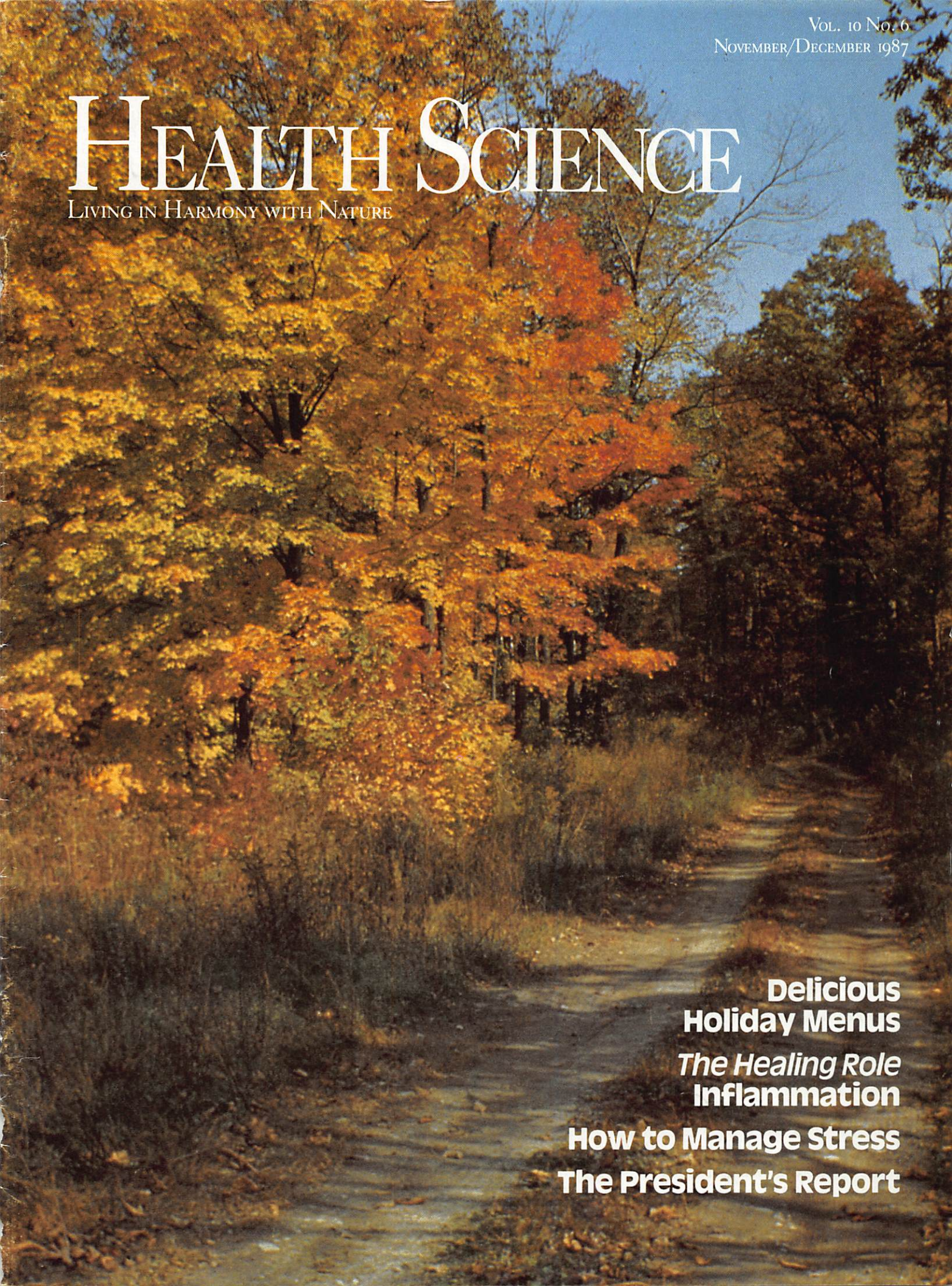




VOL. 10 No. 6
NOVEMBER/DECEMBER 1987

HEALTH SCIENCE

LIVING IN HARMONY WITH NATURE

**Delicious
Holiday Menus**

***The Healing Role
Inflammation***

**How to Manage Stress
The President's Report**

Hope for the Future...



STARR PHOTO

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
The American Natural Hygiene Society
12816 Race Track Road
Tampa, FL 33625

Or call: 813-855-6607

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

Ronald Cridland, M.D.

Paula Duvall

Joel Fuhrman

Alan Goldhamer, D.C.

Mark Huberman

Alan Immerman, D.C.

Frieda Kabelac

David J. LoNigro

Design Consultant

Denis 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 lifestyle 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; \$35US 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

Best Holiday Wishes

Happy Holidays from the American Natural Hygiene Society. All of us hope this heartwarming season brings much happiness to you.

Thank you for all your wonderful letters. We are glad you like *Health Science* and really enjoy hearing from you. We've worked especially hard on this issue and we hope you like it.

First off, take a look at **The Healing Role of Inflammation**, by Dr. Alan M. Immerman. Help free yourself from the prevalent misunderstanding of this vitally important bodily process.

The newest certified member of the International Association of Professional Natural Hygienists, Dr. Alec Isabeau, offers some excellent suggestions on **How to Manage Stress**. Follow his practical tips and enjoy a more relaxed and enjoyable lifestyle.

See **President Hannah Allen's Report** from the 1987 membership meetings held in July. President Allen also reports on a number of upcoming Society activities.

We drew on the tremendous resources of the Herbert Shelton Library to bring you **The Drug Practice**, by Dr. Russell Thacker Trall (1812-77). Many of this 19th century doctor's critical comments of conventional medical practices are still viable today.

If holiday entertaining is on your calendar, you'll want to look at **Holiday Menus** to find delicious meals that are fun, quick and easy.

And you won't want to miss "**Famous Last Words . . .**" by Executive Director James Michael Lennon, who offers some tasteful advice for those who dislike eating their words. □

Features

The Healing Role of Inflammation

by Dr. Alan M. Immerman 8

The Drug Practice

by Dr. Russell Thacker Trall 10

How to Manage Stress

Practical Steps You Can Take

by Dr. Alec Isabeau 11

Holiday Menus

Delicious Meals That Are Fun, Quick and Easy

by Susan Taylor 12

The President's Message

by Hannah Allen 14

"Famous Last Words . . ."

by James Michael Lennon 22

Letters 4

Update 6

From The Archives 10

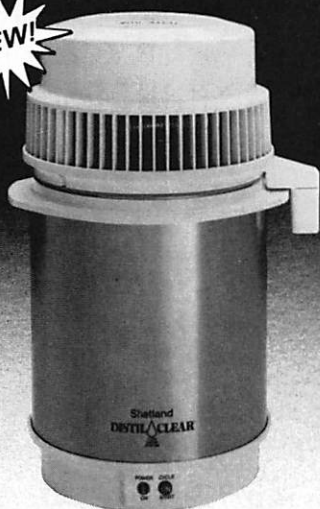
Ask Hannah Allen 18

ANHS Report 20

Cover photo: © Ed Lucas

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

WATERWISE® INC.

P.O. Box 45940

Center Hill, FL 33514

HEALTH Can Be HARMLESS

BY H. JAY DINSHAH

9 highly readable chapters, most adapted from ANHS Convention lectures by the author: The Case For Eating Food; Higher Up The Scale With Natural Hygiene; The Love Of Life; Non-Meat-Eating, From The Ethical Side; Developing Your Better Self; Trade Your Bad Habits For Good Health; The Conquest Of Habit; Natural Hygiene And The Ethical Life; The Roots Of Happiness.

Large clear type; 80pp, 6x9" Card bound. \$4.95 postpaid from publisher: THE AMERICAN VEGAN SOCIETY, P.O. BOX H, MALAGA, NJ 08328.

This book is dedicated to the memory of Dr. Shelton; please mention this ad, and for each copy ordered before Dec. 31, 1987, a \$1 contribution will be forwarded by AVS to the ANHS' Dr. Herbert M. Shelton Memorial Library.

Letters

Microorganisms and the Disease Process

We were absolutely shocked and amazed to read in the May/June, 1987, issue of *Health Science* that viruses cause disease!

In Joel Fuhrman's article, "The Milk Risk," he states, "It is known that there is an increased incidence of acute lymphatic leukemia in regions of the country with a high incidence of bovine leukemia. This correlation is significant enough to include the transmission of this virus as among the likely causative elements."

Since there was no disclaimer on the part of *Health Science*, are we to assume that the ANHS now endorses and teaches the idea that we can "catch" leukemia from cows by the transmission of a virus?

We've been Hygienists for many years now and always understood that the Society denounced the contagion theory. We thought the Society considered the germ and virus theories of disease as pure myth and was working to expose them as such. Were we mistaken?

Can we expect to read in a future issue of *Health Science* that we should cover our mouths when we cough, so as not to spread the common cold?

Our question is this: if the virus theory is given credence and offered as the means of disease transmission in ONE instance, are you asking us to believe that it is true in ALL instances?

Viruses either DO cause disease, or they DO NOT. It cannot be both ways. And we sincerely hope the Society is not "dipping into the contagion theory" whenever it might be convenient to prove a point such as the evils of drinking milk.

This represents an extremely important issue to us, and we would be most grateful if you could address it as soon as possible. We trust that we are not the only members of the Society who are questioning this apparent reversal of Hygienic teachings.

Stu Ostler and Ronn Gladwin
Oklahoma City, OK

Joel Fuhrman replies:

I thank the readers for their letter and for the opportunity to address this often confusing point.

We should all be well aware of the fact that bacteria and viruses are closely related to the expression of many serious diseases, and we cannot deny that they release their toxins and become contributing elements to the pathology.

The viewpoint of the modern Natural Hygienist should be that an unhealthy environment within the body is the primary condition that allows microbes to proliferate and take forms that are most destructive. Thus, microbes are not usually the primary cause of disease. This is consistent with much of today's academic community, as scientists know microbes need a susceptible or weakened host to cause disease.

However, the germ and viral theories of disease are not myth. Contagion is an important concept when we consider the poor health habits and level of immunosuppression in general populations.

The practicing Natural Hygienist should not be concerned with "catching" colds or more serious pathologies from viral exposures because the immune system and cellular function should be at a high enough level to make him or her impervious to the exposures.

Nature has provided us with defense mechanisms that overlap, guarding us against the intrusion of foreign materials and microorganisms. For example, the lymphatic system is designed to trap and filter out bacteria, viruses and toxic materials that escaped mucosal Ig A trapping (a major defense system) in the digestive tract, thus making it extremely difficult for microbes to reach a healthy individual's bloodstream.

The readers would like us to state emphatically that either viruses cause disease or they do not. Unfortunately, physiology and microbiology are not that simple. Disease is generally the result of multiple causes. And without question, where the prerequisite conditions exist, viruses can play major roles in the evolution of pathology. This is not a reversal of professional Natural Hygiene teachings. Certified members of the International Association of Professional Natural Hygienists have addressed this question from

the podium at our annual conferences many times in the last ten years.

As far as my article is concerned, the point made that the increased incidence of leukemia in areas of the country where cows are found to have the bovine leukemia virus in their blood and milk illustrates what I have just explained. Obviously, not every person exposed to the bovine leukemia virus through milk drinking develops leukemia; other weakening factors are essential in the causality of leukemia and must also be present. However, we must consider exposure to certain viruses as foreign intruders that contribute to the toxic load the self-cleansing mechanisms of the body must deal with.

