

VOL. 19 No. 3
MAY/JUNE 1996

HEALTH SCIENCE

LIVING IN HARMONY WITH NATURE



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to meet your individual needs** See p. 14

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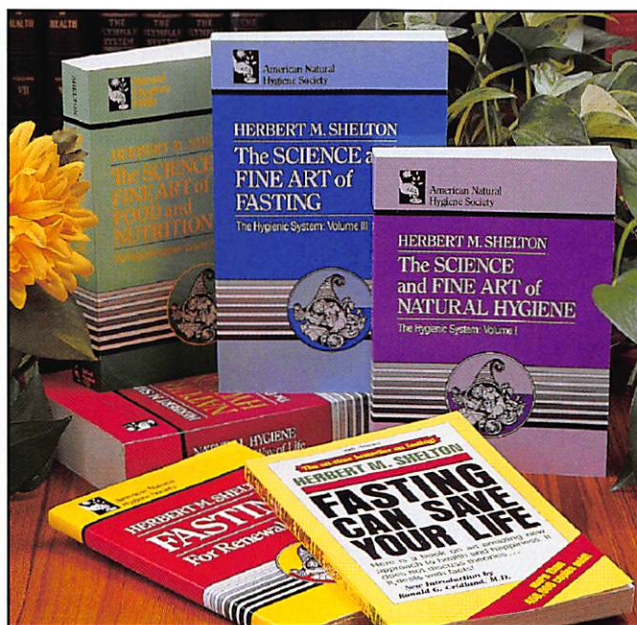
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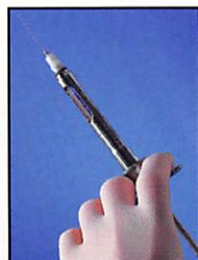
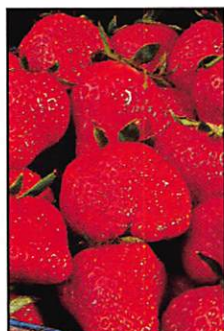
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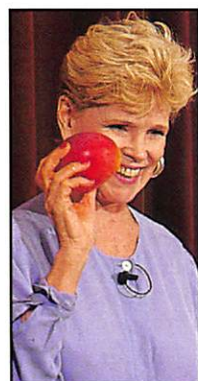


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Cover photo: © 1996 David Durbak

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Fit For Life co-author Harvey Diamond will lead a host of world famous speakers at the ANHS Conference!

July 19-24, Fort Lauderdale, Florida

ANHS Life member Harvey Diamond, co-author of the all-time best-selling book *Fit For Life*, will lead a host of dynamic speakers at this year's ANHS International Natural Living Conference, to be held July 19-24, 1996 at the DoubleTree Hotel on the Atlantic Ocean in beautiful Fort Lauderdale, Fla.

Other speakers for this event will include authors Susan Smith Jones, Ph.D., Joel Fuhrman, M.D., and Ralph Cinque, D.C.; psychologist Douglas Lisle, Drs. Alec and Nejl Burton

discuss the wide range of factors that contribute to the development—or *prevention*—of this all-too-prevalent disease. (Look for a review of *You CAN Prevent Breast Cancer!* in the July/August issue of *Health Science*.) If you have heard Harvey speak before, you know what a great experience it is. If you haven't heard him speak, you owe it to yourself to attend!

The annual ANHS Conference is the premiere Natural Hygiene event of the year! Join members from around the world for a fantastic gathering to celebrate the greatest lifestyle imaginable!

Susan Smith Jones, Ph.D.

Popular author and fantastic motivational speaker Susan Smith Jones, Ph.D., will join the host of world-class speakers at this year's Conference! Susan will speak on "The Main Ingredients of Health and Happiness" and "How to Enrich the Quality of Your Life."

Douglas Lisle, Ph.D.

Douglas Lisle, Ph.D., a brilliant psychologist from Texas, will talk on "The Psychology of Health and Happiness." Attendees will hear strategies for incorporating Natural Hygiene into their lifestyles. And let's face it—it's not always easy!

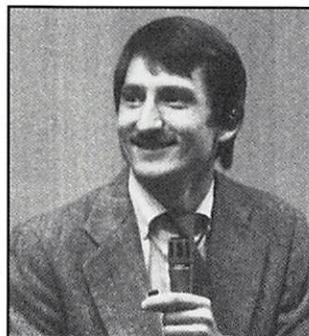
Dr. Lisle has taught at Stanford University in Cal-



David Durbak

Fit For Life co-author Harvey Diamond, who will be a featured speaker at this year's ANHS International Conference, has just published a new book, *You CAN Prevent Breast Cancer!* This new book, which retails for \$19.95, will be reviewed in the next issue of *Health Science*, and is available from the Society.

ifornia and is currently one of the most popular speak-



Acclaimed speaker Douglas Lisle, Ph.D., will talk on "The Psychology of Health and Happiness."

ers at the world-renowned Cooper Institute for Aerobic Research in Dallas.

The broad spectrum of

living a high-quality life will be addressed at this year's Conference. Topics will range from diet and exercise to how to make the changes that lead to a healthier and happier life.

You will certainly enjoy small group workshops, where you can ask questions of the speakers.

Come to the Conference for the most up-to-date health information available. Join us for the encouragement, inspiration, and support that you need to live sanely in our insane world!

Don't miss this event!

See page 20 for more details.



Courtesy of Susan Smith Jones

Author Susan Smith Jones, Ph.D., will be offering two motivational workshops at the 1996 ANHS Conference in Ft. Lauderdale.

of Australia, and Dr. Keki Sidhwa of England.

Harvey Diamond's new book, *You CAN Prevent Breast Cancer!*, will be the subject of his presentation at the Conference. He will

Hygiene events scheduled in Florida and California!

Two exciting Natural Hygiene events have been planned in Florida and California.

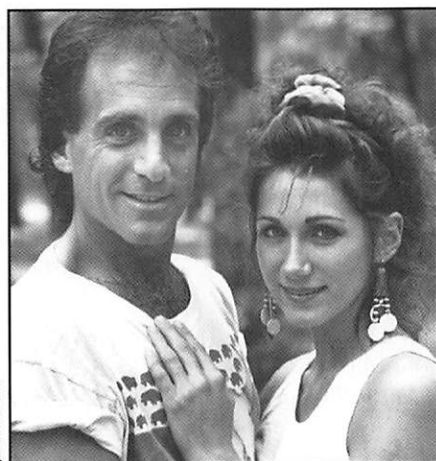
The 11th annual ANHS Natural Living Retreat, is scheduled for May 17-19 at O'Leno State Park in High Springs, Fla. Alan Goldhamer, D.C., and Frank Sabatino, D.C., Ph.D., will be the featured speakers.

The annual Retreat is the ideal opportunity to learn more about Natural Hygiene in a beautiful outdoor setting. You will meet and enjoy the company of like-minded people who share your ideas about the ideal healthful lifestyle!

The Retreat will feature lectures and recreational activities in outdoor facilities, buffet-style meals, and accommodations in shared group cabins. Bring your bathing suit if the weather is warm—the beautiful Santa Fe River runs alongside the retreat site!

The registration costs \$50 (\$60 non-members) and includes all lectures, meals, and accommodations.

Call (813) 855-6607 with your Visa or MasterCard to register today!



Dr. Frank Sabatino, who met his wife Robin at the 1990 ANHS Natural Living Retreat, will be speaking at this year's Retreat, May 17-19! Don't miss it. You never know who you'll meet!

Free California event

ANHS members are invited to attend a seminar, titled "Focus on Healing," on May 5 in Sebastopol, Calif. Alan Goldhamer, D.C., and Ronald G. Cridland, M.D., will be the featured speakers. The seminar will be held at the Seventh Day Adventist Church at 1665 Gravenstein Hwy. North, Sebastopol. The event is free. For local directions to the event, call (707) 586-5555.



"Of course you can get a second opinion, or even a third."

HEALTH SCIENCE®

LIVING IN HARMONY WITH NATURE
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Philosophy

Health Science is the official membership journal of the American Natural Hygiene Society, a tax-exempt, not-for-profit organization incorporated in the State of Illinois. The American Natural Hygiene Society is dedicated to the task of making known the physiological and lifestyle practices that ensure 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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Letters

Mad cows just one more problem

How encouraging that "U.S. Officials Confident That Mad Cow Disease of Britain Has Not Occurred Here" (*New York Times*, March 27).

It is good to know that we don't have to add this disease to the many disease and health-related problems that are connected to the consumption of animal products in the United States, such as arthritis, breast cancer, colon cancer, constipation, diabetes, diverticulosis, gallstones, heart disease, hypertension, impotence, kidney disease, obesity, osteoporosis, peptic ulcers, prostate cancer, salmonellosis, strokes, and trichinosis.

*Richard H. Schwartz, Ph.D.
Staten Island, N.Y.*

*Dr. Schwartz is the author of the book **Judaism and Vegetarianism**. See page 38 for more on "mad cow disease."*

In praise of ANHS

I am 74 years old, and I have been a Natural Hygienist since I was 30. Studying and practicing Natural Hygiene was the best thing I ever tried! Keep up the good work!

*William E. Finch
San Diego, Calif.*

ANHS does a lot of good for the people of this world (even though so many do not understand it very well). I am forever indebted to Herbert Shelton for his efforts to bring this knowledge to others. My first exposure to Natural Hygiene in 1972 was through his book, *Food Combining Made Easy*.

I also am very appreciative of all the Hygienic doctors who give of their time and

knowledge to further advance Natural Hygiene. And I thank those who work for the Society to give it that professional touch to present it to others so that more people can learn about the truths of health and nutrition.

*James J. Kay
Tucson, Ariz.*

Longtime members like James Kay and William Finch are a living tribute to Natural Hygiene!

More than a magazine

Thank you for your letter in response to my question about cookware (which prompted the article, "The Search for Safe Cookware," March/April 1996).

I am very pleased with my membership in the ANHS. When I joined, I thought I

was merely buying a subscription to a magazine. But it has turned out to be much more than that. It is so refreshing to find an organization that takes such an interest in its members!

*Rhonda Kellam
Chattanooga, Tenn.*

Milestone for Natural Hygiene

I want to thank the Society for its perseverance in working to get the U.S. government's stamp of approval for both the vegetarian and vegan diets. This is a milestone in Natural Hygiene's gaining recognition. What a feather in our cap!

I also send my sincere appreciation for an excellent publication. It is well balanced in presenting all

aspects of Natural Hygiene. I especially liked that you published both Dr. Goldhamer's and Dr. Cinque's opinions about super blue-green algae.

*Phyllis Hillery
El Paso, Texas*

ANHS video a hit

I enjoyed watching the National Headquarters Video and getting an inside look at ANHS. It appears that you run a well-organized and efficient organization. The rapid responses to all my mail inquiries are another sign of this. Keep up the good work!

*David Lavalley
Newington, Conn.*

Members can borrow a copy of the video, "An Inside Look at the ANHS National Headquarters," for just the cost (\$4) of mailing and handling. To borrow a copy, send a check for \$14 or call the National Office with your Visa or MasterCard. When the tape is returned, we will refund \$10 to you.

Food combining

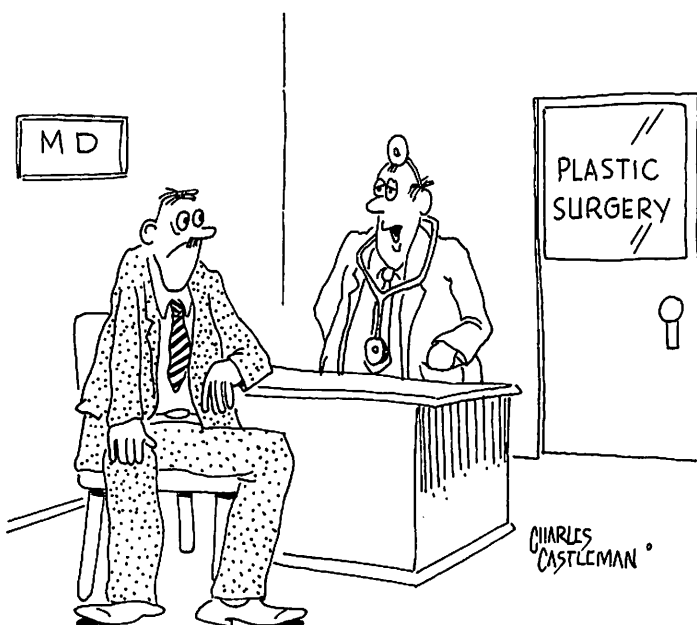
I sympathize with Nilson Chaves of Rio de Janeiro, Brazil, who wrote regarding his frustration at the newly voiced opinions on food combining in the January/February 1996.

My advice is: "Listen to your body—not to the experts, who are notoriously fickle in their opinions."

Since I have practiced food combining, I have absolutely no indigestion, surplus weight has dropped off, and I feel great.

*Michael Moffett
Geneva, Switzerland*

Food combining can be an excellent tool for weight loss because it helps people simplify their



"Don't worry. If you ever want your old one back, I never forget a face."

Send your letters to:

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

*Letters may be edited for space and clarity.
Please include daytime telephone number.*

meals, which tends to discourage overeating. Simple meals are also of benefit for people with impaired digestion.

We've got it covered

I totally agree with Ben Edward Akerley (Letters, "Hungry for new covers," March/April 1996). I also am tired of seeing food on the covers of *Health Science* magazine.

Natural Hygiene is *not* just a dietary program. Please have photographs of other things on the covers—nature scenes and people exercising or meditating or playing!

Name withheld by request

I congratulate you on the beautiful covers on *Health Science* magazine! They are peaceful, classy, and make you want to eat your fruits and vegetables!

Many of my friends who come to visit just automatically pick *Health Science* from among my many other health magazines simply because the cover calls out to them!

People face many difficult challenges when changing their lifestyle, including social pressures and need to learn new technical information. So it is nice to know I will be greeted every other month by that splendid art work on the cover of *Health Science*!

It may be that "beauty heals" because "a thing of beauty is a joy forever..." and joy heals!

*Louise Mollot
Montreal, Quebec*

I have adhered to the Natural Hygiene way of life for over one year now and must admit that it is the way of life that for which I had been searching for the longest

time! Thank you for your continuing support and information on this wonderful lifestyle!

I agree with Ben Akerley (Letters, March/April 1996) who criticized the constant coverage of food on the covers of *Health Science*. Healthful eating is important, but exercise and other lifestyle changes also are advocated and not visually represented as well.

I do wish to congratulate you on the wonderful article on exercise ("Beginning Your Exercise Program," by Susan Smith Jones, Ph.D.) that appeared in the last issue. This aspect of the Natural Hygiene lifestyle is the most difficult for me to implement. More articles on exercise definitely would be appreciated!

*Rene Provencher
Laval, Quebec*

I happen to enjoy the pictures of food on the covers of *Health Science*! They are a sight of beauty!

*Phyllis Howlett
Colfax, Calif.*

Happy ANHS members

Thank you for your outstanding magazine. I think the March/April issue was superlative!

I am a new student to Natural Hygiene, and am getting great results with the changes I am making. Like many, I read Tony Robbins' book, *Unlimited Power*, which led me to *Fit For Life*, which led me to ANHS. Keep up the outstanding work!

*Al Storie
Bowmanville, Ontario*

I just received my first copy of *Health Science*, and I am very impressed. I absolutely



"You're a compulsive liar? How do I know that's not a lie?"

love it! The information it contains is so valuable, and it even has funny bits!

*Fiona Lynch
Belfast, N. Ireland*

I want to express my appreciation to the Society for all it has done throughout the years.

I confess, most enthusiastically, that I am a new convert to the Natural Hygiene way of life and thinking. Since I have started eating to live, and stopped living to eat, the only way I can describe the feeling is that it must be the same feeling that a snake has when it sheds its old, tough, dead skin in exchange for its newer, more vibrant skin.

