

FALL
2018

health science

**Interview
with**
Michael Greger, M.D.

**Understanding
the Dis-Ease
of Addiction**

Frank Sabatino, D.C., Ph.D.

Tributes to
Keki Sidhwa, N.D., D.O.

**What's
Wrong
with the
Paleo Diet?**

Pam Popper, Ph.D., N.D.

**Are You
Vegan or
Plant-Based?**
Victoria Moran

www.healthscience.org

WELCOME

to the Fall 2018 issue of *Health Science* magazine!

One of the best perks of my job as president of the NHA and editor of this great publication is the opportunity I regularly receive to meet and interview some of the leading figures in our health movement, and share their stories and insights in this magazine. For this issue I was afforded the wonderful opportunity to conduct an **Interview with Dr. Michael Greger**. His story is amazing and his accomplishments are extraordinary. I think you will see that his enthusiasm for what he does literally jumps off the pages. If you ever get the opportunity to see him in person, don't miss it. He is one of the most magnetic presenters I have ever met, and it is great to have him on our side!



Dr. Frank Sabatino always offers powerful insights into any topic he undertakes, and that is never more the case than in this issue, where he focuses on the timely topic of addiction in his in-depth article, **"Understanding the Dis-Ease of Addiction."**

There is probably no diet craze that has had more staying (and marketing!) power over the last several years than the Paleo Diet. We asked our resident expert, **Dr. Pam Popper**, to separate fact from fiction, and she does so with her usual wit and wisdom in her article, **"What's Wrong with the Paleo Diet?"**

Describing the diet and lifestyle we follow is often a challenge, and prickly intellectual battles sometimes arise between those who proudly label themselves as "vegan" and others who champion themselves as "whole food, plant-based." Fortunately, we have legendary **Victoria Moran** to guide us through the thicket and take us to a pleasant solution in her article, **"Are You Vegan or Plant-Based?"**

The only bittersweet aspect of this issue is that we are saying goodbye and paying tribute to the legendary **Dr. Keki Sidhwa**, who passed away on October 16, 2018 at age 92. I am sure you will appreciate the many fond memories shared in **"The Passing of a Pioneer."**

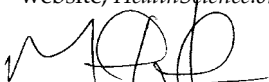
Healthy cooking gets double billing in this issue. First, our **Q&A** department is handled by the "Starch Queens," **Jeanne Schumacher** and **Nancy Matthews**, who share some wonderful timesaving kitchen tips related to batch cooking, choosing the perfect appliances, and blending your own spices. Second, our **Recipes** section is magnificently handled by **Well Your World's Dillon Holmes**, who shares amazing SOS-free recipes for Oat Clusters, Beans and Greens, and more.

In this issue's **Spotlight on Members**, we introduce you to 86-years young **Marion Jennings** of Plymouth, Michigan, who has been involved in our health movement since before I was born! Her story is the epitome of what it means to age gracefully.

Speaking of aging gracefully and the blessings that this lifestyle can bring to folks in their retirement years, I know you will enjoy this issue's **Testimonial** presented by **J. Lanning Smith** of **Mary Lou and Wes Beavers**, another inspiring couple who are members of the remarkable Eat Smart, Live Longer Club in Sun City Hilton Head, South Carolina.

These remain very exciting times for the NHA, particularly with the continued explosion of new members and the opportunities we continue to receive to spread our message. In our **NHA News** section, we are pleased to share highlights of **Dr. Alan Goldhamer's** appearance in **Sun City Hilton Head** and **Chef AJ's** sold-out **Ultimate Weight Loss Conference** in Las Vegas.

Finally, please consider attending **Pam Popper's Wellness Forum Health Conference** in early November and **Dr. Sabatino's Balance for Life Event** in January, and of course, the **NHA Conference** in June 2019, for which early bird registration is still open on our website, HealthScience.org.


Mark A. Huberman
NHA President

Have a great holiday season!

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In October 2018, the NHA and the Natural Hygiene Movement lost one of its greatest voices and leaders with the passing of the legendary Dr. Kiki Sidhwa.

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--- THE CONFERENCE ---

Dear Mark and Wanda,

By now your post-conference vacation to Virginia is a distant memory. As slow as I am about writing, my memory of the NHA Conference is still sharp. What a wonderful time. You both really did a fantastic job.

As usual, the speakers were wonderful. I had not heard Anthony Lim, Frank Sabatino, or the Freys before—definitely a plus! Also, I really enjoyed the Thursday and Friday additions. I thought the Q&A on Thursday night was very interesting, and I loved Victoria and Mike's hikes, which was a nice balance to all of that sitting. Restorative Yoga by Jay and Mary Louise was perfect to end the day.

After the Conference, an issue I had with my leg for two years was gone. I've since read that the yoga we did addresses just that. Of course, hiking couldn't hurt, but I've been doing that all along and it didn't make a difference. So, thank you Jay and Mary Louise! I know this is a tremendous amount of work for you and your team, but everything turned out wonderfully. Oh, and I love this Marriott pen. They seem to last forever. Looking forward to next year!

GUEN ROBBINS
BEND, VA
(LIFE MEMBER)

Mark and Wanda,

You did it again—you pulled off another fantastic NHA Conference. The cuisine was delicious, healthy, and lovely to behold. Thank you for giving so much of yourselves for the organization and all of us. See you next year in Cleveland!

JEANIE WOO
HAYES, VA

Mark,

Every issue of *Health Science* is pure gold, and the latest issue was no exception. I read every issue cover to cover and still enjoy looking through the back issues. I had a wonderful time at this year's conference and plan to attend again in 2019. I appreciate all the hard work you put into it and the magazine. Your passion and enthusiasm are infectious.

LINDA AYOTTE
REDWOOD VALLEY, CA

Much Appreciated Letters to the Editor

--- THE SUMMER ISSUE ---

Dear Mark and Wanda,

I am always inspired by *Health Science* magazine, especially Dr. Asa Frey's answers to questions in the Summer 2018 issue. This article caused an immediate shift in my thinking toward a more positive one. I set up a dream board at this suggestion and look at it every day.

PAT THOMPSON
MIDDLEBURY, CT

Mark,

I thought the summer issue was terrific. Best of all it alerted me to a water-fasting center in my own backyard (Fullerton, CA), and I am off to spend some time with

Dr. Nathan Gershfeld. As for the NHA Conference, since I have been a vegan for over 30 years and have studied nutrition extensively, I don't find myself motivated to go to conferences like the one you put on, but I'll see. Maybe next year the time will be right.

SCOTT HUNTER
LAGUNA WOODS, CA
(LIFE MEMBER)

Hi Mark,

I have been enjoying the back issues of your magazine all weekend. I have always loved reading magazines, but I have never come across one that has been put together as nicely as yours. It has been a real pleasure to read.

I first heard of you and the NHA through Chef AJ's interviews with you. I have been on and off of a plant-based diet for the past 15 years, and made the full transition three years ago. When I came across Chef AJ, about a year and a half ago, I transitioned to an exclusively plant-based diet and have been following her advice since. We are discussing attending your next conference in 2019.

ANGIE RAMSAY
VANCOUVER, BC

Hi Mark,

Being a member of the Canadian Natural Hygiene Society, the American Natural Hygiene Society, and the National Health Association for the past 35 years, I can only

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Our Mission

The mission of the National Health Association is to educate and empower individuals to understand that health results from healthful living. We recognize the integration of all aspects of health: personal, environmental, and social.

We communicate the benefits of a whole foods, minimally processed plant-based diet without added salt, oil and sugar, plus exercise and rest, a healthy environment, psychological well-being, and, when indicated, the use of water fasting. We take a leadership role in advocating health freedom issues.

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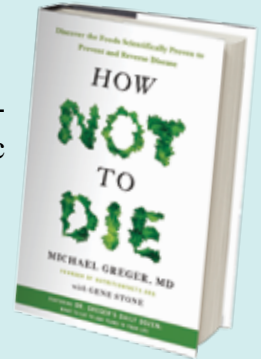


An Interview with Michael Greger, M.D., F.A.C.L.M.

by Mark Huberman



Michael Greger, M.D., F.A.C.L.M., is a licensed general practitioner specializing in clinical nutrition, and an internationally recognized speaker on a number of important public health issues. He has testified before Congress; has appeared on shows such as *The Colbert Report* and *The Dr. Oz Show*; and was invited as an expert witness in defense of Oprah Winfrey at the infamous 1998



“meat defamation” trial. His latest books, *How Not to Die* and *The How Not to Die Cookbook*, became instant New York Times Best Sellers. Dr. Greger is a founding member and Fellow of the American College of Lifestyle Medicine. He is honored to

teach part of T. Colin Campbell, Ph.D.’s esteemed nutrition course at Cornell University. Dr. Greger is a graduate of the Cornell University School of Agriculture and the Tufts University School of Medicine. His nutrition work can be found at NutritionFacts.org, a registered 501(c)3 nonprofit charity.

Growing up in Miami, Florida, were your parents health conscious?

Not at all, but I am pleased to report that today my whole family is following this lifestyle.

My late father, Max, used to say, “Most people don’t start thinking about their health until after they’ve lost it.” Was this the case for you?

Fortunately, no, but a health crisis experienced by my



Dr. Greger being interviewed by Mark Huberman in Akron, Ohio on September 22, 2018

Grandma Frances did have a profound influence on me. When I was just a kid, she was diagnosed with end-stage heart disease and sent home to die. She had had so many bypass surgeries that her life was nearly over at age 65. However, as chance would have it, she had watched an episode of *60 Minutes* that featured Nathan Pritikin, who ran a clinic in California and claimed that he could help people regain their life through diet and lifestyle changes. She decided to make the cross-country trip to see him, and ended up making a remarkable recovery. After a few weeks, she was walking 10 miles a day! She went on to live another 31 years, able to enjoy her six grandkids, including me. She became one of Pritikin’s first success stories and was featured in his biography. She was one of the persons described by saying, “They wheeled her in but she walked out!”

Was there a single book, article, or lecture that inspired you to become a vegan?

Yes. It was July 21, 1990, when Dr. Dean Ornish published his landmark study on the impact of lifestyle in reversing heart disease in the most prestigious medical journal in the world. Heart disease was the number-one killer and he was able to reverse it without surgery or drugs. That was pretty profound for me.

Why do you think his work caught your attention compared to others'?

It just made so much sense. You're either data driven or you're not, right? Some people smoke cigarettes even though they know it's bad for them. I *don't* smoke cigarettes because I know it's bad for me.

When you decided to become vegan, was there also an ethical component or was it just for health reasons?

Back then it was just health. But then once your defenses are down and you're not participating in the meat-eating world, I think you're more open to a more compassionate way of thinking. Early on in my adult life, I went to Farm Sanctuary, and I discovered that once you give a pig a belly rub, you really can't go back from there!

I understand you did your undergraduate work at Cornell. Was Dr. T. Colin Campbell teaching there at the time?

That's why I went to Cornell! Unfortunately, I never had him as a professor but ever since 1990, I started gobbling up everything I could find on clinical nutrition, and I have really never stopped.

What made you choose Tufts University for medical school?

I did so because, at the time, they had the Stern School of Nutrition and they offered more courses on nutrition than any other school in the country. However, as it turned out, even Tufts offered only 19 hours out of *thousands* of hours of preclinical research. And it wasn't even nutrition; it was like the Krebs cycle all over again and the biochemistry of vitamins. It wasn't clinical nutrition that I could be using to actually help people. It was ridiculous and, sadly, things are not much better today in medical schools.

Dr. Herbert Shelton and his peers warned us about the "brainwashing of medical school education"; were you able to avoid this?

I actually wrote a book about this called *Heart Failure* that described my time resisting the indoctrination. It's free online if anyone's interested in what I went through. [You



Dr. Greger was inspired to go vegan after reading Dr. Dean Ornish's landmark study on the impact of lifestyle in reversing heart disease.

can find *Heart Failure* here: <http://www.just-think-it.com/heartfailure.pdf>]

When you finished medical school did you go into private practice?

I did my post graduate medical training at the last remaining public health hospital in Massachusetts, but then I went on the road to spread my message far and wide. If I stayed in private practice or worked in a hospital I

might see a couple dozen patients a day, but I wanted to reach a lot more! So, I began speaking wherever I could find an audience. Sometimes I was giving up to 40 talks a month. In the early days I was on the road full time, going from city to city. I had one key on my key chain and I didn't even own a pillow! People put me up and fed me and that's how I lived. I also started a video series, which allowed me to reach thousands of people, not just hundreds.

How did you earn your living?

People have always been very generous in supporting my work. I lived out of my car and didn't own or need anything. When my car broke down, someone would donate another one. I didn't need much more than a computer, which was donated as well.

I know that one of your first claims to fame was being involved with the lawsuit against Oprah Winfrey. How did that come about?

For a period of time I was involved with the Organic Consumers Association, which raised awareness about Mad Cow Disease, and I became an expert on the issue. That is what led me to be involved in the Texas lawsuit against Oprah Winfrey for "food disparagement," a law that existed in 23 states that made it illegal to make allegedly unfounded statements about the health dangers of certain perishable food items. My role was to argue that these were indeed founded comments. But, of course, that's not the argument we really should have made. The argument we want to make is that we have free speech and are supposed to have the right to say whatever the hell we

"If I stayed in private practice or worked in a hospital I might see a couple dozen patients a day, but I wanted to reach a lot more!"

want! But if you can take a billionaire and wreck people's lives by dragging them through the courts, who really won? The industry won.

