Introducing Dr. Weston A. Price

So I wanna share with you guys or take a moment to highlight one of maybe the most amazing human beings that you've never heard about. So the work that we do and the people who are like me to do this work are not new or cutting edge.

We're just really living out the works of our predecessors who have some undeniable truths. I want to talk to you about a man named Dr. Weston A. Price.

Dental Problems and the Search for Answers

He was a dentist, but Dr Westen Price in the early 1900s started to notice some things that he didn't previously see in dentistry, such as cavities, palate deformation, jaw misalignment.

He just started noticing some things about the mouth that wasn't things that he was seeing early on in his career. And like a good ethical doctor, he said, well, why?

And he couldn't find the answers. So what he did was embark on a 10-year study.

Ten-Year Study of Native Diets

And he went around and traveled to 14 different countries and he investigated native tribes and cultures and heritages and studied what was going on with them and their health while consuming their native diets.

And interestingly enough, this man didn't find any kind of cavities or palate issues or mouth or jaw deformations. What he found was actually amazing.

beautiful, healthy people. No disease, no mouth issues, nothing. And they were eating the following, high fat, moderate protein, next to zero carbohydrates, and these people were some of the healthiest in the world.

Healthy Tribes and Traditional Foods

Then what he did was compared these native tribes and cultures and heritages from their native diets to what happened once they introduced to the modernization of diet with white flour and white sugar.

He wrote this book called Nutrition and Physical Degeneration. This book, without a doubt, proves, yes, I said that correct, this books without doubt proves that nutritional deficiencies are the root cause of all illness.

That was not his intention when he did this. He did it more about dentistry.

Modern Diet, Degeneration, and the Book

But he was amazed to find by traveling to 14 different countries over 10 years that none of these people had a disease until they were introduced to white flour and white sugar.

So we in today's world owe a great a gratitude to Dr. Weston A. Price and his amazing work. The Dr Westen A Price Foundation is still in existence.

Legacy of the Weston A. Price Foundation

I would urge you to look up Dr Wesson a Price, check out the Dr, Westin A price foundation and do as much reading and research as you can on what this man proved because knowing that nutrition can set you free can

save you a world of ailments and issues.