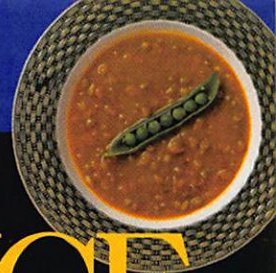




New hope for diabetics • Healthful holiday menus



HEALTH SCIENCE

LIVING IN HARMONY WITH NATURE

NOVEMBER/DECEMBER 1999



**When did
potato chips
become
vegetables?**

p.4

**The cruel
fantasy of
American
'health care'**

p.30

**Do you have
what it takes
to get
healthy?**

p.8

Are you 'destined' to be fat? • Mercury filling woes

**Review of important
new book!**
see p.15

 American Natural Hygiene Society, Inc.
National Health Association

P.O. Box 30630, Tampa, FL 33630 • (813) 855-6607

1999-2000 Board of Directors

Executive Committee

President

Mark A. Huberman
Ohio

Vice President/Treasurer

Mark Epstein
Illinois

Jean Oswald
Wisconsin

Daniel Regan
New York

Elaine Schuler
Massachusetts

Other Directors

Secretary

Dawn Kimble
California

David Aukamp, D.C.
Georgia

Charles Blanchard
New Mexico

Pamela Gerry
Maine

Alan Goldhamer, D.C.
California

Harold Hoffman
Quebec

Jeff Novick
Florida

Lauren Rosenstadt
Maryland

Executive Director

James Michael Lennon

How we fulfill our 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. After six years of planning, ANHS is expanding its outreach efforts with the creation of a new partner—the **National Health Association**.

In fulfilling its mission, ANHS has created many publications, programs, and services. The Society conducts international health **conferences and seminars**; publishes and distributes **books and tapes**; and publishes the award-winning **Health Science magazine**. In 1999, the Society provided educational materials, educational events, and services to thousands of people in the United States, Canada, and around the world.

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 **Regional Seminars**, have attracted thousands of people through the years. The 1999 Conference was held July 23-27 in Orlando, Fla. **Health Science**, the Society's official membership journal, is published six times per year. **Health Science** has won numerous awards in recent years, and is the only publication in the world today that focuses on "Health through Healthful Living," with readers in more than 62 countries.

During the past five years, the Society has published and distributed more than 125,000 **books and tapes** on the subject of health and healthful living. In 1997, the Society began a program to place free subscriptions of **Health Science** into public libraries throughout the U.S. In 1999, ANHS published *The Natural Hygiene Diet*.

National Health Association

One of the first new projects of the National Health Association will be to send its lifesaving message to 100,000 new people across the country.

The Health Principles We Teach

Our health philosophy and our principles and practices are based on science. They lead to health, happiness, peace, and prosperity for everyone, everywhere. We recognize the unity of all life and hold 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.

We recommend 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.

HEALTH SCIENCE® J. M. Lennon, *Editor* • Susan Taylor, *Associate Editor* • Terry Kennedy, *Contributing Editor*
Contributors: Alec Burton, M.Sc., D.O., D.C.; Dennis Wayne Bressack, D.D.S.; Ronald Cridland, M.D.; Joel Fuhrman, M.D.; Alan Goldhamer, D.C.; Douglas Lisle, Ph.D.; Jeff Novick, R.D., L.D.; Daniel Regan; Frank Sabatino, D.C., Ph.D.

Health Science (ISSN 0883-8216) is published bimonthly. ©1999 American Natural Hygiene Society, Inc. All Rights Reserved. National Headquarters: 11816 Race Track Rd., Tampa, FL 33626. Annual dues are \$25US (U.S.A. and Canada); \$45US (all other countries). ANHS members subscribe to *Health Science* through a twelve-dollar portion of their membership dues (plus 6% Florida sales tax and applicable local tax for in-state subscriptions). Non-member subscription rates are \$25US per year (plus 6% Florida

sales tax and applicable local tax for in-state subscriptions), \$45US outside U.S. and Canada. Back issues available at \$2.50 each postpaid.

Periodicals postage paid at Tampa, FL and additional mailing offices. POSTMASTER: send address change to *Health Science*, P.O. Box 30630, Tampa, FL 33630.

The opinions expressed in *Health Science* are those of the authors and do not necessarily represent those of the American Natural Hygiene Society, Inc. The

description of products and/or services in *Health Science* does not constitute endorsement or recommendation by the American Natural Hygiene Society, Inc.

Health Science is a registered trademark of the American Natural Hygiene Society, Inc. Registered U.S. Patent and Trademark Office.

 *Health Science* is printed on recycled paper.



Serving up
the holidays,
p.12.

HEALTH SCIENCE®

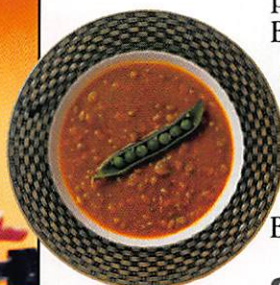
VOL.22 No.6
NOVEMBER/DECEMBER 1999



Believing in yourself leads to success, p.8.



Destined to be fat? p.5.



Holiday menus,
pp.13-14.



Mother takes it one step at a time, p.18.



False hopes about "health care"? p.30.

Features

Are Today's Kids Eating Their Vegetables?

Well, if you count french fries and potato chips...

Increased educational efforts are needed to reduce the percentage of these high-fat, high-calorie foods in our children's diets!

By Jeff Novick, R.D., L.D. 5

You Have What It Takes to Get Healthy!

Situations—not "personality"—are the key to success!

Learn how to create the situations that will lead to making it possible—and *probable*—for you to make wise lifestyle choices!

By Douglas Lisle, Ph.D. 8

Do Holiday Meals Leave You Feeling Empty?

How to "fit in" without going along with the crowd!

Great tips to help you keep your health resolutions without avoiding holiday gatherings—plus two great menus to make at home!

By Susan Taylor 12

Special Topics

Are You Drinking Enough Water?

Dehydration can lead to serious health problems! 5

Book Review: *The Natural Hygiene Diet*

New book offers guide for dietary transformation! 15

Candidates Never Promise Health!

Voting for a new approach to health care! 30

Departments

News & Views.....4 Your Questions 20

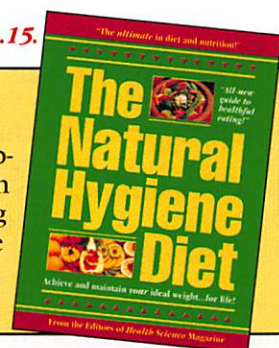
Good Eating.....12 Member Notes.....28

People 16 The Last Word 30

See book review, p.15.

Renew your membership!

You may not be able to control what happens in the new millennium, but you can ensure that you won't miss a single upcoming issue of *Health Science*! If the date above the name on your magazine label reads 12/31/99, call (813) 855-6607 to renew now!



Are today's kids eating their vegetables?

It depends on if you count potato chips and french fries as vegetables!

