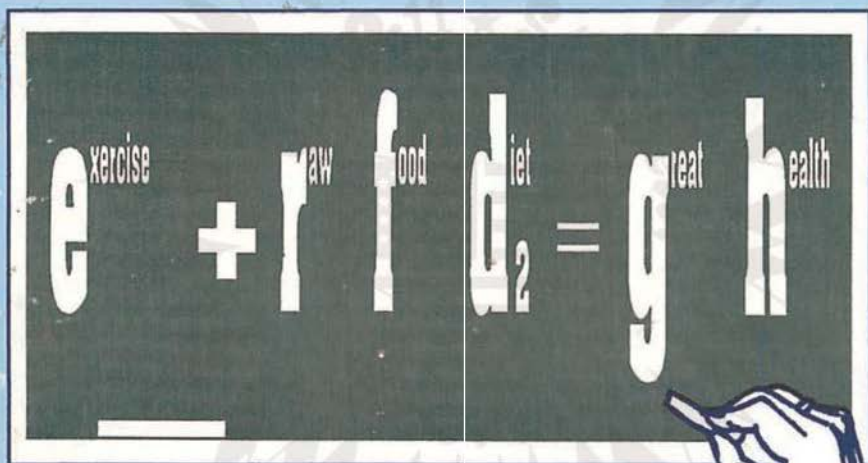


The Health Formula

by T. C. Fry



*How you can overcome problems,
build great health and be sickness-free.*

**Introducing a Totally Effective Health System
and Nature's Program for Dynamic Well-Being.**

A Comprehensive Introduction to the Science of Health

The Health Formula

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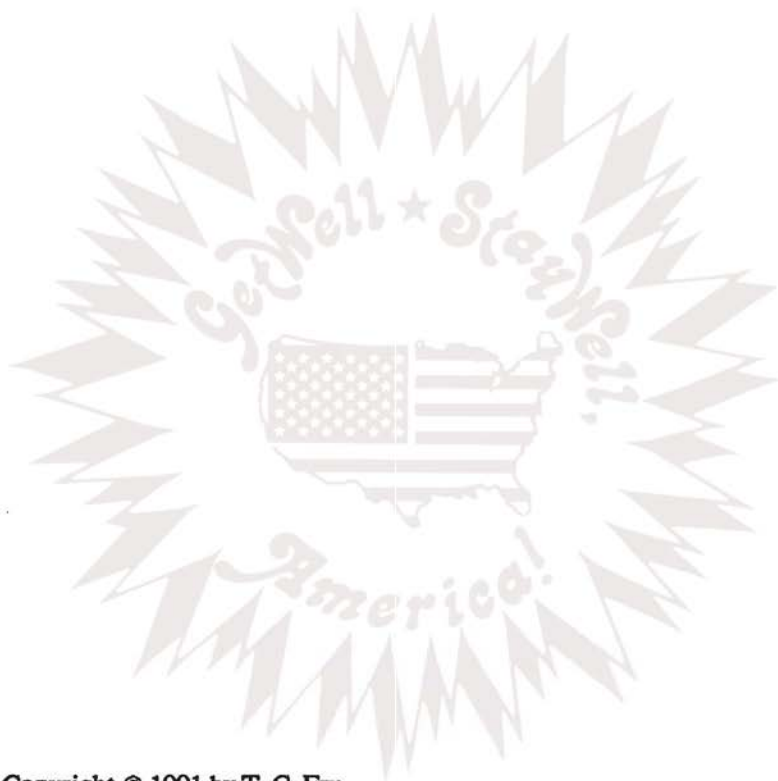
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The Health Formula

Contents

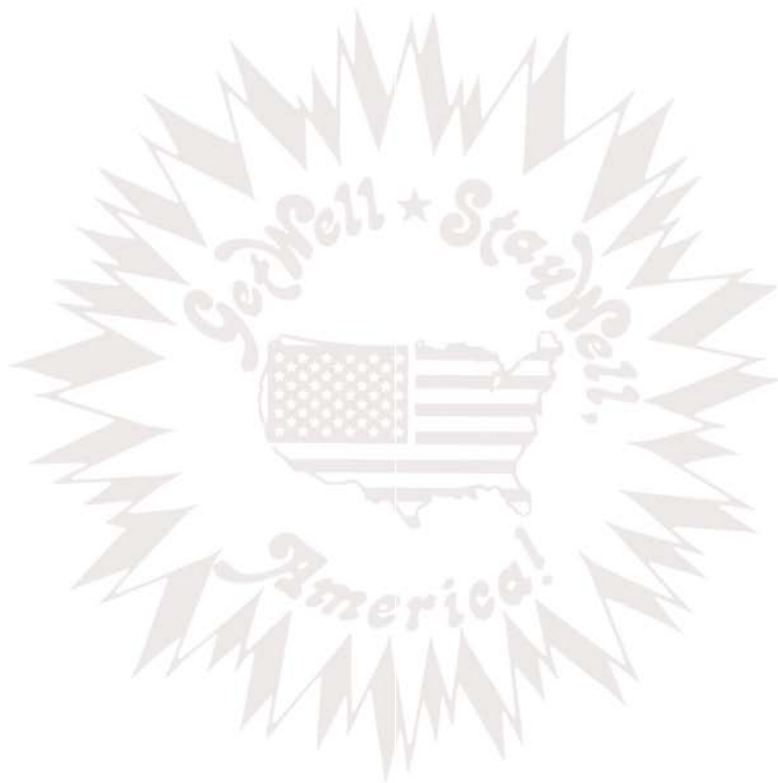
<i>Natural Life Practices Bring Cornucopia of Euphoric Benefits!</i>	v
<i>Superstitions Die Hard</i>	vii
<i>About Your Quest For Self-Excellence</i>	viii
<i>Why This Book Was Written</i>	x
Chapter 1: The Author Introduces Himself and the Concept	1
Chapter 2: How I Discovered This Totally Effective Health System	4
Chapter 3: Illuminating Experiences Using the Hygienic System	9
Chapter 4: Introducing a Totally Effective Health System	39
Chapter 5: The Essentials of Life and Health	44
Chapter 6: The Return to Perfection by Dr. Herbert M. Shelton	70
Chapter 7: What is Health? by Dr. Herbert M. Shelton.	76
Chapter 8: Man's Pristine Vigor by Dr. Herbert M. Shelton	78
Chapter 9: The Great Power Within You	87
Chapter 10: The Concept of Total Self-Sufficiency	88
Chapter 11: How You Can Enjoy Superb Health	90
Chapter 12: How To Get From Where You Are To Where You Want To Be	97
Chapter 13: What To Expect When You Improve Your Practices	99
Chapter 14: How To Cut Your Chances of Heart Attack or Stroke by 90%!	101
Chapter 15: What Should I Do If I Become Sick?	102
Chapter 16: Shouldn't I See My Doctor?	107
Chapter 17: Understanding Diseases and Sickesses: Their Causes And Purposes	110
Chapter 18: Announcing The Greatest Health Discovery!	112
Chapter 19: Fasting: The Universal Panacea by Marti Fry	114
Chapter 20: Are You Fooled by Names?	119
Chapter 21: Can We Expect The Solution To Disease From Our Laboratories?	121
Chapter 22: Cures! Cures! Cures! by Herbert M. Shelton	126
Chapter 23: Why Are Americans So Unhealthy?	131
Chapter 24: Are You Drugging Yourself Unknowingly And Unintentionally?	134
Chapter 25: How Much Can You Do For Yourself?	141
Chapter 26: How Uplifting Yourself Helps Save Our Precious Planet	143
Chapter 27: What You Can Do Now	145

The cornucopia of wonderful benefits you can expect by correctly meeting only two life needs named herein!

If you adopt the naturally mandated practices outlined herein, you can expect sensational improvements! By following this little-known biologically sound system in the conduct of your life, you can:

1. Overcome once and for all time occasional illnesses and pesky ailments. Whether it be indigestion, mucus expectoration, colds, headaches, backaches, or even such “incurable” problems as acne, allergy, arthritis, asthma, heart disease, psoriasis, tumors, or whatever, this system enables you to overcome all simply by discontinuing and removing easily recognized causes, and establishing conditions that build great health.
2. Because you’ll discontinue and avoid causes, you need not suffer even so much as another case of indigestion, aches and pains, fever (“itis”), cough or cold. Vibrant health keeps you free of miseries and suffering for life.
3. Eliminate physicians, hospitals, drugs and nostrums from your and your family’s lives. You’ll also be spared their astronomical costs as well as the discomforts, aches, pains, agonies, and lost time.
4. Save thousands of dollars for your household in food, energy, medical, hospital, drug, labor, insurance, and other outlays!
5. Energize yourself! You’ll observe energy-gaining practices and discontinue energy-draining practices. You’ll get more done because your activity capability goes up when your energy levels rise. Your personality becomes more charming and dynamic with increased energy.
6. Increase your brainpower and mental alertness. Your thinking power will be sharper, clearer and easier to focus.
7. Have newfound strength, stamina, vigor, and vitality.

8. Enjoy radiant new skin tone with a clearer complexion.
9. Speak with an improved voice that tends to bell clearness.
10. Look and feel up to 20 years younger within one to three months.
11. Eliminate most digestive problems within 24 hours!
12. Improve your productivity and work performance, thus upping your earnings power appreciably.



Superstitions Die Hard

Beliefs are just that -- beliefs! Neither hoary age nor billions of believers make them true.

Long practice does not transform error into truth.

Truth does not require belief. We do not use the word **believe** in setting forth what we know.

For untold eons of time, humans believed the earth to be flat and millions held this belief -- false though it was.

Neither age nor numerous believers flattened the earth.

Truth is not something that is verified by popular vote.

Acknowledged superstitions of today were science yesteryear. Much of today's "science" will be found to be superstitious folly in the years to come.

Despite the continuing widespread belief in evil spirits, the enlightened among us know these beliefs to be humbug.

But many superstitions and fallacious beliefs persist among us, even among **enlightened** and **scientific** communities.

The drug superstition has been with us for over 2500 years. The belief in curative substances and cures is even older.

Truths exist today that could salvage the whole human race from the mire of disease and suffering. The educated and the ignorant alike reject these truths, clinging steadfastly to traditional beliefs, superstitions, and myths circulated in the name of science.

Instead of being moved to learn and practice the simple ways of health, our fellow countrymen proceed as if diseases are inevitable and that health is an elusive condition of life. They believe that disease will be conquered and health established by big breakthroughs from our laboratories and researchers. No matter what they do that is pathogenic, they believe that disease is accidental, something that has beset us unfairly; a bit of unfortunate bad luck.

Our populace does not seem to realize that health is normal and is assured only to those who live healthfully and that disease is abnormal and occurs only in those who have lived unhealthfully.

About your quest for self-excellence

Dear Reader,

Welcome to a world of higher levels of excellence! And congratulations on your decision to read this book. This may be one of the wisest decisions you've ever made. Your key to vibrant sickness-free well-being follows.

Before you is the possibility of being able to achieve levels of energy, happiness, well-being and performance that leaves behind forever the nightmare of sickness, suffering, stress, lethargy, loneliness, and boredom.

Of first importance for accomplishing your ambitions is mental and physical excellence. This book gives you all the guidelines necessary to transform yourself into a more highly admired, respected, appreciated and loved individual. You can develop into a dynamic and charismatic person because of the great increases in energy levels you'll experience. And you can develop into a better performer at whatever you undertake.

This book is repetitive at times. Please forgive this. To properly present some perspectives, it was necessary to use some of the thoughts of other perspectives. I'm sure you'll be reinforced all the more. Despite this, I've tried to keep this book never less than interesting and engaging.

In commending this book to you, I assure you that the health system it presents works! Because the system works, it is scientific! I urge you to give it a trial. You'll marvel at the wonderful results! Of course I urge you to read the chapter, "What Symptoms to Expect When You Start Improving Yourself." You may at times seem to be getting worse. Detoxification is sometimes called "withdrawal symptoms." Sometimes detoxification processes may be unpleasant. Understand how your body operates, what your body is endeavoring to accomplish, and cooperate with it fully.

Some unique contributions of this volume are in setting forth our instinctive foods in unmistakable scientific terms: your own senses!

Another is the position that disease is a biological process of the body to achieve physiological objectives, that is, body cleansing and repair. The idea of "curing" disease is in grievous error. Disease is, in itself, the "curing" process. Anything done to "cure" a "cure" harmfully interferes

with the body's vitality and gives rise to a chronic condition. The effect of "cures," "remedies," drugs and herbs is to suppress vital disease processes temporarily.

Yet another discovery of Natural Hygiene is that a "health care" profession does not exist. Moreover, it is impossible that there be such a profession. Health is completely a do-it-yourself affair for humans just as it is for animals in nature. You'll find out why further along.

After reading about the wonderful potential for vibrant health, you may proclaim, like many, that it's all "too good to be true." That is understandable when disease seems the norm of existence in our society. Always keep in mind that all good proceeds only from that which is true. Health is normal and natural for humans just as it is for animals in nature.

Further, many pass us off as "too radical" or "too rigid" or "too extreme." Please recognize that the most extreme, rigid and radical thing in the world is the simple truth. Truth bends for no one. Our commitment is to the truth in all matters and the course which it decrees.

Because you may dismiss us as "purists" does not mean you shouldn't take this message seriously. The truth about our biological disposition is told herein. That is obvious or self-evident. There is no way you can be healthy if you fail to meet your needs as enumerated herein. If you flaunt these biological needs, you bring grave perils upon yourself. There are no dispensations and no forgiveness of transgressions in nature. Every indiscretion exacts its toll upon your well-being.

When about 95% of Americans over four have plaqued arteries and cannot pass a minimum physical fitness test, there's only one conclusion: America is a very unhealthy country.

I close by asking that you undertake the meeting of your biological needs in as ideal a manner as you can. To the extent that you improve your practices, to that extent will you improve in every sphere of your being.

Yours for a Loving, Caring,
Happy and Healthy World,
T. C. FRY

Why this book was written

If you had the know-how to save a friend from disaster, would you offer your help?

What if you had the know-how to rescue your fellow countrymen from suffering, misery, debilitating diseases and the train of degeneration thereby begotten?

Would you not consider it your duty to help your fellow countrymen?

I have developed a rather extensive knowledge of the conditions of health. I feel it is my duty to inform my fellow countrymen of these touchstones for ailment-free well-being, for it is as much my duty to help my fellow Americans as it is my duty to help a friend.

America is a terribly sick country! Nearly 99% of its inhabitants suffer a plethora of diseases and their train of miseries and suffering.

Each year about a million Americans will suffer a "heart attack" or stroke because of cardiovascular blockage. Chances are about 95% that you have plaque in your arteries and about 50% that you will die from this disease, unless, of course, you head off the grim reaper by cleaning up your act while there is still time.

THE MYTH OF HEALTH IN AMERICA

That the medical pretense of a healthy America is patently false is attested by the statistics that follow. The much publicized ballyhoo of good health in America is a downright myth! Contrary to what the medical profession, the press, radio and TV--in short, the involved commercial interests--would have us believe, health in America is in a woeful state. Americans are among the least fit peoples on earth! Americans are the creatures of an all-pervading, life-sapping drug culture. We Americans realize less than half our life potential, and much of our shortened life is plagued with economic insecurity, tormenting chronic diseases, general suffering, and vain hopes of surcease.

In imploring you to consider learning the health system of Life Science/Natural Hygiene so that you can help yourself and others, we

appeal to your innate humaneness.

Lest you underestimate the gravity of the problem or the extent of suffering amongst Americans because of deadly life practices, please consider these distressing facts:

1. The U.S. Public Health Service recognizes a mere 3,600,000 of over 240,000,000 people as being healthy! This is only one and one-half percent.
2. Nearly 50 percent of Americans die of heart disease or cardiovascular problems. Over 50,000,000 Americans suffer from severe heart disease. Autopsies have indicated that almost every child over the age of four already has incipient to severe cardiac problems; heart specialists say nearly everyone over thirty has some form of heart disease. Heart specialists themselves are more likely to die of cardiovascular problems than the general population.
3. About 1,250,000,000 visits are made to physicians annually in the U.S.A.! Another 250 billion are made to hospital emergency rooms and clinics.
4. About 5,000,000 people each year are so seriously poisoned by their physicians as to be hospitalized! Tens of thousands die! The so-called side effects or adverse reactions to drugs are perfumed language for POISON EFFECTS! All drugs or "medicines" are inherently poisonous and dangerous.
5. An estimated 30,000,000 Americans suffer from genital herpes, formerly called syphilis. As this disease is nothing more than a body-conducted form of eliminating extraordinary wastes through the genital area, the condition can be cleared up in a few days to a week or two upon the adoption of healthful practices. You can help others overcome the disease and the stigma that accompanies it.
6. Three out of every ten Americans will have cancer! When these people will die, 80% will have their death attributed to cancer. There will be 500,000 cancer deaths in 1990. This is up from 350,000 annual deaths when the "war on cancer" began in 1971.
7. Cancer is the number one cause of death among our children. Why? In most countries almost no children die of cancer.
8. Arthritis and rheumatic complaints will affect 77 percent of our adult population! Currently, there are approximately 35,000,000

- sufferers from arthritis. However, arthritis is reversible where irreparable organic damage has not occurred.
9. About 80,000,000 Americans suffer from so-called allergies. Most true allergies can be overcome in a week or two.
 10. Over 60 percent of the American population suffers defective vision. Glasses are the usual "remedy" which, in reality, worsens the problem. You, as a health practitioner, can be instrumental in helping hundreds, even thousands, in regaining normal or near-normal vision.
 11. Over 80,000,000 Americans are obese. Yet, nearly all Americans are malnourished in one way or another despite gross overeating.
 12. 126,000,000 Americans (51%) suffer from AT LEAST one chronic disease.
 13. Over 60,000,000 Americans will spend some time in a hospital each year! Hospitals are health-destroying ordeals for most who must undergo their rigors. Needless to say, hospitalization is a horrendous financial experience as well.
 14. About 10,000,000 Americans suffer from the dread and ugly skin disease psoriasis. Another estimated 150,000,000 suffer less severe forms of skin disease such as acne, eczema, warts, moles, rashes, blotches, etc. With proper health guidance, most of these sufferers can be restored to radiant health with glowing skin!
 15. Over 50% of Americans suffer from chronic digestive disorders. You can overcome these once and for all within a day or two of undertaking the Life Science/Natural Hygiene regimen. Digestive problems arise out of wrong diet and poor dietary practices.
 16. Constipation is the national disease. Nine out of ten Americans suffer from clogged colons. Many times in our experiences with the application of Hygienic measures, we've seen those with constipation of long standing--up to 30 years--again have natural bowel movements.
 17. Americans will suffer about 1,000,000,000 colds this year! The average child under four will suffer eight colds a year! Why? In 2,500 years, the medical system has not come up with a "cure" for this simple malady. If you live healthfully, you will no longer suffer colds.
 18. More than two billion dollars are spent annually on deodorants, not to mention what will be wasted on perfumes, colognes,

- breath sweeteners, etc. Body odors and foul smells are evidence of foul body conditions. What terrible stench Americans try to hide and camouflage.
19. Some 650 billion dollars will be spent in 1990 on health care (that's what they call it--actually it's what Americans will spend vainly trying to overcome their diseases)! The average American has an annual disease bill of over \$2,600! Disease is expensive! Health is inexpensive!
 20. There are about 12,000,000 asthmatics in this country. Most can be freed of their suffering in from five to fifteen days. Their health will be completely restored within three to four weeks. Only asthmatics with emotional disorders require recovery periods longer than this. You can assist many asthmatics in recovering normal health.
 21. There are some 15,000,000 diabetics or near-diabetics in America. Except where severe atrophy of pancreatic faculties has occurred, almost all diabetics can be restored to fairly normal lives without insulin.
 22. There are about 50,000,000 insomniacs in America. Most sleeplessness is caused by our myriad of drug and condiment habits.
 23. Over 100,000,000 Americans drink alcohol, a narcotic drug, and over 15,000,000 are chronic alcoholics.
 24. Approximately 60,000,000 Americans narcotize themselves with tobacco. Nicotine is a deadly narcotic, being but one of some 18 poisons taken into the system by smokers.
 25. There are over 230,000,000 sugar addicts in America. This is about 95 percent of our populace. While we naturally have a sweet tooth, refined sugar is a very pernicious product. Americans eat an average of 147 pounds each year. Sugar has been indicted as one of the chief culprits in heart disease, indigestion, bad teeth and a host of other serious complaints.
 26. Americans consume 250 billion cups of coffee a year. Caffeine is another debilitating drug to which most Americans are addicted.
 27. Hardly an American alive has not at some time been subjected to narcotic drugs by their physicians or to commonly sold nostrums they've bought themselves, notably the analgesic, opium based drugs such as codeine, amphetamines, barbituates, tranquilizers,

aspirins, etc.

28. Almost every baby born in America has already been drugged before birth, either by physicians or by drugs in the mother's bloodstream when she is drugged (which is often!) But, at birth, drugging of children is routine.
29. One out of five Americans under the age of 17 already has a permanent (chronic) disabling disease. While most of these are reversible with a change to healthful habits, the great majority of the victims will never know what healthful habits are.
30. Surveys, tests, and health evaluation programs reveal that America's medical professionals (physicians) are sicker and more diseased than the average American! Is it not revealing to find "heart specialists" succumbing to so-called heart attacks in their relative youth, that is, in their forties and fifties? You, as a practicing Life Scientist, will first make yourself a superb example of health. We take seriously the admonishment "Physician, heal thyself." Be exemplary of that which you advocate.
31. America's worst drug offenders are physicians! The number of physicians on so-called hard drugs (heroin, opium, cocaine, etc.) was about 17 times greater than the number among the general population, according to a series of articles printed in the *New York Times* in mid 1975. Today, the addiction rate is said to be 44 times as great.
32. An estimated 60,000,000 Americans suffer high blood pressure (hypertension). Under the Life Science regime, you'll learn how to reduce high blood pressure to a normal blood pressure within a few weeks to a few months.
33. Over 12,000,000 children are "mentally retarded," disturbed, defective or otherwise seriously handicapped because of brain problems. Most mental defects result from the child being drugged via the mother during pregnancy.
34. Most of our population (98.5%) have bad teeth! Thirty-one million have no teeth of their own. Fillings, dental cavities, decayed and deformed teeth are so prevalent that they are considered normal. The *Washington Post* has stated that despite thousands of tons of toothpaste, mouthwashes, fluoridated water, etc., the American mouth is a disaster area. The average American child has six cavities by school age. Bad teeth are symptomatic of

bad health. Good teeth can possibly serve the human organism for several centuries if properly nourished by a healthy body.

35. Over 24,000,000 Americans suffer from "mental illness." If we Life Scientists had charge of the mentally disturbed, we could have most of them back to mental health in a few months!
36. Life expectancy of a one-year-old is no more today than it was in 1900! Life expectancy is actually declining in the U.S.A. today when this is taken into consideration. Healthy people live happy lives far longer than 100 years.
37. Today, 92 percent of America's children cannot pass a minimum physical fitness test! That compares with 58.6 percent in 1954. This is a tragedy that we Life Scientists must strive to change.
38. About 90,000,000 aspirins are taken daily in the U.S.A. This amounts to about 72,000,000 pounds (36,000 tons) of aspirin yearly. What a king-sized headache Americans suffer. You'll learn how to free yourself and others of headaches once and for all by healthful living.
39. Nearly all Americans (almost 100 percent) suffer from digestive leukocytosis and a pathologically high heartbeat. These conditions are largely the result of a pathogenic diet of cooked, processed, preserved and improper foods, drug habits and lack of healthful practices.
40. Over 200,000,000 Americans are hooked on one or more drug habits! The most frequently used drugs are caffeine (in coffee and soft drinks), salt and other condiments, nicotine, alcohol, aspirin, theine (in tea), theobromine (in cocoa and chocolate) and vinegar.
41. Nearly 100 percent of American women of childbearing age suffer with bloodletting concomitant with sloughing off the menses. Unfortunately, this is regarded as normal. This disease, incorrectly called menstruation, is not to be confused with ovulation, a normal, healthy process. Nature did not institute a scheme of bloodletting or pain for either women, men or other creatures.
42. Some 16,000,000 Americans suffer from ulcers. Ulcers heal quickly under Hygienic care.
43. An estimated 36,000,000 Americans suffer from tinnitus or "ringing in the ears." This problem disappears when Hygienic

measures are employed.

44. Over 5 billion sleeping pills are consumed annually.
45. An estimated 13 billion barbituate and amphetamine pills are taken annually by Americans.
46. Tranquilizers are a way of life for 15,000,000 Americans. Tranquilizers are synthetic narcotics.
47. Over 25,000,000 Americans submit to the surgeon's knife each year. Surgery removes the results of wrong living, but it cannot correct our unhealthful habits.
48. About 700,000 women submit to hysterectomies each year.
49. Murders, suicides, juvenile delinquency, narcotic addictions and other forms of crime are rife and increasing. Truly, sick people make a sick nation.
50. 41,000,000 Americans suffer from hemorrhoids.
51. The death rate decreases from 35% to 60% when physicians go on strike. This indicates just how deadly the drugging craft is.
52. About 98% of Americans suffer digestive upsets. No wonder Tagamet, antacids and other so-called digestive aids are multibillion dollar sellers.
53. 10% of Americans suffer mental defects.
54. More than 20% of births are mentally and/or physically defective.
55. About a third of Americans have neuroses and, at any given time, another third are in the throes of depression.

Tell me, does this describe a healthy or a happy nation?

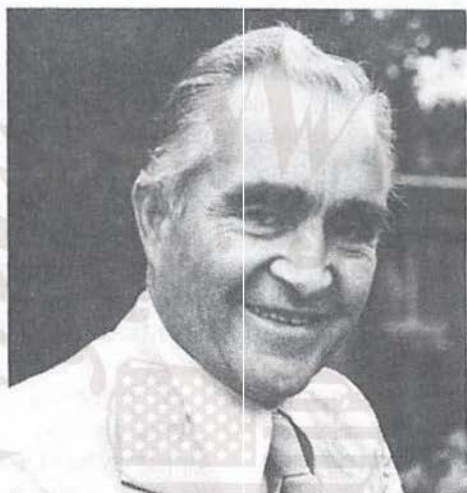
I could go on with an endless resume of such statistics, but why do so? The National Center for Health Statistics of the U.S. Public Health Service publishes volumes that reflect the widespread pathology of Americans. Daily we see such statistics published in newspapers, magazines and periodicals.

I hope you're convinced that good health in America is a myth-- matters are in a terrible state and getting worse. I hope that you will undertake to do something constructive about the situation. Life Science is an aggressive crusading organization that wants you to learn about healthful ways of living. We want you to master them so that you can become exemplary of exalted well-being and, of course, to effectively pass them on to others.

So ominous are the problems that beset America that I urge you to adopt and practice the sane program of Life Science (Natural Hygiene) forthwith for your own sake! It is with a deep sense of purpose and commitment that I ask you to do what you can to help spread and perpetuate the message of good health in America.

1

The author introduces himself and the concept



I am T. C. FRY.

I'm known as one of the world's foremost health educators, having developed the only comprehensive course in the world that covers the spectrum of the health sciences. It has been translated into German, Spanish, Italian, French and now, Portuguese.

I was the mentor to Harvey and Marilyn Diamond who wrote the best-selling health book of all time, **FIT FOR LIFE**.

Twenty years ago I made the momentous health discovery that I'm happy to share with you in this book.

The essence of this discovery is summed up as follows:

- * When you do what you always should have been doing, you'll begin being what you always should have been. If you start doing right, you'll start being right.
- * Health is normal and natural to humans just as it is to animals in nature.
- * Disease and suffering are abnormal and unnatural, thus

unnecessary.

- * Health is produced **ONLY** by healthful living.
- * Sickness and its miseries are the results only of unhealthful practices.
- * You don't have to get caught up in vainly trying to prevent diseases. They simply will not occur unless you cause them! And, if you're indulging their causes, there's no way you can prevent them.

There is a totally effective health system for ailment-free well-being.

Employing the biologically sound health system presented herein, you and about everyone else can overcome periodic or chronic problems and enjoy vibrant illness-free health!

I was born on July 26, 1926 in Bennington, Oklahoma. I lived and worked on a farm for the first 16 years of my life.

I dropped out of high school in the fall of 1942 while in the 11th grade. Very simply, I ran away from home and worked in war industries to support myself. Because I was very shy, I spent most of my time in libraries as a "bookworm." My subjects of interest were mostly comparative religion, philosophy, economics, biology, psychology, the sciences, anthropology, great thinkers and their works, and history.

From youth I was using as signoffs: "Truth is my handmaiden. Wherever she leads, there will I go" and "Yours in the cause that truth ordains."

Early on I realized that most of us were still living in the dark ages in the most significant areas of our lives. By age 19 I became aware that a giant cartel was behind the deliberate miseducation of all of us. I was aware that what is called science in many areas was very unscientific. Our commercial masters foisted all their dirty tricks upon us while invoking the name of science.

In 1952 I started in business and created a multi-million dollar sales operation within two years. In 1961 I dropped out of merchandising when volume was \$10 million per annum. In that year I started Musical Heritage Society and remained with it for 15 years. Today it is one of the largest mail order record clubs in the world in the field of Medieval, Renaissance, Baroque and Classical music.

In 1970 I made my discovery of the totally effective health system presented herein.

Since that occasion I've devoted practically all my time and endeavors to the spread of health knowledge in America--indeed, the world. I

quickly realized that America is one of the sicker countries on earth while we have been led to believe we have the best "health care" on earth. In truth, this country has no health care at all! Even those called "health care" professionals know so little about health that they're sicker than the population at large.

I have authored numerous books, tracts, articles, lessons and newsletters. I have made TV appearances, been on radio, and lectured before tens of thousands in this country and abroad.

Today, at 64, I am in good health and very active in the movement to bring the message of healthful living and personal excellence to our fellow countrymen. I am physically fit and can perform much better now than I could at 44 when I was a roly-poly fellow of 200 pounds (I'm just over 5'5").

I hope that you will apply in your life the principles and practices that your biological mandate decrees. I'm sure that you'll enjoy the same wonderful rewards as I have enjoyed, and as I continue to enjoy. And I hope you'll join me in helping bring this truly natural way of life to others.

Yours for human excellence,
T. C. FRY



2

How I discovered this totally effective health system

A Peek Into The Life and Practices Of A Hygienic Practitioner

Your writer has been on the Natural Hygiene regimen since late 1970.

In late 1970, when I made my GREAT HEALTH DISCOVERY in the form of DR. HERBERT M. SHELTON'S fine book, *SUPERIOR NUTRITION*, I was very conforming in my living practices.

At that time, eating was not, for me, for the sole function of nourishing the body. Gourmandizing was one of my hobbies! In pursuit of the pleasure of what I now realize was a perverted and depraved taste, I ate indiscriminately as long as it was a "taste delight" and I never stopped to think about the purpose of eating or the consequences it might have. I ate for entertainment rather than nourishment. This was and still is the practice of almost all Americans.

