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HEALTH SCIENCE

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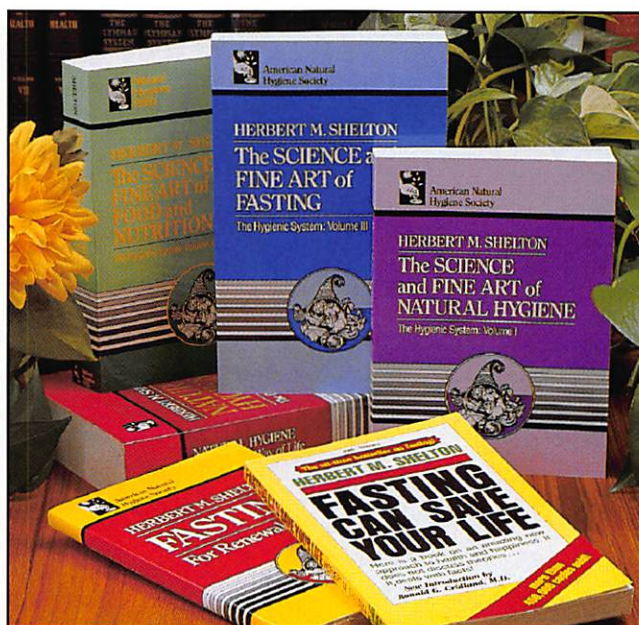
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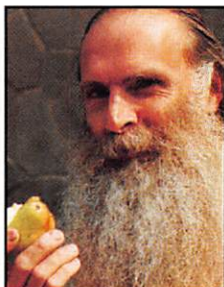


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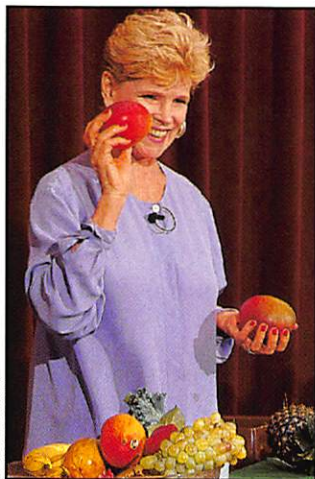
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Update



David Durback

This year's ANHS International Conference in Fort Lauderdale is a complete sellout!

ANHS Conference draws capacity crowd!

July 19-24, Fort Lauderdale, Fla.

The response to this year's American Natural Hygiene Society's ANHS International Natural Living Conference has been overwhelming!

This year's Conference, scheduled for July 19-24, 1996 at the DoubleTree Hotel on the Atlantic Ocean in beautiful Fort Lauderdale, Fla., has sold out. No more hotel rooms are available! As we go to press, the only registration available is for attendance without hotel accommodations.

Fortunately, all of the fact-filled lectures by world-renowned Hygienic physicians and speakers at this year's Conference will be taped. Don't miss your opportunity to purchase these audiotapes. They are the only way to get the most accurate and up-to-date information on Natural Hygiene!

Look in the Sept./Oct. issue of *Health Science* magazine for information on how to order your complete set of 1996 Conference tapes!

A great lineup of speakers

Members will meet and hear the world's foremost Hygienic teachers. Plus, they will enjoy a fantastic opportunity to meet experienced Natural Hygienists, ask them questions, and get the answers they need to live the healthiest, happiest lives possible! Food stylists and authors Paula Duvall and Joy Gross will share their secrets of preparing delicious food in beautiful arrangements.

Don't miss next year's Conference!

The date and site for next year's ANHS Conference will be announced in an upcoming issue of *Health Science* magazine. If you were unable to join us this year, we hope to see you next year!



Mark Tucker/Fittonics

Marilyn Diamond, co-author of *Fit For Life*, is presenting a workshop on her new Fittonics program at the Omega Institute in Rhinebeck, N.Y. in July.

Marilyn Diamond to appear in New York

Omega Institute, Rhinebeck, N.Y.

ANHS members in the Northeast have an opportunity to see *Fit for Life* co-author (and ANHS Life member) Marilyn Diamond, who will present her new Fittonics program at the Omega Institute in Rhinebeck, N.Y. in July. The title of her workshop is "Fittonics: Fitness for the New Millennium." She will be joined in the presentation by Donald Burton Schnell.

Call the Omega Institute at (800) 944-1001 for information.

Marilyn has a new book that will be released in November, 1996. Look for details in upcoming issues of *Health Science*!

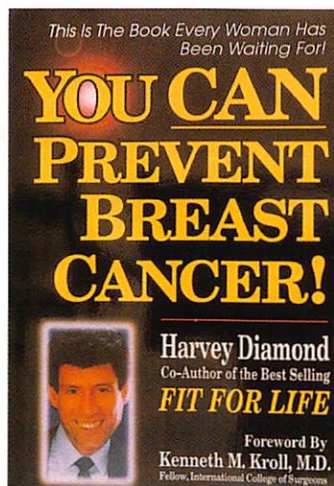
New breast cancer book by Harvey Diamond is now available!

Empowers women with knowledge!

Harvey Diamond's newest book, *You Can Prevent Breast Cancer!*, is now available from ANHS.

This book was designed to help relieve women of the fear that breast cancer evokes and to offer them options to the commonly prescribed treatment of surgery and chemotherapy.

More importantly, it offers guidelines, including diet, exercise, and general



lifestyle considerations, to help prevent breast cancer. Dietary recommendations begin with eliminating meat and animal products, cutting back on fat, and eating more fresh fruits and vegetables.

The book introduces readers to Natural Hygiene and discusses the power of positive thinking.

You Can Prevent Breast Cancer! will be reviewed in an upcoming issue of *Health Science*.

To order from ANHS, send \$19.95 (\$18.95 for ANHS members), plus \$3.50 for shipping and handling. Florida residents, please add 6.5% sales tax. Outside the U.S., write for details.

Organic produce is growing in popularity!

If you have difficulty finding organic produce in your local supermarket, here is some good news! The organic food industry is growing, according to a report by Paul Power, Jr. (*The Tampa Tribune*, April 8, 1996). Many supermarkets say the most challenging aspect of selling more organic produce is getting a steady supply of it!

Fortunately, commercial produce growers are listening, and many are beginning to convert portions of their acreage to organic farming to help supply this quickly expanding market.

Dedicated organic growers point out that there are more benefits to organic farming than just pesticide-free produce. They also cite benefits to the environment, protecting underground water supplies from pollution, and the vital importance of weaning free from the "chemical treadmill" that has seen ever-increasing use of pesticides as insects become resistant. Plus, organic produce often tastes better than pro-

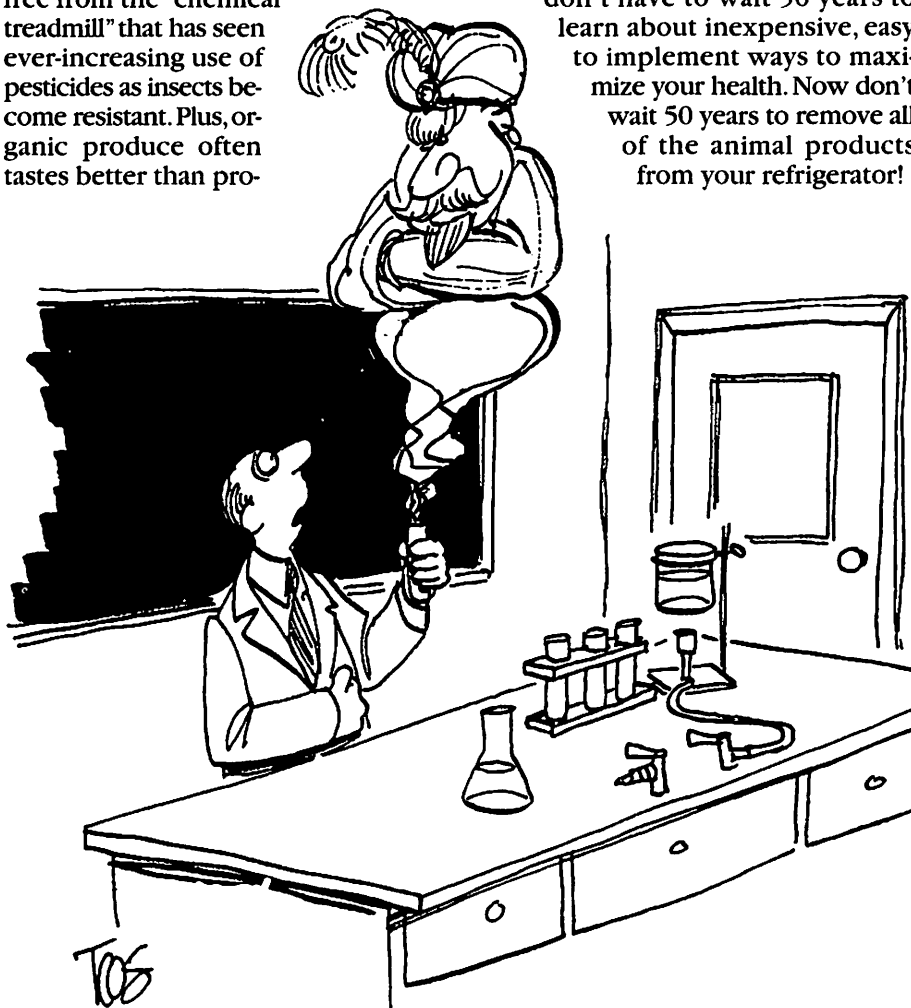
duce grown by commercial methods!

Let your grocer know about your interest in purchasing organic food. Ask your friends to join you in your efforts to have more organic food available at your local supermarket!

Look who's discovered distilled water!

According to the Drinking Water Awareness Council, the U.S. Public Health Service recommends the use of distilled water for both drinking and cooking because switching over to distilled water could save millions of dollars in health care costs and improve the overall health of the country.

This is no news to the American Natural Hygiene Society (ANHS), which has been recommending the use of distilled water for almost 50 years! One of the great benefits of being an ANHS member is that you don't have to wait 50 years to learn about inexpensive, easy to implement ways to maximize your health. Now don't wait 50 years to remove all of the animal products from your refrigerator!



"For my first wish, I wish I had taken notes on this experiment."

HEALTH SCIENCE®

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

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

Take a stronger stand on blue-green algae!

I don't understand your reticence to directly criticize the blue-green algae movement ("Is blue-green algae 'super'?" "Update," March/April 1996).

Although Dr. Alan Goldhamer was critical of blue-green algae, Dr. Ralph Cinque, a longtime Hygienic physician (who is an algae dealer), wrote in support of it.

Unless I am mistaken, the first principle of Natural Hygiene (and hopefully the mission of *Health Science*—and the American Natural Hygiene Society) is to help people by providing sensible and reasonable advice.

Rather than spending our hard-earned money on blue-green algae (which is extremely expensive), I think we should seek out the most wholesome food, grown on the healthiest of soils. By doing that, in addition to getting the benefits of eating all the little microscopic nutrients that come in abundance in these foods, we will be supporting and rewarding farmers who work to build their soils. I believe we need to show our allegiance to the organic farm movement.

Please don't lose sight of the responsibility *Health Science* has to its readers.

Cory Carson
Cedar Creek, Texas

The Society encourages people to get their nutrients from a plant-based diet of whole natural foods whenever possible.

Salt of the sea

I am writing this letter in response to Dr. Ralph Cinque's answer to the question about his opinion

of Celtic sea salt ("Your Questions," Jan./Feb. 1996). His first statement saying that sea salt is 97% sodium chloride is true of most sea salts, but wrong regarding the Celtic sea salt that was asked about.

Celtic sea salt is 84% sodium chloride, and the rest completes the mineral spectrum. It is completely unrefined, with nothing added, which is *not* the case with basically every other salt. Dr. Cinque stated that it is a myth that sea salt is superior to table salt. Obviously, from the facts I have stated, this is not so.

I realize that salt is minerals in an inorganic form, which, in excess, can be a stress on the body. But I think that adding a small

amount on some grains actually can help to balance the diets of some people.

Jeff Caldwell
Columbia, S.C.

Urine for trouble

I am compelled to write regarding Dr. Ralph Cinque's alluding that "concern about the color of one's urine has been considered a classical sign of hypochondriasis" ("Your Questions," May/June 1996). There are *medical* conditions such as porphyrin abnormalities (metabolism) whereby one of the symptoms of the disease itself is a change in the color of urine, ranging from dark yellow/orange to burgundy color.

A routine examination or blood work would not show this abnormality and, among other testing, the urine itself is tested. I would urge patients not to dismiss summarily differences in urine color.

Fran Reiter
Union, N.J.

A moving response

I 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!

I have adhered to the Natural Hygiene way of life for over one year. This is the way of life that I had been searching for for the longest time! Thank you for your continuing support and information on this wonderful lifestyle!

Rene Provencher
Laval, Quebec

Healthy children

I enjoyed the article about feeding children Hygienically ("How to Feed Your Children," Jan./Feb. 1996). I would appreciate more information about pregnancy and diet, protein conception, natural labor, a vegan vs. a 100% raw food diet during pregnancy, etc.

I pass my copies of *Health Science* on to my friends. We all really enjoy the cartoons!

Jane Gargallo
Thousand Oaks, Calif.



© 1991 Sidney Harris—Stress Test, Rutgers University Press

"A good throw by Campbell, who is in a drug rehabilitation program, and it's caught by Sanchez at first base, who hasn't had a drink in six weeks."

Send your letters to:

American Natural Hygiene Society
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Letters may be edited for space and clarity.
Please include daytime telephone number.

Steamed over cooked food

I am disappointed to see that most of the physicians in the International Association of Hygienic Physicians (IAHP) are now teaching that it is actually unhealthy to eat an all-raw diet over the long run. It seems easier to prove that the original diet for humans was uncooked than it is to prove we were originally vegetarian! This seems to be an obvious case of denying the truth in order to justify personal addictions to cooked food.

If a diet in which most of the calories comes from fresh fruit and avocados or nuts is unhealthy because it is too high in sugar, fat, and protein, and our fruit has been biologically engineered to be higher in sugar content, then please tell us where the human race got their calories from before cooking was introduced.

I personally never feel better than when following a diet of high-water-content raw fruits, vegetables, and their juices, along with some bananas, dates, or avocados for extra calories. I don't feel the need for nuts and seeds, and yet I maintain a healthy weight and am very active. Our powerful gorilla friends also seem to do quite well on a similar program.

Also, by teaching that humans were not able to be adequately nourished by the plants that existed in nature before we discovered the "art" of cooking, you give credence to the old theory that humans are naturally omnivorous, and that we originally subsist-

ed upon raw flesh, eggs, and even insects, in addition to raw plants.

It also seems obvious that the so-called "scientific evidence" that so many IAHP physicians put so much faith in is useless and false unless it is in perfect agreement with nature's most basic and fundamental laws. Change is good, but only when it is progressive, not digressive.

*Jerry Hasselmeier
Galveston, Texas*

Health Science asked Dr. Alan Goldhamer, Vice-President of the International Association of Hygienic Physicians, to respond.