Why did you go to work for the Humane Society of the United States?

Being on the road all the time became pretty miserable, and along came a nice job offer to become their Public Health Director, a position I kept for a dozen years. I did infectious disease work for them, focusing on the public health implications of Bird Flu, Mad Cow Disease, Salmonella food poisoning and other so-called zoonotic, animal-to-human diseases.

What prompted you to leave that job?

While working for the Humane Society, I started NutritionFacts.org and that caught the attention of a donor with the Jesse and Julie Rasch Foundation of Canada. The donor called me out of the blue and said, "We want to put all your DVDs online," and I said that was awesome! The foundation also lent me one of their web experts, Christie Richards, to start the site. However, once that was established, the donor stepped back and essentially said, "You're on your own." I didn't have any money and couldn't afford to pay anyone, but the donor suggested that I put up a "Donate" button on my website. I was skeptical, but it worked incredibly well. From the response to that little donate button, we now have 15 people on staff and are reaching millions of people a month with my daily videos. It's really crazy!

When do you ever sleep, since you somehow post new videos every day!

Until there's not a single person left who would change if they knew the truth, I feel driven to get the evidence out there so people can make truly informed decisions.

Did you ever dream in those early days when you were on the lecture circuit with no money and no possessions that someday you would be reaching millions?

It really is funny and amazing when I look back. It all started literally with a little clipboard and a small sign-up sheet for my newsletter, and today people stop me on the street to tell me how much they enjoy what I have shared.

Now it's a virtual clipboard!

Right! I remember when I first reached 10,000 viewers through my website videos, and now it's in the millions! I feel that I am just getting started and that there is tremendous potential for more growth. I am really excited, and

we keep hiring new people!

It seems that everyone in the whole-food, plant-based health movement is familiar with your book *How Not to Die*, but very few recall your book *Carbophobia*.

I wrote it in response to the Atkins craze. If you remember, there was a time when millions of people were on the Atkins Diet, and I looked around and said to myself, "Someone needs to write a book about this," because it was so ridiculous. The problem was that four months after the book came out, Atkins declared bankruptcy. Of course, I played no role in that whatsoever. I just came in at the end of the wave.

Are you amazed at how Americans pursue one diet craze after another?

Not really. Keep in mind that the current Keto Diet is just another manifestation of the Atkins Diet, and when that runs its course, there will be another that takes its place. I think it simply goes back to people just wanting to hear good news to justify their bad habits.

It's like the H.L. Mencken observation that "History has that rotten habit of repeating itself."

Over and over where diets are concerned. People keep falling for it.

Tell me more about your organization NutritionFacts.Org.

That's my baby. That's what I really am.



Am I correct that you, like the NHA, accept no advertising?

Absolutely. That way we avoid the corrupting influence of commercialism. I want to be clean from all that garbage. The way I see it, even if I only accepted money from, say the Apple Board, and then I do a video on the benefits of eating apples, I wouldn't want people to wonder in the back of their minds if I'm just saying that apples are good because I got "Big Apple" money. I never want that to be the perception.

And all of your posted videos and articles are free, right?

Yes, everything is free.

Do you offer a "members-only" section?

No, and this is very important. There is no members-only section where, for example, you could pay a fee to

have me tell you how to take care of your sick child, and if you're not a member, "too bad, bye-bye." That's outrageous to me. It is all for free, and I would never have it any other way.

With the thousands of nutrition videos you record, how do you not lose your voice?

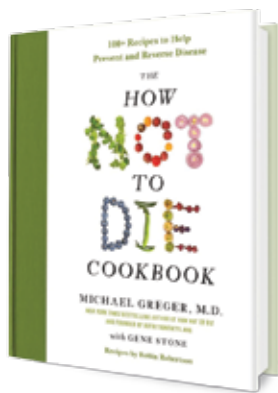
I don't do them all at the same time, luckily, but doing the audio book for *How Not to Die* was brutal. It took me five days!

After your lecture today, people were lined up out the door and waited nearly two hours to get signed copies of your books. How many copies of *How Not to Die* have been sold so far?

About a half a million, but what's really interesting is that it is actually selling better now than it did a month after it was released. It is currently selling at a rate of a couple thousand a week!

What prompted you to issue your newest book, *The How Not to Die Cookbook*?

It was the publisher who wanted me to come out with it, and I said okay as long as I don't have to do anything more than write the forward and approve the recipes, and that's what happened. The recipes were created by the famous cookbook author Robin Robertson and are really great.



Are the recipes salt-, oil- and sugar-free?

Yes, they are. It even goes further and involves only whole plant foods so that even lemon juice is not an ingredient. Even though that might seem ridiculous, I did it just out of principle so I could say that every single ingredient, of

every single recipe, should be a whole plant food—period. It was both a challenge and a blast!

In much of today's "vegan" cuisine—compared to "plant-based" cuisine—there is an abundance of added salt, oil and sugar. Do you agree that it's important to avoid salt, oil and sugar, what Dr. Alan Goldhamer refers to as "pleasure trap" chemicals?

Of course! But there should not be a divide within the whole-food, plant-based health world since, by definition, these three additives aren't whole plant foods and, ideally, have no central place in our daily diets. As you correctly noted, the big divide is between the plant-based move-

ment and the vegan movement. While I applaud people that eat vegan because they want to save the planet and prevent harm to animals, at the same time, if they are living off French fries and beer, they really don't know or care about their health. So, that's why I don't like the term "vegan," since as a physician it just tells me what you *don't* eat; for all I know you're living off vegan donuts!

Since you are on the plant-based lecture circuit so much, are you tired of answering the perennial questions about where you get your protein and your calcium?

Actually, I don't get those questions very often anymore. Perhaps it is because of the higher-level audiences. However, when the protein question comes up, particularly in professional groups, I like to say, "Anyone who doesn't know how to get protein on a plant-based diet doesn't know beans!"

But what about athletes? You often hear fitness trainers argue that you need more than just what you can get from beans. Is there anything to that?

Not according to the National Institute of Medicine. There is some data on muscle hypertrophy but not on muscle strength, and the two don't necessarily correspond.

Are there adverse health consequences of that extra protein?

Certainly. That's just a recipe for IGF-1 elevation.

What about vitamin B12 and Vitamin D?

Taking a B12 supplement is very important, and if you're not getting enough sun, then you may be low in D and may want to supplement.

Can you take too much Vitamin D?

Yes, if it's fat-soluble. The tolerable upper daily requirement is 4,000 International units, and so as long as you're below that, there's no risk of toxicity. In fact, you can probably go higher than that, but then you go against the guidelines.

Beyond B12 and Vitamin D, what do think of supplementing DHA/EPA?

The literature is not great on the subject, but I think it's positive; not for our heart health, but for cognition. I recommend 250 milligrams of DHA and/or EPA, which is the recommendation of the WHO (World Health Organization).

Dr. Caldwell Esselstyn, Jr. argues strongly that nuts should be largely avoided, particularly for those suffering heart issues, while others, like Dr. Joel Fuhrman, take the opposite

view and claim they not only shouldn't be avoided, but should be consumed as heart-healthy foods. What is your opinion on this issue?

Dr. Greger has no opinion on anything. Dr. Greger just cares about the science.

What does Dr. Greger say the science says about this?

Thank you, that's the question. What we now know is that heart disease is reversible without medications, because that's the clinical data that we have. We put people on plant-based diets because it lowers cholesterol. Nuts also lower cholesterol; they are anti-inflammatory. So, one would expect a low-fat diet with nuts to be even better at reversing heart disease, but no one has ever done that study. My suspicion is it would work better. But, if you're dying from heart disease, you go with the data from randomized controlled trials that show a low-fat, plant-based diet works until we learn otherwise. In theory, this other diet might even work better, but we don't have the data yet. Until it's put to the test, you use what's been proven.

Philosophically, does it seem to you that whole foods such as avocados and nuts (certainly not salted or oiled) should be consistent with good health and not inconsistent with good health?

I'm waiting for the data. I mean, the data is beautiful, right? In fact, from what I have seen, nuts are probably the only food that's ever been associated with literally years of life extension. There was also a Japanese study suggesting longevity with dark leafy greens, but that's it in terms of individual foods that we know of.

Let's talk about the consumption of oils. The lecturers that preceded you at this wellness event earlier today were extolling the benefits of olive oil and coconut oil. Is this all hogwash and are all oils the same?

Some are much worse than others, but they're all bad. Coconut oil is much worse than canola oil because it's highly saturated. But canola isn't exactly a whole plant food either.

Shifting gears, do you think the vast sums of money that are being invested in research to find a vaccine or other drug to cure or control cancer, diabetes, or MS could be better spent looking at the impact of diet and lifestyle?

Not another day and not another dollar needs to be spent on any kind of research in these areas. We can eliminate like 80% of chronic disease just by changing our diet and lifestyle.

Putting that aside, to what do you attribute the seeming explosion of autism that we're experiencing?

That's an interesting question. I do know that there's no thimerosal connection, and anyone that says otherwise doesn't know the science. There may be other things contributing to it, like air pollution, but we don't actually know how real the autism spike is. I did a video that shows the increase is something like 800%, not the 8,000% some are claiming. That's still an enormous increase, and we really don't have a good idea why.

During your lecture, and in your new cookbook, you repeatedly refer to your "Daily Dozen" to maintain great health. What is the Daily Dozen?

The Daily Dozen is my checklist of all the things that should be part of a daily routine, including exercise, greens, healthy fruits, and the best vegetables. The goal is to inspire people to fit some of the healthiest

lifestyle practices and foods into their daily lives. This can be downloaded free on iPhones and Androids; it is called "Dr. Greger's Daily Dozen."

How do you get your Daily Dozen when you are on the road so much?

I don't always. I visited 200 cities on my last book tour and, unfortunately, it can be a challenge to maintain a healthy diet, given that I'm sitting on my butt all day in an airport or in an airplane. It also makes it harder to get enough sleep.



That doesn't sound like a very health-promoting lifestyle.

Not always, but this particular trip to Akron has been fantastic since I got to enjoy healthy meals with you, Wanda, and Sandie Sajner!

How many years have you been doing this?

I have been speaking since 2001, so it's been 17 years.

Over those years, I know the public interest in your whole-food, plant-based health message, and the size of your audiences, has swelled. To what do you attribute this?

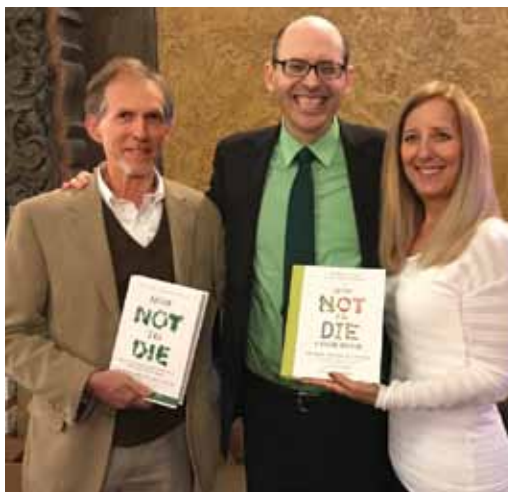
Interest in this message comes in waves. The first big wave was with John Robbins' book *Diet for a New America*, the next with the publication of *The China Study*, and also with documentaries like *Forks Over Knives*. All have inspired thousands of young people to rethink how we look at health and wellness. *Forks Over Knives* was followed by several other great documentaries such as *Eating you Alive* and *What the Health*, and soon it's going to be James Cameron's documentary, *Game Changers*. These really important resources have brought our message to very wide audiences.

As I travel through so many airports, I notice that the food courts are offering more nutritious options. Are you optimistic that things are getting better?

Yes, I am. I find such optimism when a flight attendant or customs officer recognizes me and wants to have a picture with me. It used to only happen when I was eating in a vegan restaurant, but now it can be when I am just walking on the sidewalk in the middle of some strange city.

Maybe that's just because of your good looks!

Oh no, no. I think the biggest reason for the positive reaction people have for me, and the message I and others in our movement are spreading, is that there is no longer a monopoly on health information. In the 1950s, the tobacco industry told the doctors what they should say and think, and they controlled the message. Now, as a result of the Internet and social media, people have unparalleled access. I consider it the democratization of information. Today you don't have to go to your doctor to find out your



Mark Huberman, Dr. Greger and Wanda Huberman

"You can go online and educate yourself. The truth kind of floats to the surface and now people have access to information like we've never had before."

health options. You can go online and educate yourself. The truth kind of floats to the surface and now people have access to information like we've never had before.

There were probably over a thousand people at the Akron Civic Center listening to you speak today, and I'm guessing these are the kind of crowds you're seeing around the country?

We are probably breaking the fire codes wherever we go!

When you talked earlier about when you were in medical school, you said your nutrition education topped out at about 19 hours, and that it was not real nutrition anyway. Has that situation improved at all?

I don't know, but I doubt it. I also wonder whether we would even want doctors being taught nutrition in medical school if it was just going to come from the dairy industry or beef industry.

There is, however, some very good news in terms of the growth of organizations like PCRM and The Plantrition Project, at whose annual conferences you recently spoke.

My gosh, yes! There were over 1,000 Plantrition practitioners in attendance; this has become my favorite conference.

To what do you attribute these kinds of numbers?

