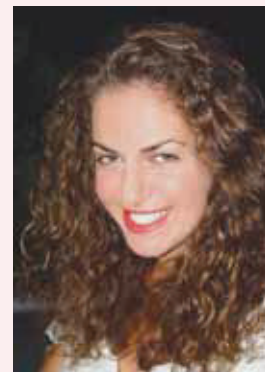


# In my Father's Footsteps

*A daughter's tribute to her father, Dr. Panagiotis E. Koumentakis*

*by Dimitra-Christina Koumentakis, M.D.*

*Dr. Dimitra-Christina Koumentakis was born in Athens, Greece. She studied medicine in Albert-Szent-Gyorgyi medical university of Hungary. She then specialized in family medicine and later Natural Hygiene. She currently practices in Athens, and is a doctor of Nutritional Medicine who promotes health and disease prevention and reversal through natural means. Her late father was one of the giants of the modern day natural hygiene movement, and she and her mother Dr. Theodora Resvani-Koumentakis are continuing his legacy.*



**M**y father was Dr. Panagiotis E. Koumentakis. As a teenager, he had discovered some of his father's old books on health and natural ways of healing disease. After reading all of them, he was very impressed. My father was born in Crete and later went on to Athens to study political sciences at Panteion University. He then studied in the U.S., first in Naturopathy and then further specialization at the School of Health, the clinic run by Natural Hygiene pioneer, Dr. Herbert Shelton, whom he had heard about when studying Naturopathy and came across his magazine.

Having completed his studies, my father worked for with Dr. Shelton in San Antonio, Texas for about a year, learning much and witnessing the miraculous work Dr. Shelton performed with his patients. My father practiced Natural Hygiene starting in 1968, when he settled in Athens, Greece. He was also a member of the administration board of the International Association of Hygienic Physicians.



*Dr. Panagiotis E. Koumentakis & Dr. Theodora Resvani-Koumentakis being interviewed by Jack Dunn Trop, NHA founder, in 1979.*



*Dr. Panagiotis E. Koumentakis lecturing at a hygiene conference in 1979.*

Starting in 1974, my father published seven books concerning health, nutrition, ecologic-nutritional therapy, and healthy cooking. He was also a publisher and director of the magazine *Health for All*, which discussed topics of healthy body and mind, nutrition, nutritional medicine and quality of life. In 2003 he also wrote a book of short stories, *Silent Spring, Silent Summer*, which was published and became a best seller.

My father was always very well informed about news on health and disease through international press. He worked as a scientific advisor for significant newspapers and magazines of Athens, in which he kept a permanent column, writing about health issues, matters of nutritional therapy, and proper ways of eating and living. He gave many lectures in Athens and other large cities of Greece,

as well as many interviews on radio and TV.

Through all of these mediums, he spread the principles of optimal health through nutrition and natural means. His patients came from all over Greece, and many times he even gave consultations to Greeks living abroad. He helped thousands of patients over a period of 45

years of continuous work, literally dedicating his life to his patients and promoting good health.

My father met my mother, Dr. Theodora Resvani-Koumentaki, through a common friend. From the first minute she met him, she admired and supported his specialty and work. She always believed that proper nutrition plays a crucial role toward the maintenance of good health and the healing of disease (she didn't believe that medication was the solution to treating disease). She was already a medical doctor, and after meeting my dad, began specializing in Natural Hygiene. Our whole family was brought up with strict principles of eating and healthy living.

My mother has been practicing since 1980. I started working along with my father in 2009. He taught me how to take care of patients and teach them to prevent disease

and heal themselves in natural ways. He was very passionate about his work, and he had a unique way of convincing people—even the most stubborn—that eating and living healthy was the only way to gain optimal health. My brother, Alexandros Emmanouil Koumentakis, also a family physician specializing in Natural Hygiene, will join us in a year from now.



Dr. Panagiotis E. Koumentakis and his wife, Dr. Theodora Resvani-Koumentakis



Alexandros-Emmanouil Koumentakis

My father passed away on January 26, 2013. His death was devastating for all of us. Most of his patients burst into tears or were in shock when they heard the sad news. He helped thousands of people through his 45 years of practicing Natural Hygiene in Greece. His contributions remain unforgettable. 🌱NHA

## Intermittent Fasting & Weight Loss

*Continued from page 16*

Intermittent fasting can be a powerful weight-loss tool with a bonus of improving your overall health. You can design your own program depending on your goals: ADMF if you have a lot of weight to lose, 5:2 as you get closer to your goal, and you can try a 6:1 plan when you get to your optimum weight so you can continue to reap the physiological benefits of IF. Or restrict your eating window to six or eight hours. If you get a bit off track you can throw in a 500- to 600-calorie day here and there. This approach is endlessly flexible—you just have to figure out what works best for you! And just remember: it's okay to feel hungry. 🌱NHA



