. Rind started out as an anesthesiologist, went on to pain management where he found the need to learn acupuncture and osteopathic medicine. From there he discovered unconventional approaches such as nutritional approaches to health. He kept learning new approaches and

stuck with what resonated best with his skills and understanding. He kept taking on new skills every few years which included orthopedic medicine, an integrative approach to endocrinology, integrative approach to neurology and reversal of stroke and brain injury, thermography, Lyme treatment and developed a rapid way to clear mold or fungus from the body. In integrating various skills, Rind found new ways to support breast health such as combining osteopathic diagnostic and treatment skills with thermography and nutrition.



# SPEAKERS



**Julia Ross, MA**

**Friday 9 am–5 pm, Key 1**

## **Neuro-Nutrition and Our Epidemics of Addiction, Insomnia and Overstress**

Julia Ross will present an all-day seminar which will be divided into the following three parts:

1. The Craving Cure: The Nutrients That Free the Brain from Techno-Foodz, Opiates, the Internet, and other 21st-Century addictions.
2. The Buddha was Not a Vegan: How Dietary Trends Since the 1970s have Promoted Our Epidemics of Obesity and Degenerative Disease
3. Resurrecting Rest: Restoring Traditional Sleep and Our Native Capacity to Triumph Over Stress

**Friday 7:30–9:30 pm, Key 7-8**

## **Ask the Practitioner Panel**

We are excited to offer a panel of four highly qualified practitioners and our moderator, Sally Fallon Morell. The panel includes Natasha Campbell-McBride, MD, Tom Cowan, MD, Julia Ross, MA, and Pam Schoenfeld, RD. First 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 writing questions.

**Julia Ross, MA**, has forty years of experience as a licensed psychotherapist with thirty years of pioneering work in the field of nutritional therapy to develop effective treatments for mood problems, eating disorders and addictions. The author of the best-selling books, *The Mood Cure* and *The Diet Cure*, Ross is now launching her new book, *The Craving Cure*. She has founded and directed integrative treatment programs in the San

Francisco Bay area since 1980 and currently oversees an entirely virtual clinic for food cravings and insomnia. Ross lectures widely to health professionals and the public and directs training and certification programs through The Neuro-Nutrient Therapy Institute (NNTI). Her work has been featured in publications from *Vogue* to *The Journal of Molecular Psychiatry* as well as on radio, television and online. See [JuliaRossCures.com](http://JuliaRossCures.com).



**Marianne Rothschild, MD**

**Sunday 3:30–4:45 pm, Key 5-6**

## **The Rhythm of Digestion**

We cannot fully benefit from good nutrition without a properly functioning digestive system. Dr. Marianne Rothschild will discuss in detail the key components involved in digestion. She will review common digestive malfunctions such as IBS, gall bladder problems, leaky gut, food sensitivities and candida. Attendants will learn how to discern particular problems and ways to resolve them. A question and answer period will be included.

**Marianne Rothschild, MD**, is a family physician who has practiced holistic medicine for over twenty-five years. She blends many traditions of healing in her work including herbs, nutrition, lifestyle modification, homeopathy, flower essences, aromatherapy in addition to conventional Western medicine. She received her medical degree from the Medical College of Pennsylvania in 1990 with honors in emergency medicine and community and preventative medicine. She completed her family practice residency at Chestnut Hill Hospital in

Philadelphia. After moving to Maryland, Dr. Rothschild worked with the Johns Hopkins Medical Services Corporation before establishing her own practice. She has grown children, many grandchildren and currently has a private practice in Maryland and California. Her book, *Dancing with the Rhythms of Life: A Holistic Doctor's Guide*, will be available in 2018. More information can be found on her website: [mariannerothschildmd.com](http://mariannerothschildmd.com)

# SPEAKERS



**Will Schlinsog, DC**

**Sunday 7:30–8:15 am, Key 1**

**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-two years and currently maintains a private practice in Marshfield, Wisconsin.



**Pam Schoenfeld, RD**

**Friday 7:30–9:30 pm, Key 7-8**

**Ask the Practitioner Panel**

We are excited to offer a panel of four highly qualified practitioners and our moderator, Sally Fallon Morell. The panel includes Natasha Campbell-McBride, MD, Tom Cowan, MD, Julia Ross, MA, and Pam Schoenfeld, RD. First 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 writing questions.

**Pam Schoenfeld** is a registered dietitian on a mission to ensure all have an equal opportunity to be well-nourished, starting at conception. She credits Sally Fallon Morell and Chris Masterjohn for inspiring her to earn her registered dietitian credential at the age of fifty. Formerly a chapter leader and an advocate for legalizing raw milk, she serves on the board of directors of the Weston A. Price Foundation. Pam wrote commentary to the USDA on the 2015 Dietary Guidelines Advisory Committee Reports and the Child and Adult Care Food Program for the WAPF, and spoke at the press conference announcing the release of the official WAPF Dietary Guidelines. Her professional passions are prenatal nutrition and vitamin A. She is the author of the book *The Collagen Diet* which Pam wrote as an opportunity

to use the modern craze for collagen protein to introduce the age-old wisdom of traditional diets. Her practice, Women and Family Nutrition in Raleigh, North Carolina, focuses on women's reproductive nutrition using the power of traditional diets. Pam will always be grateful for the work of the indefatigable Dr. Mary Enig. Pam learned about the dangers of *trans* fats as an undergrad at the University of Maryland because Mary was simultaneously completing her doctoral research there. And because of Mary, she always fed her family butter, despite being taught in her nutrition courses that margarine is healthier! Pam is married to her very supportive husband Adam; they have three adult children, Jessica, Laura (also a dietitian) and Alex, and they have one delightful grandson, Benjamin.

*Please share photos and updates on social media using the hashtags:*

**#wisetraditions2018 #wisetraditions #wapf #realfood**

# SPEAKERS



**Stephanie Seneff, PhD**

**Saturday 9 am–12:15 pm, Key 7-8**

## **Glyphosate: How a Simple Molecule Can Cause So Much Destruction (Advanced Talk)**

Glyphosate is by far the most used herbicide on the planet, and it is a contaminant not only in our food but also in our water, vaccines, cotton products like tampons and sterile gauze, and probably some drugs and supplements. I believe glyphosate (in the herbicide Roundup) is the most dangerous chemical we are being exposed to today, due to its pervasiveness and careless handling because of its falsely perceived nontoxicity to humans. In this talk, I will reveal some of my latest findings in my continuing investigations into the remarkable mechanisms of toxicity of this chemical. I will develop the argument that glyphosate disrupts innate immunity, leading to either autoimmune disease as the adaptive immune system kicks in, or vulnerability to severe infection due to immune deficiency. I will also show how glyphosate can cause neurological diseases, including autism, Alzheimer's, Parkinson's disease, ALS and depression, mainly through its action as a glycine analogue and its ability to bind toxic metals such as aluminum. Glyphosate likely makes children much more susceptible to vaccine injury, both through synergistic toxicity and through direct contamination in the vaccines. I will also link glyphosate to the epidemic in bone and joint pain and the resulting abuse of opioid drugs. I will review the growing body of evidence that glyphosate gains much of its insidious cumulative toxicity through its ability to substitute by mistake for the coding amino acid glycine during protein synthesis. Finally, I will describe various ways to detox glyphosate and regain health.

**Stephanie Seneff, PhD**, 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 over 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. In recent years, she has authored over thirty peer-reviewed journal papers on these topics, and has delivered numerous slide presentations around the world.



**James Strick, PhD**

**Friday 7:30–9:30 pm, Key 2-3**

## **The History of the Mechanism-Vitalism Controversy and the Biological Work of Wilhelm Reich**

This talk will give a brief overview of the centuries-old debate in life sciences over mechanism vs vitalism. The impacts of this debate on society's views of nature will be examined, as well as on medicine and agriculture. A historical case from the 1930s, Wilhelm Reich's bion experiments, will provide a modern window into implications of this controversy for biology and medicine today.

**James Strick, PhD**, is professor in the department of earth and environment and chair of the program in science, technology and society, at Franklin and Marshall College in Lancaster, Pennsylvania. Originally trained in microbiology, and later in the history of science, Dr. Strick has published extensively on the history of ideas and experiments about the origin of life, including *Sparks of Life: Darwinism and the Victorian Debates over Spontaneous Generation* (Harvard, 2000), *Wilhelm Reich, Biologist* (Harvard, 2015) and, with Steven Dick, *The Living Universe:*

*NASA and the Development of Astrobiology* (Rutgers, 2004). He is also the editor of two six volume collections of primary sources: *Evolution and the Spontaneous Generation Debate* (Thoemmes, 2001) and *The Origin of Life Debate: Molecules, Cells, and Generation* (Thoemmes, 2004). Strick has been an advisory editor of the history of science journal *ISIS* and a member of the History of Science Society Council. Strick currently serves on the board of directors of the Wilhelm Reich Infant Trust and has been elected president of that board for 2018-19.

# SPEAKERS



**Kim Thompson, RYT**

**Friday 6:45–7:30 am, Saturday 6-6:45 am,  
Sunday 6–6:45 am, Key Ballroom 11-12**

## **Gentle Movement**

Relax your body and prepare your mind for a day of learning. Wear clothing that allows you to move comfortably. All levels welcome.

**Friday 7:45–8:30 am, Key Ballroom 11-12**

## **How to Sit Comfortably**

Good sitting alignment leaves you physically relaxed, mentally alert, and able to engage with the world around you. We'll take a look at the role of the feet, knees, hips, spine and shoulders for sitting postures that are simultaneously dynamic and restful.

**Saturday 7–7:45 am, Key Ballroom 11-12**

## **Release Low Back Tension**

The pelvis can go out of alignment in three basic ways. Learn techniques to bring it back into balance and relieve stress in the low back and hips.

**Sunday 7–7:45 am, Key Ballroom 11-12**

## **Release Neck and Shoulder Tension**

Learn simple and effective techniques you can do anytime, anywhere to release tight muscles in your jaw, neck and shoulders.