When I talk to doctors, the first thing I ask is how they got into this, since it certainly isn't taught in medical school. And, amazingly, many of them say they learned from one of their patients! The common story I hear is that the patient followed the traditional treatment path for their chronic disease and, of course, got worse because, instead of treating the cause, the doctors were just treating the symptoms with medications and surgeries. When some of their patients rejected that conventional approach and adopted a plant-based diet and lifestyle, they got better. When patients like this return for their follow-up visits, they look fantastic and are off their medications; this can have a profound impact on their doctor, many of whom decide at this point to change how they practice.

It's got to be pretty rewarding to see the dramatic increase in the number of views your website receives and the size

of the audiences to which you now speak.

It's a beautiful thing to know that I, and my growing number of colleagues, are touching so many people.

What is your familiarity with water fasting?

I've read just about every paper ever written on it, but that's not saying much because there isn't much there. However, Dr. Alan Goldhamer's hypertension work is probably one of the most exciting things I've read, and I love his two new case reports on lymphoma.

You stress the importance of an aspirational approach to this diet and lifestyle, both in terms of things you want to avoid and things you want to add. Can you expand on that?

"Health and well-being" is just a spectrum, and it's important for people to realize that there is not a single perfect person. We can all eat better, because food is a zero-sum game. Every time we put something in our mouth, it's a lost opportunity to put something else in our mouth that's healthier. We can all kind of ratchet it up with our decisions.

And then the other side?

Yes, there are things you want to increasingly aspire to avoid—even when it comes to those exceptions you allow yourself to make on holidays, birthdays, and special occasions. The reason we sometimes tell people not to make such compromises is not because we're afraid every person who uses some oil on their salad is going to be hurting themselves or that every person who smokes one cigarette will develop cancer. We know that not every person will fall into that trap, but there may be some psychological efficacy to having really strict rules and leaving little leeway in terms of things like added salt, oil and sugar.

Dr. Herbert Shelton used to always caution that if you tell people they can have a little of this or that, the "little" exception can easily become the rule.

He was right.

You've got to be thrilled at the bully pulpit that you now have.

I actually feel like I'm just getting started, and I have no intention of stopping until everyone has the information they need to be eating and living healthfully. Of course, what they do with that information is totally up to them. However, I am convinced that there are so many people out there who would change their diets if only they knew the information.

So, when you're not creating videos for YouTube and for your website, what do you do for fun?

I work. And when I take a break from work, I do other

work to just split it up! I don't take vacations.

So, you're not a baseball fan?

God forbid! Every minute taken away, every minute watching TV or whatever people do, is a minute taken away from saving lives.

Dr. Greger, it's been a privilege.



Dr. Greger's Health & Nutrition Topics NutritionFacts.org

Most Popular Topics:

Women's Health	Men's Health	Cancer	Turmeric
GMO	Paleolithic Diets	Organic Foods	Plant-based Diets
Heart Health	Aging	Flax Seeds	Weight Loss
Soy	Diabetes	Acne	Eggs
Cholesterol	Dairy	Alcohol	Coffee
Protein	Omega-3 Fatty Acids	Alzheimer's Disease	Arthritis
Inflammation	Antioxidants	Depression	Blood Pressure
Fish	Beans	Acid/base Balance	Smoothies
Pregnancy	Nuts	Sweeteners	Sugar
Vitamin D Supplements	Salt	Introductory Videos	Microbiome

Additional Topics *See All on Website*

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aluminum	anxiety	apple cider vinegar	asthma
Atkins diet	autism	autoimmune diseases	avocados
b12	back pain	beets	bipolar disorder
birth control pills	bladder infections	bone cancer	bone loss
breastfeeding	broccoli sprouts	calcium	canker sores
cannabis	cardiovascular disease	cavities	celiac disease
chocolate	colonoscopy	computer eye strain	Crohn's disease
diverticulosis	dizziness	DNA damage	dried fruit
eczema	erectile dysfunction	estrogen	eye health
fertility	fibroids	gallstones	garlic
Grave's disease	irritable bowel syndrome	kale	kidney stones
Lou Gehrig's disease	mammograms	mango	marijuana
marjoram	Mediterranean diet	melanoma	memory
menopause	migraine headaches	multiple myeloma	multiple sclerosis
multivitamins	mushrooms	music	neuropathy
nutritional yeast	obesity	onions	oral cancer
osteoporosis	pain	pap smear	paprika
Parkinson's disease	parsley	peanuts	pineapple
pizza	polyps	prebiotics	probiotics
processed foods	prostate cancer	radiation	raisins
rectal cancer	rheumatoid arthritis	rice milk	rosemary
schizophrenia	seafood	seaweed	seizures
serotonin	sexual dysfunction	SIDS	sinusitis
sore throat	soup	soy	spearmint
sprouting	St. John's wort	staph infection	stem cells
steroids	stomach ulcers	stroke	sugar
supplements	thyroid disease	tick bites	tofu
tremors	triglycerides	Vaseline	veggie burgers
venison	watermelon	wine	wrinkles
X-rays	yogurt	zinc	zucchini

Understanding the Dis-Ease of Addiction

Resolve compulsive eating by understanding the nature and process of addiction.

by Frank Sabatino, D.C., Ph.D.



The widespread, and much publicized, damage and deaths from excessive opiate use have clearly emphasized the deep-rooted health crisis of addiction. Yet, the problem of addiction involves substances and behaviors of abuse beyond just drugs and alcohol. And it is so pervasive that, even if it does not affect you personally, you can be sure that it is haunting other friends or family members who are close to you.

When you consider the prevalence of (1) heart, lung, liver, and brain damage/disease, (2) cancer, obesity and diabetes generated by the compulsive abuse of alcohol, tobacco, and other drugs, and (3) meat, dairy, salt, sugar, processed oils, and refined, processed junk food, addiction is arguably the most significant cause of disability, disease, and death.

Therefore, having some understanding of the addictive process, and how our awareness and choices can modify this process, can remarkably promote the opportunity for successful weight regulation, improved health, and quality of life.

To better understand the nature of addiction, I present the definition used by the American College of Addictionology and Compulsive Disorders. This definition clarifies the distinctions between addiction, abuse, and compulsive behavior. Addiction is the continued or compulsive use of any substance or behavior *without regard for negative consequences*.¹ The outcome of negative consequences defines the “dis-ease” of addiction. The individual knows that their behavior is either causing them obvious personal harm, or is hurting family members or other people, and they continue to do it anyway.

The blatant disregard, and especially the denial, of the dangers and consequences of compulsive behavior is fundamental to the addictive process. For example, since the compulsive and excessive use of food can promote obesity and an increased risk of heart attacks, diabetes, strokes, and cancers, an obese person or a diabetic that disregards

and denies the potential harm of their overconsumption of all food, including junk food, would satisfy this definition. However, the person who uses alcohol or other drugs, or overeats, etc., in a more moderate way, without experiencing negative consequences to themselves or others, is considered an abuser but not an addict. Just keep in

mind that negative consequences and denial are the hallmark signs of true addiction.



“The problem of addiction involves substances and behaviors of abuse beyond just drugs and alcohol.”

Pleasure and the Model of Brain Reward

A model has emerged that is fundamental to our experience of pleasure and our understanding of addiction. It is called the “Brain-Reward Cascade” and describes the waterfall of chemistry (neurotransmitters and neuropeptides) flowing in specific pathways and locations in the brain (the limbic area) that are associated with our ability to experience pleasure, joy, and reward from the simple acts of life.²

Typically, neurotransmitters are made in specialized cells (neurons) in the brain and nervous system, and are released from the endings of these nerve cells following their electrical stimulation. When these chemicals are released they travel across a small space—the synapse—before they attach to special proteins (receptors) in the membranes of adjacent nerves, muscles, or organs.

This chemical connection manifests the communica-



tion and transmission of information between billions of nerve cells every second of every day in a wave-like series of chemical and electrical events. These events control every organ and function of the body, while translating the endless field of electromagnetic frequencies around us into the objects and experiences of day-to-day reality.

All of our joys, pleasures, ups, downs, and the emotional value we give them occur as a result of the integration, balance, dynamic communication, and feedback of the pulsing, shimmering chemistry of the brain, nervous system, and the brain-reward cascade.

In fact, we are all capable of feeling satisfaction, peace of mind, and a high degree of pleasure from simple life situations like the hug of a mate, the laughter of a child, a walk in the park, the exhilaration of a sunrise or sunset, a good meal, a sensual kiss, etc. The chemistry associated with the brain-reward cascade (especially the neurotransmitter dopamine) provides the chemical environment and foundation for the experience of pleasure and satisfaction.

And on a very basic level, we all typically make the routine choices we do because we have associated these choices with pleasure, reward, and survival. This also holds true for people in the throes of addiction.

Over the years, I have worked with many drug and food abusers and addicts, including myself. I have yet to find even one addict who, at least in the early stages, did not experience their addiction as a friend in the night. It was how they created some pleasure and survival value,

“I have yet to find even one addict who, at least in the early stages, did not experience their addiction as a friend in the night.”

because they did not have the inborn capability, personal resources, or cognitive tools to do it in a more supportive healthy way.

It is important to know that there is also a well-recognized genetic defect of one of the dopamine receptors (the D2 receptor) that is present in a large segment of the human population, and is a major cause and predisposing factor for decreased brain reward and the disease of addiction. This genetic defect of the dopamine receptor in the brain’s limbic system interferes with the production, attachment, and action of the major pleasure transmitter dopamine. In addition, this genetic defect can also alter metabolic pathways in the brain to produce highly addictive toxic chemicals that dramatically enhance the addictive process.

Reward Deficiency: The Foundation of Addiction

A well-known constellation of factors can contribute to the outcome of addiction. These factors include: genetic modification; compromised neurological function due to physical, emotional, and chemical trauma; poor nutrition; chronic stress; and sleep deficiency can disturb and/or deplete the brain chemistry involved in brain reward. As a result, you can experience a deficiency and dysfunction that is viewed as the common denominator in all forms of addiction, the “Reward Deficiency Syndrome” (RDS).^{3,4}

As a result of the RDS, it is no longer possible to effec-



tively experience pleasure and joy from the simple acts and joys of life. This can lead to feelings of emptiness, need, and craving. As the breakdown of the reward cascade continues and the RDS is maintained, feelings of isolation, loneliness, depression, and anxiety will ensue.

The self-centeredness and isolation so typical of addicts are classic examples of this distress. But no one wants to feel discomfort, emptiness, and isolation. In fact, the brain naturally drives our desire to be happy, feel good and get naturally high. And if you can't feel good from the routine physical, emotional, and spiritual activities and experiences of your life, you're going to seek out any substance or behavior that will stimulate and enhance the normal feel-good pathways of the brain-reward system in order to relieve the discomfort of your own craving, emptiness, and need.

As a result, you will tend to self-medicate your RDS with any one of the five major forms of addiction: food, drugs (including alcohol), sex, risk taking/gambling, and compulsive behaviors (process addictions, including work and shopping). A variety of personal and lifestyle factors will contribute to your addiction of choice, but your addictive process will be driven by your RDS.

Therefore, addictive behaviors create an illusion of well-being, even sociability and function, by chemically or behaviorally stimulating the brain reward cascade. But it is a false sense of feeling good because over time the initial pleasure becomes harder to come by, as you "chase the first

"Food addiction is a unique addiction because it is so directly involved with your survival needs."

high" and never quite get there. With repeat use, the person needs more and more of the substance or behavior to get off (i.e., stimulate the brain reward cascade). This cycle is repeated until ultimately there is very little pleasure, and you're using now just to quiet your discomfort and pain, to just get out of bed in the morning, to just get by and create some modicum of function.

At this point, you are in the throes of dependency as the more primitive, limbic, survival part of the brain hijacks the intellectual part of the brain, and screams the message that without this food, this substance, or this behavior, you cannot survive.⁵ This is a very strong reason why willpower alone cannot resolve the problem of addiction. It is also what makes resolving addiction an extremely difficult task, unless you address the physical, cognitive, metabolic, emotional, and spiritual factors that are at the foundation of substance and behavioral use, to truly satisfy your unfulfilled needs for comfort, healthy sociability, and balanced function.

The complete array of key neurotransmitters of the brain reward cascade (dopamine, serotonin, norepinephrine, gaba, and opiates such as enkephalins, endorphins, and dynorphins) are made by specific biochemical reactions that combine protein building blocks—amino acids—with some key vitamins and minerals.

These nutrients are typically provided by whole-food, plant-based nutrition. But since they may be more chronically depleted in long-term addiction, some period of supplementation over months or longer can help balance brain chemistry and naturally treat the deficiencies of the RDS. A specific cocktail of amino acids (L-glutamine, D,L-phenylalanine, L-tryptophan and L-tyrosine) has been shown, over 30 years of clinical research, to provide this balance and support, and to be an important part of addiction treatment and recovery. I share this with you as a general program. These should not be taken without the consent, care, and evaluation of your professional health care providers.

In addition, these supplemental amino acids also block the action of a specific enzyme in the brain, enkephalinase, that ultimately inhibits the release of the pleasure neurotransmitter dopamine. As a result, this supplement program promotes an increase in the release of dopamine and healthy normal brain reward. These amino acids can also help you stay on a healthy track of recovery when the pain of withdrawal tends to promote relapse.

Resolving the Pain and Process of Food Addiction

Food addiction is unique because it is so directly involved with your survival needs. You don't really need

to shoot heroin, but you typically need to eat several times per day. So, you have to confront that monkey meal-in and meal-out.

