

## Guillermou

Dr. Price studied isolated non-industrialized villages to establish the parameters of human health and nutrition, discovered this new substance, and discovered that Activator X helps the body absorb and use essential minerals. Grass-fed animal products, such as meats and raw milk, provide you with Activator X. Butter fat has strong anti-tumor and anti-cancer properties. It contains conjugated linoleic acid, which is a powerful anti-cancer, muscle-building and immunity-boosting agent. Also butyrate that intervenes in metabolic functions, including thermogenesis, lipid and glucose metabolism, appetite, inflammation and influence on the intestinal microbiota and is a powerful anti-cancer agent, vitamin D which is essential for the absorption of calcium, vitamin A, E, K, as well as essential minerals such as manganese, chromium, iodine, zinc, copper and selenium.

According to Dr. Price's findings, Activator To learn more about Activator X, Dr. Weston A. Price's research, and the true history of milk, read: THE UNTOLD STORY OF MILK, THE HISTORY, POLITICS AND SCIENCE OF NATURE'S PERFECT FOOD: RAW MILK FROM PASTURE-FED COWS, by Ron Schmid  
[www.researchgate.net/publication/248920842\\_The\\_Untold\\_Story\\_of\\_Milk\\_Th..](http://www.researchgate.net/publication/248920842_The_Untold_Story_of_Milk_Th..)  
's\_Perfect\_Food\_Raw\_Milk\_from\_Pasture-Fed\_Cows\_by\_Ron\_Schmid.

-----According to research, Activator X also plays a role in: -----1) The correct growth and development of children. -----2) Support endocrine function, especially the thyroid. -----3) Reduce chronic inflammation related to heart disease. -----4) Decrease in mortality rates [bodyecology.com/.../activator\\_x-php](http://bodyecology.com/.../activator_x-php) [weiners.ca/post/164467028366/butter-the-activator-x-and-spirit-input](http://weiners.ca/post/164467028366/butter-the-activator-x-and-spirit-input)

Posted On 03/21/2024

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## Guillermou

The following table compares Price's discoveries about Factor X with modern scientific knowledge about vitamin K2, explaining from a more technical perspective the processes underlying his novel observations. [radiantlifecatalog.com/blog/bid/59999/The-Mystery-of-X-Factor-Butter-O..](https://radiantlifecatalog.com/blog/bid/59999/The-Mystery-of-X-Factor-Butter-O..) .----- HOW TO MAKE HOMEMADE RAW BUTTER CONTAINING ACTIVATOR -----[price-pottenger.org/blog/how-to-make-homemade-raw-butter-containing-ac..](https://price-pottenger.org/blog/how-to-make-homemade-raw-butter-containing-ac..)

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## juststeve

Gee Gui, Activator X Butter sounds much like Ghee. Just wondering if it has similar or the same properties? Lot's Vit D attacks in Legacy Media lately. Never mention the difference between the Vit D once added into many products over the years and Vit D3. Strong on Slick Sales Dog Market Messaging protecting the we gotta pill for that model. Also, rarely if ever mentioned the importance of the m7K2 or the needs for the magnesium, potassium or other essential minerals or how to take them so as to get the best results. When Price did his work, little was known about the different categories of D so the D given in his time most likely gave what would have been pretty good advice.

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Thanks, Gui for your links on the history of farming;dairy industries and on the arising of organic versions of each, and how there has been such a widening difference in the two industries (organic and non-organic) as soils have lost fertility and more destructive means have arisen to still get something that looks like real food out of the destroyed fields and pastures that follow only non-organic methods. Also thanks for the link on the table comparison between what W. A. Price determined as characteristics of Factor X and what we now know it as, Vitamin K. He really did a great job of identifying the many true values of vitamin K many years ago. There are some problems in the Radiant Life article though, as, being put together by a supplement manufacturing company, it shows preference for the MK7 form of K2 over the MK4 form.

