

More problems with milk • Meat and sexual impotence

HEALTH SCIENCE

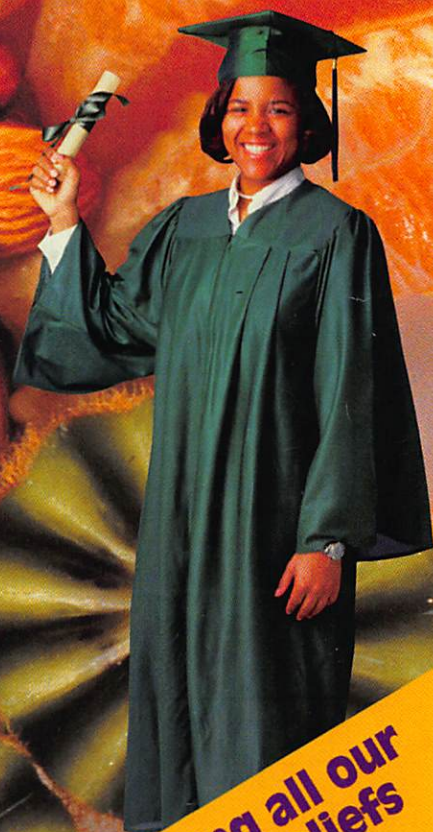
LIVING IN HARMONY WITH NATURE

JULY/AUGUST 1999

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How ANHS fulfills its vital health education mission

Founded in 1948, the American Natural Hygiene Society (ANHS) is the oldest and largest organization of its kind in the world. The Society's mission is health education.

In fulfilling its mission, ANHS has created many publications, programs, and services. The Society conducts **Natural Hygiene conferences and seminars**; publishes and distributes **books and tapes**; publishes the award-winning ***Health Science* magazine**; and operates the **Herbert Shelton Library**. In 1997, the Society provided educational materials, educational events, and services to more than 7,500 members and more than 3,000 other people who requested them.

Each year, the Society conducts an **International Health Conference**. The featured speakers are Hygienic physicians from around the world who specialize in health, nutrition, and recovery through natural methods. These events, along with the **ANHS Regional Seminars**, have attracted thousands of people through the years. The 1999 Con-

ference will be held July 23-27 in Orlando, Fla. ***Health Science*** is the Society's official membership journal. It is published six times per year. ***Health Science***, which has won numerous awards in recent years, is the only major Natural Hygiene periodical published in the world today, with readers in more than 50 countries.

During the past five years, the Society has published and distributed more than 100,000 **books and tapes** on the subject of health and Natural Hygiene. In 1996, ANHS published ***The Natural Hygiene Handbook***. In 1997, the Society began a program to place free subscriptions of ***Health Science*** into public libraries throughout the U.S.

The Society maintains and operates the **Herbert Shelton Library**, an historical museum which contains more than 2,000 books and periodicals on the subject of Natural Hygiene dating back to the 1830s. The collection is the largest of its kind in the world, and is the only comprehensive source of historical information on this subject.

What is Natural Hygiene?

Natural Hygiene is a philosophy and a set of principles and practices based on science that lead to health, happiness, peace, and prosperity for everyone, everywhere. It recognizes the unity of all life and holds that physical, mental, and emotional health are inseparably linked; and that personal health,

environmental health, and community health are parts of a whole.

Optimal health can be achieved only through *self care*—eating healthfully; developing self-esteem; exercising regularly; getting plenty of rest, sleep, fresh air, and sunshine; learning to handle stress; avoiding all negative influences of life—and by

seeking *competent professional advice and care* when necessary.

Natural Hygiene recommends a whole-food, plant-based diet of fresh uncooked fruits and vegetables; steamed vegetables; baked potatoes; squashes; raw, unsalted nuts; legumes; and whole grains, designed to meet individual needs.

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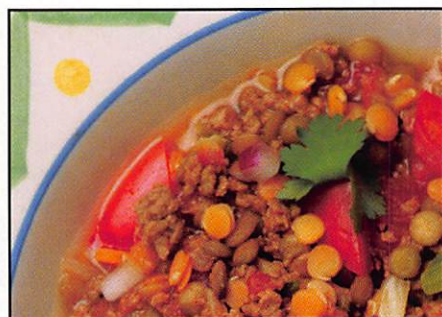
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Register for the ANHS Conference!

There are still a few openings for the big ANHS Conference, July 23-27 in Orlando!

Call to register today and meet a host of internationally respected speakers and authors. Call the ANHS National Office at (813) 855-6607 for information and rates!



Who knew impotence was on the menu?

Research suggests you leave meat out of those romantic dinners!

The relationship between clogged arteries and heart disease is well known. Clogged arteries can inhibit the flow of blood and oxygen to the heart, resulting in a heart attack. Clogged arteries also can inhibit the flow of blood to the brain, resulting in a stroke. But can clogged arteries affect sexual function in men, also?

Research published in the *American Journal of Hypertension* suggests they can, stating that "penile artery dysfunction caused by high blood pressure and arterial disease is the main cause of impotence in hypertensive men."

"Impotency is a major problem, especially in older hypertensive men," said Dr. Michael Weber, an editor of the journal. "Many patients tend to blame the blood pressure medicine itself for causing the impotency, but this new study...indicates that the underlying medical condition of atherosclerosis and the physical effects of blood pressure reduction itself are the primary cause of the problem."

In a study, 101 hypertensive men were evaluated at a hypertensive clinic in Denmark. Twenty seven were impotent—a much higher rate than the four percent impotence rate found in the general population. Eighteen of the 27 impotent men were found to have penile arterial dysfunction, which is largely due to atherosclerosis in the penile arteries.

Not surprisingly, impotence was related to age, but the prevalence was also remarkably high, ranging from 23 to 45 percent, in middle-aged patients (40 to 69 years of age).

A diet high in animal fat, saturated fat, and cholesterol causes clogged arteries not only to the heart and brain (resulting in heart attacks and stroke), but also to the genital area, causing impotence. Since a whole-foods, vegetarian diet has been shown to reverse the buildup of arterial plaque, maybe men should start getting a little more excited about it.

Jeff Novick, R.D., L.D.



Correlation between hypertension and impotence suggests that meat and sex may not combine well.

Problems with dairy products

10 reasons why you might consider kicking the dairy habit!

In spite of all the evidence implicating dairy products with a host of potentially serious health problems, many people—including a large number of vegetarians—continue to include dairy products in their diets. Hopefully, the following list of problems associated with dairy products will *moove* you to make some much needed improvements in your diet. Remember, cow's milk is only "natur-

al" for little calves.

1. Of all commonly consumed foods, cow's milk protein (found in all dairy products) is the leading cause of food allergy in adults and children.
2. Milk is the leading cause of iron deficiency anemia in children, and milk is deficient in iron. Milk also can bind with the iron found in other foods



and can prevent its absorption.

3. There is some evidence that immune system reactions to dairy proteins may cause and/or aggravate rheumatoid arthritis in some people. Also, some studies have shown that eliminating dairy products has brought a reduction in symptoms in people who suffer from rheumatoid arthritis.
4. The protein in dairy can damage arteries through an immune cross-reaction. High levels of antibodies to milk proteins have been found in severe atherosclerosis. Even low-fat or fat-free dairy can be a culprit.
5. Dairy products have no dietary fiber and so can contribute to constipation and other related diseases (varicose veins, hemorrhoids, and hiatus hernia).
6. There is some evidence that cow's milk proteins may trigger type I diabetes, through a cross reaction to the protein. Worldwide, the incidence of type I diabetes is related to the amount of dairy products consumed. Breast feeding has been shown to reduce the risk of diabetes in children.
7. Dairy products are often contaminated with E coli, salmonella, staphylococci, and/or tuberculosis. Pasteurization doesn't always eliminate these microbes.
8. Dairy is often touted as nature's "perfect food," yet the majority of African Americans (70%), Asian Americans (95%), Hispanic Americans (53%), and Native Americans (74%) are lactose intolerant. So it's *not* such a perfect food.

9. Fat-free dairy milk legally may contain as much as four to seven percent fat, which also means they contain some saturated fat and cholesterol.

10. The protein in dairy may contribute to osteoporosis by causing calcium loss through the urine.

If one desires some kind of dairy milk "substitute," soy or rice milk can be used. Most have been fortified with calcium, vitamin A, and vitamin B₁₂. Soy milks naturally contain sev-



The consumption of meat and salt has been linked to an increased risk of stomach cancer.

Salt, Meat, Cancer, and You

Study sprinkles additional evidence on these deadly links!

The links between salted foods and cancer risk, and between red meat and cancer risk, have been identified in previous studies. Now, a recent study in the May 15th issue of the *American Journal of Epidemiology* has added even more evidence. The researchers reported that high consumption of salted snack foods and meat appears to increase the risk of developing stomach cancer. The study also reported a "decreased (cancer) risk with frequent consumption of vegetables."

The researchers, Dr. Mary H. Ward of the National Cancer Institute in Bethesda, Maryland, and Dr. Lizbeth Lopez-Carrillo of the Instituto Nacional de Salud Publico in Cuernavaca, Mexico, compared the diets of 220 Mexico City stomach cancer patients to those of approximately 700 healthy "control" subjects.

Consumption of salty snacks appeared to raise risks for stomach cancer. The study's findings suggest that consumption of salty snacks and crackers more than twice per month was associated with an 80 percent increased risk.

The authors speculate that excess ingestion of salt may cause damage

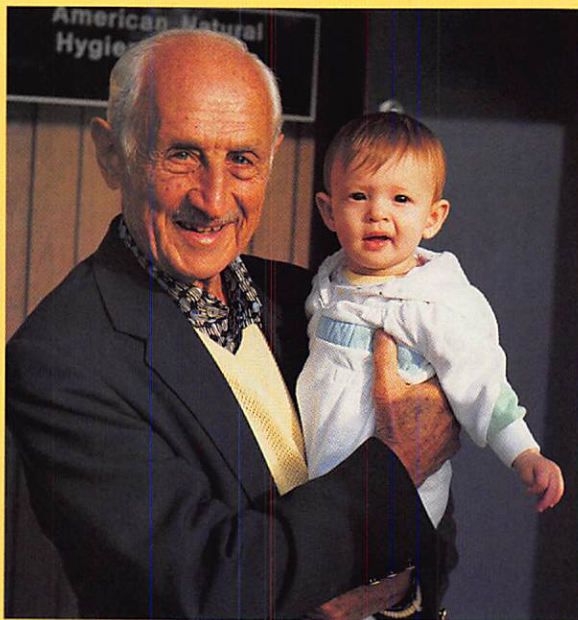
to the stomach lining, which may, in turn, trigger cancer. They concluded that salt plays a significant role in gastric carcinogenesis.

In addition, they found that individuals who ate either fresh red meat more than nine times per week, or processed meats more than six times per week, had "about a threefold increased risk for gastric cancer," and those who ate fish more than twice a week had "an approximately twofold increased risk of gastric cancer," compared with individuals who consumed low levels of these foods.

The good news is that the study showed that high consumption of vegetables and beans was linked to *reduced* cancer risk. Individuals who consumed yellow or orange vegetables, like carrots or squash, more than 15 times per week, or beans more than seven times per week, had an 80 percent lower risk for stomach cancer than persons who ate comparatively few servings of these foods. The authors point out that vegetables "contain many compounds with anticarcinogenic properties, including carotenoids, vitamin C, folate, vitamin E, and selenium."

Jeff Novick, R.D., L.D.

Hope for the Future...



ANHS co-founder and past president Jack Dunn Trop with Lisa Huberman outside ANHS National Headquarters in 1986.

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

Problems with dairy

Continued from p.5.

eral nutrients and phytochemicals that may prove beneficial in relation to heart disease, cancer, osteoporosis, and menopause.

Jeff Novick, R.D., L.D.

P.S. More bad news about milk

Every year, about 65,000 people undergo bowel surgery. After surgery, most patients move from a liquid diet to a dairy-based, solid food diet for recovery. A recent study shows that offering these patients a dairy-free diet can have significant benefits.

A study led by Dr. L. Peter Fielding of York Hospital in York, Pa., looked at 193 bowel-surgery patients. After surgery, 77 patients went from a clear, liquid diet to solid foods without dairy products. The rest received standard dairy-based hospital fare. Patients on the dairy-free regimen left the hospital after seven days, on average, while patients on the standard diet averaged 10 days. Analysis of patient records revealed that 32 percent of the patients receiving the conventional diet experienced diarrhea during recovery in the hospital, while only five percent of the patients eating the dairy-free diet suffered the same experience.

Nurses in York Hospital's surgical ward provided the impetus for the study, calling for a switch in diets based on their observations of patients. They noticed that patients on the "full liquid," dairy-based diets had a harder time recovering. According to the researchers, if a follow-up study underway confirms the results, the hospital plans to switch diets for all patients who have bowel surgery.

Fielding's research team reported substantial cost savings for the patients who ate the dairy-free diet, whose hospital stay typically cost \$6,751. Standard-diet patient stays cost substantially more, averaging \$10,337. Assuming their results are borne out by further studies, the researchers estimate that insurers, patients, and hospitals would save around \$250 million annually if the diet change were instituted nationwide.

According to a dietitian on the research team, older patients, who more often suffer from lactose intolerance, appear to benefit most from the change in diet.

Jeff Novick, R.D., L.D.

Thinking clearly about the raw-food diet

It is erroneous to think that there can be a "one diet fits all" approach to eating!