I discovered Dr. Shelton's book on Thanksgiving Day in 1970. It was among some of the many books I had purchased many years earlier. I now regard much of my life as being LOST, especially the nearly 16 years in which I possessed the open sesame to superb health! I read *SUPERIOR NUTRITION* completely on the day of its discovery. I reread it within a week, marking it liberally where I found its contents to be nothing less than revelations for me.

So inspiring and so very obviously true was this book, that, from that day to this, I have not:

Partaken of meat, fish, eggs, milk or any other animal food.

Used salt, pepper, spices, mustard, sauces, catsup or any other condiment.

Eaten or partaken of breads, chocolates, candies, ice creams, pastries or any of the hundreds of other concoctions that are popular.

Drank teas, coffees, alcohols or any beverage other than pure distilled water!

Taken any drugs, shots, pain killers, sleeping pills, aspirins, antacid pills or concoctions, "medicines," or other injurious substances.

Eaten cooked foods!

Subsequently, I stopped using soaps (cleansing is a mechanical, not a chemical process!), toothpastes, deodorants, shampoos, shaving creams, skin cleansers, lotions and other cosmetics!

I undertook most of these radical changes in my life IN A SINGLE DAY! So heavily did the truth of Dr. Shelton's book weigh upon me! I had always regarded myself as a creature of truth, and it was beholden upon me to follow its dictates upon discovery!

So astounded was my family by this revolutionary turnabout in my regimen, they thought I had gone kooky!

I WAS A WALKING PATHOLOGICAL MUSEUM

At 5 feet 5 inches in height, I was a hefty 200 pounds. I had a whole catalog of ailments and frequent bouts with colds and "viruses." At 44 years of age, I had pimples, blackheads, twitching of the eyes, dandruff, perpetual indigestion, migraine headaches, acid stomach, frequent colds, "malarial attacks," dental cavities, defective vision (I wore glasses but no longer do so now!), continual sluggishness and tiredness, constipation, sinus troubles, angina pectoris (heart pains), bad breath, foul stools, obnoxious body odors, a runny nose, continual mucus expectoration, rheumatic or arthritic joints and other complaints. I had a "normal" pulse of 70 to 75 versus a normal pulse today of 44 to 48!

RAW FOOD DIET SEEMED DISASTROUS AT FIRST

After going on a completely living food diet, consisting exclusively of certain vegetables, fruits, nuts and seeds, the most startling changes occurred. There was a disappearance of one complaint after another!

My weight dropped so rapidly, it was frightening. I had lost twenty-five pounds within the first three weeks. Then I undertook a five-day fast during which I suffered the tortures of the damned (a five-day fast occasions no discomfort whatsoever now--nothing more than a mild hunger on the first two days). During my first fast, every complaint I ever had seemed to revisit me all at once, though, in reality, such was not the case. On this five-day fast, I lost another ten pounds. And I kept right on losing

weight. My wife became concerned with my drastic weight loss. My size 44 coats, size 40 waist pants and size 17 neck shirts were rather unfilled. My face which had been so full, bloated in fact, was becoming thin, haggard and sallow in appearance.

Despite the importunities of wife, relatives and friends, I not only stuck with the diet and general program. In less than a week after discovering Natural Hygiene, I began an exercise program. The first day of my exercise program, I started to run around my block (630 yards). I couldn't manage more than 400 yards before I was on the verge of collapse. It took me a week of practice to make it around on one try. Today I can run several miles, go through a heavy regimen of other exercises, and then go to work--in fact, THIS IS my daily practice now.

After about three months on the new living food diet (nothing cooked or processed in any way--I ate fresh foods in the NATURAL STATE, just as nature delivered them from the garden, farm or orchard), with vigorous exercise, and with intermittent fasts, I was down to 126 pounds. Dr. Shelton had stated that drastic weight loss would be the case. Expecting this, I was rather pleased though unhappy with my thinness. I was worried somewhat about being thin the rest of my life.

I remained at 126 pounds a few weeks, and then something happened to me--a kind of euphoria! A new sparkle was in my eyes, noticeably so. My skin color changed. My eyes, which had looked a glassy yellow and somewhat bloodshot, now became white. My ailments had all disappeared.

My wife, who was on the verge of summoning a doctor against my wishes and instructions, noticed the sharp change. Within a month, my weight was back up to 140 pounds on the very same diet; and yet a month later, I was around 155 pounds where I have remained almost continuously ever since.

A TYPICAL DAY IN MY LIFE

A typical day begins for me at 5:00 a.m. I arise and begin my first daily ablution. This is a scalp massage with a rubber fingered instrument. I give my head a dry cleaning as I rarely wash my hair otherwise. Though somewhat gray, there is a luster to my hair and it always appears clean and "freshly washed." The first step in my day's activities brings me to a fair state of awareness. Then I don athletic shorts or a sweat suit. My first activity is on a chinning bar. I do 10 continuous chin-ups now. This really

awakens me! When I started my regimen, I could barely manage four chin-ups. Then I set off jogging. After about a mile, I find myself running rather than jogging. I usually run about two miles--unless I have a pair of ankle weights on, in which case I rarely run more than half a mile.

EXERCISE ABSOLUTELY ESSENTIAL TO PRIME HEALTH

Upon return to my abode, I go through an array of exercises--body twists, head and eye exercises, jumping jacks, push-ups, body bends, knee bends, weight lifting, pull-ups, etc. I spend perhaps 30 to 40 minutes going through my exercise program. During this time, I always build up perspiration, even on the coldest winter day, and I get lots of deep breathing as required by my intense activity.

After my exercise program, I enter a warm shower where I gradually increase the water temperature until it is perhaps a few degrees warmer than body temperature--never uncomfortable. I use a flesh brush only. I never use soap. Cleansing is a mechanical, not a chemical process. Toward the end of the shower, I gradually make the water cool but never unpleasantly so.

After my shower I rinse my mouth and teeth with water, sometimes using a water pick. I do not use toothpaste. A mouthful of chemicals is actually harmful. Moreover, I do not have bad breath. Bad breath is born of an unclean internal system and rarely originates in the mouth, except in the case of rotting teeth, gums or material allowed to remain and decompose.

My daily shave then takes place, and I perform this act with only a razor. The shower has wetted my face, and it is only necessary to wet it slightly more with my hands. I get just as comfortable and just as close a shave as I ever did with shaving creams.

After shaving I usually lie down for about 15 to 30 minutes. This little relaxation seems to be the topping that makes for a great day.

After arising from my short rest, I either read or undertake some chores, perhaps gardening. Around 8:00 a.m. I usually begin work. My first meal of the day is usually a light fruit meal, usually of a single kind, rarely more than two kinds. My first meal is of a fruit with a high water content such as grapes, oranges, melons, peaches, pears, strawberries, etc. This meal is usually taken from about 10:00 a.m. up to noon. I may eat little and often on some days. Other days I may eat on two or three

occasions only.

In the summer I usually eat only a high water content fruit meal, whereas in the winter I usually have bananas, apples and pears with some dates, raisins or figs. My water requirements are very low in the winter and I find it necessary to drink water **ONLY** on those days when I fast.

My evening meal is usually partaken around 4:30 to 5:30 p.m. I eat rather slowly and I masticate my food thoroughly. **NONE OF MY FOOD IS COOKED!** I try to eat in as airy a place as possible, even outdoors except when the temperature is too low or the weather is too harsh to permit. My evening meal is of lower water content foods.

After my evening meal I relax for about half an hour with my music. Then I take up writing (while listening to music, usually Baroque or classical), reading, responding to mail or some office work.

I usually retire about 11:00 p.m. though I retire earlier or later on occasions, whenever sleepiness overtakes me. I sleep in a very soft bed in a room made as airy as possible. Constant fresh air helps the body to assimilate, regenerate and eliminate faster, hence makes the sleep sounder and more efficient, thus reducing the time needed for it.

REWARDS OF HYGIENE ENORMOUS

As I write this, I suffer no complaints except lingering gray hair which I've had starting at about 37 years of age. I am thoroughly cognizant of the fine results of my regimen. I perform better, have wonderful feelings, a better disposition, and a happy lack of ailments and "viruses." I find it no drag or in any way a problem to follow the hygienic program I've established.

I can recommend nothing better than the diligent pursuit of a hygienic program of living!

3

Illuminating experiences using the hygienic system

It is said that “the proof of the pudding” is in the eating. The proof of the efficacy of Natural Hygiene or Life Science is its marvelous results in those who adopt it.

Those whose letters and case histories follow applied this health system in their lives. To be rescued from the throes of suffering and debility is wonderful as the following will attest.

MEDICAL DOCTOR AMAZED WITH NATURAL HYGIENE MIRACLES!

Dear Mr. Fry,

I want to thank you for you and your staff's many courtesies while we were guests at American Wellness Retreat from December 20, 1989 to February 14, 1990.

It seems absolutely incredible what your regimen of letting the body heal itself can do for any form of sickness. I've been in medical practice for over 40 years and never heard of the word toxicosis until I came to you. Now I know toxicosis is a body saturated with toxins and that is the basic underlying cause of almost every disease.

I became painfully aware that my practice of administering drugs was wrong. I've learned this is adding poisons to poisons and that only sets the body back in its efforts to heal itself. As you so often said in your talks, “you cannot be poisoned into health with drugs called medicines.”

My wife and I stayed eight weeks because you told us that arthritis was a difficult condition to reverse. And you said that the remedying of colon problems could take quite some time too at our ages.

My arthritic pains in the neck disappeared in about two days of fasting

though I know the condition wasn't cleared up totally.

Mable's severe left abdominal pain also cleared up in about two days. For years nine specialists were baffled and could not clear this up no matter what they did. She had been diagnosed as having spastic colon. To me, after all my medical experience, this was nothing short of miraculous. This was worth more to us than the cost of our two month stay at the retreat. I had already spent far more on her condition alone with no good results.

What impressed me too was the seeming miracles which occurred while we were seen anyone before. Yet the fasted for over a insulin and still mal blood sugar while.

What really the young man painfully cough- from pneu-



there. I had never freed of insulin young man who week gave up maintained nor-levels all the

which had been diagnosed as AIDS. With this condition I'm sure he would have been soon dead in a hospital with chemotherapy. His bleeding stopped three days after he started fasting and he was bouncing all over the place before he broke his fast on the 10th day.

I saw a case of cervical cancer cleared up too. I would have bet my life that this case would never have been resolved. The lady was already here eight days when we arrived. She was bleeding heavily all the while, still urinating through a catheter and had heavy pus discharges. She soon no longer needed the catheter. Then the bleeding stopped and about a month later the discharge stopped too. I thought it incredible too that she went from a wheelchair to walking a mile or two around the block everyday before we left.

As for my wife and I, we made remarkable progress which, though I was told could happen, I didn't really believe would happen. I had a melanoma of the upper right lip. I had planned to have surgery, thinking that was the only way to go. This flattened out. I will not be getting surgery.

Both of us had high blood pressure, very high pulse rates and slightly elevated temperatures. After two weeks of fasting and six weeks on a

totally raw diet of fruits, vegetables, nuts and seeds, these have returned to normal ranges.

I can move my formerly arthritic fingers with ease now and with a full range of motion. My wife can also move hers easily too.

My wife's arthritic condition was so bad she had to use a wheel chair. She started walking after two weeks at the retreat and, when we left, she was going on walks of two or three miles daily with me. And she had the energy and girlishness I hadn't seen in her in over 30 years.

Having been an M.D. for over forty years, I sadly see the error of what I did. I only wish that I could have come upon this knowledge when I was a young man. It's sadder still to see my colleagues continue poisoning people. They have their eyes and ears so shut I don't think we'll ever get to them; and even if we did, I'm not so sure they'd give up their practices because they pay so much.

You should put this on your emblem:

*We do not diagnose,
We do not treat,
We do not try to cure,
But everyone gets better.*

We will forever be grateful for your eye-opening truths about the world of health. May it grow and grow and grow.

John Powell, M.D. and Mable Powell.
Mount Airy, North Carolina

CANADIAN COUPLE EXPERIENCES REMARKABLE RECOVERIES BY FASTING!

We are Ron and Elaine Harrington. I am 47 years old and my wife is 40. We live in Burlington, Ontario.

RON: I am a public health inspector. For 26 years I've been paid a good salary to chase "germs." I attended college to get my certificate. I believed in what I was doing, but I now realize that I was certified as being properly brainwashed.

My wife is employed in a hospital kitchen where she has worked for 20 years. She helps prepare and serve foods which she no longer eats.

My wife and I enrolled in the Life Science course when we realized that

we had been terribly mis-educated and misled. We suffered some rather severe problems which, through the augmentation of a life program embracing Natural Hygiene, we have seen lessen and disappear. But the really big step in our move forward into vigorous health was the 14-day fast we've just completed here at the American Wellness Retreat.

Before we set sail into the murky waters concerning our problems, I want to assure you that everyone should take a two-week fast! Nothing in my and my wife's lives has been so wonderful for us as this fast.

I have had chronic sinusitis since the age of 14. I never went anywhere without a complement of handkerchiefs or my codeine. If I did not "kill" the "sinus attack" in time, I would become "infected" and require some of their antibiotics or treatments. One many other was diathermy. "Zapping" my brain was worse than the sinus problem. But I believed we had to suffer the pain to get well. After all, I had been brainwashed into believing "No pain, no gain."



Four years ago I developed weeping sores on my head. Then one appeared on one of my arms. My physician diagnosed this as allergy. He prescribed a drug. The weeping sores disappeared. But not for long. They came right back. Then with treatment, they'd cease again. Always when they came back they were worse than ever. They spread to my other arm and then my back. There was a continual pussy exudate from these sores. In addition to being very bothersome and painful, the sores embarrassed me.

A dermatologist said bacterial infection was causing the pus. He put me on a massive two-week antibiotic treatment. That didn't seem right to me but the doctor "knows best." I went through a horrible two weeks, but the condition was cleared up! All's well that end's well!

In ten months the sores were back. Only this time I had even more embarrassing sties on my eyes. My doctor said there was no sense in going back to the dermatologist as he'd just repeat the treatment. I had this condition three or four times a year.

But, came a springtime when I wanted to take my shirt off and get some

sun during the coming summer. I went through the intensive antibiotic treatment again with the same gruesome suffering.

Then something else intervened. I read *Fit For Life*, and Natural Hygiene made some real sense to me. I sent for Life Science's material and it made even more sense.

I went on the Hygienic diet. But, after a year I still didn't have the energy I should have had even though the problem didn't come back. I thought I would energize myself by fasting. I started out on my own but had to stop on the seventh day. I just couldn't handle the overpowering effects of the toxins, drugs and chemicals that saturated my body.

Three months later I tried again with the same result. I was well into the Life Science course and decided that the best thing was to go to Texas and fast under their guidance. I saved the money and I scheduled for November 1989 when the weather is harsh in Canada.

The fast was, again, quite difficult for me. I was "out of it" at times. But, with the inspiration from Mr. Fry, the solicitous loving care from the interns, and the support of my fellow fasters, I rather reveled in the suffering and pain. I was sure this pain was the right pain. I managed to joke about it.

I cannot say enough about how much the encouragement, the understanding fostered, the tender loving care, and the warm support means during the middle of rather severe bout with drugs from the past. I knew I would be free of them this time.

You can never know how wonderful you feel despite everything, to look up to a smiling face and be told exactly what is happening and why the body is eliminating toxins and drugs so intensely as to cause the discomforts. The reality of it all with a hope and vision of total freedom from suffering that I knew would come was so beautiful to me.

I know my body is not yet as purified as it should be. But I'm going to do what I've been urged and encouraged to do here: get more sunshine, exercise and sleep. And I'm going to be even more diligent about my diet. I know now that most of my problems came from what got into me besides air, water and proper foods. I know I will never suffer from disease and sickness again.

--Ron Harrington

ELAINE: I came with my husband to American Wellness Retreat because I suffered two very severe problems.

Seventeen years ago a practical joker in the hospital tried to startle me by pushing a cart close behind me. A corner of the cart hooked me in the back and I crumpled to the floor, paralyzed. There followed an operation "to remove the bone chips." But I remained in bed facing the prognosis that I would probably never walk again.

I could not accept this medical fate. I started pulling on my limp limbs. I commanded them to move. I meditated. I tried visualization or imaging. In one month I was discharged but was told I would always be disabled even though I had recovered use of my legs. So I had to squat instead of stoop to pick things up. Gardening was done from a cushion. I was crippled. Bending was just impossible.

Three years later I was diagnosed as having cancer. My uterus and one ovary were removed. I was told I should be proud that I was a cancer survivor.

In 1980 I married Ron. My world changed to one of hope and happiness. In 1983 a lump appeared on my remaining ovary. Physicians diagnosed it as cancer and strongly urged me to get my remaining ovary removed immediately. I knew this meant artificial replacement hormones for the rest of my life. I knew I would never be the same person and knew from the experience of others that my life would be hell. I did not want my life ruined, so this was unacceptable. I decided to take my chances with the cancer.

Then I was told by friends there were ways to beat cancer without going the medical/surgical route. I started reading books on cancer and came across one that seemed to be in accord with my thinking. This book was by the Simontons of Texas. There they had a clinic where they were realizing great success with cancer sufferers through visualization or imaging, meditation and positive thinking. I visualized my cancer cells being "eaten up." If others could gain remission by doing this, so could I.

Upon a new examination I was pronounced free of cancer-- for now. It was sure to return--it was only a matter of time.

I started searching for something that would prevent the cancer's return. I searched many blind alleys until I found Natural Hygiene through Harvey and Marilyn Diamond's book. Not only did I feel that I had the answer, I never feared the return of cancer again.

When I undertook my fast here at the retreat, I was surprised on the

third day by severe back pain at the very point of my 17-year old injury. For the next five days of my fast, I was continually pacing the floor, sitting, standing up and being active. Lying down became very uncomfortable after only a few minutes.

Being assured that I was in a healing crisis, I did not panic or have any fears. I merely regretted that I did not fast or have this opportunity when I was injured.

On the 8th day the pain subsided. And a strange but wonderful new experience came into my life! I could bend easily again! Now that I'm eating and doing exercises I am as supple as I was in my teenage years!

From what I've experienced and seen here, I am 100% convinced that fasting is the way to go if you want to get over your problems.

--Elaine Harrington



OVERCOMING DIABETES

My name is Gerry Fournier, Jr. My home is in Victoria, B. C., Canada. I am 27 years old. I have been a long time employee of McDonald's, the hamburger outlet.

In May of 1989 I started having terrible symptoms of wooziness after eating. It went away after a few hours but came back again after I ate again. Sometimes I felt as if I'd pass out.

I went to a doctor. He diagnosed me as a diabetic. He told me I had to go on insulin right away or on one occasion like I was having I would die. He told me I had to eat only meats, dairy products, grain foods and vegetables. I had to stay away from sweet foods such as pastries, pies, cakes and fruits.

This was not exactly a terrible diet for me. I practically lived on pizzas, hamburgers, steaks, fish, poultry, bread, butter, roasts and so on with ice cream, milk shakes, cakes, pies, donuts and other goodies. All I had to do was cut out the sweets.

My father, who was a hygienist and taking a course in Natural Hygiene from Life Science, persuaded me not to go on insulin. He referred me to the lesson that taught about diabetes. I was shocked to learn that sweets do not cause diabetes, but the very things the doctor told me to eat! I simply refused to believe my father and continued to eat as the doctor advised. My wooziness went away but I began to be dull and without energy. I often had colds and sometimes the flu.

In the fall things continued to get worse. My father would not let me go on insulin so I decided to follow his request that I spend just one week at the American Wellness Retreat at Burnet, Texas. I knew my father cared a lot so I agreed to spend just a week there during the holidays.

My mother and father were very supportive when I got to the retreat where I met Mr. Fry. Mr. Fry told me more about diabetes than I'd learned from all my studies and talks with others. He suggested a fast under conditions of close self-monitoring.

I began a fast. I tested myself twice daily for blood sugar levels and glycosuria. At no time did I ever have glycosuria or spillage of sugar in the urine. But, at first my blood sugar yo-yoed between 12 and 20 (240 to 400 by U.S. measuring). Then, while fasting, the count gradually reduced to the 4 to 5 range (80 to 100). After five days I broke the fast and started on watermelon and orange juices. Then I had bananas.

No wooziness! I had energy, lots of energy! I felt like doing things. My nose was clear. No mucus! No spitting and throat clearing. I felt wonderful!

When I tested my blood sugar levels, it was, once, up to about 27.5 (550) but I tested my father, who had the same meal, and his was just under mine. Two hours after a heavy sugar meal my levels were down to 15 to 17 (300 to 340). This did not affect me at all. Upon arising in the morning my levels were down to 5 to 8 (100 to 160). Just for fun I also tested a staff member who was eating the same meals. The readings were lower than mine but rose very highly after each meal.

While at the retreat it was often sunny and warm. I sunned most days and, after I broke my fast, did vigorous walking.

My friends and sister were strong in their condemnation of my going to the retreat. They refused to believe that I could get better by fasting,

exercising, getting sunshine or eating fruits and vegetables as my father and mother said I would.

My health is delicate. I know I am on the edge of danger. I know I must eat an all raw diet and stay away from cooked foods, especially meats and dairy products. Not only do they putrefy in the intestinal tract and yield putrefaction poisons, but they do not yield the sugar needed for energy. I learned that the putrefactive poisons from these things were absorbed and caused the degeneration of my beta cells in the Islets of Langerhans in my pancreas. Sugar does not degenerate them simply because the pancreas gets no more sugar than any other cell. I was made to realize that it was poisons and poisons alone that destroyed them.

My stay gave me more understanding about how my body works than all my physiology and biology classes. I was the guinea pig as well as the student. I learned more about health and how to have it than I ever heard before. Well, not exactly. My father told me about it but I didn't take him seriously as I was much further along in education than he was. Now, after being with Mr. Fry who told us he was a high school dropout and who knew more than anyone I'd ever met, I began to respect my father and his learning.

I've made a commitment to study my father's course. I will never forget the many things I learned from Mr. Fry. Even if I lose my friends I'm going to follow this fantastic and simple program for the rest of my life. I think I have to. I'm very happy I did not lay out \$3,500 for the insulin pumping machine the doctor asked me to get.

Even though the trip and stay cost us about \$1,500 for the three of us, I know we're a lot more than the \$2,000 we're ahead.

I want to get muscled up. I'm going to start weight-lifting, push-ups, chin-ups. I saw Mr. Fry do them with ease. He looks terrific and he's 63 years old, an age I used to think of as where you're burnt out. He told me that I could build myself up terrifically at my age. I know he is right for he did it at a much older age.

The staff at the wellness retreat were most helpful and kind. I felt like was welcome and appreciated and that they really cared about me and I'm sure they did. Everyone took such a great interest and concern for me that I really wanted to stay longer.

I feel one of the best things I've done in life was to go to Texas to the health retreat. I feel that I am truly reborn for I see things so clearly now. This feeling of knowing and being confident of what I'm doing does more

for me than anything I've ever done. My New Year's resolution is to follow only my own senses. I know better than to rely on anyone else for, as Mr. Fry said, most people are wrong about most things most of the time. I have the right bearings now and forever!

--Gerry Fournier, Jr.

COPING WITH CANCER

My name is Dodie Belanger. I am a 62-year-old mother of five children and live in Columbia Heights, Minnesota.

Two and a half years ago I was diagnosed as having melanoma cancer. I had gone to a dermatologist at the suggestion of my cousin's wife who is a nurse. I had a mole on my arm that had changed color.

The dermatologist said I had melanoma cancer. My husband and I made arrangements to go to the Mayo Clinic in Rochester, Minnesota. There I saw the top specialist, and I was scheduled for surgery three days later.

The mole was removed and they grafted skin from my thigh to my arm. The melanoma had reached the beginning of the fourth layer of skin. I had no complications during the three-hour surgery.

I returned to the Clinic every two months the first year for chest X-rays and blood tests. The second year I went to the Clinic about every four months.

In October, 1989 I was diagnosed as having two spots of cancer on the edge of my left lung. I immediately had lung surgery. Thank goodness my doctor did not recommend chemotherapy or radiation after the surgery. He felt these measures were not successful with melanoma cancer.

Two months after the left lung surgery, two very small spots of cancer were found on the right lung. The doctor said the cancer was in the early stages. How could that be? He recommended yet another surgery.

My husband and I declined and came home. This was in January of this year (1990). Upon arrival at home, we received some literature about Life Science in the mail from my husband's sister. She had talked to my husband about Life Science and Natural Hygiene before my October surgery, but we were too scared and couldn't believe that the simple health program advocated by Life Science could help melanoma cancer which the doctors considered so very deadly.

Now that we saw matters getting no better under medical procedures

and faced yet more, we decided to contact T. C. Fry of Life Science. After talking to T. C., we made reservations to come to the American Wellness Retreat.

The day after arrival at the retreat I began a fast. During my 21-day fast I had lots of energy. I walked half an hour everyday and got lots of sunshine during their very warm January weather.

My experience with this fast totally negated my earlier fears. I had thought and heard fasting would be difficult for me as I would be hungry all the time. I was hungry for the first two days and missed the sensation of eating two more days before my appetite totally shut down. I felt fine during the entire length of my fast.

I broke my fast on diluted orange juice. Two days after being on juices, sharp pains developed in my upper right back around the surgery scar. Later these developed into spasms that were sheer torture. As these severe spasms resulted only from movement, I stayed in bed where I was free of pain.

A masseuse gave me some massages to enable me to move around more so that I could be mobile for my trip home. This worked out just fine.

When I arrived at the wellness retreat I weighed 121 pounds. Now I weigh 112.

I am very happy that I decided to come to American Wellness Retreat. I could not have done this by myself at home even though my husband and family were very supportive. I enjoyed the delicious food, the literature, audio and video tapes, Mr. Fry's lectures and the discussions with the staff and other guests.

I'm sure I'm on the way to recovery as long as I continued to furnish myself with raw foods, sunshine, exercise, enough sleep, and other life needs I learned about at the retreat.

I hope others can benefit by reading about my experience. And I hope that some can gain hope and be encouraged enough to undertake the natural approach should they be beset with cancer.

--Dodie Belanger

HOW LIFE SCIENCE OVERCAME MY MEDICAL NIGHTMARE

As far back as I can remember, at least 23 years, I have had bladder problems. I had bladder problems that were frequent. They were always accompanied by infections, and the pain was pure hell.

I have been cut, dilated, x-rayed, cauterized, stretched, drugged unceasingly and treated in so many gruesome ways that I choose not to remember.

Etched forever on my memory is the excruciating pain of my first catheter. I was having recurring bladder infections about every other month. My regular doctor would treat me with antibiotics. Finally he told me another infection, I would have to see a urologist.

I did develop a bladder infection, and I was referred to a urologist. He put me in the hospital for a number of procedures, the most painful of which was endoscopy.



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yet another infection, I was referred to a urologist. He put me in the hospital for a number of procedures, the most painful of which was endoscopy.

He told me the bladder looked normal, but my urethra was too small. He said it was necessary to stretch it and then I would be fine.

When I asked him about the frequency of urination, he suggested that I see a psychiatrist. When the problems didn't get any better after the stretching, I went to the University of Michigan Hospital. They decided I needed the opening of the urethra cut open to make it drain better, so off to surgery I went. They also did a lot of painful tests involving the bladder's ability to hold water. They said I had a small bladder and that's why the frequency. They also implied that I was "high strung" and that this seriously affected both my pain and my inability to improve my condition.

I learned to live with the frequency, but it got steadily worse. I had to go so frequently, a toilet felt like my true home. I also continued to come down with frequent infections. I think they gave me every antibiotic there is. They also had me on muscle relaxers and tranquilizers. My urine had turned every color from the tests and the drugs. This all happened before I had any knowledge of anything but conventional medicine.

After I became a vegetarian, I decided I wanted to learn about vitamins and herbs. A "health-food" store referred me to a naturopath in a nearby

city. He educated me in the use of herbs for treating ailments of all kinds. Now when I would get a bladder infection, I would take lemon juice and several herbs and vitamins. The infections would disappear for a short time. Unfortunately, they always returned and even more frequently than before. I worked with this naturopath for ten years but couldn't get any long term relief from the special herbs and vitamins.

About two years ago I came down with an acute bladder infection. The herbs failed to give any relief. The pain was so terrible I ended up at an emergency room. Ironically, the emergency room was the floor over the morgue.

I couldn't stand the pressure. So they did blood work and everything seemed to come out fine. They put me on some antibiotics and suggested I see a urologist. I did, and he wanted more tests done. The urine tests came back perfect, but I still had every symptom of severe infection. This stumped him, so he ordered an x-ray of the kidney and bladder using a form of iodine dye, IVP. I was never asked if I was allergic to iodine; it had always caused severe reactions.

Within 12 hours, I had severe back pain to the point of not being able to stand up. My loving and caring husband called the doctor (another mistake) and asked if this could be due to the IVP test and iodine dye. He told my husband a lie and said "absolutely not." He had been using drugs on people for 28 years and was very certain.

Now I implore your understanding. Having to go to doctors and take medications was so repulsive to me. I had spent the last ten years trying to stay healthy and avoid both drugs and doctors. I chose the only other method I knew of, naturopathy. I felt that using herbs and vitamins was a healthier method to use.

So all the trips to urologists and the massive use of drugs was against everything that I believed in. I was in a lot of pain; and when the herbs and vitamins didn't work, I resorted back to conventional medicine. And that meant a round of urologists. I kept being put in the hospital for more tests, dilations and biopsies. It wasn't until two urologists later that a diagnosis was finally handed down: Interstitial Cystitis.

I had never heard of it. These doctors said it was due to the use of "antibiotics." Of course these were different doctors than the ones who gave me the antibiotics. With Interstitial Cystitis you have all the symptoms of bladder infection. Yet the urine is clear of bacteria.

The doctor informed me that there was no cure for Interstitial Cystitis.

He told me I would have to learn to “live with it.” “Eventually,” he said, “some women end up confined to bed, and that codeine would be my best friend.” (Codeine is a first cousin to heroin, both being derived from opium.)

The only “treatment” they wanted me to try was to take injections of DMSO, an industrial solvent. It was injected directly into the bladder. I was told it worked only half the time.

Between the pain, depression and the doctor’s negative attitude, I lost my will to live. I could not endure this continuous pain. My whole life was terribly affected. I cried off and on for days at a time. I was very sick. My mother had to fly down from Michigan to take care of me.

I decided to go to UCLA to see a doctor there who specialized in Interstitial Cystitis. When I arrived at the UCLA medical center in California, the doctor was out of town. I was in such great pain that they referred me to another doctor who had worked under the specialist for two years and was not in private practice. In desperation I went to him. He asked me a lot of questions about what the doctors in El Paso had done to me because I was the worst case he had ever seen. My urethra looked like ground meat. He told me I needed to heal some before he could look into my bladder.