To illustrate this point, it is now known that exposure to a certain strain of papillomavirus is a necessary condition for development of cervical cancer, and that the incidence of this cancer is high in women who have had repeated contact with this virus through sexual activity. There is likely an interaction between local cellular congestion and viral proliferation that makes this cancer develop in some, yet not in others.

Certain other viruses, such as HIV and hepatitis B can be spread via the blood when hospital personnel stick themselves with needles from infected individuals. This is different from food or air transmission from more benign viruses where our natural immunologic barriers have the opportunity to most effectively defend ourselves. So in this case, I would advise even a healthy Natural Hygienist to be careful and not necessarily assume immunity because of their superior health.

I know this is both a complex and controversial issue so I will be happy to address any further questions you might have.

Joel Fuhrman is an ANHS director. His comments reflect the position of the ANHS Education Committee of which he is a member.

Remineralizing the Soil

In the May/June, 1987, issue of *Health Science*, Hannah Allen wrote that it was all right to use animal products as fertilizer.

Herbert Shelton long ago decried the use of animal fertilizer and pointed out that neither animal nor chemical

fertilizers should be used. Instead he recommended the use of pulverized rock which contains a broad spectrum of natural elements.

Nearly 100 years ago agricultural chemist Dr. Julius Henzel showed that animal fertilizers can produce forced growth but the plants are nutritionally unbalanced, subject to disease (requiring pesticides) and defective as food for animals and humans. Animal products are unfit for human consumption and for plant consumption as well.

We can't be truly Hygienic using soils that are depleted and treated with chemical and animal fertilizers. Proper fertilization requires sufficient minerals in combination with decayed plant matter. Sick soils produce sick plants, dying forests, sick creatures and sick people. They are also leading indirectly to climate extremes as well.

Hygienists need to understand soil remineralization as Shelton and others have explained it. There are exciting new developments in rock dust applications, including wholesome business opportunities.

For a reference list, send a SASE to Bert Cohen, Box 3546, Poughkeepsie, NY 12603.

Bertram Cohen
Poughkeepsie, NY

For more information on soil remineralization, read John D. Hamaker and Donald A. Weaver's book, *The Survival of Civilization* (\$12 postpaid from Hamaker/Weaver Publishers, Box 1961, Burlingame, CA 94010), which Mr. Cohen reviewed in the July/August, 1986, issue of *Health Science*.

Keep Those Cards and Letters Coming!

Just a short note thanking you for *Health Science*. It is very welcome.

I want to recommend to readers the book, *Modern Meat: Antibiotics, Hormones, and the Pharmaceutical Farm* (Random House, 1984), by Orville Schell.

Once again thanks for a great American Natural Hygiene Society.

R.P. Small
Georges Hall, Australia

You're doing such a super job with the magazine. It's coming alive and is our lifeline.

Tamar Kent
Port St. Lucie, FL

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

Animals.



Do they matter?

The animal rights movement is as diverse as the animals it seeks to protect. . . and only one publication, *The ANIMALS' AGENDA* gives you comprehensive coverage of its successes, its problems, its people, and its organizations.

10 issues per yr.—65 pgs. and growing!!

- ☐ **YES, Send me The ANIMALS' AGENDA.**
☐ 1 yr. \$18.00 ☐ 2 yrs. \$33.50 ☐ 3 yrs. \$45.00
☐ Payment enclosed ☐ Bill me

Name

Street

City State Zip

The ANIMALS' AGENDA Subscriptions
P.O. Box 6809, Syracuse, NY 13217

High Tension Health Hazards

Way back in January, 1979, a *Health Science* article by Dr. Virginia Vetrano exposed the cancer hazards of the high tension wires so common in the United States.

This hazard was a well kept secret until August 17, 1987, when *The Today Show*, with an estimated four million viewers daily, aired a discussion on the subject with three experts in the field: an epidemiologist at the University of North Carolina, a program manager for radiation studies of the Electric Power Research Institute, and the director of developmental toxicology for the Environmental Protection Agency.

For a transcript of the discussion, please send \$1 and a self-addressed stamped envelope to: Media News Service, P.O. Box 11498, Chicago, IL 60611. □

Food Irradiation Petition

The fight to stop the radical plan to irradiate foods continues. Fortunately, individuals are not alone in their struggle. They are joined by many U.S. Senators and Congressmen.

The Bosco/Mitchell bills (H.R. 956/S. 461) will put a moratorium on the

recent Food and Drug Administration and United States Department of Agriculture approval of the irradiation of fresh fruits, vegetable and pork and direct the Secretary of Health and Human Services to arrange for a study of the risk of human health and the environment presented by the irradiation of food.

The Bosco/Mitchell bills are already co-sponsored by 79 representatives and 10 senators but more sponsors are needed.

Write to your senators and representatives at the following addresses:

Your Representative
U.S. House of Representatives
Washington, D.C. 20515

Your Senator
U.S. Senate
Washington, D.C. 20510

The good news is that the following companies have left the Coalition for Food Irradiation (a *pro*-food irradiation group) or will not renew their membership at expiration: Campbell Soup Company; Thomas J. Lipton, Inc.; Alpo Pet Foods Co., Inc.; American Meat Institute; Geo. A. Hormel & Co.; Ralston Purina; Welch Foods, Inc.; and Oscar Meyer Foods Corp. We salute them.

The Department of Energy plans to establish regional irradiation facilities in six states in the next two years in 1000 sites nationwide (see *Update*, Jan./Feb., 1987, *Health Science*, p. 5).

Each regional (state) project will focus on irradiating the agricultural specialties of the region.

Please support and help the Coalition to Stop Food Irradiation. For the address of a contact person near you, send a self-addressed stamped envelope to the National Coalition to Stop Food Irradiation, P.O. Box 59-0488, San Francisco, CA 94159. □

Food Irradiation in Florida

Florida will soon be the home of two food irradiation sites if action is not taken quickly. Tampa and Gainesville are the targeted sites.

The state Coalition to Stop Food Irradiation needs a local representative in every county. There are many counties without representation. People are also needed to help the already organized groups.

Help is needed *immediately* to produce fund raising events to continue the statewide efforts to halt the building of these food irradiation plants. If you have any creative talents, business skills or outright donations which you can offer for this project, please contact C.A.R.E. (Citizens Against A Radioactive Environment), P.O. Box 14644, Gainesville, FL 32604; (904) 374-6675.

Thanks to the many ANHS members who have written letters protesting the establishment of these sites. □

Radon Test Kit

Radon has been identified as a major cause of cancer. If you are concerned about the possibility of radon in your home, here is some information that may be helpful.

What is radon? Radon is a naturally occurring, radioactive gas that can travel for miles underground and then seep into homes and other buildings and contaminate them. The gas usually filters into basements through cracks in concrete floors and walls or loose-fitting pipes. It causes as many as 30,000 deaths from lung cancer each year.

Fortunately, a new, easy-to-use product for home radon testing is available.

CANCER
RESEARCH
INSTITUTE



"HE'S JUST DISCOVERED EVERYTHING CAUSES CANCER
IN MICE."

It is a small metal canister filled with a special type of charcoal which absorbs a sample of air. The canister is left in one place for four days and then sent to a lab for analysis.

Test results determine how much radon, if any, is present in your home. If the report is positive, you can then contact Department of Health officials in your community to plan appropriate remedial actions appropriate for your area and structure.

This radon testing kit is available from the Radon Testing Corporation of America. It utilizes the same methods and technologies as the U.S. Department of Energy's Measurements Laboratory. The entire testing process takes about a week and costs less than \$35.

To receive a free consumer information booklet, "Testing For Radon: The Facts," contact RTCA at 12 W. Main St., Elmsford, NY 10523. Or give them a call at 1-800-457-2366 (in New York call 1-800-537-7822). □

Brown Bag Lunch Still the Best

If you want your children to eat well on school days, be sure to pack their lunch at home. Even if they trade some of it for something they really shouldn't eat, they are still better off than if they eat most school lunches.

School lunches are notoriously high in fat and sodium content, according to a report in the September, 1987, *Health Action Healthletter*.

But some officials are working to transform the standard programs into models of healthful eating. Children in the Mankato, MN, school district are receiving the benefits of a multi-million dollar "Heart Healthy Program" funded by the National Institutes of Health.

The aim of the program, initiated in 1981, was to lower the community's heart disease risk. "Special" lunches served in the Mankato schools have less fat, sodium and sugar, and more complex carbohydrates and fiber.

It is ironic that such a reasonable move toward healthier school lunches should stand out as such a rare occurrence. And even this program is far from ideal.

Insure your child's nutritional well-being at school by packing a good lunch at home. □

New York State Bans Junk Food in Schools

The New York Assembly passed a bill in June, 1987, to curb the sale of soft drinks, candy and gum in public schools, according to a report in the *New York Times*.

Sales of these items would be prohibited from the time school opens until after the end of lunch.

The bill was intended to improve the students' nutrition. Let's hope the real education begins with teaching students more about nutrition and sensible eating habits. □

Weighty Exercises

Exercise may be the key to permanent weight loss. This "revelation" in many journals and publications simply confirms what Natural Hygienists have been advocating for many years as essential to a healthy lifestyle.

Exercise has numerous advantages. It burns up calories and increases the energy expenditure for several hours after exercising. It can also help to suppress the appetite.

Here are some suggestions to expand your daily routine to include more exercise. You'll feel better and you'll look better.

Park a block or two farther away than usual from your workplace and walk briskly to work each day. Get off a stop earlier if you use public transportation. Do some mild exercises during your work breaks. Always walk instead of ride for short distances. Use stairs instead of the elevator. And enjoy the heights! □

Pretty Piggy

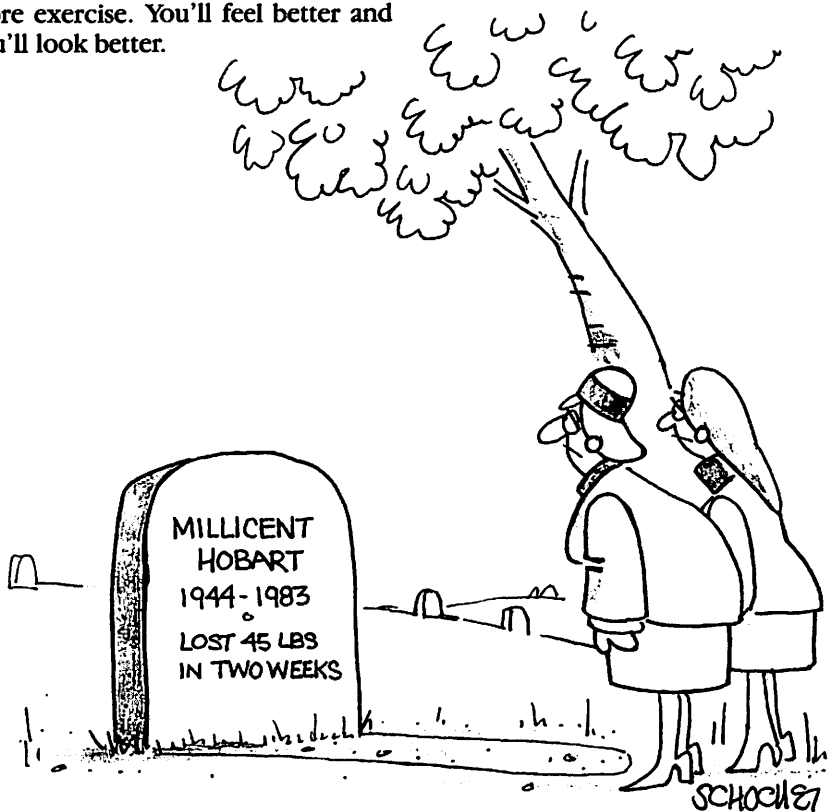
Do your friends still drool when they eye meat displays in the market? They might think twice about it if they knew what they were actually getting.

