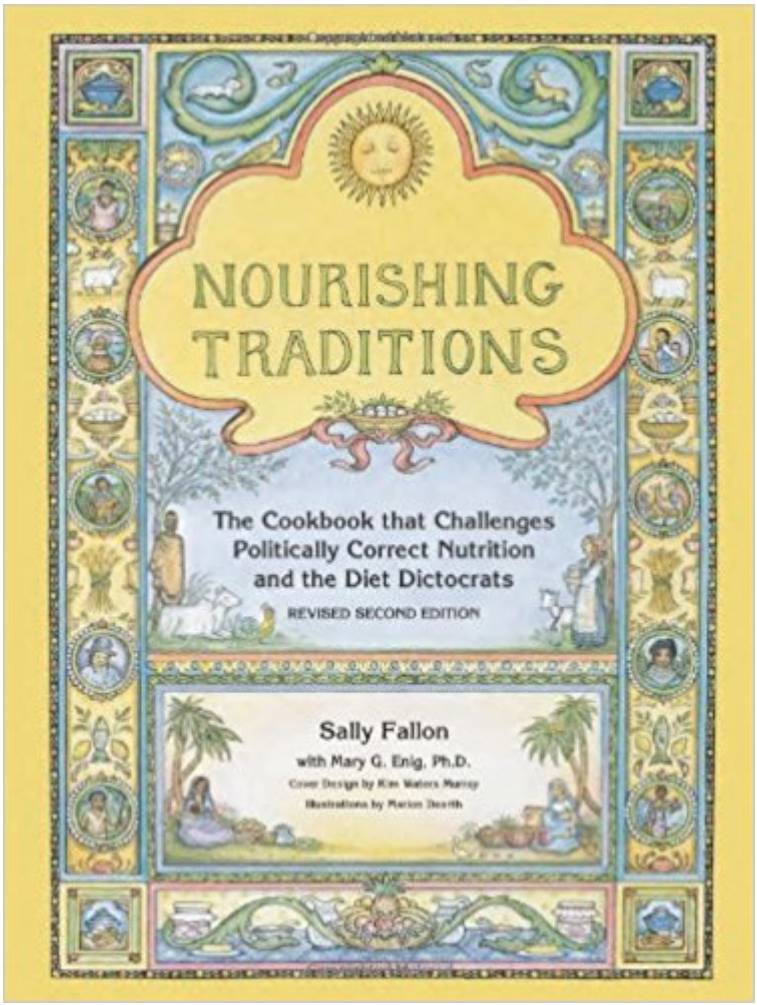
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Nourishing Traditions: The Cookbook That Challenges Politically Correct Nutrition And Diet Dictocrats



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Synopsis

This well-researched, thought-provoking guide to traditional foods contains a startling message: Animal fats and cholesterol are not villains but vital factors in the diet, necessary for normal growth, proper function of the brain and nervous system, protection from disease and optimum energy levels. Sally Fallon dispels the myths of the current low-fat fad in this practical, entertaining guide to a can-do diet that is both nutritious and delicious. Nourishing Traditions will tell you: Why your body needs old fashioned animal fats Why butter is a health food How high-cholesterol diets promote good health How saturated fats protect the heart How rich sauces help you digest and assimilate your food Why grains and legumes need special preparation to provide optimum benefits About enzyme-enhanced food and beverages that can provide increased energy and vitality Why high-fiber, lowfat diets can cause vitamin and mineral deficiencies Topics include the health benefits of traditional fats and oils (including butter and coconut oil); dangers of vegetarianism; problems with modern soy foods; health benefits of sauces and gravies; proper preparation of whole grain products; pros and cons of milk consumption; easy-to-prepare enzyme enriched condiments and beverages; and appropriate diets for babies and children.

