

# 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](mailto:info@healthscience.org)).*

## Roy Ellis

*Escondido, California*

I first heard about natural hygiene in 1966 when I was in Griffith Park, Hollywood. I was with my wife Rae when a woman came up to me (as she could see that Rae had rheumatoid arthritis because of her badly affected joints) and told me about the American Natural Hygiene Society. Over the years we had many people tell us about R.A. cures, and we would always politely listen. But of all the cures we heard about, this really made sense to us and we accepted it as the way to change our lives.

Rae and I decided to become vegetarians in 1956 since Rae was in such pain. The medical drug treatments (and there were many) were only making her arthritis worse. After reading articles and talking to a vegetarian friend, we felt that the vegetarian way of life would help her, and although we were still not eating a perfect diet, it did help. But after going on a vegan diet for only two or three weeks, 80 to 90% of Rae's pain disappeared, her appetite increased 100%, and she became alive again. She could now enjoy her food and was able to enjoy life again. Rae passed away seven years ago in her eighties, living over 10 years longer than two of her friends who also had Rheumatoid Arthritis and would not change lifestyles.

I also ate the same way as Rae. Although I had no major maladies, I no longer had a stuffy nose or so-called colds, and I had so much more energy. I was 43 when I became a vegan. Now, at age 92, I still go ballroom dancing two or three times a week, and I feel like I'm at least 25




*Roy and Rae Ellis*

years younger. People who know how old I am are amazed at how I look, the things I do, and that I have all of my faculties. But I'm disappointed to say that this doesn't seem to influence their way of living. I've stopped preaching about diet since I have lost friends this way. I think this puts them on the defensive, as they feel they couldn't do this, and it makes them uncomfortable in my presence. I wish this wasn't so. Some friends say I'll go on living for ever. My children gave me a wonderful 90<sup>th</sup> birthday party, and I'm now looking forward to my 100<sup>th</sup>! I've told them I'll pay for this one.

One of the things that makes me feel so great is when my children thank me for staying so healthy and being around for them, while so many of their friends' parents have passed away. When my wife and I changed our way of life, we changed our children's also. It was very hard for all of us, but we did our best. We never gave our kids candy or soda. My son, now 59, is an out and out vegan, and my daughter, at 56, does her very best.

I eat a very simple diet, as I'm not one who likes to spend a lot time in the kitchen. I mainly eat organic, whole foods, including nuts and seeds, and only drink distilled water.

I have been retired for 27 years and volunteer at the San Diego Zoo Safari Park as a docent at the gorilla exhibit. Incidentally, gorillas are vegans, very peaceful, and rarely ever drink water. I also volunteer at our local theater as an usher and at my church.

I am always so thankful that I was made aware of the natural hygiene way of life. I don't worry about sickness, cancer, diabetes, prostate problems or heart attacks, and I am able to enjoy life to the fullest. As an aside, during my working years, people made fun of my way of living. This never bothered me, and I went along with their joshing as I knew who would be having the last laugh. 

## David Fenbert

*Tacoma, WA*



*Rip Esselstyn with David Fenbert (right)*

My journey to your organization started about 10 years ago. After a lifetime of having normal to low blood pressure, it was becoming borderline in my early forties. My doctor at the time, who was an excellent doctor and is now retired, put me on blood pressure medication. He was the doctor for my entire family for over 30 years.



He was one of the best, but he was not knowledgeable about nutrition, and told me that blood pressure problems are genetic. Luckily, in retrospect, I had some horrible reactions to the medications, mainly Lisinopril. I say lucky because it forced me to look into other ways of managing and lowering my blood pressure.

I started by going to a WebMD.com chat room, and the people kept talking about this book called *The High Blood Pressure Solution* by Richard D. Moore, M.D. I bought the book, and for the first time I learned that diet is a powerful way to lower blood pressure. It's a book that I still recommend to people. After reading the book, I started listening to a vegan podcast because I was aware that some vegans ate a very healthy diet. One day they had author and speaker Howard Lyman as a guest, and he kept saying over and over, "Read *The China Study*." I took his advice and the rest is history. That was eight years ago.

I was engaged to be married at the time, and it was one month from our wedding day. I told my soon-to-be wife that I was going to start the plant-based diet described in *The China Study*, and to my delight she wanted to do it with me. Soon after, I became a full-fledged, pain in the butt zealot for the plant-based diet. The results of eating right are so dramatic that it's really impossible not to talk about it.

I got hooked into all of the popular plant-based websites, including those of Dr. John McDougall, Caldwell Esselstyn, M.D., Neal Barnard, M.D., and Jeff Novick, R.D. I'm a huge fan of Jeff Novick's, and I heard about the NHA from him. I think it's important to support groups like yours who continue to give people lifesaving information despite the fact that 90% of the population seems to buy into all the

campaigns and misinformation surrounding meat, dairy, and eggs.

My blood pressure has dropped to a nice low level and has stayed there ever since I changed my diet. My cholesterol also dropped dramatically even though it wasn't considered high when I started a plant-based diet. I've influenced a handful of people around me to change their diet as well, and we have all seen the same results that the NHA, Dr. McDougall, Jeff Novick, and all the others espouse.

