Health Issues are Diet Related

A 1971 USDA study on nutrition reported:

- *Major health issues are diet related*
- *Solutions to illness can be found in nutrition by deferring or modifying the development of a disease state.*
- *Benefits of improved nutrition include:*
  - *Better health*
  - *Longer lifespan*
  - *Greater satisfaction from work, family & leisure.*

NOTE: The Nixon Administration never released this study.
(*From: "An Evaluation of Research in the Untied States on Human Nutrition", USDA, 1971)*

Malnourishment and the Womb

When a pregnant woman is malnourished:

- Optimal gene expression is compromised
- The fetus is programmed for a life-long predisposition to numerous diseases, such as:

  Allergies
  Cancer
  Cholesterol regulation
  Diabetes
  Hypertension
  Obesity

How We Got To Where We are Now-1

1. Consuming too many:

- Refined carbohydrates
- Calories
- Processed foods with questionable food additives

2. Consuming wrong kinds of fats

- Trans fats in processed foods
- Overheated and rancid vegetable fats and oils
- Too much Omega-6 essential fatty acids in vegetable oils

3. Pollution of:

- Soil
- Water
- Food
- Air

How We Got To Where We are Now-2

4. **Inadequate intake of:**
   - Omega-3 EFAs
   - High quality fats (including natural animal fats)
   - High quality protein
   - Water
   - Minerals, vitamins, and other micronutrients
   - Exposure to sunshine (vitamin D deficient)

5. **Inadequate amounts of:**
   - Physical activity
   - Rest (leading to disrupted circadian rhythms

50TH
ANNIVERSARY
EDITION

NUTRITION AND PHYSICAL DEGENERATION

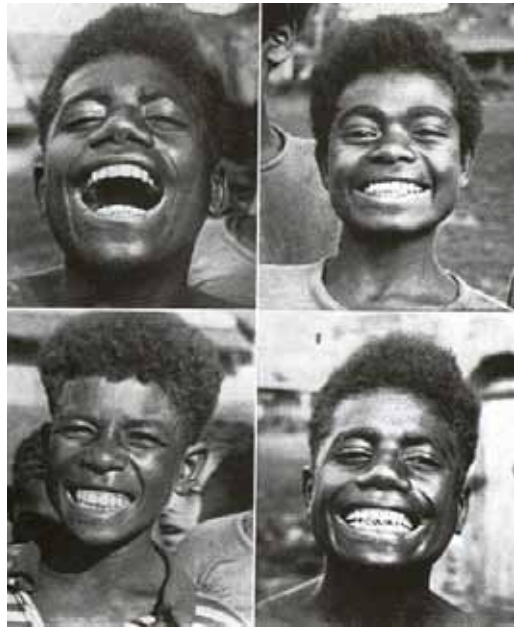
WESTON A. PRICE, D.D.S.

With Forewords from the original editions by Earnest Albert Hooton, Professor of Anthropology, Harvard University, Granville Fortis Knight, M.D., William A. Albrecht, Ph.D., Department of Soils, University of Missouri, and new introductions and additional prefaces specially written for this Golden Anniversary Edition by Alvaren Hoffer, M.D., Ph.D., H. Leon Abrams, Jr., Associate Professor of Anthropology, University System of Georgia, and Donald Dettmagn Fawcett.

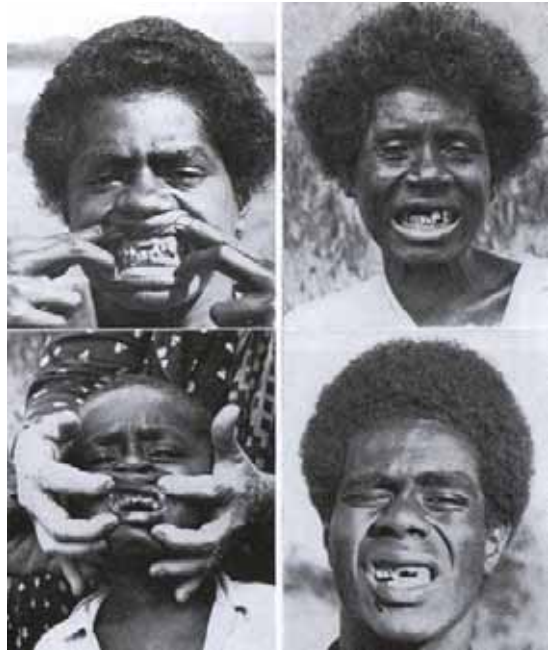
Keats Publishing, Inc. New Canaan, Connecticut