Dr. Goldhamer responds:

I am glad to hear that Mr. Hasselmeier is thriving on a raw food diet based on fruits, including avocados. Unfortunately, many others who have tried this type of diet with its high-sugar and high-fat content have not done as well.

Commonly, problems with the skin, hair, nails, and mucus membranes arise after months or years on this diet. Problems with recurrent infections—including yeast and fungal infections and bladder infections—also arise and persist. Despite the claim by some that these symptoms are no more than a beneficial healing crisis, I would argue that they may, in fact, represent deficiencies or imbalances of certain nutrients, including minerals. As far as I am concerned, the "jury" is



*"Forty bananas a day keeps the cancer away.
Haven't you ever heard that phrase?"*

still out on the effect of large quantities of vegetable fat (such as found in nuts, avocado, etc.).

Having worked with more than 4,000 patients over a 12-year period, I have found that most patients thrive best on a diet derived exclusively from whole natural foods. I recommend they mostly eat large quantities of raw fruits and vegetables (two-four pounds per day or more) and enough cooked vegetables, grains, and legumes so that they don't get too skinny or weak.

The steaming or baking of food helps to break down the cellulose, allowing one to obtain more available calories of food. The use of starches such as potato, yam, squash, rice, or millet avoids the need to overeat on high-sugar fruit or high-fat nuts.

Animals that live on raw-food vegetarian diets must spend a large part of their day eating in order

to secure an adequate volume of food. We humans tend to spend more time engaged in other activities (such as having jobs—many of which involve thinking, which requires the brain to burn large quantities of glucose.). Horses, for example, can subsist on grass only; however, a horse cannot be worked for long on grass only. Grains—preferably cooked grains—are used to increase available energy for increased capacity for the horse to work.

If we return to living in a tropical climate, reduce the glucose-dependent activity of our brains, and spend most of our waking hours eating and resting, perhaps a 100-percent raw food diet would make sense. In the meantime, I will continue to recommend the appropriate use of cooked, starchy vegetable material for most of my patients.

Hot over plastic pots

I wholeheartedly disagree with the concept that non-stick cookware is "best" ("The Search for Safe Cookware," March/April 1996). Non-stick coatings are made of plastics. Plastics are petroleum products and can cause a full range of diseases and

autoimmune responses.

Teflon products produce fumes (when heated at high enough temperatures) that have been implicated in the deaths of pet birds. Humans also have suffered with a disease known as "Teflon fever." Because of this dangerous potential, a major manufacturer has

refused to make stove burner plates from non-stick materials.

I would prefer no trace contaminates in every heated meal that I eat.

*Fran Reiter
Union, N.J.*

*ANHS member Fran Reiter
publishes Optimal Health,*

which addresses environmental health issues and nutrition.

No match for Dr. Shelton

I have found the materials from the Society to be highly informative and reli-

Letters continue on p. 10.

It's always the right time to do the right thing!

I am a new ANHS member, and I am enjoying *Health Science*. But I was troubled by a comment by James Michael Lennon in "The Last Word"

(Jan./Feb. 1996). He asked parenthetically, "Am I hiding behind a fake mail-order 'degree' or the like?"

I just enrolled in the Life Science Institute independent study Certification Course in Natural Hygiene. I have two businesses around which I must fit my time for study. Even if I had the time available to devote to an in-classroom course, there is none in my area. The home study course offered by the Life Science Institute seems to be ideal for my needs. I eventually would like to be able to become involved professionally with helping people take control of their lives and their health through Natural Hygiene.

While I completely endorse Mr. Lennon's thoughts about sincerity, integrity, and a proper, sensible approach to Natural Hygiene, I wonder why he has adopted such a patronizing tone towards home-study courses.

*Spyder Webb
Pittsburgh, Pa.*

Mr. Lennon replies:

My comments were not aimed at the study courses, but at those who would risk the lives and health of others by pretending to be something they are not (what the legal system calls practicing medicine without a license) and undertaking the care of a person without the training to do so.

The marketing plans of many home study courses hold out the promise of financial gain for those who "graduate." Unfortu-

nately, the superficial (and often wildly inaccurate and dangerous) generalizations presented by these courses do not adequately prepare a person to undertake the care of the sick.

Spyder Webb points out the time constraints and other considerations that often prevent people from getting legitimate professional training in health care. As long as a person does not intend to portray him- or herself as a health care provider, there is no harm in taking

a home study course for personal interest, as long as the information is accurate, and the cost is not too high for what you get.

We need more trained professionals in Natural Hygiene. The first step toward such a career is to enroll in a recognized school of medicine, osteopathy, chiropractic, or naturopathy, and to become a student member of the International Association of Hygienic Physicians (IAHP).

Completion of your degree and state licensing enables you to become a full member of the IAHP, which is open to all licensed medical doctors, chiropractors, osteopaths, and naturopaths. A post-graduate internship is required to qualify for certification in fasting supervision.

The American Natural Hygiene Society has a responsibility to speak out on important health issues. In attempting to present the highest quality health information to people, the Society must be honest about the need for legitimate education.

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



"Super" blue-green algae: reading the small print

By Joaquin Fox

No doubt many ANHS members have heard about blue-green algae. I would like to share what I have learned about this intriguing product.

Blue-green algae is grown, processed, and sold primarily by two companies—Spirulina and Cell-Tech. While each claims to have a superior product, their algae have similar nutritional breakdowns, and seem comparable. What really distinguishes the two is not their different strains of algae, nor their different production methods (Spirulina grows its algae in artificial ponds; Cell-Tech operates in a cordoned-off section of a natural lake), but their marketing approach and their corporate organization.

Follow the money

While Spirulina distributes its products through conventional channels, Cell-Tech employs a multi-level marketing system in which every consumer becomes a prospective salesperson.

Operating on the principle of "consumer advocacy," Cell-Tech has struck upon a highly effective means of selling its products—by paying you, the prospective buyer, to sell it. To its credit, Cell-Tech pays its growing army of distributors generously, as multi-level marketing systems go, giving them ample incentive to promote their products.

Words like "miraculous," "amazing," and "incredible" are common condiments on the Cell-Tech promotional plate. In-depth discussions of the biology of algae, the unique ecology of Klamath Lake (where Cell-Tech oper-

ates), the decline of agriculture, and a host of other interesting, if not entirely relevant topics, saturate their promotional literature.

Telling stories

At the heart of Cell-Tech's marketing strategy, though, are the "algae stories," the personal experiences of distributors who have used the algae. The stories, and references to them, crop up everywhere in the Cell-Tech world. Many are amazing; some verge on incredible. In any event, the "story" approach to marketing is not coincidental, but entirely deliberate. Cell-Tech offers guidelines and worksheets to help distributors develop and "share" their stories.

Feelings vs. facts

Answering the question of what kind of information is truly empowering, Cell-Tech's CEO Daryll Koffman writes, "It's the knowledge of your own unique experience," and not "facts and figures" that will "truly generate productive, life-changing

power." Enter the stories.

Not surprisingly, the Cell-Tech world is pretty short on "facts and figures." About the only chart you are likely to encounter is the nutritional chart required by law.

But this chart is very revealing. It shows that a large, six-capsule dose of this supposedly "mineral-rich" miracle food meets the government's recommended daily allowance (RDA) for only one vitamin—cobalamin, of which it provides about twice the RDA. These are not the numbers one would expect from a powerful "super food."

Where's the beef?

For comparison, I pieced together a salad of 1/2 cup romaine lettuce, 1/2 cup broccoli, one tomato, and one carrot, and calculated its food values. By my standards, this is a pretty skimpy salad. But even so, I found that it provided more (in many cases, a lot more) minerals and vitamins than six capsules of algae.

The food supplement in-

dustry feeds on a fear of deficiency. Cell-Tech goes out of its way to suggest that today's vegetables, fruits, and grains are essentially empty and useless foods.

But even if we are suffering from a deficiency of vitamins and minerals, Cell-Tech products do not seem especially capable of helping us close the gap.

Fast-talkin' cowboys

Cell-Tech's marketing strategy seems to involve throwing so many reasons at the consumer, in such rapid-fire succession, that it is difficult to assess them all.

I asked several distributors to explain algae's low nutrient values. I was told it was a mistake to be preoccupied with facts alone, and that what really mattered was my own "personal experience" with the algae.

One distributor told me that the RDAs are "too high." But the RDAs would have to come far down before algae could come close to satisfying them.

If you ate a bowl of fresh algae scooped out of the pond, you could count on a rich, if somewhat slimy, meal. But it is another thing altogether to swallow minute, freeze-dried portions of the stuff.

If you are intrigued by some of algae's claims, I suggest you try it. At the very least, you will hear some good stories. But if you are concerned with your intake of particular nutrients, rest assured that a good, old-fashioned salad has far more to offer, more affordably, and in better taste. □

Joaquin Fox is an ANHS member who lives in Spartanburg, S.C.



able. But I must confess that I am an ardent fan of Herbert Shelton, and the articles in *Health Science* magazine don't even come close.

Danny Poscoliero
Corrimal, Australia

Writers as insightful and prolific as Dr. Shelton (1895-1985) do not come along every day. The only other Hygienists to have written as extensively are William Alcott, M.D. (1798-1859), Russell Thacker Trall, M.D. (1812-1877), and John Tilden, M.D. (1851-1940). We hope it will not be too long before the next great Hygienic writer comes along. Just imagine a thinker as capable as Dr. Shelton writing with access to all of the new information and experience available today!

Too much advertising

I will not be renewing my ANHS membership. Too much space is used for advertising and non-essential material in *Health Science*. You could increase its size by 40 more pages, and I still would feel it lacked something.

Philip Schanzle
Syracuse, N.Y.

Too little intelligence

Health Science is not worth the price of membership dues. Most of the pages are ads. It's a scrawny little magazine with precious few interesting articles and not much new information. You should be offering far more. Give us credit for having some intelligence.

Marie DiDato
Hazlet, N.J.



"I meant... 'Take two aspirin and call me in the morning' ...at the office."

Is there a doctor in the house?

I think that the title "Hygienic physician" is a contradiction in terms. In my opinion, a physician is a medical specialist in the diagnosis and treatment of disease with drugs or other methods. A professional Hygienist, by definition, cannot be a specialist in the treatment of disease as Hygiene renounces the concepts of treatment and cure. A professional Hygienist may occasionally employ some therapies in crisis situations as the lesser of two evils, but the predominant theme of their practice is educating individuals to remove the lifestyle

and iatrogenic causes of disease and supply and create for themselves the conditions of health.

The term "Hygienic physician" gives the impression that Hygiene is just another branch or variety of medicine or therapeutics, and gives the medical identity precedence over the Hygiene identity. If it is possible to be an "Hygienic physician," it is also possible to be an "Hygienic herbalist," "Hygienic homeopath," or "Hygienic acupuncturist."

Why are the ANHS and the IAHP combining two words from the philosophically opposed disciplines of medicine/thera-

peutics and Hygiene, and thus compromising the distinctness of the Hygiene philosophy? What is wrong with the previous and much more sensible and logical term, "professional Hygienist"?

Dana Clare
Nabiac, N.S.W., Australia

In general usage in the United States, the term "physician" is used to describe a licensed, primary health care provider—medical doctor, osteopath, chiropractor, and (in a few states) naturopaths. The term "Hygienic physician" is appropriate since it accurately describes licensed physicians who are trained to provide Hygienic care.

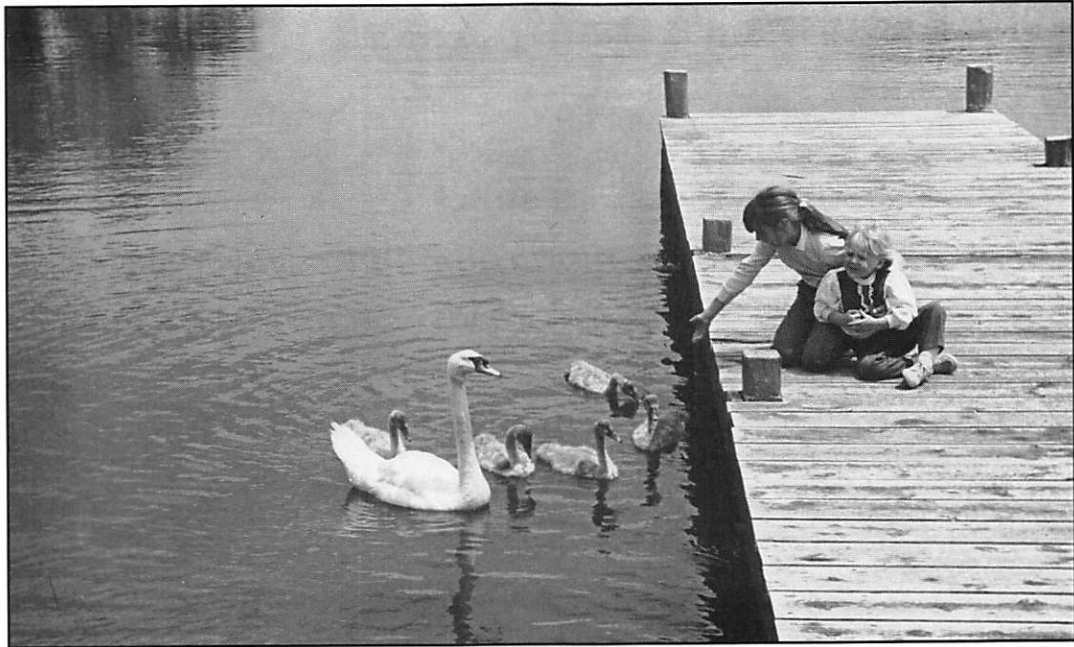
The term "professional" (if it has any consistent meaning at all) is applied to a person who accepts payment for some activity, as contrasted with someone who does the same activity for the "love" of it—an amateur. The vague term "Professional Natural Hygienist" has properly been discarded since it does not clearly indicate that qualified Hygienic care is provided by a licensed physician—what most people mean when they say "doctor."

A recipe for disaster

Please don't use the phrase "delicious recipes" in *Health Science* because there is no such thing. A recipe is a list of words that represent ingredients that are mixed together according to the directions. A list of ingredients cannot be "delicious" any more than a list of the parts that make up an automobile can be "sporty"!

James McCracken
Williford, Ark.

Hope for the Future...



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

What to Expect on Your First Fast

Here are answers to the most commonly-asked questions!

By Ralph Cinque D.C.

Fasting has been an integral part of Natural Hygiene care for more than 100 years. Many thousands of people have restored their health through fasting. Some, ill and distraught from years of discomfort and discouragement, try fasting as a last resort.

Some of the conditions that respond well to fasting and aggressive dietary changes after the fast are headache, rheumatoid arthritis, asthma, heart disease, high blood pressure, diabetes, colitis, psoriasis, lupus, and uterine fibroids.

Fasting to heal oneself can mean the difference between living life pain-ridden and dependent on drugs, going from one doctor to another for relief, and living a normal, pain-free existence into old age.

