

Illness Is Unnatural

by Robert R. Gross, Ph.D.

Editor's note: In this issue we are pleased to feature the powerful wisdom of another of the great pioneers and leaders of the modern day Natural Hygiene movement, the late Dr. Robert Gross, who for many years operated the world-famous Pawling Health Manor in Rhinebeck, New York with his wife, Joy (a current NHA board member!). This powerful primer on the essence of our health principles and program appeared 53 years ago in the program for the 1963 Convention of the American Natural Hygiene Society in San Diego, California. It rings just as true today as it did over five decades ago, and exemplifies how far ahead of their time these leaders were.

It is unnatural to be ill. Health and happiness are the normal conditions of nature. The further we stray from nature's laws, the greater tendency to sickness.

Conversely, the closer we adapt to natural ways of living, the more we enjoy excellent physical and mental vigor. Few people today are really fit, particularly after middle age. This state of inefficiency and impaired health is taken for granted by the great mass of people—a sad commentary and sorry reflection on our present civilization!

The average person thinks the ability to keep out of bed and drag through daily routines required to earn his living indicates good health. Real health means possession of vitality and energy, making living a joy at all times—whether at work or play. Full health means possession of organs which perform their functions harmoniously and satisfactorily, day after day, week after week, and year after year. One's degree of health means all the difference between success and failure in life. There is nothing mysterious about possession of full health or about methods of living making for such a desirable state.

Drugs, shots, pills, serums, salves, vitamins, hormones, mineral salts, X-rays, radium, electricity, heat or other mysterious agents cannot heal or bring health. They can only hinder and obstruct the God-given innate healing powers of the body to manifest themselves.

Laws of Health

To earn health, learn the LAWS OF HEALTH and

carry them out. Know what, how and when to eat. Know how to relax and rest and when to fast. Know how to exercise in the fresh air and sunshine. Know and practice emotional poise and spiritual and moral sobriety.

Faulty habits of life must be changed. Intelligent appreciation of causative factors of ill-health, and futility of mere treatment of its effects, have to be understood. These causative factors (never depleting mode of life) must be altered in our favor; thus, realize that the helpless fear of the unknown should give place to new hope and confidence. You must understand the fatality of the popular notion that "science" will, sooner or later, produce some remedy to absolve us from the necessity of accepting personal responsibility for changing the habits of life, in such ways as to give nature a fair chance to perform her tasks of healing and repair. The resulting improvement in total

health and capacity to lead a normal life is a rich reward for a measure of self-discipline.

Diet

"We are what we eat" is a resounding phrase used by the "cognoscenti" to impress the value of nutrition to the human organism. Rather, the verbal symbol of "good food eating" should be, "We eat what we are." This latter phrase has the correct connotation that individuals are different, one from the other; the state of each person is constantly changing in an endless spiral of time, space and energy. Diet-wise, he must be fed or

unfed accordingly.

The preponderance of meat, bread, pastries, white sugar products, margarine, gravies, tea, alcohol, coffee, beer, soft-drinks, etc. have to be replaced by a diet composed largely of fresh fruit, raw vegetables, raw nuts, and a little unprocessed cheese when desired.

Most taste buds are distorted and perverted because of the condiments and unnatural foods consumed through the years. The jaded appetites, requiring exotic foods for satisfaction, must be normalized. The toxemic (poisonous) state of the blood stream and tissues, and the digestive and absorptive capacities of the organism, must be all normalized prior to adapting a new radical feeding regime. To accomplish this it is advisable for the patient to fast for



Dr. Robert Gross, circa 1955

several days under competent professional supervision.

Among the most precious gifts of nature are taste and appetite. These instincts tell us what and how much to eat and drink, and they should not be abused. It is unnatural to eat and drink when we are not hungry or thirsty. True, social convention and habit make observance of this condition very difficult; but we could still eat and drink LESS, accomplishing this by slower mastication. Only one-third of what most people eat keeps them vigorously alive; the other two-thirds keep the physicians alive.

Flesh foods are foreign proteins and contain high levels of poisonous uric acid, nuclei acids and xanthenes. The corpses of animals also contain large amounts of antibiotics and female hormones (estrogen), and coal-tar dyes. Milk now contains antibiotics, formaldehyde, and other poison being fed to the cattle. Administration of these poisons stimulates growth and accelerates egg-laying in chickens. Economic and commercial interests predominate the picture in our society to the exclusion of the people's health.

Most people are dead at 30 years of age but are not buried until 60 or 70. Their productive efforts and efficiency are sadly depleted. Unwise eating habits have made them so unwell that their normal routine is no longer possible. They have to do "something." Bad colds, diarrheas, indigestion, arthritis, bronchitis, etc. are all very unpleasant symptoms of a system loaded with waste, with which the normal eliminative and voiding organs have been unable to cope.

The usual practice is to seek drugs that, by suppressing the symptom, will ease the condition. But this does not touch the cause; it only floods the body with more poison, reduces vital nerve energy, and makes eventual health more fleeting.

Watch a sick animal, note how it refuses food, creeps away into a corner and relaxes so that natural healing forces can do their work unhindered. See how quickly health returns.

Natural Hygiene Care

Try this next time you have a cold or are sick: Eat nothing for a few days. Just drink a little distilled water when thirsty only. Give the organs and tissues a chance to do some eliminative and voiding work unhindered. Thus it will not have to deal with unnecessary food or liquid.

After this short fast, include a daily large, raw vegetable salad in your diet. Omit bread, cakes and sugary foods. Each day eat fresh fruit at a separate meal; combine it with fresh dates, raisins or figs. With the vegetable salad, have raw, unsalted nuts, baked potatoes, lentils, brown rice or

dead-ripe bananas. Don't eat between meals nor when tired or emotionally upset.

You will soon realize how seldom one is really hungry or thirsty. Try this method, for the rewards are great. Be persistent and tenacious, and results will be gratifying.

We learn many things from watching nature at work. Creatures rest and sleep during the hours of darkness. Repair and maintenance work are effected so that, on waking, the body is fresh and ready for the next day's tasks. Go to bed early, and consciously relax whenever you can. Later, relaxation will become a normal pattern.


Walk daily at a rapid gait in the sunshine. There is no better form of exercise. It makes you breathe deeply and get fresh air into your lungs.

As health improves, thinking capacities and emotional stability improve. Live in the present and make the most of life as you find it. Learn from past errors, don't waste time and energy lamenting them. Don't worry about crossing bridges you may never come to, but do have some thought for tomorrow.

Learn nature's laws and observe them. Use common sense and you will be well on the way to better health and happiness.

Sick people will give anything, or do anything, to become well. Not, however, when it means altering their ways of eating! Incredible, but true! Tragically, death must be almost imminent before serious changes are undertaken in their poor habits of life for the sake of HEALTH.

Their friends', relatives' and neighbors' thoughts about them are more important than the high level of health they can attain by taking their courage in their hands and searching for truth, as they would for wealth. Health is the Greatest Wealth! Each individual must devote time and study to the problems of health and disease, which one cannot buy. He must be ready to pay the price of non-conformism about feeding habits and attitudes to the social custom which are inimical to health.

One must be willing to pay the price if he thinks health is worthwhile. The cost is little compared with the profits gained! Natural Hygienic feeding habits will overcome digestive disorders. This will improve the general nutritional condition of the entire system. Improvement in mental outlook improves physical functioning and lends more interest and animation to the whole life. 

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