*Calvin James
San Fernando, Trinidad*

Keep up the good work! I am always encouraged by *Health Science* magazine. I am so grateful to have an understanding of what is going on in my body, and to

feel great all the time (and if I'm feeling less than great, I know why, and what to do about it!).

Thank you again for all of your hard work!

*Gracie Yuen
Madison, Wis.*

This is the third year of my membership in the Society. I congratulate you for your hard and valuable work. Thank you very much!

*Silvia Szakura
Wilke, Argentina*

Tribute to Dr. Shelton

I have really enjoyed reading Dr. Shelton's *Fasting For Renewal Of Life*, which the Society recently republished. Thank you so much for doing this! I have so much admiration for this man who did so much for humankind.

I love the beautiful food photographs in *Health Science* magazine. I tried to imitate the colorful photograph

of foods in the Nov./Dec. issue for a holiday party. My friends liked the arrangement and the fruits, but they still preferred their "junk" food.

My friends, family, and neighbors admire me for the choices I have made, but they do not want to follow me!

Ana B. Herrera
Charleston, S.C.

How to help

I have tried to help several people who would benefit greatly by changing their lifestyles. I have given them ANHS Book and Tape Catalogs and loaned them my copies of *Health Science* magazine. But I have received very little response.

What can I do to get their

attention and motivate them to make these changes? I really need more help in understanding how to help others.

John R. Erwin
Mexico, Mo.

You are not alone in your efforts to want to help improve the health of the people around you, and to try to do so in a less

than supportive environment. That is one of the consequences of being ahead of your time.

You are to be congratulated for all of the efforts you have made. Each person must decide for him- or herself to make the changes that will lead to healthier lifestyles. You are doing your part by being a shining example of health and caring.

Honk if you love algae!

Thank you very much for including a nice report on blue-green algae in the March/April issue. I enjoyed the observations by the Hygienic doctors. I recently read a newspaper article about a species of fresh-water algae that is toxic to both humans and wildlife. It made me consider that if there happen to be some poisonous varieties of blue-green algae that live in fresh water, and if other "edible" types of algae are closely related genetically, that it is possible that some minor toxicity actually may exist in the so-called "edible" varieties of algae.

Tony Vavrik
Lucky, Ohio

Dr. Alan Goldhamer is entirely correct when he refers to blue-green algae as "pond scum" ("Update," March/April 1996). I currently am enrolled in a curriculum titled, "Operation of Wastewater Treatment Plants." In the chapter on waste treatment ponds is a paragraph on scum control. It says, in part:

"Scum accumulation is a common characteristic of ponds and is usually greatest in the spring....If scum is not broken up, it will dry on top and become cruste-
d...[and] a species of blue-

green algae is apt to become established on the scum. This can give rise to disagreeable odors....Rafts of scum cause a very unsightly appearance in ponds and can quite likely become a source of botulism that will have a devastating effect on waterfowl and shore birds which may be attracted to the facility." (Vol. I, 4th Ed., pp. 302-303)

If blue-green algae can thrive in a sewage plant, it has no place in my diet.

Larry Nappe
Volcano, Calif.

Although I was pleasantly surprised to see a brief mention of super blue-green algae in the March/April issue of *Health Science* ("Update," p. 5-6), I also am a bit saddened by the unbalanced presentation of Dr. Goldhamer's opinions.

I object to Dr. Goldhamer's reference to the marketing of super blue-green algae as a "pyramid scheme." Network marketing is the most productive way of doing business ever devised. I have helped hundreds of Hygienists add super blue-green algae to their diets. And somehow, I haven't yet managed to "get rich quick"!

Dr. Goldhamer's claim



"We just don't get involved with things like double-blind tests and peer review.

We're just a little mom-and-pop laboratory."

that "individuals consuming a diet of whole natural foods are not, in general, vulnerable to deficiencies." With all due respect, Dr. Goldhamer, what planet are you living on? Numerous independent studies have concluded that our soil is severely depleted of minerals!

Super blue-green algae is not a "supplement," it is a whole plant food, minus the water, just like dried fruits, nuts, and seeds, and has the broadest spectrum and highest concentration of minerals of any organic,

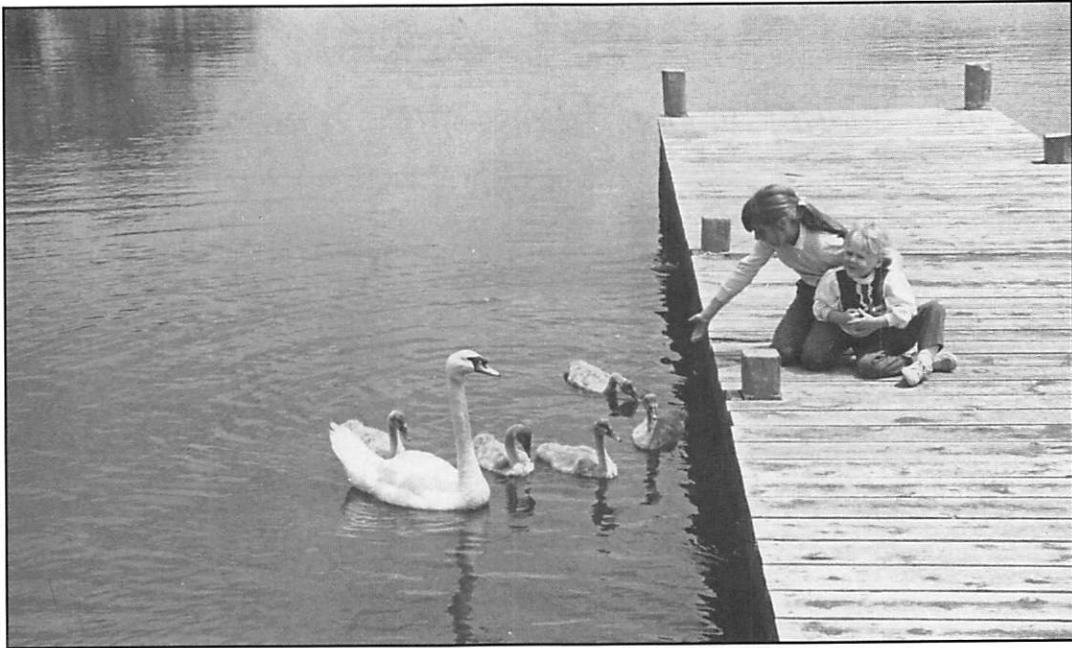
natural food on the planet.

I eat algae because in this day and age I deeply and truly believe we need some healthy, natural form of nutritional insurance, and this is the best there is! I eat algae every day because I want to be the best me I can be, and I plan to eat algae for the rest of my life. I'm what they call a Happy Hygienic Algae Eater.

Angel Shamaya
Mt. Vernon, Wash.

Angel Shamaya sells super blue-green algae for the GetWell, StayWell, America company.

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 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
11816 Race Track Road, Tampa, FL 33626
Or call: 813-855-6607

A Case Against Fluoridation!

The science behind the opposition to this controversial practice.

By John Yiamouyiannis, Ph.D.

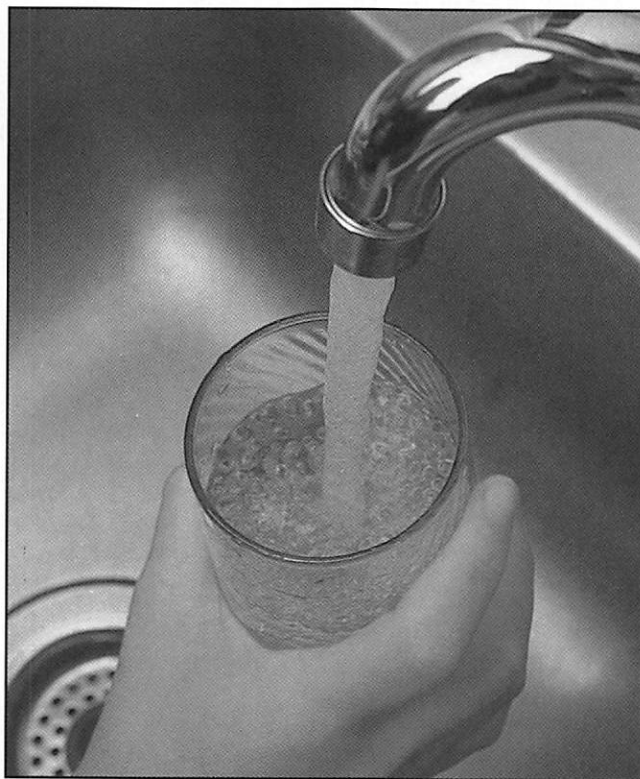
The American Natural Hygiene Society opposes fluoridation of public water supplies. The Society is scientifically and philosophically skeptical of most attempts to "improve" on Nature.

*The following is a letter to the editor of the Hendersonville, NC Times-News by John Yiamouyiannis, Ph.D., (biochemistry) of Delaware, Ohio, author of **Fluoride: The Aging Factor**, and an outspoken opponent of fluoridation. The Hendersonville City Council had just voted to fluoridate public drinking water.*

According to the handbook, *Clinical Toxicology of Commercial Products* (William & Wilkins, Baltimore, 1984), fluoride is more poisonous than lead and just slightly less poisonous than arsenic. If no sane person would even contemplate adding lead or arsenic to the water supply, why did the majority of the Hendersonville City Council vote to add fluoride to the drinking water of the citizens of Hendersonville and Henderson County?

With regard to pills and drops containing the amount of fluoride found in a quart of water, the *Physicians' Desk Reference* (Medical Economics Company, Montvale, N.J., 1992) points out that: "In hypersensitive individuals, fluorides occasionally cause skin eruptions such as atopic dermatitis, eczema, or urticaria; gastric distress, headaches, and weakness have also been reported. These hypersensitive reactions usually disappear promptly after discontinuation of the fluoride."

The Canadian Dental Association recommends: "Fluoride supplement should not be recommended for chil-



David Durbin

Opposition to fluoridated water is growing!

dren less than three years old" (*Journal of the Canadian Dental Association*, Vol. 59). But how can you prevent children under the age of three from getting this much fluoride when it's in their drinking water? Similarly, how can one discontinue fluoride consumption to avoid its side-effects when it is added to the very water one drinks?

From 1990 to 1995, *The Journal of the American Medical Association* published four separate articles linking increased hip fracture rates to fluoride in the water (*JAMA*, Vol. 264, 1990; *JAMA*, Vol. 266, 1991; *JAMA*, Vol. 268, 1992; *JAMA*, Vol. 273, 1995).

Of the approximately 50 studies that have been done with regard to fluoride and genetic damage, virtually all

of them have shown that fluoride causes genetic damage. Even researchers from the National Institute of Environmental Health Sciences, a Division of the U.S. Public Health Science, admitted: "In cultured human and rodent cells, the weight of the evidence leads to the conclusion that fluoride exposure results in increased chromosome aberrations (genetic damage)" (*Environmental and Molecular Mutagenesis*, Vol. 21, 1993).

And despite their protests to the contrary, results from a study by Procter and Gamble, the makers of Crest toothpaste, show that as little as half the amount of fluoride used to fluoridate public water supplies leads to a sizeable and significant increase in genetic damage (*Mutation Research*, Vol. 223, 1989).

Cancer connection

In 1963, the National Cancer Institute sponsored studies at St. Louis University showing that low levels of fluoride increased the incidence of melanotic tumors in fruit flies by 12 percent to 100 percent (*Genetics*, Vol. 48, 1963).

In 1965, researchers from the University of Texas found that one part per million fluoride in the drinking water increased tumor growth rate by 25 percent (*Proceedings of the Society for Experimental Biology and Medicine*, Vol. 119, 1965).

As a result, Dr. Dean Burk and I began joint studies to see if there was a link between fluoridation and cancer. (Dr. Burk is one of the founders of the National Cancer Institute and retired from the Institute as the head of the Cytochemistry Division. He co-authored with four Nobel Prize-win-

ning scientists, including Dr. Otto Warburg, and is co-author with Dr. Lineweaver of one of the most-often-cited articles in the history of biochemistry.)

Our results, published from 1975 to 1977, showed that after correction for the age, sex, and race compositions of the populations examined, a five percent increase in cancer death rate amounting to approximately 10,000 additional cancer deaths per year in the United States was observed (Hearing before a Subcommittee of the Committee on Government Operations, 95th Congress, 1st session, Sept. 21 and Oct. 12, 1977, GPO 99-316-0, and *Fluoride*, Vol. 10, 1977).

During Congressional hearings, officials from the U.S. Public Health Services were chastised for withholding data and instructed to conduct animal studies to determine whether or not fluoride causes cancer. The results, which were supposed to be reported in 1980, were not released until 1988-1989. In the meantime, two other research groups found that fluoride caused cancer.

In 1984, researchers at the Japanese Dental College at Tokyo showed that fluoride exposure transformed normal cells into cancer cells (*Cancer Research*, Vol. 44, 1984). Their work was confirmed by American researchers at Argonne National Laboratories who showed not only that fluoride



Research does not support the claims that fluoridation reduces tooth decay!

transformed normal cells to cancer cells, but also that fluoride increases the cancer-causing ability of other chemicals (*Carcinogenesis*, Vol. 9, 1988).

Finally, the long-overdue result from Battelle Research Institute, the group hired by the U.S. Public Health Service, came in. They showed that fluoride was linked to a rare form of liver cancer in mice, oral tumors and cancers in rats, and bone cancer in male

rats (Pathology Data Sheets issued by Battelle Memorial Institute on Feb. 23, 1989 and April 11, 1989).

Disappointed with their own results, the U.S. Public Health Service tried to cover up the fluoride-liver cancer and fluoride-oral cancer links shown in their own report. However, Dr. William Marcus, the chief toxicologist for the U.S. Environmental Agency's Office on Drinking Water, exposed the cover-up (*Lancet*, Vol. 336, No. 8717, 1990).

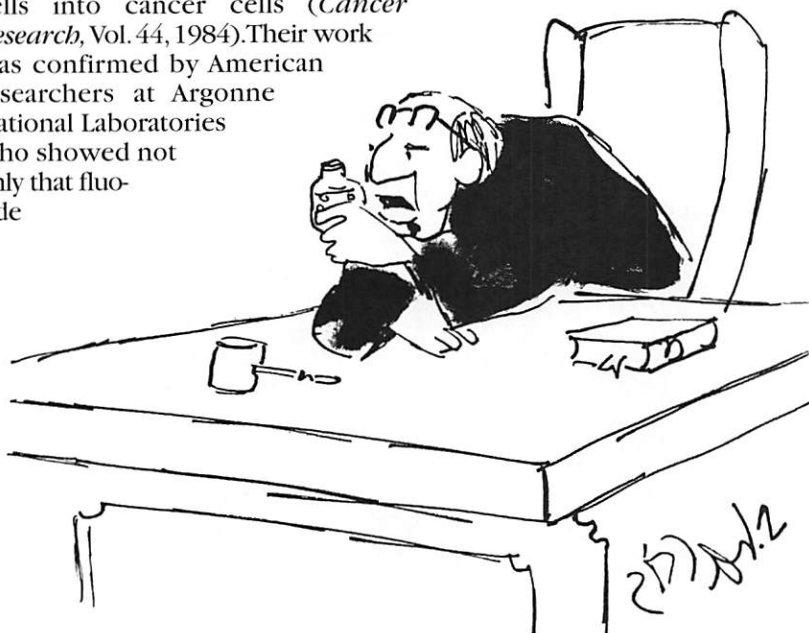
Since then, the National Cancer Institute (*Review of Fluoride: Benefits and Risks*, U.S. Public Health Service, 1991), the New Jersey Department of Health (*A Brief Report on the Association of Drinking Water Fluoridation and the Incidence of Osteosarcoma Among Young Males*, New Jersey Department of Health, 1992) and The Safe Water Foundation (*Fluoride*, Vol. 26, 1993), all found that the incidence

of osteosarcoma, a type of bone cancer, was substantially higher in young men exposed to fluoridated water, compared to those who were not. The Safe Water Foundation Study also reported a link between fluoridation and oral cancer in humans.

