



# Wise Traditions 2017

EIGHTEENTH ANNUAL INTERNATIONAL CONFERENCE OF THE  
**WESTON A. PRICE FOUNDATION®**

## HORMONE HEALTH AND MORE

**Friday, November 10 – Monday, November 13**  
with Chapter Meeting and FTCLDF Dinner on Thursday, November 9  
Hyatt Regency Minneapolis Hotel

### AMERICA'S PREMIER NUTRITION CONFERENCE

**Life-Changing Lectures • Cutting-Edge Nutrition**  
**Cooking Classes • Traditional Nutrient-Dense Meals • Networking**  
**WAPF-Friendly Vendors • Wise Kids Program**

For anyone interested in health and good food.



## CONFERENCE SPEAKERS

- Sandeep Agarwal, expert on ghee
- Amy Berger, author of *The Alzheimer's Antidote*
- Dean Bonlie, DDS, expert on magnetism
- Natasha Campbell-McBride, MD, Gut & Psychology Syndrome (GAPS)
- Carrie Clark, DC, expert on nourishing school lunches
- Tom Cowan, MD, author of *Human Heart, Cosmic Heart*
- Sally Fallon Morell, MA, author of *Nourishing Traditions*
- Lee and Sean Graese, grass-fed buffalo farmers
- Ben Greenfield, fitness expert
- Becca Griffith, foraging expert
- Stefan Hagopian, DO, expert on footwear, beds and chairs
- Zoë Harcombe, PhD, obesity researcher, author *The Harcombe Diet*
- Reginaldo Haslett-Marroquin, poultry-centered regenerative agriculture
- Chris Knobbe, MD, expert on age-related macular degeneration
- Kiran Krishnan, expert on intestinal flora
- Anna Larsen, expert on wild seafood
- Jodi Ledley, author of *Adventures with Jodi*
- Celeste Longacre, author of *Celeste's Garden Delights*
- Karen Lyke, MS, CCN, DSc, CGP, master nutritionist
- Chris Masterjohn, PhD, [chrismasterjohnphd.com](http://chrismasterjohnphd.com) nutrition blog
- Ronda Nelson, expert on thyroid health
- Cyndi O'Meara, author *Changing Habits Changing Lives*
- Tim O'Shea, DC, expert on vaccine dangers
- Laura Schoenfeld, MPH, RD, expert on adrenal health
- Pam Schoenfeld, RD, co-director Healthy Nation Coalition
- Kim Schuette, CN, nutritional & biotherapeutic drainage therapies
- Stephanie Seneff, PhD, expert on glyphosate
- Kim Thompson, RYT, movement instructor
- Sylvia Burgos Toftness, expert on nourishing broth
- Donald Weber, DC, expert on good health basics
- Cilla Whatcott, PhD, HD, RHom, *There Is a Choice: Homeoprophylaxis*
- Lindsea Willon, expert on insulin resistance
- Louisa Williams, MS, DC, ND, author of *Radical Medicine*
- Will Winter, DVM, expert on pastured livestock

## LOCATION AND ACCOMMODATION

The conference will be held at the Hyatt Regency Minneapolis at 1300 Nicollet Mall, Minneapolis, MN. A special conference room rate of \$155 per night plus taxes and fees has been negotiated for our attendees.

This rate is offered for single through quadruple occupancy.

Phone Hyatt Reservations at (800) 421-1442 and mention the Wise Traditions conference, or book online at <https://aws.passkey.com/go/2017WISETRADITIONS>.

Special conference rates for hotel rooms available only until October 20, 2017 or until all rooms are sold.

Self-parking is a special rate of \$19 per day.

## SAVE UP TO \$50 IN CONFERENCE FEES IF YOU REGISTER BY SEPTEMBER 17th!

Children's Program • Monday Guided Farm Visit • Continuing Education Units • Register Early to Enter Drawings  
For more information, call (540) 722-7104 or visit [wisetraditions.org](http://wisetraditions.org)

## PRE-CONFERENCE AND POST-CONFERENCE ACTIVITIES



Farm-to-Consumer  
Legal Defense Fund®

**THURSDAY, NOVEMBER 9**  
at 6 pm

**FTCLDF FundRAISER**  
[farmtoconsumer.org/WAPF2017](http://farmtoconsumer.org/WAPF2017)

**MONDAY, NOVEMBER 13**

**Will Winter, DVM:** Guided Farm Visit

**Sally Fallon Morell, MA:**

Master Cooking Class—Three Meal Plans: Fish, Chicken and Lamb

**Chris Masterjohn, PhD:** A Master Seminar on Nutrition

# WISE TRADITIONS 2017 REGISTRATION FORM

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Name for Badge \_\_\_\_\_

Organization/Affiliation \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_ Country \_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_  Check here if you are interested in donating food.

