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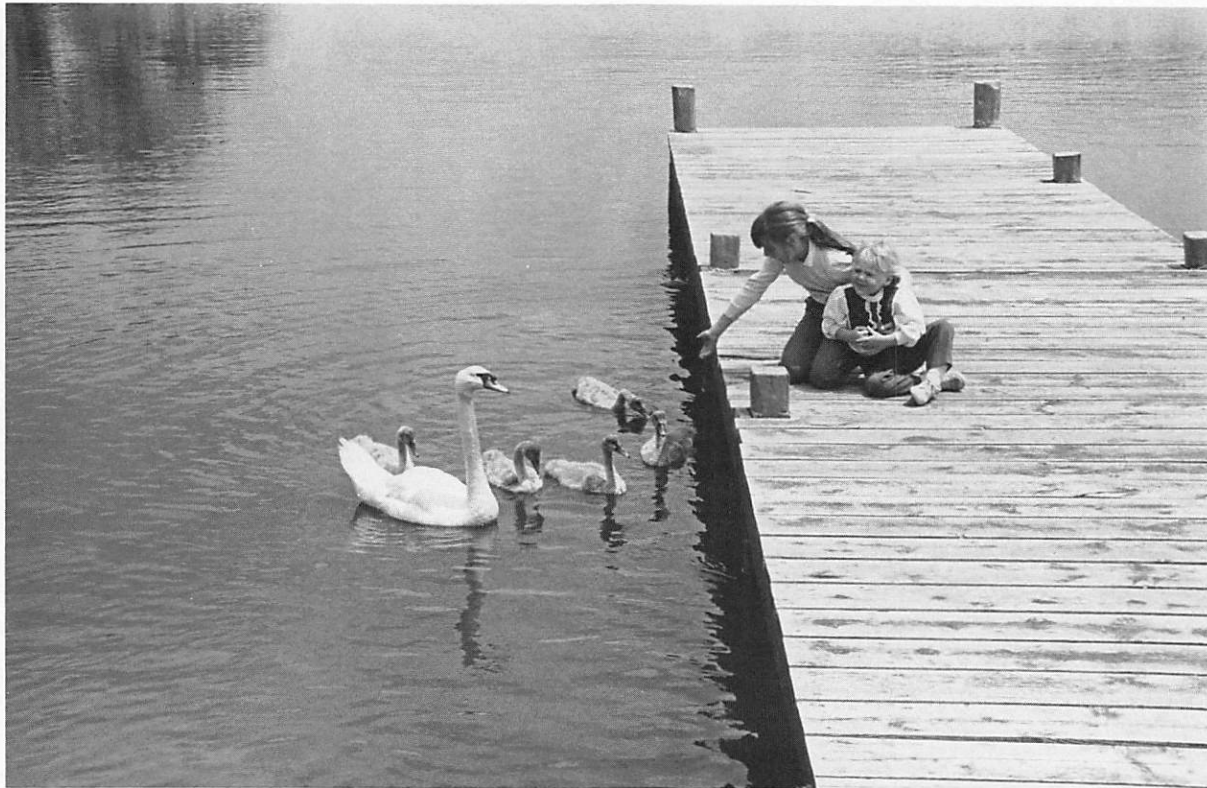
HEALTH SCIENCE

LIVING IN HARMONY WITH NATURE



**Meat Myths • Delicious Recipes
Exclusive Interview
and more!**

Hope for the Future...



STARR PHOTO

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

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

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

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

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

Contact: James Michael Lennon, Executive Director
American Natural Hygiene Society
P.O. Box 30630
Tampa, FL 33630

Or call: 813-855-6607

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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.

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Happy Holidays!

HAPPY HOLIDAYS TO YOU AND your family from the American Natural Hygiene Society! We want to thank all of you for your support in 1992.

Food irradiation is back in the news. Poultry has been approved by the USDA for irradiation. Vegetarians still have good reasons to squawk; see why on p. 4.

Dr. William Esser, co-founder of the ANHS, is a model Natural Hygienist and a great teacher. He shares his philosophy and current thinking on Natural Hygiene in the **Interview** by ANHS President Mark Huberman on p. 8.

Can athletes thrive on a vegetarian diet? Dr. Neal Barnard cites outstanding vegetarian athletic performances in his **Food Power for Athletes**, beginning on page 12.

Every day can be a holiday! Susan Smith Jones offers guidelines for how to celebrate everyday living in **Joy For Life** on p. 14.

You what? You invited the family to your house this Thanksgiving? Don't



David Durbak

Members, renew your membership today!

panic. This holiday issue of **Good Eating** gives you three absolutely delicious and very healthy menus to choose from, plus a special dessert section with recipes.

Do you have ideas or comments you want to share? We want to hear from you! Send your thoughts to: *Health Science*, P.O. Box 30630, Tampa, FL 33630. □

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Cover photo: © 1992 David Durbak



The U.S. Dept. of Agriculture's recent approval of poultry irradiation may bring Vindicator, the nation's only licensed food irradiation plant, back to life. The Mulberry, Fla. plant has had virtually no customers for irradiated produce because of consumer opposition led by ANHS, Food and Water, and other groups.

Poultry irradiation for the birds!

On Sept. 18, 1992, the United States Department of Agriculture (USDA) approved the irradiation of chickens, turkeys and other birds destined for America's dinner plates.

This USDA ruling offers the last ray of hope for the languishing food irradiation industry. So far, the nation's only commercial food irradiation plant, Vindicator, of Mulberry, Fla., has been able to find few customers willing to irradiate fresh fruits and vegetables, which were previously approved for irradiation by the Food and Drug Administration (FDA).

Food irradiation is a process whereby foods are bombarded by nuclear radiation to either kill bacteria (such as salmonella bacteria, which is found on from 35-50 percent of U.S. poultry and is estimated to cause between 800,000 and 4 million cases of food poisoning each year) or to increase the shelf life of foods by changing their chemical makeup, thereby giving the impression of freshness. [Although irradiated food may look fresh, it is not fresh. The FDA prohibits irradiated food from being sold as fresh food.]

The USDA claims that food irradiation is "a safe way to reduce food poisoning caused by bacterial contamination." Under the new rules, packages of irradiated poultry have to be labeled "treated with radiation" or

"treated with irradiation."

According to many food scientists, chicken is pretty dangerous stuff. Inadequate cooking and preparation—even just *handling* contaminated uncooked chicken—can result in food poisoning. The National Broiler Council, in an attempt to downplay the seriousness of the threat from the bacteria, has stated that handling and cooking chicken "with normal and reasonable care" is sufficient to prevent disease. "Normal cooking kills the same harmful microorganisms ir-

radiation would," the Council is quoted as saying in a statement released the same day the USDA ruled in favor of food irradiation.

The USDA claims that food irradiation controls bacteria without adverse effects on consumers or on the poultry's nutritional value. Critics claim otherwise, citing loss of nutritional value, an inadequate understanding of changes in the food and the potential health hazards associated with that, and environmental impact.

The American Natural Hygiene



Society (ANHS) has a long history of opposition to food irradiation. ANHS Executive Director James Michael Lennon expressed two aspects of the Society's position which were included in a recent *Times* article in St. Petersburg, Fla. "We object to the proliferation of sites contaminated by the introduction of radioactive materials," Lennon said. The article also noted that ANHS was primarily concerned with the irradiation of fresh fruits and vegetables because the Society "does not recommend eating poultry anyway." [Even though the Society does not recommend eating chicken or turkey, it sees the presence of nuclear facilities in any community as extremely dangerous.]

There are some very positive signs. Michael Colby, Executive Director of Food and Water, Inc., the national organization that so successfully helped turn public opinion against food irradiation, told *Health Science* that the 13 largest poultry producers have no plans to irradiate their products. One of the reasons is economics. Irradiating food costs money, and that cost must be passed on to consumers. To that must be added the cost of shipping the poultry to and from Mulberry, Fla., site of the nation's only licensed irradiation plant.

At least two major supermarket chains, Publix and Winn-Dixie, have confirmed that they will not sell irradiated poultry. A Winn-Dixie spokesman stated that this policy is in response to customer preferences. "We listen to our customers, and our customers are telling us that they do not want these irradiated products."

We hope more businesses will get the message. Food irradiation is unnecessary and expensive, and it has a potentially deadly impact on the environment. Most people do not want trucks carrying radioactive material to food irradiation sites driving the roads in their neighborhoods. Neither do they want food irradiation plants or other plants using deadly radioactive materials located near their homes. Is it fair to move these frightening realities of the food irradiation industry into someone else's neighborhood?

We say no!

Why do people become vegetarians?

Vegetarian Times magazine polled its readers to find out.

Among the many reasons given: 46 percent said health, 15 percent said animal welfare, 4 percent cited environmental concerns.

Whatever *your* reasons for becoming a vegetarian, you can be sure that your decision has positive implications in all these areas.

We would like to hear from you! What was your reason for becoming a Natural Hygienist? Please tell us your story!

Write to: *Health Science*, P.O. Box 30630, Tampa, FL 33630.

Good news for cat-lovers

Members often write with questions about health care for their pets. Cat-lovers will be glad to know about a new magazine, *Tiger Tribe*, that is geared to raising healthy cats through preventative care.

While not what could be called a "hygienic" view of pet care, *Tiger Tribe* offers a giant step up from con-

ventional care and feeding. It refers to itself as providing "holistic health and more for cats." In the July/August, 1992 issue, Laura Sykes, co-director of Noah's Ark Shelter, Fairfield, Iowa, said, "Holistic means *whole*, not just whole animal, but whole *world*, whole *universe*. We treat everything as interconnected."

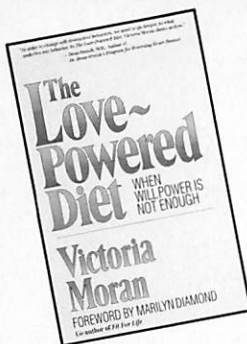
This "holistic" viewpoint was reflected throughout the sample issue of the magazine that we surveyed. Articles included information on natural diets for cats, an interview with the founder of the American Holistic Veterinary Medical Association, and an article by Anitra Frazier, author of *The New Natural Cat*.

We think your feline friends will give *Tiger Tribe* four meows. Your cat can *purrchase* a subscription from: *Tiger Tribe*, 1407 E. College St., Iowa City, IA 52245-9905.

Transform your yard into a botanical garden

Would you like to turn your yard into a giant garden brimming with the sights, sounds and scents of flowers,





New from ANHS!

The Love-Powered Diet: When Willpower Is Not Enough Victoria Moran

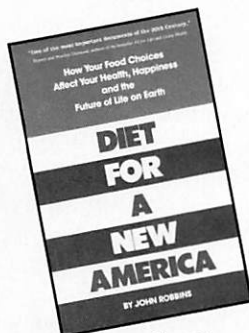
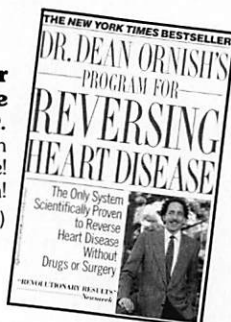
Lovingly achieve your ideal weight! A totally new approach to dealing with food and weight problems that nurtures and supports you!

