

Keeping the Faith

Bill & Marilyn have practiced Natural Hygiene for over 50 years.

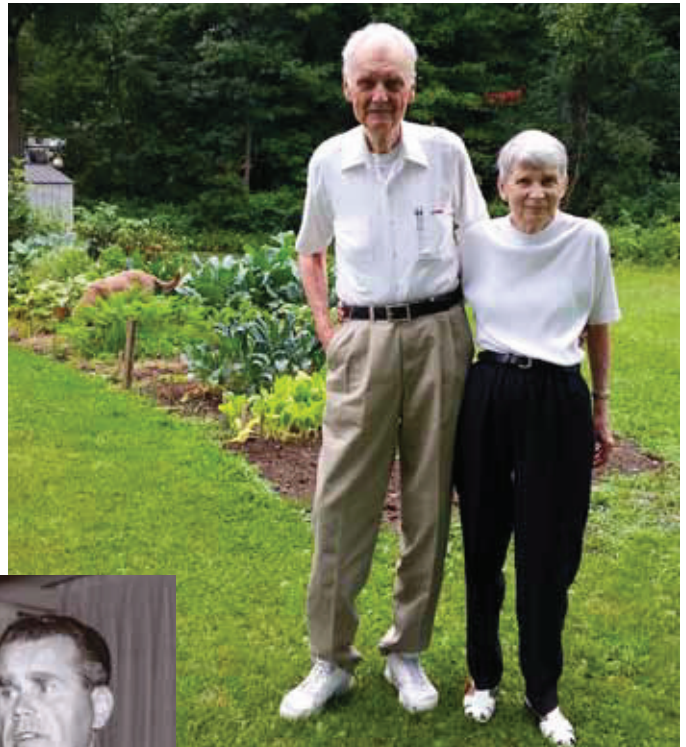
by Marilyn Kellar

My husband Bill and I both turned 86 this year, and have been following a natural foods diet for over 50 years. In seeking help for a couple of our ailments in our early thirties, we discovered Natural Hygiene. We have had our ups and downs, from which we learned and kept going. We have kept faithful to the principles of Natural Hygiene, which has seen us through those times.

After completing his two-year Army obligation in New Jersey, Bill and I moved to San Diego, California. While living there I developed neuritis (nerve inflammation). I sought out a doctor to help me with it and found Dr. Gerald Benesh, a chiropractor who specialized in nutrition and fasting, through a pamphlet I picked up at a health food store.

After an appointment with Dr. Benesh, he declared that my body was toxic. I was put on a carrot and celery juice fast for one week at home, and was instructed to get plenty of rest. Dr. Benesh did not push fasting, but we asked him if fasting would be beneficial, and, of course, his answer was "yes." At the end of that week, my neuritis was gone. We had not used any natural therapies before, but were impressed that Dr. Benesh knew the cause of the neuritis. He then put me on a vegetarian diet of natural foods and said to call him if we have any questions. Changing my diet was an easy transition because Bill did so along with me. To learn even more, we bought Dr. Shelton's books on fasting and Natural Hygiene.

Following this, I went on two two-week fasts at Dr. Benesh's health center in Escondido, California. During the first fast, I was so weak by the third day that I spent most of my time in bed. When the fast was broken with carrot and celery juice, I felt so good I could have jumped over the moon! On the second fast I did not experience the weakness I had during the first one, and I recovered faster. With the natural foods diet and fasting, I was also able to eliminate uric acid crystals, although I had not experienced any symptoms from them before the fast (in stage



Above: Bill and Marilyn Kellar stand in front of their organic garden. At left: Dr. Gerald Benesh speaking at the 15th Annual American Natural Hygiene Society Convention.

one of gout you do not have any symptoms).

In Bill's case, he fasted twice also, each time for three weeks. It was Dr. Benesh who told Bill he had an ulcer. The doctor could tell this from giving Bill an iridology reading; iridology is an alternative medicine technique whereby the patterns, colors, and other characteristics of the iris can be examined to get clues about a patient's systemic health. We found out that Dr. Benesh was an expert at reading the eyes, just like a blueprint. During our fasts at his center, he would come around each morning to do a reading and tell us what we were experiencing.