Recently, two Louisiana State University researchers decided to take a closer look at these questions by studying the vegetable intake of children and adults. The results may shock you, but the two most common "vegetables" kids eat are...french fries and potato chips!

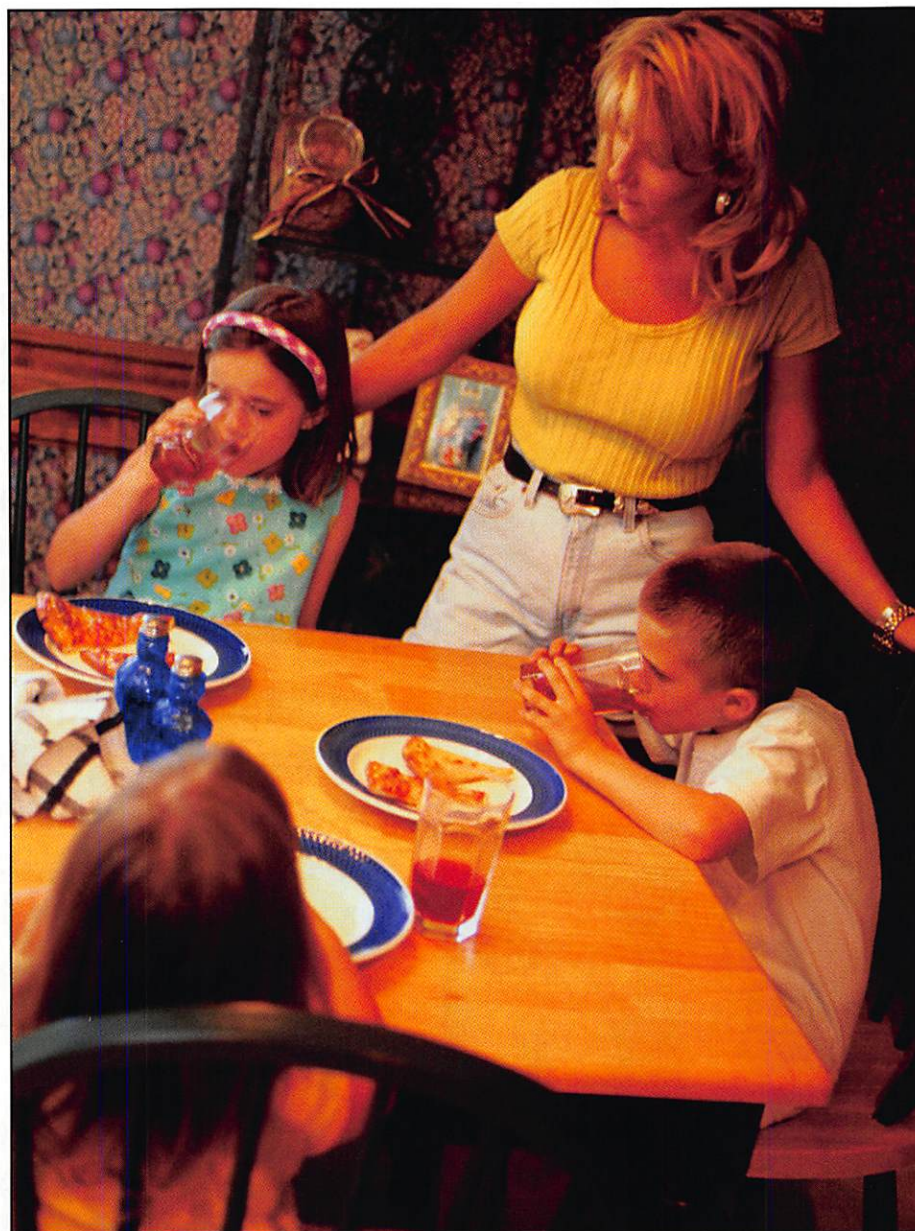
Catherine Champagne and H. Raymond Allen analyzed data on individual food intake collected between 1994 and 1996 by the U.S. Department of Agriculture. In this database, french fries and potato chips were classified as vegetables, so the researchers looked at the amount of these foods consumed by different age groups compared with their total vegetable intake.

According to their study, almost one-third (31.2%) of the total vegetable intake among children ages thirteen to eighteen years old consisted of french fries and potato chips—two high-fat, low-nutrition foods. Among African-American children in this age group, the percentage rose to 40%.

In the seven- to twelve-year-old age group, 28.9% of the vegetable servings came from french fries and potato chips; in the six and under age group, 27.3% of the vegetable servings were derived from these "foods." Among adults ages nineteen to thirty, fries and chips made up 22% to 25% of total vegetable consumption.

In a statement released by the University, Dr. Champagne noted, "French fries and potato chips are no match for a serving of carrots, broccoli, or even a plain baked potato." She also stated, "Instead of receiving a healthy dose of vitamins, minerals, and fiber in a package that delivers little fat and relatively few calories, children are getting a high-fat, high-calorie food with little nutritional value."

Describing the findings as "discouraging," Champagne stated that they "point to the need for education efforts aimed at increasing consumption of vegetables that are relatively



Too many children are eating a high-fat, high-calorie, low-nutrient diet!

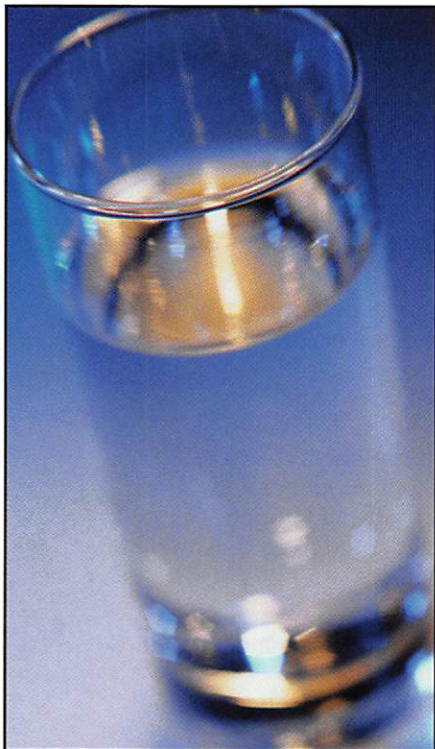
low in calories and high in nutrients."

The best time to start kids eating vegetables is as soon as they can start eating solid food. This way, they will learn healthful eating habits right from the start. However, regardless of how old your children are, and how health-

ful their current diet is, start encouraging them to increase their vegetable intake *now*.

One of the best ways to teach them is by setting a good example for them!

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



Are six to eight glasses per day enough?

Getting enough water is vital!

Dehydration a serious problem

Are we getting enough water? It doesn't look like it. Recent data from the Nationwide Food Consumption Survey indicate that many people may be experiencing chronic, mild dehydration. Other scientific studies have shown similar results.

