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FROM
American Natural Hygiene Society
Editors of
"The Natural Hygiene Magazine"
Tampa, Florida 33680

LIVING IN HARMONY WITH NATURE

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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
P.O. Box 30630
Tampa, FL 33630

Or call: 813-855-6607

HEALTH SCIENCE

LIVING IN HARMONY WITH NATURE
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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 Illinois. 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© 1989 by The American Natural Hygiene Society, Inc. Annual dues are \$25 Regular; \$45US outside U.S. and Canada. ANHS members subscribe to *Health Science* through their dues. Non-member subscription rates are \$25 per year (\$45US outside U.S. and Canada). A limited number of back issues are available at \$2.50 each postpaid. Second class postage paid at Tampa, FL and additional mailing offices. Postmaster: send address change to *Health Science*, P.O. Box 30630, Tampa, FL 33630.

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

Inside This Issue

Happy New Year!

Happy New Year from President Hannah Allen and the officers and staff of the American Natural Hygiene Society! We hope that 1989 is a healthy and happy year for all members and their families.

This issue's cover shows some of the hundreds of letters the Society is getting from around the world. Thanks to members' contributions we have been able to continue to send books and magazines overseas, making Natural Hygiene available to people everywhere. As a result, we are getting more and more new members from around the world.

The decision to become truly healthy brings with it a transformation that encompasses every aspect of our lives. In **Choose to Live Fully**, Susan Smith Jones emphasizes the tremendous benefits of adopting a positive and loving attitude toward life.

Are you holed up in the smallest room in your house with stomach and intestinal problems? Read Dr. Alan M. Immerman's **You Can Say Goodbye to Constipation, Gas and Diarrhea** and open the door to some fresh new solutions to these age-old problems.

Getting Well and Staying Well, an essay by the late Herbert M. Shelton, reminds us that the only way to live a disease-free life is to remove the *causes* of disease, not the symptoms.

See pp. 18-19 for a report on the 1988 ANHS Regional Seminars (they reached hundreds of new members around the country) and the exciting lineup of speakers, dates and locations planned for the first half of 1989.

The dangers of fluoride ingestion and the effects of donating blood are discussed in **Ask Hannah Allen**.

The complex issue of voluntary euthanasia is addressed by Executive Director James Michael Lennon in **The Last Word**. □

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Cover photo: © Dave Durbak

Smoking, Not AIDS, Is the Real Epidemic

According to the U.S. Surgeon General, tobacco use is the number one health problem in the United States.

In a new video presentation, "Tobacco: The Winnable War," U.S. Surgeon General C. Everett Koop examines the grim facts about tobacco and explains how you can help stop the death and suffering tobacco causes.

Some of the findings of this documentary are: (1) women who smoke have a higher miscarriage rate and lower weight babies; (2) nicotine is the most addictive drug in our society; (3) 350,000 people in the U.S. die each year from diseases caused by tobacco use; (4) tobacco causes one-third of the cancer deaths among males; (5) the number of AIDS patients diagnosed since 1981 equals the number of deaths every month from tobacco.

For more information, write: Times and Seasons Tobacco — Dept. A, Tel-

evision News and Feature Services, The Church of Jesus Christ Latter-Day Saints, PO Box 30700, Salt Lake City, UT 81430.

Distilled Water Still the Best

From time to time members ask questions about distilled water. Often their concerns are prompted by uninformed people in the "health food" movement who praise the virtues of mineralized water and mineral supplementation with exaggerated and often ridiculous claims.

The Natural Hygiene position, which has remained constant since Dr. Herbert Shelton first debated this issue in the 1930s, has been that wholesome natural food supplies us with all the minerals we need and that we should attempt to procure the purest water available.

Since most waters are contaminated

with minerals, heavy metals, other elements, chemical compounds, and organic materials (many of which are toxic), it is wise to stick to the principle that the best water is the purest water.

We are often asked if distilled water "leaches nutrients." Water does not have the ability to leach nutrients. The body carefully controls its nutrient balance with an array of hormonal and biologic controls. Claims that distilled water is "dead" or "hungry" or can "leach" minerals have absolutely no scientific support. These claims are in opposition to present-day knowledge of physiology and biochemistry.

By the same token, Natural Hygienists do not attempt to bestow any virtues on distilled water. Distilled water is simply the purest water obtainable by the general public.

Generally speaking, small home distillers do not purify the water as well as the larger and more complex distillers used for scientific experiments. The recent articles in *Health Science* (See "Water, Water, Everywhere, Part I and II," Jan./Feb. and Mar./Apr., 1988) explained that chlorine is not totally removed by distillation and that combining distillation with another process, such as an osmotic filter, is best.

Joel Fuhrman, M.D.

Tennessee Vegetarians Have Beef with Governor

Tennessee vegetarians are outraged at Governor Ned McWherter. For the second straight year, McWherter has turned down a request to proclaim October 1 as World Vegetarian Food Day. Instead, he named October as Beef Month.

The Tennessee Vegetarian Society received support from at least two major newspapers, *The Knoxville News-Sentinel* and *The Sunday Tennessean*, and many Tennessee newspapers are covering the story—a clear sign that vegetarians are being heard.

The Tennessean reported that the vegetarians proposed only to inform people about food choices, repeating the U.S. Surgeon General's recommendation that Americans eat less satu-



rated fat and cholesterol and eat more complex carbohydrates.

"People are vegetarians for various reasons—some for humanitarian reasons, some for economic reasons, some for ecological reasons, and some even for religious reasons.

"Thus, whether the vegetarians' resolution gets the governor's seal on it this year or not, they have things to say which deserve to have a public hearing, the Cattlemen's Association notwithstanding."

Natural Hygiene Reaching Around the World

The message on the cover of this issue of *Health Science* magazine tells the story—the wonderful message of Natural Hygiene is reaching more people around the world than ever before!

The Society is receiving so many enthusiastic letters each week from people around the world. And thanks to your very generous support and the support of other members like you, we are able to answer all these requests for information, book requests and orders, letters of encouragement, and to supply much needed materials to the needy. What's more, many of these newcomers are becoming new members and lending their support to the Society.

Most importantly, ANHS members, through their contributions, have made it possible for the Society to help people in India, the Philippines, Poland, Trinidad and Tobago, Argentina, Canada, Yugoslavia, the Netherlands, Spain and the United States start study groups, set up libraries and receive *Health Science* magazine.

Membership in the Society is expanding. For the first time ever—over 5,000 memberships. Thank you for all your support!

Great American Meatout

Farm Animal Reform Movement, Inc. (FARM) will sponsor the fifth annual Great American Meatout on March 20.

The purpose of the Great American Meatout is to alert the American public to the destructive impact of meat eating on animal welfare, consumer health, world food supplies, and natural resources. The campaign is sponsored annually by FARM, with support of local animal and consumer protection groups.

FARM is also actively promoting legislation on behalf of animal rights issues. For more information, contact FARM, PO Box 70123, Washington, DC 20088; (301) 530-1737.

Come to the Tampa Seminar in January!

Make plans *now* to attend the 3rd Annual Tampa Seminar, January 21-22, in Tampa, FL.

Don't miss this unique opportunity to hear an exciting lineup of speakers address "The New World Awakening—Natural Hygiene Survival Techniques for the 21st Century."

Learn...*how to solve the problems facing Natural Hygiene homemakers, how to deal with environmental pollution. Learn...food selection and preparation, and the role of Natural Hygiene in recovery of health—including emergency situations.*

Join speakers Gregory Haag, M.D., of the Regency Health Spa; Doug Graham, D.C., Director of Action Chiropractic; ANHS President Hannah Allen; health activist Frieda Kabelac-Ireland, ANHS Executive Director James Michael Lennon for a wonderful weekend.

Enjoy sunny Florida, meet new friends and renew your commitment to living the healthiest life possible, all at the same time!

Call *now* to reserve your place!

Space is limited! Priority will be given to the first 70 people who regis-

ter for the full two-day seminar. One-day passes will be honored if space is available.

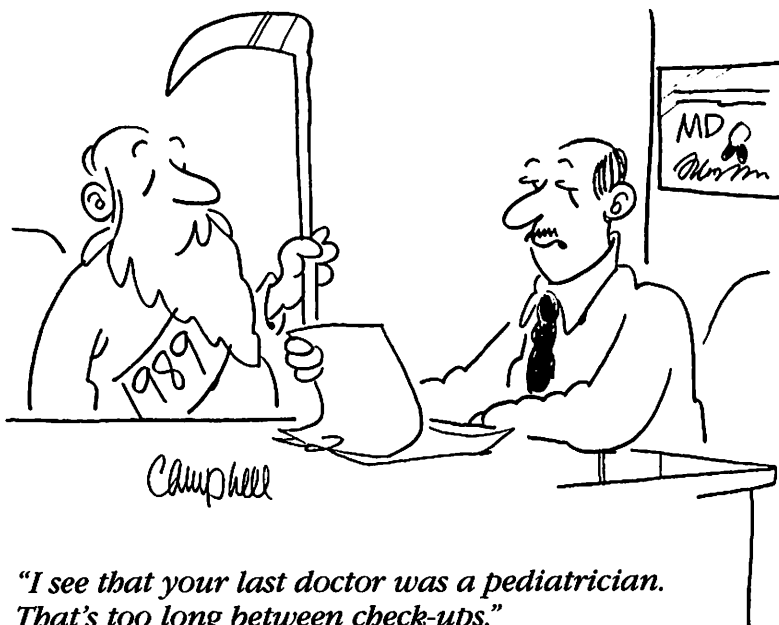
The registration fee for this unique two-day seminar is \$100 (\$75 for ANHS members). This includes admission to all sessions and a light lunch on both Saturday and Sunday. One-day registration is \$60 (\$50 for ANHS members).