It leave a lot of things either unexplained, or misrepresented. It says: "The specific type of vitamin K2 found in grass-fed animal products is called MK-4 and it is extremely expensive to replicate. " and also "MK-4 is metabolized very quickly in the body and several doses are required per day to maintain K2 levels within a desirable range. The only way to get usable MK-4 is through whole foods." It goes on to recommend the Mk7 form, (the cheaper alternative), synthesized from by saying "MK-7 is synthesized through a process of bacterial fermentation [as in Natto], making it a highly bioavailable source of K2.

The human body is very receptive to MK-7 and vitamin K2 levels can be efficiently stabilized with lasting effect." They don't define "stabilized" but what they mean is "staying in circulation". So MK7 circulates longer than MK4. The truth is that MK4, being the native form found in all animals, is rapidly absorbed, not stuck in circulation. If we always get the MK4 form from animals and dairy, it obviously is quite acceptable as that's how humans got it before supplements. Don't shy away from MK4 in supplements.

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## stoneharbor

Here is more on the MK4 type of vitamin K2, the type naturally sourced from animal products you eat and which gets rapidly absorbed by the human body from circulation: [terrywahls.com/vitamink2mk4](http://terrywahls.com/vitamink2mk4) And, [wholehealthsource.blogspot.com/2008/11/can-vitamin-k2-reverse-arterial..](http://wholehealthsource.blogspot.com/2008/11/can-vitamin-k2-reverse-arterial..) where it mentions: " K2 MK-4 appears to be the form of vitamin K that arteries prefer" and " That means we need to ensure an adequate K2 MK-4 intake to prevent or reverse arterial calcification;" and in summary: "Both osteoporosis and arterial calcification may turn out to be symptoms of vitamin K2 deficiency, resulting from the modern fear of animal fats and organs, and the deterioration of traditional animal husbandry practices. So eat your pastured dairy, organs, fish roe and shellfish! And if you have arterial calcification, as judged by a heart scan, you may want to consider supplementing with additional K2 MK-4"

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## Guillermou

Thank you Just and stoneharbor for your interesting references. A necessary combination of vitamin D, K2 and magnesium. Vitamin K1 (VitK1) and vitamin K2 (VitK2), two important natural micronutrients found, respectively, in green leafy plants and algae (VitK1) and animal and fermented foods (VitK2). The present review explores the multiple biological functions of VitK2, including promoting osteogenesis, preventing calcification, alleviating menopausal symptoms, improving mitochondrial energy release, hepatoprotective and neuroprotective effects, cancer and the treatment of coronavirus disease.

Several aspects of these VitK2 activities are discussed in the first report (Figure 2), and Table 1 summarizes the studies analyzed in this review that link VitK2 and health.

[onlinelibrary.wiley.com/.../fsn3.3213](https://onlinelibrary.wiley.com/doi/10.1111/fsn3.3213) (2023).-- Additionally, this report reviews K2-7-mediated growth suppression in cancer cells through cell cycle arrest, autophagy, and apoptosis. The mechanistic basis of the disease modulatory effects of K2-7 is mediated by various signal transduction pathways such as PI3K/AKT, MAP Kinase, JAK/STAT, NF-B, etc.

[www.frontiersin.org/journals/pharmacology/articles/10.3389/fphar.2022...](https://www.frontiersin.org/journals/pharmacology/articles/10.3389/fphar.2022.978451) (2023).--- It is important to note that statins can prevent the conversion of vitamin K, ultimately affecting the functionality of vitamin K-dependent proteins.

Unlike fat-soluble vitamins A and D, there is no specific plasma carrier protein for vitamin K. vitamin K. Instead, it is transported mainly in plasma by lipoproteins. Studies suggest a potential link between high-dose statin treatment and increased vascular calcification. One possible explanation is that statins may interfere with vitamin K-dependent protein synthesis, which plays a role in preventing calcification.

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Additionally, certain studies have indicated that vitamin K supplementation has the potential to control hyperlipidemia, which could open a new avenue for controlling hyperlipidemia through the use of vitamin K dietary supplements. Overall, understanding the close relationship between vitamin K and lipids will provide better direction for studying and using vitamin K and may also offer a new intervention for hyperlipidemia. [link.springer.com/.../s12986-023-00779-4](https://link.springer.com/.../s12986-023-00779-4) (2024).--- Menaquinone-7 (MK-7 or K2-7) remains in the bloodstream longer and acts as an important cofactor in numerous biological processes. Furthermore, it is clinically proven to have numerous health benefits in the treatment of various diseases.