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

I have often criticized the phrase, "the Hygienic diet," as it implicitly suggests a general diet designed for *everyone* that is specific, inflexible, and stereotyped. Diet is merely a vehicle that provides the nutrients the body requires for the maintenance of its health and life. There is no diet that will suit *everybody*.

It is important to realize that diet is *passive*. Diet by itself does nothing. Diet is *acted upon* by the organism—in an attempt to secure from the food you eat the necessary nutrients your body needs for growth, development, repair, wear and tear, reproduction, and the maintenance of its functions. To speak as though diet performs some function *by itself* is erroneous.

Human differences

There is a small group of Hygienists who believe that the raw-food diet—raw fruit and vegetables—is the "natural" diet of human beings. I would argue that people can maintain high-level health on a diet that includes cooked food. As I have mentioned, the prescription of a specific type of diet—applicable to *all*—violates a fundamental Hygienic principle. We must fit the system to the individual, not the individual to the system. Hygiene must be adapted to the needs of the *individual patient*.

Raw fooders tell us that "animals do not eat cooked food." This is a true statement, but it is a lie by implication. Animals will eat decomposing food, and cooking is merely one form of decomposing food. Many animals eat food that is decomposing (to the degree that it has deteriorated significantly), and I am not referring only to those animals whose normal diet is decomposed food.

Apes have been observed to eat



THE HOUSE CALL OF THE WILD

fruit that has fallen to the ground and is rotten from decomposition. This decomposing food is, in general, much worse than cooked food. The alcohol content of the fruit is extremely high, and the apes will gorge on this to a point where they stagger around, uncoordinated, totally drunk. They then sleep it off. Animals, like us, do not live in a pristine environment; they have to get what they can, where they can, when they can. Grazing animals will often eat vegetation that has been exposed to excessive sunlight and inadequate water; it is dehydrated, and has, in fact, undergone a degree of decomposition.

Often, the raw fooder will endorse juices; but juices undergo far more decomposition than food that is conservatively cooked.

If food is lightly cooked, the decomposition is minimal; about 90% of

the nutrients are preserved. If it is overcooked, significant food value is destroyed. The slight decomposition resulting from cooking may render the food more easily digested and, in fact, more useful to some individuals.

Why ape animals?

The human cerebral cortex has developed amazingly over the eons of evolution. We have a well-developed brain and we should use it. It is not without reason that we are such a successful species. Animals are not as intelligent as we are, and we should not assume that because a gorilla or a chimpanzee displays a certain type of feeding that this is the *ideal*. Certainly, we can learn from it; but we should not ape it. Many animals are driven by instinct; we are not. We have the capacity to think, reflect, observe, and above all, to change our behavior according to the demands of our environment. Hygienists should not sup-

port the view of "returning to nature." Surely, we have risen above this regressive platitude.

It is very easy to make thoughtless generalizations about the human being. For example, many invalids would be in serious trouble if they were to attempt to pursue a typical, raw-food diet. It is the function of a Hygienic physician to make careful assessments and informed judgments about the limitations and capacities of his or her patients. The object is always—first, do no harm.

Let us get some balance into this question of diet. Let us use our well-developed cerebral cortex to solve the problem instead of making inane statements like, "Animals don't eat cooked food."

Alec Burton, M.Sc., D.O., D.C., is the president of the Australian Natural Hygiene Society, and past-president and co-founder of the International Association of Hygienic Physicians.

Former cattle rancher ruffles feathers with stand on dangers of eating meat

Howard Lyman, activist and author of Mad Cowboy, will be a featured speaker at this year's ANHS Conference!

By Susan Taylor

Appearing on "The Oprah Winfrey Show" might seem like the pinnacle of popular success, but for health/environmental/animal rights' activist Howard Lyman, it literally catapulted his career into the national spotlight.

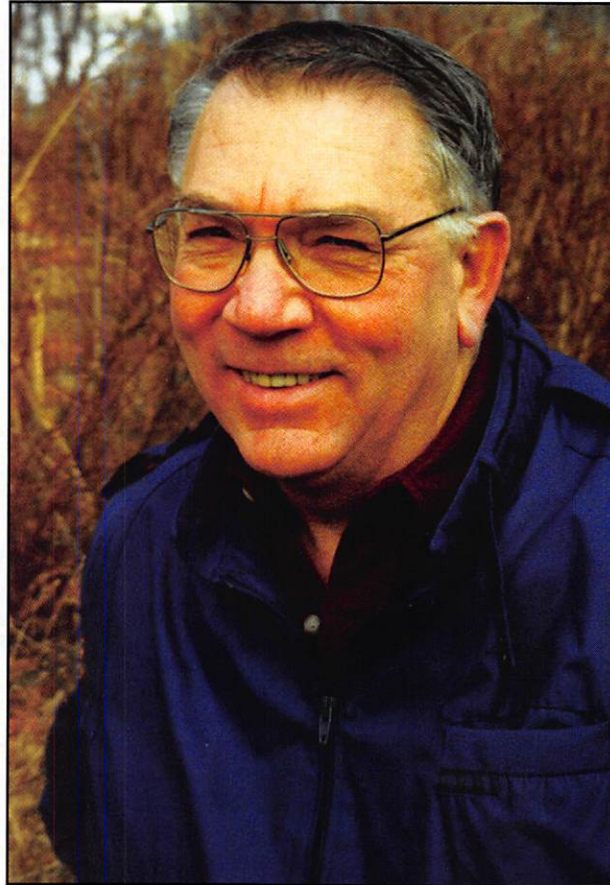
In 1996, Lyman spoke on Winfrey's show about the relationship between Mad Cow Disease and cattle feeding practices, prompting Oprah's response that she had "eaten her last hamburger." Claiming that the broadcast drove down beef prices, causing millions of dollars of industry losses, the Texas attorney general filed a suit against Winfrey on behalf of Texas cattlemen.

Winfrey and Lyman prevailed in court, and Lyman continues to spread his message to an increasingly global audience. He currently serves as president of the International Vegetarian Union, an umbrella organization for vegetarian groups around the world. He also will be a featured speaker at this summer's ANHS International Natural Living Conference in Orlando, Fla.

At home on the range

Lyman traces the route of how he became a vegetarian and an activist on behalf of family farms in his best-selling book, *Mad Cowboy: Plain Truth from the Cattle Rancher Who Won't Eat Meat*. As he says in the first chapter, "Sure, I used to enjoy my steaks... But if you knew what I know about what goes into them and what they can do to you, you'd probably be a vegetarian like me."

Lyman began his farming career as a fourth-generation family farmer in Montana, where he farmed for almost 40 years. "I was involved in agriculture at a time when the message was 'Get bigger and better or get out.' I was educated in modern agriculture, and I can tell you from firsthand experience it is not sustainable. I followed



Author and activist Howard Lyman's views on the dangers of eating meat gained national attention when he spoke out on "The Oprah Winfrey Show." Lyman will be a featured speaker at this year's ANHS Conference in Orlando, Fla., July 23-27.

Courtesy of Howard Lyman

all the modern advice and turned a small organic family farm into a large corporate, chemical farm with a thousand range cows, five thousand head of cattle in a factory feedlot, thousands of acres of crops, and as many as thirty employees. I saw the organic soil go from a living, productive base to sterile, chemical-saturated, mono-cultural ground because of my so-called modern methods."

By the time his "wake-up call" for change came, Lyman was working 18-hour days. "I had dug myself into a chemical pit so deep I didn't have time to do anything except keep dig-

ging. But my wife, Wil- low Jeane, would occasionally comment to me: 'Are you sure we're going in the right direction?' She would note that the trees were starting to die, and that in spite of the herbicides, the weed problem seemed to be getting worse. And she wasn't at all pleased the day I came in with so much herbicide on my clothing that my mere presence killed off the houseplants."

Wake-up call

Lyman's "wake-up call" came in the form of paralysis from the waist down, due to a tumor on his spinal cord. The likelihood of his ever walking again were rated at one chance in a million.

"That changed my life forever. I promised myself that, whatever the outcome of the surgery, I would dedicate the rest of my life to doing what I believed to be right—no matter what changes that necessitated."

Following the successful surgery for removal of the tumor, he decided "to become a voice for the family farmer and the land." He sold most of his farm and started his career as an activist working for farmers in financial trouble, first on behalf of the Montana Farmers Union and then as a lobbyist for the National Farmers Union. His activities as a lobbyist took him to Washington, D.C., where he worked with groups around the country—like the American Natural Hygiene Soci-

ety—to help pass the National Organic Standards Act of 1990.

Man of his word

Lyman kept his promise to the land. "But my own health was hardly exemplary. I weighed 350 pounds, my cholesterol topped 300, my blood pressure was off the charts, and I was getting nosebleeds.

"Suddenly the circle came together for me. We were, as a civilization, making one big mistake. This mistake was killing us as individuals just as it was destroying our land and our forests and our rivers. We were eating animals, and it wasn't working. If those animals had set out to take their revenge on us, they couldn't have done a better job.

"And I became, right then and there, something I never dreamed I'd become: a vegetarian. Within a year of eating no meat, my health problems all started to go away. Not only did I feel better physically, but I felt better knowing that there was one answer to many of the different ills afflicting both ourselves and our environment: Everything revolves around the fork."

Lyman's current goal is to see a producer-consumer alliance controlling

public policy decisions in North America. To that end, since 1991, he has been traveling an average of 100,000 miles a year, speaking and educating the public about organic, sustainable agriculture and the dangers of current methods of food production.

"I would love to see organic farming replace chemical agriculture. I would love to know that I've wandered into my nation's heartland by the sweet smell of grain and not the forbidding smell of excrement."

Hope for the future

"While writing my book, I returned to Montana. At a supermarket in Great Falls, I saw soy milk, rice milk, soy hot dogs, veggie burgers, and tofu on the shelves. I could hardly believe my eyes. It's not hard to be a vegetarian in America anymore. If it can be done in Great Falls, it can be done anywhere.

"My message is always the same: If there is to be a bright future for our children and grandchildren, it will come from consumer support of producers who work in concert with nature—organically, sustainably, and humanely. I think that within the lifetime of the current generation, the majority of Americans

will become vegetarians."

Lyman has several suggestions for what we as individuals can do to help make a difference. "I think you have to look at the fact that every time you spend a dollar, you are voting on the future. Every dollar that you spend should be spent on those things that you want to see more of. The first thing you need to understand is the answer to the questions, 'Who produced my food? What are they using on it? What is it doing to me, the environment, and the animals?'"

Working together for change

Lyman notes the importance of conferences where people can get the information they need to become part of the solution. "There are three reasons to be involved: your health and the health of your children and grandchildren; the environment; and the animals. It makes no difference which one of these reasons motivates you the most. Because when you work on one, you are helping out on the others, too. It is all connected."

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

Howard Lyman on the making of a steak

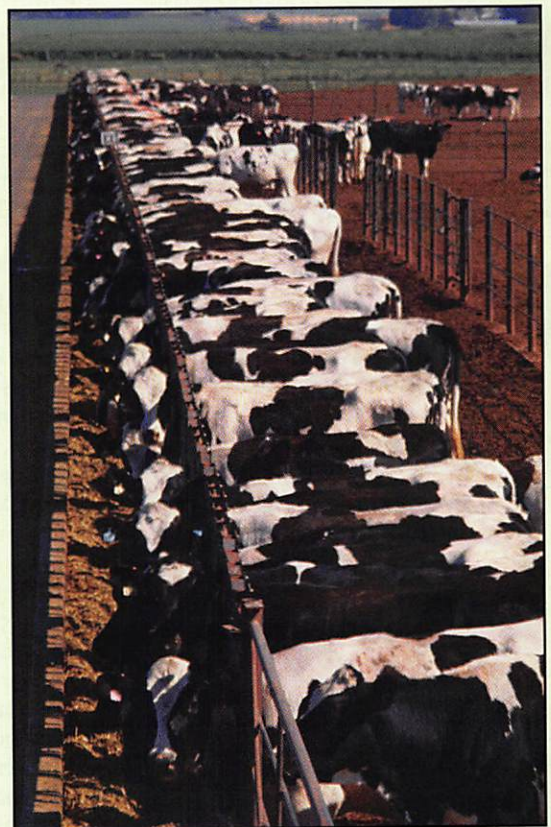
From his best-selling book, *Mad Cowboy* (Scribner 1998)

When a cow is slaughtered, the part that will not be eaten by humans—the intestines and their contents, the head, hooves, and horns, as well as bones and blood—are dumped into giant grinders at rendering plants, as are the *entire bodies* of cows and other farm animals known to be diseased. Rendering is a \$2.4 billion-a-year industry, processing forty billion pounds of dead animals a year.

Another staple of the renderer's diet is euthanized pets—the six or seven million dogs and cats that are killed in animal shelters every year. The city of Los Angeles, for example, sends two hundred tons of euthanized cats and dogs to a rendering plant every month. Added to the blend are the euthanized catch of animal control agencies, and *roadkill*.

When this gruesome mix is ground and steam-cooked, the lighter, fatty material floating to the top gets refined for use in such products as cosmetics, lubricants, soaps, candles, and waxes. The heavier protein material is dried and pulverized into a brown powder—about a quarter of which consists of fecal material. The powder is used as an additive to almost all pet food as well as to livestock feed. Farmers call it "protein concentrates." I used to feed tons of the stuff to my own livestock. It never concerned me that I was feeding cattle to cattle.

Howard Lyman



Cattle lined up to feed in a feedlot. What is in their food?

How to Answer Aggressive

By Douglas Lisle, Ph.D.

