WiseTraditions 2014
15th Annual Conference of the Weston A. Price Foundation

CONFERENCE PROGRAM

Focus on Food
November 7 - 10, 2014
JW Marriott Indianapolis Hotel
Indianapolis, IN

Dedicated to the memory of Mary G. Enig, PhD

The Weston A. Price Foundation®
Education • Research • Activism
The Weston A. Price Foundation is a nonprofit, tax-exempt charity founded in 1999 to disseminate the research of nutrition pioneer Weston A. Price, DDS, whose studies of isolated, nonindustrialized peoples established the parameters of human health and determined the optimum characteristics of human diets. Dr. Price’s research demonstrated that men and women 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 American diet through education, research and activism and 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-based infant formula.

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 Weston A. Price Foundation is supported by membership dues and private donations and receives no funding from the meat or dairy industries.
November 7, 2014

Dear Friends of the Weston A. Price Foundation,

Have you seen the news? Butter consumption is up, and even the Diet Dictocrats are admitting that butter is not so bad after all. While WAPF is never mentioned, it’s clear that our work in the background has had a lot to do with this new attitude. Let’s celebrate this change—a turn away from industrial oils to healthy animal fats—at this our 15th annual Wise Traditions conference!

This year’s theme—Focus on Food—will focus on the only thing that can provide the basis for good health, generation after generation.....real, whole, nutrient-dense food. This conference will look at food from a variety of viewpoints—from the science of nutrition, to the nourishment of the soil, to the traditional foodways of our ancestors, to the practical application of food preparation in our own kitchens.

The biggest complaint we get about our conferences is this: “I can’t decide which talk to attend!” That’s a deliberate policy on our part—we try to make every track as interesting as possible. In fact, we have almost forty outstanding speakers this year, and four to five tracks every day. But fortunately, you don’t have to choose because audio recordings of all the speakers and video recordings of many will be for sale at the Fleetwood Onsite Conference Recording table. These recordings will also be available through our website, westonaprice.org.

This conference offers Continuing Education Units (CEUs) for nurses and acupuncturists and you may still sign up for them. Please go to Registration and then to the Continuing Education Desk. To receive credit, you must sign in at the Continuing Education Desk each day.

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 JW Marriott Indianapolis Hotel to provide delicious, nutritious meals featuring a variety of our farm-fresh foods. And this year, all of our 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 Lydia Rose Sifferlen 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
We would like to acknowledge and thank our sponsors and partners for their generous support of the Weston A. Price Foundation and of our 15th Annual Conference.

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Gratitude

A conference like WiseTraditions 2014 is only possible through the efforts of many individuals.

We are grateful to…

• The Weston A. Price Foundation staff
• PTF & Associates
• Board members of WAPF and FTCLDF
• Platinum, Gold, Silver, Sponsoring Exhibitors & Regular Exhibitors
• Food donors, speakers, volunteers, and attendees
• Chefs and kitchen staff

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

The Pioneering Spirit of Mary G. Enig (1931-2014)

My mentor and friend, Dr. Mary G. Enig, died September 8, 2014 at the age of eighty-three years. I want to honor her life by talking about her pioneering research and the profound impact it has had on the fields of nutrition and health.

Early in her career, Mary challenged the widely held assumption that saturated fats and cholesterol cause heart disease and cancer. She established the connection between margarine and other hydrogenated fats and the development of heart disease, cancer and other ills. Furthermore, she found cogent evidence that trans fatty acids contribute to such diseases by foiling the liver’s oxidase enzyme system so that it cannot properly metabolize drugs and pollutants. By researching and publishing data on the trans fatty acid composition of more than five hundred common foods, Mary gave nutritionists and their clients a useful tool for knowing what foods to eliminate from their diets. This is vital information for anyone who desires optimum health and longevity. All of us who are eating butter today instead of margarine, should be grateful for the research—and bravery—of Dr. Mary G. Enig.

Mary also pioneered research on coconut oil, a much maligned and misunderstood saturated fat that was vilified for years by establishment “health experts.” Thanks to Mary, it’s now widely known that coconut oil promotes optimum health. Coconut oil is rich in lauric acid, a health-promoting fatty acid with anti-microbial properties that has been proving its mettle in trials with AIDS patients and others suffering from compromised immune systems. Mary’s theories about “conditionally essential” saturated fats are already proving to be one of the missing links to the development of effective anti-aging therapies.

Mary inspired me daily with her courage and integrity. Over the years, she was consistently ahead of mainstream scientists and nutritionists, pushing their envelopes, thinking outside the box, and threatening the status quo. Not surprisingly, she was subjected to a great deal of criticism, not to mention bullying from powerful food industry interests. Mary not only refused to kowtow to these pressures but boldly moved on to new and equally controversial causes, even as the world of health science caught up with, and belatedly recognized, her earlier findings.

Mary’s commitment to education led her to teach classes and workshops for college students and professionals. Even more importantly, she became active with the Price-Pottenger Nutrition Foundation of San Diego and then served as a founding board member and vice president of the Weston A. Price Foundation in Washington, DC. I was deeply honored to succeed Mary as vice president of WAPF when she retired to emeritus status in 2011.

By teaming up with Sally Fallon Morell, founding president of WAPF, Mary found a highly effective way to fight the diet dictocrats and ensure that her work would reach the public far sooner than the narrow and often entrenched world of academia would ever allow. Their book Nourishing Traditions, first published in 1995, plus dozens of articles and letters to the editor written for Wise Traditions, Nexus, the Townsend Letter and other magazines and newspapers had an impact on tens of thousands of men, women and children. The work of the “brazen duo”—as they were often called—invariably incited controversy, but helped people think for themselves regarding such issues as fat in the diet, the deficiencies of vegetarian diets, the dangers of commercial infant formulas and other important diet and health topics.

Finally, Sally and Mary helped blow the whistle on the food industry-sponsored myth of soy as being the miracle food for the millennium. Their articles pulled no punches and drove me to begin research on the dangers of soy, a project that led, in turn, to my enrolling in a PhD program in nutritional sciences at the Union Institute and University in Cincinnati. My 2004 Union dissertation became the 2005 book The Whole Soy Story: The Dark Side of America’s Favorite Heath Food. Mary graciously served on my doctoral committee at Union, and generously shared her expertise on fats and oils and their myriad roles in health and longevity. She held me to high standards of academic excellence, took genuine pleasure in my successes and encouraged me to thank her by paying it forward. I am deeply blessed to have known this remarkable woman and role model.

Kaayla Daniel, PhD, CCN
Wise Traditions CONFERENCE 2014

Limiting the amount you eat at each meal.

Fermented or gas. It is not harmful, simply uncomfortable. We recommend

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.ptfassociates.com/wise/survey

Conference Evaluation
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https://www.ptfassociates.com/wise/survey

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 healthcare 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 healthcare professionals. The nutritional and other information provided at this conference are not intended to be and do not constitute healthcare 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. Thus, the Weston A. Price Foundation cannot vouch for the quality or efficacy of any of the products sold at Wise Traditions 2014.

Name Badges
Your registration name badge is your admission ticket to all sessions. Plus it helps create community when we can see each other’s name and city. You must wear your badge at all times if you plan to enter a session room. All monitors have been instructed to restrict admittance to badged registrants only.

Meals
Your meal tickets were given to you at registration. Please provide that to the volunteer at meal time. If you do not have your ticket, you will not have access to a meal. Please see the Registration Desk if you are in need of a meal ticket. There is plenty of food for all. One complaint we have each year is that people waste food. Please don’t overload your plates but rather take a reasonable amount and return for seconds if you are still hungry.

Children Meals
Please note that the Children’s Program is closed during the lunch and dinner hours daily. If you purchased meals for your child in this program, your child will dine with you and the other attendees for every meal except the Saturday evening banquet.

Fermented Foods
Our menu includes delicious, healthy fermented foods and drinks which offer 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 Sunday and Monday
Sunday after the closing session there will be a dinner using our foods for a small fee. See the schedule for Monday activities – you can still register for those.

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.ptfassociates.com/wise/survey

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.

Handouts
Only a small number of 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 those that we have received are posted for you to download. These are listed in alphabetical order by the presenter’s last name. https://www.ptfassociates.com/wise/handouts

Conference Recordings
Please visit the Fleetwood table to inquire about ordering recordings of this or past conferences or westonaprice.org after the conference.

Photo/Video Release
The Wise Traditions Conference plans to take photographs during the 2014 conference and reproduce them in educational, news or promotional materials whether in print, electronic or other media including 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 property of the Weston A. Price Foundation.

Liability
By registering and attending the Wise Traditions 2014 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 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 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 and also businesses based on a multi-level marketing business model, including independent associates connected with such businesses. However, 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 sold at Wise Traditions 2014.
SCHEDULE AT A GLANCE

Friday, November 7th
7:00-6:30pm Registration
7:00-7:45 Gentle Movement
7:30-10:00 FTCLDF Breakfast
8:00-8:45 How to Sit Comfortably
9:00-12:00 FALLON MORELL Traditional Diet - I
10:00-12:00 CAMPBELL-MCBRIDE GAPS - I
MASTERJOHN Ancient Wisdom, Modern Science
SENEFF Pesticides, Antibiotics,Vaccines & Pharma - I
LOWENFELS Teaming with Microbes - I
12:00-1:30 Lunch in JW BALLROOM & Visit Exhibits
1:30-3:00 FALLON MORELL Traditional Diet - II
CAMPBELL-MCBRIDE GAPS - II
MASTERJOHN 20th Century Attack on Foods
SENEFF Pesticides, Antibiotics,Vaccines & Pharma - II
LOWENFELS Teaming with Microbes - II
3:00-3:30 Break & Visit Exhibits
3:30-5:00 FALLON MORELL Traditional Diet - III
CAMPBELL-MCBRIDE GAPS - III
MASTERJOHN The Fat-Soluble Trio
SENEFF Pesticides, Antibiotics,Vaccines & Pharma - III
LOWENFELS Teaming with Microbes - III
6:30-8:00 Buffet Dinner in JW Ballroom
8:00-10:00 WILLIAMS “CASPER’S” – A Hidden Epidemic
MANOOKIAN Toxic Vaccines: The Current Science
SCHAUSS Effects of Environmental Toxicity on Chronic Illness
MONASTYRSKY Making Sense out of Fiber Nonsense
HARTKE The Food Rights Struggle

Saturday, November 8th
6:00-6:45 Gentle Movement
7:00-9:00 FTCLDF Breakfast
7:00-6:30pm Registration
7:00-7:45 Relieve Neck & Shoulder Tension as above
9:00-9:30 FALLON MORELL Weston Price Intro
9:00-10:30 FARRELL Tree Tapping Opportunities for Everyone
MONASTYRSKY The Art of Eating Without Harm I
9:30-10:45 HARTNELL Wild Seafood
10:30-10:45 Morning Break & Visit Exhibits
10:45-12:15 MONASTYRSKY The Art of Eating Without Harm II
MOODY Six Inches of Soil,
11:00-12:15 KRESSER The Acid-Alkaline Myth
12:15-1:45 Lunch in JW BALLROOM & Visit Exhibits
1:45-3:00 COWEN The Health Secret of All Indigenous People - I
DANIEL The Science of Broth
FOREMAN The Chicken Series
3:00-3:15 Afternoon Break & Visit Exhibits
3:15-4:30 BEY Growing Your Own Nutrient-Dense Vegetables,
COWEN The Health Secret of All Indigenous People - II
KEITH Vegetarian Myths
4:30-6:00 Visit Exhibits
6:30-10:00 MINGER Awards Banquet
Awards Banquet
Death by Food Pyramid
## SCHEDULE AT A GLANCE

### Sunday, November 9th

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<th>Time</th>
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<tr>
<td>6:00-6:45</td>
<td>Gentle Movement</td>
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<td>7:00-7:45</td>
<td>The Ease of Good Alignment as above</td>
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<tr>
<td>7:00-9:00</td>
<td>FTCLDF Breakfast</td>
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<td>7:30-5:30</td>
<td>Registration</td>
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<td>9:00-10:20</td>
<td>BOCK Ferments</td>
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<td>GOKHALE Bending, the Bane of our Backs</td>
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<td>LOKENSGARD Cardiovascular, Periodontal Disease</td>
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<td>MARLOWE Understanding Your Own Blood Test Results - I</td>
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<td>SCHAUSS The Effect of Food on Cognitive Function</td>
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<td>10:30-11:50</td>
<td>GALLO Amalgam &amp; Dental Implants Dangers</td>
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<td>JONES Traditional Inupiat Food Wisdom, Recipes &amp; Technologies</td>
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<td>MARLOWE Understanding Your Own Blood Test Results - II</td>
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<td></td>
<td>MONASTYRSKY Why One Calorie for Her May Be One-Half Calorie for Him</td>
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<td>SCHUETTE The Dough Also Rises</td>
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<td>11:50-1:30</td>
<td>Brunch and Visit Exhibits</td>
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<td>1:30-2:50</td>
<td>MOODY Continuous Kombucha</td>
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<td>FALLON MORELL Foodways of the Australian Aborigines</td>
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<td>HANG Does Orthodontics As Well As Nutrition &amp; Growth</td>
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<td>SIEBECKER Treating SIBO with Traditional Food</td>
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<td>WILD Tongue &amp; Fingernail Signs of Nutritional Deficiencies - I</td>
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<td>2:50-4:00</td>
<td>Break &amp; Visit Exhibits</td>
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<td>4:00-5:20</td>
<td>MASTERJOHN Foodways of the Maasai</td>
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<td>MOODY Food Co-ops</td>
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<td>NAGEL Traditional Foods for Preventing Tooth Decay &amp; Gum Disease</td>
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<td>SCHUETTE Reviving Health through Gentle Detoxification</td>
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<td>WILD Tongue &amp; Fingernail Signs of Nutritional Deficiencies - II</td>
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<tr>
<td>5:30-6:30</td>
<td>My Own Health Secrets</td>
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<td>Sally Fallon Morell</td>
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<td>Ballroom A-E</td>
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### Monday, November 10th

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<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>07:00-5:00</td>
<td>WINTER Farm Visit</td>
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<tr>
<td>9:00-12:00</td>
<td>GOKHALE Gokhale Method Posture Workshop</td>
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<td>9:00-4:00</td>
<td>DRU WAPF Cooking</td>
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<td>ROBBINS Homeopathy Workshop</td>
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<td></td>
<td>WILLIAMS Wiser Nutritional and Dietary Choices Through MRT Self-Testing</td>
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<td>9:15-10:30</td>
<td>SELICK Raw Milk Legal &amp; Legislative Issues in Canada</td>
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<td>KENNEDY Raw Milk Legal &amp; Legislative Issues in USA</td>
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<td>10:45-12:00</td>
<td>MCAFEE RAWMI Progress &amp; Lessons from the Listed</td>
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<td>1:00-4:00</td>
<td>LITTMAN MELT: Hands-Off Bodywork</td>
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<td>1:15-2:30</td>
<td>FALLON MORELL Producing Safe Raw Cheese</td>
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<td>2:45-4:00</td>
<td>DALEY A New California Raw Milk Dairy</td>
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### 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 for free.