Energy metabolism involves a complex biochemical process that produces energy from nutrients. This energy is necessary to perform different physiological functions, cellular processes, thermal homeostasis and organ function. Nutrients go through a series of metabolic pathways such as glycolysis, citric acid cycles, -oxidation and oxidative phosphorylation to produce energy in the form of adenosine triphosphate. These energy pathways are regulated by hormones and enzymes. Additionally, recent clinical studies have shown that K2-7 has been helpful in fat loss, suggesting the role of K2-7 in metabolism. [openurl.ebsco.com/EPDB%3Agcd%3A1%3A22203233/detailv?sid=ebsco%3Aplink..](https://openurl.ebsco.com/EPDB%3Agcd%3A1%3A22203233/detailv?sid=ebsco%3Aplink..) (2024).---

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## Guillermou

Activator X. AND ANTI-Wulzen STIFFNESS FACTOR, for cardiovascular diseases, arthritis and cancer PREVENTION Anti-Wulzen Stiffness Factor (also known as stigmasterol) is one of a group of plant sterols or phytosterols, which include -sitosterol, campesterol, ergosterol (provitamin D2), brassicasterol, delta-7-stigmasterol, and delta-7 are chemically similar to cholesterol in animals. Stigmasterol is also found in unpasteurized milk and dairy products in fermented soybeans, American ginseng and various vegetables, legumes, nuts, seeds. Butter contains two components rarely heard of anymore: Activator X.

and the Wulzen anti-stiffness factor. Activator X is a fat-soluble catalyst found in butter and meat oil from animals that are fed a high-quality grass diet. Activator . It also plays a key role in bone repair and reconstruction. The compound helps protect against degenerative arthritis. It can be destroyed with excessive pasteurizing procedures and heating dairy products. Research has indicated that stigmasterol may be useful in preventing certain types of cancer, including ovarian, prostate, breast, and colon cancer. Studies have also shown that a diet rich in plant sterols can inhibit cholesterol absorption and lower serum cholesterol levels by competing for intestinal absorption.

Studies in laboratory animals fed stigmasterol found that both cholesterol and sitosterol absorption decreased by 23% and 30%, respectively, over a 6-week period. It also has properties such as a powerful antioxidant, hypoglycemic and thyroid inhibition.

[www.researchgate.net/publication/362643996\\_Stigmasterol\\_in\\_Health\\_and\\_..](http://www.researchgate.net/publication/362643996_Stigmasterol_in_Health_and_..) .-----

[research.monash.edu/en/publications/health-benefits-and-pharmacologica..](http://research.monash.edu/en/publications/health-benefits-and-pharmacologica..) .-----

[www.sciencedirect.com/.../S1063458409002179](http://www.sciencedirect.com/.../S1063458409002179) .----- [www.frontiersin.org/.../full](http://www.frontiersin.org/.../full) .-----

[www.mdpi.com/.../1912](http://www.mdpi.com/.../1912)

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## plasticekkie

Thanx Stoneharbor, for pointing out that real issue with the Radiant Life conclusion. I had fallen for it. Actually, I began with a combo of 1000 MK4 + 100 MK7 for every 5000 IU of D3 when I was about 70ish years old, and seemed to do very well. When that supplier discontinued it, I went to all MK7, and slowly, over the past year+, my problems have come back, and a kidney stone was the cherry on top! I feel smarter now. Maybe you can teach an old dog new tricks... or at least remind him of the ones from his past.

Posted On 03/22/2024

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## juststeve

A thank you Stoneharbor for references on K's. As always sourced from healthy foods rises to the top. Ferment K7, and K4 sourced from healthy food sources very likely could be used in concert with both having their strengths and weaknesses.

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## kimhayes

Applause! Applause! Very BIG of you to run this article that Sally wrote. Extending the Olive Branch after Her & Weston Price Foundation's treated you so poorly. Way to go....Take the High Road!

