



The Solari Report

December 6, 2017

Solari Food Series
Nourishing Traditions
with
Sally Fallon Morell
& Harry Blazer

the **Food Series**



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Harry Blazer: I'm here in Minneapolis at the Weston A. Price Foundation Conference with the President of the Weston A. Price Foundation, Sally Fallon Morell.

Sally, tell me a little bit about Weston Price Organization – what it is and your role in it.

Sally Fallon Morell: The Weston A. Price Foundation is named after Weston A. Price, who was a dentist. He traveled in the 1930s and 1940s to remote corners of the planet to study people who had never eaten anything but their own food.

He wanted to answer the question, “What is a healthy diet? What kind of diet gives us good dental health and good overall health.” He focused on dental health because he was a dentist. Good dental health means no cavities and naturally straight teeth with good facial structure. When dental health is good, typically you see good overall health. So in addition to good dental health, Price looking for robust physical health, freedom from disease, ease of reproduction and painless childbirth.

Blazer: He went to a lot of places, right?



Morell: Yes, he went to a lot of places. In the end, he found fourteen groups that had virtually no tooth decay and no dental deformities – which means no crooked teeth. This part of his research was something he could count and measure and publish in peer reviewed journals. But he also made notes on the general health of the people, who were extremely robust and seemed to be immune to disease.

In fact, many observers in the early days were struck by how easy childbirth was for these women. It wasn't something that you dreaded and that was painful. The typical Eskimo woman, for example, gave birth at night while her husband was asleep. When he woke up in the morning, she introduced him to the new baby.

So he found these fourteen groups that he considered superbly healthy, but we still have this question: What is a healthy diet?

The Eskimos were living in the Arctic with no plants at all in their diet. They ate a lot of fermented fish and walrus and seal, and then you had the South Seas where they lived on fish and pork and a lot more plant foods. You had the Indians of the Andes Mountains and the Maoris in New Zealand. He found a healthy isolated Swiss group living on dairy products and grains, and then he found a group in the Outer Hebrides living on seafood and oats.

Blazer: So was the first criteria that they have good dental health and traditional diets, or basically just good dental health, and then let's see what they are eating?



Morell: Exactly. He found the good dental health. He left a fantastic record of very low levels of cavities in these traditional groups.

All of the diets were different, and a lot of people on reading Price's book just throw up their hands and say, "There is no such thing as a healthy diet." But Dr. Price found things in common with all the diets, whatever they were eating – whether it was seafood or game, quinoa or corn – the diets were very nutrient-dense. There were very high levels of vitamins and minerals, and there were especially high levels of the vitamins that we get from animal fats, certain types of seafood, organ meats, butter from pastured cows and eggs from birds living outside, not in cages.

Blazer: So the fat-soluble vitamins.

Morell: Right, the fat-soluble vitamins. He called them "fat-soluble activators" because you can't actually absorb the minerals in these mineral-rich foods unless you have these activators. So you will hear us using the phrase, "fat soluble activator." These are vitamin A, vitamin D and vitamin K2. I would say that our organization has been in the forefront of research to understand these vitamins and even test them in food.

Blazer: And K2 has come into focus more recently.

Morell: Absolutely. We say that there is a vitamin hit parade. In the early days vitamin A was at the top of the hit parade because it was the first vitamin discovered, and it's a very, very important vitamin.



Blazer: Thus it is called vitamin “A.”

Morell: Unfortunately, vitamin A has fallen into the bottom of the hit parade. It’s considered toxic by mainstream medicine. Vitamin D has come to the top of the hit parade, and people are taking huge doses of synthetic vitamin D, which is absolutely not a good idea.

Nobody even talked about vitamin K twenty years ago; it was considered only for blood clotting. But the animal form of vitamin K, which is K2, is in certain foods like goose fat and duck fat and lard and animal fats and organ meats, and also in some fermented foods like cheese and natto.

We now know that vitamin K is an essential vitamin. What vitamin K does is keep calcium in the right place. It keeps the calcium in your bones and teeth so that they will be very resistant to decay, and it keeps the calcium out of your soft tissues like your arteries and your heart.

Blazer: That’s a lot of what arteriosclerosis is.

Morell: Yes, it’s calcium in your arteries. Arthritis is calcium in your joints. I think that you could say that there is calcium in your brain for dementia. It’s kind of ironic that all these years we’ve been told not to eat things like cheese and animal fats because they will give you heart disease, and yet these are the very foods that contain the vitamin K2, which is highly protective of heart disease.



Blazer: You got involved with the Weston Price organization. As a matter of fact, you founded it, correct?

Morell: Yes. I had read Weston Price's book in the 1970s. My family was just coming along. I had one child, and three more born after that. I loved to cook. I had always loved to cook. I loved butter and eggs and rich foods like pate.

When I read Dr. Price's book, it was just at the time when this low-fat message was getting pretty strident. Reading his book convinced me that I was actually on the right path, this was how I should feed my children, and so my children grew up on a very rich diet – lots of cream and butter. I hid liver in a lot of foods.

They were much healthier than I was. None of them needed braces to straighten their teeth, and I needed braces. Their eyesight was better than mine. None of them had the allergies that I had. So I had convinced myself that this was the right way to go.