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**Kim Thompson, RYT**, is a movement teacher and bodyworker. She is skillful at finding small, simple changes that help people shed chronic discomfort and move with greater ease and confidence. From muscle balancing to spatial gestures to trauma release to energy medicine to the long and varied tradition of yoga, Kim synthesizes work from some of the great movement

teachers and researchers of our time. She leads weekly classes and sees individual clients in Maryland. You can find her at this conference leading the early morning movement classes and in the exhibit hall offering individual hands-on sessions. You can reach her online at: [ArtofMovingWell.com](http://ArtofMovingWell.com)

***Please share photos and updates on social media using the hashtags:***

***#wisetraditions2018 #wisetraditions #wapf #realfood***



# SPEAKERS



**Louisa Williams, MS, DC, ND**

**Sunday 1:30–2:45 pm, Key 1**

## **Safe and Effective Mercury Amalgam Detoxification: How to Treat Both the Acute Flames and the Chronic Smoldering Embers**

Due to the clear correlation between mercury and Alzheimer's and other degenerative diseases, it is important to replace amalgam fillings with non-toxic alternatives. But this should be done only when one is healthy enough to excrete this toxic heavy metal from the body effectively utilizing an experienced biological dentist, embodying a nutrient-dense Wise Traditions diet, and adhering to a specific homeopathic and nutritional detoxification protocol. The axiom, "Do it right the first time," best describes this acute detoxification protocol for mercury amalgam fillings. When patients utilize strong detoxification measures acutely, that is, the day of, and four days after the dental drilling of their mercury fillings, their chances of effective detoxification of this heavy metal is greatly enhanced. In contrast to this clear-cut "hitting fire with fire" acute protocol, chronic detoxification of mercury toxicity is significantly more challenging. Individuals who did not adequately detoxify at the time of their amalgam removal (as well as those who were injected with vaccines containing thimerosal) are often plagued with the "smoldering embers" of chronic mercury toxicity for years afterwards. When well-meaning doctors and practitioners attempt to use strong detoxification protocols on these patients, these embers can be reignited and trigger disturbing symptoms. These so-called "healing reactions" are rarely healing at all, but actually acutely inflaming and ultimately depleting to the body. The better choice in the case of chronic mercury intoxication is to employ gentler methods that strengthen the organs of detoxification to do their job more efficiently. In this way stored heavy metals can be released in a manner consistent with the body's own inherent metabolic pace and capacities. Dr. Williams will describe both of these approaches, and outline the most important treatments appropriate for both acute and chronic detoxification of mercury—the most toxic (non-radioactive) heavy metal on earth.

**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, 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 an exceptionally accurate energetic testing method for attaining more specific diagnoses and more effective treatments in practice. 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.



**Lindsea Willon, MS, NTP**

**Saturday 11 am–12:15 pm, Key 4**

## **Making the Wise Transition: A Practical Guide to Achieving Your Ideal Diet**

If you've ever wanted to start eating healthier, but are overwhelmed with where to begin or how to make it work for your family and budget, this is the talk for you. In this presentation, nutritionist Lindsea Willon will discuss the "why" of making this dietary shift, but will focus most on the "how," detailing a realistic, practical guide for evolving your current diet to incorporate Weston A. Price teachings and traditional foods. The goal is to not only leave this presentation feeling inspired to make a change, but to leave empowered to start down that path first thing Monday morning.

**Lindsea Willon, MS, NTP**, was influenced by the work of Dr. Weston Price from a young age and experienced the benefits of a nourishing traditions 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. Upon graduating, she 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.

# SPEAKERS



**William G. Winter, DVM**

**Saturday 1:45–3 pm, Key 1**

## **The Fourfold Path to Making 100% Grass-fed Milk**

Feeding dairy cattle any kind of grain in order to make milk is just as wrong as feeding grain to beef cattle. Milk from grain-fed animals just plain comes out wrong. Even small amounts of grain will mess things up. Right now, the only two varieties of milk that are selling profitably are 100% grass milk and A2 milk. Everything else in the dairy market, especially organic milk production, is going backwards. For a variety of reasons, and for the first time in history, organic milk sales are actually dwindling. This year alone, the big distributors will lose over \$200 million. It won't improve. On the other hand, the demand for 100% grass-fed milk, just like the demand for 100% grass-fed meat, is skyrocketing. Making grass milk enables small dairies to create a delicious, wholesome milk that the mega-dairies will never be able to match. It's very profitable as well. There are four major steps to graduating your dairy to 100% grass milk production. Anyone who is willing to follow these basic guidelines will soon be on the road to making perfect milk! Here's how to go against the grain!

**Monday 7:30 am–6 pm, Meet at the front of the hotel**

## **12th 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 to the village of Aquasco in Brandywine, Maryland to visit and thoroughly explore P.A. Bowen Farmstead. We will learn about various aspects of the farm, we will tour the farm, visit the farm store and have a delicious lunch by Betka at Real Food.*

### **Visit P.A. Bowen Farmstead**

Situated in the gentle hills of Maryland's Prince George's County, the P.A. Bowen Farmstead is dedicated to raising grass-based livestock and producing fine artisan raw cheese. The diverse multi-species farm seeks to mimic the patterns of nature using old-fashioned grazing techniques coupled with modern technologies. The different animal species work symbiotically to heal and build the soil, and to produce high-quality foods that heal and nourish the body.

All animals are provided with a habitat that allows them to thrive: pigs root through the forests; broilers in their chicken tractors and hens roaming freely work over the pastures recently grazed on by their dairy herd; and their beautiful Jersey cows, milked just once a day, are given new pasture daily.

Hormones, growth-enhancers, pesticides and herbicides are never used. They use antibiotics only in extreme situations, never routinely. The grain mix fed to the pigs and poultry (and in very small amounts to the cows) is non-GMO and soy-free, and mostly locally grown.

Farm owners Geoffrey Morell and Sally Fallon Morell co-founded the Weston A. Price Foundation in 1999 and in 2009 purchased the ninety-five-acre property with the goal of creating an integrated farm that not only supplies high-quality, pasture-fed products, but also will act as an engine for the economic revitalization of the whole region.

All products are sold in their old-fashioned on-farm store and at select local farmers markets. They offer:

- Artisan raw milk cheeses
- Pastured seasonal turkey
- Crafts by Maryland artisans
- Tours and classes
- Pastured beef
- Woodlands pork, including old-fashioned bacon and ham
- Books and educational materials
- Rental for events
- Pastured chicken and eggs

*\*Dress warmly and comfortably as we will be walking outside much of the day.*

**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.

# SPEAKERS



**Nasha Winters, ND, FABNO, LAc, Dipl.OM**

**Saturday 9–10:15 am, Key 5-6**

## **Metabolic Makeovers to Enhance Cancer Outcomes**

Over the past century, rapid changes to our environment—including increase in carbohydrate consumption, tens of thousands of new chemicals in, on and around us daily and modern innovations that have turned much of our food resources into a scientific experiment—have put a heavy burden on our metabolic pathways that often lead down disease-centric paths. By empowering through education and awareness, this discussion offers tools and strategies to overcome the odds to help you and yours find optimal health.

**Nasha Winters, ND**, is former CEO and founder of Optimal Terrain Consulting where she launched the successful Terrain10. She has expanded her services, her team and is co-founder of Torus Ventures, a global healthcare consulting team committed to changing health outcomes. Torus Ventures creates a health “REDO” for clients by integrating research, education and data funneled through an optimization process. Her focus has always been to seek integrative modalities for treating cancer, in addition to or in lieu of conventional standard of care in order to enhance outcomes. Dr. Nasha is bestselling co-author of *The Metabolic Approach to Cancer* which has received many accolades. She has also co-authored a forthcoming book (working title) *Advances in Mistletoe Therapy: Global Perspective on Integrating Mistletoe, Viscum Album, as an Adjunct Therapy with Cancer* due out fall 2018. Nasha is

a sought-after luminary in the integrative cancer research world and consults with physicians around the world; she bridges ancient therapies with advancements in the digital era. She consults with the Johns Hopkins clinical trial team on developing the clinical protocol for the first FDA-approved clinical trial in the U.S. using mistletoe to treat advanced cancer. She has educated approximately 250 professionals in the clinical use of mistletoe and has created robust educational programs for both healthcare institutions and the public on incorporating mistletoe as adjunctive therapy in cancer care. She was selected by the Medical and Scientific Committee Chairs to be a keynote speaker at the International Medical Meeting in Germany in 2018. She is an engaging speaker bringing passion, heart and soul to her audience. She has done a variety of interviews and podcasts.

## **AUTHOR BOOK SIGNINGS**

<b>Speaker</b>	<b>Time</b>	<b>Booth</b>
Julia Ross, MA .....	Saturday 12:45–1:45.....	Chelsea Green Table
Forrest Maready .....	Sunday 3:00–4:00.....	Forrest Maready Table
Tom Cowan, MD .....	Saturday 5:15–6:00 .....	Chelsea Green Table
James Strick, PhD .....	Saturday 10:30–11:30 .....	James Strick Table
Amy Berger .....	Sunday 10:15–11:00 .....	Chelsea Green Table
Brandon LaGreca, LAc .....	Sunday 10:30–11:15 .....	East Troy Acupuncture Table
Nasha Winters, ND, FABNO, LAc, Dipl.OM ...	Saturday 10:15–11:00.....	Chelsea Green Table
Monica Corrado, MA, CNC .....	Saturday 5:30–6:15 .....	Simply Being Well Table
Thomas E. Levy, MD, JD .....	Sunday 10:30–11:15 .....	Thomas E. Levy Table
Tedd Koren, DC .....	Saturday 12:30–1:00 .....	Koren Publications/Koren Wellness Table
Paul Connett, PhD.....	Sunday 10:15–11:00 .....	Chelsea Green Table
Natasha Campbell-McBride, MD.....	Saturday 12:45–1:45.....	Chelsea Green Table
Hillary Boyton.....	Saturday 3:00–4:00 .....	Chelsea Green Table