Within a few days I was in the UCLA hospital for another round of tests, biopsies and endoscopy. They confirmed the diagnosis of Interstitial Cystitis. They said that DMSO injections might help. For the next six weeks I flew back and forth from El Paso to Los Angeles to receive the DMSO injections. I was afraid of the El Paso urologists. They had done enough damage to me.

The DMSO treatments did not help. I was now in constant pain and taking codeine twice daily. I was also taking a drug called Unised six times daily. When no improvement came, the doctor said I had three choices:

1. Try an experimental drug not yet legal; however, the U.S. Government would give me a “mercy prescription” if I agreed to be monitored.
 2. Try to make a new bladder out of my intestines. This surgical procedure had only about a 60% success rate.
 3. Eventually, as a last resort, remove my bladder.
- Some choices I had! I passed on them all.

I went to see my naturopath again. I was like a ping-pong ball now between conventional medicine and naturopathy. Unfortunately, neither

had been able to help. I asked the naturopath about taking the drugs. They had a lot of bad side effects. He told me not to take them as they were "immunosuppressive" and would cause an immunosuppressed condition called AIDS. I told him it was the lesser of three evils. He said he had just talked to a man who had gone to a fasting/educational clinic near Austin. The man told my naturopath that if I were his wife, he would send me there to fast and to learn good living habits.

So the naturopath called Mr. T. C. Fry that very day. Then I talked with him. I was so impressed with his positive outlook, I was on a plane the very next morning!

At the Wellness Retreat, I stopped all drugs and began what was to be a 14-day fast. I would be on a diet of distilled water only. I feared pain without my codeine. Yet, within 24 hours on just water, I felt better than I had felt on the codeine. To me this was a miracle! The next day I felt better yet, and as I became better and better, coupled with the revelations I was getting in health matters, a whole new world opened up for me. I felt I had this problem licked for all time.

Never having heard of Life science or Natural Hygiene before, I began to read everything at the Retreat. It all made so much sense. For the first time in years I felt good. I knew I was onto something wonderful. I had total relief from the pain and felt great. I enjoyed the lectures, video and talks with Mr. Fry.

My family was quite concerned about me. They thought I was crazy. I'd die without food. But they were surprised and happy to learn about my rapid improvement. I had been through a living hell for the past few years. That hell ended for me in October 1988. I have remained well now for six months, to the date of this writing. I have been drug free and pain free. I am living as close to the health program as I can.

So outstanding were my results and so high my enthusiasm that I enrolled in the Life Science Institute's Nutritional and Health Sciences course. I continue to learn and apply more and more health building practices to my regime. Words cannot describe how grateful I am to T. C. Fry and his staff at the Wellness Retreat. I have been truly rescued from hell. Without their help, I would still be miserable, and life would be hopeless.

I have recaptured something I thought I would never experience again: happiness and joy with complete freedom from pain and suffering.

--Jeanie Taylor

DOCTOR BURNED OUT AT 55 REJUVENATED AT 56!

My name is Dr. Rolland N. Bivens. I was a career Army Podiatrist. Though I had a secure situation, I was nevertheless under severe emotional stresses, and I suffered heavy financial losses in my investment portfolio.

As unsuccessful as I was with my money, I was even more unsuccessful with my health. While I had an enjoyable niche in the Army and received respect and deference, the stresses of practice really got to me. I was 5'5" and weighed 200 pounds.

I felt I just
anymore. So, at
and retired from

I was going to
I had intentions
aerobically and
rudo Springs,
a health spa and
fizzled out. I had

I had devel-
both shoulders.



couldn't take it
55, I "hung it up"
the Army.

enjoy retirement.
of exercising both
exertively. In Colo-
Colorado, I joined
gym. I quickly
no energy.

oped bursitis of
The pain limited

the movements I could make. I could not perform very well on the weights. I was unable to do a single bench press with the bar itself. While I continued to go to the spa, I could not do anything with the weights without excruciating pain. So I became limited to the steam room, jacuzzi and showers.

I was not unfamiliar with fasting. When I was 45, I had gone on a six-day fast. I had a euphoric recollection of how well I felt after being so depressed and of low functionality.

So I began a search for anything and everything on the subject of fasting. I found some of Dr. Shelton's books on fasting in the library. I felt I had the answer to my problem at last.

Then I started my search for fasting institutions where I could take a long fast. Through the book, "Fit For Life," I was introduced to the Life Science Course in the health sciences. I promptly signed up for this course. It proved a revelation for me. What health was and how we could easily realize it was revealed from the beginning.

But as a part of becoming a student, I discovered that Life Science had a sister Wellness Retreat. I made plans to go right away.

At the scenic and lovely Lakeside Wellness Retreat, overlooking the shimmering waters of Lake Travis, I began a rest unlike any I had ever experienced before. At first I seemed to sleep perpetually, as much as 15 hours a day! Later I slept only a few hours daily as my sleep needs steadily decreased with my detoxification on the one hand and gain in vitality on the other.

I was told I might have some uncomfortable symptoms like headaches, nausea, vomiting or just about anything. I'm happy to say, I felt fine all the time.

While at Lakeside, I stayed mostly in bed or on a comfortable outdoor recliner. I listened to many informative tapes, read Hygienic books, studied my lessons and attended discussions, lectures and question-and-answer sessions. I learned much. I learned more on the subject of health than I had learned in all my previous life. Very frankly, all my years of learning in college and practice as a doctor hadn't enlightened me a bit about health. But there is an added dimension here. I finally had an insight into it all that I had never realized before.

Lakeside Wellness Retreat was so peaceful and quiet. There was no traffic or trucks or anything like what I was used to. With sunshine, fresh air, short walks and sunbaths aiding my recovery, I made progress much faster than I had been led to expect. I fasted 14 days and loved every day of it. There were always better feelings experienced the next day.

Especially pleasing to me on my walks were the deer which roam freely among the lawns, woods, roads and houses in Lago Vista. There were armadillos, road runners, rabbits, squirrels and lots of birds--all kinds of birds. My favorites were the mocking birds which sang practically all the time.

I dropped 20 pounds during the fast! And I lost it mostly where I appreciated it, from the paunch. My pants wouldn't stay on me without taking up the belt a lot.

I lost that burned-out feeling! I had energy to burn. I was eager to get into practice again. I was going to add a new dimension to it for my clients' benefit.

At the Retreat, my fast was broken on diluted juices, then watermelon and cantaloupe and by the fifth day I was given a large salad. I never knew leafy vegetable salads could taste so great. In fact, everything seemed to taste wonderful. My taste buds had rejuvenated too! So I made up my mind right there to eat raw foods only, most of it fruits! They were true

high-energy foods.

Being a medical man, I just had to be tested when I got back to Colorado Springs. To my pleasant surprise my cholesterol levels were way down. I had no sludged blood from fats. My blood pressure had dropped so remarkably, the physician said I had that of a young man. My prostate had been enlarged. Now it had decreased to the point that the urine flowed freely.

But the best news of all, I went back to the gym and did a 45-minute workout the first day. Bursitis good-bye. And it wasn't nice knowing you either!

That gym workout told me more than anything that I was really energized. After the gym workout, I had so much energy, I jogged and walked for several miles in an hour's time. And I've been doing it since. And I'm still losing weight even though my muscles and energy are increasing.

Like everyone else, I really knew that refined sugar and flour, canned foods, processed foods and salt were bad for me. But the weak protests I had made to my wife that they were causing my problems were ignored. After all, she was a gourmet cook and she delighted in serving me what were really some toothsome dishes. And, darn it, I really liked them. And she knew it by the enormous quantities that I consumed.

But when I returned, I retired my wife from the kitchen. She no longer has to waste a lot of time preparing food. My new regime is merely one of wash and serve.

With my newfound energy and euphoric feelings, I wasted no time in getting back into practice. I moved to Portland, Oregon and started a practice I call Hollywood Foot Clinic at 2111 N.E. 40th in Portland, Oregon. My phone number is (503) 284-5800. And, of course, I would like to be in contact with other Hygienists here.

—Dr. Rolland N. Bivens

YES, NATURAL HYGIENE REALLY WORKS!

So timid and skeptical are the many readers of our literature that it is with considerable doubt that they traverse it. Most think it sounds good but are fearful to try it. They've been so programmed as to believe health is not possible because "science" has yet to discover the open sesame to

health. But there are those who do not see any harm in trying and undertake our suggestions. Invariably they realize such wonderful results they must tell us about it. Daily we receive many letters praising this way of life. The following letters attest to the marvelous results to be expected from healthful living.

Yes, Natural Hygiene Really Works!

I want to thank you for returning my phone call concerning my grandson who was very ill with hepatitis.

I'm happy to report that after fasting for about a week as you advised, he has completely recovered.

I can't tell you how much I've benefited from my stay at the Lakeside Wellness Retreat. I've pretty much stayed on the program that you advocate and am trying to get others to follow this program too.

I would like to devote a part of the rest of my life to help as many people as possible with the principles of Life Science.

Fred Marcie
Marble, NC

Should Vegetarians Take Vitamin B₁₂? A Warning to Macrobiotic Dieters

Boy, do the meat and milk industries ever have vegetarians running scared!

When prominent vegetarians recommend a 50-microgram supplement of vitamin B₁₂ every week or two, that means they've fallen for the establishment line.

Of course, there's no harm in taking the B₁₂ sold in drugstores--it's made by bacteria just as is the vitamin B₁₂ which you get naturally from your intestinal flora.

So, if that's what it takes to have peace of mind for a vegetarian, so be it.

Please indulge my pointing out that the milks, cheeses, meats, livers, etc., which are recommended for vitamin B₁₂ come from vegetarian creatures which, lo and behold, eat vegetarian fare that contains no B₁₂ either!

Just as in animals, our intestinal flora create vitamin B-12 providing there is utile cobalamin (cobalt mineral) in the diet.

Now I have said "utile" cobalamin. Macrobiotic people who are vegetarians have a bad habit of cooking their foods to death. This deranges not only vitamins but all minerals including cobalamin. Further, proteins become deranged such that they easily putrefy, and the fats they use become carcinogenic when heated. But that's a long story.

Hygienists are better off not getting caught up in cooking or milk- and meat-industry propagated propaganda.

Does Raw Food Cause Anemia?

After my sixth attempt to eat only raw food, I was able to stay on the program for 3-1/2 months. Then it became time to take my physical examination.

From my blood test, my doctor discovered that I was low in iron and that I had become anemic. My red blood cells were low.

She wants me to take a vitamin, one tablet a day of allopurinol (so that I don't wind up with gout and arthritis). And, in her words, to "start eating some real protein, like chicken."

I don't want to do any of this, unless it's necessary. Is it normal for people to get anemia from eating only raw food? I eat a wide variety of fruits, vegetables, nuts and seeds.

How can I increase my iron--naturally?

Robert Dean
Ft. Myers, FL

RESPONSE: Why did you get healthy on your physician? You're running into the medical dilemma of Hygienists who continue to patronize physicians.

As pointed out in previous articles, physicians have never witnessed any really healthy people! The norms they proclaim are really pathological averages.

When you get healthy, the following usually comes to pass:

1. Red blood cell counts decrease, sometimes by as much as 50%!
The body does not have more cells in the vascular system than are necessary to meet body needs for oxygen and nutrients. A clean

- bloodstream has less work to do than a polluted one! Further, healthy red blood cells carry more oxygen and nutrients than unhealthy ones.
2. White blood cell counts also decrease, sometimes by as much as 50%! White blood cells are the janitors for our blood and fluids. A clean bloodstream requires less janitors than a filthy one.
 3. Serum vitamin B₁₂ decreases to levels that are “anemically low.”
 4. Cholesterol levels decrease to the 120 to 160 range.
 5. Heartbeat/pulse go down to the 40- or 50- beats-per-minute range when health is attained.
 6. Iron levels in the blood decrease, especially when we cease to pollute our blood with metallic iron powders as in supplements and “enriched” foods. These inorganic irons are a prominent cause of hepatitis and hemochromatosis.
 7. Other minerals that the body can't use from hard water, cooked foods and supplements are absent in a healthy person's blood.

As the body recycles about 95% of its iron, it is impossible that you are subpar on your iron needs in only 3-1/2 months. If you get as much as five milligrams a day (RDA is 10, but that's more than double the actual need) of usable iron--that is, iron from fruits, vegetables, nuts and seeds, you'll be just fine. It takes the body at least six months to exhaust its iron reserves if no new iron is taken in.

As you know, synthetic vitamins and mineral supplements derived from metals, ores, etc., are unusable. So, your physician's recommendation for synthetic/inorganic supplements is inane.

Gout and Arthritis Are Meat Eaters' Diseases!

Further, you will not get gout on a fruit-and-vegetable diet. Uric acid that causes gout comes from animal flesh, one of the very things your doctor recommended you eat. What happens is that uric acid from meats must be neutralized because the human body, unlike a carnivore's body, does not secrete uricase, an enzyme that breaks down uric acid. Hence, the body must neutralize this acid with its base minerals, primarily calcium. The resulting urate crystals have an affinity for cartilage or collagen. It causes buildups in joints and other body locations. This is a disease of meat eaters!

Advice like “start eating some real protein like chicken” has to be

given out of sheer ignorance. You don't need protein as such--your need is for amino acids. If you eat protein as such, your body must laboriously digest it. And if it's a cooked protein, it is bacterial soil because your body cannot use deranged, coagulated and deaminated amino acids. Bacterial putrefaction produces a raft of toxins which you're likely to absorb. When you eat raw foods, you get predigested proteins as amino acids, as in the case of fruits; fine proteins from vegetables; but very concentrated proteins from seeds and nuts.

If you want to increase your iron from natural sources, I suggest that you take a slight amount of dulse as a powder over your salads. One gram a day of dulse supplies you with 1.5 mg. of iron. Kelp powder has two thirds as much. Parsley, pumpkin seeds and members of the apricot/peach family are especially rich. They have more iron in their natural, raw state than grapes after being dried (raisins) which are recommended for their high-iron content.

I suggest that you continue what you're doing, but be sure to have an exercise or vigorous activity program. Get sunshine, adequate sleep and amply meet the other needs of life. Your greatest danger lies not in healthful practices, but your propensity for patronizing physicians.

How Will I Get Enough Calcium and Protein?

I have been following the diet outlined in *Fit For Life* for approximately 1-1/2 years now. My husband and I are planning another child, but I am concerned about my prenatal diet and getting enough protein and calcium. Please advise me about getting the right nutrients if I don't eat any meat or dairy products.

Paula Jomermuth
Kingsport, TN

RESPONSE: Your prenatal diet should be a healthy one. And a healthy diet consists of raw fruits with some vegetables, nuts and seeds.

Fruits average out to about the same amount of protein as a mother's milk for a growing baby. That's certainly enough for grownups, including mothers-to-be. Vegetables, nuts and seeds have several times as much quantitywise.

You will not lack for protein on the Hygienic diet. The protein kick you're paying heed to is fostered by industries promoting their wares,

especially meats and dairy products.

Actually, humans require only about 20 grams of protein a day from raw foods. The average American eats 105 grams daily, most of it cooked. Cooked proteins are a disaster in the American diet and beget bacterial putrefaction. Putrefactive by-products are absorbed and toxify our bodies, thus causing illnesses and diseases.

Fruits average out to about twice our actual need for calcium--more when supplemented with calcium-rich vegetables. When you cook a food, the calcium becomes quickly nonusable along with other essential minerals. The RDA of 800 mg. daily for calcium is more than four times the requirement of a raw-food eater. Just as cooked proteins are unusable, so, too, minerals returned to their inorganic state are unusable.

Our foremost nutrient need is for glucose, about 90% of our food intake aside from water and fiber. By dry weight, we do well on 4 to 5% protein and about 2% fatty acids, 2% minerals and 1% vitamins and various auxins.

Eat most of your foods in the raw state and, of course, only what you like in that condition, and worry not. Be assured Mother Nature provided well for us. Our natural diet furnishes our needs to repletion! Eat only what you'd relish in a natural setting where you had no cooking equipment or tools. You can obtain your needs amply even though we are in settings removed from our natural habitat.

Fruit Diet Works Wonders

Since I started eating more fruit, my indigestion evaporated. Never felt better in memory. Your books and tapes explain it best. They are very convincing. God bless and keep you.

Jim Connor
Corralville, IA

Do Enzymes in Food Bolster Our Nutrition?

I would like to see research into enzymes to extend Dr. Howell's discoveries as presented in his book, *Enzyme Nutrition*. He advocates raw food because of their enzymes. He tells us that we should consider enzyme supplements.

I know that you advocate no supplements whatsoever. What is your reaction to Dr. Howell and his proposals?

Paula Halsey
Garner, NC

RESPONSE: Having read Dr. Howell's excellent book, I would be inclined to go in big for raw foods, say 100%.

But, let's face it, Dr. Howell's rationale was faulty! He granted that enzymes were of help in the body only for the short time that they were active in the upper or cardiac portion of the stomach. In the distal region of the stomach, enzymes, being proteins, are broken down by the body's enzymes into polypeptides and then, in the duodenum, into amino acids.

Digested into their amino acid components, enzymes lose their character and are just so much more raw materials the body uses as it sees fit. So where is the nutritional magic that Dr. Howell implies for enzymes in his title and elsewhere?

Dr. Howell's contention is that we need the small additional amount of enzymatic activity in foods for better nutrition. Let's examine this carefully.

First, fruits as eaten have precious few enzymes in them! Why is this so when, while unripe, they're loaded with enzymes? Fruit enzymes ripen their carbohydrate components by changing them to simple sugars; glucose/fructose, as a rule. They reduce their fat components to easily appropriable simple fatty acids and glycerols. And they predigest their proteins into amino acids *including* those in the enzymes! So we can't extol enzyme nutrition when there are practically none there, can we?

Or look at vegetables! Leaves, stalks and stems have practically no enzymes either! The plant imbues substances with enzymes *only* where a transformation is intended--like with seeds! So, enzymes couldn't be of much value in vegetables either, could they?

Or take the case of Dr. Franco Columbo, a world class weight lifter. He eats raw meat and gives it credit as the source for the tremendous energy he has. Your energy comes most efficiently from carbohydrates. Raw or cooked meats are energy-draining, not energy-gaining foods. The only energy from meats comes from their fats. Proteins require about 137% of their energy potential to be digested, deaminated and utilized.

Of course, if you're going to eat meats, they're far less harmful raw. But

attributing their easier digestion to the enzymes they have is fallacious! Meats do not digest themselves. They don't use tenderizers for nothing now, do they? Meats have very little viable enzymes after the death of the animal. So whither comest thou?

Well, if enzymes aren't the answer to the magic of eating uncooked foods with their enzymes intact, then what is?

It's not so much the intact nature of the enzymes that make a raw food so valuable, but the intact nature of the food itself! Heat deranges and destroys nutrients, ruining it on the one hand and, on the other, transforming its beneficent nutrients into toxic substances, thus giving the eater a double whammy. Therefore, the value of raw foods is their rawness, not the enzymes they may have.

Supplements?

No!

On our biologically correct diet, why should we take enzymes with foods that do not require them, which, with their own enzymes, have already accomplished what digestive enzymes must laboriously do?

The principle is wrong anyway! Advising the taking of enzymes is like advising us to wear crutches to supplement our leg power. When we use crutches for a leg, the leg observably atrophies. When we use eye glasses, the eyes atrophy, becoming progressively weaker and ever requiring "more powerful magnification."

What I guess I'm saying is: If you don't use it, you lose it! Supplements anyone?

I Became a 100% Fruitarian!

I am very happy to tell you that I have successfully been a 100% raw fruitarian since December 1987 with the exception of about eight meals of raw vegetables. I'm feeling wonderful and have experienced none of the problems everyone who didn't understand what I was doing told me I would suffer.

Loretta Rappaport
Chicago, IL

41-Year-Old Hygienist Outlasts 20-Year-Old Athletes!

WOW! Last night I was invited to play a game of full-court basketball. Being 41, I was hesitant to accept the invitation but participated anyway, thinking that I would be playing only briefly--I hadn't played since becoming a Hygienist two years ago.

I was doing so well, I stayed in the game. While the other fellows were huffing and puffing, I was amazed with my own staying power. When the final buzzer sounded, I felt like I could have played another game!

I did not realize I could do this, though I have done vigorous workouts almost daily. I want to emphasize that full-court competitive basketball is an entirely different animal. By playing with fellows 20 years younger, I was struck by the fact that our bodies have capacities we have yet to explore.

Healthful living does, indeed, produce health and many unexpected joys, athletic stamina being one of them.

I'm thankful to you for the zest for life your efforts have given me.

Norman G. Hodgson
Hayward, CA

Natural Hygiene Amazes Student

I really had no idea that we are so self-sufficient! As you can see, I was a typical brainwashed victim of the medical system.

I continue to be amazed. Your (health and nutrition correspondence) course has opened my eyes to more truth than I knew existed!

Nothing I have ever read makes sense like your teachings. It is unbelievable how we have been programmed and misled by the medical system. I am very glad that I decided to study with you. Every chance I get I study. There seems to be more buried in your lessons than in all the science books I've ever read.

John Leschinski
Chehalis, WA

Regains Mental Powers on Natural Hygiene

I thank you for being there and helping people like me back to good health.

I first received your literature about four years ago. At the time I had chronic encephalitis. I was classified as totally disabled. I could not speak, read or write. I was taking pills for arthritis and epilepsy. All this happened because of a terrible accident in 1977.

I was fortunate someone told me about you. He gave me your literature and told me what it said. I started doing the things you said. I gave up the drugs. I started going outdoors. I started my own garden. Really wonderful things started happening to me.

Up until 1983, people would talk to me. I knew what they were saying, but I could not answer. In 1984, my problems began disappearing. By 1985, I was almost back to my old self.

Many people compliment me on my improvements. They think it's like a miracle. When I tell them what I eat and do, they seem amazed that just a change of diet and outdoor work and walking can do so much for one.

I thank you again and again for your wonderful help. I have nearly full function of my memory again.

Oliver Glover
Cathedral City, CA

How to Get a 48-Hour Natural High and Feel Good All the Time!

Millions of Americans get their highs from such drugs as caffeine, nicotine, alcohol, marijuana, herbs (as in pizzas and other foods), vinegars, cocaine, tranquilizers (really a narcotic) and yet other drugs.

You don't have to take drugs to get highs! The greatest highs of all are perpetual without a letdown! They come with being healthy and doing what you should be doing! You always feel energetic, peppy, raring to go and happy.

It takes about 8 to 20 minutes to create a natural high that lasts for up to 48 hours!

In that amount of time, you can run from one to two miles! And that causes the body to secrete noradrenalin or norepinephrine. It usually takes at least a mile before the feeling comes on--some people call it

“second wind.”

The benefits of running are simply enormous and far reaching! If you run 12 to 20 minutes per day, stay on a raw diet, sleep on a comfortable bed in fresh air and quiet surroundings, you'll need about an hour less sleep per night!

So, the high you get from running gives you far more time than it takes!

As a bonus, you'll become fit! Your stamina increases. Your health improves. Your complexion takes on a vital glow. You normalize your weight. Your digestion becomes better. Your thinking improves, and your performance becomes surer and more precise. Your productivity increases.

You do want to do yourself a favor, don't you? Like making yourself be the best person you can be? I don't think anyone is happy operating at less than his potential. And, let's face it, almost no one realizes his potential, not even that which can be so easily and surely attained.

Be all that you can be! Until you've worked yourself up to two miles of daily (or every other day) running in conjunction with other body-building exercises and a regimen that involves all or mostly all raw foods, fresh air, sunshine, adequate sleep and a pleasant environment, you don't realize what wonderful achievements are in store for you.

This simple program will yield you such spectacular improvements, your friends and loved ones will admire and praise you. And you'll feel so much better and have so much more energy that you'll interact with others and be more appreciated and loved.

Chiropractor Impressed with Hygienic Philosophy

I recently became aware of the “Natural Hygiene” approach to health via the Diamonds’ book *Fit for Life*. Being a chiropractor and vitally interested in a natural approach to health, I was immediately impressed with what seems to be a simple, logical approach to the nutritional segment of the health equation.

**Michael E. Hanson, D.C.
Kirkwood, MO**

Life Science Creates a Loving Disposition

I was an officer in the U.S. armed forces before I retired. To say that I had a killer instinct ingrained into me is not strong enough. I had a lot of cultivated hatred.

Since retiring, I became a Life Scientist, enrolled in your course, and I've been diligent about my health.

Now I appreciate those around me. Instead of castigating, complaining and condemning all those that are doing wrong or trying to put one over on me, I now try to understand their position or where they're coming from. It is impossible to hate a person merely because he or she is sick or somehow following wrong guidance.

Now I'm winning friends merely by being compassionate and understanding.

Because of what I learned from the course, I know that a person at peace with himself by virtue of a good diet is at peace with the world. And I realize that a person riled up inside by wrong diet and practices is likely to take it out on others. Misery inside creates a miserable person, and harmony inside creates a harmonious and loving person.

Mr. Fry, I credit you and Hygienic writers for this remarkable change in me.

Tim Hanson
Dixfield, ME

Life Science Is Great!

Last June a lady asked me what to do about her gallstones. After finding out she had no occasion to fast, I told her to eat all raw fruits such as pineapples, mangos, etc., for a week or two and nothing else.

This lady said she went to a physician, and he told her she would have to have an operation to get the gallstones removed. She was suffering intense pains from the stones.

She stayed on the diet for just 11 days and was happy to report to me that it worked--that she had no more pains or discomforts. Now it is three months later, and I met this lady again! She's been pretty much on the Life Science diet and is happy, saying she is still pain-free.

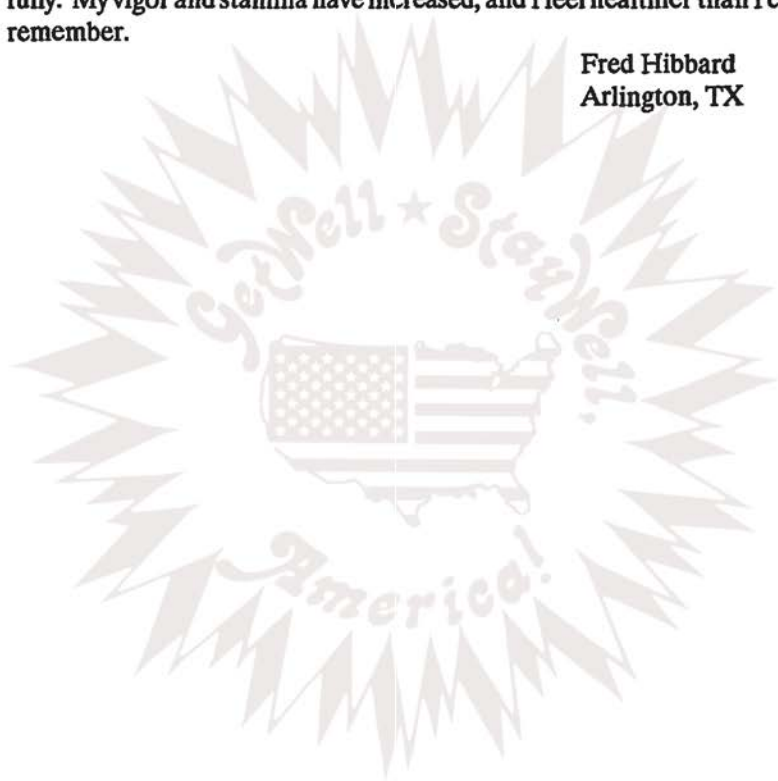
Ray Gajewski
Deming, NM

Life Science Proves Beneficial

The information I have gained from your books has been helpful to me. I feel better, look better and act better.

The foods recommended work exceedingly well with my metabolism. They fill me up, keep me from feeling hungry, and apparently nourish me fully. My vigor and stamina have increased, and I feel healthier than I can remember.

**Fred Hibbard
Arlington, TX**



4

Introducing a totally effective health system

Mother Nature had things right for us to start with!

Within the context of modern civilization, we can still diligently follow almost all our biological imperatives. Meeting our natural biological needs is still easily possible and insures our enjoyment of illness-free well-being.

Just as animals in nature enjoy ailment-free lives from unattended natural births to the end of their natural life spans, so, too, can humans appreciate vibrant, sickness-free health from birth to the end of their natural life spans. This is well over a hundred years for humans.

Vibrant health is thus normal and natural! Sickness and suffering are abnormal, unnatural, and unnecessary!

Health is produced ONLY by healthful living. Disease and suffering result ONLY from unhealthful practices and influences.

If this is true, then why don't we know about this marvelous system for total well-being?

Some of us know despite the massive indoctrination of our populace from birth to think of diseases as being normal and inevitable to human existence. Some of us already live happy sickness-free lives because we've learned and carefully observed the health formula as presented herein.

Most of our fellow citizens are not aware that America is effectively controlled from stem to stern by a powerful multi-trillion dollar cartel. This cartel has a vested interest in a sickly, mediocre, and unquestioning populace who'll be big customers for its enormously profitable junk foods, chemical and energy industries, and medical system, especially its criminally rapacious drug industry which is a part of the medical complex.

The totally effective health system authored by Mother Nature is today known principally as Natural Hygiene, but also as Life Science, Hygiene,

Natural Health, and Health Science.

Natural Hygiene is the science of health. These two words, Natural and Hygiene, were selected to describe this natural system of health.

Hygiene means "the science of health" as defined in any dictionary. The name is derived from Hygeia, the fabled daughter of Asclepius; Hygeia was called the Goddess of Health. To this we have prefixed the word *natural* to distinguish the word *hygiene* from the spurious use of it as mere cleanliness.

The principles of Natural Hygiene are well summarized in the following statement that I initially penned in 1975:

DECLARATION OF THE PRINCIPLES OF NATURAL HYGIENE

Natural Hygiene holds that life should be meaningful and filled with beauty, love, kindness, goodness, and happiness.

Natural Hygiene holds that humans are inherently good, righteous, loving, sharing, and virtuous, and that their exalted character will be realized under ideal life conditions.

Natural Hygiene holds that superlative well-being is normal to human existence and is necessary to the achievement of the highest human potential.

Natural Hygiene holds that supreme human excellence can be realized only in those who embrace those precepts and practices which are productive of superb well-being.

Natural Hygiene holds that only under the recognition of and the observance in practice of our biological needs will our lofty potential be fulfilled.

Natural Hygiene, which encompasses all that bears upon human well-being, and which bases itself soundly upon the human biological heritage, constitutes the way to realize the highest order of human existence.

Natural Hygiene is in harmony with nature, in accord with the principles of vital organic existence, correct in science, sound in philosophy and ethics, in agreement with common sense, successful in practice, and a blessing to humankind.

Natural Hygiene recognizes that the human body is obviously self-constructing, having developed from a fertilized ovum, that it is self-preserving, self-defending, self-governing, and, through the mighty power

and intelligence that constructed it, totally self-cleansing and self-repairing. And, further, Natural Hygiene recognizes that the body maintains itself in perfect health, completely free of disease, if its needs are correctly met.