In the meantime, this low-fat diet started to be imposed on growing children. In 1990, the National Cholesterol Education Program added the provision that children at the age of two should be put on what is called the "prudent diet" which is low in fat, no butter, skim milk, a low-fat, low-cholesterol diet. I knew that this was wrong. I knew that this was terribly wrong and would have disastrous results.



It was in 1990 that these new guidelines came in. It's funny how the universe works. That same year I had this idea to write the cookbook *Nourishing Traditions* that would put Dr. Price's findings into practical form because his book is a bit hard to read.

Blazer: What was the name of his book?

Morell: His book is *Nutrition and Physical Degeneration*.

I started writing the book, and along the way I met Dr. Mary Enig, who was a lipid research scientist. I didn't understand the science very well, and she kept me on the right path. She said, "Your conclusions are right, but you need to explain them properly."

We worked together on the book and eventually became coauthors. When the book came out, we then decided that we needed something more. We were just being bombarded with propaganda against animal fats and for the vegetable oils and processed foods.

Blazer: And margarine.

Morell: Yes, margarine and spreads. We were seeing a big campaign to get the tallow out of the French fries, and tallow is the right fat for frying; it's very safe. They ended up frying in partially hydrogenated vegetable oil.

That is when we decided to set up the Weston A. Price Foundation. We felt that we really had a mandate to get this information to the public, and particularly to people of child-bearing age.



Blazer: When you say ‘we’ do you mean ‘you’?

Morell: It was Mary and I, my husband, and a few other people including Dr. Tom Cowan. We just felt that it was urgent to get this message out. Over the years, the Weston A. Price Foundation has focused on preconceptual diets, diets during pregnancy, lactation and the growth of children.

What Dr. Price found was that every culture had certain sacred foods that were very high in vitamins and minerals that they ate in preparation for conception, and then during pregnancy and during lactation and during the growth of the children. That is when the body is formed. Once you become an adult, you can’t go back and fix your narrow face or your poorly-formed lungs or your porous bones or whatever; you have to do it during the period of growth. Primitive people understood this. If they had an unhealthy child, they knew that it was their fault.

When an unhealthy child is born today, we blame it on the three G’s: genes, germs, and God. It’s genetic or it’s some kind of infection or it’s God’s will. I don’t buy that. It’s not God’s will that any unhealthy child is born on this planet.

Blazer: Let’s get the food right first, and then we can decide.

Morell: Right.

Blazer: So native people understood that you need super nutrition during critical stages of your kids’ development and growth.



Morell: Right – when you are forming the child and when the child grows. Let me give you a very good example.

We now know that vitamin A is the concert master of fetal development. The embryo is composed of stem cells. These are undifferentiated cells that have the potential to become any kind of cell. When the embryo starts to grow the stem cells then differentiate into heart cells or lung cells or bone cells or whatever. What tells them to do this, the signal that tells the stem cells what to become is vitamin A.

If you get pregnant and don't have enough vitamin A stored in your system, those stem cells will not get the right signals or enough signals, so the heart may not form and the mother has a miscarriage, or the heart is formed with a defect. This is true throughout the gestation period.

Recent research indicates that the vitamin A status of the mother determines how many kidney cells the fetus will have, whether the baby will have good, healthy robust kidneys. So now we have fantastic scientific validation for what Price discovered, that these people – six months before pregnancy – ate foods like liver and animal fats that were extremely rich in vitamin A. So you build up those vitamin A stores, and when you do get pregnant, you have what you need for the ideal optimal division and transformation of the stem cells into the organs.

Blazer: But modern medicine now understands that, so they've come up with GMO rice that has a synthetic vitamin A added, right?



Morell: What is in plant foods is not vitamin A. I know that the FDA allows the food companies to say that spinach and oranges have vitamin A in them. They do not have vitamin A in them; they have carotenes. We can convert the carotenes into vitamin A--sometimes. But about 47 percent of the population lacks the enzyme to do this at all, so almost half the population doesn't make this conversion. But even if you have those enzymes, the conversion from carotenes to vitamin A is something that is hard for human beings to do. Even under optimal circumstances, you cannot make enough vitamin A from carrots or spinach to meet your requirements; you need vitamin A from the nutrient-dense animal foods like liver. Liver was a sacred food in many cultures, the pregnant women ate liver, and it was the first weaning food for babies. So you can see that our message is urgent.

We have such a health crisis with our children today. We need to teach moms how to have healthy babies. I can tell you that our diet works. We've seen healthy baby after healthy baby. They are happy, intelligent, strong children who grow normally and grow tall and strong and smart with good dispositions when their parents feed them this diet.

Blazer: So basically you, with a few other committed people, started this organization in 1999?

Morell: Yes. In 1999 we published a quarterly journal that goes to our members, and that first one was in the spring of 2000.

Blazer: And what is your journal called?



Morell: Our journal is called *Wise Traditions*. We pride ourselves on appealing both to the scientists and the practitioners as well as the laymen. The front part of the journal has a lot of science, the latest discoveries in the field of nutrition. We've had some really cutting edge articles there. Then the back part of the journal is a little bit more laid back. We have cooking articles, practical articles on bringing up children, articles on farming and gardening and on what is going on with the politics of agriculture as well.