Traditional
Swiss Villagers

Modernized
Swiss



Traditional
South Pacific
Boys



South Pacific
Decay

Great Variety of Traditional Diets

Some, but *not all*, had:

- No plant foods
- Few animal foods
- Mostly cooked foods
- Large amounts of raw foods
- Milk products
- Grains
- Fruits

What are the Underlying Commonalities?

EVERY DIET
contained animal products:

- Fish and shellfish
- Birds (chicken, ducks, geese, etc.)
- Red Meat (beef, goat, sheep, pork, etc.)
- Milk and Milk Products
- Eggs
- Reptiles
- Insects

Nutrient Density: Traditional vs. American Diets

- 4 times the calcium and other minerals
- 10 times the fat-soluble vitamins as the modern American diet

Nutrient Secrets

KEY nutrients found ONLY in animal products:

- Vitamins A, D, B12
- Cholesterol
- Very Long Chain, Superunsaturated fatty acids (AA, EPA and DHA)

Nutrients more easily absorbed from animal products:

B6	Calcium	Copper
Iron	Magnesium	Zinc

A question arises as to the efficiency of the human body in removing all of the minerals from the ingested foods. Extensive laboratory determinations have shown that most people cannot absorb more than half of the calcium and phosphorus from the foods eaten. The amounts utilized depend directly on the presence of other substances, particularly fat-soluble vitamins.

It is at this point probably that the greatest breakdown in our modern diet takes place, namely, in the ingestion and utilization of adequate amount of the special activating substances, including the vitamins [A and D] needed for rendering the minerals in the food available to the human system.

It is possible to starve for minerals that are abundant in the foods eaten because they cannot be utilized without an adequate quantity of the fat-soluble activators.

Weston Price, DDS

Nutrition and Physical Degeneration

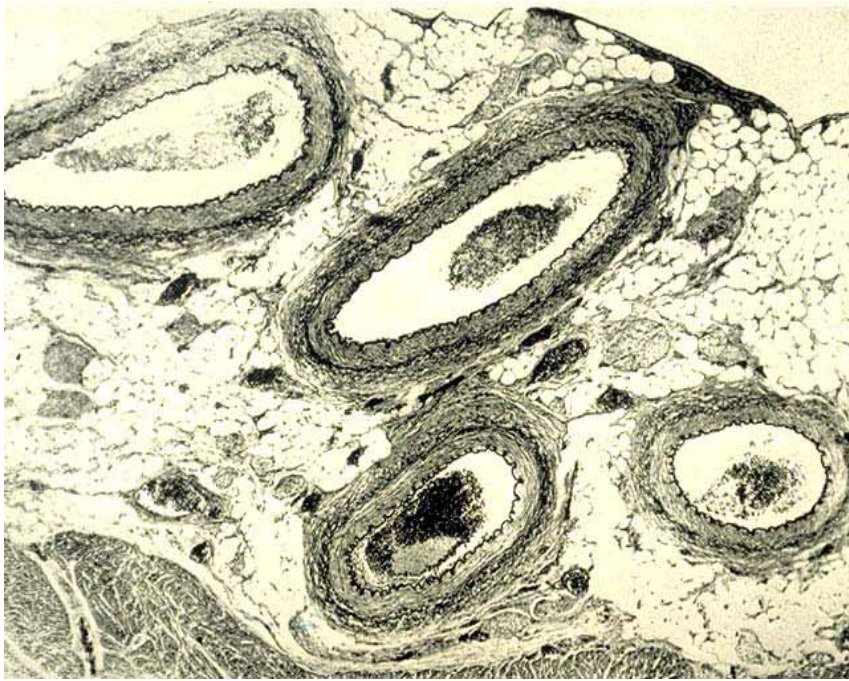
We can:

