

VOL. 10 No. 1
JANUARY/FEBRUARY 1987

HEALTH SCIENCE

LIVING IN HARMONY WITH NATURE



Good Friends and Good Food



These are just two reasons to attend the 39th Annual International Natural Living Conference.

Here are 7 more good reasons.
You will:

1. Get the facts.

You will hear lectures by Natural Hygiene practitioners and educators from around the world.

2. Have a lot of fun.

Attend exercise classes, folk dance sessions, concerts, a play and the always popular Talent Night.

3. Be part of the action.

Participate in meetings at which members of the board of directors

are elected and ANHS programs are discussed.

4. Relax and enjoy yourself.

Sunbathe and relax in a quiet and beautiful outdoor setting. Hike or jog along shaded trails in the woods. Take a side trip to the spectacular Canadian Horseshoe Falls.

5. Get a vacation.

You'll have all the comforts of home with none of the work. Enjoy 3 meals

a day and let somebody else do the dishes. Special activities are planned for youth and children, including cooperative day care.

6. Save Money.

You couldn't ask for a less expensive vacation.

7. Feel good about yourself.

There is nothing quite like the feeling you get when you take positive steps to make your life healthier and happier. You owe it to yourself to attend.

A Great Experience

Here's what people said about last year's conference.

"I especially enjoyed sharing my ideas and experiences with many different people with similar interests."

"It was a week that changed my life! I never thought I would have so much fun."

"I was quite impressed with the quality of the speakers. Professional all the way."

International Natural Living Conference

July 24-31, 1987

Brock University, St. Catharines, Ontario, Canada

Prices, the complete conference program and a registration form will appear in the next issue of Health Science.

HEALTH SCIENCE

LIVING IN HARMONY WITH NATURE
P.O. Box 30630 • Tampa, Florida 33630

Editor
James Michael Lennon

Editorial Consultant
Jack Dunn Trop

Associate Editor
Susan Taylor

Copy Editor
Eleanor Pierce

Contributors
Hannah Allen
Paula Duvall
Mark Huberman
Frieda Kabelac
Kate Sharp

Designer
Sepie Allan

Design Consultant
Dennis Gaston

Typesetting
House of Graphics

Philosophy

Health Science is the official membership journal of the American Natural Hygiene Society, a tax-exempt, not-for-profit organization incorporated in the State of Florida. The American Natural Hygiene Society is dedicated to the task of making known the physiological and life-style practices that insure health, happiness, peace and prosperity for everyone, everywhere. Health is the result of healthful living. When people live in harmony with their physiological needs health is the inevitable result. By supplying the organism with its basic requirements (natural, unadulterated food; sunshine; clean, fresh air; pure water; appropriate physical, mental and emotional activities; and a productive lifestyle) while simultaneously eliminating all harmful factors and influences, the self-constructing, self-regulating, self-repairing qualities of the body are given full rein.

Health Science (ISSN 0883-8216) is published bi-monthly and copyrighted © 1987 by The American Natural Hygiene Society, Inc. Annual dues are \$25 Regular; \$35 US outside North America. A limited number of back issues are available at \$2.50 each postpaid. Second class postage paid at Tampa, FL and additional mailing offices. Postmaster: send address change to *Health Science*, P.O. Box 30630, Tampa, FL 33630.

The opinions expressed in *Health Science* are those of the authors and do not necessarily represent those of The American Natural Hygiene Society. Similarly, the acceptance of advertising in *Health Science* does not constitute endorsement or recommendation of any product or service.

Inside This Issue

Happy New Year! On behalf of President Hannah Allen, the Board of Directors and the national office staff *Health Science* wishes you a healthy and productive new year. January is a good time for bright new beginnings. It is also an opportune time to renew your commitment to all the wonderful things you are already doing to make your life — and the lives of family, friends and neighbors — happy and healthy. Your actions can help make the world a better place to live for everyone.

Add Life to Your Years

If the years seem to be catching up with you, read **Slowing the Aging Process** by Dr. Alan M. Immerman. There is so much you can do to extend and improve the quality of your life. Joel Fuhrman, **Natural Hygiene Dietary Recommendations**, reports on some of the many Natural Hygiene dietary practices that are supported by current scientific research and taught in medical school. Dr. Alan Gold-

hamer takes a look at **The Problems Caused by Eating Meat and Dairy Products**. In spite of all the research available these problems are often underestimated.

Practical Tips

If sprouting seeds at home seems like a good idea but the "how to" has always eluded you, refer to **I Didn't Know Sprouting Seeds at Home Could Be So Easy** for health incentives and easy-to-follow directions. **Good Eating** offers menus, shopping hints, recipes and special tips to make dining alone or with friends a memorable occasion.

Read about all the exciting upcoming Natural Hygiene events in **ANHS Report**. And while you are there, read President Hannah Allen's announcement of the appointment of James Michael Lennon as the new ANHS executive director.

Best wishes and Happy New Year. □

Features

Slowing the Aging Process

by Dr. Alan M. Immerman 9

Natural Hygiene Dietary Recommendations

Find Their Way to Medical School

by Joel Fuhrman 10

The Problems Caused by Eating Meat and Dairy Products Should Not Be Underestimated

by Dr. Alan Goldhamer 12

"I Didn't Know Sprouting Seeds at Home Could Be So Easy"

by Anne apRobert 13

Update 5

Good Eating 14

People 15

Ask Hannah Allen 19

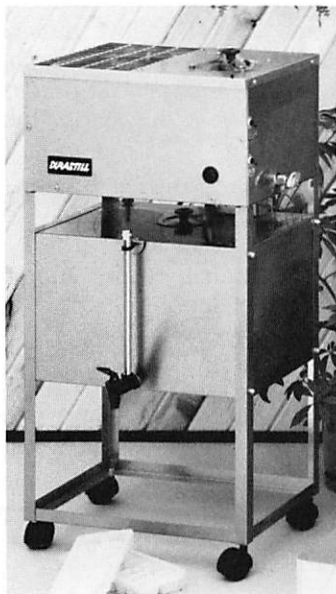
ANHS Report 20

The Last Word 22

Cover photo: © 1987 Ed Lucas.

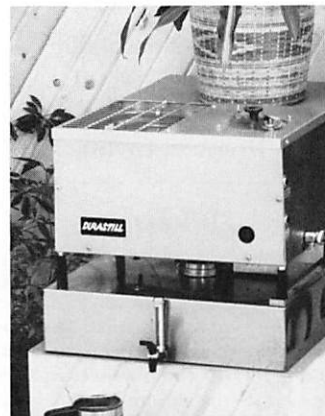
FROM LUXURY TO NECESSITY!!

Join the growing number of sensible and satisfied health conscious individuals now *secure* about the quality of their drinking water



8 gallon per day fully automatic distiller with 10 gallon storage tank

DURASTILL
...For Clean, Healthy Water



8 gallon per day fully automatic distiller with 4 gallon storage tank

From:

DURASTILL OF NEW YORK INC.

100 Steamboat Road, Great Neck, NY 11024

SPECIAL 30% DISCOUNT TO ANHS MEMBERS
UNTIL FEBRUARY 15, 1987



CALL NOW
(516) 829-6034

Major Credit
Cards Accepted

Irradiation Update

We want to thank the many ANHS members who signed and mailed petitions to their congresspeople urging their support of HR 4762, The Food Irradiation Safety and Labeling Requirement Act of 1986. You have all joined a lively tradition of Natural Hygienists in speaking out for what you believe in.

The battle has not been won yet, however. The bill will have to be reintroduced in the next congressional session. It will have a new number but the message will be the same. Write again! Encourage co-sponsorship and support for this critical bill.

There is also a bill in the Senate, S2512, The Food Modernization Act of 1986. This bill is a concerted effort to undermine the food safety regulations that protect people from contaminated food, reports Denis Mosgofian, director of the National Coalition to Stop Food Irradiation. It would destroy the 1958 Food Additives Amendment to the Food, Drug and Cosmetic Act that advocated consumer protection from untested or known harmful products. Contact your senator immediately and state your opposition to this bill.

Meanwhile, a letter from the Department of Energy announces its intention to proceed directly "to design and initiate construction to bring irradiators on line at the earliest possible date and lowest cost." This project is targeted for development in six states: in Oklahoma through The Red-Ark Development Authority; in Florida through the Department of Agriculture and Consumer Affairs; in Iowa with the University of Iowa; in Hawaii through the Department of Planning and Economic Development; in Washington state with the Port of Pasco; and in Alaska.

Residents in these states can make a difference through well-informed and effective action. Here are some suggestions: Contact your state agencies to protest strongly, and call or write to your state representatives to say "NO" to these projects. Contact the agency

involved directly and learn what their time table is. Get written documentation. Learn how citizens can require full environmental and technological assessments before contracts are let and by demanding a full public review of the intended project with advance notice, including a 90-day comment period for the public and response to those public comments.

Sound complicated? You don't know the names of your senators and congresspeople or the addresses of the agencies involved? Call your public library for information. They will be glad to help you. You can also contact the National Coalition to Stop Food Irradiation, PO Box 590488, San Francisco, CA 94159, for more information.

The "Wrath of Grapes"

The United Farm Workers urge people to continue their boycott of both commercially grown grapes and the stores that are selling them. President Cesar Chavez announced that such stores "have no more right selling contaminated grapes than growers have marketing them."

The horrors of pesticide poisoning are graphically detailed in a 14-minute color film now being distributed by the UFW. Titled "Wrath of Grapes," the film documents the current boycott struggle in California and UFW's demands: free and fair elections; good faith bargaining by growers; a joint UFW-grower project to test grapes at city supermarkets for pesticide residues; and the banning of the five deadliest pesticides growers are now using on grapes.

Severe birth defects among farm workers' children are immediate and dramatic forms of pesticide poisoning. But deadly pesticides pose a serious threat to everyone as they leach into water systems or drift over cities after being applied to crop-dusting airplanes.

Copies of this film are available for distribution free of charge. The monthly publication of the UFW, *Food and*

Justice, is available for \$5.00 per year. Write to the United Farm Workers, PO Box 62, La Paz, CA 93570.

Clean Air

Does playing in the rain bring happy memories to mind? If you live in one of the states where acid rain has been identified as a serious problem, that pleasant thought is probably gone for good.

The Environmental Defense Fund (EDF), a national organization in the environmental field dedicated to finding innovative solutions to environmental problems, offers ways to challenge the causes of acid rain.

The EDF claims that we already know how to stop acid rain with current technology. Caused by industrial sulfur dioxide emissions, acid rain creates unhealthful air pollution and causes cumulative damage to lakes, streams, forests and wildlife.

The federal government's position continues to be in support of "more studies." The EDF has joined with seven states to demand that the Environmental Protection Agency properly enforce the Clean Air Act to regulate sulfur pollution.

You can do your part. Press Congress to pass federal acid rain control legislation which sets target levels for sulfur dioxide reductions. Become aware of what is being done at your state level to encourage passage of acid rain control laws and regulations.

The EDF publishes a bi-monthly newsletter in addition to its activities in support of clean air. Write to them at 444 Park Avenue South, New York, NY 10016, for more information.

Aching Heads

We hear quite a bit of news about heads of states but very little about states of heads. An exception is the *American Family Practice Journal* report that American business executives seem to be the most susceptible to headaches. While an estimated 70% of the U.S. population suffers from headaches, 90% of the chief ex-

Continued from p. 5

ecutive officers say they are headache prone, followed by 83% of the family physicians surveyed and 80% of the advertising agency presidents. Only 67% of the psychiatrists surveyed seemed to have the problem. But even 67% is a sad state of affairs.