Book Information

Paperback: 674 pages
Publisher: Newtrends Publishing, Inc.; 2nd Revised edition (2001)
Language: English
ISBN-10: 0967089735
ISBN-13: 978-0967089737
Product Dimensions: 7.7 x 1.4 x 10.1 inches
Shipping Weight: 2.8 pounds (View shipping rates and policies)
Average Customer Review: 4.7 out of 5 stars 1,847 customer reviews
Best Sellers Rank: #2,516 in Books (See Top 100 in Books) #62 inÃ Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets #84 inÃ Â Books > Cookbooks, Food & Wine > Special Diet

Customer Reviews

Nourishing Traditions The Cookbook That Introduced All The Current Food Trends! You read it here first: - Butter, not margarines or spreads. - The first step to good healthÃƒÂ¢Ã â ¬Ã â •make your own salad dressing. - Eggs, pate and caviar are health foods. - Soak your grainsÃƒÂ¢Ã â ¬Ã â •your body will thank you. - Sourdough breadÃƒÂ¢Ã â ¬Ã â •so

much more digestible. - Your body needs saltÃƒÂ¢Ã â ¬Ã â •and unrefined salt is best. - Sauerkraut and other lacto-fermented foods keep your gut biome healthy. - Healthy soft drinks like kombucha and brewed ginger ale. - Bonebroth for nutritious and delicious soups and sauces. - Prepare for pregnancy with nutrient-dense foods. Learn the whyÃƒÂ¢Ã â ¬Ã â„¢s and howÃƒÂ¢Ã â ¬Ã â„¢s in AmericaÃƒÂ¢Ã â ¬Ã â„¢s classic cookbook on healthy traditional foods. Over 750,000 copies sold.

"I have to recommend . . . Nourishing Traditions by Sally Fallon. The first chapter of her book is so right on target that I feel a little guilty for taking her ideas." Ã¢â ¬â ¢ Robert C. Atkins, MD

The Diet Dictocrats don't want you to know that... Your body needs old-fashioned animal fats New-fangled polyunsaturated oils can be bad for you Modern whole grain products can cause health problems Traditional sauces promote digestion and assimilation Modern food processing denatures our foods but Ancient preservation methods actually increase nutrients in fruits, nuts vegetables, meats and milk products! At last a successful challenge to Politically Correct Nutrition and the Diet Dictocrats! Recalling the culinary customs of our ancestors, and looking ahead to a future of robust good health for young and old, Nourishing Traditions offers modern families a fascinating guide to wise food choices and proper preparation techniques. Sally Fallon unites the wisdom of the ancients with the latest independent and accurate scientific research in over 700 delicious recipes that will please both exacting gourmets and busy parents. --This text refers to an out of print or unavailable edition of this title.

I found this book through the book "The Maker's Diet" which was given to me when I was 18 and sat on a shelf to be picked up 2 years later after the birth of my first child. I was struggling to breastfeed after having a major loss of blood (OBGYN's mistake led to this and a major birth trauma). I had virtually no milk supply. Tried everything! Persevered for 6 horrible long exhausting weeks before I finally gave up. I did not even become engorged upon stopping, that's how low my supply was. Looking back now i was very malnourished from a terrible diet of fast food and soda during pregnancy, plus the major loss of blood after birth- there's no way my body could produce anything. My teeth were crumbling, horrible cavities everywhere. I was very much against infant formula but I had no other choice, so i started my son of Enfamil. He was colicky, constipated, constant projectile spit up, not sleeping well, and I was DEPRESSED. I was even having to use infant suppositories for him. This is NOT NORMAL!! No matter how common it is, it's not normal... I began reading a lot to