Eating is directly and intimately involved with nurturing ourselves on every level. From an awareness/cognitive standpoint it is essential to deeply understand, and become more mindful and aware of the context of



your food use, as well as the content of what you're eating. Growing up in an ethnic household the way I did, from the earliest moments of my life, I was urged to use food for comfort and distraction rather than deal with traumatic or stressful events in a more direct and resolute way. Therefore, it can be so important to address the question: What are you using food for? What are you really hungry for?

Are you attempting to satisfy all your physical, emotional, and spiritual needs with food? As good as food can be, it was not designed for that purpose. What can you do individually, and perhaps even with counseling and group support, to become more aware of any deeper issues or traumas that may be driving your compulsive food use? How can you develop physical, emotional, and spiritual tools to address and resolve these issues, create more balance in your life, and nurture yourself without compulsive, obsessive food use? As you do this much needed personal introspective work, you will understand the importance of your own mindfulness and the need for ongoing supportive lifestyle measures.

It is imperative to understand what is at the heart and core of your craving, need, and desire. For some short period of time, keep a journal of the things that are going on when your craving is at its worst. Look more closely at the kinds of foods that are of greatest interest to you.

Whenever you can, delay your usual addictive responses and instead examine how the routine events of your life make you feel in the moments that you are experiencing them. Examine the pattern of your lifestyle activities: work, exercise, sleep, family, and outside stress, etc.

“No matter how difficult it is and no matter how many times you may have tried and failed, try again.”

your isolation and self-centeredness, and maybe the opportunity to work a 12-step program that encourages you to seek outside help, trust in something or some process bigger than yourself, clean house, and help others.

Remember, things are not just happening *to you*. You are the actor. You write the script of your own life. Stress is not just in the events of your life, it is in your perception of these events. If you have the same problems with food over and over again, or if you have been on the same roller coaster of weight loss and reactive weight gain over years of your life, I can guarantee you one thing: food is not your only problem. Your brain is the problem.

Yes, there is no doubt that many things like dairy products, refined carbs, and salty, oily processed foods all have an addictive quality and can act like triggers the more you use them to drive and reinforce your food addiction. But food craving is the symptom, addiction is the dis-ease. Until that is understood and addressed, you will not get any closer to resolving your addictive or compulsive food use. You will not get any closer to the healing that needs to be done.

Keep in mind that attaining health and balance is not always comfortable. The symptoms and actions of recovery can be downright painful. But it is just so rewarding when you get to the heart of your own desire, and experience the sublime freedom, autonomy, and pleasure of recovery; these things come from confronting and unraveling the drives, triggers, and blockages that are promoting your repeated rounds of failure, dysfunction and addiction.

around the time that you find yourself losing your way and going off track.

If your eating pattern is truly a repeat pattern of addiction with abnormal negative health consequences, I urge you to get involved with an addiction support program. Here you will have a sponsor, group interaction and support, fellowship to resolve



Avoid the deceptive level of simplicity, which leads you to blame your problems on the food that you're eating or the substances or behaviors, or even people, you're involved with. Avoid sidestepping the causes and conditions in your own personal life and history that need to be resolved. No matter how difficult it is and no matter how many times you may have tried and failed, try again. Accept and love who you are, embracing all your light and accepting all of your perceived shadow and darkness. This is a huge piece of recovery and the long-term weight-loss story.

Lifestyle Factors for Healing Addiction

There are many lifestyle factors that heal the problems of RDS, and promote the balance of brain chemistry and function necessary for healing addiction. Whole-food, plant-based eating without the triggers of salt, oil, and sugar; consistent activity; stress management, including meditation and breathing techniques; and adequate sleep will promote the health of the body in general, and the balance and function of the brain in particular.

In addition, because of the extensive imbalance of brain chemistry—or even genetic defect—in both short- and long-term addictions, additional supportive therapeutic approaches have been remarkably helpful in promoting addiction recovery. These include specific chiropractic care, water-only fasting, electrical stimulation of specific

reflex points in the ear, and the specific nutrient supplementation program mentioned previously. This combination of care has been shown to help people enhance the chemistry of brain reward, and reduce the craving, depression, and withdrawal associated with the RDS. In my experience, water-only fasting has been a remarkable tool for dealing with the pain of withdrawal and relapse, while fostering the introspective and mindful awareness that is so critical for healing the dis-ease of addiction.

There is no quick fix for addiction, but there is every reason for hope. You can heal and resolve the dis-ease of addiction. With patience, personal resolve, and a more consistent commitment to positive lifestyle choices, combined with emotional and spiritual support, you can free yourself from the shackles of addiction and regain the autonomy and health freedom that is your legacy.



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“Water-only fasting has been a remarkable tool for dealing with the pain of withdrawal and relapse, while fostering the introspective and mindful awareness that is so critical for healing the dis-ease of addiction.”

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What's Wrong with the Paleo Diet?

A whole-food, plant-based doctor's responses to comments from Paleo eaters.

by Pamela A. Popper, Ph.D., N.D.



It may seem counterintuitive that Paleo eaters would contact a well-known vegan eater for advice on how to maintain a Paleo diet, but they do. I receive a lot of inquiries and comments via email and on YouTube, ranging from angry diatribes about my lack of understanding of nutrition to concerns about the negative side effects that some dieters experience.

"Paleo" refers to how people ate in the Paleolithic era (2.5 million to 10,000 years ago). Today's Paleo devotees follow a diet of meat, fish, fruits, vegetables, nuts and seeds, all foods they believe were the result of hunting and gathering. What the paleo diet limits are the foods that became commonplace after farming began (about 10,000 years ago), such as dairy products, legumes, and grains. (The Paleo diet is also sometimes called the Paleolithic diet, Stone Age diet, Hunter-gatherer diet, and Caveman diet.)

The main attraction of the Paleo diet, for many people, is that it allows them to eat copious amounts of animal foods; however, there are challenges associated with eating steak and eggs every day, as illustrated by people's comments below (in bold) and my responses below each of them.

"Someone should feed this woman some protein—look how skinny her arms are."

Apparently, some Paleo eaters have been hanging around other Paleo eaters for so long that they have forgotten what lean women look like. A normal-weight woman is a startling sight for many long-term carnivores, who often look like they eat diets high in calories and saturated fat.

"I've been eating a Paleo diet for over five years and my weight has remained stable, and I feel great."

Have you heard about Bob Harper? He was one of the trainers on *The Biggest Loser*, and after flirting briefly with a plant-based diet, he decided to eat a high-protein, animal food-based diet instead. He not only remained normal weight, but developed his brand around being fit—that was until he had a heart attack. There's more to health than your current weight and "feeling great." For many people, the first sign of

coronary artery disease is a heart attack, and these events often happen to people who think that they look and feel great.

"I'm a Paleo eater and when I try to stop eating meat I feel worse, and when I eat meat again I feel better. I think my body needs meat."

Let's apply this logic to cigarette smoking and heroin. Smokers and drug addicts feel better when they smoke and take drugs, and worse (for a while) when they quit. This causes them to return to smoking and using, which makes them feel better again. I don't think these are signs that their bodies *need* cigarettes and illicit drugs.

"I eat a Paleo diet and sometimes crave carbs. How much 'carb food' can I eat without giving up the benefits of the diet?"

Feeling totally unqualified to answer this question, I consulted a couple of Paleo websites, and found what appears to be a 'Paleo response' to this question.

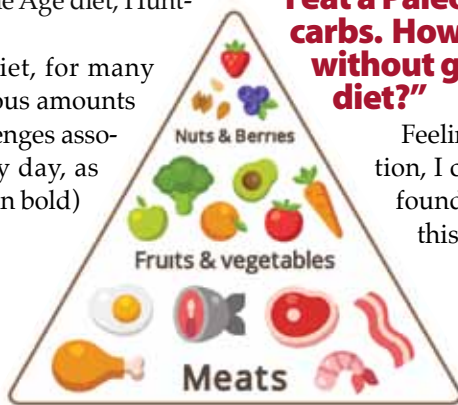
"Eat Drink Paleo" (<http://eatdrinkpaleo.com.au/most-common-paleo-questions-i-get-asked-all-the-time/>) says he's a paleo veteran, and has eaten the diet for over five years. He says not only does he

need extra carbs, which he eats in the form of white rice and white potatoes, but also eats dairy foods like yogurt, kefir, and aged cheeses. He likes red

wine and champagne, too. Since these are not "approved Paleo foods," this blogger warns about the risk of disapproval from "The Paleo Police." He advises readers not to join them, and instead to follow his advice to enjoy life with a little cheating here and there.

"I recently adopted a Paleo diet and I feel awful. How long does it take for this to pass?"

The obvious answer is until you stop eating animal-based meals. But once again, I decided to check with the "Paleo experts" in order to answer this question. I discovered that there is a term for this awful feeling that accompanies adopt-



ing a Paleo diet: it's called "low-carb flu." Apparently not everyone gets it, but it results from carbohydrate reduction. Symptoms include feeling fuzzy and foggy (the brain just is not working at its best); being exhausted and irritable; reduced performance at the gym; being ravenously hungry; and craving high-carb foods like bagels, pizza, sandwiches, mashed potatoes, and candy. The Paleo Leap website (<https://paleoleap.com/low-carb-flu/>) assures people that this eventually goes away after a few weeks of eating liver pâté and elk.

What Defines A Paleo Diet?

While Paleo advocates make a point of telling others that the goal of the diet is to eat whole foods, many Paleo eaters crave not only carbs but processed carbs. This is evidenced by the robust market for Paleo-approved processed foods and ingredients. Dr. Axe promotes a Paleo diet and his website (<https://draxe.com/paleo-desserts/>) features recipes for Paleo versions of Angel Food Cake, Chocolate Chip Pumpkin Bars, Chocolate Hazelnut Tart, and Death By Chocolate Blender Brownie Bars. Apparently the "Paleo Police" have not visited Dr. Axe lately, or he has been successful in resisting their attempts to bring him into compliance.

When I googled "Paleo cookies," 119 million results

appeared, including a site that sold "Caveman Cookies." Other "Paleo products" now include cake mixes, pizza crusts, crackers, and almost any food a junk food carbohydrate-eater includes in his diet.

So, what really defines the Paleo diet? It seems that the Paleo diet is high-protein and high-fat, unless you crave rice, potatoes, and wine. It's based on whole foods, unless you want to eat cookies, cake, or pizza. People who adopt it feel great, except for those who don't. And it's backed by stories and testimonials instead of science. 

Pam Popper, Ph.D., N.D. is a naturopath, an expert on nutrition, medicine and health, and the Executive Director of Wellness Forum Health, offering educational programs to consumers and providers that facilitate informed medical decision-making, diet and lifestyle intervention, and improved long-term health outcomes. Dr. Popper serves on the Physician's Steering Committee and the President's Board for the Physicians' Committee for Responsible Medicine, and is a lobbyist and public policy expert, testifying in front of legislative committees on numerous occasions. Her most recent book is *Food Over Medicine: The Conversation That Can Save Your Life*. Visit her website at wellnessforumhealth.com.

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Are You Vegan or Plant-Based?

The various terms plant eaters use to identify themselves can be dizzying. Is there a better way?

by Victoria Moran

I recently had dinner with a couple I met at a vegfest, and their enthusiasm about the whole food, plant-based (WFPB) diet was palpable. It had changed their lives. I ordered a vegan dish with only minimal tweaks while the couple ordered a chicken dish and a lamb dish. When they saw my jaw fall, the man explained, “We’re not vegan, we’re plant-based.”

I’m aware that “plant-based” has no agreed-upon definition. It can mean vegan with no oil; vegan with no processed foods; or vegan with no oil, processed foods, sugar, or salt. Or, without the “whole food” modifier, it can simply be a synonym for vegan.

It can also mean mostly vegan with some grass-fed butter (“Come on, how can you live without butter?”) or eggs from backyard hens. Another interpretation is what we used to call “flexitarian,” eating largely, but not exclusively, from the plant

kingdom. I’ve heard people call themselves “plant-based” who eat everything under the sun but perceive that the bulk of their diet is based on plants. And it probably is.

I’m not the vegan police. Anyone who moves in the direction of consuming more plants and fewer animals is helping to save both animals and the planet. Those who consume more plants, fewer animals, and less fragmented, highly processed foods are also making tremendous strides toward improving their own health. And yet, it seems to me, we need some baseline, something that tells us—and the world—who we are: individuals who may disagree on many topics, dietary and otherwise, but who stand firm in one conviction: We do not consume death.

Let’s Break It Down

It’s pretty simple. We want the food that we eat to impart life to our bodies, so the first requirement for a food item’s passing muster needs to be that it is *life-giving*. This goes beyond its ability to provide certain nutrients. The lamb my tablemate consumed that evening provided nutrients—protein, fat, iron, vitamin B12—but if we’re about *holistic* health, we need to look at the whole picture,

at foods that will nourish every part of us: body, mind, spirit, and planet. The planet part may sound like a stretch, but our physical bodies are made from elements of Mother Earth, so it follows that our health, in any true sense, depends on hers.

