

A graphic featuring a spotlight shining on a purple background with the text "spotlight on members" in white and yellow.

spotlight on members

Spotlight on Members gives us the opportunity to hear about what our members are up to today, as well as how they found their way to Natural Hygiene. If you're interested in sharing your own story, we'd love to hear from you (please email essays of no more than 500 words, and one or two photos, to info@healthscience.org).

John Allen Mollenhauer Livingston, NJ

Natural Hygiene changed not only my health, but the actual course of my life. I discovered it when I was a bodybuilder eating a diet high in animal protein and low in carbohydrates. I was fit but not healthy. I knew little about natural living other than "don't eat junk," "work out," and "take your vitamins."

I was a very motivated teenager and opened a gym when I was 19. At the time, I couldn't see what I was missing, as I was too caught up in the extreme practice of bodybuilding and running my business. It was easy to embrace a lifestyle that was unhealthy and out of balance.

One day at work I came across the book *Fit for Life* by Harvey and Marilyn Diamond. Within a year of reading it, I had sold the gym, gone from 240 to 160 pounds, and rebuilt my body by eating a whole-food, plant-based diet. I went from hanging out at the Mr. Olympia bodybuilding competition to listening to lectures on sleep and natural living.

At a Georgetown event, I discovered Dr. Joel Fuhrman, who profoundly reshaped my view of nutrition, and Dr. Ronald Cridland, who introduced me to "vital nerve energy" and the power of sleep. I still listen to Dr. Cridland's profound DVD, *Energy, The Key to Health*, decades later. Dr. Alan Goldhamer, the founder of TrueNorth Health Center, was also a significant influence. I have fasted many times at his facility in Santa Rosa, California; few experiences teach you more about health and performance than fasting. I also read *The Natural Hygiene Hand-*




book by James Lennon. I had no rational choice but to realign my lifestyle.

After the radical whirlwind of initial transformation, and ending up in a Tony Robbins Living Health seminar, I saw a glimmer of my future. I was going to illuminate the power of lifestyle to help people achieve their goals and desired quality of life.

On the surface, some say it seems impossible to maintain balance and an optimistic psychology in such an overwhelming world filled with stressors. Though, after peeling back the onion on the fundamentals of lifestyle, exploring and practicing its dynamics, and expanding on the tenets introduced to me by Natural Hygiene, I can say it's entirely possible to live in balance with vibrant health and peace of mind, while achieving even our most ambitious goals. It just takes a different mindset where healthy is the given not the goal.

Now, at age 47, I have been teaching the balance and health concepts of living a performance lifestyle for many years. An idea that was born in elite athletics, I have defined and honed the performance lifestyle message to meet people where they are. I've taken the core principles of Natural Hygiene

and rounded them out with other aspects of performance living in order to help people unleash their potential in life, business, and sports, without selling their health and wellbeing short.

Somewhere along the way, I also managed to write a bunch of books and launch a company called Nutrient Rich Superfoods, which provides organic, non-GMO, grab and go foods for people who don't want to compromise their nutrition when they're on the go. I don't think I would have traveled this path if it had not been for the ANHS/NHA and the ongoing friendships I've made in this community. 

Rebecca Fannin Xenia, Ohio



In 1990, when I was 30 years old, I was diagnosed with a uterine fibroid tumor. I asked the doctor what caused it, and he didn't know. After I thought about his answer I decided it just wasn't acceptable. So I started to research it on my own.

This was before the internet came along, so I picked up several books at the library. One of them was *Fit For*



Life by Harvey and Marilyn Diamond, and it was the only one that made sense.

Other books were about vitamins and supplements, and just seemed so complicated. I didn't want to take a handful of pills every day; that just didn't seem like the best way to live. It was at a local macrobiotic lecture that I bought *Fit For Life*, and from this book I learned that too much animal protein was the cause of my fibroid tumor.

Through this book I was introduced to ANHS and become a member. I started reading all of the classics by Shelton, Graham, Tilden, and then moved on to most of the current authors. I couldn't get enough of this wonderful information.

I made small, slow changes from the moment I started reading *Fit For Life*. I gave up meat first then decided to give up dairy. It was interesting because I had been having carpal tunnel issues for about a month and was getting ready to have it checked by a doctor. The week after giving up dairy my wrist stopped hurting. Then I slid back into old habits and made a milkshake one night. The next day my wrist was aching again. I didn't put it together until I stopped consuming dairy again and the pain disappeared; it was a light-bulb moment.

I was still a newbie to this way of living, so I went ahead and had the fibroid removed, and have had no reoccurrences. In 1992 I vacationed at Shangri-La in Florida, fasted with Dr. William Esser in 1995, and with Dr. Kim in 2003. The level of caring and compassion from Dr. Esser and Dr. Kim will always stand out in my memories. I loved the peacefulness and the classes at Dr. Esser's ranch, and the small group lectures at Dr. Kim's made it easy to discuss specific concerns.

I've met some wonderful doctors

and people through the ANHS/NHA. And whenever I "forget" why I follow this lifestyle, I just pull out a copy of *Health Science* and read an inspiring article. I am forever grateful for the information provided in this magazine and online. I can't thank you enough! 🌱NHA

Sandie Sajner

Painesville, Ohio



I was born in 1950 and grew up eating the Standard American Diet. Many of my family members were diagnosed with obesity, heart disease, and cancer and most died an early death. They blamed their health problems on heredity, saying that nothing could be done about it.

As a licensed practical nurse (LPN), I believed in the medical profession and encouraged people to see their doctor, take their prescriptions, and have their surgeries. In 1985 I entered Ohio College of Massotherapy in Akron, and was enrolled at Kent State University to earn an RN degree. After two years at Kent, I withdrew from my classes and proceeded to further my understanding of complimentary, alternative health care as a massage therapist.

Even though my medical books didn't say that our bodies were designed to eat all plant-based foods, the anatomy and physiology indicated this to me. As I started to transition my diet, my favorite foods began to taste bad. Steaks were tough and chewy; I

could visibly see arteries, veins, nerves throughout the meat! Fish was often not cleaned of its scales or bones. Milk and ice cream made me cough and produced phlegm and mucus. I lost my taste of these foods and continued to learn about the health benefits of a vegetarian lifestyle.

After a few months of eating lacto vegetarian, I educated myself on the reasons that human animals are not meant to digest other animals' milk. I was moving away from oils and processed foods, as well as gluten products. I was 80% raw vegan and 20% cooked vegan. I had a lot of confrontations with my relatives and friends because of how I ate. It was very isolating, but I was determined to live an optimally healthy vegan lifestyle. When people would say to me that it's just too hard, I would reply, "It is as difficult or as easy as you want to make it, and I've chosen to make it easy."

I first became vegan because our body is not designed anatomically or physiologically to eat flesh food of any kind. It is reasonable to eat and thrive on a plant-strong diet. Second, because I believe that the divinity and sacredness is in all of life. Every animal, fish, reptile, and creature that is killed suffers with fear and pain. If there is one quote from the Bible that I could quote, it is, "Thou shalt not kill." My third reason is that I didn't want to be irresponsible with my diet, as I knew that it impacted the health of our planet. I recycle, obtain spring water, use rain barrels, plant gardens, eat "weeds" from my lawn, and educate the public about living an optimally healthy vegan lifestyle whenever I can. I believe that we all have a purpose on this earth, and we all have the power to change the world. 🌱NHA

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