

A detailed still life photograph of various organ meats, including liver, heart, and kidneys, arranged on a rustic wooden cutting board. The meats are fresh and glistening, garnished with small sprigs of green herbs. Surrounding the meats are several small wooden bowls containing different types of spices and seeds, such as peppercorns and dried herbs. Fresh vegetables like green bell peppers, red tomatoes, and a head of broccoli are also visible. A whole onion, a head of garlic, and a bunch of fresh green herbs are scattered around the board. In the bottom right corner, a large piece of raw salmon is placed on the board, accompanied by a knife and a fork. The entire scene is set on a dark, textured wooden surface, creating a rich and appetizing visual.

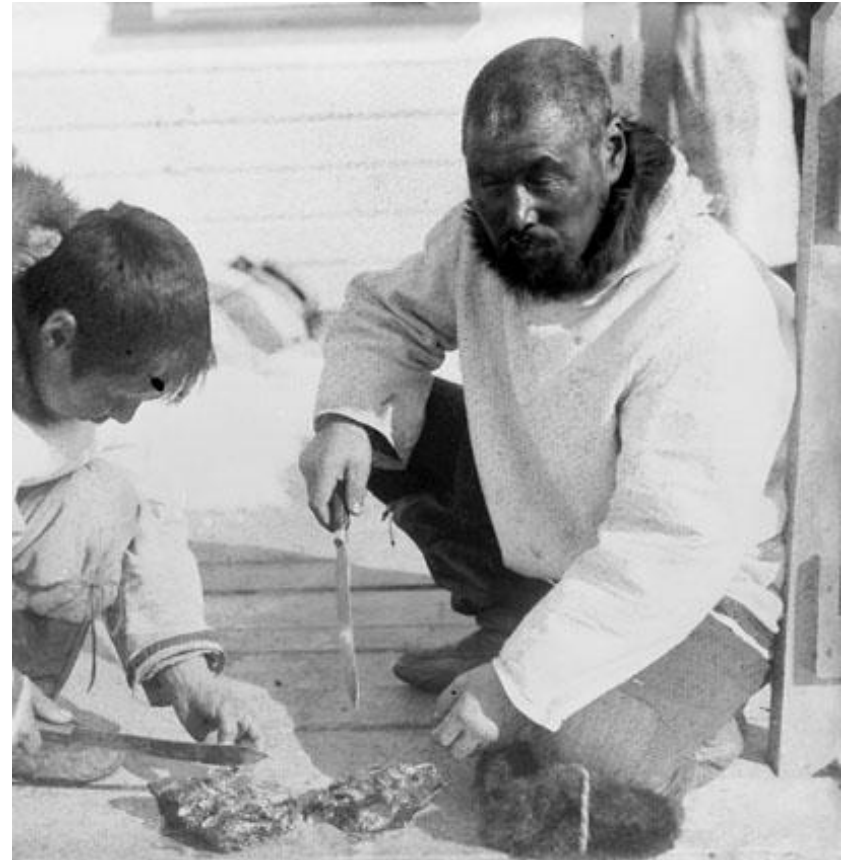
# Organ Meats:

An Overlooked Key to Vitality

# Why Organ Meats?

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For centuries, organ meats were prized as the most nourishing part of the animal in cultures all over the world. Traditional peoples — from the Inuit of the Arctic to African tribes and Indigenous groups in the Americas — often reserved liver, heart, and other organs for expectant mothers, children, and community leaders because of their concentrated nutrition. These foods supplied critical vitamins, minerals, and unique compounds that supported fertility, growth, and resilience. The work of Dr. Weston A. Price in the early 20th century confirmed what these cultures already knew: where organ meats and other sacred foods were consumed, people enjoyed vibrant health, strong teeth and bones, and robust immunity.