Health Science asked longtime Hygienic physician Ralph Cinque, D.C., to describe some of the experiences a person might encounter while considering and, ultimately, undertaking their first fast.

If you have never fasted before, you undoubtedly have many questions about it. Perhaps you have read a book about fasting, and you are hopeful that fasting will help you overcome a particular problem and improve your general health.

But since fasting is not yet a regular part of medical practice, it may be difficult for you to seriously consider it. This is unfortunate because fasting can have a powerful effect in reversing pathology and establishing a founda-

*Fasting is not
the solution
to every
health problem,
but it can have
a powerful effect
in reversing
pathology and
establishing
a foundation
for health.*

tion for health. Fasting is not an all-encompassing solution to every health problem, but it has great promise to bolster the recovery process for many ailing people.

In order to make an intelligent decision about fasting, you need reliable information that is accurate, factual, and scientific. It is good to talk to people who have fasted and to doctors who are experienced in the use of fasting. Dr. Herbert Shelton (1895-1985), who was one of the founders of the American Natural Hygiene Society, probably had more experience with fasting than anyone else who ever lived. It is estimated that he supervised more than 40,000 fasts. Dr. Shelton used to say that "the most vehement objections to fasting are

made by those who have never missed a meal in their lives."

Think twice before accepting condemnations of fasting from those who know nothing about it and have no experience with it, whether they are physicians or lay persons. If you objectively look at the evidence about fasting, you will see that it has improved health and life for countless people, under a broad range of circumstances.

Benefits of fasting

The first question you might ask is, "Why should I fast?" A thorough answer to that question could comprise an entire book. The short answer is that *fasting helps the body to normalize itself.*

Think about what happens when you go to sleep at night. Your body immediately goes about the tasks of repair and recovery (as much as possible) from the wear and tear of the day's activities. A renovation takes place in your brain and throughout your entire body that enables you to arise refreshed and raring to go the next day.

The restorative power of a night's sleep involves many factors, and the process is not completely understood. But one factor that definitely helps facilitate this process of rejuvenation is your nightly fast. While you are sleeping each night, you are not eating—you are not adding to your body's digestive work. This period of digestive rest allows your body to devote more of its energy to its nightly restoration.

You probably know from experience that eating a heavy meal late at night interferes with the quality of your sleep and leaves you feeling groggy the next day. Heavy eating late at night, much like

Ralph Cinque, D.C., is director of Dr. Cinque's Health Retreat in Buda, Texas, and is certified for fasting supervision by the International Association of Hygienic Physicians.

The vast majority of people fast without serious discomfort!

heavy drinking late at night, can leave you with a hangover.

Abstinence from food at night facilitates the process of biological renewal, allowing your body to proceed with its repairs and restorations. Of course, one does not remain asleep throughout a fast, but when fasting is combined with rest, your body treats it as an extended period of renovation and renewal.

During fasting, your senses become more acute, including taste, smell, and hearing. Even sight has been known to improve during a fast, although that does not always happen.

Balance and stability

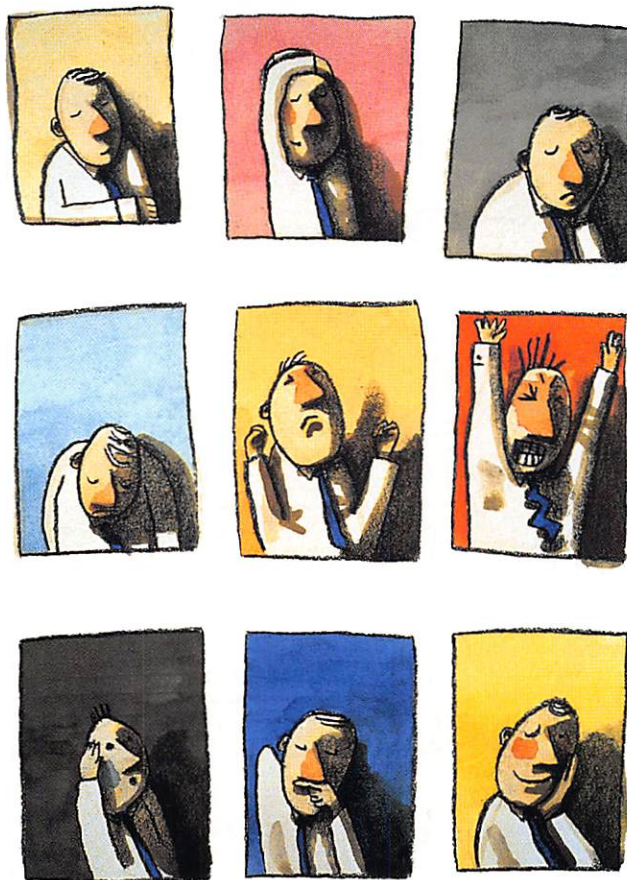
Most people are familiar with the term *homeostasis*, which refers to the body's balancing, centering, and stabilizing mechanisms. Homeostatic mechanisms are what enable your body to adjust to the relentless changes in your external and internal environments.

It is easier for your body to maintain homeostasis when you are resting and fasting than when you are eating and engaging in activity. The conservation of energy during such a profound period of rest creates a favorable condition for the biological process of healing. The human body is programmed to always seek normality, and a properly conducted fast supports and encourages that process.

Absence of hunger

Your next question might very well be, "Won't I be hungry all the time when I am fasting?" The surprising fact is that after one or a few days of fasting, most people experience little or no desire for food.

The desire to eat is dictated by a combination of physiological and psychological factors. It is thought that hunger is triggered by the activity of certain brain cells within the "appetite center" of the hypothalamus which



Chris Raschke/The Image Bank

Because fasting is not widely understood, people have many questions about it!

respond to the blood glucose level.

During fasting, the body begins to burn fat as a fuel, and the appetite center becomes temporarily desensitized to blood glucose. This makes it possible to fast without a gnawing hunger. Most people report little desire for food while fasting. They do not have a powerful, overwhelming urge to eat. This helps make it possible for most people to fast comfortably for several weeks or longer.

Psychological factors

It is important to recognize that psychological factors can affect people differently during fasting. Some people have a habit of thinking and talking about food much of the time—whether they are hungry or not. Some

people even dream about food while fasting. But most people experience little or no psychological discomfort about not eating for a period of time. Some even enjoy the feeling of lightness and freedom they get while fasting. Do not assume that you will feel like you are "starving" because you won't be starving. You will be *fasting*.

Fasting, not starving

There is an important difference between fasting and starving. Fasting is a period of abstinence from food during which the body's nutrient reserves are adequate to meet the body's nutritional needs. Starvation can occur only if you abstain from food beyond the point where you have sufficient nutrient reserves.

The differences between fasting and starving are unmistakable to the trained eye, and that is why it is important that you fast under the supervision of a member of the International Association of Hygienic Physicians (IAHP) who is certified for fasting supervision.

Will I experience discomfort?

While fasting, everyone tends to experience some "locomotor weakness," which refers to the withdrawal of energy from the muscular system as the body tries to conserve energy. Sometimes it is surprisingly mild. Some people fast for two weeks without becoming discernibly weak. They move about as easily as they did before they began their fasts.

In general, those who are large and heavy tend to remain more energetic than those who are small and light. The body enforces an earlier slowdown of caloric expenditure in those who have the least reserves. Thin people can become weak rather early in a fast. Interestingly, women tend to hold up better energy-wise while fasting than do men. I presume it is because women tend to have greater fat reserves, on average, but hormonal factors also may



"You're not getting a pulse? I want a second opinion!"

be involved.

Symptoms may arise during fasting, such as headaches, nausea, vomiting, diarrhea, and skin eruptions. These all are related to the increase in your body's eliminative activities during the fast, and they are considered to be constructive. Dr. Shelton used the term "orthopathic," which means "right suffering," to describe these events. Nevertheless, they can be uncomfortable and distressing.

The vast majority of people are able to fast for a sufficient period of time without major discomfort. The most frequent complaint I hear from people who are fasting is that they are bored. However, there are instances when a situation arises that may necessitate terminating the fast. That is why it is important that you fast under the supervision of a physician trained in fasting supervision.

Low blood pressure

Blood pressure tends to drop during a fast, which is a good thing if your pressure is too high. But if you have normal or low blood pressure, this further drop in blood pressure during fasting can occasion orthostatic hypotension—a sudden feeling of weakness and lightheadedness that

Where is the proper place to fast?

The health and safety benefits of a properly supervised fast are invaluable!

By Herbert M. Shelton

(1895-1985)

*This short piece is excerpted from Dr. Shelton's classic book, **Fasting Can Save Your Life**. Dr. Shelton supervised more than 40,000 fasts at his world renowned Dr. Shelton's Health Schools in San Antonio, Texas.*

A fast should be carried on amid quiet, peaceful surroundings, where the air is pure, the water fresh and uncontaminated, and the people congenial. As it should also be properly supervised by one experienced in conducting fasts, the best place

for fasting is an institution in which fasting is regularly carried out.

An Hygienic institution located in the country and headed by an experienced supervisor forms an ideal combination for a fast. Fasting is not merely refraining from eating for a required period. It involves rest, sunbaths, bathing, quiet, peace, and the care of the patient through the period of recuperation after the fast is broken. All of this requires knowledge and experience.

For most people, fasting is an unusual experience. This is particularly so if it is a first fast. The faster

is likely to experience unfounded anxiety, uncertainty, mental perturbation, even fear. In addition, he experiences new feelings and sensations that may disturb him. For these reasons alone, the best place to fast is at an institution, under the guidance of a man of wide experience in fasting.

For a complete list of the members of the International Association of Hygienic Physicians (IAHP), see p.29. The IAHP physicians who are certified for fasting supervision are identified.

occurs when you try to stand up too quickly. While fasting, you must be careful to move around slowly in order to give your body time to adjust to different postures.

There are special receptors in the neck called *baroreceptors* which regulate the blood pressure to the brain. These baroreceptors tend to respond more slowly during fasting; they take longer to read conditions and elicit a response. People have been known to faint while fasting, but the only danger in fainting is that you may hit your head on something hard or sharp as you fall down. The way to prevent such a mishap is to be slow and careful each and every time you shift positions during fasting. Pause between postures to give your body time to adjust to the effects of gravity.

Sometimes it is necessary to end a fast because of low blood pressure. How low you can allow your blood pressure to drop during fasting before terminating a fast depends upon what your blood pressure was originally, and your size, age, sex, and other factors. An experienced physician can make that evaluation.

A good and safe experience

To maximize the benefits from fasting and ensure your safety, obtain professional supervision from a certified IAHP physician. Fasting beyond several days requires professional supervision in order to be safe.

Moreover, there are some fragile and delicate individuals for whom even one day of fasting would be ill-advised without an IAHP doctor's approval and supervision. Stability is achieved during fasting because of adaptations the body makes, and individuals vary at how well they make those adaptations.

As I mentioned, the biggest complaint I hear from people who are fasting is that they are bored. Here is where mental discipline can be a major factor. No one will deny that it can be mentally challenging to lie around fasting day after day. But, if you take it just one day at a time (and don't decide ahead of time how many days you will fast), you can get through your first fast without too much difficulty. □

Four great books on fasting!

New!

Fasting and Eating For Health

Joel Fuhrman, M.D.

This *landmark* book is a powerful statement about the role of fasting and eating in maintaining health and preventing disease. Written for both doctors and the general public, the book emphasizes the key role of fasting in relieving and correcting heart disease, asthma, colitis, diabetes, migraines, obesity, and more—all from an Hygienic perspective.

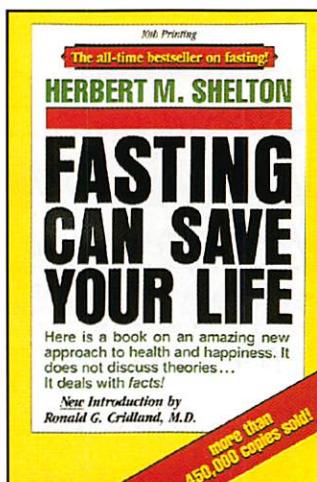
255 pp., \$23.95 (ANHS members, \$21.95) #230

FASTING —and Eating— for HEALTH

A Medical Doctor's Program
for CONQUERING DISEASE

- Precise diet and fasting program to relieve headache, hypoglycemia, rheumatoid arthritis, asthma, heart disease, high blood pressure, diabetes, colitis, psoriasis, lupus, and uterine fibroids.
- Using fasting to lose weight.
- How to start, what to expect, how to reintroduce food to maintain maximum benefits.
- How to work with a physician for longer fasts (more than 3 days).

JOEL FUHRMAN, M.D.



All-time bestseller!

Fasting Can Save Your Life

Dr. Herbert M. Shelton

This highly informative book discusses the benefits of fasting in various acute and chronic diseases, including arthritis, colitis, heart disease, and more. It also covers fasting for children and pregnant women. It establishes the difference between juice or fruit diets, and true fasting, which is abstinence.

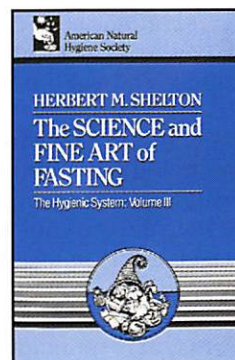
195 pp., \$9.95 (ANHS members, \$8.95) #182

The Science and Fine Art of Fasting

Dr. Herbert M. Shelton

The most comprehensive book available on fasting. Many doctors consider this the most valuable book on fasting ever written. Dr. Shelton conducted over 40,000 fasts. More than 55 years of study, observation, and experiences are accumulated in this remarkable book. This information is not available elsewhere!

384 pp., \$14.95 (ANHS members, \$12.95) #006



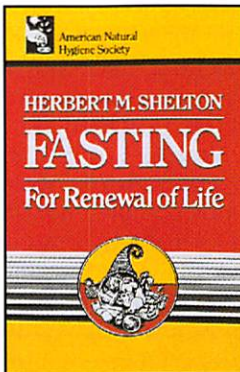
New!

Fasting for Renewal of Life

Dr. Herbert M. Shelton

This book was out of print for nearly 10 years. Now it is available again in a new edition. Dr. Shelton had more experience in fasting supervision than any other physician of his generation. Some of the specifics of Dr. Shelton's recommendations have changed over time, but his powerful basic message still rings true today!

314 pp., \$12.95 (ANHS members, \$10.95) #231



How Your Body Heals Itself

Understanding the extraordinary power of your immune system!

By Alan Goldhamer, D.C.

Hygienic is defined in the dictionary as *the science of health and its preservation*. But what does that really mean?

Science, the dictionary tells us, is “the systematic observation of natural phenomena for the purpose of discovering laws governing those phenomena.” Put more simply, science is the process we use to figure out how things work. Health is defined as “a state of optimal physical, mental, and social well-being.”

With these definitions in mind, it is easy to see that Hygiene is neither a dietary system, a therapeutic system, nor a religious or belief system. Hygiene is the science of health. It encompasses a broad body of *knowledge* about the natural laws that determine health and numerous *techniques* that enable you to use this information to maximize your health potential.