If a group of meatpackers in the pork industry have their way, fresh pork may be sprayed with a handful of so-called "safe additives" to help prevent the meat from turning brown. They have asked the U.S. Department of Agriculture to allow the spraying.

The problem, it seems, is that the older, darker pork is harder to sell. Well, isn't that just too bad? Chemicals that hide the fact that foods (and in this case the term is used rather loosely) are well past their peak of freshness have no place in the market.

Remember, you vote with your dollars. Boycott companies that add

Continued on page 16



The Healing Role of Inflammation

By Dr. Alan M. Immerman

*Inflammation is
a healing activity.
It can only arise when,
there is a need for it.*

Arthritis, gastritis, tonsillitis, and bronchitis are diseases of different body regions. Yet they are more alike than different since all are inflammatory conditions. Any disease name which ends in *itis* is an inflammation.

The list of inflammatory diseases is quite long since this process can occur in any area of the body. Naming the condition requires using the name of the tissue and adding *itis* to the end. *Arth* means joint, so *arthritis* is inflammation of a joint. *Gastric* means stomach, so *gastritis* is inflammation of the stomach. But whether it is found in the joints or the throat or elsewhere, inflammation has the same purpose and result.

From the way inflammatory conditions are named, it would seem that they are all different diseases. For instance, bronchitis is certainly not identical to tonsillitis. But since the basic process that occurs in the tissue is identical wherever it is found, conditions of inflammation are the same throughout the body. The causes are the same, the mechanics are the same, and the results are the same. When you understand the nature of inflammation in a joint, you understand the nature of inflammation in the intestine, pancreas, brain, or wherever it occurs.

What is Inflammation?

Robbins' *Pathologic Basis of Disease*, a top medical textbook, says that inflammation is the local reaction of tissue to injury.

Robbins says that inflammation "serves to destroy, dilute, or wall off the injurious agency and the tissue cells that it may have destroyed. In turn, the inflammatory response sets into motion a complex series of events which, as far as possible, heal and reconstitute the damaged tissue... Without inflammation, bacterial infections would go unchecked, wounds would

never heal, and injured tissues and organs might remain permanent festering defects."

Inflammation is, therefore, a healing activity which is initiated by the body when needed. For example, consider the case of a splinter that becomes lodged in the skin. The splinter is clearly an injurious agent. Nerves to the skin register the presence of the splinter and alert the brain. As a result, the brain activates the inflammatory process to destroy the splinter. Blood will be rushed to the area to provide white blood cells which release chemicals to digest the splinter. The extra blood causes the skin to become reddened and swollen. The area will feel hot and painful. Within a few hours or days the splinter will be dissolved.

Inflammation can only arise when there is a need for it in the form of some agent which is harmful to the body. The activities of inflammation are basically the same wherever they occur. The characteristics which distinguish inflammation in one area of the body from the same process in a different area result from the nature of the tissue involved and the degree of intensity of the inflammation.

A Health Building Activity

It is clear that inflammation is a health-building process, initiated only when the brain perceives a need for such action. Since inflammatory diseases are commonplace, it is important to both understand the basic nature of inflammation and follow a rational path to resolution of the problem. Continuing with the example of a splinter, we should first attempt removal with sterile tweezers and needle. If the splinter is too deep, we should let the body destroy it from within by the actions of inflammation.

Most inflammatory conditions are internal. Since we cannot remove irritants from joints or the stomach with tweezers, we must depend upon the

*We must respect
the inherent wisdom
of the body.*

effectiveness of the inflammatory process.

Inside the body, the injurious agent which the body tries to destroy with inflammation is usually a chemical toxin. Toxemia, the presence of irritating toxins in the body, is extremely common. Toxins are found in the bloodstream, in the tissue spaces between cells, and within cells. When the body becomes excessively irritated by the toxins, it will turn on the inflammatory process.

The best way to deal with an inflammatory disease is to help it along. Since inflammation is the body's chosen form of treatment for toxemia, we do not need to attempt to treat toxemia with any other methods. The best course to follow is one of complete rest. With proper rest, we do nothing that interferes with the inflammatory process.

Complete rest involves resting the digestive system, by eating a minimal amount of food and/or fasting; resting the body, by staying home from work and not exercising; and resting the mind, by not worrying and fretting.

When we eat less, the body lives on non-essential substances within the system. The first to be burned for energy will be the accumulated toxins. Most of the toxins are normal body chemicals which, because they are present in excessive amounts, have a toxic effect. By resting the body and mind we conserve energy and allow the body to direct all available energies to the healing process.

These "resting" measures are quite effective in actual practice. Arthritis, bronchitis, sinusitis, colitis, gastritis, myositis, and many other inflammatory conditions resolve rapidly under the "complete rest" system of management. The chances of success, and the degree of safety, are greatly increased when one is supervised by a professional Natural Hygienist or other doctor familiar with these methods.

A Serious Misunderstanding

How do most doctors deal with inflammatory diseases such as arthritis and gastritis?

Many doctors mistakenly view the inflammation itself, rather than the *cause* of the inflammation, as the problem. As a result, they focus their

treatment on the inflammatory process, not on the injurious agent which caused the inflammation.

The symptoms of inflammation can be alarming—pain, swelling, redness, heat and disability. These symptoms are often diagnosed and treated as if *they* were the disease, when in fact they are evidence of the body's effort to destroy the disease-producing agent.

This misunderstanding is the rationale behind modern treatment of inflammatory diseases. Tons of anti-inflammatory drugs are swallowed by sick people every day. Examples of such drugs are cortisone, aspirin, naprosyn, and motrin. There are many others and new ones appear on the market every year.

Doctors mistake pain and other *symptoms* of disease for the disease itself. So when the pain is gone, the disease is thought to be cured. But stopping the inflammatory process without removing the cause makes no more sense than turning off the fire alarm without extinguishing the fire.

The Wisdom of the Body

When the body becomes excessively loaded with toxins, the brain initiates a series of measures to expel and destroy toxins. These healing activities should not be suppressed with drugs. Rather, they should be supported with proper lifestyle changes.

When inflammation is stopped by improper treatment, the toxins which the body was trying to eliminate remain locked up in the bloodstream and tissues. The chronic toxemia which results will cause diseases which can be quite severe, such as arthritis and heart disease.

We must respect the inherent wisdom of the body. Except in extreme cases, we should not attempt to halt the inflammation process. The body, if properly supported, will complete the healing inflammatory activity it initiated and restore the organ or tissue to good health. Only rarely will an inflammation cause more harm than good. In these cases it may be beneficial to suppress this process with drugs.

If you learn to cooperate with your body when it is trying to heal itself, you will develop a higher level of health than you ever imagined possible. □

Doctors mistake pain and other symptoms of disease for the disease itself.

Inflammation is a health-building process.

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.

The Drug Practice

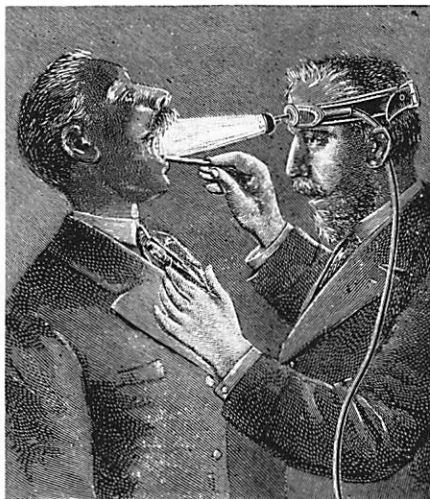
For a period of about three thousand years there has been a medical profession to whom all the world has looked up to as the recognized teachers of the laws of life and conservators of the public health. This medical profession has always professed to be in possession of a true science of medicine, whose principles, applied to the various circumstances of disease, constituted the proper healing art. Through many centuries its ranks have been honored and distinguished by men of exalted character, extensive learning, great experience, untiring industry, and unquestionable benevolence and honesty. Its schools have been numerous all over the civilized world, and richly endowed with libraries, museums, and laboratories, and its hospitals and clinics have afforded ample opportunities for practical instruction for the diagnostication of diseases and the administration of remedies.

Yet what has the world been profited by all this? How much better informed are the people in relation to the laws and conditions of life and health, so far as this medical profession is concerned, than it was three thousand years ago? And why is it that the veriest charlatan, the acknowledged ignoramus, and the most consummate quack, in this enlightened age, is allowed to compete, successfully, with the educated physician, for the public confidence and patronage?

These are grave questions. Who can answer them? Perhaps a reference to a few of the authorities will suggest the solution of these problems.

Said the late John Abernethy, M.D., of London, familiarly known as "Dr. Abernethy the Good," because of his sterling honesty and true philanthropy—in a lecture to a medical class: "There has been a great increase of medical men of late, but, upon my life, diseases have increased in proportion."

Said the eminent Dr. Lugol, of Paris: "We are following an erroneous course in our investigations, and must resort to new modes if we would be more successful."



By Russell Thacker Trall, M.D.
(1812-1877)

Said Dr. Evans, Fellow of the Royal College, London: "The medical practice of our day is, at the least, a most uncertain and unsatisfactory system; it has neither philosophy nor common sense to commend it to confidence."

Said Professor Gregory, of the Edinburgh Medical College, to his medical class: "Gentlemen, ninety-nine out of every hundred medical facts are medical lies; and medical doctrines are, for the most part, stark, staring nonsense."

Said the famous English surgeon, Sir Astley Cooper: "The science of medicine is founded on conjecture and improved by murder."

Said John Mason Good, M.D., F.R.S., the most accomplished medical scholar and author of modern times: "The science of medicine is a barbarous jargon, and the effects of our medicines on the human system is in the highest degree uncertain; except, indeed, that they have destroyed more lives than war, pestilence, and famine combined."

Says Professor A. H. Stevens, M.D., of the New York College of Physicians and Surgeons: "The older physicians grow, the more skeptical they become of the virtues of medicine, and the more are they disposed to trust to the powers of nature."

Says Professor E. R. Peaslee, M.D., of the same college: "The *modus operandi*

of medicines is still a very obscure subject. We know they operate, but exactly how they operate, is entirely unknown."

Says Professor S. D. Gross, of the Jefferson Medical College, Philadelphia: "Of the essence of disease very little is known; indeed, nothing at all."

Says Professor Paine, of the New York University Medical School, and author of "Institutes of Medicine"—a work of acknowledged scholarship: "Remedial agents act on the system in the same way as do the remote causes of disease. They cure one disease by producing another."

From these ample testimonials, which could be extended indefinitely, it seems pretty conclusive that the regular medical profession has as yet done nothing in the way of leading the people into better fashions and more healthful habits. It has always been contented to let the people go on in their violations of the laws of life and health, and then, when disease, which is the inevitable penalty of transgression, occurs, dose and drug at the penalty.

It is impossible for drug doctors to be health teachers. Their whole system is in violation of every law of the vital organism. Every dose of poison is an outrage against nature, and a war on the human constitution. The false and absurd dogmas of the drug system never did, and never can do anything for the people, except to mislead them.

Russell Thacker Trall, M.D. (1812-1877), was a prolific writer and tireless educator. He founded the first medical school based on the principles of Natural Hygiene in 1853.