try and help keep my mind off of the deep depression I was experiencing (Lack of sleep, stress of being a young new wife and mother, no family in the area, plus my very unhealthy and hormone depleted body). Then, one day I came across the book that I had placed on a shelf two years prior (The Maker's Diet- a great book). When I started reading through some of the recipes, I noticed many of them were referencing this book called "Nourishing Traditions". I went to Barnes and Noble and bought this book the same week. Instantly saw how informative it was and how packed with recipes! I love it!! It opened my life to a completely new way of thinking/eating/ living. One of the first recipes i came across was the infant formula recipe. I thanked God because I knew he led me there, as I had PRAYED and cried out to God to help me find some way to feed my baby, and in the midst of feeling like such a massive failure for not being able to nurse my son, I realized that God had used my dad to give me The Maker's Diet, which I would pick up two years later out of desperation, which would in turn lead me to Nourishing Traditions... Long story short, I used the website provided in the book to scout out a source of raw milk locally, and within that week I found a raw milk cow share and signed up, and ordered all of the ingredients that I needed and started making my son's formula. From the first feeding, he was a much happier baby! He stopped fussing so much, he started SLEEPING through the night, AND he was NEVER AGAIN constipated! His bowel movements turned to mustard yellow, seedy, soft just as they were when I was nursing him.Fast forward to two years later and having completely embraced the Nourishing Traditions lifestyle, my husband and I decided to try for a second child. This pregnancy went much differently. I took care of myself, the nourishing traditions way. I drank superfood green smoothies every single day with home made raw milk kefir, ate healthy (not 100%, but I tried to give my body everything it needed!), plenty of butter and coconut oil and eggs, took whole food supplements and herbs instead of synthetic pharmaceutical prenatals, and never once saw a doctor- only my midwives who I had a home birth with. Gave birth to my 9lb 4oz 23" long baby girl, ELEVEN days late (hey, she knew when she was ready!), at home with no medication, in an inflatable birthing pool. It was awesome. My milk came in within 2 days (holy heck did it come in!!), she never lost weight, she slept much better, was very alert and nursed very well, had no digestion issues and has always been SO HEALTHY! My son is very healthy too (thanks to being able to start making his formula at 6/7 weeks of age), but he did catch and still does tend to catch more illnesses than she ever has. I really do attribute this to the type of diet i ate while pregnant with her, versus the SAD (standard american diet) i ate while pregnant with him, as well as the first 6 weeks of powdered formula and the drug exposure he had during birth in the hospital....ONE THING I have noticed that is astounding to me is the difference in their facial structures and teeth/jaw formation. After reading Weston Price's

"Nutrition and Physical Degeneration", as well as Francis Pottenger's "Pottenger's Cats", it makes sense to me why this is so. My little girl has such a beautiful and wide jaw, with perfectly straight and spaced teeth which i know will allow for her permanents to grow in without crowding, while my son has very crowded teeth and a more narrow jaw and has already had cavities while my daughter has had ZERO. (SEE PICS!)It really does make a difference what you eat before conception, during pregnancy, and what you feed your child.. (Btw, I supplemented with WAP homemade formula and eventually switched her to it completely when I decided to quit nursing- don't judge me)I'm not saying everything in this book is completely 100% for everyone, but it worked for me and my babies. All of the information also led me into a completely different life as far as nutrition and eating. I try to stay away from grains completely these days as I have some long standing digestive issues, but if I do have them I believe they are best soaked or sprouted like this book says. Also, try sprouted nuts- SO DELICIOUS and so much better for you than roasted or even raw. Lots of good recipes in the book, and you'll get a ton of practice in the cooking and preparing of different foos. If nothing else, get it for the baby formula recipe and information pertaining to childhood nutrition. My favorite and most used part of the recipes in this book are the fermented foods and dairy.

Sally FallonÃƒÂ¢Ã â ¬Ã â„¢s Nourishing Traditions changed my life. Over a decade ago, and in the midst of many life stresses, I got a flu shot at work one year, and suddenly developed all sorts of allergies. I started to develop serious health problems ÃƒÂ¢Ã â ¬Ã â œ Asthma, Digestive issues, RaynaudÃƒÂ¢Ã â ¬Ã â„¢s, Sjogrens. Worried, I went for the first time in years to my Kaiser doctor, who admonished me about my cholesterol levels (228), and recommended statins. Fearing drugs more than high cholesterol, I told him IÃƒÂ¢Ã â ¬Ã â„¢d use natural means to reduce my serum cholesterol. And I did. By ingesting large gobs of oatmeal and by shunning saturated fats, I got my cholesterol down to 180 within the year. I was very proud. But I did not get well. I got sicker. I got every office flu, cough, cold out there. After a final bout of flu on top of flu, and probably driven by some shred of self-preservation, I googled ÃƒÂ¢Ã â ¬Ã Ëœcholesterol goodÃƒÂ¢Ã â ¬Ã â„¢. That is when I stumbled into the WAPFÃƒÂ¢Ã â ¬Ã â„¢s realmilk.com site, sampled some raw milkÃƒÂ¢Ã â ¬Ã Â|and never looked back. I read about the cholesterol skeptics. I read about the incredible conflict of interest between Pharma and human health, and I read about the statin scam (that I nearly fell for). I was hurtling down the modern health highway of food shortcuts, to surefire disaster, and it was pure accident (and the good luck of bad health), that I came upon Sally Fallon and Mary Enig. Not everybody is so lucky. Many people get sick on nutrient deficient diets, then try to cure this with drugs, which have more side effects, which cause more knock on diseases, a