**First timer?** We recommend Friday’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.
Growing Your Own Nutrient-Dense Vegetables
The talk emphasizes the importance of biomimicry (following fundamental ecological principles) in gardening. Dr. Bey will cover the basic concepts and techniques for growing vegetables that are high in nutrients. Emphasis will be on ways to create healthy soils that are biologically alive and filled with the required minerals. He will show how even small spaces can be managed to give big yields. Special topics covered will include paramagnetic effects, double-digging, compost tea, cover crops, use of structured water and much more.

Calvin F. Bey is a retired USDA Forest Service scientist with a great concern about health, environment and sustainability issues. He writes, consults and teaches courses on how to grow nutrient-dense vegetables. Calvin has been gardening for more than forty years, using organic and biointensive concepts. He grew up on a dairy farm in Michigan, but now lives in Fayetteville, Arkansas where he grows about forty different kinds of fruits and vegetables.

Rebuilding the Gut with Fermented Foods
The digestive system is the foundation of your health! Current research shows us that the bacteria that live in our gut could be the key to disease-prevention, weight control, diabetes, inflammation, arthritis, allergies, and many other issues. Millions of people take expensive over-the-counter medications on a daily basis to mask the uncomfortable symptoms of nutrient deficiency and the effects of stress, but these problems could be solved simply using the probiotics found in fermented foods. Learn the three different kinds of fermented foods that you need to include in your diet for optimum digestive and immune-building effects. Be certain you know the fermented foods you may want to avoid for the potentially damaging effects. Recipes, samples, handouts, and demonstrations will be provided.

Summer Bock is a master fermentationist who guides people to experience a deeper level of healing. Her mission is to improve people’s health radically while empowering them to revolutionize the local food system using delicious, local and healthy food. A skilled herbalist with a background in microbiology, she is certified by the Institute of Integrative Nutrition and Columbia University. Summer has created an avid following with her signature programs, The Probiotic Power Cleanse, Gut Rebuilding, and the yearlong Fermentationist Certification Program. On sunny days she can be found rollerblading down the streets in the Pacific Northwest. Find out more at www.SummerBock.com.
FRIDAY 10:00-5:00 1ST FLOOR WR BALLROOM E

GAPS Syndrome
Dr. Campbell-McBride will be talking about GAPS Syndrome, 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. Both for those who are learning about GAPS for the first time and those who are already experienced, this seminar—which contains information used in the recent GAPS Practitioner Certification Courses—is a must.

Natasha Campbell-McBride, the author of Gut and Psychology Syndrome, holds two postgraduate degrees in neurology and human nutrition. She lives in Cambridge UK, where she has her clinic. She is the creator of the term GAPS or Gut And Psychology Syndrome and Gut And Physiology Syndrome, which establishes a connection between functioning of the digestive system and functioning of the rest of the body. She has written two books: Gut And Psychology Syndrome. Natural treatment of autism, ADHD, dyslexia, dyspraxia, depression and schizophrenia, and Put your heart in your mouth. What really causes heart disease and what we can do to prevent and even reverse it. Dr. Campbell-McBride has a large following around the world with patients and health practitioners adopting her GAPS nutritional protocol for treating disease. See the website www.gaps.me

SATURDAY 1:45-4:30 1ST FLOOR WR BALLROOM G-J

The Health Secret of All Indigenous People
In my book, The Fourfold Path to Healing, the fourth “fold” is about thinking, but in our health discussions we don’t talk about this much, we don’t ask our patients how they think, we don’t “correct” or “treat” their thinking. Yet it’s clear that the people Weston Price dealt with had a very different outlook and way of thinking than we do. The question is: does our way of thinking affect our health? My answer is yes, and maybe profoundly. This talk will address the different ways of thinking and seeing the world and provide insight into how these different ways of thinking may affect our health.

Tom Cowan is a holistic physician in private practice in San Francisco. He is the author of 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.
**Bone Broth for Health: A Look at the Science**

A South American proverb claims “Good broth will resurrect the dead.” While that’s clearly an exaggeration, chicken soup has enjoyed a reputation as “Jewish penicillin” and bone broths are served to convalescents all over the world. In this presentation, Dr. Kaayla Daniel, vice president of the Weston A. Price Foundation, will review the science that supports consuming bone broth for healthy bones, joints, skin, digestion, immunity and emotional stability. She will discuss 19th and early 20th century studies on gelatin, as well as more recent investigations into the “conditionally essential” amino acids proline, glycine and glutamine and “the essential sugars” N-Acetylglucosamine and N-Acetylgalactosamine. Finally, she will report on Dr. John F. Prudden’s clinical trials healing osteoarthritis, rheumatoid arthritis, scleroderma, psoriasis, Crohn’s, wound healing and even cancer with cartilage. In short, much science supports the ancestral wisdom of consuming bone broth.

**Kaayla Daniel**, is The Naughty Nutritionist because of her ability to outrageously and humorously debunk nutritional myths. She is vice president of the Weston A. Price Foundation, a member of the board of directors of the Farm-to-Consumer Legal Defense Fund, and in 2005 received the Weston A. Price Foundation’s Integrity in Science Award. Dr. Daniel is author of *The Whole Soy Story: The Dark Side of America’s Favorite Health Food* (New Trends, 2005) and has made numerous media appearances, including the Dr. Oz Show and PBS Healing Quest. Her website is www.drkaayladaniel.com.

**A New California Raw Milk Diary**

This session will focus on the steps required to pass through the grade A permit and licensing process, including all state and county agencies that are involved and their associated costs. We will also cover the details of the on-farm Risk Analysis & Management plan to meet & exceed the needs of state standards as we work toward safe production methods for raw milk.

**Cynthia Daley** is a professor at the College of Agriculture at California State University Chico. In 2007 she created an organic dairy program on the CSU University Farm. She established an applied research program to enhance the sustainability of organic dairy farms through improved soil fertility, enhanced grazing practices, and value added marketing. Dr. Daley has also worked to establish the nutritional benefits of grazing on lipid and antioxidant profiles in grass-fed milk and beef. Her research was recently published in the *Nutrition Journal* and continues to provide justification for “value added” nutritional labeling. www.csuchico.edu/agr/grassfedbeef

Most recently, she has been working to develop a raw milk dairy and creamery on her farm. To address food safety measures, she applied her training in molecular genetics to the development of a food safety testing procedure as a part of her on-farm risk management program. She hopes others will create similar programs to support safe raw milk production and healthy communities.
Grease, Guts, Bones, Grass, Shoots & Pickles; The Stuff Great Meals Are Made Of

The session entails a full meal-preparation demonstration including a soup, starter, main course, fresh vegetable and grain side dishes, followed by dessert. The menu will incorporate the following six principles of ancestral cuisine: vital saturated fat and cholesterol (grease); organ meat & offal (guts); meat on the bone and bone stock (bones); safe-to-consume raw animal food (grass); properly prepared seed foods (shoots); and lacto-fermented and cultured foods (pickles). During this full-day session, we will explore the power of the ancestral meal to heal mind, body and spirit by means of irresistible and digestible plate composition and presentation. Traditional cooking techniques such as slow braising and basic reduction sauce procedure, utilized by master chefs to elevate everyday meal preparation to an art form, will be demonstrated step by step. Participants will gain the confidence to draw family and friends away from the nonstop noise and competing activities of life to a table that beckons with promise of the profound satiety our wise ancestors enjoyed 365 days a year.

Annie Dru is an ancestral cuisine educator facilitating traditional food preparation classes throughout San Diego County. A mother of four grown sons, she has been a keen student of nutrition for nearly thirty years, and has explored many approaches during the course of her journey, including macrobiotic, vegan and Ayurvedic diets. Founder of the Lardmouth Ancestral Cuisine Academy, Annie left a promising career in music to focus on restoring her own health, eventually empowering others to do the same by employing the ancient principles of ‘grease, guts, bones, grass, shoots and pickles.’ An advisory board member of the Price-Pottenger Nutrition Foundation, Annie has addressed audiences at the University of California (San Diego and Santa Barbara campuses) and at San Diego State University.
Seminar on Traditional Diets

Animal fats, properly prepared whole grains, enzyme-enriched 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 of Dr. Weston Price’s unforgettable photographs of healthy traditional peoples, Mrs. Fallon Morell explains the underlying factors in a variety of traditional diets, which conferred beauty, strength and complete 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, high-enzyme 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;
- The magical powers of raw whole milk from pasture-fed cows;
- The dangers of modern soy foods and soy infant formula;
- The conspiracy to promote vegetable oils and hydrogenated fats;
- Foods that help babies grow up smart and strong;
- Old-fashioned foods that give limitless energy and vibrant health, and
- The unfortunate consequences of modern farming methods.

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.

Part I: Introduction to the work of Dr. Price and discussion of the underlying characteristics of healthy traditional diets.

Part II: Fats and oils in traditional diets. Learn about the basics of lipid biochemistry and how to choose good fats and avoid the bad.

Part III: How to change your diet for the better. Practical advice for busy parents including easy recipes for snacks, soups, breakfasts, desserts and enzyme-enriched beverages and condiments.

Introduction to the Work of Dr. Weston A. Price

A brief overview of the work of Dr. Price appropriate for those new to his work and a good refresher for those who are familiar with it.

Foodways of the Australian Aborigines

The Aboriginal people of Australia were considered the most "primitive" of all nonindustrialized peoples, living without organized agriculture, clothing or metal technology. Yet this "paleolithic" people created skillful tools, consumed grains and legumes, and practiced sophisticated land management techniques. Most importantly, they understood the importance of fat in the diet, always seeking the fattest sources of animals, insects and seafood. This lecture will explore the foodways of the Australian Aboriginal peoples and the land management methods they used to make a difficult environment fertile and fruitful.
My Own Health Secrets
We all need to tailor our diet to our needs while still incorporating the eleven WAPF principles of healthy diets. Find out how Sally tweaks her diet to fit her own health challenges.

Producing Safe Raw Cheese
Cheese is a processed product and, whether raw or pasteurized, it needs to be produced under strict sanitary conditions. Sally Fallon Morell will share her experience as a cheese maker speaking about sanitation, plant maintenance and record keeping, and will provide tips on how to pass your FDA inspection.

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 writer of numerous articles and books and serves as editor of Wise Traditions, the quarterly journal of the Weston A. Price Foundation. In 1996, Mrs. 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 www.newtrendspublishing.com

Tree Tapping Opportunities for Everyone
This presentation will address all of the options for tapping trees for sap and syrup production. You will learn about the costs and benefits of developing a sugaring operation on a hobby or commercial basis, including direct syrup production, leasing taps, and buying/selling sap. It will also cover the different types of trees that can be tapped for sap and syrup production, including various species of maple, birch, and walnut. The benefits of using tree sap and syrup as the local, sustainable, and healthy sweetener will be discussed in detail. Participants will come away with many new ideas for making the best use of the trees on their property or in their neighborhood.

Michael Farrell serves as the director of the Uihlein Forest, Cornell University’s maple syrup research and extension field station in Lake Placid, NY. There he taps 5,000 maples, 600 birch trees, and a couple dozen black walnut and butternut trees every year. Michael earned his bachelor’s in economics from Hamilton College, his master’s in forestry from SUNY-ESF, and his PhD in natural resources from Cornell University. He recently published The Sugarmakers Companion: An Integrated Approach to Producing Syrup from Maple, Birch, and Walnut Trees.
**SPEAKERS**

**SATURDAY 1:45-3:00**

**1ST FLOOR ROOM 103-104**

### The Chicken Series

**Part 1 - Why Heritage Chickens Support Nourishing Traditions and Enable Local Agriculture:** This workshop explores the ways chickens can help people navigate these transitional times. Develop action plans to employ family flocks so they create and enhance food-growing topsoil for growing vegetables, nuts and fruits; to be part of emergency preparedness plans; to sequester carbon and decrease carbon footprints—all the while saving community taxes. Understand your egg-shed and learn how employing family flocks is a community service.

**PATRICIA FOREMAN**

**Part 2 - Get Started with Your Family Flock:** Many folks think there is too much to learn about keeping chickens—so they don’t. This workshop simplifies keeping chickens, showing how it’s so easy that children can do it— inexpenisively. This talk covers baby chick and chicken housing, feed, behavior, handling and the newest time-saver devices for low-maintenance management. Learn the advantages of starting with baby chicks vs laying hens. Gain the knowledge necessary to keep, employ and enjoy your family flock successfully.

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**SAVATURDAY**

**CHILDREN’S PROGRAM**

### Kids and Chicks with Oprah Hen-Free

Which came first: the chicken or the child? Usually, it’s the chicken ... with a child trundling afterward, giggling with delight. This hens-on workshop shows kids (and adults) how to handle a chicken responsibly and safely. Learn tips, tricks and traps about how to keep interacting with chickens... and eggs. Children learn about the value of family flocks. We will cover how chickens offer more than just eggs; they also have skills, acting as pesticiders, kitchen waste recyclers, compost creators and entertainers. Understand why chickens are truly pets with benefits.

**Patricia Foreman** writes about sustainable agricultural and is an avid poultry and local foods advocate. She graduated from Purdue University with degrees in pharmacy and agriculture (animal science, genetics and nutrition). She earned a master’s of public affairs from Indiana University’s Graduate School of Public and Environmental Affairs. Pat has kept poultry for 25 years and has experience ranging from backyard homestead flocks to owning and operating a small-scale farm with free-range, organic layers, broilers and turkeys. She is the author of *City Chicks*, co-author of *Chicken Tractor*, *Day Range Poultry* and *Backyard Market Gardening*. She is the developer of the Chickens and You Training Series leading to the master backyard chicken keeper certification. Pat and co-presenter chicken celebrity Oprah Hen-Free have conducted workshops at major fairs and festivals across the country.