The fasting also brought an unexpected surprise for Bill. In high school Bill had a bad case of acne that left him with severe scar tissue on the sides of his face. On Bill's second fast, the scar tissue disappeared and the skin

smoothed out. Were we ever surprised! Nowadays we only fast for a few days when we feel a need to. We have never been on daily medications and have only had cataract operations since adopting a Natural Hygiene lifestyle.

Natural Hygiene Overseas

After 13 years in San Diego we moved to New York State where Bill worked for General Electric as a mechanical engineer. We took two overseas assignments for his job: one in Florence, Italy in 1971 for one and a half years, and the other in Oslo, Norway in 1983 for two years. We found it quite easy to follow the diet since we were able to get fresh produce from the small stores that just sold fruits and vegetables. And I stayed in shape due to all the walking to and from our apartment and the stores.

Our older daughter Deborah was born in California before we learned about Natural Hygiene. When I was 42 (13 years after Deborah was born), our younger daughter Hannah was born in Italy. We found a midwife who spoke perfect English and I gave birth in a hospital run by nuns who were from Ireland, who also, luckily, spoke English. Since I was not conscious when my first daughter was born, and since we had changed our lifestyle dramatically, we decided Hannah was to be delivered by natural childbirth, which she was without complication.

When Bill was 60, he collapsed due to work stress and could not walk from our house to the mailbox. We called Dr. Benesh, who said that Bill had exhausted his

adrenals and for him to get lots of rest. He followed the doctor's advice, and after many months he recovered, and then retired.

Still Thriving Today

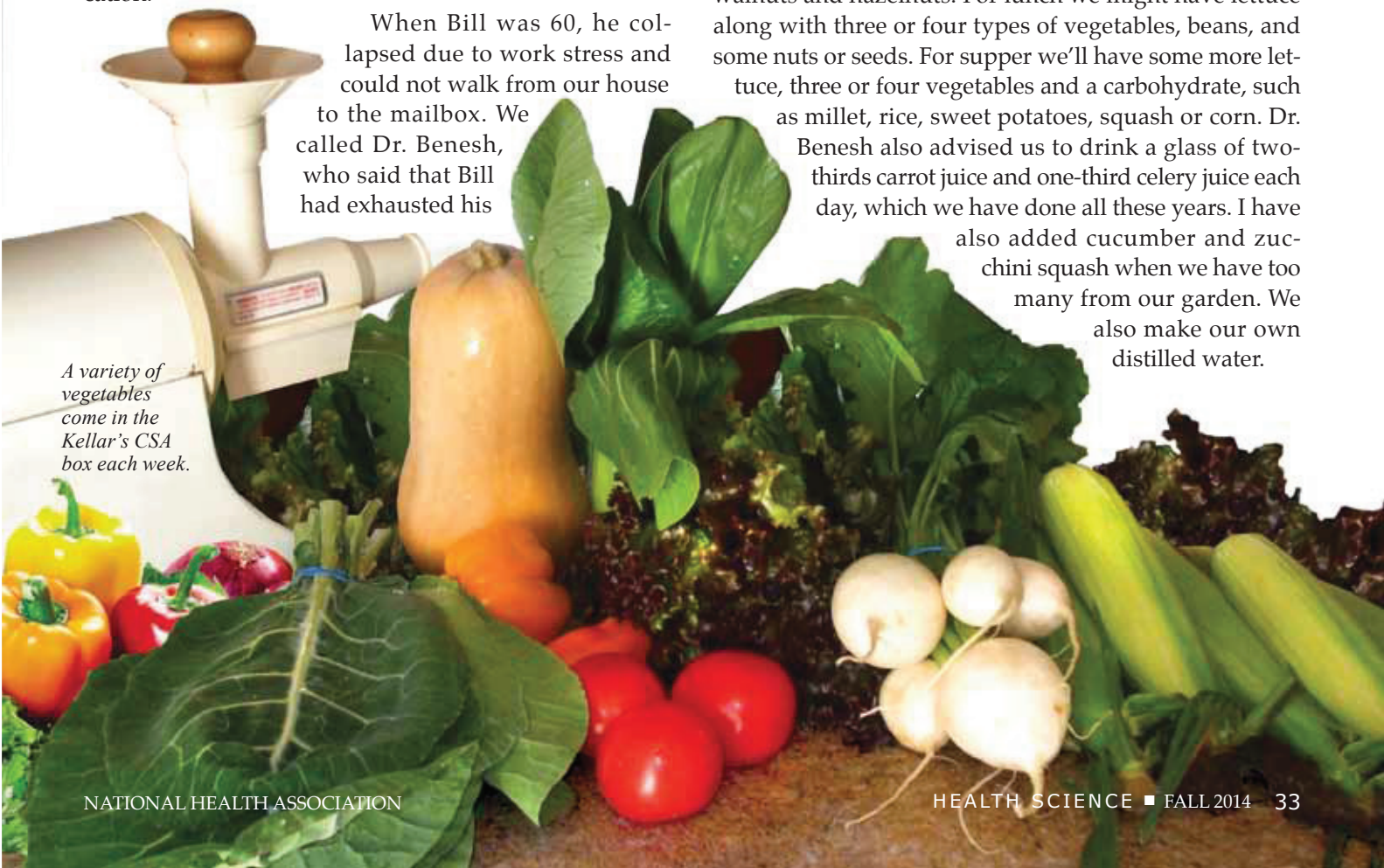
Bill volunteers his time informing high school students at college fairs about the Coast Guard Academy. This year I moved on from my job as Environmental Chairperson at my church, but I still write an article on the environment for our monthly church paper. My articles have been on topics such as Bt corn, GMOs, genetically modified trees, triclosan, nanoparticles, Smart Meters, aluminum, synthetic biology and Frankenfish, just to name a few. Bill and I have shown videos, such as Forks Over Knives, Genetic Roulette by Jeffrey Smith, and Fasting by Michael Klaper at our church, and plan on showing Dr. Fuhrman's DVDs as well.

