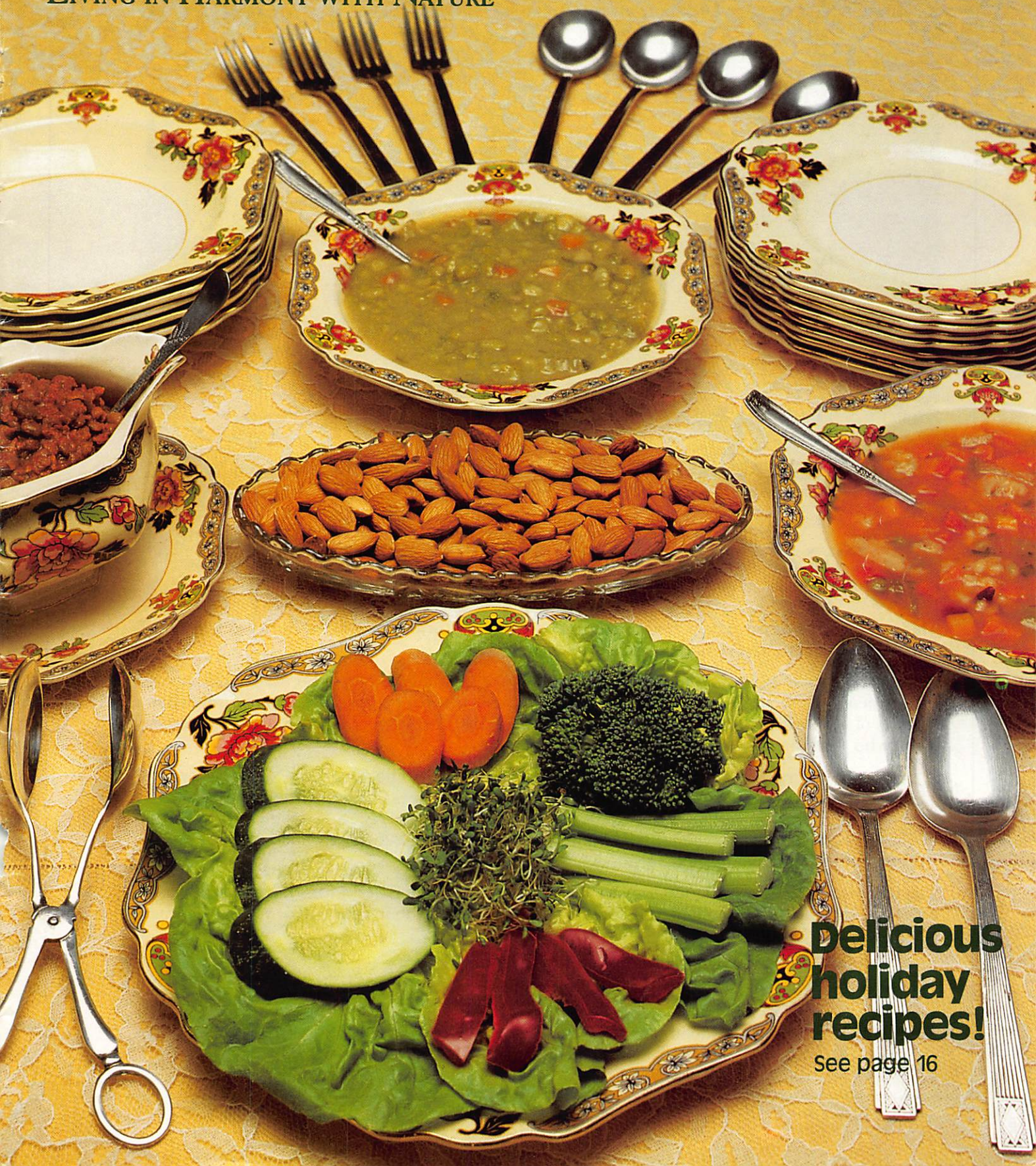


HEALTH SCIENCE

LIVING IN HARMONY WITH NATURE



**Delicious
holiday
recipes!**

See page 16

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

Or call: 813-855-6607

HEALTH SCIENCE

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

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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.

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Happy Holidays!

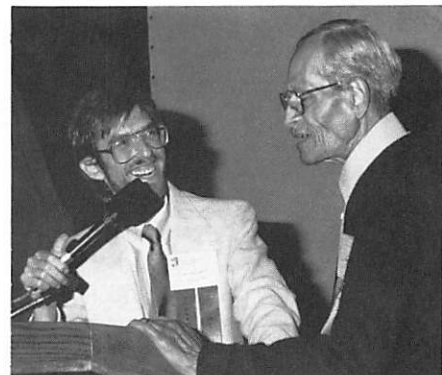
Happy Holidays to you and your family from the American Natural Hygiene Society! We thank all of you for your support during this past year.

We especially want to salute the Life and Century Club members whose special contributions have helped the Society in all of its educational activities. Three new pamphlets are in the works and will begin coming out around the end of the year. We are also greatly expanding next year's International Natural Living Conference.

We hope you will renew your commitment to a healthier you *and* a healthier planet by renewing your membership in the Society! You will have a whole new year of *Health Science* to look forward to, plus you will be helping to get the word out about Natural Hygiene. Renew today!

Begin your holiday season by curling up with some great reading in this issue of *Health Science*!

Alec Burton is not only a highly respected Natural Hygiene doctor—he is one of the giants in Natural Hygiene thinking today. Find out what's on his



Rameshwar Das

In this issue we salute ANHS Life and Century Club members and thank them for all of their generous ongoing support. See story p. 20.

mind in **Interview**.

Harvey Diamond's new book *Your Heart, Your Planet* has just been released! Read what Harvey has to say about our diet and our environment in **What's Eating the Planet?** by Gerald Deutsch.

Health Means Commitment, by Susan Smith Jones, will inspire you to renew your efforts for vibrant health.

Learn how two remarkable pioneers of the 20th century chose to live "the good life" in **From the Archives**. □

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Heart study confirms Natural Hygiene view

For more than 100 years Natural Hygienists have been saying, "Blocked coronary arteries can be reversed by simple lifestyle changes!" Now, thanks to a study reported by the American Heart Association (AHA), this message is making headlines across the country.

According to AHA, all you have to do is maintain a strict vegetarian diet, engage in mild daily exercise (walking for at least half hour a day is recommended), and practice stress-reduction activities. The greater the changes, the more the improvement. (Does this sound familiar, or what?)

Twenty-two people participated in a Lifestyle Heart Trial study that incorporated the above changes. They experienced dramatic changes in the first year of the experiment. Eighteen showed significant unblocking of the arteries. The group as a whole reported 91 percent reduction in the frequency of chest pains, a 42 percent reduction in their duration and a 28 percent reduction in severity.

Patients in a control group made some changes, including a reduction of 30 percent of fat in their diets as currently recommended by the American Heart Association and some exercise. They did not practice stress reduction, which is emerging as far more important an element in reversing heart disease than earlier thought. Half of them showed progression of blocked arteries, and the rest showed only minor improvement. The group as a whole experienced more frequent chest pains and a rise in both their duration and severity.

The Lifestyle Heart Trial was conducted by Dr. Dean Ornish of the Preventive Medicine Research Institute in Sausalito, CA and colleagues at the University of California at San Francisco and the University of Texas Medical School in Houston. This information is currently being published in *The Lancet*, a British medical journal, and was recently reported in an article in *The New York Times*.

Special thanks to ANHS Century Club member Louis N. Levy for contributing information for this report.



"No, I don't have the magic bullet. I thought you had it!"

Chemotherapy

When chemotherapy was hailed in 1976 as a breakthrough in the treatment of breast cancer, thousands of women began undergoing the process that held the promise of preventing recurrence of the disease.

But 14 years later, the U.S. General Accounting Office (GAO) has determined that chemotherapy has had no measurable impact on survival, according to a report in *Healthfacts*, a publication of the Center for Medical Consumers, Inc.

What happened is that the widespread acceptance of chemotherapy was based on clinical tests performed for a very short observation period. Even the researchers who reported the results cautioned that the effects on survival rates were not known. But the findings attracted rapid acceptance and greatly increased the usage of chemotherapy.

Fortunately, not all doctors jumped on the chemotherapy bandwagon. As far back as 1980, George Crile, Jr., M.D., speaking at a cancer conference, expressed the opinion that "major ad-

vances in the treatment of breast cancer have actually been retreats. Physicians are performing less aggressive surgical treatments and finding the survival rates unaltered and sometimes improved."

A free copy of the GAO report is available from the U.S. General Accounting Office, P.O. Box 6015, Gaithersburg, MD 20877; (202) 275-6241. Ask for *Breast Cancer Patients Survival: Report to the Chairman, Subcommittee on Health and the Environment, Committee on Energy and Commerce, House of Representatives, February, 1989.*

Common cold prevails

The Common Cold Research Center in Great Britain closed its doors this year after 44 years of trying to find a "cure" for the common cold.

Administrator Arthur Amos admitted that they had lost hope for finding a vaccine to prevent the common cold, according to a report in *The Wall Street Journal*.

Volunteers who participated in the

Center's program went through 10-day quarantine programs after being "bombarded with viruses."

We hope that all cold sufferers will begin to do the sensible thing and look at their own behavior for clues about why they get colds in the first place. Changing to a vegetarian diet and getting plenty of rest and sleep are good first steps in the right direction!

Members!
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membership
today!

Important! Renew your membership today!

Renew your membership before December 6 to insure your continuity in receiving *Health Science* magazine! We can't guarantee that you will receive the January/February issue of *Health Science* on time after that date. Don't delay! Start the new year off right!

If the expiration date on your magazine label is still 12/31/90, it is time to renew now! Renewing your membership is one of the most important contributions you can make to the Society.

Annual membership dues are still \$25 US (\$45 US outside USA and Canada). Renew today! You can help even more by renewing for *two* years! Just send your check or money order for \$45 US (\$85 US outside the USA and Canada) for two year's renewal—a savings of \$5!

Renew your membership today and continue to enjoy *Health Science* magazine, low member prices on books and tapes, and special prices and updates on ANHS seminars and conferences.

You can also call the National Headquarters at (813) 855-6607 to charge your dues to your Visa or MasterCard.

Renew your membership today!

You can help save the planet!