# The Modern Western Diet

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In sharp contrast, the modern Western diet has largely abandoned organ meats, favoring muscle cuts and heavily processed foods instead. This shift has led to a significant loss of nutrients like vitamin A, B12, folate, iron, and choline — all abundant in liver and other organs but far less concentrated in lean meats or plant foods. As Dr. Weston A. Price observed, when traditional peoples transitioned from their ancestral diets to refined, “civilized” fare, they quickly developed dental decay, weakened immunity, fertility issues, and chronic illness. What was once considered essential for vitality has become forgotten, leaving many today unknowingly deficient in the very nutrients that sustained generations before us.

# Nutritional Powerhouse

Organ meats are among the most concentrated sources of vitamins found in any food. Just a few ounces of beef liver, for example, provide over 1,000% of the daily recommended intake of **preformed vitamin A** — a nutrient essential for vision, immune defense, and reproductive health. They are the richest natural source of **vitamin B12**, often supplying an entire week's worth in a single serving, and they deliver abundant **folate**, **riboflavin (B2)**, **niacin (B3)**, and **vitamin B6 in highly bioavailable forms**. Heart is one of the best sources of **CoQ10**, vital for energy production and cardiovascular health, while kidney is packed with **selenium**, supporting thyroid and antioxidant defenses. Unlike supplements, these nutrients come packaged with their natural cofactors, making them easier for the body to recognize, absorb, and utilize. In short, organ meats function like nature's multivitamin, supplying a broad spectrum of critical nutrients in unparalleled density.







# Liver – The Multivitamin of Nature



- Highest natural source of vitamin A (critical for vision, immunity, reproduction)
- Rich in B12 and folate → supports red blood cell formation & nervous system health
- Supplies choline → brain development, liver detox, methylation support
- Abundant iron & copper → oxygen transport and energy metabolism

# Heart – Fuel for Your Own Heart ❤️ ⚡ 💪

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- Top food source of CoQ10 → essential for mitochondrial energy production
- Packed with B vitamins (especially B12 and riboflavin) → supports stamina and metabolism
- Iron and zinc → immunity and tissue repair
- Traditionally eaten for strength and endurance







## Kidney – Antioxidant & Thyroid Support 🫘 🛡️ 🔋

- High in selenium → protects thyroid and boosts antioxidant defenses
- Rich in B12 and riboflavin → energy metabolism and nervous system health
- Provides iron → prevents anemia and supports oxygen transport
- Historically used for adrenal and kidney vitality

## Spleen – The Blood Builder 🩸 ☀️ 🌿

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- Concentrated heme iron → highly bioavailable for anemia support
- Contains vitamin C and B12 → immune defense and energy
- Traditionally prized as a remedy for fatigue and weakness
- Supports robust blood and vitality







# Brain (and Glands) – Food for Thought



- Rich in DHA and phosphatidylserine → critical for brain and nerve function
- High in cholesterol → structural support for neurons and hormones
- Provides B12 → nerve repair and cognitive health
- Historically eaten to “impart wisdom” in traditional cultures



# Tongue – Gentle & Nourishing



- Rich in zinc → supports tissue healing, immunity, and skin integrity
- Provides B12 and niacin → boosts energy and appetite regulation
- Tender, fatty, and flavorful → an approachable entry point for organ meats
- Traditionally served as a delicacy in many cultures