# FRIDAY, NOVEMBER 16

	<b>7:00 am–6:30 pm</b> <b>Conference Registration</b> – (Key Ballroom Foyer) <b>7:30–9:00 am</b> <b>Farm-to-Consumer Legal Defense Fund FundRAISER Breakfast</b> – Menu page 45 (Holiday Ballroom)				
6:45 AM	6:45–7:30 <b>Gentle Movement</b> Kim Thompson (Key Ballroom 11-12)				
7:00 AM					
8:00 AM	7:45–8:30 <b>How to Sit Comfortably</b> Kim Thompson (Key Ballroom 11-12)				
	<b>Key 7-8</b>	<b>Key 1</b>	<b>Key 5-6</b>	<b>Key 4</b>	<b>Key 2-3</b>
	<b>TRACK I</b> <b>Gut &amp; Psychology Syndrome</b> <b>LIVE FEED</b>	<b>TRACK II</b> <b>The Craving Cure</b>	<b>TRACK III</b> <b>Self Healing</b>	<b>TRACK IV</b> <b>Comfort Foods Cooking Class</b> (Additional Fee)	<b>TRACK V</b> <b>Farming</b>
9:00 AM	9–10:15 <b>Part I: GAPS</b> Natasha Campbell-McBride, MD	9–10:15 <b>Part I: The Craving Cure</b> Julia Ross, MA	9–10:15 <b>Part I: The Three Secrets of Healing Oneself and Others, with Demonstrations</b> Tedd Koren, DC	9–10:15 <b>Part I: Comfort Foods Cooking Class</b> Sally Fallon Morell, MA	9–10:15 <b>Part I: Principles of Biological Systems: Crop Production for Nutrient Density</b> Dan Kittredge
10:00 AM	10:15–11:00 <b>Visit Exhibitors</b> (Key Ballroom Foyer and Key Ballroom 9-12)				
11:00 AM	11–12:15 <b>Part II: GAPS</b> Natasha Campbell-McBride, MD	11–12:15 <b>Part II: The Buddha Was Not a Vegan</b> Julia Ross, MA	11–12:15 <b>Part II: The Three Secrets of Healing Oneself and Others, with Demonstrations</b> Tedd Koren, DC	11–12:15 <b>Part II: Comfort Foods Cooking Class</b> Sally Fallon Morell, MA	11–12:15 <b>Part II: Principles of Biological Systems: Crop Production for Nutrient Density</b> Dan Kittredge
12:00 Noon	12:15–1:45 <b>Lunch</b> (Menu page 42) (Holiday Ballroom)				
1:00 PM	<b>Visit Exhibitors</b> (Key Ballroom Foyer and Key Ballroom 9-12)				
2:00 PM	1:45–3 <b>Part III: GAPS</b> Natasha Campbell-McBride, MD	1:45–3 <b>Part III: Restoring Sleep and Triumph Over Stress</b> Julia Ross, MA	1:45–3 <b>Part III: The Three Secrets of Healing Oneself and Others, with Demonstrations</b> Tedd Koren, DC	1:45–3 <b>Part III: Comfort Foods Cooking Class</b> Sally Fallon Morell, MA	1:45–3 <b>Part III: Principles of Biological Systems: Crop Production for Nutrient Density</b> Dan Kittredge
3:00 PM	3:00–3:45 <b>Visit Exhibitors</b> (Key Ballroom Foyer and Key Ballroom 9-12)				
4:00 PM	3:45–5 <b>Vegetarianism Explained</b> Natasha Campbell-McBride, MD	3:45–5 <b>Part IV: The Craving Cure</b> Julia Ross, MA	3:45–5 <b>Part IV: The Three Secrets of Healing Oneself and Others, with Demonstrations</b> Tedd Koren, DC	3:45–5 <b>Part IV: Comfort Foods Cooking Class</b> Sally Fallon Morell, MA	3:45–5 <b>Part IV: Principles of Biological Systems: Crop Production for Nutrient Density</b> Dan Kittredge
5:00 PM					
6:00 PM	6:00–7:30 <b>Buffet Dinner</b> Menu page 42 (Holiday Ballroom 4-6) <b>VIP Dinner</b> (Holiday 1-3)				
7:00 PM					
8:00 PM	7:30–9:30 <b>LIVE FEED</b> <b>Ask the Practitioner Panel</b> Natasha Campbell-McBride, MD; Tom Cowan, MD; Julia Ross, MD and Pam Schoenfeld, RD		7:30–9:30 <b>Film</b> <b>“Generation Zapped”</b> (Free to the public) Followed by Q&A with George L. Carlo, PhD, JD	7:30–9:30 <b>The Lunch Lady: Disrupting the Trend of Chronic Illness in the Next Generation</b> Hilary Boynton	7:30–9:30 <b>The History of the Mechanism-Vitalism Controversy and the Biological Work of Wilhelm Reich</b> James Strick, PhD
9:00					



# SATURDAY, NOVEMBER 17

	<b>7:00 am–6:00 pm</b> <b>Conference Registration</b> – (Key Ballroom Foyer) <b>7:30–9:00 am</b> <b>Farm-to-Consumer Legal Defense Fund FundRAISER Breakfast</b> – Menu page 45 (Holiday Ballroom)				
<b>6:00 AM</b>	6–6:45 <b>Gentle Movement</b> Kim Thompson (Key Ballroom 11-12)				
<b>7:00 AM</b>	7–7:45 <b>Release Low Back Tension</b> Kim Thompson (Key Ballroom 11-12)				
<b>8:00 AM</b>		7:30–8:15 <b>It's Time to Re-Think Your Water</b> Tom DiGiuseppe, PhD & Norman LeMoine (Key 4)	7:30–8:15 <b>Applications of High-Resolution NMR Analysis to Explore the Quality, Authenticity and Potential Health Benefits of Marine and Other Edible Oils</b> Martin Grootveld, PhD (Key 1)		
	<b>Key 5-6</b>	<b>Key 2-3</b>	<b>Key 4</b>	<b>Key 7-8</b>	<b>Key 1</b>
	<b>TRACK I</b> <b>Cancer</b>	<b>TRACK II</b> <b>Nourishing Traditional Diets</b>	<b>TRACK III</b> <b>Cooking / Practical</b>	<b>TRACK IV</b> <b>Wellness</b> <b>LIVE FEED</b>	<b>TRACK V</b> <b>Farming / Gardening</b>
<b>9:00 AM</b>	9–10:15 <b>Metabolic Diet for Cancer</b> Nasha Winters	9–10:15 <b>Introduction to the Work of Weston A. Price and Characteristics of Healthy Diets</b> Sally Fallon Morell, MA	9–10:15 <b>Cooking with Spices</b> Sandeep Agarwal	9–10:15 <b>Part I: Glyphosate: How a Simple Molecule Can Cause So Much Destruction</b> Stephanie Seneff, PhD	9–10:15 <b>A Mother's Journey Fighting for Her Daughter's Health</b> Elaine Boland
<b>10:00 AM</b>	10:15–11:00 <b>Visit Exhibitors</b> (Key Ballroom Foyer and Key Ballroom 9-12)				
<b>11:00 AM</b>	11–12:15 <b>Cancer is Natural, So is the Cure</b> Tedd Koren, DC	11–12:15 <b>Characteristics of Healthy Diets</b> Sally Fallon Morell, MA	11–12:15 <b>Making the Wise Transition: A Practical Guide to Achieving Your Ideal Diet</b> Lindsea Willon, MS, NTP	11–12:15 <b>Part II: Glyphosate: How a Simple Molecule Can Cause So Much Destruction</b> Stephanie Seneff, PhD	11–12:15 <b>Grazing for Nature: Creating Real Ecological Wealth Using Animals</b> Matt Rales
<b>12:00 Noon</b>	12:15–1:45 <b>Lunch</b> (Menu page 43) (Holiday Ballroom)				
<b>1:00 PM</b>	<b>Visit Exhibitors</b> (Key Ballroom Foyer and Key Ballroom 9-12)				
<b>2:00 PM</b>	1:45–3 <b>Starve Cancer &amp; Heal Your Epigenetics</b> Anthony Jay, PhD	1:45–3 <b>Know Your Fats</b> Sally Fallon Morell, MA	1:45–3 <b>Making Meat Stock and Bone Broth with Ease</b> Monica Corrado	1:45–3 <b>Part I: Vaccines, Autoimmunity &amp; Changing Nature of Childhood Disease</b> Tom Cowan, MD	1:45–3 <b>Fourfold Path to Making 100% Grass-fed Milk</b> Will Winter, DVM
<b>3:00 PM</b>	3:00–4:00 <b>Visit Exhibitors</b> (Key Ballroom Foyer and Key Ballroom 9-12)				
<b>4:00 PM</b>	4–5:15 <b>Cancer, Enzymes, and Diet</b> Linda Isaacs, MD	4–5:15 <b>How to Change Your Diet for the Better</b> Sally Fallon Morell, MA	4–5:15 <b>Rebuilding your Microbiome: Lacto-fermentation for Everyone</b> Monica Corrado	4–5:15 <b>Part II: Vaccines, Autoimmunity &amp; Changing Nature of Childhood Disease</b> Tom Cowan, MD	4–5:15 <b>Life, Liberty and the Pursuit of Raw Milk</b> Bradley & Dana Bleasdale
<b>5:00 PM</b>	5:15–6:00 <b>Visit Exhibitors</b> (Key Ballroom Foyer and Key Ballroom 9-12)				
<b>6:00 PM</b>					
<b>7:00 PM</b>	<b>LIVE FEED</b> 6:45–10:00 <b>AWARDS BANQUET WITH KEYNOTE</b>				
<b>8:00 PM</b>	<b>Banquet Keynote: Diet, Health and the Wisdom of Crowds</b> Tom Naughton – Fat Head (Menu page 43) (Key 5-9)				
<b>9:00 PM</b>					

# SUNDAY, NOVEMBER 18

	7:30 am–2:00 pm <b>Conference Registration</b> – (Key Ballroom Foyer) 7:30–9:00 am <b>Farm-to-Consumer Legal Defense Fund FundRAISER Breakfast</b> – Menu page 45 (Holiday Ballroom)				
6:00 AM	6–6:45 <b>Gentle Movement</b> Kim Thompson (Key Ballroom 11-12)				
7:00 AM	7–7:45 <b>Release Neck and Shoulder Tension</b> Kim Thompson (Key Ballroom 11-12)				
8:00 AM					
	Key 5-6	Key 2-3	Key 4	Key 1	Key 7-8
	TRACK I Gastrointestinal	TRACK II Aging Gracefully	TRACK III Surviving in a Toxic World	TRACK IV Dental Track	TRACK V Cancer Track <b>LIVE FEED</b>
9:00 AM	9–10:15 <b>Small Bowel Obstruction</b> Brandon LaGreca, CAC, MACOM	9–10:15 <b>Nourish Your Neurons: A Nutritional Strategy to Fight Alzheimer's Disease</b> Amy Berger	9–10:15 <b>Fluoride Can Damage the Brain and Has the Potential to Lower the Intelligence of Children</b> Paul & Ellen Connett, PhD	9–10:15 <b>The Cause of All Disease: A Unified Theory</b> Thomas Levy, MD, JD	9–10:15 <b>New NMR Techniques to Analyze Vegetable Oils and Marine Oils</b> Martin Grootveld, PhD
10:00 AM	10:15–11:00 <b>Visit Exhibitors</b> (Key Ballroom Foyer and Key Ballroom 9-12)				
11:00 AM	11–12:15 <b>Forget What You Know About Probiotics—Paradigm Shift</b> Kiran Krishnan	11–12:15 <b>Hormone Health &amp; Hysterectomy Options</b> Elizabeth Plourde, PhD	11–12:15 <b>Insidious Artificial Estrogens: Our Top 10 Hidden Exposures</b> Anthony Jay, PhD	11–12:15 <b>Pediatric Facial Growth and Development</b> Jim Bieneman, DDS	11–12:15 <b>Breast Thermography: Beyond Early Detection</b> Bruce Rind, MD
12:00 Noon	12:15–1:30 <b>Lunch</b> (Menu page 44) (Holiday Ballroom)				
1:00 PM	<b>Visit Exhibitors</b> (Key Ballroom Foyer and Key Ballroom 9-12)				
2:00 PM	1:30–2:45 <b>Become Oxalate Savvy for Better Health</b> Sally Norton, MPH	1:30–2:45 <b>Protection against Flu</b> Hilary Andrews, ND	1:30–2:45 <b>The Fox in the Madhouse: Metals, Medicine and the Return of Autism</b> Forrest Maready	1:30–2:45 <b>Safe and Effective Mercury Amalgam Detoxification</b> Louisa Williams, MS, DC, ND	1:30–2:45 <b>Integrative Cancer Treatment</b> Mel Litman, MD
3:00 PM	2:45–3:30 <b>Visit Exhibitors</b> (Key Ballroom Foyer and Key Ballroom 9-12)				
4:00 PM	3:30–4:45 <b>The Rhythm of Digestion</b> Marianne Rothschild, MD	3:30–4:45 <b>Are the 'Displacing Foods of Modern Commerce' the Sole Cause of Age-Related Macular Degeneration?</b> Chris Knobbe, MD	3:30–4:45 <b>Sunscreen and EMR-Unrecognized Hazards</b> Elizabeth Plourde, PhD	3:30–4:45 <b>Wisdom teeth: Should They Stay or Should They Go?</b> Carlo Litano, DMD	3:30–4:45 <b>How to Thrive Through Cancer</b> Season Johnson
5:00 PM	<b>LIVE FEED</b> 4:55 - 5:45 <b>CLOSING CEREMONY</b> <b>Inspiring Children Back Onto the Farm</b> Leigh Mernoff (Key 5-9)				