Dr. Benesh advised us long ago to get as much organically grown produce as possible. For many years we have been a member of a local CSA (Community Supported Agriculture) organic farm, and have volunteered our house as one of the pick-up sites in the Albany, New York area. We also have a small organic garden of our own.

Our diet today is a simple one, consisting of fresh fruit for breakfast, along with some ground flax seed and a few walnuts and hazelnuts. For lunch we might have lettuce along with three or four types of vegetables, beans, and some nuts or seeds. For supper we'll have some more lettuce, three or four vegetables and a carbohydrate, such as millet, rice, sweet potatoes, squash or corn. Dr. Benesh also advised us to drink a glass of two-thirds carrot juice and one-third celery juice each day, which we have done all these years. I have also added cucumber and zucchini squash when we have too many from our garden. We also make our own distilled water.

We have never been on daily medications.

A variety of vegetables come in the Kellar's CSA box each week.





The Kellars are members of a local CSA (Community Supported Agriculture) organic farm, and volunteer their house as one of the pick-up locations.

Dr. Benesh Gave Us The Following Wise Instructions:

1. Eat only when hungry.
2. It is best not to eat between meals or at bedtime.
3. Do not drink water with your meals. Drink water 15 minutes before or two hours after a meal.
4. Eat moderately and chew your food well.
5. Do not eat when tired or emotionally upset. Rest and wait until you have recovered from either state.
6. Do not eat immediately before or after any intense physical or mental exertion.
7. Eat only natural, live, unprocessed foods.
8. Fresh air and exercise are part of a nutritive program; get your full daily quota.
9. Try to rest after each meal, if at all possible.
10. Strive for physical, mental and emotional balance.

We continue to follow Dr. Benesh's instructions and keep up our interest in nutrition. We are encouraged by how much more information is available nowadays. We attribute our longevity and health to Natural Hygiene and thank the National Health Association for being in the forefront of this movement. 🌱NHA

Dr. Gerald Benesh, a chiropractor specializing in nutrition and fasting at his health center in Escondido, California, first introduced the Kellars to Natural Hygiene.