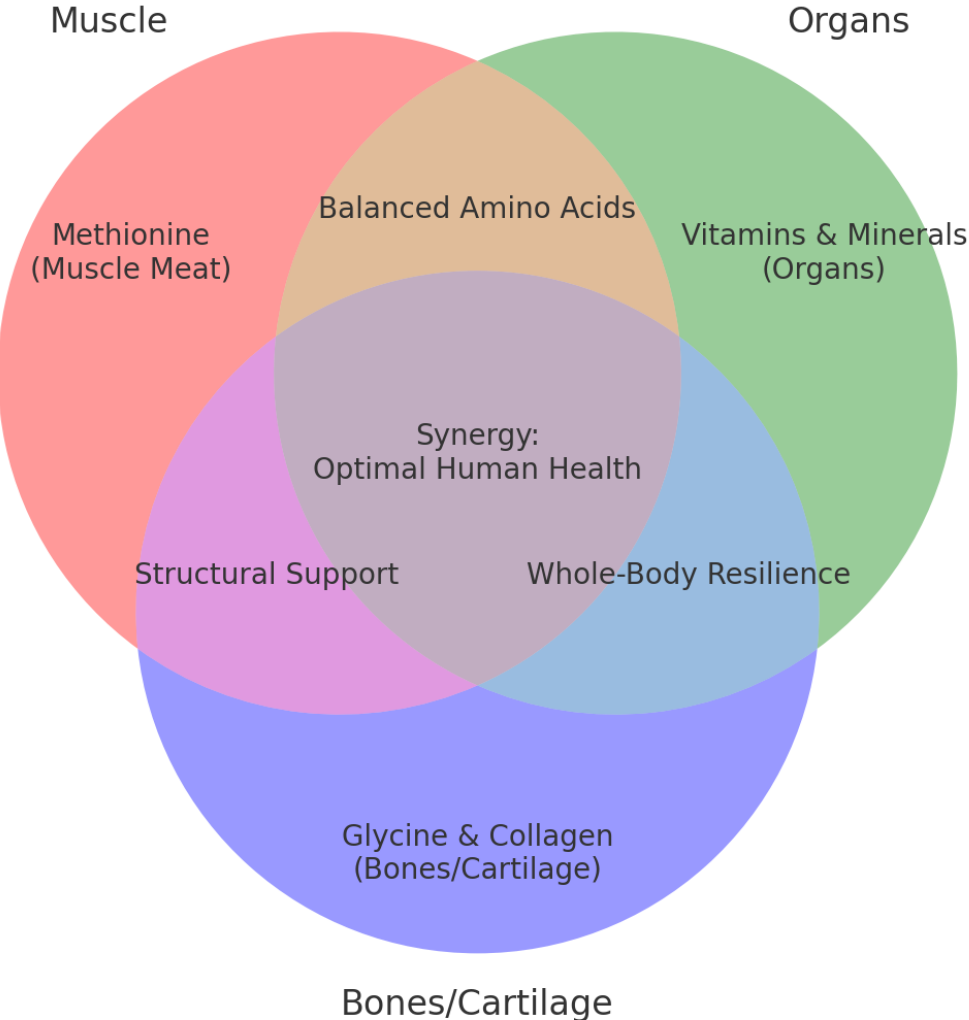
# Weston A. Price Observed...

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Weston A. Price observed that traditional cultures rarely ate just muscle meat alone. Instead, they consumed the whole animal — organs, bones, skin, cartilage, and even blood — because each part supplied different nutrients that balanced and complemented one another. Muscle meat is rich in methionine, an amino acid that in excess can stress the body's methylation pathways, but this was naturally offset by the glycine abundant in collagen-rich parts like skin, cartilage, and bone broth. Organs added their own unique contributions: liver and kidney provided fat-soluble vitamins, B12, folate, and minerals; heart supplied CoQ10; and marrow delivered essential fats. Together, this “nose-to-tail” approach created a synergy where no single nutrient dominated, but all worked in harmony to support growth, fertility, and resilience. Price showed that when cultures abandoned this balanced way of eating in favor of refined foods or only muscle meat, health declined rapidly.

