**Nutrition and Physical Degeneration**  
**Primitives, Savages and Mongoloid Idiots**  
  
I'd like to do a short review on one of the most important books ever written in relation to health, Nutrition and Physical Degeneration. Published in 1940 and written by Weston A, Price a dentist by profession.   
  
Nutrition and Physical Degeneration is a remarkable book about a 10 year study on the health and lifestyle of indigenous tribes all around the world ranging from the New Zealand Maoris, crofters in the Outer Hebrides, Australian aborigines, the Polynesians to the villagers in the Swiss Alps.   
  
It's not a book I recommend for the lay person wanting to learn about health, it's not that easy to read because of the terminology used around that time and the research is very repetitive in nature. However, I recommend every one who calls themselves a health professional including all GP's to read this book. In my opinion it should be compulsory for every health professional to read this book, know it inside out and use it as a point of reference whenever dealing with a health issue.   
  
A little explanation about the wording underneath the title of this article "Primitives, Savages and Mongoloid idiots" I used these words because I thought it might grab your attention to read this piece about a very important book, but the wording is a reflection of the type of language and terminology used in the book at that period. Remember this was the 1930's and these are the words people used, the iindigenous people were referred to by the supposed advanced modem western societies at the time as primitives and savages and the mongoloid idiot reference is to someone now known to have Down's syndrome. As we will see in this article, the so called savages and primitives were in fact far advanced in their knowledge and practice of health, nutrition lifestyle and their connection with nature, than the western societies who in reality were the primitives, switched off, backward and disconnected in both understanding and practice.  
  
What I particularly like about this type of science and research used, is that it is simply an observation of nature. The laboratory being humans living as intended in their natural environment not taken from nature into a false environment and then dissected and analysed under a microscope. The fact that it was a 10 year study and involved 1000's of people is extremely rare, you're lucky these days to get a 21 day study involving 8 people and that usually takes place in a controlled environment out of their normal habitat.   
  
It's a remarkable piece of work by the dentist Weston A. Price. He was concerned by the sudden, rapid and marked increase in dental and other health related problems in western societies during that period, The so called superior modern technically advanced western societies. He was aware that the condition of the teeth represented the health and condition of the person and that many inflammatory conditions including heart disease could be traced back to health of the teeth.   
  
He simple observed the health and life style of the indigenous tribes and compared them to the health and lifestyles of the western societies.   
  
As a measure of health he used many indicators but because of his dental background, he paid close attention to the health of the teeth. the number of dental cavities, the size and shape of their upper and lower dental arches and the symmetry of the face.   
  
Dental cavities are a sign of poor health, as are narrowed dental arches and narrowing of the facial structures and lack of symmetry left and right and top and bottom of the face. For example, distance from the chin to the nose, nose to between the eyes, between eyes to top of the forehead should all be equal distances and if not show a lack of development in the human on a mental, emotional and physical level.  
  
All the indigenous people living in natural surroundings and eating the foods local to them had excellent health, facial structures and almost perfect teeth.   
  
The differences and comparisons were remarkable. It was found that in western societies between 40 - 60% of people suffered from dental cavities or other problems like narrowing of the dental arches. In indigenous societies the number of people with dental problems was 0.01.   
  
The difference between the 2 groups was staggering and clearly shows how far the western societies had moved away from nature and the devastating effect this was having on their health.   
  
There's one story in particular that stands out and highlights the knowledge and connection the indigenous people had with nature.   
  
Two missionaries had lost their way while travelling in a remote area, one of the missionaries died due to malnutrition and the other had lost his sight. The blind missionary was found by a local tribesman and taken to the village, within a couple of days his eyesight was restored. How did they manage to restore his sight? The simplicity of nature is wonderful, what do they give him to restore his sight? Eyes of course, they immediately realised due to his malnutrition he was seriously deficient in vitamin A and eyes of an animal are a tremendous source of vitamin A.   
  
Organs are the most nutritious foods on the planet, the liver being the most nutritious of all organs. In nature if an animal kills another, it goes straight for the organs because they instinctively know that is where the nutrition is. They'll eat the liver, pancreas, kidneys intestines etc and then eat the flesh. You don't see animals going out for the night and just having a steak like humans do.  Often if an animal is deficient in a certain nutrient they will kill the animal and just take the organ they need, I've spoken to farmers that told me of finding a number of their chickens dead with just their eyes missing.   
  
The irony is that because our eating habits have changed so much, it is the organs that are now  predominantly thrown away by the butchers, they can't sell them. It's usually the case when I mention the word liver to people they screw their face up, the indigenous people valued these foods, the average person today can't imagine eating them.   
  
The average indigenous people ate 70 different highly nutritious foods per week, the average western person now eats 10 different foods and many are very low in nutritional value.   
  
Much of the food people eat now shouldn't really be classed as food, the fact is many of the products sold in supermarkets today are food like products, low in nutrition and in comparison high in calories and toxic chemicals.   
  
However, the fantastic health of the indigenous people suffered greatly at the hands of the white missionaries and settlers. When the western settlers arrived they brought with them the white flour, sugar and many processes foods. Once certain areas like ports had become heavily populated with the settlers, the only food available to the local indigenous people was the processed imported food. Very quickly they became westernised and with devastating consequences to their communities, their health deteriorated, the rate of dental cavities poor facial development and disease like TB and pneumonia increased dramatically.   
  
Weston A Price writes in the book how research by found that that the western processed diet damaged the germ plasm, from one or both of the parents. The germ plasm is the genetic material from the parents, that comes together to make the physical form of the child. These foods can damage you at the genetic level, the fundamental building blocks of the body.  
  
Down's syndrome is a genetic condition causes by damage to the genetic material before conception of one or both parents. There is an amazing piece of research in the book involving a Down's syndrome teenager that highlights the connection between the mental, emotional and physical aspects of human development.   
  
Downs syndrome characteristically have narrowed dental arches, the teenage boy had a procedure where his top dental arch was opened up and widened to become more like a natural arch and fitted with a mechanism to hold its position. The most noticeable change was in personality, the boy had previously been withdrawn and a little anti social, following the procedure he started going out socialising, became more confident, overall a huge transformation. At one point the mechanism holding the dental arch I'm place loosened and came out and the dental arch narrowed again. His personality changed back to his previous withdrawn state.   
  
The indigenous people recognised the importance of proper nutrition at all times and especially at conception. In all cultures the prospective parents were put on special nutritional protocols at least 6 months before conception and the mother kept on a special diet during breast feeding. It was recognised that following this approach was vital to the health of the child. Remember these were people already eating incredibly nutritious foods and were already experiencing great health.   
  
The book also highlights the damaging effects of modern farming when it moves away from nature as it regularly does. Research clearly shows that cows should be fed their natural diet of grass and plants and that cows given grains are more susceptible to all disease including TB. Cows are given the grains not fit for human consumption because the grains have fungal over growths. Firstly, cows are not meant to eat grains and then you have to factor in the toxic load from the fungus. This is topical today, you hear periodically in the news about badgers being blamed for TB outbreaks in cows and the proposed badger culls, madness! Additionally, if you feed any animal food it is not meant to consume, the food will react with the gut wall and produce gas, in the case of cows it's methane, something else you hear about in the news and why it is suggested humans should be eating less meat!!  
  
There are many other very important stories in the book in relation to health and I could go on, but I'll stop here and suggest if you're a health professional buy the book, if you're not you could still buy the book and but it's not an easy read. If you want more information in relation to that book and other Weston A. Price health related articles go to   
WWW.ppnf.org.