The books, periodicals and photographs featured in From the Archives are preserved in the ANHS Herbert Shelton Library. These priceless treasures are acquired and maintained by private contributions, especially from the Friends of the ANHS Herbert Shelton Library and the continued support of the American Natural Hygiene Society.

How to Manage Stress

By Dr. Alec Isabeau

A life free from stress is a utopian dream. Stress is inevitable. If you want to achieve optimal health, you need to learn how to effectively manage stress in your daily life.

What is stress? *The Merriam-Webster Dictionary* defines it as, "pressure, strain; a factor that produces bodily tension." A more technical definition appears in *The Stress of Life*, by Hans Selye, M.D. "Stress is the sum of all non-specific biologic phenomena elicited by adverse external influences."

Stress is a complex interplay of chemical and emotional reactions to any perceived threat upon our well-being.

A stressor (something that stimulates your natural stress response) is anything that places a demand on your body beyond its normal tendency towards stability. Stressors include personal and family relationships, work, school, finances, global politics, illness, etc. The possibilities are endless.

Biological stress responses are usually greater when the stressors are substantial (such as a broken leg or other physical trauma), unexpected and/or appear to be out of your personal control.

Stress is impossible to avoid. Fortunately, your body thrives on intermittent, manageable stress. You can derive great physical and emotional benefits from regular exercise and physical labor. And intellectual stresses, such as school, business and social interaction, can be both challenging and fulfilling.

Physical and emotional damage occur when stress factors persist relentlessly. And it is important to understand that even minor stress factors can add up to produce problems.

Failure to adequately manage minor stress factors is a big mistake. The resulting signs and symptoms that appear in injured, ill or emotionally distraught people are the result of the

body's natural response to adverse stimuli. This response (which may be localized, as in a scratched finger, or widespread, as in severe shock) is controlled largely by hormones and nerve impulses.

Eliminating Causes

In a truly healthy individual, the intricate biochemical reactions which make up the stress response usually lead to proper healing and resolution of the problem. Difficulties arise when the initiating stress factor is not entirely eliminated or when underlying stress factors, such as poor nutritional status or structural imbalances, impair the body's defense and healing mechanisms.

Since unforeseen stresses are bound to occur, the logical way to insure optimum health is to both maximize your natural biologic defense and healing mechanisms and employ strategies to manage stress on a daily basis.

Building Health

Proper diet, adequate exercise, sufficient rest, reducing your exposure to environmental toxins, maintaining proper structural function and balance are, taken together, a highly effective

method of maximizing our inherent healing capacities.

In addition, the regular onslaught of daily stresses may be effectively managed by a variety of techniques, including (but by no means limited to) physical exercise, progressive muscle relaxation, meditation, chiropractic treatment, massage, gardening, writing, reading, any activity *you* enjoy that helps you relax.

In general, effective stress management activities tend to be continuous, flowing and relaxed, with a minimum of rigid, rational intellectualizing. A brief, regular session of your favorite, healthful, stress-reducing activity is vital for overall optimum health.

Summary

Stress is a normal biologic response to any demand put on your body. To a certain degree, stress is desirable. But in excess, or when your healing capacities are not functioning ideally, stress may lead to serious illness or injury. Many factors are involved in the stress response and its relation to health and disease. But with proper attention to a health-supporting lifestyle, including regular participation in stress-reducing activities, you can maximize your potential for optimum health and happiness. □



Alec Isabeau, D.C., is a certified member of the International Association of Professional Natural Hygienists and a staff doctor at the Center for Conservative Therapy in Penngrove, CA.

Holiday Menus

Delicious Meals That Are Fun, Quick and Easy

By Susan Taylor

Feasting and holiday celebrations often go hand in hand. But the most successful gatherings focus on the enjoyment and good company of family and friends. And aren't these the primary reasons for getting together in the first place?

Make your holiday occasions special treats for everyone—including *you*. Plan ahead and have everything ready early so you can enjoy the pleasure of visiting with your guests. Invite them to share your glow of good health and the atmosphere of well-being in your home.

If you are including food in your entertaining plans, present foods that are attractive, delicious and easy to prepare. Choose a menu that you can prepare well before the party begins. If possible, reserve a quiet rest period before your guests arrive. You will be relaxed, refreshed and better able to help everyone enjoy themselves and *feel at home*.

Here are a few sample menus and recipes to help you get started. These recipes serve 2-4 people. Also included are a few fruit recipes. You can offer these either as fruit meals or as "desserts," tasty dishes you can serve several hours before or after your main meals.

Good eating! (Your guests should be overjoyed, not overfed.)

Happy Holidays!

Special thanks for suggestions and help with the recipes to the Center for Conservative Therapy, Penngrove, CA, Drs. Alan Goldhamer and Jennifer Marano, co-directors; Marsha Plock, resident gourmet chef.



Broccoli and Basil Soup

8-10 broccoli stems
distilled water
2-3 fresh basil leaves

This is a remarkably delicious soup that is easy to make. And it uses up those large broccoli stems that you have been saving in the refrigerator. (You can use an equal amount of whole fresh broccoli if you don't have the stems.)

Cut the hard ends off the broccoli stems; peel if the outer skin is tough. Steam the stems for 7-10 minutes, or until tender.

Tear fresh basil leaves into very small pieces.

Put broccoli stems in the blender and mix in enough distilled water for smooth blending. Add the torn basil leaves to this first batch. Add more water if necessary for easy blending.

Pour the mixture into a large serving bowl. Repeat this process as many times as necessary until all the stems are blended.

Stir the soup well before serving.

Garden Salad

fresh Romaine or other leaf lettuce
alfalfa sprouts
sweet red peppers
assorted fresh vegetables

Prepare a large, eye appealing bowl of salad greens and vegetables; top with alfalfa sprouts.

Carrot Dressing (optional)

½ cup carrot juice
3 oz. pumpkin seeds
3 oz. sunflower seeds

Grind pumpkin and sunflower seeds into a fine mixture. (Substitute raw, unsalted nut butter if you do not have a nut grinder for the seeds.) Blend with carrot juice.

Lentil Casserole

2 cups lentil sprouts
½ lemon
1 medium tomato
2 stalks celery
1 medium avocado

Pour sprouted lentils into salad bowls.

Juice lemon half and place in blender with washed and quartered tomato.

Liquefy on high speed.

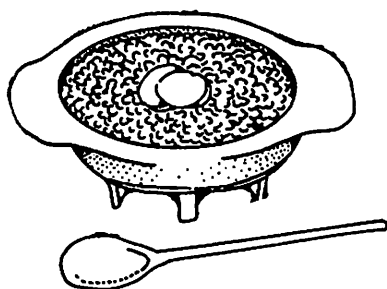
Wash celery, cut off leaves, cut into sixths and gradually add through opening in blender lid while blender is running on high speed. Quarter, peel and add avocado to running blender. Liquefy until smooth and creamy.

Pour avocado-tomato sauce over lentil sprouts, mix well and serve.

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

Dinner Menu II

**Squash Soup
Garden Salad
Avocado Dressing
Potato Casserole**



Squash Soup

**6-8 zucchini
6-8 yellow or crook-necked
squash**

**1 large head cauliflower
distilled water
1-2 fresh basil leaves (optional)
fresh parsley for garnish**

Steam cauliflower, zucchini and squash for 4-6 minutes, or until tender.

Place steamed vegetables and basil leaves in blender with distilled water and blend until creamy. Pour into serving bowl. Repeat this process until all the vegetables are blended.

Stir the soup well before serving. Garnish with fresh parsley.

Crunchy Avocado Dressing (optional)

**2 large avocados
2 stalks celery
1 red pepper**

Slice the avocados in half and remove the pits. Gently scoop out the flesh, avoiding the skin. Mash with a fork until smooth. Dice the celery and red pepper and mix in with avocado. Simple and delicious. Serve immediately.

Potato Casserole

**6 medium potatoes
2 medium sweet potatoes,
preferably red
1 large eggplant
4 medium zucchinis
2 medium carrots
2 stalks celery, diced
3 Tbsp. distilled water**

Preheat oven to 330 degrees.

Cut potatoes and sweet potatoes lengthwise. Then slice them into 1/8" pieces. Do not peel.

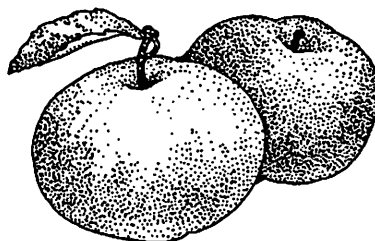
Thinly peel eggplant. Cut it into quarters lengthwise. Then slice it in 1/4" thick pieces. Slice zucchinis in 1/2" thick pieces. Slice the carrots into pieces about 1/8" thick.

Arrange in layers the prepared potato, sweet potato, eggplant, zucchini and carrot. Sprinkle half the celery over the top and then repeat the layers. Add 3 Tbsp. distilled water to the casserole dish.

Cover the casserole and place in oven until vegetables are tender (about 1 3/4 hours).

Fruit Meals

**Winter Fruit Salad
Fruit Pudding
Apricot-Prune Whip**



Winter Fruit Salad

**8-10 apples
2 cups pitted dates
distilled water
4 bananas**

Wash and core apples. Blend half the apples in blender with enough distilled water to make a smooth mixture. Blend 1 cup of dates with distilled water until

smooth. Stir the apple and date mixture together.

Cut the remaining apples and dates and the bananas into small pieces and place in serving bowl. Pour the blended apple-date mixture over the fruit and mix lightly.

Garnish with red and green skinned apple slices for a festive look.

Vary quantities to accommodate the number of guests.

Fruit Pudding

**bananas (1-2 per serving)
apples, apricots, figs, dates
or other sweet or subacid fruit**

Combine bananas with other fruit in blender. Serve immediately or keep very cold until served. Experiment with different combinations and quantities of fruit to come up with your own personal favorites.

Apricot-Prune Whip

**4 oz. dried apricots
4 oz. pitted prunes
1 cup distilled water
1-2 bananas (optional)**

Soak dried apricots and pitted prunes in distilled water overnight. Blend the next day with the soaking water. Serve plain or pour over sliced bananas.

Best Wishes

On behalf of the members, officers and staff of the American Natural Hygiene Society, Health Science magazine sends warm wishes to you for this holiday season. May you celebrate happily and often with family and friends.

Do you have special recipes that you would like to share with other members? Send them to The American Natural Hygiene Society, P.O. Box 30630, Tampa, FL 33630. Be sure to write RECIPES on the outside of your envelope.



The President's Report

The following is President Hannah Allen's report to the ANHS membership delivered at the annual general membership meeting held July 25, 1987, at Brock University, St. Catharines, Ontario. It also highlights upcoming priorities as established at the annual Board of Directors' meetings.

By Hannah Allen

On October 24, 1986, James Michael Lennon was appointed to the post of Executive Director—a position left vacant by the resignation of our previous Executive Director. Jim has not only proven himself equal to the responsibilities involved, he has also made many improvements in the operating procedures.

Working with a reduced staff (two full time and one part time employee fewer than before he took over), Jim has nevertheless implemented a smoother and more efficient day-to-day operation. In addition, with the cooperation of the now reduced but dedicated staff, he has provided more timely Conference programming and *Health Science* publication.

Jim uncovered inaccuracies in the computer and accounting systems and instituted new systems to provide for proper and continuous verification and reconciliation of all entries.