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**SUNDAY 10:30-11:50**

**1ST FLOOR WR BALLROOM I-J**

### The Dangers of Amalgam and Dental Implants

“Mercury is a lethal metal. It kills whatever it touches. Root canals follow the same pattern with tissues in its clutches. Today we have a brand new challenge; one with a crazy dance. We thought the others pretty tragic but now watch dental implants”.

**Dr. Gallo** aspires to help you retain your natural teeth for life, create an exquisite smile, and achieve oral health and well-being. Dr. Gallo understands the important relationship between oral and overall health, therefore he takes a whole-body approach to dentistry. He also knows that you cannot achieve optimal health without healthy teeth and gums. Dr. Gallo continues to attend numerous seminars keeping him abreast of current cutting-edge technologies in the areas of holistic, biological, bio-cranial, cosmetic, non-surgical periodontal practices and other dental procedures. He has been practicing mercury-free dentistry for over twenty-seven years.
SPEAKERS

Bending: The bane of our backs?
Human beings have bent forward for millennia to gather, grow and process food. Yet in modern times, bending is often the source of woe and pathology. Modern ways of bending are significantly different from those observed in non-industrial cultures. Modern guidelines on bending have also drifted away from traditional ways. Esther Gokhale presents the benefits of hip-hinging, the bending pattern used by our ancestors. She shows how hip-hinging can help us avoid disc damage, ligament laxity and muscle dysfunction. She will use slides from her travels around the world and guide the audience to safely and comfortably explore a small degree of hip-hinging.

Esther Gokhale, LAc

Gokhale Method Posture Workshop
Learn Gokhale Method basics to restore your natural posture in the context of dance and exercise.

Esther Gokhale has been involved in integrative therapies all her life. As a young girl growing up in India, she helped her mother, a nurse by training, treat abandoned babies waiting to be adopted. This early interest in healing led her to study biochemistry at Harvard and Princeton and, later, acupuncture at the San Francisco School of Oriental Medicine. She lives in the San Francisco Bay Area with her husband and three children. After experiencing crippling back pain during her first pregnancy and unsuccessful back surgery, Gokhale began her lifelong crusade to vanquish back pain. Her studies at the Aplomb Institute in Paris and years of research in Brazil, India, Portugal and elsewhere led her to develop the Gokhale Method, a unique, systematic approach to help people find their way back to pain-free living. Qualified Gokhale Method teachers now teach her approach worldwide. Gokhale has practiced acupuncture and taught posture, dance and yoga in her California wellness center for twenty years. In addition, she has given lectures and presentations to medical schools, medical foundations, professional sports teams and corporations. 8 Steps to a Pain-Free Back is the first book in her series Remember When It Didn’t Hurt. In 2010, Gokhale hosted the television program BACK PAIN: The Primal Posture Solution (available as a DVD).
WILLIAM M. HANG, DDS, MSD

SUNDAY 1:30-2:50
1ST FLOOR WR BALLROOM 1-J

Does Orthodontics as Well as Nutrition and Growth Affect the Airway?
Malocclusion and poor facial balance are largely a product of civilization. Unfortunately, downward and backward growth of the face accompanying malocclusion has become the norm. Recent research shows that people with faces which have not grown properly forward may have reduced airways which contribute to snoring and breathing problems including obstructive sleep apnea (OSA). Many orthodontic treatment plans are retractive in nature and only hasten downward and backward growth of the face. There is a completely different approach to develop the face forward in children, and research has shown that the airway can be improved through its use. This lecture will outline the interplay between diet and malocclusion, how undesirable facial growth may be modified to be more favorable in children and how retractive orthodontics can be reversed in adults.

William M. Hang is a graduate of the University of Illinois College of Dentistry and the University of Minnesota Orthodontic program. After a short career teaching orthodontics at the University of Minnesota, Dr. Hang practiced orthodontics in a very conventional manner for seven years before becoming dissatisfied with the faces the conventional orthodontic approach produced. He embarked on a continuing education journey that has not only led to more beautiful faces but improved breathing. Dr. Hang has spoken to dental groups in the US, Canada, Europe, Japan, Australia and New Zealand and including lectures at Harvard University, Stanford University Sleep Center and the Medical College of Virginia. He has several published articles and appeared on the British equivalent of “Sixty Minutes” on Channel 4 in London.

KIMBERLY HARTKE

FRIDAY 8-10 PM
1ST FLOOR ROOM 103-104

The Food Rights Struggle
Publicist Kimberly Hartke describes the important role of the Farm-to-Consumer Legal Defense Fund in defending our rights to healthy food. Past and recent legal cases and farmers’ personal stories will be highlighted.

Kimberly Hartke handles media relations, government relations and promotion of the FTCLDF, a U.S.-based legal defense fund. The organization works to protect the rights of farmers and consumers to private direct sales and to improve consumer access to nutrient-dense foods, such as grass-fed meat, free-range chicken eggs and farm fresh raw milk. Kimberly is an organizer of the 1300+ member Northern Virginia Whole Food Nutrition Meetup group. She also serves as publicist for the Weston A. Price Foundation, since 2007.
SPEAKERS

SATURDAY 9:30-10:45  1ST FLOOR WR BALLROOM A-E

Wild Seafood – Its Benefits and Its Dangers
Randy Hartnell will explain the nutrient superiority of wild seafood and how it differs from farm-raised seafood. He describes the coastal communities that produce the product and how we are helping them when we purchase wild seafood. He will describe the dangers facing the wild seafood industry by the farm-raised industry and what we can do to protect them.

Randy Hartnell is a former Alaskan salmon fisherman, and the president and founder of Vital Choice Wild Seafood & Organics. Vital Choice has been a proud sponsor of WAPF since 2003, and Randy is a past recipient of the WAPF Activist Award. He lives with his lovely wife Carla in Bellingham, Washington.

SUNDAY 10:30-11:50  1ST FLOOR WR BALLROOM G-H

Arctic Cuisine, Traditional Inupiat Food Wisdom, Recipes and Technologies
Anore will talk and show slides covering the many healthy and delicious foods available above the Arctic Circle. Most are still enjoyed today as they have been for untold centuries. Key processing techniques will be discussed as well as how perfectly this Arctic Cuisine exemplifies Weston Price’s teachings. These are real-time images of one of the many different indigenous cultures Dr. Price originally studied.

Anore Jones and her husband Keith Jones raised their family in northwest Alaska for 23 years while learning and enjoying the traditional Inupiat foods of the area. So impressed with the indigenous Arctic cuisine, that she focused on learning the recipes and technology from local elders and then compiling some of this information into the book *Plants That We Eat, Nauria Niginaqtuat*, 1983, (revised 2010 by Univ. of Alaska Press). The next book, in this series documenting the traditional Inupiat food wisdom, was *Iqaluich Niginaqtuat, Fish That We Eat*, 2006; which is free to the world on the U.S. Fish and Wildlife Service web site under N.W. Alaska, Report FY 02-023. Anore and Keith currently live on Waldron Island in Washington state where she divides her time between giving slide presentations or teaching workshops and developing her five-acre permaculture farm and perennial forest garden.
SaTurday 3:15-4:30                                 1ST Floor Wr BallrooM a-E

The Vegetarian Myth
We’ve been told that a vegetarian diet can feed the hungry, honor the animals, and save the planet. Lierre Keith believed in that plant-based diet and spent twenty years as a vegan. But she argues that we’ve been led astray—not by our longings for a just and sustainable world, but by our ignorance.

   The truth is that agriculture is a relentless assault against the planet, and more of the same won’t save us. In service to annual grains, humans have devastated prairies and forests, driven countless species to extinction, altered the climate, and destroyed the topsoil—the basis of life itself. Keith argues that if we are to save this planet, our food must be an act of profound and abiding repair: it must come from inside living communities, not imposed across them.

Lierre Keith is a writer, small farmer, and radical feminist activist. She is the author of six books including, The Vegetarian Myth: Food, Justice, and Sustainability, which has been called “the most important ecological book of this generation.” She is also coauthor of Deep Green Resistance: Strategy to Save the Planet. She lives in a redwood forest with a dog named Mist. (www.lierrekeith.com)

PETE KENNEDY, ESQ.

MONDAY 9:15-10:30                                   1ST Floor Wr Ballroom G

Raw Milk Legal Updates for the U.S.
Summary of legislation, court cases and other developments in the past year affecting raw milk access for consumers.

Pete Kennedy is an attorney and serves as president of the Farm-to-Consumer Legal Defense Fund. He has assisted and represented dairy farmers facing possible enforcement action in various states as well as helped others to get started in the business of distributing raw dairy products. Pete compiled the state raw milk law summaries posted at www.realmilk.com and has since written articles for Wise Traditions on raw milk distribution. He is currently working with others to challenge the federal ban on the interstate shipment of raw milk for human consumption.
The Acid-Alkaline Myth

The acid-alkaline hypothesis holds that certain foods leave either an acid or alkaline “ash” behind after they are metabolized, and that we should favor alkaline foods (which are primarily plants) over acid foods (which are primarily animal products). This will supposedly protect us from the diseases of modern civilization, whereas eating a diet with a net acid load will make us vulnerable to everything from cancer to osteoporosis. In this presentation I will explore whether current scientific evidence supports the acid-alkaline hypothesis, and clear up confusion about what it means for your health.

Chris Kresser is a practitioner of integrative and functional medicine, the creator of one of the world’s most respected natural health sites, ChrisKresser.com, and author of The New York Times best seller, Your Personal Paleo Code. Widely known for his in-depth research uncovering myths and misconceptions in modern medicine and providing natural health solutions with proven results, his work is frequently cited in national publications such as Time and The Atlantic, on NPR and on Dr. Oz and Fox & Friends, where he has appeared as a guest. He developed the Personal Paleo Code based on over ten years of research, his own recovery from a debilitating, decade-long illness, and his clinical work with patients. Chris maintains a private practice in Berkeley, California, where he lives with his wife and daughter.

The MELT METHOD: Pain Relief/Improved Flexibility without Meds

Learn the innovative new MELT method self-massage technique that focuses on rehydrating the connective tissue and rebalancing the nervous system. Developed by a massage therapist, MELT is a self-treatment technique that improves flexibility and relieves pain from chronic conditions such as arthritis, carpal tunnel, back, knee, hip and shoulder pain, injury and active living. Using MELT therapeutic treatment balls and soft foam rollers, MELT is done in group or private sessions and also at home on your own. www.Meltmethod.com

Karel Littman is an advanced MELT trainer and certified group fitness instructor. She came to MELT from her own pain and injury. Before that she was a lawyer, journalist, training manager and economic development specialist. She has a BA from Smith College in Massachusetts, a JD from Yeshiva University Cardozo School of Law and a certificate from Sarah Lawrence Early Childhood Center.
Cardiovascular, Periodontal Disease and Sugar Metabolism: The Connection

This session will show the connection of the underlying causes of periodontal disease, cardiovascular disease (CVD) and sugar dysregulation. The connection between oral inflammatory mediators and CVD is now firmly established. The presentation will include ways to control oral inflammation and give you the dietary template for a healthy mouth and a healthy heart.

Thomas J. Lokensgard received his BA degree (cum laude) from Concordia College in Moorhead, Minnesota in 1974, majoring in biology with a special emphasis in biochemistry and physiology. He then studied dentistry at the University of Minnesota, graduating in 1979 with a doctor of dental surgery (DDS) degree. In 1980 Dr. Lokensgard started his dental practice in Park Rapids, Minnesota, with an emphasis in cosmetic restorative dentistry. His knowledge deepened as he became interested in orthodontic and cranio-facial procedures in dentistry, taking hundreds of additional hours in CDE credits. He then began to pursue nutrition and anti-aging medicine by completing his NMD degree and gaining diplomat fellowship status with the American Academy of Anti-Aging Medicine (A4M). Dr. Lokensgard, a native of Bloomington, Minnesota, resides in Franklin, Tennessee, with his wife Jan.

Teaming With Microbes: All you Need to Know about the Soil Food Web

Learn what the soil food is, how it operates and how you can use it to grow better food. No one ever fertilizes the redwoods. How do these trees live over 500 years and grow over 300 feet tall without the use of Miracle-Gro or other chemicals? It’s the soil food web and the author off the best-selling, award winning book Teaming With Microbes: The Organic Gardener’s Guide to the Soil Food Web, will help even existing devotees of organic gardening and farming learn better ways to grow healthy, vigorous and nutritious plants without resorting to chemicals that harm the user as well as our environment. Manipulating the soil food web is simple and when you know how, and just as important, when to do it. The tools are readily available and the results are literally, naturally astonishing. Jeff Lowenfels is known for his amazing ability to simplify complicated science and for his quick sense of humor. Both are employed in this entertaining and informative talk. http://tinyurl.com/TeamingWithMicrobes and http://tinyurl.com/TeamingWithNutrients

Jeff Lowenfels is the world’s longest-running garden columnist and award-winning author of Teaming With Microbes: The Organic Gardener’s Guide to the Soil Food Web and Teaming With Nutrients: The Organic Gardener’s Guide to Plant Nutrition. In addition to writing a weekly garden column for 39 years, Jeff has hosted Alaska’s most popular television show as well as a weekly call-in radio program. He writes for national magazines and is a frequent keynote speaker all over North America. A rabid but humorous advocate of chemical-free gardening and farming, Jeff lives in Anchorage, Alaska where he is working on his third book in order to complete a trilogy so he can be called “Lord of The Roots.”
TOXIC VACCINES: THE CURRENT SCIENCE

Leslie Manookian will address why so many people are concerned about vaccines, what the latest science says, why you, and only you, are responsible when vaccines go wrong, and why you won’t hear any of this in the mainstream media.

Leslie (Bradshaw) Manookian was a successful Wall Street business executive and is now a documentary filmmaker and activist. She conceived, wrote, and produced The Greater Good, an award-winning documentary on vaccines that explores the safety, science and ethics of America’s vaccination program. She has been featured in dozens of TV, radio, print and internet interviews as well as appearing at numerous conferences discussing vaccine safety issues and science. She has served on the board, managed or consulted for many organizations in her community and successfully led the charge to defeat a proposed coal plant in her state, helped secure legislation providing consumer access to raw milk, and helped stop the extension of a vaccine tracking registry. She has been a chapter leader for the WAPF for five years, holds a BA, an MBA and a homeopathic qualification.