Does not prevent decay

All the recent large-scale dental surveys have shown that fluoridation does not reduce the decay rate of permanent teeth. In particular, survey results conducted by the U.S. Public Health Service of over 39,000 school children, ages 5-17, from 84 areas around the United States (*Fluoride*, Vol. 23, 1990) and of over 60,000 school children in New Zealand (*Community Health Studies*, Vol. 11, 1987, and supplements) found no reduction in the decay rates of permanent teeth as a result of fluoridation.

On the other side of the coin, a fluoride subcommittee of the National Research Council admitted that eight percent to 51 percent and sometimes up to 80 percent of the children living in areas fluoridated with the amount of fluoride recommended by promoters of fluoridation have dental fluorosis (which literally means fluoride-poisoned teeth), first noticeable as chalky white spots on the teeth (*Health Effects of Ingested Fluoride*, National Academy Press, 1993). □



"It doesn't look to *me* like it could do any chromosomal damage."

The Anatomy of Cure

Understanding the fallacy of the "curing" mentality!

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

Cures may come and cures may go, but the curing goes on forever." This is one of Dr. Herbert Shelton's well-known slogans. What does the word "cure" mean? What do people understand by such questions as, "Can you cure me?" Or, "Is there a cure?"

The word *cure* has undergone a series of changes in meaning over the years. I would like to examine this concept in light of the following considerations: are we pursuing the right course in our search for cures; should disease *be* cured; and most importantly, *can* disease be cured?

Word without meaning

The English word *cure* is derived from the Latin word, *cura*, meaning care, need, concern. Around the 16th or 17th century it appeared in a religious context from which comes the word *curate* (a clergyman in charge of a parish).

Later, sometime in the 18th century, *cure* indicated a particular method or course of medical treatment. Further uses were "successful medical treatment" and "a means of healing or a remedy." The Latin verb *curare* meant to take care of, or to care for. The intransitive verb *cure* meant not only to treat a condition surgically or medically, but to treat it *successfully*. In this context, to heal or restore health to a sick person is to cure them. To heal a disease is to cure it.

The medical dictionary defines cure as: a) the course of treatment of any disease or a special case; b) the successful treatment of a disease or wound; c) a system of treatment for a disease; d) a medicine effective in treating disease. Further, the word *curative* means "tending to overcome disease and promote recovery."

Generally, when people think of cures, they think of medicines (drugs)

*If cure means
"to get well" or
"to recover health,"
then disease
itself is the
process of cure.*

and various forms of treatment. Because they believe that each disease is different, they think that each disease requires a different cure (or cures).

The concept of cure is rarely related to the concept of *cause*. This is because of the traditional understanding of the nature of disease. If we are conditioned to think of disease as a thing, an entity, something you can

catch or be exposed to, or be susceptible to, and that we should resist, our attention will be directed towards combatting, subduing, overcoming, eradicating, or curing it. The methods and techniques we employ to do this will be called cures. In the minds of most people, the focus is on curing disease. Unfortunately, curing disease is not synonymous with restoring health.

Errors in thinking

The language used by people is contextual, and this conveys the meaning they intend for a word. "Can you cure me?" or "Do you have a cure?" or "There is no cure" are all examples of the common usage of the word. It is obvious from these examples that a cure represents some special medicine or treatment that has innate powers to heal, without any reference to the *cause* of disease or its removal.

All cures have two things in common—they do not remove causes, and



"Don't forget, this medicine worked better on the rat than it did on the guinea pig, and I think he's more like the guinea pig."

The nature of disease is defensive, remedial, eliminative, and adaptive.

they do not constitute normal needs of health and life.

Cures are usually dangerous. They are not used to maintain health—but only to “cure” disease. Most of the substances used are among the most virulent poisons known. Their “success” depends upon a dose small enough that it does not kill the person outright. Even then, we all know that the cure is sometimes “worse than the disease.”

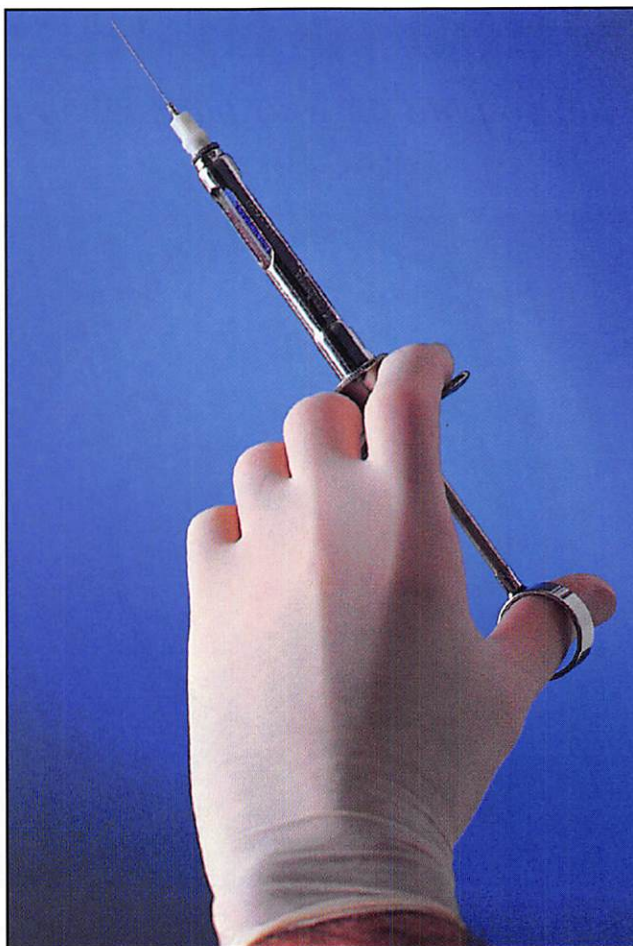
Fallacy of curing

Let me illustrate how a cure really “works.” You have developed constipation. So you take a laxative, a substance that irritates the bowel to a degree that compels it to defend itself by forcibly expelling the irritant, along with the other contents. You have a bowel movement. The cure has worked. Or has it?

What was the cause of the constipation? How can we say that the constipation has been cured if its cause has not been identified and removed? Furthermore, although you may have felt uncomfortable at the time, was it appropriate to force the bowel to move, or would it have been better to wait and let the bowel move naturally?

The bowel, before the introduction of the irritating laxative, did not move because, from your body’s point of view, the demand for action did not justify the expenditure of the energy it would have taken. By taking the laxative, you increased the demand for action dramatically. But the expenditure of energy required to move the bowel, against the natural instinct of the body, weakened you.

As a result, your constipation will progress and require further “curing,” leading to a *dependence* on laxatives. Eventually, your constipation will become “incurable,” despite changes in the quantity and frequency of the various cures (laxatives) used.



*The error is not in
the methods employed
to cure disease, but that
attempts are made
to cure it at all.*

When we, as Hygienists, deny the existence of cures, we do not deny the existence and effects of drugs, medicines, sera, vaccines, and treatments, but merely emphasize that these cannot usurp the innate processes of the organism.

Healing is a biological process. If any person who is sick recovers, he or she does so because of the lawful and orderly processes of the body. A drunken man does not become sober because he drinks coffee (or anything else); he becomes sober because he

stops drinking alcohol. Restoring normality (health) is the constant tendency of the body. All that it requires is that the *cause* be removed.

Nature of disease

Curing disease is a pernicious superstition that should be seen not only as harmful, but as impossible. The nature of disease is defensive, remedial, eliminative, and adaptive. It represents an attempt by the body to restore normality when this has been disturbed by some cause. Functions may be accelerated, diminished, or in some way modified in the process of coping with the disturbance, but the alteration in function is always purposeful.

When these modifications of function reach a point where we become aware of them, we call them symptoms or signs. Breathlessness during vigorous physical exertion is normal and physiological; breathlessness during mild exertion is abnormal and pathological. But in both situations, the essential purpose is to get more oxygen to the tissues.

If a person inadvertently swallows a virulent poison and vomiting follows, clearly the vomiting is defensive and eliminative, and may be life-saving. Obviously, if some specific cure were employed to stop the vomiting (to eradicate the symptoms comprising the disease), no matter how thoughtfully and scientifically it was applied, it would be dangerous and possibly fatal.

Disease is not something that should be cured or that *can* be cured. If cure means “to get well” or “to recover health,” then disease *is* the process of cure.

The error of the various therapeutic systems is not in the *methods* they employ to cure disease; the error is that they attempt to cure disease *at all*. □

Alec Burton, M.Sc., D.O., D.C., is the President of the International Association of Hygienic Physicians.

Your Transition to Healthful Eating

What should you put on your plate when you eat?

Alan Goldhamer, D.C.

For more than 100 years, Hygienists have advocated the avoidance of meat, fish, fowl, eggs, and dairy products, as well as added oil, salt and sugar, and most processed foods. We have encouraged people to eat a diet based on fresh fruits and vegetables with a minimum of spices and other stimulants.

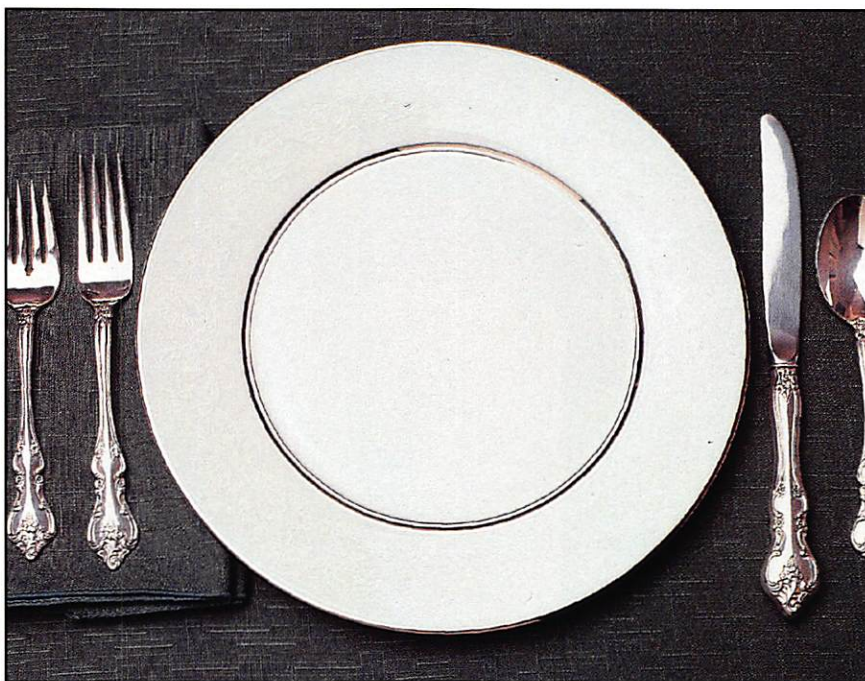
By sharp contrast, the medical establishment has only recently, and reluctantly, begun to acknowledge the inseparable relationship between our diet and our health. Medicine has long recognized that deficiencies can cause disease, but only recently has dietary excess been acknowledged as a significant factor in the evolution of numerous degenerative diseases such as heart disease, cancer, diabetes, osteoporosis, and kidney disease.

The diet science supports

The bulk of the scientific literature overwhelmingly supports the contention that human beings function best on a diet derived from whole natural foods, including fruits, vegetables, whole grains and legumes—a diet that excludes animal products. Vegetarian diets provide us with the nutrients we need: protein, fat, vitamins, minerals, fiber, and sufficient calories.

More and more people are becoming interested in adopting this health promoting diet, but simply understanding the scientific support for it is not always enough to overcome the emotional and social roadblocks to healthful eating.

The most frequently asked ques-



*Well-planned
vegetarian diets
can provide us
with all of the
protein, fat,
vitamins, minerals,
fiber, and calories
we need!*

tions by people making a transition to healthful eating are these four. What should I eat to insure that I will meet my body's nutritional needs? What foods and other substances should I avoid? Will I enjoy my new diet and feel good physically and emotionally about it? And can I do it?

Good news

The answers to the first two questions have been briefly stated above—eat a

plant-based diet derived exclusively from whole natural foods, and avoid meat, fish, fowl, eggs, and dairy products, as well as added oil, salt and sugar, and most processed foods. Of course, there is considerable variation in how different individuals approach the *specifics* of diet, but the guiding principles remain the same. The basic challenges we face are these. How do I get enough to eat to meet my individual needs? How

do I avoid excess consumption? And how do I avoid the consumption of health compromising foods and other detrimental substances?

Individual needs

People come in all shapes and sizes. We have different metabolisms, different activity levels, different heights and weights, and different ages, each with individual capacities for digestion. And since each of these factors can change during our lifetime, we always need to fashion a diet that meets our *individual* needs.

With this in mind, I want to give two examples of daily menus, one for a healthy, active 25-50 year-old female, the other for a healthy, active 25-50 year-old male.

Sample menu for a woman

An example of a health-promoting diet pattern for a healthy, active 25-50 year-old female might be:

Breakfast: fresh raw fruit salad including a banana, apple, and strawberries

along with celery and one ounce each of almonds and raw pumpkin seeds.

Lunch: large raw vegetable salad (lettuce, carrot, beets, tomato, alfalfa sprouts, peas, and cucumber) with avocado-tomato dressing and a huge plate of steamed vegetables and a baked potato.

Dinner: raw vegetable plate (carrot, jicama, celery, cucumber) with steamed vegetables and brown rice/lentil stew.

Sample menu for a man

An example of a health-promoting diet pattern for a healthy, active 25-50 year-old male might be:

Breakfast: orange juice smoothie (orange juice, banana, kiwi) and oatmeal with raisins.

Lunch: vegetable plate with avocado dip, steamed vegetables, and potato/vegetable soup.

Dinner: large raw vegetable salad (lettuce, carrot, beets, tomato, alfalfa sprouts, peas, cucumber) with avocado-tomato dressing and a huge plate of steamed vegetables and a bowl of split pea/yam soup over brown rice. If additional calories are required, fresh mixed vegetable juice or fresh fruit could be consumed in the afternoon.

For a look at the daily nutrients supplied by these menus, see the two charts on page 17. (Recipes are from the book *Simply Good*, available from ANHS for \$9.75 postpaid.)

Healthful eating strategies

The quantity and quality of needed nutrients, including vitamins and minerals, are clearly provided in abundance by a vegetarian diet. This type of diet also ensures that the percentage of calories derived from fat and protein can be kept within healthful ranges. Another plus is that this type of diet is less stimulating, which dramatically reduces the tendency to overeat. Some individuals find that following the Hygienic food combining suggestions helps them simplify their meals and helps them avoid the tendency to overeat.

Since raw fruits and vegetables are such nutrition powerhouses, one might wonder if the entire diet should be derived from raw foods only. In practice, the attempt to live exclusively on raw foods can present some challenges. Raw vegetables contain only about 100 calories per pound, and

How much do I need to eat to get enough calories?

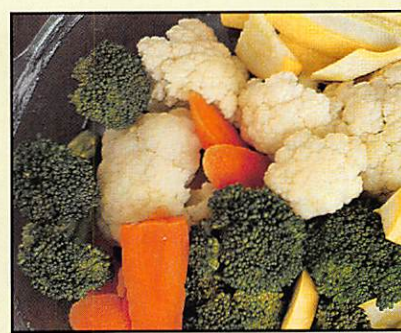
Look at the caloric content of the foods below will show that not all foods are created calorically equal. Eat plenty of raw fruits and vegetables each day, and include enough cooked starches to maintain your weight and health. Don't overeat on sugars, fats, or proteins.