\$18.95 (ANHS members, \$16.95)

Dr. Dean Ornish's Program for Reversing Heart Disease Dean Ornish, M.D.

Respected researcher documents proof that heart disease can be halted or even reversed simply by changing your lifestyle! A step by step program!

\$15.00 (ANHS members, \$13.50)



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Today!**

Diet for a New America John Robbins

The most powerful condemnation of meat ever written! You must read this book! The facts will shock you!

\$13.95 (ANHS members, \$12.75)

How to order:

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

Send checks made payable to:

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

Fit For Life Books!



The American Vegetarian Cookbook from the Fit For Life Kitchen Marilyn Diamond

An encyclopedia of delicious vegetarian recipes! Preparation and shopping tips, everything you need to know about nutritious, beautifully served meals.

\$24.95 Hardbound (ANHS members, \$22.95)

Your Heart, Your Planet Harvey Diamond

Get hard-hitting facts on how the standard meat-based American diet is killing us and the environment, and how you can make a difference in saving the planet. Large print.

\$16.95 Hardbound (ANHS members, \$15.95)



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Today!**

How to order:

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Send checks made payable to:

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trees and shrubs? As a home gardener, you play an important role in helping restore the link between nature—with all its magnificent species—and daily life.

The Fall, 1992 issue of *The Amicus Journal*, published by the Natural Resources Defense Council, presented an intriguing and inspiring glimpse into the important role that biodiversity can play in home gardens. In the article "Going Native," by Janet Marinelli, author of the book, *The Naturally Elegant Home: Environmental Style*, readers had an opportunity to see home gardens transformed into ecological sanctuaries, where gardeners rely on native plant communities.

Marinelli notes that even small yards can often achieve high levels of biodiversity. And when the right environmental conditions exist, birds, butterflies, and other wildlife generally begin to reappear. Your efforts can go a long way toward restoring the original balance of plants, birds and insects. An ecologically restored yard is also easier to maintain than a yard full of non-indigenous species imported for looks only.

You can get a copy of Marinelli's book at your local bookstore or library. *The Amicus Journal* is published by the Natural Resources Defense Council. For information, write to: 40 West 20 St., New York, N.Y. 10011.

Errata

An error appeared in the article, "Diet and Disease: The China Study," in the September/October issue of *Health Science* magazine. In the first two paragraphs on page 8, the word "mental" (which appears twice) should have been "mineral." We apologize for any confusion. □

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today!**

Basic Natural Hygiene Library

*These classic health books belong in every home library.
There is no better written material on Natural Hygiene
available anywhere. Order your set today!*

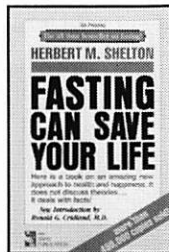
Complete set of 10 books only \$39.95!

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 40,000 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.

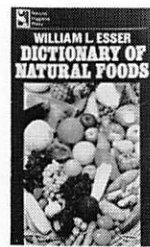


Dictionary of Natural Foods

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.

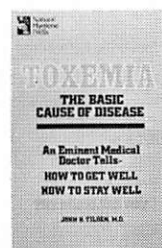


Toxemia: The Basic Cause of Disease

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 Sidbwa, 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.

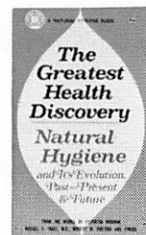


The Greatest Health Discovery

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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incredible set!**

William Esser

Prominent Natural Hygiene physician shares his personal philosophies on health, diet and the natural way of life.

By Mark A. Huberman

WILLIAM ESSER, N.D., D.C., is among the most respected and revered individuals in Natural Hygiene. One of the original founders of the American Natural Hygiene Society, he is a member of the International Association of Professional Natural Hygienists and the director of Esser's Health Ranch in Lake Worth, Fla.

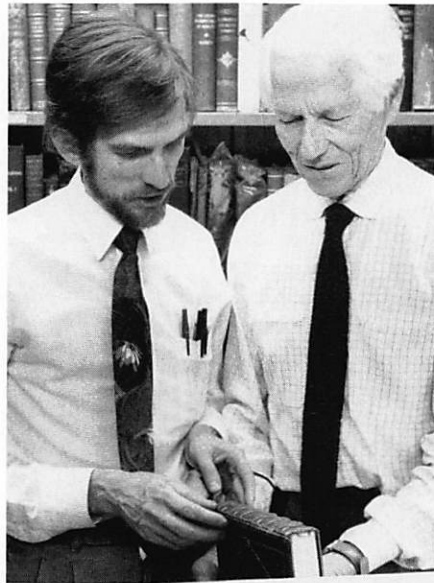
A true scholar of Natural Hygiene, Dr. Esser has assembled one of the largest collections of books and periodicals on Natural Hygiene in the world.

This past spring, ANHS President Mark Huberman traveled to Esser's home in Lake Worth and interviewed him for *Health Science*. ANHS Executive Director James Michael Lennon was also on hand, and his photographs accompany this interview.

Still vibrantly healthy at age 82, Esser is very active, with many interests in addition to Natural Hygiene. Among these, he is still an avid tennis player, he spends as much time traveling as possible, and he is an accomplished photographer.

Here is a rare opportunity to meet and learn from one of the real pioneers of Natural Hygiene. Esser offers valuable insights on fasting, diet, exercise and the importance of discipline in a successful and rewarding life.

Dr. William Esser is a living treasure. His timeless words of wisdom will enrich everyone who takes them to heart.



ANHS President Mark Huberman interviews William Esser in Lake Worth, Fla.

People must consider all aspects of their health.

How did you first get interested in Natural Hygiene?

When he was a young man, my father overcame a serious illness, diagnosed as tuberculosis, through natural means, including fasting. As a result of that experience, he raised our family according to hygienic principles. So I had many of the benefits of hygiene

and vegetarianism from a young age.

But it was not until later, when I entered the American School of Naturopathy and Chiropractic in New York City, that I became familiar with Dr. Herbert M. Shelton and his philosophies.

Did you select that school for a particular reason? Was it a progressively inclined institution?

Yes, it was a naturopathic institution, and it was the only place where we could go to get the type of education we wanted. At the time I don't think there were any other colleges of that type.

Dr. Gian-Cursio, another well known Natural Hygiene doctor, also attended American College, did he not?

Yes, he did.

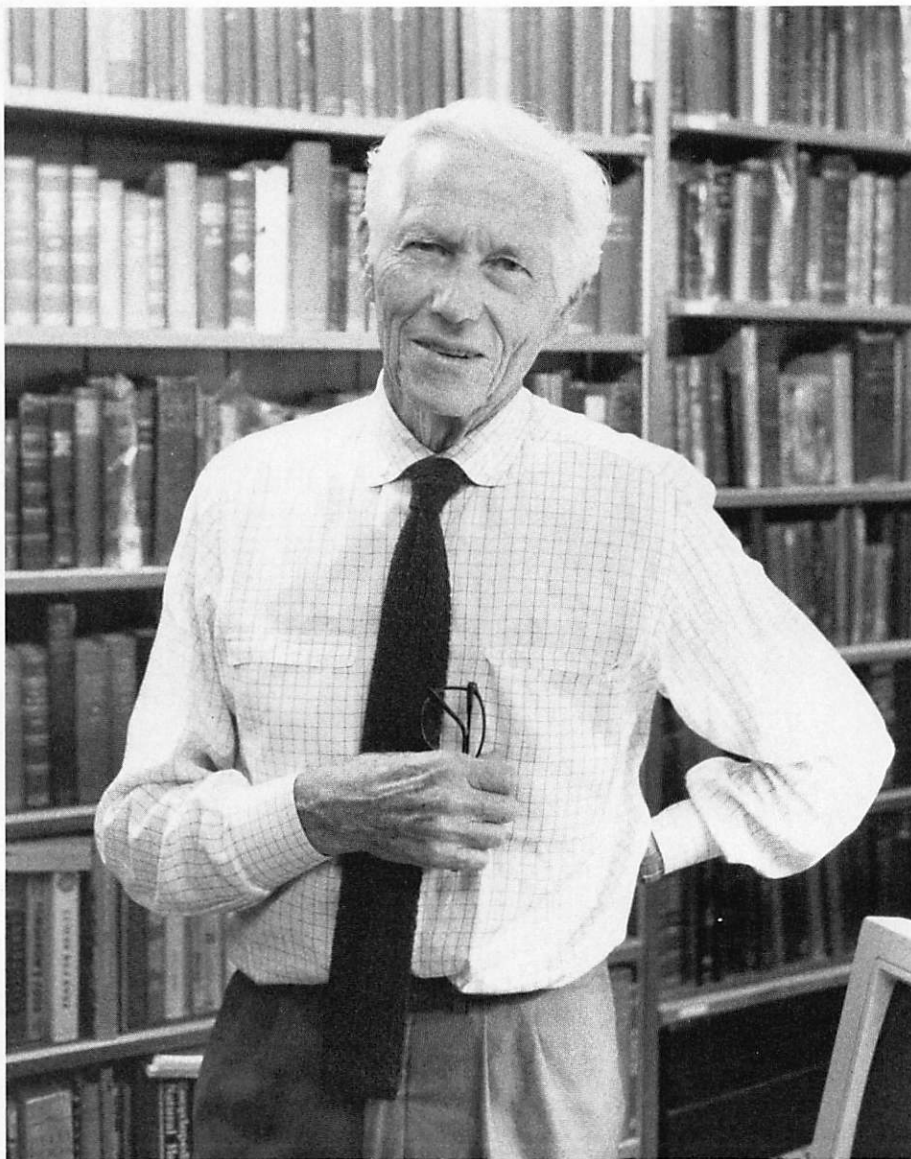
How long have you been a professional Natural Hygienist?

I first began practicing in 1935 in an office practice in Pittsburgh, Pa. Later, I practiced in both Connecticut and South Carolina before coming to Florida in 1945.

When did you open Esser's Health Ranch?

We opened the Ranch in 1949, here in Lake Worth, Fla. It was a little sleepy town back then.

We bought the property and made changes in some of the buildings, adapting them to care for people. Over the years we have added a number of facilities and improved it with the ad-



As a dedicated scholar of Natural Hygiene, William Esser has collected a prestigious and impressive library on the subject.

***Exercise is a priority for ideal health.
Above all, exercise should be enjoyable!***

dition of a well designed kitchen and dining room.

You have always personified all the elements of health. Is that what you try to produce in people who come to the Ranch?

Yes. I don't think that fasting *alone* or diet *alone* are sufficient on their own. An individual needs to consider all aspects of their health, including air,

water, food, activity, rest and also emotional poise. The emotions have to be considered. They are very important.

How do you teach that? How do you tell people in the humdrum of life how to focus on their total health needs?

One of the reasons people return frequently to the Ranch is because they find relief from their environmental

problems at home. It is often important for these individuals to come for repeated stays in order to achieve success in transforming their living habits. For many people, one visit is simply not sufficient to drive out the old patterns of living, often emotional, that are the roots of the problems. People have a hard time breaking patterns.