UNDERSTANDING YOUR OWN BLOOD TEST RESULTS

A presentation to help empower you to have at least a basic understanding of how to decode and interpret standard of care blood test results, such as: the chemistry panel (aka the comprehensive metabolic panel or CMP), the lipid panel, and the complete blood count or CBC with differential. Attention will also be given to the value of some additional labs such as insulin, homocysteine, ferritin, a thyroid hormone panel and reverse T3. All of the labs will be explained in relation to our nutrition and other fundamental influences on our health.

(Attendees are encouraged to bring a copy of their most recent blood tests!)

Jim Marlowe is a nutrition and health researcher, writer and consultant. He has been studying nutrition and the other fundamentals of health for thirty-seven years. About twenty years ago, he began learning about the labs found on standard of care blood tests. From 2000 to 2007, he was the chief nutritionist at Dr. Joseph Mercola’s Optimal Wellness Center. Over the past sixteen years, Jim has helped thousands of people understand their own blood tests and what they can do to improve their health.
Human Health and Soil Health: Fat-Soluble Vitamin Interactions and Foods From Pastured Animals

Session I: Ancient Wisdom, Modern Science

• Learn the approach Weston A. Price used in the early 20th century to study the causes of physical degeneration seen in modern society and the vibrant health of many non-industrialized cultures.

• Explore traditions of food selection and soil health found within the accumulated wisdom of many of these resiliently healthy groups, and the key role of fat-soluble vitamins.

• Understand the broad-based support these vitamins offer the body, the wide range of diseases they protect against, and the wide range of functions they sustain.

Session II: The 20th Century Attack on Wholesome Foods and the 21st Century Food Revolution

• Learn how the post-World War II fascination with antibiotics undermined interest in the anti-infective power of the fat-soluble vitamins.

• Discover how “the Green Revolution” undermined the nutrient density of common foods.

• Understand how the diet-heart hypothesis purged foods rich in fat-soluble vitamins from the menus of ordinary Americans under the guise of preventing heart disease.

• Learn to defend nourishing foods against these attacks with modern science.

• Strengthen grassroots community initiatives to protect the 21st century rediscovery of nourishing, nutrient-dense foods from being undermined by government regulatory agencies.

Session III: The Fat-Soluble Trio and Their Synergistic Partners

• Learn about vitamins A, D, and K: how they cooperate on a molecular level to support growth, strong bones and teeth, and protect against heart disease and cancer.

• Learn how other nutrients and metabolic factors, such as zinc, magnesium, fat, carbohydrate, thyroid hormone, and carbon dioxide support the functions of the fat-soluble trio.

Practical Applications to Nourish Our Soil and Human Health

• Recognize the relationship between photosynthetic activity and fat-soluble vitamin-density in plants.

• Practical methods for assessing and amending soil for more nutritious foods.

• Practical ways to shop for the highest quality products richest in fat-soluble vitamins.

• Envision how communities can cooperate to achieve vibrant and radiant health.
The Land of Milk and Honey: Understanding the Maasai
The ancient history of the Maasai is shrouded in mystery, but for as long as outsiders have known of them and documented their existence, they have had a constantly evolving society. Throughout this time, they have bred cattle and produced milk and meat, subsisting in part on these products and also trading them for a vast variety of plant products, including many starches. At no time have Maasai ever subsisted entirely on milk and meat, though traditional males do enter a stage of life for up to fifteen years in which they subsist only on these foods in combination with local herbs and honey. Two groups of investigators found the Maasai to have incredibly healthy hearts, which they attributed to their remarkably low cholesterol levels, but the exact nature of their freedom from heart disease and just how healthy their arteries are has been a matter of dispute. To understand the diet and health of the Maasai properly, we must understand that diversity and change have always been constant features of their society. This presentation will explore these topics with the aim of arriving at a nuanced and balanced conclusion.

Chris Masterjohn is creator and maintainer of Cholesterol-And-Health.Com, a web site dedicated to extolling the benefits of traditional, nutrient-dense, cholesterol-rich foods and to elucidating the many fascinating roles that cholesterol plays within the body. Cholesterol-And-Health.Com is home to his blog, The Daily Lipid. Chris is a frequent contributor to Wise Traditions, the quarterly journal of the Weston A. Price Foundation, is a perennial speaker at the annual Wise Traditions conference, and writes a second blog on the foundation’s web site, Mother Nature Obeyed. Chris has a PhD in nutritional sciences, which he obtained from the University of Connecticut in August of 2012. He currently works as a postdoctoral research associate at the University of Illinois at Urbana-Champaign where he studies interactions between fat-soluble A, D, and K.

RAWMI Progress and Lessons from the Listed
RAWMI food safety success; creating a bright and safe future for raw milk.

Mark McAfee is the founder and CEO of McAfee Farms and Organic Pastures Dairy Company. He is pre-med trained, a retired paramedic and a health department medical educator. Mark has lectured on Raw Milk production, food safety, and nutrition at Stanford Medical School, Rutgers University, in 30 different states and internationally. He is certified in HACCP management from Chapman University and has developed and implemented award-winning food safety plans including Raw Milk Risk Analysis & Management Plans (“RAMP”) and the 1997 Odwalla Apple Juice “Field HACCP”.

Death by Food Pyramid
Denise’s health began to deteriorate after following a raw vegan diet. In an attempt to regain her health, she started to introduce animal products to her diet. As she regained her health, Denise began to question the claims of various health gurus and began doing research for herself. Denise will talk about how she regained her health, how to tell good science from bad science, and why we should question the advice of nutrition “experts.”

Denise Minger is a Portland-based writer, teacher, nutrition blogger and author of Death by Food Pyramid. Her website, RawFoodSOS.com, aims to dispel nutrition myths and reexamine conventional beliefs about food. In 2010, Minger’s reanalysis of China Study data received widespread publicity in the health community and sparked a public debate with T. Colin Campbell, author of The China Study.
Making Sense Out of Fiber Nonsense

Most Americans believe that dietary fiber prevents colon and breast cancer, lowers cholesterol, reduces the risk of heart disease, regulates blood sugar, wards off diabetes, curbs the appetite, induces weight loss, cleanses the colon, arrests diarrhea and unplugs constipation. Tragically, none of this is true! In fact, fiber-rich foods and fiber supplements are either the primary cause of most of these conditions, or major contributors. Learn the true facts about fiber-related digestive disorders and how to reverse them.

The Art of Eating Without Harm Part I and Part II: How to Prevent Normal Foods from Becoming Your Mortal Enemies

Optimal food selection is critical to health and longevity, but is not enough to assure it. Good health remains elusive for many people on presumably good diets regardless of their compliance and best intentions. Making sure that good foods don’t cause you harm is just as important as protecting yourself from bad ones.

Why One Calorie for Her May Be One-Half Calorie for Him

Measuring diets in calories is an exercise in futility because one gram of fat is indisputably nine calories while it burns, but applying the same nine calories to you is as absurd as setting up a fire in your gut to burn them. Ditto for calories in proteins and carbohydrates. You will never be able to stay normal weight, let alone lose some without a firm fix on this abomination. And that’s only the beginning. Come to learn another twenty reasons why one calorie for you may be like two calories for someone else.

Konstantin Monastryrsky graduated from medical school in 1976 with a degree in pharmacology, but chose to pursue a career in the high-technology field. In 1996, just over forty years old, he began to suffer from severe diabetes and a host of related ailments, including debilitating carpal tunnel syndrome, and decided to pursue a career in medical research to find the solutions to his rapidly deteriorating health. Since then, Mr. Monastyrsky has fully recovered from diabetes and has written two best-selling Russian-language books, entitled Functional Nutrition and Disorders of Carbohydrate Metabolism, and his first English-language book, provocatively entitled Fiber Menace: The Truth About Fiber’s Role in Diet Failure, Constipation, Hemorrhoids, Irritable Bowel Syndrome, Ulcerative Colitis, Crohn’s Disease, and Colon Cancer. See www.FiberMenace.com for follow-up information from his conference presentation.
### SPEAKERS

**Wise Traditions CONFERENCE 2014**

#### SATURDAY 10:45-12:15  
**1ST FLOOR ROOM 103-104**

**Six Inches of Soil in Six Months and Six Hundred Thousand Bugs**

Nutrient-dense meals come from properly prepared nutrient-dense foods; and nutrient-dense foods come from properly balanced nutrient-dense soils. So, how do we help our soils, and when needed, create more? John will share techniques and tactics for quickly building rich, bioactive soils using various waste streams and small animals to produce free forage for the animals and nourishing food for your family.

**JOHN MOODY**

**SUNDAY 1:30-2:50  
1ST FLOOR WR BALLROOM C-D**

**Continuous Kombucha (with both traditional and Jun Scoby)**

With almost a decade of brewing experience, John will cover the basics of preparing both types of Kombucha, the aceto-dominate kombucha and the variant lacto-dominate Jun variety, both using the continuous, traditional method of preparation.

**SUNDAY 4:00-5:20  
1ST FLOOR WR BALLROOM C-D**

**Starting Local Buying Clubs - Food Co-ops**

Want to see how farmers can thrive, families can team up, and food freedom can prosper? John has helped start dozens of buying clubs and serves as the lead administrator for one of the largest and most innovative co-ops in the country, building a model where 80 cents on the dollar of what members spend goes straight to the producers of the products and items. Enjoy a thorough overview of why this model holds promise as a real alternative to the food systems and companies that are destroying people and the planet one harvest and meal at a time.

**John Moody** when modern medicine failed him, leaving him with allergies, ulcers, and cavities, John turned to the wisdom of writers and researchers like Weston Price. By embracing their wisdom, not only were his own hurts substantially healed, but he was able to help others as well. A farmer, writer, speaker, kombucha and Jun brewer, author of the *Food Club and Co-op Handbook*, board member for Farm-to-Consumer Legal Defense Fund, and member of the administrative team for the Whole Life Buying Club, John's greatest joy is in his wife and four children and their quiet farm life in Kentucky.

**SUNDAY 4:00-5:20  
1ST FLOOR WR BALLROOM I-J**

**Traditional Foods for Preventing Tooth Decay and Gum Disease**

Learn how dentists Weston Price, Harold Hawkins and Melvin Page reduced their patients' cavity rates by 90 percent, and uncover how they reduced and eliminated gum disease in a large percentage of their clients. This presentation will cover why people get tooth decay and gum disease from a nutritional perspective, the most recent and innovative nutritional protocols for preventing and stopping tooth decay and gum disease, and case studies and a deeper understanding of the self-healing process.

**RAMIEL NAGEL**

Ramiel Nagel is the author of *Cure Tooth Decay and Healing Our Children*. His health articles and research have been published in *Wise Traditions, Nexus Magazine, Fox Business News, Natural News, Rodale News* and the *Townsend Letter for Doctors and Patients*. His background is in energy medicine and yoga, and his writings focus on empowerment and self-responsibility in relation to health. Ramiel is especially focused on rediscovering and teaching about authentic traditional food habits for health. He is the founder of the traditional food market and educational site, TraditionalFoods.org.
Homeopathy, at Home and on the Farm
Have you ever wondered if there is a healthy alternative healing method that is safe enough for babies, animals and even plants? In this informative workshop you will learn how homeopathy, a discipline of medicine that has a long and proven track record, strengthens immunity and balances the physical, mental and emotional systems for holistic wellness.

Homeopathy, practiced since the 1800s, is part of the national healthcare systems in many countries including England, France, Germany, Sweden and India. Once widely accepted, homeopathy is gaining increased interest in the US in part because of America’s dissatisfaction with pharmaceuticals. The morning session will focus on the use of homeopathy in your home. We will explore the different homeopathic approaches to everyday health issues. We will discuss which conditions are safe to treat on your own and which ones are best treated by a professional homeopath. You will gain the knowledge of basic first-aid through homeopathy. In the afternoon session, we will expand on the morning’s wisdom and concentrate on the use of homeopathy in a farm environment. We will discuss how to optimize the health and productivity of the interdependent communities of soil life, plants, animals and people through homeopathy. We will also review several ailments common to animals and pets and how homeopathic medicines can be used to treat those illnesses.

Linda Robins began her healing career as a reproductive endocrinologist and infertility specialist but traded in her scalpel and hormones to become a holistic homeopath after homeopathy cured her chronic back pain. Now in her practice she blends classical homeopathy, supplement management and nutritional counseling to help people achieve true wellness of mind, body, heart and spirit. A guiding principle of Dr. Robins’s practice is Hippocrates’s adage “Let thy food be thy medicine and medicine be thy food.”

The Effects of Environmental Toxicity on Chronic Illness
Environmental toxicity is the greatest threat to our health. Unfortunately, we are exposed to an incredibly wide variety of toxins on a regular basis. In this talk, Mark Schauss will share his 30 years of research on how to test for the toxins, how to determine their source and how to detoxify properly and safely. He will also share a real-life experience on how he saved his daughter from a life-threatening form of epilepsy.

Mark Schauss is an internationally acclaimed lecturer on the effects of environmental toxicity on human health, cognitive issues in human health, the use of laboratory testing and how to interpret the results in a clinically relevant manner. While researching in these fields for the past two decades, he has gained a comprehensive insight into a range of neurological disorders including epilepsy, autism, ADHD. and neurodegenerative diseases as well as an array of other health problems. He also helped recover his daughter Tasya from a progressive form of epilepsy through the knowledge he gained in his 30 years of research. Mark Schauss is currently the president of Lab Interpretation LLC and research and development director for Knowledge Through Solutions based in Reno, Nevada. He has lectured on the subject of laboratory testing, brain function and environmental health issues in North and South America, Europe, Australia and Asia.
The Dough Also Rises
True traditional sourdough bread was a dietary mainstay for many cultures, such as the stout Swiss villagers of the Loetschenthal Valley. Kim will discuss signs to indicate your gut is healed and ready for properly prepared bread and then she will take you through the steps to make your own delicious lighter-than-air, 42-hour fermented sourdough artisan bread. This technique was developed by Min Kim, master bread maker. Sally Fallon Morell and Kim both agree...it’s the best bread ever!

Reviving Health through Gentle Detoxification
Ready to take a more active role in your own healthcare? Kim will show you how. This presentation is designed to equip you to undertake do-it-yourself gentle home therapies to support the liver, kidneys, and lymphatic system in their vital task of detoxification. Come learn the strengthening power of traditional foods and tonics in aiding the body’s elimination processes. Kim will show how traditional home therapies can be used to support those challenged by constipation, hormonal imbalances, gallstones, Lyme disease, “rope” parasites, and more. Case studies will be shared.

