

Title: Ideal Nutrition for Optimum Health.

Instructor: Dr. Tedd Koren

2 Hours

Hour 1

We begin by discussing our wonderful healing potential. The discoveries of Weston A Price and his empirical research in discovering the ideal diet for humanity. What to eat and what to avoid? Is cholesterol dangerous? Other nutrients we don't often think of as nutrients: sunlight, oxygen and water.

What is the human life span versus average life span at birth? At age 40?

Hour 2

How Dr. Price discovered the perfect diet for humanity. Modern versus primitive dental and jaw development; rock groups as examples of nutrition. The new epidemic of wisdom teeth removal. The traditional diet versus the standard American diet. Raw milk, butter, cream, grass-fed, pastured animals. Sea food, fermented foods, broth, fats and oils.

The story of raw milk and pasteurized milk. How do they differ? Foods to especially avoid. The Firman Bear research on the mineral/nutrient quality of produce grown in different soils. Soy and soy formula and its effects on a child's healthy brain. Diet soda and weight gain. Is there a relationship between cholesterol and heart disease?

Statin drugs, low cholesterol and cancer.

Genetically modified foods/grain and the Seralini experiment. Does smoking alone cause cancer? The need for sunlight and the relationship between sunlight and internal organ cancers. Sources of Vitamin D in food. The effects of fluoride and chlorine on our health. Foods to eat (review).