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February 09th 2017: NOURISHING FATS: Why We Need Animal Fats for Health and Happiness with Sally Fallon Morell

When Rochelle embarked on a gut healing journey for her family she had no clue that pastured animal fats would be a critical part of the healing experience. We have heard the lie for so long—that saturated animal fats are to blame for everything that ails us—that we accept it as truth without question. Whether you practice a paleo, vegetarian, or government-sanctioned MyPlate diet, your food choices are likely lashed to the dogma of lean meat, skinless chicken breasts and vegetable oils. Meanwhile, as the use of animal fats like butter, cream and lard has declined, and as the consumption of in

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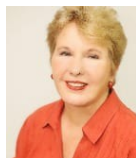
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Featured Guest



Sally Fallon-Morell

Sally Fallon Morell has initiated and inspired the food trends of the last twenty years—butter, raw milk, bone broth, fermented condiments, healthy soft drinks and pasture-raised animal foods. She is the author of the best-selling cookbook Nourishing Traditions (with Mary G. Enig, PhD), as well as The Nourishing Traditions Book of Baby & Child Care (with Tom Cowan, MD) and Nourishing Broth (with Kaayla Daniel, PhD, CCN). She serves as the founding president of the Weston A. Price Foundation, dedicated to restoring nutrient-dense food to American tables.

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