Save It! Easy Environmental Tips to Save the Earth is a short, concise booklet that outlines choices you can make and actions you can take to help make a big difference in the quality of our environment. The booklet is organized into sections: tips to save air, water, land, and energy, plus shopping tips.

Everyone can benefit from keeping this booklet handy and referring to the daily checklist in the back. For example, "Today, I: took a short shower; recycled my newspaper or one glass jar; turned off lights and appliances I wasn't using."

Save It! is produced by the Corporation for Public Broadcasting. To get a copy send \$3.00 (\$4.00 outside US and Canada) to: American Natural Hygiene Society, P.O. Box 30630, Tampa, FL 33630.

Fluoride fails the test

The most vocal argument in support of fluoridated water is that it reduces tooth decay. But recent studies by public health dentists in New Zealand, Canada, and the United States reveal a different conclusion. The rates of tooth decay in nonfluoridated areas as compared to fluoridated areas are similar—or even lower!

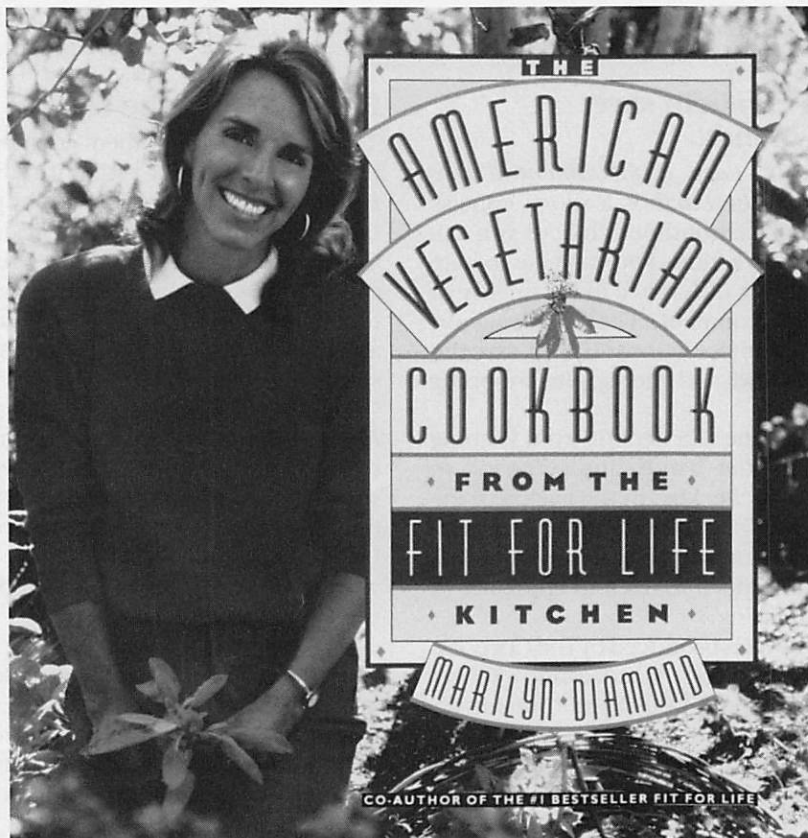
Dr. John Yiamouyiannis, author of *Fluoride: The Aging Factor*, reported this information in the June, 1990 issue of *Health Freedom News*. He also pointed out that data collected in the United States and throughout the world over the past 25 years supports this same conclusion.

The largest and most complete study on fluoridation and tooth decay in the United States was compiled from data obtained from the National Institute of Dental Research. Data was drawn from the dental examinations



"What you have isn't serious, but it isn't humorous either. It's somewhere in-between."

NEW! From ANHS



The American Vegetarian Cookbook from the Fit For Life Kitchen fulfills one of Marilyn Diamond's foremost goals — to bring to the public a healthy "diet-style" based on the foods Americans love to eat, but which incorporate the sound nutritional principles she has long advocated, recently documented in the national guidelines set forth in *The Surgeon General's Report on Health & Nutrition*.

"Marilyn Diamond's new cookbook leads us with a gigantic step forward as we enter the last decade of the 20th century in pursuing this country's goals towards 'health and happiness.'"

Glenn H. Koepke, M.D.
St. Joseph Hospital, Tucson, AZ

"Marilyn Diamond shares with us a sensible way to feed our kids and ourselves so that we can all be **Fit For Life**."

Joseph Girone, M.D.
Temple University Medical School, Philadelphia, PA

"The most important advice I can give my patients to improve their health and lifestyle would be to change their eating habits and follow the **Fit For Life** philosophy set forth in this book."

Toni Manos, M.D.
Emergency Medicine, Yonkers, NY

"Clearly, vegetarian and near vegetarian diets have medical, economic, political and humanitarian benefits that are enormous in their scope. I applaud Marilyn Diamond for 'carrying the torch' with this fine book."

Joshua Leichtburg, M.D.
Suma Medical Group, Beverly Hills, CA

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(ANHS members, \$22.95)

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of 39,207 schoolchildren, aged 5-17, in 84 areas throughout the country.

The areas were divided into three groups: those with fluoridated water supplies for 17 years or more; those partially fluoridated or fluoridated for less than 17 years; and those that had never been fluoridated. There were no statistically significant differences in the decay rates of permanent teeth or the percentages of decay-free children in the different areas.

We hope that activists for fluoride-free water will make use of this information in their efforts to convince public health officials to change their policies. You can contact Dr. Yiamouyiannis at 6439 Taggart Rd., Delaware, OH 43015.

Kids Against Pollution

Fifth-grade students working on a U.S. Constitution project decided that pollution infringing upon their constitutional rights. So they decided to do something about it by banning styrofoam products in their school. The Closter Elementary School (NJ) students received national recognition for their efforts, and this year they are expanding their efforts, according to an article in the environmentalist *E Magazine*.

Hundreds of schools are joining Kids Against Pollution (KAP) in a nationwide boycott of McDonald's to protest that company's continued use of styrofoam products. In cities where styrofoam bans are already in effect, McDonald's has switched to all-paper packaging.

Your kids can become active on this issue, too! Their local school can write to KAP, 275 High Street, Closter, NJ 07642 for more information.

Indoor plants clean the air

Indoor plants can do more than decorate our environment — they can actually help clean up the polluted air we breathe inside our homes, offices, and other buildings. This is very good news since the Environmental Protection Agency (EPA) has cited indoor air pollution as a very serious acute and chronic health risk.

Indoor plants can drastically reduce toxic chemical levels in buildings with poor ventilation, according to the National Aeronautics and Space Administration (NASA) and reported in a pam-

phlet distributed by the Florida Foliage Association.

Indoor plants do the same good things for the air that outdoor plants do. They absorb toxins and carbon dioxide in the air around them, photosynthesize them, and then release oxygen into the air. The plant leaves, roots, and soil bacteria all play a part in this process.

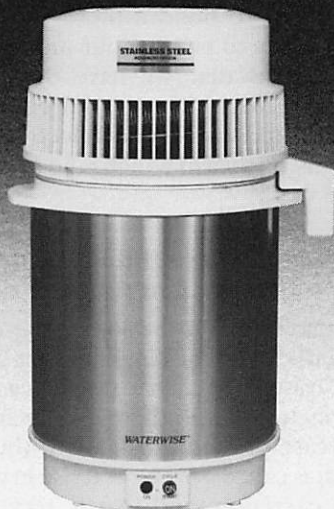
NASA recommends placing about 15 plants in areas where air circulates well to clean and refresh the air in an 1,800 square foot home. Plants recommended by the Florida Foliage Association that generally do well in indoor environments include spider plants, Chinese evergreens, peace lilies, golden pothos, and weeping figs.

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author
Harvey
Diamond**

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presents compelling evidence of the critical link between our diet and lifestyle and the survival of the earth.

Your Heart, Your Planet offers the most explicit and detailed connection between the health of the individual and that of the planet. Harvey Diamond argues convincingly that reduced intake of animal products could have a dramatic effect on the renewal of the planetary resources as well as an improvement in people's health.

"Harvey Diamond clearly and powerfully presents the most effective way to improve our personal health and help heal Earth—all with your knife and fork."

Michael Klaper, M.D.

Scientific advisor, EarthSave Foundation

"This is an essential book for every person genuinely concerned about the future of our planet."

John Robbins

Author of Diet for a New America

"An immensely readable and down-to-earth analysis of the critical health and environmental problems we are facing in the 1990s...and surprisingly practical solutions that everyone can begin implementing right now."

Norman Cousins

"Harvey and Marilyn Diamond have been telling us what to do for years...and they were right."

**Larry King
CNN**

*"The most outstanding value of **Your Heart, Your Planet** is that, besides clearly explaining the most urgent problems we face today, Harvey Diamond also presents an almost inconceivably simple and effective solution."*

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Author of Between Heaven and Earth

*"The first book to really connect personal health and survival of our planet...looks like another bestseller to follow his **Fit For Life** phenomenon."*

David Winston York

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Alec Burton

This world renowned Natural Hygiene doctor speaks out about fasting supervision and professional Natural Hygiene care.

by Mark A. Huberman

Alec Burton, M.Sc., D.O., D.C., is one of the most respected Natural Hygiene doctors in the world. A past president and founding member of the International Association of Professional Natural Hygienists, Dr. Burton has been in the forefront of Natural Hygiene for more than 25 years. Dr. Burton, with his wife Nejla Burton, D.O., operates Arcadia Health Center north of Sydney, Australia. He is the president of the Australian Natural Hygiene Society.

It seems incredible that it has been over 10 years since we last interviewed you for *Health Science*. And now there are two Dr. Burtons—you and your wife, Nejla. How long have the two of you been practicing together?

Five years. Nejla has been a practicing clinical psychologist since the mid-1970s. She graduated from osteopathic college in 1984 and passed her boards in 1985. She is now a licensed osteopathic physician.

Has her background in psychology proved a valuable adjunct to your work?

Very much so. The mental and emotional aspects of health are very important and are often at the root of a person's health problems. Nejla



Drs. Nejla and Alec Burton, Natural Hygiene doctors from Australia.

spends a lot of time counseling patients. It is very useful in helping them make lifestyle changes and helping them cope with the stresses of life.

Does she use that perspective to straighten you out from time to time?

Well, obviously, I come in for my share of psychology. She often comes up with interpretations of my actions that I would never have dreamed of.