In one study looking at 170 subjects at Johns Hopkins Hospital, 5% were moderately dehydrated, and 27% were mildly dehydrated. A study of 100 active retirees found that 8% were moderately dehydrated, and 33% were mildly dehydrated.

The health effects of not getting enough water intake are not insignificant. Water is an essential nutrient and is the primary fluid in the body. It is a solvent for minerals, vitamins, amino acids, glucose, and other nutrients. It plays a key role in digestion, absorption, transportation, and the use of nutrients. Water is the medium for the safe elimination of toxins and waste products, and the whole temperature regulation of the body is dependant on it. It also is involved in energy production and joint lubrication.

When you don't take in enough water, you can become dehydrated,

Are you destined to be fat?

Your genes versus your jeans

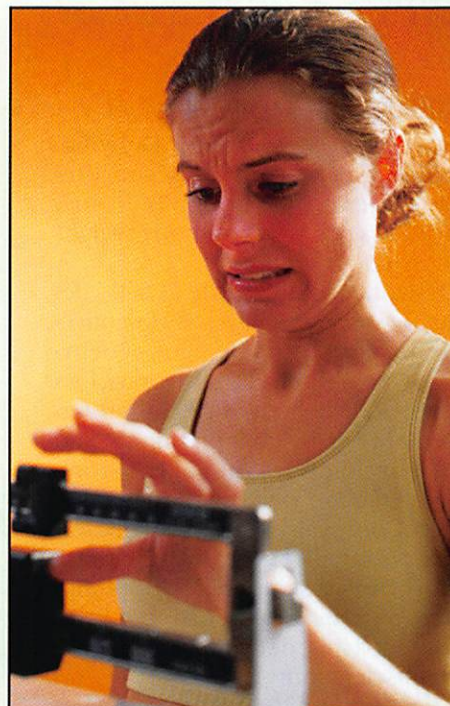
Are genetics the determining factor in obesity? The media regularly comment on the possibility that we Americans (and much of the rest of the world now) are predisposed to becoming heavier and heavier. They say that the reason we no longer can fit into our jeans is, well, our genes. Is our "heredity" really our "destiny"? A recent study reported in the *Annals of Internal Medicine* looked at this issue.

The investigators sought to study the impact of individual lifestyle factors (exercise, diet, smoking, etc.) on levels of body fat, independent of factors such as genetics and environment. To do so, they compared the lifestyles, weight, and body fat of 485 pairs of identical or fraternal, healthy, middle-aged, female twins.

The team discovered that women who exercised most frequently were most likely to have low body fat measurements, compared with more sedentary women. In fact, regular physical activity was "the strongest independent predictor of total body fat and central abdominal fat," according to the authors, and "regular exercise is the best method of maintaining healthy weight—even in individuals predisposed to higher levels of body fat."

Even among women with overweight or obese twin sisters, the researchers noted that "higher levels of physical activity were still associated with a 3.96 kilogram (nearly nine pound) lower total body fat." According to the researchers, this finding suggests that exercise fights weight gain even in persons with a genetic predisposition to higher levels of body fat.

So, heredity is not destiny. Whether



Do genes really play the major role in determining whether or not you can fit into your jeans?

someone is predisposed to obesity or not, regular physical exercise plays an important role in achieving and maintaining a healthy weight.

We humans have spent many a fortune looking for the "fountain of youth" or some "magic bullet" that miraculously will produce and maintain health. Yet, all this time, we may have overlooked the "secret" that has been there all along—exercise and physical activity.

Regular exercise is known to reduce the risk of heart disease and certain types of cancer. It also may decrease the risk for disability by lowering body weight and reducing the risk of painful arthritis and osteoporosis.

But, the benefits of exercise are not just physical. Exercise also has been shown to produce many psychological benefits, including reducing depression, anxiety, and other symptoms.

In addition to the benefits of regular physical exercise, research suggests that the types of foods we eat play an important role in determining whether or not we become overweight. The good news is that it appears we are *not* prisoners of our genes.

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

Water needs *continued from p.5*

and your health will suffer. Dehydration also can be caused by short intense exercise. Dehydration is defined as a 1% or greater loss of body weight as a result of fluid losses.

Dehydration of as little as a 1% decrease in body weight results in noticeable impairments. Early signs of dehydration include: headache, fatigue, loss of appetite, flushed skin, heat intolerance, light-headedness, dry mouth and eyes, burning sensation in the stomach, and dark urine with a strong odor. Signs of more advanced dehydration include: difficulty swallowing, clumsiness, shriveled skin, sunken eyes, dim vision, painful urination, numb skin, muscle spasms, delirium, and (possibly) muscle cramps.

Chronic mild dehydration (CMD) is the result of inadequate rehydration of daily water losses over time. CMD can have a negative influence on your health, including: diminished physical and mental performance, reduced salivary gland function, and increased risk of urinary tract cancer, colon cancer, breast cancer, childhood obesity, and mitral valve prolapse (a heart problem) in susceptible people.

Several factors add to our usual daily water needs. These include: exercise, high temperature, low humidity, high altitude, high-fiber diet, and caffeine and alcohol intake (which are diuretics). Likewise, athletes and individuals who engage in vigorous exercise may have special needs. (See box at right.)

Solid foods can, and do, contribute water/fluid to our daily needs. Fruits and vegetables, which are very high in water content, can contribute a substantial amount of fluid. While the amount varies based on one's diet, an average American diet of 2900 calories contributes about four cups, and a 1500-calorie diet yields about two cups. A small amount of water is made by the body during the process of oxidation, which can contribute eight ounces (about 250 milliliters).

While individual water needs can vary highly, the National Research Council recommends a fluid intake (not counting the water from solid food or the water from oxidation) of

Athletes' special water needs

In addition to the basic fluid requirements described in the accompanying article, there are special fluid guidelines for those involved in exercise.