Fresh, raw salad vegetables contain approximately 100 calories per pound.



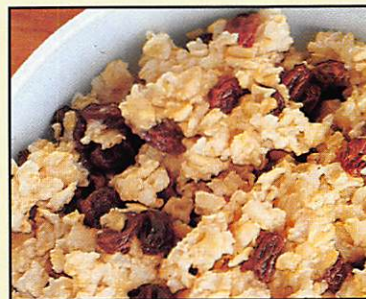
Fresh fruit contains approximately 300 calories per pound.



Like fruit, steamed vegetables contain approximately 300 calories per pound.



Baked potatoes and baked yams contain approximately 500 calories per pound.



Two cups cooked oatmeal and one oz. of raisins contain about 375 calories.



Raw nuts are very high in fat, and contain about 2500 calories per pound.



Avocados are high in fat, and contain about 800 calories per pound.



Dried fruit is very high in sugar, and contains approximately 1300 calories per pound.

Photographs by David Durbak

Nine successful strategies to help keep you on track with your diet!

Powerful tips for newcomers and longtime vegetarians alike!

Establishing good, consistent eating habits can be achieved by anyone who truly desires to live life to the fullest.

Here are some tips to help maximize your success in making your diet a healthful one.

1. Eat slowly, and chew your food thoroughly. This will help you reduce total consumption and will increase the digestibility of the food you eat.

2. Eat in a relaxed atmosphere. Excess noise, stress, and emotional reactivity can significantly suppress digestive function.

3. Eat less concentrated foods such as salad first, followed by more concentrated foods, such as cooked vegetables and grains. When you fill up on high-volume, low-density foods such as salad, you tend to avoid overeating on the more concentrated foods, such as cooked starches.

4. Keep your meals relatively simple, and avoid the use of excess herbs, spices, etc. This will help you to avoid overeating.

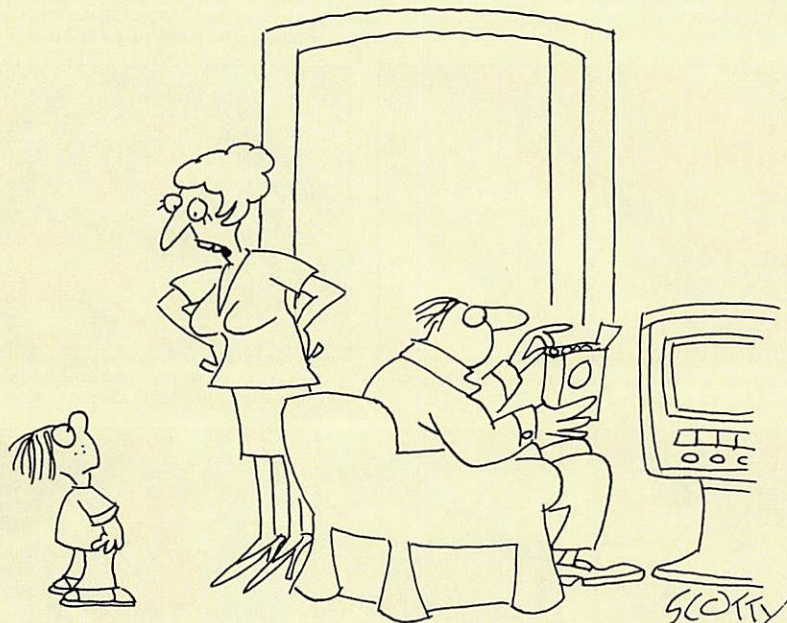
5. Eat for the right reason—hunger. When upset, angry, bored, etc., do not try to use food to regulate your emotional response. Don't use food for emotional nourishment.

6. Don't bring "junk" food home. You won't eat it if it isn't around you.

7. Realize that it may be more effective for you to avoid certain foods altogether than to try to regulate their intake.

8. Center your entertainment around activities other than food and eating. Exercise more, especially outdoors.

9. Cultivate friendships with people who live healthfully. Supportive friends really help!



"Have more respect for your father. Just because he deals in junk bonds and eats junk food doesn't make him a junkie."

much of the available energy (calories) in the food is used up in the process of mastication and digestion, as well as eliminating the high fiber content of these foods. If one were to subsist on raw vegetables only, it would clearly be a full-time job. You would literally have to eat all day long (much like most other grazing animals do).

Problems with all-fruit diets

Fruit is more concentrated, providing about 300 calories per pound. Large quantities of fruit could provide adequate calories, but such a diet would be very high in sugar and low in minerals, which would eventually lead to health problems for many, if not most, people. The patients I have seen who have eaten predominantly raw fruit diets for any length of time often develop multiple health problems including difficulties with teeth, gums, skin, immune system, and nervous system. Increased emotional volatility, fatigue, recurrent fungal, yeast, bacterial, and viral infections are also common.

Introducing raw nuts to the raw fruit diet adds a rich source of nutrition. But the resulting high-fat, high-sugar diet does not appear to work as well as a diet that utilizes abundant quantities of fresh fruits and vegetables with the addition of significant quantities of cooked starches such as vegetables, whole grains, and legumes.

Cooked starches are rich sources of nutrients, including minerals. Conservative cooking such as steaming and baking causes minimal degradation of nutrients, and cooked starches contain significantly more available energy *per volume* than raw foods. The cooking process breaks down the starch and fiber, making the consumption of appropriate quantities of health-promoting food both feasible and practical.

Enjoying your diet

The question of whether or not you will enjoy your new diet is somewhat difficult to answer. When making a swift and dramatic dietary change—from a typical western diet to a Hygienic diet—people sometimes temporarily feel physically worse and emotionally deprived. For a very determined person this method can be an excellent choice, and almost everyone can make at least limited

positive changes in this direction.

At the Center for Conservative Therapy, we often see people who want or need to make a change rapidly. For these people, a period of therapeutic water fasting followed by a carefully controlled refeeding period speeds the transition. Fasting affects the body in many profound ways. The taste buds are dramatically rejuvenated and the taste of simple food can be truly appreciated. A fast also can enable a person to more quickly get through the sometimes unpleasant physical symptoms associated with detoxification.

Living in the real world

We all live in the real world, with its temptations and seductions. Unfortunately, many things that taste good do not promote health. They have been designed to appeal to our inborn preferences for sweet, salt, and fat. In a natural setting, these substances are scarce, but in our industrial society we have access to virtually unlimited rich, stimulating foods.

To be successful in dietary transition, you must create your own natural environment as much as possible. The most important place to start is your home. Don't bring fats, oils, salt, and sugar, processed foods or animal products into your home—not even "just for company." If you have these temptations around you, you will either succumb to them or spend so much energy trying to resist them that you will become exhausted.

It is important for each person to develop his or her own set of strategies to support a healthful lifestyle. It is also important to review these strategies as well as your reasons for wanting to live healthfully. Re-read the books, listen to the tapes, and watch the videos that helped you make your decision. Attend lectures or seminars periodically both to learn and reinforce your health promoting habits. Cultivate friends who value their health and happiness. Pursue activities and interests that give you a feeling of productivity and emotional nourishment rather than looking solely to food to make you feel good.

Remember, food is fuel. Eat to live; don't live to eat. ☐

Alan Goldhamer, D.C., is co-director of the Center for Conservative Therapy in Penngrove, California.

Will I get all the nutrients I need?

As you can see from the sample charts below (top chart for women, bottom for men), which are described in the text, a plant-based diet provides an abundant supply of all of the important nutrients.

Average daily nutrients from 1700-calorie menu

Nutrient Name	Amount	RDA %	Nutrient Name	Amount	RDA %
Calories	1695 Kc	77.0%	Vitamin C	778.5 mg	1297.0%
Protein	59.74 Gm	110.0%	Vitamin E	43.15 mg	539.0%
Histidine	1411 mg	256.0%	Vitamin K	2373 Ug	3651.0%
Isoleucine	2513 mg	386.0%	Pantothenic Acid	8.724 mg	158.0%
Methionine	759.8 mg	178.0%	Chromium	0.2111 mg	168.0%
Phenylalanine	2475 mg	521.0%	Linoleic Acid	5.553 Gm	113.0%
Serine	0.692 mg	0.0%	Magnesium	688.1 mg	245.0%
Threonine	2122 mg	471.0%	Potassium	7364 mg	368.0%
Tyrosine	1698 mg	357.0%	Copper	3.111 mg	138.0%
Leucine	3735 mg	393.0%	Iron	22.25 mg	148.0%
Lysine	3055 mg	381.0%	Phosphorus	1425 mg	178.0%
Tryptophan	684.2 mg	273.0%	Manganese	9.885 mg	282.0%
Valine	2945 mg	453.0%	Selenium	0.184 mg	333.0%
Vitamin A	7447 RE	930.0%	Calcium	933.5 mg	116.0%
Thiamin B ₁	1.938 mg	176.0%	Cholesterol	0.0 mg	n/a
Riboflavin B ₂	2.118 mg	162.0%	Sugar	102.4 Gm	n/a
Niacin B ₃	22.18 mg	147.0%	Carbohydrate	332.5 Gm	120.0%
Pyridoxine B ₆	4.964 mg	310.0%	Weight	3004 Gm	0.0%
Cobalamin B ₁₂	0.0 Ug	0.0%	Dietary Fiber	71.46 Gm	324.0%

Percent of calories from: Protein: 13% Carbohydrate: 73% Fat: 14%

Average daily nutrients from 2500-calorie menu

Nutrient Name	Amount	RDA %	Nutrient Name	Amount	RDA %
Calories	2468 Kc	85.0%	Vitamin C	1176 mg	1960.0%
Protein	86.38 Gm	137.0%	Vitamin E	56.75 mg	567.0%
Histidine	1888 mg	272.0%	Vitamin K	2117 Ug	2646.0%
Isoleucine	3322 mg	405.0%	Pantothenic Acid	10.71 mg	194.0%
Methionine	1105 mg	206.0%	Chromium	0.169 mg	135.0%
Phenylalanine	3454 mg	576.0%	Linoleic Acid	5.625 Gm	87.0%
Serine	0.692 mg	0.0%	Magnesium	963.3 mg	275.0%
Threonine	2786 mg	491.0%	Potassium	9632 mg	481.0%
Tyrosine	2281 mg	380.0%	Copper	3.711 mg	164.0%
Leucine	5186 mg	433.0%	Iron	27.32 mg	273.0%
Lysine	3978 mg	394.0%	Phosphorus	2083 mg	260.0%
Tryptophan	922.4 mg	292.0%	Manganese	14.98 mg	428.0%
Valine	3958 mg	483.0%	Selenium	0.248 mg	354.0%
Vitamin A	10144 RE	1014.0%	Calcium	1052 mg	131.0%
Thiamin B ₁	3.479 mg	231.0%	Cholesterol	0.0 mg	n/a
Riboflavin B ₂	2.11 mg	137.0%	Sugar	200.4 Gm	n/a
Niacin B ₃	23.79 mg	125.0%	Carbohydrate	516.6 Gm	142.0%
Pyridoxine B ₆	5.539 mg	276.0%	Weight	4366 Gm	0.0%
Cobalamin B ₁₂	0.0 Ug	0.0%	Dietary Fiber	88.41 Gm	304.0%

Percent of calories from: Protein: 13% Carbohydrate: 79% Fat: 8%



David Durbak

Enjoy delicious fresh fruits and vegetables—the most flavorful, easiest-to-prepare foods there are!

The Simplicity of Great Taste

Members share recipes that are sure to please the entire family!

By Susan Taylor

Can you remember the taste of watermelon on a hot summer day? Or your first juicy taste of a really ripe mango? These natural flavors simply cannot be improved upon—which makes preparing and eating them a breeze!

Celebrate this season with ripe fruit fresh from the field (or hot off the counter, whichever is available!). Enjoy a bowl of naturally sweet strawberries, or a fruit salad with bananas and berries. The recipe is simple—peel (if necessary) or wash, and eat!

Sharing recipes with friends is a great tradition. I asked ANHS members to send in their favorite recipes,

Susan Taylor is the director of the ballet and modern dance department at the University of Tampa, and the associate editor of *Health Science* magazine.

❖ RECIPES ❖

Momentary Salad
Hygienic Porridge
Persimmon Pudding
Bananas and Rice
Best Salad Dressing Ever!
Kids' Fruit Party Mix
Justine's Fruit Breeze

Send your favorite recipes to:

Good Eating
P.O. Box 30630, Tampa, FL 33630

and I would like to share some of them with you today!

These recipes reflect our theme of delicious food that requires little or no preparation.

Creative member recipes

Mila McIntyre created her recipe for Momentary Salad by simply putting together everything that she had on hand at the time! Viva creativity!

Katherine Meeks hopes everyone will try her recipes for Hygienic Porridge and Persimmon Pudding. James McCracken says that the bananas and rice in his recipe taste great together!

Wade and Vivian Hayes' recipe for the Best Salad Dressing Ever helped speed their transition to Natural Hygiene.

Creative recipes from youngsters and their families complete our menu!

Momentary Salad

2-3 green leaf lettuce leaves
1 avocado
1 nectarine
1/4 cup raw sunflower seeds
1/4 cup raisins

Tear lettuce leaves into bite-sized pieces. Cut avocado in half and remove seed; scoop out flesh, cut into small pieces, and add to lettuce. Cut nectarine into small pieces and add to mixture. Add sunflower seeds and raisins. Serves one.

Courtesy of Mila McIntyre, Phoenix, Az.

Hygienic Porridge

4-5 Tbsp. raw, unsalted sunflower seeds, pumpkin seeds, and/or almonds

Juice of 1-2 oranges

Grind seeds and nuts in a nut grinder or a sturdy blender. Put ground mixture in a small-sized bowl. Squeeze orange juice on top and mix until you have the consistency you like.

This tastes like delicious, well-seasoned porridge, but without the salt or sugar. Remember, a *small* amount goes a long way!

Courtesy of Katherine Meeks, N.Y., N.Y.

Persimmon Pudding

1 ripe persimmon

Remove leaves at top of very ripe persimmon. It is ripe if the skin is about to break open. Put persimmon in blender and blend until soupy. Pour into small bowl. Eat!

Courtesy of Katherine Meeks, N.Y., N.Y.

Bananas and Rice

1 ripe banana

1/2 cup cooked brown rice

Mash banana with a fork. Mix it thoroughly with warm, cooked rice.

Courtesy of James McCracken, Williford, Ark.

Best Salad Dressing Ever!

1 ripe avocado

1 rib celery

1 small or 1/2 large tomato

1 small or 1/2 large cucumber

1 bud garlic (optional)

1 tsp. distilled water

Scoop avocado flesh out and place in blender along with the celery, tomato, and cucumber. If the tomato and cucumber are not organic (and especially if the cucumber is waxed), you may want peel them first.



Youngsters (l to r) Dan Gerry, Casey Kimble, Elizabeth Rosenstadt (in tree), Lisa Huberman, Heather Huberman, Salem Kimble (in tree), and Justine Oswald at the 1995 ANHS International Natural Living Conference in Washington, D.C.

Daniel Regan

These kids know how to eat!

Healthy children have healthy appetites! While snacks have become almost synonymous with junk food in our culture, Joy Gross, author of *Raising Your Family Naturally*, says, "Just because food is eaten as a 'snack' doesn't mean it can't be nutritious. Kids often come home from school famished, and they'll usually go for whatever you have around."

ANHS parents agree. Pamela Gerry of Springvale, Maine says that her children—Dan, 13, Julia, 11, Vanessa, 9, and Budgie, 6—"need little urging to go for their favorite snacks!"

"I find," says Wanda Huberman of Youngstown, Ohio, "that when the

items in my kitchen are wholesome, I can't go wrong by letting my daughters Lisa (age 10) and Heather (age 12) experiment. And I find that the more they are involved with food preparation, the more interested they are in eating well!"

