



# Ancestral Eating Guide eBook

Simple Ways To Incorporate Ancestral Wisdom

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Dr. Weston A. Price traveled the world with his wife in the 1930's studying indigenous people who were thriving on all levels. He found there were principles they were using. These are the ancient ancestral nutrition ways which you can easily use in your daily life.

## Table Of Contents

1. What works...and has worked for thousands of years...
2. How Ancestral Ways Of Eating Came To Be...
3. The 6 components of ancestral eating...
4. Supplements that are useful...
5. Resources So You Can Do This...

## What works...and has worked for thousands of years...

We owe great gratitude to Dr. Weston A. Price and his wife who back in the 1930's travelled the world every year searching for truth....

Dr. Price was a dentist, head of the ADA for awhile. And he saw a disturbing trend. Kids were having crooked teeth and more cavities. He was perplexed...

What was happening and why? And were there cultures around the world this wasn't happening to? Or was this happening everywhere?...

So his wife and he decided to go look. Like a true scientist, he went searching for the truth.

Now this study, this landmark study he did over 10 years or more would be impossible to do these days. It was a special time in history.

For one there were still untouched indigenous peoples around the world.... And it was right when the missionaries and the western world were finding more of these groups. So he was able to see what happened to these pristine groups of peoples when they started eating the westerner

food. And he got to see how they could return to their ancestral ways of eating and thrive again...

Also travel was easier at this time...on big steam ships. And cameras were smaller and easier to transport....

So as he and his wife went looking, they found numerous groups that were untouched by westerners. And he found people in the outer Hebrides Islands of Scotland and high up the Alps of Switzerland and in Kenya and the Pacific Islanders and Eskimos in the Arctic and Canadian indigenous people in northern Canada....

And he found what had been working for thousands of years with indigenous people from all over the world.

## How Ancestral Ways Of Eating Came To Be...

Now of course these indigenous people were all eating different things. But Weston A. Price found cultures from all over the world that were thriving....

They didn't have crooked teeth....they didn't have cavities...

They were living into their 90's and 100's and living healthy...not deteriorating... but truly thriving into their latter years. They were happy and their kids were happy and there was no juvenile delinquency.

What were they doing?

So Weston A. Price kept looking and putting it all together. And he noticed how much care they took for food growing and preparation. So he asked them, "why do you do so much to prepare your food?"

And they said, "because we need perfect babies!"....

So this work, Weston A. Price's work and what he found is the basis of this Ancestral Ways of Eating....

This eBook is going to show you what the components of this way of eating and living are and how you can do this

too. So you can have perfect health and be healthy,  
happy and whole... truly thriving in your life....

The 6 components of ancestral eating...

As you can imagine there is a lot to this work. And how to do this....

What a pacific islander eats is totally different than a Kenyan or an Eskimo or someone high in the Alps in Switzerland....

But there are some common principles they all used. The cultures that were thriving were all using the same 6 components! They somehow had found what worked to be healthy and happy and whole....

Isn't that amazing? Cool right?....

So here's the 6 components and if you can incorporate your version of each of these components you can live in line with this ancient healing wisdom.

Here goes!

There's a simple way to remember the components:

1. Grease
2. Guts
3. Grass
4. Bone



5. Sprouts
6. Pickles

Let's break them down.

All of the cultures that were thriving valued the fat from the animals they ate more than the meat!

Now of course the animals they ate were wild caught or pasture raised and so all the animals ate their natural diet of grasses. Deer, Elk, Fish, Chickens, Cattle all ate grasses and roamed freely. So the first component is to eat animal fats from animals that are wild, or pasture raised and eat organic grasses.

The second thing is Guts and what that means is these cultures valued the organs of the animals more than the meat. Think of what happens when a lion kills a zebra. It goes for the heart and liver first. Sure it gnaws on the bones and eats the meat too but it goes for the organs first. More nutrient dense food there. So eating liver and heart and kidneys were important.

