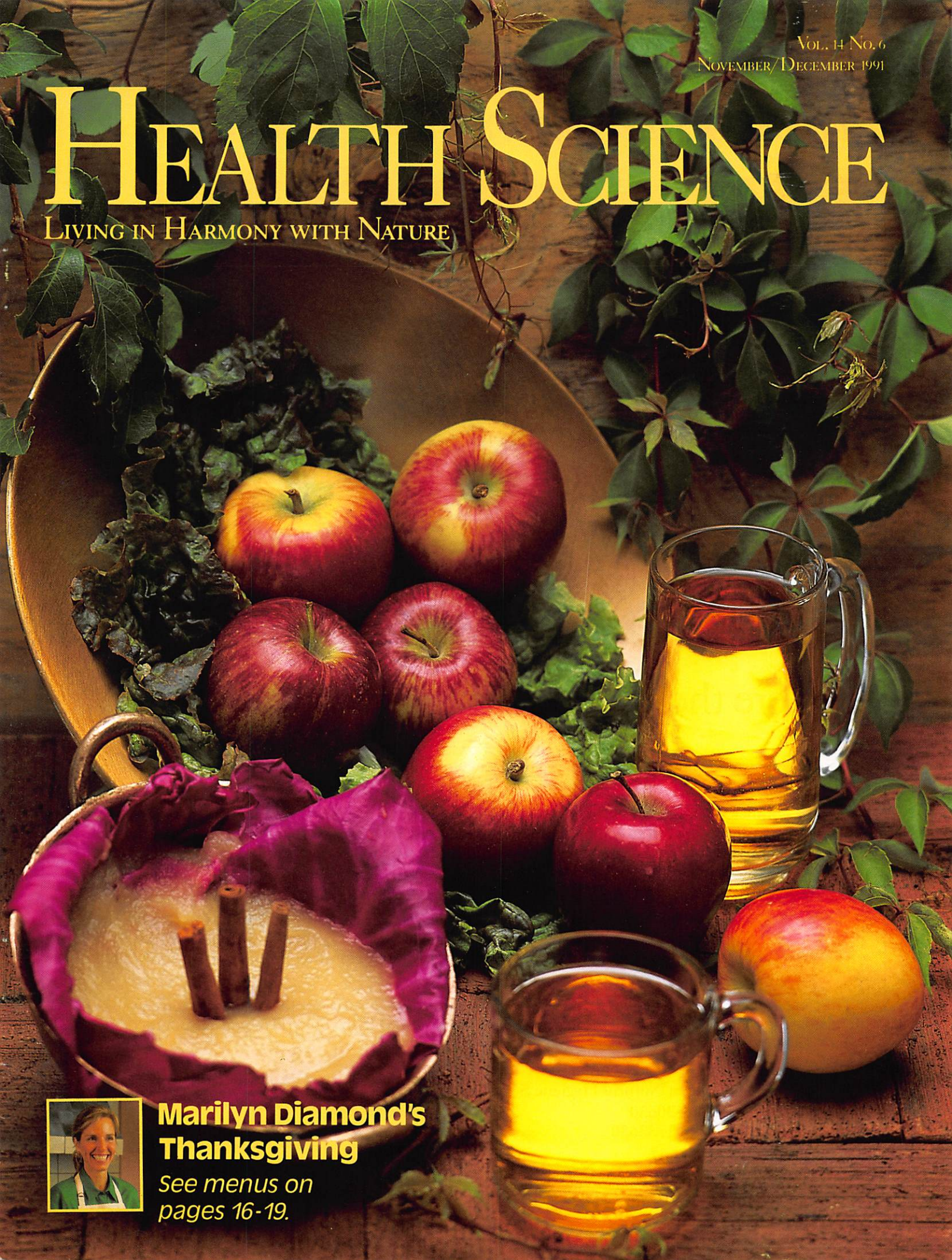


VOL. 14 NO. 6
NOVEMBER/DECEMBER 1991

HEALTH SCIENCE

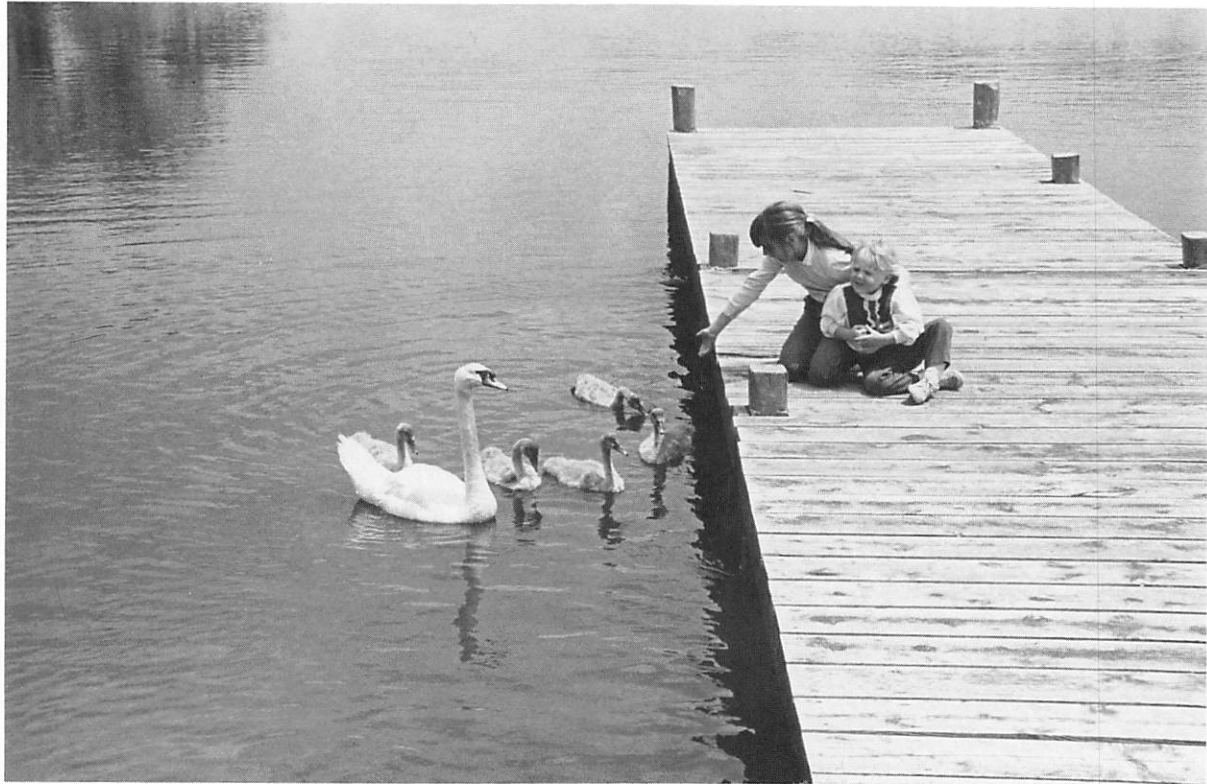
LIVING IN HARMONY WITH NATURE



Marilyn Diamond's Thanksgiving

*See menus on
pages 16-19.*

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.

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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© 1991 by the American Natural Hygiene Society, Inc., 11816 Race Track Rd., Tampa, FL 33626. 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.

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Inside This Issue

Healthy Holidays to You!

Happy Holidays to you and your family from the American Natural Hygiene Society! Thank all of you for your support in 1991.

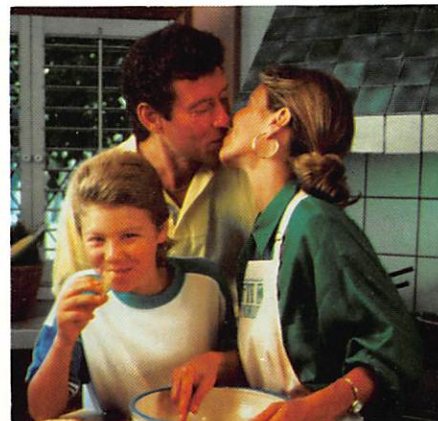
We especially want to thank members who have signed petitions and helped with contributions to help fight food irradiation. For more on this threat to our health and environmental integrity see **Why We Oppose Food Irradiation** on p.8.

Celebrate Thanksgiving this year with delicious recipes from the *Fit For Life* kitchen! **Marilyn Diamond's Thanksgiving**, p. 16 shows you how.

Tap into your **Inner Vision**! Susan Smith Jones will inspire you to develop the commitment to master your life, p. 12.

This issue of *Health Science* takes you for a look into the ANHS Herbert Shelton Library, that incredible collection of thousands of Natural Hygiene classics, where we meet Russell Thacker Trall, M.D. (1812-1877) in **Timeless Teachings**.

Read some Natural Hygiene success



See *Fit For Life* author Marilyn Diamond's delicious holiday recipes on pp. 16-19. Your guests will love them!

stories in **People**, p. 22, and about a new book, **Compassion: The Ultimate Ethic**, by longtime member and *Health Science* contributor Victoria Moran on p.23.

In **The Last Word**, Executive Director James Michael Lennon writes about the importance of happiness and its role in a healthy life. □

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Cover photo: © 1991 David Durbak, Cover design: November Pozzi

Former poster child decries animal research

Former United Fund poster child Lawrence Carter, who has been battling cerebral palsy his entire life, has taken on a new challenge, the fight against vivisection.

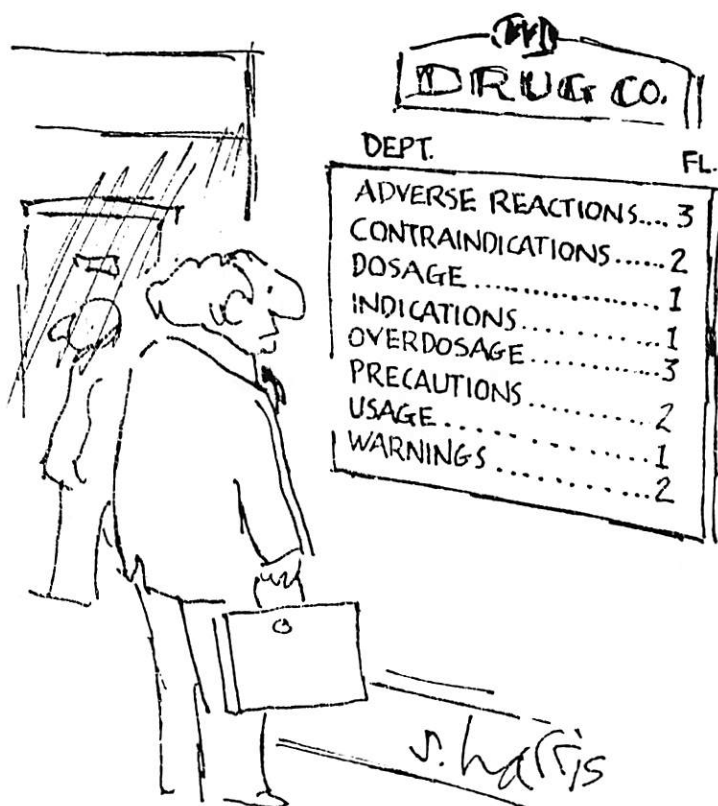
And like most people who choose to challenge the medical industry's dependence on animal-based research, Carter is now being accused of standing in the way of medical progress. "To say that I'm opposed to medical progress is not only insulting, it's insane," Carter is quoted as saying in the *Animal's Agenda*, an animal rights publication. "The medical establishment refuses to acknowledge that people opposed to the use of animals in research are in favor of progress—the kind that is only going to come when research goes beyond archaic, ineffective, animal-based methods."

Carter is the director of the Health Care Consumer Network (HCCN), an organization of people affected by illnesses and disabling conditions that

are committed to raising public awareness of issues and concerns of critical importance to patients.

He says that most research sponsoring organizations have "lost touch with the true needs of the people they are supported by and doing research for. We continue to hear of countless experiments that proved useful in animal studies, but were unsuccessful when applied to humans," Carter recently wrote in an HCCN press release. "We're talking about peoples' lives. People aren't rats. We deserve better than false hopes and broken promises."

In April the HCCN recognized the Easter Seals Foundation for conducting all its research without animal experimentation. Four months later the HCCN issued a challenge to all research organizations to begin phasing out animal research policies by the end of 1991.



