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# The Nourishing Revolution: Exploring the Praxis of the Weston A. Price Foundation

[Ritchie, Isa Pearl](#)



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### Abstract

As consumers of food, we are faced with many choices every day. We are encouraged to make healthy choices, but 'healthy' in today's supermarket can mean many things: heart healthy, light, lite, cholesterol reducing, gluten or dairy free, organic, locally made or biodynamic. The discourses around food are now expansive, confusing and contradictory. Using a lens of Freirean praxis, this thesis explores the dispraxia of modern food and the praxis of the Weston A. Price foundation (WAPF) and wider... [Read more](#)

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