What percentage of Natural Hygienists suffer from headaches? Let's find out. Please send a postcard stating either "I suffer from Headaches" or "I don't suffer from headaches." We'll report the results in an upcoming issue of *Health Science*. Send postcards to "Headaches," c/o *Health Science* magazine, 12816 Race Track Rd., Tampa, FL 33625.

Causes vs. Cures

In what appears to be a corroboration of long standing Natural Hygiene criticism of certain medical research and treatment techniques, the *New England Journal of Medicine* reported that the years 1950 to 1982 were associated with increases in the number of deaths from cancer, in the crude cancer-related mortality rate, in the age-adjusted mortality rate and in both the crude and age-adjusted incidence rates.

According to the age-adjusted mortality rate associated with all cancers combined in the total population, we are losing the war against cancer. Although the report stated there has been progress against several uncommon forms of the disease, improvements in palliation and extension of the productive years of life, authors John C. Bailar III and Elaine M. Smith of the Harvard School of Public Health conclude that "...some 35 years of intense effort focused largely on improving treatment must be judged a qualified failure."

Health Science agrees with the authors. Can you imagine the reduction in cancer rates as well as other diseases if all the billions of dollars and human efforts that were spent on research and experimental treatment had been spent on educating the public on how to avoid cancer and working towards a cleaner environment? Cancer only occurs where and when cancer is caused. Research must be focused on causes, not cures. □

Modern Bloodletting

"The only two mammals to remove blood regularly from other mammals are vampire bats and humans," said Dr. John F. Burnum of Tuscaloosa, AL, in an editorial headline "Medical Vampires" that accompanied the study findings in the *New England Journal of Medicine*.

According to the report, today's doctors may be unwittingly draining patients of excess amounts of blood by ordering too many blood tests. The study found that most patients in intensive care lost about two units of blood during their hospital stays, and

some patients give up almost twice that much.

Burnum noted that bloodletting—in which leeches were used to drain blood in the mistaken belief it would cure disease—has long been abolished. He urged doctors to adopt a list of suggestions by the authors of the study to reduce the amount of blood taken for tests.

Hygiene for All

The Library of Congress has requested permission from the Natural Hygiene Press to transcribe *Fasting Can Save Your Life*, by Herbert M. Shelton, into "embossed, and/or recorded form." This transcription will



"| LIKE THE PASTEURS, BUT MY GOODNESS—BOILED TOMATO JUICE, BOILED FISH WITH BOILED LETTUCE, BOILED BREAD AND BOILED BUTTER, BOILED SALAD..."

be made available free of charge solely to blind and physically handicapped persons who are unable to read ordinary print in a conventional manner.

Contact the Director, National Library Service for the Blind and Physically Handicapped, Library of Congress, Washington D.C. 20542, for more information.

Money Talks

Freedom to live a high quality life is something we all cherish and *deserve*. Yet the world is faced with major social, economic and environmental problems that threaten the quality of life for everyone. There is no escape from the pollution and exploitation of our natural resources. In addition, millions of people are suffering under inhumane living and working conditions imposed by short-sighted governments and corporate-controlled land and manufacturing interests.

Natural Hygienists have traditionally been in the vanguard of movements for change that would raise the quality of life for everyone. Here is a publication that will keep you up to date.

The National Boycott Newsletter publishes a comprehensive list of currently boycotted organizations. Boycott categories include human rights, peace, labor, environment and animal rights. Listing information includes who is being boycotted (including names and addresses) and why, who is calling for the boycott, and what services and/or products to avoid in support of the boycott.

A recent article exposes the connection between the importation of beef products into the U.S. from South America and the deforestation of the Amazon rainforest. This in-depth article reminds the reader of the vast network of causes and effects with which this problem is linked.

Subscriptions to *The National Boycott Newsletter* are \$3.00 per year (add \$1.00 for first class mailing). The address is 6505 28th Ave., N.E., Seattle, WA 98115.

Nuclear Weapons

Cancel the Countdown, a national demonstration and nonviolent action to protest and cancel the first flight test of the Trident II missile, will take place on January 17, 1987, at Cape Canaveral, FL. Sponsors for the event are

the National Mobilization for Survival, Florida Coalition for Peace and Justice, and First Strike Prevention Project.

Organizers are calling for: a comprehensive plan to eliminate nuclear weapons from all national arsenals by the end of the century; an immediate end to nuclear warhead and missile flight testing; cancellation of the Trident II missile and Star Wars programs; an end to the military takeover of the space program; and a redirection of resources from the military to programs meeting human needs.

For more information, contact the National Mobilization for Survival, 853 Broadway, New York, NY 10003.

Drugs on the Job

Treat the problem, not the symptoms, counsels social psychologist Carol Tavis, in a recent article in the *Los Angeles Times*. The subject is drug abuse on the job.

"To reduce drug abuse on the job," says Ms. Tavis, "we could improve the working conditions of people's lives." Studies have been shown that aspects of work such as fringe benefits, complexity of daily tasks, pace, pressure and how routine or varied the work significantly changed the workers' self-esteem, job commitment and motivation. This applies to homemakers and students as well as to workers in traditional workplaces.

Ms. Tavis suggests that if so many people are supposed to be having trouble adapting to their jobs, perhaps the problem lies with the jobs and not with the individuals. Introducing elaborate and expensive drug testing programs that produce questionable results is not the answer, she says. Increased work flexibility, a sane national system of day care and more drug education programs will do far more to reduce employee morale and motivation, reduce drug abuse and enhance the quality of living for everyone.

America

Percentage of Americans who don't recognize Mr. Clean: 7; who don't recognize George Bush: 44

Mickey Mouse products sold every day: 5,000,000

Pounds of pasta the average American ate in 1975: 6.8; in 1984: 11 □

NEW HORIZONS a natural catalog

WE OFFER ONLY THE
FINEST — NATURALLY

You can get it all in one place now. New Horizons offers the latest in products for balanced living.

JUICERS • DISTILLERS • IONIZERS
SPROUT SUPPLIES • FOOD
CONCENTRATES • CLOTHING
NATURAL PERMS & HAIR COLOR
BOOKS • NEW AGE MUSIC
AND LOTS MORE!

Send \$1.00 for our latest catalog:

NEW HORIZONS

P.O. Box 339, Ashland, OR 97520

Also send for

THE SPROUTLETTER

Sample Copy \$2.00

A newsletter on health and sprouting

Please write: The Sproutletter

P.O. Box 62, Ashland, OR 97520

(503) 535-2469

DISTIL CLEAR™ FOR WATER YOU CAN TRUST!



**Don't Take a Chance on
Your Tap Water!**

New countertop appliance
guarantees pure, healthful
drinking water.

**CALL TOLL FREE 800-874-9028
IN FL 800-321-5141**

WATERWISE® INC.

P.O. Box 45940 Center Hill, FL 34254

Slowing the Aging Process

*You have the power to add life to your years
and the time to start is now*



By Dr. Alan M. Immerman

For centuries, people have been looking for ways to live longer. They have tried medicines, elixirs, special foods and waters, megavitamins and other products of the laboratory. Countless other potential answers to aging have been experimented with for centuries.

To the disappointment of many, these supposed anti-aging potions do not work, and many are harmful. Gerontologists (experts in aging) have investigated anti-aging potions and foods in depth and have found them all to be worthless.

But there is a way that you can prolong your lifespan by changing your diet. Scientific evidence shows that you can live longer by eating less food.

Scholars of the bible and of general history do not find this surprising. In 3800 BC, the following inscription was carved on an Egyptian pyramid: "Man lives on one fourth of what he eats. On the other three fourths lives his doctor." In the bible, Ecclesiastes 37:31 says, "Many have died of gluttony, but he who is careful to avoid it prolongs his life." Temperance in eating and drinking to prolong life also was discussed in the early Chinese writing of Huang Ti.

Alan M. Immerman, D.C., is a frequent *Health Science* contributor. He is a member of the International Association of Professional Natural Hygienists and the director of the Immerman Chiropractic Center, Scottsdale, AZ.

Diet

In the 20th century, hundreds of scientists have studied the effect of food restriction on aging. The first large research was done in the 1930s by a doctor at Cornell University. Dozens of experiments showed that when one group of animals was fed an adequate diet in restricted amounts, while another group of animals was allowed to eat all they wanted of the same food, the restricted group lived 50% longer. Lifespan was prolonged because there was lower incidence of chronic diseases.

Since the 1930s, that particular Cornell research has been confirmed many times in all forms of life from Protozoa to fish to rats. The general conclusion is that if the amount of calories is restricted so that no excess fat accumulates, the length of life will be significantly prolonged.

But what about the effect of diet in human beings? Obviously, scientists cannot study people directly by locking them in laboratories and juggling their diets for a lifetime.

However, insurance company statistics indirectly support the research work done with non-human forms of life. Such statistics show that overweight people have higher risks of heart disease, strokes, kidney and liver diseases, appendicitis, problems in pregnancy and childbirth, hernia, degenerative joint diseases, cancer, and lung diseases.

Therefore, the scientific community has concluded that overeating in both animals and human beings will increase the risk of many diseases and shorten the lifespan. It is a fact that "the longer the belt line, the shorter the life line."

The Aging Process

There are five main theories which explain the nature of the aging process. Eating less food has been proved with each theory to prolong lifespan.

The cross-linkage theory of aging explains the wrinkling of the skin and stiffening of the joints which occurs later in life. With aging, increased numbers of fibers (cross-links) forms between particles of connective tissue (collagen). This causes a loss of elastic-

ity, and makes the tissue more brittle. Studies have shown that the process of cross-linkage can be retarded by restricting food intake.

The endocrine gland theory of aging states that aging is a normal process that may be speeded up by increased thyroid gland activity. Such an increase would make the organs work harder, and therefore age faster. Eating less food decreases thyroid gland activity.

The growth rate theory of aging holds that the body which grows at the fastest rate will live the shortest amount of time. Experiments have shown that overeating speeds up the growth rate, while eating the amount of food which the body actually needs will slow the growth rate and prolong the lifespan.

The Fountain of Youth is within your reach.

The genetic code error theory proposes that the more the cellular genetic code of DNA and RNA is used, the sooner it will show age-related imperfections. The genetic code is the inner "computer program" of the cell which determines the type of work to be done by each cell. Eating less food, and especially avoiding an overdose of protein, will reduce the use of this code, thus delaying the onset of age-related imperfections.

The last major theory of aging addresses the accumulation of waste products inside the cells. It is thought that such substances are harmful enough to speed up the aging process. Eating too much food will increase the amount of waste products inside cells.

The conclusion is that eating the proper amount of food and avoiding overeating will prolong the lifespan for many reasons that can be theoretically explained and understood.

The Anti-Aging Diet

The best time to start an anti-aging dietary program is at birth. Breast-

feeding will help since it provides for slower growth when compared to other types of feeding, and this will prolong the lifespan. It is best to feed an infant nothing besides breast milk for the first 4-6 months of life.

In adult life, there are many ways to cut down on the amount of calories without feeling hungry all the time. Strive to fill up on low calorie foods at the expense of high calorie foods. This means eating mainly fruits and vegetables. One pound of celery contains 58 calories; one pound of apples, 242 calories; one pound of whole wheat bread, 1100 calories; one pound of cheese, 1840 calories; one pound of steak, 1760 calories.

The high calorie foods are almost always high in fat. The list of high fat foods includes oils, shortening, butter, margarine, bacon, salad dressings, meats, poultry, fish, dairy products, nuts, and eggs. A diet plan can only be low in calories if very minimal amounts of high fat foods are eaten.