Knowledge is power

The more you learn about how your body works, the better prepared you will be to make the choices necessary to enhance both the quantity (longevity) and quality of your life.

The optimum state of function that we call health is spontaneously generated by the human organism when it is provided with the requirements of health. The requirements of health can be conveniently classified into four general categories: **diet**—a plant-based diet of whole natural foods that meets your individual nutritional needs; **environment**—getting fresh air, pure water, and appropriate sunshine, and avoid-

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ing environmental stressors such as air and water pollution, and excess exposure to dust, pollen, chemicals, and noise; **activity**—engaging in regular aerobic exercise and getting adequate rest and sleep; and **psychology**—engaging in productive activity and developing the interpersonal social skills necessary for a successful life.

When the requirements of health are appropriately provided, the self-healing mechanisms of the body attempt to restore and/or optimize health. Your body's ability to do this is only limited by your inherent constitution (genetics) and the amount of use and abuse that has taken place.

Hygienic physicians have always emphasized the concept that health and disease are not antagonists. Disease

processes such as diarrhea, fever, and inflammation are not only natural, but are necessary attempts by the body to regain optimum health. Attempts to suppress these adaptive and eliminative processes with drugs and other invasive treatment may create problems by interfering with the body's self-healing mechanisms.

Natural immunity

It is important that you know how extraordinarily capable and complex your immune system is.

Your body is constantly exposed to chemicals, toxins, pollutants, and other stressors. In addition, simple organisms such as viruses, bacteria, fungi, and parasites are capable (under certain circumstances) of invading the human body and using it as a source of nourishment. Fortunately, the healthy human body has defenses against invasion by these organisms. These defenses comprise the immune system.

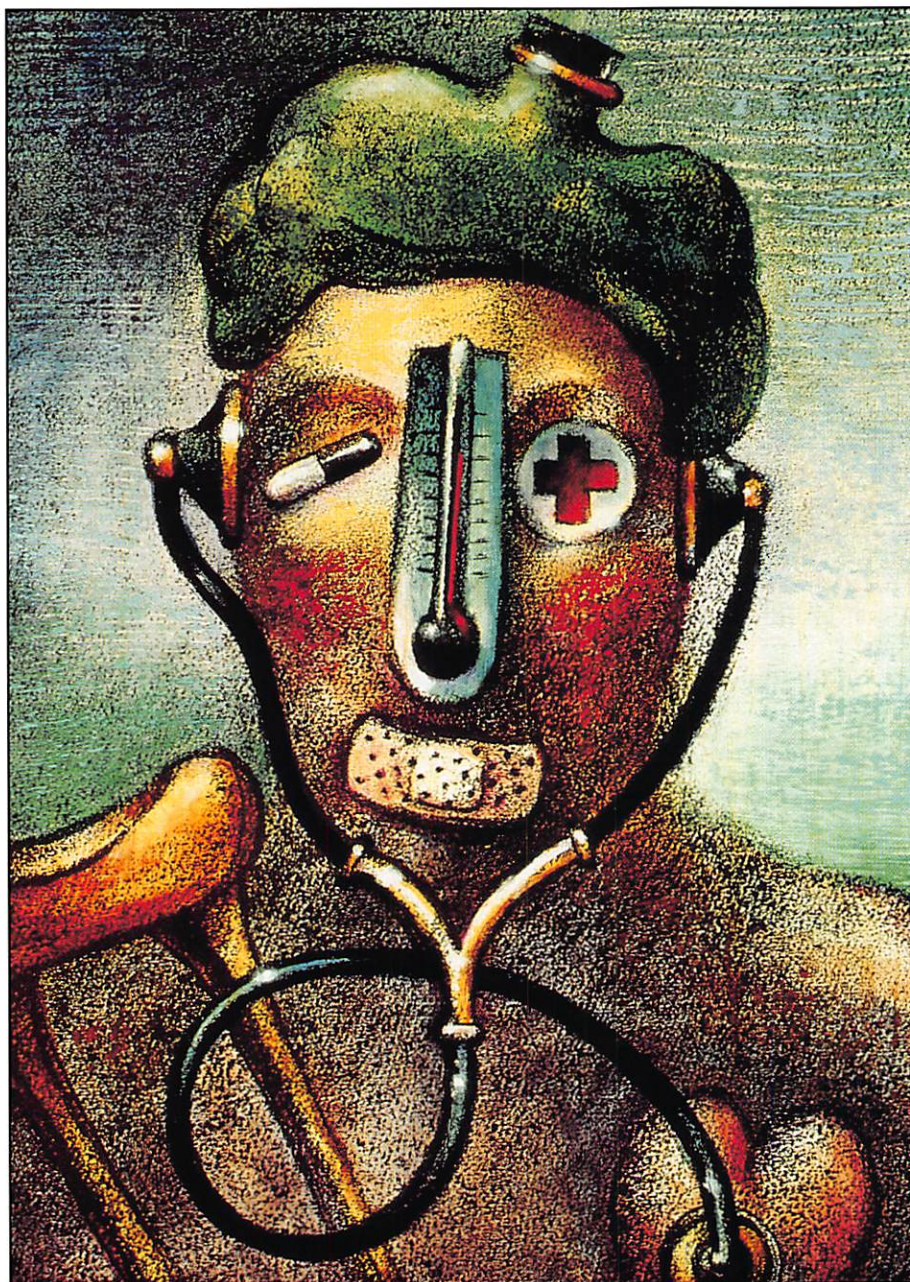
The immune system can be thought of as having two divisions—the general or **non-specific** immune system and the adaptive or **specific** immune system.

Your non-specific immune system

First let's take a look at the non-specific division of the immune system. The largest organ in the human body is not the heart or liver; it is the skin. The skin and its components form a very important part of the non-specific immune system.

Most potentially pathogenic organisms and agents are prevented from interfering with normal function because of the barrier that the skin creates. The openings into the body,

Alan Goldhamer, D.C., is co-director of the Center for Conservative Therapy in Penngrove, California, and is certified for fasting supervision by the International Association of Hygienic Physicians.



Todd Davidson/The Image Bank

Don't look outside yourself for the primary source of health and healing!

such as the mouth and nose, however, are not covered with skin, but with mucus membrane. This membrane can secrete various substances and is usually moist. In these moist secretions are other defense mechanisms, including chemicals such as lysozyme and C reactive protein, which can kill invading bacteria.

Mucus itself can trap invading organisms, and cilia (little hairlike projections in the lungs, bronchi, and throat) can

push those invaders back out of the body as long as they are working properly. It has been shown that in tobacco and marijuana smokers the cilia become paralyzed and destroyed. This is one of the reasons that smokers have such an increased incidence of respiratory and other infections.

The acid in the stomach, vagina, and other organs also can act as part of the non-specific immune system by creating an environment in which

Steps you can take to enhance your immune function

Establishing good, consistent health habits will make an enormous difference in your immune function.

1. Diet: Eliminate the use of tobacco, alcohol, and caffeine, as well as animal products, including meat, fish, fowl, eggs, and dairy products. Added salt and oil also should be eliminated. Your diet should be derived exclusively from whole natural foods, including fresh fruits and vegetables, whole grains, and the variable addition of nuts and legumes. This type of diet provides a high concentration of vitamins, minerals, fiber, and appropriate amounts of carbohydrates and protein, while avoiding excess salt and fat.

2. Environment: Fresh air and an appropriate amount of sunshine are very important. Avoid excess exposure to noise. Research has shown that individuals repeatedly stressed by high levels of noise have significantly more hypertension. Chemical pollutants (particularly chemicals that can interfere with kidney function, such as many paints, solvents, and pesticides) should be avoided.

3. Activity: Engage in regular aerobic exercise. Keep in mind that rest and sleep are essential requirements of all healing. Much of the healing process takes place during sleep. Sleep is a major means of compensating for all of the stresses of life.

4. Psychology: Meaningful and productive activity and effective interpersonal relations are the foundations of a healthy psychology. Particular attention should be placed on the use of stress management techniques. Exercise, relaxation techniques, meditation, and massage all have been shown to be helpful tools for stress management.

potentially invasive organisms cannot survive.

Look who's coming for dinner

The next components of the non-specific division of the immune system are the phagocytic or "cell-eating" cells. These phagocytes can engulf and destroy most invading organisms. Phagocytes are a type of white blood cell found in the bloodstream as well as in various organs such as the lungs, liver, and intestinal tract.

People with malfunctioning phagocytes are subject to recurrent infections. In rare cases, this malfunctioning is a genetic defect. More commonly, it arises from poor health practices which overwhelm the ability of the phagocyte to act. Smoking, for example, in addition to paralyzing cilia, can kill macrophages, the phagocytes that live in the lungs.

Natural born killers

Another type of white blood cell,

called the "natural killer" cell, can recognize cells that have been invaded by viruses. The killer cells can bind to these infected cells and destroy them. Cells that are infected by viruses help the killer cells by producing chemicals called interferons, which activate the killer cells.

The body also is capable of producing special proteins during an infection. These proteins coat the invading organisms, especially certain bacteria, and make it easier for the phagocytes to destroy them. But this only works if the invading organisms have some general chemical markers that the non-specific division of the immune system can identify.

Some like it hot

When an infection or injury takes place, the body produces a reaction called inflammation. Inflammation serves to direct the elements of the immune system to the site of infection or injury.

Inflammation consists of three

parts—increased blood supply to the infected area; increased permeability of the small blood vessels permitting large molecules to leave the bloodstream and reach the infection; and increased migration of phagocytes toward the site of infection. Inflammation causes the infected area to look red, become swollen, and feel hot and painful.

The non-specific division of the immune system, including skin, mucus, cilia and phagocyte can take care of many infections and potential infections. Problems arise when phagocytes lack the ability to identify things that bypass the non-specific division of the immune system's defenses.

Your specific immune system

Fortunately, the immune system has another division called the adaptive, or specific, division. Unlike the non-specific division, the specific division of the immune system is capable of producing particles called antibodies.

These tiny antibodies have two ends. One is a receptor that can recognize a specific organism or substance. The other end is a marker that fits in the general receptors of the phagocytes. When an antibody attaches its specific end to an invading organism or foreign substance, it tags the invader in such a way that the phagocytes of the non-specific division of the immune system can recognize and destroy it.

These antibodies made by the specific division of the immune system are produced by white blood cells called B lymphocytes. B lymphocytes come in thousands of varieties, each capable of recognizing one specific marker or antigen.

The number of lymphocytes that can recognize any particular marker or antigen is very small. When the right B lymphocyte finds the antigen of the invader, it binds to it. This stimulates the lymphocyte to quickly reproduce many more B lymphocytes of exactly the same type.

With the help of a complicated chemical signaling system, the new B cells are ordered to start pouring out antibodies. The antibodies bind to the invaders, and the phagocytes destroy them. Some of the new B cells, instead



"Sure, I'm qualified. I studied all the normal subjects—laying on of hands, miracles, talking in tongues..."

of producing antibodies, become memory cells. After the invasion is resolved, these memory cells persist in the body. If that particular invader should ever happen to show up again, the body will be able to destroy it quickly.

Mother's little helpers

In addition to the B lymphocytes that produce antibodies, there is another important kind of lymphocyte cell—T lymphocytes or T cells. T cells come in several varieties—helper, killer, suppressor, memory and others.

Helper T cells, like B cells are very specific, having specific receptors for specific invaders. It is the helper T cells that are in charge of the complicated chemical signalling system that tells the B cells what to do and initiates the production of killer T cells.

Love the one you're with

We are fortunate that we possess such a complex and efficient immune system that functions at its highest level when we conscientiously secure the requirements of health.

Your health is very precious. Take the steps necessary to protect and preserve it. Remember, you are the only *you* you've got. ☐



"Call me old-fashioned, but I still believe hitting the patient up for all he's worth has a part to play in treatment."

Healing is a biological process!

The powers of growth, repair, and defense are inherent in the living organism.

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

This short piece is excerpted from a talk, "The Difference of Hygiene and the Difference It Makes," presented by Dr. Burton at the 1995 ANHS International Conference held in Washington, D.C.

In health, the human body is the hero. Therapeutic systems, medical or otherwise, are successful only because of the inherent powers and forces of the living organism.

Healing is a biological process. Healing is not something that somebody does for you. It is something that you do for yourself. The power to heal is an inherent capacity of the

living organism.

The living organism is self-constructing. It grows from a tiny fertilized ovum to a full-grown adult as a result of its own inherent forces. No extrinsic agents, materials, or influences cause it. Certainly, extraneous influences and materials are necessary for it to grow, develop, and evolve, but they do not cause it.

The living organism is self-defending. If the body encounters something which is enigmatic to it, it will try to defend itself. The mechanisms of disease are defensive. For example, if you consume some toxin, you will usually vomit. The body will expel the toxin vigorously and

promptly. Similarly, if something enters the lungs, you will cough; if it enters through the nose, you will sneeze.

The living organism is self-repairing. All healing is self-healing. It is not the result of a "healer." The living body is the hero; it should get the credit when we recover. All the doctor can do is to try to manipulate the conditions and circumstances under which the person is living in order to facilitate the inherent healing processes of the living organism. ☐

Alec Burton, M.Sc., D.O., D.C., is director of Arcadia Health Centre, Arcadia, NSW, Australia, and President of the International Association of Hygienic Physicians.



David Durbin

Summer serves up a dazzling array of delicious fruits and vegetables—the most flavorful, easiest-to-prepare foods there are!

Savor the Taste of Summer!

Dress up your summer dining with a festive splash of color!

By Susan Taylor

The Natural Hygiene diet really shines in the summer! As temperatures soar, we need less food, and so we eat more lightly. A refreshing salad or a mouth-watering piece of cold watermelon is sometimes all we need at a meal on a hot day!

But just because our meals require little preparation and are easy to make doesn't mean that they should look plain. With just a little finesse, our meals can be as stunningly beautiful as they are delicious!

Garnishing tips

You can "dress up" even the simplest meals by creating attractive arrange-

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

Mango Platter

Frozen Bananas

Favorite Fruit Dip

Waldorf Salad

Banana Mango Topping

Justine's Fruit Salad

Peerless Potato Salad

Send your favorite recipes to:

Good Eating

P.O. Box 30630, Tampa, FL 33630

ments. (See accompanying box on next page for some great tips!)

Go on a picnic!

Remember what a treat it was when you went on a picnic as a child? The same food eaten in a different location somehow seemed to taste better! Treat yourself to a picnic—even if it is only in your backyard. You can eat a watermelon as easily at a park bench as you can at your dining room table (with a lot less attention to where the seeds fall!).

ANHS members have sent in some of their favorite recipes to share. They include a veritable banquet of great tasting salads, dips, and sauces for special occasions and everyday dining. I've even included my Peerless Potato Salad, just in case you do go on a picnic!