We try to provide an environment where people can achieve their individual health goals. In addition to teaching about diet, rest and other aspects of health I have already mentioned, we also provide a good exercise program, and support the idea that exercise should be *enjoyable*.

We have two tennis courts at the Ranch. In addition, we have a large solarium, because adequate sunshine is naturally a priority for ideal health. Today, of course, because of the non-filtered atmosphere that we have here, it is important to caution people about taking too much of it.

How many fasts have you supervised in your career?

Over 15,000. The Ranch can accommodate a maximum of 35 people fasting at one time. Currently, we average approximately 25 throughout the season, which runs from October 10 to June 30.

What is the longest fast you have supervised?

The longest was 72 days, a young man who wanted to achieve the ultimate in health. He had just been named an All-American college football player. But he wanted to come down then and get himself in the best possible shape.

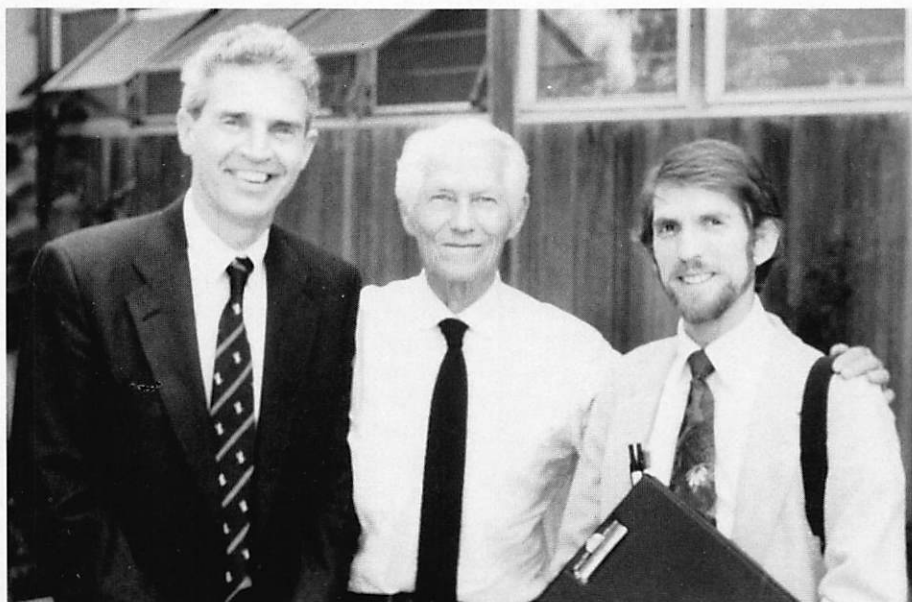
How much did he weigh before he started fasting, and how much did he lose during the fast?

He weighed 235, and when he finished with his fast he weighed 175.

That is a little less than the traditional estimate of losing approximately a pound a day. Did it take him long to recover his weight?

No, he went back to 210 and that is where he held himself.

After he finished his fast here, he



ANHS Executive Director James Michael Lennon (l) and ANHS President Mark Huberman (r) recently visited with Dr. Esser at his home in Lake Worth, Fla.

Natural Hygiene offers great hope for people. A wide variety of conditions respond well to fasting and Natural Hygiene care.

went on to play for Toronto, a professional team. About two months after his fast, he wrote me a letter because he thought I might be interested in knowing how he was doing after his fast.

When he was in college, he ate the meal plan that the team had set out for them. But he said that at the end of the first quarter of play he and his teammates would be exhausted. Now, he said, he was eating only two meals a day—fruits, nuts and salads and nothing else—and was less fatigued at the end of the full game than he used to be after only a quarter of play. One day the coach came in and happened to see what he was eating. He could not believe it, but he said, "Well, as long as you are playing the way you are, I don't care what you eat."

Do you find that people's reaction, their physiological response, to fasting is different now than in the past? Are we changing as a species?

Generally, people respond the same way. It is more difficult for people who have taken drugs, certain kinds of drugs particularly, like steroids. These cases are very difficult to fast. In fact,

it is contraindicated that they should fast until they have been away from their addictions for a long time.

And today because of the immune system difficulties that people have, it is also very difficult to fast some of them for any appropriate periods of time. The old concept of fasting until hunger returns is very difficult to do these days. People with immune deficiencies have to be cared for in a different way, for example, with very short fasts over a period of time, depending on their needs and capabilities.

Do you think that people need to fast regularly as part of a health regimen?

If a person is living a completely hygienic life, I don't think fasting is necessary. But there are very few people who are living that way. So I do feel that it is wise to fast occasionally, even if it is a seven- to 10-day fast. And for people who cannot do that, I recommend that they fast perhaps one day a week. I know that not all the doctors will agree with the recommendation to fast one day per week. People who cannot or do not want to fast ought to go on a fruit and vegetable juice diet

for a couple of weeks every once in awhile, just to allow their body more rest from the daily assault they inflict on their digestive system.

Regarding diet, in traditional Natural Hygiene there is the philosophy that you should get all of your food raw and unprocessed. Is that necessary? Do people need to eat a raw food diet to lead the pristine way of life?

I don't think so. Certainly we all try to think of things from the ideal standpoint. It would be ideal if we were able to eat things totally raw. But, there are very few people who are disciplined to that point—although I know some who are. The majority of people find it limiting and uninteresting. I don't consider it too much of a compromise to eat a 90 to 95 percent raw diet with the rest being something cooked or baked.

Some Natural Hygiene doctors contend that unless people select their raw food diet carefully, they can end up with a high-fat, high-protein, high-sugar diet. With that in mind, they are advocating the inclusion of more steamed vegetables and starch based foods.

I believe that for some individuals it is necessary to have some of those other foods—but I think that stems more from a psychological need rather than from any physical need. I do think it is perfectly acceptable for them to "compromise" to some extent so long as they don't go too far afield.

Are you concerned with food combining?

Yes, I am. I go along with Dr. Shelton's views on it. It is true that certain kinds of things can be combined that are not totally in accord with Shelton, and we can seemingly get away with a lot of things. Even the average person does not notice the difference when he is eating poor combinations, not until he gets a little bit older, by which time he is developing serious intestinal and digestive problems from the fact that he is combining things badly. I know that some of the doctors are changing their views on food combining. But, on the whole, I still go along with Dr. Shelton.

I think that a lot of people, and that

goes for some doctors as well, are motivated by their own experiences with respect to food. And I think they are motivated to tell you to follow a meal plan somewhere in the vicinity of the way they eat themselves. Dr. Shelton talked about people being imprisoned to a degree by their own experiences.

Historically, many Natural Hygienists have emphasized fruit as being predominant in the diet. Two fruit meals and a vegetable meal, or two vegetable meals and a fruit meal. Do you have a feeling about that?

My particular inclination personally is two fruit meals and one vegetable meal.

Is that because you are surrounded by such luscious fruits?

It may have something to do with it, because certainly if one is limited in the variety of fruits, then fruit eating is not as appealing. But my family generally prefers two fruit meals and one vegetable meal.

Some Natural Hygienists say that the traditional daily eating of nuts adds too much protein into the diet. Is this a concern of yours?

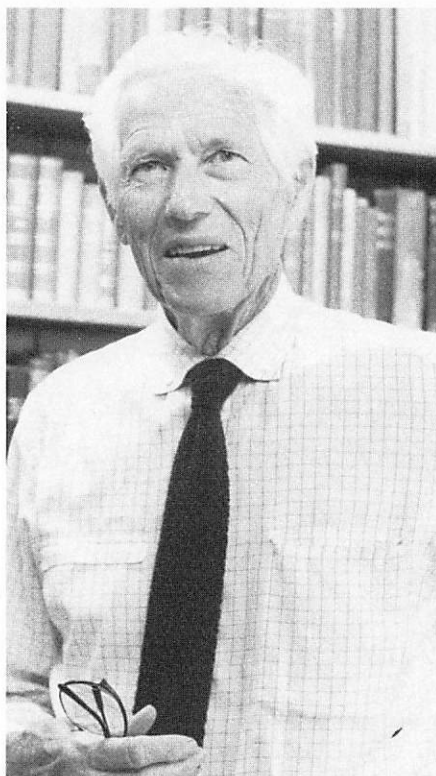
I certainly don't think so. We use nuts every day for our patients, and I find that they do quite well with them. They have them for breakfast, and some of them have them with their evening meal. We don't serve nut butters, but we sometimes grind the nuts, or sunflower or pumpkin seeds, to a fine paste and use them that way.

Have you encountered any elevated incidence of vitamin B₁₂ deficiencies among Natural Hygienists?
No.

After a life in the health movement, are you hopeful for the future, or do you think the world still has a long way to go?

I have seen some interesting changes during my lifetime. But when you actually get down to think of it, when Bernarr MacFadden was alive, there were, for example, more health food restaurants in New York than there are today, and better ones.

In general, I see a greater general in-



As in music and other creative endeavors, Dr. Esser sees discipline as an important key to health success.

*Natural Hygiene
requires discipline.
It is not something
to be bought or to be
used as a quick fix.
Its reward, quite
simply, is a healthy,
wonderful life.*

terest in people's concern about food. *Fit For Life* has done a lot for that. But on the whole, people are still involved with a lot of the therapies, a lot of embellishments that can be bought and sold, remedies, supplements and all those different things.

What about the advances made by doctors John McDougall, M.D., Michael Klaper, M.D., Neal Barnard, M.D., Dean Ornish, M.D. and others in understanding the role of diet in health?

I am glad to see that. But at the same

time, that has happened before, when we had a lot of medical doctors begin to come along. One would think that they would gradually multiply. But somehow they do not. Until we can get rid of the pharmaceutical houses I don't think there is going to be very much progress.

Natural Hygiene is such a great thing, it *should* spread like wildfire. But it requires *discipline*. It is not something that people can buy in pill form, it is not some therapy they can take and cure themselves. And as long as our way of life requires discipline, most people won't adopt it.

We are living in a permissive society today where people expect to enjoy things. They like their alcohol and their smoking and their coffee and their foods. They don't like simplicity, and they don't like the denial of not having those things.

Those who are not disciplined are accustomed to being overweight, accustomed to their addictions, and it is very difficult for them to get away from that. I see people coming back to the Ranch year after year, and many times I am tempted to tell them not to come! But then I realize that a little benefit is better than nothing.

It sounds like a person has to develop self control in order to achieve their ultimate goals.

Of course. I tell people to value health and the pleasure of being well. Cherish the wonderful knowledge that you will gain from living in a healthy way. That is the reward of it all, and it is worth any type of so-called "limitations"!

It is a question of discipline. Certain people include discipline in their life as a matter of course—musicians, athletes and others who must constantly practice to maintain proficiency. They see the joy and wonderful results of discipline.

You appear to be in vigorous health and living well, especially for a man in his 80s. What is your secret?