Studies have shown that an intake of vitamins that is higher than the recommended dietary allowance (RDA) will prolong the lifespan. But, since the Natural Hygiene diet supplies such a higher level of vitamins, supplements are not needed. Eating 1 ½ carrots and 2 oranges per day would provide 3 times the RDA of vitamin C and 1.7 times that of vitamin A. Also, since this is rich in vitamin E (dark green leafy vegetables, nuts, and legumes are rich in E), and low in polyunsaturated fatty acids which increase the need for E, there is no need for vitamin E supplements.

Diet is Not Everything

As with most aspects of health, however, diet is not everything. Exercising vigorously 4-5 times per week will help keep body weight at a minimum, and will have many other anti-aging effects.

You can live longer, enjoy more health, and have more energy simply by making easy changes in the way you live. The true "Fountain of Youth" is within your reach. □

Natural Hygiene Dietary Recommendations Find Their Way to Medical School

By Joel Fuhrman

Research documents the benefits.

I am a medical student at the University of Pennsylvania School of Medicine and I find it very interesting to hear my teachers present current research in the dietary practices Natural Hygienists have advocated for many years. I thought this would be interesting for other readers of *Health Science* too. Here are some of the reasons behind their support.

Medical doctors lecturing in the pathophysiology course (physiology of disease processes) support a low protein, low fat, natural vegetarian diet in the following ways.

Low Protein Diet

For many years, doctors have regarded cholesterol levels in the range of 140-250 mg./dl. as normal. According to Dr. Donald Martin, professor of medicine, this "normal" range is actually pathologic (disease provoking). He contends that the healthy range is lower than 140 mg./dl. He bases his opinion on the fact that 70% of our present population dies of cardiovascular disease and that there is significant coronary artery disease even in those individuals who die of other causes.

Dr. Martin states further that today's diet high in fat and animal products does not match our capacity to handle it. Autopsies done on men killed in Korea and Vietnam showed that even at their young age, 70% of the men already had significant fatty plaques



in their arteries and had coronary artery disease. Clearly, Americans develop destructive cardiovascular changes. Newborn humans and monkeys have cholesterol levels between 30-70 mg./dl.

Conclusion: If a doctor tells you that your cholesterol is normal, watch out. It is probably too high. Only levels below or near 140 mg./dl. should be considered truly healthy.

Kidney Stones

Dr. Alan Wassestein, a kidney specialist, used a series of slides to illustrate the formation of kidney stones. Research articles conclude that these formations are directly proportional to the amount of animal protein included in the diet. Many researchers have concluded that a high protein

diet causes calcium excretion in the urine. This increased calcium excretion in the urine means that a high concentration of calcium accumulates in the kidneys, creating an environment that induces calcium-stone formation and nephrocalcinosis (the deposition of calcium salts in the kidney).

In addition, excess protein has been shown to accelerate the destruction of functional units ("nephrons") of the kidney as we age. A low protein diet puts less stress on the kidney's filtering units by decreasing the amount of pressure. The result is that fewer functional units are lost with age. Doctors are now treating patients with kidney disease more effectively. They are putting them on low protein diets.

Calcium Loss

Excess protein excretion in the urine causes a negative calcium balance in the body. A negative balance means that more calcium is excreted than is absorbed via digestion. A slight negative balance over long periods of time results in osteoporosis. This is because concentration of calcium in our blood must be maintained at a certain level and the necessary calcium must be obtained from our bones, the primary storehouses of calcium in our body.

Contrary to what most people believe, the amount of calcium that you take in does not determine whether osteoporosis develops. Rather, it is

whether you are in a negative or positive balance. For instance, if your intake is very high, but you excrete a somewhat larger amount in your urine, you have a negative balance and osteoporosis is inevitable. On the other hand, if your intake is relatively low, but your body is efficient at holding on to it and excretes less than you take in, your body has a positive balance for this nutrient and osteoporosis will be avoided.

Another very interesting process was explained to us. A diet high in both salt (sodium) and sugar also causes an unwanted excretion of calcium in the urine. This can be a problem for those whose calcium balance is negatively affected by excess protein consumption.

Supplements

With the above in mind, we are in a better position to understand why so many people think calcium supplementation is important and why the U.S. government will be increasing the RDA for calcium from 800 mg./day to 1000 mg./day. These recommendations must be viewed within the context of the average American diet. The average person eats a diet that makes it difficult for the body to retain the calcium it needs. Unfortunately, supplementation is not a satisfactory solution because, as already described above, osteoporosis can continue even with a high calcium intake.

Dr. Wassestein added that calcium supplements given for the prevention of osteoporosis will accelerate kidney stone formation and nephrocalcinosis because the higher the intake, the more will be filtered through the kidneys, creating the pooling (accumulation). Dr. Wassestein predicted a tremendous increase in these diseases in the future, especially in women, due to the current osteoporosis scare and the resultant increase in intake of calcium supplements.

Bad Advice

Unfortunately, most Americans will continue to be misled about the causes of osteoporosis. They would rather take supplements than reduce the intake of sugar, salt and animal-based foods in their diet. They will be encouraged by the government and their physicians to increase their calcium in-

take because it's easier to take a pill or make certain additions to the diet than it is to make the necessary changes in personal dietary habits. Worse, some physicians even recommend estrogen supplements as a treatment to prevent osteoporosis. This heightens a woman's risk for breast and genital cancer as well as cardiovascular disease.

Protein Metabolism

Another point of interest is the high level of urea commonly found in the blood. Urea is an end product of protein metabolism. The more protein a person eats, the more urea is produced. This urea is a nitrogenous waste product and is used by doctors as a marker for determining the level of retained toxins in the body.

Medical Students now learn the relationship between conventional eating patterns and disease.

Other uremic toxins besides urea are also recognized as causes of pathologic symptoms and disease. They represent an entire constellation of waste products not yet biochemically identified and presently not measurable. These toxins, however, are significantly more potent than urea itself in causing neurologic symptoms and other toxic effects. Therefore, a high protein diet causes not only more urea but also other more potent uremic toxins. My teachers emphasized that Americans lose significant kidney function as they age because of the abuse they put their kidneys through via the commonly consumed high protein diet.

Raw Fruits and Vegetables

Dr. Randy Pitman, a pharmacologist, reported that a diet high in vitamin C, vitamin A, raw fruits and vegetables is a preventive against cancer. Breast metaplasia (i.e., abnormal change in cell structure, as well as a precancerous condition) regressed when nutri-

tional programs were instituted to increase vitamin A intake. A correlation was shown between animal fat intake and development of breast tumors.

Studies show that more than 90% of cancers would not occur if people would simply change their diets and stop smoking. Epidemiologic studies illustrate that where dietary practices are similar, whether it be in specific population groups or an entire country, the types and amount of cancer recorded correspond to the similar diet. Sweden, whose population has the highest intake of smoked foods, also has the highest incidence of stomach cancer. Diets that are high in fat, high in animal food, and have a high consumption of pickled, salted and smoked-cured foods (which contain nitrates and nitrites) significantly raise cancer incidence. By contrast, vegetarian populations such as the Seventh Day Adventists have reduced incidence of all types of cancer.

Since the conventional American diet significantly increases our risk of developing hypertension, cardiovascular disease, stroke, kidney disease and cancer, it does seem exceptionally foolish for Americans to continue their dietary practices. Natural Hygienists have been suggesting to Americans to revise their dietary practices for years.

Most of my fellow students were unaware of the problems inherent in the conventional American diet. My Natural Hygiene diet and lifestyle attracted a lot of attention. During my first year they considered me an "extremist quack." By the end of my second year I had become an "expert," sought out for dietary suggestions and advice.

Not surprisingly, when the teacher of the course on the epidemiology of cardiovascular disease asked our class of 150 students how many of them had significantly changed their diets since the first year of medical year, 70% of my classmates raised their hands. □

Joel Fuhrman is an ANHS director and a frequent contributor to *Health Science*. He is currently attending the University of Pennsylvania where he will receive an M.D. degree in May, 1988.

The Problems Caused by Eating Meat and Dairy Products Should Not Be Underestimated

By Dr. Alan Goldhamer

There are many reasons why an ever-increasing number of people are reducing or eliminating animal products from their diet. Animal products—including meat, fish, fowl, eggs, and dairy products—are not essential to the human diet. There is no vitamin, mineral, amino acid, or fatty acid that cannot be satisfactorily provided on a vegan diet—that is, a diet completely free of animal products. This includes the essential amino acids, calcium, iron, vitamin B12, and linoleic acid. Not only are animal products unnecessary in the diet, but their consumption (particularly in large quantities) could create a serious threat to a person's health.

Human Anatomy

A little comparative anatomy illustrates quite clearly that man is not designed to be a carnivore. It is interesting to note that most of our teeth are flat for grinding grains and vegetables—and that our hands are better designed for gathering grains than for tearing flesh apart. Our saliva contains alpha-amylase whose sole purpose is the digestion of carbohydrates. Alpha-amylase is not found in the saliva of carnivorous animals. Carnivores have the capacity to eliminate large amounts of cholesterol, whereas our livers can excrete only limited amounts.

Parasites and Contamination

Animal products are a source of parasites and contamination. Uncooked or improperly cooked meat, fish, fowl, and dairy products are the source of many ailments such as trichinosis from pork and pork-contaminated beef, and bacterial infection (salmonellosis) from raw milk products and other contaminated animal products. There are a multitude of chemical agents such as carcinogenic nitrates, etc., that are added to animal products to slow down their decay, improve their color, or alter their taste. Most

animal products undergo significant heat treatment before consumption.

Problems with Cooking

The use of heat presents serious problems. For example, a one-kilogram charbroiled steak can contain as much of the cancer-causing benzopyrene as from 600 cigarettes. Methylcholanthrene is another example of a carcinogenic substance derived from heated meat. The heating of any fat, including the fats in animal products, can cause peroxidation and the formation of free radicals.

Free Radicals

Free radicals are extremely reactive molecules that are capable of damaging almost any cell of the body. Free radicals have been shown to cause alterations in collagen and elastin tissue thereby leading to premature aging of the skin and connective tissue. They contribute to the accumulation of intra-cellular debris such as lipofuscin and creoid and are thought to be an important component in the aging process. In addition to parasites, bacterial infestation, toxic poisons, carcinogenic agents, and free radicals, animal products all suffer from the problem of biological concentration. Animals consume large quantities of grain, grass, etc., which are to a greater or lesser extent contaminated with herbicides, pesticides, and other agents. In addition, animals are often fed antibiotics and treated with other drugs and toxic agents. These poisons concentrate in the fat of the animal and are present in highly concentrated amounts in an animal's milk and flesh. This biological concentration of poisons poses significant threats to the health of humans who consume these concentrated sources of poisons.

Excess Protein a Threat

As if this weren't enough, animal products are extremely high in pro-

tein, and in spite of what the meat and dairy industry would have you believe, it is excess (not inadequate) protein that is a threat to health. Excess protein intake has been strongly implicated as a causal agent in many disease processes including kidney disease and various forms of cancer. Excess protein intake also increases the need for vitamins such as A and B12.

When excess protein intake is consumed the resulting nitrogenous waste products have to be neutralized with minerals, including calcium. Studies have shown that persons with a high protein intake develop a negative calcium balance, regardless of how much calcium is consumed. More calcium is lost than is taken in. That is why there is a high incidence of problems such as osteoporosis associated with high protein intake.