Harvey and Marilyn Diamond featured speakers at major Miami event!

Diamonds headline Winter Health Classic

Best selling authors Harvey and Marilyn Diamond will be bringing their "Fit for Life" message to the 17th annual Winter Health Classic in Miami Beach in February.

The Diamonds, along with a large cast of other speakers including Michio and Aveline Kushi, Herman and Cornelia Aihara, Michael Klapper, M.D., and various sports and television personalities, will be at the Eden Roc Hotel for the event sponsored by the Macro Conference Group. The Classic begins on Tuesday, February 4 and continues through Sunday, February 9.

Featuring talks plus beginning and advanced classes, the Health Classic sponsors promise it will go beyond the "buzz words" of the organic, holistic, natural health world and bring you into contact with the people behind the movement; to "live the experience."

For more information about the Winter Health Classic, call (305) 448-6625 or (213) 396-9959.

Interesting publications well worth reading

Many journals, books, magazines and other publications come into the offices of *Health Science* every month. As a service to ANHS members and all readers, we offer the following list of

titles for those who may have an interest in doing more reading on the subjects of health, food, vegetarianism, nutrition, and animal rights.

■ **The Vegetarian Journal**, published by the Vegetarian Resource Group, is intended to educate the public about vegetarianism and the inter-related issues of health, nutrition, ecology, ethics and world hunger. It contains diet tips, new product reviews, recipes, discussions on the vegetarian lifestyle.

The Vegetarian Journal, P.O. Box 1463, Baltimore, MD 21203.

■ The **ARIES Newsletter** is published each month by the Animal Rights Information and Education Service (ARIES). ARIES is a nonprofit, tax-exempt educational service organization dedicated to promoting respect for animals and the promotion of a vegetarian lifestyle.

ARIES, P.O. Box 332, Rowayton, CT 06853-0332.

■ **The Civil Abolitionist** is an antivivisection publication (vivisection is the term used to describe the cutting of or operation on a living animal usually for physiological or pathological investigation) which monitors the health care industry and its ongoing medical and scientific research involving animals.

The Civil Abolitionist, P.O. Box 26, Swain, NY 14884.

■ Hans Ruesch's **CIVIS** is another antivivisection publication. Published in Switzerland, it covers European news and concerns about the treatment of animals that are used for research and scientific testing.

CIVIS, P.O. Box 152, Via Motta 51, CH6900 Massagno-Lugano, SWITZERLAND.

■ The antivivisection organization, **SUPRESS, INC.**, recently produced a special report publication detailing their efforts to place a commercial on national television against vivisection. The report also suggested a few things people can do to aid in the campaign against the use of animals for medical and scientific research such as writing letters to TV stations.

SUPRESS, INC., P.O. Box 1062, Pasadena, CA 91102, 1-800-KILL-VIV.



"It looks like truth in packaging has begun: 'One 4-ounce serving provides 4 ounces of empty calories'."

Food fight breaks out over nutrition guidelines

Back in the 1950s Americans felt a lot of things were safe and certain. Automobiles were large and getting larger, the nation was experiencing record prosperity, and school teachers were preaching the benefits of diets adhering to the conventional four food groups — with a heavy emphasis on meat, poultry, milk, and other dairy products.

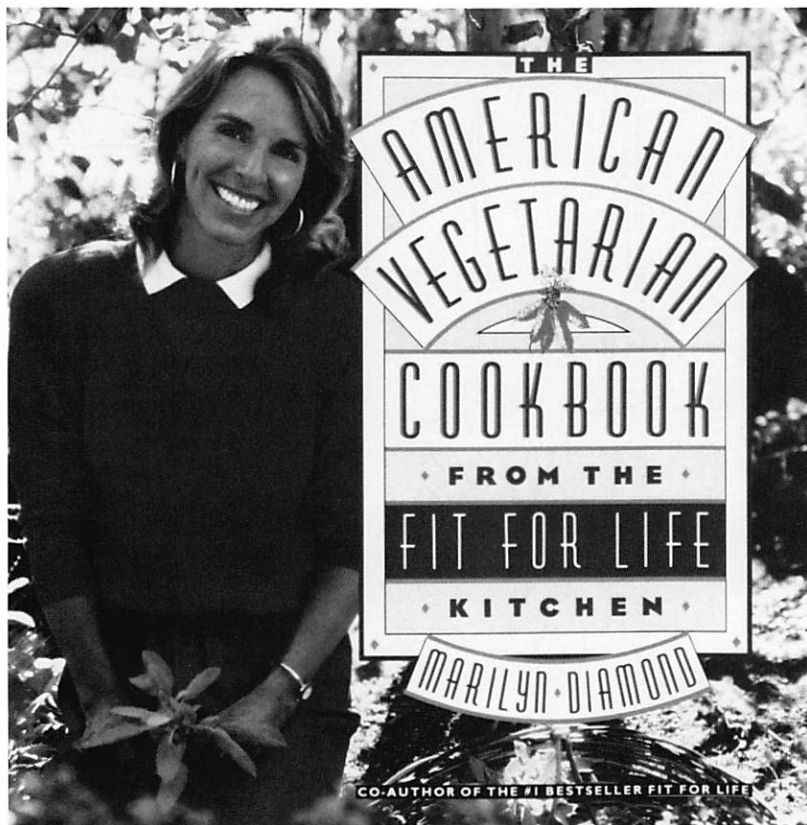
Things have changed since then. Today's smaller autos are considered better for the environment, the economy is anything but certain, and even the basic four food groups are being modified. An ever increasing number of scientific studies are forcing doctors, governmental officials and the agricultural industry to choose up sides in what is shaping up to be a long lasting food fight over nutritional guidelines.

In 1956, the United States Department of Agriculture (USDA), published leaflet No. 424 entitled "Food for Fitness — A Daily Food Guide." The publication established the basic Four Food Groups: meat, dairy, grains, and fruits and vegetables.

Minor changes not enough for responsible scientists

In November of 1990 the U.S. Government slightly revised its basic four into five, giving fruits and vegetables each their own categories. Along with grains, the government recommendations still called for meat (including poultry and fish) and dairy products such as milk, cheese and yogurt. But many physicians cried "foul," citing all the scientific material supporting a high carbohydrate diet of whole natural foods — such as fruit, vegetables

Great recipes for newcomers!



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 Leightburg, M.D.
Suma Medical Group, Beverly Hills, CA

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and grains—and the virtual nonexistence of any studies showing benefits from including meat or other animal products in the diet.

The debate reached a climax last April when the Physicians Committee for Responsible Medicine (PCRM) announced to the world a new and better basic four made up of whole grains, vegetables, legumes and fruit. Meat, dairy products, nuts and oils were relegated to optional status.

Meat industry gags on new recommendations

Understandably, this did not sit well with the established food industry. Dean Kleckner, president of the American Farm Bureau Association reportedly told the Associated Press that the PCRM's new four food groups was "the height of irresponsibility," and was intended to "promote strict vegetarian diets."

Other critics, operating under the assumption that the PCRM's recommendation was to completely eliminate meat and dairy products, included Mary Abbott Hess, president of the American Dietetic Association (ADA). She said, in a prepared statement to the press, "While the ADA supports increased dietary emphasis on vegetables, fruit, grains and legumes, we can not advocate dropping meat and dairy products from the basic food groups." John McBride, director of information for the Livestock Marketing Association, told the Gannett News Service, "My first comment is that any physicians that make any suggestions like that are far from being responsible."

Meat no treat

On the other side of the fence, supporting the PCRM's new recommendations, were doctors and researchers such as T. Colin Campbell, Ph.D., a biochemist from Cornell University whose findings about diet and nutrition in China made headlines all over the world last year; Denis Burkitt, M.D., an Irish physician whose research over the past 20 years established the correlation between dietary fiber and certain cancers; and Oliver Alabaster, M.D., director of the Institute for Disease Prevention at George Washington University in Washington, D.C.

Dr. Campbell, in a talk at the 43rd International Natural Living Conference sponsored by ANHS, cited evi-

dence that the consumption of animal products such as meat and cheese substantially increases the risk of disease, while a mostly plant food diet reduces the overall risk of disease.

Dr. Burkitt, who lived and practiced general surgery in Uganda until 1966, noted that there in Africa he had plenty of trauma cases, but hardly ever had to deal with appendicitis, hemorrhoid, or colon-rectal cancer. Of the few appendectomies he did perform, all were on "rich people" who had adopted a western style diet.

A modest proposal

PCRM president Neal Barnard, M.D. called the new four food groups a modest proposal that could have a dramatic effect on the incidences of lifestyle diseases in this country. "If this new prescription is followed," he said during the April press conference, "the benefits will be profound." He called the traditional basic four, with its emphasis on meat and dairy, a recipe for disaster citing the American Cancer Institute's findings that 30 to 50 percent of cancer in the U.S. is a result of diet-related factors.

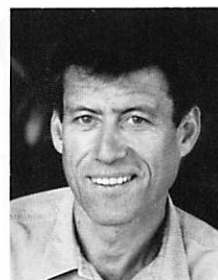
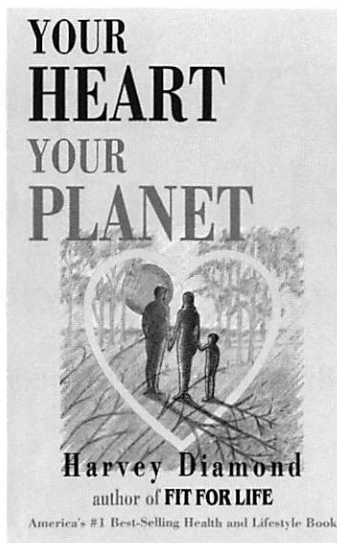
By listing meat and dairy products as "optional," the new four food groups is not advocating a strict vegetarian diet, but rather that the emphasis on meat and dairy foods be reduced to a bit part.

Natural Hygienists comment

What do Natural Hygienists think about the new Four Food Groups?

"There is only one food group as far as I'm concerned," says Dr. Alan Goldhamer of the Center for Conservative Therapy, Penngrove, CA. "And it is made up of whole, natural foods. But if the new four food group plan helps people minimize the consumption of animal products and maximize their health that will be a very positive step."

Joel Fuhrman, M.D., concurs. "The way the proposal is worded indicated that the authors were well aware that we have to live with certain realities in this society," he said. "There is a wealth of information clearly showing that the eight top killer diseases are clearly preventable and diet is a major factor." The eight diseases Dr. Fuhrman is referring to are: coronary heart disease, stroke, adult diabetes, high blood pressure and cancers of the liver, breast, colon and prostate gland. □



**Fit For Life
author
Harvey
Diamond**

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

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Scientific advisor, EarthSave Foundation

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Why We Oppose Food Irradiation

The fight to stop this deadly technology heats up!

On October 2, 1991 I traveled to the governor's office in Tallahassee, Florida, to meet with Governor Lawton Chiles' top aides on the issue of food irradiation, especially the proposed licensing of the food irradiation plant in Mulberry, Florida.

Accompanied by the Society's attorney Marshall Cassidy, I brought the virtually unanimous voice of the Society's more than 8,000 members to oppose food irradiation. It was a historic moment for Natural Hygiene and the American Natural Hygiene Society. With this single act, we stepped to the forefront of the international fight to stop this deadly technology.

We brought with us the first of thousands of petitions signed by ANHS members in opposition to food irradiation. ANHS members have been actively opposing food irradiation and other threats to our food supply and our environment. In two visits to Washington, we have brought over 7,000 petitions to Congress and presented our views to key lawmakers.

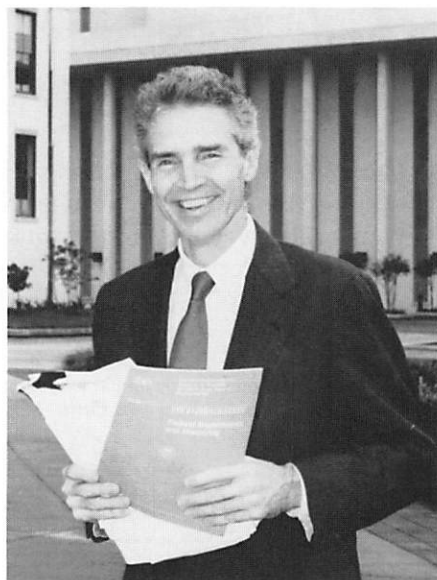
Ban food irradiation

In a strong letter to Governor Lawton Chiles we urged that the State of Florida take whatever steps possible to prohibit both food irradiation and the sale of irradiated foods in Florida.