# MONDAY, NOVEMBER 19

		Key 9-10	Key 11-12	
7:00 AM	7:30 am–6:00 pm <b>Guided Farm Visit to PA Bowen Farmstead with Will Winter, DVM</b> (Meet at front of the hotel)			
8:00 AM				
9:00 AM		9:00 am–4:00 pm <b>A Holistic Approach to Optimal Thyroid Health</b> Ronda Nelson, PhD	9:00 am–4:00 pm <b>Measuring &amp; Managing Nutritional Status Masterclass</b> Chris Masterjohn, PhD	
10:00 AM				
11:00 AM				
12:00 Noon				12:00–1:00 <b>Lunch</b> (Key 5-6)
1:00 PM				
2:00 PM				
3:00 PM				
4:00 PM				
5:00 PM				



# The Wise Traditions Podcast hits new heights!

**The Wise Traditions podcast launched in January 2016 and it reached the one million download mark after just two years on the air.** What does this mean? It's a hit! More and more people are becoming familiar with the Wise Traditions principles of healthy living in food, farming and the healing arts. And this means more and more people are turning their health around!

## A LOOK AT THE WISE TRADITIONS PODCAST BY THE NUMBERS:

- Over 150 episodes
- Over 100 guests, including Tim Noakes, Amy Berger, Nina Teicholz, Kiran Krishnan, Zach Bush, Tom Cowan, Zoe Harcombe and others
- Over 1.5 million downloads
- Over 50,000 listens per month
- Consistently ranked in the top 50 of alternative health podcasts on iTunes

## RECENT EPISODES INCLUDE:

- #122 & 123 Depression: A symptom, not a disease (Parts 1 & 2) w/ Dr. Kelly Brogan
- #142 How to have the healthiest babies – Sally Fallon Morell, president of WAPF
- #155 The "Isaac Newton of Nutrition" – Chris Masterjohn, PhD, on Dr. Weston A. Price
- #149 The Vaccine Tradeoff – Dr. Tom Cowan

**Start  
listening and  
sharing  
today!**

## WHAT LISTENERS HAVE TO SAY

**Unparalleled!** "I thoroughly enjoy this podcast. Every episode is unique and interesting. I love the 30-minute format which helps to keep presentations concise. This is a great complement to the journal that I receive through my WAPF membership. Thank you for all that you do!" ~*HellomynameisInegoMontoya on iTunes*

**Uplifting and informative!** "Wise Traditions brightens my commute to school. Hilda addresses sensitive and important topics in such a positive and encouraging way. I have shared episodes with family and friends numerous times and I always look forward to new content. I especially appreciated the episode in Spanish, and I hope to hear more of them! Thanks for all you're doing to help listeners reach into the past to improve our present and future." ~*ShellyQuin on iTunes*

**So, what are you waiting for?!** Check out the show! You can listen directly from our website's podcast page, on YouTube, or through your favorite podcast app.

It also only takes a click or two to share. You can copy and paste links on Facebook, send them through emails, or share podcast quotes from the Weston A. Price Instagram or Twitter accounts.

## THE WISE TRADITIONS PODCAST IN SPANISH!

Be on the lookout for the Spanish version of our podcast called "Sabias Tradiciones!" Our podcast host will be interviewing chapter leaders, health professionals, health experts and more all in ESPAÑOL! Please share this resource with your Spanish-speaking friends!



**Hilda Labrada Gore** is the Wise Traditions podcast producer and host. She is a certified integrative nutrition health coach and fitness professional, who is passionate about wellness and podcasting! She is the author of *Podcasting Made Simple*. Visit her website

[holistichilda.com](http://holistichilda.com) for healthy living tips. And go to [podcastingmadesimple.org](http://podcastingmadesimple.org) for ideas on how to launch or improve your podcast. You can find Hilda on Instagram: @holistichilda.



# CHILDREN'S PROGRAM

The Wise Traditions Conference is pleased to provide a children's program for this year's conference (Johnson A-B). The program costs \$250 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 2018 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 be taken by out of the room until quiet.

## Friday, November 16

Make conference name tags, tote bags, and art project

**Lesson: Movement** with guest Kim Thompson of Art of Moving Well

**Lesson: Health Benefits of Kombucha** with guest Zane Adams of Buchi Kombucha

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 17

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: How to Make Fermented Veggies** with guest from Hex Ferments

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 18

**Lesson: Pasture Feed is Best** with guest Sally Fallon Morell

**Lesson: Living Organisms in the Soil** with guest Judy Mudrak

AM snack – meatbars

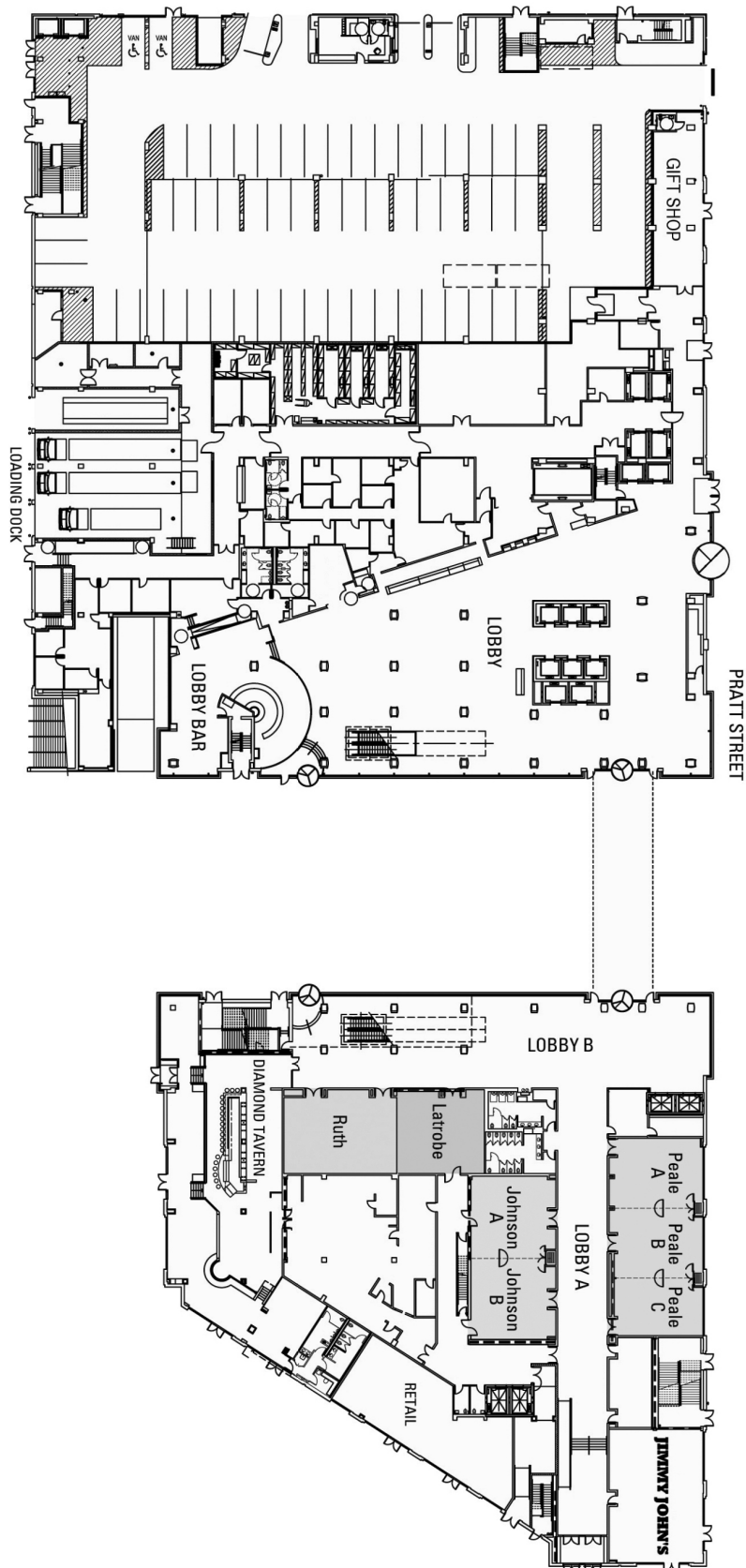
PM snack – cheese, cheese and did we say cheese?