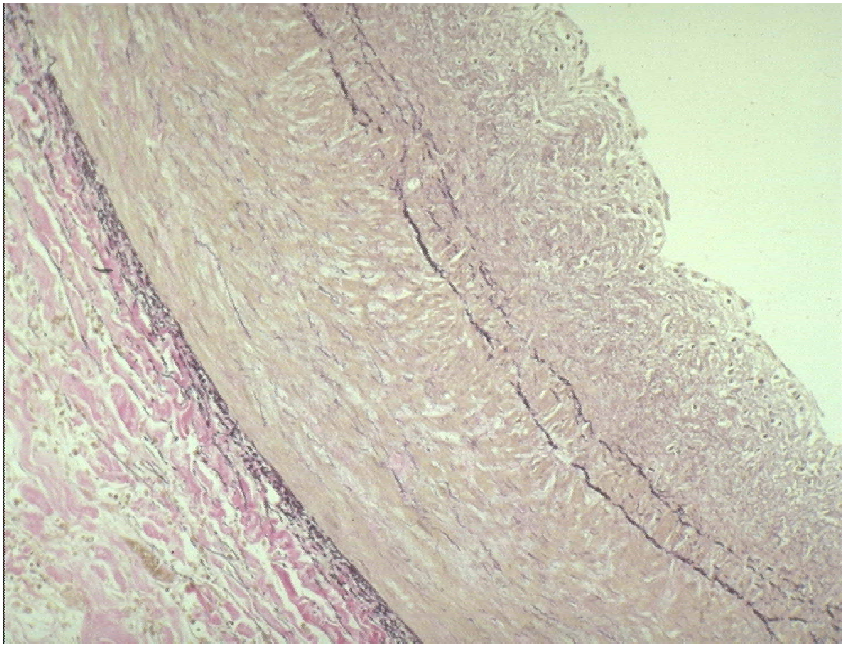
INVEST in our WELLNESS

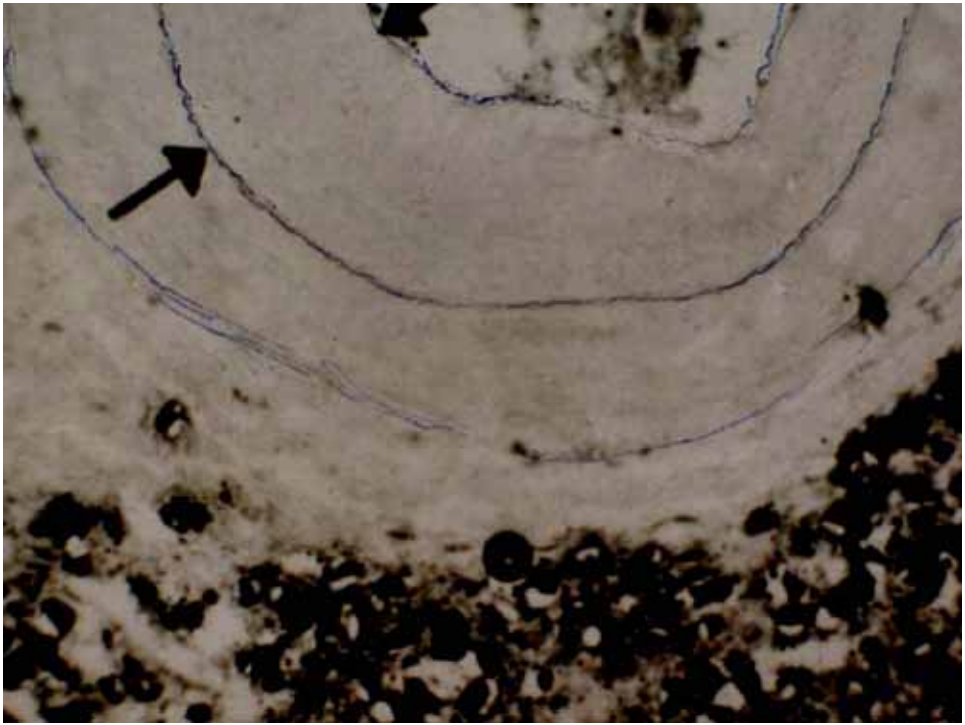
– OR –

ubidize our ILLNE$$

Through the food and nutrition choices we make…







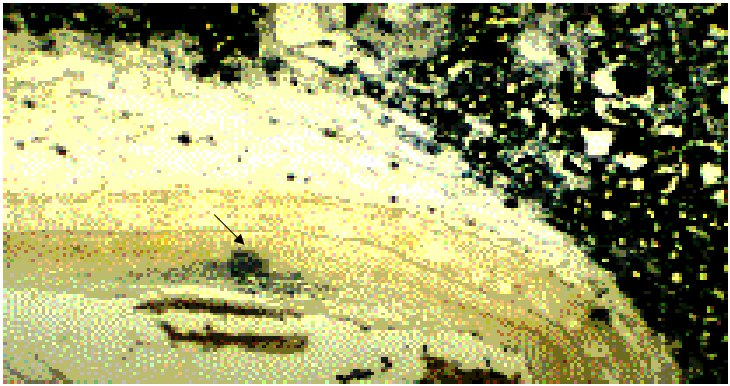
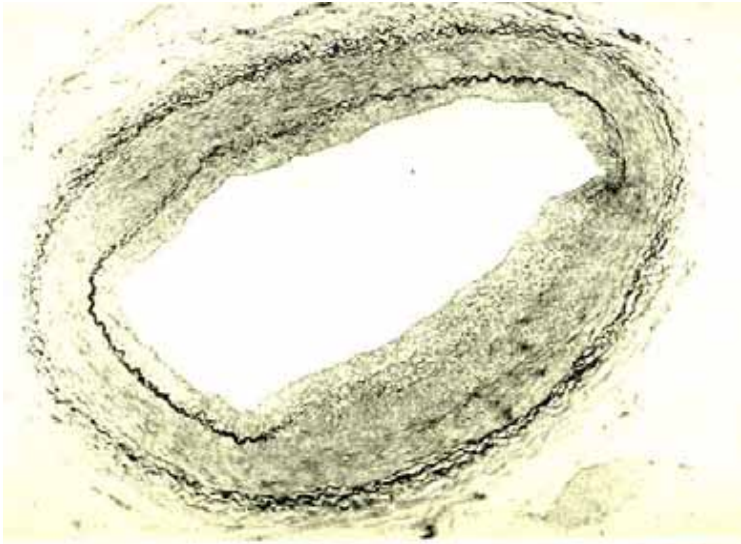


Fig. 2d: Coronary artery 59 days after transplantation, stained for fat with Sudan black,.showing the beginning of lipid deposition in the intima (arrow). Lumen is below.



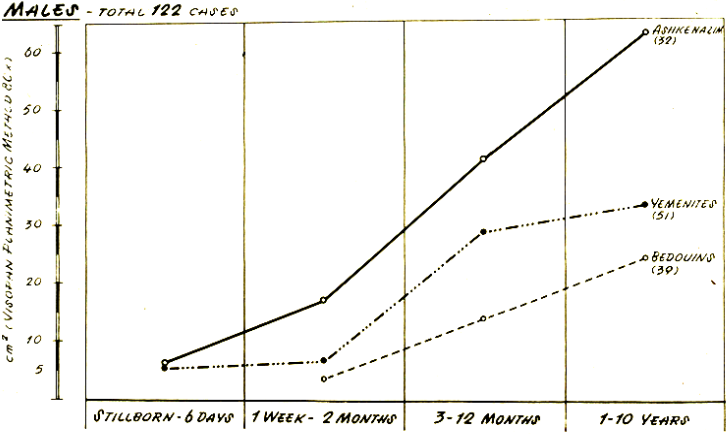

MALES - TOTAL 122 CASES
cm² (VISOPAN PLANIMETRIC METHOD
60
50
40
30
20
10
5
ASHKENAZIM
(32)
YEMENITES
(51)
BEDOUINS
(39)
STILLBORN - 6 DAYS
1 WEEK - 2 MONTHS
3-12 MONTHS
1-10 YEARS

Figure 1

Fig 2. Plasma levels of cholesterol in infant rats aged 7, 12, 18, and 21 days. Black: pups raised in litters of 3; striped: pups raised in litters of 14. Differences between the two groups are significant for $P < 0.01$.

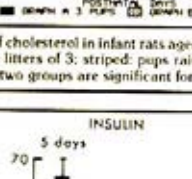


Fig 3. Plasma levels of insulin in infant rats aged 5, 11, and 18 days. Otherwise as in Fig 2.

