

I am drinking a glass of raw milk before I start my class presentation.

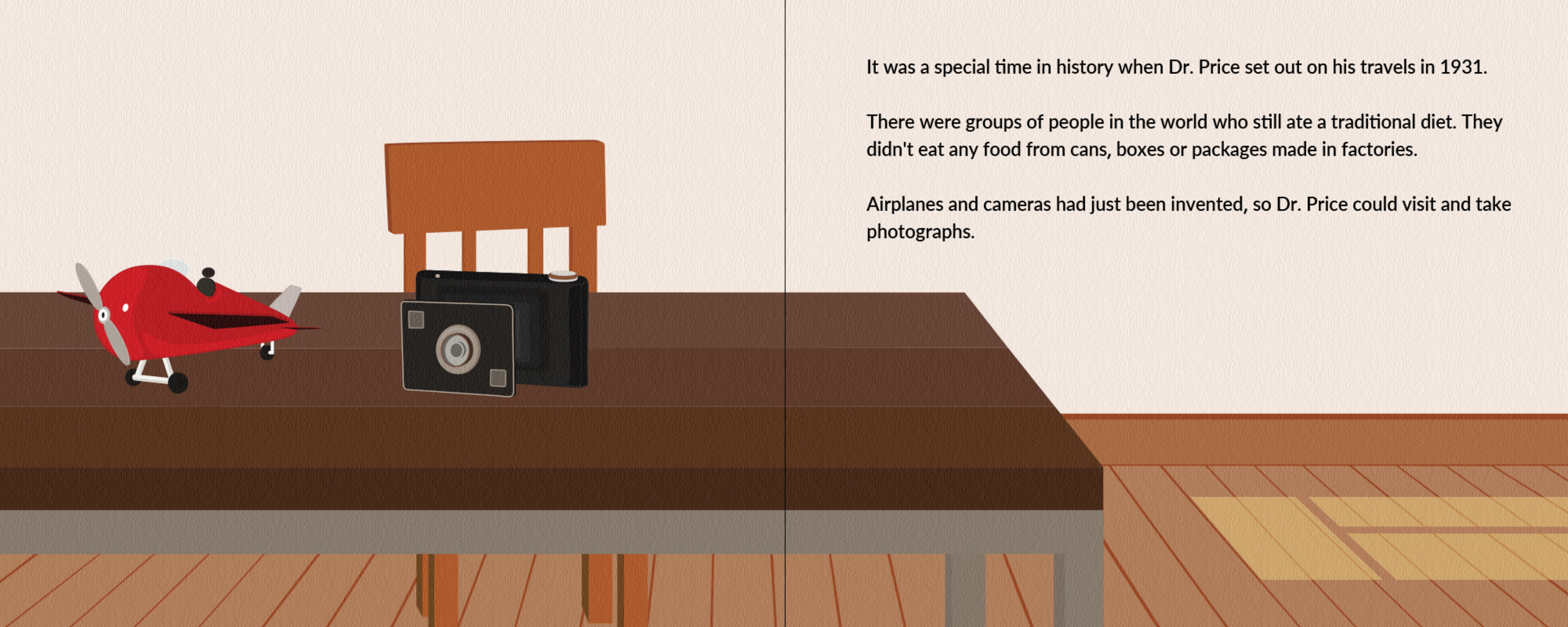


Hello. My name is Andrew Price.

I am named after my great-great-uncle, Dr. Weston A. Price who was a dentist. Andrew was his middle name. You can see his picture on the screen. He traveled to many parts of the world with his wife, Florence, and learned about what foods kept adults and children like us healthy.

I am going to tell you about his adventures!





It was a special time in history when Dr. Price set out on his travels in 1931.

There were groups of people in the world who still ate a traditional diet. They didn't eat any food from cans, boxes or packages made in factories.