Blazer: Then you have this conference once a year.

Morell: Yes, this conference is once a year, and we do occasionally put on local one-day conferences as well.

Blazer: And you have a remarkable website that is a great resource, www.WestonAPrice.org.

Morell: Yes, www.WestonAPrice.org is a huge website which we just revised. It looks beautiful, and it has a good search engine. So if you are looking for anything to do with health, go and put it in the search engine. Say you want to know how to deal with gout, for example, you just put 'gout' in there and it will come up with some articles about gout and the latest research on gout – which, by the way, is not caused by proteins but a high-carb diet.

I guarantee you that what you find in our website will not be the same as what you find on WebMD. I guarantee you that.

Blazer: You basically started this organization after Dr. Price had died, right?



Morell: Yes. Dr. Price died in 1948. His book has been in print ever since that time. There is an organization in California called the Price-Pottenger Nutrition Foundation, and they have the mandate to keep the book in print. They are less of an activist organization compared to ours, but they have done a very good job of keeping this in print, which is what its mission was.

Blazer: You mentioned another name who is also very famous, Pottenger, and there is the so-called “Pottenger Cats.” Can you tell us a little bit about that?

Morell: Pottenger was an allergist in Southern California, and he had a very busy practice. He was looking for the factors that support good health, and he did a study on cats. What he did was he feed the cats different diets. He didn’t just look at them for a few months, but he followed them over four or five generations.

The cats that got all raw food – raw meat, raw milk, and cod liver oil – reproduced normally and were healthy generation after generation. The cats that had either cooked meat or pasteurized milk became sick in the next generation and their personalities changed also; they were sicker in the next generation, and by the fourth generation they died out. They didn’t have normal reproduction.

Pottenger was a big advocate for raw milk, as we are, and he came to the conclusion that a poor diet affects each generation more severely until there is no more reproduction at all.



We do have a second website. It's www.RealMilk.com. It advocates raw whole milk from pastured cows. When we first started that website, which was also in 1999, it was shocking to most people. They would say, "What are you trying to do, poison us all and kill everybody with raw milk?"

Since that time, we've seen some grudging acceptance because we have shown the data which indicates that raw milk is actually very safe. We've shown the science indicating that pasteurization really does lower the nutritional value of milk. Raw milk is a wonderful food, very digestible, but pasteurized milk is hard to digest and allergenic.

Blazer: Did Dr. Price know Dr. Pottenger?

Morell: They did know each other. Pottenger was much younger than Dr. Price.

Blazer: And this organization that is dedicated to keeping both books in print, is that a coincidence? Did they both have the same philosophy?

Morell: Yes, and the people who started that foundation knew both doctors. They knew them, and after they died, they collected up their papers and archived them.

Blazer: So you guys are really "radicals." I mean, now we are going to go over what a good diet is. What I tell people is that Weston Price represents what I think is the best approach towards food and the best possible diet that you could eat.



The only thing that we had a little bit of a disagreement about was chocolate. I want you to take a minute right now to tell me why you shouldn't eat chocolate.

Morell: It's not the worst addiction that you could have but chocolate *is* addictive. It has addictive alkaloids in it that raise dopamine, just like sugar does and just like drugs do. You can have side effects and withdrawal symptoms which very often manifest as anger and rage. You see a lot of rage in this country.

Chocolate is also very sweet. Even dark chocolate contains about three tablespoons of sugar per bar, which is a lot of sugar. It is also full of caffeine. My biggest concern about chocolate is that it is being given to kids. This is not a good idea to give kids a mind-altering addictive substance, and yet everyone thinks that it is fine to give chocolate to kids.

I must say that the chocolate marketing organization has done a superb job of creating the impression that chocolate is healthy. Chocolate sales really went down in the 1970s because people were becoming more health conscious, they were trying to stay away from sugar and candy. What the industry did was they funded a lot of studies and put them out there to the public as if to say that chocolate was very healthy. They said that it was full of magnesium, for example.

When you actually look at those studies, they are extremely flimsy but they accomplished the challenge of bringing chocolate sales back up. Today you have free trade chocolate and organic chocolate and fermented chocolate. Then they use a fancy name like "cacao."



I've had people say to me, "I don't eat chocolate; I eat cacao." It's exactly the same thing.

I'm not going around to people saying, "Oh, you mustn't eat that chocolate." What I am saying is that eventually as we get healthy and eat the right fats and get the nutrients in our body that we need, suddenly you are going to find that you actually don't want that chocolate. You don't want those cookies from the supermarket. You don't want that soda. Even the idea of eating them makes you a little bit nauseous to think about it. That is the goal – to get to a state of replete nutrition so that you can avoid eating these things not through will power, because will power never works when you're addicted, but through a sense of, "I just don't want this stuff. I would rather eat something else."

Blazer: What I tell people is that because we have such experience as hunter-gatherers and we have almost a genetic-based understanding of traditional diet and what is good for us, if we are able to get ourselves clean, our body will tell us what we need.

Unfortunately, probably 90-95 percent of the food in the supermarket is not something that you should be eating. So what do you think about that approach?