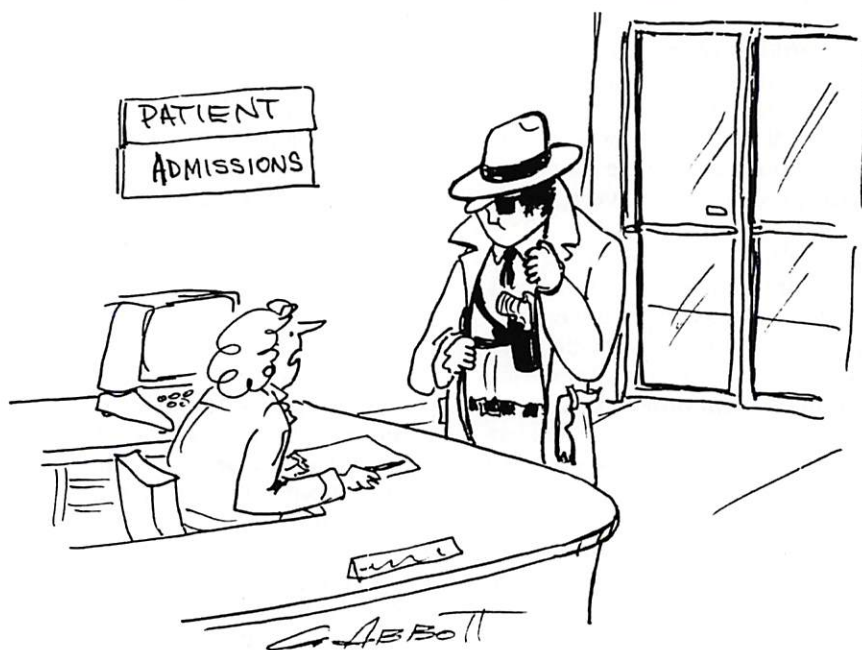
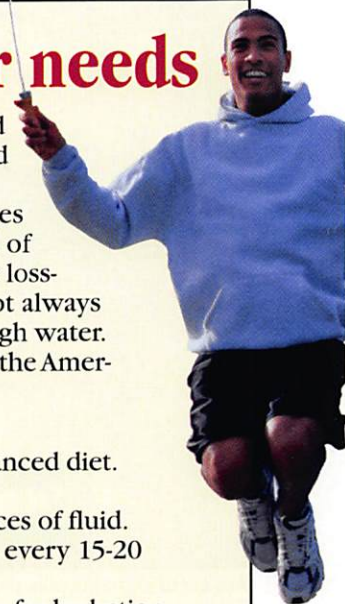
Studies have consistently shown that when athletes consume water after exercise, based on their level of thirst, they do not get enough water to replenish the losses that occur during exercise. So, thirst alone may not always be the best indicator of whether you are getting enough water.

The following recommendations are adapted from the American College of Sports Medicine's guidelines.

Fluid requirements for exercise

- *24 hours prior to exercise*—Eat a nutritionally balanced diet. Drink adequate fluid.
- *Two hours prior to exercise*—Drink about 17 ounces of fluid.
- *During exercise*—Drink 4-8 ounces of cool fluids every 15-20 minutes.
- *For exercise less than one hour*—Water is adequate for hydration and rehydration.
- *For exercise over one hour (continuous)*—Fluids with 4-8% carbohydrates and/or electrolytes *may* improve hydration and performance.
- *After exercise*—Drink 16-20 ounces of fluid for every pound of body weight lost during exercise.

Editor's Note: Exercise sessions over one hour are not recommended unless you are adequately trained. They increase stress on the body and increase the risk of injuries. If you do engage in extended endurance exercise, you do not have to drink expensive sports drinks. Fresh fruit juice that is diluted 25-50% with water will meet these needs adequately.



"Well, other than that, what type of insurance do you carry?"

one milliliter per one calorie expended for all adults living under average conditions and average energy expenditures. This amounts to about twelve cups per day for the average male and nine cups per day for the average female. As you can see, this is above the usual advice of six to eight cups of water per day.

Drinking more water can bring an unexpected benefit. People often report that drinking fluids helps them feel fuller and, as a result, they eat less. Several studies have indicated this to be true for both adults and children. Replacing fluids that have lots of calories (such as juices, soft drinks, or milk) with water (which is calorie-free) can help with weight control and can improve general health.

Make a point of taking in enough fluids every day. First, eat a high water content diet. This is one that includes lots of fresh fruits and vegetables. Second, drink plenty of water every day. Start with around 8 1/2 cups of water each day, and consume additional water before, during and after exercise. You will feel better, have more energy, and increase your health.

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

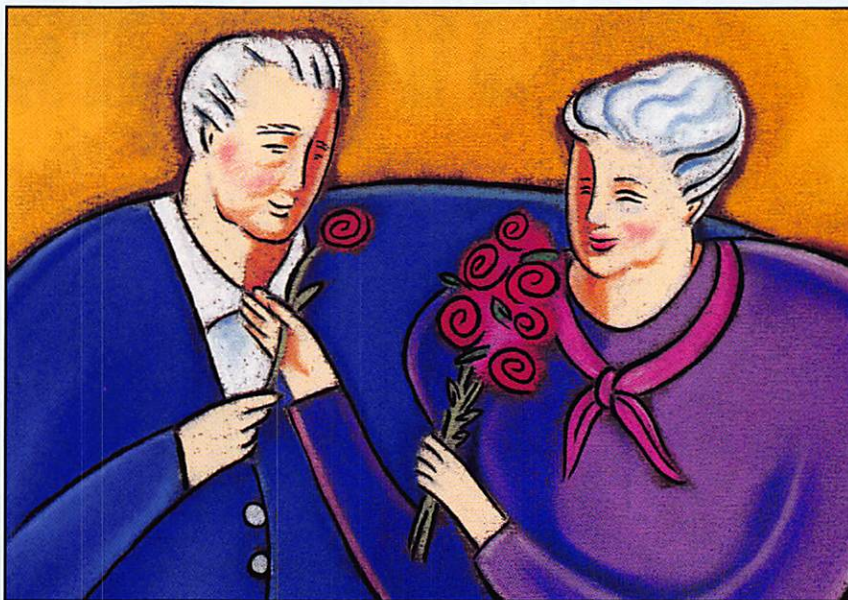
Genetic engineering update

When consumers speak out—loudly, clearly, and frequently—corporations sometimes listen. Fortunately, consumer protests against the use of genetically-engineered ingredients in food products are having an impact on some large food-producing corporations.

Gerber Foods, the world's largest baby food manufacturer, has announced that it will not permit genetically-engineered ingredients in any of its products. In addition, Gerber will demand verifiable certification from its suppliers that none of their products are genetically-engineered. The giant food corporation, Heinz Company, has followed Gerber's lead in prohibiting genetically-engineered ingredients in any of its products.

Hopefully, more companies will follow suit!

Max Huberman



Research has shown that an exercise program and a low-fat, vegan diet can make a big impact.

Vegan diet offers hope for diabetics!

New study finds that type 2 diabetics can reduce or eliminate medications.

Nearly 95% of all diabetics have type 2 diabetes, which occurs when the body gradually becomes less sensitive to insulin, leading to potentially dangerous fluctuations in blood sugar levels. Medications and healthful changes in lifestyle—such as low-fat diets and exercise—can help patients maintain safe glycemic (blood sugar) control. Research has shown that a diet and exercise program can even allow type 2 diabetics to achieve normal blood sugar levels and to reduce or eliminate their medications.

Now, the results of a study published in the August 1999 issue of *Preventive Medicine* (1999;29:87-91) shows that a vegan (total vegetarian) diet can help type 2 diabetics. The researchers, led by Dr. Andrew S. Nicholson, of the Physicians Committee for Responsible Medicine in Washington, D.C., reported that blood sugar levels declined on the vegan diet, “despite decreased medication use.”

In the study, the researchers tracked the blood sugar levels of seven patients with type 2 diabetes

who followed a strict, plant-based, low-fat, “vegan” diet for twelve weeks. The investigators compared the results with those of four diabetic patients assigned to a more conventional, low-fat regimen.

