

The Challenge of Natural Hygiene

by Dr. Gerald Benesh, D.C.

Editor's note: One of the original health journals of the NHA (originally called *The American Natural Hygiene Society*) was called *Natural Hygiene*, published from February 1957 until June 1959. Like *Health Science*, it was largely devoid of advertising and contained scholarly articles written by the leading voices and pioneers of today's whole-food, plant-based health movement. Pioneers including Drs. Herbert Shelton, William Esser, Robert Anderson, Robert Gross, and more. The following powerful article was authored by one of our organization's co-founders, Dr. Gerald Benesh. We once again think you will find these words to be as timely today as they were an amazing 60 years ago!

Natural Hygiene is a philosophy and a system predicated upon daily adherence to the biological laws which control life. The fullest realization and comprehension of the inherent potential of this manner of living is offered to all people who possess the integrity, drive and will power to put into practice the principles of Natural Hygiene.

To say the least, this is a constant challenge. One which must be met at all times, but one which offers the greatest compensation for all the effort expended. The rewards one reaps are priceless and, I may say, endless, for as one grows in stature by applying these principles, the rewards also increase in value proportionately. These rewards, although often intangible and many times unnoticeable to others, are in themselves inspiring and encouraging. These effects are something to be experienced within rather than something to be handled and observed from without.

The way of life gives to one understanding it, a sense of security and a feeling of knowing and understanding, which today is a rarity and a seeming will-o-the-wisp that constantly evades the confused masses. The person who can make honest claim to this rare sense of well-being is himself rare to find. But by no means is it impossible for all of us to be of a similar pattern.

Fortunately, we have been endowed with a living mechanism that can withstand much abuse and neglect, and despite such hardships as each of us innocently or willfully imposes on his body, it still possesses a reserve of energy that can be called into action whenever a person has the sincere desire to put it to constructive use. There is, however, a limit to this reserve supply; but, if one still possesses an adequate amount, recovery is possible. As the biological processes improve, because of our adoption of a better way of life, the cells generate an unbelievable amount of vitality that will be delegated by the Knower within to areas that need attention and regeneration.


Quite often this process seems very slow, and too often discouraging to the ailing one. But if one realized or could comprehend the scope of the task at hand, of regeneration and building up untold numbers of new cells, he would humbly bow his head in reverence, and give full sway to the forces that are constantly working in his behalf, every moment of his life.

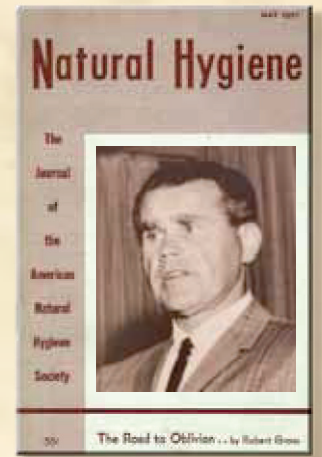
Patience is a virtue that has its own reward. The Hygienic way of life teaches us to be patient. In being patient, we lose our anxieties and other aberrations that interfere with our good state of health. It also teaches us relaxation and calmness, thus enabling blood and lymph (the fluids of life) to circulate more freely, permitting these vital liquids to bathe every cell and carry away the waste products to all outlets for elimination.

Many diseases are due to the retention of waste products, which accumulate, causing inflammations, congestions, tumor formations, ulcers, and even cancers. So, we see how important it is to do all in our power to permit the free outflow of these agents.

Injurious congestions are of many varieties and their effects are also varied, but the result is an impaired state of health. Anything that interferes with the free flow of life force within the body spells death to the affected area, and ultimately to the whole organism. Too many persons are of the opinion that congestions (toxin accumulations) are caused by improper diet alone. This is far from the truth. The fact is that the causes are many and varied, and usually obscure to the affected person.

The misuse of mind, in many cases, is the foremost offender, and I dare to go a bit further and say that in all cases it is so. If we would exercise the proper use of mind, we would evolve to a state where we would realize the laws of life and apply them to our daily living and be well—physically, mentally, spiritually. We fail to think for ourselves as a rule. We accept customs, fetishes and ideas from others as a pattern for life, whereas, Natural Hygiene teaches us to exercise all of our prerogatives and evolve to a higher state of being, which in my estimation has no end.

This way of life is a continuous evolution to a better way of life in all departments. The challenge is open to all. Join the ranks of true men and women who dare to be different, who are free of inhibitions, who are willing to grow BIG! 



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