Angela Waterbury of Colorado Springs, Colo. agrees. "My daughters Melysa (age 6 1/2) and Emilee (age 5) enjoy helping to prepare food. Involving kids is the best way to ensure what they will eat. We make it fun and colorful, and we talk a lot about why we make these decisions in our healthful lives!"

We salute all ANHS parents for their efforts to raise healthy and happy children!

Add just enough water to make a puree.

Serve with salad or over your favorite combination of lightly steamed vegetables!

Courtesy of Wade and Vivian Hayes of Vidor, Texas

Kids' Fruit Party Mix

Red and green apples

Chopped, unsalted nuts

Raisins

Dried fruit pieces

Toothpicks

Cut apples into wedges (cut away the center part). Place toothpick in one end of each piece of the fruit. Place condiments in small bowls for children to roll their fruit

pieces in. Kids love to do this.

Apples can be substituted with (or joined by) kiwi fruit, strawberries, blackberries, melon pieces, pineapple, etc.

Courtesy of Angela Waterbury

Justine's Fruit Breeze

1 ripe mango

6 strawberries

1 orange

Peel mango and cut flesh away from seed. Put in blender with strawberries and orange sections. Blend at medium speed until smooth.

Courtesy of Justine Oswald, age 9

Come to the 1996 ANHS Conference!

Learn how to develop healthful strategies for living...tailored to meet your individual needs!

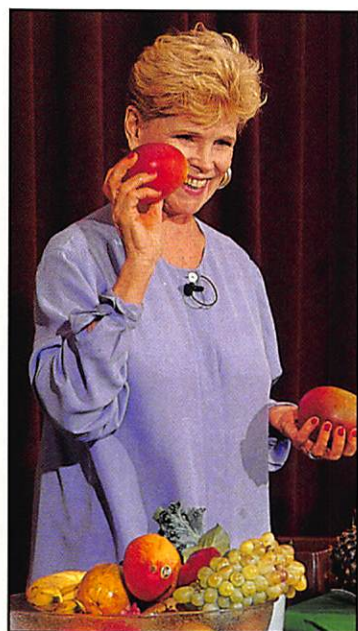
The annual ANHS International Natural Living Conference is scheduled for July 19-24 at the DoubleTree Oceanfront Hotel in Fort Lauderdale, Fla.

You will meet the world's foremost teachers of Natural Hygiene. Enjoy workshops on the Natural Hygiene diet, stress management and relaxation, the power of rest and sleep, women's health issues, and much, much more!



All photographs by David Durbak unless otherwise noted.

Meeting like-minded people who share your zest for life is one of the exciting highlights of the ANHS International Natural Living Conference!



Renowned author Joy Gross will show you how to make extraordinary recipes!

***Don't miss out!
Register today
for this
great event!***

Conference Highlights!

This year's Conference brings you all the very best of Natural Hygiene! Hear dynamic speakers; enjoy a fantastic program designed to give you the information (and encouragement!) you need; plus savor great food and great company!

Vital new information

1. Learn from the most knowledgeable Natural Hygiene doctors in the world.
2. Get answers to your most important health questions.

Your support system

1. Meet new friends and reunite with old friends.
2. Learn how members solve the day-to-day problems *you* face.

Special events

1. Attend workshops on topics like senior health issues, family issues, and more.
2. Enjoy the field trip, autograph sessions, talent show, socials, Century Club Luncheon, banquet and dance, and more!



Enjoy deliciously prepared buffet meals!

Learn how to live fully!

Learn how to live life to the fullest! Life is so much more than just good health habits!

Maximize *every* area of your life. Develop the vital skills and techniques necessary to become healthy, happy, and productive!

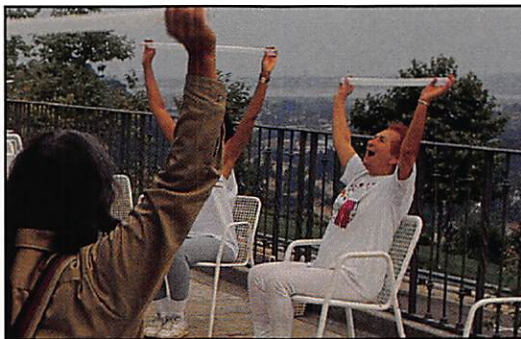
Let this Conference be the beginning of your total lifestyle transformation!

Call (813) 855-6607 today to register with your Visa or MasterCard!

Celebrate with friends and create the life you desire!



Drs. Jennifer Marano and Alan Goldhamer of California will address aging and diet issues.



Learn how to exercise in a way that celebrates your extraordinary potential to stretch and reach new heights!



Meet interesting, talented, creative people who share your interests!



Meet ANHS members from around the world and build your personal health support network!



Enjoy delicious meals served at the peak of perfection in the best of company!



The finest health books and tapes will be on display for you to see and purchase!

Plan now to attend!

Don't miss this life-transforming event! Take advantage of low, early registration rates.

Learn how to live the joyous life you have always wanted!

Food stylists and authors Paula Duvall and Joy Gross will inspire you with their delicious and colorful food demonstrations! Learn how easy it is to make great tasting dishes, beautifully arranged, and guaranteed to please!

Call ANHS to register!

All Conference information and registration requests must come to ANHS (do not call the hotel). Call (813) 855-6607 to register for the Conference today!

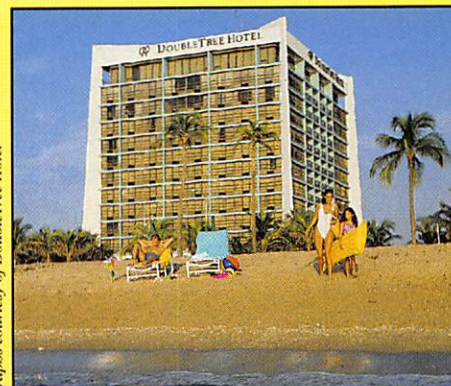
Deluxe accommodations for this exciting, once-in-a-lifetime event!

This year's International Natural Living Conference will be held at the beautiful DoubleTree Oceanfront Hotel in Fort Lauderdale, Fla.

This great ANHS event combines an incomparable educational opportunity with an unforgettable vacation.



All rooms feature deluxe accommodations and have beautiful views of the Atlantic Ocean or the Intracoastal Waterway.



Beat the heat at the beach!

Enjoy refreshing ocean breezes and cool your feet in the waves of the Atlantic Ocean. Get away from it all and surround yourself with tropical beauty!

Career journalist credits miraculous recovery to fasting!

Dedicated ambassador of health!

It was a long odyssey from the days of my initial interest in health until my recovery from a tumor that threatened my life.

In high school, although I was very athletic and competed in acrobatics and gymnastics, I remember feeling tired all the time. I put on an act of feeling fine, but I wondered if everyone felt the way I did.

After I met and married my husband Ray, I had four children, each one year apart. Ray worked for the government, so we traveled quite a bit while our children were young. We were "party animals" during the early years of our marriage, which eventually caught up with me.

When we lived in Thailand, Ray was away for extended periods of time. I had no friends or support system in Thailand, and my health and my spirits were at a low ebb. So I began to teach yoga, fitness, and boltige (gymnastics on horseback) classes, hoping



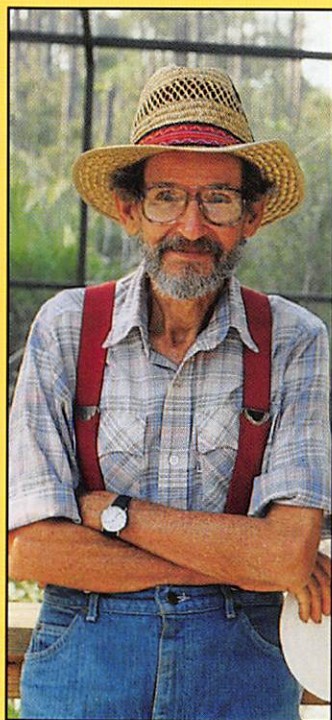
J.M. Lennon

Gerry Coffey has interviewed such notables as Bob Hope, Ronald Reagan, and Duke Ellington!

this would help.

My first job in journalism was a trial by fire! I was hired as reporter and editor for the social section of an

American newspaper. With three pages of newsprint to fill every day, I was busier than ever! Bangkok was the crossroads between Asia and



Eddie Filer grows most of his own food at his home in Naples, Fla.

Longtime ANHS member grows his own food!

Efforts pay off!

I have been interested in healthful living since the 1940s, became a vegetarian in the late 1970s, and learned about Natural Hygiene in 1980. A doctor in California, who supervised a fast I took in 1982, told me about ANHS.

Helen and Scott Nearing have influenced my life more than anyone else. Their way of life and philosophy made a lot of sense to me.

Helen Nearing's book, *Simple Food for the Good Life*, is filled with good, down-to-earth sense. She stressed the importance of simplifying our lives. She also mentioned that she and Scott fasted on holidays such as Christmas, Thanksgiving, New Year's Day, and Easter as a way of resting their bodies and of protesting against an emphasis on eating (and overeating) in our culture.

I have raised much of my own food for

about 25 years in California, Arkansas, and Florida. I supplement my fruits and vegetables with a few nuts, beans, and whole grains. I like popcorn, too.

I live off the land as much as possible. My exercise comes from working around my homestead, and I get plenty of fresh air and sunshine as well.

My health is not perfect, and I have committed many blunders. But I am sure I would be far worse off if I had never discovered Natural Hygiene. As long as I stay trim and shun salt, sugar, animal foods, and all processed foods, I feel reasonably well. When I eat the wrong foods, I suffer. I only have had one cold in the past 10 years, and that was caused by not following healthful practices.

To me, Natural Hygiene does not mean following a certain dogma of rules. It gives us the tools to learn what our bodies can teach us. I am now 71, and my hope is that I can continue my way of life for many years to come.

Eddie Filer is a longtime ANHS member who lives in Naples, Fla.

Europe, so I met and interviewed all kinds of celebrities and ambassadors, including Duke Ellington, Ronald Reagan, Ferdinand and Imelda Marcos, and Bob Hope.

But my health continued to go downhill. I wasn't taking care of myself and would go for days without eating anything but toast and coffee. I tried all kinds of doctors and pills, and eventually I was diagnosed as hypoglycemic. I felt like my body had betrayed me!

When we returned to the United States in 1974, I completed my college degree in radio/TV and journalism. This really prepared me for the work that I wanted to do—teaching people how to live healthier lives!

But I still had a lot to learn. One day when I went for a routine physical, I was diagnosed as pre-menopausal, and I started taking estrogen therapy. When a cyst developed, exploratory surgery was recommended.

Fortunately, I had recently heard about Natural Hygiene. I decided to undertake a supervised fast, even though my family and friends were against it. Ultimately, I undertook three major supervised fasts over an extended period of time.

The cyst—which at one time was the size of a cantaloupe!—finally disappeared, but only after I made a *total commitment* to living healthfully every single day of my life.

I became an ANHS member in 1987. In 1988, I succeeded in getting my husband Ray to attend the ANHS Conference with me. This was the beginning of our real health revolution. Ray changed his lifestyle, his migraine headaches went away, and now he shares my passion for wanting to live a high quality life, and for teaching other people how to do it, too!

I currently host a radio show and am working on producing a television show, all geared toward promoting healthful living. Ray and I are extremely active in our community and our state, doing everything we can to get more people involved in making healthy choices in their lives!

ANHS Century Club members Gerry and Ray Coffey live in Decatur, Ala.

Hygiene adding life to the years for member Miles Michael!

Man for all seasons!

My interest in health goes back to the 1950s, when my brother showed me *Prevention* magazine. Soon after, I picked up some organic gardening magazines. My gardening career began in earnest when I moved from New York City to New Jersey in 1955. I made my first compost bin that year, and I have not stopped since!

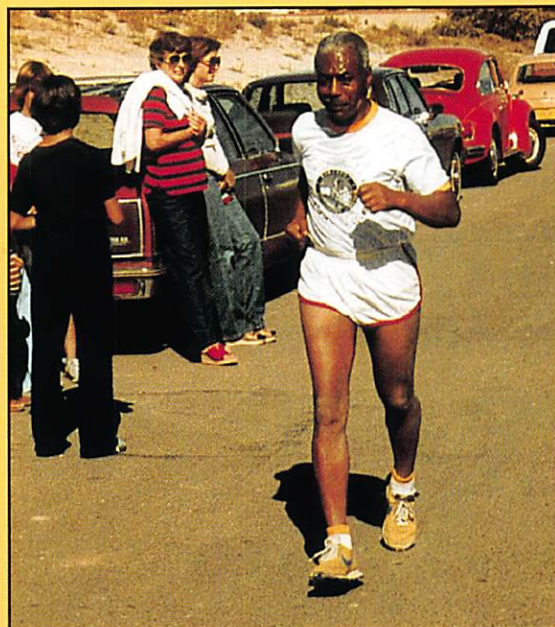
I learned about Natural Hygiene from a book by Herbert Shelton. I quickly realized that “alternative” health approaches were little more than conventional medicine, except instead of drugs, proponents were pushing vitamins and minerals. I saw right away that Natural Hygiene was completely different!

I used to drive to New York to hear health lectures, and particularly remember some by Dr. Christopher Gian-Cursio [one of the co-founders of ANHS]. Dr. Shelton motivated me to make many lifestyle changes.

I moved to New Mexico in 1980 to get away from the snow, ice, and polluted air on the East Coast. I brought my compost bins with me! I have a bad back, but it doesn't keep me from working 10-14 hours a day in my orchard and garden.

I grow most of own food. I have a grape arbor, an orchard, and a garden. I work like the Mad Hatter in the fall—collecting grass clippings and leaves to make compost. Last year I made more than a ton of it! My neighbors thought I was a nut until they saw the size of my vegetables! They really grow when you put the right stuff in the ground.

When I am not gardening, I do a lot of volunteer work in local schools and the community—everything from serving on the Bilingual Committee for the Belen School System and the Martin



ANHS member Miles Michael ran his first marathon race (26.2 miles!) at age 56 *on a bet*, and he completed it!

Luther King Committee promoting his non-violence ideas with young people in schools, to raising funds for the firehouse. I worked with the New York City Housing Authority for 25 years and still belong to the National Black Officers Association. I also keep active with local and state politics.

I attended the 1990 ANHS Conference at Hofstra University in New York, and it was very good—the college location, the dining facilities, and the dorms were all excellent. I especially enjoyed seeing and hearing the people that I had always read about in *Health Science*, such as Drs. Alec and Nejlá Burton of Australia.

I love *Health Science*! I read it as soon as it arrives, regardless of what else I'm reading at the time. My next favorite reading material is organic gardening magazines.

I urge anyone who is considering making necessary lifestyle changes to make them *immediately*! Given the right conditions, the human body heals itself, or does what it can do. Sometimes the damage may be irreversible. Don't wait and find out later that it is too late to make changes!

ANHS Century Club member Miles Michael, Sr., lives in Belen, N.M. He has been honored by the Rodale Institute as a Master Gardener.

Natural Hygienist operates a spa in Brazil according to Hygienic principles!

Spreading the message of health! Twenty years ago I started to do research about nutrition and health, and I have been a vegetarian since then.

But four years ago, I learned about Natural Hygiene—and it has made a big difference in my life! Natural Hygiene is completely different from regular vegetarianism.

I first heard about this extraordi-



ANHS Century Club member Tania Alves owns a Hygienic health spa in Brazil.

nary way of living through reading Harvey and Marilyn Diamond's *Fit For Life* books. After that I started reading books by Dr. Herbert Shelton. I joined the American Natural Hygiene Society in 1994.

I own a health spa in the mountains in Rio de Janeiro. We can accommodate 80 people. The meals at the spa are prepared according to Hygienic principles. This is my way of spreading the principles of Natural Hygiene.

