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The Cookbook That Challenges ... Sally Fallon Morell is best known as the author of Nourishing Traditions®: The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats. Diabetes Damage Control - Nourishing Traditions In 1996, in order to put the principles of Weston Price into practical form, she published Nourishing Traditions, a full-spectrum nutritional cookbook, with Mary Enig, Ph.D. Later, she founded A Campaign for Real Milk, whose goal is universal access to clean, raw milk products. Nourishing Traditions: The Cookbook that Challenges ... Sally Fallon dispels the myths of the current low-fat fad in this practical, entertaining guide to a can-do diet that is both nutritious and delicious.

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