Too High in Fat

In addition to excess protein, most animal products are also high in fat. Virtually all current nutritional literature agrees that the reduction or elimination of excess fat—and, in particular, animal fat—is essential in the treatment and prevention of a wide variety of health problems including obesity, diabetes, heart disease, and cancer.

Deficient in Fiber

Animal products are also deficient in fiber and are the most common products associated with hypersensitivity responses, such as food allergies. If animal products are included in significant quantities, it is virtually impossible to design a diet that is consistent with the overwhelming bulk of evidence in the scientific literature dealing with nutrition. □

Alan Goldhamer, D.C., is co-director of the Center for Chiropractic and Conservative Therapy in Penngrove, CA. He is also a member of the International Association of Professional Natural Hygienists and an ANHS director.

"I Didn't Know Sprouting Seeds at Home Could Be So Easy"

Step by step sprouting instructions

By Anne apRobert

"I'd like to start sprouting my own seeds, but it seems rather complicated and time consuming. I don't know how to begin." Does this sound like you? Fortunately, there is nothing complicated or time consuming about sprouting. Sprouting is easy. It is simply indoor gardening without soil. I can do it and so can *you*.

Step By Step Instructions

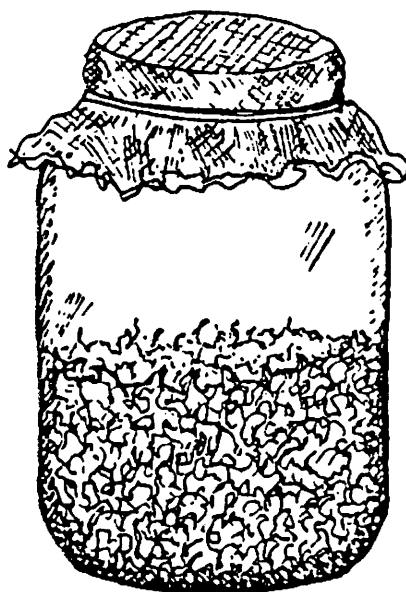
Here are some easy instructions for sprouting alfalfa seeds. Soak your seeds for 6-8 hours (overnight is very convenient) in water to wash away the protective outer layer and bring them to life. After the soaking period place the seeds in a sprouting jar or tray. (You can soak the seeds right in the jar.) Rinse the seeds well. Let the excess water drain off. Then set them aside in a cool (55-65 degree) environment, out of direct sunlight.

Now they are on their own until evening when they need another rinsing. Don't worry about them. They know just what to do...*grow*. That is what they were born to do. You don't have to convince them or coax them.

The ingredients the sprouts need from you are:

Water

Rinse and drain well at least twice a day. If it is extremely dry and hot you may have to rinse three times a day. If you use distilled or filtered water for soaking and rinsing you will have a better sprout. Sprouts will absorb some of the chemicals, such as chlorine and fluoride, that are commonly found in tap water. Use cool water unless it



is very cold where you are sprouting. Then you can use lukewarm water.

Light

Indirect sunlight turns the leaves green. When a seed begins to grow it is usually in the earth where it is dark. Not until it breaks ground does it come into the light. Seeds are never strong enough for *direct* sunlight. After a few days, expose them to indirect sunlight and they will green up.

How Long Do I Sprout Them?

Different sprouts have different growing times. Alfalfa sprouts take 5-7 days to reach a point where the leaves are fully developed and deep green. Once they have reached full growth, place them in a plastic bag or food storage container in the refrigerator. Most healthy sprouts will last approximately a week under refrigeration.

What Do I Need?

Here is a list of what you need to get started.

Alfalfa seeds: Try to get organic seeds. If they are not available ask for "untreated" or "unsprayed sprouting seeds." Some seeds are treated with a growth inhibiting chemical that may extend shelf life, but probably will not extend yours. The best seed is usually available through your local food co-op or health food store.

Something to sprout in. Glass jars. A glass jar, quart or gallon size, with a piece of plastic screen or a pre-made screen top. The screen top allows the water to drain out but not the sprout seeds.

Sprouting trays: There are several types of manufactured sprout trays available. Two, the "Biosnacky" three-layer and the "Kitchen Sprouter," are highly recommended.

In addition, you'll need running water, a place for sprouts to drain, a bag or container for the fridge. You can also use a "hulling tool." This is something like a tea strainer. Several days before your alfalfa sprouts are ready to refrigerate, they should be put in a bowl (or sink) of cool water and submerged. The "hulls" or seed jackets will float to the top or lie on the bottom and you can scoop them off the top of the water with a hulling tool. This will help to keep the sprouts from rotting and improve the taste. You can use a small colander with a handle, a tea strainer or purchase a ready-made "hulling tool." □

Special thanks to Anne apRobert and Sprouting Publications, P.O. Box 62, Ashland, OR 97520, (503) 482-5627, for supplying us with this article. Sprouting Publications are an excellent source of sprouting information, seeds, supplies and equipment. They also publish the excellent publication *The Sproutletter*.

Special Meals Served at Home

Enjoy good food and good friends in the comfort of your home.

By Susan Taylor

Terrific! It's an exciting new year and you've made a splendid resolution. You are going to do more socializing. You've promised yourself to go out more and, wonder of wonders, you've invited friends over for dinner. Great! By now they probably know you've changed your eating habits and they're very curious about it. Well, they are in for a treat. How do you begin? Plan a colorful and tasty menu, organize your food shopping, put on your favorite apron and sharpen your wits! A successful get-together takes a little forethought.

Menu I

**Stuffed Red Peppers with
Avocado Stuffing
Raw Vegetable Platter
Nut Cups**

Recipes

Stuffed Red Peppers with Avocado Stuffing

**1 sweet red pepper per guest,
plus a few extra**

**Avocados: 1 per pepper if small,
½ per pepper if large**

**Sweet red peppers, diced
Broccoli, finely chopped
Celery, minced**

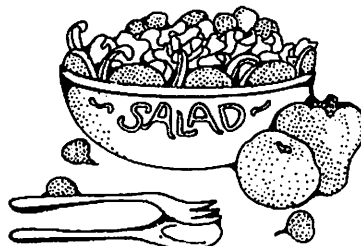
**(Amounts of additional red
peppers, broccoli and celery
should be relative to number
of peppers you are preparing)**

**Cucumbers and carrots for
garnish**

Wash and remove tops and seeds from sweet peppers. Mash avocados and mix with diced peppers, broccoli and celery. Stuff each whole pepper with mixture.

Note: This procedure can be adapted for stuffing tomatoes as well: add what you scooped out of the tomato to avocado mixture.

Serve on individual plates lined with lettuce leaves. Place stuffed pepper or tomato in center.



Menu II

**Large Tossed Salad
Stuffed Potatoes**

Steamed Kale or Collards

Recipes

Stuffed Potatoes

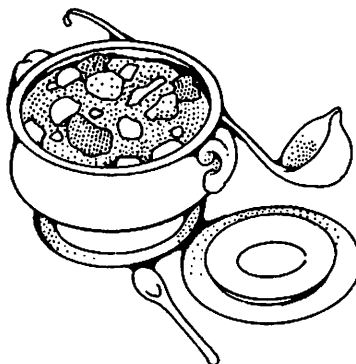
**Prepare the same number of
medium-size baking potatoes
as you have guests. (plus a
few extra)**

**1 medium or 2 small winter
squash**

**Broccoli (1 medium-size head
per each 2 potatoes)**

1 carrot, grated

Bake potatoes and squash at 350° for approximately 1 hour, or until tender. (Place squash in dish with ½-inch of water in the bottom to prevent burning.) Allow both vegetables to cool slightly by cutting them open. Steam broccoli for several minutes, until barely tender. Cut potatoes in half and scrape out insides. Do the same with the squash. Mash flesh of potato and squash together. Mix in cut-up broccoli. Stuff this tasty mixture into potato shells. Add grated carrot on top for color. Arrange filled shells on platter.



**Menu III
Large Tossed Salad
Broccoli Soup
or
Yam Stew**

Recipes

Broccoli Soup

1 large head of broccoli

1 stalk celery

8 carrots

Sunflower seeds

Use broccoli steamed, raw, or part steamed and part raw. If you use steamed broccoli, wash it and steam four minutes on low heat (after starting steam on high heat). Separate small florets of broccoli and place in large mixing bowl. Juice washed celery and carrots, and place in blender along with about two ounces of sunflower seeds per serving. Liquefy on high speed and pour into large bowl of broccoli. Stir and serve with a soup ladle.

Yam Stew

**1 large or 2 small yams,
peeled and quartered**

2 crookneck squash

2 large zucchinis

**1 large carrot, scraped and cut
into ½-inch slices**

**2 cups fresh lima beans or green
peas**

Place yams, squash and zucchinis in vegetable steamer, covered, over boiling water for 5-7 minutes. Remove squash and zucchinis when tender and allow yams to continue cooking until tender, approximately 20 minutes. In separate steamer, steam carrots and limas or peas for approximately 15 minutes, or until tender. Place carrots and limas or peas in serving dish. Cut zucchinis into ½-inch slices and add to serving dish. Toss well and serve. The variety of flavors and textures makes this dish absolutely delicious.

Susan Taylor teaches modern dance at the University of Tampa, is an ANHS staff person and associate editor of *Health Science* magazine.

Why I Became a Natural Hygienist

by Frieda Kabelac

The year 1984 marked the turning point of my life and it led to a revolutionary change. A serious cancer scare brought me to Natural Hygiene, a drastic lifestyle change and a new life work as well.

For 13 years before becoming a Natural Hygienist, I was plagued with chronic bursitis in my shoulders. I took cortisone shots and prednisone daily and also whenever there were acute flare-ups. At that time I was not able to do very much swimming. Today I can do 90 lengths in a 75-foot pool, non-stop.

With all the medication I was taking in those years, I became worse instead of better. When I told my doctor that I was also getting aches in my muscles and other parts of my body, he said, "Frieda, you are in your 40s. You have to expect some aches and pains."

In June of 1974 I had to have a breast biopsy. Fortunately, it was negative. My mother had died from cancer and I made up my mind that I would find some way of impeding or forestalling that development.

Shortly after I arrived home from the hospital, my friend June came with a stack of books. She said, "I know you are ready for this now."

I said, "I feel that I have to make a change in my body chemistry to stop this proliferation of all these cells. Do you think your books can help me?" She assured me they would.

I finished the first book which she recommended, Dr. Herbert Shelton's *Hygienic System, Volume II*. I learned more about the chemistry and physiology of nutrition, a subject I had always been interested in, from that volume than I had learned during all the years of reading about diet and nutrition in high school, college and the years following.

Then I read another book by Shelton, *Fasting Can Save Your Life*. It impressed me so much that I decided that on my Christmas vacation I would

Continued on p. 17

Ellen MacCarthy is Alive and Well at 90

by Ellen MacCarthy

Imagine my surprise at seeing a letter I wrote in 1960 reprinted in the Sept./Oct., 1986, issue of *Health Science*. In spite of how busy I am, I just had to respond by saying that I never realized how great a bargain it was to become the first Life Member when I was only 64. I am now 90.

I am light and fast on my feet and walk and shop five times weekly at three supermarkets within eight blocks (I don't use my shopping cart unless I buy a large watermelon). I live on the second floor so I walk up and down stairs. I bicycle six months of the year in Florida, read the finest print without glasses, have keen hearing, and I can chew almonds using no false teeth (I'm bragging).

I drove an automobile until recently when my car was demolished. I ended up on my head in that accident but walked away and refused to go to a hospital for a checkup since the only damage appeared to be a bump on the head and a bruise on the leg. After a few weeks of rest in bed with my leg propped on pillows, I was walking again as usual. This is just one example to show what proper diet and healthful living can do for you.