We do not believe that a food irradiation plant should be allowed to open without public hearings. One outcome of the meeting was the possibility of the Governor ordering what we hope will be the first of many hearings around the state.

We are not alone in our opposition to food irradiation. As described below, three states — New York, New Jer-

By James Michael Lennon



ANHS Executive Director James Michael Lennon brought important evidence and the first 1,000 stop food irradiation petitions to the Florida Capitol in Tallahassee.

"We oppose food irradiation as a matter of health and safety."

sey, and Maine¹ — have banned the sale of irradiated food and five additional states are also considering legislation banning it. At least six foreign countries have also banned the sale of irradiated foods.

We brought copies of the New York, New Jersey, and Maine laws, as well as much of the testimony, to Tallahassee as models for Florida. We also brought

a wealth of other documentation detailing dangers and problems with existing irradiation facilities.

Why we oppose food irradiation

The Society opposes food irradiation for many reasons. Here are the 10 most important ones.

1. FDA has not proven the safety of food irradiation.

I have written to every governor in the United States. Aside from the three states that have banned food irradiation, governors are writing back that the Food and Drug Administration (FDA) says the process is safe. They say they are relying on FDA and their own health and agriculture departments, who are in turn depending on the FDA. I feel this is a serious mistake because *FDA has no program to monitor food irradiation.*

According to the General Accounting Office (GAO):

"FDA and USDA have little data on food irradiation activities and, therefore, do not know the extent to which food is irradiated. Neither agency has a formal procedure to collect information on food products that are irradiated, irradiated ingredients used in foods, or companies that irradiate food. The most comprehensive information we identified was contained in a 1989 survey by the National Coalition to Stop Food Irradiation."

In addition, FDA judged safety based on only five of 441 available toxicity studies. FDA claimed that only these five were "properly conducted." But a review of these five studies revealed that two were methodologically flawed (one of the two also suggested that irradiated food could have adverse effects on the subjects); in a third, the animals fed the irradiated food experienced weight loss and miscarriage

James Michael Lennon is the executive director of the American Natural Hygiene Society.



If ever opened, this food irradiation plant under construction in Mulberry, Florida, will begin irradiating Florida fruits and vegetables—if it can find farmers and growers willing to risk a national boycott of their products.

Starr Photo

most likely caused by irradiation-induced vitamin E deficiency. The other two studies, while otherwise carried out correctly, only investigated the effects of diets consisting of foods irradiated at doses below the current FDA approved levels.³



ANHS Executive Director Lennon (r) and Marshall Cassidy, the Society's attorney for government relations, preparing for the recent food irradiation meeting in Tallahassee, Florida.

Deborah Thomas

It is reasonable to conclude that FDA has little or no evidence to support its claims that food irradiation is safe. Based on past history, the contrary seems entirely likely.⁴

2. Food irradiation poses a moral question.

We have had a chance to review copies of some of the letters from Paul E. Vause, Jr., Public Health Physicist, Office of Radiation Control and Radioactive Materials Section of the Department of Health and Rehabilitative Services, State of Florida, to the Executive Vice President of Vindicator of Florida, Inc., concerning the operation of the food irradiation plant in Mulberry. They are very chilling reading. The serious dangers that Mr. Vause refers to in these letters—the risks to the workers, to the environment, etc.—are so ominous in themselves that they clearly point out the inherent recklessness of food irradiation.

We urged the Governor to review these letters and ask himself two very straightforward questions.

Would you want your child or another family member to work at this facility?

Would you want this facility located near your home?

We believe that everyone who answers “no” to either of these questions must morally oppose food irradiation.

3. No benefit to consumers.

As far as we can tell, all of the support for food irradiation comes from industry. Investigators seem to agree that the original idea for food irradiation came from the Department of Energy and their need to dispose of nuclear waste.

There is no demand for irradiated food from consumers. The entire premise of food irradiation—which is to deceive consumers into thinking the food they are buying is fresh and safe when it is not—is an insult.

Proponents of food irradiation like to say that it does not damage food any more than microwave or other cooking. What they are saying is that it *does* damage food, but that it is “acceptable” damage. But every change in the vital elements of food is harmful. Even simple cooking destroys some food value. Food irradiation most damages those foods that we should be eating uncooked and unadulterated—fresh fruits and vegetables.

Good health dictates fresh foods, not “preserved” foods, and certainly not foods exposed to radiation. We insist on the availability of whole, natural, unadulterated foods. Surely no one with even an elementary understanding of our biological needs will equate a fresh orange or strawberry with a cooked one.

All the supposed benefits attributed to food irradiation are already obtainable from other less expensive, less dangerous processes. The idea that irradiation “preserves” food is bogus. It simply *changes* how food spoils, bringing with it new problems. The scientific literature is very clear on this point.

4. No markets for irradiated foods

Proponents of food irradiation like to say that other countries do it, so it is okay. The only country that does it to any great extent is the Soviet Union, which clearly does not have a good record for putting its citizens’ best in-



ANHS Executive Director Lemon (l), shaking hands with U.S. Rep. Douglas Bosco, has brought over 3,000 stop food irradiation petitions to Washington.

Dennis Johnson

terests first. I don't believe that we should be imitating the Soviet Union.

More importantly for Florida is the fact that three states—New York, New Jersey, and Maine—have banned the sale of irradiated foods. Their 36 million residents will not be buying irradiated Florida produce. Five additional

states are also considering legislation banning the sale of irradiated foods.

Germany, Sweden, Denmark, New Zealand and Australia have also protected their citizens by banning irradiated foods. Japan does not import irradiated foods.

In the last few years, 65 U.S. Repre-

sentatives and 12 U.S. Senators have co-sponsored legislation authored by Senate Majority Leader George Mitchell (D-ME) designed to prohibit the sale of irradiated foods throughout the U.S.

Opposition to food irradiation is growing. If Florida produce is irradiated, there will almost certainly be a national boycott. The economic effects to Florida could be disastrous (directly affecting the more than 1,000 ANHS members in the state). Alaska, Hawaii, Washington and California have all rejected attempts to have their food products irradiated. Florida needs to do the same.

5. Science or citizens?

Some proponents of food irradiation complain that the banning of irradiated foods in the three above mentioned states was based not on "scientific" reasons but because of "consumer objections." What a telling remark this is! It reveals the contempt that these proponents have for the rights of the citizens to choose or reject products and/or technology. It is the citizens who decide how their state will be run, not private commercial interests or invisible bureaucrats tucked away in cozy government agencies.

We strongly believe that the citizens of Florida will reject food irradiation and irradiated foods if given the chance to learn about the issue and vote on it. The citizens of Mulberry certainly voted against it! Only a quirk of the law forced Mulberry officials to reverse their vote to bar the food irradiation plant.

Before any license to operate an irradiation facility in Florida or any other state is granted, we insist that hearings be conducted throughout the state so that the citizens will have a say in whether or not this dangerous technology is used and whether or not they want dangerous radioactive materials traveling on the roads and highways of their state.

Once again, a simple question puts this issue in perspective:

Do you want trucks carrying radioactive materials riding by your home or your children's school?



"Our best bet is to ignore nutrition completely, and stress the shape, color, noise and the toy that comes in the box."

6. The process can never be environmentally safe.

Radioactive materials are hazardous at the plants where they are produced, hazardous as they travel to the irradiation site, and hazardous at the food irradiation site itself.

Workers are at high risk and risk of nuclear accidents increases as the number of sites and workers increases.

7. It places innocent citizens at unjustifiable risk.

Many homeowners insurance policies carry an exemption for nuclear accidents. The \$600,000 being required as insurance for the Mulberry plant is totally inadequate. The cleanup for the recent irradiation accident in Georgia has cost over \$30 million dollars. Can Florida afford this cleanup cost?

Before any food irradiation facility is issued an operating license, we insist that the federal government, the state, and all of the companies involved assume 100% liability for damages related to any irradiation facility, including the transportation of nuclear materials to or from the site.

8. Irradiation facilities have had serious problems.

Accidents at irradiation facilities, harming people and the environment, are by no means rare. Accidents have occurred in Connecticut, Georgia, and two sites in New Jersey. Allegations of negligence and cover-up surround these accidents. In 1986, the Nuclear Regulatory Commission (NRC) closed a plant in Rockaway, New Jersey, because the head of the company "willfully provided false information to the NRC staff."⁵

We do not believe that the risk of contaminated groundwater or contaminated food products reaching the public is justified by whatever scanty beneficial claims might be made for food irradiation.

9. It creates a mushrooming of toxic waste sites.

Food irradiation is not an outgrowth of the farming or food industries. It is an outgrowth of the problem of nuclear waste. It is a technology in search of a use. Food irradiation is a



"They didn't tell me what to do with it! I thought they told you what to do with it."

poor solution to the problems of nuclear waste. We consider the introduction of nuclear waste materials at any new sites a reckless contamination of our neighborhoods and communities.

10. Food irradiation is a bad idea for Florida and for all states.

We believe food irradiation to be a dangerous technology that offers no benefit to Florida or any other state and brings with it a serious threat of economic, health and environmental catastrophe.

The next step

The Society is deeply committed to the fight against food irradiation. We will continue our efforts, especially in the State of Florida, to oppose food irradiation and the licensing of food irradiation plants.

I remain in communication with the governor's office in Tallahassee and will continue to keep ANHS members informed on all activities that may lead to a successful resolution to this threat to our precious food supply and our environment. □

Footnotes:

1. Maine enacted its law to ban the sale of irradiated foods in May, 1989; New York in July, 1989; New Jersey in December, 1989. In July, 1991, the Governor of New York signed a bill extending the ban to September, 1993.

2. "Food Irradiation: Federal Requirements and Monitoring," United States General Accounting Office (GAO), Report to the Honorable Douglas H. Bosco, House of Representatives, GAO/HRD-90-118, May 1990.

3. "Zapping the Food Supply," *The Bulletin of the Atomic Scientists*, by Donald B. Louria, M.D., Chairman of the Preventative Medicine Department at New Jersey Medical College, September 1990.

4. There are many examples that show the Food and Drug Administration (FDA), U.S. Department of Agriculture (USDA), and the Environmental Protection Agency (EPA) are not infallible. On the eastern end of Suffolk County, farm country in New York state, farmers there were assured that the pesticides they were using were okay. It turns out they *weren't* okay. Now the groundwater is contaminated; all the wells are closed; and people can't drink the water without expensive filters or treatment.

5. *The Atlanta Journal and Constitution*, Sunday, November 6, 1988.

Inner Vision

*Recognition, commitment, and the strength
to master your own life*

By Susan Smith Jones, Ph.D.

Do you have a vision of how you would like your life and world to be? Do you look beyond what you can see around you now and realize that you have the power to create and live your highest vision? Or, like a beach ball thrown into the ocean's waves, is your life a series of ups and downs, lacking direction, responsibility and choice?

Vision is an essential ingredient in becoming the master of your life. Look deep within yourself and align with your highest hopes and dreams. Too often, instead of choosing our highest vision—our ability to see beauty, possibility and good—we squander our power, mistakenly believing that we must settle for what life hands us. At these times we think we must simply ride the waves and hope that “someday” we’ll have some choice in the direction of our lives.

Self mastery begins by recognizing our power and using it to bring our vision to life. Some years ago, I made a conscious choice to stop allowing myself to go where life pushed and pulled me. Instead, I began to acknowledge that I could choose my responses and master life. Since then I’ve begun to use the power that I had previously been giving away to self-limiting beliefs.

Taking responsibility for old patterns

After making this commitment to take

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.

*The key to self
mastery lies in
asking what you
can do to change
an undesirable
situation, then
taking action.
Complaining,
worrying, and
negative thinking
all create detours
on your path.*

responsibility for my life, I found that just about every area of my life got worse before it got better. I had a vision, but all my old habits kept popping up. I had to face and take responsibility for each one and then let go of them. I saw this process in my relationships, my career, my level of prosperity and my creativity. Let me give you an example.