Dr. Panagiotis E. Koumentakis



**Jennifer Marano, D.C.**, is a graduate of Western States Chiropractic College and along with her husband Dr. Alan Goldhamer is the co-founder of the TrueNorth Health Center in Santa Rosa, California. [TrueNorthHealth.com](http://TrueNorthHealth.com)



# A Look Back

## *Natural Hygiene notable recalls years in the ANHS*

by Joy Gross

*Joy Gross is a health expert and author who has been a pioneer in the field since the 1950s. As a director and lecturer for over 30 years at Pawling Health Manor, a retreat overlooking the Hudson River just outside of Rhinebeck, New York, her knowledge and expertise became well-honed. Joy is the author of four books, as well as a mother, grandmother, and great-grandmother. Joy lives an active life in Rhinebeck, New York, where she paints, gardens, and jumps out of planes.*



**A**fter 70 years of embracing a hygienic lifestyle, and having worked closely with many of the leaders who helped shape the American Natural Hygiene Society (ANHS; now the National Health Association/NHA), I am fortunate to be in the position to reflect on the history of the NHA, as well as offer some memorable experiences of my own, starting with how I discovered a hygienic lifestyle.

When I was a little girl, my favorite foods were toast and jam washed down with hot chocolate, mashed potatoes (with lots of butter), and steak. Angel food cake with pink icing and a dish of vanilla ice cream were my favorite desserts.

My mother discovered Natural Hygiene and Dr. Herbert Shelton from a neighbor. After arriving home from a 21-day fast at a facility in Hendersonville, North Carolina called Dr. Dahl's Health School (owned and operated by Dr. Oliver Dahl, a devotee of Shelton), my mother served the family eggplant for dinner. My dad's response to this was to smash two of the eggplant slices into a ball and throw it across the room, where it made a perfect landing into the coal bucket. Our family's transition to a healthier diet was not a smooth one.

My dad, little brother, sister and I hated the fruit breakfasts mom began serving us. We much preferred cornflakes with sugar and milk. We hated the sandwiches

made with whole wheat bread for lunch instead of our favorite peanut butter and jelly sandwiches on white bread. I blossomed forth with a serious case of psoriasis and, in desperation, I decided to give the Shelton diet and Natural Hygiene philosophy a try; and now I've been at it for over 70 years!

### **Discovering the ANHS**

I began to meet other enthusiasts of Natural Hygienic after a front-page article with photographs of me and my family (first husband and three small kids, living in St.

Louis, Missouri) appeared in *The American Vegetarian*, a national health newspaper. The phone calls I received from hygienists living in St. Louis (Rose and Lee Bauer, Art Andrews) were stepping stones that led me to discover the St. Louis chapter of the ANHS.

The second annual convention I attended was at the Forest Park Hotel in St. Louis. I had been elected national Secretary-Treasurer the year before (at the previous convention at the

Shoreham Hotel in Washington, D.C.). Back home, my five-year-old daughter Betsy's bedroom, which was large enough to accommodate a large desk, became the official office of the ANHS. Dr. William Esser, owner and director of Esser's Rest Ranch in West Palm Beach, Florida had been elected president.

***I blossomed forth with a serious case of psoriasis and, in desperation, I decided to give the Shelton diet and Natural Hygiene philosophy a try; and now I've been at it for over 70 years!***



At a Natural Hygiene conference, circa 1962. Left to right, seated: Mrs. Gehman, Jesse Mercer Gehman, (unknown, unknown), Dr. Anderson. Back row, left to right: Jack Trop, Sylvia Trop and Robert Gross.

At the St. Louis convention, I remember well the arrival of the C.E. Doolin family of Dallas, Texas in their chauffeured limousine with their two young children and nanny. Doolin was co-founder of the Frito-Lay Company based in Dallas, Texas. His wife Mary had recovered from breast cancer, among other issues, as a result of fasting at Shelton's center after being told by her physicians that she could never have children. And here she was, breast feeding her second child while attending the conference.

In my new role as Secretary-Treasurer I was in steady communication with the leaders of the Natural Hygiene movement. Instigated by, and with much help from, Art Andrews, I turned the organization's dreary bi-monthly newsletter into an attractive little magazine, with a feature article and news of the various chapters in the U.S. and abroad. I was in frequent communication with newcomer R.J. Cheatham, who, after having recovered from breast cancer (yes, men can get it, too) through Natural Hygiene, opened his hygienic retreat, Shangri La, in Bonita Springs, Florida. His daughter Shelly Joy was named after Dr. Shelton and me.