We are fortunate to have an unusually efficient and cooperative staff, and should especially acknowledge the untiring efforts of Office Manager Sandra Duncan, Administrative Assistant Susan Taylor and Membership Secretary Margaret Staggs.

Jim and these special people have made it possible to carry on with a reduced staff. But that is not to say that

all our problems have now been solved. Through careful reduction of expenses, effective appeals to the members, and gradual increases in our membership, our financial situation has improved. But we still have a long way to go.

Membership attrition is inevitable. It must be understood that some members who remain staunch Hygienists fail to renew memberships for various reasons. In order to both increase renewals and reduce the costs of the renewal process, we are instituting a new annual renewal program. You can help by renewing your annual membership promptly.

Harvey and Marilyn Diamond's books continue to generate inquiries, stimulating interest in the Society and many new memberships. We thank them for their help.

Our officers, Executive Committee and Board of Directors, and our Committees and their chairpeople have been fulfilling their responsibilities admirably. Important policy decisions made this year were: to increase membership participation in the selection of officers; to reorganize chapters and other local activities to better meet the needs of all members; to help support research and documentation of the benefits of Natural Hygiene; and to begin publishing new education materials.

This year saw two successful seminars: a one day seminar in Tampa and a wonderful weekend seminar at O'Leno State Park, also in Florida. These seminars and a number of others around the country will be scheduled for 1988.

Many problems have been dealt with during the year. A very important one should be shared with our members.

It is important to realize that the American Natural Hygiene Society cautions its lay members of the dangers of taking any part in responsibility for the health supervision of individuals, and does not condone the involvement of lay members in the supervision of fasts, juice diets, or other special programs for the remission of health problems.

The ANHS at all times recommends that such problems be referred to Hygienic professionals, preferably professionals certified by the International Association of Professional Natural Hygienists. Such lay supervision is susceptible to unpleasant consequences, as one of our members learned the hard way when a suit was filed against her. She expected assistance from the ANHS Legal Defense Fund, which, of course, cannot be used in defense of lay supervision of health problems.

We hope that our members will be alerted to the inadvisability of going beyond our role as teachers of Natural Hygiene.

I will close with some of this year's interesting upbeat signs of progress that relate directly to both the Society's teachings and our commitment to health freedom.

The Associated Press reported in June that the American Hospital Association has agreed to drop its objections to giving staff privileges to chiropractors, as part of a settlement to an 11-year-old court case, in which

four chiropractors filed a lawsuit against several medical societies for their unlawful conspiracy to contain, suppress, eliminate or undermine the public's confidence in the chiropractic profession.

And Pat Imperato, a Florida resident who is the son-in-law of the executive vice president of the American Medical Association in Chicago, wrote a column in the *Suncoast News*, in part as follows:

"The constant din about annual 'breakthroughs' in all disease produce absolutely nothing but constant demands to support further research. Already we hear the medical fraternity hesitatingly advise 'low fat diet,' 'no sugars,' 'no red meat,' 'more green vegetables,' and the like.

"This is a direct result of an emerging avalanche of success in preventing and treating disease by going the route of nutritious food, cleansing of toxic waste in the digestive system, a daily routine of light exercise, and just about nothing else."

He also recommends organically grown food. He says this new path keeps the immune system at 100% strength.

Mr. Imperato has a list of 127 Floridians fully recovered from a variety of diseases by these means and suggests that hospitals should set aside wings where this new breed of patient can be monitored by a medical doctor, osteopath and chiropractor team, instead of wasting billions in "research" beating dead horses.

And a new book, *Maximum Immunity*, by Dr. Michael A. Weiner, contains recommendations for achieving maximum immunity which are almost identical with the Natural Hygiene program.

We are making progress!

Along with my responsibilities as ANHS President, and my "Ask Hannah Allen column" in *Health Science*, as well as an occasional article, my mountain of mail and phone calls continue to proliferate.

Although I have been a very busy gal, I am continuing to make progress on my 60-lesson course in Natural Hygiene. All 60 lessons are completed in rough draft, and 24 lessons have been polished and finished.

I feel very lucky and very happy to be able to continue to serve the cause of Natural Hygiene. □

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



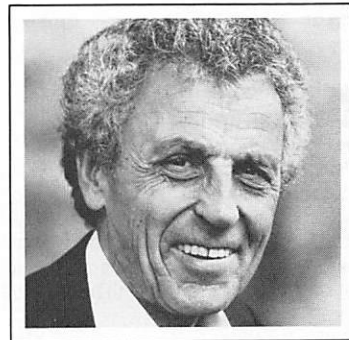
Scott's Natural Health Institute
Box 8919 Strongsville, Ohio 44136
216-238-6930

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

Write for our full color brochure

PAWLING HEALTH MANOR

Box 401 Hyde Park, New York 12538

Reservations and Information: 914-889-4141

Herbert Shelton

Learn Natural Hygiene from its greatest teacher.

These are the finest health books available anywhere.

Fasting Can Save Your Life

Dr. Herbert M. Shelton

This highly informative little gem of a book discusses the benefits of fasting in various acute and chronic diseases, including arthritis, colitis, heart disease and more. It also covers fasting for children and pregnant women. In addition, it establishes the difference between the popular pseudo-fasts such as juice or fruit diets and true fasting—abstinence.

195 pp., \$4.95

#004

The Science and Fine Art of Fasting

Dr. Herbert M. Shelton

The most comprehensive book available on fasting. Dr. Shelton has conducted over 100,000 fasts. More than 55 years of study, observation and experiences have gone into this remarkable book.

384 pp., \$7.95

#006

The Science and Fine Art of Food and Nutrition

Dr. Herbert M. Shelton

This is the most complete guide to food and nutrition available. Discusses our nutritional needs, what nutrition is, and what, when and how to eat. It examines fruitarianism, vegetarianism, food combining, raw foods, the feeding of children and more.

591 pp., \$10.95

#007

The Original Natural Hygiene Weight Loss Diet Book

Dr. Herbert M. Shelton, Jo Willard and Jean A. Oswald

This book sets out a simple three-week program of easy to prepare recipes. These delicious meal plans demonstrate that healthful eating and weight reduction can be both rewarding to your appetite and bring about a revolution in your overall health—in only 21 days.

152 pp., \$9.95

#151

Superior Nutrition

Dr. Herbert M. Shelton

Describes the basic nutritional needs of the body, processed versus natural foods, organic versus inorganic foods and our requirements of starches, proteins, vitamins, minerals, amino acids. Other topics include proper diet for well-being, fasting, feeding babies naturally and how to plan and eat well.

197 pp., \$6.75

#125

Ordering Information

1. Please print your name and address and the names and order #s of your selections.
2. Subtotal your order.
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.

Order Amount	Shipping
\$5.99 or less	\$1.00
6.00 to 10.00	\$2.00
10.01 to 25.00	\$3.00

Allow 4-6 weeks for USA delivery.

Food Combining Made Easy

Dr. Herbert M. Shelton

Learn how to eat for optimum nourishment and health. This guidebook describes why certain foods should never be eaten at the same meal and why others complement each other. Also shows how inefficient digestion results in the production of disease-producing poisons within the body. Included are food classification charts and a wide variety of menus.

63 pp., \$3.50

#107

Human Life: Its Philosophy and Laws

Dr. Herbert M. Shelton

The most comprehensive description of the laws of physiology ever written. This is must reading for the serious student of natural living, especially those interested in Natural Hygiene. A masterpiece in health literature by one of the outstanding health educators of our time.

518 pp., \$25.00

#105

The Hygienic System:

Vol. I Orthobionomics

Dr. Herbert M. Shelton

Many consider the first 100 pages of this book to be the finest elaboration of Natural Hygiene to be found anywhere. It explains the laws of life—the principles that govern physiology—and provides a basis for understanding the requirements of healthy living.

352 pp., \$8.50

#122

The Hygienic Care of Children

Dr. Herbert M. Shelton

Just about anything you need to know about child care is within the covers of this excellent volume. Discusses child care in health and during illness, the whys and hows of breastfeeding, proper feeding in infants and children and much, much more. If you have children, or plan to, discover what this great teacher has to say on their care.

432 pp., \$6.95

#016

Fasting for the Health of It

Jean Oswald and Dr. Herbert M. Shelton

This unique digest provides more than 100 case histories and a great quantity of useful health facts and information. Includes a diary of a 28-day fast by a former asthmatic. A great book to read before or during a fast!

251 pp., \$8.95

#141

Update continued from page 7

chemicals to foods. How do you find out who they are? Read labels and ask your grocer questions. □

Pesticide Risk

The analysis of a recent Environmental Protection Agency report is that pesticide residues in food may rank as the number three cancer risk. Workplace toxins and radon in the home rank number one and two.

The long-term effects of many commonly used pesticides are unknown. What the FDA considers "safe" tolerance levels for many pesticides are also based on "wildly inaccurate" estimates of how much produce many Americans eat.

Find out what is in the food you are eating. The Center for Science in the Public Interest publishes a booklet, *Guess What's Coming to Dinner*. Pesticide residues, animal antibodies and microbial food contaminants are covered. \$5.50 postpaid from CSPI, 1501 16th St., NW, Washington, DC 20036. □

Natural Learning

The Environmental Center of the Miami-Dade Community College, Miami, FL, offers classes, special events and tours to catch the interest of people of all ages.

You can take classes in nutrition and food preparation at the Vegetarian Nutrition Center. Or you can sharpen your organic gardening skills at the Landscape Center. You can also sign up for tours emphasizing an awareness of the native tropical landscape.

One of the Vegetarian Nutrition Center instructors is Natural Hygienist Gregory Haag, M.D., so you know there is more to their nutrition program than whole wheat bread, tofu and salt-free potato chips.

For more information on these programs, write to the Miami-Dade Community College, Environmental Center, 11011 S.W. 104th St., Miami, FL 33176. □

Grapes Turn Sour

The reasons given may differ, but everyone agrees that the 1987 Coachella Valley, California, table grape sea-

The American Natural Hygiene Society
P.O. Box 30630 • Tampa, Florida 33630 • (813) 855-6607

son, from May to July, resulted in losses for growers.

The United Farm Workers claim that the major reason was the current UFW boycott. The growers blamed everything from weather changes to increased competition from Arizona and Mexico to a labor shortage.

The United Farm Workers continue their boycott of both commercially grown grapes and 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 its 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.

We are all affected by what we eat and who we eat with. Boycott commercial grapes. ☐

The Gift of Health

Is there someone special you wish would take better care of their health? Someone you talk to when you can but it just isn't enough?

Give them a chance to find out for themselves. Give them a *Gift Membership* in the American Natural Hygiene Society.

They will get six exciting issues of *Health Science* magazine and a chance to learn about regional and local meetings and events.

Twice a year they'll receive discount book and tape catalogs that offer the most informative health information available.

Natural Hygiene works for you. And it will work for them too, if *you* give them this chance.

Give a *Gift Membership*. Send \$25 and the complete name and address for each of your gift members to ANHS-Gift Members, P.O. Box 30630, Tampa, 33630.

We'll give your new gift members a warm welcome and tell them it's a present from *you*. ☐

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
Penngrove, CA 94951
(707) 792-2325

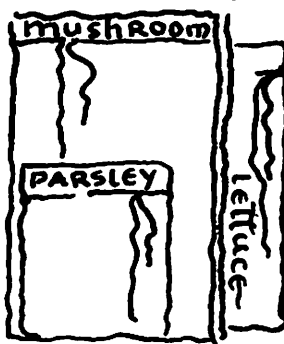
PRODUCE BAGS

MUSHROOM BAGS

The hygienic way to keep mushrooms and leafy greens cleaner, fresher, longer.