Among the trials and tribulations associated with your attempts to live healthfully, one social stressor stands out as particularly nettlesome—*answering the questions of the carnivores*. While some carnivores are nice, pleasant people with legitimate questions about why you

won't eat animals, others can be more aggressive. Their questions often leave a very unpleasant aftertaste.

Frequently, people's questions about your diet are tinged with aggression. In this article, we will look at some different styles of responses you can use to deal with the questions of the carnivores.

Four powerful styles

If you have made the life-long commitment to pursuing a health-promoting lifestyle and plant-based diet, you already know that subtle (or not-so-subtle) negative social commentary is likely to spew forth from the mouths

*"Don't you
ever just want
to chomp
into a big,
juicy steak?"*

Typical carnivore

of carnivores. Given that these unpleasant moments are inevitable, it can pay psychological dividends to have a diverse arsenal of counterattacks.

Being different is difficult, and carnivorous questions are irritants that are worth learning how to manage. Here are four common strategies for dealing with carnivorous questions. These strategies vary greatly—from quite aggressive to pleasant and non-confrontational. The goal is to understand that there are several styles of defense to choose from, and to find the ones that best fit your personality and the particular situation.

Confronting counterattack

This approach makes an open-faced acknowledgement that the carnivore has made a hostile statement. It is usually best executed in the form of a question. For example, a carnivore may ask you, "Don't you ever get tired of eating like a rabbit?" You might reply, "Don't you ever get tired of clogging your arteries with dead, decaying flesh?" With this up-front counterattack, you serve notice that this type of question is an annoyance, and won't be tolerated. This might not always be the best method, but it can get a hostile questioner back on his or her heels. The key is to phrase your counterattack as a question. In a hostile situation, questions are a useful mechanism of control.

If this type of response is too aggressive for you, but you still want to "face

the fight," you might want to use the next strategy. It is also quite aggressive, but can be delivered in a humorous fashion that isn't *necessarily* seen as quite so hostile.

Going with the resistance

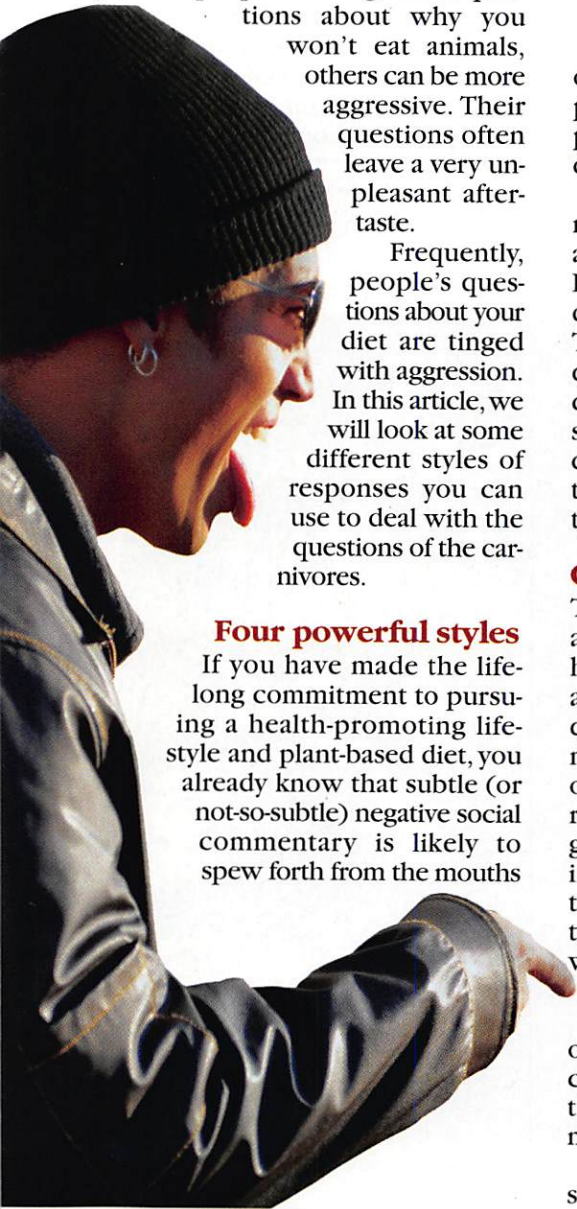
This strategy makes an aggressive counterattack, but in a way that does not leave you very vulnerable. It has a humorous, almost friendly, style. The key component is to *exaggerate* the opponent's position to the point of absurdity, and to sarcastically "acknowledge" it. For example, a carnivore might ask, "Don't you ever want to chomp into a big, juicy steak?" You can reply, "You bet! The sight and smell of dead, decaying cow flesh are so alluring! It's a huge sacrifice, not gnawing on dead cows, but *somehow* I manage it!"

Instead of defending yourself, you do what psychologists call *going with the resistance*. This strategy (also known as the "sarcastic reversal") can take the questioner's breath away. Since you aren't "defending" yourself, there is often no place for them to go with their point. If they are unsettled and try to counterattack, you simply stick with the strategy. For example, if they say, "Come on. You can't tell me you wouldn't want a Spanish omelette once in awhile. You used to love them!" You might say, "You are *so right!* I think about those little chicken embryos all the time! It's making me hungry right now just thinking about them!"

This strategy is quite openly aggressive. If it doesn't fit your personality or the situation at hand, you might want to opt for one of the "nicer" approaches that follow. Probably, most situations call for these more civil approaches, but it can be comforting to know the more aggressive styles, should the need ever arise.

Killing with kindness

This strategy involves answering questions quite literally and straightforwardly, never letting the aggressive car-



Questions from Carnivores

nivore know that he or she is being offensive. Suppose the carnivore asks, "Don't you ever want to eat something good?" You can reply, with smiling enthusiasm, "Oh, yes! I often want to eat something good, and I do, *every day!*" If they persist, "I don't mean rabbit food! Don't you ever want a nice breakfast of sausage and eggs?" You can reply, "Actually, I almost never think about it. I can understand why some people might like it, but it doesn't appeal to me very much anymore. I really enjoy my fruit salad, but thanks for asking!"

By thanking the hostile questioner after you have stated your preferences, you have graciously signaled a closure of the discussion. Most carnivores will give up with this signal. But, if they persist with more questions, you persist, too. "I really like the foods I eat, and I always look forward to eating them. I have gotten a sense that this is hard for some other people to understand, but that's just the way it is. I'm not sure what more I can tell you about it, but thanks for asking!"

Again, you have ignored the question, and subtly threatened the aggressor. After all, it seems as if enjoying a plant-based diet is hard for some others to understand, but not for *all* others. *Some* of the others *are* able to understand; some of the less mentally capable others *aren't*. If the questioning continues, it will become all too clear that you see the questioner—not as a feared, insulting social force—but rather as a somewhat pathetic person of limited mental abilities. This is a friendly and deft social threat, and can be very effective.

If this approach takes more adrenaline than you are willing to spend, you may wish to fall back on the softest, most reliable approach of all.

Replying with deft humility

This strategy, a technique of open humility, has surprising strength. Rather than defending yourself, you take the position that although you aren't total-

"Don't you get tired of clogging your arteries with dead, decaying flesh?"

Charming you

ly sure of yourself, your approach to diet seems to be working for you! A carnivore may ask, "Don't you ever want some good fried chicken?" You can reply, "I know it tastes good, but my program *seems* to be working for me right now, and I feel good! My doctor says it *seems* to make sense, so I'm sticking with it so long as it works."

The questioner may persist, "I'd rather die than eat the way you do." You can reply with deft humility, "I'm not sure my diet is right for *everyone*, but I seem to like it as much as what I used to eat. I don't know why. But it *seems* to make some sense, and it *seems* to be working out for me."

By admitting that your way of eating might not be right for *everyone*, you foster an environment of acceptance. You also are admitting that should information from your own body, or from other sources, suggest that you modify what you are doing, you would consider changing. This is a very strong, reasonable position to defend. As a result, any possible feelings of defensiveness—which are common when we sense our vulnerability—are likely to be minimized. For most of us, deft humility—the "seem" strategy—is the safest method for managing carnivorous questions. In humility, there is strength. This strategy takes advantage of this powerful truth.

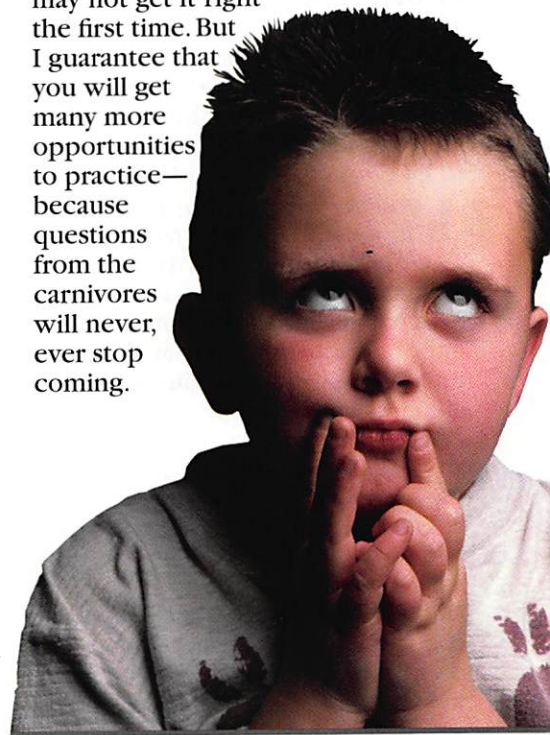
Finding your own style

Choosing a health-promoting diet and lifestyle will put you into conflict with

carnivores. Sometimes their questions are honest attempts to get information—and, as such, should be treated graciously. All too often, however, their "questions" are not questions at all; they are *statements* designed to belittle your choices, and to attack your status as a reasonable, capable, intelligent person. These attacks, whether they are blunt or subtle, can be unnerving. You don't ask for this aggression, but you can expect to face it repeatedly, nonetheless.

Experiment for success

From powerful counterattacks to the deceptive strength of the "seem" strategy, you now have strategies for managing difficult carnivores and their questions. Pick the strategies that suit your style best, or use all four. Experiment with them the next few times you face aggressive questioners. You may not get it right the first time. But I guarantee that you will get many more opportunities to practice—because questions from the carnivores will never, ever stop coming.



Douglas Lisle, Ph.D., is director of clinical research for the Center for Conservative Therapy in Penn Grove, Calif.

Ten Steps to Lifelong Health

Tired of all the conflicting health information you hear each day? This essential guide will help!

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

We are surrounded by piles of health books and mountains of deceptive health advice and crazy diets. It often seems that the information on health and wellness is full of confusion and conflict. How can we make sense out of all of this? What do we *really* need to do to reduce risk and live a longer, healthier, and more balanced life?

To simplify things, I have organized some of the best clinical and research information on health and aging into a "top ten" list. But you need not address them in exact order. Each of these steps is *equally* important, and they can be organized and addressed in any order that makes sense for you.

All too often, we tend to focus our health efforts on a few select areas, while ignoring other important factors. That can be a very big mistake. The following 10 steps can help you fill in gaps in your personal health program. What areas do *you* need to enhance to improve your health and add life to your years?

Take your first step today, *any* step.

1. Reduce or eliminate meat, dairy, and refined sugar products.

The discussion of nutrition has become very shortsighted, focusing on deficiencies rather than on the more important *excesses* of meat, dairy, and refined sugar that are killing and disabling our population.

These foods increase inflammation and toxicity and play a major role in the risk of chronic diseases, e.g., heart disease, cancer, arthritis, osteoporosis, and bowel diseases. An article published in the *Journal of Preventive Medicine* suggests that the healthcare costs of eating meat in America are between \$40-\$60 billion. This is on par with the \$50 billion spent on all of the devastating disease consequences related to the use of nicotine and smoking (cancer, heart disease, emphysema, and stroke).

Take positive steps today to address those areas of your life that call out for attention!

These excesses also maintain the three most common dietary deficiencies in our culture: fiber, phytonutrients, and antioxidants.

2. Increase a broad array of fresh fruits, vegetables, and complex starches (grains and legumes).

These foods provide the greatest concentration of fiber, phytonutrients, vitamins, minerals, and antioxidants that reduce the damaging effects of free radicals—thereby reducing the risks of disease and the debilitating consequences of aging.

3. Chew more, eat more slowly, and you will eat less.

Eating is a time of nurturing and reverence. Mindful slower eating reduces the potential for overeating. Calorie restriction, within the balanced nutritional needs of the body (which can be adequately provided by a diverse high-fiber, low-fat vegetarian diet), is the most scientifically-proven approach for increasing the life span of mammals.

Digestion begins in the mouth, not in the gut. Chewing more improves the quality of nutrition and can help resolve gas, bloating, and distention.

4. Become more aware of the context of your food intake.

Are you using food for stress management? For emotional or sexual nourishment? Can you foster and generate insights and activities to nurture and

parent yourself more constructively without the negative consequences of short-term pleasure responses and addictive behaviors?

Keep a small journal or inventory of why and when you use food, and the types of food you use. Self-observation and awareness is essential to long-term health and weight regulation.

5. Maintain consistent physical exercise.

Walk 30-45 minutes at least four times per week. This level of physical activity dramatically decreases weight, body fat, blood pressure, blood sugar, anxiety and depression, insomnia, and cancer. Regular exercise also has been shown to reduce the loss of function that occurs with age, and the death rate of the elderly, by 50%.