## Meeting the Movers and Shakers

In my work with the ANHS, I met Dr. Robert Anderson, who, with his wife Genya, owned and operated Hygiology Country Club in Rhinebeck, New York. My husband Bob and I would run into Dr. Anderson at the big wholesale fruit and vegetable markets in New York City. He would most often be looking for over ripe produce, which could be had at a discount.

Jack and Sylvia Trop were always in attendance at national conventions and were frequent visitors at Pawling Health Manor. Jack produced the film *The Greatest Adventure*, featuring the stories of those in our ranks who had become inspirations through their miraculous recoveries via Natural Hygiene.

Pioneers Helen and Scott Nearing spent two weeks with us when Scott was 98. "I'm staying until I'm one hundred years old!" Scott announced to a few of us one evening. Two years later, on his 100<sup>th</sup> birthday, he stopped eating and 10 days later peacefully made his final exit.

Other movers and shakers of the Hygienic movement included Hannah Allen, Jay Dinshah, Alec and Nejla Burton, Dorothy Brosius, Sylvia Marguleis, and Virginia Vetrano. Jean Peavy, an entertainer and a dedicated follower (whose brother, Jerry Siegel, incidentally, was the creator of Superman), spent frequent time at the Manor, and with husband Bill, was for years an active, contributing member of the ANHS. Robert Rowe goes way back to the early years, when he and his family shared their expertise in organic farming. Irving Davidson was a gifted speaker and



Pictured above is the Pawling Health Manor, Hyde Park, New York.



At left Robert R. Gross, Ph.D., Consultant and Joy Gross, Director

humorist. He and his wife Adele were staunch members and contributors to the cause.

The Huberman family of Youngstown, Ohio was perpetually in the forefront of the ANHS. Max Huberman was a master public speaker and entertainer, with his humorous approach to healthy living. His son Mark evolved into a roving example of how to eat healthy while on the road. Mark drove back and forth from college and various board ANHS meetings with a large salad bowl, cutlery, and vegetables carefully stashed in the back seat of his car.

An occasional ANHS board meeting site Detroit. One of our board members was Dr. Jack Goldstein, who had



greatly improved the status of his severe ulcerative colitis through extended stays at Pawling Manor. Jack became like a member of the Gross family (his subsequent book *Triumph Over Disease* was a best-seller and is still available on Amazon). I remember gatherings that included Mark and me at the Goldstein home.

The newest man on the scene was Joel Fuhrman, M.D. Joel was a well-known professional ice skater as a young man. In one of his competitions he injured his heel, which interfered with his career. Joel's father had previously fasted at Shelton's, so that's where Joel headed to heal. He fasted for 40 days, and his heel got better. Joel was so thankful and impressed with his recovery that he gave up his ice skating career and went to medical school, earning his M.D. and opening a practice near his home in New Jersey. The rest is history. He now writes health books based on Natural Hygiene principles. They all become best-sellers, not to mention his impressive shows on National Public TV stations across the country.

## Finding Love at an ANHS Conference


The ANHS has been a life-changing force for me. At our Los Angeles convention in 1958, one of the lead speakers had set his sights on me. His name was Dr. Robert Gross and he was a physiologist. He was starting a new phase of his life after surviving action in World War II. His dream was to open a hygienic retreat. I was newly

divorced and available, though I paid scant attention to him; I was there as a speaker and board member.

Back in St. Louis, Dr. Gross, a resident of New York City, suddenly had "business" in St. Louis. The outcome was our marriage, a pooling of resources, and the establishment of Pawling Health Manor in Hyde Park, New York, the first health retreat of its kind in the country with major national exposure.

Literally thousands of desperately overweight and/or sick people came to regain their health and lose weight, including a bevy of celebrities, including Jerry Stiller, Jessica Tandy, Cicely Tyson, Miles Davis, Charlie Mingus, Alvin Ailey, and George Steinbrenner.

During this time I wrote four books, including *The 30-Day Way to a Born-Again Body*; *Thin Again!* and *The Vegetarian Child*. My books took me on national, cross-country jaunts. The books also brought in a bevy of new clients and helped spread the message of Natural Hygiene. Who knew that in my desperation to heal my psoriasis and live where I could get sun, fresh fruit and greens, I would end up meeting so many wonderful, like-minded people?

You can read more about Joy's experiences in Natural Hygiene by visiting her website at [liveyoungerlonger.wordpress.com](http://liveyoungerlonger.wordpress.com) and you may purchase her books on Amazon.com. 



*Joy Gross second from left, presenting one of her famous food demonstrations at a 1989 ANHS Seminar.*

# From Conventional to Lifestyle Medicine

## *Discovery of the body's innate healing power*

by Zarin Azar, M.D.