## [WESTON A PRICE – Organ Meats](#)

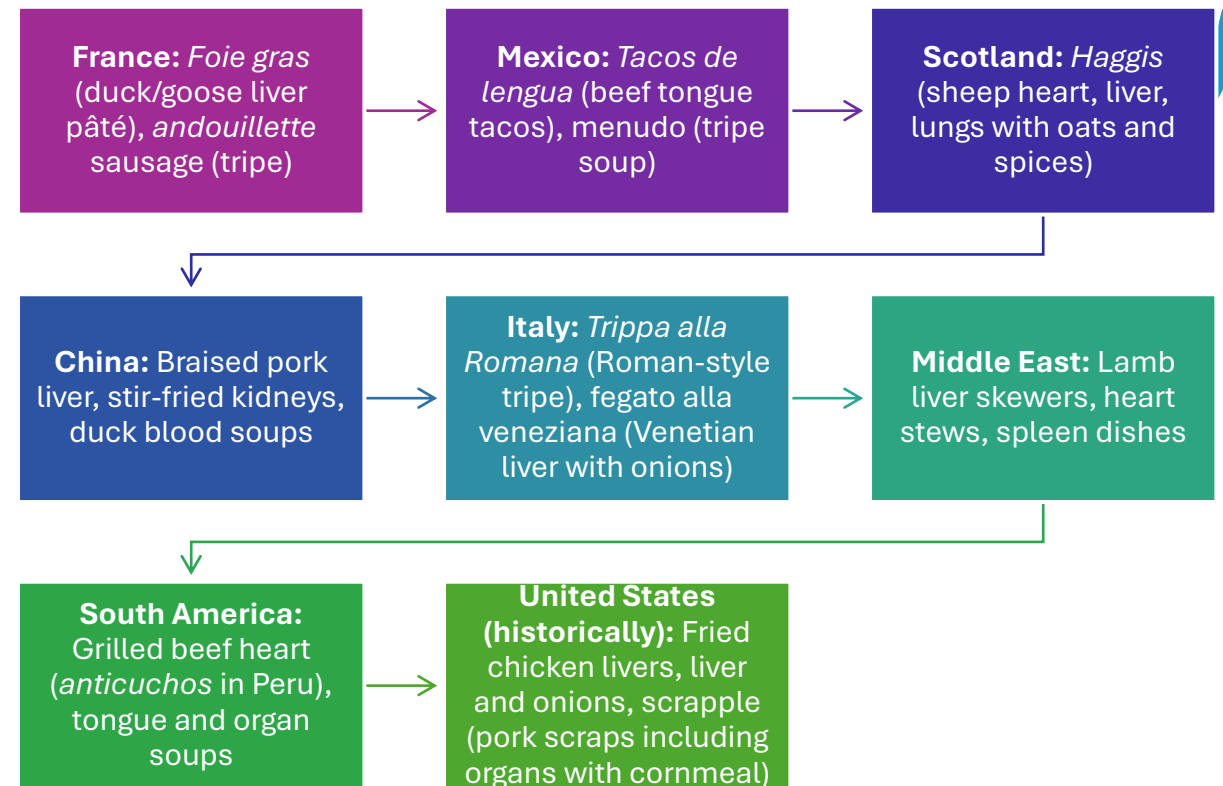
Nose-to-Tail Nutrition Synergy (Weston A. Price)







# Organ Meats in Global Traditions





# SOURCES OF ORGAN MEATS







# Liver

- Beef (calf liver is milder, beef liver stronger)
- Chicken
- Lamb
- Pork
- Duck/Goose (often used in pâtés and foie gras)



# Heart

- Beef
- Chicken
- Lamb
- Pork
- Turkey







# Kidney

- Beef
- Lamb
- Pork
- Veal



# Spleen

- Beef
- Lamb
- Goat





A man with dark hair and a black t-shirt is holding a wooden tray filled with several animal brains. He is looking at the camera with a slight smile. The background is a grassy area with some rocks.

# Brain

- Calf/Veal
- Lamb
- Pig (less common in the U.S. due to regulations, more traditional in Europe/Asia)



# Tongue

- Beef (especially popular in Mexican cuisine as *lengua*)
- Pork
- Lamb







# Other Traditional Organs

- **Tripe (stomach lining):** Beef, sheep, goat
- **Sweetbreads (thymus/pancreas):** Veal, lamb
- **Bone marrow:** Beef, veal



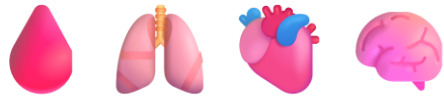


# Organ Meat Recipes

*Offal Doesn't Have to Be Awful* 🍖 😊



# What is Offal?



Offal meats refer to the internal organs of an animal that cultures typically consume as food. This includes organs such as liver, kidneys, heart, tongue, tripe (stomach lining), and various other parts that are not considered muscle meat. For many people, the very word *offal* brings a wrinkled nose and a quick “no, thank you.” But in truth, these cuts are anything but awful — they’re nutrient-dense, flavorful, and often surprisingly simple to prepare. From silky liver pâté to hearty heart stews and “hidden organ” meatballs, offal dishes can be both delicious and deeply nourishing. With a little creativity in the kitchen, you may just discover that organ meats are the *awfully good* secret to vibrant health.






