



THE WESTON A. PRICE FOUNDATION®

for **Wise Traditions** in Food, Farming and the Healing Arts

Wise Traditions Ireland Conference *Food, Farming and the Healing Arts*

7th - 8th February 2015

Thomond Park Conference Centre
Limerick

FEATURED SPEAKERS

Sally Fallon Morell, MA
author of *Nourishing Traditions*

Natasha Campbell-McBride, MD, PhD,
author of *Gut and Psychology Syndrome (GAPS)*

David Wetzel - Founder of Green Pasture (Fermented Cod Liver Oil)

Darina Allen - Ballymaloe Cookery School

Joe Fitzmaurice
Award winning baker Riotrye Bakehouse and Bread School,
Cloughjordan Eco Village

Elisabeth Ryan - Raw Milk Ireland Campaign

For further information and tickets contact:

www.wapfmunster.com

DAY 1

Is it possible that changes to our native food really caused the soaring rates of chronic disease in Ireland? What about dietary fat...have we got it all wrong?

Have diet dictocrats scared you away from eating real food leaving you confused about the best way to take control over your family's health?

Has science become our god or our guide?

Learn about the incredible research of dentist **Weston Price** and the real link between our food, our dental health, and our wellbeing.

Sally Fallon Morell will speak about the Nourishing Traditional Diets of diverse world cultures and how we can learn from traditional wisdom.

Joe Fitzmaurice will reveal the wonders behind real Traditional Sourdough breads.

Elisabeth Ryan will host a Raw Milk discussion panel.

DAY 2

Is it really possible that Autism, ADHD, Schizophrenia, Dyspraxia, Dyslexia and Depression could all be linked to a dysfunctional gut? Have we got it all wrong about **Cholesterol**?

Allow your mind to be set free as neurologist and author **Dr Natasha Campbell-McBride** weaves together not only the solid evidence, but crucially...the solution, based on nourishing traditional foods. She will speak about the **GAPS Protocol** and also **Nutrition & Immunity**

Sally Fallon Morell will present The Oiling of America – How we came to believe the myth that Saturated Fats were bad for us!

David Wetzel will talk about the Real Superfood **Fermented Cod Liver Oil**.

While you're there why not :

- Eat delicious traditional Irish foods, echoing the guidelines of Nourishing Traditions.
- Talk to others who are on the front lines of healing our community.
- Meet local food producers who still practice a time honoured craft that may just hold the keys to the kingdom of our health.
- Share your stories and struggles of trying to raise a family in a world where the odds are stacked firmly against us.

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