What is your practice together like?

I function principally as a consultant. Dr. Doug Evans serves as resident physician. He and Nejla do most of the patient work, consultations, daily examinations, reports, etc. If there are particular difficulties with a patient, I'll probably get more involved at that point.

Tell us a little bit about the Arcadia Health Center. I understand it has

undergone a number of renovations and expansions.

We have been at our present location for 20 years. We are located in a rural setting about 25 miles outside of Sydney on 10 acres of land. We are surrounded by fairly thick and dense bushland and we enjoy over 62 different varieties of birds from cockatoos to cuckaburoos, and it's always a very pleasant environment. In fact, it looks very much like a wildlife sanctuary.

From the beginning we built and designed the facility as a Hygienic institution. Recently, we have expanded considerably to allow for office consultations, administrative work and accommodations for an intern.

Do you have still further plans for expansion?

We'd like to build a more extensive laboratory to employ our monitoring techniques that we have developed over the years. We do a lot of microscopy, biochemistry and electric ideographs, an area in which I did my graduate work.

Of what value is blood testing in the supervision of fasting?

It enables you to be somewhat more specific about the length of time a person can fast. When a fast is reaching a conclusion and the person starts to increase protein breakdown, there is what is called a premortal rise in nitrogen excretion, and that is very, very hard to determine without doing some biochemistry.

In that stage your body switches from subsisting largely from ketone supplied by the fat, to requiring further breakdown of body protein, and one doesn't want that to happen. Now, obviously, there are other vital signs



J.M. Lennon

Alec Burton, M.Sc., D.O., D.C., (r) being interviewed by ANHS President Mark A. Huberman.

that can be looked to such as an erratic pulse, difficult breathing, rapid drop in blood pressure or body temperature. I believe, however, that the more information and knowledge you have, the more competent you can be.

Have advances in physiology made the supervision of fasting a more exact science?

Well, I don't think that fasting or the application of Hygiene can ever become an exact science. It is still very, very much an art. But at the same time, it means that you can define your parameters more clearly, you can certainly be more precise than you used to be about things.

Where does the art come into it?

The art comes in recognizing that the application of Hygiene is not a mechanistic thing. You are dealing with thinking, acting, feeling individuals whose emotional and mental tolerances vary widely. With fasting, for instance, you can talk with a person, discuss how they feel and see how they express themselves, and can determine whether they have had enough,

irrespective of what the biochemistry and hematology tell you.

Now there are times we do persuade people to continue to fast to get that little bit of extra result, but at the same time, we still have to recognize their limits. I think that art involves steering this middle course where you're not pushing them too far, and yet you're getting the best reasonable possible result from a person.

Is that an art that can only be derived from experience?

Well, I believe an art has to be learned, and, obviously, that does require some experience. It doesn't have to be an extensive, long-term experience, but it has to be experienced. Some will learn it more quickly than others, depending on their feeling for the human being.

Is that why the International Association of Professional Natural Hygienists has established a minimum six months internship/residency requirement at a Natural Hygiene institution for any member physician wishing to be certi-

fied as competent to do fasting supervision?

Most certainly. This exposure is absolutely vital. Of course, if a person is on their own, they are going to learn eventually, but during an internship they will be in a situation where they are going to be exposed to scores of patients undergoing fasts under the supervision of someone who is experienced.

With that in mind, does it concern you the number of people who have only taken a correspondence course in Natural Hygiene who are advertising themselves as competent to undertake the care of patients and supervise fasts?

That really is something that is very, very bothersome to me. An educated person would not blindly go ahead with something they are not familiar with. They are much more cautious. The worst case is the enthusiastic amateur who has very little education, doesn't really know what's going on and makes the glib statement that "the body knows what it's doing, just let it carry on." This idea that the body will

Interview: Alec Burton *continued*

always do the *right* thing is a fallacy. The body will always do the right thing that it *can* do practically under the circumstance.

I think that a person must have a proper education, the best that is available.

By education do you mean a bona-fide undergraduate degree followed by a bona-fide graduate degree in one of the primary care disciplines—medicine (M.D.), osteopathy (D.O.), chiropractic (D.C.) or naturopathy (N.D.)?

That's what I mean.

What is the importance of having a professional degree and license in one of the primary care disciplines?

The importance of it is that a person who has been educated and trained in a systematic study of anatomy, physiology, biochemistry, and pathology will basically understand organic process. On the other hand, a person who has just taken a few odd courses or read a few books may have a lot of factual knowledge, but it really is not integrated into a system where they are able to synthesize the knowledge of anatomy, physiology, biochemistry and pathology—putting it all together to have a proper understanding of the mechanisms and processes of health and disease.

What is the difference in perspective or knowledge between Natural Hygiene doctors and other doctors?

We're all going to agree on the facts, but the Hygienist is going to have a different interpretation. In the medical system, disease is looked upon as a threat, as an evil, as something which has to be treated or cured, often very aggressively.

The Hygienist interprets disease as a survival mechanism. We see it as part of an integrated physiological response to environmental changes and internal fluctuations which demand modifications in the body's processes as a remedial purpose of action. Now



J.M. Lennon

We must always be thinking in terms of fundamentals and in terms of principles. This distinguishes the Hygienist from other doctors.

this isn't to say that disease is a defensive, remedial, reparative, adaptive process that is always successful. It isn't; in fact, it often fails. Nevertheless, this philosophical bent, this understanding, is what I'm always trying to emphasize.

We must always be thinking in terms of fundamentals and in terms of principles. This is something that the Hygienist does considerably differently from the doctor of other schools. It is the Hygienist's ability to fit the facts of physiology and science into the framework of his principles and philosophy that distinguishes him from the doctor of medicine or the doctor of osteopathy and so on.

Is there a difference in perspective between medicine and osteopathy that might make one of them closer to Natural Hygiene than the other?

I think osteopathic medicine has a closer relationship to Hygiene than conventional medicine. Generally speaking, a well-trained osteopath does have a philosophy. He also is able to see the reciprocal relationship that exists between structure and function. He doesn't just think of the organism

in terms of the heart, liver, kidneys and major organs, which tends to be the thrust of orthodox medicine. The osteopath sees that the body functions as an integrated unit, or at least it is emphasized much more clearly in the osteopathic literature than it comes across in conventional medicine. I am not saying that conventional medicine doesn't agree with that point, but it certainly is not emphasized in their papers. So, I think it is easier for the osteopath to take the step towards Hygiene than it is for the conventional medical person.

How close is chiropractic to Natural Hygiene?

Chiropractic is a drugless system in the first place, so they do lean very heavily on the fact that the human body is self constructing, self defending, and self repairing. They recognize that healing is a biological process.

I think the chiropractor, unfortunately, is still dogged by the view that nerve compression causes disease through enervation. One of the worst worrisome aspects of chiropractic is that there is a belief that disease can be "cured," ameliorated or managed in some way by a quick thrust on a spinal segment. Any disease, no matter how simple, is a very complex phenomenon and involves a lot of mechanisms constantly varying within the organism.

What about its effect on pain, as a palliation of a real and evident problem? If you were to twist your ankle and you couldn't walk, and you needed to get to work, is there not a place and a role for relief that might be provided by chiropractic?

Well, there is certainly a place. One of our major problems is to deal with pain. Nobody wants to see the patient suffering, so any means that are available that are not going to be too threatening or invasive are probably legitimate to relieve the pain. If the manipulation of it will relieve the pain and it's not going to create any actual trauma in any other respect, then by all means use it. And there are proba-

bly many other things you can use to relieve the pain, too—hot and cold packs, or even just pressure, or gentle stroking.

So are you saying that as long as the application of chiropractic is kept in the right perspective and it is not being used as a form of therapy or as a cure-all, but rather as simply a method to achieve a distinct result such as the resolution of pain, then that is appropriate?

As long as the person understands clearly that this is merely going to relieve the pain and make him more comfortable, but isn't going to contribute markedly to his recovery or his process of getting well.

We would argue quite strenuously, and this would apply to all schools of thought, not just chiropractic, that the body has no fundamental need for any form of therapy or treatment; that the organism is self healing; that healing is a biological process; that, providing the needs and conditions are available, healing will be a spontaneous phenomenon. Treatment is relatively minor in the consideration of the needs to be provided or the Hygienic influences that are necessary.

Aren't there times when simply the removal of pain is a legitimate end in and of itself? Wouldn't newcomers to Natural Hygiene say, "Well gosh, if you break your leg or burn your arm, you certainly are not going to go on a fast or modify your lifestyle, you are going to need to go to an emergency room for treatment."

In these situations, we are generally not dealing with health and disease. We're dealing with a trauma and, of course, trauma does require emergency care. But the healing process is still the same. You certainly would need to have a broken limb aligned and set properly. And to do that it would have to be immobilized, put in plaster, or splintered in some way, and that is quite legitimate. But the process of healing is still the same. And why wouldn't one fast? Why wouldn't one modify one's lifestyle? You'd have to



J.M. Lennon

The idea that the body will always do the right thing is a fallacy. It will only do the best it can under the circumstances.

modify your lifestyle anyway if you broke your leg.

In recent years, everywhere we turn we see "holistic health centers" and "holistic" practitioners, indicative of people taking alternative approaches to health care. Do you consider this a positive development?

In my view the term "holistic" is totally false in relation to the typical care given. Holistic theory implies caring for the whole individual, treating man or woman as a whole. I have no problem with the idea of trying to look at the person as a whole and trying to work out a strategy for their recovery.

But these holistic health centers usually have nothing to do with the care of the *individual* as a whole. To them, holistic care means trying to use all of the *therapies* that might be applicable. Thus, we have herbalists, homeopaths, remedial massagers, chiropractors, psychotherapists, psychiatrists—the whole gamut of therapy. My fundamental objection is to the use of all of these different therapies with their different philosophical bases, each employed quite arbitrarily and with-

out fundamental principles underlying their application.

Would you care to comment on naturopathy or homeopathy? What is your opinion on their claims to being "natural therapies"?

The fundamental criticism is that although they talk about "natural therapy," nothing could be more artificial than therapy. And once you have a therapy or a treatment for a condition or a disease, you don't think you have to worry about the cause of the problem anymore. So the Hygienist is constantly getting back to the fundamental principle: what are the causes of the problem?