I practice what I preach. I eat about 90-95 percent uncooked food, usually two fruit meals and one vegetable meal per day. Additionally, I exercise every day, do calisthenics and play tennis. If I am pressured at work, or have a serious case that I'm worried about, then I fast as long as necessary. □

Food Power for Athletes

*Dispelling the myths of the
high-protein, meat-based diet*

By Neal D. Barnard, M.D.

In the past, some athletes thought that a high-protein, meat-based diet would improve their performance. They thought that eating muscle would help to build muscle. This is no more true than the idea that eating brains will increase brain power.

As early as the late 1800s, researchers had determined that carbohydrates and fats, not protein, provide the energy used in exercise.¹ At the same time, vegetarian athletes were regularly outperforming meat-eating athletes. In an 1893 walking race from Berlin to Vienna (around 370 miles), vegetarians won both first and second place. In 1896, cyclist and vegetarian James Parsley not only won a prestigious hill-climbing race in England, but he also broke the record time by almost a minute. In 1907, the *Yale Medical Journal* published a study on the endurance of meat-eaters versus vegetarians. The study concluded that "it may be inferred without reasonable doubt that the flesh-eating group of athletes was very far inferior to the abstainers..."² Modern-day athletes find the same benefits.

The body during exercise

As an endurance event begins, the muscles draw their fuel from glucose,

Neal Barnard, M.D., president of Physicians Committee for Responsible Medicine, is the author of *The Power of Your Plate*, a powerful documentation of the benefits of the vegetarian diet.

*The best diet
for athletes is
high in complex
carbohydrates,
low in fat,
and moderate
in protein.*

a simple sugar, which comes from the breakdown of glycogen, a stored form of carbohydrate. As exercise continues, body fat breaks down into fatty acids which then provide the muscles' fuel. The body reverts back to burning glycogen when fatigued and during sprints. The more intense the exercise, the more the body relies upon glycogen.³

The vegetarian edge

The amount of glycogen stored in the muscles, critical to exercise and endurance, appears to depend upon the amount of carbohydrates consumed. The American Dietetic Association recommends that athletes who compete in endurance events follow a diet that gets 65 to 75 percent of its calories from carbohydrates.⁴ High carbo-

hydrate levels help support athletic performance.

Recent research has shown that, while a limited quantity of amino acids can be used as fuel during exercise, there is no need for athletes to boost their protein intake. Athletes normally consume more calories than non-athletes and, in the process, get more than enough protein. In fact, taking in excess protein—either through amino acid supplements or through a high-protein diet—may cause dehydration and kidney problems. Similarly, fatty acids are burned during exercise, but there is no need to take in extra fat. Even a male runner with only five percent body fat has enough fat stored for several marathons. Adding fatty foods to the diet is a mistake.

A note on carbohydrate loading

In an attempt to increase their levels of muscle glycogen, many athletes "load" carbohydrates. While "loading," one first follows a very-low-carbohydrate diet in order to deplete existing stores of glycogen and then replenishes the stores with a high-carbohydrate diet. Although successful, this method can lead to depression, lethargy, loss of muscle tissue, chest pain, and other side effects.⁵ An alternative, safer method is to taper off one's exercise program over a six-day period so that the day of the event is

preceded by a day of rest. During the first three days of tapering, the athlete consumes a normal (60 percent) high-carbohydrate diet. During the last three days, a diet that is 70 percent carbohydrate is followed.⁶

Special dietary concerns

Although the need for vitamins increases with physical activity, usually only a second helping of food is needed to meet the increased requirement. Some research has concluded that athletes may need more riboflavin (vitamin B₂) than non-athletes. While riboflavin is important for tissue respiration, there is no evidence that supplements will improve performance. However, it is a good idea to be sure to include sources of riboflavin in one's diet: dark green, leafy vegetables are a good low-fat source.

It is important that exercising individuals get enough iron. Some good sources include dried fruits, peas, and beans. Iron supplements are not advised unless prescribed by a physician for a diagnosed iron deficiency. Some athletes with sufficient iron intake may still suffer from an iron-related condition known as "sports anemia." It

*There is no need
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In fact,
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appears to be induced by an increased plasma volume, not a true deficiency, and no treatment is required for this condition.

To help increase bone strength, weight-bearing exercises like walking

or running are best. Calcium supplements are rarely necessary. However, in some female athletes amenorrhea (cessation of menstruation) occurs. Although the cause is unknown, it is believed that amenorrheic athletes may need as much as 1000 or 1500 milligrams a day of additional calcium. This is because changes in hormone levels can cause a loss of calcium from the bone. Good sources of calcium are green vegetables, such as broccoli. Dairy products are not recommended, not only because of their content of cholesterol and saturated fat, but also because of the calcium-depleting effect of animal proteins and other health concerns related to cow's milk.

Finally, it is important to get enough water. Since vigorous exercise blunts thirst, dehydration can become a problem for athletes. Individuals can lose as much as four liters of sweat per hour during exercise. A general rule is to drink sixteen ounces of fluids for each pound of weight lost during exercise. Plain water is best to drink, since electrolytes are replaced through the diet. Diluted fruit juices may also be used.

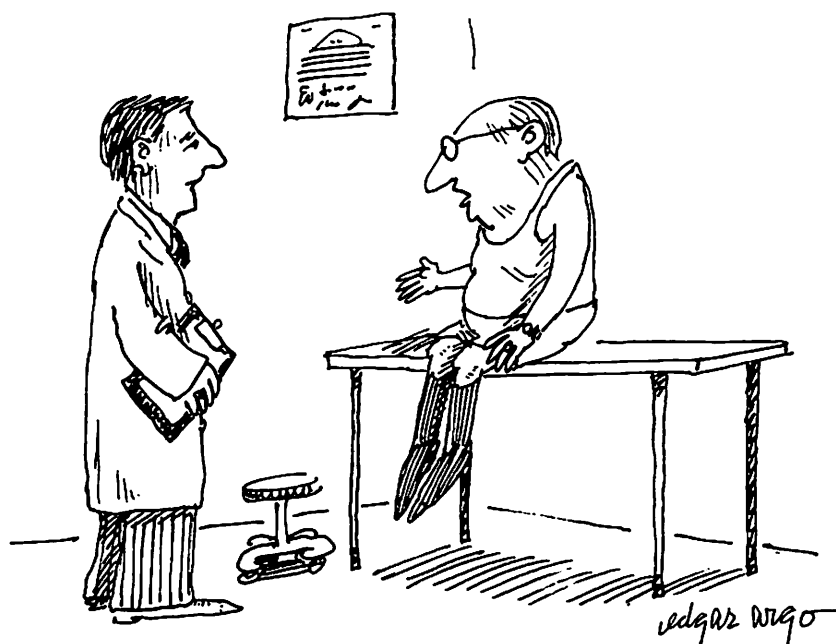
The best diet is a low-fat, vegetarian diet

The best diet for athletes is the same one recommended for non-athletes: high in complex carbohydrates, low in fat, and moderate in protein, but overall quantities will be increased. Be sure to include lots of whole grains, beans and peas, dark leafy green vegetables, and foods rich in vitamin C, which help the absorption of iron, calcium, and riboflavin. □

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1. Nieman DC. Vegetarian dietary practices and endurance performance. *Am J Clin Nutr* 1988; 48:754-61.
2. Fisher I. The influence of flesh eating on endurance. *Yale Med J* 1907;13:205-221.
3. op. cit.
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"I get plenty of exercise. I'm out there every day in the rat race."

Joy For Life

Practical steps you can take to make your life a celebration!

By Susan Smith Jones, Ph.D.

*The most
important
relationship
you have
is the one
you have
with yourself.*

WHAT A JOY IT IS TO share my thoughts about wellness, aliveness, beauty, and living fully.

Aliveness. What does this word mean to you? For me, aliveness is that state of being when every part of your mind, body and spirit is working in harmony. It is being so completely filled with health that there is no room for anything else. It is so much more than just the absence of disease or the sense of feeling fine.

It is a quality of life, a joy and radiance for living that makes every day a celebration. When you are experiencing it you feel radiant and beautiful because beauty comes from within. Aliveness also brings with it the potential to appreciate, respect and love ourselves and our bodies. It helps us give up the ways we used to treat ourselves lovelessly.

Health and beauty: our natural birthright

Is your health an important part of your life? Or do you assume that since you have no signs of illness you don't need to make any changes to your lifestyle? If you don't make time for your health now, you will have to make time for sickness later.

Stop and think about how truly remarkable your body is. It is a miracle that is often taken for granted. Cherish, appreciate and nurture your body, for this is the first step to experiencing vibrant, radiant health. Tune in to your body. It is an incredible feedback machine. When you get a headache, for instance, your body is trying to tell

you something. Listen.

Clearly, this miraculous body of ours didn't happen by chance. It has been intricately designed and balanced as a complex physical, mental and spiritual entity. Physically—you are what you eat and how you exercise; mentally—you are what you think; spiritually—you are what you believe and accept for yourself.

The key is *balance*. Aliveness is simply a delicate, harmonious balance. As the ancient Greek philosopher Plato said, "Health is a love affair between all the organs of the body." I would like to add to that, "and the mind and the spirit."

Choose to be healthy

The wonderful thing about wellness is that we can *choose* to do something about it. No longer can we blame our families, friends, doctors and the environment, for how we feel and look. We must take responsibility for our own health. In fact, wellness or aliveness is *simply a matter of choice*. Fortunately, it is always our choice.

Our lives are made up of perpetual choices. Moment to moment, we are constantly choosing. What we are consists of choosing what we think, what we imagine, how we react, what we eat, what we say and what we feel. We are free to choose and create our lives any way we want them to be.

It starts with how we feel about ourselves. Self-image is important in determining the quality of our lives. Whether we succeed or fail, enjoy our life or struggle—it all depends on our self-image. In fact, numerous studies



Ed Lucias

Let health flower in your life!

have concluded that our view of ourselves is the key factor in taking control of our lives.

Develop a loving relationship/friendship with yourself. Out of that friendship all your other relationships will form. Stop being critical, judgmental and unforgiving of yourself. When you are not feeling good about you, it creates a separateness from others. Also, notice that what you criticize in others is often a characteristic you are also critical of in yourself. People are our mirrors, reflecting what we express and treating us the way we've

taught them to treat us.

So, the only relationship you have to work on is the one with yourself. It starts with you. You can't celebrate another or expect others to celebrate you until you first celebrate yourself. Treat yourself with dignity and love. See yourself as the winner you are.

In short, the better you feel about yourself, the better the rest of the world will be.

We are the world

We are all cells in the body of humanity. We are not separate from our fellow

humans. There is no room for negative thinking, unforgiveness, bitterness toward others or selfishness. It is *our responsibility* to this body of humanity to be a healthy, happy, peaceful cell that radiates goodness, positiveness and love. In this way, we can help make our world perfect and harmonious.

While both the physical body and the body of humanity work along the same principles of harmony and cooperation, there is one clear difference. The cells of the body don't choose how they function. But people choose how they live and cooperate with one another. Harmony is not thrust upon us. We have a choice. And when we choose not to work together harmoniously, we experience collective illness—just as the body experiences disease when its parts don't work well together. When we do cooperate with compassion, we experience collective well-being—life as it is meant to be.