Posted On 03/21/2024

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## PalynF

I had severe & debilitating anxiety about 15 years ago. My doctor at the time was a DO and she was all about natural remedies vs giving patients meds (she once stated that most patients don't want to wait for natural remedies to help instead they want the meds)...anyway, my off the chart anxiety was perplexing to her because all of my tests weren't showing anything unusual. Then she wondered about my Vitamin D level and sent it for testing. When the test came back my it showed 6 ng/ml - she said this was the lowest number she had seen in her 25 years of practice.

She then explained that Vit D is a hormone and I was depleted, which can cause the anxiety, depression, rapid heartbeat, etc. She started me out on 5,000 IUs of Vit D3 each day and in about 3 months my number was up to 47 ng/ml and I was not experiencing panic attacks or rapid heart rates any longer. She said it wasn't my fault, that I was duped by the whole "sun will cause cancer and you must use sunscreen" scam. I was also working a job that kept me inside during the day and by the time I would get home it was dark, so I rarely got sun exposure.

I have taken the 5,000 IUs of Vit D3 every day for the last 15 years and have not experienced any of the negative effects mentioned by Ms Fallon. I do get more sunshine these days, no sunscreen, and during the Summer I take 5,000 IU every other day instead of daily. I have not suffered any panic attacks or anxiety in the last 15 years (never got Covid either - knock, knock on wood).

Posted On 03/21/2024

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## phi7513

Where can I purchase these products?

Posted On 03/21/2024

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## chieromancer

I did a Google search. There are lots of options. Dr. Price has a website.

<https://www.westonaprice.org/>

Posted On 03/21/2024

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## cow5815

One source for these products is Radiant Life Catalog. The emu oil rich in vitamin K is by Walkabout Health Products, derived from a certain genotype of emu found in Australia. Walkabout sources only from certain Australian farms and the company is based in Wisconsin.

Posted On 03/21/2024

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## Docathelake

A patient gave me his book 28 years ago and it not only changed how I practice dentistry but it also changed my life it's also why I use that picture to the left to remind everyone how important what we eat is to our health... The only difference between the upper and lower teeth is their location which changes the amount of (fruit juice in this case) they are exposed to... Lower teeth are perfect and upper teeth are gone and this can happen in as little as a year...Eat like Price says and you will never get a cavity...

Posted On 03/21/2024

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## Nat

It's worth remembering that most of us eat a diet that is deficient in most nutrients, whether from processing or denatured soils or additives. Most of us live a lifestyle vastly different from that which nature intended, hence most of us don't spend much time in the outdoors and miss out on sun exposure and contact with the earth. We should also be mindful that the RDA or RDI was established as nutrient levels necessary to prevent the onset of diseases like scurvy and rickets and these levels have nothing to do with optimum health. Taking all of this into account, it is plausible that supplementation is necessary for most people, although broad spectrum vitamin and mineral supplements seem likely to be more beneficial, as nothing operates alone in the human body and synergy is vital.

Where you choose to find your information is quite personal and there have always been and always will be conflicting points of view, whether due to commercial interests or simply differing opinions. I tend to look back at the advice that has stood the test of time and still look towards books like "Healing for the Age of Enlightenment", by Stanley Burroughs. I am just about to embark on another regimen of the Lemonade Diet, from this book. I have many books that I regard highly and have had these for many years, finding that recommendations from thirty years ago are still relevant today.

Posted On 03/21/2024

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## sue2613

I wonder if Stanley's color therapy is similar to Spectochrome.

Posted On 03/21/2024

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## anamcara

In the U.K., you can purchase a product called Ghee Activator X from a company called Epigenics. Personally, I think Sally's comments re D3 supplementation are correct. Jim Stevenson Jr is a researcher worth listening to on the subject of all things Secosteroid D and weigh against all the other advice on the topic.

Posted On 03/21/2024

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## mlv6121

I also agree with Sally, though my reasoning is anecdotal. The symptoms she lists for D overdose precisely matches a "mystery illness" I began experiencing in 2020! Having read this, I am very encouraged to get some answers

Posted On 03/21/2024

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## RickVed

Thanks much anamcara for mentioning Epigenics. I just ordered some of their ghees...