But does it necessarily follow that every practitioner who applies a treatment will ignore a cause, or might they not say simply that they are just applying a treatment to remedy a particular crisis such as to relieve the pain, or lower a fever, and then tell the patient to focus on the causes by changing their lifestyle, dietary habits, etc.?

I think that that's quite possible, but there is a contradiction here. If you're doing something like reducing fever, or suppressing inflammation, then whatever you do in that respect, you are not working with the body. The body goes to a great deal of trouble to produce a fever. To elevate the body's temperature even one degree necessitates considerable activity within the body dominated by the brain and nervous system.

If you are going to come along and suppress that fever and bring that temperature down, we would say that that is a suppression of acute disease. The Hygienic way is to remove the causes and work with the body and allow the fever to reach a normal, natural conclusion.

We must keep in mind that all treatments and therapies are enervating. They are exhausting to the sick body's energy, which it can very rarely afford to lose. Removing the cause of disease is really what is necessary. When the cause is removed, recovery will then be spontaneous. □

What's Eating the Planet?

Fit For Life author *Harvey Diamond* challenges mainstream America to follow its heart instead of its stomach.

By Gerald Deutsch

AS THIS ISSUE OF *HEALTH Science* magazine was going to press, Harvey Diamond was setting out again across the country with an urgent warning and a message of hope for the people of America and for people around the world.

Harvey will be featured on numerous national TV and radio programs. He will be making personal appearances in 18 major cities to promote the powerful message in his new book, *Your Heart, Your Planet*, an eye-opening documentation of how your personal health choices affect the survival of the planet.

In July, I had a chance to talk with Harvey about his new book as we rode together from Kennedy Airport in New York to the ANHS International Natural Living Conference.

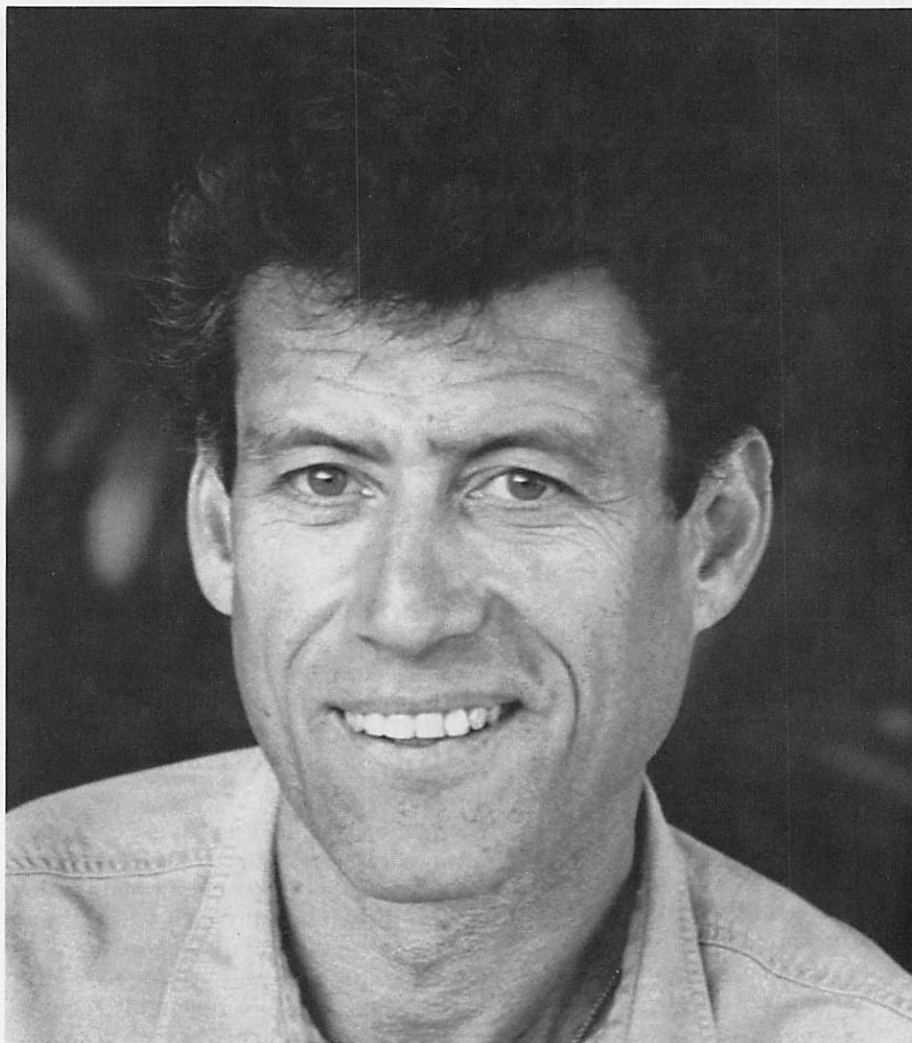
Planetary survival

Harvey Diamond's new book, *Your Heart, Your Planet*, presents compelling evidence of the critical link between our diet and lifestyle and the survival of the earth. Through careful documentation, Harvey leads us to the inevitable conclusion that the meat and dairy industries are leading destroyers of our woodlands, primary polluters of our water supply, and are directly responsible for the deteriorating state of our nation's natural resources.

Your Heart, Your Planet shows readers how to make simple changes in the way they live, such as foregoing meat and dairy products just one day a week, which would have a massive, positive effect on our ecology.

Trading forests for burgers

Of special concern to Harvey is the destruction of the earth's forests. At the rate of 100,000 acres a day, forests



The survival of the planet will be strongly affected by the diet and lifestyle choices we make.

The eating of animals is literally killing the planet!

all over the world are being cut, burned and cleared. Most devastated of all is an area known as the earth's lungs—our tropical rainforests. This area is being wiped out at the rate of 27 million acres a year. For every quarter pound of beef eaten from a steer raised in Central America, 55 square feet of rainforest had to be cleared for grazing. Some 85 percent of this beef is exported to the U.S. for consumption.

America's forests also face extinction, according to Harvey, who documents that 36.8 percent of the North American continent has been severely damaged by deforestation and grazing.

Personal-planetary connection

Harvey carefully builds his case, explaining how every individual's daily personal nutrition and lifestyle choices affect the greater well-being of the planet. "Nothing really stands alone," he writes. "We don't always see the connection between one phenomenon and another, but the planet Earth is a living, breathing ecological entity held together by trillions of different occurrences that appear to be separate, but are actually highly interconnected."

Your Heart, Your Planet divulges that every 35 seconds, 24 hours a day, someone in this country dies of cardiovascular disease caused largely by a diet high in saturated fat, which is found mostly in animal products, and cholesterol, which is found *only* in animal products.

More than half of the water consumed in the U.S. is used for animal agriculture. Every second, 250,000 pounds of animal excrement is produced, most of which ends up in our water supply. This is equal to 900,000,000 pounds every day, or about 4 pounds for every American. And every year 25 billion tons of the earth's topsoil are lost—80 percent of the loss is traceable to cattle ranching.

The Ten Percent Solution

Harvey does more than detail the dilemma. He offers a plan that is rapidly being embraced by environmentalists, public officials, and health-conscious people around the world.

On the road with Harvey Diamond

Before Harvey hit the road to promote *Your Heart, Your Planet*, his new book outlining solutions to environmental problems that threaten the survival of the planet, he was very busy moving his family from California to Florida, where his son Beau will be attending the world famous Nick Bollettieri Tennis Academy.

As luck would have it, the move to Florida came at the exact same time as the ANHS International Natural Living Conference in July. Asked how he tore himself away to speak at the conference, Harvey smiled and said, "When [ANHS Executive



Your Heart, Your Planet is available from the Society for \$16.95 (\$15.95 for ANHS members), plus \$2.00 shipping and handling. Florida residents, add 6% sales tax. Send your payment to ANHS, P.O. Box 30630, Tampa, FL 33630.



Harvey Diamond with his son Beau, who is attending the Nick Bollettieri Tennis Academy in Florida where the Diamonds now make their home.

J.M. Lennon

Director] Jim Lennon asks you to do something, it is simply impossible to say 'no.' " *Gerald Deutsch*

Your Heart, Your Planet proposes the elimination of meat and dairy products just one day a week. Backed with considerable scientific data, Harvey delineates substantial salvation of our rainforests, a substantial decrease in air and water pollution, and the saving of billions of tons of topsoil now destroyed annually, and more. He invites each of us to have our own V-Day, standing for both "victory" over our current health and environmental crisis, as well as for "vegetarian," our one-day-a-week commitment.

For Natural Hygienists and other vegetarians, giving up meat one day a week may not seem like a lot to ask. But for some people it can be the beginning of a commitment to a new way of life. And the benefits to the planet of just this one day a week are tremendous.

Save a tree, plant a tree

Stressing the sad fact that we are cutting down trees ten times faster than we are planting them, Harvey urges that we actually "dig in" and plant as

many trees as possible to regain a healthy carbon dioxide/oxygen balance in the earth's atmosphere. In fact, sales of *Your Heart, Your Planet*, which is printed on 100 percent recycled paper, will help provide funds for the planting and caring of new trees in Yellowstone Forest, which was devastated by fire in the summer of 1988.

A message of hope

Although Harvey's new book is filled with findings designed to propel readers into action, it holds out a beacon of hope and ends on an upbeat note. He lists 24 points of encouragement at the end of the ecological tunnel, which enumerate small changes that can result in big differences in our personal and planetary health. Harvey also offers readers ammunition to do more by providing a directory of organizations involved in environmental projects. □

Gerald Deutsch is an ANHS Century Club member from Woodbury, NY.



U.S. Dept. of the Interior/National Park Service

Health Means Commitment

*Loving yourself can mean the beginning
of a vibrant new life!*

By Susan Smith Jones, Ph.D.

IT IS A REAL JOY TO HAVE this opportunity to share my thoughts, experiences and research on commitment, being healthy, and making a difference in our world. I'd like to begin by sharing with you an event that was a major turning point in my life.

Seventeen years ago I was involved in a major car accident and my back was fractured. I was told by the doctor that I should get used to a life of pain, inactivity, and difficulty, and that I

would not be able to ever carry anything heavier than a light purse. As you can imagine, I felt quite upset at the thought of that kind of life.

Helen Keller once wrote, "When one door closes, another opens, but often we look so long at the closed door that we do not see the one which has opened for us."