*As a gastroenterologist with Kaiser Permanente hospitals, Dr. Zarin Azar works with patients to heal their ailments, including diabetes, hypertension, and obesity. Dr. Azar is writing a book in her native language, Farsi, to bring greater understanding about nutrition and non-animal research methods to Iran. She is a Lifetime Member of the National Health Association and a Life Partner of the Physicians Committee for Responsible Medicine (PCRM).*

*You may reach Dr. Azar at [drzarinazar@yahoo.com](mailto:drzarinazar@yahoo.com).*



I am an organic farmer, a medical doctor, a practitioner of Natural Hygiene, and an activist for the health of animals, the environment and human beings. In short, I believe in sustainable life, sustainable medicine, and the practice of health—not disease.

The most significant event in my professional life was my transformation from a conventional medical doctor to a doctor of integrative healing; or as I call it, a “lifestyle physician.” I call my medical practice “The New Earth Medicine” because I believe that the healing power of the evolving Earth is a medicine focused on healthy living, eating and emotions instead of suppression and removal of symptoms with medications and surgery.

### **A Surprising Realization**

My disillusionment with conventional medicine began when I was studying medicine at the University of Texas Medical Branch, and it continued into my Internal Medicine residency. It made no sense to me that doctors were not taught to address diet, nutrition and lifestyle, and that these things had no place in day-to-day patient care.

Patients were fed eggs and ham in the cardiac and oncology wards, and fruit of the day often consisted of high-sugar, artificially colored Jell-O, or packaged juices. It did not make sense to me that instead of a healthy, sensible diet for weight loss an operation to shrink people’s stomach was recommended. It did not make sense to me that the treatment for fatty liver and high cholesterol was not a low-fat, healthy, vegan diet and exercise, but medication.

After the completion of my residency I continued my medical training with a sub-specialty in gastroenterology at the University of California, Irvine. I began practicing medicine as a gastroenterologist and hepatologist in a prestigious, well-known medical organization. Meanwhile, ever-increasing questions, doubts and conflicts crept into my mind. I was bothered by the ironies between the simple principles that constitute true health and the complicated, unnecessary and, for the most part, harmful approaches of conventional medicine.

### **Discovering Natural Hygiene**

When Natural Hygiene and Dr. Herbert Shelton’s writings and ideas came to my life, more than 13 years ago, everything changed for me. I was a vegan for many years, but Shelton’s writings were a new path to my understanding of nutrition, health, and the human body, and its innate ability to heal itself—if we allow it to do so. I instantly felt at home with these principles, and it was clear to me that living according to them would be sustainable, efficient and healthy—ecologically and economically—for humans, animals and the environment.


About 10 years ago, after applying the principles of Natural Hygiene to my own life and experiencing the amazing results, I decided to transition from working as a gastroenterologist in a hospital to working in a private practice based on the principle that the body has the ability to heal itself. I did not want to take part in prescribing medications and add to the destruction of human and environmental health. My practice of medicine is now a



practice of diet and lifestyle.

I am currently working on a book called *How to Heal Your Colitis Despite What Your Doctor Says*. I also write articles for different magazines and organizations in Iran, and work with Dr. David Klein (<http://colitisandcrohnscenter.com>) on healing patients with IBD (inflammatory bowel disease) naturally with a hygienic diet.

My dream of living closer to nature and growing at least part of my food became a reality when I moved to my organic farm five years ago in San Diego. I grow many common and exotic fruits and maintain a few vegetable gardens. I also have a popular website in Farsi ([www.zarinazar.com](http://www.zarinazar.com)) that advocates healthy eating and the principles of Natural Hygiene, as well as animal and environmental concerns for the people of my country, Iran.

My relationship with the NHA began when I learned about Dr. Shelton and Natural Hygiene. I have been a member and a supporter for over 10 years now. The NHA has played, and is playing, a significant role in my education and the education of my patients. I have never felt happier and healthier and more fulfilled in my professional and personal life. 



*Dr. Azar grows many common and exotic fruits on her organic farm in San Diego.*

## *Hope for the future...* **Where there's a will, there's a way.**

**M**any of our friends have helped preserve the legacy of "Health through Healthful Living" for future generations through bequests to the National Health Association.

A large number of people do not have wills, and there are many others who may consider updating their wills because of sweeping changes in tax laws in recent years. Bequests are important sources of support for our future achievements and goals.

The following format, at right, may be used by those who wish to make a bequest to NHA:

"I am committed to 'Health through Healthful Living.' Therefore, I give the National Health Association, a 501(c)(3) non-profit education corporation presently with headquarters in Youngstown, Ohio, the sum of (\$\_\_\_\_\_), and/or other specifically described property free of all death taxes, creditors' claims, and expenses of administration of my estate, for discretionary use in carrying out this aim and purpose."

**The total dollar value of a bequest to NHA is deductible for Federal estate tax purposes. You can consult with your attorney about the procedure for naming NHA in your will or you can contact the Association.**

Contact:  
Mark Huberman, President  
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