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## billstri

My guess is what can cause kidney stones in lifeguards is dehydration or the skin losing too much water to evaporation so the kidneys slow down and don't detoxify. If I am right, suggest drinking more water and take more bathroom breaks and get rid of consuming anything with processed sugar or fructose when on duty. I really doubt a doctor that makes a claim vitamin-D production in the skin from the sun exposure is a cause of kidney stones in lifeguards in Israel, without a large well controlled case study. Much misinformation on vitamin-D out there, much of it from news reporters from major newspapers or TV stations who pull quotes out of context to make their points.

When they talk about the fear of over dosing on vitamin-D, the news reporters never state the amount of vitamin-D that it takes to overdose. Articles from GrassrootsHealth.org have studies that show up to 10,000 IU/day long term is not enough to have any symptoms of over dosing. Lots easier to overdose on OTC drugs. Lack of annual vitamin-D testing is a major health threat in any country of the world. A lot of health care dollars could be saved long term world wide if doctors tested annually for blood level of vitamin-D rather than cholesterol, and put more emphasis on managing vitamin-D levels rather than managing cholesterol levels.

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## Maritt

Great post. [nutrystart.com/new-vitamin-d-news](https://nutrystart.com/new-vitamin-d-news) How Much Vitamin D is Lethal? "In our unfortunate case study, the subject was taking 50,000 IU of vitamin D three times daily, for a total of 150,000 IU per day. That is an insane amount, even I would agree, and I find it hard to believe his nutritional consultant even actually recommended that much to him."

Posted On 03/21/2024

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## Sherryld

The Drs don't make money off of Vitamin D supplements but make lots prescribing cholesterol lowering drugs.

Posted On 03/23/2024

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## Bet96557

Where does one purchase Australian emu oil? Edible. I find oil that says not for human consumption. Thank you.

Posted On 03/21/2024

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## cow5815

The emu oil rich in vitamin K is by Walkabout Health Products, derived from a certain genotype of emu found in Australia. Walkabout sources only from certain Australia farms and the company is based in Wisconsin. It's available directly from Walkabout, and is also carried by places like Radiant Life Catalog.

Posted On 03/21/2024

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## **versatile**

The most common diseases are variations of malnutrition. The most common chronic diseases are variations of malnutrition. The cure for malnutrition is healthy nutrition.

Posted On 03/23/2024

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## **chrisphillips**

no problem for me with 5000-10,000 iu of vit d in winter...i did 'overdose' one summer when i was also sunbathing regularly and forgot to stop my vit d...no symptoms at all but my levels were over 100 so i cut back. i wish there was a clean caught cod liver oil/grassfed humanely raised butter fat synergy ready to take without the prep...

Posted On 03/21/2024

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## **josephunger**

Thank you! Some suspect that mega doses of singular nutrients can strip the body of many trace and micro nutrients potentially resulting in injurious effects. Pottenger studies reveal that some of the damage does not become apparent for a couple generations. One might integrate modern research with a dose of traditional wisdom....before it is too late! Remember Vitamin C!

Posted On 03/21/2024

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## **Nat**

I hasten to add that the Lemonade Diet has nothing to do with commercially produced lemonade but is a combination of lemon juice, pure maple syrup and water, with a small amount of cayenne. It has several names.

Posted On 03/21/2024

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## Earthmother777

Sounds like you are referring to Fireshot?

Posted On 03/21/2024

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## iro5345

We have Sally Fallon's Nourishing Traditions and a book on making bone broth. I haven't looked at the latter book yet but will soon. We have been making bone broth for over 30 years. We moved to the country 5 years ago and bought a Guernsey cow. Guernsey cows concentrate their vitamins into their Milk. A big black Brangus came and impregnated our cows. Now we have many meat cows. I love the raw milk and the golden cream that can be made into butter. I also love the grass fed beef.

Posted On 03/28/2024

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## kur1567

Very good info- encouraging as its what I'm already doing...