After the accident, all I could see was a closed door. It was a time filled with depression, self-pity, confusion and feelings of being victimized. Then about two weeks after the accident, I

went to a favorite spot of mine overlooking the Pacific Ocean, where I often go for inspiration. There I had a heart-to-heart talk with my Self.

On the one hand, I was convinced that life was meant to be a magnificent adventure—to be lived joyfully, peacefully, and healthfully. So I couldn't accept the life the doctor was predicting. I had a choice to make. And I did.

While I didn't know exactly how I could change my physical condition, I recognized that there was a higher

power within me that had the answers. And so I simply made a commitment to let go, to live from inner guidance, and to accept only vibrant, radiant health.

My particular road to recovery was not always easy, and I made many mistakes. But in retrospect, I can see that the car accident was a valuable experience for me. It helped me turn my life around.

Someone once said, "The darker the sky, the brighter the stars." It wasn't until I made a real commitment with every fiber of my being that amazing (what some people would call miraculous) things began to come my way. I discovered the power of hope and commitment — working at something even if it is difficult, even if others try to tell you success is unlikely.

Commitment

It was Goethe who wrote, "Until one is committed there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative and creation there is one elementary truth, the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then providence moves too. All sorts of things occur to help one that would otherwise never have occurred. A whole stream of events issues from the decision, raising in one's favor all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamt would have come his way.

"Are you in earnest? Seize this very minute. Whatever you can do, or dream you can...begin it. Boldness has genius, power and magic in it. Only engage and then the mind grows heated; begin and then the work will be complete."

After my experience by the ocean, a whole stream of events began that assisted me in healing my condition, from finding the right books, to hearing a helpful tape or lecture, to meeting people who helped me understand healing — much of which sounded kind of weird to me at that time. It was during this time I learned about Natural Hygiene and a new way of living

which was and has been a powerful influence in my life.

A miracle

During the months following the accident I made changes in my lifestyle, behavior, thoughts and attitude. And after examining me at my 6-month checkup following the accident, the doctor just shook his head in bewil-

*My doctor said
I would never
lead a normal
life again.
I couldn't
accept that.
And after
I discovered
Natural Hygiene,
I made a full
and complete
recovery.*

derment. He said, "This just can't be. There is no sign of the fracture and you seem to be in perfect health, free of pain. There must be some mistake. It's just miraculous." In a sense he was right. But I've since discovered that miracles are a natural part of committing to being healthy, peaceful and living fully.

It doesn't matter where your level of health is at this very moment. Regardless of the lifestyle you've lived until now, you can, *at any moment*, choose differently. You can use your past mistakes, your poor choices, and learn from them. Sometimes it takes being at the bottom before you awaken to the fact that you can choose something else.

An open heart

Where this new choice-making be-

gins is with appreciating, respecting and loving your magnificent body. One of the most important things you can learn in life is a sense of appreciation for yourself. 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 indeed a miracle of Love's creation. The more I study about the body, the more I am amazed and in awe at how beautifully it is designed. Clearly, the body is fantastic and deserves reverence.

Now is the time

Starting today, tune in more to your body. It is a remarkable feedback machine. If you listen, you will discover that it actually talks to you. When you get a headache, for example, your body is trying to tell you something. Listen to your body's signals and communication with health and peace as your goals. The key here is your willingness to listen and act.

Many people think that the way to handle a headache is just to reach for a bottle of aspirin. In fact, most people actually think it's normal to have headaches. It's not. It's not normal to have headaches, sinus problems, hemorrhoids, constipation, and shaky hands. *It's normal to be well.*

Choose to be healthy

It's simply a matter of choice. Wellness comes from making a commitment and choosing to be all you were created to be and assisting others in their journey. When you start choosing to live and be that way, life will come alive, will take on new meaning, and you will not only understand what it means to celebrate yourself and life, you will be enriching the quality of life on this planet. I salute you and your great adventure! □

Susan Smith Jones, Ph.D. (Health Sciences), 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 bestselling book, *Choose To Be Healthy* (Celestial Arts) explores how to be radiantly healthy — physically, mentally, emotionally, and spiritually.



Delicious Holiday Menus

These celebration ideas are from Hannah Allen's *Homemakers' Guide to Foods for Pleasure and Health!*

Eating and holidays go hand in hand, and this is the holiday season. Whether you are planning to invite guests into your home, to visit friends in their home, or to go to a restaurant with friends, you can enjoy all of these happy occasions and still be "yourself."

Here are some suggestions to help make your holiday celebrations memorable. Remember, the "getting together" is the main event; eating is only one element of sharing enjoyable times together. Don't let *your* focus on food get in the way of enjoying yourself!

Entertaining at home

You can go two ways here. You can serve only foods that you would eat yourself, or you can serve a variety of foods to please the tastes and preferences of both you and your friends.

The following menus include some recipes with seasonings. You can pre-

pare them without the seasonings (ingredients followed by an *) and let your guests add seasonings when they eat, or you can prepare two versions of the same dish. Note: Vegebase and Dr. Bronner's Seasoning are commercial versions of liquid vegetable-based seasonings.

Eating at a friend's home

If you are invited to a dinner party, it is a good idea to share your eating preferences with the host or hostess in advance. If they know you well, they are probably already familiar with your "different" eating habits and will want to accommodate you. You might suggest a fresh salad and baked potato (keep your requests simple if you want to be invited again!). If it is a buffet dinner, simply bring your favorite dish!

If dinner is the prelude to socializing, you can eat before you go and ar-

rive after dinner. If light snacks are served, a fresh fruit or vegetable tray is likely to be included and will serve your needs nicely.

Eating out at a restaurant

Your best advantage is this situation is if you can choose the restaurant. "Health food" restaurants generally include menu items that appeal to people with a wide variety of tastes. Cafeterias can also serve well with salads, fresh fruits, cooked vegetables, and baked potatoes.

You can order a fresh salad and baked potato at many restaurants. If you want more variety, you can contact the chef at the restaurant ahead of time to try to set something up. Or you can tip the waiter or waitress ahead of time to help facilitate your wants (no butter or salt on the vegetables, extra baked potatoes, extra large house salad, etc.)

Easy to prepare, tasty and nutritious!

MENU I

Fresh green salad
Pea soup
Lentil casserole or
Millet-squash casserole

Fresh green salad

Medium-sized pieces of lettuce
(2 or 3 varieties): Boston,
Bibb, leaf, romaine
Cut-up red cabbage
Sliced sweet red pepper
Sliced celery
Quartered tomatoes
Choice of sliced zucchini,
summer squash or broccoli
flowerets
Choice of snow peas or green
peas

Avocado sprouts

Arrange ingredients in individual salad bowls for each guest. Serve with avocado or nut butter dressing. You might also want to have your guests' favorite dressing available (or ask them to bring their favorite with them).

Pea soup

1 cup fresh blackeyed peas, lima
beans or green peas
2-3 cups of water
4 strips diced celery
1 small sliced zucchini squash
Alfalfa sprouts
Vegebase*
Butter*

Simmer peas in water (2 cups for stew consistency; 3 cups for thick soup) for 15 minutes. Add celery and zucchini and simmer for 10 more minutes. Add Vegebase to taste and butter before serving. Sprinkle servings with alfalfa sprouts. Serves 2-3.

Lentil casserole

1 cup lentils
4 strips celery, cut into small
pieces
½ diced sweet red pepper
½ Tbsp. Dr. Bronner's
seasoning*
2 cups water

Steam all ingredients together 20 minutes or until tender. (Soaking lentils an hour or so before cooking will shorten cooking time.) Do not over-

cook. Add small amount of butter* before serving. Serves 2-3.

Millet-squash casserole

½ cup millet, browned slightly
(dry)
2 cups water
4 strips sliced celery
3 small sliced zucchini squash
½ tsp. Dr. Bronner's Seasoning*
1 tsp. Vegebase*
Small amount of butter*

Bring water to boil and add browned millet; cook about 10 minutes. Add celery, squash, and more water if necessary and cook about 15 minutes more, until tender and all water absorbed. Add seasonings and butter before serving. Serves 3-4.

Cucumber Avocado Dressing

2 large cucumbers
1 large or 2 small avocados

Slice cucumbers into small pieces and mix in blender until smooth. Cut avocado in half and remove pit. Scoop out the flesh and add to blended cucumbers. Blend entire mixture until smooth.

MENU II

Fresh green salad
Vegetable soup
Brown or wild rice casserole or
Chunky potato casserole

Vegetable soup

Small amount of garbanzo beans
(chickpeas) or split peas,
presoaked
Yellow crookneck squash
Zucchini
Carrots
Celery
Green beans
Cauliflower
Raw parsley
Vegebase*

Slowly cook any combination of these ingredients (sliced and cut into appropriate pieces) in water. Vary amount of water depending on thickness desired. Parsley can be added during

cooking or as garnish before serving. Vary quantities to accommodate number of eaters.

Brown or wild rice casserole

¾ cup brown or wild rice (or
mixed if you get a variety of
brown rice that cooks as
quickly as wild rice, or you
may precook the brown rice
before adding)
4 strips sliced celery
2 diced carrots
½ diced sweet red pepper
3 water chestnuts, cut up (if
available)
¾ Tbsp. Dr. Bronner's
seasoning*

Small amount of butter*

Pour boiling water (2½ cups for wild rice; 3½ cups for brown rice) over combined ingredients. Put in 350° oven. Wild rice takes approximately 45 minutes to one hour. Brown rice takes approximately 1¼ to 1½ hours.

Check to be sure whether additional water is necessary about ¾ of the way through. Add small amount of butter before serving. Serves 3-4.

Chunky potato casserole

3 unpeeled medium potatoes
3 unpeeled medium carrots
3 strips celery, diced
1 small diced sweet red pepper
1 tsp. Dr. Bronner's seasoning*
1 tsp. Vegebase*

Shred the potatoes and carrots coarsely. Blend the balance of ingredients using the minimum amount of water necessary.

Bake about 30 minutes in covered casserole, then uncover to brown top slightly. Serve with butter. Serves 2-3.

Vegetable Nut Butter Dressing

4 Tbsp. nut butter
½ cup celery and carrot juice

Make celery and carrot juice fresh for tastiest results. You can also add cucumbers or substitute cucumbers for celery in the juice. Blend juice with nut butter in blender. A refreshingly tasty sauce to complement your fresh vegetable salad or steamed vegetables.

