

**Sally Fallon interviewed by Tim (Treating Autism newsletter editor)**

**February 2010**

**Next month, the London chapter of the Weston A Price Foundation is organising a Festival for Traditional Nutrition. Amongst the speakers at the festival will be Sally Fallon, co-founder of the foundation and author of “Nourishing Traditions, The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats”. (We were so impressed we bought copies for our whole family! - Ed.)**

**Earlier this month I had the pleasure to talk to Sally about the conference as well as traditional nutrition for health and recovery.**

*How did you first become interested and involved with nutrition?*

I've always been interested, I was very fortunate that my mother was an excellent cook. She never used margarine and we always had lots of eggs, lots of cream and butter, just because she was a good cook. So, I also loved to cook and I combined that with my interest in nutrition and then I read Dr. Price and that was kind of like “a-ha!”, this can all go together. I raised my children according to these principles and they were extremely healthy; much healthier than I was as a child! So that's when I decided we need a book that puts all this into a practical form for the consumer.

*What are the main things wrong with the typical western diet?*

Well, absolutely number one is it has the wrong kinds of fats in it. The liquid oils and the hardened, partially hydrogenated oils are an absolute disaster to the human biochemistry. Not only that, but they have replaced the very fats that we absolutely need to be healthy. That's number one; I put that ahead of sugar and MSG and everything. I think if you're eating the right fats and plenty of fats you don't have to be quite so careful about the other things. That being said, it's good to reduce your refined carbohydrates to a very minimum – that's sugar, white flour, high-fructose corn syrup etc. It's also important to avoid all the additives, especially the neurotoxic ones like MSG which are, basically, in all processed foods.

*So these are things we should all do?*

Yes, and you know you don't need to deprive yourself of anything. You're giving wonderful, delicious fats that make your food really satisfying. This diet includes delicious, rich sauces. There's nothing wrong with sweet things in moderation – made yourself with good, high-fat ingredients. This diet allows grains if they're properly prepared. We teach that salt is essential. So this is actually a very delicious diet and you don't have to use a lot of will-power to stay on it. It's a natural diet for human beings. Food should be a joyful experience and that is part of the problem with so-called “health food” movements that advocate, what I call, a puritanical diet with lots of awful vegetable juices and dry, low-fat food and people cannot stay on this diet. So, then they switch right over to, what I call, the pornographic foods which are with all the wrong fats and all the wrong sweeteners in them. So what's wrong with something right down the middle which is good old fashioned, wholesome, delicious foods?

*You describe this diet as traditional and old-fashioned. When was it that our diet started to go wrong?*

The big change came after the second world war. The industries had perfected the techniques for

making fake foods and making these industrial fats and oils and they started promoting them with a vengeance. We have an article on our website called "The oiling of America" which tells how it was done. It was planned and it was carried out with malice aforethought. They knew exactly what they were doing and they suborned government officials; scientists in universities and bureaucracies to get government officials and scientists to do their advertising for them.

What it's done is to make a lot of money for a small number of people and created this enormous health crisis. We've almost come to think of it as normal to have some kind of health problem. That's not normal. It's normal to be healthy, vibrant and happy. It's normal to not have cavities, to not have arthritis. It's normal for babies to not cry and to learn easily and to be robust and healthy. But we've almost forgotten what normal is.

*How important is nutrition in the recovery from chronic illnesses?*

It's all important. Certainly there's an emotional and spiritual component to disease but first you need to address the needs of the body and the reason that this doesn't always work is because people don't understand what it is the body actually needs. It needs, first and foremost, the animal fats but people are so afraid of them and it's often why people get sick in the first place: they're avoiding the animal fats.

*A lot of us think of ourselves as being very health conscious and have been avoiding things like animal fats, butter, red-meat, etc. but this turns out to be exactly the wrong thing to do?*

Well, there's basically two forces at work here: One is those promoting industrial agriculture and the other is the food processing industry itself which wants to keep its ingredients, and those are the vegetable oils. So, these two forces together have demonised the animal fats and created a system where the vitamins we should be getting from those fats simply aren't there any more and these are critical for building a healthy gut and a healthy brain.

*We're also told that soy is great for us, but I understand that's not the case?*

Well, first of all, why are we hearing so much about soy? It actually has to do with a technical change in the way that shortening was made back in the late sixties. The industry figured out a partial hydrogenation process that made soy a better oil for this than corn oil. Up to this point, you heard a lot about corn oil margarine. So they started to use a lot of soy bean oil instead of corn oil to make margarine and shortenings and the result was they had a high protein sludge left over, definitely a horrible waste product, and they figured out how to extract the protein from that to make soy protein isolate and that's the reason we're hearing so much about soy being this wonderful food. It's a totally made-up and deliberate campaign to sell this waste product. It flies in the face of everything we know about the soy bean. We've known for sixty years that the soy bean is extremely toxic and when you eat a lot of it you actually create nutrient deficiencies.

*The obvious question this raises is how has this been allowed?*

This industry is extremely powerful. They control the FDA, they control USDA and they're just on the loose; on the rampage in a sense. That's why we set up the Weston A. Price foundation to provide accurate information to people. It's a way of counteracting all this malicious propaganda. By the way, I don't know if this is true for your child, but most of the autistic children we hear about were brought up on soy formula.