Foremost among these needs are fresh air, pure water, rest and sleep, cleanliness, foods consonant with our natural disposition, love and appreciation, comfortable temperature, sunshine, vigorous activity, constructive work, emotional poise, self-mastery, pleasant environment, purpose and commitment, and self-reliance.

Natural Hygiene recognizes that humans are naturally frugivores and are adapted to a diet primarily of fruits and, secondarily, vegetables, nuts and seeds eaten in compatible digestive combinations while in the fresh, raw, natural state.

Natural Hygiene recognizes that diseases are caused by improper life practices, especially dietary indiscretions. Illness proceeds from reduced nerve energy and consequent toxicosis from uneliminated internally generated wastes, from ingested substances bearing or begetting toxicity, or from a combination of both. Insufficient nerve energy arises from dissipation, stress and distress, overindulgence, excess or deficiency of the normal essentials of life, or contamination of the body with substances not normal to it. Accordingly, recovery from sickness can be achieved only by discontinuing its causes and supplying conditions favorable to healing.

Natural Hygiene recognizes that a thoroughgoing rest, which includes fasting, is the most favorable condition under which an ailing body can purify and restore itself.

Natural Hygiene, which teaches that exalted well-being can be attained and maintained only through biologically correct living practices, is not in any sense a healing art or a curing cult. It regards as mistaken and productive of much grief the idea that disease can be prevented or overcome by agencies abnormal to our natural being. Consequently, Natural Hygiene emphatically rejects all drugs, medications, vaccinations, and treatments because they undermine health by interfering with, disrupting or destroying vital body processes, cells and tissues.

Therefore, Natural Hygiene regards the body and mind as the inviolable sanctuary of an individual's being. Natural Hygiene holds that everyone has an inalienable right to have a pure and uncontaminated body, to be free of abnormal compulsions and restraints, and to be free to meet his or her needs as a responsible member of society.

The above statement embraces the touchstones for health.

The central position of Natural Hygiene is that perfect health will result from correctly meeting our biological needs.

Basically our needs are for:

1. Good air;
2. Pure water;
3. Comfortable temperature;
4. Internal and external cleanliness;
5. Adequate sleep;
6. Love, appreciation, and kindness;
7. Foods to which we are naturally adapted;
8. Activity that assures fitness;
9. Sunshine and natural light;
10. Rest and relaxation;
11. Play and recreation;
12. Emotional tranquility, mental poise,
and peace of mind;
13. Security of life and its means;
14. Pleasant environment;
15. Creative, useful work;
16. Self-mastery or self-control;

17. Belonging to a social group;
18. Inspiration, motivation, purpose and commitment;
19. Expression of the reproductive instincts;
20. Satisfaction of our aesthetic senses, that is, our sense of beauty, goodness, and loveliness;
21. Self-reliance and self-confidence; and
22. A sense of self-worth or self-esteem.

I realize this list may be incomplete. Nevertheless, this list is sufficient to achieve perfect health if you put it into practice.

5

The essentials of life and health

The needs of life, appropriately supplied, produce vibrant health. The sum of all the essentials of life sensibly observed constitutes healthful living. This is the practical application of the science of health.

If the essentials for well-being are ideally furnished and the influences that interfere with well-being are discontinued and removed, then perfect health must necessarily be the result.

The human body has been developed to thrive in good health for at least 150 years. All that it requires is that its needs be met and that health-sapping influences be absent.

The essentials of well-being are simple, obvious, and quite familiar to most of us. Recognizing these factors and influences within the context of social and economic conditions that often deny or interfere with their supply and utility is necessary to adequately meet your needs.

Failure to supply your needs wisely results in impaired function, lowered well-being, lower performance levels, sicknesses, and a lower station in life.

Assuring your body of all its needs might be likened to the care that must be lavished upon highly complex jet liners even though meeting our needs is, relatively, simplicity itself. Every item of equipment aboard the jet must be in working order and have an adequate supply of its needs in order to operate as designed. The jet may operate with many of its systems knocked out but it is crippled. Crippling of certain systems may send it to its doom. And so it is within your body.

The human body consists of about 75 trillion cells which live together harmoniously. Cells live both for themselves and the organism of which they are a part. Cells house a population of mitochondria and organelles, the most basic life units there are, varying in quantity from a few thousand up to perhaps 50,000 in the case of a well-developed muscle cell.

Cells are organized into tissues and tissues are organized into organs and systems. The *tout ensemble* is a complete organism, that is, you in all aspects of your being.

With this perspective in mind, we'll review the salient needs of life in summary form.

THE NEED FOR GOOD AIR

Our most immediate life need is for oxygen which our lungs extract from air.

Air in nature is relatively pure even though it has extremely minute amounts of poisons such as ammonia, carbon dioxide, methane, carbon monoxide, formaldehyde, ozone, nitrogen dioxide, sulfur dioxide, and particulates. The body excludes these poisons from the vital domain with efficiency.

However, today's air is heavily polluted in many metropolitan and industrial areas. Modern lungs, not very healthy to start with, have great trouble dealing with the pollutants. Respiratory problems are very common and severe in many polluted areas. You can be sure that polluted air has made its contribution to the pathology.

Need we say anything about the millions who seriously pollute their lungs with tobacco smoke?

The world's most polluted places are American homes. The outside air coming into millions of American homes is polluted to start with. The average American home is a showplace for "better living through chemistry." The cleansers, detergents, aerated hot greases, cigarette smoke, stale air, sprays, cosmetics, aerosols, deodorants, microwaves, and numerous other polluting substances and devices make the average American home a den of respiratory pathology.

Your home should be airy, cheery, and naturally lighted by day and with full spectrum lights at other times. Make sure you and your family breathe the best air possible at all times.

THE NEED FOR PURE WATER

Though not of the same immediacy of need as oxygen, water is, nevertheless, a constant and vital need.

Water serves several purposes in our bodies:

1. As a part of protoplasm, cells and, in short, of all body components.
2. As the body's transportation system. All systems for moving nutrients and wastes around the body involve water.
3. As an evaporative agent to refrigerate the body when it is subjected to exceptional heat, either internally generated or from the outside.

Humans need pure water--the body cannot use the contaminants that might be in water as taken from nature and from taps.

At this juncture it is wise to inject the fact that humans are not natural water-drinking creatures. Humans have no natural water-drinking equipment. Without containers and mechanical aids, humans have a most difficult time getting water into themselves. Like many desert animals, humans in nature obtained their water plentifully from their natural foods. Thus, it was not necessary to develop water consuming faculties for humans as with many other animals.

Hence, water drinking is an unnatural practice of humans. Many hygienists, myself included, do not normally drink water, sometimes for months at a stretch!

As hygienists we require about 60% less water than those who live conventionally. People who eat cooked foods, condiments, especially salt, meats, and animal products, require extraordinary amounts of water. Those who live conventionally must have extra water to deal with the unnatural toxins ingested and generated within.

The water in unfired foods that we relish raw, mostly fruits but including some vegetables, is more than adequate to meet needs. In fact, melon eaters often have to make extra trips to the urinal.

By all means, if you become thirsty, drink! But if you must drink regularly when not involved in extraordinary heat and exertion, your eating practices must necessarily be unnatural. And if you must drink, drink only pure water. The only pure water is distilled water, with water processed by reverse osmosis being nearly pure.

The body cannot use the chemicals nor minerals that might be in water. Instead it is poisoned by them. The body treats metals, soils, trace minerals as in sea water, sulphur, iron and other things the water picked up from soils and rocks as unusable and toxic. These minerals, along with those resulting from cooked foods, are the ones that clog up our arteries in conjunction with saturated fats and cholesterol.

Of course you're going to require extra water until you get your body in good operating condition. But, henceforth, you'll put only pure water

into your body when thirsty.

MAINTAINING A COMFORTABLE TEMPERATURE

This is one area in which modern humans meet their needs ideally. We keep ourselves remarkably comfortable the year around by either supplying warmth or cooling our air. We dress for the type of weather and climate we must face.

Over eons of time the human body developed an ideal operating temperature for itself. This is probably between 96.5 and 97.5. The so-called normal of 98.6 is actually a low grade fever of a body beset with pathological processes.

In clothing ourselves in temperate climates we must wear loose-fitting, never tight, dress. Cotton, linen or other air-absorbing and moisture-absorbing fabrics must be used. Synthetic fibers do not permit these features and are, thus, unwholesome.

In keeping our homes warm or cool we must take steps to insure that adequate amounts of fresh air are always injected. In especially cold climates this may mean the employment of heat exchangers to preserve precious energy.

Keeping your body at an ideal temperature is healthful. But make the acts of warming or cooling healthful too! These are all too often pathogenic in America.

KEEPING OURSELVES CLEAN, EXTERNALLY AND INTERNALLY

The average American is scrupulously clean--externally. The average American is pathologically filthy--internally. This is like having well-scrubbed garbage cans.

Keeping ourselves clean internally is absolutely necessary to ideal well-being.

Internal contaminants with which Americans are so loaded come primarily from what we put into ourselves!

The first commandment of eating is: "Thou shalt not poison thyself."

The average Americans intoxicate themselves with what they put into themselves several times daily!

What do Americans poison themselves with daily?

1. First and foremost are cooked foods. The foods that we cook, as a rule, should never be eaten in the first place. We cook animal products which we should never touch, even raw. Animal products are laden with poisons and components that foul us up. Cooking destroys nutrients wholesale from the moment heat is applied. Proteins are coagulated (as seen in the cooking of eggs, cheese, tofu) and deaminated at temperatures exceeding 118 degrees F. to 160 degrees F. The idea that we can get proteins from anything cooked over 150 degrees (the temperature of pasteurization of milk is 160 degrees F.) is sadly mistaken. Heat deranged proteins yield us no nutrients. Instead they putrefy in the system and result in putrescine, muscarine, neurine, leukomaines, mercaptans, indole, skatole, ammonia, hydrogen sulfide, carbon dioxide, cadaverine, methane gas and yet other toxic substances. When absorbed from the ileum and cecum, we are being poisoned! (If you don't believe they're poisonous, just look them up in a dictionary!) Further, if that isn't bad enough, minerals become liquid ash when the heat gets to about 180 degrees. The cells burst and the minerals are lost to the inorganic state that characterized them in the soil and rocks from whence they came via the water the plant absorbed. These minerals, crucially needed by our bodies, now become toxic and poison us just as if we ate them from metals, ores, rocks, soil or sea water. (If you don't accept this, look up the word leukocytosis, the body process that results when toxic substances are absorbed into the vital domain. Leukocytosis is a proliferation of the white blood cells [the so-called immune system] as a defensive measure to remove toxic materials. The body can use minerals only in an organic context as in raw fruits, vegetables, etc. When cooked foods are eaten, leukocytosis always occurs!) Perhaps you know that heated fats are carcinogenic. Perhaps you know that cooked fats and cholesterol combine with mineral debris from cooked foods, mineralized water, and mineral supplements, and form plaque in the arteries. As you'll soon enough learn, cooked starches as in grains are also carcinogenic (per studies cited in "Diet, Nutrition, and Cancer" published by the National Research Council of the National Academy of Sciences.) There's no way to nourish yourself with foods cooked as Americans normally eat them. Instead, all

cooked foods poison their consumers to the extent the foods have been deranged by heat.

2. **Condiments!** Condiments such as salt, vinegar, white and black pepper, hot pepper, oregano, spices, garlic, radishes and horse radish, all so-called herbal seasonings and many other things sold as spices and seasonings are toxic.
3. **Recreational drugs!** These are primarily soft drinks, coffee, tobacco, alcohol, and teas. Actually, pizza is highly drugged (condimented) with so many carcinogens, it should be renamed "cancer pie," and it is definitely a recreational drug sold as food. Oregano is as toxic as marijuana!
4. **Prescription drugs.** All drugs are toxic! They're not controlled substances because they're wholesome. All prescription drugs are very toxic. If you're into drugs, all you need do is refer to a Physicians' Desk Reference to find out the many poisonous effects they have.
5. **Over-the-counter drugs.** Likewise all are toxic. All you need do to find out how we're poisoned by them is to look into another version of the same book, popularly referred to as the PDR.
6. **Synthetics** as in vitamins (ALL) and other things in what we eat as foods.
7. **Inorganic minerals** as in supplements, so-called enriched foods, spring water, hard water, tap water, cooked foods, sea water, and numerous other substances sold as healthful.
8. **Fermentation products** such as alcohol, sauerkraut, beer and wine, vinegar, yogurts, soy sauce, soured milks, and much else.
9. **Putrefaction products** such as cheese (rotted milk), liverwursts, strong meats and fishes, etc.
10. **Toxic components of what we eat as foods** as in animal products, grains, herbs, syrups, etc.
11. **Your own uneliminated wastes.** Because of stress, nervous exhaustion, fatigue, inadequate sleep, etc., your uneliminated wastes accumulate until you become clogged with them as well as toxic ingesta. This results in toxicosis which gives rise to a whole train of pathology.

This list is not exhaustive but I'm sure you're poisoning yourself, much of it unknowingly and unintentionally. All poisoning, however it arises, is a cause of your health problems.

To keep your body pure inside is crucial to good health and high-level performances.

GETTING ADEQUATE SLEEP

Sleep is the condition under which the brain generates our most precious energy of all: nerve energy. Nerve energy is essential for conducting the body's activities. Without nerve energy we might be likened to an auto with a tank full of gas but a dead battery.

Nerve energy consists of a fund of low-grade electricity measurable in microvolts and millivolts. The brain creates and stores the electricity it needs while asleep.

The soundness of sleep determines the efficiency with which nerve energy is generated. The deeper the sleep, the more quickly the body generates the nerve energy it needs. Conversely, the poorer the sleep, the less "rested" we'll feel upon arising because insufficient nerve energy has been generated to meet the coming day's needs.

There are five stages of sleep. These stages are:

1. Low beta, 13 to 16 cycles per second
2. Alpha, 9 to 13 cycles per second
3. Theta, 6 to 9 cycles per second
4. Delta, below 6 cycles per second
5. REM or Rapid Eye Movement, the dream stage

The first four classifications have to do with the brain wave frequency. The fifth stage is the dream stage wherein body phenomena threaten wakefulness. The dream is the brain's ersatz method of quelling the disturbing factors so that more sleep may be had. For instance, if you have an oppressively full bladder, you may dream of urinating. Dreams are the lightning rods for grounding disturbing influences so that more sleep may be had.

Sleep should be in a comfortable bed at a comfortable temperature in a well-ventilated room. Quietness should be a condition of sleep, for noise always disturbs sleep at whatever level. Likewise, sleep should be in a very dark room as light disturbs sleep. In large cities, both ear plugs and eye shades may be necessary for better sleep.

LOVE, APPRECIATION, FRIENDLINESS, AND KINDNESS

Many if not most Americans feel either lonely, bored, depressed, unloved, unappreciated, or unsure--or a combination of these feelings.

Love and appreciation from others is a need that arises from our innate gregarious instinct. This means that just as we have the need for friendliness, love, appreciation, and kindness from others, we are inherently and naturally loving, kind, caring, appreciative, and friendly.

Most Americans are of a very negative attitude and many seem to be selfish, uncaring, unloving, unfriendly, hostile, and cruel.

Despite all this, our instincts are alive and well. These perversions are the result of our inhumane society and economic system. Not only do too many Americans feel forlorn, but their practices, demeanor and attitude earn them their feelings. Most Americans, I repeat, are negatively oriented.

Bad-mouthing is so prevalent that you'll find the word in most dictionaries. Yet good-mouthing is so rare that it does not appear in dictionaries.

Most Americans are complainers, criticizers, castigators, and condemners. Yet, this is not their inherent nature but perversions they've acquired in our society.

If you want to be loved and appreciated, you must be lovable. You must be loving. You must be appreciative. You must cultivate appreciation of others. You must praise instead of criticize. You must commend and compliment.

While flattery is insincere and will really get you nowhere, compliments, praise and commendation for deeds and goodnesses that are observable and evident will get you everywhere. It's a cruel society that vitiates our brethren.

A smile is the most contagious thing in the world. Cultivate the healthful and happy disposition that makes smiling natural to you. When your lips are curled in a smile the world smiles with you. When you're dour and sour, the world beats a path away from your door.

Because we all naturally love to be loved, we should all examine our attitudes and practices. We want to earn love and appreciation from others. We must, therefore, be lovable. We must be loving.

You must recognize this primal need in yourself and consciously reorient your attitudes to reflect your instinct instead of acquired perversions. You must studiously cultivate loveliness and lovingness.

FOODS OF OUR NATURAL DIETETIC CHARACTER

Foods are an area where we violate our biological imperatives with more penalty than any other.

The first commandment of eating is: "Thou shalt not poison thyself." Yet, as I pointed out under our treatment of the subject of internal cleanliness, the average American poisons himself or herself dozens of times each day.

Virtually everything the average American eats is, in some measure, an intoxicating experience! Americans are heavily exploited under the guise of "enjoying yourself" when most of the enjoyments in food consist of drug kicks and intoxicating fare.

Cooking apparatuses, tools, and containers are a very recent arrival on the human food scene. Humans are, like all animals in nature, naturally equipped to acquire and consume their biologically correct diet in its raw natural state.

Our instincts are still alive and well despite the gross eating perversions we indulge in a society gone berserk! Over 98% of our people are suffering illnesses, diseases, maladies, ailments, defective teeth, poor eyesight, impaired hearing, indigestion, constipation, and a host of affections. Almost all our suffering can be laid at the door of what we put into ourselves.

In nature, what would you eat with relish?

Would you go for grass? Grass seeds? (Grass seeds include grains from which bread, cereals and hundreds of pathological concoctions are made and marketed. We cannot digest them in the raw state. If you think so, why not get a teaspoon of wheat berries, rice, etc. and chew as it occurs in nature. Even as ground flour you couldn't manage a spoon full--it would be agonizing fare.)

Would you go for weeds? Would you go for leaves and bark? Would you go for roots of plants? I think not! We don't have snouts for digging as have hogs and we do not secrete enough starch-splitting enzymes to matter.

Would we suckle female goats, cows, mares or other animals? The mere thought of it is repulsive.

Would you try to chase down and catch rabbits? Birds and fowl? Fish? Calves? With your bare hands and teeth, I think you'd have a hard time killing these animals for food, much less eating the contents of their guts

and sucking their blood as carnivores do. Again, the whole idea of hurting and killing animals, much less eating their warm quivering bodies as food, is grossly repulsive. The practice is totally repugnant to your biological adaptations and physiological disposition. Moreover, animals furnish precious little of our nutrient needs at best!

What is left in nature for us to eat?

Would you delight in picking luscious red, purple, yellow, green, and black grapes? Would apples interest you? Or peaches? Or watermelons, cantaloupes, plums, oranges, bananas, strawberries, avocados, pears, etc?

If you answered this honestly, you, like everyone else, rejected eating everything in nature other than fruits. Why should this be so?

Because you're a biological frugivore! That and only that!

Then why should our professed nutritionists push the basic four? Why should they knock fruits as an exclusive item of diet?

Our nutritionists have been trained like seals to push the basic four. The international cartel which controls everything in our country controls the food industry too. They dictate that our food information and training be a division of the marketplace for those products in which they have a vested interest.

The science of nutrition has nothing to do with foods, per se, but with nutrients!

The first smokescreen traditionally trained nutritionists throw at us who live well on the fruitarian diet is: "Where do you get your protein?" As if fruits don't have any. Which is, indeed, the case!

We don't need and we don't use protein from the outside. If we eat it in a usable condition (cooked is not usable!) we must laboriously digest it down into amino acids before we can absorb and use it. Fruits don't have proteins! When they're ripe they come to us as amino acids! Their protein complement has been predigested for us!

Nutritionists tell us fruits don't have enough proteins to meet our needs. The truth is that fruits have as much protein (amino acids) as a mother's milk has for a growing baby. Surely these brainwashed professionals can't require us to eat more than is needed by a growing baby, can they?

Not only do they, but they also have us overeating proteins. Moreover, they have us eating them cooked. Cooked proteins give rise to putrefactive poisoning rather than affording us nourishment.

Does Our Natural Diet Adequately Meet Our Nutrient Needs?

Everywhere you turn you'll see some charge against fruit as an exclusive item of diet. The foremost charge is that fruits have no protein and will cause diseases. Of course you can always eat green salads, nuts, and seeds, and even some roots and tubers lightly steamed or baked. But fruits have it all! And I shall here endeavor to demonstrate that.

First, let's determine what our nutrient needs are!

How much should one eat?

This is usually determined by hunger. We want to eat enough to meet our caloric needs and to maintain our ideal weight.

When you eat enough fruits to meet these two needs, you will have simultaneously met your needs for:

1. Amino acids
2. Essential fatty acids
3. Minerals
4. Vitamins

Our nutrient needs are ideally met by fruits because they furnish them in about the proportion that we require them. Aside from water and fiber content, which are needed but in variable amounts according to the season of the year, we require the above four nutrients plus glucose/fructose.

Our needs for these five nutrients as a percentage of food solids are as follows:

Glucose and/or fructose	About 90%
Amino acids	About 5%
Mineral matter	About 2%
Essential fatty acids	About 2%
Vitamins and miscellaneous factors	About 1%

Almost any fruit you may choose excepting apples have about these proportions of nutrients in their solids.

If fruits adequately meet your needs, then what's the big brouhaha about fruits being poor foods?

This misinformation is deliberately spread by the press, TV, educational institutions, government agencies, and other communications media in behalf of the mighty junk food industry. The junk food industry is an arm of a huge international cartel that, for practical purposes, controls the whole earth but, especially, our own country. And any food that is not

your natural food is, indeed, a junk food! For anything that makes junky bodies is a junk food. And most Americans have junky bodies! 92% of our youth cannot pass a minimum physical fitness test and even a greater percentage of adults cannot pass.

You cannot go wrong on fruits! Instead, eating anything other than fruits is going wrong!

ACTIVITY THAT ASSURES FITNESS

The Incredible Magic of Exercise

Life is activity. If there's no activity, there's no life.

Fitness is a necessary condition of health. There's no way you can be healthy without being fit. But fitness itself is not health. Some of the unhealthiest people around are athletes. While keeping themselves in shape through training, they are sabotaging their well-being with junk food, drugs, and other unwholesome practices.

There are basically two types of exercise:

1. Aerobic or activity that oxygenizes the body.
2. Exertive wherein the muscles must be vigorously exerted to lift the body, weights, or achieve heavy labor.

Aerobic activity involves jogging and running, bicycling, dancing, swimming, jumping--in short, any activity that causes heavy continuous breathing which, in six to ten minutes, oxygenates the entire body.

Exertive activity involves push-ups, chin-ups, weight-lifting, wood-cutting, chopping, etc., where there is heavy muscular exertion.

The benefits of regular exercise are enormous, especially if undertaken in conjunction with an ideal diet, adequate sunshine and sleep, and the other essentials of life.

No matter how good your living program is, failure to exercise can sabotage well-being. Consider these benefits:

1. The quality of your life is determined by the vigorousness, intensity, and extent of activities cultivated and pursued.
2. There is increased capillary and lymph circulation. The average 50-year-old has lost about 50% of circulation amongst the some 60,000 miles of the body's capillaries. In effect this means tremendous loss of vitality--partial death! There's good news! Almost all these capillaries can be rejuvenated by exercise and a raw food diet.
3. Exercise increases mental as well as physical powers!

4. Exercise energizes you! By developing and using energy, we always have an abundance of energy.
5. Vigorous activity develops both strength and stamina!
6. Vigorous exercise develops ability and agility, vigor and vitality.
7. Exercise results in better posture and profile.
8. Activity so dynamically energizes you that you become more attractive, charming and lovable.
9. When you're an exerciser, the increased energies enable you to devote more time to your loved ones and those around you.
10. Exercise helps keep your body in a pure state! The increased waste elimination resulting from exercise ejects toxic materials over and above those created by the exercise itself.
11. You'll have bouncy and buoyant feelings! You will conduct yourself with more vivacity. Your personality quotient goes way up!
12. Vigorous activity calms you. Those internal conditions that give rise to worries, qualms, stress and distress cease to exist. There's nothing like exercise to de-stress sufferers.
13. Exercise ups your competence levels. You'll perform with more precision and you'll be capable of a faster rate of performance.
14. Because exercise occasions extraordinary body cleansing, less sleeping time is required for regeneration of nerve energy. No one has the excuse "I don't have time to exercise." For each minute vigorous exercisers spend in activity, they sleep about two minutes less per night!
15. While vigorous activity and a cleaner internal environment reduce libido (sex drive), sexual capability increases and enhanced enjoyment results.
16. Exercisers have more self-control, a better self-image, more pride, and more self-confidence but, importantly, tend to less ego exhibition. Ego exhibition is usually the trait of those who are poor performers but want to convey a different impression.
17. All aspects of your person improve with exercise, including tonicity, appearance, emotional disposition, mental acuity, exhilaration, and general well-being.
18. Mental powers are greatly increased in regular vigorous exercisers. Alertness and aliveness are vastly enhanced.
19. As an exerciser, you'll be better able to cope with difficult and stressful situations. Further, you can deal better with difficult

- individuals. A confident attitude reassures others and wins deference instead of mistrust and disapproval.
20. Regular exercise revitalizes the body so much that most cases of constipation are overcome. If you don't believe this, just jog out about half a mile. I assure you that you'll run back!
 21. By experiments made with 85- to 95-year-olds in a nursing home near Tufts University, invalids who began doing what exercise they could often restored mobility to themselves.
 22. As an exerciser, your nerves become steadier. You'll rarely, if ever, experience edginess or nervousness.
 23. Your senses will be more acute and accurate in their assessment of situations and that which you view.
 24. Exercise and a raw food diet enables your body to heal itself, in the event of injury, in about 50% less time than required by conventional living persons.
 25. Exercise and a raw food diet help overcome and reverse degenerative conditions.
 26. Exercise eliminates headaches. A two-mile jog will usually eliminate a headache. The same blood that courses vigorously through your blood vessels because of the exercise is rushing through your brain too! The toxicity that causes the headache is speedily resolved.
 27. Exercise, regularly performed, results in vastly improved digestive powers! Further, with an easily digested raw fruit diet with some vegetables, nuts, and seeds, you will no longer suffer upset stomach or intestinal problems.
 28. Exercise helps overcome depression, loneliness, boredom, hopelessness, and, instead, gives rise to exuberance, exhilaration, peace of mind, keen and happy thoughts, and a general sense of well-being.
 29. Aerobic exercise of 10 to 20 minutes gives you a "high" that lasts for up to two days. This is known popularly as "second wind." Actually, the body secretes several hormones, among them being norepinephrine and endorphins. You feel energetic, buoyant, and confident. Your ability to continue in this vein lasts for hours! This effect increases your performance and staying power enormously.
 30. Most Americans do so little exercise that their lymph system--which has no pump like the heart--literally stagnates, thus

damming up their wastes and toxins. This gives rise to inflammation of the lymph nodes. Further, tumors and lymphoma can result. Tonsils and appendices are lymph nodes that physicians ignorantly and criminally remove. This is tantamount to cutting off a finger that suffers a cut and then becomes "infected." Those who suffer from inflamed spleen, tonsils, and appendix are likely to be stampeded into the surgery corral. They are then handicapped and will suffer more disease than ever. Those without appendices have 17 times as much bowel cancer than those who have their appendices.

Yes, the benefits of exercise are colossal in their scope. This is by no means an exhaustive list. Exercise has performed miracles of recovery in very depressed people. Even aged people in their 80's and 90's have rejuvenated remarkably merely by beginning and pursuing an exercise program. Especially has it rejuvenated many oldsters who undertook exercise and dietary reform after facing impending death.

And, yes, something else! You've heard the saying that, if you don't use it, you lose it. Many people have been losing it all their lives. But, no matter where you are physically, if you don't use your faculties, you'll lose them! Even your brain will degenerate and you'll lose the wisdom to know that you have!

Yes, exercise is where it's at! Unless you exercise, your health program will never produce the results you envision and hope for in life.

SUNSHINE AND NATURAL LIGHT ARE ESSENTIAL TO HEALTH

While it is generally known that vitamin D is created through the agency of sunshine and ergosterol in the cutaneous tissues, little else is told about the colossal benefits of sunshine and natural light. In fact, so many lies have been told about sunshine that most Americans are afraid to get into it.

For instance, unnatural lights cause visual debilities whereas natural light and sunshine are of immense benefit to vision. For some awareness of the necessity of sunlight in our lives, I suggest that you read Dr. Zane Kime's volume, "Sunlight, Could Save Your Life."

In this remarkable book, Dr. Kime lists hundreds of wonderful benefits of sunshine. This contrasts with medical advice to stay out of the sun

lest you get skin cancer. Dr. Kime shows that most of the world's population practically lives in the sun and are cancer free. Further, he cites statistics that show those who get sunshine have less cancer, not more! But the cancer that does occur is on the skin. There is practically no internal cancer with those who get adequate sunshine.

The benefits of sunlight are nothing less than spectacular. Consider some of these benefits:

- * Sunlight is absolutely essential for optimal bone development. Sunlight along with an alkaline-forming diet practically insures against osteoporosis.
- * Sunlight improves heart performance!
- * Sunlight helps control blood pressure, though this will not be a problem if you are on a healthful regimen.
- * Sunlight contributes to increased energy, endurance and muscular strength.
- * Sunlight increases the oxygen-carrying capacity of the blood.
- * Sunlight contributes to lower stress levels. Sunlight tends to give one confidence and exuberance.
- * Sunlight increases sex hormones.
- * Sunlight is essential to optimal skin health.
- * Because of its many benefits, sunlight enables the body to decrease its heart rate while increasing performance.
- * Breathing is less labored as a result of sunlight.
- * Hormonal secretions are restored to normal with the help of sunlight.
- * Sunlight causes healthful drops in blood cholesterol.
- * Sunlight enhances both beauty and health.
- * Those who get adequate sunshine suffer fewer sicknesses and so-called infections.

Thus you can see that sunlight has extensive benefits. The idea that we should stay out of the sun can only be the advice of an ignoramus in the matter or of a miseducated person.

Strive to get up to two or three hours of sunlight weekly, even in the winter! In summer it is best to get your sunshine before 10:00 AM and after 5:00 PM. In the winter get sunshine at any time it is possible.

REST AND RELAXATION ARE ESSENTIAL TO VITAL RECOVERY

In present-day society, there are many tensions and stress-producing situations. Relaxation, which also involves rest, should be indulged two to four times daily for periods of from 10 to 20 minutes. The body recoups under rest and relaxation.

If eyes are bleary or the eyelids heavy, relaxation for a few minutes with the eyes closed will accomplish wonders. A nap is even better, for little revitalizes the body as well as sleep.

Sleep should be obtained daily to the extent that sleepiness dictates, whether this be as little as six hours or as much as ten hours. The healthier an individual, the less sleep required (to a point). As a concomitant to sleep, the body obtains rest. Rest enables the body to catch up on its eliminative activities and to resupply its stores of body starch (glycogen) for the following day's energy needs.