# Tips for Cooking Organ Meat Recipes

- **Start with fresh organ meats.** Purchase organ meats from reputable local farms practicing sustainable animal husbandry for the freshest and highest quality offal. You'll learn that quality beef offal is easier to come by than chicken offal and I recommend sourcing pork organs from local farms only.
- **Trim connective tissue.** Some raw offal like beef hearts, chicken hearts, and liver have connective tissue or membrane that makes them too chewy. It's a good idea to trim that for smoother texture and flavor.
- **Clean well.** While you can get away with skipping rinsing the meat, I recommend thoroughly cleaning organ meats before cooking to remove residual blood and impurities.
- **Know the cooking method.** Organ meats vary in texture and flavor, so it's important to choose the appropriate cooking method. For example, you can quickly pan-fry liver while tougher cuts like tripe and tongue require slow cooking to become tender.
- **Pair with bold flavors.** Offal meats have distinct flavors that stand up well to bold pairings like robust sauces and tangy condiments like [spicy sauerkraut](#).
- **Season well.** Some  [Worcestershire sauce](#), red wine, or white wine is a great way to tone down the gaminess of beef offal. Or add a pinch of cayenne pepper to give your chicken offal some heat. You can also incorporate some creaminess into your organ meats by adding sour cream or coconut milk to cut through some of that deep flavor.







# Offal Recipes - 15 Delicious Ideas with Organ Meats

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## OFFAL RECIPES Delicious Ideas Using Organ Meats

Fall in love with **Offal Recipes** with these **15 delicious ideas using organ meats**. Whether you're a seasoned offal enthusiast or a **curious beginner**, these **organ meat recipes** will inspire you to embrace the full potential of **every part of the animal** and revolutionize your approach to **traditional cooking**.

Go beyond the popular muscle meats and explore the rich flavors and nutrition of **beef offal**, **chicken offal**, and much more!

[See the recipes here](#)

# Convenient Ways to Enjoy Organ Meats

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Offal on the run...







## 1. High-Quality Pâtés & Spreads

- Look for glass-jar or tin pâtés made with chicken, duck, or goose liver.
- Many European brands (French, German) are widely available.
- Perfect on crackers, sourdough, or veggie sticks.



## 2. Liverwurst & Braunschweiger

- Traditional deli sausages made with liver + other organ meats.
- Choose clean brands with minimal fillers and no nitrates.
- Slice for sandwiches, wraps, or with cheese and pickles.





# Trusted Brands

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## Pâtés & Liverwurst

- **US Wellness Meats** – Offers liverwurst, braunschweiger, and head cheese from grass-fed beef.
- **Alexian** – A gourmet pâté company (duck, chicken, pork livers) often found in natural grocery stores.
- **Les Trois Petits Cochons (Three Little Pigs)** – French-style pâtés, rillettes, and mousses, widely available in specialty shops.



### 3. Jerky & Snack Sticks (Organ Blends)

- Several companies now make beef sticks containing 10–20% liver or heart.
- Portable, high-protein, and kid-friendly.







