

# nourishingtraditions.com

A nutrition blog run by a raw milk advocate that has published false and misleading information about cancer, diabetes, and the COVID-19 virus.



**Proceed with caution: This website fails to meet several basic standards of credibility and transparency.**

**Score: 40/100**

## Ownership and Financing

NourishingTraditions.com appears to be owned by Sally Fallon Morell. Morell is the founding president of the Weston A. Price Foundation, a nonprofit group that has published false claims about vaccines and cholesterol and that has promoted unpasteurized milk.

Morell, who is based in Brandywine, Maryland, is the author of several holistic health books, including “Eat Fat Lose Fat” and “Nourishing Broth,” according to the site’s About page. She also owns the publishing company that publishes her books,

NourishingTraditions.com derives revenue from advertisements.

✗ Does not repeatedly publish false content (22points)

✗ Gathers and presents information responsibly (18)

✗ Regularly corrects or clarifies errors (12.5)

✓ Handles the difference between news and opinion responsibly (12.5)

✓ Avoids deceptive headlines (10)

✗ Website discloses ownership and financing (7.5)

✓ Clearly labels advertising (7.5)

✓ Reveals who’s in charge, including any possible conflicts of interest (5)

✓ The site provides names of content creators, along with either contact or biographical information (5)

*Criteria are listed in order of importance.*

[More information.](#)

## Content

Nourishing Traditions bills itself as “The Blog that Challenges Politically Correct Nutrition and the Diet Dictocrats.” According to a note from Morell on the homepage, the blog aims to address “updates on the science of nutrition, traditional diets, raw milk, meal planning, and interesting recipes,” along with her other interests, which she says include farming, science, children, music, and literature.

Typical stories on the site have run under headlines including “Lab Meat: Big Hype, Bad Investment;” “Building Natural Immunity,” and “Why Do Baby Calves Get Animal Fats in Their Formula, But Not Baby Humans?” The site also shares recipes from Morell’s cookbook, ranging from caviar canapes and batter-fried fish to “Kombucha Like Fine Champagne.”

The website’s Resources page features downloadable PowerPoint presentations from Morell, with titles such as “Guidelines For A Healthy Pregnancy,” “Strategies

For Those Who Don't Like To Cook (And Other Unsolicited Advice)," and "The Oiling Of America."

#### Credibility

Articles on the NourishingTraditions.com sometimes cite peer-reviewed scientific journals, including the American Journal of Clinical Nutrition, Clinical Infectious Diseases, and PLOS ONE, as well as reputable news organizations such as The Washington Post. However, the site frequently promotes unsubstantiated health information, with little or no sourcing.

For example, a March 2020 post titled "How To Protect Yourself From Coronavirus (Or Any Virus)," advanced the conspiracy theory that the COVID-19 pandemic might be linked to 5G cellphone technology. "Could this be causing coronavirus?" Morell wrote. "5G negatively affects oxygen levels in the blood and depresses the immune system, so exposure to 5G could definitely make you more susceptible to illness."

Fact-checking articles published by FullFact.org and Reuters in early 2020 found no evidence that 5G technology was linked to the health effects of the COVID-19 virus. An April 2020 article by the BBC quoted Dr. Simon Clarke, a microbiology professor at the University of Reading, describing claims that 5G could transmit the virus or suppress the immune system as "complete rubbish." A March 2020 report from the International Commission on Non-Ionizing Radiation Protection, a Germany-based organization that studies the health effects of non-ionizing radiation such as radio waves, found no evidence that 5G exposure posed a risk to human health.

In another March 2020 post, Morell warned against the possibility of a COVID-19 vaccine, writing "One study has indicated that those who get the flu vaccine are more susceptible to coronavirus. So, as always, vaccines are not the answer."

The study Morell cited was published in the journal Clinical Infectious Diseases in March 2012, seven years before the COVID-19 virus emerged. The research

included 115 children and examined the relationship between flu vaccines and the subsequent incidence of non-influenza infections. The study's authors detected just five cases of a coronavirus in the vaccinated patient group over nine months — too small a number to be considered statistically significant. Moreover, all of those cases involved known coronavirus strains that in contrast to the COVID-19 coronavirus of 2020, “usually cause mild to moderate upper-respiratory tract illnesses, like the common cold,” according to the U.S. Centers for Disease Control and Prevention.

The CDC itself addressed the 2012 study cited by Morell, stating on its website that “after that study was published, many experts looked into this issue further and conducted additional studies to see if the findings could be replicated.... The preponderance of evidence suggests that this is not a common or regular occurrence and that influenza vaccination does not, in fact, make people more susceptible to other respiratory infections.” An April 2020 fact-checking article by Reuters found that there is no evidence that the flu vaccine increases a person's risk of being infected with the COVID-19 virus.

In an April 2020 post, titled “Is Coronavirus Contagious?” Morell suggested that the COVID-19 virus might not be contagious, drawing parallels to the influenza outbreak of 1918. “Is coronavirus the bad guy? Remember that researchers could not show that the dreadful Spanish flu was contagious,” she wrote.