## Guy Harris Tokyo, Japan



*Pictured above Guy Harris and at right his son Alec Harris is pictured with Alec Burton.*

It was March 1981 in Sydney, Australia, and I was about a month into my education in osteopathy. I'd been interested in natural health since my teens. I had originally selected naturopathy, but soon switched to osteopathy. We'd already had orientations from an herbalist, a naturopath, and an acupuncturist. They were interesting enough, but I was beginning to get a little discriminatory. I sat in the lecture hall one afternoon, and was entranced by a new speaker, whose case for the hygienic approach to health was forceful and convincing. At some point I leaned over to the woman next to me and said "Wow, this fellow really knows what he's talking about." She said, smiling, "Do you think so, darlink?" Later I learned that the speaker was Alec Burton, and

My wife gave me an awesome surprise when we visited her friends in Austin for Thanksgiving a few years ago. One of her friends worked with Rip Esselstyn's wife. They knew I was a big fan so they arranged a surprise, in-person visit with Rip at the original Whole Foods store in Austin. My wife and I had the privilege of enjoying a great lunch and conversation with Rip! Keep up the good work—you have my support!






degeneration. He fasted for about 17 days and left pain-free. At his follow-up a month later he stood straight and was so charged with energy he was barely able to stay in his skin.

A woman in her twenties fasted for a serious skin condition and a large growth under her tongue. She was so emotionally frail she was unable to look me in the eyes. At her one month follow-up, her physical problems had largely resolved. And like the skier, she had turned into a human dynamo. The reversal of her personality to a forceful and confident young woman was simply astonishing.

But also at this time, I realized that clinical care was not for me. At age 24, perhaps I was too young. I travelled to Europe for a year, passing through Japan on the way. I was so taken with Tokyo that I soon headed back, intending to stay only a few years. That was 26 years ago, and I have been here most of the time ever since. I started editing research reports for Japanese researchers. In 1994 I became interested in the new field of telemedicine. I organized an international conference on telemedicine, held in Kobe in 1997. I spearheaded the establishment of the International Society for Telemedicine and eHealth, and then served as its secretary for five years (isfteh.org/about/history). I spent six months in Kansas as editor of a telemedicine journal. I spent eight years chairing the healthcare services subcommittee of the American Chamber of Commerce in Japan. Though an Australian, I participated in US-Japan trade talks at the highest levels, and on one memorable morning I gave a personal briefing to US Ambassador Howard Baker. Since 2005 I have concentrated on editing, and my company now supports Japanese researchers from many fields.

Personally, I have largely maintained my hygienic life. I have fasted many times, the longest for 28 days, and am happy to see the recent mainstream interest in it. The dam is crack-

ing, and it will be uncontrollable when it breaks. In 2002 I married my beautiful Japanese wife Ai, and our two boys remain unvaccinated and in excellent health. I have maintained my friendship with the Burtons, and consider them among the greatest

benefactors of mankind. Suffice it to say, I was proud to name my first son Alec. 



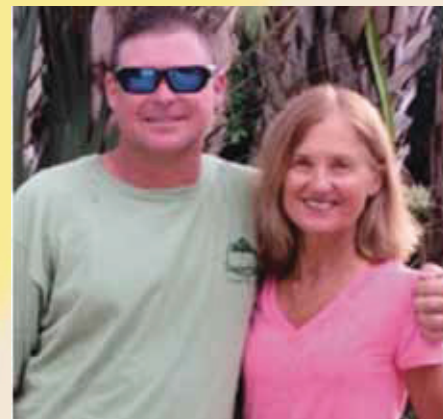
## **Pam West & Michael Enke** *Barrier Islands, FL*

Living a hygienic lifestyle has been a blessing. It was 27 years ago when I was suffering with osteoarthritis of the cervical spine that I changed my lifestyle and made a recovery. I changed my diet, joined the NHA, and began reading and attending retreats and conferences. Of course, like most of us, I was excited about my changes and feeling wonderful so I tried to preach it to my family and friends. Most of them thought I was crazy.

I would go to conventions and come home with books and tapes to share. I tried my hardest. The quality of my health has been excellent. As a retired RN, I have had the opportunity to see both sides of the coin: traditional medicine with its drugs, therapies, and surgeries, as well as hygienic living with its fresh air, sunshine, nutritious whole foods, and fasting.

I finally quit trying to change others, and am grateful for those along the way who did jump on board. Two months ago my 44-year-old son, Michael, came to me and said, "Mom, I need your help." Over the past year I have heard him talk about various problems of dizziness, high blood pressure, high cholesterol, neck pains, plantar fasciitis, and loss of energy. And I heard about his visits to the doctors and the medications he was on, too. His weight was also going up.

"How can I help?" I responded. He asked if I could fix him breakfast and lunch while I was on the Island (I live on a barrier island off of the southwest coast of Florida and Michael works out here). There is no place to get healthy food here unless you bring it from the



mainland.

That was the beginning. I would also give him written tips on foods to eat, those to avoid, and encourage him to read health information. He just had a doctor's appointment last week, and I am pleased to report that his weight was down 20 pounds, his cholesterol level dropped by 62 points, his LDL was down 31, and his triglycerides fell 158. He looks better, feels better, has increased energy, and his foot pain is gone.

It never ceases to amaze me what happens when you get rid of toxic foods and replace them with greens, beans, fruits, vegetables, nuts, and seeds. Michael has just begun, but what a start! Being an example worked. Years ago I remember him saying, "I know what you are doing is probably right, but I could never do it." Well, now he's doing it.

Years ago at a convention, someone said, "Hygiene is not just about food, but about getting your diet under control so you can enjoy your life." And, I must say, that is what I am doing.