Morell: I'm not sure that I would put it that way. The traditional people, first of all, had no choice in what they ate. What was there was what they ate. But they also had an instinct that certain foods were good for certain things. Liver was good for babies or nursing women. They had an instinct that was a type of consciousness that we've lost.



They could tap into a spiritual world. I really believe that that is how they knew these things. You would ask them, “Why do you eat liver?” and they would just laugh at you as if to say, “Don’t you know? It’s obvious.”

We’ve completely lost intuition. That is the process of civilization. With civilization you lose the sense that there is a spiritual world out there. People become completely materialistic. They say that that world doesn’t exist anymore or it never did. So now we have to come to things through science. Science is a very bad bedfellow because science can be wrong. Lots of times it’s wrong.

Unlike the primitive people, we have to think about every morsel of food that we put in our mouths. Now as civilized people we are developing what Rudolf Steiner called “the mental body” or “the spiritual body.”

(Follow up comment from Sally: I am saying that today we need to learn a new way to access the spiritual world--through our spiritual or mental body. We need to do this completely awake and aware, not in some kind of trance or dream-like state as primitive people did.)

Food is a big challenge for modern man, and we have to figure out what is healthy because we don’t know. The primitive person just knew, and we don’t know.

So what we say is, “Let’s look at how primitive people ate, how they prepared their foods, what they chose to eat, their rituals around food, and see whether we can find the scientific validation for that.”



When we have the scientific validation of these traditional food ways, then we are pretty assured that we are on the right path.

Blazer: Do you have a background in science? What is your background?

Morell: My background is in English, but I must say that my father believed that all girls should take math and physics. So the girls in our family had to take math and physics just like the boys. He was insistent on that. So I did have a background in the physical sciences in high school.

Blazer: You partnered with somebody who was actually a biochemist to write your book.

Morell: Yes. I never did much biology.

Blazer: There is something on your wonderful site called “Principles of Healthy Diets.” It’s quite long, and it’s a great summary of history of Price and all of the fundamental principles and ideas of the Weston A. Price foundation.

Here are a few things: Characteristics of traditional diets. The diets of healthy non-industrialized peoples contain no refined or denatured foods or ingredients such as refined sugar or high-fructose corn syrup, white flour, canned foods, pasteurized, homogenized, skim, or low fat milk, refined or hydrogenated vegetable oils, protein powders, synthetic vitamins, or toxic additives and artificial colorings. I guess we could add GMOs to that, too.



Morell: Yes, we could.

Blazer: All traditional cultures consumed some sort of animal foods such as fish and shellfish, land and waterfowl, land and sea mammals, eggs, milk, and milk products, reptiles, and insects. The whole animal was consumed – muscle, meat, organs, bones, and fat – with the organ meats and fats were preferred.

By the way, people say, “Hey, no milk. Adult humans don’t need dairy products. You need it as a kid, but you don’t need it after two or three years of age.”

What is your feeling on that?

Morell: The cultures that had the dairy products were some of the healthiest that Price saw. Anthropologists are in agreement that having herd animals was an evolutionary advantage to these people because they had such nutrient-dense foods all year long.

Of course, we have this view, and I think it’s correct, that modern milk is harmful, it causes allergies, stomach problems, autoimmune disease--*pasteurized* milk definitely does. It is a harmful food, and that is why people have come to the conclusion that they don’t need milk and it’s not good for them.

Blazer: Ultra-pasteurized is even more ultra-damaging.



Morell: Ultra-pasteurized milk is completely dead, and you know it is because you can't make cheese with it. Cheese is a process of digestion. You can make cheese with pasteurized milk, but you absolutely cannot make cheese with ultra-pasteurized milk. That tells you that it is indigestible.

Blazer: Here is an irony. I went to Organic Valley and Horizon when they were at food shows, and I said, "Here you went through all this effort to get an organic product, and then you ultra-pasteurize it for the industry. You've just now destroyed so much of the nutritional content, but you've probably also turned it into a harmful food in the process."

They said, "We know. We're trying to find another way, but we don't know another way around it."

Morell: I've had exactly the same discussion with them. I think for a while they were trying to do a more local pasteurized milk. I said, "You guys need to pioneer raw milk. You can do it on a large scale. Our children need this milk," but there's not as much profit in selling whole raw milk.

What the milk industry does is they actually take milk apart, they get the protein part, the fat part, the sugar part, and then they put it back together. When they put it back together, they don't put all of the fat back in. So even full fat milk is only 3 percent fat whereas real milk is 5-6 percent fat. The fat that is left over, they have figured out that they can make more profit on that butterfat or cream by making ice cream with it.



What they want is for everyone to drink skim milk and eat ice cream, and that is exactly what happens. If you're consuming skim milk and lowfat foods all day long, by the time evening comes around, your body is so starving for fats that you go to the freezer and take out half a gallon of ice cream, and you eat the whole thing standing up right there in front of the freezer. That is what happens.

They know that, and that is what they want you to do because there is more money in butterfat by putting it in ice cream than in leaving it in the milk. So now we have this terrible situation where schoolchildren can't have whole milk anymore in the schools; instead they either get highly reduced-fat milk, or they get low-fat chocolate milk or strawberry milk.

Blazer: That has a lot of sugar in it.