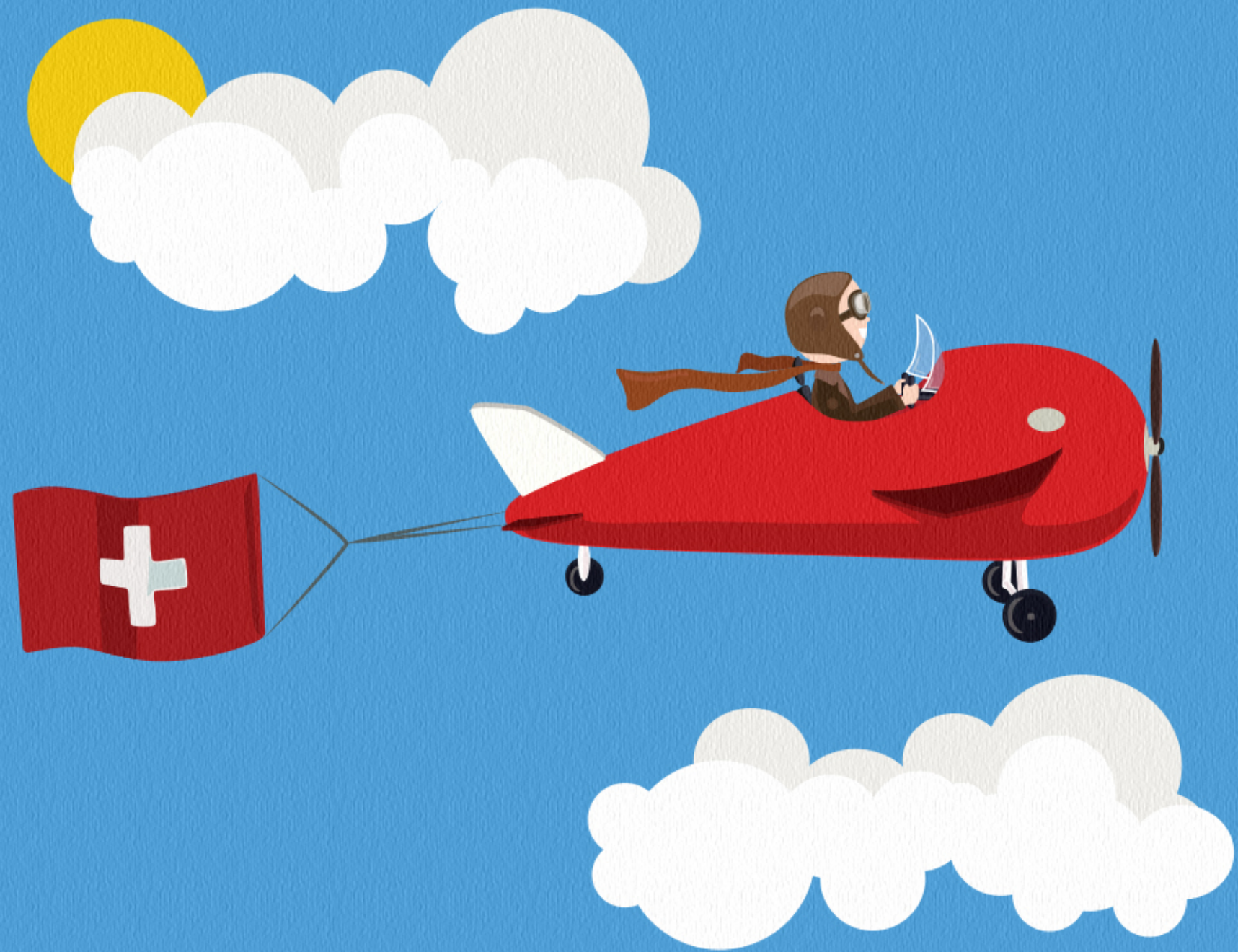
Airplanes and cameras had just been invented, so Dr. Price could visit and take photographs.

The reason that my great-great-uncle wanted to visit these people was that more and more of the children he saw in his dental office in Cleveland, Ohio, had cavities and crooked teeth.

What is a cavity?

A cavity is an unnatural hole in the tooth that can grow deeper and bigger over time. It is also a word no one wants to hear when they go to the dentist's office! He wanted to help people prevent cavities and crooked teeth.





So he hopped on a plane with his wife and flew to Loetschental, Switzerland, where he had heard that children and their parents had beautiful teeth and were in good health. I had to practice saying Loetschental many times before this presentation! It is pronounced lert - chin - tall. Dr. Price planned to find out what they were eating in this valley, far from other people.