My dad died when I was seventeen. Ten years before his death, he abandoned his responsibilities as a father. For several years after he died, I blamed him for my inability to create lasting, loving relationships. In doing this I gave away my power. Not until I chose to confront my fears, pain and lack of forgiveness toward him did my higher vision for my life start coming

to fruition. Once I made the commitment to deal with this unresolved chapter in my life, I went through a period of more pain and heartache than I thought I could handle. All my repressed emotions needed to surface and be experienced before I could let them go. But I kept my vision of mastery firmly anchored in my mind and took the necessary steps to achieve freedom.

To become masters of our outer lives, we must first become masters of our inner world—our minds. If we want to live at our highest potential, we have to teach our minds to think differently, to be gentle, calm, loving and centered.

A new way of being

In the 1960s, Abraham Maslow published *Toward a Psychology of Being*. I was drawn to Maslow’s work because he chose to study high-functioning people—those living their highest potential—not people with problems, as was usually the case in psychology. Maslow developed a psychology of *being*, not of *striving* but *arriving*, not of *trying* to get someplace but *living fully*. He found a common denominator among all his subjects. You know what it was? *They all had vision, were committed to their vision, took responsibility for the choices they made and believed they had the power to master life.*

Do you believe you can master your life?

The key to mastery lies in asking what you can do to change an undesirable situation, and then taking action. Complaining, worrying, and thinking negatively are time wasters and create detours in your path to self mastery. I

have a friend who is having financial problems; she is always feeling frustrated. She complains about her inability to overcome years of accumulated debt and gets depressed about it. Yet at the same time, she seems to receive some value in listening to herself constantly complain about her fate. She's doing nothing substantial to change the situation. She is unwilling to take responsibility for her situation or to see the valuable lessons she could learn about herself and her self-imposed limitations.

Challenges bring rewards!

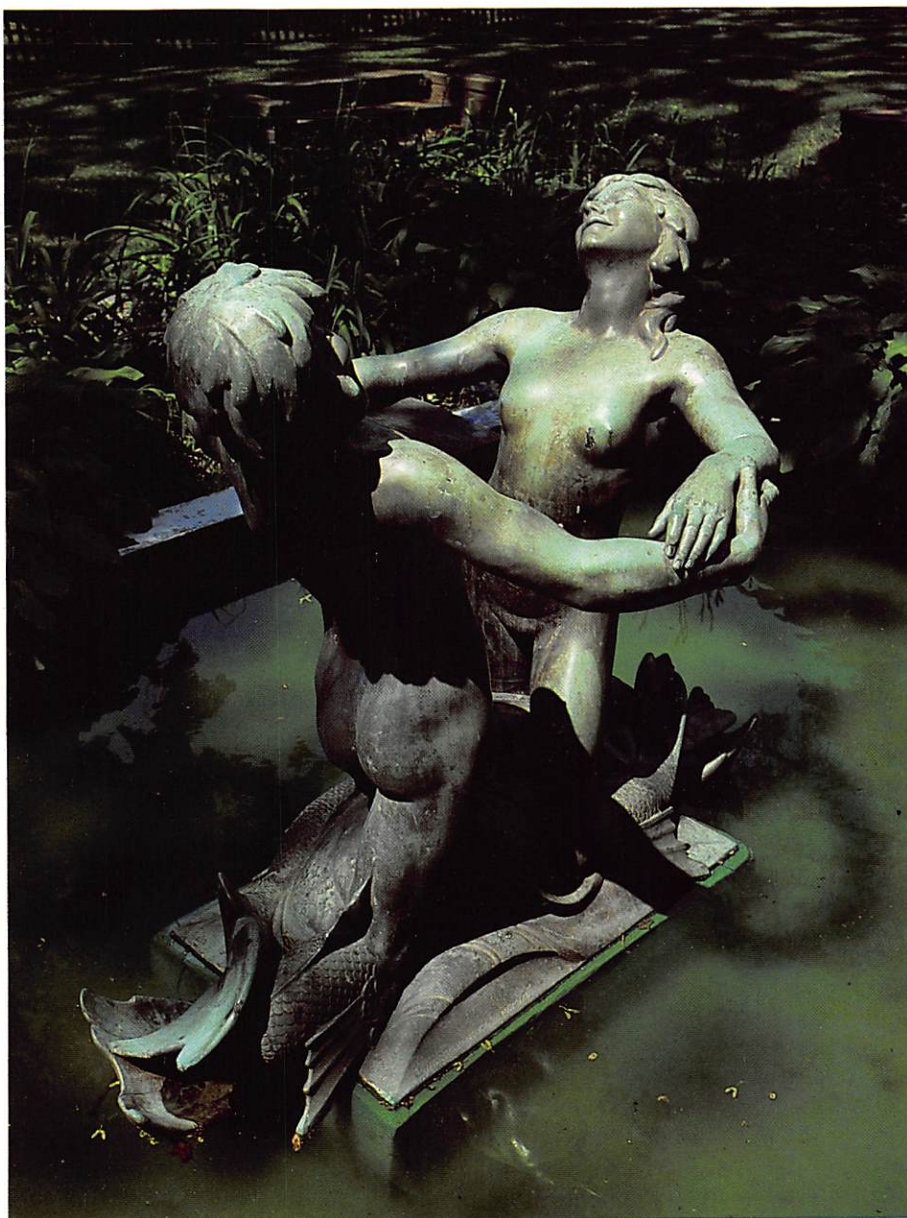
In my life and in the lives of most people I know, the most growth, the greatest lessons, and the most rewarding transformations occur from the greatest adversities and challenges. Life has a way of making certain that past misfortunes, if you have worked through them, pay extra dividends in the future.

Have you noticed any negative things recurring in your life? Choosing to complain and taking no action will keep you in a rut. You must *choose* to look at your life from a high vantage point. In quiet and solitude, ask this question: *What is it I need to learn to finish this business so I can move on in my life?* You can choose to turn adversity into opportunity. This transformation begins with taking responsibility for everything you have created in your life.

Taking responsibility means accepting the consequences of your choices, both good and bad. When you are responsible, you don't transfer blame to other people or things outside you. You must be willing to own everything that happens to you. When I began taking responsibility for everything I was or wasn't creating in my life, I was scared. If my life wasn't working, I couldn't blame anyone but myself. Yet at the same time I realized that taking responsibility could be very empowering and liberating. This is what living is all about, mastering our lives by becoming all that we can be.

Choosing the extraordinary

For years, I have had the privilege of teaching people about health and human potential. I have learned so much about myself and life from this ex-



Starr Photo

*If we want to live at our highest potential,
we have to teach our minds
to think differently, to be gentle,
calm, loving and centered.*

perience. One thing is for sure: *To live your highest vision and follow through on your commitments, you must be willing to risk.* You must be willing to move out of your comfort zones, from certainty to uncertainty, and ultimately from the ordinary to the extraordinary. As T.S. Eliot said, "Only those who dare to go too far can possibly find out how far one can go."

When you are willing to take risks, you have an opportunity to see that you are far greater and more powerful than you thought. Playing it safe is one of the ways we limit ourselves. Taking risks fosters passion, enthusiasm and trust in yourself.

When you commit to a new program, for example a health and fitness program, be aware of your thoughts

and beliefs as you begin. Harboring doubts about your ability to succeed will affect your results. As William James once wrote, "Our *belief* at the beginning of a doubtful undertaking is the one thing that ensures the successful outcome of the venture." So if you've made a commitment to health, believe with all your body, mind and heart that you can be radiantly healthy. Weed out doubt, worry and concern so you can blossom and create miracles. Unleash that butterfly within your heart and fly to the mountaintop.

Honoring your commitment

Breakthroughs and miracles occur when people are willing to live out their vision and commitment. A commitment is the honoring of a decision. When you're committed, you allow nothing to deter you from reaching your goal. You are disciplined even when you are not feeling motivated. I see discipline as the ability to carry out a resolution long after the mood has left you. Making a commitment means being willing to put all of your resources on the line and taking responsibility for the outcome.

Commitment—to a project, a relationship, a health and fitness program—can lend stability to the chaotic whirl of everyday life. Daily actions that reaffirm commitments bring a feeling of empowerment and increase self-esteem. It is through our everyday behavior that we learn what really counts. Our commitment must be woven through all of life: our thoughts, our emotions, our words and our actions.

Excuses, excuses

I know many people who say they are committed to being healthy, yet they continually let excuses get in the way. They say they'll have to wait "until next Monday or the day after" to exercise because they're "just too busy now," even though they've made a commitment to exercise early *each* morning. Or they won't be able to eat nutritious meals for the next two weeks because of birthdays, anniversaries, traveling, or they are "overwhelmed at work." Or they're "too stressed" to make a major change right now.

*When you are
ready for
commitment,
you will
immediately
arrange your
lifestyle to totally
support you.*

*You will do
whatever it takes,
whatever you
need to do,
to order your life
and focus on
what is really
important!*

Commitment means that you get past your excuses and follow through on what you said you were going to do. Make your word count. Be responsible and accountable. How do you ever expect someone to make a commitment to you or think you will follow through on a commitment to them unless you first show a commitment to yourself?

I have very little patience or respect for the people I know who don't honor their commitments. In fact, I have noticed that over the past few years I have weeded out several friendships where people do not honor their commitments, who don't follow through on what they say they're going to do. I've discovered these people to be very energy-draining. I welcome friendships where commitment, discipline, follow-through, and taking risks is a way of living and being. When I'm with those friends, I feel empowered, inspired, motivated and energized.

If you are ready for commitment, you will immediately arrange your personal circumstances so that your lifestyle totally supports your com-

mitment. You will do whatever it takes, whatever you need to do to order your life, let go of excess baggage and the superfluous non-essentials, and consciously focus on what is important.

Lack of commitment is near epidemic proportions in our society. Just look around. People say they're committed to creating a healthier, more harmonious planet, yet they continue to litter and to drive cars that pollute, and recycling is just "too much trouble." They say they're committed to their relationships; yet at the first sign of difficulty or challenge, they're out the door.

I know that many people wish they felt more committed, wish they had something really big to commit to. These people do not realize that *you can't be committed to anything if you aren't committed to yourself*. By really committing to yourself, by following through on your convictions and decisions and allowing nothing to stand in the way of your becoming master of your life, you will gain tremendous power.

Focusing on your long-range goals

Once you have committed to something, make sure all your choices are in alignment with that commitment. Your choices can be made in two main ways—with full awareness or unconsciously. We've all heard people say, "I don't know what made me do that," or "I don't know what came over me." Unconscious choices stem from an untrained mind seeking immediate gratification rather than looking at the long-term goal. They may even be the results of addictions or compulsive behavior. Enlightened choices are based on long-term goals and are made from inner guidance and vision.

Choice and responsibility go hand-in-hand. In consciously choosing, you exercise your ability to respond. Being a master, you choose not to let circumstances or other people dictate how you are going to feel or react. You act from your vision. Vision brings conscious commitment, which brings mindful choices, which assures mastery. To be in alignment with yourself, you must commit to your vision. Only then can you take ownership of your life. □

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Marilyn Diamond's Thanksgiving

A celebration of sharing that includes everyone!

By Susan Taylor

Thanksgiving is a wonderful time for getting together with friends and family. It marks the beginning of the holiday season with its festive rounds of celebrations.

One basic ingredient of all of these gatherings is *food*! But now that so many people are exploring healthier eating habits, preparing and serving holiday meals is not as simple as it used to be, when everyone who sat down at the table ate the same food.

Delicious holiday suggestions

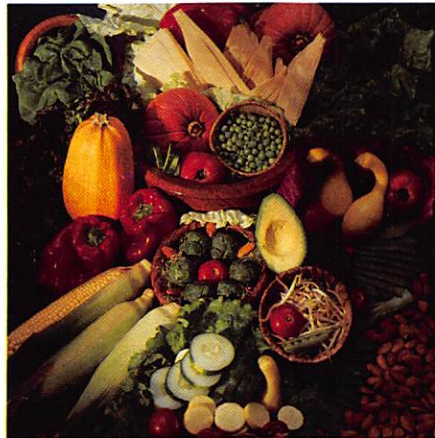
To help you plan great holiday meals, we have collected some great ideas for you! Best of all, we asked Marilyn Diamond, author of *The American Vegetarian Cookbook from the Fit for Life Kitchen*, how she handles holiday meals for her family and friends.