Morell: There is more sugar in these milks than there is in soda. With the chocolate, they are also getting caffeine. The protein in these milks has been powdered so it is highly denatured and allergenic. You could not think of anything worse to give to growing children, but that is what we do, and it is for higher profits.

Blazer: From the Weston A. Price Foundation brochure:

- The diets of healthy, non-industrialized people contain at least four times the minerals and water-soluble vitamins and ten times the fat-soluble vitamins found in animal fats – vitamin A, D, and activator X which is now considered to be K2 – as the average American diet.



- The traditional cultures cook some of their food, but all consumed a portion of their animal foods raw.
- The primitive and traditional diets have a high content of food enzymes and beneficial bacteria from lacto-fermented vegetables, fruits, beverages, dairy products, meats, and condiments.
- Seeds, grains, and nuts are soaked, sprouted, fermented, or naturally leavened to neutralize naturally-occurring anti-nutrients such as enzyme inhibitors, tannins, and phytic acid.

Let's talk for a second about these enzyme inhibitors because one of the problems with eating many seeds is the fact that it is a seed because there are enzyme inhibitors in them that prevent it from growing until the conditions are just right.

Morell: Exactly. The seeds are designed to go through an animal intact. They are indigestible. We have this situation today where people are intolerant of grains, especially wheat and the gluten in wheat, and it is getting worse and worse. I have to say that I spoke to someone at Kellogg's twenty years ago, and they were trying to see how they could monetize what I had done. I said, "You need to soak these grains. What is going to happen is more and more people are going to become intolerant of grains, and you are going to lose business."

They laughed at me. They didn't want to talk to me--but this is what has happened. In traditional cultures, they treated grains with great respect. Sometimes they were soaked or soured for up to two weeks to make them digestible. In Africa they made these beers out of sorghum and other grains that were extremely sour.



In fact, they were less than a 4 pH. They kind of smelled like barf. They were very sour but extremely nourishing.

The other thing that happens when you soak the grains is you are not only neutralizing all of these harmful substances like enzyme inhibitors, phytic acid and lectins, but you are releasing the minerals and you create a lot of B vitamins.

We get back to this concept of nutrient density. Grains are not particularly nutrient dense until you soak them or make them into sourdough bread. That process of fermentation makes them a nutrient-dense food.

Blazer: So when I go to the health food store and get a whole bag of sunflower seeds, it's not the best thing that I'm supposed to be doing.

Morell: No. You shouldn't be chewing on sunflower seeds. They're going to go right through you, and they are hard to digest.

Blazer: From an evolutionary perspective, they go through because the animals are actually a conveyer of that seed to other territories, right?

Morell: Exactly. That is how they spread; that is their strategy.

In traditional cultures, usually the seeds are pounded and soaked in some way to make a mayonnaise-type product, a sauce or a dip. A lot of cultures did these kinds of things with seeds.



Blazer: So if I eat sunflower seed butter, is that better?

Morell: That is definitely better, but again, you would want to somehow ferment it. I'm not saying that I know how to do that, but that would be better.

With nuts, we recommend soaking them in salt water because salt water neutralizes a lot of these anti-nutrients. Then you dehydrate them in a warm oven or a dehydrator. What you get at the end is a really delicious nut. The soaking and gentle drying brings out the flavors and makes the nuts really crispy, and you don't get the allergic reactions that a lot of people get with nuts. We call them "crispy nuts."

Blazer: More from your brochure:

- The total fat content of traditional diets varies from 30-80% of calories, but only about 4% of calories come from polyunsaturated oils naturally occurring in grains, legumes, nuts, fish, animal fats, and vegetables. The balance of fat calories is in the form of saturated and monounsaturated fatty acids.
- Traditional diets contain equal amounts of omega-6 and omega-3 essential fatty acids. All traditional diets contain some salt.
- All traditional cultures make use of animal bones, usually in the form of gelatin-rich bone broths.

We go down the list here, and what we're finding out is that you guys are on the opposite side of the food pyramid in a lot of ways, and the opposite side of what FDA, USDA, AMA have been preaching for the last 30-40 years – low salt, lean meats, pasteurized milk only, reduce dairy products, and so on.



Morell: They also recommend rough whole grains.

Blazer: How did all of those guys with all of those PhD's and everything else get it so wrong? Or did they get it right for other purposes?

Morell: They got it wrong because they are materialistic. They're not thinking in the right way. They think that science is going to solve everything, and I can't think of a better example of how dangerous it is to trust science then to look at the ingredients in infant formula. This is supposed to be the best that science can do, and what is in infant formula? Powdered skim milk, vegetable oils, soy products, sugar or high-fructose corn syrup instead of lactose, which is the sugar in human milk, artificial vitamins, and undigestible things like carageenan. That is what science has given us. If you think that science is wonderful, that is what you are going to end up with – a truly toxic brew that they say is okay for children.

Blazer: The point is that (many think that) science can synthesize (and engineer) the world better than nature can, which has been at it for four billion years on this planet.

Morell: They think that it all happened by chance and mistakes happened. What they are going to do is fix the “mistakes.” That's what they really think.

You were talking about how our message is contrary to what everybody else has said. However, we actually are in the forefront of all the new trends in nutrition, whether people realize it or not.