Three handcrafted bags with string tie, 100% cotton muslin.

Prevents dry-out and spoilage. Satisfaction guaranteed. Comes with use and care labels.



Send check for \$9.95 to:
Frank O'Neil
860 S. Country Club
Tucson AZ. 85716

allow 2 weeks for delivery.

Ask Hannah Allen

Sun and Your Skin

Q. *This summer I was so torn between the need to be in the sun for vitamin D and the concern about skin cancer that I kept my children in direct sun only one hour a day. As we live in New England, summer sun is especially important to us since we have much less chance to expose our bodies to the sun in the winter.*

A. Sunshine on the skin is necessary to humans for an adequate supply of vitamin D in the body because it enables the body to synthesize vitamin D from dehydrocholesterol in the skin. The intensity of the sunlight reaching a person's skin is affected by latitude and altitude, reflection of rays off sand, water or concrete, the angle of the sun's rays (as determined by the time of day), the season, and even the atmospheric conditions. Cloud haze and smog are still permeated by most of the rays.

The rays of the sun from about 10:00 a.m. to 2:00 p.m. are at their most intense and can be damaging, especially in hot weather climates. It is advisable to expose the skin to the summer sunshine in the early morning or late afternoon, perhaps three or four times weekly for about 20 minutes.

Overexposure to the sun's rays

does carry the threat of skin cancer. It is wise to limit exposure to safe amounts. Exposure to the sun in summer requires judicious restraint as to time of day and frequency. People with fair skin must take their summer sunshine even more carefully and gradually as they are more vulnerable to damage. After the skin has tanned, it absorbs the rays at a slower rate, so that an hour's exposure (more often than three or four times weekly) would be safe and beneficial.

Q. *Of what nutritive value are the sun's rays in winter and what does a moderate tan indicate regarding the body's nutrition? Is a tan a measure of the sun's penetrability? And if so, does this mean that the winter sun's rays are of no nutritive value? Also, what effect does exposure to the sun have on keeping one "warmer" in winter?*

A. In the winter and in colder climates, the body utilizes whatever stored sun-made reserves are available (which have been built up during the warmer weather). The body cannot store the sunshine, but it can, to a limited extent, store the substances produced with the aid of the sun's rays. Exposure to sunshine in cold weather should be utilized whenever possible for best nutrition and best health.

The body's ability to maintain itself optimally from reserve supplies is, of course, limited. It is quite possible also that regular exposure to the sun's rays whenever possible in the winter would be apt to result in a greater feeling of well-being and comfort. Some

people who live in colder climates with long winters are unable to absorb enough sunshine for optimal health and find that they experience health improvement when they move to a warmer climate.

Freezing Produce

Q. *There is urgent need for a Natural Hygiene freezer book, now that fruits and vegetables are plentiful. I do not wish to follow my conventional freezer book. Can you write a column on washing and freezing produce, both non-organic and organic?*

A. Freezing impairs nutrients, though not as much as canning. If some frozen foods are used, they should be supplemented by fresh foods, even if not organically grown.

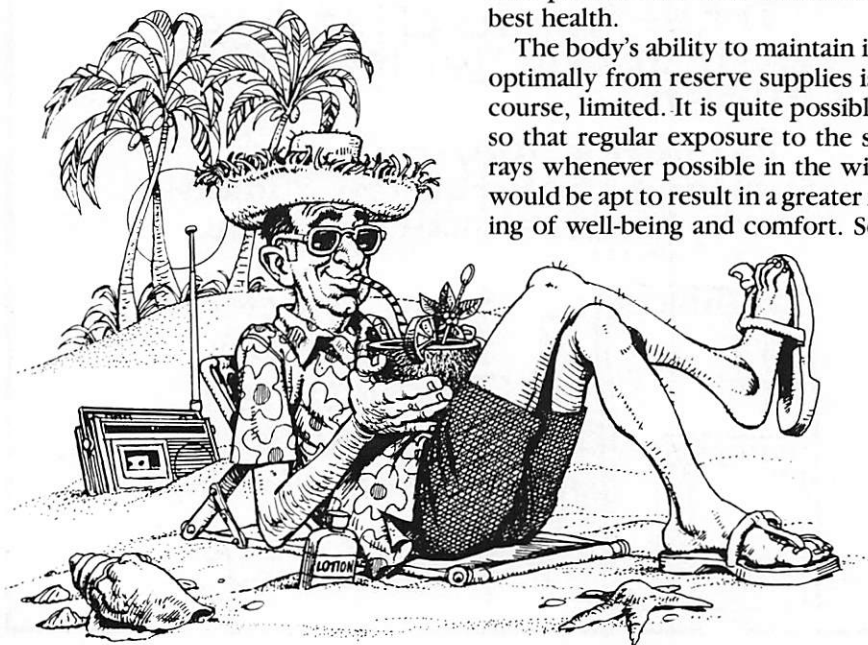
Most fruits can be frozen satisfactorily without any preparation other than quickly washing in plain cool water, and without adding sugar. Frozen fruits should be served when barely thawed.

I do not recommend using any substances in the water for washing produce; this would only entail additional problems in removing the substance used, and would result in a leaching of nutrients. It is not really possible to remove all pesticide residues, some of which are inside the produce. Certain fruits and vegetables may be scrubbed or peeled. In the last analysis, most of us must use some produce which is not organically grown, and we can remove only *some* of the residues by a quick washing.

It is some comfort to realize that vegetables and nuts contain about 1/7 the pesticide residues of flesh foods; fruits and legumes about 1/8 as much; and grains about 1/24 as much.

Vegetables do not freeze satisfactorily unless they are blanched (scalded) to inhibit enzyme action, in accordance with instructions in conventional freezing books.

I do not know of any freezing methods which would improve on conventional freezing methods, except that no salt or other additives should be used. □



1987 Natural Living Conference Tapes

Here is a fantastic opportunity for you to hear and learn from the world's foremost Natural Hygiene educators. These valuable recordings offer the fastest way to learn the best about Natural Hygiene.

Health Care Is Self-Care

The Evolution of Hygiene Past, Present and Future

Dr. Alec Burton #8712

Basic Principles of Natural Hygiene

Dr. Ron Cridland #8713

The Role of Diet in Health and Disease

Dr. Alan Goldbamer #8714

Nutritional Factors in Self Healing

Hannab Allen #8715

The Price of Health Ignorance

Frieda Kabelac #8716

Special offer!

Get a free tape!

Buy 5 tapes; get 1 free.

Recognition and Resolution of Acute Disease

Dr. Ron Cridland #8717

Recognition and Resolution of Chronic Disease

Dr. D. J. Scott #8718

Management of Common Health Problems

Dr. Jennifer Marano #8719

Therapeutic Fasting: Its Use and Abuse

Dr. Alan Goldbamer #8720

The Calcium Mania

Frieda Kabelac #8721

Health Excellence for the Serious Athlete

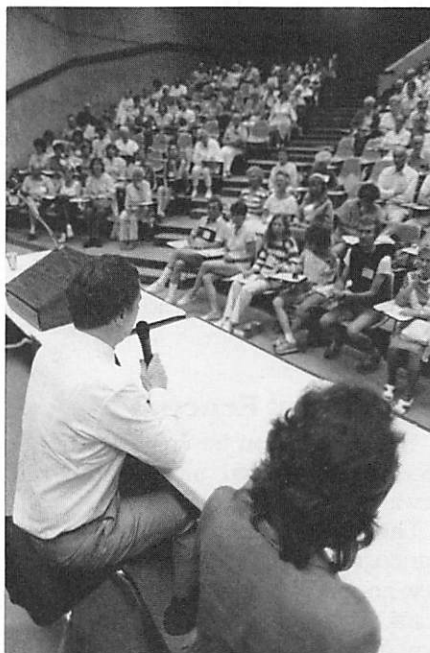
Ron Weston #8722

Stress and Distress

Dr. Nejla Burton #8723

Understanding Cancer

Dr. Alec Burton #8724



Dr. Alec Burton addressing a capacity conference crowd.

Allergies, Arthritis and Gastrointestinal Disease: The Common Link

Dr. Alec Burton #8725

Achieving and Maintaining Optimum Weight

Dr. Jennifer Marano #8726

Dilemma in the Care of Teeth, Hair, Eyes and Skin

Hannab Allen #8727

Immune System: Key to Health

Dr. Alan Goldbamer #8728

Forum:

International Association of Professional Natural Hygienists
#8729

Understanding Your Body

Brain Fitness

Dr. Nejla Burton #8730

The Recognition and Management of Emergencies

Dr. Ron Cridland #8731

The Role of Philosophy in Natural Hygiene

Dr. Alec Burton #8732

Case Histories: The International Association of Professional Natural Hygienists
#8733

The Importance of Rest

Dr. Keki Sidhwa #8734

Save \$60.

Buy the complete set
(30 tapes) for only
\$150 postpaid.

How to Have a Healthy Social Life
James Michael Lennon #8736

The Natural Hygiene Diet: What We Recommend and Why
Paula Duvall #8737

The Wholistic Approach to Health and Well-Being

Dr. Philip H. Martin #8738

Can Natural Hygiene be Updated?

Dr. Keki Sidhwa #8739

Health on the Installment Plan

Dr. Douglas Grabam #8740

Irradiation Action Workshop

Max Huberman #8741

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 1987 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.

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)

The American Natural Hygiene Society
P.O. Box 30630 • Tampa, Florida 33630 • (813) 855-6607



Ronald G. Cridland, M.D., will be the featured speaker at the 2nd Annual ANHS Tampa Seminar, January 16-17, 1988. His featured topic: AIDS—A Natural Hygiene Perspective.

2nd Annual Tampa Seminar in January

Mark your calendar for Saturday and Sunday, January 16-17, 1988 for the 2nd Annual ANHS Tampa Seminar.

This year's featured speaker will be Ronald G. Cridland, M.D. His major topic will be "AIDS—A Natural Hygiene Perspective," the focus of which will be prevention.

Dr. Cridland, who is the director of the Fundamental Health Centre, Stouffville, Ontario, Canada, and a certified member of the International Association of Professional Natural Hygienists, will address a number of other topics as well.

The seminar will also feature talks by ANHS President Hannah Allen and Frieda Kabelac on a variety of important Natural Hygiene topics.

They will be joined by Executive Director James Michael Lennon and Dr. Stephen Nelson, professional Natural Hygienist from Largo, FL, making this a truly impressive event.

The registration fee for this exciting two-day seminar is \$100, (\$75 for ANHS members who register before December 16, 1987), and includes admission to all sessions and lunch on both Saturday and Sunday. One day passes are available for \$60 each day (\$50 for ANHS members).

Register today! Space is extremely limited!

ANHS members in the eastern United States will receive a seminar flyer in

the mail. Members in other areas who want to attend should write and ask for one.

To register: simply send a check for \$100 (\$75 before December 16) to ANHS Tampa Seminar, P.O. Box 30630, Tampa, FL 33630. To charge your registration to your charge card, call ANHS National Headquarters (813) 855-6607, 10 am to 4 pm Monday thru Friday.

The seminar will be held at the Days Inn, 2522 N. Dale Mabry Highway, Tampa. If you would like to stay at the Days Inn, contact them directly at (813) 877-6181 for a room reservation. We have arranged for special seminar rates of \$36 per room, per night. Be sure to tell them you are attending the ANHS seminar. □

New Annual Renewal

You will, if you haven't already, be receiving a special membership renewal notice in the mail.