Living in harmony

The separation and division that has colored our thoughts and beliefs regarding our lives on this planet must be examined and corrected. To create peace on earth, we must stop dividing the world, the nations, the races, the religions, the sexes, the ages, the families, and the resources, and know that it's time to come together and live in harmony and love. The timeless adage, "Love one another," rings as true today as it did centuries ago. The awareness of our oneness must precede our thoughts and actions as a part of our belief system. It's *your* choice. You can choose to make a difference.

When you live within Nature's laws—health, beauty, harmony and peace are naturally yours. Good health practices can be as rewarding in the doing as they are in the results. Good health is not only an end in itself; it is the means to all other ends as well. Be true to all that you were created to be. When you are true to yourself, you will experience aliveness and discover that life is a celebration. The choice is up to you. Celebrate life. □

Susan Smith Jones, Ph.D., a fitness instructor at UCLA for 20 years, travels internationally as a wellness consultant and motivational speaker. Her bestselling books, *Choose to Be Healthy* (\$9.95; \$8.95 ANHS members) and *Choose to Live Peacefully* (\$11.95; \$10.95 ANHS members), are available from ANHS. Add \$2.00 shipping per book. Florida residents add 6% sales tax.



David Durbak

Enjoy this easy to prepare and indescribably delicious applesauce recipe!

Delicious Holiday Dining

Celebrate the holiday season with meals that are as beautiful as they are tasty!

THE HOLIDAYS ARE A WONDERFUL time of year to celebrate with family and friends. Here are some wonderfully delicious recipes to complement your holiday entertaining, whether you are inviting people to your home or taking a dish with you to a gathering.

We are offering a wide variety of choices because each of our needs is different. You may be having a simple,

By Susan Taylor

quiet meal at home, attending a formal family gathering at a relative's home, or entertaining a large group in your home.

Each of these settings calls for different choices and decisions. Should you prepare traditional foods that people have grown to expect, or serve a healthy meal? Can you bring your

own food to a gathering without offending your host or hostess? Should you compromise your eating standards to make a family gathering go smoothly or should you make a stand based upon your principles?

These are not always easy decisions. But if we focus on the true meaning of Thanksgiving and the holiday season—the celebration of love, community, friendship and thankfulness for



Sage advice from Marilyn Diamond: "The main ingredient of a nutritious meal is love!" This is a great tip for making your holidays more enjoyable!

being alive—the choices we make will work out well!

As Marilyn Diamond says in her book, *The American Vegetarian Cookbook*, "If we make our food choices from the wide variety of wholesome foods that are available to us and we approach the eating experience with the joy, reverence, and gratitude our food abundance deserves, we can reap all the health we desire."

Variety of menus

We offer a variety of menus for you to choose from for your holiday meals. These menus are geared toward variety, color, and great taste! Some are simple but tasty, such as Fresh Apple-sauce; some are more elaborate dishes, which more closely resemble conventional meals. We have also included some desserts.

The recipes that follow have been gathered from the kitchens of some of the best Natural Hygiene "chefs." We would like to thank Marilyn Diamond, Joy Gross, Marti Wheeler, the Center for Conservative Therapy, the Canadian Natural Hygiene Society and the late Hannah Allen for creating these wonderful recipes.

MENU 1

Salad

Very Veggie Salad

Entrees

Creamy Avocado-Cabbage Soup

Vegetable Platter with
Avid Avocado Dip

Stuffed Winter Squash with
Savory Stuffing

Very Veggie Salad

- 1 head romaine lettuce
- ½ small head purple cabbage
- 2 stalks celery
- 1-2 turnips
- 3 avocados
- Alfalfa sprouts

Wash, dry and break up lettuce. Grate purple cabbage; wash celery. Peel and taste turnips to make sure they are not bitter. Cut avocados into quarters, remove the pit, and peel.

Dice celery, turnips and avocados. Toss all ingredients together in large salad bowl.

Mix in left-over Creamy Avocado-Cabbage Soup and/or Avid Avocado Dip as a dressing if you wish.

Serve in small individual salad bowls. Garnish with clumps of alfalfa sprouts.

Serves 6.

Creamy Avocado-Cabbage Soup

- 1 head cabbage
- 3 avocados
- Parsley, alfalfa sprouts, sweet red pepper for garnish

Use cabbage that is sweet, delicious and not overly strong-flavored. Juice the cabbage.

Cut the avocados into quarters, remove the pit, and peel.

Put the cabbage and avocado quarters into a blender and liquify on high speed until creamy and smooth.

Pour mixture into soup bowls and garnish with a fresh parsley sprig, alfalfa sprouts, a red pepper ring or diced red pepper.

Serves 6.

Vegetable Platter with Avid Avocado Dip

- Carrot sticks
- Celery sticks
- Cucumber sticks
- Red pepper "rounds"
- Romaine lettuce (optional)

Arrange vegetables on platter. You can add romaine lettuce to make a bed for the vegetables to give more color to the arrangement if you like.

Place bowl of Avid Avocado Dip in the center of the platter (recipe below).

Adjust amounts of vegetables to accommodate number of guests.

Avid Avocado Dip

- ¼ cup carrot, celery and/or sweet red pepper juice
- 2 mashed avocados

Mix juice and avocados together by hand. Do not mix them together in the blender!

Stuffed Winter Squash with Savory Stuffing

- 3 small Hubbard, acorn, butternut, or buttercup squashes
- 1 cup brown rice
- 1¼ cup water
- 3 ears of steamed corn with kernels sliced off cobs
- 2 stalks of celery, diced
- Small handful parsley, finely chopped
- 2 avocados, mashed on plate with fork

- ½ cup celery juice
- ½ cup sweet red pepper juice

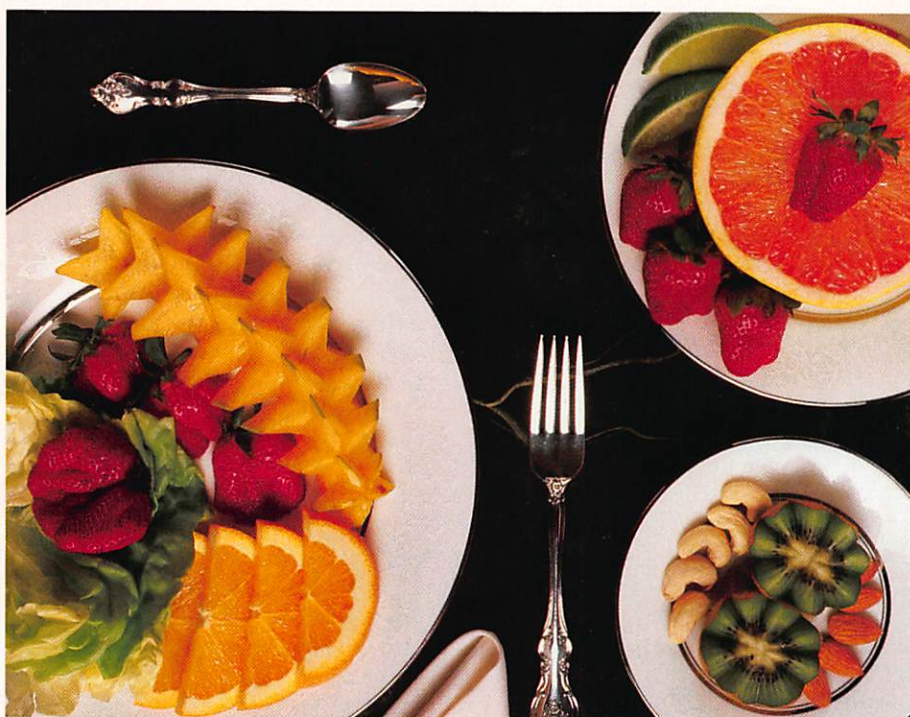
With a very sharp knife and a strong, steady hand, cut the squashes in half lengthwise and scrape out seeds and stringy fiber.

Bake squash at 375-400° for 45 minutes to an hour, or until tender.

While the squash is cooking, mix rice together with water and bring to boil. Place lid on pan and turn heat to low. Cook 20-25 minutes or until no water remains in the bottom of the pan and rice is soft.

Mix cooked rice with all other ingredients together in a large bowl. Heap the mixture into the cooked squash halves, garnish with parsley or sprouts, and serve.

Serves 6.



If you are serving a meal to your family or friends on Thanksgiving, be sure to prepare an elegant table. The care you give to preparation will be rewarding for you and your guests.

MENU 2

Salad
Tossed Rainbow Salad
Entrees
Yam Carrot Casserole
Brown Rice Stew

Tossed Rainbow Salad

Small head of romaine lettuce
 $\frac{1}{2}$ grated carrot
 $\frac{1}{2}$ ripe avocado
6 plum tomatoes
8 leaves Boston lettuce
6 two-inch slivers of yellow squash

Break the lettuces into a bowl. Mound the grated carrot into the center of the greens. Arrange the squash slivers in star fashion around the edge of the bowl. Place thin wedges of avocado between squash slivers. Place tomatoes around edge to complete a pleasing design.

Serves 1.

Yam Carrot Casserole

3 medium yams or sweet potatoes
 $\frac{1}{2}$ cup carrot juice
 $\frac{1}{2}$ cup whole wheat bread crumbs
 $\frac{1}{4}$ tsp. cinnamon (optional)
 $\frac{1}{4}$ tsp. nutmeg (optional)
 $\frac{1}{2}$ cup grated carrots

Wash and grind the raw potatoes. Add juice, spices, and carrots. Place in a casserole bowl. Bake at 325° uncovered for 1 hour. Sprinkle top with bread crumbs.

Serves 4.

Brown Rice Stew

2 cups brown rice
1 sweet red pepper
3 stalks celery
3 sliced carrots
2 cups green beans
1 onion (optional)
Chopped parsley
4 cups water

Slice pepper, celery and carrots into small pieces. Snap vine end off of green beans and break beans into small pieces.

Combine ingredients in large pot. Bring to boil. Cover and let cook on low heat for 45 minutes or until rice is soft.

Serves 4.

MENU 3

Salad

Sprouted Lentil Salad

Entrees

Eggplant Casserole
with Spanish Sauce

Italian Cauliflower Mix

Sprouted Lentil Salad

4 cups lentil sprouts
4 Tbsp. lemon juice
1 medium tomato
2 stalks celery
1 medium avocado

Pour sprouted lentils into salad bowls. Put the lemon juice and quartered tomato into a blender and liquify.

Cut the celery into sixths and gradually add the celery pieces through the opening in the blender lid while the blender is running on high speed.

Quarter and peel the avocado and add it to the mixture in the running blender. Liquify this sauce until it is smooth and creamy.

Pour this sauce over the lentil sprouts and mix well.

Serves 4.

Eggplant Casserole with Spanish Sauce

2 medium eggplants
1 recipe Spanish Sauce
(see below)
8 oz. cashews

Peel the eggplants and slice them into $\frac{1}{2}$ " thick pieces and broil until barely browned, about 5-10 minutes.