Register today! Charge your registration to your MasterCard or Visa by calling ANHS National Headquarters, (813) 855-6607, 10 a.m. to 4 p.m. EST, Monday through Friday.

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

Wonderful Persimmons

The persimmon is a wonderful fruit, rich in sodium and potassium. Persimmons are now on the market and we can all enjoy their wonderful goodness. Persimmons should be allowed to ripen to a very soft consistency. Cradle them tenderly in your hand and squeeze gently. When very, very soft to the touch, they are ready to eat. Wash gently in soapy water; rinse well. Gently remove the stem end with sharp knife and discard. Your persimmon is then ready to eat



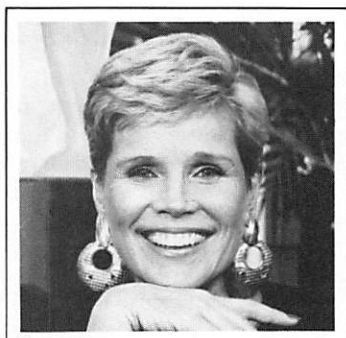
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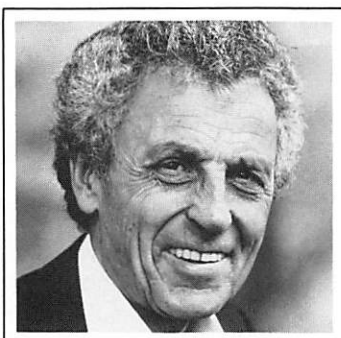
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out of hand or cut into two pieces and eaten with other sweet fruit.

A delightful smoothie can be made using persimmons and bananas. Peel ripe bananas, lay on plastic dish, cover with plastic wrap and freeze overnight or at least for 4-5 hrs. Cut ripe persimmon into 2 parts and place in blender. Blend for 10-15 sec. Slice frozen banana and place in blender also. Blend slowly. You may have to stop the machine and stir mix a few times. When smoothie is ready, serve in champagne glasses. Children love to make these smoothies and even more, they love to eat them. If persimmons are not available, you may use unsulphured and revived dried fruit (such as peaches or apricots). The soaking water will provide the necessary liquid, but don't use too much or smoothie may be too liquid. Enjoy!

Persimmons may also be dried. Simply run a toothpick through top of persimmon and tie to a string. Cover stringed persimmons with cheesecloth and hang out of doors in the sun. The outside should turn white with a delightful sugar coating! Revive and have your smoothies all winter long.

Special thanks to Elizabeth McCarter, D.Sc., of the Bionomics Health Research Institute, Tucson, AZ.

Florida Citrus Revisited

A Florida member wrote objecting to our suggestion ("Suspicious Citrus," *Update*, Nov./Dec., 1988) to avoid Florida citrus since lead arsonate is being applied to some of the crop. She felt that the 30% estimate of the crop being affected was too high and that this estimated figure could hurt Florida growers.

The estimated figures came originally from a study by the National Coalition Against the Misuse of Pesticides (NCAMP), of Washington, DC. Telephone calls to NCAMP and the Environmental Protection Agency (EPA) leave us convinced that our suggestion that readers avoid Florida citrus is warranted only for the early grapefruit crop. By the time you read this most of the early crop should be gone and concern about lead arsonate lessened for this year.

Keep in mind that commercially grown citrus from all sources will still be subjected to all the other chemicals commonly used on such crops. Com-

merically grown, chemically treated food cannot be compared to organically grown food. We recommend that you buy the best food you can afford that is available to you.

Making Up Without Breaking Up

It is common knowledge that chemicals added to the food supply can be a threat both to humans and the environment. And the dangers of pesticides and chemically treated foods are receiving increased attention in the popular media as public awareness of these problems grows.

But what about the synthetic chemicals in body products such as shampoo and hair conditioning? According to an article in *Organica*, a publication of Aubrey Organics, Inc., the vast majority of cosmetic products on the market today are based on synthetic detergents that pose a dangerous threat to the environment and the people who use them.

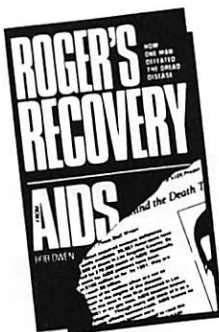
Synthetic detergents are a major contributor to the toxic wastes that are polluting our environment. In the specific case of shampoos and hair conditioners, they may also take a toll on the hair and overall health of the individual.

Hair may become dry and brittle from shampoos and greasy and limp from conditioners which contain fabric softeners. Synthetic shampoos also contain a potent carcinogen, NDELA. The absorption of this chemical into the skin through shampooing hair is extremely high.

So why do these products remain on the shelves? Because they are inexpensive to make, they are successfully marketed by the advertising industry, and people continue to buy them.

But there are alternatives. Aubrey Organics offers products for the hair, skin and body care that are based on totally natural ingredients and do not rely on any animal testing. These products are available at many health food stores.

They also have recently published a book, *Natural Organic Hair and Skin Care*, by Aubrey Hampton. You can write for information to Aubrey Organics, 4419 N. Manhattan Ave., Tampa, FL 33614. They will be glad to send you a catalog, newsletter and other product information. ☐



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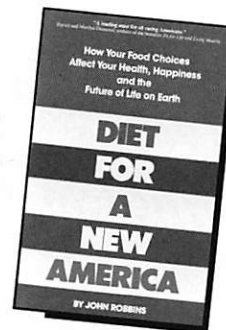


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You Can Say Goodbye to Constipation, Gas and Diarrhea

A Practical, Step-by-Step Approach to Overcome Stomach Problems

The stomach and intestines give people more problems than almost all the other organs of the body combined. Just one of the problems in this region, peptic ulcers of the stomach, affects up to 10% of the population of the United States sometime during life.

What with the high incidence of gastritis (stomach inflammation), Crohn's disease (inflammation and ulceration of the small intestines), ulcerative colitis (inflammation and ulceration of the large intestine), irritable colon (pain with diarrhea and/or constipation), simple constipation, and diverticulitis (inflamed pockets in the large intestine), there is probably no one in this country who escapes problems with the digestive system.

Dangerous Treatment

If you are astounded at the frequency of these conditions, you will be even more amazed to find out about some of the largely unknown facts regarding treatment of these problems. Peptic ulcers, for instance, have probably been more mistreated than any other health condition. For many years, the bland and white "Sippy" diet has been in vogue. This diet consists of plenty of dairy products and soft cooked cereals, with almost complete avoidance of fruits and vegetables. Would you believe that this diet has never been proven to be helpful, yet it is still commonly used? Sadly, this is the case. Also, it is known that

By Dr. Alan M. Immerman

the high fat content of this diet increases the risk of heart disease in ulcer patients by three times.

As if these problems with the "Sippy" diet were not enough, the high protein content of the diet stimulates excessive stomach acid secretion which further worsens the ulcer. The diet itself is extremely acidic which also complicates the situation.

What about the treatment of Crohn's disease and ulcerative colitis? Current treatment consists of drugs and surgery. The list of drugs in use is quite long, but the most powerful one in common use is cortisone. Yet cortisone is so hazardous that if you don't die from Crohn's or colitis, then you may die of cortisone use since it is known to destroy bone, skin, muscle, glands, plus have other serious "side effects."

Clearly, people are dying for want

ulcerative colitis, and diverticulitis, since inflammation and ulceration are essentially the same wherever they occur.

The health recovery program is almost identical for all cases of inflammation and/or ulceration in the digestive system. Recently, research with Crohn's disease has been published which reveals the success of a dietary program which can be utilized for most digestive tract problems. This research was published in July, 1985, in the British medical journal *Lancet*. Doctors at the Addenbrooke's Hospital in Cambridge, England, studied the effect of dietary changes with Crohn's disease patients.

When you read the results of this study, bear in mind that standard medical thinking holds that Crohn's disease can only be controlled with powerful drugs and that, even with such therapy, flareups are common, necessitating surgical removal of portions of the small intestine. Yet the re-

In the digestive system, as in all other parts of the body, the potential for self-healing is great.

of a safe plan to follow with digestive system disorders.

A Dietary Approach

Instead of using separate names for inflammation and/or ulceration in every different corner of the digestive system, I will discuss the general care of these problems wherever they occur in the entire region. We can then dispense with the following terms: gastritis, peptic ulcer, Crohn's disease,

searchers in the *Lancet* study found that 70% of the patients maintained a healthy small intestine by making simple dietary changes while completely avoiding drugs.

The following foods were the most common causes of trouble (listed in decreasing order of severity, with the most troublesome listed first): wheat; dairy products; cabbage family plants—cabbage, broccoli, cauliflower, brussel sprouts, turnips; corn; yeast; citrus

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.

fruits; coffee; lamb; and beef. Foods which none of the patients had problems with included rice, barley, rye, chicken, turkey, banana, and potato.

Eating excessive amounts of food will overload the digestive tract and cause exhaustion.

Food Intolerances

To detect food intolerances, patients were not allowed to eat and could drink nothing but water for approximately one week (most received intravenous feeding). Almost all subjects were free of intestinal symptoms at the end of this week. They were then given one food per day. The foods which caused problems caused immediate flareups. Patients were then advised to avoid those foods. By avoiding the aggravating foods, 70% of the patients were symptom-free and taking no drugs at the end of six months.

So that there is no confusion, avoiding wheat products means avoiding white bread, whole wheat bread, spaghetti, macaroni, donuts, most cookies, and the many other foods which contain wheat. The labels on food products must be read carefully since wheat is an ingredient in a wide variety of foods.

A Healthy Recovery Program

Because inflammation and ulceration are the same wherever they occur in the digestive system, the health recovery program for all such conditions is the same as with Crohn's disease. But to ensure success, there are a few additional important guidelines.