This special renewal mailing is designed to convert all members to a new annual membership renewal program. That way all members will renew at the same time—at the end of each calendar year.

This will save the Society thousands of dollars. And that should be good news because they are *your* dollars. Every penny the Society has was made possible by *you and other members*.

Right now, members have 365 different renewal dates. You can imagine what a nightmare it is keeping track of them and sending renewal notices. When everyone's renewal date is January 1, we can dramatically reduce paperwork, cut costs and increase educational activities.

The new program begins in November. Your renewal notice will tell you exactly how much you need to send to extend your membership to the end of the year.

By renewing your membership early, and by renewing when you receive your very first notice, you will be making an important contribution to the Society. If Natural Hygiene is going to grow we all need to work together.

As soon as we receive your renewal and/or extension we will rush your new membership card to you *and* a handsome ANHS decal for your car that says MEMBER 1988. Let everyone

know that you are "Living in Harmony with Nature."

When renewing or extending your membership, please consider giving a gift membership. Thank you. □

Life and Century Club Member Tribute

Dr. G.E. Brooker and Dr. Jacques Cloutier are the newest members of the ANHS Century Club. Welcome!

And we want to recognize the following members whose names did not appear in the "Tribute to Life and Century Club Members" in the Sept./Oct. issue. Life Member Belle Barnett and Century Club members Paul Simcich and Alfonso L. Standifer. We apologize for these omissions. □

New Life Members

We welcome Harvey and Marilyn Diamond as the newest Life members of the American Natural Hygiene Society. Harvey and Marilyn are making substantial contributions to public awareness of Natural Hygiene through their books, *Fit For Life* and *Living Health*.

If you want to keep in touch with the Diamonds, you can subscribe to their attractive four-page newsletter titled "Keeping in Touch with *Fit For Life*."

To receive six issues per year, send a check for \$15 (outside the U.S. send \$20 in U.S. funds) to "Keeping in Touch with *Fit For Life*," Suite 118, 2210 Wilshire Blvd., Santa Monica, CA 90403. □

Chapter News

Summer's end and the beginning of the fall season were busy times for many ANHS chapters.

The Cincinnati chapter held its 22nd Annual Watermelon Party in August. Harry and Florence Kaplan, founders and "guiding lights" of the chapter, hosted this very popular event. The party also included Elanore Morrison speaking on how Natural Hygiene helped her to endure "tour traveling." Hopkins McGrew presented an update on the food irradiation issue from the Health & Energy Institute of Washington, D.C.

Members of the Syracuse, NY, chapter also enjoyed a Watermelon Party at their August meeting. "The Basic Principles of Natural Hygiene," a taped lec-

ture by Dr. Alec Burton, was featured at the September meeting. Weekly dinners were a highlight of chapter activities in October.

"How Best Can We Live Healthfully?" was the topic of Dr. Christopher Deatherage's address at the September meeting of the St. Louis chapter. Chapter members listened to a taped lecture from the ANHS International Natural Living Conference by Dr. Ron Cridland, "How to Manage Common Illnesses," at the October meeting.

Barbara and Russell Porter shared their experiences of "Home Birth by Choice" with members of the Dallas Metro chapter at the September meeting.

"Being Natural, Naturally, Is Not Easy," a presentation by Allen Wells, was enjoyed by New Jersey chapter members at their September meeting.

Enthusiastic members of the Los Angeles chapter shared their experiences in a program titled "Health Recovered by Natural Hygiene" at the October meeting. "Highlights of the 39th International Natural Living Conference" were presented by Lynn Freeman, Anne Warfield and Bill Tolmasoff.

Dr. Leslie H. Salov, director of The Vision and Health Center in Whitewater, WI, talked about "Vision and Natural Hygiene" at the September meeting of the Chicago chapter. "Science and Natural Hygiene" was the topic of Dr. David J. Scott's presentation at the October meeting. Dr. Scott is director of Scott's Natural Health Institute, Strongsville, OH, and a member of the International Association of Professional Natural Hygienists. □

Upcoming

The Chicago chapter will host "An Afternoon and Evening with Brother Ron Pikarski," a food demonstration and dinner, on November 21 at the Lombard Community Center. Brother Ron is a world famous vegetarian chef who will share his ideas for food preparation and recipes. For more information, please call (219) 464-2467. □

International

Dr. John A. McDougall was the distinguished guest lecturer at the August meeting of the Montreal chapter. He spoke on "The Prevention and Treatment of Common Diseases." Dr. McDougall, author of *The McDougall*

Plan, has been an advocate of Natural Hygiene practices for many years.

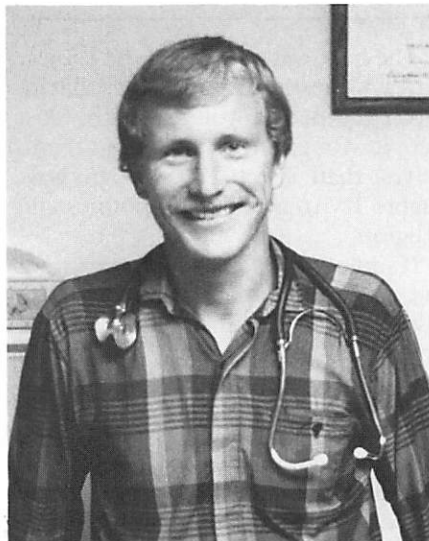
"Fever—Its Mechanism and Benefits" was the subject of a lecture by Dr. Andre Saine at the September meeting of the Toronto chapter. Dr. Ralph Cinque, director of Hygeia Health Retreat, Yorktown, TX, hosted an all-day seminar in October. □

ANHS Member Network

Attention, ANHS members in the Jackson, TN, and Santa Fe, NM, areas! Several members have written that they are interested in getting together with other members in their regions.

Jackson, TN, area members can contact Dr. Debe Williams, 947 N. Highland Ave., Jackson, TN 38301.

Dr. Stephen Perlstein is especially interested in hearing from parents with school-age children in New Mexico who have experience with Inoculation Exemption Letters. His address is 2001 St. Michael's Drive, Santa Fe, NM 87501; (505) 984-0006. □



Alec Isabeau, D.C., is the newest certified member of the International Association of Professional Natural Hygienists.

New Natural Hygiene Doctor

Alec Isabeau, D.C., is the newest certified member of the International Association of Professional Natural Hygienists. Dr. Isabeau is a staff doctor at the Center for Conservative Therapy in Penn Grove, CA, where he completed his residency under the supervision of Dr. Alan Goldhamer.

Health Science extends a warm welcome to Dr. Isabeau. His article on stress appears in this issue. □

The American Natural Hygiene Society, Inc.

Living in Harmony with Nature

P.O. Box 30630
Tampa, Florida 33630

CHAPTERS

Arizona

Scottsdale (602) 946-1597

California

Los Angeles (213) 388-4332
North Bay Area (707) 546-6139
Orange County (714) 996-6804
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

Palm Beach (305) 689-8115
Pasco County (813) 868-3833
Southwest (813) 629-2866
Tallahassee (904) 878-4075
Volusia County (904) 761-6714

Illinois

Chicago (219) 464-2467

Michigan

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

Missouri

St. Louis (314) 863-6321

New Jersey

East Rutherford (201) 935-9021

New York

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

Ohio

Cincinnati (513) 662-2080
Cleveland (216) 933-2590

Pennsylvania

Philadelphia (609) 778-4289
Pittsburgh (412) 271-0924

Texas

Garland (214) 530-8295

Washington

Puget Sound (206) 474-4175

Wisconsin

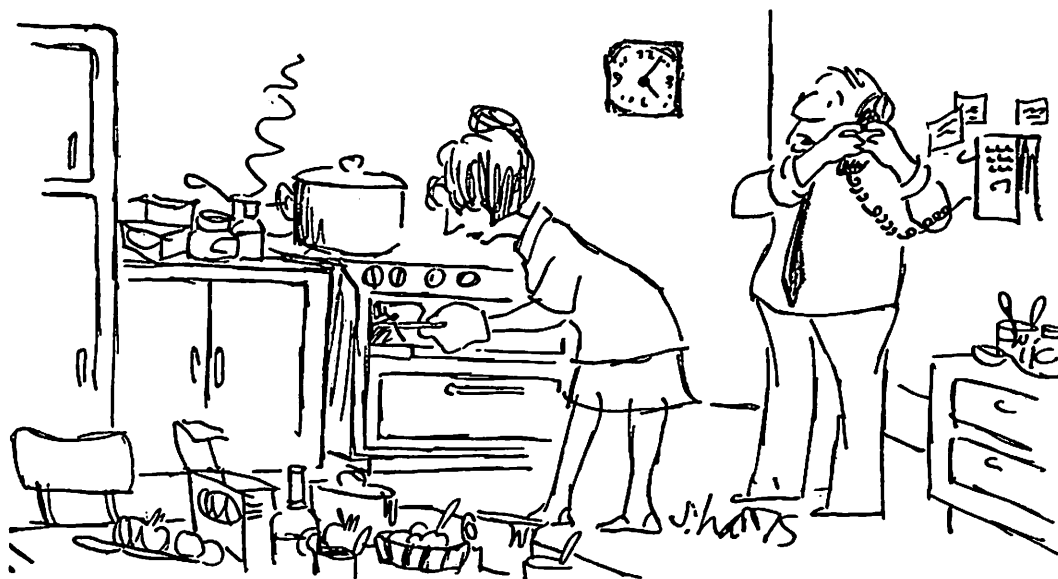
Milwaukee (414) 442-3400

Canada

Peterborough (705) 652-7737
Toronto (416) 781-0359
Montreal (514) 691-1102



Planting the seeds of health since 1948.



"Stop the presses. They're veggies!"

"Famous Last Words..."

By James Michael Lennon

Unless you are planning to be visiting another planet, the upcoming holiday season will offer you more opportunities to demonstrate your poise, kindness and good will than any other time during the year.

Thanksgiving, Chanukah, Christmas, New Year's Eve and New Year's Day all fall in this season. These special days, each with their own customs and traditions, are unique events celebrated with family and friends.

It is during these communal events that differences between people often become obvious. And as you already know, different choices of food and drink too often spark uncomfortable, sometimes heated discussions.

I think it is fair to say that during this upcoming season you will find yourself in situations where your food choices will be under discussion. Tell me if I am wrong.

So the question is not *if* it will happen but *how* we will conduct ourselves *when* it happens.

There are really only three ways you can respond in these situations. You can charmingly change the subject. You can express your well seasoned views in a delightful, informative way. Or you can behave defensively and offensively—know it all style—exhibiting behavior even your most loyal friends will find difficult to swallow.

The best way to change the subject is to ask questions about topics that interest the people you are with. Most people would rather talk about themselves than listen to you anyway. Right? Try to avoid food, politics and religion.

If someone is particularly persistent in cross-examining your diet, you can always excuse yourself with a smile and go to another room.

Avoid Bad Taste

Thanksgiving dinner is not the time to lecture your relatives about their eating and drinking habits. To my way of thinking, there is *never* a time for this. Don't do it! Teach by good example and good natured, friendly conversation.

Food for Thought

Knowing what to say and when to say it is the first step in good communication. Be sure that what you are saying is something with substance.

Speak in a way people can understand! How you say what you say will determine whether or not people will listen to you. If you are not successful at capturing your listener's attention, you have wasted all the work that went into discovering what to say in the first

place. Be upbeat and positive! Identify solutions. Don't dwell on problems.