E-mail \_\_\_\_\_ Website \_\_\_\_\_  This is my first Wise Traditions conference.

Check here to reserve Gluten & Casein free conference meals. OR  Gluten free only. OR  Casein free only. Register for GF and/or CF children's meals below.

**MEMBERSHIP: become a member of the Foundation and receive our quarterly journal, full of informative articles as well as sources of healthy food. WAPF members receive a conference registration discount.**

\$40 US Annual Membership  \$25 US Reduced (financial hardship)  \$50 Canadian/International

**FULL REGISTRATION** includes conference materials, Friday sessions, lunch and dinner, Saturday sessions, lunch and Awards Banquet, Sunday sessions and brunch (\*except for no-meal option). Does not include Monday.

	By Sept 17	After Sept 17
<input type="checkbox"/> Full Registration Member	\$440	\$490
<input type="checkbox"/> Full Registration Non-Member	\$480	\$530
<input type="checkbox"/> Full Registration Student/Senior Member	\$340	\$390
<input type="checkbox"/> Full Registration Student/Senior (62+) Non-Member	\$365	\$415
<input type="checkbox"/> Full Registration Adult with Child in Kid's Program	\$340	\$390
<input type="checkbox"/> Full Registration No-Meal Option ( <i>meals not included</i> *)	\$300	\$350

**WEEKEND REGISTRATION** includes sessions with lunch and banquet on Saturday and lunch on Sunday.

Weekend Registration \$300 \$330

**DAILY REGISTRATION** includes conference materials, sessions and lunch (no dinner).

<input type="checkbox"/> Daily Registration	<input type="checkbox"/> Friday	<input type="checkbox"/> Saturday	<input type="checkbox"/> Sunday	\$130	\$150
<input type="checkbox"/> Saturday Traditional Diets Seminar, Sally Fallon Morell				\$60 (limited to 200)	
<input type="checkbox"/> Monday Guided Farm Visit 7-6 (includes lunch)				\$100	\$100
<input type="checkbox"/> Monday WAPF Cooking 9-4 (includes lunch)				\$100	\$100
<input type="checkbox"/> Monday Chris Masterjohn Seminar				\$100	\$100

## EVENING EVENTS

Friday Dinner and Events \$60 \$60

Saturday Evening Awards Banquet \$75 \$75

**Please select the sessions you plan to attend.** This helps us plan but you can change your mind.

Friday seminar choice –  GAPS  Thyroid Health  Adrenal  Farming

Saturday Choice –  Hormone Health  Nourishing Traditional Diets  Cooking/Practical  Wellness

Sunday Seminar Choice –  Mind and Eyes  Diet, Exercise, Diabetes  Fertility/Children  Cooking/Gardening/Practical

**CHILDREN'S PROGRAM** (Child must be age 3-12 and potty trained.)

\_\_\_\_ Child's Name(s) \_\_\_\_\_ Age(s) \_\_\_\_\_

\_\_\_\_ @ \$225 per child for Friday - Sunday includes Friday lunch & dinner, Saturday lunch, Sunday brunch

GF/CF meals OR  GF only OR  CF only for \_\_\_\_ children OR \_\_\_\_ @ \$150 per child, includes no meals.

**CEUS FOR RNS & LACS.** A \$5 certificate of attendance is available. It suffices for RDs & nutritionists.

RN  LAC –  All 3 days \$65  Friday \$25  Saturday \$25  Sunday \$25//  RD or nutr.  Cert of Attend. \$5.

## PAYMENT PROCESSING

Total Due: \_\_\_\_\_  MasterCard  Visa  Check Payment/Money Order (make payable to WAPF)

Full Name \_\_\_\_\_

Card Number \_\_\_\_\_

Exp. Date \_\_\_\_\_ Security Code (3 digits on back of card) \_\_\_\_\_

## CHAPTER LEADERS

I am a chapter leader.