Mango Platter

3 large, firm mangoes
3-4 kiwi fruit
1/2 cup strawberries
Fresh mint (optional)

Thinly peel mangoes. Slice fruit into 1/2-inch thick wedges. Arrange wedges alternately with peeled kiwi slices on a pretty platter. Leave room in the center for a mound of fresh strawberries. Garnish with sprigs of fresh mint. Serves two to three (depending on their appetites!).

Recipe courtesy of Joy Gross

Frozen Bananas

Bananas
Chopped, unsalted nuts
Raisins
Dried fruit pieces
Wooden sticks

Place a wooden stick in the end of each banana (like a popsicle). Let your kids roll the bananas in chopped nuts, raisins, dried fruit, or whatever appeals to them. Freeze the bananas on wax paper or in zip-lock bags.

Favorite Fruit Dip

Strawberries
Raw, unsalted almonds
Apples
Dates

Mix fruit and nuts in a blender; add just enough distilled water to blend everything. Use as a dip for fruit and vegetables such as carrots, celery, zucchini, and cucumbers.

Frozen Bananas and Favorite Fruit Dip recipes courtesy of Angela Waterbury

Waldorf Salad

1 apple, cored and chopped
1 stalk celery, chopped
1 cup grapes, halved
1/2 cup walnuts (optional)

Combine fruit and nuts in a bowl. Serve as is, or add a fruit topping, such as Banana Mango Topping.

Banana Mango Topping

2 ripe bananas
1/2 mango
Pineapple juice
Pinch of nutmeg (optional)

Blend bananas and mango with enough pineapple juice to make a creamy sauce. Sprinkle nutmeg on top. This is delicious on Waldorf Salad or other summer fruit salad.

Waldorf Salad and Banana Mango Topping recipes courtesy of Lisa Essenpreis



You can really make an impression when you are entertaining guests by learning a few simple garnishing techniques. Make your meals a visual celebration!

Garnishing tips for you to use

You can "dress up" even the simplest meals by creating attractive arrangements. Use your favorite dishes, add a colorful tablecloth, and arrange a vase of flowers to set the stage for elegantly simple dining.

Using easy-to-learn garnishing techniques (there are many books on the subject), you can carve an apple into a bird and a tomato or beet into a rose. This will really make an impression on your guests!

Make your salad by arranging a bed of romaine lettuce on a plate, then "build" your salad on top of it. Add some color by including cherry tomatoes, a sprig of fresh parsley,

or some nasturtium blossoms.

You can use long wooden skewers to "stack" your vegetable slices on, alternating slices of cucumber and sweet red pepper with summer squash and cherry tomatoes.

Make your fruit salad a celebration! Begin by cutting the melon in half in a zigzag pattern. Remove the seeds, and then scoop out the fruit in bite-sized pieces. Place them back in the melon and add pitted cherries, banana slices, and whatever other fruit you have on hand that is ripe and ready to eat. Add a sprig of fresh mint—and eat slowly to relish your creation!

Justine's Fruit Salad

Bananas
Grapes
Melon pieces

Choose from the ripest, sweetest melons available. Mix sliced bananas, grapes, and melon pieces into a large bowl. Serve with a smile and eat!

Recipe courtesy of Justine Oswald, age 10

Peerless Potato Salad

4 potatoes, lightly steamed
1 small head of broccoli, steamed or raw
4 stalks of celery, diced
2 avocados, mashed
Romaine lettuce leaves

Wash and steam the potatoes until they are tender. Be sure you don't overcook them so that they are mushy. Cut into small pieces after cooling.

Cut broccoli into small pieces, or divide flowerets into individual pieces. Mix broccoli and diced celery with cut potatoes.

Cut the avocados in half and remove flesh. Mash avocado in small bowl and add to potato mixture. Toss until ingredients are tastefully mixed.

Use individual lettuce leaves to hold servings if you want to eat the salad sandwich-style, or tear lettuce into small pieces and add it to the salad.

Serves two hungry picnickers!

Recipe courtesy of Susan Taylor

Natural Hygiene opens door to ecology for this member!

Dedicated to a healthy planet!

My interest in health was already very strong when I arrived at the University of California at Berkeley on a basketball scholarship in 1973. I grew up in California, and I suppose it was good genes and heavy athletic involvement that helped me to maintain relatively good health.

I felt a compulsion to seek the truths of health and life, and questioned many of the forms of health (mis)information I had received during my first 18 years of life. I noticed that few of my fellow students were manifesting truly vibrant health. This surprised me, since Berkeley was a 30,000-student "melting pot" of people from widely different locations and backgrounds.

Fortunately, I found my way to a little "health food" shop (which mainly sold vitamin pills) where I encountered my first truly radical and positively revolutionary health teachers, including the great teacher of Natur-



Courtesy of Don Weaver

Former college basketball standout ANHS member Don Weaver now channels his creative energies into soil remineralization and Natural Hygiene. He has co-authored a book, *The Survival of Civilization*.



Daniel Regan

Geologist Anna Nelson credits her greatly improved skin to Natural Hygiene.

Reading *Fit For Life* changed my life forever!

A truly international citizen!

Iam a Swedish citizen, but I lived with my husband in Norway before we moved to the United States. I am a petroleum geologist, and we are in the oil business. So we move around a lot!

I bought a copy of *Fit For Life* when it was first published. When I finally read it, I really liked it! I immediately wrote to the American Natural Hygiene Society and became a member.

Learning about Natural Hygiene really changed my life. All of my health problems disappeared when I started eating right. I had had problems with my skin, especially my face, and I felt very tired all the time.

As soon as I changed my diet, my face cleared up almost immediately. Now if I eat a piece of barbecue or something, my face might start break-

ing out within an hour or two! I am not 100% vegan [total vegetarian] yet, but I am making progress.

Fasting is very popular in Sweden; it has a long tradition there. However, it is different from fasting as Natural Hygienists understand it. People usually drink different types of juices and take enemas, rather than enjoying the total physiological rest that is associated with fasting in Natural Hygiene.

There are dozens of health centers all over Scandinavia. But they aren't built on the Hygienic principles, so people go back to eating more or less conventionally after they leave them.

I loved my first ANHS Conference at Georgetown University in 1995. I thought it was excellent. I really got lots of inspiration, and this mainly is what I was missing—talking to people who are doing the same thing!

Anna Nelson is an ANHS member from Sweden who currently lives in Woodland, Texas.

al Hygiene, Dr. Herbert Shelton.

Dr. Shelton's books ignited a spiritual-intellectual flame in my mind and soul, particularly his *Health for the Millions* [soon to be reprinted by ANHS]. I was captivated by my newfound knowledge that *everyone* could enjoy improved health by learning the "causes of health" and putting them into practice.

After several years of gradual changes, I fully embraced Natural Hygiene at age 22. I now am 40 and seem younger—by any mental-physiological-spiritual standards—than many of the 22-year-olds I observe. Along with running, biking, swimming, hiking, and yoga, I still love basketball and can effortlessly outrun and outplay many of the teenagers and men in their 20s that I play with.

Natural Hygiene has done a lot for me. I still find food combining to be an invaluable and joyous discipline for me. I also have benefitted from fasting when needed.

Natural Hygiene is extremely complementary to what we call ecology. I think in their broadest definitions Natural Hygiene and ecology are virtually synonymous. My interest in Natural Hygiene led me to study gardening and orcharding, forests and climates, and the connection between soil and health. This study led me to meet and work with the great advocate of soil-Earth-health regeneration, John D. Hamaker, who taught me the great value of replenishing the Earth with mixed rock or gravel powders. Together we wrote a book, *The Survival of Civilization*.

Dr. Shelton recognized the need for soil remineralization to produce truly healthful produce. This need becomes greater with each day as overall soil depletion increases. Fortunately, we all can take (and *must* take) actions to reverse this catastrophic trend!

A few friends and I hope to begin an Hygienically-oriented "Earth Regeneration Center." I encourage everyone to consider starting such a Center in their region of our ailing planet.

Don Weaver, co-author of The Survival of Civilization, is an ANHS member living in Burlingame, Calif.

Hygiene brings hope following serious illness!

Successful recovery!

My interest in health began when I started having severe health problems," said Mary. "I was born in Alberta, Canada, one of eight children. It was during the Depression, and we had to work hard on the farm. I was born with a bit of rickets and a weak skeletal frame, so I always had difficulty keeping up with my siblings.

"I had Lyme disease in 1980, but the doctors

were baffled by my condition. They gave me all kinds of tests and medications—mostly steroids. My back pain was so severe that I couldn't sleep for 35 days."

"She thought she had the flu because she started off with a very sore throat," said Richard. "But by the next morning it was in her neck, her back, and then it moved down to her right shoulder blade."

"Along with the Lyme disease, I had a lot of arthritic-type problems," said Mary, "including problems with my eyes, which I am still experiencing. In 1982, I experienced painful symptoms of menopause. I felt like I was going to burn up.

"I had a recurrence of Lyme disease in 1991 and 1992. My doctor put me on some very strong antibiotics for three weeks, then pronounced me 'cured.' I didn't feel any better, though, so I found another doctor. He put me on even stronger antibiotics. For the next four long months, I felt as though my guts were being cut to pieces and torn apart.

"Luckily, I saw an article by Dr. Joel Fuhrman in my chiropractor's office. I liked what I read. In June of 1994 I contacted Dr. Fuhrman, and he put me on a vegetarian diet. The diet seemed very strict and drastic to me, but fortunately, Richard tried it with me. Richard was a big help!

"After we had stayed away from all



Mary Pflaum, pictured here with husband Richard, suffered debilitating pain from Lyme disease and arthritis before learning about Natural Hygiene in 1994.

meat and dairy products for about a month, I went out to try to pull some weeds in the garden. Before I changed my diet, I had been unable to do any bending. But after just one month on the vegetarian diet, I found that I could bend again. It had loosened me up and made me more flexible. That was such a joy for me, being able to move without pain!

"I am so thankful that I had enough motivation to make the changes I did. My illnesses had taken a lot out of me, and I was at the point where I was really getting discouraged. But starting the vegetarian diet took away the fear that I was always going to be sick and miserable. I began to have hope that I could really feel good again!"

"We attended the 1995 ANHS Conference and really enjoyed it," said Richard. "We just don't get that kind of support anywhere else. The Conference lectures were all motivating and stimulating!"

"We're still in a transition stage with our lifestyle changes, but now, as Mary says, we have some hope! I used to weigh 230 pounds and now I'm down to 153. We intend to stay with this way of life."

Mary and Richard Pflaum are ANHS members who live in Somerville, N.J. They were interviewed at the 1995 ANHS Conference by Daniel Regan.

Car accident leads to new life through Natural Hygiene!

Refuses drugs, leaves hospital!

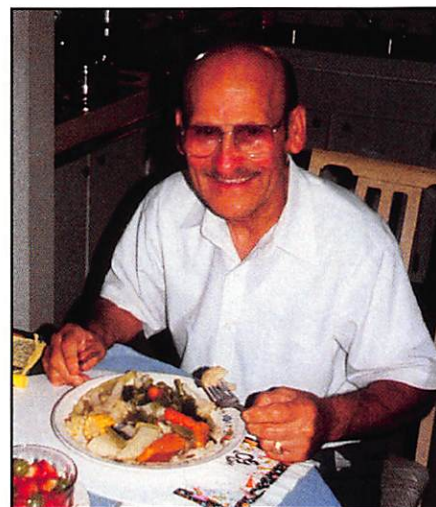
In 1982, I was in a car accident and ended up in the hospital with a back problem. I was unable to walk, and faced the prospect of a back operation. As I lay there reading *Prevention* magazine, I saw an advertisement for Shangri-La Health Spa in Bonita Springs, Fla., which at the time was an Hygienic retreat owned by ANHS member R.J. Cheatham and his family.

When the nurse came to give me a shot for the pain, I said, "I don't want

any shots. I want to talk to my doctor." When my doctor came, I said that I wanted to go to the Shangri-La Health Spa. He said, "How will you get there?" I said, "I'll take the bus."

The next day my son took me to the bus station. When I got to Shangri-La, I was in a lot of pain, but I knew I was there to get rest, fresh air, sunshine, water, and fresh food.

The first day, I got all the fresh watermelon I wanted to eat. The next day, all the fruit I wanted to eat. And the third day, all the salad I wanted to eat. In one week, I lost seven pounds, and I felt great. Then I met Dr. Frank Sabatino, an Hygienic physician who worked there at the time, who asked me if I wanted to fast. I had been reading Dr.



ANHS member Wallace Grzep has enjoyed a total transformation of his lifestyle!

Natural Hygiene saved my life!

Suffering ends after 12 years!

I didn't learn my lesson the first time. I was very sick, but I wasn't ready to do what it took to get better.

I had been suffering from connective tissue disease, and had been taking seven medications for the past 12 years. After telling me everything (more than I ever wanted to know!) about Natural Hygiene, my brother, Dan Regan, convinced me to make an appointment to visit Dr. Joel Fuhrman, of New Jersey, who is both a medical doctor and an Hygienic physician.

I went to see Dr. Fuhrman, and he urged me to change my diet. I tried to do it, but after three days I gave up.

One year later, out of desperation, I decided to try again. I returned to Dr. Fuhrman, and he put me on a six-month program to help me detoxify from all the medications (including cortisone) I had been taking. At the end of the six months, he supervised my 17-day water fast.

Fasting was the last thing I wanted to do. It took me about eight months to really recover my strength



Sandra Regan learned about Natural Hygiene from her brother. She had been suffering for 12 years from connective tissue disease.

and weight from that fast. But I realize that if I had not undergone that experience, I might not be alive now. Dr. Fuhrman really saved my life!

I am off all medication now, and I am feeling great. I basically adhere to a vegetarian diet and get some exercise. I really can tell the difference when I go off the diet! Next, I need to get more rest and get my stress under control!

I am about 80 percent of the way to fully restoring my health, and I plan to do another supervised fast. I don't want to fast for more than a week, but I know I need to go for at least 10 days. If I can stretch it to two weeks, I know I will get much better results. When I consider undergoing another fast, I admit that I am not totally enthusiastic. I try not to be too hard on myself and know that I will work up the enthusiasm for what I know I have to do.

Attending the last two ANHS International Natural Living Conferences has been a big help to me. I had a wonderful time at both events. The ANHS staff people were just tops. They all tried to make everyone feel at home, everything was very well planned, and the speakers were wonderful—very informative and very interesting. I loved all the programs.

The workshops that were given at the end of the day were equally as good. The Talent Show was better than I expected—it was so much fun! I also met many interesting people from all over the world. I only wish I had a few more days to get to know them a little better! It really was a great experience!

Sandra Regan is an ANHS member

ing Dr. Shelton's *Fasting Can Save Your Life*, so I felt well prepared. I said, "Yes."

After 14 days at Shangri-La, I lost 14 pounds, and I was beginning to feel less pain in my back. When I got ready to leave, Dr. Sabatino recommended that I go to see Dr. D.J. Scott in Cleveland, Ohio, close to where I lived.