The third thing ... Grass .. which means eating raw animal products from animals that eat grass. So in the case of the people high up in the alps it was raw milk and cheese. For the Eskimos raw fish and fish eggs. For the Kenyans it was blood from the cattle...

The fourth thing ... Bone ... means each culture had a bone stock. For the pacific islanders it was fish stock, the others had bones from their chickens and cows or elks or other animals. They all had a bone stock. Think of the French these days with their reduction sauces that are so yummy. These stocks make great sauces and because they are from bones simmering for days, they carry a lot of healing minerals and nutrition from bones.

The fifth thing was Sprouts which means many cultures ate no grains of any kind. But for those that did like the people high up in the Alps, they fermented the grain. Think sourdough bread.

The people high up in the outer Hebrides Islands outside of Scotland ate cod fish with oatmeal grouts that were soaked to breakdown the phytic acids and then fermented by leaving it with the cod fish for a period of time.

These days soaking and sprouting grains and nuts and seeds and fermenting when possible is a way to do this in the modern age.

The sixth thing is Pickles, which means each culture had a fermentation process. Sourdough bread for example. Cultured butter or sour milks or yogurts and sour krauts and pickled veggies and fishes... So pickled or fermented foods were a key component....

So getting each of these components in each meal is an awesome way to use this indigenous way of eating... this ancestral way of eating to live in harmony with the way our ancestors ate for thousands of years.

Cool right!

It may seem daunting but you can start little by little.

You can start by eating organic...

Then add in some sour kraut....

Then a bone stock either making your own or these days you can buy organic grass fed or pastured bone stock...

You can start switching to less costly and more nutrient dense meats. The meats like slow cooker shanks and roasts with plenty of fat of course from organic and grass fed animals. Blessing the animals for their sacrifice is a great way to do this in a reverent way honoring life and life force energy....

You can find ways that are palatable to eat organ meats. Some chicken livers or chicken hearts... or a couple days a week getting some liver and onions for dinner. Even just a small amount a couple times a week is great.

You can add sardines into your diet.

Liver pate' is another good way ....

Raw can be as simple as raw cheeses or sardines. We even eat raw beef liver which we freeze in small bite size bits so we can pop one in our mouth and just get it in. Surprisingly you hardly even notice the taste this way.... I know that can sound weird but it's pretty easy to do for those adventurous souls like us! :-)

And for nuts and seeds soaking or sprouting them is a way to make them even more tasty....

Grains I would limit overall. You might even want to eliminate grains for a while if you're dealing with a chronic condition. But if you do eat grains, being 100% gluten free, corn free and soy free is very important.

There are many gluten free organic options and if you can ferment them or sprout them or use sprouted versions all the better.

I will get you resources so you can research all of this much more. Recipe books and more.

## Supplements that are useful...

There are some supplements that Weston A. Price found useful for healing as well. He called it activator X because he knew it was there but didn't know exactly what it was.

Now we know it as vitamin K2. This goes great with vitamin D3 and vitamin A. You can get all of this with a group of supplements from [greenpasture.org](https://www.greenpasture.org).

- \* Fermented cod liver oil
- \* Fermented skate liver oil
- \* High potency butter oil

<https://www.greenpasture.org/>

# More Resources So You Can Do This...

Here's some great resources to dive deeper.

Price Pottenger Nutrition

<https://price-pottenger.org/>

Weston A. Price Foundation

<https://www.westonaprice.org/>

Nutrition and Physical Degeneration by Weston A. Price

<https://amzn.to/2RFQceX>

Nourishing Traditions

<https://amzn.to/2J7mTy5>

Cure Tooth Decay Naturally by Ramiel Nagel

<https://amzn.to/2Yo7Dn7>

Green Pasture Cod Liver Oil and Butter Oil

<https://www.greenpasture.org/>

To Your Health Sprouted Flour Company

<https://healthyflour.com/>