With these parameters in place, the only foods that can count as health-promoting are the offerings of the plant kingdom. These contain measurable nutritional components, including vitamins and antioxidant phytochemicals. A powerful and positive psychological effect also comes from eating plants instead of animals. Almost everyone

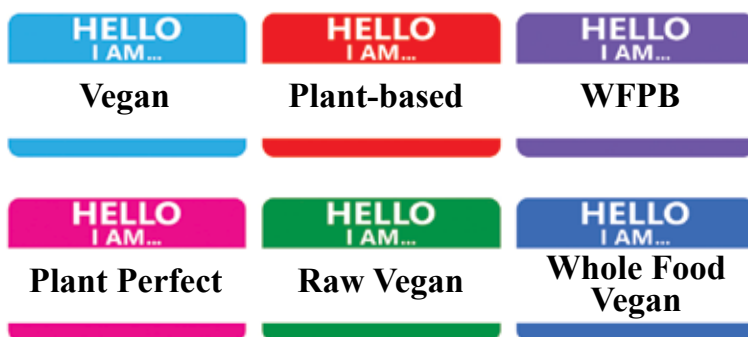
who eats only from the plant kingdom reports not just improvement in physical wellbeing, but also a sense of freedom, lightness, and peace.

So, what would it mean if we accepted as a baseline: “We do not consume death.” This means that we would all be vegetarian and eventually

vegan. When we understand the nature of animal agriculture, eggs and dairy reek of death: male chicks killed mere minutes after hatching, boy calves slaughtered for veal, spent milk cows slaughtered for cheap meat.

By not consuming death, we enliven our bodies and minds, and we join with millions of others around the world who share this conviction. What if the health people, animal people, environmentalists, yogis, Seventh Day Adventists, raw-food folks, and everyone else seeing the light on this issue were willing to come together as *vegans*? There could be modifiers. We used to say “dietary vegan” or “health vegan” or “ethical vegan” to emphasize our personal priorities. Even now we hear “gluten-free vegan” and “raw vegan.” Why not “whole food vegan?” It’s so clear.

When you think about it, it’s not so different from saying, “I’m a reform Jew,” or “Yes, I am Christian—Lutheran.” This states one’s specific identity as far as religion, and also places the person within the context of large bodies of people carrying considerable political and economic clout. Don’t we want to have that level of influence in the sphere of food and agriculture? We can, if we stop sweating the small stuff (“I saw olive oil in her kitchen!”), and join forces



with our allies. I can hear the arguments:

◆ **“But vegans eat junk food!”** Some do. And some plumbers pad their bills, some soccer moms gossip, and some teenagers are out of control. To lump every member of these groups together beneath a negative umbrella is both unfair and inaccurate.

◆ **“But I’m not an animal rights activist!”** Since 2014, the number of Americans who identify as “vegan” has grown by 600%. This surge includes animal rights proponents, health seekers, eco-advocates, and more. If you’re not particularly interested in animals, don’t be interested. You’re contributing to their wellbeing simply by the choices you’ve made for yourself. And if someone assumes that because you’re a vegan, you care about non-human animals, what’s the harm in that?

◆ **“But the book I read calls this diet ‘plant-based!’”** I know. And another calls it “plant-strong.” And another has a different term. We’re creative people. We’ve come up with variations on the theme. The problem with “plant-based” is “based.” If I told you that my nephew attended a math-based school, you’d presume that its curriculum contained more math than a standard school’s—maybe 15% more, maybe 50% more. You wouldn’t think that it was math-exclusive—no English, no history, no art. It’s the same with a plant-based diet. There’s so much room for conjecture, those outside our community—the people we want most to reach—have no idea what we’re talking about.

My Evolution

Like some of you, I entered this movement back in the Natural Hygiene days, and I learned concepts that are more valuable to me now, in my sixties, than they were in my twenties: to eat lots of colorful produce, much of it raw, and to sustain a host of non-dietary health practices, too. This background makes being a health-embracing *and* ethical vegan entirely natural.

On my weekly Main Street Vegan radio show/podcast,



Victoria Moran with her husband, William Melton.

“We need to accept those who are with us on this path, whether we have everything in common with them or just some things.”

classes convene, 20 women and men come together from across the U.S. and from 26 other countries, so far. Their eating style may be WFPB, raw, macrobiotic, Ayurvedic, Nutritarian, Starchitarian, gluten-free, oil-free, or I-eat-any-

thing-as-long-as-no-animals-were-harmed. And we get along. We even eat together. Our instructors teach every aspect of vegan living and vegan outreach. No one is expected to abandon the diet they came with, but simply to leave with an understanding that there are myriad ways to craft a vegan life. Everybody wins when we respect them all.

On a more personal level, 21 years ago I met a meat-eater. I’d never dated one of those, but I figured, “What difference does it make? We’re not getting married.” Well, we did. William was vegetarian by the time we said “I do” and became vegan for ethical reasons several years later. Even after that, he didn’t share my interest in whole foods, raw foods, and healthy eating. Then, in January of 2017, he decided to change his life, went mostly raw (lots of fruit), and lost 75 pounds and a good 20 years. Until our friends got used to the “new William,” they didn’t recognize him. Our home is now both a zone of peace *and* a sanctuary of wellbeing.

I often attend vegan events where there isn’t much for me to eat. I make the best of it or eat later. I like bringing a glorious salad or a raw dessert to potlucks, and I find healthy restaurants and juice bars when I travel. In some hypothetical situation—let’s see, I’m in a small airport; there’s a blizzard, I’m stranded for three days and they’re out of everything except grilled salmon and French fries—the ethical side would win. I’d eat the fries. But this just doesn’t happen. Even in that hypothetical airport, the fries

Continued on page 31

I interview health authorities, animal rights rock stars, environmental crusaders, chefs, cookbook authors, and entrepreneurs. Many of these people produce or promote vegan foods that I myself choose not to eat, but I can still be grateful that these products exist, because changing the marketplace changes the world.

I also direct Main Street Vegan Academy, training and certifying Vegan Lifestyle Coaches and Educators in an exciting, six-day intensive in New York City. When our

The Passing of a Pioneer

Keki Sidhwa, N.D., D.O.

September 29, 1926 – October 16, 2018

On October 16, 2018, the NHA, and the modern-day Natural Hygiene Movement that we have led for the past 70 years, lost the last of its pioneering voices and leaders with the passing of the legendary Dr. Keki Sidhwa of London, England at age 92.

Dr. Sidhwa first lectured at our conventions 54 years ago in 1964 at the Statler-Hilton Hotel in New York City, where he shared the platform with Dr. Herbert Shelton who he considered his mentor. He returned as a featured speaker at our convention in Ithaca, New York in 1969, where he was joined by



Dr. Sidhwa with Mark Huberman in the 1970s.

his colleague and longtime friend, the late Dr. Alec Burton. The two of them remained fixtures at our conventions and conferences for the

next 45 years, and gave us a true international reach and flavor. Dr. Sidhwa was born in Bombay, India. After studying at Bombay University, he graduated from the Edinburgh College of Natural Therapeutics and the British College of Naturopathy and Osteopathy.

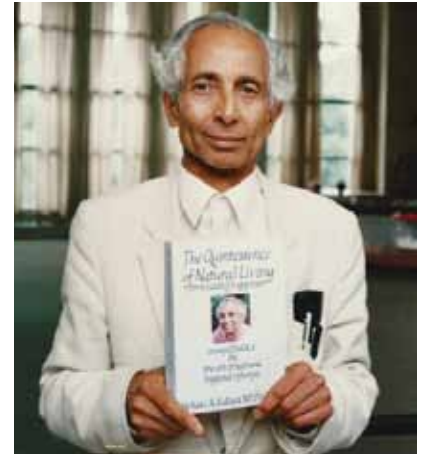
Dr. Sidhwa had a lot in common with the late Dr. Shelton. Both were passionate and unwavering in their commitment to the basic principles of Natural Hygiene and could explain them with similar clarity and power. Both operated fasting institutions where untold thousands regained their health under his care: Dr. Shelton at his famous Health School in San Antonio Texas and Dr. Sidhwa at his “Shalimar” in London. Both were co-founders of health organizations: Dr. Shelton for the American Natural Hygiene Society (the original name of the NHA) in 1948 and Dr. Sidhwa for the British Natural Hygiene Society in 1956. Both single-handedly published and edited health journals for over five decades: Dr. Shelton had his *Hygienic Review* and Dr. Sidhwa had *The Hygienist*.

While Dr. Sidhwa was not as prolific a writer as Dr. Shelton, he was nevertheless a significant author in his own right, having penned at least three books: *Medical Drugs on Trial—Verdict Guilty, Fit for Anything*, and most famously, *The Quintessence of Natural Living for Health and Happiness*, a collection of essays and talks on the art of the Natural Hygiene lifestyle, which he authored in 1994. In a beautiful Forward to *The Quintessence*, Dr. Alec Burton shared their common bonds:

“I have known Dr. Keki Sidhwa for almost 40 years. Our common interest in Hygiene, our similar philosophical persuasion, and our iconoclastic view of many orthodox ideas combined to seal our friendship. Although we derive from very different cultural backgrounds, our intrinsic view of life is similar.

“Dr. Sidhwa and I met while I was an impecunious student at the British College in London. We both acknowledged our huge intellectual debt to Dr. Herbert M. Shelton. We were both fired with enthusiasm for what we regarded as a genuine health science. We did not wish to make extravagant claims nor did we wish to imply that Hygiene had all the answers to health, disease, and healing. However, we held the conviction that the principles we cherished would ultimately supply answers to questions, which, at the time, baffled us. Our convictions have proved to be correct. The more biological science advances, the more Hygiene is validated.”

In 1978, Dr. Sidhwa joined with Drs. Burton, Scott, Gross, and others to found the International Association of Professional Natural Hygienists (now known as the International



Dr. Sidhwa holding his signature book.



IAHP co-founders Dr. Alec Burton, Dr. Keki Sidhwa and Dr. D. J. Scott

Association of Hygienic Physicians). He served a term as its president and remained a member of its Board of Governors until his death. That Association established long overdue principles of ethics and standards of practice for those seeking to engage in fasting supervision, and developed internship programs aimed at ensuring competence in this field. Like Dr. Burton, he was an inspiration for an entire new generation of Hygienic physicians like Drs. Alan Goldhamer, Ron Cridland, Ralph Cinque, Frank Sabatino, Joel Fuhrman, and many others.

Dr. Sidhwa was a role model of ethics and morality, and personified physical fitness. He was a gifted poet and possessed a wonderful sense of humor that infused all of his speeches and writings. I always considered him the philosopher king of our movement, and we shall not see the likes of him again.

It was one of the great privileges of my life to have him as a friend for almost 50 years, and the sympathy of the entire NHA family is extended to his daughters, Yasmin, Zarina, Rookshana, and Gillian.

We are honored to share the following beautiful tributes from many of his colleagues and friends who knew him best.

—Mark Huberman, NHA President

Frank Sabatino, D.C., Ph.D. (Deerfield Beach, FL)

I knew Dr. Sidhwa for over 40 years, from the time I started a Natural Hygiene club during my student days in Chiropractic college. He was always one of the most compassionate and supportive people in our movement, and he had a huge impact on my work and understanding of Natural Hygiene.

Though small in stature, he was a giant, iconic figure who worked tirelessly to spread the word of Natural Hygiene internationally and to promote the profound health benefits of water-only fasting. As a staunch, principled hygienist and accomplished physician, he was not only a personal mentor of mine but, it is safe to say, a mentor to all the followers and practitioners of Natural Hygiene and natural living.

In fact, at a time when mediocrity passes for celebrity, and men of principle are few and far between, Dr. Sidhwa was one of the most honest, loving, and principled people I have ever met. He was unwavering in his pursuit of health and truth, and in his desire to help humanity. I cannot emphasize too strongly that I am eternally grateful for the opportunity to stand on the shoulders of Dr. Sidhwa, and other Hygienic pioneers, to begin and continue my own journey on the path of truth and honor that he paved with his own blood sweat and tears. Thank you Keki, you will be missed.



Dr. Peter Coumentakis paying tribute to Dr. Sidhwa.

Ralph Cinque, D.C. (Buda, Texas)

Dr. Keki Sidhwa was instantly warm and friendly to me when first I met him in 1976. I can remember it like it was yesterday. Keki had a very Hygienic disposition, meaning that he was at peace and harmony with himself, his organism, and also with others. He understood the importance of equilibrium, and he always maintained his own.

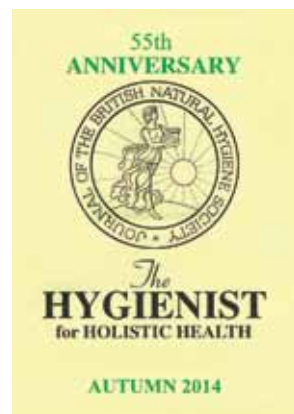
I know he overcame a rather sickly childhood, and it was his

nature to be very asthenic throughout his life. He was slight, but it was deceiving because he was very physically fit and athletic, and when he chose to fast, he endured it magnificently. I know how much he valued the other Hygienic doctors as colleagues and friends. And although I never observed him in a clinical setting, I have heard from people who went to see him, and all of them spoke highly of him, with the greatest respect.

Honestly, I don't know anyone who was more liked than Keki Sidhwa. It is sad and daunting that he is gone, for he was the last of his generation of Hygienic doctors. It was truly an honor to know him. I am very glad and grateful that our lives intersected. He was not only a great spokesman for the Hygienic way of life, he also exemplified it. And when you consider the arc that his life took, it was some life, indeed. You lived it well, Keki.