Fasting blood glucose levels dropped an average of 28% in patients on the low-fat, vegan diet, and 12% in those randomized to the conventional, low-fat diet. Average weight loss was 7.2 kg (almost sixteen pounds) in the vegan group and 3.8 kg (slightly over eight pounds) in the conventional group, according to the report.

Furthermore, one of six patients in the vegan group completely discontinued use of hypoglycemia medication during the study period, while three patients were able to reduce their dosages of these agents. By comparison, “no patients in the control group reduced medication use,” the investigators pointed out.

Although the study group was small, these results are promising. Further research is required to confirm these results.

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

You Have What It Takes

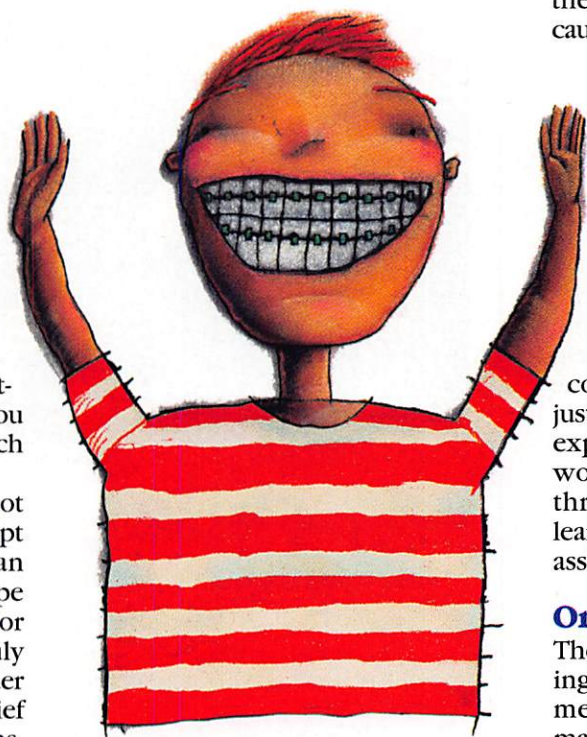
By Douglas Lisle, Ph.D.

An important factor in determining whether we are successful or not when undertaking a difficult endeavor is our own *confidence that we "have what it takes."* Psychologists call this "self-efficacy," a term coined by eminent Stanford University research psychologist Albert Bandura. Bandura and other investigators have repeatedly shown that if you *believe* that you can accomplish something, it is much more likely that you *will*.

What is being suggested here is not some sort of magic. It is not an attempt to sell you the idea that "if you can believe it, you can achieve it." That type of thinking is obviously incorrect. For example, a schoolboy might truly believe that he can run a mile in under four minutes, but an unfounded belief cannot alter true physical limitations. What is being suggested by self-efficacy theory is that if you *really have* the innate capability to do something, but you *don't believe* that you can do it, then *you may unnecessarily fail!*

Math lesson adds up

One experiment that Bandura and his colleague Dale Schunk conducted helps to demonstrate the importance of self-confidence. Students who were having difficulty in arithmetic were selected for special help. These students were each given a self-instruction booklet, which contained 42 pages of instruction and related exercises. Students were then randomly assigned to one of two experimental groups. In the first group, students were told that a reasonable goal was to try to complete the 42-page booklet by the end of seven study sessions (one study session per school day). We might describe this first group as being the "One Big Goal Group" because they were oriented towards thinking that the goal



*If you believe
that you
can accomplish
something,
it is much more
likely that
you will.*

was to finish the entire booklet, rather than to work toward smaller subgoals.

In the second group, students were told that a reasonable goal would be to complete six pages of the booklet per study session for each of the seven days. We might describe this group as the "One Step at a Time Group." Other than these instructions, there were no differences in help given, answering of questions, or any other difference in

the treatment of the two groups. Because students were randomly assigned to one of the two groups, there were no initial differences in overall ability between the two groups.

Bandura and Schunk suspected that they were helping the students in the "One Step" group by mentally breaking up the overall goal into smaller goals. They therefore expected that these students would gain confidence by taking the overall task just one section at a time. The authors expected that these students would work harder, persevere more often through difficulties, and ultimately learn and achieve more than students assigned to the "One Big Goal" group.

One step at a time

The results were clear—and astounding. On an achievement test used to measure students' mastery of the material, those in the "One Step at a Time Group" substantially outperformed the "One Big Goal Group." The average student in the "One Step at a Time" group was able to obtain an 80% score on a mastery test, whereas the average student in the "One Big Goal" group was only able to answer 40% of the problems correctly. Just as important, students in the "One Step at a Time" group wound up with *much greater ratings of self-confidence*, and were *much more likely to persevere when a difficult problem was presented!* The reason for the differences between the two groups was that students in the "One Step" group were much more likely to methodically work their way through the instruction booklet, and thus developed greater mastery.

These results give us clear evidence of an important insight into human motivation. If a problem seems "too big," we often won't stick with it, and lose our confidence. Alternatively, if we can find creative ways to chop big

to Get Healthy!

problems into a series of smaller ones, our confidence, motivation, and efforts—and thus our *results*—can improve dramatically.

Obstacles to healthful living

Living a healthful lifestyle in the modern environment can present a formidable challenge. There are several major types of obstacles in our way, each of them alone being enough to knock us off course. One of the most important of these types of obstacles is what we refer to collectively as *channel factors*. These are factors in our real-life situations that can make it more difficult for us to *actually do* the sorts of health-promoting behaviors that we *intend to do*.

Channel factors can be surprisingly important in either promoting or derailing behavioral intentions. For example, when soliciting business by mail, one of the most important factors is whether the business owner includes a postage-paid envelope! No matter if what is being sold costs over \$100, and the additional cost of the stamp to the potential customer is negligible, the would-be customers are *much* less likely to buy if they have to go to the slight additional effort of finding a stamp.

With health behavior, these “channel factors” are almost always *in opposition* to our good intentions. The most convenient—and most socially acceptable—foods are usually the least healthful. Eating wisely usually requires more planning, more time and energy, and some additional skill development. In addition, because healthful foods can take longer to prepare, we often face a longer period of time between the impulse to eat and when we actually start eating.

With all of these forces pushing against us, it is little wonder that our best intentions often fall short. The greatest danger, however, lies not in our short-term failures. The most critical damage that these “channel fac-

tor” problems can cause is the damage to our *self-confidence*! When our good intentions are consistently derailed, we can start to believe that we simply “don’t have what it takes” to live healthfully. To adopt this belief would be a serious mistake.

Personality and behavior

One of the most important discoveries in social science in the past few decades has been the finding that people believe too strongly that *personality* differences are responsible for the *behavioral* differences they see between individuals.

By contrast, people typically underestimate the importance of *situational forces* that give rise to individual behavior. This can be a dangerous error when it comes to health behavior. People often think that if they have failed to live healthfully, the reason is that they *lack some essential personality characteristic*!