Milk-based Infant 'Enfamil with Iron Formula for Baby's First 12 Months'

Reduced mineral whey, non-fat milk, lactose, palm olein oil, soy oil, coconut oil, high oleic sunflower oil, and less than 1% mono- and diglycerides, soy lecithin, carrageenan, vitamin A palmitate, vitamin D3, vitamin E acetate, vitamin K1, thiamine hydrochloride, vitamin B6 hydrochloride, vitamin B 12, niacinamide, folic acid, calcium pantothenate, biotin, sodium ascorbate, ascorbic acid, inositol, calcium chloride, calcium phosphate , ferrous sulfate, zinc sulfate, manganese sulphate, cupric sulphate, sodium chloride, sodium citrate, potassium citrate, potassium hydroxide, sodium selenite, taurine, nucleotides (adenosine 5'-monophosphate, cytidine 5'-monophosphate, disodium guanosine 5'-monophosphate, disodium uridine 5'- monophosphate).

VEMBER, 1938

Is Anyone in Washington Mentally Sound?

By CARLETON DEEDERER, M.S., M.D.

(Not a political document, but a plea for fresh, unpolluted air)

Vitamin D in animal feed lots
(Kummerow, Urbana)

Ration	Vit D assay	NRC requirement
Swine	780	57
Chicken	1600	227
Beef	8000	None

(Figures in Iu per lb of feed)

Type of Milk	Calcium (mg)	Phosphorus (mg)	Vitamin D (µg D3)
Human	**35**	**15**	**0.01**
Cow	**117**	**93**	**0.09**
Cow and Gate Plus	**85**	**55**	**1.10**
Rite Aid formula	**63**	**42**	**1.5**

(all per 100 ml)

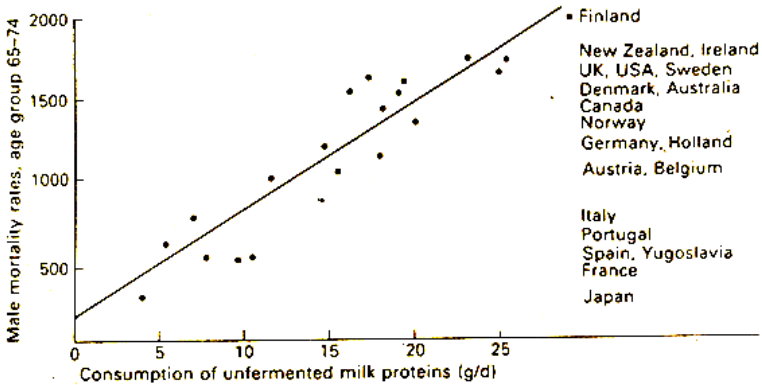
TYPICAL VALUES (per 100 ml)

	Ca mg	P mg	D Iu	Ca x P	Ca x P x D
Min RDA	5	25	40	125	5000
Mature human milk	50	25	3	1250	3750
Typical commercial Formula	75	65	63	4875	307125
Cow's milk	186	145	3	26970	80910

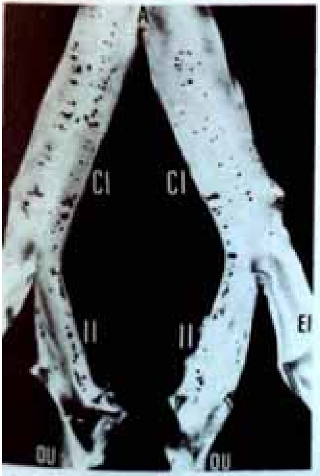
Consider baby aged 9 months, weighing 20 lbs., consuming 1500 ml formula/day

Calcium intake = 1125 mg = **56 mg/lb/day**
Phosphorus intake = 975 mg = **48 mg/lb/day**
Compare: adult of 150 lbs on RDA Ca 800 mg = 5.3 mg/lb/day
P 500 mg = 3.5 mg/lb/day

Figure 4.5: Male Coronary Mortality Rates 1977–80, age group 65–74, and the Consumption of Unfermented Milk Proteins. Food consumption statistics predate mortality statistics by 7.5 years.



Source: Reproduced from D.L.J. Freed (ed.), ***Health Hazards of Milk*** (Bailliere Tindall, London, 1984), p. 222, by permission of the publisher.



