

About the Authors

TOM COWAN discovered the work of the two men who would have the most influence on his career while teaching gardening as a Peace Corps volunteer in Swaziland, South Africa. He read *Nutrition and Physical Degeneration* by Weston Price and a fellow volunteer explained the arcane principles of Rudolf Steiner's biodynamic agriculture. These events inspired him to pursue a medical degree. Cowan graduated from Michigan State University College of Human Medicine in 1984. After his residency in Family Practice at Johnson City Hospital in Johnson City, New York, he set up an anthroposophical medical practice in Peterborough, New Hampshire. Dr. Cowan has served as vice president of the Physicians Association for Anthroposophical Medicine and is a founding board member of the Weston A. Price Foundation. He writes the "Ask the Doctor" column in *Wise Traditions in Food, Farming and the Healing Arts*, the Foundation's quarterly magazine and has lectured throughout the US and Canada. He has three grown children and currently practices medicine in San Francisco where he resides with his wife Lynda Smith Cowan.

SALLY FALLON read *Nutrition and Physical Degeneration* by Weston Price in 1973 and raised her four children according to the nutritional principles of healthy non-industrialized peoples, with plenty of butter, cream, meat, seafood, whole raw milk and cod liver oil. 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, PhD. Later, she founded A Campaign for Real Milk, which has as its goal universal access to clean raw milk products. In 1999, she became founding president of the Weston A. Price Foundation. She serves as editor of *Wise Traditions*, the Foundation's quarterly journal, and gives seminars on traditional diets throughout the US and overseas. She resides in Washington, DC.

JAIMEN MCMILLAN discovered the fact that every disorder has a corresponding spacial/movement pattern while studying Psychology at the University of Detroit (1972). He has diplomas in Physical Education, Massage and Movement Therapy. He is a certified Registered Somatic Movement Therapist (RSMT) and a world-class fencer. He developed the discipline of Spacial Dynamics® in 1985 and gives lectures and workshops in colleges and businesses world-wide, and directs regular trainings in the United States, England, Germany, and Hungary. He has written articles for educational and health journals and is a contributing author for books dealing with pedagogy and therapy. He developed the model used in the All in Peace/OlymPeace international festivals for children from conflict communities together with Thom Schaefer. He has six children and has recently returned to the United States, residing in Saratoga County in up-state New York.