More than 1,500 people in Brazil now are aware of Natural Hygiene because they have come to my spa. People come because of vanity, because they want to be thin and slim. But once they are there, they have the opportunity to experience a new way of life, a

Engineer Gordon Hutchinson leaves aerospace industry to plant orchard!

Living Hygienically pays off!

I have been deaf since birth. I started practicing Natural Hygiene 10 years ago after I read Herbert Shelton's *Superior Nutrition*. Both my energy levels and my general health improved as a result.

I have been an ANHS member for many years, and I attended my first Conference in 1987. Natural Hygiene has made an important difference in my life, and I am grateful to the Society for making this information available. My health and enjoyment of life grow with each passing year.

Recently, I decided that I wanted the benefits of doing physical labor, out-of-doors, in the country. I quit my beloved (but exercise-poor) desk job at a major aircraft company, leased some land in the middle of an orchard country, and started practicing edible landscaping.

Since then, I have planted more than 60 varieties of fruit trees (including peaches, nectarines, cherries, apri-cots, apples, pears, plums, pawpaws,



Engineer Gordon Hutchinson of Zillah, Washington left his desk job of many years to spend more time outside. He is pictured here on one of his visits to ANHS National Headquarters, in Tampa, Fla.

persimmons, mulberries, almonds, pecans, and figs) and many varieties of kiwi fruits and grapes. I have planted several gardens totalling more than 10,000 square feet, with many vegetables, flowers, and vine fruits (melons, squashes, tomatoes, etc.).

It is a joy to be able to eat the

fruits of your own labor—i.e., organically grown produce from your very own garden—instead of spending hard-earned money on tasteless supermarket produce!

ANHS member Gordon Hutchinson lives in Zillah, Washington.

beautiful and wonderful way of life—Natural Hygiene.

People come to lose weight and detoxify and to learn how to manage stress. We offer Swedish, light-touch, and integrative massage, and we teach classes in nutrition. This is a good beginning for them. We are very happy to be able to help a lot of people and to be spreading the ideas of Natural Hygiene.

People usually come for a minimum of one week, but some people stay for five to seven months, according to their needs. We also have a special program for teenagers to teach them how to start a new way of life.

We have a doctor and a nutritionist on staff, but we had to retrain the nutritionist because she comes from a background that is very different from Natural Hygiene!

In Brazil, there are vegetarians and macrobiotics and a lot of alternative healers and therapists such as acupuncturists and chiropractors, but Natural Hygiene is very new. We are doing whatever possible to help spread this wonderful information.

I was very excited to attend the 1995 ANHS International Natural Living Conference! The lecturers are great scientists. I admire them very much.

It was so thrilling to meet new friends who think similarly, the same way I do. I am very proud to be a part of the Natural Hygiene family.

Health has a lot to do with the future of the planet. Natural Hygiene is for the 21st century! Natural Hygienists are the future!

ANHS Century Club member Tania Alves lives in Rio de Janeiro, Brazil.

We want to hear your story!

Send your story to:

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

*Stories will be edited for length,
style, and clarity. Not all stories
will be published.*

American Hygienist enjoying life in Great Britain!

A rewarding life in Hygiene!

As a child, I studied ballet, and I have always enjoyed the good benefits of exercise.

In my younger years, I did a great deal of traveling in California, working in the beauty profession. And I was very successful!

This allowed me to jet off to Dr. Shelton's Health School in Texas from time to time for rest and relaxation (and to keep my weight down!). My Natural Hygiene diet kept my stamina up, and I always tried to exercise.

During this time, I had the good fortune to meet longtime ANHS Life member Sophie Holzgreen. Sophie never seemed to tire of promoting Natural Hygiene. Later, I had the good fortune to work with the late R.J. Cheatham at his Shangri-La Resort in Bonita Springs, Fla.

One peak experience in Natural Hygiene was working as a children's counselor at a Natural Hygiene camp organized by Helen Jean Story. The camp was located at a home on the Hudson River in upstate New York. We swam, boated, hiked, camped in the Catskill Mountains, did arts and crafts, went to movies and museums, shopped—and prepared wonderful Natural Hygiene meals.

When I married my husband, who is a British subject, I moved to England. We both drive, but we have an agreement that if we want to go anywhere in our village, we either go by bicycle, or walk.

I have met a lot of Natural Hygienists in my life, and I have liked them all—they are most altruistic people. I especially miss the great Dr. Herbert Shelton (whose birthday I share), and Helen and Scott Nearing, whom I met at an ANHS Conference, and whom I later visited



Beverly Norman exploring a castle near her home in Hampshire, England.

with in their home in Maine.

Now I am a Life member of both the American and British Natural Hygiene Societies, and I am so grateful for the friendships and knowledge that I have received through my association with them.

Here in England, Dr. Keki Sidhwa, president of the British Natural Hygiene Society, gives delightful luncheon seminars on Natural Hygiene, which I enjoy very much.

Now that I am moving into the senior citizen category, I have joined a health and fun club for people over 50. We take exercise classes, yoga, swimming, short tennis, bowls, table tennis, etc.

It isn't always easy to be a good Natural Hygienist in an impossibly carnivorous world. But once one understands Natural Hygiene, it is the easiest way to live—and the diet consists of the original "fast food"!

ANHS Life member Beverly Norman lives in Four Marks, Alton, Hampshire, England.

The Importance of Touching

Learn why gentle touch is so important to good health!

By Beverley Anne Christie and Sara Joy David, Ph.D.

Touching and being touched in ways that help us to feel appreciated and cared for is an essential ingredient in an optimal health care program. Parents soothe and nurture children by stroking, cuddling, rocking, and hugging them. Children invite such contact as part of their daily diet, both to meet their basic acceptance needs and for comfort when they are frightened.

The same is true for adults. Gentle, soothing touch, at an appropriate time, from an appropriate trusted person, can be a very effective antidote to the bodily tension induced by daily interpersonal conflicts, noise assault, and other insanities associated with life on Earth.

Hygiene makes a difference

Hygienists, by choosing to eat well, exercise, rest, and obtain sufficient amounts of fresh air and sunshine daily, defy many societal norms. Our choice to be healthy is often undermined by family, business associates, and acquaintances who feel threatened by it. How much better it would be if they felt *inspired* by our efforts to break free of the social conditioning that encour-

*The ongoing
human need
for respectful
and appropriate
physical contact
cannot be
overemphasized.*

ages people to overwork, eat junk food, and become passive couch potatoes and television junkies.

We live in a world where conformity is the norm. It takes courage to be oneself in a world where parents, teachers, peers, and the media often join forces to try to produce "carbon copies" of the "approved" personality.

In response to these interpersonal attacks and lack of support, our bodies can tighten and move out of alignment. Similar tensing can occur in response to loud noises such as police, ambulance and fire fighters' sirens; road

and construction crews; lawn mowers and leaf blowers; automobile and truck motors; and the blaring music that has become so commonplace.

Respecting boundaries

The body registers all such stimuli as assaultive. The automatic tightening of muscles to armor (protect) and defend themselves produces sensations that range from mild discomfort to extreme pain. It is no wonder that chiropractic adjustments, massage, and a plethora of body treatments have become so popular. These forms of touch can restore equilibrium and balance. However, the gentle, appropriate touching we are suggesting can help the authentic self of every individual blossom and flourish.

All such touch must be exchanged in a manner that respects the boundaries of the persons receiving and giving the touch. In a touch-phobic society, where many individuals are unaccustomed to physical contact, it may take a while for touch to feel welcome and natural. In a society where large numbers of people have been sexually abused and/or otherwise physically (and verbally) harassed in



Scientific studies confirm the importance of human touch in the development of healthy babies.

Getting off to a good, healthy start!

Scientific studies have confirmed the importance of touch in the health and well-being of children.

Dr. Rene Spitz first published his findings in 1945 that established the connection between health and touching in babies.

Babies who were raised in orphanages where staff sizes were so small that they were not held and cuddled suffered adverse health effects. Some babies literally "withered away" and

died. Numerous subsequent studies confirmed these findings.

Later it was found that babies born prematurely who were kept in incubators but not touched or stroked failed to thrive.

Today it is common practice for both hospital staff and parents to set aside ample amounts of time for touching, tickling, and stroking premature babies. This practice results in healthier babies!



Photographs by David Durbin

There is no substitute for the gentle, loving touch of someone who cares.

childhood and adulthood, touch may even come to be associated with feelings of invasion. However, just as we can reclaim our taste buds—jaded by excess use of spices, sauces, and other stimulants, we can reeducate our nerve endings to enjoy gentle, appropriate touch.

Learning from children

One of the reasons that children appeal to and delight so many adults is that children provide some socially sanctioned outlet for the need for human touch. In the long run, however, adults and children alike are harmed by the restrictions on touch that displace onto children, needs that would be better met by other adults. Some children end up feeling smothered. Children sense the difference between nurturing touch that meets their needs, and touching that is a disguised way of meeting the adult's needs. They avoid the latter whenever possible.

We recently observed two dapper-looking men, one in his forties, the other in his nineties, arrive at a restaurant. The younger man gently and tenderly assisted the older man. As he

opened the door to the cafe, he placed his hand affectionately and lightly upon the older man's back. Once inside, they sat beside each other as the younger fellow read the newspaper aloud. It was moving to see them sitting there, their shoulders touching, obviously enjoying their outing together. It was refreshing to observe such a gentle, natural exchange of interaction—especially since touching seems to be particularly taboo between men.

It is important to recognize how much the hunger for food is a displacement of other physical hungers. The hunger to connect, the hunger to be known, the hunger for acceptance, the hunger for nurturing touch, when directly filled, all reduce the sensation of hunger for food.

Expressing feelings

Often, gentle touch creates the safety that allows stifled feelings to surface. This can feel scary at first. However, when expressing and releasing feelings becomes part of our self-care routine, we become appreciative and welcoming of these opportunities.

The English language reflects the link between physical touch and expressing emotions. We speak of videos, plays, and movies that move us deeply as "touching." Whenever we have a deep, heartfelt response to an interaction or set of circumstances, we describe ourselves as "touched" by the events.

Virginia Satir, a renowned family therapist, urged everyone she knew to give and receive a minimum of 12 hugs each day. The enormous market of "cuddly" teddy bears, rabbits, cats, dogs, and other stuffed toys is another indicator of how important it is to attend to the need to touch. Soft cotton, silk, velour, and satin clothing sometimes comfort the wearer in a similar manner. But while these may offer some comfort, there is no substitute for the gentle, loving touch of a warm palm on a soft cheek, or on one's forehead or back. □

Beverley Anne Christie and Sara Joy David, Ph.D., are ANHS members living in British Columbia, Canada.

Relaxing massage

Our bodies often tense in reaction to the many stressful stimuli we are exposed to daily. This can result in a tightening of muscles that can produce sensations ranging from mild discomfort to extreme pain.

It is no wonder that chiropractic adjustments, massage, and a plethora of body treatments have become so popular.

These forms of touch can help restore equilibrium and balance.



A Walk with a Legend

A visit with ANHS co-founder Dr. William Esser of Lake Worth, Florida

By James Michael Lennon

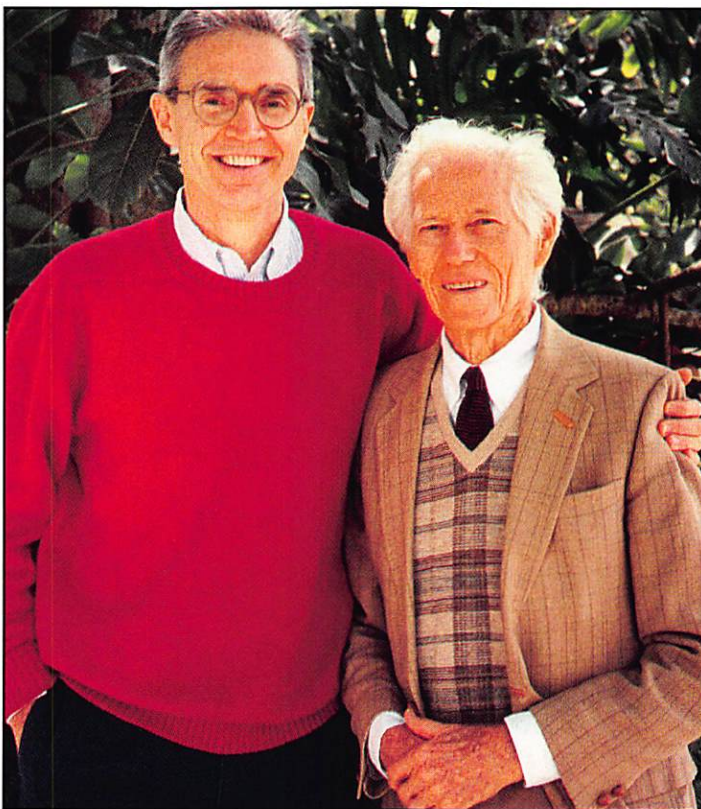
I recently had the great privilege to visit with one of the giants of 20th Century Natural Hygiene, Dr. William Esser.

Dr. Esser is one of the original founders of the American Natural Hygiene Society, and is one of the most respected and revered individuals in Natural Hygiene.

On the morning that we met, Dr. Esser radiated the calmness, the clarity of mind, and the radiant good health for which he is famous. He is a man who truly has lived a life in harmony with nature.

Dr. Esser is one of the co-founders of the International Association of Hygienic Physicians (formerly the International Association of Professional Natural Hygienists), and he is the founder and director of Esser's Health Ranch, an Hygienic institution he founded in Lake Worth, Florida in 1949.

The timeless beauty of the grounds



Executive Director James Michael Lennon visited recently with ANHS co-founder Dr. William Esser at Esser's Health Ranch, which was established in 1949, in Lake Worth, Florida. Dr. Esser will be 85 years young in June.

of the Health Ranch belies its setting in an increasingly urbanized Florida. Mango and other tropical fruit trees grace the property, and when I was

there, a new grove of pineapple plants was being planted.

Despite a busy schedule tending to patients and visitors, Dr. Esser, who will be 85 in June, continues to pursue his love of tennis, photography, and travel.

Dr. Esser spoke about the direction that Natural Hygiene has taken in recent years.

"Hygiene has grown tremendously of late and I am very happy about that," he said. "Of course, not everything that is being taught can be considered 'pure,' in the sense that it is not entirely consistent with the basic principles laid out by Dr. Shelton.

"But I understand that a major effort is being made to reach out to as many people as possible. I can live with that as long as the ultimate

goal remains to lead people to see and understand the truth.

"That is what I see as the noble purpose of Natural Hygiene." □

🌿 An Invitation to Health 🌿

By Dr. William Esser

Have you any conception of what the phrase "an invitation to health" means? Can you form an image of how you would feel if every organ in your body were functioning perfectly?

Perhaps you can go back to some day in your youth, when you got up early in the morning and went for a walk, and the spirit of

the sunrise got into your blood, and you walked faster, and took deep breaths, and laughed aloud for the sheer happiness of being alive in such a world of beauty.

Now you have grown older—and what would you give for the secret of that glorious feeling? What would you say if you were told that you could bring it back

and keep it, not only for mornings, but for afternoons and evenings, and not as something accidental and mysterious, but as something which you yourself have created, and of which you are completely the master?

These genuine feelings of joy and accomplishment are what Natural Hygiene has to offer!

American Natural Hygiene Society

Professional Referral List

The following primary care physicians are all licensed and/or legally practicing in their state, country or territory and are members in good standing of the International Association of Hygienic Physicians (IAHP). IAHP physicians 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 Hygienic care with an emphasis on fasting supervision and are certified by the IAHP as Specialists in the Application of Fasting Supervision and Hygienic Care.

United States

Northeast

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Jennifer Marano, D.C.
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Attention physicians:

If you are a licensed primary care physician (M.D., D.O., D.C., or N.D.) or a student in one of those disciplines, and would like more information about the International Association of Hygienic Physicians (IAHP), contact:

IAH.P.
204 Stambaugh Bldg.
Youngstown, OH 44503
Phone: (216) 746-5000

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 Hygienic Physicians 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.