Add strength training of the chest, shoulders, arms, back, and legs (30 minutes, two times a week using weights) and flexibility work (gentle stretching) to complete a triangle of fitness. This triangle of activity reduces the loss of bone, strength, muscle mass, balance, and energy that typically occurs with age, lowering the risk of injury or disease. Move, lengthen, and strengthen. We are designed to move until we die, preferably dying in the act of moving!

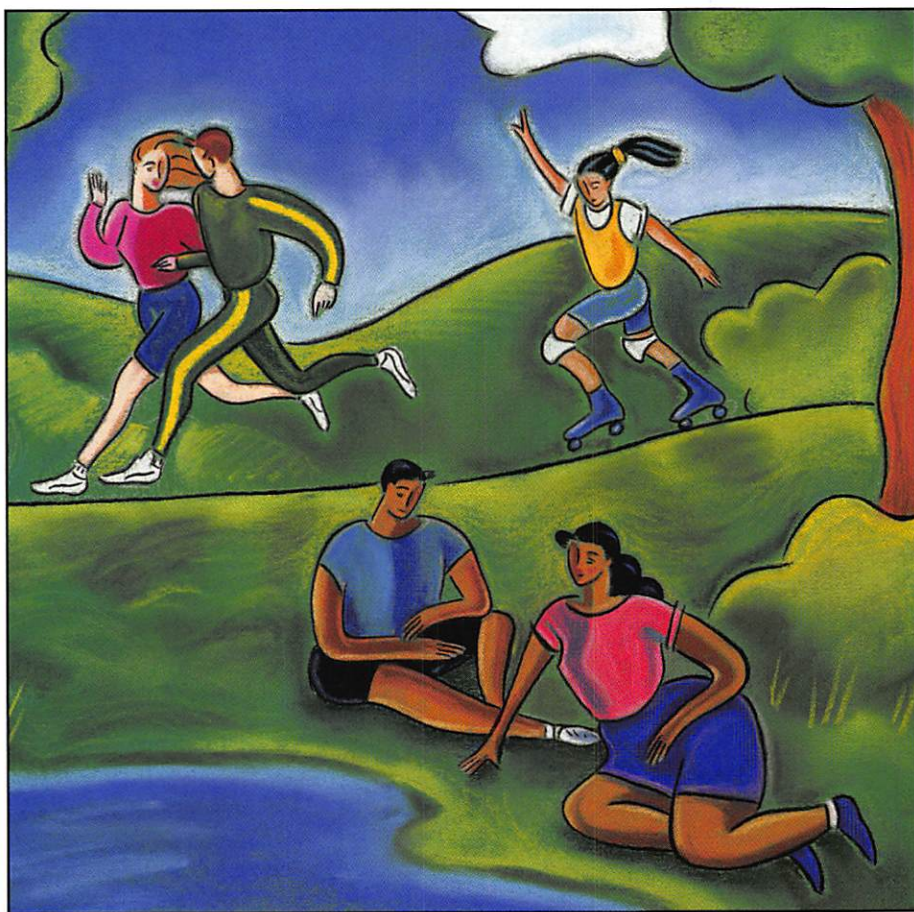
6. Rest and sleep more—health and healing depend on it.

Sleep deficiency increases muscular and joint pain, magnifies the negative consequences of stress, and promotes insulin resistance, abnormal blood sugar regulation, and weight gain.

Nothing replenishes our endocrine, nervous, and immune systems like rest and sleep. Energy reserves, recuperation, and healing rely on adequate rest and sleep (at least seven hours per night). Increase physical activity and eliminate caffeine, chocolate, alcohol, and refined sugar for better sleep.

7. Reduce stress. Perform stress management techniques daily.

The ways that we react to the events



*Strive for consistency, not perfection,
as you create new, healthy choices.*

of our lives have a big impact on our well-being. Our thoughts and actions inspire feelings and emotions from the more primitive, reactive areas of our brains. Yet, we often allow debilitating emotional responses to act out without conscious direction and control from the voluntary higher parts of our brains. As a result, we have become slaves to our own distorted nervous systems.

The hectic pace of modern life, coupled with our lack of self-awareness and conscious control, drives us to become preoccupied with the sorrows of the past and constant worries and apprehensions about the future. As a result, we lose the precious present, which is the only moment we really have, and dwell on unhealthy feelings and physiological responses.

Activities like quiet sitting, meditation, yoga, tai chi, and chi gong increase an awareness of our own bodies and stress responses, allowing us to recapture the precious present and reduce stress by changing our reactions to the stressful events of our lives. Stress never

takes a vacation. Do some stress management techniques each day.

8. Laugh more and improve your attitude.

Humor researchers (yes, there is a field of laughter research) state that children laugh an average of 400 times a day, while adults only laugh 15 times daily. Where did the 385 laughs go? Laughter lowers blood pressure and increases endorphins that improve our sense of well-being. However, the most profound effects of laughter occur on the immune system. T cells that destroy viruses and tumors increase during a state of mirth. Disease-fighting proteins like gamma interferon and B and T cells that produce protective antibodies and orchestrate healthy immune responses also are increased by laughter. So yuk it up!

Smiling and laughter improve our attitude, and positive attitude creates a "chemistry" of health and well-being that we act out and share in the world. Shakespeare was correct: all the world *is* a stage, and we are all players playing many parts. When you are in the

"green room" [the area where performers wait just before going on stage] of your home, primping, posturing, and putting on the makeup and costume for your performance that day, what role are you preparing for? What chemistry—feelings, actions, and attitudes—will you act out on the stage of your day, and will the chemistry of your part enhance your life and health?

As Dr. Dale Anderson has said, "It's no mystery that we become healthy by acting like healthy people."

9. Increase intimate social ties and community involvement.

We need each other. A richer sense of community—touching and helping each other—is a primary health requirement. Recent research has shown that people with more ties to community and friends are more resistant to infection, even though they have been exposed to many more infected people. Elderly people who did volunteer work helping others significantly increased their longevity and quality of life.

The depersonalization of frantic modern life makes it harder to maintain supportive social ties. Just look at the large number of lonely people looking for contact and relationships with faceless strangers in cyberspace to satisfy some basic need for connection and community. How can you get outside yourself and participate more in a life of sharing and service?

10. Be more patient and more self-loving.

Love yourself more. We spend a lot of time loving other people—our mates, friends, and children—and very little time really embracing and loving ourselves. Making healthful choices is an act of self-love, an act that says "I mean that much to me."

Yet, positive lifestyle changes require time, patience, and practice. Strive for consistency, not perfection. Create healthful replacements for risky choices.

New choices take time to become part of your new behavior. Don't berate yourself if you go off track and make poor choices. Come from the higher place of love, support, and forgiveness, and get back on track. With patience and self-love, you can truly express the beauty, magic, and mystery that reside within each of us.

Frank Sabatino, D.C., Ph.D., is the health director at the Regency Health Resort and Spa in Hallandale, Fla., and a certified member of the International Association of Hygienic Physicians.

Savory Summer Meals

By Susan Taylor

Summer is the season when a plant-based diet really shines. Fruit and vegetable salads are welcome centerpieces for meals, whether at family reunions or picnics in the park. Everyone who thinks that "eating lighter" in summer is a good idea will applaud your beautiful, bountiful creations of delicious, fresh, whole natural foods!

The good thing about salads is that they take much less time to make than they do to eat. You can arrive early at the park for the picnic, claim a nice, shady spot under the trees, and go hiking with the kids while everyone else is sweating over the barbecue pit. Later, when loved one's hands are greasy from holding hunks of meat (dripping with some salty red concoction), you can eat your third serving of salad and nod in agreement when someone comments, "There's something to be said for 'eating lighter' in the summer!"

Guaranteed good eating

Even if you're not expected to take a dish to a family outing, take one anyway so that you will be assured of having something to eat when you get there. Fill a large bowl with a mixed fruit or vegetable salad.

You can sprinkle a few sprigs of mint on top of your fruit salad to add a little color. Likewise, you can put alternating strips of red and yellow sweet peppers on top of your vegetable salad, and line the sides of the bowl with carrot sticks and cucumber slices.

Because raw salad by itself does not add up to very many calories, be sure to eat plenty of it. For vegetable salads, add a simple-to-make, delicious dressing based on raw sesame, cashew, or almond butter (organic, if you can get it). The simplest versions con-

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



Serve this Quick Lentil Soup with your favorite salad and dressing for the perfect summer meal!

Light, tasty summer meals can set the stage for eating well all year round!

sist of combining a small amount of the nut butter with leftover steamed vegetables, or with raw vegetables such as cucumbers, sweet peppers,

and tomatoes. Trial and error, not to mention the taste test, is your best teacher in determining what works best and appeals most to you.

Add a couple of baked potatoes to your meal (make enough sauce for them, too) or an easy-to-prepare vegetable dish such as Raw Corn Casserole, and dinner is served!

DELICIOUS RECIPES

Try something new today!

Summer Fruit
Salad
Quick Lentil Soup
Date Shake
Raw Corn
Casserole
Celery Avocado
Dressing

Year-round good habits

Eating "lightly" in any season can translate into eating well. Choose high-quality, fresh fruits and vegetables for the bulk of your diet; eat only when you are hungry; and pull away from the dinner (or picnic) table when you are full. Practicing good dietary habits this summer can lead to a whole year of new, healthful eating patterns!

Refreshing Summer Recipes

Easy-to-make fruit and vegetable recipes for your new healthful diet!

Summer Fruit Salad

- 1 cup fresh strawberries
- 1 cup fresh raspberries
- 1 cup fresh blueberries
- 1 large ripe mango
(or 2 or 3 small ones)
- 1 cup fresh pineapple chunks
- Mint sprigs for garnish

Peel the mango and cut the fruit off the seed. Slice the strawberries. Mix all fruit together in a large bowl.

Add mint sprigs for garnish on top of salad. Serves two.

Quick Lentil Soup

- 10 cups distilled water
- 4 cups raw lentils
- 1/2 cup tomato paste
- 1 bunch spinach, chopped
- 1 bunch chard, chopped
- 1 sweet pepper, seeded and minced
- 1/2 cup celery, diced
- Parsley, oregano, and/or basil (optional)

There are two ways to go with this soup. If you have cooked lentils available, steam the vegetables and then mix them with the tomato paste and spices. Combine this mixture with the cooked lentils and heat thoroughly. You also can cook the whole recipe from scratch.

If you start from scratch, preparation time is approximately 20 minutes; cooking time is one hour.

Combine all ingredients in a large saucepan. Cook



Fruit salads are the perfect complement to summer picnics and backyard parties. You can use whatever juicy fruits are in season.

over medium-low heat for one hour or more. By this time, the lentils will be tender, and the seasonings will have cooked into the soup.

Courtesy of Center for Conservative Therapy

Date Shake

- 8 oz. apple or pear juice
- 1 ripe banana (peeled and frozen in a plastic bag)
- 3-6 soft pitted dates

Juice fresh apples and pears, if possible (or use natural juice with no additives). Place

in a blender with cut up dates and banana. Blend until creamy. Makes a delicious breakfast treat!

Courtesy of Sue Douglas

Raw Corn Casserole

- 6-8 ears of corn
- 1 jicama
- 2 cucumbers
- 1 sweet red pepper
- 1/4 head green or purple cabbage
- 2 avocados
- 1 lemon (optional)

Shuck the corn. Scrape the kernels into a large bowl, being sure to cut away from your body. Peel the jicama and cut into small pieces and add to the corn.

Cut the cucumbers and the red pepper into small pieces. Shred the cabbage (green and/or purple will be fine and a combination of the two will add more color to your dish). Add the cucumbers, red pepper, and cabbage to the corn and jicama mixture.

Peel the avocado and remove the seed. Scoop out the flesh and put in a bowl. Mash the avocado with a fork. Cut the lemon into slices and squeeze the juice into the mashed avocado. (Don't overdo it with the lemon juice.) Mix the avocado into the corn salad and serve immediately.

Courtesy of Center for Conservative Therapy

Celery Avocado Dressing

- 2 avocados
- 2 stalks of celery, chopped
- Chopped parsley (optional)

Add enough water to blend all ingredients in a blender until smooth. Serve immediately over a salad or steamed vegetables.

Courtesy of Sue Douglas

It's time to graduate to a plant-based diet!

Billions of advertising dollars are spent each year to try to keep profitable food myths about the standard American diet alive. But science is constantly documenting the benefits of the plant-based diet. Plus, a diet of fruits and vegetables tastes great and is easy to prepare.

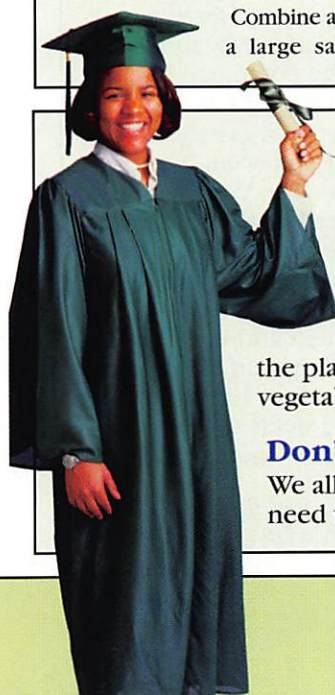
Don't be in such a hurry to die.

We all have to die sometime. But we don't need to die prematurely, jammed full of tubes,

in a for-profit hospital. A healthful diet can help reduce the risks of developing heart disease, certain cancers, diabetes, stroke, and osteoporosis, as well as reduce major risk factors such as obesity, high blood pressure, and high cholesterol.

Be healthier and live longer.