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

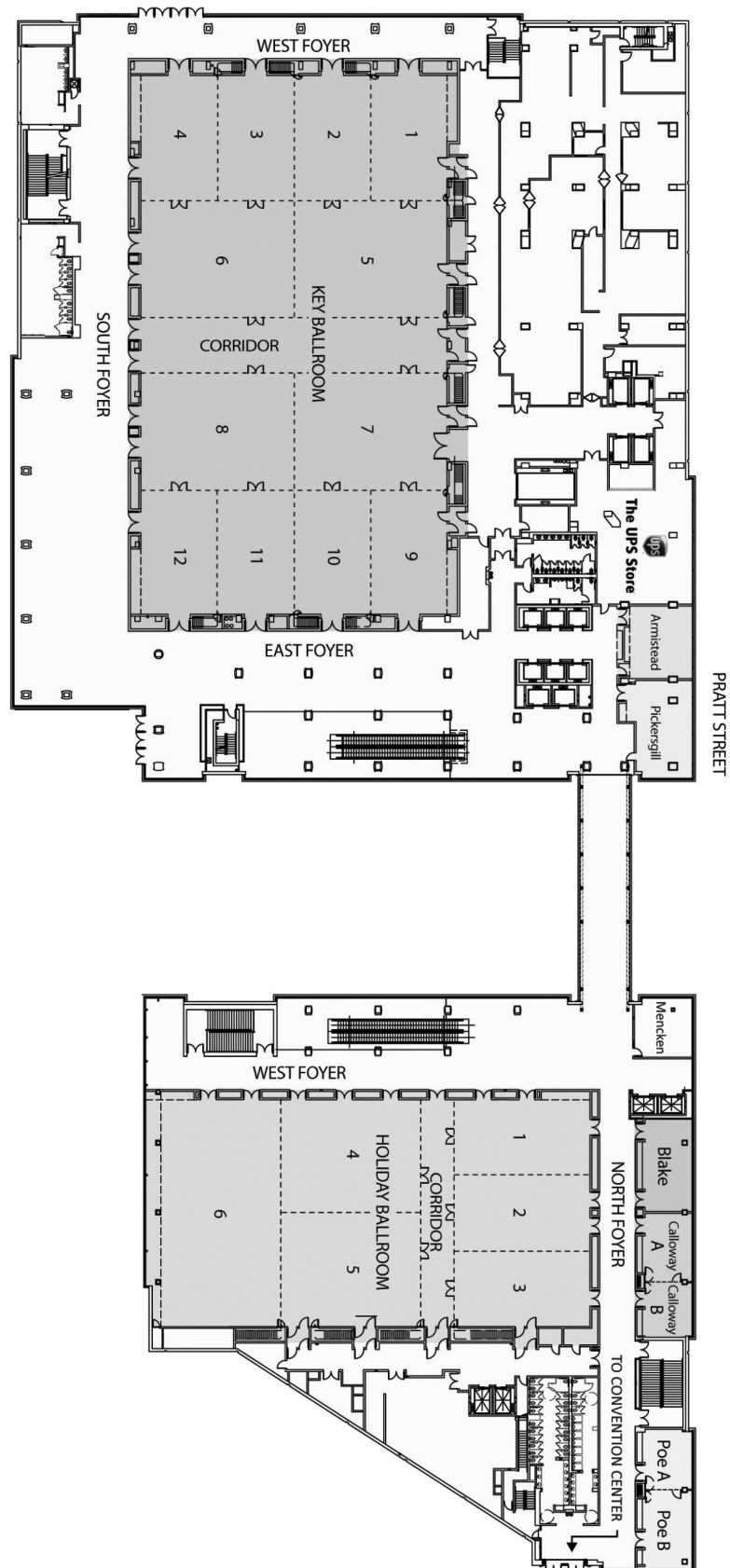
	Friday	Saturday	Sunday
Morning	8:30–12:15	8:30–12:15	8:30–12:15
Afternoon	1:15–6 pm	1:30–5 pm	1:10–6:30 pm
Evening	7–9:30 pm	6:15–10 pm	

PLEASE NOTE THE CLOSURES FOR LUNCH AND DINNER DAILY. YOU MUST PICK UP YOUR CHILD DURING THOSE HOURS! FOR THOSE WHO PURCHASE 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.

# HOTEL MAP (first floor)



# HOTEL MAP (second floor)



# CONTINUING EDUCATION CREDITS

## **\$65 (or \$25 per day) fee for Nurses and Acupuncturists**

### **Credits available for Friday through Monday**

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 4 days: 20 hours (5 hours per day). This activity is approved by the Maryland Nurses Association for approval to award contact hours. 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).
- **Acupuncture:** Total possible for 4 days: 25.5 hours. Approved by the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM): Possible number of points is 25.5 PDA for full conference including **MONDAY**. Maximum each day: Friday = 7 PDAs, Saturday = 6.5, Sunday = 6, Monday = 6 (PDA points are accepted by all states **except California**.)

## **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 pay for the certificate at the conference registration desk and receive the certificate by email which you submit to your board or school.

### **\*APPROVED SESSIONS (these are the sessions nurses can attend for credit)**

#### **Friday, November 16**

Natasha Campbell-McBride, MD: Gut and Psychology Syndrome

Julia Ross, MA: The Craving Cure

#### **Saturday, November 17**

#### **NOURISHING TRADITIONAL DIETS**

Sally Fallon Morell, MA: Traditional Diets

#### **CANCER TRACK**

Nasha Winters: Metabolic Diet for Cancer

Ted Koren, DC: Cancer is Natural

Anthony Jay, PhD: Starve Cancer and Heal Your Epigenetics

Linda Isaacs, MD: Cancer, Enzymes and Diet

#### **Sunday, November 18**

#### **GASTROINTESTINAL**

Brandon LaGreca: Small Bowel Obstruction

Kiran Krishnan: Microbiome

Sally Norton: Oxalates

Marianne Rothschild: The Rhythm of Digestion

#### **AGING GRACEFULLY**

Amy Berger: Alzheimer's

Elizabeth Plourde: Hormone Health & Hysterectomy Options

Hilary Andrews, ND: Protection Against Flu

Chris Knobbe: Macular Degeneration

#### **Monday, November 19**

Ronda Nelson, PhD: Understanding How Your Thyroid Works

Chris Masterjohn, PhD: A Master Seminar on Nutrition

Please visit the CEU table or contact Kathy Kramer of the Weston A. Price Foundation, at [info@westonaprice.org](mailto:info@westonaprice.org) if you have further questions.



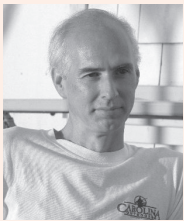
# MEET THE WAPF STAFF

## Kathy Kramer, Executive Director



Kathy grew up in Maryland, one of ten in a close-knit family. After earning a BA in literature at a liberal arts college, 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 a different field. She studied nutrition at American Health Sciences University (now defunct) in order to be a licensed nutritionist and offer nutritional consultations and talks to people of all ages. Her interests and employment came together in 2004 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 and happily works with the Foundation's small, hard working staff in a pleasant house in the Washington, DC area, that serves as the WAPF office.

## 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 hasn't given up hope though, as she's 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. What she thought was a part-time gig extended well beyond summer and 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 east coast in 2015 and back again 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 school 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 **Wilderness Family Naturals** olive oil, coconut oil, coconut milk and coconut cream, **Selina's Naturally** Celtic Salt, **Pure Indian Foods & Mt. Capra's** ghee, **Really Raw Honey**, **Pleasant Pastures** grass-fed butter, **Miller's Organic Farm** eggs and bacon, **Green Hill Farm** lard, **Sunny Crest Pastures** eggs, **Great Lakes** gelatin and **Gardens of Grace** almonds, dates, walnuts and pecans.

## FRIDAY LUNCH BUFFET

*Salad with Tex Mex dressing*

**Miller's Biodiversity Farm** *Organ Meat Chili*

**Pleasant Pastures** *Sour Cream*

**Miller's Organic Farm** *Grated Cheese*

*Corn Tortilla Chips fried in* **Green Hill Farm** *Lard*

**Sweet Farm** *Kapow! Chow Chow*

**To Your Health Sprouted Flours** *Cornbread*

**Pleasant Pastures** *Grass-fed Butter and* **Mt. Capra** *Ghee*

*Vanilla Panna Cotta*

**Buchi Kombucha**



## FRIDAY DINNER BUFFET

**Pleasant Pastures** *Pulled Pork*

*BBQ Sauce*

*Greens Sautéed in Bacon Fat*

*Roasted Sweet Potatoes with Pecans, Ghee & Honey*

**Hex Ferments** *Juniper Caraway Kraut*

*Maple Pumpkin Custard with Almond & Date Crust*

**Buchi Kombucha**

# MENUS

Our meals are made using **Wilderness Family Naturals** olive oil, coconut oil, coconut milk and coconut cream, **Selina's Naturally** Celtic Salt, **Pure Indian Foods & Mt. Capra's** ghee, **Really Raw Honey**, **Pleasant Pastures** grass-fed butter, **Miller's Organic Farm** eggs and bacon, **Green Hill Farm** lard, **Sunny Crest Pastures** eggs, **Great Lakes** gelatin and **Gardens of Grace** almonds, dates, walnuts and pecans.

## SATURDAY LUNCH BUFFET

*Salad with Glorified Caesar Dressing*

**White Oak Pastures** *Rich Pastured Chicken and Vegetable Soup*

**Fields of Athenry Farm** *Grilled Pork, Lamb and Kielbasa Sausages with Peppers and Onions*

**Hex Ferments** *Beet Pickles*

**Miller's Organic Farm** *Assorted Farmstead Cheeses*

*Sourdough Bread*

**Pleasant Pastures** *Grass-fed Butter and Mt. Capra Ghee*

*Conference Cheesecake with Miller's Organic Farm Cream Cheese*

*and Gardens of Grace Dates and Almonds*

**Buchi Kombucha**



## SATURDAY DINNER BANQUET

*Salad of Mixed Greens with PA Bowen Farmstead Bleu Cheese, Bacon and Blue Cheese Dressing*

*Vegetable Beef Broth with Herbs and Marrow*

*Roasted Root Vegetables with Pure Indian Foods Spiced Ghee*

**Fields of Athenry** *Ossobuco*

*Pureed Celeriac & Fennel with Cream*

**Hex Ferments** *Miso Kimchi*

*Sourdough Bread*

**Pleasant Pastures** *Grass-fed Butter and Mt. Capra Ghee*

*Fruit Compote with Whipped Cream*

**Buchi Kombucha**

# MENUS

Our meals are made using **Wilderness Family Naturals** olive oil, coconut oil, coconut milk and coconut cream, **Selina's Naturally Celtic Salt**, **Pure Indian Foods & Mt. Capra's** ghee, **Really Raw Honey**, **Pleasant Pastures** grass-fed butter, **Miller's Organic Farm** eggs and bacon, **Green Hill Farm** lard, **Sunny Crest Pastures** eggs, **Great Lakes** gelatin and **Gardens of Grace** almonds, dates, walnuts and pecans.