Greg Fitzgerald, D.O., D.C., N.D. (Sydney, Australia)

Dawn and I were very saddened to hear of Keki's passing. We met him at the 1988 and 1989 ANHS conferences, and he was so generous in sharing his time and profound wisdom with us at those events. We subsequently subscribed to his regular publication, *The Hygienist: The Journal of the British Natural Hygiene Society*. We also bought and read his two books. He was a great advocate of Natural Hygiene and a passionate teacher of its timeless principles. We treasure each one of his newsletters and books, just as we do those of Dr. Shelton and the other great teachers of health and truth. He was truly inspirational. Vale, sweet Keki!



Dr. Sidhwa single-handedly edited and published *The Hygienist* for over 5 decades.

Joel Fuhrman, M.D. (Flemington, NJ)

I'm sure everyone remembers Keki fondly. One thing I remember about Keki—it was not all about food and veganism. Early on he recognized that we were overtaxing earth's resources and polluting our world, harming future generations to come. He recognized the need to protect our soil, forests and climate, and that a revolution in living was required, not just the adoption of veganism. And he was the first to admit he may have made a few mistakes in his life, but he was always open to learning, listening and thinking about what he might not know, in spite of his interest in and vast knowledge of many different subjects.

Victoria Moran (New York, NY)

My primary memory of Dr. Sidhwa was at the International Vegetarian Union Congress in Maine in 1975. I was so swept up in the event and so on fire about being vegan; just the week before I'd been eating dairy. *This* week I was vegan, though, so when Dr. Sidhwa asked, I enthusiastically responded in the affirmative. He said, "That's funny. You don't look vegan." I thought he was psychic. He knew so much about faces and bodies and how food affects them that even though I sincerely believed myself to be vegan at that moment, he knew precisely what I'd been eating. To his credit, he didn't hold it over me or call me a hypocrite. He just spoke the truth in his unassuming way, and his brilliance was obvious.

Ron Cridland, M.D. (Kelowna, BC, Canada)

The loss of David Scott, Alec Burton, and now Keki in my mind marks the end of an era. These three along with Virginia Vetrano were the doctors who I listened to as a teenager when I first became aware of Natural Hygiene and attended my first conferences.

Stephan Esser, M.D. (Ponte Vedra Beach, FL)

A beautiful spirit, a rare poet, a man of the people, passionate to share the message of healing, hope and peace with the world. May his spirit live on in each of us.

Nejla Burton, D.O., D.C., MSc. (Sydney, Australia)

Dr Keki Sidhwa was at once affable, yet forcefully unequivocal, by taking an opposite view to "therapeutics" with the maxim: "Health-care is self-care"; a firm position of a crusader. His philosophy and teachings will live on. I am sad to hear of his passing, and send my condolences to his family.

James Michael Lennon (NHA Executive Director 1986–2000, Tampa, FL)

Dr. Keki Sidhwa was a tremendously important leader in the worldwide effort to promote the message of "Health through Healthful Living." He inspired countless thousands of people through his work as a doctor, lecturer, and author. He taught—and lived—in a way that motivated everyone

who knew him to reach for a full and meaningful life that was beyond simple, physical well-being.

Jerry Deutsch (NHA Past-President 2006 – 2012, Philadelphia, PA)

Keki was a physician and a poet, a rare combination of scientist and creative artist. One event in the late 80s that I fondly remember was a Cornell University Alumni lecture we were to attend that was to be presented by an eminent cardiologist. Unfortunately, the cardiologist had a heart attack on the way to the lecture, so I volunteered Keki to use the missing doctor's slides and give a lecture on how to prevent heart attacks. He gave a great impromptu talk and loved doing it! He always appreciated coming to the ANHS and later the NHA conferences, where he generously gave of his time and knowledge.

Mamiko Matsuda, Ph.D. (Houston, TX)

I am very saddened to hear about the death of Keki. What a great man we have lost! Ever since I first met him at the 46th NHA (it was called American Natural Hygiene Society then) Conference in 1994, he has been my wonderful Natural Hygiene mentor. I was new to Natural Hygiene at that time, but he taught me how to incorporate it into my daily life without resistance. I learned a lot from him, and I have enjoyed our annual reunions at the NHA conferences every year. He was my Natural Hygiene hero. He will remain in my heart until the last day of my life. Thank you, Keki, and God Bless you!

Jean and Brad Oswald (Pewaukee, WI)

Jean met Dr. Sidhwa in 1977, and later worked with him on three books promoting the principals of Natural Hygiene. Twenty years later, Brad contacted Keki after reading *Fit for Life*. Dr. Sidhwa was instrumental in introducing us at the Doubletree Hotel Hygiene Conference in Fort Lauderdale.

We both visited his amazing Shalimar Health Retreat where he tirelessly helped people from all over the world. *The Hygienist*, his publication, which he single-handedly produced for over 55 years, greatly inspired us.

We last saw Dr. Sidhwa at his residence in Beckenham, UK, in 2017. He had his usual good humor and inquisitiveness. He was truly the kindest and most caring soul who dedicated his entire life to Natural Hygiene. Dr. Sidhwa will be greatly missed. 🌱NHA

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Timesaving Kitchen Tips from The Starch Queens

by Jeanne Schumacher and Nancy Mathews

Question:

I don't have a lot of time to cook, and wonder if batch cooking might make things easier. What is batch cooking exactly?

Jenne Answers:

Batch cooking is just what it sounds like: preparing food in large quantities to last you through the week. You simply start with a recipe you like, and make double or triple the batch. Portion it out into ready-to-eat servings (we love using glass jars), and you're now a professional batch cooker!

My husband and I dedicate several hours each week-end to shopping and batch cooking. We make big batches of brown rice, beans, and potatoes, as well one or two big pots of soup or stew. With these basic staples, it's so easy to whip up a quick meal.

If you are determined that your health and wellness not suffer because you're so busy, batch cooking is for you.

Once you realize how handy it is to have grab-and-go meals in your fridge, you'll be more likely to eat at home—where health happens! And not only do *you* become healthier, but shopping and preparing meals this way saves money, too.



Question:

What kitchen appliances are must-haves in your opinion?"

Nancy Answers:

The best investment I made when going plant-based was the Instant Pot. It is a kitchen staple. I'll confess, I have three Instant Pots and a 12-quart Duo pressure cooker. There are times when my kitchen has all four pressure cookers going at once as we batch cook on the weekends. I just love that I can take the liner out of my pressure cooker. I have purchased extra liners and swap them out so that



one batch is cooking while the other batch is cooling.

A good blender is another "must have." There are many good choices out there, but we love our Vitamix so much that we have two! I am impressed with the output, simple design, and functionality. The base of the Vitamix is very powerful and can easily break down the toughest of foods with ease. It is the most used, and loved, appliance in our home.

We recently added a Cuisinart Griddler. The plates pop out for easy cleaning. We have been making so many things with this. Our favorite is hash browns with steamed greens and steamed Japanese sweet potato in the middle. Wrap it up in a lightly blanched collard green and you have an amazing veggie burrito.

Question:

I often get bored with my usual spices. Any suggestions?

Jenne Answers:

Ok, I am letting my secret out: I am a spice hoarder. There, I said it. Seriously. My husband is considering an intervention. Since salt has left the building (right after Elvis), I have started an epic collection. Spices make your food pop and add intense flavor. Be brave, seek them out, and add spice to your life. Venture past the garlic and onion powder and your taste buds will be happy you did.

My absolute favorite find is berbere spice. It is typically used in Ethiopian dishes and not always an easy



spice blend to find, especially without salt. Kim Campbell has graciously shared her recipe from her book *PlantPure Nation Cookbook*.

Berber Spice

2 teaspoons ground cumin
1 teaspoon ground cardamom
½ teaspoon ground allspice
1 teaspoon ground fenugreek
1 teaspoon ground coriander
¼ teaspoon ground cloves
1 teaspoon black pepper
4 teaspoons red pepper flakes
1 teaspoon ground ginger
1 teaspoon ground turmeric
3 tablespoons paprika
½ teaspoon ground cinnamon

Mix all of the ingredients together. Store in an airtight container in a cool, dry place.

I love adding this spice blend to my French-fried potatoes just before I cook them in the air fryer. Another use is to add it to beans. Once I cook the beans in the Instant Pot, I take out a ladle full of the liquid and beans and place it in the blender. I add my spices and blend, which makes a creamy liquid. The liquid is then added back into the beans, which gives it a great texture and flavor. You can also add berbere to hummus to take it to “Jedi” level! Seek out and experiment with spices! You will be amazed at the taste and variety.

Question:

I’ve seen photos of salad jars on Facebook; what are they and why would you want to eat salad from a jar?

Nancy Answers:

Salad jars are great timesavers! My husband and I both love salads, and find that “salad jars” are a great grab-and-go meal. We use 32-ounce mason jars for ours, but any wide mouth jar works well. (They also stack nicely in the fridge.)

The defining feature of salad jars is the layers within the jar. Some people like to start with a layer of dressing, but I’ve found that it makes the salad too mushy (so I add this when I’m ready to eat my salad). I also add ingredients that tend to go soft, like tomatoes or avocados, on the day I take the salad to work (and not before).

Begin with a layer of chopped onions, celery, or peppers. The next layer could include things like mushrooms, beans, lentils, peas, corn, or broccoli, followed by a layer of rice, quinoa, pasta, or couscous. The last layer is the thickest, and includes all of your greens (kale, spinach, arugula, etc.). Pack the greens in and don’t skimp. Top off the jar with a few nuts if you like, and you are good to go!

When it’s time to eat my salad, I just dump it right into a serving bowl, and “poof” lunch is ready! I keep a large salad bowl in my desk at work if I’m eating my salad there, as well as an assortment of no-salt seasonings and infused balsamic vinegars to add flavor to my salads and veggies.



Nancy Mathews is a plant-based health and wellness coach, motivational speaker, cooking instructor, and educator. She’s the founder of Plant-Based Chico, a PlantPure Nation POD. **Jeanne Schumacher, M.Ed., Ed.D.**, is also a plant-based coach and has become a motivational

speaker and educator. She’s the founder of Plant-Based Westchester, a PlantPure Nation POD.

Together, Nancy and Jeanne are known as the “Starch Queens,” and are certified in plant-based nutrition. They help others transition from the standard American diet to a whole-food, plant-based lifestyle through an online education and coaching program. Visit www.SQWeightloss.com to learn more.



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Oat Clusters

This is a Well Your World community favorite. It's hard to scroll through our group feed without seeing photos of oat clusters. I make five times the batch and freeze them so I always have a snack ready. I sneak them into the movie theater, take them on the airplane, and enjoy them as an after-dinner snack with a glass of nondairy milk.

Ingredients:

2 tablespoons ground flax seed OR ¼ cup applesauce

2 cups rolled oats

2 ripe bananas

6-8 Deglet dates, pitted

1 teaspoon cinnamon

1 teaspoon vanilla

½ cup nuts (such as almonds or walnuts; optional)

1. Preheat the oven to 350°F. In a small bowl, stir together the flax seed with 4-5 tablespoons water and set aside. If using apple sauce, skip this step. Place the rolled oats into a medium bowl and set aside.
2. Add the bananas, dates, cinnamon, and vanilla to a food processor and blend until smooth, about 30 seconds. Add the nuts, if using, and pulse a few times to break them up.
3. Add the flax-water mixture (or applesauce) and the banana mixture to the bowl of oats and stir well.
4. Use your clean hands to make 1-2-inch balls, or cookies, or whatever you like. I recommend flattening them a little so they don't roll all over the place. Drop these onto a baking sheet lined with parchment paper, and bake for 20 minutes. Flip the clusters over and bake for 10-20 minutes more (shorter for a softer finish and longer for a dryer finish).



Dillon Holmes: *I began the Well Your World YouTube channel and Facebook group to provide support and camaraderie for those of us transitioning to and maintaining a health-promoting lifestyle. Although learning how to live this way is obviously very important, what we were all missing was a place to come together to celebrate our successes and vent about our challenges. My videos include cooking demos, Q&A sessions, and relaxed chats covering topics such as social pressures and calorie density. I also offer a biweekly LIVE interactive cooking show that you can learn more about at WellYourWorld.com. Join us in the Well Your World Facebook group at facebook.com/groups/WellYourWorld. Head to YouTube.com and search "Well Your World," plus the name of each recipe on these pages, and enjoy my video versions as well.*

Beans & Greens

This is a favorite of mine because I am notoriously bad at getting my daily greens in via salad. It's fast to throw together, especially if you use no-salt-added canned beans in lieu of cooking them from scratch.

Ingredients:

2 cups dried black eyed peas
1 yellow onion, diced
2-3 cloves garlic, minced
1 tablespoon of your favorite no-salt seasoning blend
½-1 teaspoon crushed red pepper flakes (optional)
water, veggie broth, or bean water for sautéing
1 bunch kale, chopped
1 bunch collard greens, chopped

1. Soak the beans for a few hours, rinse, and add them to a medium saucepan. Cover with a couple inches of water, and bring to a boil. Reduce the heat to medium, and simmer for 30 minutes.
2. While the beans are simmering, heat a tablespoon of water in a large skillet over medium-high heat. When the water starts to sputter, add the onion and cook while stirring for 3-5 minutes, adding water as needed. Throw in the minced garlic, no-salt seasoning, and



red pepper flakes, and cook for another minute.

3. Add the greens along with some water, veggie broth, or bean water for sautéing. Continue adding liquid as needed and allow to cook for about 10-15 minutes, uncovered, stirring every few minutes.
4. Drain and add the cooked black-eyed peas to the greens. Stir it up and you are ready to go!