They may feel they are a “bad” or a “weak” person. They often fail to appreciate that subtle situational forces have conspired to disrupt their efforts. This belief—that personality characteristics are the key feature in



You have what it takes *continued*

determining behavior—can act like an optical illusion. It can cause us to make mistakes about how reality really works, and lead us to underestimate the importance of paying attention to situational influences. An example may help to illustrate this “personality” versus “situation” illusion.

Personality vs. situations

If you were trying to get college students to contribute to a canned food drive, which would be the most important task: finding people with helpful *personalities*, or creating *situational forces* that would make contributions more likely? Professor Lee Ross and his colleagues at Stanford attempted to find out, and the results of their investigation are instructive.

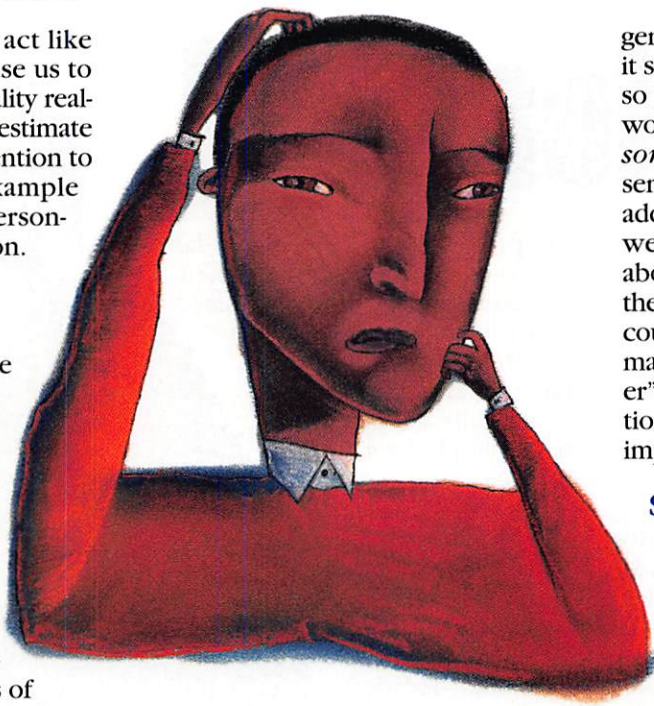
Their study was designed to examine both personality and situational factors in determining behavior, and also to examine which of these two types of factors is *most important*. The researchers divided students into four groups and studied their responses to a common request—to contribute to a canned food drive.

How the study worked

Students were asked to nominate their classmates for either one of two groups. One group was for those considered “most likely” to contribute to a canned food drive. The other was for those considered “least likely” to contribute. Once the nominations were completed, the investigators divided each of these groups in half. One half of the “most likely” students was assigned to an “assisted” group (group 1), the other half to an “unassisted” group (group 2). The same procedure was carried out with the “least likely” students (groups 3 and 4). (See Chart 1.)

Chart 1

Food Drive Experiment		
Students were put in four groups, as follows:		
	Most likely	Least likely
Assisted	(group 1)	(group 3)
Unassisted	(group 2)	(group 4)



Your most important task may be to realize that the power to live healthfully is already in your own hands!

The students in the two “assisted” groups were provided with specific *situational forces* designed to make it easier for them to contribute. Each student received a letter that addressed him or her by name; they were given specific instructions as to what foods were being requested; and they were given the address *and a map* to where the contributions could be dropped off. In addition, these students were given a “reminder” phone call during the week of the event. All of these factors were designed to facilitate behavior, rather than to impede it.

By contrast, the students in the two “unassisted” groups were provided with

general information designed to make it slightly more difficult to contribute, so that the likelihood of contributing would be based primarily on their *personalities*. These students also were sent a letter, but this letter was merely addressed to “Dear Student,” and there were no specific recommendations about which foods to bring. Likewise, the address to where the contributions could be dropped off was listed, but no map was provided. Finally, no “reminder” phone call was placed. These situational factors were designed to subtly impede contributing behavior.

Student predictions

How do you think each of the various groups contributed? The results may surprise you. They certainly surprised students who were asked the same question.

Students—none of whom were in any of the four groups—were apprised of the study’s design. Afterwards, they were asked to make their best guess as to what percentage of subjects in each group would contribute to the food drive. A lot can be learned from their predictions. (See Chart 2.)

Chart 2

Student Predictions		
Student estimates of each group’s contribution:		
	Most likely	Least likely
Assisted	82%	17%
Unassisted	80%	16%

Students predicted that 82% of the students in the “most likely/assisted” group would contribute. They predicted that 80% of the students in the “most likely/unassisted” group would contribute. By contrast, they predicted that only 17% of the students in the “least likely/assisted” group would contribute, and that 16% of the “least likely/unassisted” group would contribute.

Clearly, these predictions indicate that students believed that *personality factors*, and not situational “channel” factors, were by far the most important issues in predicting behavior! The students showed almost no consideration for the situational forces that might be at play. Instead, they believed that the “most likely” students

could reasonably be expected to contribute, regardless of situation, about 80% of the time. Likewise, they predicted that the "least likely" students would contribute about 16-17% of the time, regardless of situational forces.

The students guessed *wrong*.

Surprising results

The results were much different than most people would reasonably predict. (See Chart 3.) Students considered "most likely" to help who were in the "assisted" group contributed only 42% of the time. Furthermore, students considered "most likely" to help who were in the "unassisted" group contributed a mere 8% of the time. Just as surprising were the results for "least likely" students. Those in the "assisted" group contributed a remarkable 25% of the time, while those in the "unassisted" group contributed 0% (that's right, *zero percent*) of the time.

Chart 3

Actual Results		
Actual percentage of each group's contribution:		
	Most likely	Least likely
Assisted	42%	25%
Unassisted	8%	0%

These results provide a terrific example of not only the importance of situational forces in behavior, but also serve to highlight our natural tendency to overestimate personality factors in behavior. Note that the results show that the so-called "least likely" to help students in the "assisted" group were *more than three times* more likely to contribute than the "most likely" to help students in the "unassisted" group. The message is clear—situational forces are very powerful, *and underestimated*, sources of influence in our behavior.

You do have what it takes!

In my work as the psychologist for the Center for Conservative Therapy, one of my main tasks is to help patients understand our most fundamental psychological message—*You have what it takes to live healthfully!* Not uncommonly, patients come to the Center after a period of getting off



"Let's start by determining the type of person you are. Are you upfront, or do you give off subtle signals?"

track, to get a period of rest, healing, and psychological rejuvenation. Often, when patients are nearing the end of their stay, they become concerned that they may somehow be missing some special characteristic—some kind of personality magic—that separates those who seem to keep on track from those who stumble.