Dr. Scott recommended that I take off 30 more pounds. After three months under his care, I was able to walk without pain and return to work. I have great admiration for Dr. Scott.

I stopped smoking and drinking beer, alcohol, coffee, and tea, and stopped eating junk food. I started eating better food and started walking, jogging, and taking time from work to vacation in Florida. Ultimately, I decided to work in Florida in the winter.

Last year, I had another car accident that resulted in severe pain in my left leg and hip. After viewing my X rays, the doctor said it would be best to operate on my knee and hip. I told him that I wasn't ready for that.

For a few days, I drank only juice. Then I started eating fruit. After two weeks, the pain in my leg and hip began to subside. At that point, I started eating only vegetables. Finally, I fasted for 10 days. I felt much better, and had less pain. I have faith that the healing process will take place whenever I give my body enough rest and the chance to heal itself. I feel very good about Natural Hygiene. It really works as far as I am concerned!

Now I feel better, sleep better, food tastes better, and I can smile better. I have been an ANHS member for three years. I love the Society!

ANHS member Wallace Grzep lives in St. Petersburg, Fla.

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.*

The many joys of living naturally!

In touch with health!

I have always been attracted to natural ways of living and of eating. I experimented for several years with an all-fruit diet and then moved to an all-raw food diet. I ate a lot of avocado, nuts, seeds, and dried fruit.

But while I felt very attracted to such a "natural" diet, and experienced tremendous mental clarity and a kind of "high" while I was eating this way, it clearly was *not* the way to go!

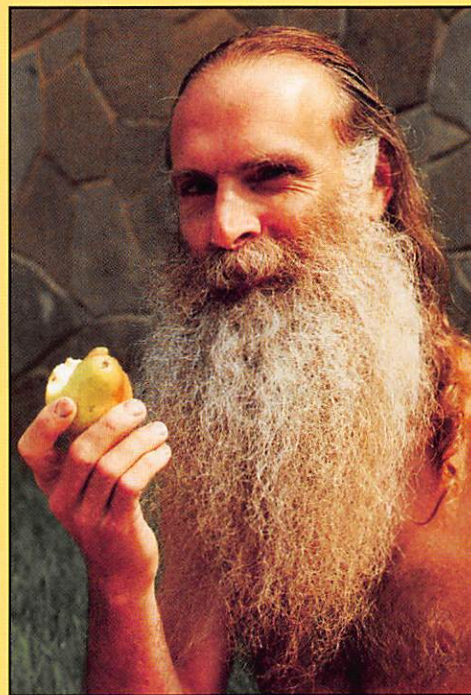
I developed colitis, and I experienced tremendous bloating and gas. It accelerated to the point where it turned into an ulcerated colon, and I had a tremendous amount of bleeding. My weight went down to 117 pounds, and at one point I thought I was going to die. It was a very humbling experience!

I fasted for a few days. Afterwards, I began to add baked potatoes, lightly steamed vegetables, and rice to my diet. My health improved immensely! Whenever I tried to eat mostly fruit and salad, the problems returned. As long as I eat sensibly, I experience high-quality health and energy.

I also have had the joy of seeing my mother, who is 82, benefit from Natural Hygiene. I took her to the Center for Conservative Therapy in Penngrove, Calif. for a supervised fast to reduce her high blood pressure. She fasted for two weeks, with excellent results!

I have been doing body work, including physiotherapy, for the past 15 years. I have studied shiat-su, acupressure, Swedish massage, and different types of yoga.

One of the main values that I find in body work is the human connection. For me, just being there for the other person is the main thing—loving the other person.



Daniel Regan

Natural Hygienist Jim Robertson touches people's lives through his work in physiotherapy.

I begin each morning with a sitting meditation, just to set the tone for my day. One of my favorite techniques is to choose words such as peace, harmony, laughter, and love. I try to embody the significance and the energy of what these words really mean. Then when I go through my day, if I get knocked off balance a little bit, I remember the essence of these words more quickly, and I look for the good in the situation.

I attended my first ANHS Conference in San Diego when I became an ANHS member in 1993, and I returned to a second Conference in Washington, D.C. in 1995. I find the information that is presented to be very consistent, which is one reason why I attend.

I also like the sense of condensed energy at ANHS Conferences, of people coming together to explore natural living, learning how to support themselves and nurturing each other. It is a very nice energy to share!

ANHS member Jim Robertson lives in Santa Monica, Calif.

Perseverance and Determination

You can reach your goals, no matter how challenging or difficult!

By Susan Smith Jones, Ph.D.

Life can be complicated. It is easy to lose sight of your purpose in the midst of your busy daily life. You can get wrapped up in schedules, paying the bills, rearing the children, or getting ahead at work.

Sometimes the answer to a challenge or the guidance that you seek seems just beyond your reach. This is the time to keep your goals clearly in mind. Don't get side-tracked. Perseverance and determination will see you through.

If you lose sight of your goals, you can end up viewing your life from a rabbit's-eye view—with your nose pressed up against the blade of grass right in front of you.

Just as it is difficult to grasp the beauty of an entire tapestry if you stand too close to it, you can lose clarity if you get too caught up in your day-to-day affairs. Learn to take an eagle's-eye view. Soaring far above the ground, an eagle can see farther and with greater clarity than an earth-bound rabbit. And as an eagle uses the wind to keep it aloft, you can use determination and perseverance to keep your life on course.

Perseverance pays off

How determined are you to live joyfully, healthfully, and peacefully? How determined are you to keep on going when the going gets tough? How much do you persevere when nothing seems to go your way?

When I began writing, approximately 20 years ago, I received dozens and dozens of rejection letters from magazines and book publishers. Many times I felt like giving up. Even close friends and family members recom-

mended that I seek another profession. "You can't pay your bills on dreams," they said. "Look for a job that offers security, a regular monthly paycheck, and normal hours."

But I was determined to be true to my vision and dreams. Now, many years later, I have written eight books and over 500 articles. I have even had my picture on several magazine covers. Determination and perseverance paid off.

Are you willing to do what it takes to become master of your life? How much do you really want to reach the top of the mountain? Do you have the sheer will to give it your all, even when the odds of attaining your goals appear to be insurmountable?

Inspiring athlete

I have great respect for world-class athletes who, against all odds, become winners. Take Greg LeMond, the great American cyclist, for example. In 1985, he finished second in the Tour de France, a grueling, 23-day, 2,025-mile cycling race through France. In 1986, LeMond became the first non-

European ever to win the event.

At the age of 25, LeMond was on top of the world, with his prime competitive years still ahead of him. But within a few months, his life turned upside down.

In April of 1987, LeMond accompanied his uncle and brother-in-law on a hunting trip and was accidentally hit by a shotgun blast. Approximately 60 number two-sized shotgun pellets lodged in his back and side.

LeMond thought he was going to die as he lay in the field waiting for the helicopter that would take him to a hospital. He could barely breathe—his right lung had collapsed. His liver and kidney had been hit. So had his diaphragm and intestine. Two pellets lodged in the lining of his heart. His greatest fear was that he would never see his wife and children again.

Real pain

While in the hospital, LeMond learned about real pain. To draw blood out of his collapsed lung, a tube had to be inserted into his chest—without anesthesia! It remained there for a week. Because he always pushed himself so hard in competition, he thought he was used to pain. But the pain he felt while racing his bike was nothing compared with the pain he felt as he fought for his life.

Miraculously, none of the damage was irreparable. But doctors left 30 shotgun pellets in LeMond, including the two in the lining of his heart. They doubted that LeMond would ever race again. Eight weeks later, however, with sheer determination and perseverance, he started the long road back.

Before he had the accident, LeMond

To achieve your goals, you must be very clear about what you want!



In 1986, Greg LeMond became the first American to win the Tour de France, a grueling, 23-day, 2,025 mile cycling race through France. But the next year he suffered a devastating accident that nearly cost him his life. Read what he did to persevere and triumph against overwhelming odds.

weighed 151 pounds, with a total body fat content of four percent. By the time he was able to start training again, he weighed 137 pounds, with 17 percent

body fat. In an effort to survive, his body had consumed vast amounts of its muscle.

The next two years were very

rough for LeMond. Months after the accident, just when he was beginning to show signs of real progress, he had an emergency appendectomy. The following year, he had to have surgery to repair an infected tendon in his right shin, forcing him to miss the Tour de France for a second straight year. PDM, the Dutch team with which LeMond had signed a two-year deal in 1987, wanted to cut his salary.

But LeMond never lost confidence in himself. He refused to give up. He kept training. He knew he could come back.

LeMond entered the 1989 Tour de France. Through the cities, villages, mountains, and farmlands of France he raced alongside 155 of the world's best riders. Twenty-three days later, Greg LeMond came out the winner. Determination makes all things possible.

Making it to the top

Do you have what it takes to reach the top of the mountain? If you think you don't, dispel that thought immediately, because you have the power and ability to achieve your heart's desire.

Let your perseverance and determination fuel your mind and body into action. Believe in yourself and get in touch with your strength and power. When you feel that connection, peace and success will be your constant companions. ☐

Susan Smith Jones, Ph.D., is the author of *Choose to Live Each Day Fully*, *Choose to Be Healthy*, and *Choose to Live Peacefully*; all available from ANHS.

Setting goals for success and self-esteem in your life

If you want to be successful in reaching your goals, you need to be very clear about what they are.

Envision every area of your life as you want it to be—including health, career, relationships, and lifestyle. What do you want in terms of prosperity, creativity, peace, and spiritual matters?

Write your goals in clear

and concise words. Then reflect on what you have written. Tune in to your inner values and integrity. Meditate on your choice of goals.

How you feel about yourself affects all aspects of your life—whether you are happy, peaceful, successful, and fulfilled in life.

Take loving care of your body. Eat healthful foods

and exercise regularly.

Count your blessings. Look at all the positive aspects about your life. Make a list of all the things for which you are grateful.

Be patient with yourself, and live one day at a time. Live in the present, with love in your heart.

Let go of all criticism. Be loving and kind towards yourself, and release all crit-

icism. When you catch yourself being judgmental and critical, stop and think of something positive.

Be of service to others. One of the fastest ways to feel better about yourself is to do something nice for another person.

Do whatever it takes to bring order to your life, and focus on what is really important to you.

Seeds with a Future

Planting heirloom seeds can help guarantee future generations of plants!

By Susan Taylor

When most of us think about planting a garden, we go straight to our local nursery to purchase plants or packets of seeds. But almost all of these plants and seeds are hybrids—artificially produced—unable to reproduce themselves from their seeds.

Fortunately, there are suppliers of natural “heirloom” (open-pollinated) seeds that reproduce themselves naturally from seeds. Some of those companies are listed below.

One such resource is the Seed Savers Exchange. Their mission is to save rare food crops from extinction. This small nonprofit organization offers various publications with information about seeds and seed sources.

The Seed Savers Exchange also maintains a showcase farm that grows, evaluates, and preserves thousands of



David Durbak

No food ever tastes as good as the food from your own garden!

plant species. You can write to Seed Savers Exchange at 3076 N. Winn Road, Decorah, IA 52101 for more information.

ANHS member Sheila Eye recommends the Community Alliance with Family Farmers (CAFF), which produces the *National Organic Directory*. This publication includes lists of farmers, wholesalers, manufacturers, resource groups, publications, individual state laws regulating organic farming, and more. For information, contact CAFF at P.O. Box 464, Davis, CA 95617, or call (916) 756-8518.

Another great source of information about organic produce suppliers in your area, including community-supported agriculture, is the Biodynamic Farming and Gardening Association. You can write to them at P.O. Box 550, Kimberton, PA 19442, or call (610) 935-7797. □

🌱 Sources for organic and heirloom seeds 🌱

Seeds of Change

P.O. Box 15189
Santa Fe, NM 87506
(505) 438-8080

Rare, unusual, and difficult to obtain seeds for flowers, vegetables, and herbs.

Stock Seed Farms

28008 Mill Rd.
Murdock, NE 68407
(402) 867-3771

Free catalog includes listings for wildflowers and grasses.

Nitron Industries

P.O. Box 1447
Fayetteville, AR 72702
(800) 835-0123

Wide range of organic fertilizers, soil conditioners, and composting products.

Northplan/Mountain Seed

P.O. Box 9107
Moscow, ID 83843
(208) 882-8040

Wildflowers/herbaceous species; deciduous shrubs, vines, and trees; coniferous trees; and native grasses for wildland landscaping.

Corns

Rt. 1, Box 32
Turpin, OK 73950
(405) 778-3615

Many varieties of open pollinated corn.

Pinetree Garden Seeds

Box 300
New Gloucester, ME 04260
(207) 926-3400

Vegetable and flower seeds.

Nichols Garden Nursery

1190 N. Pacific Hwy.
Albany, OR 97321
(541) 928-9280

Vegetables, fruits, flowers, and herbs.

Territorial Seed Company

P.O. Box 157
Cottage Grove, OR 97424
(503) 942-9547

Specializes in garden seeds, including vegetables, herbs, flowers, ornamental grasses, and wheat. Also includes garden products and supplies.

Special thanks to ANHS member Dave Eschan for supplying this valuable information. Please send us your favorite seed sources.

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

Certified Members

Joel Fuhrman, M.D.
450 Amwell Rd.
Belle Mead, NJ 08502
Phone: (908) 359-1775

Stanley S. Bass, D.C.
3119 Coney Island Ave.
Brooklyn, NY 11235
Phone: (718) 648-1500

Non-certified Members

Thomas K. Hand, D.C.
3676 Richmond Ave.
Staten Island, NY 10312
Phone: (718) 984-5869

Timothy R. Whelan, M.A., D.C.
Thomaston Chiropractic Center
108 Watertown Rd.
Thomaston, CT 06787
Phone: (203) 283-5171

Midwest

Certified Members

D.J. Scott, D.C.
Scott's Natural Health Institute
17023 Lorain Ave.
Cleveland, OH 44111
Phone: (216) 671-5023

Roger Walker, D.C.
215 Ramsey St.
Hastings, MN 55033
Phone: (612) 437-1876

South

Certified Members

William Esser, N.D., D.C.
Esser's Health Ranch
P.O. Box 6229
Lake Worth, FL 33466
Phone: (407) 965-4360

Frank Sabatino, D.C., Ph.D.
Regency House
Natural Health Spa
2000 S. Ocean Drive
Hallandale, FL 33009
Phone: (305) 454-2220

John Brosious, D.C. (retired)

18209 Gulf Blvd.
Redington Shores, FL 33708
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Omanawa
24 Turere Place, Wanganui
Aotearoa, NEW ZEALAND
Phone: 06-345-9394

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:

IAHP

204 Stambaugh Bldg.
Youngstown, OH 44503
Phone: (330) 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 contact lenses; fluoride toothpaste; antioxidants; caffeine; monthly fasting; fresh vs. dried fruit; free radicals; and more!

Frequency of bowel movements

Q. What do you think about Ultimate Cleanse? It is a product that is supposed to speed up the detoxification process and make possible several bowel movements a day. The product's literature says that two to three bowel movements are ideal. Even eating well, I don't have that many bowel movements a day. I don't want to rely on pills to keep me regulated. What should I do?