While sleep regenerates a fund of nerve energy, rest enables the body to restock physical stores as well as to "clean house." Relaxation relieves tension buildup. A period of vigorous exercise followed by relaxation will perform even more dramatic results.

PLAY AND RECREATION ARE ESSENTIAL TO WELL-BEING

Just as the body is rejuvenated by rest, sleep, relaxation, fasting and other healthful measures, it is also kept young by constructive games, hobbies and participation sports.

Americans are more likely to dissipate themselves during leisure hours than participate in body and character building activities. The pursuit of sex in an overstimulated society is of a debilitating nature. Watching TV for the most part amounts to making the TV an adult babysitter.

There are many Americans who swim, run, play ball, enjoy hobbies, participate in drama, attend cultural events, hike, participate in sports, garden, master musical instruments, compete in games that require strength, and so on. Unfortunately, they are a minority. Most Americans are inclined to spectator rather than participant activities. Even many of the participant activities such as drinking, carousing, etc., are destructive of human faculties.

Recreation and play can further the development of humans. In the fresh air and sunshine, we can participate in numerous games, sports and exercises that are truly healthful and that promote well-being. Unfortunately, most people seek out sensuousness for its sake and suffer as a result. They bring suffering and inconvenience upon those whose lives they touch.

In reviewing your habits, you would be wise to have a look into your leisure time pursuits. Many may be dissipating and debilitating.

If you can participate in recreational activities of both a mental and physical nature several hours weekly, you'll be the better for it.

EMOTIONAL AND MENTAL WELL-BEING ARE VITAL NEEDS

While emotional and mental well-being are born of the physical conditions of the body already cited, they are also vitally dependent upon other influences. While emotional and mental well-being are dependent on physical well-being, physical well-being is also dependent upon emotional and mental well-being.

Our division of humans into a multitude of entities (physical, mental, emotional, etc.) is erroneous. Rather, we are a unitary organism with many aspects to our being. Nonetheless, we use these categorizations for the sake of convenience in communication.

"Feeling like a million" is an emotional and mental condition which is the exhibition and expression of the well-being of our *tout ensemble* or our *faculties in toto*. Just as nutrition is dependent upon the condition of all body faculties, so, too, are all body faculties dependent upon nutritive repleteness.

When all is right in your world, you have what is called "peace of mind."

Achieving peace of mind means having overcome stress, disconcerting personal traits, bad habits, physical abnormalities, having realized many important goals, ability to exercise self-control, and having achieved security of life and its means.

If you pay careful attention to all the other needs enumerated herein, you'll begin making improvements and achievements that will yield you true peace of mind.

ASSURANCE OF LIFE AND ITS MEANS IS NECESSARY TO WELL-BEING

Humans are creatures of providence almost the whole world over. Equatorial peoples have no need of providing for the future as have northern peoples but are, nevertheless, provident in many ways. On the other hand, northern peoples are often overly provident. They provide against needs, both real and imagined. This has made many northern peoples acquisitive at the expense of humaneness. Of course, acquisitiveness in itself is not the sole evil but is a contributing factor to valuing possessions over fellow beings.

Our basic needs are food and shelter and the productive facilities for making them. We have yet other needs which we strive to satisfy plus many pursuits that engender yet other wants.

Ours is a society of abundance. Within the capabilities of our means of production is a surfeit of goods and services beyond our capacity to use and consume. Our distribution system is not compatible with our productive capacities, hence there are gross inequities in the amount of the goods and necessities various of the world's peoples receive. Some are almost totally deprived by circumstances attendant upon these inequities while others are surfeited beyond any possible need.

These inequities give rise to anxieties, worries and concerns that seriously impair health. Even many in what would be considered good circumstances are assailed by fears that they will not be able to maintain their circumstances. Qualms, fears and concerns about loss of the requisites of life are a drain upon the mental and emotional well-being of a majority of people. Worry is a disease of our society.

In tropical climates we see tribes and groups of people living "hand-to-mouth" among plenitude. They always have the needs of life at hand. They are carefree, happy and playful. They do not work much, for their style of life does not require much.

The farther north we travel, the more humans become provident and acquisitive until we reach such a harsh environment that almost all endeavors are directed at providing the basic needs of life and little more.

Social and economic concerns are sources of tension, stress and enervation. If you can create a niche for yourself whereby you're assured economic self-sufficiency, your well-being will increase by many multiples. If you feel insecure and threatened, the enervation, physical and

mental drain will keep you spiritless, disheartened, and depressed. One easy way to cope is to join a group wherein an economic union for mutual security and like interests is assured.

PLEASANT ENVIRONMENT IS NEEDED FOR WELL-BEING

Humans fare better in environments in which the needs of life are abundant. However, these needs are so varied within the context of our culture as to be difficult to mention.

Environment means the total context of our setting. It includes not only our homes, grounds, climate, geography, etc., but also our family, neighbors, associates, acquaintances and, indeed, everything and everyone that makes up the social and economic atmosphere in which we live.

Humans are naturally aesthetic and love beauty in everything. Beauty in environment is essential, not only in the physical surroundings, but also in the persons who people it. Happy people beget happiness in the lives of those whom they touch.

Our social environment is far more important than our physical environment. Humans always dream of better physical environments but achieve happiness primarily within the context of their social circle regardless of climate and geography. Inasmuch as human industry creates special environments for living that are pleasing, we can live rather happily while insulated from the harshness and sparseness of climate and geography.

Thus it can be seen that the environment of most concern relates to the social circle in which we situate ourselves.

It is said that a chain is no stronger than its weakest link. Our environment may be in all respects ideal except perhaps one or two features, either personages or disruptive installations such as power lines, etc. Our well-being can be seriously undermined by such contrary influences.

CREATIVE, USEFUL WORK NECESSARY TO WONDERFUL WELL-BEING

Naturally and normally, humans have within them certain qualities that we regard as virtues. All are naturally imbued to perform those labors that are productive of their needs. This is readily seen in tribal societies.

Within complex societies where we lose sight of the products of our productive efforts--where we have been instilled with ambitions to consume without corresponding opportunities to produce--we tend to parasitism upon the productive efforts of others.

Unfortunately, our society legalizes parasitism upon the economic body. That is one of the characteristics of our society that begets inequities that breed crime, ugliness, poverty and other life degrading features.

Work which we can directly relate to fulfilling a need is most deeply satisfying. If it calls upon our innermost resources and abilities, it is even more satisfying and fulfilling. The people who are most happy and contented are those who have created lovely homes with gardens, orchards and beautiful flowerbeds and grounds. Their efforts have created a paradise for themselves.

When our creative urges are elicited, we humans can create wonders, not only for our enjoyment and welfare, but also for the pleasure of those with whom we are associated.

In your relationships, you'll find that some absorbing pursuit may be mutually undertaken that will greatly benefit the health and well-being of all. In this society, creativity is lacking in too many lives. Encourage some creative and productive hobby or pursuit in the lives of those whom you touch. Of course, you first cultivate yourself in the discipline or pursuit you persuade others to undertake.

Creative work that produces values for yourself and those with whom you're associated is the basis for much happiness and satisfaction.

SELF-MASTERY OR SELF-CONTROL IS A NECESSITY FOR ACHIEVING HIGH LEVEL GOALS

Self-mastery means self-control. It means keeping passional influences within the bounds of propriety. Intelligently guided responses to situations and yearnings that may arise within our vitiated society--a society with inhumane and unhealthful values--is essential to our welfare.

Unbridled pursuits in any direction, especially those that have been commercially tied to our appetencies for food, sex and sensualism are usually exhausting of our precious resources, further pervert and vitiate us, and beget conditions of disease and suffering.

The joys of self-mastery are unknown to most. Most of our people are apt to act unthinkingly in response to impulse and aroused appetency for

some sensual delight. You might well explore the qualities of self-mastery you exert in your life. Wisdom dictates that you undertake self-discipline for your better well-being.

Exercising self-control in accord with your ideals and goals is essential to well-being. If you do not exercise control, let's face it, you're out of control. When you're out of control, you're dangerous to yourself and others.

Once you've attained self-mastery, your joys will be many and constant! With yourself under control, with all your efforts intelligently directed in behalf of your endeavors, you'll experience joys as you've probably never had before!

**BELONGING TO A PEER GROUP OR SOCIAL CIRCLE
IS ESSENTIAL TO HAPPILY MEET
OUR GREGARIOUS INSTINCT**

Humans are social creatures. To achieve our highest level of happiness and well-being, we must belong to a group or circle. We must be in association with others in some manner. Sheer aloneness or being forsaken is deadly to well-being. Even the mental giants amongst us suffer. There are very few Robinson Crusoes.

Our requirement is for associates with whom we can identify. In this day of specialization, we tend to restrict ourselves to circles that run along cultural, occupational or special interests. In rural areas, neighbors are the basis for associations even though occupations may be different. In large cities, cultural pursuits and special interests may be the basis for associations and, more so, occupational lines.

While people can survive rather well alone if they develop some consuming hobby or pursuit, most people are not capable of this within today's society.

You'll do well to probe the social life of your clients. Lack of social life in any form can be a detriment to welfare. Likewise, people of dour dispositions can adversely affect those with whom they associate. It may be a case of "not what's wrong with you but who's wrong with you."

You should endeavor to associate with those whose interests and cultural attainments parallel yours. If you are positive rather than negative in your outlook and deeds, you'll be a revered and respected member of your social setting.

HAVING INSPIRATION, MOTIVATION AND COMMITMENT TO GOALS ESSENTIAL TO BLISSFUL WELL-BEING

Few humans are content with feelings that the world will not be a better place for their having been in it. Most of us are imbued with urges to improve and excel, for ourselves and in behalf of those with whom we associate. Most humans strive to better both themselves and their environment.

Failure to cultivate goals leaves an individual indifferent and most likely a useless drone in life and society, neither good for self or society. People without ambition and objectives are usually dullards and dissipaters.

In observing others whom we serve it is wise to assess their drives and ambitions. If they lack these, the will to live may also be lacking. People who consult others in health matters have a will to live but may not be sufficiently endowed with aims in life to make healthful living a challenge.

Needless to say, the healthiest and happiest people amongst us are those who are striving to fulfill ambitions and meet life's challenges.

Just as you may be motivated by an urge to help others and receive reward and recognition for it, others are also motivated by any of a multitude of objectives. A great artist may thrive on recognition and appreciation, while a ditch digger may have pride not only in his service but in some hobby or other constructive activity.

Without purpose in life there is little drive to live it. We Life Scientists hold that life is sacred and should be imbued with meaningfulness. Your life will have the meaning and importance you impute to it. Your life will become what you realize of your goals and commitments.

EXPRESSION OF OUR NATURAL INSTINCTS ASSURES HIGHEST LEVEL HEALTH

While we have instincts to survive and thrive, there is also the instinct to procreate our kind. This instinct must be given voice if we are to realize the utmost well-being. While self-discipline can normally control the mating instinct so that it does not exceed its need, it must, nevertheless, have adequate expression. Few there are amongst us who can sublimate a primal urge in favor of other pursuits, constructive or otherwise.

Next to our transgressions in food indulgence stands our collective dissipation in pursuit of sexuality. Most of this amounts, not to satiation

of actual need for sexual expression, but satiety of a sexual appetite aroused and stimulated in a society gone awry. Our society regards sexual sensuality and indulgence as an end in itself. With the extraordinary stimulation from unwholesome foods, overindulgence results. Because an internally distressed organism invokes survival mechanisms, the instinct of reproduction being one of them that the species may survive, overindulgence drains the organism. Because cooked and toxic foods are so rife in America as well as other factors that the organism treats as life-threatening, Americans are cheated of much of their life potential.

Repeat: The body responds to life-threatening factors by bringing to the fore and emphasizing survival mechanisms, the act of reproduction being one of the foremost. So unwholesome are Americans that the average age of puberty and menarche is now below the age of 12 and still decreasing. Healthy youngsters do not enter into this phase of their life naturally until about 18 years.

Basically, the instinct to reproduction is for one purpose only--the perpetuation of the species. In animals the sexual act occurs only during that time when the female ova are ripe for impregnation. Only in humans has the instinct been perverted and then only within the context of certain societies, ours being among them.

You need to recognize the heavy role sexuality plays in well-being. There are many among us who feel inadequate because they cannot enjoy mating as often as they would like. The urge may be for excessive indulgence or it may spring from inadequacy. In any event, the role of unsatisfactory sexual relationships in disease causation and poor health must be recognized. A return to health invariably restores sexuality, but, should there be over-indulgence, poor health likewise is the result. Reorientation of our sexual disposition must be made so that our natural limitations are recognized and respected.

SATISFACTION OF OUR AESTHETIC YEARNINGS CONDUCE TO HIGHEST WELL-BEING

Why should a fruit-laden orchard of aromatic fragrance be so lovely and beautiful? Why should a dry barren rocky gulch present such an inhospitable and ugly facade?

Anything that promotes life and its values is appreciated, treasured and deemed beautiful. Anything that is untenable and harmful to life is

looked upon as ugly with but few exceptions.

In keeping with this, it would seem that all creatures have standards of beauty. But the greatest capacity for appreciation of beauty is inherent in those creatures that have the greatest capacity for life. We proclaim ourselves undisputed aesthetes among all in the animal kingdom. This is not necessarily true. Almost everything in nature has great beauty. Dolphins (porpoises), whales and other creatures have a very high order of intelligence and likewise appreciate beauty.

That which is fit for food is beautiful to us as it is available to us in nature. That which is poisonous and unfit for food usually has no aesthetic appeal. For purposes of food, we do not ascribe beauty to a squirrel. Yet the squirrel fascinates as a lovable and beautiful creature. A peacock is a beautiful and lovely bird. We admire it for its beautiful plumage. Yet, it is difficult for us to visualize ourselves breaking its neck, stripping it of feathers, and eating it as natural meat-eaters do--skin, bone, flesh, blood, and guts, all raw and uncooked. We can't do that. The picture is an ugly one. It is in discord with our welfare.

The human sense of beauty is, as far as we know, unparalleled. The visual and sonic arts have been highly cultivated. The development of art has been constructive, healthful and ennobling for humankind.

In assessing your practices, it is wise to survey your cultural disposition. Everyone has an aesthetic sense-- everyone has a sense of beauty. This is a saving grace, for it is an inroad to inspiring and motivating people. Almost everyone appreciates beauty in himself most of all! Life Science as a way of life will restore health. Simultaneous with rejuvenation, much beauty is restored.

SELF-ESTEEM OR A SENSE OF WORTHINESS IS ESSENTIAL TO WELL-BEING

A sense of self-worth flows from accomplishments! If you feel you're making some valid contributions to those whose lives impinge upon yours, you'll have a good image of yourself!

Selfishness, bad-mouthing, grouchiness, being a taker instead of a participant in giving and sharing acts, having low opinions of others, being self-centered instead of caring, and general negativity create a poor image of ourselves. We thus become creatures of the gutter and endeavor to elevate ourselves by deprecating others.

These traits exemplify those who are basically unhealthy and without much energy.

When we start complimenting, helping, and cooperating with others we feel good about ourselves. You can negate those traits within yourself that give you a bad self-image or poor self-esteem by starting to do what you know you should be doing.

Accomplishments are realized through establishing a health base that supports your goals and affords you the energies necessary for execution of your goals. And doing those little things that not only give you a good image to others but give you a good self-image. For instance, being clean, neat, well-dressed and orderly gives others a good impression of you and gives you a feeling of self-worth.

Start your program now! The rewards will come a lot sooner than you expect! Feeling good about yourself and having a sense of self-worth is essential to your well-being.

SELF-RELIANCE OR SELF-CONFIDENCE NECESSARY TO HIGH-LEVEL PERFORMANCES

Those who lack self-confidence rarely commit themselves because they fear failure. They'd rather do nothing than to risk failure at an undertaking. They talk a good game but find lots of reasons to stay out of the game for they haven't the confidence in their abilities to succeed.

If you don't believe in yourself, neither will anyone else! Become an "I can" person rather than someone who worms out of involvement by saying "It can't be done" or some equally evasive strategy of avoidance.

If you undertake training in a discipline, you usually get pretty good at it. Knowing your abilities imparts confidence in yourself as nothing else can. The only way to develop your abilities is to build your health and energy levels to the point you will undertake many things. Moreover, you will not lose your ego bearings if you fail. Good people fail too! It's not the end of the road for you if you try something and fail. Try, try again!

You're a totally self-sufficient person. If you undertake to be competent in the areas of life and society that circumstances and commitment dispose you to, there will arise within you a feeling of confidence and reliance in yourself that lends heavily to your well-being.

6

The return to perfection

by Dr. Herbert M. Shelton

Our word health is derived from the Saxon word for whole. Heal is derived from the same word and means to restore to a state of wholeness, soundness, integrity. Holy comes from the same root and signifies wholeness and purity of mind. Taken in its fullness of meaning, health means completeness and perfection of organization, fitness of life, freedom of action, harmony of functions, vigor and freedom from all stain and corruption--in a phrase, it is "a sound mind in a sound body."

Condition of Perfection

Health is a condition of perfect development, a state of wholeness and harmonious development and growth and adaptation of part to part of the organism, of organ to organ, with no part stunted and no part in excess. In this state of organic development lies the perfection and symmetry of beauty. Beauty is but the reflection of wholeness, of health. It is easy to demonstrate that the forms and proportions of man and of every animal and plant which are in their highest and most useful state are also the most beautiful.

When every one is of the best form and size for its service in the total organism, there is perfect proportion; when every muscle is fully and proportionately developed, with just enough fat in the cellular tissues to round out the muscles, we have the highest beauty of form. When the texture of the skin is finest and the circulation of the blood most vigorous, the blood well-nourished and freed of all waste, there is the glow and charm of the finest complexion. The highest beauty is the expression of the highest health.

Beauty Fades With Loss Of Health

Partial beauty, fading beauty, decaying beauty--these are but expressions of partial, fading or decaying health. They represent unsatisfactory and painful states of existence. Beauty belongs to glowing health and perfection of organization. It is impossible for us to separate these ideals. We cannot picture health in terms of the conventional, for contemporary man is far short of this wholeness of organization and vigor of function that is health.

A Picture of Health

If we try to picture health what do we see? A form of perfect symmetry and proportion; a clean, smooth, semitransparent skin, with the red blood shining through, especially in the cheeks and ends of the fingers and toes; glossy hair that is full of life; clear, bright eyes that are full of expression and that dance with life; rosy lips that smile with the joys of life; pearly white, sound, even teeth; a breath that is as sweet as that of a flower in the springtime; freedom from disagreeable body odors--indeed, where health is perfect, emitting an agreeable aroma; a body that is filled with activity, delighting in work or exercise; a happy, courageous, mirthful, and hopeful disposition, and a desire to help others.

Such a picture of health can come only from the orderly, regular and perfect performance of the functions of life--from a sound heredity, a congenial environment and conduct that conforms with the constitutional nature of man. It is the perfect combination of bodily organization, intellectual energy and moral power in harmonious unity. It means perfect organization of brain and nerves that are as finely proportioned as the bones and muscular system. In such a being, we would expect to see the symmetry and proportion of head of the Cro-Magnon, not the asymmetry and disproportion of head of modern man.

A Perfect Instrument Perfect In Every Respect

As every organ of the body is essential to wholeness and integrity of structure and vigor of function, no organ can be spared. Not merely must the nutritive and drainage systems be perfectly adapted to the requirements of the brain and body, but the smallest and apparently least important

parts of the body must be harmoniously and fully developed. As Dr. Nichols so well expressed it: "The smallest instrument out of tune brings discord into the harmony of life."

How is such a high state of health to be attained? How may we assure wholeness and fullness of development; vigor of function and freedom from disease and suffering? How may man be returned to that soundness and integrity of structure and vigor and force of life that he knew in the morning of his existence? If contemporary man is so lacking in health that he is but a puny specimen of manhood, how can he be restored to his pristine power and majesty. In a word: How may man be healed?

Living In Accord With Natural Law Produces Perfect Health

It should not require argument to convince the intelligent man and woman that this can be done only upon a basis of law--natural law--specifically, upon a basis of those laws that operate to make human life possible. All laws operate to make human life possible. All laws essential to the welfare of man are written in his own constitution. Every rule of human conduct, to be valid in promoting human welfare and happiness must be in harmony with his nature. No law, no social custom (convention), no moral precept can have any reality to man that does not accord with his highest welfare. If it is not intimately related to man's highest fitness, physical, moral and intellectual, it cannot correspond to his highest ideals of truth, duty and enjoyment.

The unperverted instincts of wild animals living in their natural habitats are the laws of their lives. There seems to be no reason to doubt that man's instincts were once equally perfect guides in his ways of life. But if this was ever true, it certainly is not so today. Man's instincts have been so smothered and buried beneath a layer of cultural baggage that they no longer constitute reliable guides to him in his way of life. They have been "conditioned" until they are no measure of man's natural disposition.

Health-Sapping Perversions Begin Early In Life Of Most

It is true that even now, in the young, there are fairly reliable guides to conduct, but we begin the process of perverting them almost from birth. Instinct does not leave us unwarned when we take our first smoke, but

social usage demands that we ignore the warning and suppress the vigorous protests of the body's vital powers of resistance. We must learn to smoke, even now that we are aware that the end may be death from lung cancer. Today we may get our first smoke second hand as mere infants. Smoking in the house has become almost universal. Many babies are sickened and even killed by the unintelligent practice of fathers and mothers filling the house with the poisonous fumes of burning tobacco.

We are not left unwarned by our first effort to develop alcoholism. The first drink of beer is obnoxious; it tastes like stale dishwater held over from the middle of last week. Wine both smells and tastes rotten, and it is. The first drink of brandy or whiskey burns and bites, it smarts and stings as it goes down, there is protest every inch of the way. But we ignore the protests, we disregard these warnings, we are determined to "grow up," and the only way this can be done in our society is to become an addict of one or more kinds.

Bad Practices Produce Human Wrecks

Coffee and tea are reproaches to both our sense of smell and to our sense of taste. They produce a "high" state that we do not mistake for vigor and well-being; they interfere with sleep, keeping us awake for hours. But we ignore these warnings of the faithful sentinels of life. We suppress the urge to flee from such poisons. We are determined to belong. We want to be "one of the gang," even if we have to wreck ourselves in the process.

We have learned to take the miserable fragments of natural foods with which the food processors and refiners have flooded the market, fragments that lack all appeal to our gustatory sense, and to add sweetening, colorings, flavorings, etc., to them to make them appeal to the senses of sight, smell and taste in spite of their unfitness to serve the needs of human nutrition. We eat them, little thinking that they do not represent true foods or that they may prove to be actually hurtful. We have found ways to get unfit substances by the guards that stand at the entrance to the alpine canal. We have found ways to deceive ourselves and to wreck ourselves without knowing that we are doing it.

Sex As a Pursuit Of Pleasure Destroys Health

In our sex lives, we ignore all the canons of sound reason and good conduct and have evolved the philosophy that sex may legitimately be "pure fun." Now that we have contraceptives, there is no longer any reason why the old rules should be observed. We can indulge without any fear of consequences; why shall we not do so? It is a "new morality," one that is not based on the requirements of man's structure, but that had to await long ages until *science* had developed a birth control pill, before it could come into existence. While it is evident that there is something basically wrong with a morality that is based on art and artifice, we do not stop to consider this. Still less do we think of the cumulative side effects of the "safe" pills that we take.

When the physiologist Carpenter laid down the principle that *the development of the individual and the reproduction of the race stand in inverse ratio to each other*, he stressed the principle that "the augmented development of the generative organs at puberty can only be rightly regarded as *preparatory* to the exercise of the organs. The development of the *individual* must be completed before the procreative power can be properly exercised for the continuance of the race." But he went further and condemned the waste of life in the purposeless indulgence in sexual activity not intended for procreation.

Writing of the "waste of life in sensual excess," Dr. Nichols well said: "Chastity is the conservation of life and the consecration of its forces to the highest use. Sensuality is the waste of life and the degradation of its forces to pleasure divorced from use. Chastity is life--sensuality is death." Let us not talk about sin. Let us talk about what is to the highest interest of man. It should be understood that is an evil which is contrary to man's highest welfare. Anything that cripples and impairs man's physical and mental powers and that lowers the standard of physiological and biological excellence is a violation of the laws of the human constitution.

Man is forbidden to injure himself. I do not mean that God has written a command upon tablets of stone saying: "Thou shalt do thyself no injury." I mean that the command against self-injury is indelibly written in the human constitution and that this command is enforced by the very consequences of the self-injury. The consequences of every deed or act of man are inherent in and concurrent with the deed or act. All waste has to be paid for with crippled powers of mind and body.

It was a sad day for humanity when the physiologist abdicated his legitimate throne and permitted that scientific monstrosity, the psychologist, to take over the reins. Psychologists have practically completed the process of making sexology and psychology synonymous terms and they are, of all men, least fitted for eminence in the field of sex. Under the withering hand of Freud, they have become the apostles of sensuality and the advocates of unlimited libertinism. From Freud to Ellis there has been a sinking in wastefulness and there has been a growth of nerve degeneration as a direct consequence.

Disciplined Correct Life Practices Will Restore Pristine Perfection

For the evils of ignorance, the remedy is knowledge--for the evils of false ideas, the remedy is truth. For the source of truth and knowledge we have nature--especially human nature. Only when truth and knowledge are universal can we expect men and women to cease injuring and destroying themselves in riotous indulgence in tobacco, alcohol, sensuality and foodless food. In the spread of *Natural Hygiene* lies the hope of the future.

7

What is health?

by Herbert M. Shelton

Health does not consist merely of the absence of symptoms of illness. It is a state of positive well-being that is evidenced by a constant state of *euphoria* that is rarely if ever experienced by humans today.

Various States of Existence

We could well divide the people we meet into the following categories:

1. People who are definitely sick.
2. People who are on the borderline of sickness.
3. People who are apparently healthy.
4. People who enjoy high-level health.

The first three groups constitute the vast majority of our population. Perhaps only a mere handful of our youth could fall within the last category. Great vigor and the buoyant feeling of well-being are extremely rare in our populace.

Health is a state of soundness and integrity of organism, vigor and efficiency, of function, and excellence of mental faculties. Much of this well-being springs from antecedent heredity, but that is merely the base requisite to building and maintaining health.

Health manifests itself by such a feeling of tone in the entire organism that the body fairly glows with it and bespeaks it at every turn. There is cleanness and sparkle to the eyes, clearness and fine color to the skin, vigor of activity and bounce to the step, and an evident feeling of joy of living that is infectious.

We witness traces of the pristine vigor and well-being in our youngest children. Rarely do we observe exuberant physiological excellence beyond the age of six. If we really want to see vigor, we must watch the young of

animals.

This vigor is possible to humans throughout most of their lives!

When we see children that are clear of eye, of fair radiant skin, full of life, ever active and cheery, never complaining of aches and pains, but full of the sheer joy of living, we begin to get a glimpse of what is possible to us, an inkling of what our pristine ancestors knew until well along in years.

The buoyancy of life, the infectious enthusiasm, the joy and insatiableness of play, the exuberance of energy and the ecstasy of living characterize health. These can be ours if we work for them.

Health is a fountain that flows over in its possessor. It must be admired. And we must strive for it.

When someone has been through a period of suffering and chronic illness and has regained health and vigor through Hygienic care and means, the expression is likely to be heard: "I feel like a child again."



8

Man's Pristine Vigor

by Herbert M. Shelton

Medical Profession Regards Disease As A Part Of Life

The idea is being promoted by medical authorities that complete freedom from disease is almost incompatible with the process of living. If we regard health as man's normal state, we are living in a fool's paradise. The bacteriologist Rene Dubos presents the prevailing medical view in his book *Mirage of Health*, the very title of which mirrors the view. He says that "in reality, complete freedom from disease and from struggle is almost incompatible with the process of living . . . Complete and lasting freedom from disease is but a dream remembered from imaginings of a Garden of Eden designed for the welfare of man . . . The illusion that perfect health and happiness are within man's possibilities has flourished in many different forms throughout history."

Hygiene Regards Health As The Normal State Of Existence

The inevitability of disease as the norm of life is a favorite theme of the medical man. This attempt to discredit the very idea of health and to make it to appear to be unattainable only underscores the correctness of Hygiene's approach to the problems of health, disease and healing that now confront mankind. Our approach is critical of the so-called health movements, not on the score of their goal of health, but because in their struggling for health, they assume that it can be attained without altering the present social and medical systems. We have demonstrated that the causes of disease reside in the ways of life, and health can neither be restored nor maintained without first changing the ways of life.

Pristine Humans Had to Have High Level Of Health To Survive

It is said that under primitive conditions, the ability to survive (to fight or to flee) depended on a physical body that could quickly marshal and arouse its energy and mobilize its forces. If it is true that our ancestors had to be able to kill the saber-toothed tiger and they had to do it with the crude weapons at their command, we must think of them as not only courageous, but as mighty also, like mighty Theseus who killed the Minotaur by smiting him with his fist. The Greek legend of Theseus pictures young Theseus as a powerful boy at the age of sixteen. He was a youth of heroic size and strength, skilled with the lyre and the inventor of scientific wrestling.

Humans Should Be as Vigorous As Wild Animals

For some unaccountable reason, we never think that a man should be as healthy as a wild animal. Yet, why should he not be so or even more healthy? Can we not see in the wildness of young animals something of the *joie de vivre* of those far distant ancestors of ours?

I watched a group of wild kittens at play. They had been born of an ordinary domestic type cat that had reverted to the wild state. Born in the woods, away from the haunts of domestic life, they grew to the age at which they were when I watched them in the same wild manner as their ancestors. They were wild. They were vigorous. They ran round and round the base of a tree after each other. They would go up the trunk of the tree a short distance and down again. After each other they ran, and when one caught up with another, there would be a friendly wrestling match, such as one may observe the young of domestic cats indulge in. Their wild freedom, their exuberant vigor, their dash and carefree play were reminiscent of the life of the primitive cat. There was no doubt that they had played at the base of this same tree from the time they became old enough to play, as they had a well-worn path about it and had reduced all grass and weeds in the path to dust.

This was an expression of the vigor and exuberant life of wild things. One may see it on every hand in the wild state. It represents the norm of life. Can we think that the young of primitive man were any less vigorous and exuberant in their play than were those kittens, but two or three generations removed from domesticity? Primitive children may be reasonably

supposed to have been endowed with a vital vigor such as we catch faint glimpses of in children today. Let us think of them as wild as those kittens were wild; they must have been as overflowing with energy and must have throbbed and thrilled with exuberant life as do almost all wild things.

Both Animals and Humans Have Suffered Loss of Vigor

It is simply unthinkable that primitive man, as an animal, was not as healthy as any other wild thing in nature. It may well be doubted that wild life of the present possesses the health and vigor of wild life of the distant past, before civilization and the spread of man had deteriorated the environment and cramped their ways of life. When the land was fertile, the water was pure and the air was uncontaminated by the sewerage of human industry, animal life was probably far healthier than the healthiest specimens we see today.