To be a successful teacher, you need two essential qualities: competence and tremendous love for people. If you love people but you are incompetent, or if you are a great talent but lacking in care and compassion, your success will be very limited.

Practice what you preach. If you follow and enjoy your own advice, people will really respond to you. Actually, nobody ever remembers exactly what you say, or what facts or logic you present. They just remember the impression you make.

Be sensitive to the situation! A good idea presented at the wrong time or in the wrong way can be worse than not presenting it at all.

World renowned advertising executive Bill Bernbach, who knew as much about effective communication as anybody, had this to say:

"The truth isn't the truth until people believe you; and they can't believe you if they don't know what you're saying; and they can't know what you're saying if they don't listen to you; and they won't listen to you if you're not interesting. And you won't be interesting unless you say things freshly, originally, imaginatively."

Best wishes for a wonderful holiday season! □

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.

WIDOW CAUCASIAN. RAW FOODS VEGETARIAN. Active. Physically Fit. Retirement Age. Wishes Permanent Residence at a Health Vegetarian Resort or Furnished Room with Same. Can put my skills in Health Foods preparation to good use. Florida, California or Hawaii preferred. Is anyone interested in starting a resort for retired, active, physically fit Hygienists who want to be with other Hygienists? Please answer to 'GAE' Box 17, Beverly Hills, CA 90213.

PROVEN PUREST WATER OF ALL DISTILLERS. (408) 980-7399. Hygienic Water Co., 19855 Stevens Creek, #140, Cupertino, CA 95014.

AIDS TRACED TO VACCINATIONS by London Times inquiry. Detailed, documented report, \$2.50. Pure Water Products, Box 2783H, Denton, TX 76201.

REGISTERED NURSE SEEKING POSITION as companion to Natural Hygienist. Excellent driver. Flexible. N. Plura, RR #2, Box 24, Ellsworth, IL 61737. Phone (309) 724-8362.

YOUR CLASSIFIED AD SHOULD APPEAR HERE. Do you want to meet people? Do you have something to sell? Is there an event you would like to celebrate? Maybe you'd just like to see your name in print. Classified ads cost only \$1.00 per word, prepaid. Your name, address and telephone number count as three words. Please send classified ad two months in advance of next issue to: *Health Science*, P.O. Box 30630, Tampa, FL 33630.

A HEALTH-CONSCIOUS VEGETARIAN, 25, (education: master's degree), living wholistic, hygienic life, concerned with physical, mental, emotional, spiritual growth, seeks affinity and love with a sincere woman of similar interests to share the future. Feel easy to contact. One decision may change our lives to the best. P.O. Box 962, Glendale, CA 91209.



Give the Gift of Health

Gift Memberships in the American Natural Hygiene Society.

Please enter _____ gift memberships for the individuals listed below. Enclosed is \$25 (\$35 outside the United States) for each gift membership, for a total of \$_____. I understand you will notify each recipient of my gift.

Send Gift to: (Please print)

NAME _____

ADDRESS _____

CITY _____

STATE _____

ZIP _____

Send Gift to:

NAME _____

ADDRESS _____

CITY _____

STATE _____

ZIP _____

Gift from: _____

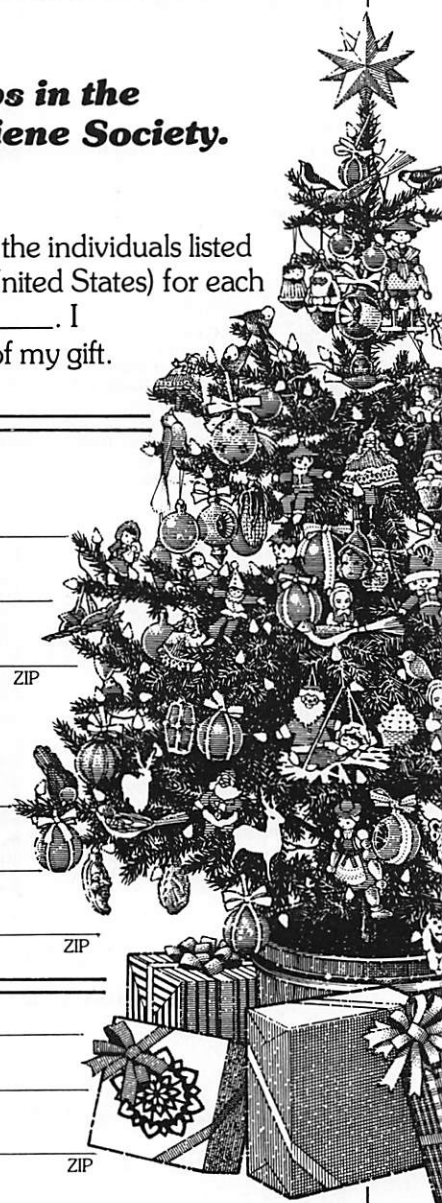
ADDRESS _____

CITY _____

STATE _____

ZIP _____

Make Checks Payable to:
The American Natural Hygiene Society
P.O. Box 30630, Tampa, FL 33630



Health Science Back Issues

Don't miss this opportunity to get the facts you need on topics of vital interest to you! Only \$1.50 each (plus postage). The best way to learn about Natural Hygiene!



Vol. 1, No. 1, April 1978
An Interview with Dr. Herbert Shelton; Junk Foods, by Dr. Alec Burton. Also: Growing High Quality Foods; Food and Life; Understanding Fasting; The Natural Hygiene Kitchen.
Order: V1#1

Vol. 4, No. 3, April/May 1981
The Hygienic Care of Children: A Lifelong Challenge, by Ellen Sue Spivack; The Causes of Colds, Sore Throats, and Other Infectious Diseases and What Your Body Tries to Do about It, by Dr. Alan Immerman. Also: Only You Can Live Your Own Life; The Sources of Truly Remedial Means (Part II).
Order: V4#3

Vol. 1, No. 6, Sept. 1978
A Positive Look at Aging, by Jo Willard. Also: Successful Infant Feeding; The Importance of Fresh Air; Problems with Water; Recipes; Basic Natural Hygiene for Children; Planning Ahead for Fasting.
Order: V1#6

Vol. 8, No. 6, Nov./Dec. 1985
Vitality—How to Build It and Conserve It, by Dr. Ralph Cinque; The Home Birth Option, by Victoria Moran. Also: Creative Visualization; Vegetarianism (Part III); Health Freedom (Part II); Surviving the Holidays; Women Doctors—Natural Hygiene and Equal Rights.
Order: V8#6

Vol. 8, No. 3, May/June 1985
Herbert M. Shelton—A Remembrance. A special Memorial Issue devoted to the great health educator and reformer. His life, his books, his health school, his famous *Dr. Shelton's Review* are all covered. Must reading for all Natural Hygienists. A great tribute.
Order: V8#3

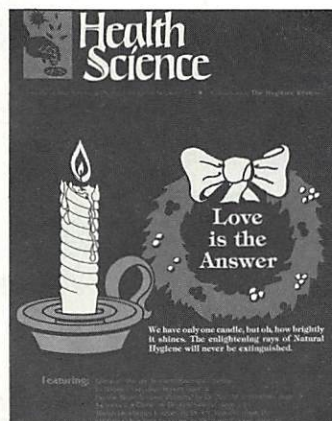
**Special Offer!
Buy 5. Get 1 Free!
Only \$10.00,
postpaid.**

Vol. 6, No. 5, Sept./Oct. 1983
Self Care vs. Medical Care, by Hannah Allen. Also: Tribute to Scott Nearing; AIDS: Become Enlightened Instead of Frightened; Don't Give Up—Overcoming Lifelong Conditioning (Part II); Ask Hannah Allen.
Order: V6#5

Vol. 8, No. 1, Jan./Feb. 1985
Self-Mastery: Say Goodbye to Destructive Habits, by Hannah Allen; Losing Weight the Natural Way, by Dr. Ralph Cinque. Also: Recipes; Laugh Your Way to Health; From Knowledge, to Practice, to Health; Sickness Is Always Caused by Wrong Doing; Who Are the Quacks?
Order: V8#1



Vol. 9, No. 4, July/Aug. 1986
Interview with Harvey Diamond; Cancer Prevention, by Dr. Alan Immerman. Also: Fabulous Summer Salads; The Magnificent Mango; One Family's Dream Orchard; Treatment and Mistreatment: The Case of Laura Lee.
Order: V9#4



Vol. 7, No. 5, Sept./Oct. 1984
Food Irradiation; A Blessing or a Curse? by Max Huberman; Macrobiotics: A Natural Hygiene Perspective, by James Lennon. Also: Heartwarming Story of Three Home Births; A Profile of Abe Zinn at 91.
Order: V7#5

Vol. 3, No. 1, April/May 1980
Rearing Children Hygienically, by Marsha Bressack; Vitamin B12 and Your Diet, by Dr. Alan Immerman. Also: Horticulture and Human Health; Recuperating after Fasting; Women's Approaches to Health; Children, Sports and Bone Growth.
Order: V3#1

Vol. 2, No. 7, Feb./Mar. 1980
The Hygienic Answer to Obesity, by Dr. Robert Gross; Fasting and Diet Restriction in Cardiovascular Diseases, by Dr. Alan Immerman. Also: The Fluoridation Dilemma; Interrelation of Health and Disease; Positive Self-Discipline; Questions and Answers with Dr. Alec Burton.
Order: V2#7

Vol. 9, No. 2, Mar./Apr. 1986
Fasting: Facts and Myths, by Dr. Ron Cridland; Natural Birth Control: In Perspective, by Tamra Orr. Also: Breastfeeding: The Best Beginning; How to Select Fruit; Modern Medicine and Organ Transplants: In Memory of Laura Lee.
Order: V9#2

Vol. 9, No. 1, Jan./Feb. 1986
Natural Hygiene: The Science of Health, by Dr. Alan Goldhamer; Scientific Documentation for Natural Hygiene, by Dr. Alan Immerman. Also: Remembrance of Dr. Christopher Gian-Cursio; Book Review of *Fit For Life*.
Order: V9#1

Vol. 4, No. 6, Oct./Nov. 1981
Hygiene vs. Curing—“Health by Healthful Living,” by Dr. Herbert Shelton; Hypoglycemia—How Sweet It Isn't! by Dr. Frank Sabatino. Also: Kick the Junk Food Habit; Vegetarian Diet...Facts and Fallacies; Case Histories.
Order: V4#6

Vol. 5, No. 3, May/June 1982
Simplifying and Updating Food Combining, by Hannah Allen. Also: The Exercise Boon—A Hygienic Perspective; Hygienic House Cleaning.
Order: V5#3

**Incredible Savings!
Get All Available Back Issues (approximately 50) for only \$50.00, postpaid! Build Your Library.**

Vol. 1, No. 4, July 1978
Mental and Emotional Factors in Health, by Dr. Alec Burton; How I Got Rid of Chronic Exhaustion and Got Exuberant Energy, by Virginia Gerhard. Also: Food for Survival; An Interview with Dr. Keki Sidhwa; Children and Fasting; Fillings, Fluoride and Brushing Teeth; More Needs for Fasters.
Order: V1#4

Ordering Instructions: Please send \$1.50 for each magazine. Add \$1.00 postage for your first magazine and \$.50 for each additional one. For complete list of all available back issues, please send \$1.00 with your request.

Make checks payable to:
American Natural Hygiene Society
P.O. Box 30630
Tampa, FL 33630