Sonya King
Atlanta, Ga.

A. There is no absolute number of "ideal" bowel movements a day. The number of movements is a func-

tion of the quantity and type of food consumed in relation to the energy and efficiency of the person consuming it. Healthy bowel activity is a function of adequate fiber and vegan nutrition, rest, exercise, hydration, and stress management. The same biological factors that support the health of the body in general will promote better bowel function in particular.

There are a variety of products such as Ultimate Cleanse on the market, which typically contain provocative herbs in combination with fiber content from plants and husks of various seeds. As an Hygienic physician, I am wary of anything that is advertised to "speed up" any function of the human body.

Typically, products that "speed up" and provoke usually occasion a reac-

tive depression and inhibition of function. Over time, use of these products actually may make it harder and harder for the individual to have a bowel movement on their own. This can foster an unhealthy dependence on these products and a loss of function.

If there is an underlying structural or traumatic reason for decreased bowel function, then perhaps a product containing something like the husks of psyllium may have some value. However, a broad-based Hygienic diet of fruits, vegetables, nuts, and complex carbohydrates provides more than enough nutrients and soluble and insoluble fibers, which together with rest, exercise, hydration, and stress management, will enhance and promote "ideal" stool formation and bowel function.

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



"The manufacturer of this drug promised me a free trip to Acapulco if I prescribe it. You wouldn't want to be a spoil sport, would you, Mrs. Canale?"

Monthly fasting

Q. I have read in *Health Science* that fasting one day per week is stressful for the body. What about fasting one day per month?

Gracie Yuen
Madison, Wis.

A. Fasting routinely is just like religious ritualism. The believer thinks or imagines that somehow by following this prescribed ritualism he or she appeases the gods and compensates for disobedience to physiological, biochemical, moral, or spiritual laws which are immutable and inflexible.

The physical benefits in fasting arise out of obedience to those natural laws which govern our physical being in that our organism is *allowed* to recover its own vital powers by rest—both physical and physiological.

Routine and ritualistic fasting is often used in an attempt to compen-

sate for excess. This, too, is an erroneous reason for fasting.

Rather, follow excellence in daily choices of food, rest, activity, and emotional control, and you will find that increased vital power will reach a level where if fasting is needed, the *body* will choose to fast—by imposing an acute episode for cleansing and repair where it demands rest and abstinence from food. This is the wisdom of design in action. Choose to obey this wisdom. Lie down and rest, and gain the ultimate in benefits from fasting.

D.J. Scott, D.C.

Dried vs. fresh fruit

Q Can dried fruit be consumed like fresh fruit, or is it made indigestible by the drying process?

Name withheld by request

A. Dried fruit is not made indigestible by the drying process, but it does become more concentrated. Consider these figures: watermelon 8% sugar, oranges 9% sugar, apples 10% sugar, grapes 12% sugar, bananas 18% sugar. Now consider these: raisins 75% sugar, dates 78% sugar, dried figs 73% sugar.

So the answer is, "No. Dried fruits cannot be consumed like fresh fruit." They are far too sweet. Dried fruits should be eaten sparingly, if at all. They may come in handy in the diets of active children and endurance athletes, who need a lot of calories, but most adults have no need to eat abundantly of dried fruits.

Ralph C. Cinque, D.C.

Preventing buildup of plaque

Q I recently heard a doctor indicate that eating grapes is effective for removing atheroma from arteries. Is this true or false?

*Edward Weisman, M.D.
Deerfield Beach, Fla.*

A. It is true that there is evidence to suspect that compounds from the skins of red grapes have a beneficial effect on the vascular walls,

as do hundreds of other natural plant-derived compounds. For example, citrus fruits also contain lots of favorable compounds that are protective of the cardiovascular system. This does not mean these compounds remove atheroma. The body is typically laying down atheromatous plaque and remodeling and removing plaque all at the same time. To favor the process of removal of plaque and halting the build-up of atheromatous plaque we must do the following:

1. Avoid animal-based foods, not just the cholesterol or fat they contain. Animal protein, not merely animal fats, promotes blood vessel damage.
2. Consume a variety of phytochemical and antioxidant rich foods, including beans, greens, and many different fruits.
3. Maintain a normal fasting glucose level, which should be below 80. Sometimes, overconsumption of carbohydrates with a high glycemic index, such as pasta, bread, rice, and

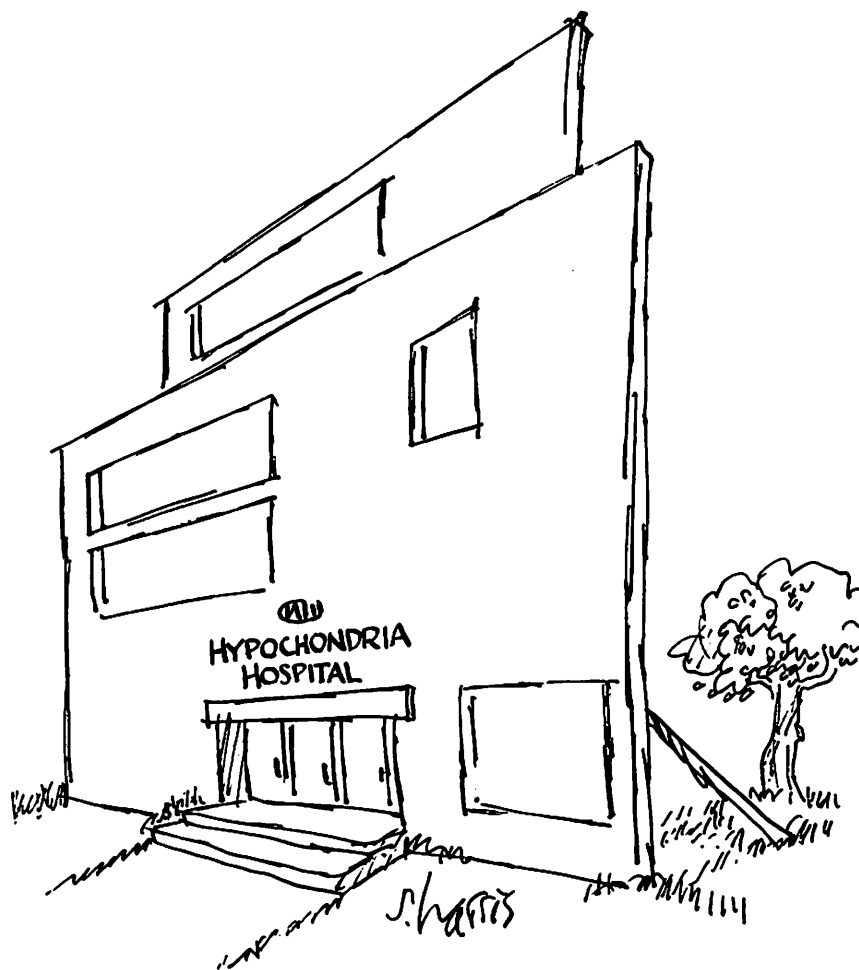
potatoes should be reduced (substituting more beans and greens) if already consuming a strict vegetarian diet and fasting glucoses are still elevated above 80. I believe that fasting glucose levels above 80 or elevated fasting insulin levels indicate pre-diabetic conditions.

4. Reduce body fat to very low levels. Exercise is often necessary to achieve these goals.
5. Achieve a favorable blood lipid profile, or at least one that is moving in a more favorable direction. If it is not, consider further intervention by a knowledgeable, Hygienic-oriented physician.

Joel Fuhrman, M.D.

Antioxidants and free radicals

Q I have read a lot about antioxidants and their use in counteracting the effects of free radicals. It seems that the free rad-



Your Questions *continued*

icals create havoc in our bodies and that supplements which contain antioxidants can do wonders in helping to restore our health. Specifically, the antioxidant pycnogenols from grape seeds seems to be the best. What is your opinion on this matter?

Mark J. Manders
Ventura, Calif.

A. The cellular scavengers—"free radicals"—can be generated in the human body as a byproduct of normal oxygen metabolism. Free radicals also can be fostered by a variety of environmental irritants (pollution and pesticides) and lifestyle choices (stress, nicotine, alcohol consumption, and the prevalent use of barbecued, cooked, and processed animal and dairy products). In fact, virtually all chronic, degenerative diseases are correlated to some extent with free radical damage. Fortunately, there are myriad fruits, vegetables, plants, and trees which contain nutrients (antioxidants) that can minimize the damaging effects of free radicals. Classic among the antioxidants are vitamin C, vitamin E, the family of carotenes (alpha, beta and lycopene), and pycnogenols.

It is important to realize that the significance of these antioxidants was originally discovered in studies involving whole foods. Whole foods contain not only these important elements, but all the synergists and cofactors necessary to foster the most efficient function of antioxidants. Supplementation may provide some protection by increasing the amounts of isolated nutrients, which at times may be deficient due to nutritional patterns that are jaded and compromised.

However, the best way to restore health and reduce the damaging effects of free radicals is to eliminate lifestyle habits and excessive nutritional trends that foster abnormal free radical production, and to provide a broad and plentiful base of fruits, vegetables, leafy greens, and complex carbohydrates which contain the highest concentration of these protective nutrients.

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

Coffee blues

Q. *When I drink a cup or two of coffee a day, my body aches all over for a period of time. In the Fit For Life books, they say that cof-*

fee is pure acid. Either my liver or kidneys don't agree with the coffee. What could I do to neutralize the acid when I drink coffee?

Name withheld by request

A. There is absolutely nothing you can do to neutralize the ill-effects of drinking coffee. The only logical course is to stop drinking it. Don't be fooled into thinking there are antidotes for bad habits. The only antidote is to discontinue the habit.

Coffee is a drug, and it is toxic to the human body. As you should know, we only use the word "moderation" in reference to things that are fundamentally good. There is no "moderate" consumption of poisons. I was a coffee drinker in college, and I remember how much I used to enjoy it. But now I am not the least bit tempted by it, and even the aroma of coffee turns me off. I'm telling you this because I want you to be sure to know that the craving for it will pass.

Ralph C. Cinque, D.C.

Fluoride in toothpaste

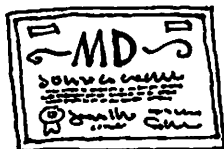
Q. *I have read that fluoride occurs naturally in food. But I have also read that it is poisonous. Is non-fluoride toothpaste preferable?*

Sonya King
Atlanta, Ga.

A. The theory of fluoride in toothpaste is that the fluoride is released in the mouth and then absorbed into the areas of enamel that have lost their calcium. This fluoride is then incorporated into the remineralized enamel matrix of the decay area of a tooth. The teeth are immersed in a fluoride bath, so to speak, when you brush your teeth with fluoride toothpaste.

After 23 years in dentistry, I have seen no clinical evidence that shows me a less carious dentition in those people who use fluoride toothpaste. I do not use a fluoride toothpaste because when I do, canker sores develop in the tissues of my mouth.

Gerard MacPhee, D.D.S.



Pros and cons of wearing contact lenses

Q What is the Hygienic opinion on the use of the various kinds of contact lenses?

Dr. Mauro Damiani
Rome, Italy

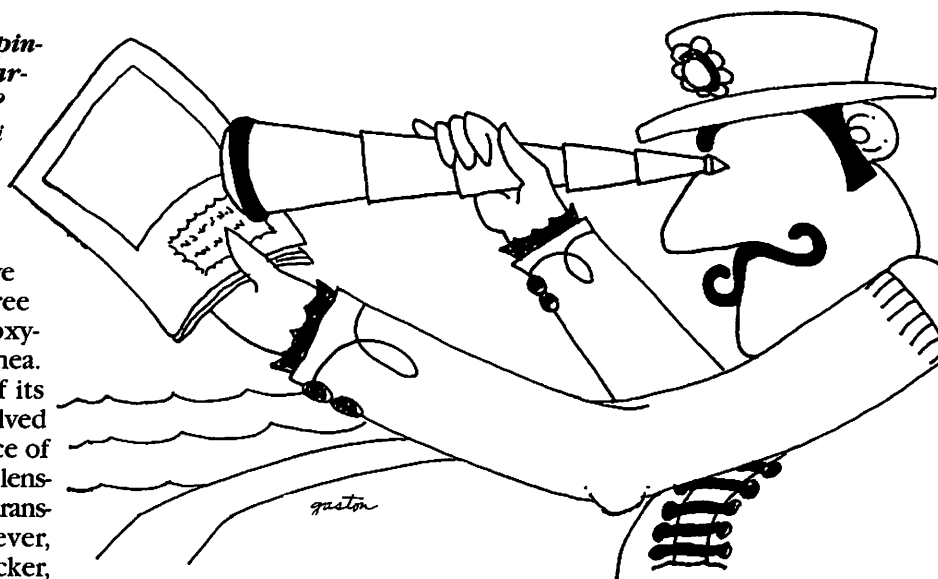
A. There are pros and cons to contact lenses. Contact lenses sit on the cornea of the eye and thus can cause some degree of irritation and decrease the oxygen flow to the cells of the cornea. The cornea receives much of its oxygen from the oxygen dissolved in the tears that wet the surface of the cornea. Hard gas-permeable lenses are supposed to facilitate the transport of this oxygen. However, because they are hard and thicker, they have more of an edge. When the eyelid blinks it moves back and forth over this edge, so hard gas permeable lenses sometimes can be difficult to get used to.

Cleanliness

Another very important issue with contact lenses is cleanliness. If the lenses are not cared for properly, they can be a source of infection that can lead to potentially serious complications. Wash your hands before removing and changing your lenses, and make sure that the lenses are properly disinfected.

Disposable lenses

A more recent product is the disposable contact lens. This lens is also being marketed and used as an extended wear overnight lens. But I definitely do not recommend wearing lenses overnight. During the night when your eyelids are closed, the lenses tend to dehydrate. As a result, they can become more irritating to the eye. There will be less of the cleansing lacrimal fluid (that helps protect the eye from infection) coating the eye. The advantage of the disposable lenses is that after a week or two of wear, they can be thrown out. Thus, they are more convenient and less likely to become a source of infection.



Some people have difficulty wearing soft contact lenses because over time the lenses gradually absorb proteins. Your eyes can become sensitized to these proteins, resulting in red eyes and the inability to wear contact lenses for long periods of time. The use of disposable lenses prevents the build-up of these proteins that can sensitize the eye, and thus allows many people to wear contact lenses who otherwise could not.

Disposable contact lenses also are an advantage for people who tend to lose their lenses, because of their lower cost. Swimmers, wind surfers, kayakers, surfers, and canoeists, for example, are people who need their vision for their sport, but they come in contact with fast-moving water that can wash the lenses out of their eyes. Losing a disposable lens is no great financial loss.