Ethiopian Pumpkin Stew

Not only is this dish easy to throw together in a pinch, but the flavor of these spices is amazing! Enjoy it with butternut squash when pumpkins aren't in stock. If you have a favorite berbere spice blend, you can substitute 2-3 tablespoons in place of the dried spices below. And if you don't have all of the spices below on hand, don't worry, it will still be delicious.



Ingredients:

4 cups pumpkin, chunked or diced
3 cups dry green lentils, rinsed
2 red onions, chopped
6-8 cloves garlic, minced
2 tablespoons fresh ginger, peeled and grated
1 6-oz. can tomato paste
1 16-oz. bag frozen spinach (or 4-6 cups fresh)
12 cups water or veggie stock
2 teaspoons ground cumin
2 teaspoons coriander
2 teaspoons sweet paprika
2 teaspoons chili powder
1 teaspoon ground fenugreek
½ teaspoon ground cardamom
1/8 teaspoon ground cloves

1. Add all of the ingredients to a large soup pot and bring to a boil. Reduce the heat to medium and simmer for 30-45 minutes, or until the lentils and pumpkin are tender. Add additional water or vegetable stock to reach desired consistency.

Well Your World Pico!

Although this looks like a salad, in Well Your World we use it like a sauce, and in no small amounts. I generally make five times this recipe at a time and store it in mason jars in the fridge for 3-5 days. If by some miracle I haven't eaten it before it starts to get a little soggy, I'll cook it up with some beans on the stove. If you don't feel like chopping, chunk everything and pulse it a few times in the food processor to make a finer textured salsa instead.

Ingredients:

4-5 Roma tomatoes, cored and diced

half red onion, diced small

3-4 jalapeño peppers, cored and diced small

2 teaspoons minced garlic

Juice from 2 limes

¾-1 bunch cilantro, chopped

1. Add everything to a big bowl and mix it up. I like to let it sit for 30 minutes, stirring every 10 minutes, to allow the flavors to blend. Serve this on top of beans and rice, or anything else you like. I apologize in advance for your new pico addiction.



Spinach Salad with Horseradish Vinaigrette

This is a great salad to throw together for dinner parties or potlucks; just toss it with the dressing when you are about to serve.

Dressing Ingredients:

1-2 cloves garlic

2-inch-square piece of fresh horseradish root, peeled

1 tablespoon mustard

¼ red onion

Half of a 14oz can no-salt-added canned white beans, drained/rinsed

2 tablespoons apple cider vinegar

Juice from half a lemon (about 2 tablespoons)

Black pepper to taste

Salad Ingredients:

One 8-oz. bag of chopped spinach (about 8 cups)

6-8 mushrooms, cremini or baby bella, sliced

Remaining ¾ red onion, sliced thin

Remaining half can of white beans, drained/rinsed

1. Add all of the dressing ingredients to your Vitamix



and blend until smooth.

2. Toss your salad ingredients, along with some dressing, adding a little at a time. You may have some left-over dressing to enjoy throughout the week. 

Photo credits: Ethiopian Pumpkin Stew, Robin Saul; Oat Clusters, Laura Myers; Beans & Greens, and Spinach Salad with Horseradish Vinaigrette, Dillon Holmes; Well Your World Pico, images posted to the Well Your World Facebook Group.

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 the NHA Health Program. If you're interested in sharing your own story, we'd love to hear from you (please email essays of around 500 words, and one or two photos, to info@healthscience.org).

Marion Jennings Plymouth, MI



I was secretary to R.J. Cheatham in 1950 when he had his sales organization in Detroit [he went on to be the president of the American Natural Hygiene Society in 1954]. In 1956, when I had my first child, I called him and he said he'd be over immediately to give me a book on fasting by Dr. Herbert Shelton. The contents made so much sense. I changed my habits as a result, and my life changed. I couldn't understand why it wasn't sweeping the country. Through this book I became interested in the NHA (formerly the American Natural Hygiene Society).

I had our three children at home, with my husband becoming quite the midwife. We allowed no medical interference during the children's school years. There were no vaccinations and no doctor visits, except for one. My 16-month-old son developed an ear irritation, and I was concerned he had stuck an item in it. The doctor determined it was an infection. Having the correct diagnosis, I advised the doctor that I would fast my son at home, which I did for three days. The mucus cleared and I returned him to the doctor, who found that both ears were entirely clear. (The younger children are,

the less time it takes to fast them to health.)

I fasted at Dr. D.J. Scott's health institute in Strongsville, Ohio the first time in 1966 and rid myself of lifelong asthma. I fasted with him occasionally thereafter until his demise in 2011. [Dr. Scott was the founding president of the International Association of Hygienic Physicians.]

My husband developed Schizophrenia in mid-life. I took him to Dr. Scott's to fast, but I had to return home with him immediately because his mind was so confused that Dr. Scott couldn't contain him. From that time on, he was in and out of the hospital. He finally passed away in a nursing home in 1990 at age 62.

I worked at Ford Motor for 20 years and obtained a Perfect Attendance trophy for no sick days during that time. I was never ill. I've been retired for 30 years now, and have made only two visits to the hospital: once for a broken elbow and once for a fractured tibia bone. I decided at age 75 to find a physician in my area so I would have a place to go in case of an emergency. I insisted his nurse keep my name active in his computer, and I check in every year. I've never met the doctor.



My family now numbers too many to count, some who live far away, I've never even met. I have 4 children, 12 grandchildren and, so far, 14 great-grandchildren. I imagine most of them are living conventional lifestyles. It concerns me, but there's nothing I can do about it.

I am 86 years old and still live alone. I have no health issues and I do short fasts at home every January to keep my body in Hygienic working order. I drive no further than eight miles to church because my car is as old as I am in car years. I still push my own lawn mower and I still lift my snow shovel. I also walk in the park daily.

I truly enjoy being old because I don't feel physically different now than I did in my youth. God and Natural Hygiene have certainly given me a wonderful life! 

Are You Vegan or Plant-Based?

Continued from page 21

would likely be gone long before the apples and bananas!

What we call ourselves matters a great deal less than how we conduct ourselves. We just need to be clear to those who are confused by this whole vegan/vegetarian/plant-based concept. And we need to accept those who are with us on this path, whether we have everything in common or just some things that happen to be of critical importance.

I'm energized by the challenge of healthful living, and inspired by the opportunity to be part of a wave of justice, compassion, and good sense. My food choices *may* help me

live longer. They *will* put me in a league with others to do something extraordinary that will live forever. 

Victoria Moran (mainstreetvegan.net) is the author of 13 books, including *Main Street Vegan*, *The Love-Powered Diet*, *The Good Karma Diet* and, with J.L. Fields, *The Main Street Vegan Academy Cookbook*. She is the founder and director of Main Street Vegan Academy, host of the Main Street Vegan podcast, and producer of the upcoming documentary, *A Prayer for Compassion*, to introduce vegan living to people of faith.

Forks Over Knives Got the Ball Rolling to Better Health

Mary Lou and Wes Beavers belong to the Eat Smart, Live Longer Club, with over 600 members!

by J. Lanning Smith

I thought they were nuts,” NHA member Mary Lou Beavers said about her two sisters, Karen Heitman and Leslie Haas (also NHA members) when they first told her in December 2012 that they were going whole food, plant-based. Mary Lou had made a career of teaching fourth and fifth graders, and one aspect of her teaching was the importance of a balanced diet. She taught her students to put a meat, a starch, a vegetable and some milk (or milk product) on their plate at each meal. She was particularly vigilant about making sure her own children got enough milk to ensure “strong bones.”

When Mary Lou met her husband, Wes, he did not consume any dairy products. He found that dairy bothered his stomach. But from Mary Lou’s standpoint at that time, that was unhealthy and she believed he needed to be eating some dairy products. She convinced him to eat yogurt, which he liked and he began eating a cup of fruit-flavored yogurt each day.

But then Mary Lou’s sisters encouraged the two of them to watch the documentary *Forks Over Knives*, as well as Dr. Caldwell Esselstyn’s lecture to the city of Medina, Ohio on YouTube. Her sisters also invited them to a plant-based dinner, which was delicious. Armed with this new knowledge and the experience of a wonderful meal, Mary Lou and Wes decided to give whole food, plant-based eating a try.

It was a positive experience. Even though she had been athletic all of her life, participating in sports in school, and being a cheerleader in high school, Mary Lou had put on a little more weight than she wanted to over the years. But as she began to eat whole, plant-based foods, the pounds quickly melted away. She lost 17 pounds and is now at a weight where she is comfortable being. Previous to going whole food, plant-based, Mary Lou had been spending time at the gym trying to work the weight off, but it wouldn’t budge until she actually changed the way she ate.

Both Mary Lou and Wes saw their cholesterol drop.

Both had been on Lipitor, a cholesterol-lowering drug. Wes was also on a prescription for acid reflux, which he was taking regularly at the time. Since going whole food, plant-based in January 2013, he has been able to get off of that

“Mary Lou had been spending time at the gym trying to work the weight off, but it wouldn’t budge until she actually changed the way she ate.”



Mary Lou with her husband Wes

medication as well, and he no longer suffers from acid reflux disease.

They started their journey into the plant-based way of eating by looking at the foods they enjoyed eating and determining what could be eaten without meat or animal products. One of the first foods they decided on was spaghetti, which they both really enjoyed. They decided they could leave the meat out of the sauce and they could use whole wheat pasta noodles instead of the enriched spaghetti noodles that they were used to eating. She made it for dinner, and Wes remarked, “Not bad.” They were on their way. Since then, they have not brought any meat or dairy products into the house. And Wes has given up his daily cup of yogurt.

Mary Lou is an avid gardener, which is a hobby she learned from her dad. She grows most of the vegetables she and Wes eat, and she is able to share the fruits of her labor with her sisters and neighbors as well. She is an active board member and volunteer for Okatie Farmers, Sun City’s gardening club and she works with the club to provide fresh produce to Bluffton Self-Help, an organiza-

tion that exists to help locals in need of food, clothing, and educational and financial assistance.

The Eat Smart Live Longer Club and The NHA

In May 2013, Mary Lou co-founded the Sun

City Hilton Head Eat Smart Live Longer Club with her two sisters. At their first meeting, they had approximately 40 interested residents, but that quickly bloomed to the over 600 members that it is today. Mary Lou has stayed active in the club since its founding, and she currently serves as the club's vice president.

Two of the biggest activities that she is involved with are running the club's library of over 200 books, cookbooks, and DVDs as well as leading grocery store tours for members of the club. Her grocery store tours are very popular and have been enjoyed by club members in groups of approximately 10 at a time. Her tours teach people what to look for on packaged foods, how to read labels, what to avoid, what foods to emphasize, how to prepare some of the foods found in the grocery store, and more. Each tour lasts about two hours, and Mary Lou is very patient about thoroughly answering all questions by the participants.

The Beavers have been members of the National Health Association for over two years. They met Mark and Wanda Huberman when the Hubermans came to Hilton Head Island for vacation a couple years ago. Stopping in at one of the best plant-based restaurants on the island, Pure Natural Market, they talked to the owner, Tracy Owens, who told them about the Eat Smart Live Longer Club in Sun City. Interested in learning more about the club, the Hubermans asked to be put in contact with the three sisters, who then invited them to dinner at the home of Leslie Haas. Mary Lou met the Hubermans for the first time at that dinner.



Mary Lou assisting with label reading during her grocery store tours.



Mary Lou working the library table for the ESLL club.

That was the beginning of a strong relationship being forged between the National Health Association and the Eat Smart Live Longer Club. It has been a mutually satisfying relationship for each organization, and Mary Lou, as both club vice president and as an executive

board member of the club, has played a significant role in that.

It can truly be said that Mary Lou, through her hard work and her enthusiasm for the whole food, plant-based way of eating, has improved the lives of hundreds of people over the last six years since going whole food, plant-based. And she and her husband have both been rewarded with improved health and greater energy. She says, "I have more energy now than I did when I was in my thirties." In the end, she now acknowledges that her sisters had not gone nuts. Instead, she is thankful that they discovered this healthy lifestyle, and she is thankful for organizations like the National Health Association, who continue to put out the word about eating this way. 🌱NHA

"In May 2013, Mary Lou co-founded the Sun City Hilton Head Eat Smart Live Longer Club with her two sisters."



J. Lanning Smith, also an active member of the National Health Association, is a whole food, plant-based writer and is past President and current Board member of the Eat Smart, Live Longer Club in Sun City Hilton Head. He has himself

lost 150 pounds and gotten off of all prescription medications through following a whole food, plant-based lifestyle. He has two blog sites at FinallyOurTime.com and at TheArtofPlant-BasedMealCreation.com, and he has written and taken photographs for past issues of *Health Science* magazine.

stand back in awe, and congratulate you on the phenomenal increase in membership and quality of product that has occurred since you took over the hands-on leadership role five years ago. Who knows, because of my adherence (most of the time) to the principles of Natural Hygiene, I may be around another 35 years and can extend further compliments to you on a job well done!

BILL WILDAUER

DETROIT, TORONTO, & FINALLY MINNEAPOLIS
(LIFE MEMBER)

Dear Valued Mark,

I sure cherish each awesome and important issue of *Health Science*. You and your dear wife also seem to surpass yourselves with each NHA Conference. How exciting to read the names of the new members on the back cover. Thanks for the enormous amount of work you and your team do for all of us.

