

Food preparation techniques of traditional cultures

Nourishing food supports our body at almost every level.

To make the most of food's nourishing and healing qualities, we can learn a great deal from traditional cultures. They were not reliant on the modern industrial food and health systems which have beset us today. Their health and longevity was supported by local food and its careful preparation.

I actively promote (and personally practice in my own kitchen) the food preparation principles of traditional cultures as defined by the Weston A. Price Foundation. These principles include:

- ✂ Eat whole, unprocessed foods (not packaged or tinned)
- ✂ Include organ meats with your meat consumption from pasture raised animals (not grain fed)
- ✂ Eat wild catch fish (not farmed) from unpolluted waters
- ✂ Eat full fat milk products from pasture-raised cows, preferably raw and/or fermented, such as non-homogenised milk (or raw if accessible), whole yoghurt, full fat cheeses (raw if accessible), plus fresh and sour cream
- ✂ Use animal fats such as lard, tallow, egg yolks, cream and butter liberally
- ✂ Use only traditional vegetable oils (not industrially produced ones) such as extra virgin olive oil and coconut oil (I also add avocado oil to this list)
- ✂ Take cod liver oil regularly to provide balanced ratios of natural fat-soluble vitamins A and D
- ✂ Eat fresh fruit and vegetables, preferably organic, raw, in soups, or lightly steamed with butter
- ✂ Prepare whole grains, legumes and nuts by soaking or sprouting to neutralise enzyme inhibitors and other anti-nutrients
- ✂ Include lacto-fermented vegetables, fruits, drinks and condiments in your diet on a regular basis
- ✂ Prepare home-made stocks from bones of pastured animals and wild seafood. Use liberally in soups, stews, gravies and sauces
- ✂ Use filtered water for cooking and drinking
- ✂ Use unrefined salt plus herbs and spices for additional flavour and appetite stimulation
- ✂ Cook only in stainless steel, glass, cast iron or good quality enamel
- ✂ Use only natural food based supplements (not synthetic vitamins)
- ✂ Get plenty of sleep, exercise and natural light
- ✂ Think positive thoughts and practice forgiveness

My own approach has been to gradually add to this list over time. Find just one that suits you best to start with and gradually include others. Your body will thank you!

And remember ... Let Nature Be the Doctor!