I have been sharing my story and the details of my lifestyle with the many friends who have been impressed with my excellent health since my initial 25-day fast at Dr. William Esser's ranch in 1948. I followed that with several shorter fasts. I have been fortunate to be able to encourage other people to change their lifestyles by offering such a positive image of health myself.

That September/October issue of *Health Science* said I had "passed." No, I haven't "passed" yet! I'm still here. And I feel I did both myself and the Society a good turn by making my contribution of \$1,000 in the past and by continuing to spread the word in many different directions ever since.

My life is so busy that I've only played my 81-year-old piano for 10

minutes in the past four months, which is a pity since I still play astonishingly well. But one has to set priorities. And even though I haven't found time to attend any recent Natural Living Conferences, I am there in thought with so many fine people I have known through the years.

I want for others what I want and have for myself. By sharing information about the wonderful benefits of a lifestyle based on the principles of Natural Hygiene, I feel I am not living in vain.

We are rich beyond compare. I send my love to my many friends and wish the Society and all in it the very best of everything.

Ellen MacCarthy is a longtime avid Natural Hygiene enthusiast. She was the first person to become a Life Member of the ANHS.

Health Pioneer Isaac Jennings, M.D. (1788-1874)

By David J. LoNigro

"All that one had to do to preserve himself in a state of health and to prevent disease was to supply the essentials of health to the body."

Born at Fairfield, Connecticut, November 7, 1788, Isaac Jennings labored on his father's farm until the age of 20. It was then he had the opportunity to fulfill his long-held ambition to become a physician by studying under the tutorship of Earl Ives, M.D., in New Haven, CT, from 1809 to 1811. Jennings obtained the "Doctor of Medicine" degree from Yale University several years afterward.

Following his graduation from Yale, Jennings undertook the practice of orthodox medicine—bloodletting and use of drugs common to the time—for almost 15 years. It was not until 1822 that he abandoned orthodox practices and discontinued the use of drugging altogether. This event marks the actual beginning of physiological or "Natural Hygiene" as it has become known.

At this time, Jennings began to advo-

Continued on p. 18

All New!

1986 Natural Living Conference Tapes

Hear the world's foremost Natural Hygiene educators speak on topics vital to you and your health. Don't miss this wonderful opportunity.

Special offer!

Get a free tape!
Buy 5 tapes; get 1 free.

Save \$60.

Buy the complete set (30 tapes) for only \$150 postpaid.
Don't delay! Only a limited number of sets available.

Health Care Is Self-Care

Improving Your Habits, Weight and Health
Hannab Allen #8603

Natural Hygiene Is A Biocentric Philosophy
Alec Burton, M.Sc., D.O., D.C. #8608

Basic Principles of Natural Hygiene
Ralph C. Cinque, D.C. #8610

Life Extension: Facts and Fantasies
Alan Goldbamer, D.C. #8617

Energy Conservation: Key to Good Health
Frieda Kabelac #8623

The Picture of Health
James Michael Lennon #8624

There Is More to Physical Exercise Than Meets the Eye
Ron Weston #8633

Food and Nutrition

Maintaining Optimal Weight
Ralph C. Cinque, D.C. #8611

Securing Optimum Nutrition with Today's Food Choices
Ralph C. Cinque, D.C. #8612

How to Be A Natural Gourmet
Paula Duvall #8615

The Truth About Food Irradiation
Max Huberman #8621

Food and Nutrition(Cont'd)

The Dangers of the Four Food Groups Diets
Frieda Kabelac #8622

Fasting

How to Fast
Alan Goldbamer, D.C. #8618

After the Fast
Hannab Allen #8604

Understanding Your Body

The Biological Crisis of Man
Alec Burton, M.Sc., D.O., D.C. #8605

Health, Disease and Healing:
A Modern Synthesis
Alec Burton, M.Sc., D.O., D.C. #8606

The Structure/Function Dichotomy:
Hygiene and Therapeutics
Alec Burton, M.Sc., D.O., D.C. #8607

Enervation and Stress
Nejla Burton, D.O. #8609

When Is Medical and Surgical Care
Necessary?
Ron Cridland, M.D. #8614

Early Warning Signs of Serious Illness
D.J. Scott, D.C. #8627

Understanding Your Body(Cont'd)

Scientific Testing and Natural Hygiene Care
D.J. Scott, D.C. #8628

Children

Hygienic Management of Common Illnesses
Ron Cridland, M.D. #8613

Raising Healthy Children
Paula Duvall #8616

Achieving or Avoiding Pregnancy Naturally
Jennifer Marano, D.C. #8626

Special Topics

How to Start An ANHS Chapter
Gladys Aaron #8601

1986 Conference Keynote Address
Hannab Allen #8602

How to Avoid Compulsory Inoculations
Attorney Mark A. Huberman #8620

Women's Health: A Natural Approach
Jennifer Marano, D.C. #8625

Growing Old Need Not Be a Problem
Keki Sdbwa, N.D., D.O. #8629

AIDS: What Is the Answer?
Keki Sdbwa, N.D., D.O. #8630

Ordering Information

1. Please print your name and address and the names and order #s of your selections.
2. Subtotal your order. Tapes are \$6.95 each.
3. Florida residents must add 5% sales tax.
4. Add shipping charges; see chart for rates.
5. Total your order.
6. Payment must accompany all orders.
7. Make check or money order (International Money Order if outside U.S.) payable to The American Natural Hygiene Society. Do not send cash.
8. Outside North America, write for details.

Guarantee: All of the above tapes were recorded live at the 1986 Natural Living Conference. They capture the excitement of a live performance, but they also have all the little imperfections of live recordings. Sometimes questions from the audience are inaudible; sometimes the quality of sound varies. If, for any reason, you are not satisfied with your tape selection, simply return it for a full refund or exchange.

Order Amount	Shipping	Order Amount	Shipping
\$5.99 or less	\$1.00	25.01 to 50.00	\$4.00
6.00 to 10.00	\$2.00	50.01 to 100.00	\$5.00
10.01 to 25.00	\$3.00	Over \$100.00	\$6.00

Allow 3-4 weeks for delivery. (North America orders only)

Natural Hygiene Press

12816 Race Track Road • Tampa, Florida 33625

Kabelac

Continued from p. 15

go to Dr. Shelton's health school in Texas and try it out. That entailed a seven-day fast followed by three days of eating and then returning home. Before leaving, I made an appointment with my regular doctor for a checkup after my return home in the first week of 1975.

During the fast I had a mild healing crisis. My throat was sore and my head ached for several days. To my surprise, on the eighth day after the fast was broken, I discovered that a long-standing condition had disappeared. The polyps that had developed in both of my nostrils were gone! There were no growths there. Dr. V. V. Vetrano, my fasting supervisor, explained that they had been autolyzed during the fast.

"Auto" means self and "lysis" is a Greek word element meaning to loosen or break up. Autolysis is self-digestion. So in only seven days the polyps that my doctor had been keeping track of since 1955 were gone!

I was in a high state of excitement from this experience. It was positive proof that the body can cure itself. Given the opportunity, it can autolyze tumors!

Upon my return I kept my appointment with my doctor. He was startled when I told him I had been on a seven-day fast.

At the end of the examination he gave me a referral to the laboratory for the blood work. He said that I should come back the following week after the blood report came in. I returned the following week.

He said, "Everything checked out OK. Everything is fine. You are in the best health I have ever seen you in."

I thanked him and said goodbye, and that is the last time I have seen a medical doctor. It has been 11 years now that I have been completely free of medical and social drugs and living the Natural Hygiene lifestyle.

I have learned an important fact of life. Health cannot be bought. It has to be built and maintained. Good health is spontaneous in an unabused body.

Frieda Kabelac, who lectures frequently throughout the United States and Canada, including making numerous radio and television appearances, is a regular contributor to *Health Science* and *Healthful Living* magazines. She is an ANHS director and the vice president of the Tallahassee chapter of the ANHS.

HYGEIA HEALTH RETREAT

Dr. Ralph C. Cinque, Director

We provide a restful, supportive environment for fasting and health cultivation. Enjoy fresh air, sunshine, gardening, fruit culture, exercise, natural foods and companionship under the supervision of our experienced, professional staff.

439 East Main Street • Yorktown, Texas 78164

Phone: (512) 564-3670

CENTER FOR CONSERVATIVE THERAPY, INC.

offering an alternative approach to the restoration and maintenance of optimum health.

A comprehensive Hygienic program including carefully monitored fasting, individualized diets and lifestyle education.

Alan Goldhamer, D.C. and Jennifer Marano, D.C., directors

brochure available

4310 Lichau Road
Pennngrove, CA 94951
(707) 792-2325

RECIPES



BY
SUE DOUGLAS PAULA DUVALL JOY GROSS
FROM

FOOD DEMONSTRATIONS AND CONFERENCE MEALS

Take part of the 1986 ANHS Natural Living Conference home with you! (Whether you were able to attend the conference or not.)

This booklet (30 pages) contains recipes of foods actually served at the conference plus many, many more from nationally known Hygienists Sue Douglas, Paula Duvall and Joy Gross.

There's something for every meal and desserts, drinks and snacks as well. **Order your recipe booklet today!**

Only \$3.75 postpaid.

ANHS Chicago Chapter
202 Oxbow Court
Valparaiso, IN 46383
Attention: Paula Duvall

FUNDAMENTAL HEALTH CENTRE

... where health is regained and maintained by following the requirements for health. ...

In a country setting we offer:
fresh air and pure water
medically supervised fasting
and dieting

wholesome vegetarian meals
exercise and relaxation classes
health related lectures and
literature

massage therapy
all in a pleasant, supportive
environment in which to improve
your lifestyle and recover health.

Ronald G. Cridland M.D., C.C.F.P.
Certified Member
International Association of
Professional Natural Hygienists

Elaine L. Forrest R.N., R.M.T.
Registered Massage Therapist

Lobraico Lane, R.R. 4,
Stouffville, Ontario,
Canada, L4A 7X5
(416) 640-7994

Professionally Supervised and Carefully Monitored **FASTING**—The Way Back To Normal Health



Scott's Natural Health Institute
Box 8919 Strongsville, Ohio 44136
216-238-6930

SPECIAL SALE 30% OFF

The Natural Hygiene Press is offering the following books at sale prices. These books will no longer be available from NHP so order now and take advantage of these special low, low prices.

BOOKS	RETAIL PRICE	DISCOUNT PRICE
ANIMAL LIBERATION Peter Singer	4.95	3.45
CREATIVE VISUALIZATION Shakti Gawain	Sold Out	
IS CANCER CURABLE? Herbert M. Shelton & others	Sold Out	
MAGICAL CHILD Joseph Chilton Pearce	3.95	2.75
MALE PRACTICE Robert S. Mendelsohn, M.D.	8.95	6.25
MAN'S SEARCH FOR THE GOOD LIFE Scott Nearing	Sold Out	
PHYSICAL, MENTAL & SPIRITUAL HEALTH Helen P.M. Jaworski Ritchie	6.00	4.20
SUNLIGHT Zane R. Kime, M.D., M.S.	Sold Out	
THE BACH FLOWER REMEDIES Edward Bach & F.J. Wheeler, M.D.	6.95	4.85
THE POISONED NEEDLE Eleanor McBean	Sold Out	
THE PSYCHOLOGY OF SELF-ESTEEM Nathaniel Branden	3.95	2.75
THE WOMANLY ART OF BREASTFEEDING	7.50	5.25
VACCINATION THE SILENT KILLER Ida Honorof & Eleanor McBean	Sold Out	

Please include \$.50 per book for postage and handling.