When preparing holiday meals for friends and loved ones you will very likely be faced with three entirely different food expectations. There may be some experienced Natural Hygienists who thoroughly enjoy simple fare, quickly and easily prepared and served. There may be those who—inspired by books like *Fit For Life*—are awakening to healthy and naturally delicious vegetarian foods. (They will love Marilyn's recipes!) Plus there may be those who will expect a very traditional menu.

Two menu plans

Meeting these diverse needs can easily be accomplished with creative meal planning. To make your job easier, we have designed two menus, one for the first group, one for the second. More importantly, your family and friends will love all their healthy and delicious choices. So will you!

Happy Thanksgiving to all!



David Durbak

MENU I SALAD

Energy Salad
Fit For Life Dressing

ENTREES

Steamed Fresh Vegetables
Baked Yams or
Winter Squash

Recipes

Energy Salad

- 3 cups lettuce—butter, romaine, red leaf, or salad bowl (or combination of these)
- 1 cup spinach, coarsely chopped (optional)
- 1 small cucumber or 2 pickling cukes, peeled and sliced
- 1-2 cups sprouts—alfalfa, red clover, mung bean, lentil, sunflower, or buckwheat (or any combination of these)
- Raw vegetables as desired, such as carrots, celery, red or green cabbage, jicama, radishes,

beets, zucchini, cauliflower, broccoli, or Jerusalem artichokes

Wash, dry, and break lettuce into bite-sized pieces. In large bowl, combine all ingredients. Toss well.

You can be as flexible as you like with this salad and vary the amounts of each ingredient according to your preference.

Serves 1-2.

Fit For Life Dressing

- 1 large avocado
- $\frac{1}{3}$ cup water
- 1 tsp. fresh lemon juice (optional)

Cut avocado in half, remove seed and scoop out flesh. Mash the avocado by hand or process until smooth, adding water, and lemon juice if desired.

Serves 2-3.

Steamed Vegetables

Broccoli, cauliflower, carrots, celery, as available

Place steamer tray in bottom of pot. Add water up to $\frac{1}{2}$ inch below tray. Always make sure water level is below the steamer tray. Otherwise, when the water boils, it will bubble above the tray and vegetables will become soggy from contact with it. Bring water to a boil, then add vegetables and steam over a gently rolling boil until bright in color and tender when pierced with sharp knife.

Immediately remove vegetables from steaming pot. Spread on platter to cool.

Baked Yams or Winter Squash

Preheat oven to 350°. Place yams or winter squash (acorn or butternut) in oven for 45 min. to an hour or until tender. Cut in half (remove seeds from squash) and serve.

Allow one medium squash or equivalent for each person, or one to three yams each, depending on the size.

See Menu II on p. 18.



A Special Message from Marilyn Diamond

Thanksgiving heralds the start of America's holiday season. As we sit down to enjoy this annual feast, we kick off nearly six weeks of holiday partying. We all look forward to Thanksgiving and the celebrations that follow, but many of us dread the inevitable weight gain and exhaustion that frequently accompany them.

This year we can enjoy Thanksgiving and the ensuing holidays while doing something very right for our bodies.

With diet-related diseases at an all-time high, American eating habits are changing. The concern over saturated fat and cholesterol has never been more widespread. Many of us are inaugurating new traditions as we put more and more value on health, energy, and productivity, and the food on our tables is changing accordingly.

Feasting while staying fit

This year, our holiday dinner can gloriously satisfy our tastebuds and steadfastly uphold our new dietary goals as well. We can create an exotic salad, delicious entrees and a perfect pumpkin pie to serve at our new and improved Thanksgiving dinner. Now, when we give thanks for all our blessings, our bodies can give thanks, too!



Harvey, Marilyn, and Beau Diamond together in the kitchen.

Healthy holiday tips!

1. Eat a low fat, high fiber fresh fruit breakfast, rather than a heavier meal, as often as possible, especially the day of or the day after a party.

2. At non-celebration meals, keep it simple. Eliminate starches like bread, potatoes, rice or pasta if your main course is a high protein one. If starches are your preferred entrees, have a main dish pasta, potato, or rice selection, and forego any protein dishes. Accompany your protein entree or your starch entree with lots of vegetables and a big salad.

3. If you still include animal products in your diet, this tip is especially important for you. Since the tendency at this time of year is to eat more food overall, try to decrease rather than increase the amount of animal protein you are eating. Overeating on protein has been definitively linked to chronic disease, and the body loses energy as it works overtime to process the excess, which makes you feel tired.

4. Get as much rest as possible and take advantage of non-celebration days to "catch up." Your body can only build energy while you sleep.

5. Avoid allowing your hectic schedule to cost you valuable intervals of exercise. Stretch your body regularly and be sure to take at least one brisk 20-minute walk every day.

Marilyn Diamond

"As we enjoy Thanksgiving this year," says Marilyn Diamond, "we can create a zero cholesterol, low-fat feast without losing any of the traditional dishes!"

French Green Salad with Basil Shiitake

- 1 large butter lettuce
- 3 cups spinach leaves
- 4½ Tbsp. extra virgin olive oil
- ½ Tbsp. lemon juice
- 1 small garlic clove, pressed
- ½ tsp. Dijon style mustard
- Seasoned salt (optional)
- 2 cups dried shiitake mushrooms or 6 large fresh shiitake, stems removed and discarded, and caps thinly sliced (standard mushrooms, thinly sliced, may be substituted)
- ¼ cup fresh basil leaves, cut in slivers, or 1 tsp. dried

Wash and thoroughly dry the lettuce and spinach. In a large salad bowl, use a wire whisk to whip 4 Tbsp. olive oil, lemon juice, garlic and mustard until thick and yellow. Set aside.

Place remaining ½ Tbsp. oil and shiitake in a skillet. Sauté, stirring to prevent scorching, then add any reserved shiitake soaking water as needed. Toss in basil and add salt, if desired. Sauté 1 minute.

Tear lettuce and spinach in bite-size pieces, into dressing in salad bowl, removing heavy center stalks from lettuce. Toss well.

Serve on individual plates with a large spoonful of basil shiitake as a topping. This garnish dresses up the salad to the level of absolute elegance!

Preparation time is 20 minutes; serves 4-5.

Holiday Casserole of Whipped Yams and Winter Squash

- 2 large acorn squash, halved and baked for 45 min. to an hour or until tender
- 2 large or 4 med. yams, baked
- 1 Tbsp. maple syrup
- ½ cup fresh orange juice
- Ground cinnamon and grated nutmeg

Preheat oven to 350°. Scoop squash from skin. Place in a large mixing bowl

MENU II

SALAD

French Green Salad with Basil Shiitake

ENTREES

Holiday Casserole of Whipped Yams and Winter Squash

Petite Peas with Thyme and Garlic

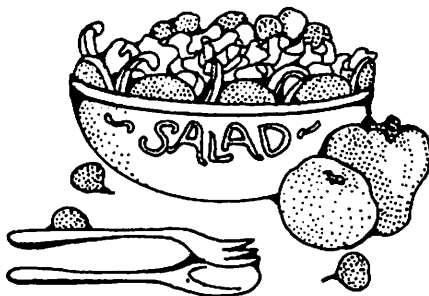
Shepherd's Pie

Spicy Cranberry Relish

DESSERT

Holiday Pumpkin Pie

Cashew Whipped Cream



or food processor. Remove yam flesh from skin and add to squash. Whip or mash together, adding sweetener and orange juice.

Place mixture in casserole and dust with cinnamon and nutmeg to taste. Bake for 20 to 30 minutes.

Serves 8.

Petite Peas with Thyme and Garlic

- 1 Tbsp. olive oil
- 1 large garlic clove, minced
- 1 (16 oz.) bag frozen petite peas
- ½ tsp. dried thyme
- 2 cups chopped romaine lettuce
- Seasoned salt (optional)
- Freshly ground pepper (optional)

Heat oil, garlic, and peas in a skillet. Add thyme and lettuce.

Mix well, then cover and steam over low heat for 5 minutes. Peas should be bright but tender and lettuce should

be wilted. Add seasoned salt and pepper to taste.

Preparation time is 10 minutes.
Serves 6.

Improving on tradition

Stuffing is an all-American favorite, but unfortunately, when baked inside a turkey, it becomes a high fat food. Marilyn's solution to include this dish on your holiday menu is to make it part of a deep dish pie with a thick mashed potato crust and a rich, low fat gravy. "Preparing our stuffing in this fashion allows us to serve up second helpings without the slightest reservation!" she says.

Shepherd's Pie

- ¼ cup olive oil
- 1 shallot, finely chopped (2 tsp.)
- 1 large white onion, finely chopped (1¼ cups)
- 1½ cups finely chopped celery
- 12 cups stale whole grain bread, cut in ½ inch cubes
- 2 tsp. ground sage
- ½ tsp. dried thyme
- ½ tsp. ground celery seed
- ½ tsp. paprika
- Freshly ground pepper
- 1 Tbsp. strong vegetable stock dissolved in 2¼ cups boiling water, heated

Mashed Potato Crust

- 10 small White Rose potatoes, peeled and quartered (approximately 8 cups)
- 1 celery stalk
- 1 large garlic clove
- 1 bay leaf
- 8 peppercorns
- ½ cup soy milk or almond milk (plus additional potato water, if necessary)
- 1 to 2 Tbsp. olive oil
- Freshly ground pepper
- Paprika

Heat the oil, shallot, onion, and celery in a heavy pot. Sauté until the vegetables begin to soften, then add bread cubes, sage, marjoram, thyme, celery seed, paprika, and pepper to taste. Mix well. Cook, stirring frequently, for 5 minutes over medium-low heat.

Add hot vegetable stock to pot and mix well. Cover and cook over low heat for 30 minutes or longer, stirring frequently, until bread cubes have

broken down. (The secret to a good stuffing is in the slow cooking and the frequent stirring.)

Place potatoes, celery stalks, bay leaf, and peppercorns in a large pot of cold water. Bring to a boil, cover, and simmer for 15 to 20 minutes, or until tender. Potatoes are ready when they pierce easily, but do not fall apart.

Use a slotted spoon to remove potatoes from water, reserving water for mashing, if needed. Leave peppercorns behind.

Begin mashing potatoes, incorporating soy or almond milk and adding oil and pepper to taste. Add additional potato water in small increments if potatoes appear too dry.

Preheat oven to 375°. Oil a deep casserole and press stuffing down gently into bottom. Top with mashed potatoes and smooth the crust with a spatula. Dust top of potatoes with paprika.

Bake for 45 minutes or until potatoes have formed a golden crust.

Preparation time is 1½ hours; serves 6 to 8.

Easiest Gravy

3 Tbsp. olive oil
3 Tbsp. whole wheat flour
2 Tbsp. powdered vegetable broth or 2 vegetable bouillon cubes

3 cups potato water or plain water

Heat oil in a large skillet. (A skillet is preferable to a saucepan because gravy distributed over a large heated area thickens faster.) Whisk in flour and powdered vegetable broth. (If using bouillon cubes, add liquid first and then add cubes.)

Add potato water or plain water slowly, stirring with a whisk over medium-high heat, until gravy thickens to desired consistency.

Yields three cups.

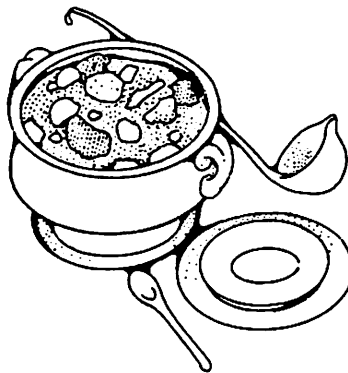
Spicy Cranberry Relish

3 cups cranberries, washed and picked over
1 cup honey or maple syrup
1 cup water
1 medium navel orange
1 tsp. fresh or ground ginger
½ tsp. ground cinnamon
½ tsp. ground cardamom

Bring cranberries, honey, and ½ cup of water to boil in a saucepan. Cover and simmer for 10 minutes, then un-

**“This year’s
holiday dinner
can gloriously
satisfy our
tastebuds and
steadfastly uphold
our new dietary
goals as well.”**

*Marilyn Diamond
Fit For Life*



cover and simmer 10 minutes longer, stirring occasionally.