## SUNDAY BRUNCH BUFFET

Miller's Organic Farms *Vegetable and Cheese Frittata*

*Sweet Potato Hash with Mt. Capra Ghee*

*Sunny Crest Farm Ham*

*White Oak Pastures Chicken Liver Paté*

*Hex Ferments Glow Kraut*

*GF French Toast Casserole*

*Mountain Swiss and Assorted Cheeses*

*Fresh Fruit*

**Buchi Kombucha**



**THE WISE TRADITIONS DIET  
YES YOU CAN!  
INCLUDE PICKLES  
AND SOFT DRINKS!**

SAUERKRAUT, KIM CHI, CURTIDO, CHOP CHOP, PICKLES, CHUTNEYS, SALSAS, CORNICHONS, KETCHUP, MUSTARD, MAYONNAISE AND MORE!  
**LACTO-FERMENTED**  
NOT HEAT-TREATED OR PASTEURIZED, BREWED WITH BACTERIA  
DELICIOUS KOMBUCHA, WATER KEFIR, SHRUB, LACTO-FERMENTED SODAS, KEFIR, KOUMISS, HAYMAKERS OATWATER, SMALL BEER, UNPASTEURIZED BEER, SORGHUM BEER  
**WWW.WESTONAPRICE.ORG**

**THE WISE TRADITIONS DIET  
YES YOU CAN!  
EAT BACON & EGGS**

NATURALLY PRODUCED AND CURED BACON, HAM, SALAMI, HEAD CHEESE, CORNED BEEF, PATÉ, TERRINES, SAUSAGE, BLOOD PUDDING AND SCRAPPLE ARE ALL DELICIOUS, NUTRITIOUS FOODS!  
THE YOLKS ARE THE MOST NUTRITIOUS PART OF THE EGG! USE IN SMOOTHIES, CUSTARDS, ADD EXTRA TO SCRAMBLED EGGS  
**PASTURE-FED**  
THE BEST FIRST FOODS FOR BABIES ARE PUREED LIVER AND EGG YOLK TO SUPPLY CHOLINE, IRON, B12, D6, FAT-SOLUBLE VITAMINS, OHA, ARACHIDONIC ACID AND MANY OTHER NUTRIENTS FOR BABY'S RAPIDLY DEVELOPING BODY AND BRAIN.  
SCRAMBLED, POACHED, FRIED, HARD BOILED, OMELETS, CUSTARDS, QUICK COOKIES, MUFFINS, PANCAKES, MAYONNAISE, BERNADISE, CLEANSER SALAD, EGG SALAD, POTATO SALAD, PERSIMMON RICE, PASTURE-RAISED STEAK TARTARE, ICE CREAM  
BOTH EGGS AND BACON ARE EXCELLENT SOURCES OF VITAMINS D AND K2, B VITAMINS, ARACHIDONIC ACID, CHOLINE & COMPLETE PROTEIN.  
**WWW.WESTONAPRICE.ORG**

**THE WISE TRADITIONS DIET  
YES YOU CAN!  
EAT SALT YES! EAT SALT**

WE NEED SALT FOR DIGESTION  
YOU NEED AT LEAST ONE AND ONE-HALF TEASPOONS PER DAY TO SATISFY YOUR REQUIREMENTS FOR SODIUM AND CHLORIDE.  
**SODIUM UNREFINED**  
FOR ENZYMES TO DIGEST CARBOHYDRATES  
**CHLORIDE**  
FOR HYDROCHLORIC ACID TO DIGEST PROTEIN  
ADRENAL HORMONES, BRAIN CELLS, INSULIN RECEPTORS, CELLULAR METABOLISM, DIGESTION, GOOD TASTE, MUSCLE FUNCTION, EYESIGHT, BAZING FUNCTION, INTELLIGENCE, ENERGY, MOOD, GROWTH, STAMINA, HEALTHY BLOOD  
TRADITIONAL PEOPLE EVERYWHERE USED SALT: AUSTRALIA, AFRICA, NORTH AMERICA, MIDDLE EAST, SOUTH AMERICA, SOUTH SEAS, EUROPE AND ASIA.  
**WWW.WESTONAPRICE.ORG**



## FARM-TO-CONSUMER LEGAL DEFENSE FUND

### FundRAISER BREAKFASTS

Support FTCLDF. Enjoy a real food breakfast each morning, Friday–Sunday (November 16–18), and find out more about how FTCLDF protects your farmers and food rights. (Holiday Ballroom)

- **Oatmeal** – organic, soaked
- **Oatmeal Fixin's** – raw honey, organic maple syrup, grass-fed butter
- **Hard-boiled Eggs** – organic, soy-free, hormone-free, pastured eggs
- **Pastured Meat or Poultry** – chicken or pork, depending on the day
- **Fruit** – whole and fresh
- **Yogurt** – organic, whole

**Breakfast tickets are \$17 each or a three-day pass for \$45.**

**Purchase them at the conference registration desk.**

**Friday, Saturday & Sunday 7:30–9:00 am**

## FOOD DONORS

### **BEEF – GRASS-FED BONES**

**Fields of Athenry Farm**  
Middleburg, VA  
703-300-5765  
fieldsofathenryfarm.com  
**Beef marrow bones**

**Sunny Crest Pastures**  
Ronks, PA  
717-768-0101  
sunnycrestpastures.com  
**Beef bones**

### **BEEF – GELATIN**

**Great Lakes Gelatin**  
Great Lakes, IL  
847-223-8141  
greatlakesgelatin.com  
**Unflavored beef gelatin**

### **BEEF – GRASS-FED**

**Fields of Athenry Farm**  
Middleburg, VA  
703-300-5765  
fieldsofathenryfarm.com  
**Osso buco**  
**Ground veal**

**Miller's Biodiversity Farm**  
Quarryville, PA  
717-786-7895  
amishbiofarm.com  
**Ground beef**  
**Beef liver**  
**Beef heart**

### **BEVERAGE**

**Buchi Kombucha**  
Marshall, NC  
828-484-8229  
drinkbuchi.com  
**Kombucha**

**Sweet Farms**  
Woodsboro, MD  
240-397-0484  
thesweetfarms.com  
**Ginger beer**

### **BONE STOCK**

**Fields of Athenry Farm**  
Middleburg, VA  
703-300-5765  
fieldsofathenryfarm.com  
**Beef bone stock**  
**Chicken bone stock**  
**Lamb bone stock**

### **COCONUT PRODUCTS**

**Wilderness Family Naturals**  
Silver Bay, MN  
800-945-3801  
wildernessfamilynaturals.com  
**Coconut cream**  
**Coconut milk**  
**Coconut oil**

**Crackers Gluten Free**  
**Jilz Snackerz**  
Ventura, CA  
805-585-5297  
jilzglutenfree.com  
**Gluten-free crackers**

### **DAIRY – BUTTER**

**Pleasant Pastures**  
Honey Brook, PA  
717-768-3437  
**Cultured grass-fed butter**

# FOOD DONORS

## DAIRY – CHEESE

### **PA Bowen Farmstead**

Brandywine, MD  
301-579-2727  
pabowenfarmstead.com  
Prince George's blue cheese  
Cheddar cheese

### **Miller's Organic Farm**

Bird-in-Hand, PA  
717-556-0672  
Assorted raw cheese

## DAIRY – GHEE

### **Mt. Capra**

Chehalis, WA  
877-682-2772  
mtcapra.com  
Grass-fed goat milk ghee

### **Pure Indian Foods**

Princeton Junction, NJ  
877-588-4433  
pureindianfoods.com  
Organic, grass-fed cultured ghee  
Organic, grass-fed cultured  
spiced ghee

## DAIRY – SOUR CREAM

### **Pleasant Pastures**

Honey Brook, PA  
717-768-3437  
Sour cream

## DAIRY – YOGURT

### **Pleasant Pastures**

Honey Brook, PA  
717-768-3437  
Yogurt

## EGGS – PASTURED

### **Green Hills Farm**

Quarryville, PA  
717-786-8093  
Eggs from soy-free, pastured,  
organically-fed hens

### **Miller's Organic Farm**

Bird-In-Hand, PA  
717-556-0672  
Eggs from soy-free, pastured,  
organically-fed hens

### **Sunny Crest Pastures**

Ronks, PA  
717-768-0101  
sunnycrestpastures.com  
Eggs from soy-free, pastured,  
organically-fed hens

## FATS & OILS

### **Green Hills Farm**

Quarryville, PA  
717-786-8093  
Pastured pork lard

### **Bariani Olive Oil**

Zamora, CA  
415-864-1917  
barianioliveoil.com  
Olive oil

## FERMENTS

### **Hex Ferments**

Baltimore, MD  
410-775-5044  
hexferments.com  
Assorted raw ferments

## FRUIT & VEGETABLES GRAINS, SEEDS, NUTS & BEANS

### **Dr. Cowan's Garden**

San Francisco, CA  
510-516-0238  
drcowansgarden.com  
Assorted vegetable powders

### **Gardens of Grace**

Dousman, WI  
262-443-7522  
josheweasgarden.com  
Organic pitted dates  
Organic soaked/sprouted dried  
almonds  
Organic soaked/sprouted dried  
cashews  
Organic soaked/sprouted dried  
walnuts

### **To Your Health Sprouted Flour Company**

Fitzpatrick, AL  
334-584-7875  
healthyflour.com  
Assortment of organic sprouted  
flours  
Organic sprouted rolled oats

## PORK

### **Fields of Athenry Farm**

Elaine Boland  
Middleburg, VA  
703-300-5765  
fieldsofathenryfarm.com  
Pastured breakfast sausage  
Pastured sausage medley

### **Pleasant Pastures**

Honey Brook, PA  
717-768-3437  
Pastured whole pork butt

### **Sunny Crest Pastures**

Ronks, PA  
717-768-0101  
sunnycrestpastures.com  
Pastured ham

## POULTRY – PASTURED

### **White Oak Pastures**

Bluffton, GA  
229-641-2081  
whiteoakpastures.com  
Pastured whole chickens  
Pastured feet, necks and heads  
Pastured chicken livers  
Pastured duck  
Pastured breakfast sausage