Modern Humans Are Physical Wrecks

We are entitled to think of original man as a healthy human being and should not judge of his pristine state by reference to the present distorted and darkened copies of his prototype. When we can strip modern man of everything except himself and view him *sans* his acquired arts and sciences, we shall not then view primitive man, but a sad wreck of what once was.

Physical Excellence Common Among Our Ancestors

In this connection, let us think of the Cretans, who were a prehistoric, but highly cultured people. They painted "delightful scenes from nature, flowers and birds and trees, processions of noble youths like the Cup-bearer and the even lovelier frescoes of the Priest-King... scenes of public ceremony, sport or ritual..." all of which indicate their *joie de vivre*. The flesh-colored likenesses of the Cretans pictured in Egyptian paintings are those of splendidly developed men and women. The arms are beautifully modeled with broad shoulders and muscular thighs... they are described as possessed of slim figures, which would seem to indicate that they were not fat. The slim agile figures of the bull leapers, male and female, reveal a physical excellence that is rare today.

How Many Men and Women Today Can Win Bull Fights?

Describing a scene depicted on a Cretan relief of young men and women capturing wild bulls, in which they grasp the animal's horns and bring the animal to earth, the figure on the horn of one of the bulls being a girl, Sir Arthur Evans says: "She had locked her legs and arms around the monster's horns in such a way that it is impossible for him to transfix her." Such a wrestling match, girl with mighty bull, required, not alone great courage, but great strength, endurance and agility. Knowing, as I do, the ability of man to defeat the bull in such a match, I give it as my opinion that, had the artist stayed to see the outcome of the fight, he would have seen the girl win. Bulls are much more powerful animals than the steers that our cowboys of the west "bull dog," but over fifty years ago, cowboys with the Miller 101 Ranch Wildwest Show, while the shows were touring Mexico, undertook to "bull dog" some of the huge bulls used in the bull fights. The cowboys won, but this did not satisfy the sadism of the spectators, who showered them with rocks, bottles, knives and other objects.

Young men and women among the Cretans pitted their skill against these mighty beasts and won. Doubtless there were times when they did not win, when they were severely injured, even killed, but they seem to have gone back for the fight undaunted by the danger.

Cretans Were Superb And Vigorous Specimens

In his review of the book *Four Thousand Years Ago* by Geoffrey Bibby, the anthropologist Ashley Montagu says: "Nowhere is Mr. Bibby better than in his colorful description of the festival of the bulls among the Cretans. At these festivals as depicted in wall paintings and on seals, the bulls were baited into making thunderous charges against their aggressors, young men and women specially trained for the task, who, at the last moment, would grasp the horns of the charging animal and somersault clean over its back, landing readily on their feet.

"Mr. Bibby probably knows, but fails to mention, that the leading toreadors of the contemporary Spanish-speaking world assert that such a feat is impossible."

Why shall we accept the assertions of a puny modern-day man about what was possible for the ancients? The alcohol-drinking, cigarette-

smoking, gluttonous and sex-indulgent “contemporary Spanish-speaking” toreadors would be no match, either in strength, in fleetness, in agility or in courage for the Cretans and Achaeans of four thousand years ago. Our physical and mental standards have deteriorated greatly since those far-away days.

Modern Bull Fights Sadistic Degenerates

Mr. Montagu, like Mr. Bibby, discounts the assertion of the toreadors. He says: “I have never been a toreador, but as a physical anthropologist, I cannot see that the feat is an impossible one. I do, however, see that somersaulting over charging bulls was sport a great deal more humane, and a great deal more daring, than bull-fighting. We seem to have degenerated in some of our sports. However this may be, there is not the least doubt that the Cretans, and the Achaeans from the Greek mainland before them, did do what the toreadors say is impossible.”

Bullfighting, originally a religious rite, is a sadistic enterprise in which the sadism is expressed by the wild men and women of the audience as much as by the toreadors themselves. It is not a sport for truly civilized people, but neither does deftness in sidestepping a charging bull and in driving a blade into the bull qualify one to determine what was or is possible in some other form of activity.

The Cretans fully believed that they did just what they pictured on their walls and coins. So did the Achaeans. It will be very difficult to explain how they got the idea that they did it, how the idea became so widespread and how it lasted so long, if they did not do it. I think that these toreadors have set themselves up as a standard for the race and have merely asserted that others could not have done what they cannot do.

Robust Powers of Our Ancestors Superior To Today's Standards

Modern man is so much inclined to accept himself as the norm, the pattern, that he suspects all references to the superiority of his ancestors over him--after all, he may ask, were our ancestors not closer to the ape? The more vigorous brand of function of our ancestors (both mental and physical functions) than we know today is rejected by us in our scoffing arrogance. We know nothing of the robust powers of our ancestors of long ago, except as these have been preserved for us in myth and legend

and these we reject as the creations of child minds. It is unscientific for modern man to apply his own inadequate standards of weakened body, shrunken intellect and dwarfed memory to the more robust and vigorous ancestors of our race. What arrogance for a feeble and destroying generation to set itself up as the standard of the race! We think we are improvements upon all the generations of men that have gone before us--do not the accumulating complexities of our life, the great wealth of our stupidities, the increasing incidence of disease among us and the growth of our dependence upon gadgets to do for us what our ancestors could do for themselves prove our superiority?

Standards of Human Health Becoming Steadily Lower

Under the tutelage of the medical profession, we have accepted sickness as a norm of life and we have witnessed a steady year-by-year lowering of this initially low norm. Under the promptings of commercialism and with the support of the medical profession, we have accepted a way of life that provides for a steadily lowering condition of physical-mental existence. As a people we witness the steady increase in the incidence of so-called degenerative diseases, we build more and bigger hospitals and more and bigger mental institutions and we accept this as a normal development in the life of man--never stopping to ask ourselves the simple question: **Is all of this increasing mental and physical pathology avoidable?** We have simply accepted low standards of health and we have accepted the low conditions upon which these low standards rest and we have accepted the "science" and the art that have been evolved with which to exploit this low standard of human health.

Medical Profession An Enemy of Human Betterment

When it is asserted, upon the basis of a wealth of supporting evidence, that there was a time in the history of man when his health and vigor were far superior to what he now experiences, the medical profession assures us that this is not true, that man enjoys as high a standard of physical and mental well-being now as at any time in the past. We accept this assertion of those who have vested interest in sickness without question. When evidence is brought forth which demonstrates that there are far better ways of living than the ways we now pursue and that these better ways give

better results in health and sanity, the medical profession denounces the better ways as fads and quackery and we accept their judgment as final.

At no time do we ever ask the simple question: Why is the medical profession invariably in a great hurry to denounce every proposal that has as its aim the betterment of man's mental and physical condition?

***Medics Thrive on Human Suffering;
Health Would Put Them Out of Business***

The medical system and its professionals have a stake in disease. It has a vested interest in human suffering. If all the people of the land became healthy tomorrow and remained so, there would not be a physician left in the land in six months. They would all migrate to greener pastures. Health would prove their undoing. Disease is the source of their fortunes. Human misery is the mine from which they extract their gold nuggets. Health would close the hospitals and the insane asylums. Health would empty the clinics and cause the physicians and surgeons, except for a few of the latter who would be needed to take care of wounds and fractures, to close their offices and seek for honest employment. Health would idle the pharmaceutical industry and put the druggists out of business. They cannot survive health.

Humans Can Regenerate Themselves

Possessing the potentiality of fashioning a new world, of setting up new and higher standards for himself, modern man finds himself in a deep pessimism and filled with fear for what is coming upon the earth. Man is floundering in a void with nothing to hold on to, nothing to relate to.

Modern man's pessimism and doubt probably grow out of his dissatisfaction with life more than out of his assumed superior knowledge. We have placed a question mark after life. We often express doubt that it is worth living. Our alarming suicide rate is increasing.

There is nothing poetic about an Adam groaning with his knee or back doubled up with arthritis and taking aspirin; there is nothing romantic about a Mrs. Eve, her head and shoulders covered with a shawl and her face swelled up as she groans with a toothache; there is nothing glorious about a little Abel running about the yards with a head cold and nose that runs like a hydrant. There is no beauty as there is no comfort in disease.

When we deal with fundamental matters concerned with the relationships of man with the elements of his multivariied environment, we are compelled to consider man's instinctive drives and controls in supplying his needs. We cannot do otherwise than think of the primitive instincts of man as reliable guides in his ways of life.

Instincts A Better Guide Than Modern Intellect

A congenial climate; an active life in the fresh air and sunshine; early to bed and early to rise, with sound, unbroken sleep each night; natural food of the best quality; freedom from the poison vices of modern civilization; a more or less carefree existence; bathing in the pools, lakes and streams; congenial companions--why should he not have enjoyed the same superior health as the other animals around him living the same kind of natural life? No doubt he was better guided by his instincts in his breeding and mating practices than is modern man, so that congenital unfitness was reduced to a minimum.

Resting when he was tired, sleeping when he was sleepy, drinking water when he was thirsty, his foods received directly from the hands of nature with no processing, no refining, no cooking, no haphazard mixtures, probably only rarely eaten to excess, he should have enjoyed a continued exuberance of health of which we catch only faint glimpses today.

Instinct drives all animal life to seek elemental needs. Is there the slightest ground for thinking that primitive man did not seek and obtain his elemental needs as instinctively as do the lower animals?

Humans Suffer Disease For Transgressions

Continued deprivation of elemental needs results in discomfort, weakness, disease, unhappiness, crime and their consequences. Our medical systems palliate pain, **stimulate** weakness, surgeons cut off legs for gangrenous toes, amputate breasts because of lumps, and scar faces in cutting out cancers, while the police and courts are kept busy penalizing criminals.

Man's first move away from his primeval mode of caring for his body, both in health and sickness, came when he permitted himself to be misled by the shaman. But the shaman did not entirely abandon primitive hygiene. He continued to employ it and much of it was practiced in the ancient temples of healing. The real negation of hygiene and the emphasis

on **cures** came with the origin of the **medical** profession. Although, at first, making use of some of the hygiene of the temples, **medicine** rapidly abandoned this, as it came to rely more and more upon drugs as **cures**.

While the earth laughed for joy beneath his feet, the earth blossomed and put forth her golden climax, MAN.

The human organism is a vital, responsive community of correlated organs of almost inexhaustible functional versatility and strength, that is galvanized into boisterous exuberance that expresses itself in the songs of rejoicing of a being filled to overflowing with the thrilling experience of healthy, vigorous life. While in our schools we acquire but a paltry conception of the richness and immense power of life, there was something splendid and heroic about our lost past, filled, as it was with superb men and women, living gloriously and pursuing life with boundless vigor. It is difficult to think that the basic desires and passions of early man were any different from those of man of today. His repressions of impulses must have been the same as we perform today. All the grandeur and degradation of the human being that is pictured for us in the march of history belonged to our ancestors as they led boisterous lives, accepting laughter and tears as they came.

Humans Must Strive For New Dimensions Of Physical Grandeur

The euphoric vision now before us is not impossible of materialization. Human life can touch a new dimension. The contrast between the grandeur of human life and its many imperfections has so blinded the scientist that he is unable to see the potentials that lie in man. The attempts of living men--alive in body and mind, buoyant, pliable and colorful--to understand pristine man, have turned out to be efforts to imprison him within the rigid vise of anthropology. It has always been a temptation to portray modern man, with all of his vices and imperfections, as the standard of the race. This provides us with a wholly false view of man.

A really well-supported constitution is not undermined by a moment's folly. What we see before us today is the shattered remains of a once proud and majestic being running for sheer joy as he did on the wild plains, but it cannot be described as life goes out of it when expressed in mere words. Modern man is but a withered flower which will revive and open again when the fountains of **Hygiene** have watered its roots.

9

The Great Power Within You

*(Based on statements by the great Natural Hygienist,
health educator and true LIFE SCIENTIST,
Dr. Herbert M. Shelton)*

Living organisms are fully self-sufficient, self-governing entities. Supplied appropriately with the needs of life, they thrive in perfect health completely free of disease.

From conception, all living organisms are endowed with a built-in program for a full, fruitful and joyous life.

Living organisms are self-programmed to meet all life's needs within environments of their adaptation when their simple needs are supplied.

All living organisms are self-directing, self-constructing, self-defending, self-preserving, self-maintaining and, in the event of injury or illness, self-repairing or self-healing.

The Healing Principle is Always in the Living System Itself

The only power that can heal is the power that repairs; the only power that can repair is that power that produces; the power that now produces is the power that originally and always produced. *The power that constructs a full grown individual from a fertilized ovum is the only healing power!*

Healing is, therefore, a continuous, unceasing and exclusively intrinsic power of every organism.

The power that produces an organism and keeps it alive and functioning is the only power capable of governing, maintaining and healing it.

Mastering and relying upon this great power within will yield a life of bliss and goodness *with complete freedom from ailments and suffering.*

10

The Concept of Total Self-sufficiency

Among the concepts of Natural Hygiene/Life Science are the following:

1. The concept that health is natural and normal.
2. The concept of individual sovereignty.
3. The concept of self-healing.
4. The concept of self-direction or self-government.
5. The concept of complete self-responsibility.
6. The concept of total self-sufficiency.

Body self-sufficiency exists because we're equipped with the natural faculties to acquire our few material needs from our environment and to make do with them. Our intake of nutrients from outside ourselves need consist only of the following:

1. Good air.
2. Pure water.
3. Foods of our biological disposition; in a word, fresh, ripe, delectable fruits in their raw natural state. We can also healthfully eat some vegetables, nuts and seeds.
4. Sunshine. In nature we lived practically all the time in sunshine except for our siesta hours.

These four elements from the outside assure our needs of a substantive nature. Animals in nature have the identical needs.

Given these basic needs which our bodies are well equipped to easily acquire, we are otherwise internally sufficient.

The body is totally autonomous, that is, self-managing. The incomprehensibly vast and complex organization of the human body defies our conceptual abilities.

There are about 75 trillion cells in the body. That is the equivalent of about 15,000 earths with five billion residents each. But cells, while units

of life, are really a controlled environment having up to 30,000 life units or residents per cell. These residents are called organelles and mitochondria. They perform many functions, the foremost being the creation of the energies we use.

The body is developed to live and survive the exigencies of life. The safeguards, the fail-safe mechanisms, and the guardian angels number in the thousands. The human organism is difficult to kill despite so many who have so deranged themselves as to barely be alive.

The body has remarkable restorative powers, requiring only favorable conditions. Its immense providence enables it to restore health through fasting. Once restoration has been accomplished, your body will never again suffer sickness or debility if its natural needs are met.



11

How You Can Enjoy Superb Health

Your Program for Dynamic Well-Being

- * NATURAL HYGIENE (THE HEALTHFUL WAY OF LIVING) CONSISTS OF MANY PRACTICES.
- * YOUR DAILY LIFE MUST INVOLVE THESE PRACTICES
- * THIS TELLS YOU WHAT THESE PRACTICES ARE--HOW TO USE EACH PRACTICE - WHAT NOT TO DO THAT IS COMMONLY DONE AND IS HARMFUL

FOOD

DO

- * Eat mostly fruits with some nuts and vegetables (see list further along).
- * Eat uncooked food. A living food diet is ideal.
- * Learn the proper rules of food combining for easy digestion.
- * Eat foods at room temperature.
- * Chew thoroughly! Digestion begins in the mouth.
- * Eat foods in their whole form, with skins on when edible, such as apples and pears, if organically grown.
- * Make your meals look attractive.
- * Avoid products that are wilted.
- * Eat only when relaxed.
- * Eat raw food.
- * Eat only when hungry.

DON'T

- * Cook your food in any way. (If you can't eat an item as nature delivers it, you shouldn't be eating it!)
- * Overeat.
- * Eat when in pain, emotionally upset, tired, or immediately after hard work.
- * Season your foods.
- * Eat foods that are strong tasting, such as onions, garlic, radishes, watercress, horseradish, leeks, mustard, hot peppers, etc.
- * Don't use vinegar, salt, herbs, spices or, in fact, most condiments.

PHYSICAL ACTIVITY

DO

- * Involve all parts of the body when exercising.
- * Exercise vigorously enough to cause heavy breathing, unless contraindicated.
- * Make vigorous use of muscles, preferably against resistance.
- * Exercise outdoors in fresh air, or with windows open when indoors.

DON'T

- * Exercise to the point of exhaustion.
- * Deep breathe without being active at the same time.
- * Exercise immediately following a meal.
- * Prolong muscular contractions beyond a few seconds.

POSTURE

DO

- * Sit erect at all times.
- * Keep head straight up while standing, sitting or walking.
- * Keep work or reading material toward you, instead of moving toward it, when engaged in sedentary activity.

REST

DO

- * Cease activity sometime during the day by sitting or preferably lying down.
- * Close the eyes.
- * Shut out light in the room as well as sound, if possible.
- * Rest when tired. (If you have only a few minutes to rest, it is of value. Ten minutes is better and 30 minutes to an hour is best.)

DON'T

- * Read or watch television while resting.

SLEEP

DO

- * Go to bed when sleepy.
- * Select a dark, quiet and well-ventilated room.
- * Maintain a comfortable temperature.
- * Sleep on a bed that is comfortable for you.
- * Practice a few moments of mental and physical quiet before retiring.
- * Sleep as long as you're sleepy.

DON'T

- * Eat an extra meal before retiring.

AIR

DO

- * Get as much fresh air as possible.
- * Allow ventilation to maximum extent, when indoors.
- * Walk on streets which have less vehicular traffic.
- * Insure that indoor air is free from contaminants, such as sprays of all kinds and circulated dust that sometimes occurs when vacuuming.

DON'T

- * Breathe through your mouth.
- * Breathe excessively cold air, if at all possible.
- * Breathe tobacco smoke.
- * Permit smoking in your home or in your office if you have one.
- * Keep chemicals in the house. Store them in the garage or other remote area.

TEMPERATURE

DO

- * Maintain a comfortable temperature at all times.
- * Dress for comfort and not for fashion.

DON'T

- * Take hot or cold baths.

LIGHT AND SUNSHINE

DO

- * Expose as much of your skin to light as possible.
(Before dressing in the morning is a good time.)
- * Use natural and not artificial light.
- * Get the sun directly on your skin.
(The rays penetrate only white, porous clothing.)
- * Use an enclosure to cut off the wind, in inclement weather.
- * Get your sun in cold climates through an open window while indoors,
with artificial heat turned on to avoid undue chilling.
- * Get all the sun possible daily up to an hour maximum
(preferably in the morning or afternoon).
- * Get sun on the closed eyelids.

DON'T

- * Remain in the sun for long periods.
(This is a waste of nerve energy and dries the skin excessively.)
- * Expose yourself to the noonday sun.
- * Use suntan lotion.
- * Wear sunglasses.

WATER

DO

- * Drink only when thirsty.
- * Drink only enough to quench your thirst and no more.
- * Drink distilled or soft water.

DON'T

- * Drink with your meals.

CLOTHING

DO

- * Buy clothes of porous materials, such as cotton.
- * Wear light-colored clothing.

DON'T

- * Wear constricting clothing, such as girdles, tight belts, etc.
- * Wear clothing made of synthetics, if you can help it.

EXPRESSION OF THE EMOTIONS

DO

- * Find something about which to be happy every day.
- * Feed your emotions daily with good thoughts, pleasant sights and sounds, kind words, kindly touch, good deeds.
- * Couple negative emotions, such as fear, grief, or anger, with physical activity.
- * Keep negative emotions at a minimum.
- * Compliment and praise associates.
- * Be kind, friendly and considerate.

DON'T

- * Criticize, castigate or condemn others.

ZEST FOR LIVING

DO

- * Pursue some constructive objective.
- * Engage in some activity which gives you fulfillment.

THE PROPER FOODS TO EAT

SWEET FRUIT

Banana	Currant	Papaw
Canistel (Eggfruit)	Carob	Papaya
Date	Fig	Persimmon
Cherimoya	Grape, Sweet	Raisin
Sweet Cherry	Mulberry	Sapote

SUB-ACID FRUIT

Apple	Loquat	Nectarine
Apricot	Grape, Sour	Peach
Blackberry	Blueberry	Pear
Elderberry	Huckleberry	Plum
Mango	Sapodilla	

MELONS

Banana Melon	Christmas Melon	Muskmelon
Cantaloupe	Crenshaw Melon	Persian Melon
Casaba	Honeydew Melon	Watermelon

ACID FRUIT

Gooseberry	Blackberry	Feijoa
Grapefruit	Orange	Quince
Guava	Pineapple	Raspberry
Kiwi	Lime	Strawberry
Loganberry	Tomato	Tamarind
Lemon	Pomegranate	Tangerine

FATTY FRUITS

Avocado

Olive

Durian

PROTEINS

Almonds

Hazel Nuts(Filberts)

Pumpkin Seeds

Cashew Nuts

Pecans

Sesame Seeds

Walnuts

Pine Nuts(Pignolias)

Squash Seeds

Hickory Nuts

Pistachio Nuts

Sunflower Seeds

STARCHES

Artichoke

Corn, Fresh

Potato

Beets

Summer Squash

Pumpkin

Chestnut

Winter Squash

Peas, Green

Carrots

Yams(Sweet Potatoes)

NON-STARCHY VEGETABLES

Beans, Green

Cucumber

Parsnips

Broccoli

(Actually a Fruit)

Pepper (Sweet)

Brussels Sprouts

Endive

(A Fruit)

Cabbage

Kale

Turnip

Cauliflower

Kohlrabi

Rutabaga

(Mildly Starchy)

Lettuce

(Mildly Starchy)

Celery

-Boston

Squash (A Fruit,

Collard Greens

-Romaine

(Mildly Starchy)

Cabbage, Chinese

-Limestone

Spinach

Bok Choy

-Leaf

12

How To Get From Where You Are To Where You Want To Be

You should take your first steps to build your own program immediately upon learning of this improved mode of life. Start goal-setting and planning measures you will implement as soon as practical, hopefully immediately. Don't put off a good thing. You only do yourself a disservice.

One of the formulas for doing things consists of the following progressive steps:

Dream of your exalted ambitions in life.

Envision yourself in the circumstances about which you dream. Set your goals mentally or commit them to paper. Repeating them orally or on paper fixes them in your mind so that the required behavior occurs.

Believe with all your heart that you can achieve your goals if you take steps necessary to their realization. Chart the steps necessary to realize your goals.

Act upon the steps you've charted.

Train yourself in the expertise that assures reaching your objectives.

Expect great things.

Results will be achieved. How well you've utilized your resources will determine your success. If you aren't happy with the results, try again.

A quitter never wins and a winner never quits.

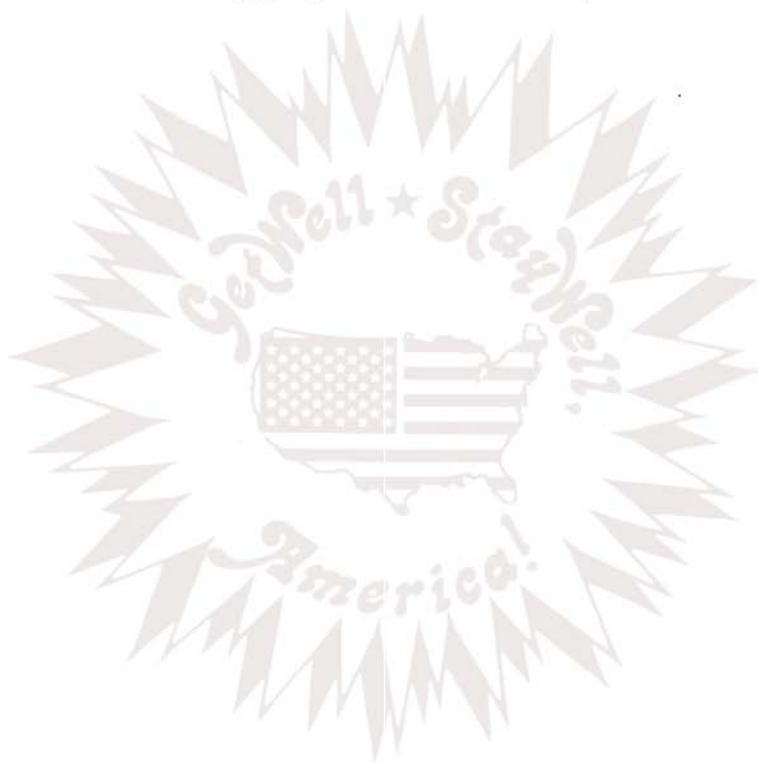
You must be willing to make changes. You must be willing to reorient your goals. You must undertake the studies essential to equipping yourself mentally for the improvements you want to make. You must keep an open mind to the attitudes you must modify to reach your goals.

Your worst enemy is the dead weight of previous wrong practices to which you're habituated. Not only do your goals call for their conquest,

but for the institution of new practices that build your health, well-being and performance levels.

The foundation for extraordinary achievement is your health. Undertake to improve your health, and all other improvements become easier of realization.

Train yourself well in the disciplines that underpin your goals. Preparation must be thoroughgoing to facilitate successful performances.



13

What To Expect When You Improve Your Practices

What The Body Endeavors To Accomplish When Practices Are Improved

The very first thing an organism does upon improvements in its conditions is to initiate a "house cleaning." This is popularly called "detox," or detoxification.

If the improvements are substantial, the body also goes into a catabolic stage. Catabolic means tearing down. In this case, old and inferior cells are eliminated.

Weight loss can be drastic on a complete change of life-style. In my case, I went from 200 pounds down to 126 in about four months. I made a one-day change from a gourmandizing conventional life-style without activity to the fruitarian diet, an exercise program, frequent sunshine, and yet other improvements.

When catabolic processes are complete, the body begins anabolic processes or reconstruction. In my own case, after about three weeks at 126 pounds, I started to gain weight. I hadn't made one change in what I was doing. The body turned around quite without my direction. I was doing aerobic and exertive exercises all the while as well as eating the fruitarian diet. I fasted several times for periods of three to 11 days which considerably intensified both detoxification and reparative processes. My weight went up to 155 pounds in about two months. I looked much younger and vital. I took on an athletic appearance.

During the processes of purification and catabolism, some discomforts may be suffered.

The discomforts which may be suffered are usually one or more of the following:

1. Headaches and dizziness.
2. Lethargy and lassitude.
3. Nausea and vomiting.
4. Coating of the tongue, a symptom of heavy body cleansing processes.
5. Strong breath and body odors.
6. Itchiness, rashes, watery and irritated eyes.
7. Fevers, inflammations or "itises."
8. Nasal drip and mucus expectoration.
9. Diarrhea or unusual constipation.
10. Gasses, bloating, and flatulence.
11. Loss of appetite.
12. Swellings, edematous areas, aches and pains.

You need not fear these discomforts. The body, in its vast wisdom, is making you right! Do not interfere with it! If you suffer discomforts, you'll probably lose your desire for food. Under these circumstances, it is best to forego food, get some rest and sleep in a sunny and airy room. You can eat again when you feel better.

Drastic weight loss can be slowed considerably by exertive exercise. While losing inferior cells on the one hand, your body will be building its musculature on the other.

Once you understand that discomforts and odd symptomologies may occur during your body improvements, you will not panic or chase off to a physician who knows less about health than you do.

14

How To Cut Your Chances of Heart Attack or Stroke by 90%!

Chances are over 90% that you have arterial blockage!

Yes, about 95% of Americans over four have incipient to advanced arterial blockage! Almost all Americans are candidates for death from cardiovascular problems, better known as heart attack and stroke.

How do you know if you're a candidate?

If you consume eggs, meat, fish, sea animals, poultry, milk, milk products (especially ice cream and cheese), and, in short, any and all animal products, the chances are nearly 100% that you have plaque in your arteries.

Researches show that you can reduce your chances of dying of cardiovascular problems by over 90% and largely unblock your arteries by cutting out all the above animal products!

If, additionally, you cut out grain products and eat almost exclusively of raw foods, your body will slowly autolyze (self-digest) the plaque buildup. As well, your body will begin reversing any arthritic, rheumatic, bursitic, and gouty conditions you may have.

15

What Should I Do If I Become Sick?

Sickness, illness, ailment, or malady is a body-initiated and conducted purification and repair measure.

Your body is purifying itself 24 hours a day. But if your wastes and toxic ingesta exceed your body's eliminative capacities--if they are not eliminated on a timely basis, they accumulate within until the body can no longer tolerate them at its mean level of vitality. "When thy cup runneth over" the body preempts your energies for an emergency detoxification.

Until your body has cleansed itself, it redirects your energies to the processes of purification, thus leaving you precious little for discretionary pursuits. Unless you poison yourself with some drug (miscalled medicine) which suppresses your body's vital efforts, your body will not restore your discretionary energies until it has restored itself. Of course you are then said to be well again.

Should you become ill, understand what the body is doing. Cooperate with it. Don't fight it. Don't interfere with its efforts. Don't debilitate, impede and impair it with drugs or treatments. Stop attempting to do that which drains it of the energies it needs for restoration. Go to bed. Rest in an airy sunlit room. Take no food save water. Your body is infinitely smarter at taking care of its business than you are at yours.

Acute illness is always constructive. The body is endeavoring to right the untoward results of your abuse. A body properly taken care of will yield you trouble-free service for a long lifetime of joys and rewards.

About 95% of Americans over four years of age have partially to fully blocked arteries. If you eat animal products, your chances are 100%! Over 50% of our people die of cardiovascular blockage. Keep in mind that the first symptom of heart disease may be instant death.

Atherosclerosis (plaque in the arteries) is a reversible disease even though it is degenerative in nature. Discontinue causes (animal products, saturated fats from margarine, coconut, palm kernels, etc., mineralized

water and cooked foods that have had their minerals deranged) and the body will gradually autolyze (self-digest) the plaque and, with raw eating, sunshine, adequate sleep, exercise as capacity permits, and the other needs of life appropriately observed will remove your candidacy for "heart attack" and stroke.

Cancer is our second foremost cause of death. Cancers are caused by carcinogens and carcinogens only. Over 90% of the diagnoses of cancer are not really cancer. They are tumors, cysts, polyps, and wens only. The physician or oncologist is likely to stampede a sufferer from these conditions into his corral for surgery, radiation and chemotherapy by implications of imminent death otherwise. You'll be led to believe you have cancer.

The truth is that those who do not submit to treatment live about four times as long as those who do! Under hygienic care the chances of dying from tumors are nil. Cancer is a different animal, being an endpoint in pathology. Nevertheless, I've seen more than 50% of cases with confirmed cancer reverse their problems under hygienic care. Once you've survived cancer, you live under the sword of Damocles. Reindulging its causes may be a death warrant.

Other degenerative diseases such as arthritis, ulcers, cirrhosis, etc., are usually reversible under the hygienic regimen.

Inasmuch as there really is a panacea--the mighty power and intelligence that created you from a microscopic fertilized ovum resides with you till death and will always restore you to the highest level of health consonant with your residual potential--you can invoke its powers for hastened recuperation and wellness. Fasting (a thoroughgoing rest), a raw diet, sunshine, adequate sleep, and appropriate observation of the other needs of life will rather rapidly restore you to vibrant well-being.