Advantages

There are a number of advantages to contact lenses over regular glasses. People with very poor eyesight and very thick prescriptions end up with heavy, thick lenses that can be irritating to the nose where the eyeglasses rest. People wearing glasses have much less peripheral vision than those wearing contact lenses, especially those wearing very thick

glasses. People who like to participate in sports find that glasses have a habit of getting knocked off, broken, or fogged up. For certain kinds of sports where contact may occur to the eye, such as in karate or boxing, I don't recommend the use of hard lenses. Hard lenses are more likely to damage the eye on direct contact than soft lenses.

Soft contact lenses

I wear soft contact lenses, and greatly appreciate the freedom they afford me to be able to participate in karate. I don't have to worry about my glasses getting knocked off or broken or smashed into my face, and I can see my opponent. I also appreciate my contact lenses when I'm playing hockey and skiing. In the past, my glasses would get fogged up and they would limit my peripheral vision, which can be dangerous when you need to be very aware of other players and situations happening quickly around you.

Contact lenses—if used correctly with proper cleanliness and care—can be a practical part of a healthy lifestyle for active Hygienists and for Hygienists with severe myopia who would otherwise be required to wear thick corrective lenses.

Ronald G. Cridland, M.D.

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

Here are a few of the many ANHS members who enjoyed the great outdoors at the 11th Annual ANHS Natural Living Retreat at O'Leno State Park in High Springs, Fla. in May. Drs. Frank Sabatino and Alan Goldhamer were the featured speakers.

ANHS Natural Hygiene Handbook soon available!

The Society is currently in the process of completing a landmark publication, *The Natural Hygiene Handbook*. This new book will be available to members in fall, 1996. The publication of *The Natural Hygiene Handbook* is made possible through the generous support of the James Hervey Johnson Charitable Educational Trust. Mr. Johnson was a longtime member of the

Society who hosted the 1963 ANHS Conference in San Diego, Calif.

New ANHS Century Club members

We welcome new ANHS Century Club members **John and Jordawn Wambeke** of Hermiston, Ore.

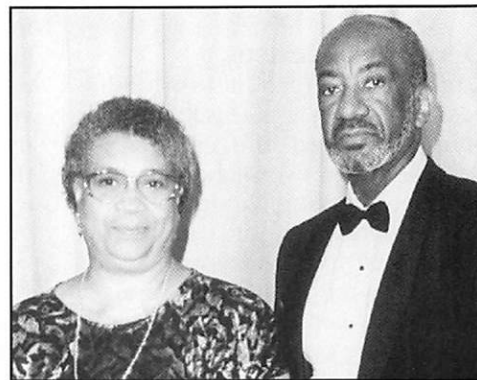
Century Club members contribute \$100 per year for their membership dues. After ten consecutive years of Century Club membership, Century

The Society receives generous gift of land!

The Society recently received a generous contribution of nearly five acres of land in Ocala, Fla. from longtime ANHS members Eric and Esther Pindar of Mount Hope, Ontario, Canada.

Both Eric, an accomplished musician, and Esther are retired psychiatric nurses. They enjoy traveling, most recently a month's vacation in Jamaica. Originally from Guyana, they moved to England in 1957 and to Canada in 1961. They have four children and six grandchildren.

The Pindars' gift helps bring closer



Mr. and Mrs. Eric Pindar of Mount Hope, Ontario, Canada recently made a very generous contribution of land in Ocala, Fla. to the Society.

the day when ANHS will have a permanent home from which to spread the life-saving message of Natural Hygiene to people around the world.

Club members become Life members, with no further dues for life.

You also can become a Life member by making a single gift of \$1,000 to the Society for Life membership.

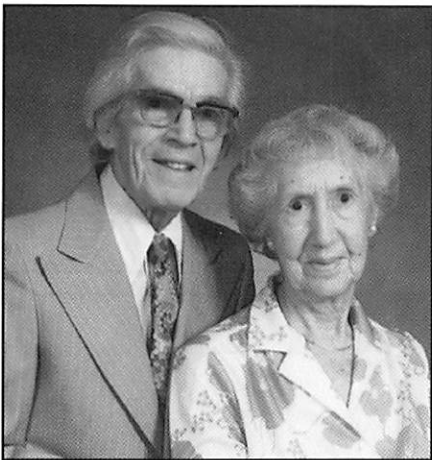
To become an ANHS Life or Century Club member, write to the ANHS National Office: P.O. Box 30630, Tampa, FL 33630; or call (813) 855-6607.

Recent Memorial Gifts and Bequests help the Society

The Society recently received a contribution from **Sandra Zinser** of Ventura, Calif. in the memories of **Thad Larsen** and **Ruth Fojut**.

Honoring 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, contact ANHS Executive Director James Michael Lennon, 11816 Race Track Rd., Tampa, FL 33626; (813) 855-6607.



Longtime ANHS members Drs. Robert and Elizabeth McCarter passed away in fall, 1995.

The McCarters remembered

Longtime ANHS members Drs. Elizabeth and Robert McCarter passed away in 1995. Elizabeth received doctoral degrees in naturopathy and divinity. Her career included counseling, social work, and teaching science and music.

Robert and Elizabeth founded the McCarter Center for Advanced Health Studies in Tucson, Ariz. They introduced Natural Hygiene to people around the world through their teach-



Jean Porter

ANHS President Mark Huberman, Dr. Ronald Cridland, and Dr. Alan Goldhamer (l-r) at the "Focus on Healing" seminar co-sponsored by ANHS in Sebastopol, Calif. in May. Drs. Cridland and Goldhamer will be featured speakers at the 1996 ANHS Conference in Fort Lauderdale, Fla.

ings and publications.

Members in the news

ANHS member **Rhoda Mozorosky** of Umpqua, Oregon recently published her book, *Rhoda's Hygienic Cookbook*. This conveniently spiral bound book offers low-fat, vegetarian recipes that will delight newcomers to Natural Hygiene. To order a copy for your kitchen, please contact Rhoda at P.O. Box 23, Umpqua, OR 97486.

British Natural Hygiene Society seminar scheduled

The British Natural Hygiene Society (BNHS) will hold a weekend seminar, Sept. 13-15, in Arundel, Sussex, England. Featured speakers will include Dr. Keki Sidhwa, Dr. Douglas Graham, and Rosalind Gruben.

For information, contact Dr. Sidhwa at 3 Harold Grove, Frinton-on-Sea, Essex CO13 9BD, England; telephone 01255-672823. □



"That's 'group'!"

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

New York:

Jackie Faeth, 23 Stone St., Macedon, NY 14502. Jackie would like to meet new Hygienic friends from around the world!

Rhode Island:

Al De Cellio, 4 Chandler St., No. Providence, RI 02911. Al wants to meet Natural Hygienists in Rhode Island and nearby Massachusetts who want to live healthfully. He also would like to hear from overseas members.

South

Florida:

Wally Grzep, 3100 Hartford St. N., #206, St. Petersburg, FL 33713. Wally is single, 69, looks 59, American-born, and speaks Polish. He likes good food (fruits and vegetables), soft music, walking on the beach, and would like to meet Catholic or Protestant vegetarian lady 45-55 years old.

Tom Majors, 8136 Noroad, Jacksonville, FL 32210; (904) 771-8136. Tom is single, loves animals, is interested in organic gardening, and would love to

hear from Hygienic women.

Georgia:

Tammy Ruefli-Crist, 2121 Windy Hill Rd., #614, Marietta, GA 30060. Tammy and her seven-month-old son Julian are vegans all the way!

North Carolina:

Tom Carr, P.O. Box 332, New Bern, NC 28563-0332. Tom is single, 43, and wishes to correspond with interesting people worldwide.

Midwest

Michigan:

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

Southwest

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.

Kevin Peck, 6780 Abrams Rd., Suite 103-133, Dallas, TX 75231; (214) 361-0840. Kevin would like to hear from other members in the Dallas area as well as around the country and the world.

West

California:

John and Kathleen Crews, 268 Eastbourne Terrace, Santa Maria, CA 93455; (805) 937-5790. Interested in hearing from others with multiple sclerosis or related experience or contacts.

Sandy LaBedz, 339 Regatta Way, Seal Beach, CA 90740; (310) 598-0230. Sandy

coordinates a monthly dinner meeting in Costa Mesa; call for details.

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

Wyoming:

Oleta Thomas, 3251 Brookview Drive, Casper, WY 82604; (307) 237-9676.

International:

Johanna Bent, 3 Hadfield Rd., Barham Green, Bulawayo, Zimbabwe; telephone 78411.

Professor Celene and Martin Bernstein, P.O. Box 64171, Highlands North 2037, Johannesburg, South Africa.

Siegfried Haberl, Casilla 1278, Los Angeles, Chile; telephone +56-43-315621; fax +56-43-321195. Siegfried would be glad to hear from members in English, French, German, and Spanish.

John Henao, 1-19-502 Misora-cho, Otsu 520-02 Japan. John is 41 and would like to meet a high-quality Hygienic lady for romance and partnership to share the good joys of life together, and who wants to live in Japan.

Patsy Quah, 1005 Block 'R', Luk Yeung Sun Chuen, Tsuen Wan, N.T., Hong Kong; telephone 29932060 (office), 24981479 (home), 27988822 (fax).

Ray Tanner, 6/95-101 Flora St., Kirrawee 2232 NSW, Australia. Ray is 35 years old and seeks accommodations for the duration of the ANHS Conference in Fort Lauderdale.

Members

We want to hear from YOU!

- **Tell us what is new with you!** Let us know what awards you have won, what honors you have received, anniversaries—whatever is meaningful to you!
- **Be sure to let us know right away if you move!** That way you won't miss a single issue of *Health Science* magazine!
- **Share your story with other members in "People!"** Your experiences may inspire others to change their lives.



"Laughter is the best medicine. Please see the cartoonist on your way out."

Special offer for ANHS members only! Buy 5 videos...get 1 free!

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These videotapes capture some of the most important lectures ever presented at ANHS International Natural Living Conferences!

These comprehensive lessons are like a complete course in Natural Hygiene!

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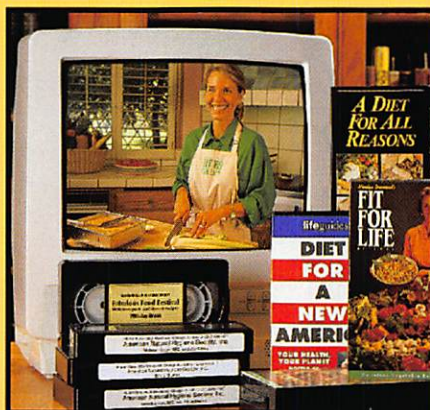
Alan Goldhamer, D.C.

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

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The Last Word

"You're a Natural *what...?*"

The term "Natural Hygiene" certainly leaves a lot to be desired!

By James Michael Lennon

"What's in a name?" Juliet asked Romeo. "That which we call a rose by any other name would smell as sweet." (Romeo and Juliet, Act II, Scene 2)

If only the world were a Shakespearean stage! In such a world, no one would give you funny looks when you told them that you were a Natural Hygienist.

Here in the real world, the term "Natural Hygiene" confuses people. No one knows what it means. That's because neither of the words—"natural" nor "hygiene"—has the same connotation it did 150 years ago when Hygiene was first conceived.

"Natural Hygiene—what is that?" people ask. "Do you go around brushing your teeth in the woods naked?"

"No, no," you say. "Natural Hygiene is about health."

"Oh, vitamin pills. I get it."

Of course, they do *not* get it, which is a shame.

A proud history

Natural Hygiene has a long and venerable history. For more than 150 years, Natural Hygiene has taught that almost everyone is endowed *at birth* with the potential to achieve vibrant health, and to live successful and productive lives. An unbroken line of physicians, dating back to the 1830s, rejected the conventional methods of their day in favor of Natural Hygiene. These men and women risked their careers and reputations to advance the unpopular notion that health is the result of healthful living, rather than some pill, powder, or potion.

Natural Hygiene teaches us how to understand our relationship in the world—our relationship with the environment and with other people. Its principles serve to guide us in a world where circumstances are not always ideal or sympathetic. These principles give us great strength and the ability to take the steps neces-



Health Science editor Susan Taylor poking fun at the misconceptions many people form when they first hear about Hygiene.

sary to secure the optimum life possible with the choices open to us.

Unfortunately, no one can possibly know that about Natural Hygiene from just hearing the name. Some very mistaken notions can arise.

An extraordinary 94-year-old man traveled halfway across the country by *bus* to attend the 1992 ANHS International Natural Living Conference in Washington, D.C. He thought he was going to a conference of nudists. Imagine his surprise when he arrived and found everyone wearing clothes!

Love and respect

Wouldn't it be great if the name of our wonderful way of living were not an impediment to teaching people about it? Having to explain that "the dictionary definition of Hygiene is the 'science of health'..." over and over again isn't a lot of fun, even though doing it is well worth the effort.

Those of us who love this great way of living hold on to the name "Natural Hygiene" because it means so much to us personally. We know what it stands for, and how much

people have sacrificed to make it what it is today. But someday, one of us will think of a new and *appropriate* name for our magnificent health system, and we'll wonder why we didn't think of it 50 years ago.

The qualities that Natural Hygiene engenders in us—wisdom, competence, compassion, patience, understanding, humility, a great love for people, and a great love for life itself—are so wonderful. It is natural for us to want to do everything we can to make the benefits of Natural Hygiene available to everyone, everywhere. So much good will come from it! □

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

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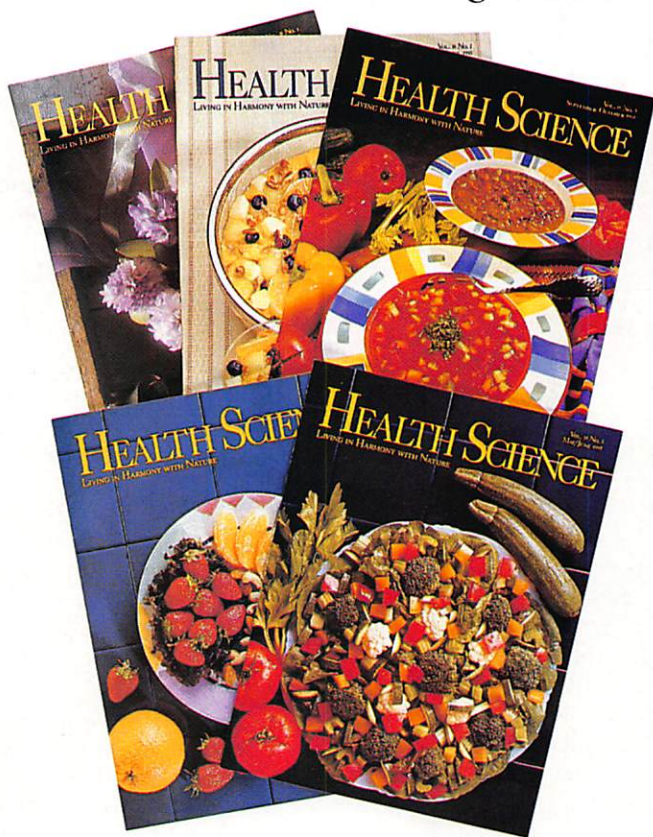
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