Never attempt to treat yourself with a serious problem in the digestive system. Fasting, in particular, is only safe if supervised by a qualified doctor—preferably a member of the International Association of Professional Natural Hygienists who is certified for fasting supervision.

After fasting long enough to allow symptoms to disappear, avoid high fiber foods when you start eating. The coarse fiber contained in lettuce, celery, green beans, apples, cereals, and grains can be quite irritating. It is usually necessary *at first* to cook all fruits, vegetables, and grains in order to

soften the fiber. These foods do not need to be cooked to the state of mush, just enough so that they are relatively soft.

After approximately one week of fasting (this time period is variable), the best foods to start on are vegetable soups, mashed bananas, mashed steamed potatoes, applesauce (unsweetened, of course), soft pears, and other such soft fruits and vegetables. After about one week of these foods, any grains besides wheat products can be added.

Following one week of fruits, vegetables, and grains, one can add small amounts of blended raw seeds and

nuts. The amounts of these foods must be limited to three ounces per day.

Any flare-up in symptoms must be dealt with by either complete fasting or a diet limited to small amounts of cooked fruits and vegetables for at least one week.

Constipation

With constipation and irritable colon, there is no inflammation or ulceration. These conditions are, therefore, much easier to overcome. A one week fast, followed by the diet described here, followed by a good, sensible Natural Hygiene eating program, will almost always solve the problem.

Constipation can be easily understood. The digestive tract is limited in the amount of work that it can do, much the same as each of us is limited in the number of miles that we can

Continued on page 16



"You may not believe it, but it's made from a mix."

How to Get Well and Stay Well

By Herbert M. Shelton



*Herbert M. Shelton (1895-1985) was the foremost Natural Hygienist of the twentieth century. Author of more than 40 books, director of Dr. Shelton's Health School and editor of Dr. Shelton's Hygienic Review, Dr. Shelton was one of the founders of the American Natural Hygiene Society. "How to Get Well and Stay Well" is taken from Dr. Shelton's book, **Getting Well** (1946). This wonderful collection of Dr. Shelton's essays is preserved in the Herbert Shelton Library.*

This is a day of sensational discoveries and miracle medicines. Remarkable new cures and near-panaceas are of frequent discovery. Snake venom, artificial fever, frozen sleep, the sulfonamides, penicillin, streptothricin, blood plasma, more powerful X-rays—these vie with sports and movies for free newspaper space. So much is claimed for them and so many new discoveries are made in relation to them that the public is kept constantly keyed up with open-mouthed and wild-eyed expectancy.

At long last, "science" is staging a powerful and winning Blitz-Krieg against man's ancient and implacable foe—*disease*. With remarkable and sensational discoveries crowding so closely one upon the heels of another, the time is surely not far distant when universal health will prevail.

Not only is ours an age of remarkable cures, it is also a time of equally remarkable preventives. We now have so many "successful" vaccines and serums, that there is no longer any need for anyone ever to suffer from many of the "diseases" that were so common yesteryear. New serums are of frequent discovery so that we may look forward hopefully to the time when all "disease" will be conquered.

Surgery, too, has made rapid strides. It has grown more daring and is, today, invading physiological precincts, which only a few years ago, it would not have dared touch. With the newer advances in surgery added to the new cures and the new serums and vaccines we have an almost ideal combination for the "conquest of disease."

What these three groups of anti-disease weapons lack in power and effectiveness is completely made up by

the many glandular products (hormones) and vitamin combinations that are claimed to do so much for the sick. There is, surely, no longer reason to doubt that the *Golden Age* has arrived.

The intelligent and informed reader, however, will notice one very important defect in all of these methods of cure and prevention. He will quickly detect a deficiency for which no amount of shouting can compensate. It is this:

None of these methods of cure and prevention are designed to affect or even touch the real, the basic, cause of disease.

Removing Causes

Drugs may suppress symptoms but they do not remove cause. They may kill germs (they also kill patients), but they do not clear up the systemic condition that permits germs to thrive and grow in the body. "Frozen sleep" may temporarily check the growth of a tumor or cancer, but it does not and cannot remove the cause of cancer. Radium or powerful X-rays may destroy a cancerous growth but they do not and cannot remove the cause of cancer. It must be emphasized that:

If it does not remove cause, it does not cure.

Serums and vaccines are admittedly capable of doing much harm, but they do not prevent the cause of disease. They do not enable us to avoid the cause of disease. We need to know that:

If they do not enable us to avoid the cause of disease they do not prevent disease.

Surgery may pull a tooth, extract the tonsils, remove the gall-bladder, excise the appendix, cut out the ovaries or the seminal vesicles, drain the sinuses, etc., but it cannot remove the cause of the disease. It is time for us to understand that:

If surgery does not remove the cause of disease, it does not cure.

There is no cure short of removal of cause. Cutting out an organ, suppressing a symptom, destroying a growth, removing a stone—these processes touch effects only. They fail to restore health for three very vital reasons:

1. They do not remove the cause of ill-health.
2. They are not the factors out of which good health is built.
3. They produce positive injury to the body.

Prevention

For prevention of "disease" and recovery of health we must look to constructive natural agents, forces and methods and cease relying on destructive, unnatural or anti-natural measures, agents and processes. Agents that produce disease in the well are not well adapted to the production of health in the sick. Disease-producing agents and measures are not health-preserving. The popular methods of prevention and cure neither prevent nor cure. Witness the evergrowing army of sick and suffering in spite of the ever-increasing size of our army of physicians, the ever-increasing number and size of our hospitals and the evergrowing list of cures and preventatives.

To avoid sickness, avoid the cause of sickness. Only madness can lead us to attempt to prevent disease by producing disease.

To "cure" sickness, remove the causes of disease. It would be the worst kind of folly to attempt to cure disease by ignoring its causes and employing other causes of disease.

To build health, employ the cause of health. How foolish to attempt to build health by employing

means that are known to impair and wreck health.

The causes of disease and the ways of health are [easily understood]. Not methods of cure, but a plan of living [must be] presented for those who can understand.

For twenty-six years [I have] been leading the sick back to health and teaching the well how to remain so. For eighteen years *Dr. Shelton's Health School* has been employing the health building means described [here].

While at the *Health School* we have received a great preponderance of scraps and derelicts, those who have suffered for years and "have tried everything" without avail, our success in building good health in the great majority of these sufferers has been remarkable.

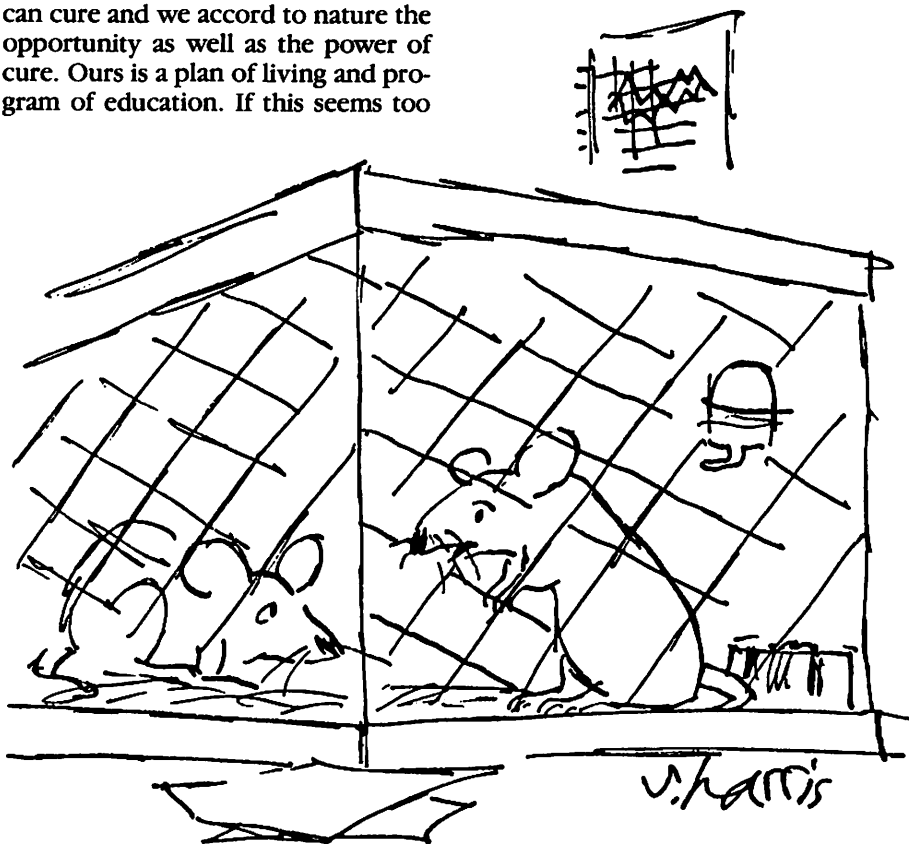
At the *Health School* we have no cure-all, in fact, we have no cure at all. We recognize that only nature (meaning the forces and processes of life) can cure and we accord to nature the opportunity as well as the power of cure. Ours is a plan of living and program of education. If this seems too

simple, if it is not mysterious enough, if it seems to lack power, just think over this fact:

If this plan were ineffectual we could not succeed where all others fail.

Of the reader we ask only an intelligent hearing. Lay aside your prejudices and prepossessions and do some real honest-to-goodness thinking as you [study the principles of Natural Hygiene]. Then, when you thoroughly understand [them], give them a fair and honest test. Heed the ancient admonition: "Prove (test) all things, hold fast that which is good" (true).

An old adage has it that "The proof of the pudding is in the eating thereof." The proof of the truth of the principles presented in this book and of the value of the practices built thereon is in making use of them. **"The wise will understand."** □



"What it comes down to is you have to find out what reaction they're looking for, and you give them that reaction."