Progress for Raw Milk in Canada
Slowly but surely, regulators are accepting the fact that raw milk is here to stay, even in Canada. Karen Selick will give a history of Michael Schmidt’s struggle for raw milk in Canada, discuss his court case and report on real progress with health officials in getting raw milk accepted into the mainstream.

Karen Selick has been the litigation director for the Canadian Constitution Foundation (CCF) since 2009. The CCF is a public-interest law firm known in Canada as “freedom’s defence team.” Karen acted for raw milk advocate Michael Schmidt during some portions of his various court battles with provincial governments. She continues to be involved in Michael’s defence against criminal charges in a case relating to preserving biodiversity on farms. Karen has practised law in Ontario since 1978. She has also written hundreds of op-eds for major newspapers and magazines in Canada, championing the right to individual liberty and exposing the transgressions of the state.
Pesticides, Antibiotics, Vaccines and Pharmaceuticals: Are They the Cause of our Current Health Crisis?
For over 100 years, the Western world has been waging war on life under the false assumption that this would lead to health and prosperity. More and more people, however, are realizing that this path is doomed to fail. If we choose to kill pests with toxic chemicals to make agriculture more efficient, we cannot avoid harming ourselves as well, along with many other species that fall in harm’s way. And in the end any money saved on cheap food derived from chemical-based agriculture is spent treating the myriad chronic illnesses that develop because of exposure to toxic chemicals in the food. Vaccines won’t provide immunity without a price, and the resulting food allergies, asthma, autism and even sudden unexplained deaths among our children may be too steep a price to pay. Pharmaceutical drugs are supposed to fix medical problems, but increasingly people are realizing that the side effects of the drug are worse than the problem they claim to fix. Increasing use of antibiotics has led to monster bugs like MRSA that’s resistant to every antibiotic in our arsenal, and there is no chain of new antibiotics in the pipe to replace the ones that no longer work.

In this full-day program, I will show that our current strategy towards food production and medical treatment has failed. I will also explain my hypothesis that the circulatory system is the most important “organ” in the body, and that multiple modern diseases and conditions manifest a strategy to maintain circulating blood by sacrificing a particular organ or organ system, be it the brain or the gut or the muscles or the joints. I will also outline my proposed diet and lifestyle changes that can bring back vitality and the promise of a long and healthy life.

Stephanie Seneff is a senior research scientist at MIT’s Computer Science and Artificial Intelligence Laboratory. She has a bachelor’s degree from MIT in biology with a minor in food and nutrition, and her PhD from MIT is in computer science. Dr. Seneff has coauthored several recently published papers on theories proposing that dietary deficiencies in critical nutrients such as sulfur, taurine, zinc and cobalt, as well as insufficient sun exposure, compounded by chronic exposure to environmental toxicants, particularly glyphosate and aluminum, can explain many modern diseases/conditions, such as autism, heart disease, obesity, arthritis and Alzheimer’s disease. She has also spoken on these topics at several conferences or in radio interviews or YouTube videos.

Treating SIBO with Traditional Food
Interest in small intestine bacterial overgrowth (SIBO) has been increasing ever since it was identified as an underlying cause of IBS - the most common gastrointestinal disorder in the U.S. SIBO can cause symptoms of bloating, abdominal pain, constipation and/or diarrhea and food reactions. Diets such as the specific carbohydrate diet, GAPS diet and the low fodmap diet can offer remarkable benefits. Discussion will include leaky gut, bone broth, fructose and lactose intolerance, sources of lactose-free dairy, the role of fiber in SIBO, the controversial topic of how one of the “displacing foods of modern commerce” can actually lessen SIBO symptoms and when to augment diet with other SIBO treatments.

Allison Siebecker has worked in the nutritional field since 1988 and is a 2005 graduate of The National College of Natural Medicine (NCNM). Dr. Siebecker is the medical director and co-founder of the SIBO Center for Digestive Health at NCNM Clinic in Portland, OR, where she specializes in the treatment of SIBO (small intestine bacterial overgrowth). She is instructor of advanced gastroenterology at NCNM, teaches continuing education classes for physicians and is the author of the educational website siboinfo.com. She received the Best in Naturopathy Award from the Townsend Letter for her articles: “Traditional Bone Broth in Modern Health and Disease” (2005) and “Small Intestine Bacterial Overgrowth: Often Overlooked Cause of IBS” (2013). An avid reader of Wise Traditions, she has been a WAPF member since 2000 and has taught Introduction to WAP classes at local chapters.
## SPEAKERS

### FRIDAY 7:00-7:45AM  
3RD FLOOR JW BALLROOM FOYER

**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 8:00-8:45AM  
3RD FLOOR JW BALLROOM FOYER

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

### SATURDAY 6:00-6:45AM  
3RD FLOOR JW BALLROOM FOYER

**Gentle Movement** - see description above

### SATURDAY 7:00-7:45AM  
3RD FLOOR JW BALLROOM FOYER

**Relieve Neck and Shoulder Tension** - Learn simple and effective techniques you can use anytime, anywhere to release tight muscles in your jaw, neck and shoulders.

### SUNDAY 6:00-6:45AM  
3RD FLOOR JW BALLROOM FOYER

**Gentle Movement** - see description above

### SUNDAY 7:00-7:45AM  
3RD FLOOR JW BALLROOM FOYER

**Daily Activities: The Ease of Good Alignment** - Learning how to sit and stand well is nice. But what about cooking, gardening, moving boxes and milking cows? Try out some simple guidelines to maintain ease even when you're being productive.

**Kim Thompson** is a movement teacher, language enthusiast and a great cook. She helps people move with greater ease, integrity and delight. You'll probably be surprised by her ability to find small, easy changes that make a big difference. Kim leads weekly classes and sees individual clients in Maryland. Her work draws from some of the great movement teachers and researchers of our time, including: Moshe Feldenkrais, Jaimen McMillan, Noelle Perez-Christiaens, David Berceli, Janet Hulme, and from the long, rich and varied tradition of yoga. You can find her at this conference leading the early morning movement classes, in the exhibit hall, and online at: www.AbleActiveLife.com
**Tongue and Fingernail Signs of Nutritional Deficiencies**

People complain all the time about faults in their physical appearance. Subtle changes in the color, shape or coating of the tongue can reveal dystrophy of tissue, organs or systems. Ridges, spots and abnormalities of the nails can reflect diseases and nutritional deficiencies. Even the shape and proportions of the body may indicate a dysfunction of certain endocrine glands. In sum, inadequate nutrition will affect an individual’s health, and even appearance. These seminars detail physical signs of the nails and tongue resulting from nutritional deficits. Also covered are other related signs and symptoms to assess each contributing deficiency quickly. Recommended nutrients, herbs and rich food sources to remedy the nutritional imbalances are included in these presentations.

**DONNA WILD**

Donna Wild has studied, practiced and taught holistic health to doctors and laymen for the past 30 years. She has studied nutrition extensively at Drexel University, Colorado State University and the Lee Foundation for Nutritional Research. Ms. Wild has written, published, broadcasted and lectured extensively on natural restorative methods for human and animal health. In May 2012 her book was released, *The Skin, Tongue and Nails Speak: Observational Signs of Nutritional Deficiencies*. Ms. Wild currently owns and runs Unique Perspective in Loveland, Colorado, where she has a private practice, works as a consultant, lecturer and author, and lovingly tends to her organic vegetable and herb gardens.
SPEAKERS

FRIDAY 8:00-10:00 PM 1ST FLOOR WHITE RIVER BALLROOM G-H

“CASPERS” – A Hidden Epidemic

An inconvenient truth in conventional microbiology is pleomorphism, that is, the ability of microbes to change their shape and size in order to survive. Bacteria typically lose their cell walls. These resulting cell wall defective (CWD) resistant bacteria are primarily induced through the overuse and misuse of antibiotic medications. Pathogenic CWD bacteria can reside indefinitely in our bodies and cause chronic and relapsing disease. The acronym CASPERS – “chronic autoimmune stealth pathogens evolved from resistant bacteria syndrome” – was coined to serve as a more comprehensive term to describe the devastating physical and psychological effects caused by these mutated microbes. CASPERS is truly epidemic and just as “hidden” and misdiagnosed by conventional doctors and dentists as mercury amalgam poisoning. Further, this chameleon-like syndrome has innumerable symptoms covering a wide spectrum of conditions from arthritis to anxiety, from constipation to cancer, and from multiple sclerosis to Lyme’s disease. However, effective natural therapies and a nutrient-dense diet can help clear these tenacious “stealth pathogens” from our bodies, and return our immune systems to a functional level that ensures the optimal health that is indeed our birthright.

LOUISA WILLIAMS, MS DC ND

MONDAY 9:00-4:00 1ST FLOOR WR BALLROOM H

Wiser Nutritional and Dietary Choices through MRT Self-Testing

Matrix Reflex Testing (MRT) is a form of energetic testing, that is a method of measuring directly on the body what is good or bad for a particular patient. This “in vivo” type of testing has many advantages over lab tests, X-rays, cat scans, MRIs, and other technological methods, since it is an assessment of what is affecting the body right now – in present time. After a thorough history and physical exam, as well as analysis of appropriate lab work and X-rays, holistic physicians and practitioners use energetic testing to obtain further diagnostic information. Also referred to as a “body biofeedback enhanced physical exam,” MRT and other energetic testing methods allow practitioners to prescribe more specific and effective treatments to their patients. However, MRT is not just a useful method for health professionals. It can be used by everyone for everyday decisions such as which (coconut, olive, etc.) oil tests best, which nutritional supplements I should take today, whether a shampoo is petrochemical-free or toxic, and whether I am allergic to a particular food. Thus, everyday decisions about diet, supplements, food sensitivities, and other issues can be determined through the use of MRT.

In this one-day workshop that includes lectures, demonstrations, and hands-on participant practice periods, you will learn how to use MRT for self-testing. Using this self-testing method can help empower you to make wiser nutritional and dietary decisions and therefore gain the increased self-understanding that comes from communicating directly with your body.

Louisa Williams practices naturopathic medicine in Marin County, CA, 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 follows 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 hidden food sensitivities. She uses various cutting-edge treatment modalities including constitutional homeopathy (according to Dr. Divya Chhabra from India), auriculotherapy from France, neural therapy from Germany, nutritional supplementation, and counseling patients on the importance of a nutrient-dense organic GMO-free Weston A. Price diet. With Dr. Dietrich Klinghardt, Dr. Williams co-developed Neural Kinesiology (now ART) and has originated her current energetic testing method Matrix Reflex Testing (MRT). Besides the book Radical Medicine, she has authored over 20 teaching manuals, 4 DVDs, and 5 ebooks.
This year’s guided farm visit will focus on raw dairy, biodynamic farming and the intergenerational farm. Throughout the day, we will be discussing farming and traditional foods as we travel by bus through the countryside. The day will include a delicious, nourishing lunch and visits to:

**THE SWISS CONNECTION** where we will see a 100 percent grass-fed dairy that creates and markets raw dairy products; we will visit the cheese-making facility, the milking barn and taste a panoply of their hand-made cheeses as well as their delicious fresh milk.

**THE SIMPSON FAMILY FARM** where we will see their pastured pork operation, turkeys and grass-fed beef.

**TRADERSPOINT CREAMERY**, a truly biodynamic and diverse farm with free-range poultry, pastured pork, and Brown Swiss dairy cows. We like to describe this spectacular farm as if it were created when Martha Stewart married Ralph Lauren and built their dream farm! Yes, it’s that gorgeous! After touring the farm, the staff will provide us with samples of their drinkable yogurts.

Will Winter, DVM received a doctorate in veterinary medicine from Kansas State University in 1975. He also received a degree in animal husbandry, completed post-graduate studies and conducted research in veterinary toxicology. After graduating, he specialized in surgical referrals and opened an emergency clinic. In 1980 he created the Uptown Veterinarian, one of the largest and most successful holistic veterinary practices in the U.S. In 1983 he co-founded the American Holistic Veterinary Medical Association and has served as the veterinary advisor to the International Alliance of Sustainable Agriculture since 1984. He manufactured and marketed Rescue Animal Products and was director of nutrition for Raw Bistro Pet Food, Inc. He is the author of *The Holistic Veterinary Handbook*.

In 1999 he sold his practice and the pet food company to become a free-lance journalist and lecturer, teaching about holistic veterinary livestock issues, sustainable agriculture and traditional nutrition. He has recently founded the American Holistic Livestock Association. In 2008 he founded Traditional Foods MN. He works as a holistic herd health consultant for grass-based livestock producers including Artisan Beef Genetics and is a livestock and forage consultant with Jerry Brunetti at Agri-Dynamics. A life-long devotee of the Great Plains of America, he hangs his hat in Minnesota.

Author **Donna Wild** will be signing her book, *The Skin, Tongue and Nails Speak: Observational Signs of Nutritional Deficiencies* at her table, #217, in the exhibit hall on Sunday 12:30 to 1:30 pm and 3 to 4 pm. Her company is Unique Perspective.

Authors **Hilary Boynton** and **Mary Brackett** will be signing their book, *The Heal Your Gut Cookbook*, at the Chelsea Green table, #103/104, in the exhibit hall on Saturday 5 to 6 pm and Sunday 3 to 4 pm.

Author **Michael Farrell** will be signing his book, *The Sugarmakers Companion: An Integrated Approach to Producing Syrup from Maple, Birch, and Walnut Trees*, at the Chelsea Green table, #103/104, in the exhibit hall on Saturday 5 to 6 pm.

Authors **Sally Fallon Morell** and **Kaayla Daniel** will be signing their book, *Nourishing Broth*, at the Follett Ivy Tech Bookstore, #234, in the exhibit hall Sunday 3 to 4 pm.
CHILDREN’S PROGRAM

The Wise Traditions Conference is pleased to provide a children’s program for this year’s meeting. The program is available for a price of $225 for Friday to Sunday and includes Friday lunch, Friday dinner, Saturday lunch and Sunday brunch. PLEASE NOTE: THIS DOES NOT INCLUDE THE SATURDAY NIGHT BANQUET. The program will be making cheese quesadillas during the Saturday evening event. The fee for the program without meals is $150. Children aged 3 – 12 who are potty trained are welcome to Wise Traditions 2014 as long as they are enrolled in our children’s program. For the sake of other conference attendees, we ask that parents refrain from bringing children to the conference sessions.

