

A FREE GUIDE TO A HEALTHIER,
SIMPLER LIFESTYLE



EMBRACING NOURISHING TRADITIONS

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Photos by [John Valenti](#)



Welcome

Welcome to the world of Nourishing Traditions, a journey back to our roots, where food is not just sustenance but a source of health, joy, and community.

This free guide is designed to introduce you to the philosophy of Nourishing Traditions, inspired by the teachings of the Weston A. Price Foundation. Discover the principles, benefits, and practical steps to start transforming your diet and lifestyle today.



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Introduction to Nourishing Traditions

"Reclaiming Our Roots: The Rise of the Nourishing Traditions Movement" An in-depth look at how the Nourishing Traditions philosophy is transforming modern diets and lifestyles, with stories from individuals and families who have embraced this way of living.



QUESTIONS?

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Introduction

What is Nourishing Traditions?

Nourishing Traditions is a dietary philosophy that emphasizes the consumption of whole, unprocessed foods prepared using traditional methods. This approach is based on the wisdom of our ancestors, who understood the importance of nutrient-dense foods for maintaining health and vitality.

The Weston A. Price Foundation

The Weston A. Price Foundation is dedicated to restoring nutrient-dense foods to the human diet through education, research, and activism. Dr. Weston A. Price, a pioneering dentist and nutrition researcher, discovered the profound health benefits of traditional diets during his travels around the world in the early 20th century.

The Benefits of a Traditional Diet


- Improved digestion and gut health
- Enhanced energy and mental clarity
- Stronger immune system
- Better weight management
- Greater overall well-being



The Basics For A Traditional Diet



Understanding Whole Foods

Whole foods are those that are unprocessed or minimally processed, preserving their natural nutrients. These include vegetables, fruits,  seeds, whole grains, pastured meats, dairy, and seafood.

The Importance of Fats and Oils

Healthy fats are crucial for brain function, hormone production, and cell health. Incorporate traditional fats such as butter, ghee, coconut oil, and lard into your diet, and avoid industrially processed oils.

Fermented Foods and Their Benefits

Fermentation is a traditional method of food preservation that enhances the nutritional value of food and supports gut health. Include fermented foods like sauerkraut, kimchi, yogurt, and kefir in your meals.

Bone Broths and Nutrient-Dense Meals

Bone broths are rich in minerals and collagen, supporting joint health and digestion. Learn to prepare bone broths and incorporate them into soups, stews, and other dishes.





Practical Steps To Get Started

Simple Recipes to Begin Your Journey

Start with these easy, delicious recipes:

- Fermented Sauerkraut: Cabbage, sea salt, and time.
- Bone Broth: Bones, water, vinegar, and slow cooking.
- Traditional Ghee: Butter and low heat.
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How to Source Quality Ingredients

Look for local farmers' markets, co-ops, and organic grocery stores. Prioritize grass-fed, pastured, and organic products whenever possible.

Tips for Meal Planning and Preparation

- Plan meals around seasonal produce.
- Batch cook and freeze meals for convenience.
- Experiment with new recipes and traditional cooking techniques.



Incorporating Nourishing Traditions Into Your Daily Life



Growing Your Own Food

Even with limited space, you can grow herbs, vegetables, and fruits. Learn about container gardening, vertical gardening, and community gardens.

Supporting Local Farmers

Join a CSA (Community Supported Agriculture) program, shop at farmers' markets, and build relationships with local farmers.

The Art of Canning, Fermenting, and Preserving

Preserving food not only reduces waste but also allows you to enjoy seasonal produce year-round. Learn the basics of canning, fermenting, and dehydrating.

Joining the Nourishing Traditions Community

Benefits of Being a Community Member

Access to exclusive recipes, video content, and articles

Monthly live Q&A sessions and support from experts

Discounts on courses and classes

Connection with like-minded individuals

Overview of the Nourishing Traditions Course

**Our comprehensive course covers everything you need to know to fully embrace the
Nourishing Traditions lifestyle, including:**

In-depth video tutorials

Detailed recipe guides

Step-by-step fermentation and preservation techniques

Tips for sourcing and growing your own food

How to Sign Up and Get Involved

Ready to take the next step?

Join our community and course today to start your journey towards a healthier, simpler,
and more fulfilling life.

[Sign Up Now](#)



CONCLUSION

As we conclude this guide, "Embrace Nourishing Traditions: A Journey to a Healthier, Simpler Lifestyle," I want to thank you for taking the first step towards reclaiming the wisdom of our ancestors. By now, you've discovered the profound benefits of traditional diets, learned practical tips for sourcing and preparing nutrient-dense foods, and explored the joys of sustainable living practices.

This journey is about more than just food; it's about embracing a holistic lifestyle that nurtures your body, mind, and spirit. It's about creating connection—connection to the land, to the food you eat, and to a community of like-minded individuals who share your passion for health and well-being.

As you begin to incorporate these principles into your daily life, remember that every small change you make brings you closer to optimal health and a more fulfilling life. Whether it's trying a new recipe, fermenting your first batch of vegetables, or visiting a local farmer's market, each step you take is a victory.

I invite you to continue this journey with us by joining our Nourishing Traditions community. Here, you'll find ongoing support, exclusive content, and a network of individuals dedicated to living healthier, simpler lives.

Our upcoming courses, workshops, and community events are designed to deepen your understanding and provide you with the tools you need to thrive.

Thank you for being a part of this movement. Together, we can create a future where traditional wisdom guides our choices, and where health and happiness are within everyone's reach.

Warmest regards,
Molly Bravo
Founder, Wylder Space





CRAVING MORE?

Join our Exclusive Masterclass

Are you ready to take your journey towards health and well-being to the next level? Our exclusive Nourishing Traditions Masterclass is designed to provide you with the in-depth knowledge and practical skills you need to embrace the principles of traditional diets and holistic living fully.

JOIN THE MASTERCLASS