Choose to Live Fully

A Celebration of Body, Mind and Spirit

By Susan Smith Jones, Ph.D.

Living fully. What do these words mean to you?

Take a moment and close your eyes, breathing in slowly and deeply. Think about a time in your life when you felt at peace with yourself, enthusiastic, vibrant, filled with joy and thanksgiving. This is what I call living fully, and I believe this is how life is meant to be lived.

Living fully encompasses all aspects of a person's experience—body, mind and spirit. If a person's full potential is to be realized, body, mind and spirit must be in balance and blend harmoniously. Living fully presumes not only a state of wellness and an absence of disease but also a joyfulness in living each day, each moment, as a celebration. It involves letting go of all the ways we treat and use our bodies lovelessly.

We are whole, divine beings, intricately designed with all aspects of our being working as one. You can't expect to experience vibrant health and fullness of life if you ignore or mistreat one of the three integrated aspects of yourself—body, mind and spirit. When something positively affects the body, such as consistent, vigorous exercise, it positively affects the mind. Similarly, lack of exercise deteriorates the body and has a negative effect on the mind. Moreover, you can exercise daily and eat the best quality food, yet if your thoughts are continually negative, your health will suffer.

Susan Smith Jones, Ph.D., has been a fitness instructor at UCLA for more than 15 years. She travels internationally as a motivational speaker and wellness educator/consultant to community, corporate and church groups.

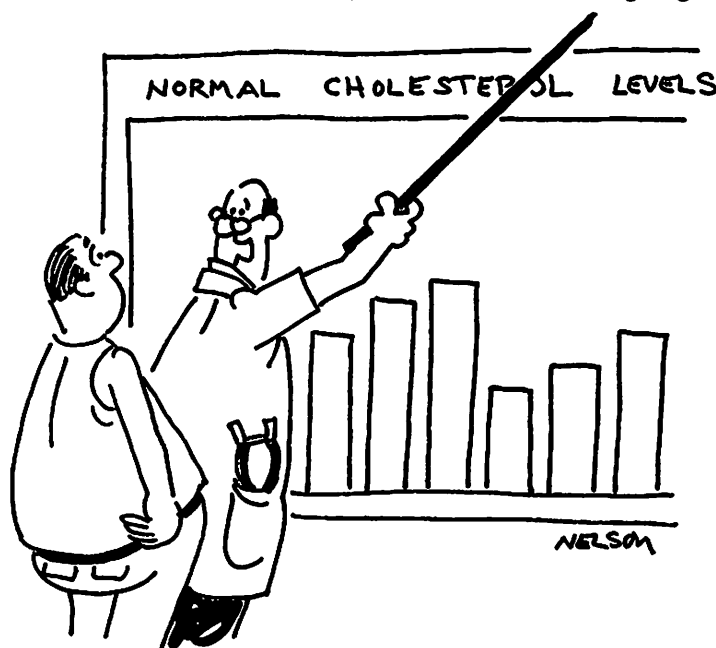
Her latest book, *Choose to be Healthy* (Celestial Arts, 1988), explores how to be radiantly healthy—physically, mentally, emotionally and spiritually.

Ralph Waldo Emerson once said, "Health is our greatest wealth." How true that is. Is your health important to you, or do you assume that since nothing is really wrong with you, you don't have to live a wellness lifestyle? Your health shouldn't be secondary to anything. If you have an ailment or problem or if you don't feel comfortable or confident with how you look or feel, all parts of your life are affected. Poor health interferes with everything—your relationships, work, attitude and family harmony. Make health your top priority. Choose to take the time to nurture your wellness, or you will have to make time for sickness.

Radiant health is a choice. We all have the capacity to choose, to change and to grow. Choosing to be healthy

involves a conscious commitment to those things that support well-being. It involves taking responsibility for wellness and not blaming your family, friends, doctors, environment or circumstances for how you feel. George Bernard Shaw once said, "People are always blaming circumstances for what they are. I don't believe in circumstances. The people who get on in the world are the people who get up and look for the circumstances they want, and if they can't find them, make them."

Your level of health right at this moment is a result of countless choices you have made regarding the foods you select, the exercise you get, the thoughts you think, the beliefs you hold and the expectations you have. New choice-making begins with ap-



"You are about here."

Health begins with loving yourself.

preciating, respecting and loving yourself and your magnificent body. As we open our hearts to our own self-worth and to the divine essence of all humanity, we access the most powerful healer of all—the healing power of love.

The human body is beautifully designed. Scientifically analyzed, the body might be regarded as two-thirds water, some carbon and calcium, plus a few other chemicals. Yet right now, just as you are sitting or standing, your body is performing amazing feats of engineering, chemistry, and physics that no humanly designed machine can duplicate. What's more, the body improves with use. For example, the more stress you put on your body through physical exercise, the stronger your bones and muscles will become and the more efficiently the body will function.

Health begins with loving yourself, and an important part of this love is forgiveness. It has been suggested that nearly all disease comes from the state of nonforgiveness. If you are feeling out of balance, in a state of *disease*, you might look around and see if you

need to forgive anyone, beginning with yourself. Many people experience disease simply because they aren't willing to let go of the many ways they treat themselves lovelessly.

An impressive example of how health is affected by a commitment to self-responsibility is illustrated by Carl and Stephanie Simonton's visualization work with cancer patients. Only approximately ten percent of the people who come to them are willing to do the work. But that ten percent has an incredible success rate.

The remainder of their patients would rather get operations or injections—anything to avoid looking within and taking charge. There are individuals who try to derive a false sense of value by being "victims." They blame everyone else, cling to resentment and unforgiveness, and as research discloses, have difficulty processing emotions. There is scientific evidence that sickness can come from not being able to express negative emotions such as anger, guilt and fear. Some studies state that our level of stress, and how we deal with it, is a



Deposit another penny and I'll subtract forty pounds.

primary factor affecting health.

A new field of science called psychoneuro-immunology explores the effects of the mind on the immune system's complex network of organs, vessels, and white blood cells. Research indicates that the immune system—the brain and other vital body systems, such as the endocrine system, communicate, connect with and influence one another.

Continued on next page.

Choose to be Healthy

By Susan Smith Jones
Celestial Arts, \$9.95

Choose to be Healthy joins the elite ranks of upbeat, buoyant, and delightful books geared toward wholistic health, wholesome relationships, and self-actualization. This book is written by a woman of remarkable courage and stupendous stamina.

Severely injured by a car wreck seventeen years prior, Susan Smith Jones was warned by her physician that she would never be able to carry "anything heavier than a small purse" due to a fractured back. After several weeks of depression and self-pity, she sought inspiration at her favorite spot near the Pacific Ocean where she found the courage and determination to bounce back and resume her fitness program. Six months later at a medical checkup she surprised her own doctor who found no sign of fracture or pain. She was thoroughly healed, a tribute to the power of her spirit!

Her catastrophic accident and incredible recovery spawned the beginnings of this book and much more. Since then, she has participated in numerous triathlons and long distance running events, including the 100 mile run from Santa Barbara to Los Angeles!

In 1985, Dr. Jones (Ph.D., Health Sciences) was chosen as one of the ten "Healthy American Fitness Leaders" by the President's Council on Physical Fitness. She is currently a fitness instructor at UCLA, a counselor, a free-lance writer, and a motivational speaker on radio and television.

In this book, Jones explains how an individual can play an active role in attaining physical, mental, emotional, and spiritual health along with happiness and self-fulfillment by applying positive mental attitude, creative visualization, proper diet, exercise, and zest for living. The author draws upon the

wisdom of Hippocrates, Ralph Waldo Emerson, Henry David Thoreau, Dale Carnegie, Norman Vincent Peale and Erick Fromm. She also draws on her experiences with children.

In fact, her most adorable and enchanting chapter dwells on being childlike. It evokes in the reader the spirit of a playful, cheerful, laughing, trusting, eager, friendly, natural child. One can brighten one's own life by spending time with children, observing them, playing with them, doing volunteer work with them, and helping them grow.

We would all do well to embrace certain childlike traits—living life with a spirit of adventure, enjoying the present moment, introducing novelty into routine, experiencing nature with a sense of wonder and keen fascination, marvelling at tiny creatures, being phys-

Living fully brings beauty and peace.

The "father of psycho-neuro-immunology" is Norman Cousins, author of *Anatomy of An Illness*. He states that your body is better able to cope with disease and heal itself if you are not under excessive stress. An uncontrolled stress level can suppress the immune system's ability to function. Cousins states that the body achieves the mind's expectations. As an example, he discusses an experiment conducted with people about to have surgery. The first group of patients dreaded surgery and attempted to avoid it. The second group, which had the same medical problems, regarded the surgery as an opportunity to rid themselves of their illnesses. After surgery, those who had positive expectations had better post-operative experiences. Similar outcomes have been repeatedly documented.

One of the best facilitators of improved health and full living is relaxation. It is not uncommon to hear statements like "Life is so complicated, so crowded and hurried that I just can't seem to keep pace with all I should be doing." You don't have to accept that belief. By setting new priorities and tak-

ing self-responsibility, you can choose to do excellent work and live fully in the midst of today's fast-paced society.

You don't have to hurry around just because everyone else does. Simplify your life. Slow down. Take time to smell the flowers and talk to the animals, to sing with the birds, to be with your friends and to laugh with the children. Henry David Thoreau said, "I have no time to be in a hurry."

Time alone each day, without distractions, quiets the mind. Make time to be at peace with yourself. Improving all the external factors—including diet, exercise, our jobs, where we live—can be of little value unless we also cultivate and experience internal harmony. By spending time alone, breathing deeply, and quieting our thoughts we can improve our health and develop peace of mind. This simple meditation can help us awaken to our inner guidance.

Dare to dream. Dare to live the life you have imagined.