# Trusted Brands

## Snack Sticks & Jerky

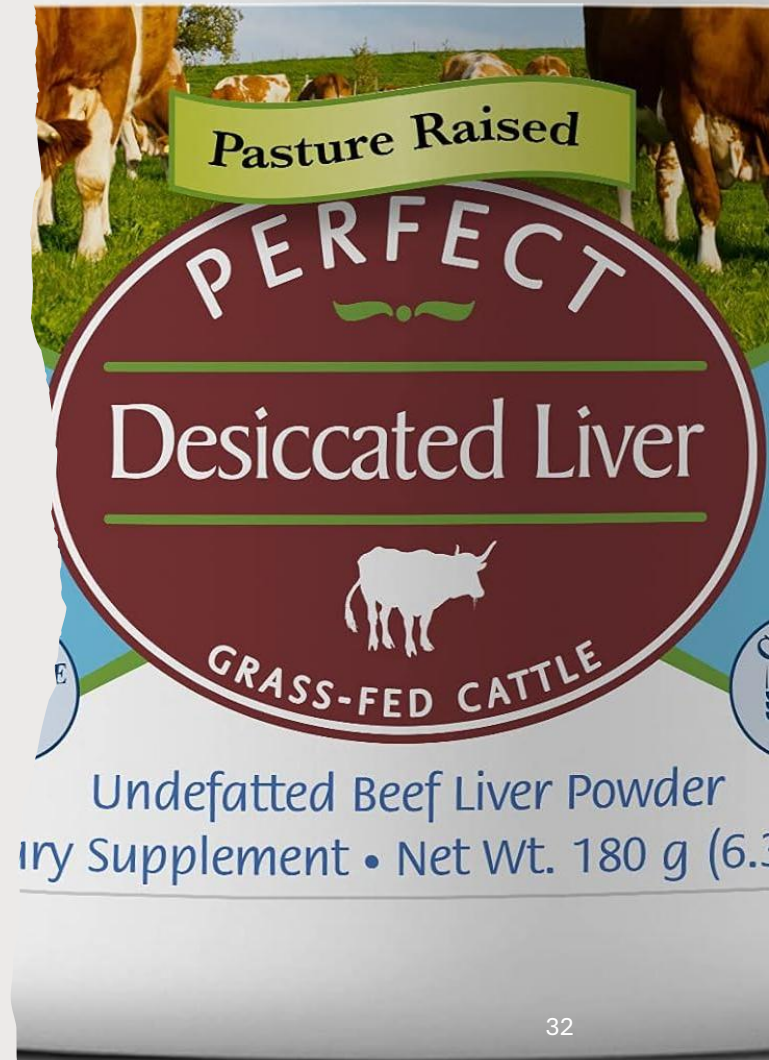
- **EPIC Provisions** – Beef + liver bars/sticks, portable and clean ingredients.
- **Wild Zora** – Paleo-friendly bars with grass-fed organ blends.





#### 4. Desiccated Organ Supplements

- Freeze-dried capsules or powders from grass-fed sources.
- Easy fallback when fresh organ prep isn't possible.
- Mix powders into smoothies or chili for an invisible boost.