Vegans and vegetarians are healthier, use fewer health care services, and spend less time in hospitals than people who eat animal products.



Young student doctors combine love and Hygiene

Learning together how to be healthy

David Richards and Diana Finley share a dream of helping people, and as students at the University of Bridgeport (Conn.) College of Chiropractic, they are moving closer toward the fulfillment of their dream.

David completed his undergraduate studies at Cornell University with a degree in economics. "My minor was in Japanese," said David, "which led to my spending three years in Japan as a translator. My title was Coordinator for International Relations, and I worked for an organization trying to attract international conventions to Japan."

Diana dropped out of high school at the age of 15 when she developed a cancerous brain tumor. "I had surgery for the tumor, followed by radiation treatments," said Diana, "but my health problems just seemed to escalate. I was born with asthma and aller-



J.M. Lennon

Chiropractic students David Richards and Diana Finley, who is using Natural Hygiene to help overcome lifelong illnesses, both aspire to become Hygienic physicians.

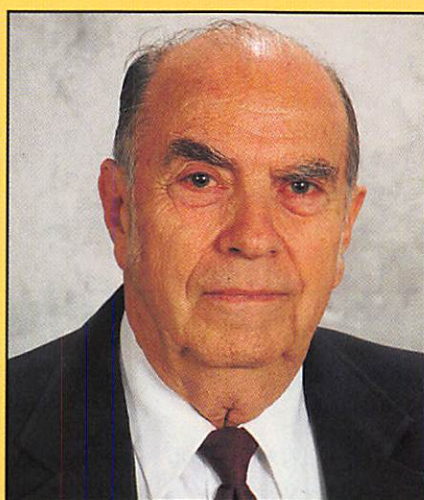
Long forgotten Natural Hygiene books saved my life!

When you develop a condition that has the description "cause unknown and no known cure," you begin to take your health very seriously. That is the situation I found myself in when I developed a deadly skin disease called pemphigus.

Blisters formed in and around my mouth. The top of my head was covered with blisters, which then spread to my feet and lifted off my toenails. Tumor-like growths the size of 3/4 inch pipe formed under my skin on both sides of my groin. The blisters caused a body odor almost as bad as a skunk. This made it impossible for me to work or to be around people. I spent a lot of money traveling from Miami to Chicago to doctors and clinics, but all to no avail.

When I returned to Florida in 1995, I began to get my things in order before ending my life. If the disease got under my eyes, I knew I would have to do away with myself.

That is when I rediscovered two



Wilfred Humphries recovered from a deadly skin condition after making dietary changes and undergoing a fast.

books that I had purchased at an ANHS Conference in Buffalo, N.Y. when I was 27 years old. The year was 1952, and I had taken my father to the Conference where we heard Dr. Christopher GianCursio and Dr.

Herbert Shelton speak. I found the information interesting, so I bought two volumes of Dr. Shelton's *The Hygienic System*. But I didn't bother to read them at the time. In fact, I almost threw them away when I moved to Florida in 1978.

The books discussed fasting and the benefits of eating raw foods. As sick as I was, I had nothing to lose, so I tried it. After fasting for five days, the tumor-like growths began to shrink. This was the first sign of any improvement in over a year. Within three weeks, this disease with "no known cure" was gone. Even my toenails grew back in a few months time.

Now, at age 75, I can sleep eight to 10 hours a night and not have to get up in the night to run to the bathroom. And I have not had a cold, a headache, or any sickness—or needed any medication—since that time!

ANHS member Wilfred B. Humphries lives in Greenacres, Fla.

Courtesy of Wilfred Humphries

gies, and I was always on medication. I knew that I wanted to live healthfully, but I didn't know what to do. I thought eating well meant meat, potatoes, and vegetables."

Diana eventually received her high school diploma and then graduated with a major in biology from Ramapo College in New Jersey. At chiropractic school she met David, "who introduced me to Natural Hygiene and has encouraged my efforts to become a vegetarian and to experience *real* health."

David learned about Natural Hygiene in 1993 when he read *Fit For Life*. "I literally changed my diet the next day," he said. "But some of the so-called 'Natural Hygiene' information I got before I learned about ANHS nearly led to the destruction of my health. I became convinced that eating a lot of fruit and dried fruit was the correct way to go. In the process, I became extremely thin and developed skin problems and massive dental problems—which led to cavities in every single tooth and five root canals.

"Finally, I heard about ANHS and became a member. When I read Dr. Alan Goldhamer's article, 'Misconceptions about Food' in *Health Science* (Sept./Oct. 1995), his descriptions of some of the typical problems with an all raw-food diet rang true for me. Since then, I have been eating much more healthfully."

After chiropractic school, David and Diana plan to do internships for fasting supervision with Dr. Alan Goldhamer in California and Dr. Alec Burton in Australia, and to eventually open a Hygienic clinic and fasting center.

"I deeply admire Drs. Frank Sabatino, Joel Fuhrman, and Alan Goldhamer," said David. "They are my role models. Reading their articles and hearing them speak at ANHS conferences and seminars is what motivated me to go to chiropractic school."

"We also need more women role models in Natural Hygiene," said Diana. "Hopefully, after I begin my own practice as a Hygienic physician, I will become one of them!"

David Richards and Diana Finley live in Bridgeport, Conn.

Choosing a healthful life for ourselves

Losing both of their mothers to cancer led to big changes for this Michigan couple!

Irving and I both lost our mothers to cancer in the 1960s, which motivated us to look into healthier living. We didn't want to perpetuate the lifestyle patterns that had led to our mothers' illnesses and early deaths.

One of the first things we changed was our diet. We had young children at the time, so we were careful not to force our new diet "down their throats" because we didn't want them to reject it altogether. It seems to have worked. Now they have families of their own, and they continue to come to Irving and me for advice.

Our oldest grandchild is a strict vegetarian. She is 16 years old and an excellent athlete. She was motivated by her elementary school basketball coach, who was a vegetarian. Sometimes, ideas are more apt to take hold with a child when they come from outside the family.

Our initial information about Natural Hygiene came from books. Later, we met Dr. Herbert Shelton and stayed at his clinic. We also visited Dr. Norman Walker and learned about juicing.

People thought we were "kooky" at the time, but we persevered. Now that our friends are beginning to have a lot of health problems, they think that Irving and I are "lucky" to be so healthy. But it's not luck—we take care of ourselves.

Eating a vegetarian diet and living a Hygienic lifestyle is much easier these days because there is so much more awareness of the importance of good nutrition.

People finally have begun to implement some of the diet and lifestyle changes that the American Natural Hygiene Society has been



Marion and Irving Reinbold of Frankenmuth, Mich. were motivated to change their diet and lifestyle after witnessing traumatic events they could not control.

Courtesy of Marion and Irving Reinbold

advocating for more than 50 years. We wish that the Society would get more credit for its efforts, but we recognize that it doesn't matter who gets the credit. What is important is that the information gets out and reaches people so that they can begin to make the kinds of changes that will improve their health and the quality of their lives.

Irving and I have a large garden and a root cellar where we store carrots and potatoes during the winter months. I freeze vegetables and do some canning, and we also make our own granola and "trail mix" with dried fruit and nuts. Irving still fasts from time to time, most recently for 14 days for a chronic cough that he had developed. The fasting really helped him to recover.

We have continued to learn more about health over the years. We feel very fortunate that we learned about Natural Hygiene when we were young so that we can enjoy our lives now that much more!

Marion and Irving Reinbold live in Frankenmuth, Mich.

Love at first sight leads to a kiss and a wedding

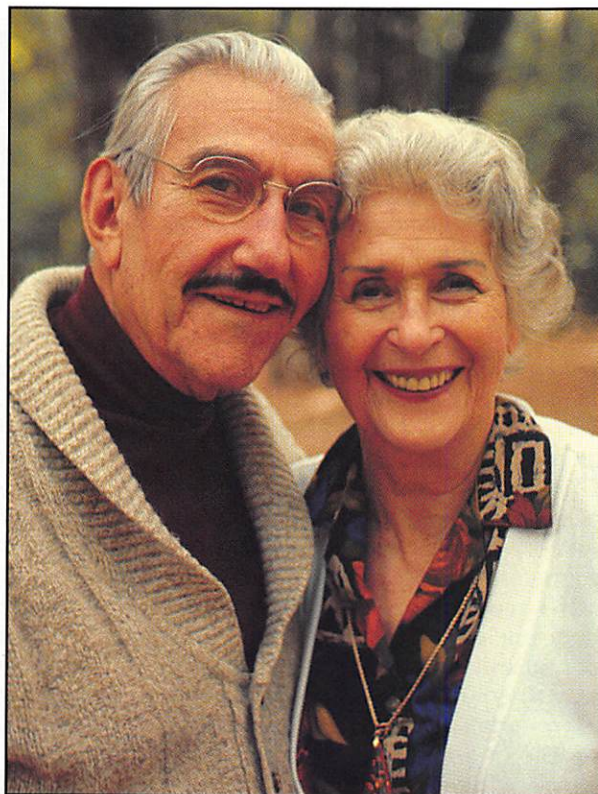
Romance leads to marriage for this happy couple!

Age is no impediment when it comes to "love at first sight." That is exactly what happened when Sally Richardson and Wally Schafer met on the first night of the 1998 ANHS Natural Living Retreat at O'Leno State Park.

Sally recalls that first evening together. "We talked and talked. When we were ready to say good night, we held hands and shared one quick kiss. We did not know it at the time, but that kiss sealed our fate."

Sally learned about Natural Hygiene in 1994 from ANHS Life member Greta Wright of Australia, whom she met at a Krishnamurti retreat in Switzerland. Greta had recovered from a diagnosis of "terminal" cancer of the stomach through therapeutic fasting and lifestyle changes. According to Sally, "Even in her 80s, Greta could dance as beautifully as Ginger Rogers." Greta told her that her "secret" was the diet and lifestyle choices she had learned about through her membership in the American Natural Hygiene Society.

"I joined the Society immediately," says Sally, "and found that the Society's holistic health approach fit in perfectly with the beauty, wholesomeness, and freedom that I had discovered through Krishnamurti's message. I continued to become more



J.M. Lennon

Walter Schafer and Sally Richardson met at the 1998 ANHS Natural Living Retreat at O'Leno State Park in Florida. They fell in love, and by the time this picture was taken at the 1999 ANHS Retreat, they were happily married.

Mother's death sparks research

Daughter finds Natural Hygiene!

I was only 16 when my mother died from cancer. She suffered through seven years of illness, including numerous surgeries and chemotherapy. I did not want to go through what my mother went through, so at age 18, I began doing serious research on nutrition. I explored the Pritikin and Atkins approaches to diet. When I tried the Hippocrates Institute program, I became ill and lost so much weight that my father didn't recognize me.

Fortunately, I eventually read *Fit For Life* and found out about Natural Hygiene, which made a lot of sense to me. Of course, Natural Hygiene is more than just diet, and I try to acquire enough sleep along with my diet and exercise program.

I have been a vegetarian for 10 years. My exercise program consists



Daniel Regan

Michele Makrucki experimented with numerous approaches to diet until she tried Natural Hygiene—and it worked!

of walking, riding my bike, and doing low-impact aerobics, in addition to weight lifting and stretching.

Issues such as food irradiation, nonsmokers' rights, and organic food standards are important to me,

and I write a lot of letters to try to influence legislation and policy on them. I also do volunteer work in the community.

My husband has become a vegetarian due to my example, and I try to influence as many people as I can about healthful living. But, people have to be responsive to your ideas and way of living before they will consider making any changes themselves—and not everyone is.

I continue to refine and simplify my approach to eating, and I continue to combine my foods by the traditional method. Everybody has individual capacities. What works for me may not work for somebody else. It is up to each of us to explore what works and what doesn't. That is the beauty of the model for living that the American Natural Hygiene Society offers.

ANHS member Michele Makrucki lives in Durham, N.C.

conscious—physically, mentally, emotionally, and spiritually—of the indivisibility of my life and the life that is the universe.”

Meanwhile, Wally had adopted his own empowering lifestyle changes. “I weighed 270 pounds,” says Wally, “and I worked six days a week. I had headaches, colds, high cholesterol, high blood pressure, shortness of breath, and was on gout pills and heart pills. My friends were having heart attacks, bypass surgeries, and strokes, and I didn’t want that to happen to me.

“Then I read a book that led me to think that making dietary changes could offer a possible solution to my problem, and that I wasn’t doomed by my ‘genes’ to be sick. I gradually gave up meat, dairy products, chicken, and fish. My body responded in a very short time, and I knew I was on the right track. As part of my program, I regularly had blood tests and monitored the results myself. Eventually, I solved my problems, including arthritis.

“Later, I found out about ANHS in the book *Fit For Life*. I became a member, which was a smart move. My ANHS membership has kept me on the path of health since 1992. When I met Sally in 1998, neither of us could believe that we could be so in agreement about health, lifestyle, politics, and religion.”

“After the Retreat,” says Sally, “we visited each other and made the decision to declare our life-long commitment to each other. We now both live in Georgia and are gardening, reading, and enjoying life to the fullest. We are finding that open communication is the key that all the world needs in order to heal, to be whole, and to understand the self that creates all the problems.

“I feel that the ANHS program is inclusive of all the above, and through understanding what it advocates, we can better understand and simplify our own lives.”

Walter Schafer and Sally Richardson live in Athens, Ga.

We’d like to hear *your* story!

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

Stories will be edited and not all stories will be published.

In tune with Natural Hygiene

Positive lifestyle changes lead to enhanced performance levels!