Thoreau said it perfectly: "If you advance confidently in the direction of your dreams and endeavor to live the



"I don't think it's the Lord's duty to make you lose weight, my child."

life you have imagined, you will meet with a success unexpected in common hours."

The time to start is now. Make a commitment to wellness. Choose to do those things that make a difference, that support wellness, that serve humanity and all creation. Wellness and living fully come from making a commitment to be all you are capable of being and assisting others along the way.

When you start choosing to live fully, life will take on new meaning. This art of living fully brings beauty and peace and helps us recognize our connectedness to the body of humanity. □

ically active and spontaneous.

Each of the equally valuable chapters starts with the word "Choose." Choose —to Live Life Fully and Celebrate Life; —to Be Well; —What You Think, Say, and Imagine; —Healthful Nutrition; —to Be Fit, —to Be More Childlike; —a Peaceful, Positive Attitude.

This book is appealing because it avoids overly strict regimens and impossible goals. The reader is encouraged to implement small, achievable changes for at least 21 consecutive days. By then they will have been accepted and adopted as new behavior or rejected as unbearable, impractical, or unsuccessful. This three-week commitment to the experiment is of paramount importance.

It is worth mentioning that Jones's dietary suggestions do not entirely comply with Natural Hygiene recommendations, but the wealth of wisdom and inspiration contained in this book makes it well worth reading.

Review by Eva Uran

Choose to be Healthy



Susan Smith Jones, Ph.D.

Foreword by Dr. Wayne Dyer,
author of *Your Erroneous Zones*

Discover how to embrace life & live fully

To order an autographed copy of *Choose to be Healthy*, send a check or money order (U.S. funds only) in the amount of \$12.50 (includes shipping and handling) to Health Unlimited, PO Box 49215, Los Angeles, CA 90049.

Member Recipes

Recipes for a simpler, healthier and fuller life.

Tomato-Avocado Flowers

2-3 red leaf lettuce leaves per serving

1 avocado per serving

1 tomato per serving

Wash fresh red leaf lettuce and arrange leaves in a circle on each plate for each serving being prepared. Carefully peel the avocados and remove pits. Place prepared avocado strips on the lettuce. Slice them into narrow pieces and arrange slices in a sun-burst pattern on the lettuce leaves.

Wash the tomatoes and cut them into wedges, leaving the bottom portions of the tomato intact. Arrange the tomato in the center of the lettuce to produce the effect of a flower in bloom. The avocado slices should extend beyond the lettuce "petals" like leaves embracing the flower.

Roll up a small piece of lettuce to make an elegant swirled flower center.

Prepare this lunch salad for your favorite flower lovers and enjoy!

*Linda Davis Kyle
Austin, TX*

Winter Fruit Salad

3 bananas

2 crisp apples

2 large pears

2 large persimmons, ripe to the soft stage

½ cup raisins, soaked for ½ hour in warm distilled water

Peel and slice the bananas. Peel, core and cube the apples. Peel and core the pears and slice them. Add the persimmons. If they are ripe enough, they should form a thick sauce. Add the raisins. Mix all the fruit well in a large bowl. Serves 2.

Marilyn Diamond

Cold Haitian Lime Soup

3 tomatoes

2 carrots

1 red bell pepper

Juice of 1 lime

Shortly before your meal, cut the tomatoes, carrots and pepper into very small pieces. Mix with the juice of the lime. And enjoy!

Serves one.

*Georgia Phelts
Butner, NC*

Grapefruit Soup

1 large or 2 medium red or white grapefruit

Several romaine, buttercrunch or leaf lettuce leaves

1 kiwi

¼ cup chopped raw almonds or other raw nuts

Remove grapefruit segments and carefully reserve all the juice either by peeling fruit over a bowl and cutting segments or halving fruit and removing segments with a grapefruit spoon.

Place grapefruit segments and juice in a soup bowl.

Tear lettuce leaves and place them on top of grapefruit segments and juice so that they float on top. Peel and slice or dice kiwi fruit and place on lettuce. Sprinkle almonds or other raw nuts on top.

Serves one hungry child!

*Jakab and Tommy Falatovics
Ages 13 and 11
Michigan City, IN*

Celery-Carrot Racecars

1-2 celery stalks per serving

1 carrot

3 cherry tomatoes

Wash and cut celery stalks into pieces about 4-5" long. Place them on a plate with space between them. Each stalk will serve as the "body" of the car.

Wash carrots and cut crosswise into circles for the wheels of the car. Place them upright against the celery in the appropriate places. Put two larger wheels at one end and two smaller ones at the other end.

Washed cherry tomatoes serve as the drivers. Place one tomato at the head of the celery stalk between the larger set of carrot wheels.

Your youngsters will enjoy this colorful and whimsical variation of fresh raw vegetables!

*Linda Davis Kyle
Austin, TX*

Strawberry Shortcake

Almonds

Distilled water

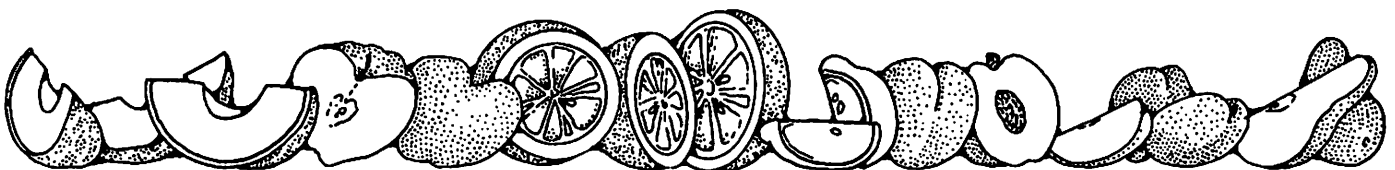
Fresh strawberries

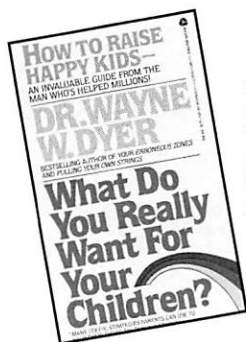
Grind almonds in a nut grinder or blender. Pour almond meal into a bowl and add just enough distilled water to moisten. Mix well and spread a very thin layer of almond "crust" in a bowl (a thin layer is recommended because this "crust" is very rich).

Remove stems, wash and cut up strawberries until they become juicy. Use a fork to mash them a little if necessary. Pour lots of strawberries over almond crust and serve.

*Marti Wheeler
Austin, TX*

Please Send Us Your Favorite Recipes.





NEW! From ANHS

What Do You Really Want for Your Children?

Wayne Dyer

This fascinating and extremely *practical* book offers you a wonderful way to help your children build *self-esteem* and reach their *full potential*!

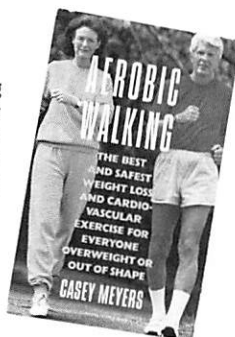
\$4.50 (ANHS members, \$4.00)

Aerobic Walking

Casey Meyers

Get this book and start walking! This could be the *perfect exercise* book since walking is such a *natural* activity.

\$7.95 (ANHS members, \$7.00)



Thin Again

Joy Gross

Let this expert diet consultant tell you how you can achieve total fitness in 30 days. Diet and menu plan, recipes, exercise, rest, sex, everything!

\$9.95 (ANHS members, \$9.00)

How to order:

U.S. orders, add \$2.00 postage and handling for first book; \$1.00 for each additional. Canada & Mexico, add \$3.00 postage and handling for first book; \$1.00 for each additional. Outside North America, write for details. Florida residents add 6% sales tax.

Order Today!

Send checks made payable to:

American Natural Hygiene Society, P.O. Box 30630, Tampa, FL 33630

Digestion

Continued from page 9

walk or run. Eating excessive amounts of food will overload the digestive tract and cause exhaustion. Eating excessive amounts of foods that are too concentrated (meats, dairy products, and grains) will also overwork this region. The digestive tract will then have too little energy to complete the elimination process. The solution is a period of rest for the intestines, followed by a more rational diet.

The digestive tract is extremely sensitive to toxic insult in the form of alcohol, coffee, cigarettes, and other such irritants. These substances must be avoided.

Diet Is Not Everything

As with all health problems, diet is not everything. The digestive system is especially responsive to emotional upsets. Excessive stress in the form of overwork, worry, anxiety, fear, depression, exhaustion and all other types must be controlled or long-term results will be unsatisfactory. Exercise is another important ingredient.

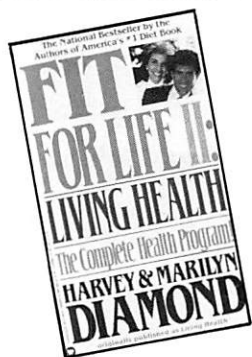
Enemas and Colonics

What about colonics and enemas? Are they needed to clean out the lower intestine? The answer is, "No!"

An enema involves running water into the lower intestine (colon) from a small bag hung about two feet above the body. When the colon gets full of water, evacuation will occur. A colonic is similar, but it is performed by a therapist in a clinical setting. Water is pumped into the colon, then drained out by a tube which remains in the rectum.

Enemas and colonics are not needed to clean out the colon because the colon is fully capable of cleansing itself. Once you stop eating the wrong types or amounts of food, the colon will be able to completely cleanse itself. Contrary to common belief, there is no hardened, caked-on crust of toxic waste materials lining the colon which "can only be removed by colonics."

In the digestive system, as in the other areas of the body, the potential for self-healing is great. Simple changes in the lifestyle will usually do the job. In this way, the tragedy of a lifetime of drugs with their "side effects," plus the specter of multiple surgeries, can usually be eliminated. □



NEW! From ANHS

Fit For Life II: Living Health

Harvey and Marilyn Diamond

The in-depth follow-up to the bestselling *Fit For Life!* Goes beyond diet and tells you how to design a *total health* program. Upbeat and positive!