Broth is a really big thing now. Broth is the new juice, and there are all kinds of books on broth and people promoting broth. Very few of them realize that all of this started with the Weston A. Price Foundation. It's the same with soaking grains, sourdough bread, fermented foods, butter, etc. It all started with us, but most people don't realize it when they promote these things because it's out there now; it's in the culture. People are picking up on kombucha, which is a lacto-fermented beverage. They're eating sauerkraut and soaking their grains. That all started with the Weston A. Price Foundation.

Blazer: When we were having lunch, I told you that you were one of my heroes. I was explaining to somebody next to me that you were really in the forefront and one of the pioneers for what I call an “intelligent approach” which is basically being respectful of a traditional approach to wonderful whole foods.

Morell: I like to stress the fact that there is no renunciation with our diet. You can have meat, you can have fat, you can have sauces. Sauces are healthy in our diet. They are made with bone broth and cream. You can have butter. You can have eggs. You can have healthy desserts. You can have pickles. You can have healthy soft drinks. You can have salt. You can have it all in our diet. You're not giving up anything. It actually is so satisfying – this diet – that your cravings go away.

Sitting down to a Wise Traditions meal is a relaxing, healthy, pleasurable thing to do whereas what the dietary guidelines have done is create a kind of a curse on our food. I mean, the way that they want you to eat is impossible. You can't stay on that lowfat, high-fiber, low-salt diet.



Blazer: Your body revolts on it.

Morell: Exactly. So what happens is I like to say that people are eating the puritanical diet, and they think that it is going to make them healthy and spiritual. Then they get such cravings that it pushes them to eat the pornographic junk foods. So people gyrate between puritanical and the pornographic foods. That is exactly what they want.

Blazer: I think that could be quite a good metaphor for modern life.

Morell: It is truly a metaphor for modern life, and we need to learn that the healthy way of life is neither of those things. It's just good, old-fashioned, nourishing foods with plenty of fat, enjoyed and savored at family meals.

Blazer: But can I look like a *Vogue* model on your diet?

Morell: Probably not, but you will look good. You won't be super-thin, but you won't be overweight either. A lot of boys brought up on this diet are quite husky and masculine, and the women are quite curvaceous. They are feminine. They are way too curvaceous for the modern look which is kind of hermaphroditic – just straight women with no curves.

Blazer: We want to make everybody sexually equal too in the New World Order.

Here are a few of the Weston A. Price Foundation dietary guidelines:

- Eat whole unprocessed foods



- Eat beef, lamb, game, organ meats, poultry and eggs from pasture-fed animals. Eat wild fish, not farm-raised.
- Eat shellfish and fish eggs from unpolluted waters.
- Eat full fat milk products from pasture-fed cows, preferably raw and/or fermented such as raw milk, whole yogurt, kefir, cultured butter, full fat raw cheeses and fresh sour cream.
- Use animal fats such as lard, tallow, egg yolks, cream, and butter liberally.
- Use only traditional vegetable oils – extra virgin olive oil, expeller pressed sesame oil, small amounts of expeller pressed flax oil.

Tell me about the flax oil because that is the big thing. Why just use a little bit of it?

Morell: Flax oil is a wonderful source of omega-3 fatty acids. By the way, speaking of being on the forefront, we were the first organization to talk about the need for this balance between omega-6 and omega-3. When you're eating a lot of junk food, you're getting mostly omega-6 and hardly any omega-3.

You know how Americans are; they always overdo things. What happened was that people started to overdo on the fish oils and the flax oil to get their omega-3s. Too much omega-3 is just as bad as too much omega-6. One of the things that you get with too much omega-3 is food intolerances and skin problems.

We just have to warn people that you can put a tiny little bit of flaxseed oil in your salad dressing to get those omega-3s, but don't overdo.



Blazer: Wow! I'm reading that tropical oils – coconut oil, palm oil, and palm kernel oils – are good for you, too.

Morell: Those are good oils. Those are really good healthy saturated oils.

Blazer: Here's another Weston A. Price Foundation recommendation: Take cod liver oil regularly to provide at least 10,000 IU vitamin A and 1,000 IU vitamin D. What is the minimal daily requirement according to our good buddies at the AMA and so on?

Morell: I think it's 3,000 IU of vitamin A and about 1,000 IU of D. I'm not exactly sure what the D is right now. What we have right now is people avoiding vitamin A, so they are hardly getting any vitamin A, and they are taking vitamin D supplements, Often as much as 3,000-5,000 units of vitamin D per day. This is a very dangerous practice, and it can lead to calcification of the arteries and all sorts of problems.

Blazer: I live where there is a lot of sun, so I don't have to worry about it.

Morell: When you're in a lot of sun, what you have to worry about is getting enough vitamin A. Lifeguards, for example, are very prone to kidney stones. That is a sign of vitamin A deficiency. You need these two vitamins in balance. A and D work together along with vitamin K. That is why we stress that you need to get them from food, and they usually all occur in the same foods. If you are getting a lot of sun, it would be wise to eat beef or calf liver, because it has a lot of vitamin A and very little vitamin D.



We like unheated cod liver oil because it gives us the natural vitamins in good balance. It's not a supplement; it's a food. There are certain brands that we recommend that are naturally extracted without heat. So everything is preserved in the cod liver oil.

