



Have you heard of the dentist Weston A. Price? Some years ago he carried out some private studies on teeth and diet which revealed some basic facts, firstly the importance of a natural, nutrient rich diet.

In 1999 a Weston A. Price organization was formed to spread the results of his findings, particularly about the importance of natural dairy products and the danger of following a low fat diet. In fact the organization reveals the value of saving fat from the roast, eating full cream in your soup and many more wholesome eating habits that have been discarded over the years by consumers due to the marketing strategies of the food industry and associated ‘scientifically’ researched health claims from vested interests.

Here is the Weston A. Price mission statement:

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

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

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

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

The Foundation's quarterly [journal](#), Wise Traditions in Food, Farming, and the Healing Arts, is dedicated to exploring the scientific validation of dietary, agricultural and medical traditions throughout the world. It features illuminating and thought-provoking articles on current scientific research; human diets; non-toxic agriculture; and holistic therapies. The journal also serves as a reference for sources of foods that have been conscientiously grown and processed.”

Farming Secrets says: *By looking after our own health with nurturing foods it follows that the environment also is looked after.*

Ref: <http://www.westonaprice.org/about-the-foundation>

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