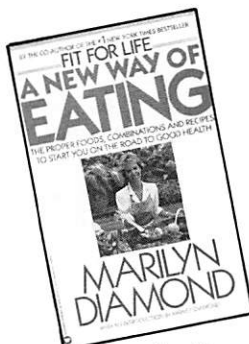
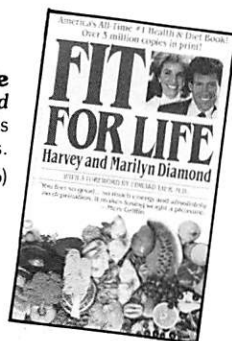
\$4.95 (ANHS members, \$4.45)

Fit For Life

Harvey and Marilyn Diamond

The bestselling diet and health book of all time! Enjoy the benefits of the book that is changing the way the world eats.

\$4.95 (ANHS members, \$4.45)



A New Way of Eating

Marilyn Diamond

The perfect book of "transitional" recipes for people switching from conventional diets to more natural diets. Simple and delicious!

\$7.95 (ANHS members, \$7.15)

How to order:

U.S. orders, add \$2.00 postage and handling for first book; \$1.00 for each additional. Canada & Mexico, add \$3.00 postage and handling for first book; \$1.00 for each additional. Outside North America, write for details. Florida residents add 6% sales tax.

Order Today!

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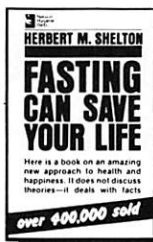
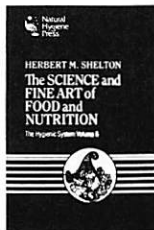
The Books of Dr. Herbert Shelton

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 (ANHS members, \$4.45) #004



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 (ANHS members, \$9.50) #007

Living Life to Live It Longer

Dr. Herbert M. Shelton

In this little book, Dr. Shelton discusses those factors that lead to long and enjoyable life and those that lead to premature death. If you want a new perspective on aging, read this book.

139 pp., \$5.00 (ANHS members, \$4.50) #158

*Learn Natural Hygiene
from its
greatest teacher.*

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., \$30.00 (ANHS members, \$27.00) #105

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 (ANHS members, \$8.95) #151

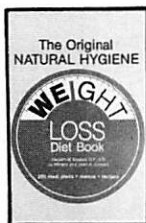
The Hygienic System:

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 (ANHS members, \$8.00) #122



Health For All

Dr. Herbert M. Shelton

Teaches the Natural Hygiene approach to health. These essays dispel many medical misconceptions and offer a new understanding of health and disease. Dr. Shelton at his best.

215 pp., \$6.00 (ANHS members, \$5.40) #156

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 (ANHS members, \$7.00) #006

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 (ANHS members, \$6.00) #016

Getting Well

Dr. Herbert M. Shelton

Explains why Natural Hygiene offers the best hope for true health. Defines a rational, common sense approach to health and disease. These are among Dr. Shelton's best essays.

248 pp., \$6.00 (ANHS members, \$5.40) #157

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., \$3.75 (ANHS members, \$3.25) #107

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 6% 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
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10.01 to 25.00	\$3.00
25.01 to 50.00	\$4.00
50.01 to 100.00	\$5.00
Over \$100.00	\$6.00

Allow 4-6 weeks for USA delivery.

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

Weekend Celebrations

ANHS Regional Seminar Update

The Society's new Regional Seminar got off to a great start in 1988.

Five regional seminars were presented in all—Tampa, New York, Southern California, San Francisco and O'Leno State Park, FL. These exciting seminars offered both valuable educational sessions for experienced Natural Hygienists and newcomers alike and provided a great opportunity to celebrate life with like-minded people.

Excellence in Education

The Seminar Program is the result of the Society's commitment to provide first-class educational programs and activities all around the country—for members as well as the general public. The seminar format includes time for questions and answers and opportunities to meet with the speakers.

Meet New Friends

The seminars also offer excellent opportunities to meet new friends and to get together with other members in the region. These gatherings foster a wonderful sense of support and community. You are not alone! Come to a seminar! You'll *love* it!

Sensational Speakers

Speakers for the 1988 Regional Seminar Program included ANHS President Hannah Allen; Gerald Benesh, D.C.; Ronald G. Cridland, M.D.; Jacques Dezavelle, D.C.; Joel Fuhrman, M.D.; Alan Goldhamer, D.C.; Joy Gross; Alan Immerman, D.C.; Frieda Kabelac-Ireland; James Michael Lennon; Jennifer Marano, D.C.; John McDougall, M.D.; and V.V. Vetrano, M.D., D.C.



Sophie Holzgreen, pictured here with Alan Goldhamer, D.C.



Frieda Kabelac-Ireland (l) at the ANHS Tampa Seminar



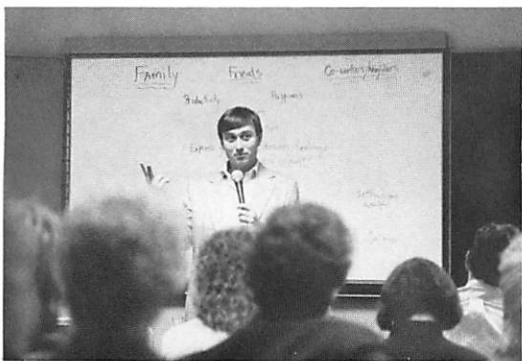
Alan Immerman, D.C., at the ANHS Los Angeles Seminar



David Orner at the San Francisco Seminar



Pictured here are a few of the happy members who enjoyed the San Francisco Seminar.



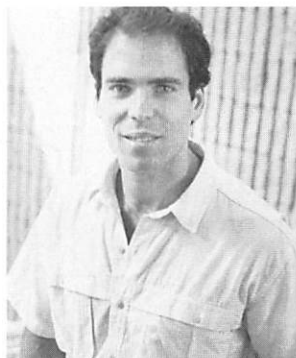
John McDougall, M.D., at the San Francisco Seminar.



Joy Gross delighted audience members with her spectacular Food Festival.



Jennifer Marano, D.C., at the San Francisco Seminar.



Joel Fuhrman, M.D.



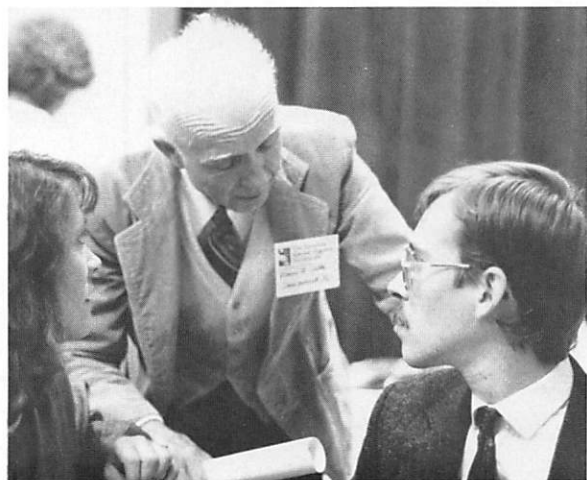
ANHS seminars are a great way to meet new friends!



Dr. and Mrs. Gerald Benesh were honored guests at the Southern California Seminar.



ANHS Natural Living Retreat at O'Leno State Park, FL.



Ronald Cridland, M.D., (r) delivered an enlightening talk on AIDS at the New York Seminar.

Upcoming Seminars

Upcoming seminars are scheduled for the following locations.

Tampa (January 20-21)

San Francisco (March)

Los Angeles (April)

Chicago (May 6-7)

O'Leno State Park, FL (May 19-21)

New York (June)

Additional seminars will be announced. Look in *Health Science* magazine for information about upcoming seminars.

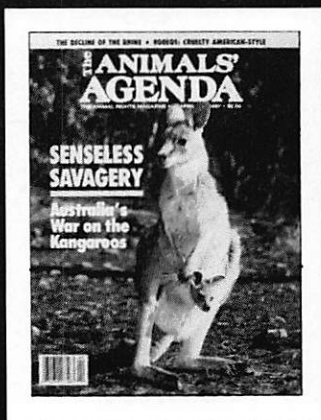
A Seminar Near You?

Do you hope there will be an ANHS Regional Seminar near you? Write today and tell us what you would be willing to do to help. Seminars are usually planned in areas where there are many active ANHS members. Write to ANHS Seminars, PO Box 30630, Tampa, FL 33630.