Rebirthing the Good Life

Helen and Scott Nearing set the standard for how to live joyful, productive lives. This article first appeared in the October, 1955 issue of *Dr. Shelton's Hygienic Review*.

By Irving Davidson

HELEN AND SCOTT NEARING have written two delightful companion books to the *Natural Hygiene System*. These twin volumes of significance would make a most valuable literary gift.

The multiple difficulties encountered by Natural Hygienists in living hygienically can well be traced by the law of cause and effect to the fact that they do not live in a hygienic society nor in a hygienic cosmos or universe.

In Scott Nearing's *Man's Search for the Good Life*, the author diagnoses the non-hygienic delirium of society, brought on by progressive and chronic economic, social and political enervation and resultant social toxemia. Nearing lists the poison habits of our society: two total wars in one generation, the senseless multiplication of meaningless perishable gadgets, economic insecurity, production and stockpiling of atomic weapons, feverish search for more efficient ways of destroying property and crushing out life, enlarged power of the military and ceaseless, war-engendered propaganda of fear and hatred.

Says Mr. Nearing, "Men seek the good life today as they have sought it in the past and will continue to seek it in the future." Individually and collectively all men can, and some men do, live the good life, despite difficult and often menacing circumstances. The good life is a pattern of conduct, which, if followed, will provide advantages for its devotees. Seekers after the good life are perfectionists, satisfied with nothing less than the best. They aim at the integration of the thought, the word and the deed,



Helen and Scott Nearing, authors of *Man's Search for the Good Life* and *Living the Good Life*, pictured here in 1931.

which is the expression of wisdom and the basis of serenity and inner peace. The good life is more than a yearning for the good, the beautiful and the true. It includes decision, will, determination, effort, individually and collectively, to be clear regarding the theory, as well as successful in its practice. The striving for the good life calls for effort, experiment and experience. In fact, ethical teachings, poetry, drama, biography, history, politics, economics are all devoted, at least in part, to the nature of the good life and to the possibility of its attainment.

Rugged independence

Mr. Nearing is vigorously opposed to the poison habits of society; its inequities and injustices such as poverty, corruption, discrimination, wickedness, exploitation, depression, colonialism, unemployment, depression, war, greed, fascism, folly and inefficiency. These excrescences are all destroyers of social relations and are in-

herent in a competitive, acquisitive society.

Human efforts to find and live the good life range over an immense area of time and space and vary in both character and intensity. We all must bear joint and collective responsibility for our economic, political and social pattern. Because the forces of decay and deterioration predominate over the forces of growth and construction, disintegration is inevitable and the human race is not living up to its potentialities.

Nearing insists that an approach to the good life must be dominated by reason. One should avoid subservience to the wrong social pressures. It calls for mature living, reasoned responsibility to experience, with such emotions as fear, hatred, anger, jealousy and the zest for domination pushed into the background. The rational and mental faculties must be supported by will, courage, determination, persistence, resiliency and discretion and must be held together by vision and faith.

Unity of life

The good life, writes Nearing, is a totality, a fabric or garment woven without seam. The adult human being must rule over his slothful body, his rebellious passions, his erring mind, preserve his self-respect, enhance his capacity for self-control and self-direction. He who would direct the stars in their course must begin his training for this vast enterprise by directing the same forces as they appear minutely in his own being. Each particle in the universe is aglow with the life and love of the whole.

Nearing advises us all to be glad, responsible participants in a magnifi-

ANHS Life member Irving Davidson is a former ANHS president and one of the founding members of the Society.

cent enterprise. All social patterns should embody the essence of experience supplemented by the utmost reach of our capacities for improvement. The good life is a pilgrimage, and it may lead the pilgrim over a rough, thorny trail through broken and unknown country.

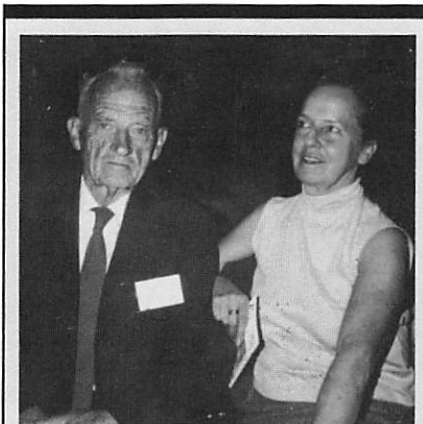
Human hopes and aspirations for the good life must persist even though they be subject to the limitations imposed on them by the web of circumstances and by the restricted areas of experience and understanding. The individual and collective levels are interdependent, acting and reacting upon one another. The individual virtue and social services must be integrated before a good life can be assured. The guiding principle for the better life must be the least harm to the least number and the greatest good to the greatest number. Live and help live.

Words become deeds

In *Living the Good Life*, Helen and Scott Nearing describe their twenty-year project in a self-subsistent 65-acre homestead in Vermont, which they bought for \$300 cash and \$800 mortgage, and how they attempted to live sanely and simply in a troubled world. They succeeded in living frugally, decently, quietly, a self-respecting and simple life, based on pacifism, vegetarianism and collectivism. They preserved human health, mental balance and social sanity without complexity, tension, strain or artificiality. They cultivated and ate home-grown organic foods. They dissociated themselves from the cruder forms of exploitation, plunder of the planet, slavery of man and beast, slaughter of men in war, and slaughter of animals for food. Their pace was quiet and they had time to wonder, ponder and observe. They had no doctor for two decades. Their average year was divided into six months of "bread labor" and six months of leisure, research, traveling, writing, speaking and teaching. "We kept open house, fed, lodged, and visited with hundreds of people, who stayed with us for days or weeks or much longer." To the Nearings, this experience was a life as well as a living, with a health-yielding, harmless self-contained economy. It was a way of putting more into life and getting more out of it.

A use economy

The Nearings did not profit from the "butchering of the trees." They "sugared for a living." They exchanged or bartered maple syrup for equal value in citrus, walnuts, olive oil or raisins, and they also sold maple syrup and maple sugar on the open market. "When we had estimated our needs,



Helen and Scott Nearing, still living "the good life" in 1969.

Learn more about the good life!

Copies of *Man's Search for the Good Life* and *Living the Good Life* can be obtained for \$9.95 each plus \$2.00 shipping from:

Helen Nearing
Social Science Institute
Harborside, ME 04642

we raised no more crops and made no more money for the period. We turned our efforts into other directions, toward social activities, avocations (reading, writing, music making, repairs or replacements of our equipment)." All operations were kept on a cash and carry basis, no bank loans, no slavery to interest on mortgages, notes or I.O.U.'s. Co-operative agreements were made with other families to work together and to divide syrup crop in proportion to land and tools owned and work done by each party.

"We did not keep animals. We did not eat them, or their products, and we did not exploit them, thus escaping the servitude and dependence which tie both farmer and animal together...Although some of our best friends in Vermont have been canine and feline neighbors...our apothecary shop was the woods and fields." They avoided the plague of civilization which Mark Twain called "a limitless multiplica-

tion of unnecessary necessities."

The book is an excellent account of the great variety of competences which this fascinating project brought to the fore: the use of the soil, the production and preparation of food, the building, equipping and repairing of dwelling units, the making and repairing of tools and implements, the clearing of the woodland, the contact with forestry and its associated practices.

The Nearings have truly captured for us an all too-brief moment of rural paradise and rural well-being in a world of chaos and disease. They snatch the reader out of the city whirlpool and place him gently into the tranquility of hills and forests. They surround him with the good ideas of a workable cooperative and mutual-aid economy. Helen and Scott Nearing had the courage of their convictions and the convictions of their courage. For two decades they rejected the congested centers of population, and sought frequent contact with nature, and worked with nature in an enthusiastic copartnership, producing an exemplar, harmonious life, one in which theory and practice were unified.

Fruits of the good life

These magnificent idealists and humanitarians came out of this rich, unforgettable experience with bodies in health, emotions in balance, minds in tune and visions fixed on a better life and a better world. "Our life in Vermont was an instance and an example of sane living in an insane world...contacting nature more important than contacting society...refuge for political deviants who are opposed to a competitive, acquisitive, aggressive, war-making social order, which butchers for food, and murders for sport and power."

In the last analysis, in evaluating the Vermont project of the Nearings, the great value of their accomplishment is not so much in what they did, nor in its ease or difficulty, probability or impossibility, but more so in the vision, plan, determination, aspiration, perseverance, effort and struggle that they applied to their noble experiment. Theirs was truly a marvelous contribution to the realization of the good life, with its self-respecting, individually and socially purposeful, creative, constructive and deeply rewarding advantages. □

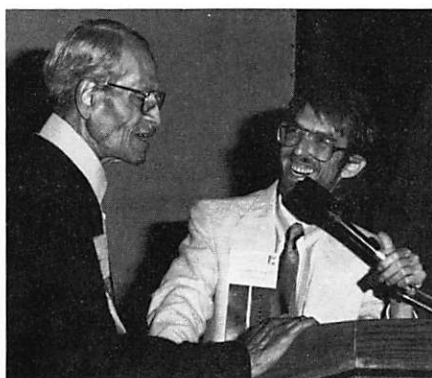
A Salute to Century Club and Life Members

Each year we salute a very special group of people—ANHS Life and Century Club members.

Since the founding of the Century Club in 1958, the generous contributions of these men and women have provided a firm financial foundation for the Society's programs.

All ANHS members are important, and we salute each and every member. Without your support and dedication the Society could not survive.

Life members have made a single Life membership contribution of \$1000 or a series of consecutive



ANHS President and Life member Mark A. Huberman greets Century Club member Stanley Reed.

annual contributions of \$100 or more to the Century Club.

Century Club members contribute \$100 each year to the Society for their annual dues.

Welcome New Members

Welcome to all the new Life and Century Club members.