[illegible] 5.—Calcifications (black) in the common iliac (CI) [illegible] internal iliac (II) arteries of a 16-month-old infant [illegible] died of pyemia. Grade II lesion. Von Kossa [illegible]. Millimetre scale to the left. (A) bifurcation [illegible] aorta. (EI) external iliac arteries. (OU) obliterated umbilical arteries.

FIG. 6.—Calcific deposits (black) in the left iliac arteries of a 6-day-old newborn (birthweight [illegible] g). Von Kossa reaction. Pronounced calcific incrustations in the common iliac artery (CI) and [illegible] in the internal iliac artery (II). External iliac artery (EI) is free of deposits. [illegible]

[illegible] of the newborns, even when the common [illegible] internal iliac arteries were severely involved [illegible]. In the external iliac and femoral arteries [illegible] calcific deposits usually appear later in child[illegible] and up to the end of the first decade of life. [illegible] any calcific incrustations only could be [illegible] on the luminal surface of these [illegible]

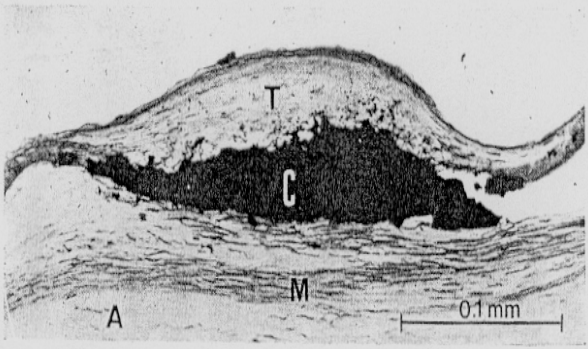
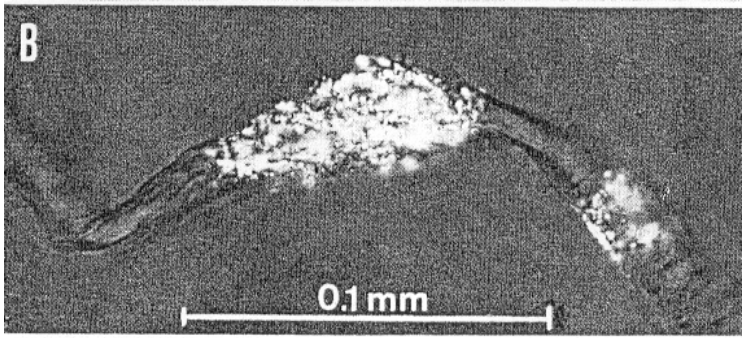


FIG. 5.—*Larger calcific deposit (black, C) in the wall of the carotid siphon covered by a thick layer of the connective tissue (T). M, media; A, adventitia. 12-year-old boy who died after an accident.*



: *Smaller early calcific deposits in the internal elastic layer of the carotid*
erial sections by Von Kossa's (A) and Voigt's technique (B). Von Koss

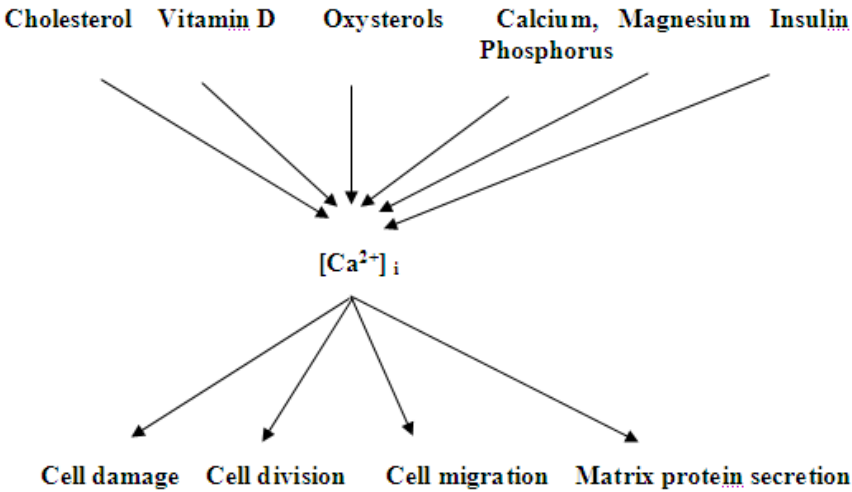

Cholesterol
Vitamin D
Oxysterols
Calcium, Magnesium Phosphorus
Insulin
[Ca2+] i
Cell damage
Cell division
Cell migration
Matrix protein secretion

Figure 1a.
Case 1, aged 17 years.