I was born in Hong Kong into a very musical family. My father plays and teaches piano, and all of my five brothers and sisters and I learned how to play piano and violin when we were children. But, I am the only one who is pursuing a professional career as a musician.

I received a full scholarship to study violin at the Boston Conservatory of Music when I was 16 years old. The Conservatory offers studies in music, theater, and dance. Because enrollment is limited, students receive a lot of individual attention. In 1997, I graduated with my bachelor’s degree in music and was the class valedictorian. This past May, I earned my graduate performance certificate.

My plan now is to attend graduate school to continue my training, and my ultimate goal is to play in an orchestra. I hope that more advanced training in violin will give me a greater chance for success in the very competitive world of professional music.

I knew that I wanted to pursue a professional musical career from an early age, even though it demands a great deal of dedication and commitment—and practice! I keep on visualizing the satisfaction and sense of accomplishment that I will feel when I have reached my goal, although I will always have to keep practicing!

The same could be said for approaching the goals of healthful living. You have to decide that good health is worth pursuing and then take those steps and follow up on those practices that lead you in that direction.

When I first heard about Natur-



David Durbak

Susy Yim, pictured here at the Talent Show at the 1997 ANHS Conference, is preparing for a career as a concert violinist.

al Hygiene from my friend Richard Meffley, who also is a musician, I read *The Natural Hygiene Handbook* and then decided to attend an ANHS International Conference with him. Listening to the speakers really helped to reinforce and solidify what I had already learned. Some of the most powerful lectures that I heard were about positive thinking, and how it is not enough to just know the theories about how to achieve your highest health potential. You have to apply them!

I also found that I really enjoyed the food that was served at the Conference. It inspired me to begin changing to a vegetarian diet. Since then, I have learned through experience that you really can survive on a vegetarian diet—and you can have fun doing it! I also am sure that practicing Natural Hygiene will help me improve my overall performance level in *all* aspects of my life.

ANHS member Susy Yim lives in Boston, Mass.

College Professor Joins Doctors Group

Two decades of teaching Natural Hygiene, both inside and outside the classroom!

Paul Goldberg, M.P.H., D.C., who recently became a certified member of the International Association of Hygienic Physicians (IAHP), has quite an impressive background. In addition to his chiropractic degree from Life University in Marietta, Ga., Dr. Goldberg holds a master's degree in public health from the University of Texas with a concentration in chronic disease control and epidemiology. He also has undergraduate degrees in social work and nutrition, and has been employed by the federal government as an epidemiologist.

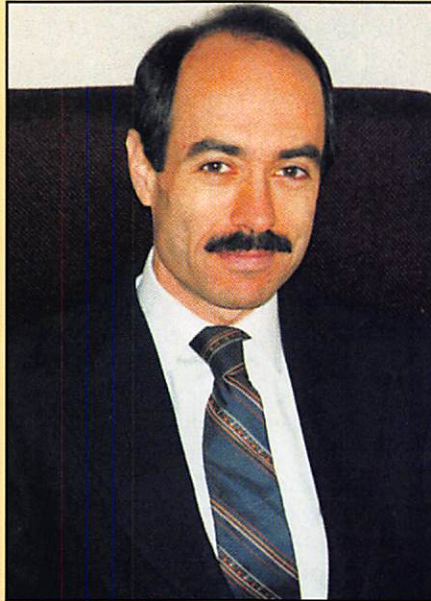
For the past 19 years, Dr. Goldberg has taught clinical nutrition, gastroenterology, and rheumatology at Life University, while maintaining an active private practice. His major clinical focus in both practice and research has been on the relationships between disorders of the digestive tract and rheumatic and other autoimmune diseases. He has written and lectured extensively about many other autoimmune disorders that originate with problems in digestion, absorption, and assimilation of nutrients, and worked with hundreds of patients with such problems.

How did you learn about Natural Hygiene?

In 1976, I developed serious rheumatoid disease. My physicians told me that the condition was incurable and that I eventually would become fully crippled. I felt that there had to be causes for the illness and that somewhere, approaches were available to help me evolve out of the disease state.

By chance, I saw a magazine ad for the Shangri-La Natural Hygiene Institute in Bonita Springs, Fla. where I traveled and met owner R.J. Cheatham. Mr. Cheatham was a wonderful teacher and he introduced me to the concepts of Natural Hygiene. During the next year, I lived at Shangri-La and put those concepts into practice. Later, I was hired as the facility's health director.

After leaving Shangri-La, I pursued graduate studies in public health, fol-



Courtesy of Dr. Paul Goldberg

Dr. Paul Goldberg is a remarkable educator who has positively influenced thousands of students during two decades of teaching.

lowed by earning a chiropractic degree and becoming an IAHP member.

How has Natural Hygiene affected your health?

Knowledge alone about Natural Hygiene does not allow one to be healthy. It requires consistent application of the principles in all aspects of our lives. I have found the principles of Natural Hygiene to be instrumental in not only the preservation of my own health and well-being, but that of my patients as well.

I am fortunate in that my wife Bianca also appreciates a Natural Hygiene lifestyle. I met her at Esser's Ranch in Lake Worth, Fla., where she was employed at the time. We have three children, all of whom have been raised as vegetarians.

How do you incorporate Natural Hygiene into your teaching?

I encourage my students to maintain an open mind regarding health and disease and not to become dogmatic. In my nutrition classes, I explain that there are many factors involved in having good nutritional status and good

health. I endeavor to introduce the students to the study of nutrition from a Natural Hygiene perspective and expose them to a variety of perspectives, including having them read *Diet for a New America*, by John Robbins.

Without forcing any single option upon them, students are encouraged to look carefully at their eating habits, including their consumption of animal products, both in terms of ethics and health factors. Most of the students make significant changes in their dietary habits and lessen their meat consumption, with perhaps 20% of them becoming vegetarians.

What do you find most satisfying about your work?

Empowering people with the tools they need to take care of themselves and have less dependency on "health care providers." Most of the people I work with are seriously ill. Enabling them to take charge of their own health is very gratifying.

As a professor, I lecture to approximately 1,500 students per year. Many of them will carry the message of Natural Hygiene out to the public through their practices. I have been very fortunate to have the opportunity to reach so many people.

What do you see as the future of Natural Hygiene?

My main concern is that the self-empowering message of Natural Hygiene does not get confused with the many products, services, and therapies that are called "natural" these days. Too much of the "natural" health field today has to do with multi-level marketing of health products and a host of therapies, rather than teaching people how to become responsible for themselves in a way that leads to their highest level of health.

The most important thing each of us as Natural Hygienists can do to positively influence others is to set a good example in all aspects of our lives, to develop a Hygienic lifestyle, and "to practice what we preach."

International Association of Hygienic Physicians (IAHP)

IAHP Physicians 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. *Certified* members include the founders of the Association and subsequent members who have successfully completed an internship (or 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.

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This complete list of members of the International Association of Hygienic Physicians (IAHP) is supplied by the IAHP and is used with permission. The American Natural Hygiene Society (ANHS) has no direct or indirect financial interest in the IAHP Physicians 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 IAHP members as a public service. In providing this information, ANHS assumes no responsibilities for fees charged, health care rendered, or guidance provided. ANHS is a nonprofit health organization dedicated to educating the public in the principles of Natural Hygiene. Donations to the Society are tax-deductible to the full extent of the law.

Your Questions

Self-diagnosis and treatment can be dangerous!

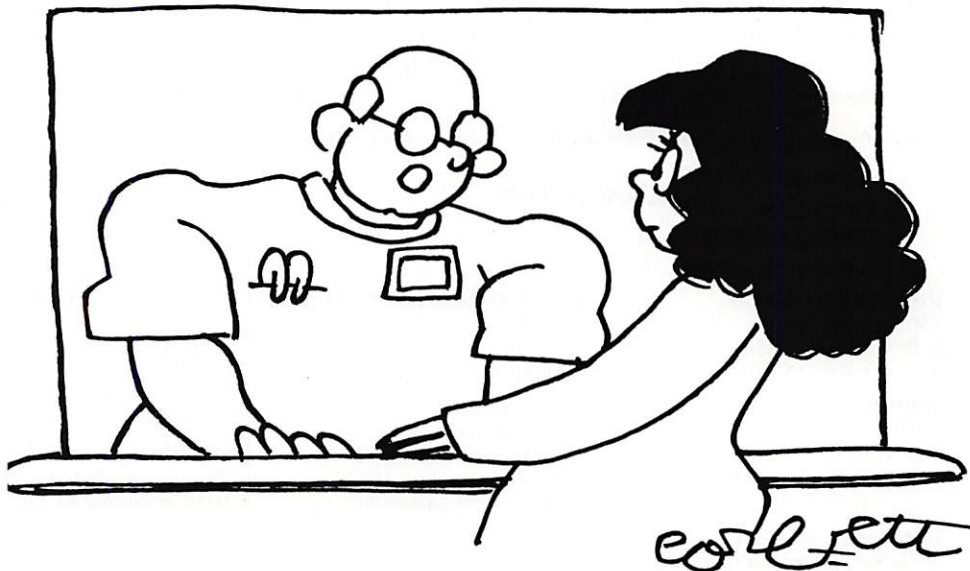
Q. *I fast for seven to ten days, twice a year, sometimes while continuing my regular work schedule, other times with total rest. At the end of the last three times I fasted, I experienced discharges of blood and pus in my urine, which lasted for several days. They were accompanied by a slight burning sensation, but then cleared up and I felt fine. I usually break my fast with freshly squeezed orange juice or stewed tomatoes. Are these foods too acidic and causing the problem?*

Name withheld

A. If you are fasting longer than three days, if you are on any medication, or if you have any chronic health problems, we recommend you fast under the supervision of a physician certified in fasting supervision. Working while fasting is a mistake that would not have occurred if you had been fasting under supervision. There may be other mistakes you are making as well. The symptoms you describe are potentially harmful, and you should be monitored properly during your next fast.

Several factors should be considered to help understand the responses you describe. *Fasting* is a physiological resting state during which unique adjustments are made for blood sugar regulation, protein and fat metabolism, and tissue repair. *Water intake* (hydration) and *rest* are of the utmost importance during a fast. When you maintain a regular work schedule during a seven- to ten-day fast, you make exhausting demands on your body, and you may dangerously deplete energy reserves. As a result, you can create severe drops in blood sugar, abnormal protein and muscle loss, profound dehydration, and possibly even tissue damage.

Your active fasts may be fostering a level of exhaustion and dehydration that concentrates your blood and urine with metabolites of fat and protein breakdown to an even greater degree than is normal for fasting. Some irrita-



"Which placebo do you prefer—brand name or generic?"

tion, inflammation, and even local tissue damage of the urethra can occur as a result of this breakdown, creating a sensation of burning during urination.

The heightened detoxification of the fast also may eliminate some chronic toxicity or subclinical, occult, infectious environment of the urinary tract more forcefully through the urinary pathway, resulting in the symptoms you describe. Urine and blood analysis during (and immediately after) fasting could shed some light on these possibilities. The body also is much more sensitive to foods following a fast. You may have

some sensitivity, possibly even an allergic response, to the foods you typically use to break your fast. Commercial oranges and tomatoes are often sold in an unripened, acidic state. Therefore, potential food sensitivity and/or increased acidity also may be involved in your experience of burning and discharge. As a less caustic means of breaking your fast, you might try watermelon or papaya juice diluted with water.

Ronald G. Cridland, M.D.

Joel Fuhrman, M.D.

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

Protection against worms and parasites

Q. *What is your opinion of the product ParaGONE, from Renew Life? It is touted to be an internal cleansing program against parasites, candida, and toxins. It is recommended to be used (even after fasting) to maintain the beneficial effects of a therapeutic fast.*

Name withheld by request

A. There seems to be a plethora of new products on the market aimed at ridding the body of worms,

mites, candida, and other parasites. It is a popular health concept these days. I can make no comments about the effectiveness of any of these products. However, I am concerned about the frivolous, amateurish, and unscientific diagnostic methods that often go along with the use of these products. My advice is: if you think you have a problem with parasites, consult with a qualified doctor (preferably a Hygienic physician), have proper medical testing done for parasites,

and then go from there under the care of the doctor you trust. Do not take advice about your health from salespeople.

Ralph Cinque, D.C.

Colloidal mineral envy

Q. I've seen references to "colloidal minerals" in various health magazines. I was wondering if you could explain exactly what they are and what foods they come from.

Name withheld by request

A. I am not aware of any scientific evaluations or studies on colloidal minerals. Many claims have been made about their value in health, but I don't think they are well substantiated. In addition, I have not heard of any benefits in over fifteen years of seeing patients.

Colloidal minerals are simply a mixture of clay and water. Often, colloidal minerals may contain high amounts of aluminum. It is not known if this excess may contribute to neurological diseases.

Proponents of colloidal minerals may argue that minerals are better absorbed in this form, but most scientists know that minerals are best absorbed from the foods we eat. In fact, colloidal minerals may actually interfere with the absorption of minerals from foods.

Alexander G. Schauss, Ph.D., has explored the topic rigorously by reviewing over 30 million papers and over 2,000 medical journals (prior to 1996) without finding any human studies that support the use of colloidal minerals.

Minerals are best obtained from a wide variety of plant foods grown in different locations.

Trevor Salloum, N.D.

Cooked-food quandary

Q. Why are conservatively cooked, "properly combined" foods considered anabolic once our physiology has been internally cleansed and detoxified? I understand why raw foods are catabolic since the body utilizes the higher quality nutrients to replace lower quality cells and tissues, hence initiating "housecleaning." But it seems that once this is achieved, raw foods also would tend to build up the body as the metabolism and assimilation normalizes. Yet, some Hygienic physicians include cooked food in their regimen.