Posted On 03/22/2024

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## corlan

In the book Dr. Kate Rheaume-Bleue - Vitamin K2 and the Calcium Paradox 2012 she goes deep into the history about vitamin K2. These Foods (3 1/2 ounce portion) with ug=Micrograms of vitamin K. On top are Natto: 1,103.4 ug (90% MK-7, 10% other MK) [you should try it] Goose liver pt 369.0 ug (100% MK-4) Hard cheeses (Dutch Gouda style) 76.3 ug (6% MK-4, 94% other MK) Soft cheeses (French Brie style) 56.5 ug (6.5% MK-4, 93.5% other MK) etc. Dr. Kate Rheaume-Bleue: Intake of vitamins A, D and K2 requires a Balancing Act She explains that that high doses of vitamin A or D is not harmful, if sufficient vitamin K2 is present. I understand sufficient as 100 ug K2 as the liver makes reuse of K2 possible.

Posted On 03/21/2024

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## David48

For convenience sake, I take the following vitamin supplement (in hopes of getting an adequate amount, and good forms of it): Innovix Labs "Full-Spectrum Vitamin K2" - "90 capsules" per bottle (really, they are soft gels). Each pill contains: K2, MK-4 500 mcg and K2, MK-7 100 mcg. 2 pills are the recommended daily dose, according to the bottle, for heart and arterial health. One (1) pill per day for general health. I've been taking 3 pills per day, most days, based on my interpretation of Dr. Kate's recommendations (for best ratio of Vit. D and K2, relative to each other). More recently, I am supplementing with Organ Meat capsules ("MK Supplements" brand), in the following way: 4 capsules Liver and 4 capsules Heart and Spleen, taken daily, /with healthy fats and consumed along with some food. "MK" stands for Michael Kummer, in this case, and his various beef organ supplements are purported to be: grass fed and made from pasture-raised New Zealand cattle.

Posted On 03/22/2024

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## Kimhayes

2018 article says differently. Looks like FCLO is really not a health aid! Those Ticking  
Time Bombs Going Off Are WAPF People Dying Too Young [www.davidgumpert.com/those-ticking-time-bombs-going-off-are-wapf-peopl..](http://www.davidgumpert.com/those-ticking-time-bombs-going-off-are-wapf-peopl..)

Posted On 03/21/2024

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## Earthmother777

Could you please be less cryptic, for the rest of us?

Posted On 03/21/2024

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## TexasRed77

Maybe steer clear of \*fermented\* CLO and opt for ordinary CLO?

Posted On 03/29/2024

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## renteria

Can we get the mk4 by just eating grass fed butter, add to coffee?

Posted On 03/21/2024

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## rap8888

I was taking the fermented cod liver oil with the high vitamin butter oil but stopped once I started reading about how bad PUFAs are and LA. Is the fermented cod liver oil considered PUFA/LA? I was seeing my teeth improve and didn't want to stop but PUFAs are so bad, now I'm not sure....

Posted On 03/21/2024

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## kayceecat

Sounds awfully like what we get from our nutrition on the carnivore diet which is basically meat eggs butter and salt. And that butter oil sounds like ghee

Posted On 03/21/2024

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## lilmissy

If you melt the butter, take away the oil to take, how long will this last in the frig?

Posted On 03/21/2024

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## **samwoo**

I'm hoping that eating plenty of butter is enough, although I see that K2mk4 is also in eggs, chicken, some greens, pork and nuts, cream etc however we eat all of those and my daughter has tooth decay. We have only just added the cod liver oil though and she was deficient in vitamin D on finger \*\*\* style test which we are addressing.

Posted On 03/21/2024

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## **welchmf**

My family wasn't entirely thrilled with all of their new vitamins after we did the hair test. But we are finally getting rid of those old amalgam fillings in my husband's mouth since it turned up in his hair. It was tricky to find a source of D4, but oyster mushrooms and shiitake have it. [Usfoodintolerance.com](http://Usfoodintolerance.com) is cheap enough, about the same as a copay, and there's a sample report on the website.

