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Anthropological Nutrition

Introduction

‘Anthropologically correct’ nutrition assesses what foods are beneficial to health, by looking cross-culturally through generations over the centuries. One would suspect that civilizations in different regions of the world and varying climates would have widely disparate diets. This is true, but there are some common principles among them that can and have been gleaned. Such work was originally performed by academic researcher Dr. Weston A. Price. It is currently carried forward by the non-profit Price – Pottenger Foundation. (You may visit the website westonaprice.org, or read the book *Nourishing Traditions* by Sally Fallon, for further detail).

Here are some of Dr. Price’s findings about traditional diets:

- A. They did not contain refined or denatured foods.
- B. Animal (or insect) protein and fat, some of it raw, was always included.
- C. Enzymatically active foods were eaten, such as: raw foods, fermented foods, and tropical fruits.
- D. Grains, seeds, and nuts were processed and sprouted to neutralize naturally occurring anti-nutrients (e.g., phytic acid, tannins, and enzyme inhibitors).
- E. Diets were much higher in saturated fats, and monounsaturated fats, and fat soluble vitamins (especially A & D), and proportionately lower in polyunsaturated fats, than modern diets.
- F. Omega-3 fatty acids (e.g., fish, flax, and walnuts) and omega-6 fatty acids (from many plant sources) were consumed in an approximately 1:1 ratio.

G. Animal bones were prepared and consumed as gelatin-rich broths.

H. Special dietary advice, including nutrient rich foods were provided for prospective parents, pregnant women, lactating women, and children.

Below, in outline form, are some general recommendations based upon Dr. Price's findings and related principles. Please note that disease states, certain life stages, food sensitivities, and food availability in your area may require modification of some aspects of these recommendations. Therefore, please discuss your specific diet with your physician:

I. Eat whole, natural foods.

A. Eat:

1. Organic Food
 - a) Fresh fruit.
 - b) Fresh and lightly steamed vegetables.
 - c) Good quality meat, poultry, eggs, and fish (See III. below)
 - d) Good quality milk and cheeses (See IV. below)
 - e) Good quality fats and oils (See V. below)
 - f) Homemade soups (See VIII. below).
 - g) Properly prepared nuts and grains (See VI. below).
 - h) Enzyme enhanced and fermented foods (See VII. below).

B. Avoid processed foods:

1. Commercially packaged:
 - a) Cookies
 - b) Cakes
 - c) Crackers
 - d) Chips
 - e) Protein or Energy Bars
 - f) T.V. dinners
 - g) Soft drinks
 - h) Sauce mixes, cake mixes, etc.
2. Processed or artificial Ingredients:
 - a) Refined sweeteners.
 - b) White flour and rice.
 - c) Hydrogenated or partially hydrogenated fats and oils.
 - d) Protein powders.
 - e) Chemical colors and flavors.
 - f) MSG.
 - g) Hydrolyzed vegetable protein.
 - h) Textured vegetable protein.

II. Eat only foods that will spoil, but eat them before they do.

A. Avoid:

1. Bio-engineered (genetically modified or cloned) foods.
2. Irradiated foods.
3. Preservatives.
4. Packaged foods (boxed, canned, bottled, etc.)
5. Sprayed or waxed produce.

III. Eat naturally raised and processed animal products.

A. Eat:

1. Grazed beef and lamb.
 - a) Free from: hormones, antibiotics, pesticides, and herbicides.
 - b) Humanely slaughtered and cleanly processed.
2. Organic garbage rooting pork.
 - a) Free from: hormones, antibiotics, pesticides, and herbicides.
 - b) Humanely slaughtered and cleanly processed.
3. Free range fowl.
 - a) Free from: hormones, antibiotics, pesticides, and herbicides.
 - b) Humanely slaughtered and cleanly processed.
4. Free range eggs.
 - a) Free from: hormones, antibiotics, pesticides, and herbicides.
5. Wild troll caught fish.
 - a) Free from: hormones, antibiotics, pesticides, and herbicides.
 - b) Humanely slaughtered and cleanly processed.
6. Wild shellfish.
 - a) Free from: hormones, antibiotics, pesticides, and herbicides.
 - b) Cleanly processed.

B. Avoid:

1. Unsafe animal products:
 - a) Pen or cage raised animals.
 - b) Farmed fish and shellfish.
 - c) Battery produced eggs.
 - d) Flesh treated with antibiotics, pesticides, hormones, irradiation, or herbicides.
 - e) Commercially slaughtered animals.
 - f) Processed meats.

IV. Eat whole, naturally produced milk products from pasture fed cows, goats, and sheep.

A. Eat:

1. Raw whole milk and cheeses.
2. Cultured whole milk products:
 - a) Yogurt.
 - b) Sour cream.
 - c) Cultured butter.
 - d) Kefir.
 - e) Lassi.

B. Avoid:

1. Lowfat, part-skim, or skim milk and cheeses.
2. Homogenized milk (use only if non-homogenized is unavailable).
3. Processed cheeses.
4. Yogurt mixed with fruit jam.
5. Powdered or canned (evaporated) milk.
6. Imitation milk or cheese products.