Blazer: I take my one-a-day synthetic vitamin tablet every day, so I don't have to worry about any of this stuff.

Morell: That is what they would like to have you believe. Of course, there are artificial colors and there is usually MSG in those tablets, and there is no vitamin A anymore. There used to be vitamin A in them, but now it's carotenes. It only has vitamin D3. There are a thousand forms of vitamin D – one thousand – and you would get those in cod liver oil, but you're not going to get that in your vitamin pill.

There are all sorts of other problems: The form of B12 that is in those vitamins and the form of folic acid rather than the folate.

Blazer: Let me mention something, too. A lot of these vitamins use synthetic processes that use GMOs as feeder stocks for these processes and also other genetically modified processes.

Morell: Yes. The first genetically modified organisms were actually bacteria to make what they call "vegetarian rennet" for cheese. A lot of vitamins are made with these genetically modified organisms, and they are made in China, so there is very little quality control.

Blazer: So they use a vegetarian rennet instead of the natural rennet that comes from stomach lining, and it ends up being something problematic.



Listen, the way forward is to become a vegan. Everybody knows it because after all, it's a low-carbon footprint, and also instead of raising vegetables and grains that we feed to animals, it's much more efficient to just eat the grains and the vegetables.

Morell: Unfortunately I know a lot of people think that. They think that it's more environmentally friendly and more spiritual just to eat plant foods, and they often feel better at first. But what happens is over time very serious deficiencies develop.

You can't get vitamin A from plant foods, you can't get B12, you can't get enough balanced protein, you can't get enough vitamin D or vitamin K, and you can't get enough B6. You will definitely become deficient in zinc, which makes it hard to think straight. There are a lot of other nutrients that are missing, and these deficiencies start to show up.

We need to accept where we are. We are on the earth, we are in physical bodies, and these bodies need animal foods – especially during that period of growth. There are some pretty alarming studies of what happens to children who grow up on diets low in animal foods and animal fat, on vegetarian and vegan diets. These children often end up with short stature, retarded intellectual development, bone problems and rickets, and it is just not fair to bring a child into the world on that kind of diet.

Blazer: There are quite a few things here under these guidelines, and I just want to mention a few others. I would really recommend to the subscribers that they spend some time on your wonderful site.



Morell: Let me just say that if you email the foundation or call us, we have a brochure. It's about 24 pages long. I call it the most subversive document on the planet. We put all of our principles and key findings in this brochure.

We were having a meeting yesterday, and our executive director said, "We really need to read this brochure every year because it's all there. It's really packed with information. Once you understand what is in this brochure, you will understand what we are about."

So you can call and we will send you a brochure.

Blazer: It is also online, right? You can download it.

Morell: It is online. Or, you could press a button that says, "Send us your info," and you will get the brochure and a pretty persuasive letter in hopes that you will become a member.

Blazer: We are going to have that in the link at the end of the interview so that you can just click on it and go right to that.

Here are a few other things that I'm reading: Use filtered water for cooking for drinking.

When I talk to my supermarket clients, I say to them, "What is one of the most important ingredients you have here?" Nobody ever guesses that it is the water.



We have fluoridated water, we have chlorinated water, we have water with all kinds of other contaminants in the damn thing, and it's one of the most important ingredients, and it's one of the most overlooked.

Morell: And they are spraying that water on the vegetables all the time. Nobody thinks about that.

Our water is fluoridated which poisons a lot of enzymes in your body. The fluoride that they are using now is fluorosilicic acid, which is a really toxic waste product from the fertilizer industry. That goes into the water. They used to put chloride in the water which would evaporate off. To prevent that evaporation, they now use chloramine. So the chloride is always in there.

Our water supply is polluted with statin drugs, birth control pills, antibiotics and hormones because it all goes into the water. The urine upstream with all those drugs ends up in the water. It really is very important to have a little home filter system in your kitchen.

Blazer: Another suggestions: Cook only in stainless steel, cast iron, glass or a good quality enamel.

Morell: Right. Don't cook in aluminum.

What is interesting to me is in the restaurants and the delis, they cook in these big aluminum pots. The public can't even buy those pans because there is no demand for them, but that is what is being used for so much of our food preparation.



Blazer: What I would tell you is that as I look down the list of what you guys recommend, I do basically everything that you recommend except chocolate. I was allergic to chocolate for so long, and then I found this amazing chocolate out of San Francisco called Dandelion that has only two ingredients. But like you said, 70 percent chocolate has 30 percent sugar.

Morell: Yes. Exactly.

Blazer: Plus all these addictive substances. You even hear people proclaim the addictiveness of chocolate, and that is one of the things that they like, along with coffee and caffeine. And chocolate, of course, has caffeine in it.

Morell: Yes, chocolate has caffeine in it. It is especially inappropriate for growing children. You don't want to give stimulants to growing children. They used to say that coffee stunts your growth. It's stimulating the adrenal glands all the time, and that could stunt your growth.

Blazer: It's interesting that chocolate is supposed to be an allergen for dogs. So maybe dogs know something that we don't.

You have a little farm in Maryland, right?

Morell: Yes. We live in southern Maryland. A few years ago my husband and I committed the ultimate folly of buying a farm. We have a pasture-based dairy farm.