Prepare the Spanish Sauce.

Layer sauce, then eggplant and finally cashews in a casserole dish, repeating and ending with sauce and a light sprinkling of cashews on top.

Lightly brown under broiler briefly. Bake in 375° oven for 10 minutes only. The casserole should be crumbly with little or no liquid, and eggplant should not be mushy.

Serves 4.

Spanish Sauce

- 4-5 fresh medium tomatoes
- 1 sweet red pepper
- 4 strips celery
- 1 Tbsp. parsley leaves

Peel and slice the tomatoes. Dice red pepper and celery. Chop parsley leaves into very small pieces.

Add small amount of water, about $\frac{1}{4}$ cup or less to the above mixture of vegetables. The tomatoes will supply most of the liquid necessary to steam this mixture for just a few minutes. Steam just long enough to slightly tenderize the ingredients.

Italian Cauliflower Mix

- 1 head cauliflower, broken into flowerets
- 1 clove garlic, mashed (optional)
- 1 yellow squash, cut into $\frac{1}{2}$ inch strips
- 1 red bell pepper, sliced
- 3 tomatoes, cut into wedges
- $\frac{1}{2}$ tsp. oregano (fresh, if available)
- $\frac{1}{2}$ tsp. basil (fresh, if available)
- $\frac{1}{2}$ cup green peas

Precook the cauliflower in a covered steamer basket in a pot with little water, until the cauliflower is partially cooked but still firm. Drain the cauliflower, and reserve the cooking liquid.

In a large skillet, with a few tablespoons of water, saute the garlic, oregano and basil for one minute. Add the cauliflower and a few tablespoons of the reserved cooking liquid, and stir-fry the cauliflower for two minutes.

Add the squash, peppers, and a few more tablespoons of the reserved cooking liquid, if necessary. Stir-fry for two more minutes.

Add the tomatoes and about $\frac{1}{2}$ cup of the reserved cooking liquid. Cover and steam for two minutes.

Remove the cover, add the peas and cook for 3-4 minutes or until the vegetables are tender.

Serves 4.



A lesson from Thin Again author Joy Gross, "Remember that holiday meals are first and foremost a celebration of love between family and friends!"

David Durbak

DESSERTS

Fresh Applesauce
Coconut-Date Balls
Fresh Fruit Ambrosia

Fresh Applesauce

- $\frac{1}{2}$ cup fresh apple juice or $\frac{1}{2}$ cup water
- 2 large apples, peeled and quartered
- $\frac{1}{2}$ tsp. cinnamon or nutmeg, or $\frac{1}{4}$ tsp. of each
- 1 fresh or frozen banana or $\frac{1}{2}$ papaya or 2 ripe persimmons (very soft) (optional)

Place all ingredients in blender. Blend until smooth.

Raw or uncooked applesauce is the only applesauce that is beneficial in our system. Cooked applesauce is acidic and does far more harm than good. Make sure this is only eaten on an empty stomach.

Serves 1-2.

Coconut-Date Balls

- 2 cups chewy dates, seeds removed
- 1 cup shredded coconut

Place the dates and coconut in a food processor and process until a big ball forms. Add additional coconut if this ball is slow in coming together.

Wet your hands and pinch off pieces from the big ball and roll them into small balls. Refrigerate or freeze.

Yields 12 balls.

Fresh Fruit Ambrosia

- 4 California oranges, peeled and sectioned
- $\frac{1}{2}$ fresh ripe pineapple, peeled and chunked
- 2 delicious apples, thinly peeled and cubed
- 1 whole ripe canteloupe or honeydew melon, halved and made into balls
- 1 small box fresh blueberries or strawberries

Mix together in a bowl. Add $\frac{1}{2}$ can of frozen orange juice concentrate and 1 cup of coarsely chopped pecans. Serve in individual bowls and sprinkle on top with natural grated coconut.

All New 1992 ANHS Conference Tapes

These all new tapes were recorded live at the 44th Annual International Natural Living Conference, Washington, D.C.



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



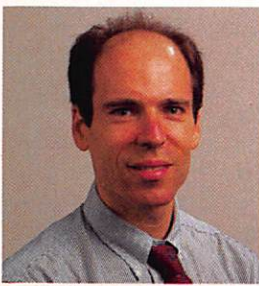
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Mary Gove Nichols

(1810-1884)

A feminist before her time, Mary Gove Nichols boldly taught women about health and personal freedom!

MARY GOVE WAS ONE OF the most prominent women in the hygienic movement that swept across the United States in the early 1800s. At a time when women were expected to be seen and not heard, Gove spoke out. She delivered an urgently needed, life-saving message that had a tremendous impact on the health of the nation—especially women and children.

Inspired by the teachings of 19th century health reformers William Alcott and Sylvester Graham, Gove lectured to women's groups in Boston. In an age of prudish mores, she boldly illuminated taboo topics ranging from anatomy and physiology to the prevention and cure of diseases. Hers was a liberating message to the modest ladies of the time who preferred to suffer rather than to submit to a physical examination by a male doctor. Gove firmly believed that their feminine fears were due to a lack of knowledge, and her personal commitment was to revolutionize this sad condition through education.

She summarized her philosophy of health in *A Woman's Work in Water Cure*, published in 1874: "The science of health is based upon a sound physiology—a study of nature and the laws of life...Health, in those who have the blessing of a good constitution, is maintained by a simple nourishing diet, pure air, exercise, cleanliness, and the regulation of the passions."

Though written more than 100 years ago, Gove's enlightened assertions summarize the very foundation of Natural Hygiene that is still taught today.

Gove's compassion for the plight of women was not limited to their



Daring to teach women about their health, Mary Gove Nichols delivered a bold message in an unenlightened era.

Herbert Shelton Library

The priceless books of Mary Gove and Thomas Low Nichols are preserved in the ANHS Herbert Shelton Library, Tampa, Fla.

physical health. She took a stand in 1854 that marked her as a leader of the women's rights movement of her time.

The social custom and marital laws of the day dictated that women were merely property to be owned by men. Women were denied rights of property ownership—even the clothes on their backs were not their own. In fact, if a married woman ran off with another man, the man could be sued by her husband for stealing her clothes from their owner!

With an insight that foreshadowed the future of equal rights, Gove compared the plight of women with that of slaves, and insisted that no one would be truly free until *everyone* was free. Her revolutionary remarks are recorded in the book *Marriage*, published in 1854.

Gove's attitudes and revelations came from experience. Her first

marriage, which ended in divorce, had been miserable, and several of her children had died in infancy. Later, when she fell in love with Thomas Low Nichols—another health pioneer and strong supporter of women's rights—she had strong reservations about entering into marriage again.

She expressed these concerns—and Nichols' responses—in her autobiography, *Mary Lyndon* (she changed all the names in the book, including her own). She wanted to continue lecturing, writing and working on behalf of women and children. She wished to keep her name, "the name I have made for myself, through labor and suffering." And she required a room of her own.

Nichols supported and agreed with her requests, and by all accounts, it was a happy union. He completed his medical studies and became a doctor so that he could support his wife in her work as a lecturer, teacher and writer. In 1851 they opened The American Hydropathic Institute in New York City, a co-educational medical school, the first of its kind in the country. The concepts of Natural Hygiene formed the foundation of its teachings.

When the Civil War broke out in 1861, the couple moved to London in protest of the war. They made their living by writing and lecturing, until she died in 1884. Nichols published *Nichols Health Manual: Being Also A Memorial to the Life and Work of Mrs. Mary S. Gove Nichols*, in 1886. He presented it as "a record of her heroic life, and most useful work for women, and thereby for humanity." □

Susan Taylor

Young at Heart

*A tribute to the four oldest ANHS members at this year's annual Conference—
all living healthier, happier, and longer lives through Natural Hygiene.*

AT THE RECENT ANNUAL CONFERENCE, ANHS member Dan Regan was struck by the incredible vitality of the Society's older members. He decided to seek them out to discover their philosophies on healthful living, and he inspired *Health Science* to write about them.

Here is a glimpse into the lives of four wonderful people—all powerful testimonies to the Natural Hygiene way of life. Dan Regan photographed and interviewed members Richard Doneit and Charlie Dworin. *Health Science* interviewed Felicia Matheson and Stanley Reed.

Charlie Dworin, age 90 Dedicated Natural Hygienist

A Russian immigrant, Charlie Dworin came to this country when he was 8 years old. In the decades since, he has raised a family, worked as a painting decorator and become a Natural Hygienist.

Dworin came to the Natural Hygiene way of life as many people do—as a result of a medical crisis. In 1957, he was seriously injured in a fall off a scaffold, and doctors gave him little chance of recovery. A friend gave him a copy of *The Science and Fine Art of Fasting*, by Herbert M. Shelton, that changed his life. Two years later he was fully recovered. Since then, Dworin has led his life as a Natural Hygienist and a total vegetarian.

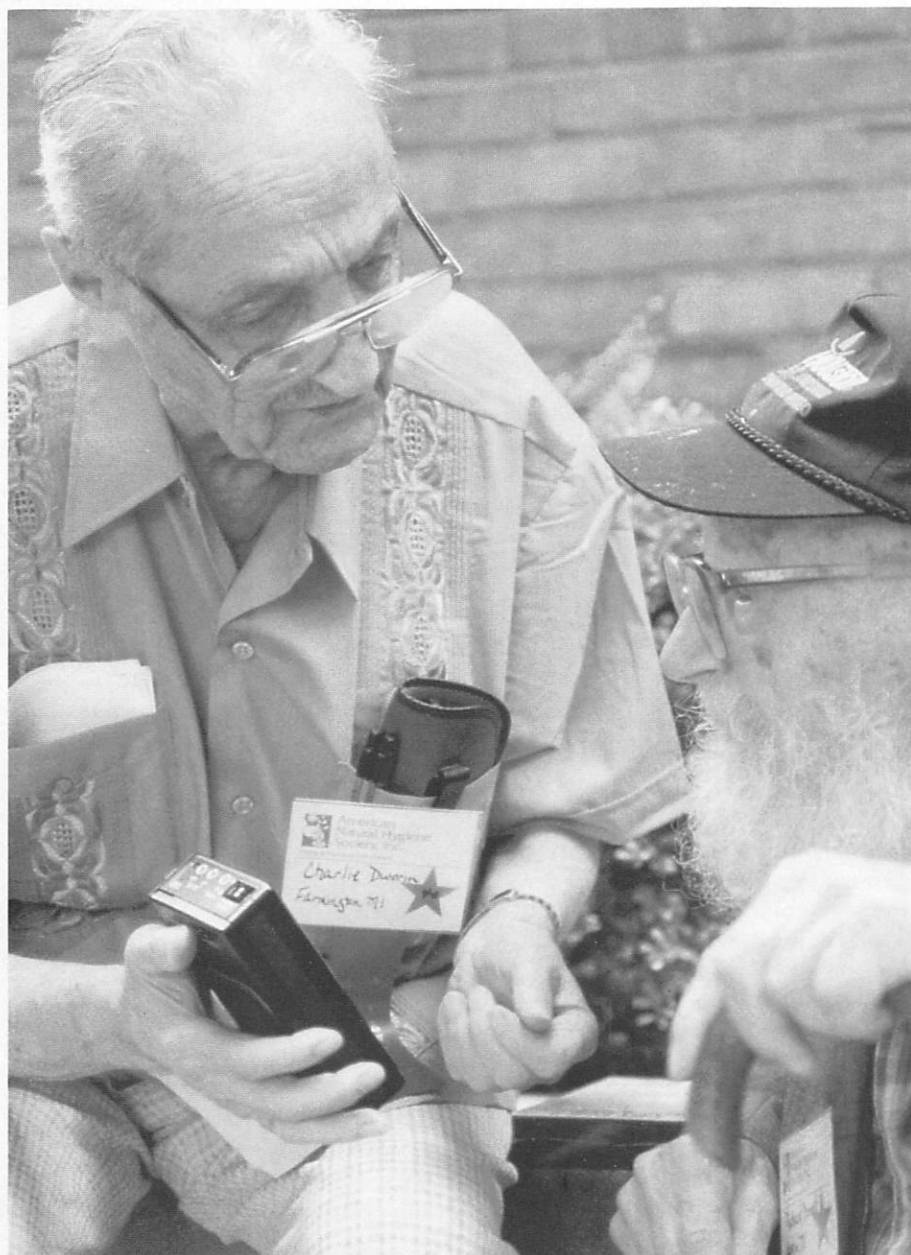
True to his way of life, Dworin has been an active member of the American Natural Hygiene Society for more than 35 years. He enjoys sharing his successful living tenets with other ANHS members, so every year he volunteers to work at the book table at the annual Conference. Although he had intended to slow down this year, he was as active at the book table as ever. "I just couldn't stay away. I love to meet all the new young people who come to the Conference, and I love to introduce them to all that ANHS offers on the natural way of life," he said.

