

WESTON A. PRICE FOUNDATION  
OVERVIEW:



# A SIMPLE GUIDE TO TRADITIONAL NUTRITION

By Wylder Space





# Weston A. Price Foundation Overview:

Dr. Weston A. Price was a dentist in the early 1900s who became fascinated with the connection between diet and health. In the 1930s, he traveled the world studying indigenous cultures, trying to understand why some populations had better health than others. What he discovered was revolutionary: traditional diets, rich in whole, nutrient-dense foods, provided the foundation for strong health, vitality, and resistance to chronic diseases.

His research revealed that people who followed these traditional ways of eating had strong teeth, vibrant health, and were free from many of the modern health problems we see today—such as diabetes, heart disease, and cavities. The key? Avoiding processed foods and eating nutrient-rich foods that have been part of the human diet for centuries.







## WHAT IS A TRADITIONAL DIET?

A traditional diet consists of whole, unprocessed foods like raw dairy, grass-fed meats, fermented vegetables, and healthy fats that have been consumed for generations. These nutrient-dense foods provide essential vitamins and minerals, supporting overall health and vitality while avoiding the processed ingredients found in modern diets.

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## WHY TRADITIONAL FOODS MATTER

Traditional foods are rich in essential nutrients, such as vitamins A, D, and K2, which support strong immunity, digestion, and overall well-being. By focusing on unprocessed, whole foods, traditional diets help prevent chronic health issues and promote long-term vitality.

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## STEPS YOU CAN APPLY RIGHT AWAY:

Start by incorporating one nutrient-dense traditional food into your diet each week, such as raw dairy or grass-fed meat, to gradually transition to a more wholesome eating plan. Replace processed oils with traditional fats like butter or coconut oil, and introduce fermented foods like sauerkraut or kefir for better digestion and gut health.

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## FINAL THOUGHTS

Embracing traditional, nutrient-dense foods is a simple yet powerful way to improve your overall health and well-being. By making small, consistent changes to your diet, you'll notice lasting benefits like increased energy, better digestion, and a deeper connection to your food.





# How to use this Course

In this course, you'll learn how to embrace traditional, nutrient-dense foods by incorporating time-honored preparation methods and wholesome ingredients into your daily routine. Each module will guide you through essential practices such as soaking, sprouting, fermenting, and using healthy fats, along with practical recipes and techniques you can apply right away. By the end, you'll be equipped with the knowledge and confidence to transform your kitchen and lifestyle, nourishing both yourself and your family with foods that promote lasting health and vitality.



## QUESTIONS?

[molly@wylderspace.com](mailto:molly@wylderspace.com)

[www.wylderspace.com](http://www.wylderspace.com)

[@wylderspace](#)





# What is a Traditional Diet?

## CHAPTER ONE

A traditional diet consists of whole, unprocessed foods like:

- Raw dairy (milk, butter, yogurt, kefir)
- Grass-fed meats (including organ meats)
- Fermented vegetables (sauerkraut, kimchi)
- Healthy fats (tallow, butter, coconut oil)
- Wild-caught fish and seafood

These foods are packed with vitamins, minerals, and enzymes that help your body stay strong and healthy.

They are free from additives, preservatives, and synthetic chemicals commonly found in processed foods today.





# Why Traditional Foods Matter



Traditional foods provide the nutrients that your body needs to thrive. Here's why they are important:

- **Nutrient Density:** Foods like organ meats, raw dairy, and fermented veggies are incredibly nutrient-dense, providing essential vitamins like A, D, and K2.
- **Better Digestion:** Fermented foods help introduce beneficial bacteria into your gut, supporting digestion and immune health.
- **Healthy Fats:** Traditional fats like tallow, butter, and coconut oil provide long-lasting energy and help absorb essential vitamins.
- **Balanced Blood Sugar:** Traditional diets help balance blood sugar by avoiding processed grains and sugars, which can cause spikes and crashes in energy.







# Steps You Can Apply Right Away:

- Start with One Traditional Food at a Time: If you're new to traditional eating, try introducing one nutrient-dense food into your diet each week. Start with raw dairy or grass-fed meat.
- Embrace Fermented Foods: Incorporate small amounts of sauerkraut or kefir into your meals. These are excellent sources of probiotics, which support your digestion and overall health.
- Switch to Traditional Fats: Replace vegetable oils with traditional fats like butter, tallow, or coconut oil when cooking. These fats are natural, nutrient-dense, and great for brain and heart health.
- Eat Whole Foods: Focus on eating whole, unprocessed foods. Avoid packaged items with long ingredient lists, especially those containing added sugars or artificial ingredients.



NOURISHING TRADITIONS: RECONNECT  
WITH REAL FOOD, REVITALIZE YOUR  
HEALTH





# Final Thoughts



The research of Dr. Weston A. Price reminds us of the importance of traditional, nutrient-dense foods for our health. By incorporating more whole, unprocessed foods into your diet, you're taking a step toward reclaiming your health and nourishing your body in the way nature intended.

Start small, make simple swaps, and over time you'll notice the difference in how you feel—more energy, better digestion, and overall vitality!

For more tips and resources on traditional diets, be sure to join our Nourishing Traditions community, where we provide recipes, cooking videos, community, tips on canning, fermenting and growing your own food



MEAL

MOOD TRACKER

# Daily Reflection Prompts

WHAT NEW FOODS OR TECHNIQUES DID YOU TRY TODAY, AND HOW DID THEY MAKE YOU FEEL?

HOW HAS INCORPORATING TRADITIONAL FOODS IMPACTED YOUR ENERGY OR MOOD THIS WEEK?

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GOALS

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TO DO

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## CONCLUSION

# Congratulations on taking the first step towards sovereignty

You've successfully completed the first introduction to the Nourishing Traditions course, and we want to commend you for taking this important step toward food sovereignty and vibrant health. By embracing the principles of traditional, nutrient-dense eating, you are reclaiming control over your well-being and reconnecting with the wisdom of our ancestors.

This is just the beginning of a lifelong journey toward true nourishment and self-sufficiency. With each meal you prepare and each new technique you practice, you are building the foundation for a healthier, more empowered future—for yourself and those around you. We hope this course has inspired you and provided you with the tools to confidently move forward on this path.

Continue exploring, experimenting, and sharing what you've learned. Remember, every small step toward nourishing traditions is a powerful stride toward sovereignty and wellness. Keep up the incredible work—you're already making a difference! Stay inspired, stay connected, and nourish yourself deeply.







WOULD YOU LIKE TO BE A PART OF A  
MOVEMENT TOWARDS CONNECTION,  
COMMUNITY, HEALTH AND VITALITY?

# The Nourishing Traditions Movement

Now that you've taken your first steps toward reclaiming your health through traditional, nutrient-dense foods, we invite you to continue your journey with like-minded individuals in The Nourishing Traditions Movement, our online community forum. This is a space where you can connect, share experiences, ask questions, and learn from others who are also embracing the wisdom of traditional diets.

By joining, you'll gain access to exclusive content, tips, and ongoing support from a community that shares your passion for health, sustainability, and wholesome living. Together, we can inspire and empower each other to nourish our bodies and live in alignment with nature's wisdom.

[Click here to join the movement and continue your journey!](#)

