

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).

Brad and Jean Oswald *Pewaukee, Wisconsin*

Editor's Note: Life Members, Brad and Jean Oswald, pictured at right, are a true and enduring NHA love story. They met almost 20 years ago at the 1996 NHA Conference in Fort Lauderdale, Florida. Their relationship grew at the next two conferences, and after a planned vacation in Florence, Italy, they married in Toronto, Canada in 1999. Both have rich histories in our health movement and are proud to share their inspiring stories.

Jean:

I fasted 28 days at Dr. Scott's in 1977. My career in education was interrupted when I suffered from severe asthma. At my job I had been exposed to asbestos, nitric and sulfuric acid, and molten toxic fumes while working with jewelry and ceramics. After adopting a plant-based diet and changing my lifestyle, I made a remarkable recovery. I became aware of how the mind and body function together, how to be free from the fear of illness, and what is required to stay well. My recovery and experiences resulted in two co-authored books with Dr. Herbert M. Shelton. I also worked with Dr. Shelton on his biography until his death in 1985. His biography was later published in 1989.

Brad:

I have had constant health problems ever since I can remember, including multiple long colds per year, bronchitis, headaches, toothaches, migraines, and digestive problems. The Fit for Life books introduced me to natural hygiene, and I made a



180-degree turn to a plant-based lifestyle. Inspired by the natural hygiene books I started reading, I decided to travel 4,400 miles from Worthing in the U.K. to the 1996 conference, and then go on a 16-and-a-half-day fast at Scotts Natural Health Institute in Strongsville, Ohio. After getting married and moving to Wisconsin I still had health problems, with sensitivity to sweet fruits and an excessive appetite. Dr. Fuhrman was instrumental in steering me in the right direction.

Jean and Brad:

Our common experiences paved the way for a harmonious rapport. We have now celebrated 16 years of marriage and enjoy travelling, gardening, waterskiing, kayaking, skiing, snowboarding, and the lake views in our country home in Pewaukee, Wisconsin. Brad designed and installed an automatic irrigation system for our organic garden where we grow a variety of fruits and vegetables. Life is great!

Barbara and Bill Hoogerwerf *Marine City, Michigan*



My husband Bill and I recently sat down to watch the documentary Forks Over Knives, which we recently purchased from the NHA. It truly is a

wonderful film. It, of course, reinforces what natural hygiene has been saying for years. I remember the late Dr. Shelton saying, "When you eat meat, it putrefies in the intestinal track." We discovered natural hygiene in 1960 through Ed Fitzgerald and his wife in Charlotte, North Carolina, and joined the Natural Hygiene Society in Detroit, Michigan. One of its leaders at the time, who lived near Detroit, was R. J. Cheatham. He later moved to Florida and opened a wonderful health resort in Bonita Springs called Shangri-La. The picture of the two of us was taken a few months ago. Bill is 93 and I am 89. We have been married for 62 years, and have lived in our own home for 42 years, doing our own housekeeping, finances, and mailing through the influence of the Natural Hygiene Society (now the NHA).

Although we haven't lived as well as we should, we have lived enormously different than people consuming the conventional American diet. It has been a grand trip and we are still living life to the fullest!



Kathleen Alfano

Buffalo, New York



I have been a member of NHA since attending the national NHA Conference held in Buffalo, New York in 1978, which is where I live. I attended the conference all that week and became a vegetarian after eating my last cheeseburger! I have attended a few conferences through the years and bought copies of the recorded lectures. I always read Health Science cover to cover. 2015 is starting out to be a big year for me, as I retired and turned 70! I have never been to a hygienic institute. I have followed the philosophy of natural hygiene for many years and am enjoying an active and healthy life. One of my favorite sports is rowing, and I am an active

member of the West Side Rowing Club in Buffalo. Thank you for keeping NHA alive. I hope it blossoms to a new vibrant life! The message is so grounded and makes such good sense.



Boo Law, Ph.D.

Bethesda, Maryland

I have worked in the health care field all of my life aside from teaching for two years in a one-room schoolhouse, and building B-17 bombers during WWII. When I was 40 years old, I ordered nuts from Texas and TC Fry that included information about natural hygiene. I thought, "Wow!" and I became an NHA Life Member, and have attended most of the conferences; I am dedicated to the hygienic lifestyle. My daughter, Jeanne Hale (pictured with me at left), also joined the NHA many years ago. For the past 20 years, twice a week, I have volunteered to take soon-to-be outdated food from the Bethesda Co-op to Manna, where hundreds of poor people come for donated food. In September I'll be 93! 