

Session 5 Ancient Wisdom

"With the ancient is wisdom; and in length of days understanding" (Job 12:12)

(1) Eat Local



Can you grow it?



Can you hunt it?



Can you pick it?



Can you gather it?



Can you milk it?

List Local Sources:	What can I do myself?
1. Meat	
2. Dairy	
3. Fruits & Vegetables	
4. Grains	
5. Other	

Find local sources online:

<http://www.eatwild.com/>
<http://www.coopdirectory.org/>
<http://www.localharvest.org/>

<http://www.westonaprice.org/localchapters/index.html>
<http://www.realmilk.org/>
<http://www.sustainabletable.org>

(2) Eat Wise

How many days should we work? How many days should we work? What is God's view of planning for the future?

- **The “Sabbath Principle” shows my respect for my Creator.**

Verses to Read: Exodus 20:8-11; Exodus 23:10-12; Exodus 31:12-17; Exodus 35:1-3; Leviticus 25:1-7 – How do these verses apply to us today? How would their application affect my health? How would they affect farming practices? How would they effect our economy?

- **The “Manna Principle” shows my trust in my Heavenly Father.**

Verses to Read: Exodus 16:12-36; Matthew 6:19-34 – What happened when the children of Israel tried to gather too much? What happened when they ignored the Sabbath principle? How does Matthew 6:19-34 apply to the Manna Principle?

- **The “Seasons Principle” shows my understanding of my own sinful heart.**

Verses to Read: Genesis 8:21-22; Proverbs 6:6-11; Proverbs 13:4; Proverbs 20:4; Ecclesiastes 3:1-9 – How predictable are the seasons? What is a sluggard (KJV)? Does planning ahead for the seasons indicate a lack of trust in God? How can we imitate the ant?

- **The “Ancient Principle” shows my respect for the wisdom of age.**

Verses to Read: Job 12:12-13; Leviticus 19:32; Titus 2:1-5 – What is the common attitude toward the elderly in our culture? Is this biblical? If a poor attitude toward the elderly exists today, how far back into the past might I have to go to find wisdom?

How were foods traditionally preserved? What was the result when “ancient” methods of food preservation were used?



Photos © Price-Pottenger Nutrition Foundation, www.price-pottenger.org

The photographs of Dr. Weston Price illustrate the difference in facial structure between those on their native diets and those whose parents had adopted the "civilized" diets of devitalized processed foods.

The "primitive" Seminole girl (left) and Samoan boy (third from left) have wide, handsome faces with plenty of room for the dental arches. The "modernized" Seminole girl (second from left) and Samoan boy (right), born to parents who had abandoned their traditional diets, have narrowed faces, crowded teeth and a reduced immunity to disease.

-- from *Nutrition and Physical Degeneration*, by Dr. Weston Price, 1939

(2) Eat Slow

“Nevertheless [God] left not himself without witness, in that he did good, and gave us rain from heaven, and fruitful seasons, filling our hearts with food and gladness” (Acts 14:17, KJV).

Slow growing

Example: Gardening vs. supermarkets

Slow harvesting

Example: Sprouting vs. modern farming

Slow preservation

Example: Lacto-fermentation vs. canning

Slow enzymes

Example: Raw and fermented foods vs. devitalized (processed) food

Slow cooking

Example: Low-temperature, slow cooking methods vs. microwaves and fast food

Slow drinking

Example: Lacto-fermented drinks (such as kombucha) vs. soft drinks

Slow enjoyment

Example: Meals as a family vs. “refrigerator grazing”

**You will enjoy this week’s download, which contains recipes
and ideas for all of these examples.**

Visit <http://anneshealthplace.com/class5.shtml>

A Food Diary of Sally Fallon, author of *Nourishing Traditions*

Day 1 - 2137 calories: 16% protein, 17% carbohydrate, 70% fat

Breakfast: Super scramble (1 egg, 1 egg yolk, 1 tablespoon cream cooked in 1 tablespoon butter), 2 pieces soft thick bacon, 1 cup whole milk, 2 teaspoons cod liver oil, 1 teaspoon butter oil, 1 cup beet kvass.

Lunch: 2 ounces cheese, 1/4 cup crispy macadamia nuts, 6 ounces kombucha

Dinner: 3 cups salad with oil and vinegar dressing and 1 ounce blue cheese, 1 cup baked salmon with parsley butter sauce, 6 spears steamed asparagus with butter, 1/2 cup sauerkraut.

Day 2 - 2217 calories: 13% protein, 30% carbohydrate, 57% fat

Breakfast: 1 cup cooked oatmeal with 2 tablespoons raw honey and 4 tablespoons butter, 1 cup whole milk, 1 cup beet kvass, 2 teaspoons cod liver oil, 1 teaspoon butter oil.

Lunch: 1 slice sprouted whole grain bread, 1 tablespoon butter, 2 ounces smoked salmon, 6 ounces kombucha.

Dinner: 1 cup cream of vegetable soup, 3 ounces liver cooked in lard, 2 pieces bacon, 1 onion cooked in lard, steamed spinach with 2 teaspoons butter, 1/2 cup sauerkraut, 6 ounces kombucha, 1 cup beet kvass.

Day 3 - 2300 calories: 10% protein, 27% carbohydrate, 63% fat

Breakfast: 1/2 grapefruit, 2 fried eggs with 1 ounce sausage, 1 fried tomato, 1 cup whole milk, 1 cup beet kvass, 2 teaspoons cod liver oil, 1 teaspoon butter oil

Lunch: 1 cup cream of vegetable soup, 1 ounce feta cheese, 1 tablespoon butter, 2 whole grain crackers

Dinner: 2 1/2 cups salad with oil and vinegar dressing and 1 ounce blue cheese, 3 ounces pot roast (in sauce of beef stock, tomato paste and wine), 1/2 cup each carrots, turnips and parsnips roasted in butter and olive oil, 1/2 cup sauerkraut, 3/4 cup homemade vanilla ice cream, 6 ounces kombucha, 1 cup beet kvass.

source: <http://www.westonaprice.org/basicnutrition/boarddiets.html>

Download the “Healthy Nutrition Checklist” to see how your diet compares with Sally’s diet.

Visit <http://anneshealthplace.com/class5.shtml>