Quarter unpeeled orange and chop it finely in food processor. Add to simmering cranberry mixture with remaining ½ cup of water and spices. Stir well and simmer an additional 20 minutes, stirring occasionally. Chill before serving.

Yields 4 cups.

Holiday Pumpkin Pie

Sweet Crust:

½ cup whole wheat pastry flour
½ cup unbleached white flour
3 ½ Tbsp. soy margarine, cut into bits
¼ tsp. grated nutmeg
Dash of salt (optional)
3 Tbsp. ice water

Place flours, margarine, and salt in a food processor and process 10 seconds to a cornmeal texture. With pro-

cessor running, add 1½ tsp. ice water. Add remaining water slowly, and stop the machine as soon as the dough begins to form a ball. Tiny pieces of margarine should be visible in dough.

Form the dough into a ball and flatten into a thick disk. Flour your work surface and rolling pin, and roll dough from center out to sides, turning into a perfect circle about 10 inches in diameter.

Place the rolling pin in the center of the dough. Fold half over the pin and transfer to a 9-inch pie plate. Press the dough gently into the pie plate, fold the rough edges under neatly or trim them. Cover pie plate with a slightly damp kitchen towel and place in the refrigerator.

Filling:

¾ lb. firm tofu
2 cups cooked or baked pureed pumpkin
¾ cup maple syrup
¼ cup oil
2 Tbsp. sorghum or cane molasses
1½ tsp. ground cinnamon
¾ tsp. grated nutmeg
¾ tsp. powdered ginger
½ tsp. mace
¼ tsp. sea salt

1 unbaked Sweet Crust

Preheat oven to 350°.

Blend ingredients for filling in a blender or food processor until smooth and creamy. Pour into unbaked Sweet Crust and bake for one hour.

Chill and serve with Cashew Whipped Cream.

Cashew Whipped Cream

1 cup raw cashews or cashew pieces
1 cup water
1-1½ cups sunflower oil, approximately
4 Tbsp. maple syrup
½ tsp. vanilla extract (optional)
Pinch of salt

Blend cashews and water to form a thick cream. Slowly add the oil in a fine stream until cream thickens.

Blend in maple syrup, vanilla, and salt. Chill and serve. (Cream will thicken substantially when chilled.)

Yields 2½ cups.

Happy Thanksgiving!

The Importance of Physical Activity Early in Life

Russell Thacker Trall, M.D. was ahead of his time in 1857.

Systematic gymnastic exercises, which give energy and precision to muscular movements, are not only useful in the development of bodily vigor, but they are also efficient auxiliaries in mental education, by inducing habits of order, exactness, and directness in the mental operations.

M. Roth, M.D., of London, remarks:

"Gymnastic exercises increase the influence of our will on the muscles, so that they are brought into prompt and rapid action at the instant of volition. The combination of muscular force, flexibility, and prompt obedience to the will, give to the body the pleasing and graceful appearance of firmness, steadiness, and dexterity in the positions and use of the limbs."

Rousseau observes: "If you wish to develop the mind of a pupil, develop the power which mind has to govern; exercise his body; make him healthy and strong, that you may make him prudent and reasonable."

In the *Phrenological Journal* for 1853 is an excellent article, from which we extract:

"It is as natural for a child to exercise as to breathe. When unrestrained, nearly all children are distinguished for restless activity. Nature bids them exercise, and they obey the mandate, often in spite of ignorant parents, nurses, and teachers, who scold and whip them for restlessness. They are more disposed to consult their own convenience than to study the laws of nature as applicable to their young charge; and, by dint of praising quietness and blaming activity, the poor child's nature is smothered, and pale cheeks, diminutive muscular development, weakness, dys-



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

Russell Thacker Trall, M.D. was a tireless educator, dedicated to the emancipation of humanity through knowledge of physiological principles. He wrote more than 40 books, edited *Water Cure Journal*, *The Herald of Health* and *The Gospel of Health* and was the founder of a school that graduated hundreds of men and women with the degree of Doctor of Medicine.

Trall was an outspoken critic of allopathic (drug) practices. This article is excerpted from his book *Family Gymnasium*, published in 1857.

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

pepsia, consumption, and death are the fruit of the oft-repeated command, 'Keep quiet.'

"Mothers, if you wish your children to be healthy, well-developed, and beautiful, feed them plainly, dress them very loosely, and let them run, jump, and exercise with all their might from infancy onward. The lamb skips and plays, and the colt rears and races, not from *mental* playfulness, but because the law of exercise is inwrought in every muscle and vital function of its organization. Vital force is sent out to the muscles, and they feel and obey the command, 'Act! act!'

"Exercise is as essential to development as air is to life. No person can acquire a large, compact, muscular organization without it.

"'But you would not have *girls* run and romp over hill and dale, and laugh boisterously, like boys!' Let us examine the subject, and see what Nature, the great teacher, will say concerning it. Do young female animals frisk, jump, and play like males, and do little girls instinctively laugh loudly, and run and play like boys? If so, we may safely infer that Nature has established the same general law of exercise, not for animals merely, but for both sexes of the human race.

"Nothing is more discouraging to the future prospects of a young child than a disposition to sit still, be quiet, keep out of mischief, etc. Such children may give the nurse and schoolmaster but little trouble in keeping them 'out of the way,' but in after life their parents may find it somewhat troublesome and expensive to provide them attendants and doctors." □

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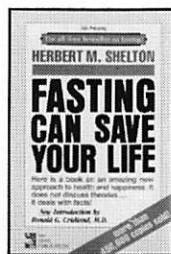
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Fasting Can Save Your Life

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.



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.

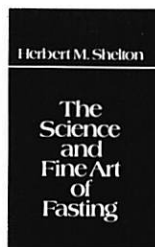
432 pp.

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.



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.

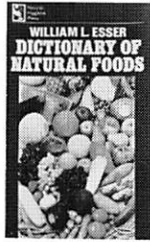
591 pp.

Homemaker's Guide to Foods for Pleasure and Health

Hannab Allen

Encyclopedia of Hygienic philosophy. Provides menus, recipes and charts. Advice on storing food, entertaining, dining out, traveling, exercise, fasting and more. Sensible suggestions for the practicing Hygienist in today's world.

238 pp.



Dictionary of Natural Foods

William Esser, N.D.

Learn the exact nutrients of all the natural foods—protein, fat, vitamins, minerals—everything you need to know in alphabetical order. Beautiful color photographs, food combining tips, food preparation, exotic fruits, and much, much more! This book belongs in *your* library!

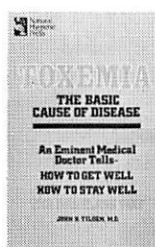
166 pp.

Toxemia: The Basic Cause of Disease

John Tilden, M.D.

Dr. Tilden's classic book will open your eyes to the *real* causes of disease. This book is an important part of the basic Natural Hygiene library. Develop a *tremendous* understanding of the disease process and how you can eliminate disease from your own life. All remaining copies of this book have slightly scuffed covers.

116 pp.



Medical Drugs on Trial? Verdict "Guilty!"

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

This mind-awakening expose of present-day medicine, the drug industry and food technology is a must for your library. Learn how drugs affect the body and why they harm rather than help you. This may very well be the most important lesson of your lifetime!

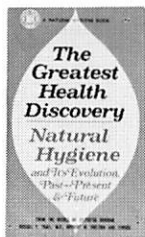
244 pp.

The Greatest Health Discovery

Dolores Burns, editor

This is the fascinating story of the evolution of a health-care system (Natural Hygiene) that corrects disease by changing individual living habits. Contains excerpts from the writings of the pioneer men and women who gave the world the means to achieve long lasting health.

241 pp.



Please Don't Smoke in Our House

Jack Dunn Trop

A humorous yet serious examination of tobacco by an ex-smoker. Explores all the ramifications of the smoking habit. Outlines a step by step method for quitting once and for all.

116 pp.

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The Picture of Health

Jack Dunn Trop: 50 years in Natural Hygiene

This year, at the suggestion of ANHS Founder Jack Dunn Trop, *Health Science* has been presenting profiles of ANHS members. In this issue we are pleased to feature Jack himself.

Jack Dunn Trop, who turned 90 in April of this year, has served the cause of Natural Hygiene in many capacities. In addition to serving terms as ANHS president, vice-president, and editor of *Health Science*, he has also written three books: *You Don't Have to be Sick!*, *A Gift of Love* (both of which are out of print), and *Please Don't Smoke in Our House*.

This list of credits is impressive. But as Jack is quick to point out, "I didn't do it alone. I have had the help of many wonderful people. And none of this would have been possible without the constant encouragement of my wife Sylvia. She has helped me in countless ways."

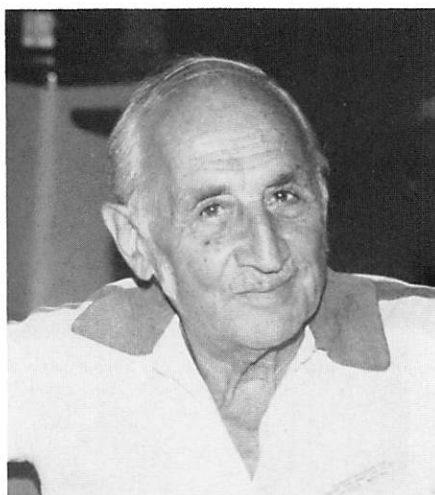
Motion picture career

Before devoting his life to Natural Hygiene, Jack was a motion picture producer and a writer. Between 1920 and 1940, he worked his way up in the motion picture industry from errand boy to producer of numerous films, most widely known of which were his Hop-along Cassidy features. After 1941, he concentrated on the production of documentaries, including *The Greatest Adventure*, the only film that's ever been made about Natural Hygiene.

Finding Natural Hygiene

In 1928, a young man only 27 years of age, Jack found himself very ill.

"What was wrong with me was a mystery. Although I went to a number of doctors and tried to get their help, all they told me was that I had a 'bad heart.' They dosed me heavily with drugs. They tried surgery. I am lucky that they didn't cut out too much of me—they did get my tonsils and cut out some cartilage from my nose. But



Jack Dunn Trop is one of the founders of the American Natural Hygiene Society.

"I see a bright future for Natural Hygiene and the American Natural Hygiene Society"

the result was that I got worse and worse.

"Luckily, a friend at the old Motion Picture Club in New York told me to go see H. William Baum, a physiotherapist over on West 42nd Street. Dr. Baum got me started on the right track.

"Of course, he also gave me a couple of hundred colonic irrigations and all kinds of naturopathic treatments which were enervating at best. But he did put me on a diet that eliminated all refined foods. I slimmed down from 180 to 140 pounds, after about a year I felt like a new man.

"In 1942, I opened a health food store on West 50th Street in New York City. It was there I first heard the words 'Natural Hygiene.' A regular customer, Symon Gould, was in the second-hand book business and through him I began to read about Natural Hygiene. As a result, I started to live as a vegetarian and soon adopted the whole wonderful Natural Hygiene program."

Founding the Society

In the early 1940s, circumstances led to the founding of the American Natural Hygiene Society.

"Irving Davidson and I organized a group which we called the New York Natural Hygiene Society. We didn't have many members, maybe 15, but we met regularly. One day I suggested to Irving that we organize nationally. We wrote a letter to Herbert Shelton, who liked the idea. He wrote back, 'Okay. If you do, I'll finance it and do all the work of organization,' which he did. That's how the Society was formed.

"We had our first convention at the Diplomat Hotel on West 44th Street in New York City in 1948. Herbert Shelton advanced the initial monies for everything. He was really a great man. He became our first president and for years financed us."

The ANHS Mission

"The basic mission of the Society was to teach—not to heal, not to practice any of the healing arts. We were to be an educational organization. And through the years I think we have maintained that. The people who have been guiding our Society should get high marks for sticking very close to Natural Hygiene and not deviating.

"I see a bright future for Natural Hygiene and the American Natural Hygiene Society. We have good leadership. The International Association of Professional Natural Hygienists is continuing to grow and strengthen the movement. And special credit must go to *Fit For Life* authors Harvey and Marilyn Diamond for introducing the term Natural Hygiene to millions of people around the world.

"The Natural Hygiene movement has been going strong for more than 150 years. I am both proud and fortunate to be a part of it." □

To get a video copy of Jack Dunn Trop's movie, *The Greatest Health Adventure*, see ad in "Little Ads," p. 31.