## SALT & SPICES

### **Selina Naturally**

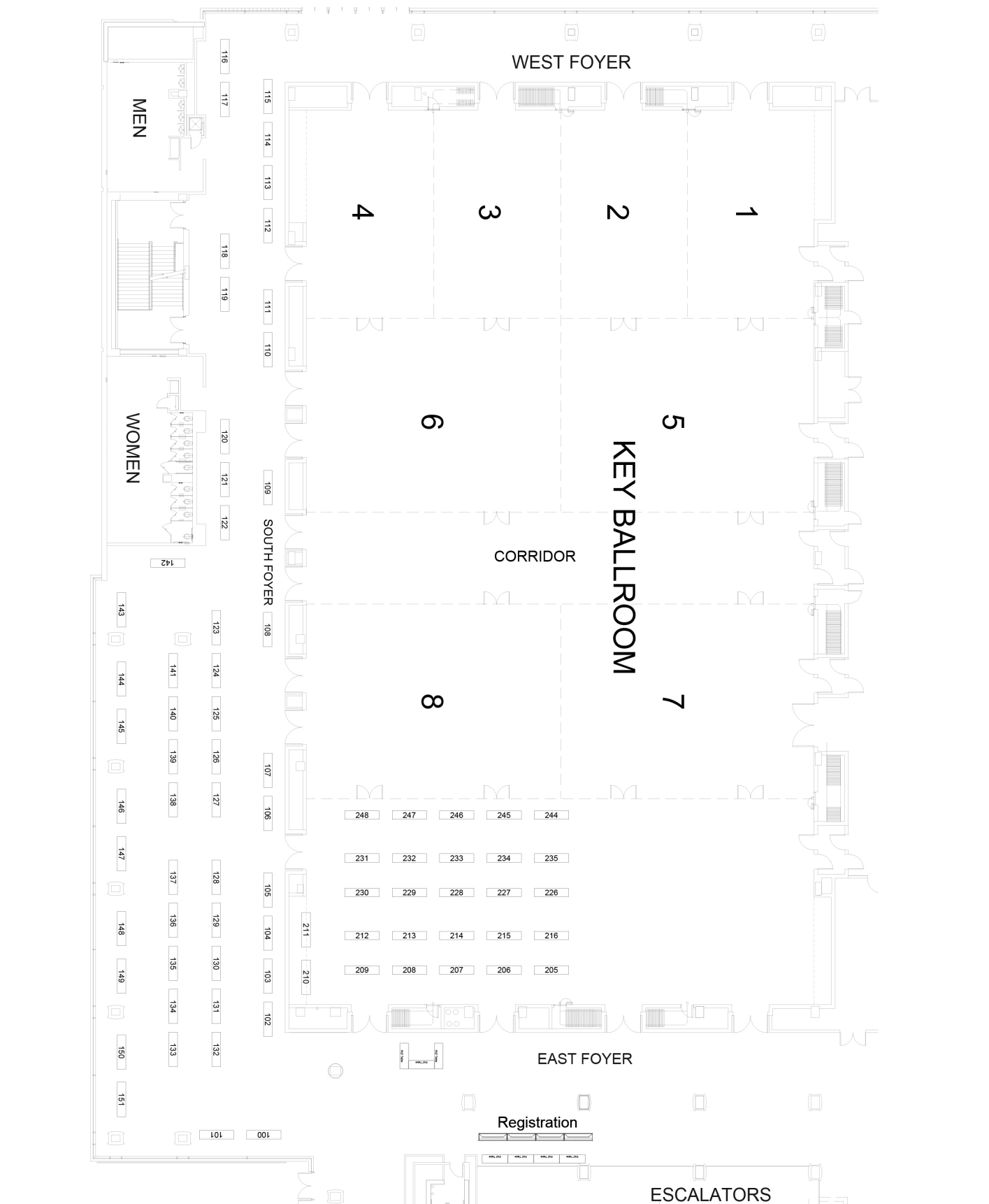
Arden, NC  
800-867-7258  
celticseasalt.com  
Celtic sea salt  
Salt shakers

## SWEETENERS

### **Really Raw Honey**

Frantz Walker  
Baltimore, MD  
800-732-5729  
reallyrawhoney.com  
Raw honey

## EXHIBITOR LAYOUT



# EXHIBITORS – ALPHABETICAL

## **Achieve Wellness Chiropractic Center**

Timonium, MD  
410-628-9355  
leychiropractic.com  
Table # 235

## **AJ Consulting Company**

Rochester, MN  
239-287-5451  
ajconsultingcompany.com  
Table # 209

## **Art of Moving Well**

Gaithersburg, MD  
301-275-0880  
artofmovingwell.com  
Table # 211

## **Biodynamic Association**

Eat Troy, WI  
262-649-9616  
biodynamics.com  
Table # 212

## **Bio-Kult (ADM Protexin)**

Doral, FL  
786-310-7233  
bio-kult.com  
**SPONSORING EXHIBITOR**  
Table # 112

## **Bionutrient Food Association**

Barre, ME  
978-355-1199  
Bionutriet.org  
Table # 234

## **Body Wise Food Smart**

Nyack, NY  
201-360-1113  
bodywisefoodsmart.com  
Table # 230

## **Bruce Rind, MD**

Gaithersburg, MD  
301-717-9182  
Drind.com  
Table # 207

## **Buchi Kombucha**

Barnardsville, NC  
507-272-2275  
drinkbuchi.com  
**GOLD SPONSOR**  
Table # 118, 119

## **Center for Safer Wireless**

Arlington, VA  
703-528-8039  
centerforsaferwireless.us  
Table # 210

## **Chelsea Green Publishing**

White River Jct., VT  
802-295-6300  
chelseagreen.com  
**SPONSORING EXHIBITOR**  
Table # 113, 114, 115

## **Churncraft**

New Canaan, CT  
203-966-1056  
churncraft.com  
Table # 248

## **Crila Health**

Singapore  
252-452-6245  
crilahealth.com  
**SPONSORING EXHIBITOR**  
Table # 117

## **DNA Connexions**

Colorado Springs, CO  
888-848-5832  
dnaconnexions.com  
Table # 242

## **Dr. Cowan's Garden**

San Francisco, CA  
415-310-1766  
Drcowansgarden.com  
Table # 225

## **Dr. Linda's Montclair**

### **Homeopathy**

Montclair, NJ  
973-746-9888  
drlindas.com

### **GOLD SPONSOR**

Table # 102, 103

## **East Troy Acupuncture**

East Troy, MI  
262-642-4325  
easttroyacupuncture.com  
Table # 215

## **Epic**

Austin, TX  
epicbar.com  
Table # 167

## **Essenergy**

Milpitas, CA  
408-329-7392  
vitaclaychef.com  
Table # 206

## **Farm Match**

Viroqua, WI  
608-807-5520  
farmmatch.com  
**SPONSORING EXHIBITOR**  
Table # 145

## **Farm-to-Consumer Legal Defense Fund**

Falls Church, VA  
703-208-3276  
farmtoconsumer.org  
**SPONSORING EXHIBITOR**  
Table # 116

## **Fields of Athenry/**

### **Side Saddle Café**

Middleburg, VA  
703-926-8444  
fieldsofathenryfarm.com  
**PLATINUM SPONSOR**  
Table # 128, 129

## **FinAllie Ferments**

West Townshend, VT  
802-874-4172  
finallieferments.com  
Table # 225

## **Fleetwood On-Site**

### **Conference Recording**

Lynn, MA  
781-599-2400  
fleetwoodonsite.com  
East Foyer

## **Forrest Maready**

Wilmington, NC  
910-352-2963  
myincredibleopinion.com  
Table # 214

## **Freedom Valley Farm**

White Hall, MD  
443-752-4338  
freedomvalleyfarmmd.com  
Table # 243

## **Gardens of Grace**

Dousman, WI  
262-443-7522  
josheweasgarden.com  
**SPONSORING EXHIBITOR**  
Table # 144

## **Generation Zapped**

Los Angeles, California  
generationzapped.com  
Dr. George Carlo, Consulting Expert  
571-276-4000  
Table # 204

## **Great Lakes Gelatin Company**

Grayslake, IL  
847-223-8141  
greatlakesgelatin.com  
**GOLD SPONSOR**  
Table # 150, 151

## **Green Pasture Products**

O'Neil, NE  
402-336-4555  
greenpasture.org  
**PLATINUM SPONSOR**  
Table # 123, 124

## **Health by Choice**

### **Education and Research**

New Enterprise, PA  
814-766-2182  
healthbychoice.net  
Table # 231

## **Hex Ferments**

Baltimore, MD  
410-775-5044  
hexferments.com  
**SPONSORING EXHIBITOR**  
Table # 142

## **Just Thrive Probiotic**

Park Ridge, IL  
847-518-1100  
thriveprobiotic.com  
**GOLD SPONSOR**  
Table # 131, 132



# EXHIBITORS – ALPHABETICAL

## **Koren Publications/**

### **Koren Wellness**

Hatfield, PA  
267-498-0071 / 800-537-3001  
korenwellness.com

### **SPONSORING EXHIBITOR**

Table # 149

## **Kyoui Oral Care**

Las Vegas, NV  
855-465-96844

Kyoui.com

Table # 237

## **Marianne Rothschild, MD**

Mt. Airy, MD  
301-829-1822  
mariannerothschildmd.com  
Table # 227

## **Miller's Biodiversity Farm**

Quarryville, PA  
717-786-7895  
amishbiofarm.com

### **SPONSORING EXHIBITOR**

Table # 146, 147

## **Miller's Organic Farm**

Bird-in-Hand, PA  
717-556-0672  
millersorganicfarm.com

### **SPONSORING Exhibitor**

Table # 113, 134, 135

## **My Food Matters**

Richmond, VA  
804-517-9082  
SallyKNorton.com  
Table # 247

## **National Center for Homeopathy**

Mount Laurel, NJ  
856-437-4752  
homeopathycenter.org  
Table # 205

## **Natural Tooth Health**

Moorestville, NC  
704-904-8266  
naturaltoothhealth.com  
Table # 232

## **New Trends Publishing**

Brandywine, MD  
301-579-2404  
newtrendspublishing.com

### **GOLD SPONSOR**

Table # 125, 126

## **New Voice for Health**

Irvine, CA  
949-551-3397  
smartDOTs.us

### **SPONSORING EXHIBITOR**

Table # 148

## **P.A. Bowen Farmstead**

Brandywine, MD  
301-579-2727  
pabowenfarmstead.com  
Table # 204

## **Perfect Supplements**

West Springfield, MA  
401-316-5237  
perfectsupplements.com

### **GOLD SPONSOR**

Table # 110, 111

## **Pleasant Pastures**

Honey Brook, PA  
717-768-3437  
**SPONSORING EXHIBITOR**

Table # 139140141

## **Pure Indian Foods**

Princeton Junction, NJ  
609-785-9100  
pureindianfoods.com

### **SPONSORING EXHIBITOR**

Table # 130

## **Pure Water's Gift**

New York, NY  
917-327-5134  
Purewatersgift.com  
Table # 217

## **Radiant Life**

Santa Rosa, CA  
888-593-9595  
radiantlife.com

### **SPONSORING EXHIBITOR**

Table # 127

## **Radical Medicine**

Austin, TX  
515-600-6983  
radicalmedicine.com  
Table # 229

## **Relax Far Infrared Saunas**

Columbus, OH  
626-200-8454  
relaxsaunas.com  
Table # 244, 245

## **Root Canal Safety.org**

Stevensville, MI  
269-468-8485  
rootcanalsafety.org  
Table # 216

## **Saunaspace**

Columbia, MO  
844-999-5858  
saunaspace.com  
**GOLD SPONSOR**  
Table # 100, 101

## **Shielded Healing**

Elyria, OH  
330-806-3850  
shieldedhealing.com  
**SILVER SPONSOR**  
Table # 108

## **Simply Being Well**

Loveland, CO  
970-685-7797  
simplybeingwell.com  
Table # 213

## **James Strick, PhD**

Lancaster, PA  
301-512-0976  
fandm.edu/james-strick  
Table # 246

## **Tao Yu**

Annandale, VA  
703-537-9017  
Table # 228

## **TCCII**

Rockville, MD  
301-785-7505  
tccii.com  
Table # 208

## **Thomas E. Levy, MD, JD**

Miramar, FL  
228-313-7181  
peakenergy.com  
Table # 226

## **Vaccine Consult**

Portland, OR  
503-481-9487  
drhiliaryandrews.com  
Table # 233

## **Villa de Alpacas Farm**

Aquasco, MD  
301-888-2742  
marylandalpaca.com  
**GOLD SPONSOR**  
Table # 120, 121, 122

## **Vital Proteins**

Chicago, IL  
224-544-9110  
vitalproteins.com  
**GOLD SPONSOR**  
Table # 104, 105

## **Walkabout Health Products**

Marshfield, WI  
715-305-2526  
walkabouthealthproducts.com  
**SPONSORING EXHIBITOR**  
Table # 143

## **WBWC Personal Infrared Sauna**

Orange, CA  
714-543-1500  
pisauna.com  
Table # 236

## **Weston A. Price Foundation**

Washington, DC  
703-820-3333  
westonaprice.org  
Table # 106, 107

## **White Oak Pastures**

Bluffton, GA  
229-641-2041  
whiteoakpastures.com  
**SILVER SPONSOR**  
Table # 109

# PETE KENNEDY AND RAW MILK

## Forty-Three Down, Only Seven to Go!

States where raw milk is still not available either for sale by cowshare or herdshare or as pet milk include Delaware, Hawaii, Iowa, Louisiana, Nevada, New Jersey and Rhode Island.