vicious cycle that frequently damages them beyond repair. Dr. Mary Enig, SallyÃƒÂ¢Ã â ¬Ã â„¢s co-author, was a brilliant lipid biochemist who jeopardized her career to get the message of transfatty acids vs. wholesome saturated fats out to the public. ÃƒÂ¢Ã â ¬Ã ËœNourishing TraditionsÃƒÂ¢Ã â ¬Ã â„¢ and ÃƒÂ¢Ã â ¬Ã ËœKnow Your FatsÃƒÂ¢Ã â ¬Ã â„¢ are my go-to food and fat-science bibles. These amazing women resisted bullying and bludgeoning by industry to impart their knowledge and wisdom of traditional food-ways to common people like me.I grasped the notion of ÃƒÂ¢Ã â ¬Ã Ëœbody as terrainÃƒÂ¢Ã â ¬Ã â„¢ and ÃƒÂ¢Ã â ¬Ã Ëœfood as medicineÃƒÂ¢Ã â ¬Ã â„¢. I now eat delicious, pastured, fragrant, nutrient dense, food that is rich in butter, cream and coconut oil. I eat ferments, kefirs, kvasses, yogurts, organ meats, broths, stocks and vegetables of course (without pesticides). I prepare my breads the traditional way and the taste and aroma are incomparable. And my belly likes it too. My kitchen is fragrant once again with the Ghee that my mother and my grandmother before her made. Our insurance premiums are completely wasted because we have not been sick in the last eight years. Nary a cough, cold or flu. This way of living and eating has opened up my life in delightful ways to farmers markets, farmers and the wonderful kinship of likeminded people.If you have children, feeding them NT food will make them stronger, smarter and healthier. If you are sick, you will get well on this food. The body WANTS to heal, and is set up to heal, if properly nourished. Many people with chronic degenerative disease I know, got not just better, but were cured. My recommendation is, ignore all other isms, fads and trends. DonÃƒÂ¢Ã â ¬Ã â„¢t just borrow the book from your library. Buy it. Take a week off from work to read it, imbibe the wisdom, and pass it forward. Sally and Mary probably saved my life. I am forever indebted to them.

Big fan! For as much butter as I have added into my diet, I am surprised that I have not gained much weight. It is more of less the increase in sugar that has accounted for the added 10 or so pounds over the last year. Sugar is not normally in my diet.However, the content of this book is invaluable for anyone who seeks to provide a maximally nutritious meal for their family or simply for themselves. I would highly recommend reading this book and also doing more research the science of why we need a diet like this.Yet I will admit, I eat a LOT of raw food in addition to copious amounts of fermented and butter drenched foods. I just find that my digestion isn’t the same if I don’t have that scrubbing fiber.

This book has been around longer than the Paleo trend. It’s almost exactly like the Paleo approach. Has lots of interesting information. I have had my personal copy for over 18 years. I bought this one

for a gift for a cousin who is following AIP.

My daughter has this book and recommended that I should also buy it. She is the mother of 3 young children and the information in this book was very helpful to her in giving her new ideas on how to incorporate more raw foods into her families daily life. I've been reading the book from front cover to back cover! I'm excited to try some of the recipes in the book. All the recipes have footnotes on where you can purchase an ingredient if it's not something you would find at your local grocery store. Sally Fallon has several other cookbooks for children, and I am going to order those for my daughter also.

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