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## **warriormom**

Many causes of tooth decay! When sugar is taken orally in the form of candy, cake, juices, and especially soda, especially cola with phosphoric acid added, it provides fuel to the bacteria in your mouth. Once digested this fuel ends up being a bio-film on your teeth and tongue. We all know how our teeth feel when we forget to brush. When I was a hygienist I would tell young people ( especially young boys who wouldn't brush their teeth) that the film was the " poop" of the bacteria. That usually motivated them. This biofilm is very acidic and can eventually eat through the enamel. This is one kind of cavity. It appears as a white decalcification. Another type of dental carie comes from inside the tooth. This is the result of an imbalance of body chemistry, mainly minerals. There are many causes of this but Western diet is a big one.

Posted On 03/21/2024

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## **avrenj**

The milk must be raw in order to obtain k2

Posted On 03/21/2024

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## **sst**

samwoo, vitamin A from the codliver oil is needed to keep the teeth enamel strong.

Posted On 03/21/2024

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## **cow5815**

It's interesting and important to note that the groups of people around the world that Dr Price studied back in the 1930s, isolated from modern society and eating their ancestral diets, had perfect teeth, virtually no cavities, wide dental arches with room for their wisdom teeth, broad smiles, terrific bone structure, easy childbirth since the bones were formed better, resistance to disease, happy teenagers (!), and virtually none of the chronic diseases of today. These people had never seen a toothbrush or a dentist. Their health came from within, from their super nutrient dense diets based on ancestral wisdom handed down generation after generation.

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## **Earthmother777**

I recommend getting her to start the practice of oil pulling each morning. (Organic coconut oil.) Mercola has talked about this many times, too. My mom is 94 and still has all her own teeth, save one extraction, years ago... She does oil pulling every day and (of course) doesn't use fluoride at all - neither do I, or my 22 y.o. son and we both have excellent dental health. We also limit our sugar consumption, using stevia wherever possible and occasionally, birch xylitol.

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## wendybolt

Normally, we get enough Vitamin D from the sun. However, there are few adults (maybe more children get enough sun) who get any sunlight at all. I, for one, am a night owl and rarely get in the sun. I take 15,000 IU of Vitamin D3 per day and have had not one side effect or ill effect. The last time I ran out of Vitamin D for about 4 days (this was right before covid hit and I never got covid either that I know of), I got a mild cold which resolved soon after taking Vitamin D again. Remember, every person is an individual and may need more or less in his/her supplement. You always need to track your blood level regularly to make sure you have the level you want to achieve. Mine is about 100 ng/ml.

Posted On 03/21/2024

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## grulla

Make sure to take Vit K2, MK7 with your Vit D3 to avoid misplaced calcium.

Posted On 03/21/2024

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## kimhayes

Earthmother777 FCLO- Fermented Cod Liver Oil The topic Sally's above article was discussing.....connect the dots 2nd option don't be lazy.....click on link and actually read the article posted. what a concept!

Posted On 03/21/2024

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## thd1786

Dr. Weston Price and Sally Morell do the general public a disservice regarding the eradication of tooth decay simply adding butter and cod liver oil. It is simply impossible to replace destructed tooth caries with healthy regenerated tooth structure. I have practiced dentistry for over 30 yrs (retired), so hearing this I must now question some of your other articles on your website. I am an avid purchaser of all your supplements and follow health and fitness daily, my whole life. Please take down this article as it is not complimentary to your scholarship. Your research team needs to glean truth and follow up with specialists in this area. Respectfully, Dr Thomas H. Davis, DMD,FAGD

Posted On 03/21/2024

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## 52oldtired

I do not know about healing tooth decay with butter and cod liver oil, but I can tell you I did have a cavity that I went to the dentist to have him fill. He found it on my X-rays when I went for a routine teeth cleaning. I saw it not only on the X-rays but I could see it in my mouth. When I went back it was gone. The dentist was dumbfounded. He kept checking saying "I know it was there". He was right, it was there but I started brushing my teeth with a tooth powder and it healed my tooth. This was before COVID and I haven't had any tooth decay since.

Posted On 03/23/2024

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