

A SHOCKING AND POWERFUL TESTAMENT TO THE ADVERSE
EFFECTS OF MODERN PROCESSED DIETS UPON HEALTH

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Nutrition and Physical Degeneration



Dr. Price traveled worldwide to discover the secrets of healthy people.

WESTON A. PRICE, DDS

"DR. WESTON PRICE was one of the most prominent health researchers of the 20th century... This extraordinary masterpiece of nutritional science belongs in the library of anyone who is serious about learning how to use foods to improve their health."

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8th EDITION, 23rd PRINTING

Nutrition And Physical Degeneration

Weston Andrew Price

Nutrition And Physical Degeneration:

Nutrition and Physical Degeneration Weston,2010 A compendium of ancestral wisdom Weston Price s Nutrition and Physical Degeneration is considered a masterpiece by many nutrition researchers who followed in his footsteps Weston Price a dentist with interest in nutrition and health travelled extensively and observed the dietary habits of diverse cultures including the L tschenthal in Switzerland Native Americans Polynesians Pygmies and Australian Aboriginals among many others His extensive research materials include some 15 000 photographs 4 000 slides and many filmstrips He observed that various diseases endemic to Western cultures of the 1920s and 1930s were rarely present in non Western cultures and that as non Western groups abandoned indigenous diets and adopted Western patterns of living they showed increases in typical Western diseases He concluded that Western methods of commercially preparing and storing foods stripped away vitamins and minerals necessary to prevent these diseases Initially the medical and scientific communities vigorously rejected this controversial work as lacking scientific precision nevertheless as time went on research has confirmed his observations and modern medical orthodoxy is slowly accepting that lifestyle and diet are a major factor perhaps the major factor in the degenerative diseases that plague the developed world Many have credited this book with greatly improving their health

Nutrition and Physical Degeneration Weston Andrew Price,1998 Circling the world in the 1920s and 30s Dr Price and his wife found the same sinister pattern among primitive populations whether isolated Irish fishermen tribal Africans Pacific Islanders Eskimos North and South American Indians or Australian Aborigines Those groups that followed their traditional nature based diets enjoyed good health and vigor and those that turned to the civilized diet of processed sugar laden foods soon developed a variety of ills including misshapen bones and teeth and the situation worsened with each generation Dr Price s fascinating accounts of his discoveries and the extensive photo documentation he provides drive home the nutritional truths that are only now gaining general understanding and Nutrition and Physical Degeneration remains an unequaled source of basic information BOOK JACKET Title Summary field provided by Blackwell North America Inc All Rights Reserved

Nutrition and Physical Degeneration Weston Andrew Price,1939 Nutrition and Physical Degeneration Weston Price,2013-09-15 Nutrition and Physical Degeneration is about proper nutrition to avoid tooth decay and other problems

Nutrition and Physical Degeneration Weston A. Price,1945 Nutrition and Physical Degeneration Weston Price,2022-11-09 Dr Weston A Price a pioneer in the field of nutrition and health studies Dr Price photographed and documented his observations on people from diverse cultures health and eating habits while travelling across the world with his wife and visiting hundreds of towns in 14 countries His research demonstrates how industrially manufactured white flour sugar refined vegetable oils and canned vegetables replaced people s traditional foods resulting in physical deterioration in the form of dental caries jaw and tooth abnormalities arthritis and tuberculosis **Nutrition and Physical Degeneration** Weston Andrew Price,2004 **Nutrition and Physical and Degeneration** Weston Andrew Price,1939 **Nutrition and**

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