If you are a Life or Century Club member and your name does not appear, please contact us so we can include your name in an upcoming issue of *Health Science*. □

Life Members

Joseph and Gladys Aaron
Louis Allen*
Arthur D. Andrews
Doris L. Asher
Maryse Bader
Michel Bader
Katherine Baker
Keith & Phyllis Baldwin
S. Joseph Bankoff
Belle Barnett
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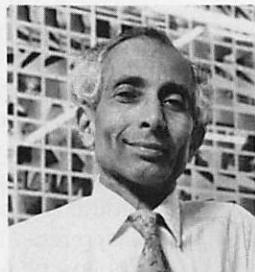
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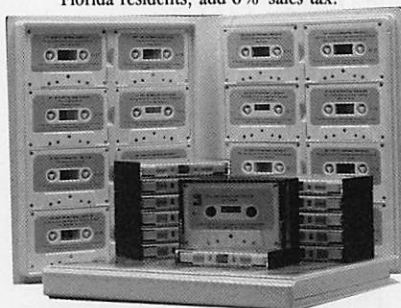
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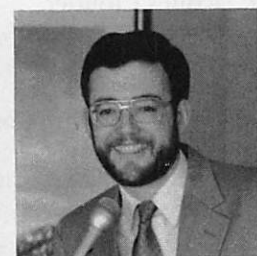
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Alan Goldbamer, D.C.

Professionally Speaking

Can we buy our way out of the aging process? Is there an "optimum" diet? Are drugs the answer to psoriasis? Three Natural Hygiene doctors answer these questions.

Q. I have noticed a wide variety of products on the market that promote anti-aging. Are there any healthful benefits to be derived from any of these products?

A. People have been looking for ways to live longer for centuries. Not only are these products useless, but some of them are actually harmful.

Of the various theories that attempt to explain the aging process, all of them have proven that eating less food prolongs the lifespan.

The best time to start an anti-aging program is at birth. Breast-feeding is best because it provides for slower growth when compared to other types of feeding, and this will prolong the lifespan.

A regular exercise program will also help keep body weight at a minimum and contributes other anti-aging effects.

Alan Immerman, D.C.
Scottsdale, AZ

Q. Is there an "optimum" diet?

A. An optimum diet is a diet that provides your body with all the necessary raw materials that are needed for cellular growth and regeneration and minimizes dietary stress factors. There are many excellent books that promote a variety of dietary programs. But books are written for a mass market. They cannot take into account all of the variables unique to each individual. Their advice is, of necessity, general in scope.

If I were to suggest that there is an optimum exercise program that would meet all people's needs at all times, you would realize that this is



Alan Immerman, D.C., is the director of Immerman Chiropractic, Scottsdale, AZ, and a certified member of the International Association of Professional Natural Hygienists.

ridiculous. What might be good for a vigorous 25-year-old might be harmful or fatal to a 95-year-old.

There is no such thing as "the optimum diet."

Natural Hygienists all agree that a health supporting diet should be derived from whole natural foods. We can further generalize to say that for most individuals, fruits and vegetables should predominate, with the possible addition of nuts, whole grains and legumes.

We must always remember that each individual is unique and has variable needs and capacities. If your current dietary and lifestyle pattern is less than ideal, or if you are confused about what type of a program might be best for you, a comprehensive examination and consultation with a Natural Hygiene doctor might be indicated. This helps eliminate the guesswork involved in formulating an effective dietary and lifestyle program.

The important thing is to continually make positive improvements in your diet and your manner of eating. Worrying—or worse yet, arguing—about

which diet is the "perfect" one offers no known physiological benefits.

Jennifer Marano, D.C.
Penngrove, CA

Q. I have read that a cure for psoriasis may lie with new drugs such as retinoids and the transplant drug, cyclosporine. Is it possible that these drugs may, in fact, be able to cure psoriasis?

A. Unfortunately, too much research is spent studying the disease process to find a cure, rather than trying to find and remove the cause of the disease by studying the process of health.

As a family physician, I have managed patients with psoriasis for years and always achieved excellent results without drugs.

There are three things that can enable the body to heal psoriasis. They are a low fat, low cholesterol, high fiber diet consisting of whole natural foods; learning relaxation techniques to decrease stress; and adequate sleep for healing to occur.

Ronald G. Cridland, M.D.
Toronto, Ontario

Do you have a general question for an IAPNH doctor? Send your questions to Professionally Speaking, Health Science, PO Box 30630, Tampa, FL 33630. Remember, doctors cannot diagnose or address specific personal health problems through the mail, questions may be edited for space and clarity, and not all questions will be answered.

A Meaningful Memorial

Many of our friends have honored the memory of dear ones with a tribute that serves the living. A Memorial Gift is a practical and fitting means to commemorate a loved one. Funds are used to spread the message of Natural Hygiene. Please send your Memorial Gifts to:

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Natural Hygiene News



Rameshwar Das

The ANHS Board of Directors held its annual meeting at the International Natural Living Conference in July. Board members shown here are (l-r) Jeanette Harrod, Alan Goldbamer, D.C., Executive Director James Michael Lennon, Elke Aston, Eileen Kopew, President Mark Huberman, Harold Hoffman, and Carol Phillips. Not pictured are Patti Breitman, Marilyn Diamond, Joel Fuhrman, Nick Pastor, Frank Sabatino, D.C., Ph.D., and Jon Wenham.

Important! Renew your membership today!

Renew your membership before December 6 to insure your continuity in receiving *Health Science* magazine! We can't guarantee that you will receive the January/February issue of *Health Science* on time after that date. Don't delay! Start the new year off right!

If the expiration date on your magazine label is still 12/31/90, it is time to renew now! Renewing your membership is one of the most important contributions you can make to the Society.

Annual membership dues are still \$25 US (\$45 US outside USA and Canada). Renew today! You can help even more by renewing for *two* years! Just send your check or money order for \$45 US (\$85 US outside the USA and Canada) for two year's renewal — a savings of \$5!

Renew your membership today and continue to enjoy *Health Science* magazine, low member prices on books and tapes, and special prices and updates on ANHS seminars and conferences.

You can also call the National Headquarters at (813) 855-6607 to charge your dues to your Visa or MasterCard.

Renew your membership today!

A Salute to ANHS Contributing members

During the annual membership renewal process, you have an opportunity to become a Century Club or Contributing member. Century Club members donate \$100 and Contributing members donate \$50 annually for their membership dues.

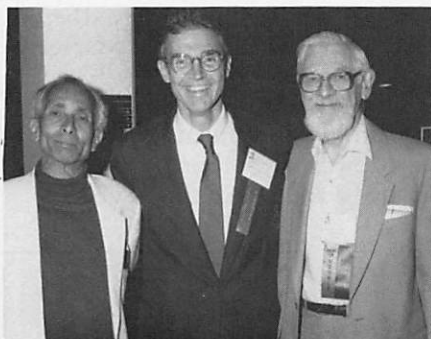
We want to salute the following current Contributing members: Dr. Irene Barbasch, Mr. and Mrs. Thomas Braunmueller, Ruth Breslin, Bert Chong, Lynn Dahlstrom, Charlotte L. DeMarco, Richard Goldys, Abraham Jacobs, and William Sadowsky.

We hope you will take advantage of this special way of helping the Society.

ANHS Member Pins

The Society is now offering a special pin for all members. The ANHS logo of a hand planting a tree is engraved in gold and white against a dark green background. The words "Member" and "ANHS" are printed in gold on a gold edged border.

Pins are available for members for \$5.00 each. Send your check made payable to ANHS, PO Box 30630, Tampa, FL 33630. Give a gift to yourself! Order your pin today.



New ANHS Life member Philip Martin, D.C., (r) with ANHS Executive Director James Michael Lennon and fellow Life member ANHS Keki Sidhwa, N.D., D.O.

New Life and Century Club members

We welcome new Life member Dr. Philip Martin. Dr. Martin has been a longtime Century Club member of the Society.

We also welcome new Century Club members Mary Bean, Arax Charkoudian, Dr. Ralph Cinque, Dr. Ronald and Elaine Cridland, Pamela Enke, Mathilda Gould, Shari Leiteman, Mary-teresa Martin, Matta M. Miller, Tom Pellow, Ruth Pine, Dr. Frank Sabatino, Steven So, Mary Alice and Larry Stoops, and Dr. Dan Tyler.

Century Club members are vital to the ongoing educational efforts of the Society.

Century Club members contribute \$100 per year for their membership dues. At the end of ten consecutive years of Century Club membership, they become Life members. You can also become a Life member (and never have to pay membership dues again!) by giving a single Life membership contribution of \$1000 to the Society.

If you can become a Century Club or Life member, just call or write to the national office: P.O. Box 30630, Tampa, FL 33630; (813) 855-6607.

All ANHS Life and Century Club members are also honored in the annual Life and Century Club Member Tribute in the November/December issue of *Health Science* magazine.

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Continued on next page.

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nor. Gift memberships received before December 1 will insure that your recipient will receive the January/February issue on time.

Send in your gift memberships today! You can use the order form on the inside back cover of this issue.



Hannah Allen (1908-1990) left a great legacy as a teacher and writer of Natural Hygiene. Hannah served as president of the Society from 1985-1989.

Hannah Allen Remembered

We wish to thank everyone who has called and written since Hannah Allen's death last May to express their appreciation for all that Hannah meant to them. The following letter is one of many, and we publish it here as an example of how deeply Hannah touched so many people's lives.

My love and feeling go out to those who knew Hannah Allen. I never met Hannah in person, but I did write to her "Ask Hannah Allen" in *Health Science* magazine. My letter was published and Hannah wrote me back.

After reading Hannah's reply, I felt a big relief that someone else cared. From reading her letter and her columns, I felt her to be a very, very warm and caring individual.

To me Hannah was like Herbert M. Shelton in the sense that she believed in ANHS and what it stands for. She wasn't afraid to stand up for those things. I became a member of the Society about four years ago. I have found a lot of support from ANHS.

I'll miss Hannah Allen. Her spirit will always be with me. Her letters touched me deeply. They were a turning point in my life.

Goodbye, Hannah Allen.

Thank you.

*Michael Rilla
 ANHS Member*

ANHS Member Network

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

West

Mark Simmons, 1146 Washington St., Eugene, OR 97401; (503) 686-2357.

Steven So, 320 Shellgate Rd., Alameda, CA 94501; (415) 523-9380.

Ron Lagasse, 6226 Camden St., Oakland, CA 94605; (415) 569-3888.

Joseph Jay Mellon, 5755 E. River Rd., #604, Tucson, AZ 85715; (602) 529-1272.