FLORENCE ROTH

BETHEL PARK, PA
(LIFE MEMBER)

Mark,

Thank you so much for your dedication to the NHA. I really appreciate your wonderful work to keep *Health Science* as a print publication.

MAMIKO MATSUDA

HOUSTON, TX
(LIFE MEMBER)

Dear Mark,

I really enjoyed the Summer issue of *Health Science*. You and Wanda did a remarkable job with all the highlights and pictures of the NHA Conference. Wish we could have been there. Loved what Greg Fitzgerald said in the interview. Part of what Dr. Shelton said many years ago is the cause of disease is "Toxemia" or poisons in our bodies from abuse, including junk food, sugar, salt, etc. In short, we are causing our own illness or disease by disobeying what Mother Nature is trying to tell us. Dr. Frank Sabatino tells us a lot about fat. The large of amounts of fat in our diet is causing us immeasurable harm. Oil, especially, bottled oil, promotes premature aging. He says adding processed oils to our diet provides some of the greatest health risks.

Loved what Toshia Myers and Mary Zittel said about fasting. I have fasted many times and felt completely renewed each time. Would love to visit Dr. Nathan Gershfeld's Fasting Escape Retreat Center

sometime. From the pictures and write up, it must be the perfect place to fast!

BARBARA HOOGERWERF

MARINE CITY, MI
(LIFE MEMBER)

Dear Mark,

I really liked all of the photos of the health conference in the Summer issue. The pictures of all the new attendees was overwhelming; the pictures of the food looked amazing; plus, all the new members listed on the back page of the magazine was terrific! It was good to see that all your hard work is paying off. Keep up the good work and thanks for all you do.

DAVID ESCHAN

FLORENCE, KY

Hi Mark,

I just received the Summer issue and could not be more pleased. Such raw and real material with no advertising. Love it!

LILY KRUE

PRATVILLE, AL

Dear Mark,

Thank you for all your dedication and work. I love being part of this organization and I love *Health Science* magazine.

ANN ALISA

LAIE, HI

Dear Mark,

I am so very happy and grateful that you are devoting so much of your time to assure the success of our great organization. I send you my full support and hope you continue to feel the need to serve.

HECTOR OSVALDO RODRIGUEZ

WETTINGEN, SWITZERLAND
(LIFE MEMBER)

Dear Mark,

I am among the many who compliment the quality of *Health Science*, directed at the laymen. Excellent to include references to scientific findings for validation. Keep up the excellent magazine in hand-held paper form!

JANE SWANSON

PODERE IL MOLENO, ITALY

Hi Mark,

I enjoyed the Summer issue, as usual. It's always well done. And it seems to arrive just when I need reminding!

REBECCA FANNIN

CENTERVILLE, OH

Mark,

I always love reading *Health Science*. It has inspired me to want to go to the conference and to check out the new place in Deerfield Beach so that I can lose some weight. That looks really good. I am not ready yet but thinking about it for my birthday present. Keep up the great work!

PHYLLIS KOSS

DORAL, FL

Hi Mark,

Thanks for the renewal reminder. I would have renewed sooner, but I was too caught up in reading the articles in *Health Science*. They are all outstanding!

At my Kung Fu class last night, a classmate who is a fitness instructor, felt obligated to explain the necessity of drinking milk and eating meat. As usual, I did not start the conversation because there would be no point. Some people are so addicted to their meat and milk, and their ideas about what's healthy, that they have no room for the truth. I was thinking to myself after the conversation, "I wish I could just press the magazines up against his head and push the articles into his brain!" Wouldn't that be great? Let me know when the NHA will be coming out with the *Health Science*-brain insertion device. I'll be the first to buy it! Thanks again for putting out the magazines.

SAM ZOLLMAN

RESEDA, CA



**We'd love to hear
from you, too!**

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Dimitra-Christina Koumentaki, M.D.



Miriam Maisel, M.D.

These physicians are all licensed and/or legally practicing in their state, country or territory and are members of the National Health Association and the International Association of Hygienic Physicians (IAHP). IAHP physicians agree to accept and abide by the Association's Principles of Ethics and Standards of Practice. Certified members include the founders of the Association and subsequent members who have successfully completed a six-month Internship-Residency (or equivalent) in Hygienic care with an emphasis on fasting supervision and are certified by the IAHP as Specialists in the Application of Fasting Supervision and Hygienic Care.

Physicians Are Invited to Join Us!

Licensed primary care physicians (M.D., D.O., D.C., or N.D.) who would like IAHP membership information should contact:

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Dr. Alan Goldhamer Energizes the Crowd at Sun City Hilton Head

July 16, 2018 was another great evening for the NHA, as President Mark Huberman and his wife, Wanda, returned to Sun City Hilton Head to present Dr. Alan Goldhamer as the latest NHA-featured speaker to the amazing Eat Smart, Live Longer (ESLL) Club, which has grown to over 700 members.

The evening was another rousing success, with a near-capacity crowd of

approximately 500 enjoying Dr. Goldhamer's scholarship and humor. Following his lecture, Dr. Goldhamer was flooded with questions, and he autographed many copies of his groundbreaking book, *The Pleasure Trap*.

Over 30 of the ESLL Club's members joined the NHA, bringing the club's total membership to 140, continuing its tradition of being the single largest group of NHA members from any one U.S. city. We can't wait to come back with another speaker (or two) in 2019!



Pictured above: Mark Huberman, Dr. Alan Goldhamer; Wanda Huberman and Ross Glatzer, ESLL Club President.



Nearly 500 people filled Magnolia hall to hear Dr. Goldhamer during the ESLL event.



Chef AJ's Inspiring Ultimate Weight Loss Conference in Las Vegas

The Tuscany Hotel in Las Vegas was the site for Chef AJ's Ultimate Weight Loss Conference, held this year on August 31 through September 2. It was an amazing sold-out Labor Day weekend, full of wonderful presentations by Drs. Neal Barnard, Alan Goldhamer, Doug Lisle and, of course, the Conference co-hosts, Chef AJ and her partner, John Pierre.

It was a remarkable, motivational weekend in every respect, with a sense of community and accomplishment evident from all who were present. Particularly impressive was the large class celebrating their graduation from the life-changing and dynamic "Mastery Program," an intensive small group coaching program led by Chef AJ and John Pierre that involves two weekly live interactions from October to January—the holiday season, which is the most difficult time for folks to stay on track. The testimonials given by the graduates were an inspiration for all in attendance.



All eyes were glued to Chef AJ as she dazzled the audience with the exciting Conference packed with wonderful presentations from our amazing NHA Docs.



Pictured above Chef AJ's husband Charles, Chef AJ, and JP with Wanda and Mark Huberman.



Graduates of the 2018 Mastery Class with Chef AJ and JP.

President Mark Huberman and his wife, Wanda, represented the NHA, and over 80 attendees signed up as new NHA members, and many of those have already registered for the 2019 NHA Conference, which will include nearly all of the same speakers and more. If you have never attended one of Chef AJ and John Pierre's amazing events, **make plans to attend their 2019 event, which will be August 30 – September 1, 2019!** 

NHA membership

Become a Life Member!

When you become a Life Member of the NHA by making a single gift of \$1,000, or by being a Century Club member for 10 years at \$100 per year, you are making a strong commitment and vital contribution to the long-term success of the NHA. The newest members of this elite group of sustaining members are:

Harold Lebovic (Northbrook, IL)
Alan Lashine (Manalapan, NJ)
Michael Hoseus (Walton, KY)
Mark Sullivan (Capitola, CA)

Please consider stepping forward to become one of our next Life Members.

Consider Becoming a Century Club Member!

Renewing their Century Club Membership are:

Rev. Valaida Franklin (Hackensack, NJ)
Sandie Sajner (Painesville, OH)
Lou Reynolds (Southern Pines, NC)

Renewing their Century Club Membership for another year are:

Michael Hoseus (Walton, KY)
Mark Sullivan (Capitola, CA)
Gracie Yuen, D.C. (W. Farmington, OH)

Give a Gift Membership in the NHA!

More and more members are continuing to give the gift of health by gifting memberships in the NHA to family and friends, primarily so they can receive a subscription to this magazine that they so value. Since the last issue, the following members have gifted memberships:

Judy Cote (Bluffton, SC)
 gave a gift membership to:
Norma Morrissey (Winslow, ME)

Cosimo DeMarco (Port St. Lucie, FL)
 gave a gift membership to his daughter:
Darlene Baroncelli (Badylon, NY)

Tina DePew (Beaver Creek, OH)
 gave a gift membership to:
Lydia Byler (Clare MI)
Jean Friend (Frederica, DE)

Jennifer Kepner (Springfield, IL)
 gave a gift membership to her friend:
Gwen Smith (Springfield, IL)

Nathan Gershfeld (Fullerton, CA)
 gave a gift membership to:
Mikhail & Antonia Gershfeld (Fullerton, CA)

Ross Glatzer (Bluffton, SC)
 gave a gift membership to:
Joe Natoli (Ponte Vedra, FL)

Supporting the Message of the National Health Association

Alan Lashine (Manalapan, NJ)
 gave a gift membership to:
Kim Colonna (Newport, KY)

Helen McGreevy (Lockport, NY)
 gave a gift membership to her son:
Patrick McGreevy (Greenfield, MA)

Nena Miles (Norwalk, CT)
 gave a gift membership to:
Roseanne Conoscenti (Norwalk, CT)

Florence Roth (Bethel Park, PA)
 gave a gift membership to:
Ross Donaldson (Lawrence, PA)

Judith Strickler (Clovis, CA)
 gave a gift membership to:
Idona Schmiding (Gresham, NE)
Pat Koch (Utica, NE)

Luci Wing (Ft. Myers, FL)
 gave gift memberships to:
Keith Nicely (Ft. Myers, FL)
Anthony Visessonchok (Los Angeles, CA)
Victor Visessonchok (Los Angeles, CA)

Thanks so much for these gifts of health!

Welcome New Regular Members!

We are thrilled to report that since the last issue of this magazine, over 200 new members have joined the NHA, so many that once again, we have had to use the back page to list them all!

Joining the NHA, Renewing Your Membership or Donating to the NHA Is Easy!

- Visit the NHA website:
www.healthscience.org
- Utilize and mail in the NHA Membership/Donor form on p.39.
- Call the NHA at **330-953-1002** and we can take your credit card over the phone.

Moving?

Please notify us as soon as possible of any change in your address to avoid any interruption in the delivery of *Health Science*. By notifying us before you move you also save the NHA the postage and handling expenses associated with each returned copy of *Health Science* magazine.

Special Thanks to Our Donors!

President Mark Huberman and the Board of the NHA wish to express special thanks to the members who made donations to support the NHA and The "Keep Health Science in Print" Appeal. (Donations received after this issue went to print will be acknowledged in the next issue.)

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Join and Support the NHA Today!

Membership in the National Health Association can help you achieve and maintain the healthiest possible lifestyle.

As a member you will:

1. Receive the inspiration to transform your health and life.
2. Learn how to achieve your optimum weight . . . naturally.
3. Have access to articles on natural diet and nutrition.
4. Learn how to prepare delicious and healthful meals for you and your family.
5. Be able to take advantage of a support system of health experts and professionals.
6. Have the opportunity to meet others who think the way you do.
7. Gain access to the latest health research and guidelines.

Everything you need to live a healthier, more productive life ... and help others do the same! Here's what you will receive as a member:

- ✓ **FREE subscription** to *Health Science Magazine* – the dynamic, award-winning quarterly health journal. Each issue brings you in-depth health and fitness articles, interviews, delicious recipes, and answers to your health questions.
- ✓ **FREE subscription** to NHA Newsletter.
- ✓ **FREE downloads** of classic NHA eBooks including *Fasting Can Save Your Life*.
- ✓ **FREE** Access to "Members Only" section of the NHA website at **www.healthscience.org**
- ✓ **Discounts** on books, E-books, CD's, and DVD's.
- ✓ **Access** to the NHA Store at www.healthscience.org
- ✓ **Early registration** to seminars and conferences. Featured speakers include physicians and other experts from around the world who specialize in health, nutrition, and recovery through natural methods. These events have attracted thousands of people throughout the years.



NHA Membership/Donor Form

YES!

- ☐ I want to become a Member
- ☐ I want to renew my Membership
- ☐ I want to give a Gift Membership
- ☐ I want to make a Donation to the NHA

United States

- ☐ \$35 one year
- ☐ \$65 two years

All other countries*

- ☐ \$55 one year
- ☐ \$95 two years

Century Club

- ☐ \$100 one year
- ☐ \$185 two years

☐ **\$1,000 I want to become a Life Member.**

*Payable in International Money Order in U.S. Currency, Check drawn on a U.S. bank, or Credit Card.

Total Enclosed \$ _____

☐ Check/Money Order ☐ Visa ☐ MasterCard ☐ American Express

Name _____

Address _____

City, State, Zip _____

Phone _____ Email _____

Please give a gift membership to:

Name _____

Address _____

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From _____ Relation _____

Gift memberships will begin with the Fall 2018 issue. A gift card will be automatically sent from the NHA.

For payment by credit card, please fill out information below:

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Welcome More New Members!

NHA Continues to Experience Amazing Growth

We are thrilled to report that members continue to stream into the NHA as word spreads about the extraordinary quality of this publication and the value of joining our Association. As you will see below, just since

the last issue, over 270 new people have become members of the NHA family, from all over the U.S. and around the world!

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Welcome all of you to the NHA Family!