If we can legalize raw milk sales (or at least cowshares or herdshares) at the current rate of two or three per year, we will have raw milk legal in some form in all fifty states within four years! In the meantime, we continue our work to liberalize raw milk laws in individual states as needed and as our resources allow.

## We Have a GREAT New Information Resource for WAPF Members

As a member you can now consult with Pete Kennedy on state laws, regulations and policies including food freedom legislation and issues regarding consumer access to raw milk, cottage foods, and on-farm meat and poultry processing. (Pete cannot give individual legal advice or recommend support for or opposition to pending legislation.)

Contact Pete at [pete@realmilk.com](mailto:pete@realmilk.com).



**Pete Kennedy** is a Florida attorney who has worked on issues governing raw milk production and distribution since 2004. He compiled a summary of raw milk laws in each of the fifty states and is currently a consultant for WAPF on, among other things, policies

and laws regarding raw milk. Pete was a founding board member of the Farm-to-Consumer Legal Defense Fund (FTCLDF) and served as vice president and then president for many years. He has consulted on and drafted raw milk, cottage foods, and food sovereignty legislation; drafted and reviewed herdshare agreements; worked on embargo, seizure, and recall cases involving raw dairy products; worked on foodborne illness outbreaks attributed to raw milk consumption; handled issues involving on-farm slaughter, custom meat, and poultry processing as well as problems with zoning and local ordinances.



**2000**

Raw milk available in 27 states

**2018**

Raw milk available in 43 states

*(thanks to the efforts of A Campaign for Real Milk)*



## Our Goal

Raw milk available in all 50 states by 2020! **Help us make raw milk sales legal in the remaining 7 states:**



## ADVERTISEMENTS



# The Fields of Athenry Farm Shop and Side Saddle Cafe

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

Visit Us at Tables 128 & 129!



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](mailto:elaine@fieldsofathenryfarm.com)



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**402-858-4818**





# ADVERTISEMENTS



## Alpaca & Llama Products from Maryland's Last Self-Sustained Bicentennial Farm

✎ "Farm Signature Products" for Sale including alpaca scarves/shawls, blankets, capes, and sweaters blended with silk, bamboo, and other natural fibers to create vivid, saturated colors; made on 3 of our commercial looms including 2 FeltLOOMS.

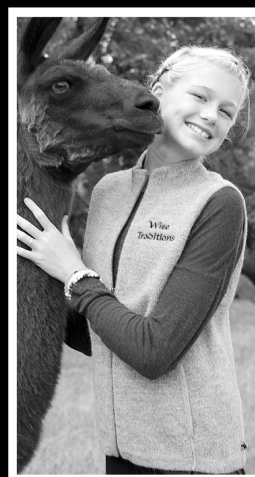
✎ Many artistic alpaca and llama fiber products—most being "one of a kind" items—loomed and hand-finished from our own animals' fleece. We "hand dye" our light fawn fleece with Jacquard and Cushing Dyes resulting in incredibly beautiful and unique results. Dark and rare-colored fleece and fiber are kept completely natural.

✎ Signature Alpaca Vests: made from our gorgeous, natural, undyed alpaca fiber in browns, greys, and blacks for color and softness that will last a lifetime.

✎ 100% Alpaca Boot Insoles and Alpaca Felted Purses

✎ Alpaca Socks: maximum softness and durability

✎ If our textiles and products are not generated right at our family farm, then every effort is made to have them made in the USA from our own animals who are bred, born, shorn, loved, truly pampered, and cared for as important and integral members of our family.



### Wise Traditions Alpaca Vest

WAPF Gold Sponsor *Villa de Alpacas* is proud to offer this super-soft, ultra-warm Alpaca vest to our friends at WAPF! These beautiful, high-quality vests are tailored for an attractive fit, easy care, and a lifetime of wear. Sizes: adult S-M-L-XL in a variety of natural & hand-dyed colors.

**Show Price: \$150**  
(15% donated to WAPF)

Purchase at the Conference or order online on our web site! **FAST DELIVERY, WE SHIP ANYWHERE!**



**MarylandAlpacaFarm.com**

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TRY OUR DELICIOUS  
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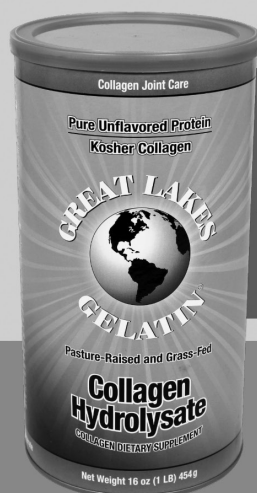
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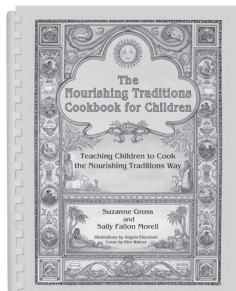
# ADVERTISEMENTS

## New Trends Publishing

Home of *Nourishing Traditions* and other fine books on diet and health

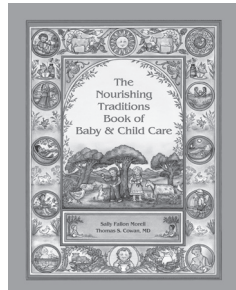
Visit us at booth 125-126

10% off for  
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4 or more titles



### The Nourishing Traditions Cookbook for Children

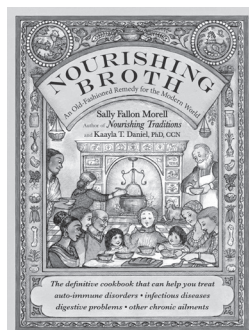
by Suzanne Gross  
and Sally Fallon Morell  
Fully illustrated  
by Angela Eisenbart



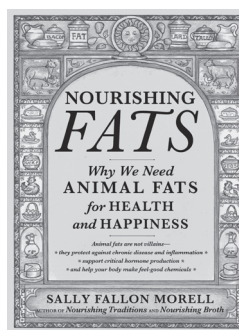
### The Nourishing Traditions Book of Baby & Child Care

by Sally Fallon Morell  
and Thomas S. Cowan, MD  
Have your copy signed by  
both authors at the conference!

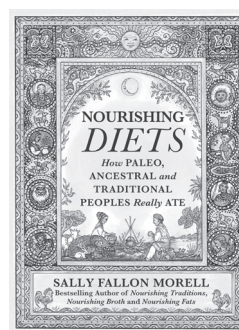
## Featured Titles



**Nourishing Broth**  
by Sally Fallon Morell  
and Kaayla Daniel,  
PhD, CCN



**Nourishing Fats**  
by Sally Fallon Morell



**Nourishing Diets**  
by Sally Fallon Morell



## Wise Traditions Alpaca Vest

WAPF Sponsor *Villa de Alpacas* is proud to offer this super-soft, ultra-warm Alpaca vest to our friends at WAPF! These beautiful, high-quality vests are tailored for an attractive fit, easy care, and a lifetime of wear. Show your support for WAPF when you purchase and wear this attractive vest featuring the **Wise Traditions** brand!

**Sizes:** adult S-M-L-XL in a variety of natural & hand-dyed colors.

**Show Price: \$150**  
(15% donated to WAPF)

TO PURCHASE, shop our Booth  
at the WAPF conference or order online  
at [www.MarylandAlpacaFarm.com](http://www.MarylandAlpacaFarm.com)



  
**Villa de Alpacas Farm**  
♦ AT HISTORIC VILLA DE SALES ♦

next to  
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AQUASCO, MARYLAND

# ADVERTISEMENTS



**Sunny Crest  
PASTURES**  
3470B W. Newport Road, Ronks, PA  
717-768-0101

*Traditional foods from the farms of  
Lancaster County, PA to buying clubs in  
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We are a Private Membership Association*

**Our goal is to provide healthy, nutritious food  
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*Traditional, nutrient-dense foods from pastured, low-stress livestock, grazed on high  
quality grass and hay from organically managed, remineralized soils. We use only  
natural, organic fertilizers, compost tea and manures. No herbicides, GMO's or  
chemical fertilizers are used on our pastures or gardens.*

*The livestock is fed natural feed, grass and hay, all grown under organic management.  
All beef, dairy cows and lambs/sheep are 100% grass fed.*

*No growth hormones, antibiotics or genetically modified feeds or byproducts  
are fed to our animals.*

*We farm with your health and our health in mind, and are committed to  
being good stewards to the land.*

## Products available from our farm and our network of local farmers

- Grassfed milk and a full line of homemade raw dairy products  
(Milk from cows, goats, sheep, water buffalo and camels)
- Cheeses & fermented dairy products
- Eggs from pasture-raised chickens and ducks
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chickens, ducks, turkeys and pigs
- Wild-caught seafood
- Homemade bone broths
- Fermented foods and beverages (sauerkraut, kombucha, kimchee, etc)
- Crispy Nuts
- Raw honey
- Fresh, unpasteurized apple cider
- Homemade granola, peanut butter, applesauce, potato chips
- Heritage grains
- Sourdough breads
- Prepared meals (chicken pies, croquettes, chili & more)
- Raw pet foods
- Homemade personal care products (toothpaste, soap, salves)

## 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](http://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!**

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# ADVERTISEMENTS



## ANNOUNCING THE RELEASE OF Sally Fallon Morell's First-Ever Cooking Video MASTER COOKING CLASS OF WISE TRADITIONS COOKING

**Introductory conference rate: \$25**  
**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



# NOTES



# NOTES

# NOTES

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*Please share photos and updates on social media using the hashtags:  
**#wisetraditions2018 #wisetraditions #wapf #realfood***

## CONFERENCE SURVEY

Thank you for attending the Weston A. Price Foundation's Annual Conference — Wise Traditions 2018. We're again using an online evaluation tool to decrease the amount of paper we use and to automate the collection of data from our participants. We'd like to hear about your conference experience. All your answers are private and confidential. This feedback system only provides us with the raw data and your comments, not your name or email. Thank you for taking the time to share your thoughts with us.

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