*Yes, we switched to soy formula due to our son's milk allergies and he basically became addicted to it!*

It's interesting that you say it seemed addictive to him. We find that people do seem to be

addicted to the soy products. I don't know if this is because of the oestrogens in it or they are actually using an addiction technology which the industry definitely has. But one of the key problems with the soy formula is that it contains no cholesterol and this is the critical component for building the brain, the nervous system and the lining of the intestinal tract. These are not being built properly in these growing children.

*Now, most of us think we should be cutting down on our cholesterol but this is actually vital for growth and development?*

Well, we have one branch of our government saying we need 400-500 mg of choline per day and choline comes from food that contains cholesterol like egg yolks and liver. Another branch of our government is saying that we shouldn't eat more than 300 mg of cholesterol per day so these two things don't work; to get the choline you have to eat a lot more cholesterol. What's really tragic is telling women who want to get pregnant and who want to get pregnant to cut back on cholesterol because this is the very time that they need it. Adults may be able to get by on reduced cholesterol but when a child is being formed and growing, that child cannot make cholesterol and they need it in the diet to form the gut and the brain and that's why we recommend that pregnant women eat at least two egg yolks a day and that the first food for a child should be egg yolk. You just can't have too many egg yolks, I can't stress that enough!

*Unfortunately, quite a lot of children have intolerances or allergies to eggs! Do you have any tips for other good sources of cholesterol?*

Often, egg allergies are to the egg whites rather than the yolks, but liver and bacon are other good sources of choline.

*You're also a campaigner for real milk (unpasteurised). What is it that's wrong with the lovely organic pasteurised milk that we can get in our supermarkets?*

When you pasteurise milk you just mess up everything in the milk and the body thinks all these proteins are foreign and has to mount an immune response with every sip of pasteurised milk. This puts a tremendous strain on the body, the digestive process and the immune system. The other thing that's messed up are the carrier proteins for the nutrients. In raw milk, every single vitamin and mineral is efficiently absorbed so your body can use them. This is not the case when you pasteurise. It's a lot harder to get the nutrients in the milk when you pasteurise. By the way, when we say "real milk", we mean three things: first of all it's not pasteurised, secondly, the cows are raised on grass and third, the milk has all the fat in it – it's full-fat milk.

*I assumed we had pasteurised milk because drinking raw milk was dangerous. Is it safe to drink raw milk?*

Well, that was the reason given but we have shown that this is completely false and that there are all these components in raw milk that kill pathogens and strengthen your immune system and also there are components that actually line the gut to prevent you absorbing any pathogens and toxins, not just in the milk but in anything else you eat. We have looked at probably every published report accusing raw milk of causing illness. About 97% of them you can throw in the trash can, they do not prove that raw milk causes illness. There's another 2 or 3% where it might have caused an illness but raw milk is much less likely to cause people to get sick than pasteurised milk or other foods. Also, it's such a wonderful food for the growing child. It's designed to create the immune system in the child. It has a special enzyme which ensures that the child absorbs all of the cholesterol in the milk; it is designed for digestive systems which are not yet working. This is also true for the autistic child as well.

*Now, you're coming to England next month to talk at the Wise Traditions conference.*

Yes, this has been put together by our London chapter leader, Phil Ridley, and he's done a fantastic job. There's going to be four speakers: myself, Sir Julian Rose who, founded a campaign for real milk in Great Britain, Natasha Campbell McBride who will talk about the treatment of autism and finally Barry Groves who has written a wonderful book called "Trick or Treat" that debunks the myths that saturated fat and cholesterol are bad for you. I think you'll be hard-pressed to ever find four speakers who can speak on the subject so well.

It would be best to register in advance for the conference at [www.westonaprice.org/london](http://www.westonaprice.org/london) but you can also just walk in and pay at the door.

*Do you, yourself, have any insights into the importance of nutrition for the recovery from autism?*

As Natasha says, they absolutely need the good fats. Slowly introduce the good fats: coconut oil, butter, lard. As much fat as possible. Egg yolks if they can tolerate them. Cod liver oil is critical for getting vitamins A and D. The bone broths are a big facet of what we teach, they are very healing to the intestinal tract and very good for the autistic child. Getting off all grains until they can be reintroduced and when they are reintroduced, they need to be properly prepared so they are more digestible.

*It's great to hear an autism diet that emphasises what to give rather than what to remove!*

Yes, just taking things away is not going to help very much if you're not putting into the diet what these children need to heal.

*Autistic children can be notoriously picky eaters. Do you have any tips for introducing new, healthy foods?*

You have to be sneaky with things like organ meats. You can do all sorts of things chopping up liver very, very fine and putting it in stuffed peppers in a ground beef mixture or in soups. I used to make enchiladas with chopped organ meats. I made them very spicy and they taste good that way. One thing we get from our farmers is called organ-blend, it's just all ground up like ground beef. I will add that to chilli, meatloaf, hamburger patties and so on and they don't know it's there.

*Is this the organ-blend that is actually sold as a food for pets?*

Yes, that's right!

*Did your family ever find that out?!*

No, no, they never knew!!

*For more information about the Weston A Price Foundation, go to [www.westonaprice.org](http://www.westonaprice.org).*

*The Wise Traditions festival should be a really great and unique event. Anyone who is going, do remember to say hello at the Treating Autism table!*