Florida residents add 5% sales tax.

NATURAL HYGIENE PRESS

12816 Race Track Road,
Tampa, Florida 33625

Jennings

Continued from p. 15

cate the "orthopathic" plan of treating disease, a plan concerned with placing the patient under organic law and then leaving him or her to the "vis medicatrix naturae" (the healing power of nature). The start of his drugless practice was little suspected by his patrons of the time. Carrying an assortment of placebos including assorted bread pills, variously scented and colored powders made from wheaten flour and a quantity of soft water of numerous hues, Jennings dispensed the medication while detailing explicit directions on their use intermingled with advice on diet and hygienic habits.

In his writings, Jennings formulated a theory of disease called "Orthopathy." This theory stated that "disease is a unit and in its various forms is entirely true to the laws of life, which cannot be aided by any system of medication or any medication whatever." He added that to restore health one should "rely solely upon the healing powers of the body and placing patients in the best possible conditions for the operation of the body's own healing processes by means of rest, fasting, diet, pure air, and Hygienic factors."

Jennings theorized that "impaired health or disease is simply a lower degree of the action of parts affected, than is performed by the same parts in their highest state of health." He concluded that in a lower state of health one will become more susceptible to disease.

"When the vital ability of any department or portion of the system is replete, morbid causes of ordinary power make but little impression upon it; when its vitality is low slight causes disturb or derange it."

Jennings also advocated fasting in his practice. "Food carries no vital power into the system with it, but requires much to convert it into organized texture and endow it with vitality." He added that "any quantity, therefore, that is taken into the system, beyond the ability of the nutritive apparatus to animalize, will do more harm than good."

Jennings retired from practice several years before his death on March 13, 1874. □

This biographical sketch is based on information compiled by David J. LoNigro from the Herbert Shelton Library. David is a student at the University of Tampa who is serving an internship with *Health Science* magazine.

Ask Hannah Allen

My column this time contains useful information on a variety of subjects about which many of our readers have expressed concern, and will serve to answer an accumulation of many such inquiries.

One such subject is whether the use of aluminum cooking vessels is inadvisable. Another concerns the mysteries of Alzheimer's disease. It turns out that these two subjects may have a direct relationship to each other.

In his book, *Modern Prevention: The New Medicine* (Linden Press/Simon and Schuster, New York, 1986), Isadore Rosenfeld, M.D., gives an interesting viewpoint on both of these subjects, as well as a few others of great interest to Hygienists.

Dr. Rosenfeld says (pages 56-57), "A theory proposed to explain Alzheimer's disease suggests that aluminum plays a role in its development. Aluminum is a neurotoxin. It damages brain cells. When given to rats in large doses, it changes their behavior. More important, aluminum produces the same neural fibrillatory tangles in the rat brain that we see in the brains of humans with Alzheimer's disease. Perhaps most significant is the observation that the aluminum content of the brains of patients dying with Alzheimer's disease is ten to thirty times higher than in nondemented individuals. What's more, it's concentrated in the abnormal-looking neural fibrillatory tangles. I know several scientists who are so taken with these observations that they personally avoid all contact with aluminum. They don't use antacids or skin deodorants that contain aluminum, and have even discarded their cooking utensils made of this metal...But remember that this is still only a theory in its very earliest stages, and one that is by no means universally accepted."

Personally, I am more than ever convinced that aluminum is harmful to humans. Many years ago I discarded aluminum "waterless cooking" pans, having become convinced that the leaching of aluminum into the food was harmful. In fact, I am also somewhat dubious about stainless steel.



At this juncture, I quote an article in *Healthful Living* (Summer 1986, Volume V, No. 3, p. 41), which gives some additional food for thought, though it fails to document the source of the information given: "A one-year study of veterans in Massachusetts has revealed a bombshell. People who smoke more than one pack of cigarettes a day are 4.3 times more likely to have Alzheimer's disease than non-smokers. Smoking affects many vital organs, the most crucial of which is the brain. Tobacco smoke contains a harsh narcotic, nicotine, which affects the brain and nervous system more than the other seventeen poisons which it contains. The senility caused by smoking and aluminum retention affects approximately two and one-half million Americans. When brain cells are destroyed, the spaces ossify, that is, fill in. Aluminum is one of the primary fillers in cigarettes."

Dr. Rosenfeld feels very strongly about the many dangers of cigarette smoking, for both the smokers and those who are forced to breathe air polluted by smokers. He says, "No one leaves my office without hearing an impassioned dissertation on the subject." He says that not only do cigarettes render you vulnerable to lung cancer (and a multitude of other life-threatening pathologies), they also increase the danger from other carcinogens, such as asbestos and radon, increasing the cancer risk by as much as fifty times.

On page 166, Dr. Rosenfeld describes "undernutrition without mal-

nutrition," and the laboratory experiments which revealed that the lives of test animals can be prolonged by keeping their weight down and reducing the total intake of protein.

On page 131, he says, "While it's important to eat enough protein and fiber, too much of either can result in depletion of body calcium" (and osteoporosis). "So can excessive salt, coffee, cola beverages, vitamin A and foods with phosphorus additives." He also points out that inactivity also promotes osteoporosis.

Dr. Rosenfeld says (p. 137) that many waters (including popular mineral waters and some carbonated waters) have a high calcium content, which may enhance the development of stones in the kidneys and gallbladder, and says that it's safer to use distilled water.

He makes the same point (p. 366) as Dr. Alec Burton on the subject of chelation therapy; the basic fallacy of the theory on which chelation is based. Advocates of this theory claim that the injection into the bloodstream of a substance called edetate disodium (EDTA) causes this substance to unite with and remove the calcium in the plaques that narrow the blood vessels. Dr. Burton pointed out that if indeed calcium is removed from the body in this way, it would most likely be the more available calcium urgently needed by the body, rather than calcium deep in the deposits. Dr. Rosenfeld further points out that arteriosclerotic deposits do not contain any appreciable amount of calcium until very late in the disease, and even then it would constitute only a small and inconsequential portion of the plaque.

Dr. Rosenfeld agrees with the Hygienic philosophy in a great many respects. He says (p. 416) that nature is the great healer and that effective prevention basically involves modifying your lifestyle—your habits, what you eat, drink, the work you do and where you do it, and your attitude toward life. □

ANHS President Hannah Allen is the author of numerous books and pamphlets, including *Don't Get Stuck* and *Homemakers' Guide to Foods for Pleasure and Health*.

Where there's a will . . . there's a way.

Many of our friends have helped preserve the legacy of Natural Hygiene for future generations through bequests to The American Natural Hygiene Society.

A large number of people do not have wills, and there are many others who may consider updating their wills because of sweeping changes in tax laws in recent years. Bequests are important sources of support for our future achievements and goals. The following format may be used by those who wish to make a bequest to ANHS:

"I am a Natural Hygienist by conviction. Therefore I give to The American Natural Hygiene Society, a non-profit corporation presently with headquarters in Tampa, Florida, the sum of (\$_____), and/or other specifically described property, free of all death taxes, creditors' claims and expenses of administration of my estate, for discretionary use in carrying out its general aims and purposes."

The total dollar value of a bequest to ANHS is deductible for Federal estate tax purposes. You can consult with your attorney about the procedure for naming ANHS in your will or you can contact the Society.

Contact:
James Michael Lennon,
Executive Director
12816 Race Track Road
Tampa, FL 33625

813-855-6607



ANHS Report



© 1986 Richard Dubin.

Newly appointed ANHS executive director James Michael Lennon is pictured here with President Hannah Allen.

James Michael Lennon Appointed New ANHS Executive Director

President Hannah Allen is happy to report that the Board of Directors of the American Natural Hygiene Society has appointed James Michael Lennon as executive director.

James replaces Craig Laroche who resigned in the fall and is relocating in the Asheville, NC, area, to pursue new personal and professional challenges.

James has been active in ANHS activities since his election to the board of directors in 1982. He became the director of the Herbert Shelton Library in 1984, the editor of *Health Science* magazine in 1985, and added the role of assistant executive director in 1986.

Prior to his association with ANHS, James taught elementary school in Southampton, NY. He has a bachelor's degree in music from State University of New York and a master's degree in education from Long Island University.

We welcome James to his new position and we wish Craig good fortune in his upcoming endeavors and thank him for his many efforts on behalf of the Society.

Chapter News

The New Jersey chapter hosted Marie Anania at its September meeting. Ms. Anania spoke on "My 31-Day Fast: How I Fasted My Way into Weight Control and a Good Coping System." Dr. Ben C. Lane spoke on "Nutrition

and Vision—1986 Update" at the October meeting.

Dr. Mel Rosenthal and ANHS director Joel Fuhrman were guests at the October meeting of the Philadelphia chapter. The November meeting included a pot-luck buffet.

Mike Calhoun addressed both the Southwest Florida and Miami Beach chapters in September and October. The topic of his talk was "Natural Life Extension." The Miami Beach chapter also showed "America, from Hitler to MX," a film made available by the South Florida Peace Coalition and Nuclear Freeze organization, at their October meeting. Sprouting was the theme of a lecture and demonstration at their November meeting.

"Health by Healthful Living" was the subject of Jean Oswald's presentation to the Milwaukee chapter at their November meeting. Jean co-authored with Herbert Shelton and Jo Willard the recently published *The Original Natural Hygiene Weight Loss Diet Book*.

Noteworthy

ANHS members Max Huberman and Dr. D. J. Scott were among the guest speakers at the Harvest Festival 1986, sponsored by the *Michigan Organic News* and Organic Growers of Michigan in Brooklyn, MI, in October. Max addressed "The Truth about Food Irradiation." Dr. Scott spoke on "Immune Enhancement in Tumors, Blood Clots and Pathology" and conducted a workshop on "Revitalization and Healing." He also participated in a forum titled "Toward a Wholistic Life in a Wholistic World."

International

Happy Anniversaries! The Canadian Natural Hygiene Society celebrated its first Century Club anniversary in November at a gathering hosted by the Toronto chapter. Max Huberman was guest speaker.

Max also spoke on "Irradiation of Food" at the regular November meeting of the Toronto chapter. He was joined by Dr. Phillip Martin speaking on "Osteoporosis."

The Peterborough chapter of the

CNHS hosted the Third Annual All-Day Health Fair in November. Max Huberman was the speaker at their November meeting.

Upcoming

The Chicago chapter will host "A Day with Dr. J. E. Phillips" on February 14. Other upcoming programs will feature Dr. Ron Cridland (March 21); Hannah Allen (April 18); and a weekend seminar (May 16-17). For more information, call (219) 464-2467.

An exciting 1987 schedule is planned by the CNHS Toronto chapter. Speakers and events include Dr. Ron Cridland (January 27); All-Day Health Fair (February 22); Dr. Glen Boggio (March 24); Dr. D. J. Scott (April 28); membership meeting and film with buffet meal (May 20); and a weekend health seminar with Drs. Alec and Nejla Burton (last weekend of June). Call (416) 781-0359 for more information.

1987 Natural Living Conference

Mark your calendars! The dates for the 39th Annual ANHS Natural Living Conference are July 24-31, 1987. This year's conference returns by popular demand to Brock University, St. Catharines, Ontario, Canada.

Natural Hygienists from all around the world will gather to celebrate a week of educational and social experiences. Lectures and panel discussions by popular and distinguished speakers will inspire both beginners and experienced Natural Hygienists.