Compassion: The Ultimate Ethic

An exploration of veganism

A great book is back in print! *Compassion: The Ultimate Ethic* by longtime ANHS member and former *Health Science* contributing editor Victoria Moran.

Reprinted by the American Vegan Society this book explores *veganism*, the principle practice of using no animal source food or clothing and will be very useful for readers who wish to consider the ethics of many commonly accepted practices.

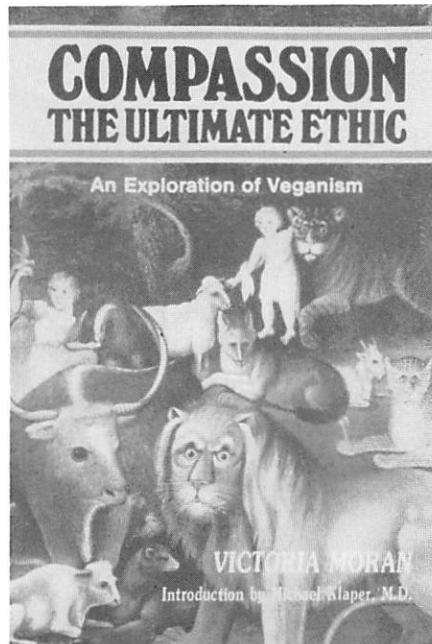
The following review is excerpted from one that appeared in *Abimsa*, the Journal of the American Vegan Society.

With a fresh, clear writing style, the author starts with the definition of veganism, delves into support seen in religious and ethical teachings, presents various vegan viewpoints and describes how these translate into practical action as a lifestyle.

In this study, it is seen that vegans are a varied group from many backgrounds, with differing opinions, but each with the individual strength required of one who takes a minority stand.

This work began as a thesis when the author was granted a fellowship for independent research on "Reverence for Life as Demonstrated by the Vegan Movement." Its first publication was in serial form in *Abimsa* magazine, after which Thorsons of England brought it out in book form. After the runout of their second printing, Thorsons had no plans for further printings, and it was out of print for about a year.

Recognizing the enduring value of the work, AVS secured permanent reprint rights, including photo-copying of Thorsons' neat typography and headings. The new edition's type has been photographically enlarged in size for easier reading, page size has been increased to a full 6x9"; and besides up-dating of portions of text, the new edition features a brand new and inspiring Introduction by Michael Klaper, M.D. (author of *Vegan Nutrition: Pure And Simple; Pregnancy, Children, and the Vegan Diet*), as well as new publisher's footnotes.



Chapters in Part 1 are: The Ultimate Ethic; Towards a Definition; Reverence for Life—Schweitzer and Christianity; Gandhi, Eastern Thought and Ahimsa; Humans and Other Animals; The Vegan Stand; Hunger, Ecology,

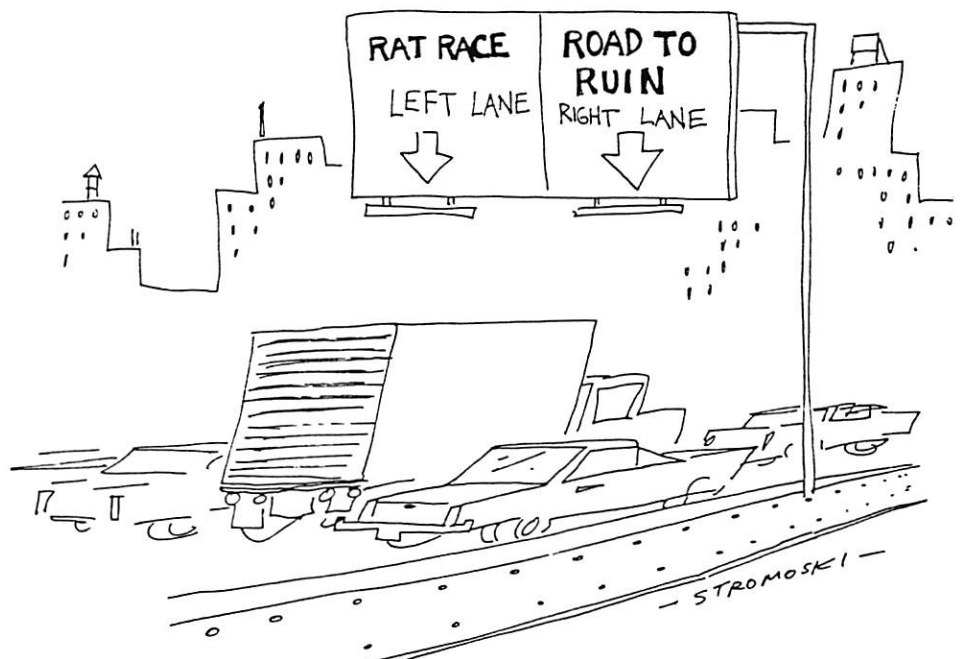
Peace; Making the Break; Nutritional Considerations; A Holistic Look at Health and Vegans; The Glorious Possibility; Notes.

The brief Part 2 discusses Rearing Vegan Children; and Slimming On a Vegan Diet. A particularly helpful bibliography lists books and pamphlets; periodical articles and other resources; additional recommended reading; newer books; and cookbooks. The Index has been reworked, now filling seven pages with clear type requiring no microscope for easy reference.

A very readable 112 pages have rarely held such a comprehensive and convincing view of veganism; yet the author has that rare knack of laying it all out there without seeming unduly pushy or preachy.

**H. Jay Dinsbahr, president
American Vegan Society
501 Old Harding Highway
Malaga, NJ 08328**

To order your copy of *Compassion: The Ultimate Ethic*, please send \$6.50 (\$6.95 non members) plus \$2.00 shipping and handling (Florida residents please add 6% sales tax) to: American Natural Hygiene Society, P.O. Box 30630, Tampa, FL 33630.



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



J.M. Lennon

ANHS Life member Marge Piscopo is a celebrated distance runner.

ANHS Members are making news!

ANHS Life member Marjorie Piscopo was featured in an article in her local

newspaper earlier this year. The article celebrated her healthy lifestyle and the positive choices she has made.

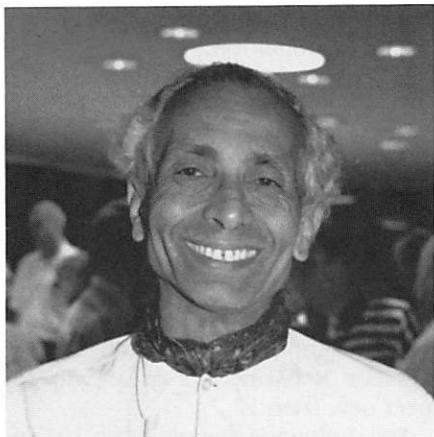
Marjorie began running at the age of 62, and completed a 26-mile marathon last year. She is an outstanding example of how practicing Natural Hygiene really makes it possible for you to be all you can be! Look for Marjorie at the annual ANHS International Natural Living Conferences. She is the picture of radiant health!

ANHS member Fred Chaffee was the subject of a feature story in *The Times News*, Hendersonville, N.C. The story detailed Fred's background as a reporter and editor of the *Bellevue's Falls Times*, in Vermont; and as a sales and advertising manager for a Massachusetts tour company.

The Times News reported that Fred, an environmentalist and a vegetarian for over 35 years, continues to write for various newspapers and magazines and certainly practices what he preaches. As Fred says, "No matter what you do you've got to take a deep interest in it."



"Mom...Dad, in keeping with the true meaning of the holiday I'd just like to say those 3 little words...is that all?"



J.M. Lennon

Natural Hygienist Dr. Keki Sidhwa is featured in major publication.

Dr. Sidhwa interviewed in British publication

Natural Hygiene is making news all over the world! Dr. Keki Sidhwa, president of the British Natural Hygiene Society and longtime ANHS and IAPNH member, was recently featured in an interview in *Here's Health*, a publication that goes to hundreds of thousands of readers in Great Britain.

This was the first time a Natural Hygienist was featured in this widely read publication. Dr. Sidhwa stressed that his approach to health care is to educate his clients in understanding the source of their health problems so that they can be independent and responsible for their health.

Dr. Sidhwa is a featured speaker at annual ANHS Conferences. Make every opportunity to attend one of these great events and get a chance to meet Dr. Sidhwa and the other renowned Natural Hygiene doctors from around the world.

Memorial contributions

We wish to thank our members who have honored the memory of loved ones with memorial contributions to the Society.

A contribution in the memory of Dr. Robert Gross, former co-director of the Pawling Health Manor in Hyde Park, NY, was received from Frances E. Cheatham.

Justin and Renee Wielenta made a memorial contribution in the name of William Jones.

Annual membership renewal program in full swing!

One of the most important contributions you can make to the Society is to renew your membership early! If the expiration date on your magazine label is 12/31/91, it is time to renew!

You can help the Society make the best use of your membership dues by renewing right away! This saves time and money spent in the renewal process that can go toward important educational projects such as new publications and more educational events. It saves paper and trees, too!

Annual membership dues are still \$25 US (\$45 outside the US and Canada). Renew today!

You can help even more by renewing for *two* years! Just send your check or money order for \$45 (\$85 outside the US and Canada) for two year's renewal.

Please renew your membership now!



Crary and Hala Brownell celebrated their 75th wedding anniversary in June.

Brownells celebrate 75 years together

In the last issue we told you the remarkable story of Crary and Hala Brownell, who in December of last year celebrated a combination birthday covering 200 years. Mr. Brownell was 101 years old on December 18, 1990 and Mrs. Brownell turned 99 on

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Miami Beach (305) 538-4497
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Volusia County (904) 761-6714

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Syracuse (315) 422-9716
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March 22, 1991. What we forgot to mention was that the Brownells also celebrated 75 years of marriage on June 21, 1991! They are living proof that love and healthy living are an enduring combination.

ANHS Member Network

Do you want to meet other ANHS members in your area? Why not let them know how 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!

The following people wish to get in touch with other members in their area. Why not write a note or pick up the phone and meet a new friend?

West

Robert Norton, 4677 30 St., Box 60, San Diego, CA 92116.

Teresa Kay Olofson, 8570 Baniff Vista, Elk Grove, CA 95624, (916) 685-6348.

Jeanne Andrade, P.O. Box 6754, Cape Cook, Hawaii 96704.

Central

Harvey Milstein, 9449 Briar Forest Dr., #4503, Houston, TX 77063; (713) 789-5243.

Rollie and Rosemary McGraw, P.O. Box 298, 270 E. 3rd St., Franklin, MN 55333, (507) 557-2766.

Howard L. Reeves, Jr., P.O. Box 271, 500 E. 6th Street, Altamont, KS 67330, (316) 784-5347.

East

Laurie Appenzeller, 491 Bethlehem Pk. #F4, Ft. Washington, PA 19034; (215) 643-1413.

Joy Calai, 120 S. Main St., Austintown, OH 44515; (216) 792-7096.

Craig P. Rapin, P.O. Box 3664, Homosassa Springs, FL 32647.

Jane Seitz, 205 LaSalle Ave., Buffalo, NY 14214, (716) 832-7449.

Del Rainer, 2626 Garfield St. NW, Washington, DC 20008, (202) 265-7607.

Peter R. and Jeannie Sanders, 3233 NE 34th St. Apt. 306, Ft. Lauderdale, FL 33308, (305) 565-3584.

Annette Hishmeh, 13200 Prices Distillery Rd., Clarksburg, MD 20871, (301) 253-6268.

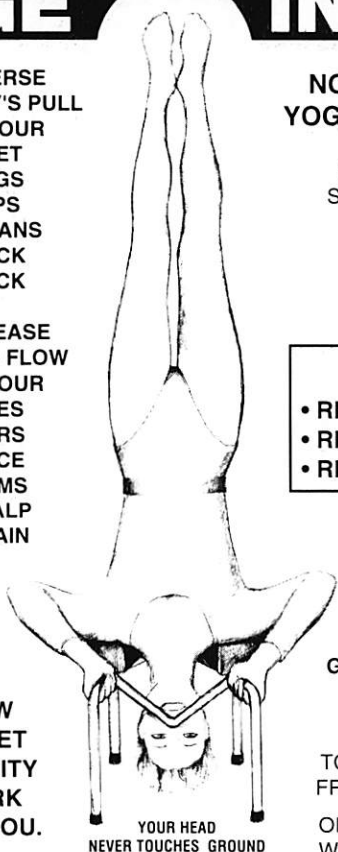
Don Bennett, 650A Thomas Ave., Baldwin, NY 11510, (516) 867-7977.