Friday, November 7

- Make conference name tags, tote bags, begin conference journals, art project
- Lesson: Movement and Yoga with guest Kim Thompson
- Lesson: The Use of Farm Animals with guest Judy Mudrak
- Lesson: The Health Benefits of Butter
- AM snack – nut butter on apples
- PM snack – devilled eggs garnished with bacon

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 8

- Make labels for the fermented veggie jars children will take home.
- Lesson: How to Make Fermented Veggies with guest Jennifer De Marco
- Lesson: Learn about Raising Farm Animals with guest Patricia Foreman (The Chicken Lady)
- Lesson: The Health Benefits of Kombucha with guest Joshua Henderson & Adam Jay Sutherland
- AM snack – fermented veggies with carrots and celery
- PM snack – kombucha, kefir and fruit leathers

Saturday Evening – Dance and Party – *The Saturday banquet meal is not included in this program. The children will be making and eating cheese quesadillas with sprouted wheat tortillas, served with salsa and sour cream, pork barbeque and conference cheese cake.

Sunday, November 9

- Lesson: Four Things You Should Know About Wild Salmon with guest Randy Hartnell
- Lesson: Tour of the Wise Traditions Conference Exhibitors and Sponsors
- Lesson: Cheese Making with guest Brian & Mark Chefs
- AM snack – salmon eggs and jerky
- 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.

Griffin Exhibit Hall

<table>
<thead>
<tr>
<th>2nd Floor</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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<tbody>
<tr>
<td>Morning</td>
<td>8:00 - 12:15</td>
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<tr>
<td>Afternoon</td>
<td>1:15 - 6:00 pm</td>
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<td>Evening</td>
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PLEASE NOTE THE CLOSURES FOR LUNCH AND DINNER DAILY. YOU MUST PICK UP YOU 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.
## FRIDAY NOVEMBER 7

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:00 AM - 6:30 PM</td>
<td>Conference Registration (2nd Floor Griffin Ballroom Foyer)</td>
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<tr>
<td>7:00 AM - 7:45 AM</td>
<td>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. (3rd Floor JW Ballroom Foyer)</td>
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<tr>
<td>8:00 AM - 8:45 AM</td>
<td>How to Sit Comfortably – Good sitting alignment makes you physically relaxed, mentally alert, and able to engage with the world around you. We’ll look at the role of the feet, knees, hips, spine, and shoulders for sitting postures that are simultaneously dynamic and restful. (3rd Floor JW Ballroom Foyer)</td>
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<tr>
<td>7:30 AM - 10:00 AM</td>
<td>Farm-to-Consumer Legal Defense FundRAISER Breakfast – MENU P 42 (not included in registration fee) (3rd Floor JW Ballroom Foyer)</td>
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### TRACKS

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<tbody>
<tr>
<td>9:00 AM</td>
<td>Nourishing Traditional Diets</td>
<td>Gut &amp; Psychology Syndrome</td>
<td>The Fat-Soluble Activators</td>
<td>Whole Organic Foods</td>
<td>Farming</td>
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<tr>
<td>10:00 AM</td>
<td>Sally Fallon Morell</td>
<td>Natasha Campbell-McBride</td>
<td>Chris Masterjohn</td>
<td>Stephanie Seneff</td>
<td>Jeff Lowenfels</td>
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<tr>
<td>12:00 Noon</td>
<td>Lunch (MENU P 43)</td>
<td>12:00 - 1:30 Visit Exhibitors (1st Floor Foyer and White River Ballroom F)</td>
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<tr>
<td>1:00 PM</td>
<td>Seminar on Traditional Diets Part 1</td>
<td>Seminar on Traditional Diets Part 2</td>
<td>Seminar on Traditional Diets Part 3</td>
<td>Seminar on Traditional Diets Part 2</td>
<td>Seminar on Traditional Diets Part 3</td>
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<td>2:00 PM</td>
<td>Sally Fallon Morell</td>
<td>Natasha Campbell-McBride</td>
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<td>3:00 PM</td>
<td>3:00 - 5:00 Break and Visit Exhibitors (1st Floor Foyer and White River Ballroom F)</td>
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<td>4:00 PM</td>
<td>3:00 - 5:00 Visit Exhibitors (1st Floor Foyer and White River Ballroom F)</td>
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<td>6:00 PM</td>
<td>6:30 - 8:00 Buffet Dinner (MENU P 43)</td>
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<td>8:00 - 10:00 “CASPERS” – A Hidden Epidemic</td>
<td>8:00 - 10:00 The Effects of Environmental Toxicity on Chronic Illness</td>
<td>8:00 - 10:00 Toxic Vaccines: The Current Science</td>
<td>8:00 - 10:00 Making Sense out of Fiber Nonsense</td>
<td>8:00 - 10:00 The Food Rights Struggle</td>
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<tr>
<td>9:00 PM</td>
<td>Louisa Williams</td>
<td>Mark Schauss</td>
<td>Leslie Manookian</td>
<td>Konstantin Monastyrsky</td>
<td>Kimberly Hartke</td>
</tr>
</tbody>
</table>
## SATURDAY NOVEMBER 8

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 AM</td>
<td>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. (3rd Floor JW Ballroom Foyer)</td>
</tr>
<tr>
<td>9:00 AM</td>
<td>Conference Registration (2nd Floor Griffin Ballroom Foyer)</td>
</tr>
<tr>
<td>7:00 AM - 7:45 AM</td>
<td>Relieve Neck and Shoulder Tension – Learn simple and effective techniques you can do anytime, anywhere to release tight muscles in your jaw, neck and shoulders. (3rd JW Ballroom Foyer)</td>
</tr>
<tr>
<td>7:00 AM - 9:00 AM</td>
<td>Farm-to-Consumer Legal Defense FundRAISER Breakfast – MENU P 42 (not included in registration fee) (3rd Floor JW Ballroom Foyer)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time</th>
<th>3rd Floor JW Ballroom 6-10</th>
<th>1st Floor White River Ballroom A-E</th>
<th>1st Floor White River Ballroom G-J</th>
<th>1st Floor Room 103-104</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 AM</td>
<td>PLENARY SESSION: Focus on Food</td>
<td>ALTERNATE SESSION: Wellness Track</td>
<td>ALTERNATE SESSION: Farming &amp; Gardening Track</td>
<td></td>
</tr>
<tr>
<td>10:00 AM</td>
<td>Wild Seafood Randy Hartnell</td>
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</tr>
<tr>
<td>11:00 AM</td>
<td>The Acid-Alkaline Myth Chris Kresser</td>
<td>The Art of Eating without Harm Part 1 Konstantin Monastyrsky</td>
<td>Six Inches of Soil John Moody</td>
<td></td>
</tr>
<tr>
<td>12:00 Noon</td>
<td>Lunch (MENU P 44)</td>
<td>12:15 - 1:45 Visit Exhibitors (1st Floor Foyer and White River Ballroom F)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:00 PM</td>
<td>Bone Broth for Health: A Look at the Science Kaayla Daniel</td>
<td>The Health Secret of All Indigenous People - Part 1 Tom Cowan</td>
<td>The Chicken Series Pat Foreman</td>
<td></td>
</tr>
<tr>
<td>2:00 PM</td>
<td>Vegetarian Myths Lierre Keith</td>
<td>The Health Secret of All Indigenous People - Part 2 Tom Cowan</td>
<td>Growing Your Own Nutrient-Dense Vegetables Calvin Bey</td>
<td></td>
</tr>
<tr>
<td>3:00 PM</td>
<td>4:30 - 6:00 Visit Exhibitors (1st Floor Foyer and White River Ballroom F)</td>
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<tr>
<td>5:00 PM</td>
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<tr>
<td>6:00 PM</td>
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</tr>
<tr>
<td>7:00 PM</td>
<td>Awards Banquet (MENU P 44)</td>
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<tr>
<td>8:00 PM</td>
<td>Death by Food Pyramid Denise Minger</td>
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<tr>
<td>9:00 PM</td>
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</table>
# Sunday November 9

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00 AM - 6:45 AM</td>
<td>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. (3rd Floor JW Ballroom Foyer)</td>
</tr>
<tr>
<td>7:30 AM - 5:30 PM</td>
<td>Conference Registration (2nd Floor Griffin Ballroom Foyer)</td>
</tr>
<tr>
<td>7:00 AM - 7:45 AM</td>
<td>Daily Activities: The Ease of Good Alignment – Learning how to sit and stand well is nice. But what about cooking, gardening, moving boxes and milking cows? Try out some simple guidelines to maintain ease even when you’re being productive. (3rd Floor JW Ballroom Foyer)</td>
</tr>
<tr>
<td>7:00 AM - 9:00 AM</td>
<td>Farm-to-Consumer Legal Defense FundRAISER Breakfast – MENU P 42 (not included in registration fee) (Outside in Food Truck)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 AM</td>
<td>TRACK I Food and Nutrition 9:00 - 10:20 The Effect of Food on Cognitive Function Mark Schauss</td>
</tr>
<tr>
<td>10:00 AM</td>
<td>TRACK II Testing 9:00 - 10:20 Understanding Your Own Blood Test Results 101 - Part 1 Jim Marlowe</td>
</tr>
<tr>
<td>11:00 AM</td>
<td>TRACK III Native Ways 9:00 - 10:20 Bending, the Bane of our Backs Esther Gokhale</td>
</tr>
<tr>
<td>12:00 Noon</td>
<td>TRACK IV Dental 9:00 - 10:20 Cardiovascular, Periodontal Disease and Sugar Metabolism: The Connection Thomas Lokensgard</td>
</tr>
<tr>
<td>1:00 PM</td>
<td>TRACK V Making It Practical 9:00 - 10:20 Ferments Summer Bock</td>
</tr>
<tr>
<td>1:30 PM</td>
<td>TRACK I Food and Nutrition 10:30 - 11:50 Why One Calorie for Her May Be Half a Calorie for Him Konstantin Monastyrsky</td>
</tr>
<tr>
<td>2:00 PM</td>
<td>TRACK II Testing 10:30 - 11:50 Understanding Your Own Blood Test Results 101 - Part 2 Jim Marlowe</td>
</tr>
<tr>
<td>3:00 PM</td>
<td>TRACK III Native Ways 10:30 - 11:50 Traditional Inupiat Food Wisdom, Recipes and Technologies Anore Jones</td>
</tr>
<tr>
<td>4:00 PM</td>
<td>TRACK IV Dental 10:30 - 11:50 Amalgam and Dental Implants Dangers Paul Gallo</td>
</tr>
<tr>
<td>5:00 PM</td>
<td>TRACK V Making It Practical 10:30 - 11:50 The Dough Also Rises Kim Schuette</td>
</tr>
<tr>
<td>11:50 AM</td>
<td>11:50 - 1:30 Visit Exhibitors (1st Floor Foyer and White River Ballroom F)</td>
</tr>
<tr>
<td>1:30 PM</td>
<td>TRACK I Food and Nutrition 1:30 - 2:50 Treating SIBO with Traditional Foods Allison Siebecker</td>
</tr>
<tr>
<td>2:00 PM</td>
<td>TRACK II Testing 1:30 - 2:50 Tongue and Fingernail Signs of Nutritional Deficiencies - Part 1 Donna Wild</td>
</tr>
<tr>
<td>3:00 PM</td>
<td>TRACK III Native Ways 1:30 - 2:50 Foodways of the Australian Aborigines Sally Fallon Morell</td>
</tr>
<tr>
<td>4:00 PM</td>
<td>TRACK IV Dental 1:30 - 2:50 Does Orthodontics As Well As Nutrition and Growth Affect the Airway? William Hang</td>
</tr>
<tr>
<td>5:00 PM</td>
<td>TRACK V Making It Practical 1:30 - 2:50 Continuous Kombucha John Moody</td>
</tr>
<tr>
<td>2:50 PM</td>
<td>2:50 - 4:00 Break and Visit Exhibitors (1st Floor Foyer and White River Ballroom F)</td>
</tr>
<tr>
<td>4:00 PM</td>
<td>TRACK I Food and Nutrition 4:00 - 5:20 Reviving Health through Gentle Detoxification Kim Schuette</td>
</tr>
<tr>
<td>5:00 PM</td>
<td>TRACK II Testing 4:00 - 5:20 Tongue and Fingernail Signs of Nutritional Deficiencies - Part 2 Donna Wild</td>
</tr>
<tr>
<td>6:00 PM</td>
<td>TRACK III Native Ways 4:00 - 5:20 Foodways of the Maasai Chris Masterjohn</td>
</tr>
<tr>
<td>7:00 PM</td>
<td>TRACK IV Dental 4:00 - 5:20 Traditional Foods for Preventing Tooth Decay and Gum Disease Ramiel Nagel</td>
</tr>
<tr>
<td>8:00 PM</td>
<td>TRACK V Making It Practical 4:00 - 5:20 Food Co-ops John Moody</td>
</tr>
<tr>
<td>5:30 PM</td>
<td>5:30 - 6:30 Closing Ceremony - My Own Health Secrets Sally Fallon Morell (1st Floor White River Ballroom A-E)</td>
</tr>
<tr>
<td>6:00 PM</td>
<td>6:00 - 8:30 Dinner $30 includes tax and tip. Buy tickets at the hotel registration desk. Menu: chicken stew, salad, potatoes, ferments, vegetables and dessert. Beverage: Kombucha (3rd Floor JW Ballroom 6-10)</td>
</tr>
<tr>
<td>Time</td>
<td>1st Floor White River Ballroom A-B</td>
</tr>
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</tr>
<tr>
<td>7:00 AM</td>
<td>Farm Tour with Will Winter (Buses leaving 1st Floor Event Center Drive)</td>
</tr>
<tr>
<td>8:00 AM</td>
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</tr>
<tr>
<td>9:00 AM</td>
<td>9:00 - 12:00 Gokhale Method Posture Workshop Esther Gokhale</td>
</tr>
<tr>
<td>10:00 AM</td>
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<tr>
<td>11:00 AM</td>
<td></td>
</tr>
<tr>
<td>12:00 Noon</td>
<td>12:00 - 1:00 Lunch (1st Floor Foyer and White River Ballroom E-F)</td>
</tr>
<tr>
<td>1:00 PM</td>
<td>1:00 - 4:00 MELT: Hands-Off Bodywork Karel Littman</td>
</tr>
<tr>
<td>2:00 PM</td>
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<tr>
<td>3:00 PM</td>
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<tr>
<td>4:00 PM</td>
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</tbody>
</table>
JW Marriott Indianapolis HOTEL PLAN

White River Conference Level
1st Floor

Second Floor

Wise Traditions
CONFERENCE 2014
CONTINUING EDUCATION CREDITS

CONTINUING EDUCATION CREDIT
for Nurses and Acupuncturists – to sign up see registration desk - $65 fee
Nurses and acupuncturists must sign in at the CEU table daily to receive credit. To get credit, nurses must attend only
certain lectures* and submit an evaluation.