An important task we have at the Center is to convince each patient that the power to live healthfully is already in his or her own hands. The "Big Goal" is to live healthfully—and that may seem overwhelming, and perhaps beyond one's capacities. But we take pains to explain and convince our patients that the "Big Goal" is just a target—and that it is really made up of a series of little goals. For example, getting used to fixing oatmeal and fruit for breakfast; planning a weekly menu; preparing a permanent shopping list to help make shopping and meal planning less mentally taxing; and carrying healthful snacks in your car so that you have something to help you resist the "pull" of unhealthy convenience snacks. Likewise, you can plan to do a "big cooking" once or twice a month, when you make

soups and other entrees in bulk, and freeze some of the extra food for later convenience.

Reason for confidence

If you have struggled and stumbled from time to time on your way to healthful living, take heart! There is no "personality part" that you are missing that you must somehow cultivate. You don't need a year of group therapy, or some special psychiatric "self-discipline" pill. You already have what it takes to make your healthful lifestyle happen.

When you stumble, pay attention to what small factors conspired to defeat you—and steel yourself to find a solution. Piece by piece, and battle by battle, you can put together a winning formula. Don't think that a bad day or a bad week means that you don't have what it takes to succeed.

You *do* have what it takes. And you will discover this if you will just have a bit of patience with yourself, and keep at it—*one step at a time*.

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

Do holiday meals leave

By Susan Taylor

If you plan to join family for the holidays, chances are the gathering will revolve around a dinner table where turkeys will gather to gobble up some very unhealthy "food." (Okay, maybe it's not nice to refer to family as "turkeys," but what they eat really is "for the birds.")

The menu doesn't get much better at holiday parties at work or with friends. There, the center of attraction is likely to be a "spiked" punch bowl and an array of sugar-festooned dessert platters. What is an intelligent, self-respecting person to do?

First, recognize that you can have plenty of fun without buying into the "eating for entertainment" mentality. Second, by taking a few simple steps, you can "fit in," without having to go along with the crowd.

Here are a few strategies to help you maximize your enjoyment of the holiday season—without having to compromise your commitment to good health and self-respect.

Make it a team effort.

One useful strategy at holiday gatherings is to line up allies to help you succeed. Arrange with someone to divert the conversation when your uncle asks if you're still eating that "weird diet." Your brother-in-law can interject on your behalf, "Hey, Uncle Joe, who do you think is going to win the big game today?"

Does your mother always nag you about being "too skinny"? Arrange for a sister to bring out pictures of her kids when your mother starts her defensive nagging.

Don't ask for trouble.

Don't talk too much about your eating habits. You only invite a lot of idiotic comments and questions. If someone asks you where you get



A few simple tips will help make holiday meals a pleasure again!

your protein, just smile and change the subject. Don't try to convert other people at the dinner table. Trust me, it *never* works.

Bring your own food.

If you have an ounce of sense in your head, you will not rely on the "there will have to be *something* I can eat" fantasy. Bring something you can eat. The best approach is to bring something that will blend in with the other

food. For example, baked butternut squash or sweet potatoes and salad will "blend in" with the traditional Thanksgiving menu more easily than strawberries, oranges, and almonds.

If your sister-in-law is bringing a tossed salad, ask her to keep a portion of it aside without dressing. Bring your own dressing and put it on your salad *before* you sit down.

When dessert time rolls around, I like to go for a walk. If that will not

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.

you feeling a bit empty?

be practical for you, bring some dates or dried figs, which are traditional holiday foods.

Free yourself for fun.

If you get stuck with something you

really don't want on your plate, you can always use the trick of cutting it, moving it around on the plate, and pretending to eat it. (It works better than you might think.) And if you absolutely *must* eat some of it, a lit-

tle bit is not going to kill you.

You can have a great time without having to compromise. The more you *free* yourself from conventional cultural expectations, the more fun you will have this holiday season!

Recipes for your holidays

A delicious menu of festive recipes you can serve when you entertain!

Entertaining at home offers the greatest freedom to eat whatever you want. It also can be a great opportunity to introduce your family and friends to your healthful diet.

Select a range of delicious, tantalizing dishes—like the ones presented in the menus here—and light the candles!

Broccoli-Carrot Blend

1 part broccoli
3 parts carrot

Wash carrots and broccoli. Put through juicer. Stir and serve. Marvelous!

Avocado-Cabbage Soup

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

Select a cabbage that is sweet and not overly strong flavored. Juice the cabbage.

Quarter, pit and hand-peel the ripe avocados. Put the cabbage juice and avocado quarters into a blender and liquify on high speed until creamy and smooth. Pour into soup bowls and garnish with a fresh parsley sprig, alfalfa sprouts, a pepper ring, or diced red pepper. Serves six.

Fresh Vegetable Platter

Carrots
Celery
Cucumbers (unwaxed)
Red peppers

Wash vegetables and cut into serving sizes. Arrange them onto a plate around a bowl of Avocado Dip.

♻️ MENU I ♻️

Broccoli-Carrot Blend
Avocado-Cabbage Soup
Fresh Vegetable Platter with Avocado Dip
Very Veggie Salad
Stuffed Winter Squash

Avocado Dip

1/4 cup juice of the following:
carrot, celery, and/or red pepper

2 avocados

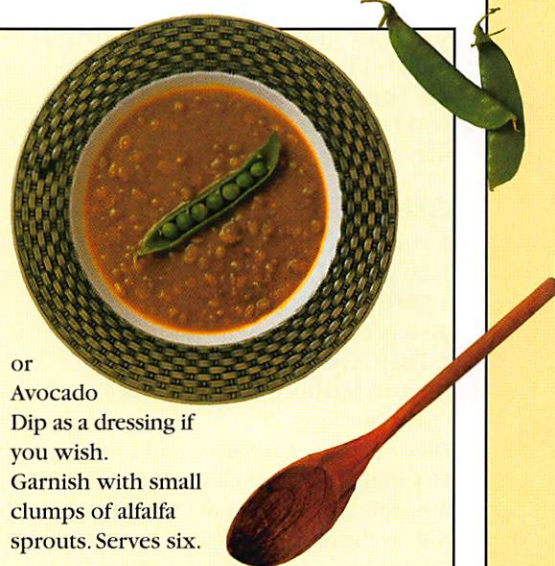
Cut avocados in half and remove seeds. Scoop out the flesh and mash with a fork. Add the vegetable juice and mix until smooth. Do not mix in blender! Pour mixture into bowl and serve with the Fresh Vegetable Platter.

Very Veggie Salad

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

Wash, dry, and break up lettuce. Grate purple cabbage; wash celery; peel and taste turnips. Quarter, pit, and peel the avocados by hand. Dice celery, turnip, and avocados. Toss all ingredients together.

Mix in left-over Avocado-Cabbage Soup



or
Avocado
Dip as a dressing if
you wish.
Garnish with small
clumps of alfalfa
sprouts. Serves six.