Natural Living Conferences are wonderful reunions. This is the perfect opportunity to meet new and old friends. The conference is open to everyone so you can invite your family and friends to spend a wonderful vacation.

Field trips will be included in the conference schedule. Participants at last year's conference enjoyed a sight-seeing trip to the spectacular Canadian Horseshoe Falls and an evening of theatre at Niagara-on-the-Lake.

Other activities planned for the conference include the Century Club Luncheon, folk dancing and talent night. All meals will be a delight to eat, satisfying in both quality and quantity and served simply and attractively.

St. Catharines is in a lovely fruit-growing area in the Niagara region. It

is located only 15 minutes from Niagara Falls and conveniently reached from both Buffalo and Toronto airports.

The Brock University campus offers the perfect outdoor environment for jogging, walking, hiking and bicycling. Wooded trails are well marked and easily accessible.

See you in St. Catharines!



Frieda Kabelac is a featured speaker at the January 10, 1987, ANHS Winter Seminar to be held at the University of South Florida in Tampa.

ANHS Winter Seminar

ANHS is sponsoring a seminar on January 10, 1987, from 9:00am to 5:00pm at the University of South Florida ballroom in Tampa, FL. Speakers for the event include ANHS President Hannah Allen, ANHS directors Frieda Kabelac, Dr. Alan Goldhamer, Dr. Ron Cridland and Paula Duvall, and new ANHS Executive Director James Michael Lennon.

If you live in the Southeast, this is a seminar you will not want to miss.

Important Notice: Membership Dues Increase

At this year's general membership meetings held July 20-21, 1986, at Brock University, members voted to raise annual membership dues to \$25. This much needed increase will help offset the effects of inflation and other similarly increasing costs of operation. This increase takes effect January 1, 1987, and will be reflected in all renewal notices.

In Memoriam

Mary Wangler, one of the founding members of the Southwest Florida chapter with her husband Dick, passed away in September. Prior to moving to Florida, Mary and Dick founded an ANHS chapter in Buffalo, NY. Mary was a Life member of ANHS. She will be missed by all who knew her.

The American Natural Hygiene Society, Inc.

Living in Harmony with Nature
12816 Race Track Road
Tampa, FL 33625

CHAPTERS

Arizona

Scottsdale (602) 946-1597

California

Los Angeles (213) 388-4332
North Bay Area (707) 546-6139
Orange County (714) 969-5043
San Francisco (415) 665-1060

Connecticut

Greater Hartford (203) 584-1442

Florida

Collier County (813) 455-2696
Greater Miami (305) 866-8000
Greater Tampa Bay (813) 443-4097
Miami Beach (305) 538-4497
Ormond Beach (904) 672-1824

Palm Beach (305) 689-8115
Pasco County (813) 868-3833
Southwest (813) 629-2866
Tallahassee (904) 878-4075
Volusia County (904) 672-1824

Illinois

Chicago (219) 464-2467

Michigan

Metro Detroit (313) 864-5594
Suburban Detroit (313) 968-2913

Missouri

St. Louis (314) 863-6321

New Jersey

Newark (201) 762-8701

New York

Syracuse (315) 422-9716
Rochester (716) 461-3365

Ohio

Cincinnati (513) 662-2080

Pennsylvania

Philadelphia (215) 322-1492
Pittsburgh (412) 271-0924

Dallas

(214) 231-3003

Washington

Puget Sound (206) 474-4175

Wisconsin

Milwaukee (414) 442-3400

Canada

Peterborough (705) 652-7737
Toronto (416) 781-0359
Quebec (514) 733-1281



Planting the seeds of health since 1948.

A Time For Leadership

By James Michael Lennon

What a wonderful privilege it is to write to you today. As I begin my new role as executive director, I am especially mindful of all the people who have worked so hard to build the organization and nurture it these past 38 years.

There is not enough space on this small page to name—much less thank—all the good souls who have given and who continue to give of themselves to the American Natural Hygiene Society. By their numerous efforts large and small these men and women have marked themselves as leaders of the great work of building a healthier, happier world. Many of these gifts of love remain anonymous, but a genuine appreciation of them is carried in the hearts of all who have been blessed by an introduction to Natural Hygiene.

My personal thanks go to the three most recent ANHS presidents: Jack Dunn Trop, who guided me in my first efforts as editor of *Health Science* magazine; Mark Huberman, who generously offered me all of his historical research materials when I began my work with the Herbert Shelton Library; and Hannah Allen, who continues to help me make a smooth transition to my new role as executive director.

Thanks must also go to my two predecessors: Craig Laroche, with whom I served as assistant, and Jo Willard, who first introduced me to the writing of Herbert M. Shelton.

Hope for the Future

Beginnings are a wonderful time. I look forward to this new year with high hopes and enthusiasm, glad to be part of an organization that brings a message of health and happiness to so many people.

Never before has there been so much interest in Natural Hygiene. *Fit for Life* authors Harvey and Marilyn Diamond have inspired a great awakening. Millions of people around the world have become aware of the tre-

mendous power that pulses inside them. I think that when this power is unleashed and used constructively we will see a total transformation of the world. No one who has been exposed to Natural Hygiene can ever again be content with the state of affairs currently accepted by most people.

*Now is the time for
us to step forward
and take up leadership
roles in local,
regional, national and
international affairs.*

A Time of Opportunity

We have a tremendous opportunity to make dramatic improvements in the quality of our lives both individually and collectively. We are an organization strong in leadership and rich with talent. As we continue to develop this potential, we will surely see a flowering of the Society. Membership will grow as will our standing and influence in community life. Now is the time for us to step forward and take up leadership roles in local, regional, national and international affairs.

We are often described as being preoccupied with food and fasting. Surely, our interests are broader than that. For more than 150 years, we have been addressing the full spectrum of personal and community health. From the beginning we have insisted that personal health, social health and environmental health were parts of a whole, and that no single one of these would ever be achieved until all were achieved.

Envisioning the Possible

But before we attempt to assume leadership positions we need to ask

ourselves three important questions.

1. Can we each develop and maintain a positive self image and carry ourselves with poise and dignity?
2. Can we define with precision our principles and practices and put them into language that people can understand?
3. Can we show by the joy of our daily lives that Natural Hygiene does indeed offer a wonderful way to live?

Our most impressive qualities come from within: happiness—because we feel so good; optimism—because we see the very real possibility of peace and plenty on earth; confidence—based on our detailed investigation and testing of the principles we hold dear; and compassion—because we want good things not only for ourselves, but for everyone.

What Can We Do Now?

Two very practical steps can be taken immediately.

As an organization, we must continue to develop new, high quality educational programs and materials designed by and for people who feel good about themselves, who set high standards of excellence and who delight in exploring ways to change their lives for the better. This will take time, effort and money.

As individuals, we can each make a commitment to help increase the number and amount of annual contributions to the Society. We can actively seek new members and contributors, and identify potential funding sources for our many worthwhile projects.

Thank You

As we begin this new year I want to thank you for all your help, past and present, and take this opportunity to ask for more in the future. Your help is essential. I hope you will always be there. □

James Michael Lennon is the Executive Director of the American Natural Hygiene Society.

LITTLE ADS

THE GREATEST ADVENTURE: The only motion picture ever made about Natural Hygiene (which I produced) is now available on video tape. Running time is 40 minutes. Price \$50.00. Send your order and check directly to me. Advise whether you need VHS or Beta. The film has received rave reviews. Jack Dunn Trop, 251-174th St., Miami Beach, FL 33160, (305) 931-7308.

ANIMALS. DO THEY MATTER? *The Animals' Agenda* gives you news and discussion about animals and their well-being. Published ten times a year. Subscriptions: one year, \$18.00; two years, \$33.50; three years, \$45.00. \$2.00 cover price. For a sample copy send \$2.00 to The Animals' Agenda, P.O. Box 5234, Westport, CT 06881.

POCKET \$HUNDREDS WEEKLY mailing circulars. Rush stamped envelope: SLH, Drawer 575, Thorsby, Alabama 35171-0575.

FOR SALE: 21 COMPLETE VOLUMES of *Dr. Shelton's Review* from Vol. 1 Sept. 1959 to Vol. 21 Aug. 1980. Contact Ken Swetnam, #4-2020 White Birch Rd., Sidney, B.C., V8L 2R1, Canada.

THE FRUITION PROJECT spreads the word about the value of non-maintenance public access fruit & nut trees planted by community food tree individuals, groups, and nurseries. For \$10.00 per year subscribe to "Fruition," the newsletter of the project. The Fruition Project, P.O. Box 872, Santa Cruz, CA, 95061, Tel. (408) 458-3365

JUICY ORGANIC FRUITS from radiation-free New Zealand jet-shipped direct to you or a special friend. Free details. Michael Menkes, 101 Collins Ave., Miami Beach, FL 33139.

at last!
for Hygienist Children!

Raspberry Corners
is a collection of letters from charming creatures... its purpose is supportive... it is written for natural* vegetarian children and children-at-heart (*natural is used here to mean those who are raw food vegetarians)... it is designed to be read aloud... it is full of stories, games and projects...

sample copy 1.50
1 yr. subscription (12 issues) 15.00
Conn. residents please add 7 1/2% sales tax
Special arrangements for overseas.

Raspberry Corners
35 - C. Arden Rd.
Storrs,
Conn. 06268

LIVE A PERPETUAL HOLIDAY IN HAWAII—and economically! One level of house for rent (3 rooms, bath)—\$400 including utilities. Sunny Kona Coast. Fine for retirees, writers, artists. Owned by president of Vegetarian Society. Get out of the city and live in "Paradise"! Sunshine, fresh air, ocean water (can swim every day of the year), fresh fruits; awoken to birdsong; peaceful—all therapeutic for a longer, happier life. Call Blanche (818) 341-6153 (California) or Paul (808) 328-9653 (Hawaii). Available now; 6 months minimum lease.