To back the claim that the Spanish flu was a non-communicable disease, Morell cited a 2010 review published in the journal *Public Health Reports*, which in turn referenced a series of experiments detailed in the August 1919 edition of the *Journal of the American Medical Association*. The experiments, spearheaded by Dr. Milton J. Rosenau, attempted to transmit the flu from actively sick patients to healthy ones but did not succeed. Rosenau noted that the finding was odd, writing, “perhaps there are factors, or a factor, in the transmission of influenza that we do not know.”

Morell presented these findings as fact and did not acknowledge that Rosenau also wrote: “I think we must be very careful not to draw any positive conclusions from negative results of this kind. Many factors must be considered.”

The CDC and virtually all global health authorities consider flu viruses, including the one responsible for the Spanish flu pandemic, to be communicable. There is no evidence to support Morell’s suggestion that the COVID-19 virus is not contagious. According to the World Health Organization, “the disease spreads primarily from person to person through small droplets from the nose or mouth, which are expelled when a person with COVID-19 coughs, sneezes, or speaks.”

A January 2020 post titled “Diabetes Damage Control” promoted the idea that type 1 diabetes can be prevented with certain vitamins. Citing a website called Diabetes.co.uk, Morell wrote that “Another diabetes.co.uk post suggests that vitamins B12 and B6, as well as zinc and a host of other minerals, all support insulin production — in other words, a nutrient-dense diet can prevent type 1 diabetes.”

The Mayo Clinic states on its website site that “there’s no known way to prevent type 1 diabetes,” and that “despite active research, type 1 diabetes has no cure. Treatment focuses on managing blood sugar levels with insulin, diet, and lifestyle to prevent complications.”

NourishingTraditions.com has also promoted the idea that soybean oil can cause cancer. “It’s a well-kept secret that many studies associate the consumption of high levels of polyunsaturated oils with cancer,” a February post 2020 stated. “All industrially processed oils are carcinogenic, especially soybean oil.”

An April 2019 article from the American Cancer Society did state that people should avoid highly concentrated soy supplements until more research is done. However, the group stated, “so far, the evidence does not point to any dangers from eating soy in people.” The Dana-Farber Cancer Institute states on its website that while

soybean oil “is not considered a healthy fat overall,” soy condiments like soy sauce and soybean oil “do not pose risk in terms of fueling cancer growth.”

NourishingTraditions.com has also repeatedly promoted raw milk without mentioning the dangers of consuming it. For example, in an October 2018 article titled “What Pasteurization Does To The Vitamins In Milk,” Morell wrote that the common process of heat-treating milk to kill pathogens “destroys the enzymes and carrier proteins needed to absorb calcium, folate, B12, B6, vitamins A and D, iron, and many other minerals.” She did not discuss any risks.

The CDC states on its website that pasteurization does reduce certain nutrients and inactivate “some of the enzymes in milk, but scientists do not believe these enzymes are important in human health.” The CDC also notes that “most of the nutritional benefits of drinking milk are available from pasteurized milk without the risk of disease that comes with drinking raw milk.” The agency calls raw milk “a public health concern,” stating, “The consumption of raw milk is linked to a significant number of foodborne illnesses, some of which can result in serious complications and death.” The U.S. Food and Drug Administration states on its website that “raw milk is not nutritionally superior to pasteurized milk.”

Because NourishingTraditions.com frequently publishes articles promoting false and unsubstantiated health claims and cherry-picks information from its cited sources, NewsGuard has determined that the site repeatedly publishes false content and does not gather and present information responsibly.

Headlines on the site are generally broad and do not typically include the same false information found in articles.

Nourishing Traditions does not publish a corrections policy, and NewsGuard did not find any corrections on the site.

Blog posts often include Morell's opinion on any given subject. However, because Morell discloses her position as a holistic health advocate on the site, which presents itself as a personal blog, NewsGuard has determined that NourishingTraditions.com does not handle the difference between news and opinion irresponsibly.

The site does not provide contact information. NewsGuard sent three inquiries to Morell via a contact form provided by NewTrends Publishing, Morell's publishing company, inquiring about the articles cited above and the site's approach to corrections, but did not receive a response.

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#### Transparency

All blog posts on NourishingTraditions.com are credited to Morell, and the site's About page provides her biography, which meets NewsGuard's standard for providing information about editorial leaders and content creators. However, she is not identified as the site's owner.

Advertisements on the site, many of which advertise Morell's own publications, are distinguished from editorial content. Morell often references her books in blog posts, but discloses that they are her work.

NourishingTraditions.com does not provide contact information on the site. Three inquiries about the website's lack of ownership disclosure, sent by NewsGuard via the contact form for NewTrends Publishing, did not draw a response.

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#### History

The domain name for NourishingTraditions.com was registered in 2003. Morell published her cookbook, "Nourishing Traditions: The Cookbook That Challenges Politically Correct Nutrition and the Diet Dictocrats," in 2001.

**Written by:** [Anicka Slachta](#)

**Edited by:** [John Gregory](#), [Eric Efron](#)

**Send feedback to NewsGuard:** [Click Here](#)

## Sources

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Ownership and  
Financing

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Content

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Credibility

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Transparency

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History

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