We make completely natural raw cheese with animal rennet. We make it the old-fashioned way. We also sell raw milk. We have to label it as ‘pet milk’. We also sell pastured beef, pork that we feed whey from the cheese, and we have chickens, eggs, and turkeys, and a lot of these other products in our store. We sell bone broth and lacto-fermented foods. We try to sell all the products that we recommend.

Blazer: I think that’s a good reason to move to southern Maryland. But the USDA guys who are around there have a lot of respect for what you are doing and are great supporters, aren’t they?

Morell: Unfortunately not. Actually we were told that our farm is giving agriculture a bad name. So they really don’t like what we are doing. They don’t like the rotational grazing. They say that that is too much work. I, of course, have been very critical of soy. We advertise that we don’t use any soy, any corn, or any GMOs. Of course, that does give agriculture a bad name.

Blazer: I’m glad that you mentioned soy because that is another important subject. Tell me why we shouldn’t be eating soy or very little of it.

Morell: Talking about being in the forefront, we were the first organization to warn the public about soy, and we really spoiled their party because the soy industry had been geared up for eight billion dollars a year in sales, and they were, “Aiming it at the upscale market concerned about their health.” I’m quoting directly from a soy industry document.



We pointed out that soy is highly estrogenic, that it depresses thyroid function, it is extremely hard to digest, and the sales just plummeted for them. They never got to that eight billion dollars. Soy sales have plateaued at four billion dollars, and most of that soy is going into institutional foods. So 30 percent of your child's hamburger in public school lunches is soy. So you're giving highly estrogenic foods to growing children.

In prisons the diet is 70 percent soy. This is absolutely ruining these men. They will never be able to be useful citizens when they get out. They are all going to go on disability because they cannot function after being poisoned with this soy. They get terrible digestive problems, they grow breasts, they get thyroid problems, and they can't think anymore or work--they don't have any energy.

This is a big, large-scale genocidal experiment going on in our prisons. They can see very well what it does.

Blazer: But it seems like most of what the official bodies have been telling us to do almost borders on genocide as well.

Morell: It is genocide. All of the low-fat diets are genocidal. We know from animal studies and we know from the science that after three generations you won't have any more reproduction.

Blazer: Is this a plan?



Morell: Do I think that there are evil men in three-piece suits sitting in wood-paneled rooms thinking, “How can we destroy humanity?”

Blazer: They actually know that these things will depopulate us and dehumanize us.

Morell: My answer to that is “Yes.” I do think that at the very top there are people who know these things, and they have actually stated, “We are going to reduce the world’s population by 90 percent.” That is what they want to do, and this is how they are going to do it.

I was talking to a gal this morning at the conference. Did you know that sunscreen contains a substance that completely blocks testosterone? It’s not just estrogenic, but it blocks testosterone. We have schools in California where the children are not allowed to go out and play unless this stuff is spread on their skin. This is genocide.

I don’t think that all of the people involved know that. They are what Lenin called “useful idiots.” They just believe what they are told, do what they are told, and hope to make some money.

Blazer: I think that (Wilhelm) Reich referred to some of these guys as “petty tyrants.”

Morell: Yes, little Hitlers.

You can only love them and forgive them—but also avoid them. I always say that these people are trapped in a system, and the only way that you are going to get them out of that trap is not to eat their food.



You're not going to change the laws at the top. You're not going to convince the Secretary of Agriculture. You're not going to stop the juggernaut of the pharmaceutical companies. The only way that you can do it is to say, "No. I'm not going to eat this food. I'm not going to take these drugs. No." It has to be one person at a time.

Blazer: Sally, you are an amazing person. You are astonishingly dedicated. You are running a very successful conference, a tremendous resource for everybody in terms of how to connect with real food with your www.WestonAPrice.org site. You have written quite a few books as well. Tell us about a few of those.

Morell: My first book was *Nourishing Traditions*. I had to set up a little company to publish it because no one would publish it. We are almost at eight hundred thousand copies of *Nourishing Traditions* sold now.

With another publisher I wrote *Nourishing Broth* and *Nourishing Fats*, and I have another book coming out next year, *Nourishing Diet*. I've kind of cornered the "nourishing" market.

I also publish the *Nourishing Traditions Book of Baby and Childcare*, the *Nourishing Traditions Cookbook for Children*, and a really beautiful book that I love called *The Fourfold Path to Healing*.

I also published a book on the dangers of soy foods, and I published a book on the untold story of milk.

Blazer: Have all of these been done in partnership with Dr. Mary Enig?



Morell: No, that was just the first one that I did with her. Also *Eat That, Lose Fat* was a book on using coconut oil for weight loss. She and I wrote that together.

Blazer: I really appreciate this opportunity. I told you that I paid to come to the Weston Price Conference three or four times. This is the first one that I have actually attended, and it's a remarkable event. I would encourage people to join your organization, support your efforts, and eat in a way that keeps us free, keeps us healthy, and keeps us sane.

Morell: And in a way that keeps us happy. By the way, the food at our conference is wonderful.

Blazer: Thank you so much.

Morell: Thank you for having me, and thank you for the work that you are doing. We appreciate that as well.



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