V. Use only traditional fats and oils.

A. Eat:

1. Butter (and ghee).
2. Lard.
3. Meat fat (only from organically raised animals).
4. Extra virgin olive oil.
5. Tropical oils:
 - a) Palm kernel oil.
 - b) Coconut oil.
6. Expeller pressed, cold processed, nitrogen packed:
 - a) Sesame oil.
 - b) Walnut oil.*
 - c) Pumpkin seed oil.*
 - d) Almond oil.*

*Should not be heated; for cold food use only!

B. Avoid:

1. Soy oil.
2. Corn oil.
3. Safflower oil.
4. Canola oil.
5. Cottonseed oil.
6. Hydrogenated or partially hydrogenated oils.

7. Food cooked in unsaturated or polyunsaturated oils.
8. Commercially fried foods.

VI. Use whole grains and nuts that have been prepared (to neutralize anti-nutrients).

A. Eat:

1. Organic nuts & seeds:
 - a) Soaked in salt solution and dried.
 - b) Sprouted.
2. Organic whole grains:
 - a) Soaked in acidic solution (whey, vinegar, or lemon juice) before or after milling.
 - b) Sprouted grains.
 - c) Sourdough leavened.

B. Avoid:

1. Improperly prepared nuts, seeds, and grains.
2. Rancid nuts, seeds, and grains.
3. Unfermented soy foods
 - a) Tofu.
 - b) Soy milk.
 - c) Soy cheeses.

VII. Include enzyme-enhanced lacto-fermented vegetables, fruits, beverages and condiments in your diet on a regular basis.

A. Eat:

1. Cultured whole milk products
 - a) Yogurt.
 - b) Sour cream.
 - c) Cultured butter.
 - d) Kefir.
 - e) Lassi.
2. Pickled vegetables
 - a) Pickles (pickled cucumbers).
 - b) Relish.
 - c) Sauerkraut.
 - d) Kim Chee.
 - e) Pickled beets.
 - f) Watermelon rind.
3. Fermented condiments
 - a) Chutney.

- b) Miso.
- c) Natto.
- 4. Fermented beverages
 - a) Beer (in moderation!)
 - b) Wine (in moderation!)
 - c) Ginger beer
 - d) Root Beer
 - e) Kombucha

B. Avoid:

- 1. Canned (do not require refrigeration) pickled products.
- 2. Vinegar preserved ('pseudo-pickled' products).
- 3. Pasteurized beer, wine, and soft drinks.

VIII. Prepare homemade meat stocks from the bones of chicken, beef, lamb or fish and use liberally in soups and sauces.

- A. Cook appropriate source foods at low temperatures (crock pot) for 1-4 days.

IX. Use filtered water for cooking and drinking.

A. Water processing systems:

- 1. Membrane wrapped carbon filter.
- 2. Reverse osmosis.
- 3. UV irradiated.

B. Avoid:

- 1. Fluoridated water.
- 2. Unfiltered chlorinated water.
- 3. Distilled water.

X. Use unrefined salt and a variety of herbs and spices for food interest and appetite stimulation.

A. Eat:

- 1. Unrefined evaporated sea salt.
- 2. Unrefined mined salt.
- 3. Organic herbs and spices
 - a) Fresh.
 - b) Dried.

B. Avoid:

- 1. Commercial salt.

2. Baking powder (unless aluminum free).

XI. Use natural sweeteners in moderation.

A. Natural sweeteners:

1. Raw honey.
2. Maple syrup (The lower the grade, the better)
3. Evaporated sugar cane juice.
4. Xylitol.
5. Stevia powder.

B. Avoid

1. Refined sweeteners:
 - a) Dextrose.
 - b) High fructose corn syrup.
 - c) Sucrose.
 - d) Dextrose.
 - e) Glucose.
2. Artificial sweeteners:
 - a) Nutrasweet (aspartame).
 - b) Splenda.
 - c) Saccharin.

XII. Eat Nutrient Dense ‘Superfoods.’

A. ‘Green foods’:

1. Spirulina.
2. Broken cell chlorella.

B. Sea vegetables:

1. Kelp.
2. Nori.
3. Dulse.

C. Cod Liver Oil:

1. Tested for purity.

D. Bee products:

1. Raw honey.
2. Bee pollen.
3. Propolis.
4. Royal jelly.

E. Fish eggs and roe.

- F. Organ meats
 - 1. Liver.
 - 2. Heart.
 - 3. Kidney.
 - 4. Gizzard.
 - 5. Glandulars (under medical supervision only).
 - a) Hormone containing.
 - b) Protomorphogen containing.

- G. High GLA (gamma linolenic acid) oils.
 - 1. Black currant oil.
 - 2. Borage oil.
 - 3. Evening primrose oil.

H. Nutritional yeast.

- I. Natural digestive aids:
 - 1. Apple cider vinegar.
 - 2. Bitters.
 - 3. Tropical fruits.

J. Wheat germ oil.

K. Butter from grass fed (pastured) cows.

XIII. Cook and store food only in safe materials.

A. Use:

- 1. Stainless steel.
- 2. Glass.
- 3. High quality enamel.
- 4. Cast Iron*

*Have serum iron stores checked; avoid if high.

B. Avoid:

- 1. Aluminum.
- 2. Teflon or other non-stick coating.
- 3. Plastics.
- 4. Microwave cooking.