Approving Organizations
• Nursing: Approved by the Maryland Nurses Association, an accredited approver 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) 15 credit hours.
• Acupuncture: Approved by the National Certification Commission for Acupuncture and Oriental Medicine
  (NCCAOM): 23.5 PDA points for full conference including Monday. (Friday 7 PDAs, Saturday 6 PDAs, Sunday
  5 PDAs, Monday 5.5 PDAs.) PDA points are accepted by all states except California.

CEU FEES
The fees for CEUs is $25 per day (5 credits each day) or $65 for all three days (15 credits).
In an effort to keep our registration fees low, we do not build this fee into the registration price for everyone as other
conferences do, but charge only those getting CEUs.

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
(15 for three days). You do not have to sign in or submit an evaluation. You simply receive the certificate which you
submit to your board or school.

RDs only need to get the $5 Certificate of Attendance. According to the Commission on Dietetic Registration, you
will not need to sign in each day. You will need to keep track and submit a list of talks attended and the appropriate
Learning Need Codes. We will simply provide a Certificate of Attendance.

Nutritionists: Check with your professional board to see if they will accept this.

Naturopaths: The American Naturopathic Certification Board (ancb.net) will accept the Certificate of Attendance

Other Professions: You can get a Certificate of Attendance and see if your board will accept it.

TRACKS APPROVED FOR NURSES:
Friday:  Seminar on Traditional Diets, Sally Fallon Morell, MA
         Gut & Psychology Syndrome, Natasha Campbell-McBride, MD
         The Fat-Soluble Activators and Heart Disease, Chris Masterjohn, PhD
         Pesticides, Antibiotics, Vaccines and Pharmaceuticals, Stephanie Seneff, PhD

Saturday:  Focus on Food (several speakers)
           Wellness Track (Konstantin Monastryrsky and Tom Cowan, MD)

Sunday:  Food and Nutrition (several speakers)
         Testing (Jim Marlowe and Donna Wild)

Please visit the CEU table or contact Kathy Kramer of the Weston A. Price Foundation, at info@westonaprice.org
if you have further questions.
Butterworld is a traveling exhibition of 17th through 20th century dairy artifacts from around the world. It is open to the public at this Wise Traditions Conference during the exhibit hours.

This rare collection is made up of over 150 artifacts, including historical books, vintage advertisements, antique bottles, butter churners and other equipment. Many of the artifacts will be displayed with historical context. In the mid-19th century, for example, there was a common superstition that cream would not turn into butter if it was haunted by a witch who could only be scared away by a red-hot horseshoe. The Osborne’s Improved Thermometer Churn, which houses an internal tin tub to heat the cream, was marketed as a solution to keep away the “cream witch.” Another can’t-miss item in the collection is the cream-separating bottle, which allows raw milk drinkers to pour cream into their coffee without allowing any skim milk to come with it.

There will be a special exhibit examining the history of cod liver oil. This exhibit will showcase historical cod liver oil pamphlets, antique cod liver bottles and a Victorian-era spoon from England purposed specifically for taking cod liver oil.

Butterworld was curated by Sandeep Agarwal, whose interest in dairy history grew out of his family’s ghee business and the significant role that dairy plays within his Indian culture.

Learn more at www.butterworld.org.

ADMISSION IS FREE!

Looking for Mothers and Mothers-to-Be who are Interested in Sharing their Stories

Johanna Keefe, MS, AHN-BC, RN, through the California Institute for Integral Studies, (CIIS), is conducting a PhD study in Transformative Studies, entitled “The Lived Experience of Women who are Experiencing Healthy Outcomes with their Pregnancies, Births, and Children as they follow the Nutrient Dense diets based on the research of Dr. Weston A. Price”. Johanna is looking for mothers and mothers-to-be who are interested in sharing their stories. She is hoping to connect personally with you, here at the WAPF conference, as well as if you are such a woman from around the world who is a member of the WAPF.

Her vision is to publish a “coffee table book” from this study, pairing warm, authentic pictures of babies, children, and teens, and their moms with narratives of the mother’s experience. Johanna hopes her study will be a wonderful inspirational collection, as she is inspired each time she reads entries of the Healthy Baby Gallery of the quarterly Wise Traditions Journal. Johanna’s vision includes creating an ongoing support network from this project, using the Internet, which will connect experienced parents with those who are just beginning their journey of returning to the nutritional principles of our ancestors. Please contact her for a conversation, and a meeting by phone or in person. She will be at table #215 in our exhibit hall. She lives in New England and welcomes calls at (978) 290-0266 or emails at Johanna8@comcast.net. You may also send your story to Johanna Keefe at 8 Victoria Road, Manchester, MA 01944. She thanks all of you in advance--for small steps like these tend to initiate big changes in our world, for generations to come. ~ It only took a few generations of processed foods to change the health of our babies, with your help we can potentiate a movement which may reverse the tide.

TABLE #215
FundRAISER BREAKFASTS

FRIDAY AND SATURDAY
Hot Breakfast by Homestead Heritage – $14.00

Friday, November 7th  
7:30 am – 10:00 am  
3rd Floor Grand Ballroom

Saturday, November 8th  
7:00 am – 9:00 am  
3rd Floor Grand Ballroom

Your Choice of:  
Quiche Lorraine with Sprouted Flour Crust and Side of  
Baked Oatmeal with Hot Herbal Tea (WAPF)

Quiche:  
pastured eggs, sprouted flour, pastured pork sausage, raw milk cheese and milk from pastured cows, organic spinach and onion, mustard, lard, baking powder, Redmond Real Salt

Baked oatmeal:  
soaked organic oats, pastured eggs, milk and butter from pastured cows, organic sucanat, organic raisins, cinnamon and Redmond Real Salt

OR

Poached Pastured Eggs with Tomato Sauce with Pastured Maple Pork Sausage  
on the Side with Hot Herbal Tea (WAPF/GF/CF/GAPS/Paleo)

Poached egg dish:  
pastured eggs, pastured pork lard, organic onions, bell peppers and tomato sauce, Redmond Real Salt, cumin, coriander, bay leaves, parsley, chili powder

Sausage:  
pastured pork, Redmond Real Salt, maple syrup

A La Carte Items Include:

Pastured Chicken Bone Broth .......................$5  
Whole Milk Yogurt and Greek Yogurt ............$4  
Berry Fruit Cup .........................................$4  
Soaked Oatmeal Muffin ................................$4

Hard Boiled Pastured Eggs .................................$2  
Organic Whole Fruit .....................................$2  
Hot Herbal Tea .............................................$2  
Low Temp Pasteurized, Grass-Fed Whole Milk $1

Fixin’s Bar:  
maple syrup, low temp pasteurized organic grass-fed milk, coconut milk, grass-fed butter, honey, Redmond Real Salt

SUNDAY Hot Breakfast by Caveman Truck – $12.00

Sunday, November 9th  
7:00 am – 9:00 am

Event Center Drive, First Floor (outside the Event Center Entrance)

Pastured Egg and Pastured Pork Sausage atop Organic Sweet Potato Shreds Cooked in Green Pasture Products Blue Breeze Organic Virgin Coconut Oil with Hot Chicory Chai Beverage on the side (WAPF/GF/CF/GAPS/Paleo)

Ingredients:
organic sweet potato, organic virgin coconut oil, Smoking Goose Meatery pastured pork and eggs, pepper, sage, Celtic Sea Salt

Hot Chicory Chai: Rooibos, Tulsi, Chicory, Turmeric, Cinnamon, Maca
All of the conference meals are made with Selina Naturally Celtic Sea Salt, Pure Indian Foods Ghee and Olea Estates Olive Oil. All the meals are gluten free.

FRIDAY LUNCH BUFFET

* Mixed Greens Salad with Dressing Made with Olea Estates Olive Oil
* Miller’s Organic Farm Pulled Pork
* Traditional Soaked Black Beans
* Non-GMO Corn Tortillas Fried in Tendergrass Farms Pastured Pork Lard
* Fermenti Artisan Fermented Cordito
* Susie’s Sourdough Bread
  * Gluten-free Bread
* Forest Grove Dairy Grass-fed Butter and Pure Indian Foods Ghee
* Horchata Gelatin with Original Living Coconut Coconut Cream
* Kombucha Kamp Organic Herb Tea

FRIDAY DINNER BUFFET

* Mixed Greens Salad with Dressing Made with Olea Estates Olive Oil
* Fields of Athenry Farm Pastured Roasted Turkey
  * Wild Rice Stuffing
  * Mashed Potatoes
  * Squash
* Fermented Cranberry Relish
* Green Beans with Pure Indian Foods Ghee
* Susie’s Sourdough Bread
  * Gluten-free Bread
* Forest Grove Dairy Grass-fed Butter and Pure Indian Foods Ghee
* Pumpkin Pudding
* Kombucha Kamp Organic Herb Tea
MENUS

All of the conference meals are made with Selina Naturally Celtic Sea Salt, Pure Indian Foods Ghee and Olea Estates Olive Oil. All the meals are gluten free.

SATURDAY LUNCH BUFFET

Mixed Greens Salad with Dressing Made with Olea Estates Olive Oil
Fields of Athenry Farm Grass-Mineral-Rich Pastured Turkey Soup
Twilight Dairy Assortment of Raw Cheeses
Raw Carrot Flame Raisin Salad
Marksbury Farm Market Sweet Italian Sausage
Miller’s Organic Farm Fermented Beets
Olea Estates Olives
Susie’s Sourdough Bread
Gluten-free Bread
Forest Grove Dairy Grass-fed Butter and Pure Indian Foods Ghee

Traditional WAPF Conference Cheesecake with Miller’s Organic Farm Cream Cheese and JoshEWEa’s Garden Dates and Soaked Almonds
Kombucha Kamp Organic Herb Tea

SATURDAY DINNER BANQUET

Miller’s Organic Farm Pastured Ham with Melon and Lime Wedge
Bitter Green Salad with Dressing Made with Olea Estates Olive Oil
Miller’s Organic Farm Bacon with Marksbury Farm Market Organ Meatloaf with Reduction Sauce
Oven Roasted Small Potatoes
Herb Roasted Vegetables
Fab Ferments Sauerkraut
Susie’s Sourdough Dinner Rolls
Gluten-free Bread
Forest Grove Dairy Grass-fed Butter and Pure Indian Foods Ghee
Warm Fruit Compote with Twilight Dairy Whipped Cream
Fermenti Artisan Kombucha and Water Kefir


**SUNDAY BRUNCH BUFFET**

Traditional Frittatas with **Copper Creek Farms** Eggs and **Organic Pastures Dairy** Cheddar Cheese  
Breakfast Potatoes Fried in **Tendergrass Farms** Pastured Pork Lard  
**Miller’s Organic Farm** Pastured Ham Fried in **Tendergrass Farms** Pastured Pork Lard  
**Miller’s Organic Farm** Pastured Breakfast Sausage  
**Vital Choice Wild Seafood** Salmon Lox  
Assorted Cheeses  
Sourdough and Gluten-free Baked French Toast  
**Twilight Dairy** Real Maple Syrup  
**Fab Ferments** Fermented Apple Butter  
Fresh Fruit  
**Susie’s Sourdough** Bread  
**Simple Mills** Gluten-free Bread  
**Forest Grove Dairy** Grass-fed Butter and **Pure Indian Foods** Ghee  
**Hidden Pond Farm** Kombucha

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**SUNDAY NO HOST DINNER**  
(3rd Floor JW Ballroom 6-10  7:00 – 8:30 PM)

*This is not part of the conference program cost. The fee is $30, including tax and tip.
Buy tickets at the hotel registration desk.*

Mixed Greens Salad with Dressing Made with **Olea Estates** Olive Oil  
**White Oak Pastures** Chicken Stew  
Roasted Potatoes  
Root Vegetables  
**Fab Ferments** Sauerkraut  
**Susie’s Sourdough** Bread  
Gluten-free Bread  
**Forest Grove Dairy** Grass-fed Butter and **Pure Indian Foods** Ghee  
Baked Apples with Cinnamon and Honey Drizzle

All of the conference meals are made with **Selina Naturally** Celtic Sea Salt, **Pure Indian Foods** Ghee and **Olea Estates** Olive Oil. All the meals are gluten free.
FOOD DONORS

BEEF - GRASS-FED
Honored Prairie
Blaine Hintzfield
15718 Aboite Rd.
Roanoke, IN  46783
(877) 997-9449
www.honoredprairie.com
Grass-fed Beef Chuck

Joseph Decuis Farm
Pete Eshelman
6755 E. 900 S.
Roanoke, IN  46783
(260) 672-1715
www.josephdecuis.com
Grass-fed Wagyu Beef Marrow and Knuckle Bones

Marksbury Farm Market
David Whitlock
73 Fisher Ford Road
Roanoke, IN  46783
(859) 754-4224
www.marksburyfarm.com
Grass-fed Beef Ground
Grass-fed Beef Bones
Grass-fed Beef Liver
Grass-fed Beef Tongue

US Wellness Meats
John Wood
P.O. Box 9
Monticello, MO  63457
(877) 383-0051
www.uswellnessmeats.com
Grass-fed Beef Blade
Grass-fed Beef Liver
Grass-fed Beef Tongue

BEVERAGE
Buchi Kombucha
Jeannine Buscher & Sarah Schomber
P.O. Box 1743
Asheville, NC  28802
(828) 484-8229
www.drinkbuchi.com
Buchi Kombucha

Hidden Pond Farm
Andy & Beverly McDowell
5773 Meek Road
Centerville, IN  47330
(765) 960-5092
www.hiddenpondllc.com
Beet Kvass
Kombucha

Kombucha Kamp
Hannah Crum
8950 W. Olympic Blvd, Ste 404
Beverly Hills, CA  90211
(424) 245-5867
www.kombuchakamp.com
Hannah's Caffeine-Free Herbal Tea

Starwest Botanicals
Lisa O'Keely
161 Main Ave.
Sacramento, CA  95838
(800) 800-4372
www.starwest-botanicals.com
Organic Hibiscus Tea

Forrest Green Farm
Krista Rahm
2317 Evergreen Rd.
New Castle, IN  47362
(540) 967-1165
www.forrestgreenfarm.com
Organic Nutrient Dense Wellness Tea

