

## Resources

### Books

- ▶ *The Cholesterol Myths*, by Uffe Ravnskov M.D., Ph.D (written by a physician with a Ph.D in statistics; Dr. Ravnskov has been an independent researcher debunking the myths of cholesterol and saturated fat since the 70s)
- ▶ *The Great Cholesterol Con*, by Anthony Colpo (\*over 1400 references, but easy to read as well; highly recommended)
- ▶ *The Great Cholesterol Con*, by Malcom Kendrick M.D. (lucid and humorous; a great introduction)
- ▶ *Nourishing Traditions*, by Sally Fallon (the “bible” of traditional, whole-foods nutrition; information & recipes)
- ▶ *Full Moon Feast*, by Jessica Prentice (an excellent introduction to the native nutrition lifestyle & a fantastic cookbook)

### Articles (available online via Google)

- ▶ “What’s Wrong With ‘Politically Correct’ Nutrition?” ([www.westonaprice.org/basicnutrition/pcnutrition.html](http://www.westonaprice.org/basicnutrition/pcnutrition.html))
- ▶ “The Soft Science of Dietary Fat”, by Gary Taubes ([www.gunnarlindgren.com/nutritionx.pdf](http://www.gunnarlindgren.com/nutritionx.pdf))
- ▶ “The Skinny on Fats”, by Sally Fallon & Mary Enig, Ph.D ([www.westonaprice.org/knowyourfats/skinny.html](http://www.westonaprice.org/knowyourfats/skinny.html))
- ▶ “The Oiling of America”, by Mary Enig, Ph.D ([www.westonaprice.org/knowyourfats/oiling.html](http://www.westonaprice.org/knowyourfats/oiling.html))

### Websites

- ▶ The Healthy Skeptic - [thehealthyskeptic.org](http://thehealthyskeptic.org)
- ▶ The International Network of Cholesterol Skeptics - [www.thincs.org](http://www.thincs.org)
- ▶ The Weston A. Price Foundation (excellent information about nutrition) - [www.wapf.org](http://www.wapf.org)
- ▶ San Francisco Chapter of WAPF - [www.westonapricesanfrancisco.org](http://www.westonapricesanfrancisco.org)
- ▶ Nourishing Our Children (must see for parents) - [www.nourishingourchildren.org](http://www.nourishingourchildren.org)
- ▶ Wise Food Ways (see section on “where the wise foods are” for local food resources) - [www.wisefoodways.com](http://www.wisefoodways.com)
- ▶ Eat Wild (for locating grass-fed food & information) - [www.eatwild.org](http://www.eatwild.org)
- ▶ Real Milk (for health benefits of raw dairy products) - [www.realmilk.com](http://www.realmilk.com)

### Farmer’s Markets (for local, organic produce, meats & dairy)

- ▶ Berkeley - [www.ecologycenter.org/bfm](http://www.ecologycenter.org/bfm)
- ▶ Oakland - [www.urbanvillageonline.com/](http://www.urbanvillageonline.com/)
- ▶ San Francisco - [www.cuesa.org/](http://www.cuesa.org/)

### Coconut oil

- ▶ Virgin, unrefined coconut oil at Berkeley Bowl, Whole Foods or health-food store (Brands: Nutiva, Jungle Products)
- ▶ West African wild-crafted palm oil at Berkeley Bowl, Whole Foods or health-food store (Brand: Jungle Products)

### Grass-fed, organic meats

- ▶ Highland Hill Farms (at Berkeley farmer’s markets)
- ▶ Prather Ranch Meat Co. (at Sunday Oakland farmer’s market, and a storefront in the Ferry Plaza in SF)
- ▶ Marin Sun Farms (available at select stores - see their website - and at Ferry Plaza farmer’s market)

\* see Wise Food Ways website and Eat Wild website (listed above) for more local sources

### Pasture-raised chicken

- ▶ Hoffman’s chickens at Magnani market (North Berkeley)
- ▶ Mary’s Yarbards at Baron’s Meat & Poultry (inside of Star Grocery in Berkeley)

(over)

**Free-range eggs**

\*Note: all eggs sold in stores, even those sold at Whole Foods or other health-food stores that say “free-range” are NOT free-range! See Michael Pollan’s “The Omnivore’s Dilemma” for more information about this. Currently the only place to buy truly free-range eggs is the farmer’s market. Look for eggs from these farms:

- ▶ Marin Sun Farms - (check website for availability: [www.marinsunfarms.com](http://www.marinsunfarms.com))
- ▶ Kaki Farms (Tuesday & Saturday Berkeley farmer’s market)
- ▶ Marin Sun Farms (Saturday Ferry Plaza in SF)
- ▶ Nash (Saturday Ferry Plaza in SF)

**Raw dairy**

- ▶ Claravale milk & cream (sold at Elephant Pharmacy, Berkeley Bowl & Whole Foods)
- ▶ Organic Pastures milk, cream, butter & kefir (sold at Whole Foods, Berkeley Bowl and other health-food stores)
- ▶ Raw cheese - several brands at health-food stores; look for “raw” on the label

**Community-supported kitchen (CSK)**

\* This is an amazing local resource. You can order prepared meals, bone broth soups, fermented foods and many other items prepared according to the nutritional principles outlined in the presentation. You place your order online and pick it up once a week at the kitchen. Highly recommended!

- ▶ Three Stone Hearth: [www.threestonehearth.com](http://www.threestonehearth.com)

**East-Bay Restaurants with organic produce and/or free-range meats (partial list)**

- ▶ Razan’s Organic Kitchen
- ▶ Breads of India
- ▶ Chez Panisse
- ▶ Tacubaya
- ▶ Dona Tomas
- ▶ Venus
- ▶ Cactus Taqueria
- ▶ Cafe Gratitude
- ▶ Cafe Rouge
- ▶ Eccolo
- ▶ O Chame
- ▶ Olivetto
- ▶ Nomad Cafe
- ▶ Rivoli
- ▶ Sea Salt
- ▶ Vanessa’s Bistro
- ▶ Zatar