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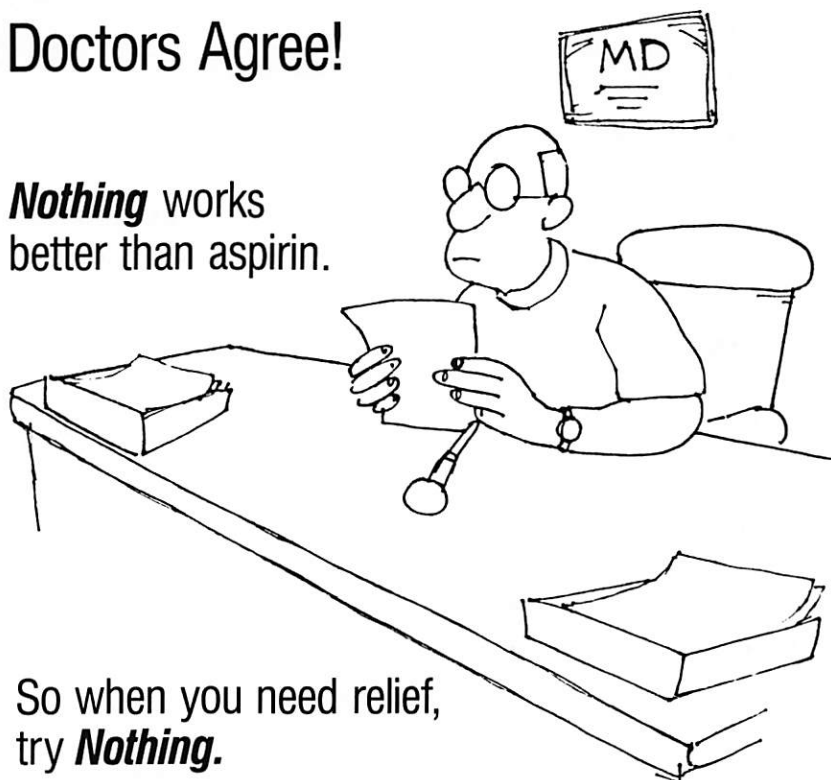
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Keynote Address

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The Philosophy of Natural Hygiene

Alec Burton, M.Sc., D.O., D.C. #8821

Components of the Natural Hygiene Diet

Alan Goldbamer, D.C. #8822

Weight Control and the Natural Hygiene Diet

Ralph Cinque, D.C. #8823

Solutions to Problems Facing Hygienic Homemakers

Hannab Allen #8824

The Social Benefits of Natural Hygiene

James Michael Lennon #8825

Food Demonstration

Paula Duvall #8826

Introduction to Fasting

D.J. Scott, D.C. #8827

Advanced Concepts in Fasting

Alec Burton, M.Sc., D.O., D.C. #8828

Exercise: Its Role in Optimum Health

Joel Fuhrman, M.D. #8829

Stress and Enervation

Nejla Burton, D.O. #8830

How To Set Up Your Personal Exercise Program

Douglas Grabam, D.C. #8831



Changing America's Health

Harvey and Marilyn Diamond #8834

Attitudes on Being Different

Nejla Burton, D.O. #8835

Health Care vs. Disease Care

Ron Cridland, M.D. #8836

Relaxation Workshop

Elaine Cridland, R.N., R.M.T. #8832

The Health and Disease Continuum

Ron Cridland, M.D. #8833

Roger's Recovery from AIDS

Frieda Kabelac-Ireland #8837

Beyond Magic

Alan Goldbamer, D.C. #8838

The Importance of Natural Hygiene in Your Life

V.V. Vetrano, M.D., D.C. #8839

The Germ Theory

Alec Burton, M.Sc., D.O., D.C. #8840

Immune Function and Immunization

Alec Burton, M.Sc., D.O., D.C. #8841

Natural Therapies in Perspective Part I

D.J. Scott, D.C. #8842

Natural Therapies in Perspective Part II

Ralph Cinque, D.C. #8843

Life Is a Meditation

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Annual ANHS Memberships run for the calendar year, January through December. If joining mid-year, subtract \$2 for each month passed. (\$3 outside U.S. and Canada.)

Ask Hannah Allen

Q. News stories recently appeared citing a major decline in dental cavities in children, for which credit was given to fluoride. I thought that fluoridation was dangerous and could actually harm teeth as well as over-all health.

Bertram Cohen
Poughkeepsie, NY

A. In a statement made before the Environmental Protection Agency, Frederick L. Scott, Jr., a chemical engineer and Consulting Editor of *American Laboratory Magazine* and other technical publications, said that reexamination of the data did not support the proclaimed benefits of fluoride. He stated that tooth decay was decreasing worldwide in both fluoridated and unfluoridated areas, and when socioeconomic differences were taken into account, dental health was significantly better among the children in the unfluoridated area. In addition, the research documented a significantly higher amount of dental fluorosis among the children in the fluoridated area (25% compared to 4%).

Scott reported evidence that fluoride in drinking water is not safe even at one part per million (the usual amount added to drinking water), and how does anybody ever know how well controlled the ratios are? Those who believe in and want fluoride can get it from tooth pastes, mouth washes, or topical application by dentists. It should not be forced on those who do not want it.

The prestigious Professor of Chemistry Henry G. Sherman, in his books, *The Chemistry of Food and Nutrition* and *Essentials of Nutrition*, says that fluorine is very unevenly distributed in nature, and even the natural waters of some localities contain enough to have deleterious effects. Mottled enamel has been found to be due to fluoride naturally occurring in the drinking water of some communities.

Dr. John Lee, a physician in family practice in Mill Valley, California says, "Fluoride must be considered a major cause of birth defects." The Food and Drug Administration has conceded



"I'm very sorry. The tests show no blue blood cells."

that fluorine-containing drugs should not be given to pregnant women. Unfortunately, it is not restricted for everyone else.

Osteoporosis can result from drinking fluoridated water. Sodium fluoride will also inactivate magnesium and some amino acids and inhibit enzyme activity. David O. Woodbury, author of 22 books on science for the layman, says fluorine "strong-arms its way into the critically balanced calcium-phosphorus levels in the blood, and soon begins to cause havoc in the bone structure by interfering with the enzyme phosphatase. Damage to the enzyme system, the essential army of the body's catalytic agents, is a companion misfortune to mottling. Some enzymes seem to be immune to fluorine poisoning; many are not."

G.L. Waldbott and Frederick Exner, authors of *The American Fluoridation Experiment*, tell how fluorine seeps into the kidneys, heart, lungs, bones, stomach, thyroid, even into the eyes and brains, causing a catalog of ills impossible to predict, because no two people respond alike to the depredation. Mr. Waldbott describes how statistical studies in the Midwest have shown that the incidence of mongoloid births is higher in fluoridated areas. A British doctor has found that the first teeth of mongoloid babies come in already mottled, demonstrating a pretty good tie-up between fluorine and such mental retardation.

Q. Is it safe to voluntarily donate a pint of blood? This would be done as a civic contribution. It would not be a personal or emergency type donation.

Edith Davis
Farmington, CT

A. In general, it is best not to pierce the skin unnecessarily, thus breaching the body's first layer of protection. In addition, when blood is taken, a certain amount of stress and enervation is experienced by the body because of the necessity for replacing the blood. The body responds by initiating the replacement of the blood, and people suffering from anemia (a reduced level of hemoglobin and red blood cells in the blood) are advised not to donate blood at any time. This recommendation is valid evidence of the stress and enervation of this process from which anemic people could suffer negative consequences.

Blood donations are usually conducted under sterile conditions, so any danger of infection would probably be minimal. A sterile needle would also be a protection against any possibility of contact with the AIDS virus.

I would say that the stress and enervation suffered from a blood donation by a healthy individual would probably be minor, and so would be considered "safe." But one should be aware that piercing the skin does involve some cell destruction and a trauma which the body does not welcome.



Doug Graham, D.C., will be one of the featured speakers at the ANHS Tampa Regional Seminar, January 21-22,

Come to the Tampa Seminar in January!

Make plans *now* to attend the 3rd Annual Tampa Seminar, January 21-22, in Tampa, FL.

Don't miss this unique opportunity to hear an exciting lineup of speakers address "The New World Awakening—Natural Hygiene Survival Techniques for the 21st Century."

Learn...*how to solve the problems facing Natural Hygiene homemakers, how to deal with environmental pollution. Learn...food selection and preparation, and the role of Natural Hygiene in recovery of health—including emergency situations.*

Join speakers Gregory Haag, M.D., of the Regency Health Spa; Doug Graham, D.C., Director of Action Chiropractic; ANHS President Hannah Allen; health activist Frieda Kabelac-Ireland, ANHS Executive Director James Michael Lennon for a wonderful weekend.

Enjoy sunny Florida, meet new friends and renew your commitment to living the healthiest life possible, all at the same time!

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Space is limited! Priority will be given to the first 70 people who register for the full two-day seminar. One-day passes will be honored if space is available.

The registration fee for this unique two-day seminar is \$100 (\$75 for ANHS members). This includes admission to all sessions and a light lunch on both Saturday and Sunday. One-day registration is \$60 (\$50 for ANHS members).

Register today! Charge your registration to your MasterCard or Visa by calling ANHS National Headquarters, (813) 855-6607, 10 a.m. to 4 p.m. EST, Monday through Friday.

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

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New Life and Century Club Members

Wilson Brownell is the newest Life Member of the American Natural Hygiene Society. Adele Carson recently joined the Century Club. We welcome them and thank them for their continuing support of the Society's educational programs.

Century Club members contribute \$100 per year for their dues. Life members have contributed \$1000 to the Society as a single contribution or have been Century Club members for ten consecutive years.

You can become a Century Club or Life Member, too! Just call or write to the National Office: ANHS, PO Box 30630, Tampa, FL 33630; (813) 855-6607.

ANHS Member Network

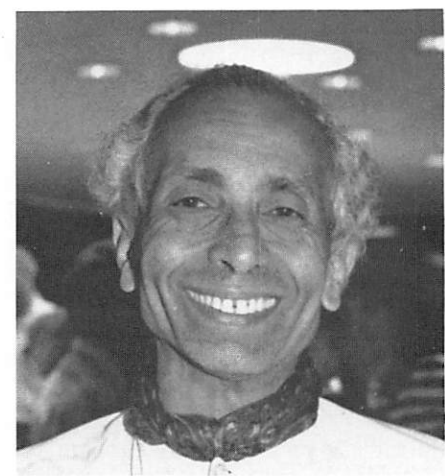
Tampa Bay area members can contact Judy Roberts, 2079 Sunset Grove Lane, Clearwater, FL 34625; (813) 339-0385 (evenings).

Mark Mickelson would like to hear from members in the Santa Ana, CA, area. Contact Mark at 1323 N. Spurgeon, 4-B, Santa Ana, CA 92701; (714) 542-3829.

Kathleen Kimball, 26 Dalysfort Road, Salthill, City of Galway, County Galway, Republic of Ireland, would like to hear from members in Ireland.