STATEMENT OF OWNERSHIP, MANAGEMENT AND CIRCULATION		RECEIVED	
For the month of _____ 1988		DATE OF FILING _____	
1. TITLE OF PUBLICATION Health Science		2. DATE OF FILING 9/29/88	
3. FREQUENCY OF ISSUE Bi-monthly		4. NUMBER OF COPIES PUBLISHED 1218 (12)	
5. COMPLETE MAILING ADDRESS OF OWNER (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)		6. COMPLETE MAILING ADDRESS OF THE PUBLISHER (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)	
12816 Race Track Road, Tampa, FL 33625		12816 Race Track Road, Tampa, FL 33625	
7. FULL NAMES AND COMPLETE MAILING ADDRESSES OF PUBLISHER, EDITOR AND MANAGING EDITOR (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)		8. FULL NAMES AND COMPLETE MAILING ADDRESSES OF PUBLISHER, EDITOR AND MANAGING EDITOR (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)	
James Richard Lamm 12816 Race Track Road, Tampa, FL 33625		James Richard Lamm 12816 Race Track Road, Tampa, FL 33625	
9. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)		10. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)	
James Richard Lamm 12816 Race Track Road, Tampa, FL 33625		James Richard Lamm 12816 Race Track Road, Tampa, FL 33625	
11. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)		12. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)	
James Richard Lamm 12816 Race Track Road, Tampa, FL 33625		James Richard Lamm 12816 Race Track Road, Tampa, FL 33625	
13. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)		14. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)	
James Richard Lamm 12816 Race Track Road, Tampa, FL 33625		James Richard Lamm 12816 Race Track Road, Tampa, FL 33625	
15. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)		16. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)	
James Richard Lamm 12816 Race Track Road, Tampa, FL 33625		James Richard Lamm 12816 Race Track Road, Tampa, FL 33625	
17. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)		18. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)	
James Richard Lamm 12816 Race Track Road, Tampa, FL 33625		James Richard Lamm 12816 Race Track Road, Tampa, FL 33625	
19. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)		20. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)	
James Richard Lamm 12816 Race Track Road, Tampa, FL 33625		James Richard Lamm 12816 Race Track Road, Tampa, FL 33625	
21. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)		22. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)	
James Richard Lamm 12816 Race Track Road, Tampa, FL 33625		James Richard Lamm 12816 Race Track Road, Tampa, FL 33625	
23. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)		24. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)	
James Richard Lamm 12816 Race Track Road, Tampa, FL 33625		James Richard Lamm 12816 Race Track Road, Tampa, FL 33625	
25. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)		26. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)	
James Richard Lamm 12816 Race Track Road, Tampa, FL 33625		James Richard Lamm 12816 Race Track Road, Tampa, FL 33625	
27. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)		28. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)	
James Richard Lamm 12816 Race Track Road, Tampa, FL 33625		James Richard Lamm 12816 Race Track Road, Tampa, FL 33625	
29. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)		30. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)	
James Richard Lamm 12816 Race Track Road, Tampa, FL 33625		James Richard Lamm 12816 Race Track Road, Tampa, FL 33625	
31. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)		32. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)	
James Richard Lamm 12816 Race Track Road, Tampa, FL 33625		James Richard Lamm 12816 Race Track Road, Tampa, FL 33625	
33. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)		34. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)	
James Richard Lamm 12816 Race Track Road, Tampa, FL 33625		James Richard Lamm 12816 Race Track Road, Tampa, FL 33625	
35. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)		36. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)	
James Richard Lamm 12816 Race Track Road, Tampa, FL 33625		James Richard Lamm 12816 Race Track Road, Tampa, FL 33625	
37. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)		38. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)	
James Richard Lamm 12816 Race Track Road, Tampa, FL 33625		James Richard Lamm 12816 Race Track Road, Tampa, FL 33625	
39. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)		40. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)	
James Richard Lamm 12816 Race Track Road, Tampa, FL 33625		James Richard Lamm 12816 Race Track Road, Tampa, FL 33625	
41. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)		42. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)	
James Richard Lamm 12816 Race Track Road, Tampa, FL 33625		James Richard Lamm 12816 Race Track Road, Tampa, FL 33625	
43. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)		44. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)	
James Richard Lamm 12816 Race Track Road, Tampa, FL 33625		James Richard Lamm 12816 Race Track Road, Tampa, FL 33625	
45. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)		46. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)	
James Richard Lamm 12816 Race Track Road, Tampa, FL 33625		James Richard Lamm 12816 Race Track Road, Tampa, FL 33625	
47. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)		48. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)	
James Richard Lamm 12816 Race Track Road, Tampa, FL 33625		James Richard Lamm 12816 Race Track Road, Tampa, FL 33625	
49. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)		50. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)	
James Richard Lamm 12816 Race Track Road, Tampa, FL 33625		James Richard Lamm 12816 Race Track Road, Tampa, FL 33625	
51. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)		52. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)	
James Richard Lamm 12816 Race Track Road, Tampa, FL 33625		James Richard Lamm 12816 Race Track Road, Tampa, FL 33625	
53. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)		54. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)	
James Richard Lamm 12816 Race Track Road, Tampa, FL 33625		James Richard Lamm 12816 Race Track Road, Tampa, FL 33625	
55. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)		56. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)	
James Richard Lamm 12816 Race Track Road, Tampa, FL 33625		James Richard Lamm 12816 Race Track Road, Tampa, FL 33625	
57. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)		58. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)	
James Richard Lamm 12816 Race Track Road, Tampa, FL 33625		James Richard Lamm 12816 Race Track Road, Tampa, FL 33625	
59. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)		60. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)	
James Richard Lamm 12816 Race Track Road, Tampa, FL 33625		James Richard Lamm 12816 Race Track Road, Tampa, FL 33625	
61. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)		62. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)	
James Richard Lamm 12816 Race Track Road, Tampa, FL 33625		James Richard Lamm 12816 Race Track Road, Tampa, FL 33625	
63. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)		64. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)	
James Richard Lamm 12816 Race Track Road, Tampa, FL 33625		James Richard Lamm 12816 Race Track Road, Tampa, FL 33625	
65. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)		66. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)	
James Richard Lamm 12816 Race Track Road, Tampa, FL 33625		James Richard Lamm 12816 Race Track Road, Tampa, FL 33625	
67. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)		68. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)	
James Richard Lamm 12816 Race Track Road, Tampa, FL 33625		James Richard Lamm 12816 Race Track Road, Tampa, FL 33625	
69. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)		70. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)	
James Richard Lamm 12816 Race Track Road, Tampa, FL 33625		James Richard Lamm 12816 Race Track Road, Tampa, FL 33625	
71. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)		72. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)	
James Richard Lamm 12816 Race Track Road, Tampa, FL 33625		James Richard Lamm 12816 Race Track Road, Tampa, FL 33625	
73. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)		74. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)	
James Richard Lamm 12816 Race Track Road, Tampa, FL 33625		James Richard Lamm 12816 Race Track Road, Tampa, FL 33625	
75. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)		76. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)	
James Richard Lamm 12816 Race Track Road, Tampa, FL 33625		James Richard Lamm 12816 Race Track Road, Tampa, FL 33625	
77. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)		78. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)	
James Richard Lamm 12816 Race Track Road, Tampa, FL 33625		James Richard Lamm 12816 Race Track Road, Tampa, FL 33625	
79. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)		80. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)	
James Richard Lamm 12816 Race Track Road, Tampa, FL 33625		James Richard Lamm 12816 Race Track Road, Tampa, FL 33625	
81. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)		82. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)	
James Richard Lamm 12816 Race Track Road, Tampa, FL 33625		James Richard Lamm 12816 Race Track Road, Tampa, FL 33625	
83. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)		84. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)	
James Richard Lamm 12816 Race Track Road, Tampa, FL 33625		James Richard Lamm 12816 Race Track Road, Tampa, FL 33625	
85. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)		86. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)	
James Richard Lamm 12816 Race Track Road, Tampa, FL 33625		James Richard Lamm 12816 Race Track Road, Tampa, FL 33625	
87. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)		88. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)	
James Richard Lamm 12816 Race Track Road, Tampa, FL 33625		James Richard Lamm 12816 Race Track Road, Tampa, FL 33625	
89. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)		90. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)	
James Richard Lamm 12816 Race Track Road, Tampa, FL 33625		James Richard Lamm 12816 Race Track Road, Tampa, FL 33625	
91. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)		92. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)	
James Richard Lamm 12816 Race Track Road, Tampa, FL 33625		James Richard Lamm 12816 Race Track Road, Tampa, FL 33625	
93. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)		94. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)	
James Richard Lamm 12816 Race Track Road, Tampa, FL 33625		James Richard Lamm 12816 Race Track Road, Tampa, FL 33625	
95. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)		96. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)	
James Richard Lamm 12816 Race Track Road, Tampa, FL 33625		James Richard Lamm 12816 Race Track Road, Tampa, FL 33625	
97. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)		98. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)	
James Richard Lamm 12816 Race Track Road, Tampa, FL 33625		James Richard Lamm 12816 Race Track Road, Tampa, FL 33625	
99. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)		100. OWNER'S FULL NAME AND COMPLETE MAILING ADDRESS (PRINT OR PUBLICATION FROM THE CITY, STATE AND ZIP CODE)	
James Richard Lamm 12816 Race Track Road, Tampa, FL 33625		James Richard Lamm 12816 Race Track Road, Tampa, FL 33625	



The American Natural Hygiene Society, Inc.
P.O. Box 30630, Tampa, Florida 33630

I WANT TO JOIN!

☐ **Count me in!** Enclosed is a check for my annual membership dues. Send me my free year's subscription to **Health Science** magazine.

• Don't Delay — Join Today!

- All contributions are tax deductible.

Affix Label Here or Print Name

Label No.

Address

City

State

Zip

☐ **I joined/renewed for two years.** Please send me my \$10.00 Natural Hygiene Press Gift Certificate.

Memberships

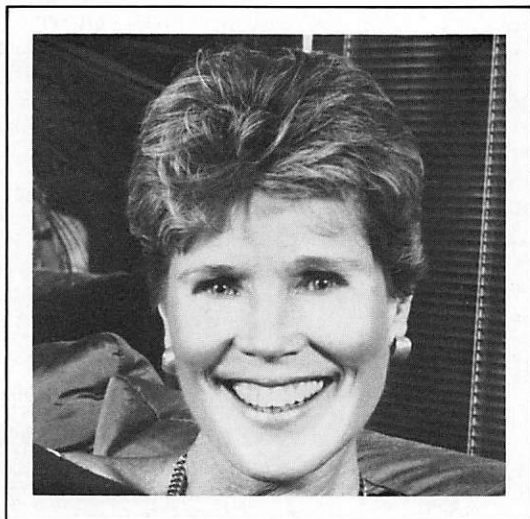
- Regular
 - 1 Year ☐ \$25
 - 2 Years & Save ☐ \$45
- Outside North America*
 - 1 Year ☐ \$35
 - 2 Years & Save ☐ \$65
- Contributing ☐ \$50
- Century Club ☐ \$100
- Life ☐ \$1000

*Payable only in International Money Order issued in U.S. Currency.

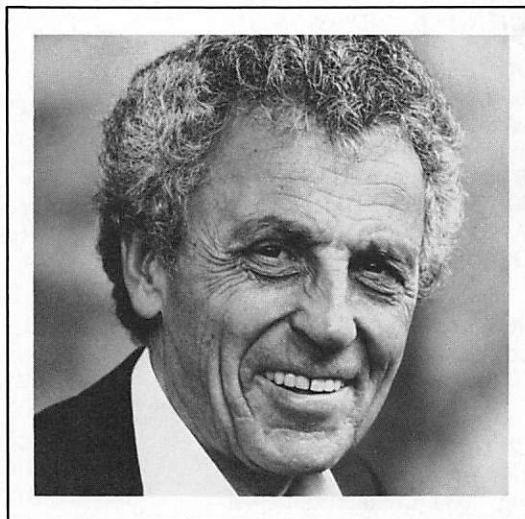
☐ **I want to do more.** Enclosed is my additional contribution of \$_____ to support the educational activities of the Society.

PAWLING HEALTH MANOR

The Original Health Retreat



Joy Gross, Director of Pawling Health Manor, is a well known author and lecturer on healthful living. She has been involved in the health field for over 40 years and associated with the Manor since its inception over 26 years ago.



Dr. Robert Gross, our health consultant, has a degree in biochemistry. His expertise is in the field of nutrition and physiology. He is an authority on weight loss. He gives weekly talks and supervises the fasting and nutrition program.

- We have been making people healthier for over a quarter of a century.
- We help you take off excess weight safely and quickly (up to 10 or 15 pounds in a single week) with these choices: a low calorie vegetarian eating regimen or fasting to cleanse your system.
- We show you how to achieve permanent changes in the way you eat and live (without cigarettes, by the way.)
- We present lectures on healthy living and daily sessions in meditation and relaxing.
- We offer a gourmet vegetarian food demo each week to show you how delightful and rewarding a proper diet can be, and...

RATES BEGIN AS LOW AS \$70 PER DAY — ASK ABOUT OUR OFF-SEASON RATES

Write for our full color brochure

PAWLING HEALTH MANOR

Box 401 Hyde Park, New York 12538

Reservations and Information: 914-889-4141