



## Resources to Help You Improve Your Health

### Recommended Reading

Some are available to purchase in the waiting room

- Nourishing Traditions by Sally Fallon
- Healthy 4 Life by The Weston A. Price Foundation
- Nutrition and Physical Degeneration by Weston A. Price, DDS
- WAPF Shopping Guide 2012
- Why We Get Fat\_ by Gary Taubes
- The Untold Story of Milk by Ron Schmid, ND
- Eat Fat, Lose Fat By Sally Fallon & Mary Enig
- The Omnivore's Dilemma and Food Rules by Michael Pollan
- Primal Body, Primal Mind by Nora Gedgudas
- The Vegetarian Myth by Lierre Keith
- Wise Traditions A Publication of the Weston A Price Foundation
- Gut and Psychology Syndrome by Dr. Natasha Campbell-McBride
- Wild Fermentation by Sandor Ellix Katz

### Helpful Websites

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| • The Weston A. Price Foundation               | <a href="http://www.WestonAPrice.org">www.WestonAPrice.org</a>                 |
| • Real Food. Small Farms. Green Living         | <a href="http://www.realfoodmedia.com">www.realfoodmedia.com</a>               |
| • Ancient Wisdom for Modern Health             | <a href="http://www.radiantlifecatalog.com">www.radiantlifecatalog.com</a>     |
| • Source for hard to find, nutrient dense food | <a href="http://wildernessfamilynaturals.com">wildernessfamilynaturals.com</a> |
| • Price-Pottenger Nutrition Foundation         | <a href="http://www.ppnf.org">www.ppnf.org</a>                                 |
| • A Campaign for Real Milk                     | <a href="http://www.realmilk.com">www.realmilk.com</a>                         |
| • Local Harvest - find local farms             | <a href="http://www.localharvest.org">www.localharvest.org</a>                 |
| • Eat Well Guide                               | <a href="http://www.eatwellguide.org">www.eatwellguide.org</a>                 |
| • The Healthy Home Economist                   | <a href="http://www.healthyhomeeconomist.com">www.healthyhomeeconomist.com</a> |
| • Cheese Slave Blog                            | <a href="http://www.cheeseslave.com">www.cheeseslave.com</a>                   |
| • Online rating of cosmetic products           | <a href="http://www.cosmeticdatabase.com">www.cosmeticdatabase.com</a>         |
| • Online source for books                      | <a href="http://www.culturesforhealth.com">www.culturesforhealth.com</a>       |
| • New Trends Publishing                        | <a href="http://www.newtrendspublishing.com">www.newtrendspublishing.com</a>   |
| • Eat Wild                                     | <a href="http://www.eatwild.com">www.eatwild.com</a>                           |
| • Grass-fed meats, cheeses, butter & more      | <a href="http://www.grasslandbeef.com">www.grasslandbeef.com</a>               |
| • Nourishing Gourmet blog                      | <a href="http://www.thenourishinggourmet.com">www.thenourishinggourmet.com</a> |
| • Michael Pollan, food writer                  | <a href="http://www.michaelpollan.com">www.michaelpollan.com</a>               |
| • Gary Taubes, food writer                     | <a href="http://www.garytaubes.com">www.garytaubes.com</a>                     |

## Recommended Viewing

- Food, Inc.
- King Corn
- The Future of Food
- Fresh
- The Oiling of America
- Videos on various topics from the Weston A. Price Foundation website:

[www.westonaprice.org/2011-action-alerts/wise-traditions-beginner-video-series](http://www.westonaprice.org/2011-action-alerts/wise-traditions-beginner-video-series)

- Baby Formula
- Traditional Fats
- Salad Dressings and Sauces
- Natural Sweeteners
- Pantry Intervention
- Journey Back to the Kitchen
- Healthy Snacks
- Fermented Foods and Beverages
- Stocks & Soups
- Proper preparation of grains and legumes
- Tips for limited time and budget
- Introduction to Traditional Eating