# HEART & SOIL



## Trusted Brands

### Desiccated Organ Supplements

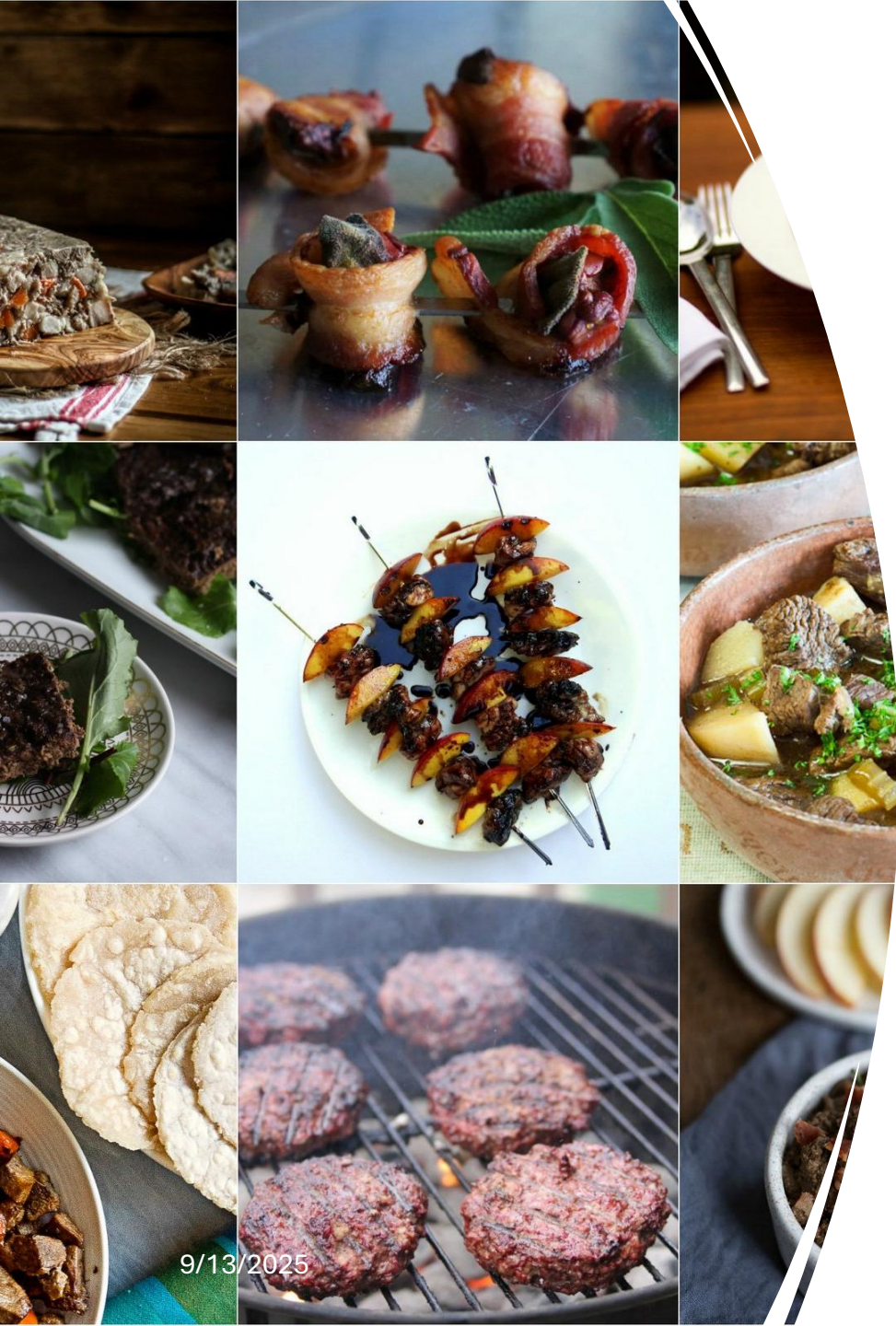
- **Ancestral Supplements** – Freeze-dried organ capsules (liver, heart, kidney, spleen, etc.) from grass-fed cattle.
- **Heart & Soil** – Organ supplement line created by Dr. Paul Saladino, focused on “nose-to-tail” blends.

## 5. Frozen or Canned Options

- Some butchers sell frozen portioned organ meats ready for quick use.
- Canned cod liver (not technically an “offal,” but organ-like) is a classic source of omega-3s and vitamin A/D.







# Summary:

## Organ Meats – An Overlooked Key to Vitality

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Organ meats are among the most nutrient-dense foods on the planet, providing concentrated amounts of vitamins, minerals, and unique compounds that are difficult to obtain elsewhere. Traditional cultures understood this well, valuing organs, bones, and connective tissue as essential parts of a balanced, “nose-to-tail” diet. The work of Weston A. Price showed that vitality, fertility, and robust health were directly tied to these foods. In contrast, modern diets that focus only on muscle meat or processed foods often leave critical nutrient gaps. By reclaiming organ meats — whether through liver pâté, heart stews, kidney dishes, or convenient options like pâtés, liverwurst, or desiccated supplements — we restore balance and synergy to our nutrition. Organ meats don’t just belong to the past; they remain a timeless key to energy, resilience, and whole-body health.



# Thank You!

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- [Wondrous Roots, Inc.](#)
- 103 Roxbury Street
- Keene NH 03431
- 603-439-2603