Your Questions

This month *Health Science* answers questions about dental care; low blood sugar; cataracts; colitis; colonics and fasting; boosting immune function; body building; and more!

Colonics and fasting

Q. *What is the Hygienic opinion on colonics while fasting?*

Sonya King
Atlanta, Ga.

A. Elimination is not enhanced by evacuating the bowel. True, many abdominal and systemic discomforts can be temporarily relieved by flushing the bowel. In the impacted bowel, this is justifiable. I personally am not opposed to relieving pain and agony. The problem is that people never come to realize that relief of symptoms is never recovery from disease or the reasons for suffering. The reasons always are caused by irresponsible or, at least, honestly mistaken choices.

The gut beautifully regains tone and healing during a fast even if the bowel does not move once in 40 days.

Colonics during a fast on a regular daily basis will so detone and distend the bowel that many of these people may never again regain normal bowel action.

Bile which flows so abundantly during the fast immediately begins the detoxification of the liver and is designed to restore tone and motility to the bowel. The bile and physiological rest will do this very successfully when the bowel is allowed to rest totally, with no food except water, and the whole body is totally rested physically during the fasting state.

Bad habits of thinking, bad habits of food, plus bad habits of using toxic irritants to excite the bowel, combined with the additional bad habits of flushing the bowels, will lead to permanent impairment of this body function, which is designed to give us not one moment of concern or discomfort.

D.J. Scott, D.C.

Hunger vs. dizziness

Q. *What is the difference between low blood sugar, that feeling of weakness and dizziness, and true hunger? Are these both the same thing, or can we experience one without the other? On what basis should we decide when we need to eat?*

Carlos Marzella
Asheville, N.C.

A. Not every experience of weakness and dizziness is due to low blood sugar. This is more of a fad diagnosis than anything else. Without laboratory confirmation, I would not be quick to make that assumption. There are a myriad of reasons why a person may feel weak and dizzy, most of which have nothing to do with hunger.

Dr. Shelton used to say that every normal healthy experience in life should be pleasurable, and hunger is certainly a normal, healthy experience. Hunger is the wholesome desire to eat, and it should not be accompanied by any morbid sensations. Can you relish natural food eaten in its natural state? That is the criterion on which you should decide to eat, not to dispel weakness or dizziness.

Ralph Cinque, D.C.

Is toothpaste necessary?

Q. *My (otherwise very conventional) dentist says that toothpaste is not necessary and that careful and gentle brushing and flossing are all that I need to do. I have been using toothpaste all my life. Is toothpaste necessary?*

Name withheld by request

A. I have a tendency to agree with your dentist. I use Melaleuca tooth polish in the morning and usually use no toothpaste the other times



"Okay, who was first?"

during the day. I find that brushing without toothpaste is less abrasive to the teeth. I find brushing with saliva as a lubricant to be very satisfactory.

If you do decide to try this method, try at first your midday brushing with only your toothbrush after flossing. Check how your mouth and teeth feel. I suggest that you hold the brush in your mouth for 30 seconds to one minute before you start brushing. This will allow time for saliva to build up. Then brush your teeth; swallow if necessary; then brush your tongue (top), and rinse your brush and mouth if you feel it necessary.

Gerard MacPhee, D.D.S.

Cataracts and surgery

Q I am 62 years old and have cataracts that are getting progressively worse. Is there anything Hygienically-oriented I can do to stop this progression, or should I resign myself to eventually having surgery?

Lill Coleman
Mt. Healthy, Ohio

A. There is a fair amount of literature advocating the importance of vitamin E and vitamin C and other antioxidants in the prevention of cataracts. Hygienists naturally will get plenty of vitamin E and vitamin C in a healthful, balanced, vegetarian diet consisting of lots of fruits, raw vegetables, and whole grains.

Sunlight is a major contributor to cataracts. This is especially so for reflected light coming off water or bright surfaces such as snow or sand. It is very important for people who want to prevent cataracts, especially those who live in sunny climates, such as southern California or Florida, to wear hats which protect their eyes from sunlight from above, and sunglasses to cut down on the reflected light from the ground or water on sunny days. It is important that these sunglasses block the ultraviolet radiation effectively.

Unfortunately, once cataracts have begun, little can be done other than eating healthfully and avoiding excessive exposure to sunlight. It is not like-

ly that lifestyle modification and/or fasting can resolve cataracts, but it is certainly worth following a healthful lifestyle and diet to minimize the aggravation to the developing cataract.

If your vision is severely compromised by the cataract, it is quite reasonable to consider a cataractomy and lens implant. These surgeries are very effective and are done under a local anesthetic. This is an example where medicine and surgery can be useful, and is a reasonable option for Hygienists.

Ronald G. Cridland, M.D.

Fasting and strength

Q I am a firm believer in fasting, but I have a reservation. If a strong body is a stable body, isn't the loss of muscle tone and strength that results from fasting a drawback, making the body prone to falls, etc.? It is well-known, of course, that strength eventually returns. But might not physical fit-

ness be at risk until strength returns, if it returns?

Maria G. Hablutzel
Madison, Va.

A. In most Hygienic fasting institutions, people typically fast to resolve pathological conditions. Because fasting conserves energy, it can enhance the body's ability to autolyze abnormal tissue growth and/or to resolve other changes that are resistant to more conventional therapeutic approaches.

In the absence of food intake, the body typically converts protein and fat reserves into glucose to supply the energy needs of brain, nervous system, heart, etc. If the person rests and conserves his or her energy, protein loss will be modest and consistent because major energy needs will be met through the metabolism of fat reserves.

Some protein mass will be lost and a decrease in strength also will occur, especially in longer fasts. However, the loss of some protein and strength in exchange for the resolution of major pathological conditions can be



"It says that 30% of everything is a placebo.
And the other 70% makes things worse."

Your Questions *continued*

a life-enhancing, and sometimes life-saving, process.

With proper feeding and other Hygienic factors (rest, air, moderate activity, stress management, etc.), the return of strength and vitality occurs in a relatively short period of time with little or no major risk to the individual during the performance of normal daily activities of living.

Frank Sabatino, D.C., Ph.D.

Is milk a useful drug?

Q *I have read many times that milk is very helpful in certain sicknesses, especially ones such as epilepsy and gastrointestinal problem. I've always believed milk was good for nothing. What do you think?*

Name withheld by request

A I have never heard anything about milk being helpful for epilepsy, but for years it was a common practice to recommend milk for gastric and duodenal ulcer as part of the so-called "Sippy diet." Milk was thought to absorb acid and coat the stomach. But this practice is growing out of favor even in medical circles.

It is now known that milk may have the delayed reaction of increasing acid secretion. And there is mounting evidence that milk is involved in the development of spastic colon, diverticulosis, hemorrhoids, and other digestive disorders. Furthermore, "fiber" from fruits and vegetables is not the enemy of ulcer patients, as once was thought. I believe that the case against drinking milk is very strong indeed.

Ralph Cinque, D.C.

Ulcerative colitis

Q *I am 23 years old and experiencing great stress due to what I think is ulcerative colitis. My condition consists of having sharp pains in my lower abdomen. For the past four years, when I lay on my stomach, my colon goes into*

radical spasms in varying degrees of severity at different times. My lower intestine protrudes where it should not. Please help!

Name withheld by request

A Bowel spasms indicate irritable bowel/colitis or perhaps diverticulitis. Foods should be chosen which are non-irritants. Seeds, skins, and acids often are too exciting for the irritable and inflamed gut lining. Softer foods and blends of vegetables or even cooked vegetables and starches might be more comforting until healing is gradually accomplished.

Sometimes only carefully monitored, professionally supervised fasting, plus careful post-fast feeding that takes into consideration your individual capacities and tolerances, is helpful.

Prolapsed (protruding) rectum often occurs in the emaciated and malnourished. Choose your Natural Hygiene nutrients according to tolerance and well-being rather than following prescribed recipes which may work well for others, but not for you.

D.J. Scott, D.C.

Healthful diet for bodybuilding

Q *I am very interested in bodybuilding. I have been following an Hygienic lifestyle for the past year and have found it to be the answer to many needs in my life. In trying to gain sizable muscle build, however, I have been wondering if perhaps I may need extra protein for the increase.*

I have been eating some form of protein for every day I work out, whether it's a brick of tofu or a pound of hummus, nuts, etc., along with my standard diet of fruits, vegetables, and grains at the appropriate times. Is the additional protein necessary, or do you feel I may be harming myself with this excessive intake?

*Dan Pausback
New York, N.Y.*

A A "brick" of tofu or pound of nuts or hummus sounds like a lot of protein to me. Yes, you may be

harming yourself by eating that much. The old Hygienic standard for nut-eating was four ounces per day. But today, Hygienic physicians recommend much less than that, usually just an ounce or two. Keep in mind that there is protein in every natural food, and since working out increases your appetite, you automatically obtain more protein when you increase your caloric intake. It may not be necessary to deliberately "eat more protein," as you seem intent on doing.

I won't deny that animal foods are more likely to stimulate rapid muscle growth, in the presence of exercise, than plant foods, but I have several friends who maintain impressive physiques while eating Hygienically. So it is possible.

Keep a balanced perspective. Is it worth it to compromise your overall health for the sake of bodybuilding? Vegetarians can have strong, attractive, well-toned, well-proportioned bodies. They may never look like Arnold Schwarzenegger. But is that even necessary or desirable? Let's be reasonable and moderate about bodybuilding, as we need to be about every aspect of our lives. Tone, form, symmetry, balance, and beauty of muscles can be achieved without forcing down huge amounts of protein.

Ralph Cinque, D.C.

Concerned about urine color

Q *I note that when I am combining my food "properly" my urine is white and clear, and when I do not combine food and drink properly, my urine is a yellow-gold color. Is this insignificant since my doctor tells me that I am healthy after thorough examination?*

*Reg Wilkins
West Sussex, England*

A The color of normal urine varies over a wide range from light straw to dark amber, and it is a function mostly of the amount of dilution. When you eat a large portion of watermelon, for example, the urine that results is almost as clear as water because it is so dilute. When you eat

foods that are more rich and dense, the urine is more highly colored because it is more concentrated. This is perfectly normal, and it has more to do with the

amount of concentrated food eaten than the manner of food combining. It is interesting to note that in medicine, "morbid concern about the color of

one's urine" has been considered a classical sign of *hypochondriasis*. You certainly don't want to fall into that trap.

Ralph Cinque, D.C.

Building Your Immune System

Q. *I want to build my own and my family's immune systems naturally. How can I do this? Are echinacea or vitamin C supplements a good idea?*

Sonya King
Atlanta, Ga.

A. Optimal immune function is dependent on many variables. If I had to name just a few, I would say that nutritional excesses—especially of fat, animal protein, and refined carbohydrates—are the leading cause of immune system malfunction. Combine the ingestion of foods not fit for human consumption (such as refined carbohydrates, cheese, margarine, soft drinks, and meats) with the lack of plant-derived, immune-supporting nutrients, and you have the formula for cancer and other immune-deficiency diseases.

The immune system is also negatively affected by lack of sleep, emotional distress, and the use of drugs, both recreational and medicinal. Antibiotics are especially destructive to normal immune function; they destroy normal gut flora, which are intimately associated with normal immunity.

We also have the most overweight population in the history of mankind in America today. Excess fat on the body causes immune system and hormonal balances that significantly impair normal immune defenses and increase the risk of cancer.

Considering that there are more than 600 important immune system-supporting nutrients derived from natural plant material, the way to assure that you have the strongest immune response would be to try to eat a broad variety of natural plant substances. Since many of these phytonutrients are heat sen-

sitive, a good proportion of your diet should be consumed raw (uncooked). Try to consume as wide a variety of foods from the plant kingdom as possible.

A plant-centered diet, such as I and others who contribute to this magazine generally recommend, usually contains over 1000 mg. of vitamin C. Compare this to the Recommended Daily Allowance set by the U.S. Government of 60 mg. (which is ridiculously low). Since most Americans eat an inadequate diet, they do not consume adequate amounts of vitamin C or the hundreds of other plant-derived nutrients they need. Giving these Americans vitamin C, echinacea, and many other supplements derived from plants may help them a little bit, but this way of thinking

and these practices never will have a significant immuno-enhancing effect.

Similarly, a individual's choice to take various immune-supporting herbs (each of which contain merely a few phytochemical compounds), rather than to adopt an optimal diet, illustrates a poor understanding of human nutritional needs. We should realize that these efforts are practically futile in light of all that is missing from such diets.

On the other hand, for individuals who have an inability to comply with a more healthful dietary program, the extra vitamins and an assortment of phytochemical products to offset their deficient diets may add some advantage, compared with doing nothing.

Joel Fuhrman, M.D.



"Remember this, Radkin—I've got a disease named after me. You've only got a syndrome."

A Meaningful Memorial

Many dedicated members of the Society have honored the memory of loved ones with a gift 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.



In Memory of:

I enclose a contribution of:

\$ _____

Your name

Address

City/State/Zip

Please send acknowledgement
of my gift to:

Name

Address

City/State/Zip



Send your Memorial Gifts to:

ANHS Memorial Gift Fund
P. O. Box 30630
Tampa, FL 33630

Natural Hygiene News



J.M. Lennon

Longtime ANHS Life member Kate Sharp of Laguna Hills, Calif. recently died. Kate was well-known to many ANHS members for her lively folk dancing sessions at ANHS International Natural Living Conferences. Kate also was a past member of the ANHS Board of Directors.

Members in the news

Paula Duvall, author of *The New World of Eating*, recently received an award from the North American Bookdealers Exchange for the 1995 Best Book of the Year in the category of cooking. We congratulate Paula and salute her efforts to spread the message about healthful eating to promote happier lives!

Happy 100th Birthday to **Ellen MacCarthy** of St. Petersburg, Florida! Ellen became the first ANHS Life member in 1957. She first learned about Natural Hygiene from ANHS co-founder Dr. William Esser when he supervised her fast to resolve a large fibroid tumor. The fast was a success, and Ellen continues to lead a very active life promoting the benefits of the Natural Hygiene lifestyle!

Dr. Keki Sidhwa, president of the British Natural Hygiene Society, says he is "glad to be alive" after being hit by a car in January. Dr. Sidhwa broke an elbow and was severely bruised in the accident, but he reports that he is recovering nicely.

ANHS Life member **Sophie Holzgreen** of Los Angeles, Calif. spoke to an audience in January in Los Angeles on "Rejuvenation through Conscious Eat-

ing." Sophie has been organizing and hosting meetings for health-minded people in Los Angeles for decades and is one of the most revered and respected proponents of Natural Hygiene in the United States.

Ben Akerley of Los Angeles, Calif. addressed members of the Los Angeles group in March on "Health Benefits of Natural Hygiene." Ben has been a Hygienist for 48 years!

ANHS member **Janet Bertman** of Hollywood, Fla. recently gave a contribution to the Society on behalf of **Jeffrey Kasky** in honor of his birthday. Thank you, Janet, and happy birthday, Jeffrey!

In Memoriam

We honor the memories of **F. De M. Cilliers** of Pretoria, South Africa; **Sergio Silva Coutinho** of São Paulo, Brazil; **Elizabeth and Robert McCarter** of Tucson, Ariz.; **Evelyn O. McDonald** of Yuma, Ariz.; **Mansell Nellis** of New Port Richey, Fla.; **Clarence Parsons** of Garland, Texas; and **Kate Sharp** of Laguna Hills, Calif. We extend our deepest condolences to their relatives and friends.

Mr. De M. Cilliers and Mr. Coutinho had been ANHS members since the

early 1990s. Mansell Nellis was a longtime member and supporter who frequently attended ANHS Conferences and seminars.