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Audrey Austin, Rt. 7, Box 1281, Boone, NC 28607, (704) 264-9677.

International

Cathy Sumners, 7088 Wallace Drive, Apt. 208, Brentwood Bay, Vancouver Island, B.C., CANADA, V0S 1A0; (604) 652-1881.

Keith Nash, Apartado 46, Santa Ana 6150, COSTA RICA, C.A. 011-(506) 20-0516.

Local news

The Los Angeles group sponsored a talk by Ric Lambart, entitled "What Are the Health Benefits of a Natural Hygiene Diet?" at the Wilshire Royale Hotel on Sunday, September 15. Mr. Lambart has been on a totally uncooked food diet for 14 years and relayed his experiences and impressions for the group. Anne Warfield also gave a review of the Annual International Natural Living Conference, held at Hofstra University at the end of July, for those who could not attend.

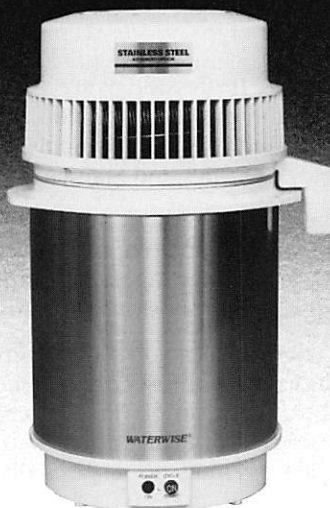
The Natural Hygiene Lifestyle Group of Connecticut held a potluck supper and meeting at the home of Elke Aston in Forestville on Sunday, September 22. The menu featured vegetable and starch combinations in addition to fruit appetizers. On Sunday, October 20, the group met again, this time concentrating on vegetable and protein combinations. The rest of their 1991 schedule calls for suppers and meetings on November 17 and December 15. A dance is planned for sometime next spring.

On Sunday, September 15, the Syracuse, NY chapter held its annual fall meeting. The focus of the event was a discussion of Harvey Diamond's new book, *Your Heart, Your Planet* which was preceded by a taped message from Mr. Diamond. On Tuesday evening, October 1, the group held its first of a series of Vegetarian Dinners at Eight.

The New Jersey Natural Hygiene group has notified us of a change of address and phone number. According to group president John R. Chorbba, the new New Jersey address is P.O. Box 142, Pompton Plains, NJ 07444. The new phone number is (201) 839-5919.

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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.

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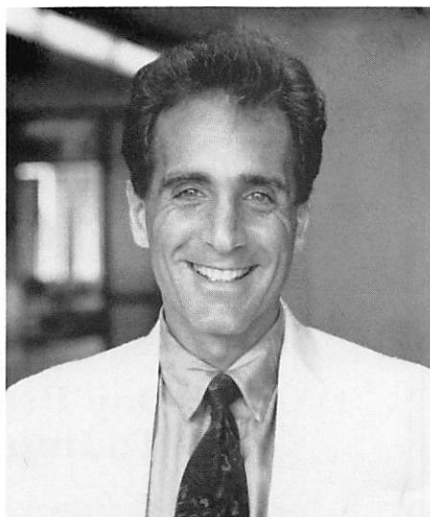
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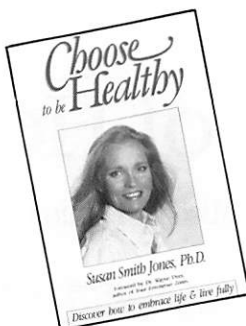
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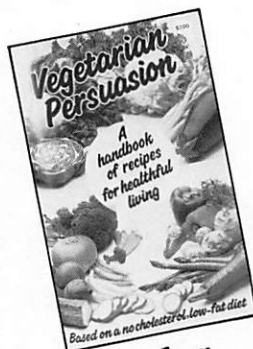


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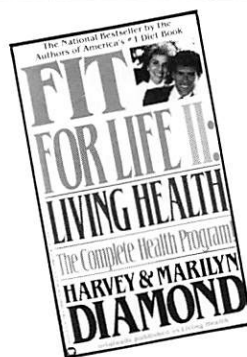
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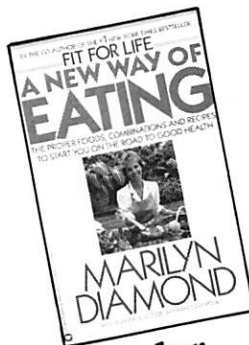
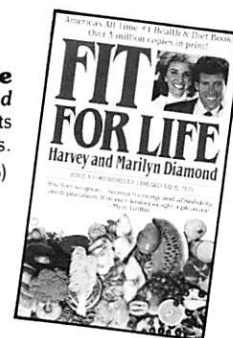
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The Joy of Health

By James Michael Lennon

If I could give a gift to you and all ANHS members this holiday season, it would be a gift of joy.

One of the things I do while attending ANHS events around the country is take photographs. I like to have pictures of members celebrating and enjoying themselves. But what I often see through the viewfinder of my camera is a sea of serious faces. So I say, "Smile! Pretend you're having a good time!" Everyone breaks into laughter, because everyone really is happy to be there. But shortly after the picture-taking stops, the serious expressions start creeping back.

This scene repeats itself because members take their Natural Hygiene very seriously. That is good. Change only comes about through effort, especially the breaking of old habits. But the seriousness can go too far.

Sometimes I see people at lunch staring down at the buffet, as though the world will spin off its axis if they choose the wrong vegetable. They are just as serious at the book table, searching for answers...if they only knew which book, which chapter, which page.

For the fun of it

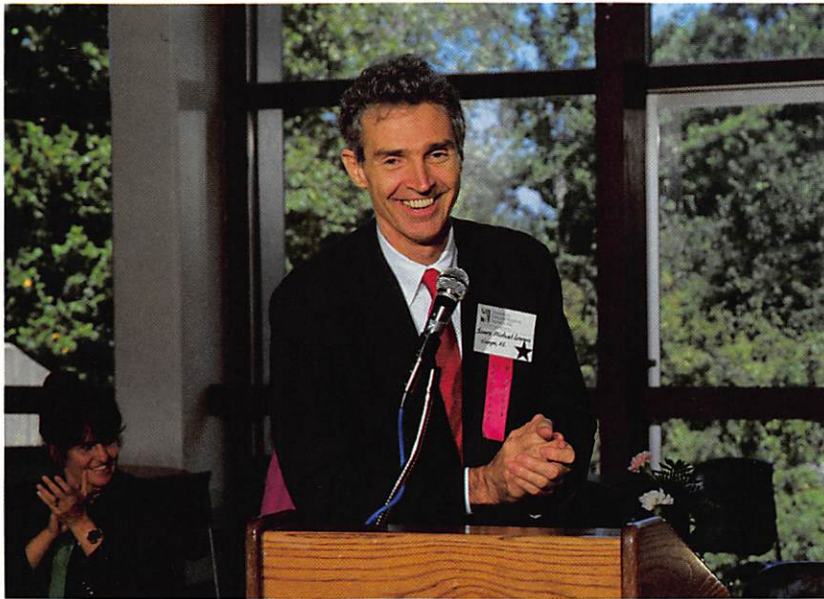
Although change requires serious determination, I think it is important that we enjoy ourselves as we improve our health. And in the end, the whole purpose of health *is* happiness.

Health is nothing more than wholeness, capacity, potential to live our lives to the fullest. It is not an end in itself. It simply provides us with the greatest possibility of really enjoying life.

I think a case can be made that there is no point to being healthy if you don't have something you want to do with your life—something that makes you *happy*. Just what will make each of us happy is a very individual matter. We are all different, each with very unique abilities and preferences.

The joy of health

Once we unlearn all the mistaken ideas we were taught about health, and begin to develop a genuine understanding of health, we soon see that our basic biological needs are



ANHS Executive Director James Michael Lennon celebrating with members at the 1991 ANHS Annual International Natural Living Conference.

David Durbak

rather easily met. It pretty much boils down to four areas: eating a diet of whole natural foods; getting enough activity, rest, and sleep; getting out into the fresh air and sunshine; and developing a positive, realistic mental outlook.

Since it is so easy, you have no excuse not to have fun!

Have *fun* with your new diet! Eating whole natural foods will save you plenty of time and money. It should be easy to save at least \$10 a week on your food bill. Multiply that by

52 weeks, and each year you will save more than enough money to pay for an additional week's vacation!

Find an exercise that you can *enjoy*. If you don't like running, try walking, or swimming, or bicycling, or dancing. The important thing is that you do something. Get outside in the fresh air and sunshine. Make it fun! Find friends to enjoy it with you.

Get plenty of rest. Don't you always feel happier in the morning when you have had enough sleep? This can be the single most important key to health and happiness. Make a point of having enough sleep every night. Open the windows! Get some fresh air into your bedroom!

It is very important that we develop new ways of thinking that support our self-esteem and promote a positive outlook on life. A great many of us have been raised with less than ideal attitudes about ourselves and our capabilities. Once freed from these self-limiting thinking patterns, we have a wonderful opportunity to flower into the healthy, happy, talented, and lovable people we really are.

Focus on happiness!

The next time I point my camera at you, I hope you will be smiling, enjoying your vibrant health and celebrating your good choices. I know that change does not come overnight. And I know that sometimes old habits die hard. But rest assured that once you have made Natural Hygiene an *integral* part of your life, you will be happier than you ever imagined possible. □

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

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Statement of Ownership, Management and Circulation

1. Name of Publication: **Health Science**

2. Issue Date: **10/14/91**

3. Issue Frequency: **Monthly**

4. Number of Issues Published Annually: **12**

5. Annual Subscription Price: **\$25.00**

6. Owner: **1518 Rice Trunk Road, Tampa, Hillsborough, FL 33624-3101**

7. Publisher: **American Natural Hygiene Society, PO Box 30630, Tampa, Hillsborough, FL 33630**

8. Editor: **James Michael Lennon, PO Box 30630, Tampa, FL 33630**

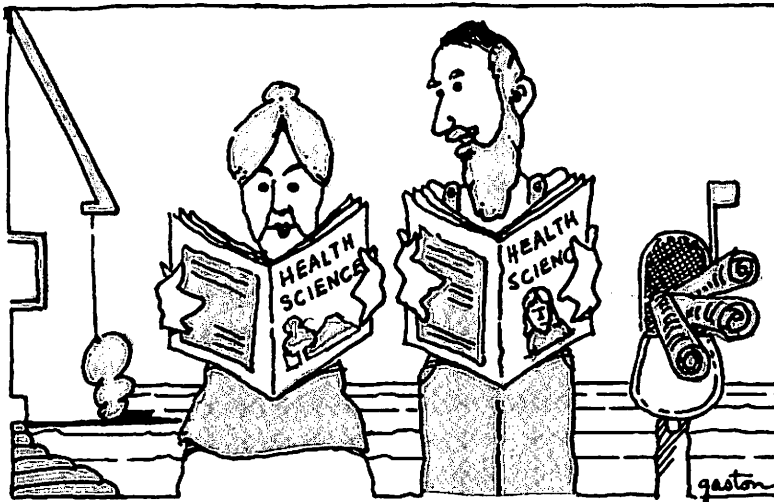
9. Business Manager: **Michael J. Strycharuk, PO Box 30630, Tampa, FL 33630**

10. Circulation Data for the Issue:

Category	Number of Copies	Percentage of Total
Total Number of Copies (Net Press Run)	6200	64.47
Total Number of Copies (Net Press Run) - 10%	5580	59.53
Total Number of Copies (Net Press Run) - 20%	5000	52.03
Total Number of Copies (Net Press Run) - 30%	4380	45.63
Total Number of Copies (Net Press Run) - 40%	3760	39.23
Total Number of Copies (Net Press Run) - 50%	3140	32.83
Total Number of Copies (Net Press Run) - 60%	2520	26.43
Total Number of Copies (Net Press Run) - 70%	1900	19.83
Total Number of Copies (Net Press Run) - 80%	1280	13.43
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