Members in Israel can contact Dr. Erwin-Vitchak Bloom, "Al Sam" Haifa, Rchov Ha-atzmaut 88, Haifa 33034, Israel; 04-515148.

Do you want to get in touch with other ANHS members in your area? Just send your name, address and telephone number to Member Network, *Health Science*, PO Box 30630, Tampa, FL 33630. The ANHS Member Network is a great way to meet new friends!



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

The Hygienist Celebrates 30th Anniversary

The Hygienist, the publication of the British Natural Hygiene Society, is celebrating its 30th anniversary of publication. Dr. Keki Sidhwa is the editor of the publication and president of the British Natural Hygiene Society.

Those who wish to write to Dr. Sidhwa to congratulate him can contact him at his new address: Shalimar, 3 Harold Grove, Frinton-on Sea, Essex, England CO139BD.

Herbert Shelton Library Appeal Thank You

We wish to thank the many members who responded so generously to the recent Herbert Shelton Library Appeal.

We will now be able to keep the library in Tampa and complete the important work of cataloging the collection and making it available for research and as a resource for future publications.

Please contact us if you are going to be in the Tampa Bay area and wish to arrange to visit the Herbert Shelton Library while you are here. Visiting hours for the library are by appointment, 10am-3pm, Monday through Friday.

Local Groups

The Southwest Florida group kicked off its new season of meetings in October with featured speaker Greg Goodchild. Mr. Goodchild addressed the health and ethical aspects of vegetarianism in "Vegetarianism: No Longer a Fad." ANHS board member Frieda Kabelac-Ireland discussed the book, *Roger's Recovery from AIDS*, at the November meeting.

Christopher Deatherage, N.D., joined members of the St. Louis group at their November meeting to discuss why the practice of Natural Hygiene is so effective in resolving chronic health problems. Members listened to taped lectures and enjoyed a report on the 1988 International Natural Living Conference at their December meeting.

Dallas group members discussed ways to receive the maximum benefit from foods at their October meeting. The theme of the gathering was "A Harvest of Vegetarian Meals."

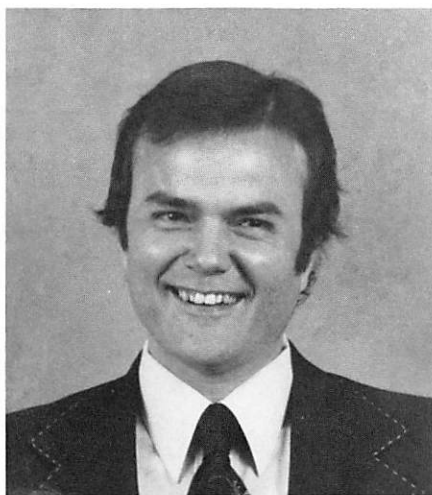
"Health without Remedies" was the topic of speaker Ben Akerley's presentation at the November meeting of Los Angeles Natural Hygiene.

San Francisco Natural Hygiene sponsored a pot luck dinner at its November meeting.

Natural Hygiene of New Jersey presented Eileen Fahey Cobb who spoke on "A Scientific Plan for Life Extension" at the November meeting.

International

John A. McDougall, M.D., presented seminars in October in Canada sponsored



Gregory Haag, M.D., will be one of the featured speakers at the ANHS Tampa Regional Seminar, January 21-22, 1989.

sored by the Canadian Natural Hygiene Society in Toronto and the Canadian Natural Health Society in Montreal. Dr. McDougall is the well-known author of the book, *The McDougall Plan*.

Both groups also sponsored presentations by Edward Taub, M.D., in November. Dr. Taub has written the book, *Voyage to Wellness*. He also appeared as the special guest at the November gala banquet in Toronto.

The Canadian Natural Health Society has begun offering study courses on "Health through Knowledge." It is also organizing an organic produce food buying group. For more information on either of these projects, call (514) 733-1281 or 738-7767.

The Institut D'Hygiene Naturelle sponsored two events in November: a seminar on biorespiration and a workshop with Jean-Claude Sapin on Chinese movement techniques.

The Trinidad & Tobago Natural Hygiene Society presented a lecture discussion program on healthful living inspired by the book, *Fit For Life*, at its November meeting. Featured speakers were Ivan Laughlin, Derrick Henriques and Rudy Mungroo.

V.V. Vetrano, M.D., D.C., will be the special guest speaker at the Christian Health Vacation at the Comanjilla Hotel Spa in Mexico, February 11-18. This conference is sponsored by Lee Bueno and Born Again Body. For more information, write to Born Again Body Inc., PO Box 969, Calistoga, CA 94515; or call (707) 942-9511.

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Whose Life Is This, Anyway?

Do We Really Have to Get Permission Even to Die?

By James Michael Lennon

We received a very sincere and thoughtful letter from Gerald McAfee, Whitehall, PA, regarding "Right to Die" (*Update*, July/August, 1988), information about the National Hemlock Society. He was "appalled" that *Health Science* would give information about a group that advocates both passive and active voluntary euthanasia.

Mr. McAfee wrote, "*The Hemlock Society's view runs directly counter to the values I thought stood behind the American Natural Hygiene Society, i.e., respect for the dignity of life.*"

"We need to value life, not encourage people to end it. The Hemlock Society tells people facing serious illness they may kill themselves if they so choose. What could be colder!! Our society has always taught us to respect life even when people are burdened with terrible handicaps or illnesses.

"We cannot play God with human life, not even our own. The value of ANHS is that it teaches us to be good stewards of the gifts God has given us, especially our health. Can good stewards take over the prerogatives belonging to the Good Master, the Creator? Does not a good steward keep ever in mind life is a gift, whether that life be one of exuberant health or debilitating illness? Without such humanity we cannot live peaceful lives no matter how we otherwise promote good stewardship of health."

"Let's choose life, not cowardly death. Let's pray to our Creator for the wisdom, strength, and fortitude to accept life as He would have us live it, whether in sickness or health, poverty or riches, comfort or adversity."

I feel confident that all ANHS members share Jerry McAfee's concern for and respect of the dignity of human life.

It is exactly that concern and respect that motivated *Health Science* to present information about the Hemlock



"You can't be well yet! I have more tests to make."

Society—a group actively working to give terminally ill people more control over their lives, including their right to take actions that will either actively or passively speed their death.

The American Natural Hygiene Society does not have a formal position on euthanasia. But it does have a long, well-defined history of supporting health freedom issues.

Too often, decisions dramatically influencing both the quantity and quality of life for the terminally ill are made by physicians and courts rather than the individuals whose lives are at stake. Generally speaking, Natural Hygienists favor the right of the individual to make these decisions.

The right to live our last days peacefully, surrounded by our loved ones—not strangers, and the right to die a natural death—safe from unwanted and often tragic operations, forced nasal gastric tube feeding, massive drug-ging, artificial respirators, and other life support systems with their mechanical webs of wires and tubes—is a right Natural Hygienists hold sacred.

The right to die a natural death is certainly a right we wish to preserve, or, rather, secure—since for all practical purposes, this right has been taken away from us, in no small part due to the religious beliefs Mr. McAfee refers to.

Who among us can speak with absolute certainty about the existence and personal preferences of a creator? And if such a being does exist, is it not reasonable to think that he or she would have compassion for the very real human suffering that all too often reaches horrifying proportions?

There is much room for disagreement and discussion with respect to this very complex subject. And in reporting on it *Health Science* continues a longstanding tradition of providing hearty food for thought. □

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

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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).
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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. 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.
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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. 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.
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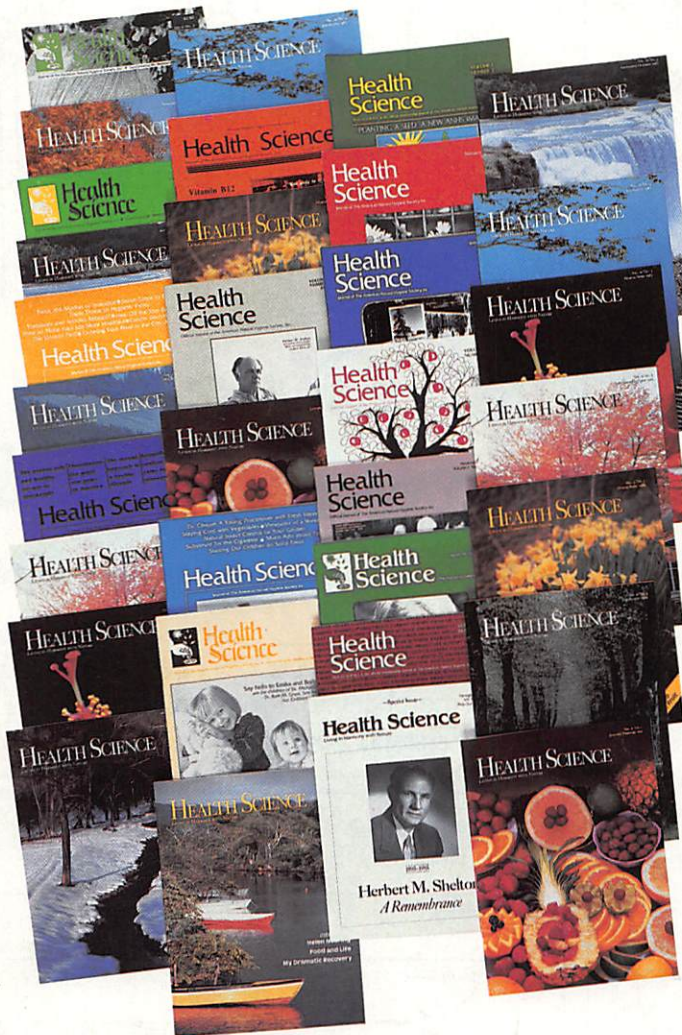
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