You are totally in charge of yourself. No one else can restore you to health--ONLY your bodily powers can do that. Your body's needs are simple. First, *leave it alone!* No one else can breathe for you, eat for you, drink for you, sleep for you, get sunshine for you, exercise for you, nor do anything else that will build or restore your health.

Don't get caught up in the delusions fostered by our cartelized industries and communications media to "see your doctor." These are merely ploys to get you into physicians' offices so that you'll be a customer for the cartel's drugs.

Over 50% of our people suffer from chronic diseases. They are never

free of the disease condition. Under hygienic care, a disease-free state is reached in from a few days to a few months.

If you have the determination and fortitude to take total responsibility for yourself (you have it anyway whether you admit it or not, and you fare only as well as the care you exercise), you will apply this natural system for living into your regimen forthwith. If you delay or dillydally, you prolong your suffering and the mediocrity it imposes upon you.

What should you do if you become sick?

So prevalent is the idea that "something must be done" to cure a disease state that I am dismayed.

First, you do nothing about trying to "cure" your sickness! Interfering at all is wrong. It will not help, but it certainly will further foul you up. You don't have to do anything because the sickness itself is the doing! Your body is doing the very thing you seek to have done, and anything to "cure" this action is harmful interference. You see, your body is infinitely smarter in running its affairs than you are at yours! Don't presume your wisdom in overruling body actions--rather, it reflects health-destroying misunderstanding which is so rife in our society.

If your dietary and other practices are conventional or anywhere near conventional, i.e., if you eat cooked foods, take condiments and seasonings, eat fatty foods and lots of concentrated proteins (as in meats, fish, poultry, eggs, dairy products, and beans), you're heavy into a regimen that intoxicates your body. This regimen is worse yet if you do not exercise or if you have a stressful lifestyle.

Your body is thus perpetually intoxicated from your own wastes that do not get eliminated because of this regimen. As well, the toxic nature of your diet adds to your toxic load. That you are toxic is easily demonstrable if you wish to determine this for yourself. If you abstain from all food except water for 24 to 36 hours, your tongue will become coated--white and furry-like. Many people are so toxic, they get "cotton mouth" without food being withheld. The breath usually becomes strong and obnoxious at the same time. Because this happens nearly 100% of the time with those who eat animal products, cooked foods and condiments, you can be rather certain that your body is toxic to a greater or lesser extent.

What you must realize is this: All body problems arise from poisoning! When the body finally, in desperation, initiates a detoxification/healing crisis as with a cold, flu, allergy, headache, backache, fever, cough,

inflamed eyes, acne, herpes, etc., understand what your body is doing and cooperate with it. Instead of trying to quell the body's vital efforts, go to bed and get rest. This permits your body to have more energy for dealing with its emergency. Do not take food! The body has plenty of reserves for its energy needs. Food intake and digestive processes only divert more body energies from detoxification/ healing. If you rest and fast during a crisis, it will be conducted to a successful conclusion in a fraction of the time involved were you instead to continue to eat, work and try to quell the body's emergency actions with herbs, teas, medicines, or other modalities. The rationale of "when the body is toxic, add more toxicity" is deadly and kills heavily. That the death rate drops from 25% to 60% when physicians go on strike attests to just how deadly is the practice of drug suppression of vital body activities.

Learn and remember this well: The body's problems arise from uneliminated wastes and toxic ingesta. When the body can no longer tolerate the toxic accumulation, it initiates a "sickness" or "disease" for the purpose of detoxifying itself and repair of damages. Your body preempts your energies for this process, hence, you'll feel rather energyless. And emergency eliminative crises aren't pleasant either! You'll suffer until your body completes the processes of detoxification and healing.

It bears repeating also that the quickest way to become well again is to cooperate with your body. Fast, i.e., abstain from all food save pure water. Stay mostly in bed in a sunny room with lots of fresh air. Lots of rest and sleep will enable your body to restore itself to prime operating condition as quickly as it can!

It also bears repeating that if you add herbs or poisons called medicines to your body's toxic load, you interfere drastically with its vital processes. You add a blow that may prove to be a knockout. You may interfere so drastically as to reduce the body's level of vitality to a point so low it can no longer conduct the detoxification process--this is called suppression. In this event, the body is more loaded than ever with morbid materials. The next crisis will be more severe than the one before--perhaps a chronic condition will develop or, worse, some vital faculties will be deranged or destroyed, especially such vital purification organs as the adenoids, tonsils, appendix, kidneys, lymph nodes, spleen, liver, heart, etc.)

ONLY your body can restore itself to health. The magnificent power and intelligence that constructed you from a fertilized ovum still remains with you. Not only is it capable of restoring you to health, it is the ONLY

power capable of restoring you to health. When your body goes into a healing crisis--when your body initiates actions to detoxify and heal--don't interfere! Leave your body alone and it will do a great job for you--it's totally self-sufficient if its simple needs from the outside are properly met. It is the master of its domain.

If you want to enjoy perpetual health; that is, be completely free of illnesses or sicknesses, you need only properly observe the body's needs. They are few and they are simple. Fulfilling your needs with the best conditions and materials is beholden upon you.

One of the foremost strictures upon you in this society is this: Thou shalt not poison thyself.

What should you do when you become sick?

NOTHING! Leave everything to your body wisdom. It is the **ONLY** agency capable of restoring you to health. Just establish the conditions under which the body can most efficiently and rapidly operate.



16

Shouldn't I See My Doctor?

Daily, we see and hear advice to "see your doctor" for just about every ailment and condition imaginable. In fact, that admonition is getting so rife that it seems we'll soon be checking with our physician to go on a trip, to undertake exercise, to drive a car, to have sex, to become pregnant, to take on a job, or whatever.

This is the medical establishment's way of herding you and your fellow countrymen into the parlors of their medical spiders--into the clinics of their glorified drug peddlers. They carefully cultivate the notion that doctors are know-it-alls who are competent to solve your problems no matter what they may be. Unfortunately, physicians are trained in the art of drugging, cutting and other modalities, not in the health sciences.

So why should you see your doctor when he knows less about health and disease than you do! While he assumes the air of being knowledgeable and understanding and possessed of the needed expertise to resolve any and all problems or knowing where to refer you--typical behavior of con men--he's been so miseducated in drugging and outright voodooism that a visit to a physician (they're never doctors, for they teach nothing) is fraught with grave dangers. Going to physicians is like giving matches to four-year-olds in a hay barn.

Physicians suffer from more heart and cancer problems than the population at large. Isn't it nice to go to a heart specialist whose chances of dying from heart problems are greater than your own? How much can you trust someone to take care of you if he doesn't know how to take care of himself? Indeed, it is "Doctor, heal thyself!"

The only person in the world who can take care of you is, of all people, you and only you! Body recovery is completely dependent upon what you do, not what someone else does. It is inherently impossible for anyone else to help you other than through guidance and assistance in establishing better conditions for your body to operate under.

The idea that your diseases are caused by any agency other than your own practices or whatever you subject yourself to (like the physician's drugs, for instance) is absurd. The idea that your suffering is caused by malevolent little beasts called bacteria, fungi, or viruses is pure voodooism. Bacteria and fungi are scavenger forms of life that feed only on dead organic matter. They are incapable of any direct pathogenic action in anyone! While their excretions are toxic in those who have put junky foods into themselves, these forms of life are harmless to anyone on the raw food dietary.

The idea that so-called viruses (body genomic debris from mitochondria, organelles and cellular nuclei) cause diseases is begotten by a cartel-controlled drug industry that needs scapegoats even if it has to invent them. Certainly, the cultivated idea that a virus is a malevolent entity is phony and fraudulent. At one time virus meant a poison. Now it is used to mean something on the order of an "evil spirit" or "demon." The fact that so-called viruses are always dead, even those called "live," obviously means they can do nothing, malevolent or otherwise.

Anything at all a physician may do under the guise of returning you to health is wrong! While he can and probably will ruin your health and finances with endless tests, drugs and treatments, there's no way he can restore you to health. ONLY your body can restore itself to health if:

1. The causes of its problems are discontinued and/or removed and.....
2. The conditions and practices that favor health are established.

Sickness-causing practices are easy of ascertainment to someone who has learned the outlook voiced herein. And, likewise, this publication is a traversal of the conditions under which health can be restored and perpetually maintained.

See your physician? He's likely to be a drug addict. In 1976, the *New York Times* published statistics showing that the physicians as a class were 17 times more likely to be drug users than the general population. Today the rate of drug use among physicians is more than double that. Do you want to patronize a drug addict?

If there's anything you need a cure for, it's a cure for the idea that there is a cure. Cures are inherently impossible. The cult of cure is very carefully nurtured by the drug/medical system because it derives its enormous income from those who are persuaded that there are cures and that the medical system has them.

Physicians are dupes of the medical establishment moreso than the population at large. By making them the elite of our land, they are caught up in a monstrous and criminal scheme to peddle deadly drugs. Unfortunately, they're persuaded that we can be poisoned into health.

Physicians are trained (brainwashed) in medical schools in the criminal art of drugging and cutting almost to the exclusion of everything else. They are groomed as professional con men and women. To ensnare the many potential clients the cartel's propaganda generates, they assume what they call a "professional manner." With their invocation of grave consequences if their recommended course is not followed, they rope people into life-sapping drugs, surgery and modalities.

Should you see your doctor? What for? You're suffering enough already.



17

Understanding Diseases and Sicknesses:

Their Causes and Purposes

The central truth that diseases are body-remedial efforts is not generally known. The drug/medical system has a vested interest in misleading you. They want you to believe that diseases are caused by bacteria, yeasts or fungi, so-called viruses, genes, or, in fact, just about anything over which you have no control. They want scapegoats which they can exorcise in your behalf. They do not want you to know the real causes of disease.

What really causes diseases?

The answers are given throughout this volume. Diseases are caused by toxicosis, the saturation of the body with toxic and morbid materials beyond its ability to tolerate at its mean level of vitality. Popularly this is known as toxemia or poisons in the blood.

When the integrity of the organism is threatened by toxicity, it initiates a massive house-cleaning. The resulting sickness or disease is called by the foremost symptoms manifesting.

The names of diseases are determined by symptoms evinced and the site the body elects through which to expel its morbid matters.

If the processes of expulsion occur in the respiratory tract, it may be called flu, cold, bronchitis, or rhinitis. If they occur in the ear they may be called otitis. If the body uses the genital area as an outlet, the disease may be called herpes genitalis.

You do not have to remedy or cure a disease because the disease itself is the body's remedy or cure. If you suppress the body's vital efforts with drugs or treatments, the body's toxicosis becomes chronic and you chronically suffer. Chronic disease gives rise to degenerative conditions.

Degenerative diseases are such problems as diabetes, arthritis, cardiovascular or arterial blockage, and atrophy of organs or faculties.

Diseases, even most degenerative ones, can be reversed by (1) discon-

tinuing the easily ascertained causes, and (2) instituting healthful practices.

The quickest way to resolve problems is through a thoroughgoing rest. Almost all faculties are rested including your physiological, mental, physical, emotional, and sensory powers. Physiological resting includes abstention from all food save water, air and sunshine. Physical rest involves abstention from discretionary activities save necessary ones like going to the toilet, getting a little sunshine, and walking a few hundred yards. Thoroughgoing rest is called fasting.

Fasting discontinues all causes of problems. Fasting enables the body to redirect all available energies to detoxification and healing.

This volume guides you to both the causes of problems and to healthful practices.



18

Announcing The Greatest Health Discovery!

A New Miracle Cure For Everything--A True Panacea!

"There's nothing more that we can do for you." How familiar is that refrain from medical practitioners who give patients up to die after testing, treating, drugging and cutting them up for a number of years. "Given up to die" is the testimonial of a great number of people who did not die!

Most people given up to die by the profession do just that. They give up and die.

How would you rate an M.D. if he took only those cases that had been given up on by other M.D.'s--what if he, by the application of a discovery, returned over 95% of these "incurables" back to a modicum of health? Does not this practitioner deserve accolades from far and wide? Does not such a practitioner's methods deserve investigation and applause? Should not all our people be taught this practitioner's methods?

And would not those methods deserve to be called *a true panacea*?

And shouldn't an M.D. who could do this be acclaimed the greatest hero ever on the health scene?

Well, you'd think so, wouldn't you?

Now the good news! There have been not one BUT MANY M.D.'s. who have done just that! Drs. Trall, Jackson, Tilden, Weger, Jennings and Dewey readily come to mind.

Did they receive the accolades of their colleagues?

Odd thing. They were all roundly condemned and pilloried. They were called quacks and frauds even though there was undeniable evidence they were returning about 95% of the medical wrecks to fair health.

You see, the medical practitioners are brainwashed serfs of a cartel

that has a vested interest in sick people: the drug industry, the insurance industry and related enterprises.

HERE'S EVEN BETTER NEWS!

You can employ the same methods these M.D.'s developed in the last century! You can do it on your own!

The true panacea is your own body. Giving it full reign to perform its duties as it would in a natural setting constitutes the full panacea! **LEAVE IT INTELLIGENTLY ALONE!** That was all that these M.D.'s taught.

This dictum means establishing the conditions necessary for best body performance in accord with its capacities. For 99% of Americans, this means undertaking a fast of from a few days to several weeks, then going on our biologically correct diet; that is, fruits with some vegetables, nuts and seeds. It means getting exercise or vigorous physical activity. It means drinking only when thirsty and then only pure water. In our modern age we can take fresh juices with much benefit. It means getting adequate rest and sleep. It means getting sunshine. There are 22 factors and influences that build wonderful health.

Internal body wisdom is wiser by thousands of times about taking care of itself than is the wisest intellect that ever lived. There are no healers. All are fakes. There is only body healing. Establish the conditions for healing and the body will do it. Nothing else has the intelligence and power to do that.

Discontinue the causes of body problems and institute the causes of health and you'll have health! That is as certain as gravity! You were developed for health, not disease. If you'll discontinue ALL causes of disease and enter upon a regime of healthful living, your body will build health to its uttermost potential!

Why not learn and follow the few simple and easy touchstones for great health?

19

Fasting: The Universal Panacea

by Marti Fry

Fasting is the fastest and surest way to regain health. Abstinence from all food for a period of time will allow the body to redirect its energies from normal tasks like digestion and assimilation to the task of purification and repair. However, it must always be kept in mind that the fast is only the beginning. You cannot fast, become completely well, and then indulge unhealthful living and eating practices, or you will become sick again.

Most people do not overcome all health problems in just one fast, especially if their fast is not very long. In addition, it must be borne in mind that a fast involves the breaking down and elimination of toxins within the body. Much (or some) weight is always lost, but this weight loss is temporary (unless the person follows the fast with a strict weight-maintenance diet). A person is not in great health at the end of even a long fast. The rebuilding phase is the next--and most important--phase of healing. Living in accord with our biological adaptations and meeting satisfactorily all the requirements of life is the most essential need for healing to occur and health to be completely recovered.

So, before you fast, learn the importance of vigorous exercise and start making it a part of your daily life; learn which foods to eat and which foods not to eat; learn how to correctly combine your foods for best digestion; learn to eat in moderation and at well-spaced meals; understand the importance of sufficient rest and relaxation; and make all these a part of your life. In short, learn how to live healthfully, and give up all your disease-causing habits (smoking; drinking; junk or sugared foods; condiments, including salt; laziness; staying up late at night; overeating; etc.). You will be on the road to health when you improve your living habits in this way. Then you will be ready for a fast. After a fast, it is essential to live healthfully so disease will not again be necessary. Disease results as a body

recovery measure from unhealthful living habits.

The above information should help answer the question, "When should I fast?" Always keep in mind that a fast is just a beginning step on the road to health.

Let's further answer the question, "When should I fast?" You should fast when you can take a vacation from your job and other responsibilities. For a very short fast, a weekend may suffice, especially a weekend free from responsibilities. If you work, a fast can be the most beneficial way to take a vacation--a vacation for your body as well as for your mind and emotions. The whole purpose of fasting is to rest. Rest, rest, rest--it can't be emphasized enough. You should not plan to indulge in exercise or socializing while fasting. In fact, you should plan to spend a lot of time resting in bed. The healing process will be much faster this way, and the results of your fast will be more gratifying.

Now let's look at the next question, "Where should I fast?" If your family or housemates will be supportive and the environment is quiet and smoke free, you may do a short fast at home. You will need to read and study some books on fasting so you know what to expect during a fast. If you fast at home, this is essential. If a professional Hygienist is within your reach, you may want to fast under professional supervision at a health center. For one, you will learn how to live healthfully after the fast while you are fasting. You will be surrounded by other people who are fasting or breaking their fasts. You will have ample opportunity to meet and talk with individuals who have experience in fasting and eating, and living healthfully.

Besides what you can learn from fellow fasters at a fasting institution. Most Hygienic health schools have formal lectures and tapes to listen to, as well as Hygienic books and magazines to read. Additionally, you will be in a quiet and supportive environment where you can benefit from your fast to a maximum degree.

FASTING--WHERE TO GO FOR HELP

Following is a list of Hygienic professionals in the U.S., Britain and Australia:

Dr. Alan Goldhamer - Phone: (707) 792-2325

**THE CENTER FOR
CHIROPRACTIC AND CONSERVATIVE THERAPY
4310 Lichau Road
Penn Grove, CA 94951**

Dr. Douglas Graham - Phone: (305) 743-3168

**CLUB HYGIENE
105 Bruce Court
Marathon, FL 33050**

Dr. William Esser - Phone: (305) 965-4360

**ESSER'S HYGIENIC RANCH
P.O.B. 6229
Lake Worth, FL 33466**

Dr. Henry Stephenson - Phone: (503) 757-7154

**THE EUPHORIUM
563-D-Street SW
Corvallis, OR 97333**

Mary Kelly & Ron Schade - Phone: (512) 831-5218

**GETWELL*STAYWELL, AMERICA'S LAST RESORT
1001 North Browne Avenue
Brownsville, TX 78521**

John Peet - Phone: (602) 474-6436

**GOD'S OWN SANCTUARY OF HEALTH
H.C.R. 642, Payson, AZ 85541**

Mort Pine - Phone: (305) 454-2220

**REGENCY HEALTH RESORT & SPA
2000 South Ocean Drive
Hallandale, FL 33009**

Dr. Joel Robbins - Phone: (918) 742-2194
THE HEALTH AND WELLNESS CLINIC
6218 South Lewis, #103
Tulsa, OK 74136

Helena Henn - Phone: (408) 373-1119
HELENA'S HEALTH HAVEN
1105 Patterson Lane
Pacific Grove, CA 93950

Bernice Davison - Phone: (501) 496-2364
THE HEALTH OASIS
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Tilly, AR 72679

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20

Are You Fooled By Names?

Is it true there is nothing in a name? Quite untrue! Names are the words that convey the ideas and thoughts we live by. We lead our lives in accord with the ideas words express, even if the ideas are wrong and cause suffering.

"A rose by any other name would still smell as sweet," seems obviously true. Likewise....

"A poison by any other name would still be as dangerous," is equally true.

Because we've been brainwashed into certain beliefs, we are fooled by the names that stand for them. And no better example of this can be offered than the case with drugs.

We've been brainwashed into believing in *curing*. Therefore, we believe in *curative* substances--*medicines*. That the very concept of *medicine* is absurd and totally false is another matter. Here we're concerned with the power of deceptive labels.

We humans are manipulated by the concepts we believe in and the names used to get us to accept these concepts.

Look at drugs, example. Is there a reader among you who does not know all drugs to be poisons? Is there one among you who would deliberately poison his body? Or let anyone else do it?

Yet, when the poisons of the drug trade are called medicines, we readily assent! Children know better and refuse them. They must be forced.

We Americans send trainloads of poisons down our throats and permit them to be injected into us. We permit this simply because we're sold on the idea of *curing* and on *medicines* as *curing* substances.

In the drugstore, these substances are contained in bottles, boxes and flasks bearing the skull and crossbones. But in the sickroom, they are introduced as medicines. Iodine, potassium, mercury, arsenic, quinine,

prussic acid, strychnine, aspirin, sulfonamides, antibiotics, cortisone, etc. are labeled poisons in the drugstore, but when put up in ampules or draughts, pills, powders and boxes to be given to the sick, they are no longer labeled as poisons--they are now called medicines and are administered to "cure" disease. The term "medicine" helps to blind the patient as to the true character of the poison being administered as a "cure." By the physician's hocus-pocus and tomfoolery, deadly drugs "magically" become lifesaving elixirs.

Suppose physicians were required to be honest and say, "I am going to give you a dose of this poison three times a day. If that doesn't work, I'm going to switch you to a more powerful poison." Would you or anyone else continue to patronize physicians? No, you would not! Only by the deception of words, of names, do we accept poisons prescribed for us.

No wonder then that "medicines" have so many "side effects" or "adverse reactions." Actually, these are the regular poison effects of these drugs called *medicines*. About 5,000,000 people each year are poisoned so seriously by their physicians that they are hospitalized! An estimated 200,000 die. The so-called side effects are perfumed language for poison effects!

People cannot be poisoned into health. Poisons add problems instead of solving them. To regain health, the ill must be furnished with the materials and influences that enable the body to purify and repair itself.

The idea that health can be restored by poisons, even if called *medicines*, is pure nonsense. The idea that diseases can be prevented or overcome by agencies that are poisonous to the body is mistaken and produces untold grief. Such an idea is unworthy of thinking men and women. Nevertheless, this absurdity highlights medical practice today as it has in the past.

WAKE UP, HUMANITY! You're being bamboozled by a craft that is practicing voodooism upon you.

21

Can We Expect The Solution To Diseases From Our Laboratories?

As health is no problem in nature and need not be a problem in our modern context, the idea that we are permanently beset by illnesses and diseases, and that only research can solve them is a delusion carefully fostered by our drug/medical establishment. No answers can come from our laboratories for they are like blind men in dark rooms looking for black cats that never were there. Health is built only by healthful practices as this book attests.

The carefully nurtured delusion that the answers to disease will be forthcoming from our laboratories is as vain as expecting solutions from the medical system which, in 2,500 years, still has not solved the problem of a simple cold. Nor of anything else.

Dr. Lytton-Bernard has put the kibosh on this delusion in a very scholarly manner. I'm happy to commend his observations below.

BIOLOGY VERSUS CHEMISTRY FOR HEALTH UNDERSTANDING

by B. Lytton-Bernard, D.Sc., D.O.

Why Health Will Never Come From The Laboratory

This is the age of chemistry and physics. The laws of biology are laid aside, and chemistry is resorted to, to solve problems of health. For three thousand years, hope has dwelt in mankind that some mysterious remedy will be found to counter disease. The view is that chemistry will solve the problem by hitting upon some drug which will fulfill this three-thousand-year-hope.

The human body is not a chemical formula. It is an organism which has taken many millions of years to develop. In studying organisms, biology lays down its first law: that while a plant can make use of inorganic elements and by means of solar energy build them up into its own substance, animal organisms do not have this power and are dependent for their sustenance on the plant kingdom.

Inorganic Materials Poisonous

Thus it is clear that every attempt to convert inorganic material into organic animal tissue must fail. In other words, every inorganic material becomes a foreign element in the animal organism and consequently a poison to it.

Laboratories Searching For An Impossibility

If we would understand the functions of the human body, we would know that it's obvious that we should not depend on the discovery of any inorganic material, no matter how cleverly concocted, as a solution to the health problem in the human body. We must understand that whatever materials we find in the human body that are being used for the welfare of the organism must come from living organic matter. The chemist is not trained to think in biological terms. His dominant thought when dealing with the human body is not to consider the laws of biology and the need or the conditions to which the human body is subjected and which must conform to these biological laws, but to make a hit-or-miss putting together of certain chemicals with the object of producing a remedy or, as the old superstition calls it, a "cure," for disease. And this in spite of the fact that the chemicals can never be assimilated or used by the human organism.

Understanding Life's Needs

To use the biological conception of health and its promotion, we consider the living human organism from this point of view of being adapted to certain necessities. Knowing that it is a product of the development of millions of years, we have to observe what are the characteristics of the organism. We cannot change these in a matter of

seconds or minutes or hours or days or weeks or even years. We are compelled to conform to the laws of the organism itself. In other words, the laws of biology.

To know the chemical composition of the body is by no means in any way sufficient, for our biological understanding shows us that if we would have these chemicals assimilated by the organism, we must consume them in a way that the organism is capable of digesting and assimilating them into its own substance. While the chemist may ignore this and try to find chemicals which have a beneficial effect upon the organism, the biologist knows that these chemicals must be part of the composition of the food that it has been customary for the organism to take for the replenishment of its substance and that there is no other way.

It is seen, therefore, that biology is a much deeper study than chemistry, in spite of what the chemists may think. The laws of biology are more definite: you can put chemicals together in a test tube and arrive at new compositions, but you cannot change the biological nature of an organism. The organism has to go through a process of development to make changes possible, and then these changes are so slight that they do not affect the fundamental living structure.

Humans Some 60,000,000 Years In Development

Thus we may observe that there are fish and other organisms which have been deprived of light for thousands of generations and as a consequence have lost their ability to see. Whatever changes have taken place in the fundamental condition of the human organism have taken millions of years for their development.

This is by no means a tragedy for the human race. It is wiser to conform to the laws of biology than it is to subject the body to conditions which disagree with it and cause pathology; it is wiser to conform to these laws of biology than it is to try to sidestep them and attempt to create a new type of organism as you would concoct a new chemical composition in a test tube.

Cumulative Adaptations Determine Diet

Biology leads us to the study of organisms in the environment to which they have been accustomed for hundreds of thousands, in fact, millions of

years. Different organisms have developed their own characteristics in the conditions which enable them to live and prosper healthwise. Some, like the koala bear of Australia, are adapted to the eating of a particular variety of gum leaves. Carnivorous animals have adapted themselves to the eating of other animal organisms. The noncarnivorous animals have adapted themselves to the intake only of vegetable matter as food. There are certain clear characteristics in the anatomy and physiology of organisms. The carnivorous mammals have a very short, comparatively speaking, alimentary canal, whereas the noncarnivorous have one more or less four times the comparative length.

Animal Products Dangerous To Humans

Thus the attempt which has been made by the human organism to sustain itself on animal products must be fraught with danger to the organism and eventual pathology; and, of course, we observe this to be the case. Likewise, not being adapted to the assimilation of inorganic elements, if we do take them into the human organism, a pathology must be expected and, again, this is what we observe.

On the other hand, where we conform to the laws of biology, the laws of life, we find the organism prospering. Our observation of the needs of the human organism shows us that we need to breathe air of a certain cleanliness; and we need liquids to replace those that have been utilized and expelled by the body. Our food must be complete. If we remove from it any elements to which the organism has adapted itself and has become dependent upon for good functioning, it is easy to see that where we try to live upon deficient foods, health must inevitably suffer, and that it is of very little use to try to find some way of swallowing the elements that have been extracted by taking them in inorganic form.

Exercise Mandatory

We observe that the body has developed and kept itself in a healthy condition by activity. As Eugene Sandow used to say, "Life is movement." If we remain inactive for long periods, the organism adapts itself to this inactivity, muscles atrophy and functions are weakened.

Observing Our Adaptations Solves All Health Problems

So it is that the laws of biology show us clearly that we have to conform, that we have to continue to adapt ourselves to the conditions which have been determined in our development for some millions of years. The sooner we admit this, the sooner shall we solve the problem of health.

We have seen that the human being is a noncarnivorous organism. In the same way that we arrived at this conclusion, so can we ascertain whether other items of food are those that are best for the organism. By referring to our ancestry and our nearest relations in Nature, we can determine whether grains are a food which enables the human organism to function at one hundred percent or whether it is a recent imposition upon the human body to eat them. The same applies, of course, to other foods to which we habituate ourselves.

No Answers To Disease Will Ever Come From The Laboratory

It is obvious that the biological method is the safe one to assure continuous good health. We would be wise to stop wasting our energies trying to find some chemical, inorganic material which can benefit the human organism. It is contrary to all natural or scientific law. The human race faces the need for adapting its environment to its biological needs. We cannot change the organism and adapt it to unbiological impositions.

The soundness of the *Natural Hygiene System* is shown in its acceptance of these facts; thus it is truly scientific, that is, it is in harmony with the Laws of Nature as they really are and not as we would like to imagine they may be. Dr. Shelton is right when he ridicules the label of "scientist" being applied to those individuals who ignore the first and most clearly defined Laws of Nature.

Natural Hygiene is scientific. Attempts to confute the Laws of Nature, failure to recognize the unity of cause and effect--these are unscientific and should be abandoned. The sooner they are, the sooner will mankind release itself from the terrors and miseries of ill health that abound today.

Reprinted from the HYGIENIC REVIEW

22

Cures! Cures! Cures!

by Herbert M. Shelton

The search for "cures" is far older than the written records of man. Who the first witch doctor was, history does not record. We do not know when or where he lived. But we do know that he started the race on a search that has never ceased.

No believable estimate can be made of the number of "cures" that have been discovered. When recorded history began, thousands of "cures" were already in use. The medicine men of that time had cures for practically every disease that man suffers with.

But "cures" are peculiar in that they do not long remain cures. New "cures" have to be found to supplant the old ones as these lose their effectiveness. Hence, there has always been an army of men and women engaged in the pursuit of new "cures." Perhaps more "cures" have been discovered in man's short historic period than were found through the whole of his long period of prehistory.

Who remembers today the "cures" that were popular ten years ago? Who recalls, except vaguely, the "cures" with which he was treated as a boy or girl? Who can recollect even the names of the popular patent medicines of twenty and thirty years ago? The "cures" of yesteryear are gone. Their places have been filled by many strange "cures" that were unheard of then.

A book on the practice of medicine that is more than two years old is hoary with antiquity. Its "cures" are no longer used. Its pages are filled with forgotten theories and with long discarded "cures." The sober fact is that so rapid is the discovery of new "cures" that the book writers and book publishers cannot get out the books fast enough to keep up with the "advances" of "medical science."

Search For Cures Is Big Business

Today the face of the earth is thickly dotted with "research" institutions that are engaged in searching for new "cures." Some of these, like the Rockefeller Institute, are large, heavily endowed institutions filled with every conceivable scientific gadget and staffed by a small army of technically trained men and women. Some are endowed by the various governments. Many are necessary appendages of manufacturing drug houses. Others are small and belong to the ambitious man who vainly searches for some *Elixir vitae* or some Philosopher's stone.

Perhaps several hundred thousand men and women are engaged in this "research." No believable estimate can be made of the money invested in plant and equipment with which to carry on the mad search for "cures." No one can guess how much money flows into the coffers of the "researchers" to assist in the search for "cures."

Day and night, all over the world, the search goes on; and daily new "cures" are found and heralded to an expectant world--a world that has been taught to look with awe upon the "researcher" and his great stock of knowledge and wisdom. To the discovery of new "cures" there seems to be no end.