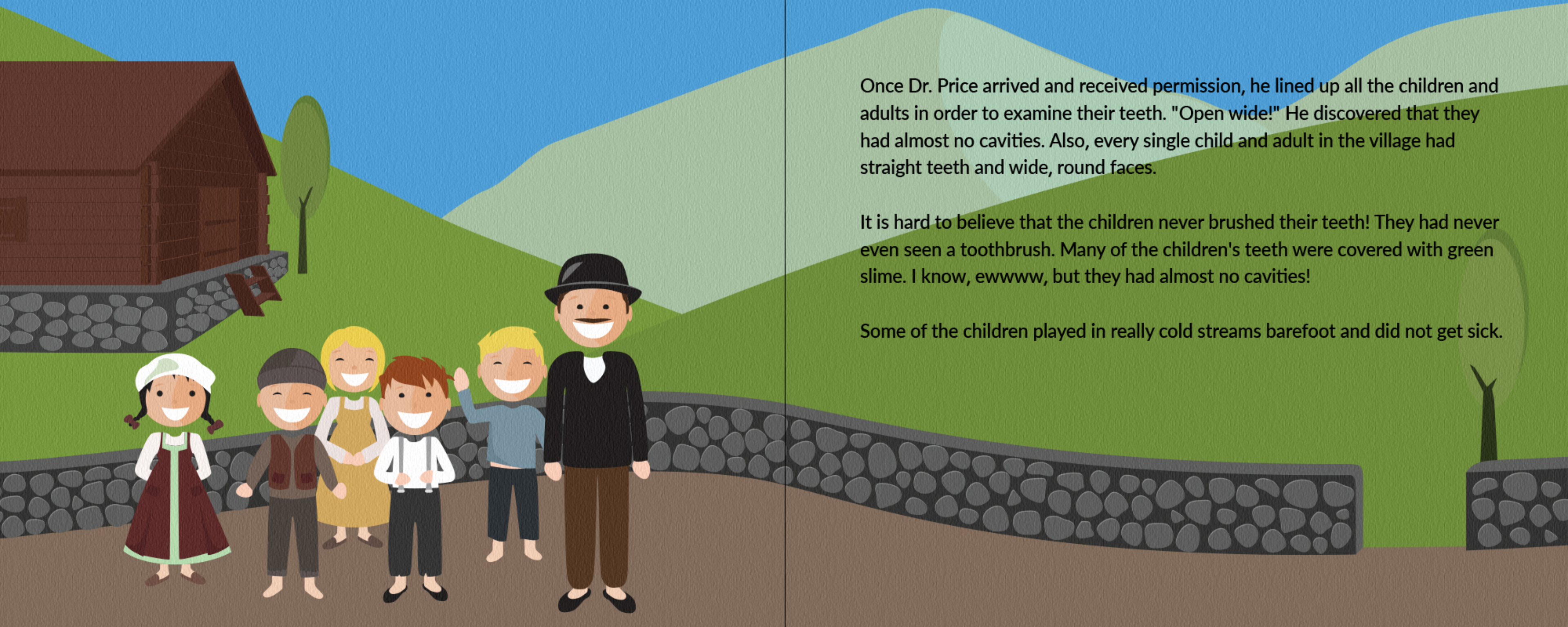
Let's follow in his footsteps and take an adventure. Are you ready?



The people who lived in the villages produced all of their own food in the valley. They did not have any supermarkets like we do! The only food that was brought in from the outside was salt carried in by foot. The path to the village was too narrow for a wheeled cart.

One of the main foods in their diet was raw milk, which came straight from their cows and goats. It was not heated, which is called pasteurization, or changed in any way.

They loved raw milk, raw cheese, raw cream and raw butter with their rye sourdough bread.



Once Dr. Price arrived and received permission, he lined up all the children and adults in order to examine their teeth. "Open wide!" He discovered that they had almost no cavities. Also, every single child and adult in the village had straight teeth and wide, round faces.

It is hard to believe that the children never brushed their teeth! They had never even seen a toothbrush. Many of the children's teeth were covered with green slime. I know, ewwww, but they had almost no cavities!

Some of the children played in really cold streams barefoot and did not get sick.