Art Baker

Livingston Manor, N.Y.

A. Unfortunately, I am unable to satisfactorily understand the terms you use to express your con-

Hygienic care vs. "alternative" therapy

Q. I notice that the International Association of Hygienic Physicians offers fasting certification. What about adding an "alternative therapy" certification?

Name withheld

A. As Hygienists, we are not practicing alternative therapies, so I don't think it is appropriate for Hygienic physicians to be certified in alternative therapy. There appears to be some confusion about what constitutes Hygienic care. The confusion may arise in that most Hygienic physicians have been trained in what some might consider "alternative" therapies. Many of us, however, abandoned those therapies a long time ago because of their shortcomings.

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



"It's time, Mr. Wentworth, to rid your body of all that cholesterol."

cepts. Foods that are conservatively cooked may be considered anabolic. Anabolism and catabolism are two aspects of the total chemical processes of the organism subtended under metabolism. Anabolic processes are the *building* processes, whereas catabolic processes are the *breakdown* processes.

First, we should clarify our terms. I think you are suggesting that the use of raw foods accelerates catabolism; whereas cooked foods encourage an-

abolism. The fact that some Hygienic physicians include cooked food in their regimen is true, but they also include raw food. Also, we should not assume that the so-called "regimen" is the same for everybody. In my practice, no two patients get precisely the same advice. I try to relate the advice to the individual.

A very important principle in Hygiene is that you have to fit the system to the individual, and not try to fit the individual to the system. It is unfortu-

nate that a lot of people think that Natural Hygiene is a set of fixed, inflexible rules that everybody should follow. Hygiene is a philosophy and a set of principles that we should apply individually in our daily lives.

There is no paradox in attempting to identify a patient's problems and give specific advice to them. Such advice may be totally inappropriate for another person.

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

Sufficiency of vegan diet

Q. *I was told that vitamins B₁, B₂, B₃, B₆, B₁₂, D, phosphorus, and zinc are almost totally lacking in a vegan diet. If a person has a high metabolism, can a vegan diet provide sufficient nutrients without supplements?*

A. The chart at right contains the nutrient analysis of a vegan diet derived exclusively from whole natural foods. As you can see, the quantity of calories, vitamin B complex (except B₁₂), and minerals (including phosphorus and zinc) are abundantly provided in a total vegan diet. Vitamin D is formed on the skin with exposure to sunshine. Only bacteria make vitamin B₁₂. We form small amounts from the bacteria in our mouth, and we obtain small amounts from the bacterial contamination of fresh fruits and vegetables and in the nodules of root vegetables (especially organically-grown root vegetables).

Periodic blood or urine testing for methylmalonic acid is the most accurate way of ensuring that current B₁₂ status is at appropriate levels in the body. Lactating women should consume a reliable source of B₁₂.

Most disease in the modern, Western world results from the malnutrition of dietary excess, not from deficiency. A diet derived exclusively from whole natural foods—fresh fruits and vegetables, with the variable addition of whole grains, legumes, and raw nuts and seeds—ensures that we obtain the quantity and

quality of needed nutrients, while avoiding the excess fat, protein, and toxins that cause people to suffer and die prematurely.

When diet and lifestyle changes are not fast enough in allowing the body to heal itself, properly supervised, water-only fasting is the most efficient way of speeding the process of healing.

Alan Goldbamer, D.C.

Average daily nutrients from 2100-calorie menu

Nutrient Name	Amount	RDA %	Nutrient Name	Amount	RDA %
Calories ^{1,2}	2113 Kc	96%	Vitamins		
Cholesterol	0 mg	n/a	Vitamin A	7867 RE	983%
Fat	37 gm	n/a ³	Beta-Carotene	7073 pg	n/a
Linoleic Fat	13.9 gm	284%	Thiamine B ₁	3 mg	269%
Mono Fat	11.5 gm	n/a	Riboflavin B ₂	1.9 mg	146%
Poly Fat	15.7 gm	n/a	Niacin B ₃	23 mg	155%
Saturated Fat	5.4 gm	n/a	Pyridoxine B ₆	4.2 mg	260%
Protein	68 gm	135%	Pant. Acid	9 mg	166%
Cystine	845 mg	199%	Cobalamin B ₁₂	0 pg	0% ⁴
Glutamic Acid	229 mg	n/a	Folate	934 pg	519%
Glycine	48 mg	n/a	Vitamin C	605 mg	1008%
Histidine	1394 mg	254%	Vitamin E	25 mg	310%
Isoleucine	2494 mg	384%	Vitamin K	1000 pg	1538%
Leucine	4259 mg	448%	Minerals		
Lysine	2914 mg	364%	Potassium	7906 mg	395%
Methionine	950 mg	223%	Selenium	.125 mg	227%
Phenylalanine	2620 mg	552%	Sodium	531 mg	n/a
Proline	84 mg	n/a	Zinc	12.8 mg	106%
Serine	51 mg	n/a	Calcium	856 mg	107%
Threonine	2133 mg	474%	Chromium	0.22 mg	176%
Tryptophan	707 mg	283%	Copper	3.8 mg	170%
Tyrosine	1804 mg	380%	Iron	28 mg	187%
Valine	3084 mg	474%	Magnesium	852 mg	304%
Carbohydrate	411 gm	149%	Manganese	11 mg	309%
Fructose	36 gm	n/a	Molybdenum	167 pg	102%
Lactose	0 gm	n/a	Phosphorus	1905 mg	238%
Glucose	27 gm	n/a	Dietary Fiber	69 gm	315%
Sucrose	31 gm	n/a	Soluble Fiber	4.4 gm	n/a
Alcohol	0 gm	n/a	Insoluble Fiber	16 gm	n/a

Reprinted from the September/October 1998 issue of Health Science

New technology offers hope for sensitive patients

Q. *I do not go to the dentist as often as I should because the drill's sound and vibration really distress me. I've heard about new things which may replace the drill. Can you tell me about them?*

A. As we approach the new millennium, I am pleased to report that the dental profession and its researchers have made great strides in the areas in which you have expressed concern. New technological advances have resulted in effective and less disturbing treatment modalities.

The most exciting research has been conducted in the further development of *air abrasion systems* and *dental lasers*. They can replace the high-speed, air-driven handpiece (drill) in some situations.

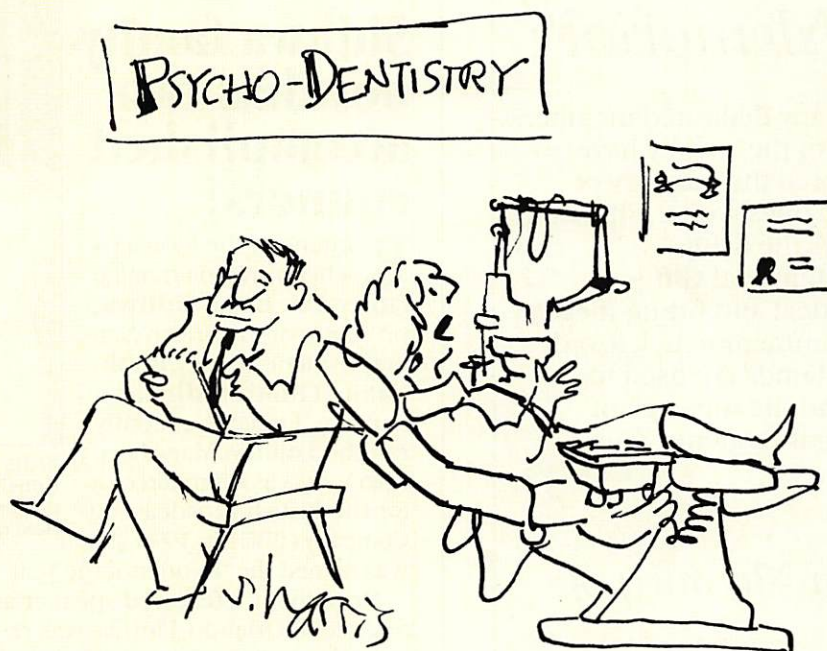
A reemergent technology—*air abrasion*—uses the kinetic energy of small, abrasive particles (aluminum oxide powder) driven at high speed by compressed air to prepare hard tooth structure in simple procedures. The ingestion of a powder/liquid slurry or inhalation of a powder/bacterial aerosol mist may be a minor health consideration. Special precautions, such as using copious amounts of water spray with a high-speed vacuum and placing a rubber dam where possible, will reduce the risk.

Presently, the cost of the equipment compared with its limited areas of utilization (small fillings and sealants) discourage many dentists from adding this technology to their practices. However, I believe that the reduction of vibrations, noise, and pain during treatment justifies its usage, especially on children and apprehensive adults.

Laser dentistry has even greater potential for usage within the dental profession. The laser uses light focused through an active solid or gas medium (core). The stimulated medium produces a wavelength of light energy that converts to heat (thermal) energy. Each core uses different chemical components to produce a specific wavelength best suited for

certain procedures. Carbon dioxide, argon, diode, and Nd:YAG (Neodymium-doped:Yttrium-Aluminum-Garnett) have been used for several years in gum and soft tissue treatment, bleaching, and composite hardening. Antisepsis (anti-bacterial action) and hemostasis (blood clotting) are both positive aspects of the heat produced by lasers.

The U.S. Food and Drug Administration recently approved two lasers [ER (Erbium):YAG and ER,Cr:YSGG (Erbium Chromium:Yttrium-Scandium-Gallium-Garnett)] for the removal of hard tooth structure and decay. The *American Dental Association News* (11/18/98) concluded that "these products are useful in the removal of initial decay and preparation of small to moderate cavities." Until now, the possibility that the intense heat might damage the tooth pulp has deterred its usage. These new lasers use water spray droplets to absorb the heat energy. This results in controlled micro-explosions of the water molecules. The hydrokinetic forces produced by these molecules are what remove the hard and soft tissue. There is minimal thermal energy delivered to the tooth and the pulp.



The micro-explosions produce an annoying yet tolerable popping sound. There are no vibrations, and less pain is felt during the procedure. Water spray, high-speed vacuum, the use of a rubber dam where possible, and protective eye glasses for the patient and dental personnel are recommended.

The success that the laser is experiencing within the dental profession is a guarantee that more research will be done to expand use and safety. Preparing teeth for larger fillings with deeper decay, removing old fillings, cutting through metal, bonding materials to teeth, and preparation of teeth for crowns are some of those areas. Presently, the reluctance of many dentists to try new, costly, and still controversial technology in their own practices needs to be overcome in order for lasers to fully replace the high-speed, air-driven, conventional handpiece.

It is important to note that both of these technologies have a place in the immediate future of dental treatment. More research, especially on the lasers, is necessary in order to completely replace the "drill" in all situations.

Dennis Wayne Bressack, D.D.S.

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.



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Member Notes

Life Member Spotlight

Sidhwa family now has two accomplished runners!

Running in the footsteps of her marathon-running father **Dr. Keki Sidhwa**, president of the British Natural Hygiene Society, **Rookshana (Ruki) Sidhwa**, of London, England, recently ran the London Marathon. Ruki works as a film director for the British Broadcasting Company (BBC). In 1998, she was named the "Runner of the Year" by the BBC Running Club.

Dr. Sidhwa, a featured speaker at this year's ANHS International Conference in Orlando, Florida, was recently invited to give Natural Hygiene seminars in Portugal and Slovenia. He also is the editor of the BNHS journal, *The Hygienist*, which celebrates its 40th year anniversary this year.



Courtesy of Dr. Keki Sidhwa

ANHS Life member Dr. Keki Sidhwa, president of the British Natural Hygiene Society, is pictured with his daughters (l-r), Zena, Rookshana (Ruki), and Yasmin. Ruki recently ran the London Marathon.

In Memoriam

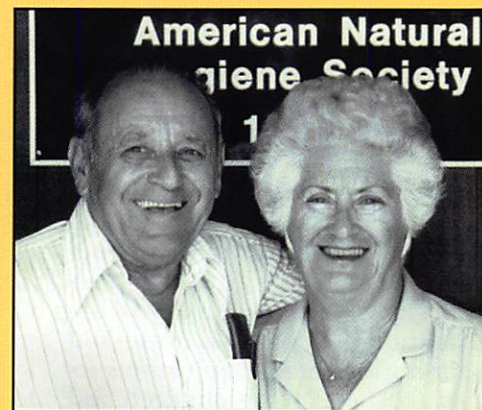
ANHS loses beloved pioneer and teacher.

Dr. John Brosious
(1912-1999)

Longtime ANHS Life member Dr. John Brosious died at his home in St. Petersburg, Fla. in April. Dr. Brosious was a revered elder statesman of the American Natural Hygiene Society and a founding member of the International Association of Hygienic Physicians. Both he and his wife Dorothy, who is the current ANHS Treasurer, served on the ANHS Board of Directors.

Dr. and Mrs. Brosious operated the Bay N' Gulf Hygienic Home in St. Petersburg, where many people fasted and recovered their health under his supervision.

In speaking at the memorial service for Dr. Brosious, ANHS Executive Director James Michael Lennon noted that "Dr. Brosious was a giant



J.M. Lennon

Longtime ANHS Life member Dr. John Brosious, pictured with his wife Dorothy, passed away in April.

among men, but a gentle giant. He yearned not for acclaim, but for the joy that comes from helping people and alleviating their suffering. He devoted himself to trying to make the world a better place, and through his life's work as a doctor and a teacher, he succeeded."