Bread & Crackers
Simple Mills
Eleanor Blackmer
PO Box 811452
Ball Ground, GA  30107
(678) 294-9989
www.simplemills.com
Gluten-Free Pumpkin Mix
Gluten-Free Banana Mix

US Wellness Meats
John Wood
P.O. Box 9
Monticello, MO  63457
(877) 383-0051
www.uswellnessmeats.com
Grass-fed Beef Blade
Grass-fed Beef Liver
Grass-fed Beef Tongue

COCONUT PRODUCTS
Original Living Coconut
Renee Harris-Ainlay
817 W. Arnold Wallen Way
Stockton, MO  65785
(800) 900-3064
www.originallivingcoconut.com
Organic, Raw, Unfiltered Coconut Cream

Kerrygold USA
Nancy McNaughton
Irish Dairy Board, Inc./U.S. Office
1007 Church Street, Suite 800
Evanson, IL  60201
www.kerrygoldusa.com
Dubliner Cracker Cut Cheddar Cheese

Miller's Organic Farm
Amos Miller
648 Mill Creek School Rd.
Bird-In-Hand, PA  17505
(717) 556-0672
Cream Cheese

Organic Pastures Dairy
Mark McAfee
7221 S. Jameson.
Fresno, CA  93706
(877) RAW-Milk
www.organicpastures.com
Cheddar Cheese

PA Bowen Farmstead
Sally Fallon Morell and Geoffrey Morell
15701 Doctor Bowen Road
Brandywine, MD  20613
(301) 579-2727
www.pabowenfarmstead.com
Prince George's Blue Cheese

Traders Point Creamery
Fritz Kunz and Jane Elder Kunz
9101 Moore Rd.
Zionsville, IN  46077
(317) 733-1700
www.tpcorganics.com
Boone County Bloomy Organic Soft-ripened Cheese with Ash Rind

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www.tropicaltraditions.com
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www.thebrothery.com
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www.ivytech.bkstr.com
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O'Neall, NE  68763
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Champions Gate, FL  33896
Phone: (863) 799-2644
www.iaomt.org
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<tr>
<td>5701 North Sheridan Road</td>
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<tr>
<td>Apt 29K</td>
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<tr>
<td>Chicago, IL 60660</td>
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<tr>
<td>Phone: (773) 506-7247</td>
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<td>Magnetico Sleep Pads</td>
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<tr>
<td>6230 E. Tropical Pkwy</td>
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<tr>
<td>Las Vegas, NV 89115</td>
</tr>
<tr>
<td>Phone: (800) 265-1119</td>
</tr>
<tr>
<td><a href="http://www.magenticosleep.com">www.magenticosleep.com</a></td>
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<tr>
<td>SPONSORING EXHIBITOR</td>
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<td>Table # 247</td>
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<tr>
<td>Miller's Organic Farm</td>
</tr>
<tr>
<td>648 Mill Creek Road</td>
</tr>
<tr>
<td>Bird-in-Hand, PA 17505</td>
</tr>
<tr>
<td>Phone: (717) 566-0672</td>
</tr>
<tr>
<td><a href="http://www.healthyfoodclub.com">www.healthyfoodclub.com</a></td>
</tr>
<tr>
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<td>Table # 120, 121</td>
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<tr>
<td>Mission to Heal, LLC</td>
</tr>
<tr>
<td>16713 Dunaverty Place</td>
</tr>
<tr>
<td>Charlotte, NC 28277</td>
</tr>
<tr>
<td>Phone: (704) 302-1547</td>
</tr>
<tr>
<td><a href="http://www.myhealingtracker.com">www.myhealingtracker.com</a></td>
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<tr>
<td>SPONSORING EXHIBITOR</td>
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<td>Table # 133</td>
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<tr>
<td>Montclair Homeopathy</td>
</tr>
<tr>
<td>50 Bentley Place</td>
</tr>
<tr>
<td>Upper Montclair, NJ 07043</td>
</tr>
<tr>
<td>Phone: (973) 746-9888</td>
</tr>
<tr>
<td><a href="http://www.montclairhomeopathy.com">www.montclairhomeopathy.com</a></td>
</tr>
<tr>
<td>Table # 239</td>
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<tr>
<td>Myofunctional Research Company</td>
</tr>
<tr>
<td>9267 Charles Smith Avenue</td>
</tr>
<tr>
<td>Rancho Cucamonga, CA 91730</td>
</tr>
<tr>
<td>Phone: (909) 587-4940</td>
</tr>
<tr>
<td><a href="http://www.myoresearch.com">www.myoresearch.com</a></td>
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<tr>
<td>Table # 206</td>
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<tr>
<td>Newlight Health &amp; Natural Answers</td>
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<tr>
<td>670 Phillips Road</td>
</tr>
<tr>
<td>Millersburg, PA 17061</td>
</tr>
<tr>
<td>Phone: (717) 692-5100</td>
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<tr>
<td>Table # 219</td>
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<tr>
<td>NewTrends Publishing</td>
</tr>
<tr>
<td>15701 Dr. Bowen Road</td>
</tr>
<tr>
<td>Brandywine, MD 20613</td>
</tr>
<tr>
<td>Phone: (301) 707-1776</td>
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<tr>
<td><a href="http://www.newtrendspublication.com">www.newtrendspublication.com</a></td>
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<td>Table # 114</td>
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<tr>
<td>Nutritional Therapy Association</td>
</tr>
<tr>
<td>PO Box 354</td>
</tr>
<tr>
<td>Olympia, WA 98507</td>
</tr>
<tr>
<td>Phone: (360) 493-0900</td>
</tr>
<tr>
<td><a href="http://www.nutritionaltherapy.com">www.nutritionaltherapy.com</a></td>
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<tr>
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<td>Table # 105, 106</td>
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<tr>
<td>Olea Estates Distribution, Inc.</td>
</tr>
<tr>
<td>18660 Vixen Drive</td>
</tr>
<tr>
<td>Wildwood, MO 63069</td>
</tr>
<tr>
<td>Phone: (636) 405-1960</td>
</tr>
<tr>
<td><a href="http://www.oleaestates.com">www.oleaestates.com</a></td>
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<tr>
<td>SPONSORING EXHIBITOR</td>
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<td>Table # 202</td>
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<tr>
<td>Original Living Coconut</td>
</tr>
<tr>
<td>817 W. Arnold Wallen Way</td>
</tr>
<tr>
<td>Stockton, MO 65785</td>
</tr>
<tr>
<td>Phone: (417) 276-0211</td>
</tr>
<tr>
<td><a href="http://www.originallivingcoconut.com">www.originallivingcoconut.com</a></td>
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<tr>
<td>Price-Pottenger Nutrition Foundation</td>
</tr>
<tr>
<td>7890 Broadway</td>
</tr>
<tr>
<td>Lemon Grove, CA 91945</td>
</tr>
<tr>
<td>Phone: (619) 462-7600</td>
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<tr>
<td><a href="http://www.ppnf.org">www.ppnf.org</a></td>
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<tr>
<td>SPONSORING EXHIBITOR</td>
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<td>Table # 248, 249</td>
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<tr>
<td>Pure Indian Foods</td>
</tr>
<tr>
<td>PO Box 296</td>
</tr>
<tr>
<td>Princeton Junction, NJ 08550</td>
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<tr>
<td>Phone: (609) 785-9100</td>
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<tr>
<td><a href="http://www.pureindianfoods.com">www.pureindianfoods.com</a></td>
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<tr>
<td>PLATINUM SPONSOR</td>
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<td>Table # 122, 124</td>
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<tr>
<td>Radiant Life</td>
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<tr>
<td>3721 Santa Rosa Ave, Suite B4</td>
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<tr>
<td>Santa Rosa, CA 95407</td>
</tr>
<tr>
<td>Phone: (888) 593-9595</td>
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<tr>
<td><a href="http://www.radiantlifecatalog.com">www.radiantlifecatalog.com</a></td>
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<tr>
<td>PLATINUM SPONSOR</td>
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<td>Table # 128, 130</td>
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<tr>
<td>RawFoodSOS.com</td>
</tr>
<tr>
<td>2157 NE Tillamook St</td>
</tr>
<tr>
<td>Portland, OR 97212</td>
</tr>
<tr>
<td>Phone: (928) 699-3217</td>
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<tr>
<td><a href="http://www.rawfoodssos.com">www.rawfoodssos.com</a></td>
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<tr>
<td>Simple Mills</td>
</tr>
<tr>
<td>444 N. Wells, Suite 203</td>
</tr>
<tr>
<td>Chicago, IL 60654</td>
</tr>
<tr>
<td>Phone: (312) 278-3134</td>
</tr>
<tr>
<td><a href="http://www.simplemills.com">www.simplemills.com</a></td>
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<td>Table # 243</td>
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<tr>
<td>Simply Being Well, Inc.</td>
</tr>
<tr>
<td>4201 Rocky Ford Drive</td>
</tr>
<tr>
<td>Loveland, CO 80538</td>
</tr>
<tr>
<td>Phone: (970) 685-7797</td>
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<td>Table # 233</td>
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<tr>
<td>Standard Process</td>
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<tr>
<td>1200 W. Royal Lee Drive</td>
</tr>
<tr>
<td>Palmyra, WI 53156</td>
</tr>
<tr>
<td>Phone: (262) 495-6401</td>
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<tr>
<td><a href="http://www.standardprocess.com">www.standardprocess.com</a></td>
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<td>Table # 207</td>
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<tr>
<td>Summer Bock, Inc.</td>
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<tr>
<td>PO Box 86701</td>
</tr>
<tr>
<td>Portland, OR 97286</td>
</tr>
<tr>
<td>Phone: (503) 918-1809</td>
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<tr>
<td><a href="http://www.summerbock.com">www.summerbock.com</a></td>
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<td>Table # 242</td>
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<tr>
<td>Teaming with Microbes and Nutrients</td>
</tr>
<tr>
<td>6320 W. Dimond Boulevard</td>
</tr>
<tr>
<td>Anchorage, AK 99502</td>
</tr>
<tr>
<td>Phone: (907) 229-5460</td>
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<tr>
<td><a href="http://www.teamingwithmicrobes.com">www.teamingwithmicrobes.com</a></td>
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<td>Table # 218</td>
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<tr>
<td>Tendergrass Farms</td>
</tr>
<tr>
<td>3313 Floyd Hwy N</td>
</tr>
<tr>
<td>Floyd, VA 24091</td>
</tr>
<tr>
<td>Phone: (800) 929-1785</td>
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<tr>
<td><a href="http://www.tendergrass.com">www.tendergrass.com</a></td>
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<td>Table # 208</td>
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<tr>
<td>TraditionalFoods.org</td>
</tr>
<tr>
<td>32 Main Street, #186</td>
</tr>
<tr>
<td>Montpelier, VT 05602</td>
</tr>
<tr>
<td>Phone: (866) 668-2367</td>
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<tr>
<td>Twilight Dairy, LLC</td>
</tr>
<tr>
<td>595 South 350 West</td>
</tr>
<tr>
<td>Rockville, IN 47872</td>
</tr>
<tr>
<td>Phone: (765) 569-5677</td>
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<tr>
<td>Ultra Pure Nutritionals</td>
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<tr>
<td>48 Sperry Road</td>
</tr>
<tr>
<td>Watertown, CT 06795</td>
</tr>
<tr>
<td>Phone: (860) 945-7444</td>
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<tr>
<td><a href="http://www.drrons.com">www.drrons.com</a></td>
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<tr>
<td>Unique Perspective</td>
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<tr>
<td>434 W 6th Street</td>
</tr>
<tr>
<td>Loveland, CO 80537</td>
</tr>
<tr>
<td>Phone: (970) 669-1380</td>
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<tr>
<td><a href="http://www.donnawild.net">www.donnawild.net</a></td>
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<td>Urban Moonshine</td>
</tr>
<tr>
<td>255 South Champlain St. Suite 3</td>
</tr>
<tr>
<td>Burlington, VT 05401</td>
</tr>
<tr>
<td>Phone: (802) 428-4707</td>
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<tr>
<td><a href="http://www.urbanmoonshine.com">www.urbanmoonshine.com</a></td>
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<td>Vaccine Safety GAPS, LLC</td>
</tr>
<tr>
<td>1209 Orange Street</td>
</tr>
<tr>
<td>Wilmington, DE 19801</td>
</tr>
<tr>
<td>Phone: (212) 877-3650</td>
</tr>
<tr>
<td><a href="http://www.knowyourvaccines.com">www.knowyourvaccines.com</a></td>
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### EXHIBITORS - ALPHABETICAL

<table>
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<tr>
<th>Company</th>
<th>Address</th>
<th>Phone</th>
<th>Website</th>
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<tr>
<td>Villa de Alpacas Farm</td>
<td>22410 Aquasco Road, Aquasco, MD 20608</td>
<td>(301) 888-2742</td>
<td><a href="http://www.MarylandAlpacaFarm.org">www.MarylandAlpacaFarm.org</a></td>
<td>127, 129</td>
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<tr>
<td>Vital Proteins</td>
<td>100 Saunders Road, Suite 150, Lake Forest, IL 60045</td>
<td>(224) 544-9110</td>
<td><a href="http://www.vitalproteins.com">www.vitalproteins.com</a></td>
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<tr>
<td>Vital Choice Wild Seafood</td>
<td>PO Box 4121, Bellingham, WA 98227</td>
<td>(360) 603-9546</td>
<td><a href="http://www.vitalchoice.com">www.vitalchoice.com</a></td>
<td>118, 119</td>
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<tr>
<td>Vitamix</td>
<td>8615 Usher Road, Cleveland, OH 44138</td>
<td>(440) 782-2558</td>
<td><a href="http://www.vitamix.com">www.vitamix.com</a></td>
<td>200, 201</td>
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<tr>
<td>Walkabout Health Products</td>
<td>211 S. Central Suite 112, Marshfield, WI 54449</td>
<td>(715) 305-2526</td>
<td><a href="http://www.walkabouthealthproducts.com">www.walkabouthealthproducts.com</a></td>
<td>240</td>
</tr>
<tr>
<td>White Oak Pastures</td>
<td>22775 Hwy 27, Bluffton, GA 39824</td>
<td>(229) 641-2081</td>
<td><a href="http://www.whiteoakpastures.com">www.whiteoakpastures.com</a></td>
<td>225</td>
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Medical Intuitive
at Wise Traditions 2014, Indianapolis
www.ClendinningTechnique.org

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