I plan to attend the Chapter Leader Meeting Thursday, Nov 9, 10 am - 4 pm

## How did you hear about the conference?

WAPF journal  WAPF email

Friend/colleague  WAPF postcard

Blog  Twitter or FB

Web advertisement  WAPF website

Print advertisement  Radio

Another conference  Chapter

Other, please specify \_\_\_\_\_

## What is your current occupation?

Medical practitioner  Farmer

Nutritionist  Homemaker

Massage therapist  Student

Chiropractor  Retired

Nurse  Teacher

Agriculture professional  Journalist

Artisan worker  Chef

Other, please specify \_\_\_\_\_

## THREE WAYS TO REGISTER:

- PHONE** (540) 722-7104
- FAX** (540) 301-3536
- MAIL**  
WAPF Wise Traditions Conference  
1900 Jones Rd  
Winchester, VA 22602

## PLEASE NOTE:

One adult registration per form, please. Forms submitted without payment will not be processed.

## FOR FURTHER INFORMATION

wisetraditions.org  
registrar@ptfassociates.com

**NO REFUNDS will be issued after December 31, 2017**

By submitting this form, I authorize Wise Traditions to charge the applicable registration fees. I understand that all cancellations must be submitted in writing and must be received by October 20, 2017 to be eligible for a refund, less a \$25.00 administrative fee. All refunds will be issued following the conference. Substitutions will be permitted at any time. Registration packets will not be mailed and must be picked up on-site at the conference registration desk at the Hyatt Regency Minneapolis Hotel.

# Wise Traditions 2017

## Minneapolis Schedule

### THURSDAY, NOVEMBER 9

10:00-4:00 Chapter Leaders Meeting  
06:00-9:00 FTCLDF FundRaiser Dinner (*not included with conference registration*)

### FRIDAY, NOVEMBER 10

07:00-07:45 Kim Thompson: Gentle Movement  
08:00-08:45 Kim Thompson: How to Sit Comfortably

#### **Track I: Gut & Psychology Syndrome** – Natasha Campbell-McBride, MD

10:00-12:00 Gut & Psychology Syndrome, Part I  
01:30-03:00 Gut & Psychology Syndrome, Part II  
03:30-05:00 Vegetarianism Explained

#### **Track II: Nourishing Your Thyroid: The 7 Key Principles for Optimizing Thyroid Health** –

Ronda Nelson, PhD  
10:00-12:00 Part I: Understanding How Your Thyroid Works  
01:30-03:00 Part II: Bridging the Nutritional Gap  
03:30-05:00 Part III: Proper Testing, Support and General Recommendations

#### **Track III: Stress Proof: Creating a Diet and Lifestyle to Recover from "Adrenal Fatigue" or HPA-D** –

Laura Schoenfeld, RD, MPH  
10:00-12:00 Part I: Defining "Stress" and the 4 Main Triggers of Adrenal Fatigue (HPA-D)  
01:30-03:00 Part II: How Diet and Exercise Help (or Harm) Your HPA Axis Function  
03:30-05:00 Part III: Supplements, Sleep, and Stress Management for Promoting A Healthy HPA-Axis

#### **Track IV: Farming**

10:00-12:00 Reginaldo Haslett-Marroquin: Poultry-Centered Regenerative Agriculture  
01:30-03:00 Lee and Sean Graese: #itsallaboutthatgrass: The Story of Northstar Bison  
03:30-05:00 Will Winter, DVM: Minerals, Vitamins, Salt and HighBrix Forages—  
Rearing Livestock the Natural Way

#### **Friday Evening Activities**

8:00-10:00 Ask the Practitioner Panel with Kim Schuette, CN, Natasha Campbell-McBride, MD,  
Tom Cowan, MD, Ronda Nelson, PhD, Louisa Williams, DC  
8:00-10:00 Kiran Krishnan: Forget What You Know About Probiotics – A Paradigm Shift  
8:00-10:00 Dean Bonlie, DDS: Magnetism, Magnechelation and EMF Effects  
8:00-10:00 Film *What's With Wheat* followed by Q&A Session with Cyndi O'Meara

### SATURDAY, NOVEMBER 11

06:00-06:45 Kim Thompson: Gentle Movement  
07:00-07:45 Kim Thompson: Release Low Back Tension