Figure 1c.
Case 2, aged 4 months and aged 12 years.

Figure 1c.
Case 3, aged 7 years.

Figure 1d.
Case 4, aged 8 months and aged 3 years.

Figure 1e.
Case 5, aged 10 years.

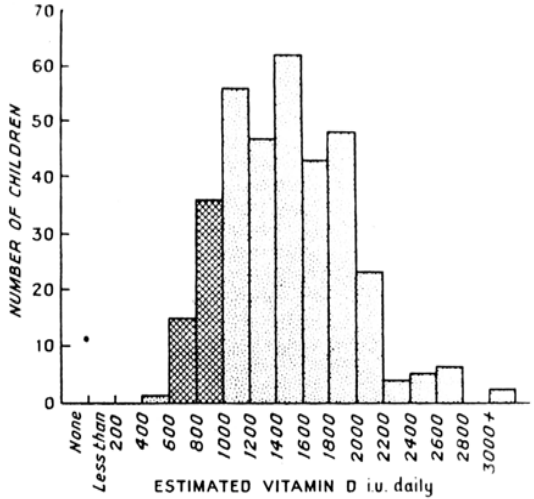
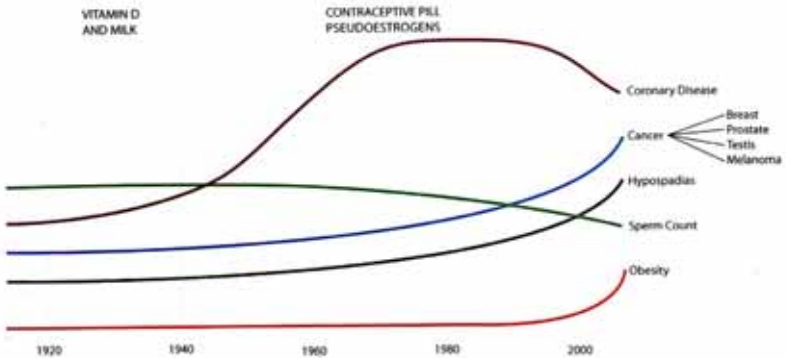


Fig. 4—Of 348 babies fed on proprietary brands of dried milk 263 (75 %) had vitamin-D supplements: 172 had cod-liver-oil compound; 65 had adexolin; 16 had halibut-liver oil; and 10 had other preparations.

BLOOD LEVELS OF 25(OH)D3, Ca, Mg and P in KERALA

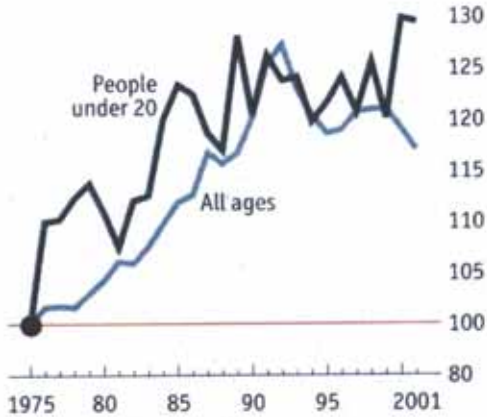
	Outdoor Workmen	Fisher-men	Indoor Workmen
	(n=11)	(n=16)	(n=22)
25(OH)D3 (ng/ml)	170	111	36
Calcium	10.8	10.4	10.0
Magnesium	2.0	2.0	2.0
Phosphorus	2.5	2.2	1.9

$p<0.0005$ for 25(OH)D3 in outdoor vs. indoor workmen.


VITAMIN D
AND MILK
CONTRACEPTIVE PILL
PSEUDOESTROGENS
Coronary Disease
Cancer
Breast
Prostate
Testis
Melanoma
Hypospadias
Sperm Count
Obesity
1920
1940
1960
1980
2000

The tragic climb

Cancer incidence per 100,000, 1975=100



Source: National Cancer Institute