In fact, Dworin attributes his long life to Natural Hygiene. "I don't eat fancy food, and eating less is better. I only eat two meals a day, I sleep at least eight hours a day and I take naps." "But," he adds, eyes twinkling, "my true success for a long life is trying to make people laugh by telling jokes!"

What's your story?

We would like to hear how Natural Hygiene has transformed your life. Send your story to:

Health Science
P.O. Box 30630
Tampa, FL 33630



At the 1992 Conference, members Charlie Dworin and Richard Doneit were happy, hygienic kindred spirits—so much so that they entertained one another with jokes and folk songs.

Dan Regan



Felicia Matheson of Keystone Heights, Fla. is an ANHS Century Club member.

Felicia Matheson, age 93 Living right, living long

Felicia Matheson is no newcomer to revolutionary ideas. As a nursing home administrator and registered nurse (in the 1940s and '50s), she blazed a trail for professional women decades before it was fashionable to pursue a career outside the home.

She always had a bent towards Natural Hygiene, even before she was aware it existed. "I knew we should eat lots of vegetables," she explains. And she knew first-hand that eating meat had its negative affects as well. In fact, when diagnosed with arthritis in her younger years, a doctor advised her to avoid meat because of the uric acid it built up in her system.

So it was no surprise when, in her 70s, Matheson discovered and embraced Natural Hygiene. Plagued for years with severe bladder infections, she sought relief without success through conventional medicine. Fortunately, she learned about Natural Hygiene, and that changed her life.

"The Natural Hygienists were so certain that we do not have to be sick, that we can reverse disease," she says. "Well, I got better, not overnight, but soon!"

A 27-year member of ANHS, Matheson says the secret to her long life is: "I study the Bible, live as a Natural Hygienist and believe in resting—particularly on 'the seventh day,' Saturday."

Stanley Reed, age 95 Inspired elder statesman

Longtime ANHS supporter and Century Club member Stanley Reed—the eldest statesman at the conference—delighted attendees at the 44th Annual International Natural Living Conference with his spirited opening remarks which kicked-off all of the Conference activities.

Stanley and his wife, Helen, are lifelong residents of Washington, D.C., a positively "capital" city in their eyes. They have made their home there, raised a large family there and Reed built not one, but two careers there.

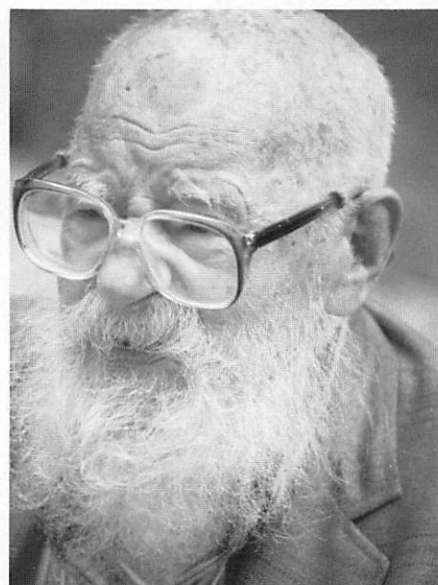
The Reeds pride themselves on being "lifelong learners." Currently, they are both taking music lessons—although Stanley doubts they are ready yet for the concert stage.

Avid travelers, the Reeds make annual treks to points distant. Their latest excursions included a cruise along the Atlantic coastline, a cruise to Bermuda, and a visit to Canada.

"We enjoy life," says Stanley. "And I owe my good health and long life to Natural Hygiene and the teachings of the Society. I am very thankful that this organization continues its fine and useful work, and I am proud to be a member." Stanley first learned about the American Natural Hygiene Society in the 1960s after a chance invitation to a Washington, D.C., lecture by Dr. Alec Burton, of Australia.



Stanley Reed, of Washington, D.C. is an ANHS Century Club member.



ANHS member Richard Doneit of Austin, Texas.

Richard Doneit, age 94 Folk singer, nudist

So strong was Richard Doneit's commitment to attending the Conference, that at age 94 he traveled for three days by bus from Austin, Texas, to Washington, D.C., just to take part.

Born in Germany, Doneit immigrated to America at age 32. A machinist and baker by trade, when he first came to this country he operated a restaurant in Philadelphia, Pa. Later, he moved to New York City, where he opened a photography studio.

During World War II, Doneit was drafted into the U.S. military and served as a photographer. After receiving an honorable discharge, Doneit began a bachelor's journey of hygienic living and worldwide travel with nothing more than the knapsack and sleeping bag he carried on his back. His travels took him around the globe as he sought out nudist colonies.

When asked for his keys to successful living, Doneit, who has never married, said, "I live a simple life, eat as little as possible, rest every day, and attend health and nudist conventions!"

Asked if he was disappointed that people were wearing clothes at the convention, Doneit said, "No. The lectures are enough to satisfy my mind. And, I can provide my own entertainment!" He then proceeded to demonstrate by singing a beautiful Russian folk song! □

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



David Durback

ANHS membership has soared to more than 7,000, the highest membership in the Society's history, with members throughout the United States and more than 60 countries around the world.

Annual membership renewal program underway!

One of the most important contributions you can make to the Society is to renew your membership now! If the expiration date on your magazine label is "12/31/92," it is time to renew!

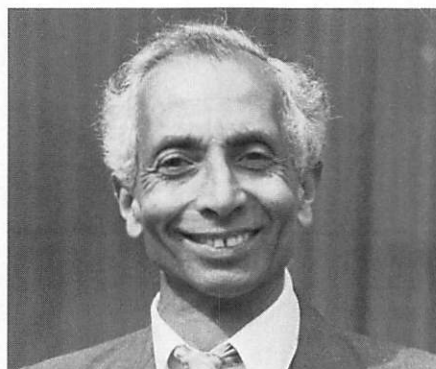
You can help the Society make the best use of your membership dues by renewing right away. This saves time and money spent in the renewal process that can go toward important educational projects such as new pub-

lications and more educational events. It saves paper and trees, too!

Annual membership dues are still only \$25 for U.S. and Canadian members (Canadian members please remember to write "U.S. Funds" on your check), \$45 all other countries.

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

Please renew your membership now!



J.M. Lennon

Dr. Keki Sidhwa was recently interviewed in *The Good Life* magazine.

ANHS members in the news

Keki Sidhwa, N.D., D.O., of Essex, England, was recently interviewed in *The Good Life* magazine. Dr. Sidhwa

is the founder of the British Natural Hygiene Society, a past president of the International Association of Professional Natural Hygienists, and a Life member of the ANHS. He has been the editor of the newsletter *The Hygienist* for the past 33 years. In the interview, Dr. Sidhwa attributes Natural Hygiene for saving his life as a child and for his continuing good health.

Health Science again an award winner!

Health Science magazine has again been honored with an award for writing excellence by the Florida Magazine Association (FMA).

"The Last Word," written by Execu-

tive Director James Michael Lennon, received the Silver Award for Excellence as "Best Regular Column." The judges gave the award for Lennon's column, "What Natural Hygiene Means to Me," which appeared in the May/June, 1991 issue. The award was presented at the FMA Annual Conference and Awards Banquet in September.

Health Science has received numerous awards in recent years for both writing and design excellence. Previous awards included best publication design, best written magazine, and best feature article.

More recycled paper for ANHS

The Society continues to increase its use of recycled paper. Almost all of the Society's envelopes and stationery are now printed on recycled paper. Because more and more individuals, organizations and businesses are requesting recycled paper, the costs are coming down and the availability is going up. We will soon be printing *Health Science* magazine on recycled paper.

However, a recent disappointment in our quest to be environmentally

responsible came when an order of letterhead and envelopes that was supposed to be printed on 100 percent recycled paper was printed on 50 percent recycled paper by mistake. To make matters worse, this stationery was printed with the reference "Printed on 100% recycled paper." Torn between our commitment to the environment and our commitment to accuracy, we contacted the Environmental Protection Agency and they suggested that we use the paper since returning it would be more wasteful.

In Memoriam

Two longtime members of the Society passed away recently, Harry Zukor of Los Angeles, Calif. and Harold Mefret of Stockton, Calif. We extend our deepest condolences to the families and friends of these loyal members.

Matching gifts program

You may be able to double your contributions to the Society through a matching gifts program at your place of employment. ANHS member Charles Blanchard, of Herndon, Virginia, re-



"Bobby's lab tests indicate he has difficulty walking mainly because his shoelaces are tied together."

American Natural Hygiene Society

Living in Harmony with Nature

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Become a Member!

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Miami Beach (305) 538-4497
Ocala (904) 629-6162
Volusia County (904) 761-6714

Illinois

Chicago (312) 280-7600

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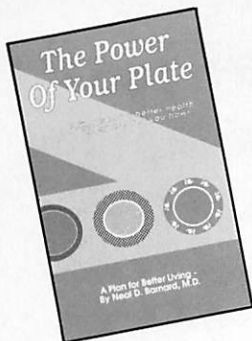
Philadelphia (215) 322-1492
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New from ANHS!

The Power of Your Plate: A Plan for Better Living

Neal D. Barnard, M.D.

Seventeen international experts say why a vegetarian diet is so important for a long and healthy life! A great confidence builder! Includes recipes!