Elizabeth and Robert McCarter were longtime ANHS members. They actively promoted Natural Hygiene through The McCarter Center for Advanced Health Studies in Tucson, Ariz. Evelyn McDonald also was a longtime Hygienist; she is survived by her husband Oscar and their daughter, Beverly June, who was raised Hygienically.

Clarence Parsons was a longtime ANHS Century Club member and was very active with the Natural Hygiene group in Dallas, Texas. He served on the ANHS Board of Directors and was a past president of the St. Louis Natural Hygiene group. Clarence is survived by his wife Mary.

Kate Sharp was well-known by many members for her spirited leadership of folk dances at ANHS Conferences. Kate served on the ANHS Board of Directors, and she met her husband, Bernard, who survives her, at the 1978 ANHS Conference.

We will sorely miss the help, friendship, and support of these wonderful people and generous members.

Recent Memorial Gifts and Bequests help the Society

The Society recently received a contribution from **Bernard Sharp** of Laguna Hills, Calif. in memory of **Kate Sharp**; and from **Lee Marcus** of Coconut Creek, Fla. in memory of **Earl Marcus**.

Memorial Gifts and Bequests are gifts that keep on giving. We thank all members whose memorial gifts over the years have helped support the Society's ongoing educational projects.

Honoring your loved ones through Memorial Gifts and naming the American Natural Hygiene Society, Inc. in your will are two powerful ways you can help preserve Natural Hygiene for future generations.

If you would like more information on how you can help the Society with a major gift or bequest, or to include the Society in your will, contact ANHS Executive Director James Michael Lennon, 11816 Race Track Rd., Tampa, FL 33626; (813) 855-6607. □



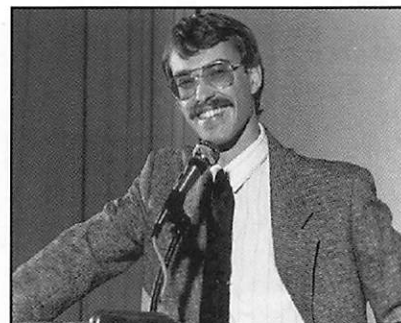
Hygienic facility involved in research projects

Hundreds of patients of the Center for Conservative Therapy in Penn-grove, Calif. have participated in a research project that was published in the form of a doctoral thesis by Dr. Ho S. Cho at Temple University.

The title of the dissertation was *Factors Related to Fasting Behavior Among American Adults*, and was based on the ongoing results of patients' fasting experiences at the Center.

This study demonstrated quite clearly that the vast majority of patients perceived their fasting experience to be highly beneficial. The study found that most patients underwent fasts for the recovery from illness (61.8%) or the prevention of illness (23.6%). Especially noteworthy was the fact that 92.7% of patients reported that they would consider fasting again, and 94.5% would recommend fasting to others.

The Center, in conjunction with researchers from Cornell University, is currently involved in a second project, conducting a retrospective



David Durbak

Ronald G. Cridland, M.D., who is the medical consultant for the Center for Conservative Therapy, will be one of the featured speakers at the ANHS International Natural Living Conference in Fort Lauderdale in July.

analysis of over 200 patients with high blood pressure who have been treated at the Center. Following this, the Center hopes to begin a study of its treatment of high blood pressure to evaluate its efficacy and to allow fasting to gain the respect and understanding that it deserves.

Scientific documentation of Natural Hygiene is vitally important to the education program of the American Natural Hygiene Society, and we applaud the efforts of the University researchers and Drs. Goldhamer, Cridland, Marano, Engle, and Linzner at the Center.

ANHS Member Network

Meet new friends from around the world!

The following members want to hear from *you*. Make some new friends today!

To be included in this free listing, send your name and address to: ANHS Member Network, P.O. Box 30630, Tampa, FL 33630. We need your request in writing for each issue in which you wish to be included.

East

Connecticut:

Trudy Merrett, 40 Indian Head Road, Riverside, CT 06878. Trudy would like to hear from members who have eczema.

Maryland:

Marilyn Flax, 3331A Clarks Lane, Baltimore, MD 21215-2537; (410) 653-8076. Marilyn wants to hear from members in the Southwest, she plans to move there.

New York:

Renee Brenner, 246 Beaumont St., Brooklyn, NY 11235. Renee would like to hear from members, particularly raw foodists.

Liliana Gambino, 4384 Autumn Lane B4, Lewiston, NY 14092; (800) 771-2309 or (716) 754-9127.

Seymour Genser, 2236 82nd St., Brooklyn, NY 11214; (718) 232-2150. Seymour, 68, single, wants to meet Hygienist or vegetarian for a lasting relationship.

Alex Yong, 147 Wythe Ave., Brooklyn, NY 11211; ayong@pipeline.com. Alex, single, 24, wants to meet Christian Hygienic friends for recipe swapping.

Pennsylvania:

David Blazosek, P.O. Box 902, Pittston, PA 18640; (717) 457-1549. David wants to buy Dr. Shelton's Hygienic Reviews and books by Dr. Shelton.

South

Florida:

Henry Barksdale, 1905 Grand Cypress Lane, Sun City Center, FL 33573; (813) 633-2227. Single, 54, wants to meet Hygienic female for serious relationship and marriage. Will relocate.

James Bundy, 4850 Harrison Road, Mims, FL 32754; (407) 269-5276; is 30, single, wants to learn organic farming.

John Edelhofer, 2009 Hereford Dr., Sun City Center, FL 33573; (813) 633-4275. Has Hygienic books/ magazines for sale.

Cheryl Janis, P.O. Box 12493, St. Petersburg, FL 33733; (813) 363-4164. Cheryl, 44, relatively new to Hygiene, would like to hear from members who have chronic fatigue syndrome (CFS) or who have recovered from it.

Louis Oliver, 1206 W. Waters Ave.,

Tampa, FL 33604; (813) 931-9129; would like to hear from members in Costa Rica.

Cynthia Verzi, 258 Clearwater-Largo Rd., Largo, FL 34640; (813) 587-9534.

Georgia:

Tammy Ruefli-Crist, 2121 Windy Hill Rd. #614, Marietta, GA 30060.

Midwest

Illinois:

Nell Stefanski, 5431 W. Cullom St., Chicago, IL 60641; (312) 777-1598. Nell is seeking a support group!

Indiana:

Lori Canada, 2500 Rockport Rd., #2102, Bloomington, IN 47403; (812) 336-6847; is a college student (sociology), single mother, with 12-month-old daughter, wants to communicate with others in similar circumstances and to swap recipes.

Michigan:

John Audretsch, 300 Witbeck Dr., Clare, MI 48617; 53, divorced, seeks Christian female for serious relationship/marriage.

Robert W. Avery, 1930 Washtenaw Ave., Ann Arbor, MI 48104-3655; (313) 769-2873.

Ann and Bill Miller, 4937 Green Knolls Lane, Ann Arbor, MI 48103; Internet: aom@umich.edu; want to hear from others attempting to change dietary habits, and live more healthfully.

Dr. A. Ambrose Nnaemeka, P.O. Box 44644, Detroit, MI 48244; (313) 690-7188.

Nebraska:

Jaynee Fern, 1000 N. Lincoln, Hastings, NE 68901; is 39, single, wants to hear from people making the transition to the Hygienic lifestyle, especially if you have had ileo-anal reservoir surgery and/or osteoporosis.

Ohio:

Vic Kallay, 34 N. McKinley #510, Athens, OH 45701; is 38, wants to meet a Hygienic female for a serious relationship.

Wisconsin:

Chris Kress, 5107 Wallace Ave., Madison, WI 53716; (608) 223-9745; single, wants to meet other ANHS members.

Southwest

Arizona:

Catherine V. Sumners, c/o HC 37, Box 2076, Dolan Springs, AZ 86441; (520) 767-4374; wants to meet members in northern Arizona and southern Utah and Nevada, and members who experience hypersensitivity to man-made chemicals.

Texas:

Harvey Milstein, B.Sc., PHM., 9449 Briar Forest Dr., #4503, Houston, TX 77063;

(713) 789-5243. Contact him for data on monthly meetings and events.

West

California:

Sandy LaBedz, 339 Regatta Way, Seal Beach, CA 90740; (310) 598-0230. Sandy coordinates a monthly dinner meeting.

Ted Lester, 531 Albro St., San Pedro, CA 90732; (310) 833-5929; single, 40ish, Catholic, wants to meet someone.

Helen Jean Story, P.O. Box 277, Boulder Creek, CA 95006; wants to meet Hygienists near Santa Cruz County area, and anyone interested in Hygienic communities.

Don Weaver, P.O. Box 1961, Burlingame, CA 94011; (415) 347-9693; wants to meet Hygienists interested in gardens, orchards, and earth regeneration.

Bernarr Zovlueck, 683 S. McCadden Pl., Los Angeles, CA 90005; (213) 931-7201.

International:

Juan Tonelli, Montevideo 1173 1st Floor, 1019 Capital Federal, Buenos Aires, Argentina. Telephone 812-5386; fax 312-2173/1995; organizing a Natural Hygiene group in Argentina, wants to hear from all ANHS members in Argentina.

Al Storie, 68 Doreen Crescent, Bowmanville, Ontario, L1C 3W8 Canada; (905) 623-3565; cycling hobbyist; wants to share stories with all members.

Barbara Durr, Hohenstoffelstr. 11, 78315 Radolfzell, Germany; is 31, wants to meet an Hygienic man for a relationship and having a family. Would like to hear from members around the world.

Marion Leick, Kohlmeisenstieg 10, D22399 Hamburg, Germany; speaks French, English, German, seeks Hygienic families in Washington, D.C., New York, or London, to live with as student beginning September.

Heidi V. Gass, c/o R. Malhotra, Block C4E Pocket 8, Flat 42, Janak Puri, New Delhi, 110058, India. Telephone: 91 (11) 561-7622; fax 91 (11) 553-6289.

Fiona Lynch, 40 Forfar St., Belfast BT12 7BD, N. Ireland; 25, Irish, single. She is fun-loving and adventurous and would like to correspond with pen pals.

John Henao, 1-19-502 Misora-cho, Otsu, Shiga T520-02, Japan; is 41, wants to meet Hygiene lady for marriage/partnership in Japan and share the good joys of life.

Isabel Rosique, Senda de Enmedio, 12, Ed. Seda Parque, 1 3 D, Murcia, 30 009, Spain; teacher; 39, single, wants to hear from members worldwide.

Professor Celene and Martin Bernstein, P.O. Box 64171, Highlands North 2037, Johannesburg, SOUTH AFRICA.

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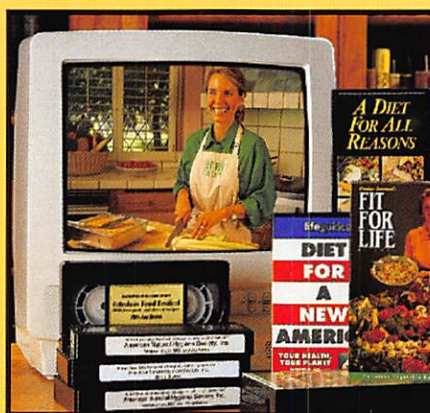
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If I were a cow, I'd be mad, too!

"Mad cow disease" scare in Britain shows how crazy we are about meat!

By James Michael Lennon

In March 1996, British authorities admitted to the connection between "mad cow disease"—bovine spongiform encephalopathy (BSE), and Creutzfeldt-Jakob Disease (CJD)—an extremely rare but 100-percent fatal human brain disease. Mad cow disease is a deadly bovine brain disorder that first appeared in British herds in the mid-1980s.

News of this connection rocked the slaughter industry around the world. France, Belgium, and other of Britain's European trading partners immediately announced a halt to all imports of British beef.

Schools in England and Wales stopped serving hamburgers for lunch, butchers found their meat counters deserted, and prices plunged at British cattle auctions.

U.S. military jumps ship

The United States military ordered all British beef off the shelves of its bases in Europe. The Netherlands ordered the destruction of 64,000 British calves. Britain is considering the destruction of 11 million to 13 million cattle to halt the disease in the country's herds.

Many have speculated that even if the cattle are not destroyed, widespread disaster is predicted for the British beef industry, which has seen prices plummet in past months and years during earlier BSE scares.

Confidence in Britain's Conservative government has fallen sharply because of a growing belief that the government has been misleading the public about the mad cow disease threat for years.

Unsafe meat hard for industry to swallow

Because the slaughter industry is big business, British authorities and American authorities have been assuring people that it is safe to eat meat.

Americans have been told that there is no disease threat from eating beef because beef imports from England were halted seven years ago, and because the disease has not



Butcher Graham Poultny carrying a leg of beef at London's Smithfield's meat market in March, the day after Britain admitted the connection between bovine spongiform encephalopathy (BSE), popularly known as "mad cow disease," and Creutzfeldt-Jakob Disease (CJD), a fatal human brain disease.

(yet) been detected in American cattle.

Full of baloney

It may well be true that Americans face little chance of contracting mad cow disease. But to say that it is safe to eat beef is stretching facts to the extreme.

The current scare from mad cow disease in England is *thought* to involve the deaths of eight people. Two others are expected to die soon. Compare that with the *documented* problems associated with beef.

Beef is an animal product, a high-fat, high-protein "food" that contains no fiber or carbohydrates

and is rife with biologically accumulated toxic waste.

The type of protein contained in animal products is associated with osteoporosis and kidney disease. Excess fat and protein are linked with heart disease and stroke. Animal products are associated with many forms of cancer, especially colon, prostate, and breast cancer. The number of people who die *each year* from diseases associated with animal products is estimated to be in the hundreds of thousands—in the United States alone.

A steady, silent diet of death

According to a report by the Surgeon General of the United States, of the more than two million deaths in the U.S. each year, more than 1.5 million are related to dietary factors, including the consumption of saturated fat and cholesterol (animal products).

Rather than exploiting a sensational story about mad cow disease, newspapers, radio and television stations should be reporting about the other shocking facts about beef consumption. Government officials should be warning us about the dangers of eating beef, not participating in a coverup.

To remain silent about the problems with beef and other animal products is a crime against humanity. □

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

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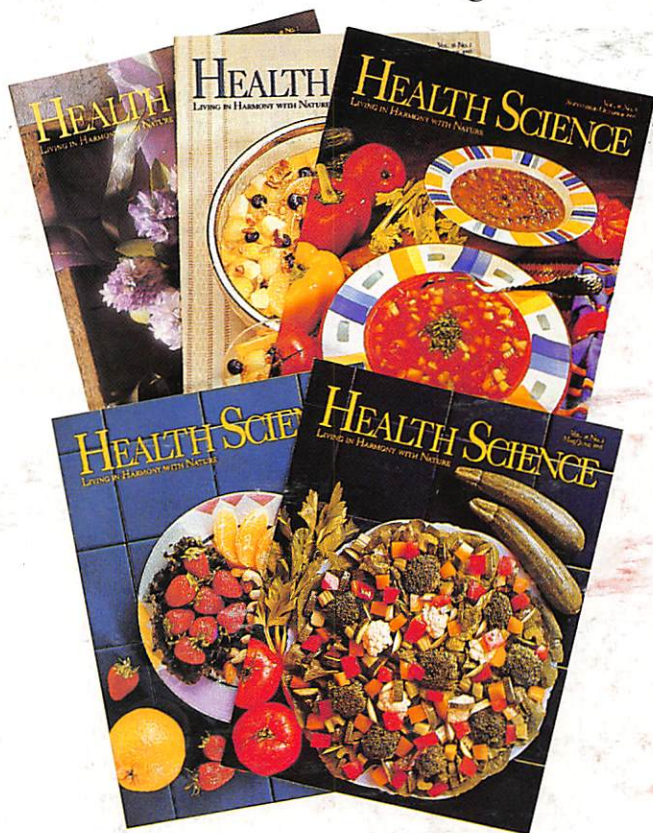
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