The public demands "cures." When the old ones fail, they demand new ones. The curemongers demand new "cures." The "researchers" find new "cures." There is always a ready market for "cures," and there seems to be no limit to the amount of money that may be had for "research." The job of the "researcher" is to find "cures," and he finds them. When these fail, he finds new ones.

The drug stores of the world are groaning under their load of "cures"--that do not cure. The mailman brings new "cures" to the physician with almost every mail. The manufacturing drug houses do not permit physicians to remain long in ignorance of the new "cures." Perhaps they remember the words of the famous French physician of the past century who said to his patient, "Here, take this while it is still a remedy."

Many Cures, But Nothing Cured

Out of all the uncounted millions of "cures" that have been discovered since the first voodoo doctor started mankind on its frenzied hunt for cures, where is there one real cure? Where is the cure for constipation?

For indigestion? For colds? For boils? For gastritis? For hives? For pimples? I do not ask for a cure for cancer, for diabetes, or Bright's disease. I ask only for one cure for the simple, everyday, functional disorders like constipation and indigestion.

In all that vast system of conscious fraud and humbug that proudly styles itself as Modern Medical Science, is there one cure for anything? Is there an honest and intelligent physician in the whole world who will claim that he has knowledge of a single cure for even the simplest ailment from which man suffers? If not, is he any less a charlatan than the vilest empiric of the past?

All down the ages, there has been a constant and ceaseless change of methods of "curing" coincident with an undying faith in the doctor and his bag of tricks. A credulous public "always comes back for more" cures. If it loses its faith in one vaunted "cure" or to another much-advertised school of medicine, it merely transfers its faith to another loudly touted "cure" or to another much-advertised school of healing. Its stock of credulity seems never to run out.

If the public is credulous, what must we say about the physicians who are "taken in" by every new "cure" that is offered them by the manufacturing chemists and pharmaceutical supply houses? Do they learn nothing from past failures? If they possessed any real knowledge, would they prescribe and use all the new "cures" offered them by the manufacturers and their subsidized "researchers?" Intelligent and informed men do not "fall" for the same old "gag" repeatedly.

The desire to be "cured" is so strongly imbedded in the average person that he will have a "cure" even if he has to die to get it. Indeed, he is usually "cured" repeatedly, for the "cures" do not "stay put."

Average Person Believes In Cures

Mr. Average Man believes in treatment. He has been taught from infancy to resort to treatment when ill. The medical professions exist to "treat disease and disorder."

They all believe they can cure disease without removing cause. They are based on a premise as false as the belief that a salve will cure your foot without removing the tack; as false as the belief that a drunk man may be sobered up while he continues to drink.

The discovery, production, distribution and administration of "cures"

is a profitable industry. The "research" boys hold down fat, easy jobs. The drug trade pays both the manufacturers and the distributors very well. The physician who administers the various voodoo concoctions is also well paid. The only one who loses by it is the poor sucker who buys the "cure."

All Curing Is A Lucrative Medical Racket

A few years ago one of our leading, popular weekly magazines estimated that the medical profession had, at that time, over a hundred and thirty thousand "remedies" for the four hundred and seven "diseases" then listed in the medical nosologies. Since that time, the number of diseases has been greatly multiplied and the number of "remedies" has been greatly increased. Millions of dollars are invested in the manufacture and distribution of "remedies," and still the human race is sick. With so many "remedies," why should anybody ever remain sick or die "of disease?" If medicine and "curing" is any more than a gigantic and well-paying racket, why don't they cure our "diseases" with their great wealth of "cures?"

Only one thing can cure mankind's belief in "cures." This is knowledge. It is necessary that both physician and layman learn that there are no cures. They must lose their belief in disease; their belief that there are diseases. The belief in disease and cure is a barrier standing between mankind and health.

Knowledge is the greatest need of our benighted and purblind world. Knowledge of how to live; knowledge of the nature and purpose of disease; knowledge of the evils and futility of treatment; knowledge of the truth about life-- this is the need of the whole world today.

"My children are killed for lack of knowledge" says the god of the Hebrew scriptures. Millions die yearly because they lack true conceptions of life, of health, of disease, of cure. More people are killed every year by the causes of and the treatment for "disease" than by any other cause, only because their ignorance leads them to ignore causes and to rely upon "cures."

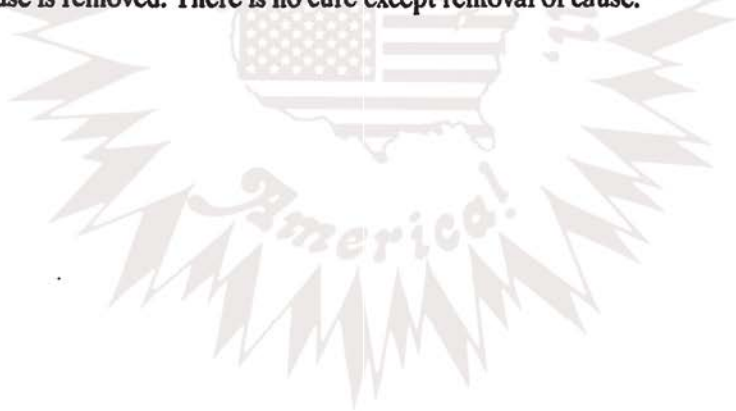
Education must supplant treatment; faith in the processes and forces of life must take the place of faith in "cures;" confidence in the normal things of life must displace confidence in abnormal things; trust in the laws of life must crowd out trust in vicarious atonements. Only thus can the terrible waste of time, money, energy and mental effort in the search

for “cures” cease and all this time, money, energy and effort be redirected into worthwhile channels.

All Healing A Bodily Function

The frenzied search for “cures” must cease. Mankind must learn that the so-called disease which they seek to cure is, itself, the process of cure. All efforts to cure the cure are vicious and destructive. Unfortunately, the “healing” professions and the public still have the troglodyte’s conception of disease. They still conceive of it as an attack upon the body by outside and unseen forces. Their perception is foggy and slow.

Healing--restoration of health, wholeness, integrity--is a normal, physiological or biological process. It results from the orderly operation of the ordinary and regular forces and processes of life, working with agents and substances that bear a normal relation to the living organism. Success of the body’s efforts as self-healing depends absolutely upon removal of the cause of its ills. This is to say, the body cures itself when cause is removed. There is no cure except removal of cause.



23

Why Are Americans So Unhealthy?

Americans are unhealthy because they are mired in unhealthful practices that intoxicate their bodies on the one hand and a paucity of healthful practices on the other.

This condition exists because a multi-trillion-dollar cartel owns and controls virtually everything in this country and much of the world. This includes our governments and their agencies as well as the whole educational system with but few exceptions.

The cartel has a vested interest in its junk food industries, its drug industries, the hospital system, its many insurance companies, its chemical companies, the energy industries (oil, gas, etc.), and practically the entire banking system including the Federal Reserve System which most Americans are not aware is privately owned.

This cartel is often called "the establishment." The establishment has a vested interest in sick and suffering people. And the junk food industries with their deliberately addicting foods, and a spurious nutritional science to promote them, are the primary cause of our diseased states.

The establishment, through its many agencies--especially our so-called governments which are really a part of its fiefdom--brainwashes, manipulates, unconscionably rips us off, and criminally despoils us.

Once you learn of the monstrous criminality of the establishment, you'll remove yourself from its clutches to the extent that you can.

This and the next article concern themselves with many ways in which we poison ourselves.

The first commandment of eating is: "Thou shalt not poison thyself."

Yet Americans commit from about 20 to 80 poisoning acts daily! Many of these acts are innocently and unknowingly indulged.

Most of us know that tobacco, alcohol, caffeine, and soft drinks are toxic, carcinogenic, and habituating.

But most of us don't know that one of our favorite "foods," pizza,

should be renamed “cancer pie.”

ITEM:

Your Orange Juice Probably Has A Deadly Carcinogen!

If you drink commercially squeezed orange or grapefruit juice, there is in it a highly toxic, oily, indigestible, and flammable substance called limonene. Now, according to Dr. Robert J. Scheuplein of the Food and Drug Administration's Office of Toxicological Sciences, limonene is classified as a carcinogen!

Limonene is to be found in the peelings of citrus fruits. Most home juicers extract juice only from the fruit itself, the peel being discarded. But commercial juicers, including those in your supermarket, squeeze juice from the whole fruit. Under the enormous pressures exerted on citrus fruit by commercial extractors, there is no sensible juice left within either the fruit or the peel.

You've probably tasted commercial citrus juices as put up in cans, frozen concentrates, fresh supermarket orange juices, and so on. That peculiar taste which is not in your home-squeezed juice is toxic limonene.

ITEM:

Cooked meats, including fish and chicken, contain a deadly carcinogen! Dr. Scheuplein named this substance as nitropyrene. This substance is formed by heating combinations of fat and protein.

ITEM:

If you eat mushrooms from any source, you're also ingesting a carcinogen called hydrazine. (*Science* magazine for September 23, 1983.)

ITEM:

If you eat alfalfa sprouts, you're getting a dollop of a carcinogen called canavanine. (*Science* magazine for September 23, 1983.)

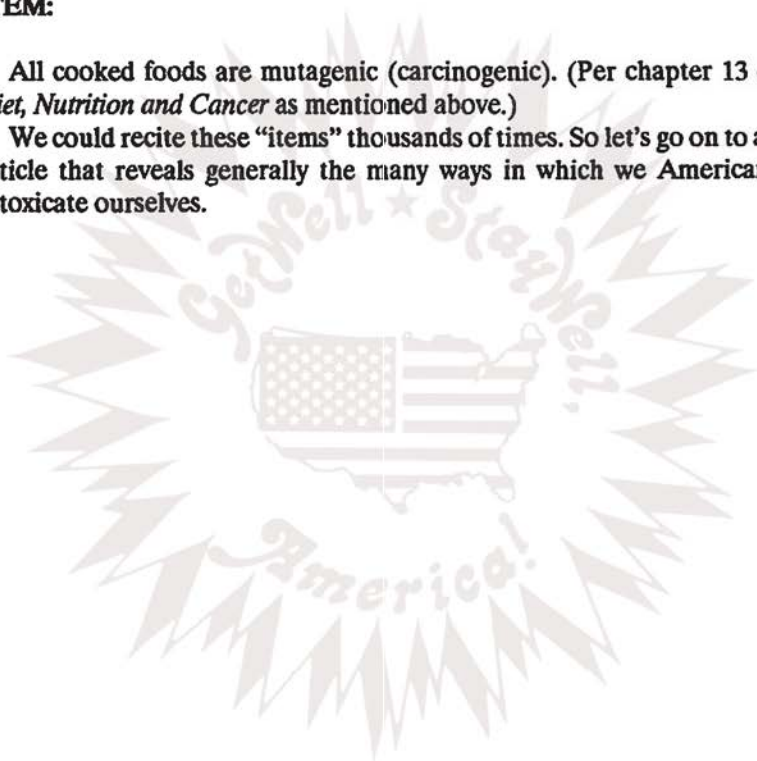
ITEM:

If you eat heated soy bean globulin as in tofu, you're getting a carcinogen called indole. (Per *Diet, Nutrition, and Cancer*, published by the National Research Council of the National Academy of Sciences, 1982.)

ITEM:

All cooked foods are mutagenic (carcinogenic). (Per chapter 13 of *Diet, Nutrition and Cancer* as mentioned above.)

We could recite these "items" thousands of times. So let's go on to an article that reveals generally the many ways in which we Americans intoxicate ourselves.



24

Are You Drugging Yourself Unknowingly And Unintentionally?

Most Americans drug themselves daily, usually without realizing it. Even babies are drugged by their physicians and parents. America is the most drugged country on earth. No other country has such frightening disease statistics as our own beloved country.

Before showing the multitude of ways we drug ourselves, it is best to establish the meaning of the word *drug*. The word has many applications, but we elect to use it in a very specific application. The word *drug* applies to substances that undermine health and give rise to pathology when taken into the body.

Foods are nutritive substances. Some substances taken into the body that are not food may be innocuous, such as food fiber. However, most nonfood substances taken into the body are unusable and harmful. They are, therefore, anti-vital in character and are drugs!

Webster's New Collegiate Dictionary defines a drug as a substance other than food that affects the structure or function of the body. Among the many applications of the word are: "To stupefy, to narcotize, to depress, to stimulate, to tranquilize, to sedate, to intoxicate," etc. Generally, drugs are regarded as medicines or healing substances.

A symbol common to pharmaceutical drugs used as "medicines" is the skull and crossbones. It signifies that the drugs are poisonous. The containers bearing this symbol are kept in the pharmacy; and the symbol is not placed on prescription containers that are taken out of the pharmacy.

Over-the-counter drugs, with which we are all familiar, are not regarded as being as dangerous and can be purchased in supermarkets and other types of stores. They do not bear the skull and crossbones, though they ought to.

As Webster stated, a drug is "a substance other than food that affects

the structure or function of the body.” Food is, as we know, constructive. It provides the raw materials for function (energy) and growth. Substances ingested that are not food interfere with the body’s function.

An example of a substance that affects the function of the body is alcohol. It is a highly toxic drug, and a rather small amount will intoxicate most people. As a protoplasmic poison, alcohol destroys cells wholesale, especially nerve and brain cells. It also destroys liver cells wholesale and contributes to cirrhosis of the liver. Alcohol, contrary to popular misconceptions, contributes no calories to the body. It is not digested, assimilated or metabolized. Unfortunately, the body absorbs alcohol as alcohol and circulates it as alcohol until it can be passed off through the lungs, skin, liver and kidneys. The body does not use alcohol—it is a narcotic drug. The liver does detoxify a small amount of it which may be used as fuel if the need exists.

Alcohol and other drugs chemically combine with body chemicals, throwing the body out of kilter, interfering with its vital processes, denying cells oxygen and in many other ways devitalizing and undermining the body. The effects of all drugs are always destructive. Any substance that is constructive is a food—a raw material the body can digest, absorb, assimilate, metabolize and use for energy or synthesize into cells and tissue.

With the character of a drug in mind, we can equate the word *drug* with *poison*. Thus, anything that is poisonous is a drug, and all drugs are poisons. Anything that is destructive and has anti-vital (pathological) effects is a drug.

Unconsciously, we all recognize drugs as destructive of health. With the headline “Are you drugging yourself unknowingly and unintentionally?” you recognized that drugging is a harmful practice.

Yet, almost every last American is drugged daily!

“What?” you may protest, “Me, drug myself? You must be daffy!”

We drug ourselves unawares in many ways. We recognize that caffeine, nicotine, theine, theobromine, prussic acid, tannic acid, alcohol, solanine and many other chemicals are poisonous, though many Americans continue to use tobacco, alcohol, coffee, tea, chocolate and similar products knowing that they are poisoning themselves. All these substances have narcotic effects and are addicting. They are legalized narcotics although they’re generally not recognized as such.

Let us recognize as drugs or anti-vital substances the following categories:

1. *Plants such as tobacco and herbs which contain toxic substances.*
2. *Inorganic minerals.* Humans are capable of utilizing minerals only in an organic context as elaborated by plant life. Inorganic minerals are nonusable and toxic. While we need iodine, arsenic, iron, phosphorus, magnesium, selenium, fluorine, chlorine and a long list of other minerals, all are very toxic in the inorganic state. If they were usable, we could use seawater with benefit. Seawater is so poisonous that sailors prefer death from dehydration to the torments of seawater poisoning. Every significant element leached from rock and soil can be found in seawater.
3. *Toxic by-products of fermentation.* Bacterial excreta from the breakdown of carbohydrates (starches, sugars, cellulose, pectins) are in the form of lactic acid, alcohol, acetic acid and methane gases. All are highly toxic.
4. *Bacterial excreta from the putrefaction (rotting) of proteins.* These are many, among them being ammonia, mercaptans, hydrogen sulfide, indoles, skatoles, muscarine, putrescine, cadaverine, neurine, and methane gases. All are highly toxic and very foul smelling.
5. *Irritants.* All irritants are toxic. Their toxicity occasions irritation. Irritants accelerate body activities so much that the body can be said to be in a frenzy or to have thrown a general alarm because of an enemy within. When this happens, the body's defensive mechanisms are heightened; circulation increases as evidenced by a higher pulse rate; and leukocytosis occurs. Leukocytosis is leukocytes (white blood cells) in the blood and lymph. Anything that is toxic irritates and stimulates. Among the many irritant substances that excite the taste buds and play havoc in the body are mustard oil, as in the mustard and onion families; allicin (isothiocyanate) as in garlic; salt (all kinds); condiments as in vinegar; herbs; black, white, and red (hot) peppers; mints; basil; borage; thyme; coriander; oregano; thyme; cumin; caraway; curry; chilis; etc.
6. *Toxic components of what we eat as foods.* There are many foods that have toxic substances we cannot metabolize. As biological frugivores we did not develop the ability to secrete uricase as carnivorous animals do. This enzyme breaks down the uric acid of meats, which comprises about 5 percent of its volume. In humans, uric acid is neutralized by the base minerals, including calcium.

Calcium urates are thus formed, and most are excreted. However, some urates remain and degenerate the cartilage in joints. They accumulate and deform bones and joints and cause inflammations known as arthritis, rheumatism, bursitis, gout, etc. Another ill effect of uric acid is osteoporosis of bones and teeth. A base-deficient body will rob its bones and vital tissues of calcium and other alkaline minerals to neutralize toxic uric acid.

7. *Nonfoods that cause the body to rob itself of vitamins, minerals and other nutrients for their metabolization.* Nonfoods include refined sugars, refined syrups, refined flours, refined proteins such as tofu, and free oils and fats.
8. *Any nonfood substance or additive used to preserve, flavor, sweeten, color or alter foods.*
9. *Synthetics and extracts used as vitamin supplements with the mistaken idea that the body can metabolize and use them.*

When we examine everything that gets into the body that occasions anti-vital effects or defensive responses, the drug list broadens so vastly that it becomes frightening! Almost all of us are poisoning ourselves!

Let's now add a tenth category, not necessarily distinct from some categories already listed, but one that might be the real "trojan horse" among drugs.

10. *Deadly drugs that we, due to our practices, cause to be created within our bodies.* Some of these drugs are alcohols, methane gasses, vinegars and lactic acids that result from undigested starches, sugars and milk lactose. Others are hydrogen sulfide, methane gasses, ammonias, mercaptans, and the rest of the list heretofore cited. These drugs arise from bacterial putrefaction of cooked and oxidized proteins.

You might think we are helpless against inadvertent drugging. Heartburn, gas eructations, sour stomach or acid indigestion, bellyaches, and other intestinal problems result from drug interference with body functions. Drugs may be taken in from outside sources; they may be created in the body; or both. *You need never suffer drug poisoning from within or without!* All drug effects must be caused by your acts or by what you subject yourself to. Drugs in the body are neither natural nor normal. They are unnatural, abnormal, unnecessary and always intoxicating. This guidance will direct you away from drugs altogether.

Let us examine, on a categorical basis, the drugs with which we may be unintentionally assailing our bodies. We have thus omitted drugs such as aspirin, cough syrups, pharmaceuticals, heroin, cocaine, marijuana (THC), etc., because we readily recognize these substances as drugs.

1. All herbs contain toxic substances. As one of America's foremost herbalists Michael Moore of Santa Fe, New Mexico, has observed: "... herbs have little or no value as nutrients and should be viewed instead as purposely-ingested toxins." Many herbs are used as "medicines," tonics, condiments, etc. Aloes, ginseng, and comfrey are among the highly-prized herbs of today. They contain poisonous alkaloids and glycosides, among them aloin and pyrrolizidine. Keep in mind that anything recommended as "curative" or "medicinal" is toxic.
2. Toxic, inorganic minerals occur in seawater, soil, rocks, cooked foods, hard water, spring water, and most water in taps, streams and wells.
3. Fermentation and putrefaction products are toxic. They include soured milks, yogurts, cheeses, sauerkraut, wine, beer, alcohol, vinegar, brewer's and baker's yeasts, soy sauce and many others. Vinegar, a commonly used condiment, is not digestible and suspends digestion of other foods.
4. Irritants commonly eaten are mustard oil as in the onion and mustard family; allicin (isothiocyanate) as in garlic and horseradish; vinegar; salt; capsicum as in chilis and peppers; MSG from seaweeds; herbal extracts as in flavorings and condiments, etc. All irritants are indigestible. Mustard oil is not digested or used but, instead, circulates as a drug that saps body vitality until it is passed off through the lungs, skin and kidneys. Vinegar and alcohol are totally indigestible and prevent digestion of foods they permeate or coat.
5. Toxic components of commonly eaten foods are benzoic acid of prunes; prussic or hydrocyanic acids of certain almonds and apricot pits; oxalic acid of spinach, chard, beet greens, beets and rhubarb; lactose of milk (most of us lose the power to secrete lactase, the lactose-splitting enzyme, at about age three when we normally should be weaned of mother's milk); casein of milk (likewise, we cease to secrete the rennin necessary to digest milk's protein/calcium package); gluten of wheat and other grains; phytic

acid of grains; anti-enzyme factors in beans, especially soy and lima beans; uric acid of meat; avidin of raw egg; solanine of potatoes and eggplants (but not in tomatoes or sweet peppers, though the plants are members of the same poisonous nightshade family); the acids the honeybee secretes into its honey to preserve and protect its food supply, etc.

6. Refined "foods" such as sugar, tofu, white flour and white rice cannot be metabolized unless the body robs itself of its own minerals and vitamins in order to metabolize and use them.
7. We all know about the dangers of additives, preservatives, dyes, artificial sweeteners, etc. We are all warned to read labels. The salutary truth is that we shouldn't be eating anything that has a label on it!
8. We live in the age of supplementation, or what is thought to be supplementation. Whole foods are adequate in themselves and need no supplementation, contrary to the many myths fostered by pill manufacturers and peddlers. Even if foods did need supplementation, the fractionated products of whole foods would not suffice. The body uses nutrients that are in organic context. Even if it could use organic nutrients as fractionated foods, there aren't any around. If you read the labels on supplements, you find that most of them are synthesized in laboratories from petroleum derivatives or other chemicals. The chemical and mechanical processes of extraction of nutrients from plants destroy the food components. The truth is that vitamin supplements are 90 to 98 percent synthetic, even if called *organic* or *natural*, as a reading of the label will reveal. All mineral supplements are inorganic, unusable and toxic. All synthetic vitamins are toxic.
9. If we eat under stress, during emotional disturbance, when fatigued, or when digestive power is low--even if it be of the best foods in the finest eating condition--failure to digest may result in toxic by-products from bacterial decomposition. If we eat *conventional* foods under these conditions, then there's an incredible amount of intoxication.

10. Among the worst practices that we humans indulge is the process of cooking. When we fry foods, we coat them in oil. Heated oils form indigestible hydrocarbons, acrolein and acroleic acid. Free oils, even if unheated, are carcinogenic. When heated, oils and fats are very carcinogenic. They coat and prevent digestive enzymes from reaching the food. Indigestion results with its train of untoward results. When cooked proteins coagulate (as is readily seen with eggs), the amino acids are deaminated and rendered useless. Carbohydrates are dextrinized, caramelized and eventually totally oxidized by cooking. Minerals become inorganic, and vitamins are destroyed. Cooked foods contribute a plethora of toxic products which are, in reality, drugs. When we eat cooked foods, toxicity is evidenced by the doubling and tripling of our leukocyte (white blood corpuscle) count. Leukocytosis is a symptom of drugging or poisoning. White blood cells are the body mechanisms for protecting itself against toxic substances absorbed or injected.

Thus you can see to what extent drugging takes place in America. Babies are not free of drugging, since most get impure milk from their mothers, even if not fed drugged foods or wrong foods from the beginning. If you free yourself of drugs, your health and well-being will improve phenomenally.

The quickest way to free yourself of drugs that your body has retained and stored in fat cells and other areas is to undertake a fast. During the fast, abstain from everything but pure water. A thoroughgoing rest of a few days to a few weeks enables the body to redirect its energies to the task of "housecleaning" and repair.

To stay free of drugs, eat only when hungry and then eat primarily fresh, ripe fruits with some raw vegetables, nuts and seeds in compatible combinations and in a relaxed environment. Permit nothing other than these foods, air, and pure water to pass your lips.

25

How Much Can You Do For Yourself?

The amount of good you can do for yourself and for the world hinges on how strong a person you are.

If you have enough resolve to do right by yourself altogether, to master yourself sufficiently to overcome your self- and earth-destructive habits, and to make this a better world for posterity, you'll immediately begin setting goals and taking the steps to realize your new ideals.

When you expend your funds, reflect upon your purchase beforehand as to what machinery is put into motion. What are the ecological results? What will be your and your family's lot? What will be wrought that can favorably or adversely affect posterity?

Your conscience bids that you do right. Right is that which is promotive of human well-being. Wrong is that which is contrary to human well-being.

What can you do for yourself now?

I think you can start converting your practices immediately! Start an exercise program forthwith on whatever level you're capable of and accelerate its length and intensity until you have reached your activity goal.

Depending on your circumstances, you may convert to an all-raw diet immediately, or begin a transition program that gradually gets you from where you are to where you want to be.

Dietwise, an easy start on a gradual change is to stop eating anything and everything except juicy fruits or their juices in the morning. Apply the rules of food combining immediately to the rest of your intake, whatever it is, so that your intake in a single meal is compatible in digestive chemistry. Then, at your own pace, change other items of diet until you've reached your goal.

Get out of the dungeon where we have been medically consigned, and get some sunshine on all occasions that you can, up to about two hours weekly.

Don't cheat yourself on sleep. Adequate sleep is key to the energy that gives you go-power!

Perhaps you'll have more trouble with your dietary changes than any other. Addicting foods are difficult to drop for many. Only substances and foods with poisons in them are addicting, that is, very hard to give up. Just as nicotine, caffeine, and alcohol are addicting, so are many condiments, preservatives, spices, flavor enhancers, salt, vinegar, animal products, and other food additives. Food processors deliberately poison most foods so that people will become addicted and eat ever more of them. Pizza, for example, has so many toxic components that it should be called cancer pie. Today it must be rated high among America's addictive "foods." If you feel you must have some cooked food, restrict yourself to lightly cooked foods. If it is excitement and taste kicks you seek, keep in mind that raw foods can be made into dishes that are more exciting than anything else. If you yield to temptation, renew your resolve! Do not fret or get into remorse. That's worse for you than the damage the junk will probably cause.

Whatever you do, do what your conscience bids you do. Remember, the more correctly you meet your needs, the better you'll be.

26

How Uplifting Yourself Helps Save Our Precious Planet

If you've read John Robbins' *Diet For A New America*, you're aware that our earth is declining rapidly and is headed for a cataclysmic crisis. Perhaps you are aware of the volume of statistics cited to show that our precious planet earth is on a disaster course.

In America 75% of its original topsoil has been lost and 4,000,000 acres annually are lost because of soil erosion.

Our water tables are declining to the point that irrigation must cease. And the waters that remain are becoming unusable chemical soups. The air we breathe is becoming more and more polluted. Our food is being poisoned more than ever, and now the establishment wants to irradiate it.

Perhaps you're aware that over 100,000 acres of the world's rain forests are destroyed every day so that more cattle can be raised. The world's perverted taste for animal products keeps on destroying our precious earth. With the destruction of ever more acres, ever more forests are cut to shift the production of animals to new acreage. With this constant demand for meat and animal products comes unceasing destruction of our planet's biosphere which is essential to human and animal life everywhere.

If you're into eating meat or other animal products, think of it this way: The dollars you spend for animal products are destroying the topsoils and forests of our country and, indeed, the world. You're destroying the world by proxy. As those engaged in hiring murderers are adjudged as guilty as the killer, do you not see that your consumption of animal products compensates those who are destroying our planet?

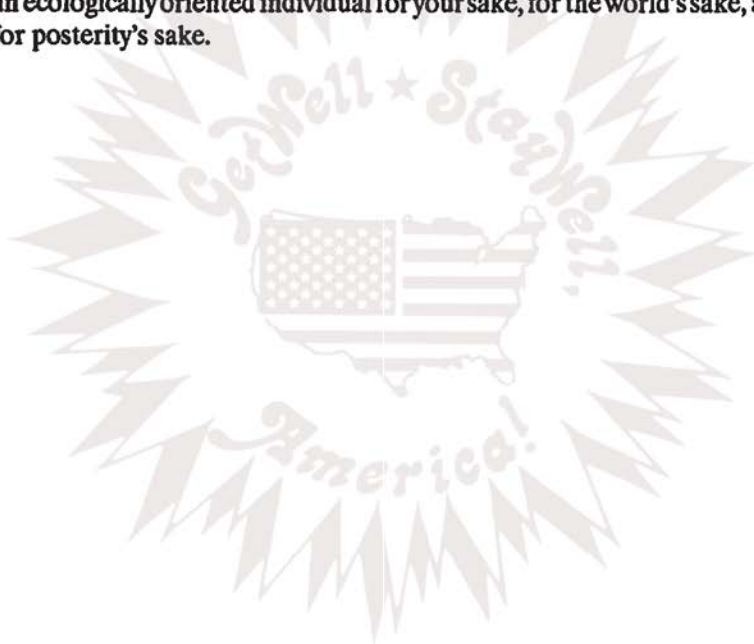
The average American requires nearly two acres of land to sustain his diet of meats, milk and milk products, eggs, grains, etc. Someone who

lives on a diet of mostly fruit, with some vegetables, nuts and seeds, as I do, requires only about 4,000 square feet, about a tenth of an acre, for growing his food.

Further, the fruit-based diet builds up, not destroys, our soils and environment.

Should we all return to our biologically correct eating habits, the benefits to our health, environment, and economy would be truly enormous. Our planet can be largely restored if we undertake a course of thoughtful conservation rather than mindless and unconscionable exploitation!

Become an aware and concerned individual. Do your share. Become an ecologically oriented individual for your sake, for the world's sake, and for posterity's sake.



27

What You Can Do Now

Now is always the time to start doing what you know should be done. You now know what you must do.

I suggest that you chart your new course in life. Commit your goals to paper and post it in a prominent place. Write down what you intend to stop doing and what you intend to start doing. Cover every biological need as presented in this book.

Start taking the steps you must as soon as possible. Freeing yourself from sickness and its miseries is a high priority for ailments always impair you. Making the changes you know you must will purify your body and thus free you of illnesses. The same changes that free you of maladies will start building your health.

Start thinking about everything you do or intend to do. Is the contemplated step energy-gaining or energy-draining? Is it healthful or life-sapping? Go through all the considerations that concern you.

What you do with the valuable guidance in this book is up to you. But whatever you see that needs to be done, you are conscience-bound to start doing it.



T. C. FRY

T. C. Fry has been active in the health movement since 1970 and founded Life Science Institute in 1976. He directs Life Science Institute activities which include writing health articles and books, publishing health periodicals, producing video and audio-cassettes, lecturing at seminars, etc. Mr. Fry's enthusiasm for spreading the message of health has spurred many others such as Harvey and Marilyn Diamond to further spread the philosophy of Natural Hygiene.

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