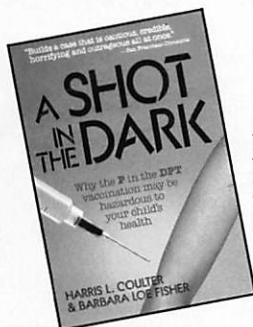
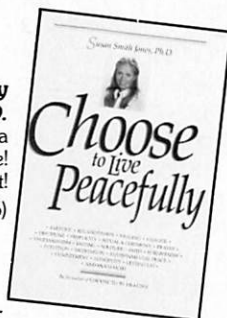
\$10.95 (ANHS members, \$9.95)

Choose to Live Peacefully Susan Smith Jones, Ph.D.

Achieve inner peace! This terrific book will inspire you to live a more peaceful, satisfying, and healthy life!

A great book and a great gift!

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A Shot in the Dark

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A chilling account of how dangerous vaccination has proven to be. Includes research into the history of the DPT vaccine.

\$9.95 (ANHS members, \$8.95)

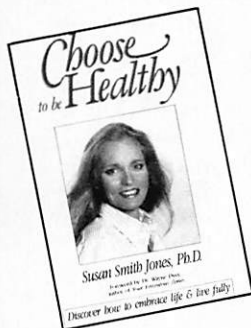
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Great Books!

Choose to be Healthy Susan Smith Jones, Ph.D.

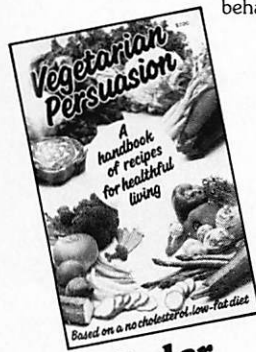
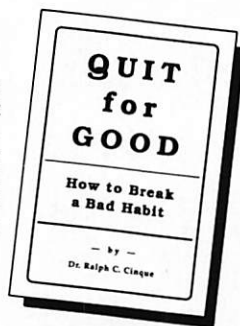
Create a life that is rich with positive choices and dynamic results by bringing together all the aspects of your being—physical, mental, emotional and spiritual.

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Quit for Good: How to Break a Bad Habit Ralph C. Cinque, D.C.

Learn how to conquer your addictions and transform your behavior with five easy steps! This book will inspire and motivate you to live fully!

\$9.95 (ANHS members, \$9.25)



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Delicious recipes that are simple to prepare and delightful to taste! The perfect book for everyone trying a vegetarian diet—everything from soups to desserts!

Special price \$7.00

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cently did this through the Matching Gifts Program at Black & Decker. Black & Decker will match his gift to the Society, thus doubling his contribution.

Check to see if your company has a matching gifts program. If there is one, all you need to do is fill out a form to double your gift to the Society.

We thank Charles Blanchard for his foresight and salute Black & Decker for their participation in this worthy program!

Remember, your contributions to the ANHS are tax-deductible.

ANHS Member Network needs you!

Many new members mention the opportunity to meet like-minded people as being high on their list of reasons for joining the ANHS. There are two ways to do this. First, attend ANHS seminars and the annual International Natural Living Conference.

Second, list your name and address in the ANHS Member Network, which appears in the "Natural Hygiene News" section of each issue of *Health Science* magazine. You can get to know someone who lives close by you, or you can correspond with someone who simply wants to share ideas with a pen pal.

The Society has members from all around the world who are eager to know more about each other! Send your name and address (and telephone number, if you want) today to: ANHS Member Network, *Health Science*, P.O. Box 30630, Tampa, FL 33630. There is no charge for the listing.

Local groups plan events

Members of the St. Louis group planned to discuss videotapes shown at their September and October meetings. The tapes featured Dr. John McDougall, author of *The McDougall Plan*, and "Weight Training at Home—Simplified," by Bob Mann.

The Los Angeles local group heard a report on the 1992 ANHS International Natural Living Conference by ANHS board member Anne Warfield at its August meeting. Members also enjoyed listening to a taped lecture from the Conference by author Victoria Moran titled "The Love-Powered Diet—When Willpower Is Not Enough."

ANHS member Donna Price is forming a local support group in the Orlan-

do-Central Florida area. If you live in Central Florida and want to get together with other members, contact Donna at (407) 872-1235 after 4 p.m., or write to her at 5318 Bamboo Ct., Orlando, FL 32811.

International news

The Canadian Natural Health Society in Montreal, Quebec celebrated its second Natural Health Conference and Fair in September. Guest speakers were Drs. Denis Burkitt and Hans A. Diehl. Activities included demonstrations, videotapes, short talks, and an information exchange.

Don Crichton was scheduled to address the Canadian Natural Health Society at its October meeting.

Upcoming

The St. Louis group plans to meet on November 15 to exchange sprouting information and demonstrations. For information, call Sally Robyn at (314) 583-2097.

The Canadian Natural Health Society is planning workshops in November and December. Morton Friedland will discuss "Highlights of Hygienic History" at the November workshop. Jasmine Blumenthal will present ideas for exploring and overcoming obstacles on our path to full humanness. For more information, call Rose Gordon at (514) 738-7767.

Meet new friends through the ANHS Member Network

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?

Central

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

East

Donna Price, 5318 Bamboo Ct., Orlando, FL 32811; (407) 872-1235. Donna would especially like to hear from members in Central Florida who would like to get together to meet on a regular basis.

The ANHS Member Network is a great way to meet new friends! Just send your name, address and telephone number to ANHS Member Network, *Health Science*, P.O. Box 30630, Tampa, FL 33630. There is no charge for the listing. ☐

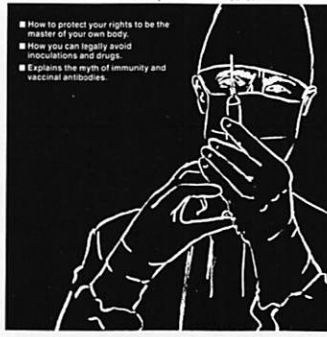
Natural
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Press

Don't Get Stuck!

Hannah Allen

Revised Edition

The Case Against Vaccinations and Injections
An Introduction by Alan Goldhamer, D.C.



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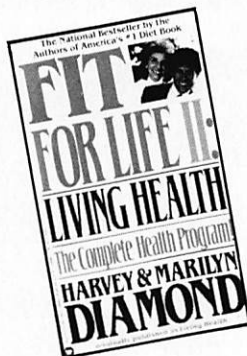
Don't Get Stuck!

The Case Against Vaccinations and Injections

By Hannah Allen

One hundred slightly damaged copies of this out-of-print classic by the late Hannah Allen were discovered in the ANHS warehouse.

These slightly damaged and scuffed books are all 100% readable. No refunds or returns.



Fit For Life Books!

Fit For Life II: Living Health

Harvey and Marilyn Diamond

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

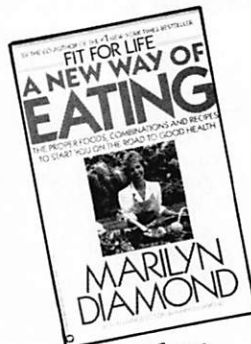
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Harvey and Marilyn Diamond

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

Simple and delicious!

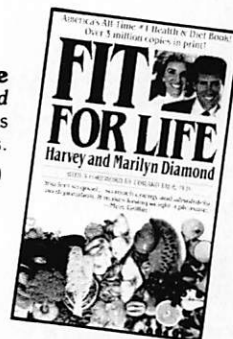
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American Natural Hygiene Society

Professional Referral List

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

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

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

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

Certified Members

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This pasture, high in the mountains of Central Mexico, is the last stop before the slaughterhouse for these innocent creatures.

Meat

Real problems for real people

By James Michael Lennon

THE SCENE ABOVE LOOKS CALM and peaceful, but if you look closely you will see some worried faces. These are not contented cows.

These animals know well that when men walk into this field it is usually to take one or more of them away. And the ones that are taken never come back. Today they are lucky. The only thing I will take away is a photograph.

Daily, we are asked to swallow the myth that meat is safe, necessary and somehow "normal" to eat. I think this is what the meat industry means when it advertises that meat is for "real" people.

As far as I can tell from the scientific literature, the only thing "real" about meat is that it is fraught with problems. Consider the following facts gathered by the respected scientific investigator Jeremy Rifkin in his latest book, *Beyond Beef*.

According to a report by then Sur-

geon General of the United States, Dr. C. Everett Koop, of the 2.1 million deaths in the United States in 1987, 1.5 million were related to dietary factors, including consumption of saturated fat and cholesterol. Dr. Koop warned the public that diets high in saturated fats and cholesterol played a key role in three of the nation's top ten causes of death: heart attack, cancer, and strokes.

More than 185,000 cases of colon cancer are diagnosed each year, and more than 50,000 died of the disease in 1988 alone. In the largest study ever conducted on colon cancer and diet, researchers found that women who ate red meat every day are two and a half times more likely to have had colon cancer than women who eat meat sparingly or not at all.

One out of ten women in the United States will eventually develop breast cancer. Among women over the age of 44 the incidence of the disease has increased by 2 percent each year since

1960. Researchers at the National Cancer Institute have concluded that both fat and calories increase the risk of breast cancer.

During World War I, the Danish government was forced to ration food, virtually eliminating meat. During the year of rationing, the death rate from disease fell by 34 percent.

John McDougall, M.D., and Mary A. McDougall, in *The McDougall Plan*, state, "Research points clearly, consistently, and overwhelmingly to rich foods in the form of meats, dairy products, eggs, sugars, processed foods, and refined grains, and to lifestyle practices involving smoking, alcohol, caffeine, and physical inactivity as the major causes of death and disability."

These are just a few of the very real problems with meat. It's time for a change of heart in America. It's time to say *no* to meat. □

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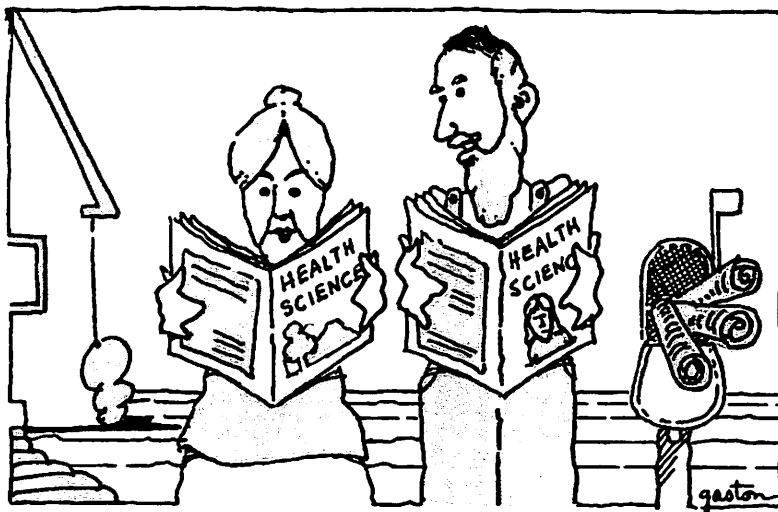
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