Bonnie L. Thompson, 1551 Benson Hwy., #48, Tucson, AZ 85714; (602) 889-0732.

Central

Bonita Torpe, 2508 NE County Road I, #303, Moundsview, MN 55112-6228; (612) 780-6218.

Frances Fent, P.O. Box 62, Birch Run, MI 48415; (517) 624-4368.

Jeff Lasky, 20 Echo Ct., Unit #3, Vernon Hills, Lake County, IL 60061; (708) 816-3396.

Barbara Kotula Szeszycki, 420 W. Evergreen St., Wheaton, IL 60187; (708) 665-3480.

Jenny Kimbrough, 25801 Choctaw, Denham Springs, LA 70726; (504) 665-4984.

East

Marc D. Rosiers, 169 Baldwinville Rd., Winchendon, MA 01475-2012; (508) 297-1275.

Phyllis Oliver, Carousel Condo., 126 Biruta St., Apt. B20, New Britain, CT 06053; (203) 679-2478 (work); (203) 223-4748 (home).

Tom Ferrigno (age 75), 3 Second Ave., Bayville, NY 11709; (516) 628-2989.

Gregory E. Colalillo, 3217 Brookline Dr., Wilmington, DE 19808; (302) 737-4363.

Beverly Berger, 6967 Rainforest Dr., Boca Raton, FL 33434; (407) 488-7501.

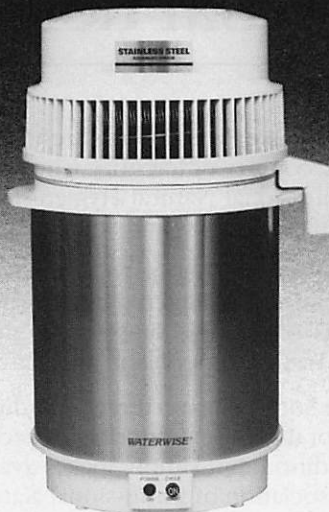
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Chris Loken-Kim, 45-1-101 Matsukaze-dai, Midori-ku, Yokohama 227, Japan; (045) 961-1655.

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Ronald G. Cridland, M.D., is a member of the International Association of Professional Natural Hygienists, certified for fasting supervision.

American Natural Hygiene Society

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The following Certified and Associate Professionals are all Primary Care Doctors licensed and/or legally practicing in their state, country or territory who are members in good standing of the International Association of Professional Natural Hygienists and as such agree to accept and abide by the Association's Principles of Ethics and Standards of Practice.

Those listed as *Certified* members include the founders of the Association and those subsequent members who have successfully completed an internship (or its equivalent) in Natural Hygienic care with an emphasis on Fasting Supervision and are certified by the IAPNH as Specialists in the Application of Fasting Supervision and Natural Hygienic Care.

The American Natural Hygiene Society has no direct or indirect financial interest in the professional referral list. ANHS does not diagnose, prescribe, or recommend any particular treatment or approach to any specific condition, but simply makes available the names and addresses of members of the International Association of Professional Natural Hygienists as a public service. In providing this information, ANHS assumes no responsibilities for fees charged, health care rendered, or guidance provided.

The American Natural Hygiene Society is a nonprofit, non-sectarian health organization dedicated to educating the public in the principles of Natural Hygiene.

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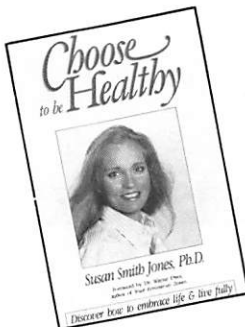
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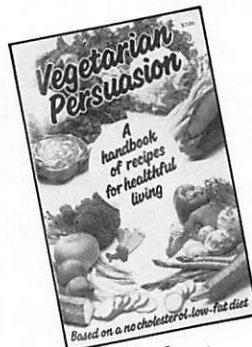
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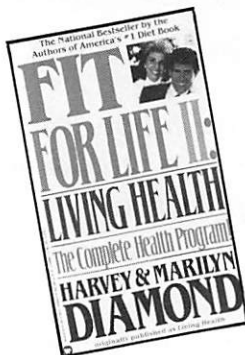
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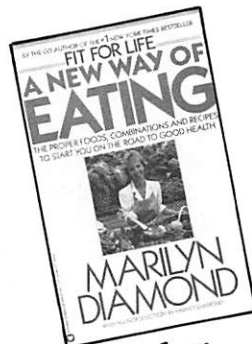
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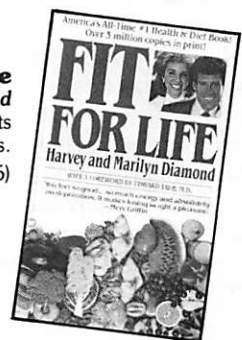
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The Role of Natural Hygiene in the World

By James Michael Lennon

Autumn is traditionally a time of thanksgiving, and we are thankful. It has been a year of accomplishment for the Society. In addition to our regular ongoing work we took the fight against food irradiation to Washington and continued to oppose the compulsory inoculation of ourselves and our children.

Never before has there been such an urgent need for people to know about Natural Hygiene and the hope it offers humankind. The specter of war weighs heavily on the hearts of people around the world. There is worldwide concern about unstable economic conditions. More people are dying from preventable diseases than ever before. Environmental pollution and the squandering of natural resources are at an all-time high.

Hope for the future

Most of the problems in the world are caused by people. Natural disasters are few and far between compared to the disasters caused by greed and exploitation. Natural Hygiene offers great hope because it offers *everyone everywhere* an opportunity to enjoy life at a level never experienced before by *anyone, anywhere*.

The great guiding principle of life is that what is good and wholesome for us as individuals is good and wholesome for us as a group. Moreover, what is good and wholesome for us leads to the most enjoyable life possible.

Attempts to go "beyond" the normal and natural experiences of life always end in failure. Each counterfeit experience, however seemingly exciting, is inevitably followed by a period of suffering that often comes with a vengeance.

The idea that we can live in ways we know injure us, hoping to escape the consequences via a miracle drug or



Denise Howell

"A good and wholesome life is the most enjoyable life possible."

James Michael Lennon
ANHS Executive Director

surgery, is pathetic. For someone to think that they can achieve personal wealth through exploitation, of people and/or the environment, and somehow escape the consequences is equally pathetic. Wealth is no protection from the products of greed—pollution, crime, social decay, and war. These affect every corner of the globe.

As we learn about our health needs through Natural Hygiene, we begin to change. We can no longer subject ourselves or others to unhealthy practices or conditions. We begin working to make the world a better place to live.

A guiding light

ANHS has been in the forefront of the health movement for over 40 years. That leadership is still sorely needed.

There are other fine groups working for health, the environment, animal rights, consumer protection, etc. But unlike ANHS, none of these groups are guided by an all encompassing understanding of the unity of all things. As a result, we see environmental groups serving hot dogs at picnics, even though meat production is a major source of water pollution and deforestation; and we see human activists routinely serving meals of meat, alcohol, sugar, coffee, etc., all of which contribute to great suffering.

Expanding our program

In addition to our ongoing work with *Health Science*, conferences and seminars, book distribution, the Herbert Shelton Library, and speaking out in Washington and elsewhere on important issues, we are beginning a new phase of a major new outreach program.

The first project will be the creation and distribution of three new publications: a position paper on the importance of organic food and the dangers of food pesticides, a basic primer on the principles of Natural Hygiene, and a bibliography with excerpts from the Herbert Shelton Library. Members have been very generous in their support of this project, and the works will begin appearing by the end of this year.

Long-term plans include the creation of educational materials on all phases of Natural Hygiene living—books, pamphlets, cassette tape series and other media—designed to reach an ever wider audience.

Member support

One important way to help is by renewing your membership on the first request in the mail. If you are able, renew your membership as a Century Club or Contributing member.

Your support will really make a difference! □

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

LITTLE ADS

VACATION/HOLIDAY — AUSTRALIA. Dr. Ann Wigmore's Wheatgrass Program. Accommodation. Training. Low fees. Free details: Hippocrates Health Centre, Mudgeeraba 4213, Gold Coast, Queensland; (075) 302860.

WHAT ABOUT IMMUNIZATIONS? Fully documented decision-making guide for all childhood vaccines. 24 additional resources included. Essential reading for informed parents. \$4.95 each/\$27.00 for 10: Cynthia Cournoyer, Dept. H, 955 SW Central Ave., Grants Pass, OR 97526.

BACK ISSUES OF DR. SHELTON'S HYGIENIC REVIEW. I have the following duplicate back issues: Sep., Oct., Dec. '62; Jan., Feb., Mar., Apr., May, Aug. '63; Jan., Aug., Sep. '66; May '70; Apr., '73; Oct. '74. Will trade ALL of them for the following: Sep. '73; Nov., Dec. '74. Contact Steve Winter, P.O. Box 607, Truk, FM 96942.

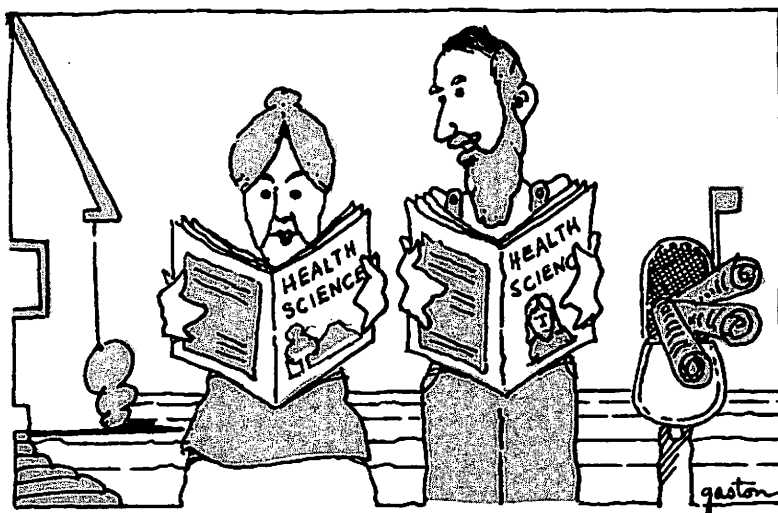
ANN HARMON would like to send tapes to the two people who requested them at the June Natural Living Retreat but she lost your addresses. Please call Ann at (813) 882-0215.

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