#### **Track I: Plenary Session: Hormone Health**

09:00-10:15 Karen Lyke, MS, CCN, DSc, CGP: The HPA (Hypothalamus-Pituitary-Adrenal) Axis:  
An Introduction to the Major Hormones that Operate and Maintain the Body  
10:45-12:00 Kim Schuette, CN: Recovery from Bio-Identical Hormones  
01:45-03:00 Chris Masterjohn, PhD: A Balanced Hormonal Milieu  
03:30-04:45 Lindsea Willon: Tone Your Hormones: How Exercise Affects Insulin Resistance & Inflammation

#### **Track II: Nourishing Traditional Diets** – Sally Fallon Morell, MA

09:00-12:00 Characteristics of Healthy Diets  
01:45-03:00 Know Your Fats  
03:30-05:00 How to Change Your Diet for the Better

# Wise Traditions 2017

## Minneapolis Schedule

### SATURDAY, NOVEMBER 11 *(continued)*

#### **Track III: Cooking/Practical**

09:00-10:15 Becca Griffith: Fat Rendering

10:45-12:00 Stefan Hagopian, DO: Chairs, Beds and Footwear—Negotiating Their Pervasive Influence in Our Daily Lives

01:45-03:00 Celeste Longacre: Ferments, Ferments, Ferments!

03:30-04:45 Sylvia Burgos Toftness: The Hows and Whys of Making Bone Broth and Baking Sourdough Breads: It's About Lots More than Great Taste

#### **Track IV: Wellness**

09:00-12:00 Stephanie Seneff, PhD: Everything You Wanted to Know About Glyphosate but Were Afraid to Ask

01:45-04:45 Tom Cowan, MD: The Fountain of Youth is a Fountain: The Story of Deuterium-Depleted Water

#### **06:30-10:00 pm Awards Banquet**

Keynote: Zoë Harcombe: Real Food on Trial

### SUNDAY, NOVEMBER 12

06:00-06:45 Kim Thompson: Gentle Movement

07:00-07:45 Kim Thompson: Relieve Neck and Shoulder Tension

#### **Track I: Nutrition for the Mind and Eyes**

09:00-10:20 Amy Berger: Nourish Your Neurons: Protection Against Alzheimer's with Good Nutrition

10:30-11:50 Chris Knobbe, MD: Macular Degeneration – Preventable and Treatable with an Ancestral Diet?

01:30-02:40 Jodi Ledley: Eliminating Migraines, Chronic Pain and the Many Other Related Symptoms of Abnormal Nerve Function

03:00-04:20 Chris Masterjohn, PhD: Fat-Foluble Activators for Brain and Eyes

#### **Track II: Diet, Exercise, Diabetes**

09:00-10:20 Donald Weber, DC: The Eight Critical Systems

10:30-11:50 Louisa Williams, MS, DC, ND: Exercise Tips from an Exercise Dropout! The Benefits of Active Stretching, Interval Training, and CBD Oil

01:20-02:40 Ben Greenfield: Why You're Not Losing Weight: Fat Loss Frustration & What to Do About It

03:00-04:20 Zoë Harcombe: The Obesity Epidemic: What caused it? How can we stop it?

#### **Track III: Fertility/Children**

09:00-10:20 Tim O'Shea, DC: Detoxification Protocol for Autistics and Other Vaccine Injured

10:30-11:50 Pam Schoenfeld, RD: Polycystic Ovary Syndrome

01:20-02:40 Carrie Clark, DC: Baby Whisperer

03:00-04:20 Cilla Whatcott, PhD, HD, RHom, CCH:

Real Immunity: Educate the Immune System Using Homeoprophylaxis

#### **Track IV: Cooking/Gardening/Practical**

09:00-10:20 Carrie Clark, DC: Nourishing School Lunches

10:30-11:50 Becca Griffith: Foraging Cuisine

01:20-02:40 Anna Larsen: Wild Fish for Good Health

03:00-04:20 Sandeep Agarwal: Cooking with Spices

**Closing Ceremony (4:30-5:30):** Michael Schmidt: The Fight for Real Milk

### MONDAY, NOVEMBER 13

07:00-06:00 Will Winter, DVM: Guided Farm Visit

09:00-04:00 Sally Fallon Morell: Master Cooking Class – Three Meal Plans: Fish, Chicken and Lamb

09:00-04:00 Chris Masterjohn, PhD: A Master Seminar on Nutrition