Welcome new Life member

We welcome new ANHS Life member **Nancy L. Goodman** of Newland, N.C. Through her generous contribution, Nancy joins a dedicated group of Life members who are helping to spread the important message of Natural Hygiene around the world!

You can become an ANHS Life member through a single gift of \$1,000 to the Society for Life membership, or by maintaining 10 consecutive years of membership in the ANHS Century Club (Century Club members contribute \$100 per year for their membership dues). ANHS Life members have no further dues obligation for life.

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

Members in the news

Longtime ANHS member **Barbara Marinelli** of Superiore, Switzerland reports that she has been co-writing a book, as well as producing television shows, about Natural Hygiene. She says that many people have responded very positively to the information that she is presenting, and she looks forward to helping to spread the message of Natural Hygiene around the world.



Barbara Marinelli of Switzerland is helping to teach people about health.

Courtesy of Barbara Marinelli

Recent Memorial Gifts

We wish to thank **Virginia Weitlauf** of Roseville, Mich. for her generous gift in memory of **Charles Dworin**.

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

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.

1998 Annual Report and Treasurer's Report

In fulfilling its mission of health education, each year the American Natural Hygiene Society conducts conferences and seminars; publishes and distributes books and tapes; publishes the award-winning *Health Science* magazine; and maintains an internet website. In 1998, the Society expanded its program to provide free subscriptions of *Health Science* to libraries around the world. Also in 1998, the Society successfully fought to prevent the U.S. Department of Agriculture from adopting rules that would have allowed food irradiation and genetic engineering to seriously jeopardize the country's organic food supply.

James Michael Lennon, Executive Director

Fiscal year 1998 was another strong one financially for the Society. Membership remained strong at more than 7,300 individual and family members and libraries. This is the twelfth year in a row of financial stability. As in previous years, we had the accounting firm Simmons, LaPlant & Associates of Tampa, Fla., audit the Society's financial statements—balance sheets, statements of revenue and expenses, changes in fund balance, and changes in financial position. The audit report to the ANHS Board of Directors was good.

Dorothy Brosious, Treasurer

American Natural Hygiene Society, Inc.

STATEMENTS OF FINANCIAL POSITION—December 31, 1998

ASSETS	
<i>Current Assets</i>	
Cash and cash equivalents	\$ 81,811
Cash—restricted	37,145
Investments	609,500
Accounts receivable—trade	639
Inventory	84,081
Contribution receivable	39,278
Prepaid expenses	32,310
Total Current Assets	884,764
<i>Property and Equipment</i>	
Furniture, fixtures and equipment	75,663
Computer equipment	72,173
Leasehold improvements	13,494
Vehicle	14,394
Videos	64,589
	240,313
Accumulated depreciation	196,552
	43,761
<i>Other Assets</i>	
Contribution receivable	0
Library	27,105
Land	19,700
Deposits	2,100
Total Other Assets	48,905
	\$ 977,430
LIABILITIES AND NET ASSETS	
<i>Current Liabilities</i>	
Deferred income	\$ 38,508
Accounts payable—trade	30,701
Accrued expenses	2,303
Total Current Liabilities	71,512
<i>Net Assets</i>	
Unrestricted	868,773
Temporarily restricted	37,145
	905,918
	\$ 977,430

STATEMENTS OF ACTIVITIES

December 31, 1998	
REVENUES & OTHER SUPPORT	
Membership dues	\$121,922
Book and tape sales	126,777
Conference	165,590
Seminars	3,075
Magazine subscriptions and sales	73,419
Donations and bequests	233,830
Miscellaneous	0
Realized gains on investment	12,840
Interest income	23,860
Total Revenue	761,313
Net assets released from restrictions	0
Total Revenues & Other Support	761,313
EXPENSES	
<i>Program Services</i>	
Membership services	153,574
Book and tape cost of sales	164,943
Conference	167,734
Seminars	11,500
Magazine subscriptions and sales	143,330
Government relations	51,082
Public education	35,962
	728,125
<i>Support Services</i>	
Donations and bequests	14,960
General and administrative	38,560
Unrealized loss on investment	7,772
	61,292
Total Expenses	789,417
Change in Net Assets	(28,104)
NET ASSETS AT BEGINNING OF YEAR	
	934,022
NET ASSETS AT END OF YEAR	
	\$ 905,918

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- ☐ **Hygienic Care vs. Therapeutic Care**
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- ☐ **The Natural Hygiene Approach to Optimal Diet and Nutrition**
Learn the principles of healthful eating and the scientific reasons for them. This overview of the Natural Hygiene diet will help you get on track and stay on track. Jennifer Marano, D.C. 9803



Dr. Jennifer Marano



Dr. Alan Goldhamer

- ☐ **Fasting Facts and Myths**
Understand the vital role that fasting can play in recovering from disease and maintaining optimal lifelong health. Alec Burton, M.Sc., D.O., D.C. 9804



Dr. Frank Sabatino



Susan Smith Jones

- ☐ **Prevent and Reverse Disease through Nutritional Methods**
Vital information on the causes of disease and how your diet can help you to avoid them! Joel Fuhrman, M.D. 9805

- ☐ **Meet Harvey Diamond**
A fantastic presentation on the incredible healing power of your body by the author of the best-selling *Fit For Life*. Harvey Diamond 9806

- ☐ **Transforming Your Family's Diet**
Great dietary tips from the author of *The New World of Eating* on how to feed your family healthfully and happily! Paula Duval 9807

- ☐ **New Frontiers in Nutrition**
Learn the shocking facts about the problems with the animal-based, standard American diet from this world-renowned nutritional biochemist. T. Colin Campbell, Ph.D. 9808



Dr. Nejla Burton



Dr. Alec Burton

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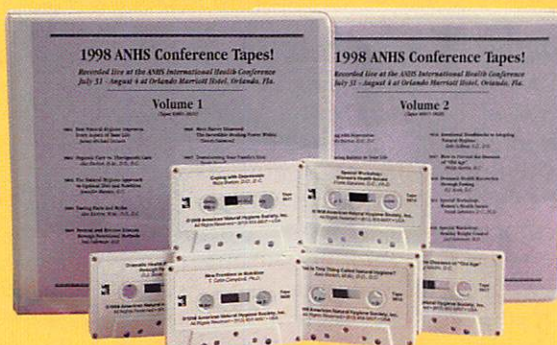
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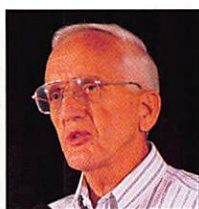
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Susan Smith Jones, Ph.D. 9812

☐ **What Is This Thing Called Natural Hygiene?**

Learn about this unique health system that has the potential to transform your health and your life!
Alec Burton, M.Sc., D.O., D.C. 9813

☐ **Sleep: The Most Important Factor in Health and Healing**

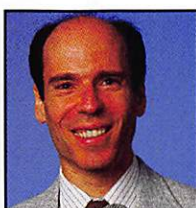
Learn why getting more sleep may be the most powerful step you can take toward restoring and improving your health.
Ronald G. Cridland, M.D. 9814

☐ **The Role of Natural Hygiene in an Era of Managed Care**

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Scott Anderson, M.D. 9815



Dr. Ronald Cridland



Dr. Joel Fuhrman

☐ **Emotional Roadblocks to Adopting Natural Hygiene**

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Questioning Unexamined Beliefs

Do we have a responsibility to ourselves to admit when we have limited knowledge?

By James Michael Lennon

I was a fourth grade teacher for a time in the early 1980s. It was a wonderful experience. You can learn a lot from children.

Our class had an enjoyable morning custom—discussing the day's news, which the children picked up from TV, radio, newspapers, or by listening to parents or older siblings. For me, it was a terrific window into the children's thought processes. Their minds were open and they freely assimilated new information and ideas.

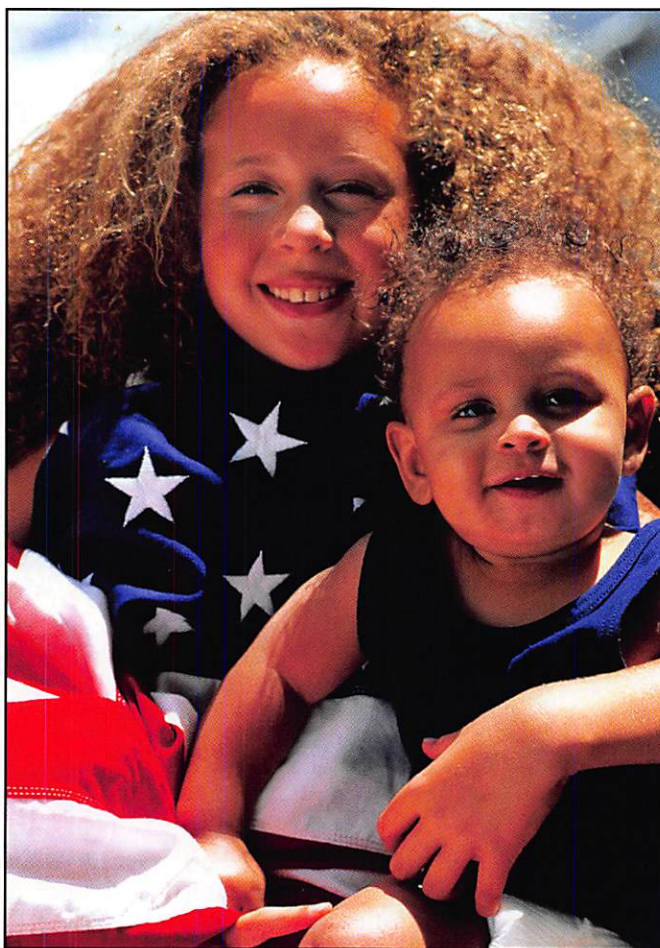
They had not yet been numbed by the countless *beliefs* that we older—and supposedly wiser—adults so often fall prey to.

A new discovery

One morning, I learned an important lesson. It was just before Columbus Day, which in school we celebrated to honor the discoverer of America. While the children were describing what they knew about Columbus and his three tiny ships, one little girl raised her hand. "Mr. Lennon," she asked, "how could Columbus *discover* America if there were already people here? If there were already people here, didn't *they* discover America?"

Thirty little faces looked up at me expectantly. They were colorful little faces—children of African, European, Hispanic, Asian, and Native American descent. I had never thought about "discovery" of America that way before. But the answer was obvious, and uncomfortable. The unspoken (though certainly unintentional for most Americans) tradition was that—the *people who were already here when Columbus arrived didn't count*.

I wasn't ready to say that to the children. But I didn't have to; some of them understood the answer the instant



New facts sometimes demand a dramatic change in thinking!

tain that we don't. What do the facts say? We need to focus on health *facts*, rather than our *beliefs*, if we hope to live healthier and happier lives.

One of the definitions of the word *belief* is: "to hold something to be true *without sufficient evidence*." When we claim to have strong health or other beliefs, but have no facts to back them up, we are, in one sense, admitting that we don't know what we are talking about.

Fully functioning human beings have the ability, if not the *responsibility*, to think deeply about things, to make enquiries and observations, to evaluate different viewpoints and information, and, when appropriate, to change. *Unquestioned* beliefs interfere with this process, and can cause big problems.

the question was asked. We talked for a few minutes about how everyone is important and that everyone counts. Then, we went on to something else.

But that little discussion stuck with me. I had been blind to the implications of Columbus being called the "discoverer" of America. In what other areas was I blind? What other unquestioned beliefs were clouding my thinking?

Certainly not alone

Unexamined beliefs can really hold us back. We see examples of this daily in the news—people persecuting (sometimes killing) each other over religious, political, and other differences. Do they have any facts to back up their arguments? No? Well, they still feel justified because they have strong *beliefs*.

Beyond belief

I often meet people who have very strong health beliefs—some are certain that we "need" to eat meat and take drugs to be healthy; others are just as cer-

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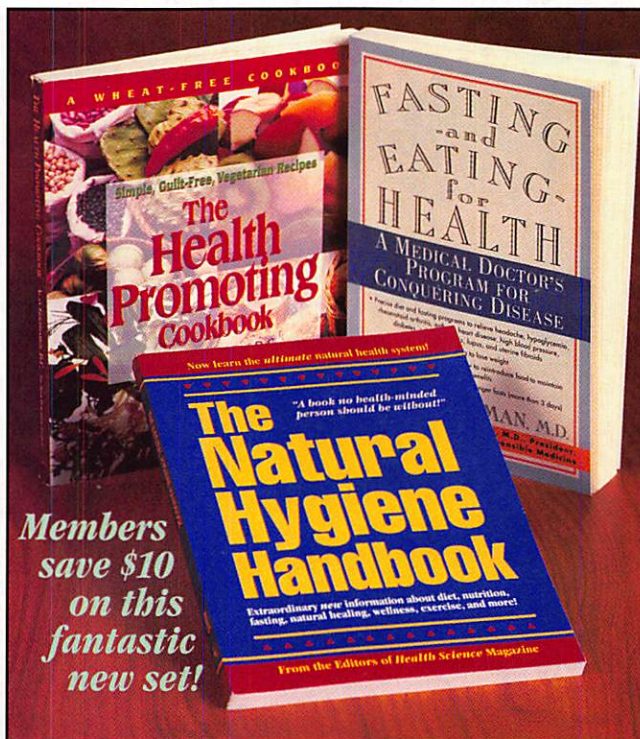
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