



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 the NHA Health Program. 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).

Suzy Hoseus Walton, KY




Michael and Suzy Hoseus with their children: Benjamin, Leah and Lindsay (Photo by Erin Labelle)

It has been a pleasure to support the work of the National Health Association (NHA). It is organizations such as this one that are impacting our society for the better. We've been members for the past 17 years and learned of the NHA through our studies of Natural Hygiene. Prior to that, I was dreadfully sick and toxic. Fortunately, medications, doctors, and dentist appointments have been traded for whole health, vitality, and true energy! I haven't even had an aspirin in this marvelous millennium. What a change! It's night and day. Drug-free living is splendid!

How, like so many Americans, was I so misled in my younger life? What had I missed growing up? Why was I so inclined to pop a pill, smoke cigarettes, or do dangerous drugs? Call it learned behavior, stupidity, or complete ignorance; whatever the reason, it is readers like you who model the lifestyle and changes that need to desper-

ately take place in our country.

My years of detoxification have been a restorative blessing. I'm so thankful for my current state of health. I've forgiven myself as well as the professional care I relentlessly received. I've moved on. Other people aren't so fortunate, and we're all aware of people who are struggling. If those who are lost only realized how life changes, circumstances broaden, and hope appears. I'm not only a survivor, I'm a victor. It is my hope that in sharing my story, others may be inspired.

I reveal my detailed testimony in my latest book, *Healing Bipolar and Depression*, the 2nd Edition. I've gone from being a bipolar, drug-addicted, mercury-poisoned sickly person to a respected mother of three and homeschool mom who travels the world with her handsome husband of 29 years. One of my favorite lines is, "Grace isn't so amazing if I didn't know how wretched I've been!" 



Sheila Gill Montara, CA

I found the American Natural Hygiene Society (ANHS, now the NHA) thru some booklets I came across in a health food store, which included Dr. Shelton's work. I began to follow the hygienic principles and I also read *Fit for Life* at the time.

In 1989, I was told by Kaiser Permanente that I had a malignancy ("intraductal carcinoma insitu") of the left breast after mammogram and biopsy. I was scared, so I called Dr. Goldhamer, whose name I had found in the *Health Science* literature. I was a member of the ANHS for years at that point. At the time, Dr. Goldhamer did not have any medical doctors on staff at his TrueNorth Health Center, so he suggested I go see Dr. John McDougall, adding, "He's our man!"


I was working for a chiropractor at the time, running the office, and at night, after the doctor left, I would stay and read his medical books regarding cancer. That process, along

with my meeting with Dr. McDougall in Santa Rosa, California, helped me to make the decision to refuse Kaiser's "treatment of choice," which was described as a "simple mastectomy."

Because of the Natural Hygiene literature, the medical books, Dr. McDougall's advice and the book he gave me (*McDougall's Medicine*), I stood strong in my decision to refuse the hospital's treatment. I stood in

front of a panel of 30 Kaiser doctors and stood up for myself. I have been free of all cancer-related issues ever since.

In the last few years, after having been vegan for 30 years, I learned what is happening to animals every day in order to feed their flesh and milk to humans. Realizing how completely unnecessary it is to eat animals, I find this heartbreaking. I have

been profoundly affected by the knowledge of the cruelty shown them en route to becoming "food" for humans. I envision the day when animal agriculture is a thing of the past! 



Before

Linda Middlesworth
Sacramento, CA

I became vegan 28 years ago after my then-neighbor told me to read *The McDougall Plan* by Dr. John McDougall. At the time I was an overweight aerobics instructor teaching 25 classes a week. I had thyroid cancer and heart disease, and my total cholesterol was 358.

After reading Dr. McDougall's book, I stopped short of adopting his program fully, and became a junk food vegan. I ate well at home but when I went out I ate processed vegan foods. I had lost about half the weight I wanted to lose, but I did not take it all off until I gave up oil and began consuming more whole plant foods about 10 years ago. I am now a full-fledged McDougall devotee and at my correct body weight with much lower cholesterol. Besides Dr. McDougall, Chef AJ was a key mentor for me to



After

(Photo by Linda Lumi)

realize which food choices were optimal to keep me vibrant and healthy.

About 35 years ago, I had a golf ball-size tumor removed from my breast and it was benign. The doctor told me it had nothing to do with my food choices. I now know that this lump was the result of excess estrogen. After being diagnosed with thyroid cancer approximately 29 years ago, I was given a radioactive treatment to stop a cancer nodule on my thyroid from growing. My doctor still wanted to remove my thyroid to be safe. I refused and sought other opinions. This is when I found John McDougall (approximately 28 years

ago). More recently I have visited the wonderful TrueNorth Health Center, not as patient but as guest assistant to Chef AJ during the holiday program.

Nowadays I organize and host regular events called "Get Healthy Sacramento" along with my wonderful doctor friends, including Dr. John McDougall, Dr. Neal Barnard, Dr. Doug Lisle, Dr. Richard Oppenlander, Dr. Michael Greger, Dr. Caldwell Esselstyn, Dr. Goldhamer, Dr. Michael Klaper, Dr. Donald Forrester, Dr. Andrew Klonecke, Dr. Ernie Bodhai, Chef AJ, John Pierre, Julieanna Hever, R.D., Jill Nussinow, Lani Muelrath and Timaree Hagenberger, R.D.

I am also a facilitator for SacPlant Group, a pod of the now famous Plant Pure Nation (PPN) world-wide movement created by Nelson Campbell. PPN helps people gain access to resources for successful plant-based eating.

I still teach 10 classes of aerobics per week at California Family Fitness, and I am a personal trainer. I also love teaching Food for Life Nutrition and Cooking with PCRM (Physicians Committee for Responsible Medicine), including classes at Kaiser on cancer prevention and survival. I continue my VeganMentor coaching job, "30 Day Vegan Health Watch," on a bimonthly basis. I am pleased to say I have many success stories, and watching people switch to a healthy lifestyle is a dream come true. I hope everyone feels as great as I do at 72! 