

**Supercharge  
your food**

# The research of Dr. Weston & Price

If any people group stick to their own traditional diet, they live the longest

- For instance – you cannot put a Japanese on an Eskimo's diet!
- We have to look back at the diet of our grandparents to get an idea of our traditional diet
- Outcome based research – we can see what the people do that live the longest & strongest

# I. Make sure you have adequate amounts of good fats in your diet:

## a. Real Butter

- High vitamin butter
  - Cows on green grass(or carrots, etc.)
- Buterate
  - A 4 carbon fatty acid out of butter – that acts as the main fuel for the colonic epithelium
- Non-esterified **VitA**
  - Builds mucosal linings
  - Natural form and in natural ratio with VitD
  - Helps protein utilization in the body(builds muscle)
  - Promotes healthy hormone levels
- Good source of vitK2! (activator of VitA&D)

## b. Coconut oil

- MCT oil
- Increase energy to heart muscle
- Helps thyroid work optimally
- Disrupt the lipid membranes of viruses
- Does not damage when heated
- Inhibit cancer growth
- Great for brain function (ketogenic pathways)
- Lauric acid = anti-microbial

## c. Cod liver oil

- Great source of omega 3 fatty acids and natural VitA & D
- #1 Superfood

## II. Fermented foods

- a. Kefir, yogurt, sauerkraut, etc.
- b. Abundance of probiotic germs but also metabiotics
- c. You have more than 1kg germs in your stomach, more than 5000 species
- d. Proper maintenance of them are crucial to your health
- e. These germs are very sensitive to chemicals in GMO foods
- f. A polypeptide containing mainly glycine and proline

### III. Gelatine rich foods

- a. Glycine acts on GABA receptants in the brain and also helps against prostatitis
- b. Basic building block of type III collagen
- c. Inhibits the enzymes cancer cells use to spread with
- d. Beneficial for water balance in the intestines and promote regular bowel movements
- e. Broths and stocks
- f. Aspic???

## IV. Tradition of soaking grasses, legumes and nuts

- a. This activates the phytase enzyme that breaks down phytic acid in foods
- b. Makes them much easier to digest
- c. Up to 4x more minerals are absorbed due to the absence of phytic acid

## V. Nutrient dense foods

- a. High Brix veggies \*Quick review\*
- b. Organ meats – liver once a week
- c. Eggs – at least 2 daily



# Fat Smoothie

- 1 cup Kefir
- 2 Whole Eggs (double yolks if possible)
- ¼ Cup Cream (yellow – green grass/carrots)
- ½ Banana / ¼ Cup Berries
- 15 – 30ml Cod Liver Oil
- Cinnamon, Cardamom Ext – ¼ tsp each

# Optimizing male hormone levels

- Reduce excess from
  - IP6 – 1 scoop twice daily
  - Blood letting
  - Aim for ferritin level between 60 – 80 krebs
- Supplement zinc 30mg – 1 to 3x daily plus manganese 5mg – 2 to 3x daily for 6 weeks then 1 daily of each
- Testofen(extract from the natural spice fenugreek) one time daily
- Natural VitA – like in the “Smoothie” (daily)
- Levels should double in 8 weeks including sperm count
- High vitamin butter daily
- Liver once a week