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## An American Family in Paris: Letters from the Seventh Arrondissement

*Sally Fallon Morell*

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#2317666 in Books New Trends Publishing 2015-09-07Original language:EnglishPDF # 1 7.91 x .57 x 7.75l, .0 #File Name: 098233835X80 pagesNew Trends Publishing | File size: 30.Mb

**Sally Fallon Morell : An American Family in Paris: Letters from the Seventh Arrondissement** before purchasing it in order to gage whether or not it would be worth my time, and all praised An American Family in Paris: Letters from the Seventh Arrondissement:

5 of 5 people found the following review helpful. The French Paradox - Cream, Butter, Lard, Eggs, Bone Broth Are Good for UsBy Lauren AyersSally Fallons best selling cookbook, Nourishing Traditions, isnt mentioned in her charming Paris memoir, but as a grateful fan due to my improved health and newfound joy in cooking, I was curious to see what effect living in Paris had on her, since French cuisine fits beautifully into the Nourishing Traditions way of cookinglots of lard, butter, cream, eggs, rich cheese, fish, bone broth, and marrow.Julia Child was another American in Paris and we all know what big changes occurred here when her French cooking program began broadcasting on PBS in 1963 (8 years later, Alice Waters, another visitor to Paris, and friends opened Chez Panisse in Berkeley). Some combination of fate and serendipity allowed these dynamic, determined people to follow their taste buds and start a revolution that helped millions of Americans to also escape factory foods.More recently, Sallys cookbooks, which now include one about bone broth and another for children, explain nutrition to many more people, including me, who never watched a food show on TV. The food revolution is still about ingredients and deliciousness, but now the nutrition part is no mere afterthought.Food rich in nutritious animal fats has an uphill climb because our government still preaches a low-fat menu, despite anthropological evidence and rigorous research to the contrary, while endorsing

high carbs, which nowadays means a lot of sugar, although grains weren't significant in human diet until the recent innovation of farming arrived a mere 10,000 years ago. Sally was inspired by Weston A. Price, DDS, a nutrition pioneer. He and his wife Florence devoted ten years to visiting far-flung traditional communities to see what they ate to be so healthy and free of tooth decay. Within one generation, people's health plummeted if they gave up traditional food and relied on highly processed foods. Dr. Price brought back food, soil, and saliva samples, for analysis, as well as lots of photographs showing that people raised on lower quality food have narrower faces, crowded, decayed teeth, and V-shaped dental arches instead of the U-shaped arches of people consuming only the traditional food of their ancestors, all documented in his book, *Nutrition and Physical Degeneration*. (More at [WestonAPrice.org](http://WestonAPrice.org), the foundation Sally and like-minded friends founded a mere 16 years ago) In her *Letters from the Seventh Arrondissement*, Sally, then raising four rambunctious kids, reports on various educational differences between France and the US. She also explains why kitchens were so cramped and dim in the finest houses, and even ordinary apartments have just walls, with no cupboards or appliances. Shopping for food in the neighborhood was charming but for her big family she also went to the 1980s French version of a supermarket. With help from Richard Morris's lively illustrations, she explains the pros and cons of concierges, describes the beautiful bridges, and tells how to cope with innervating bureaucracy. We also find out how toddlers play with bidets, the importance of movies, and join her admiration for a culture where people appreciate both logic and beauty. Sally doesn't explicitly describe how her family's sojourn in France affected her later role as a nutrition educator, but reading between the lines, I suspect it was similar to Julia and Alice's experience in France-- really good food as a normal part of daily life changes one's outlook in unexpected and wonderful ways.

0 of 0 people found the following review helpful. A pretty short book but did keep me reading. By Rose Lace. A cute little book that let me peek into yet another French life experience. A pretty short book but did keep me reading. 3 of 3 people found the following review helpful. A Funny Ride! By Customer. Oh, for the love of Paris! I devoured this delightful book in two sittings, and it helped assuage a decades-long yearning to live in Paris. I felt as if I was part of the family as I accompanied the author on her sometimes hilarious two-and-a-half-year-long ride on that only-in-Paris learning curve. From homework lessons to what French families really eat, Fallon Morell's precise observations, delivered with affection and wit, bring to life the cultural mores and every-day behaviors -- both endearing and exasperating -- of Parisians. I grew to love them and their gorgeous city, and I miss them already.

Many travelers to Paris have wondered, "What would it be like to live here?" *An American Family in Paris* describes the daily life and adventures of a family living in the Seventh Arrondissement, the heart of Paris, from 1983 to 1985. Focusing specifically on the life of children in Paris-- childhood education, school lunches, riding, piano and ballet lessons, birthday parties, nursery schools, hospital emergency rooms, even childbirth in a French clinic-- Sally Fallon Morell provides an insightful and amusing look at French habits and culture. Other topics include driving in Paris, the perils of grocery shopping, the delightful but challenging French elevators, French art and architecture, making friends in France, French apartments, vacationing in France, and the subtleties of speaking French. Integral to the book is the unforgettable character of Madame Jamet, housekeeper to the Fallons and an opinionated font of knowledge on French politics, the habits of the aristocracy, which broom to use when sweeping the kitchen floor, how to play the French lottery, and whom the children should be allowed to play with. A personal memoir of a best-selling cookbook author, Sally Fallon Morell reveals a formative period of her early life which will appeal to her many fans.

**About the Author** Sally Fallon Morell is the author of the best-selling cookbook *Nourishing Traditions* (with Mary G. Enig, PhD), and founding president of the Weston A. Price Foundation, dedicated to returning nutrient-dense food to American tables. She is also the author of the *Nourishing Traditions Book of Baby and Child Care* (with Thomas Cowan, MD) and *The Nourishing Traditions Cookbook for Children* (with Suzanne Gross). She and her family lived in Paris from 1983-1985. Currently she and her husband run a pasture-based farm in Southern Maryland, producing artisan raw cheese, woodlands pork and pastured poultry and eggs. Richard Morris has worked as an illustrator and designer in the medical, aerospace, education, and financial industries. He sketches scenes from daily life on a small foodstead with his family, two dogs, and a host of farm animals.