Stuffed Winter Squash

3 small acorn, butternut, or other
winter squashes
2 1/4 cups distilled water
1 cup brown rice
3 ears of corn, steamed, and
kernels sliced off cobs
2 stalks celery, diced
Small handful of fresh parsley,
finely chopped
2 avocados, mashed with fork
1/2 cup celery juice
1/2 cup red pepper juice

With a very sharp knife and a strong, steady hand, halve the squashes lengthwise and scrape out seeds and stringy fiber. Bake at 375-400 degrees for 45 minutes to an hour, or until tender.

Bring water to a boil. Add brown rice, cover, and simmer 45 minutes to an hour on very low heat. Combine cooked rice with all the vegetables and vegetable juices. Mix together well. Place stuffing in baked squash halves. Garnish with parsley or sprouts and serve. Serves six.

(For more recipes, see page 14.)

A little planning goes a long way!

Recipes to help you get through the holidays!

Holidays can be a stressful time when you are trying to make new, healthier eating habits. The pull of old patterns is very strong.

By planning ahead and preparing meals in advance, you can be assured of always having healthful food on hand when the "munchies" hit. The following recipes will help you be prepared for a healthful holiday season!

Green Crepes

1 cucumber
1 large or 2 small tomatoes
1/2 cup fresh peas
1 sweet red pepper
1 Tbsp. fresh basil
Boston lettuce or red lettuce leaves

Dice cucumber, tomatoes, and pepper. Mix with peas. Mince basil and add to mixture. Spread mixture onto lettuce leaf and roll up the leaf. Secure with toothpicks. Be sure to remove the toothpicks when you serve the crepes.

Stuffed Pepper Strips

1 sweet red pepper
1 sweet yellow pepper
1 cup sprouted sunflower seeds
1/2 cup finely grated carrots
1 small avocado
1/2 cup chopped alfalfa sprouts
1/2 cup diced cucumber

Cut peppers into quarters and remove seeds. Put sunflower seeds into nut chopper and chop slightly. Peel avocado (don't peel too close to the skin) and remove seed. Dice avocado into small pieces. Combine avocado, grated carrots, chopped alfalfa sprouts, and diced cucumber. Mix well.

Spoon mixture onto pepper quarters. Arrange the stuffed peppers on a bed of lettuce on a plate, alternating colors.

Broccoli Zucchini Soup

1 small head broccoli
2 cups chopped zucchini
1 cup distilled water
1/2 cup diced celery
1/2 small red pepper, diced

1/3 cup pine nuts
1 tsp. fresh, minced oregano

Cut broccoli into florets. Steam only four minutes. Blend broccoli, zucchini, and steaming water in blender until smooth. Add more water as necessary. Pour in soup dishes.

Mix in celery, red pepper, and pine nuts. Sprinkle with oregano. Serves two.

Carrot Salad

2 cups grated carrots
1 cup grated jicama
2 ears of corn, kernalled
4 Brussels sprouts, sliced thin
1 cup alfalfa sprouts, cut in half

Cucumber Dressing (see the following recipe)

1/2 cup chopped olives (optional)
Lettuce for two

Prepare a bed of lettuce. Combine the first five ingredients. Scoop onto lettuce. Pour dressing over top. Garnish with olives. Serves two.



Preparing meals in advance will help you stay on your healthful diet!

Cucumber Dressing

1 medium cucumber
1 small-medium tomato
2 stalks of celery
Chop ingredients and blend until smooth.

Barley & String Beans

1 cup uncooked barley
1 1/2 cups distilled water
2 cups string beans, cut 1" lengths
1 small avocado
1 cup sunflower or alfalfa sprouts
Cover barley with distilled water and soak overnight. Change water in morning.

Rinse barley under hot water in sieve. Drain well. Cut avocado in half, remove pit, and combine with barley, beans, and sprouts. Pour dressing over top. Serves two.

Special thanks! Recipes on pages 13 and 14 are courtesy of Phyllis Avery, Paula Duvall, Joy Gross, and Marti Wilbur.

❧ MENU II ❧

Green Crepes
Stuffed Pepper Strips
Broccoli Zucchini Soup
Carrot Salad
Cucumber Dressing
Barley & String Beans

Delicious new book a big hit!

By Max Huberman

The science and philosophy of Natural Hygiene establishes that optimum health requires a lifestyle incorporating proper nutrition, rational exercise and sunshine, adequate rest and sleep, pure air and water, and stress management.

Although the absence of any of these factors impedes health maintenance and promotes illness, it is the basic role of *diet* and *nutrition* that poses the most formidable challenge to those seeking to change from a crippling, addictive, conventional lifestyle to a dynamically healthful one.

The Natural Hygiene Diet is a new, dynamic, easy-to-comprehend primer that is more than just another of the countless "weight control" manuals and cookbooks that are churned out every year by every publisher. This unique paperback from the editors of the award-winning *Health Science* magazine contains very useful health-promoting daily and weekly menus, plus many innovative, delicious recipes. It also explains why a wrongful diet can be deadly and provides guidelines for meeting individual nutritional requirements.

Special tips also are highlighted for the healthful feeding of children.

What makes *The Natural Hygiene Diet* a dependable sourcebook is the fact that it incorporates the writing of world-class researchers and Hygienic physicians from around the world. The editors also extend special credit to Dr. T. Colin Campbell of Cornell University, internationally acclaimed for the China Study and other nutrition research.

In addition, *The Natural Hygiene Diet* provides reliable answers to the most frequently asked questions, such as whether anything is "missing" in a vegetarian diet or if vitamin supplements are ever advisable. Concerned about salt or other condiments, water intake, or food combining? All that and more is adequately covered. (I am pleased to see confirmation of what I always have preached to fellow weight lifters—that humans obtain all the quality protein plus other nutrients they may require from an all-vegetarian diet.)

Not to be overlooked in this informative gem are the dozens of hilarious and appropriate cartoons by artist Sidney Harris which highlight most of the chapters.

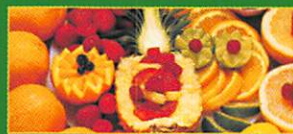
In summary, this modestly priced blockbuster is a most valuable reference book that also will serve as an ideal gift for health seekers who are hopelessly confused or misguided by "miracle diets" and "miracle cures"

"The *ultimate* in diet and nutrition!"

The Natural Hygiene Diet



"All-new guide to healthful eating!"



Achieve and maintain *your* ideal weight...for life!

From the Editors of *Health Science* Magazine

by "miracle doctors" that promise to remove every problem without removing the causes.

The Natural Hygiene Diet is a truly natural gift of health for yourself or anyone you care about.

Max Huberman is a longtime Life member of the American Natural Hygiene Society and a past-president of the National Nutritional Foods Association.

To order your copy:

The Natural Hygiene Diet is available from ANHS for \$10.95 (ANHS members, \$9.95) (Fla. residents add 6.75% sales tax), plus \$3.50 shipping in the U.S. Outside the U.S., call for shipping costs. Call (813) 855-6607, or fax (813) 855-8052 to charge with your Visa or MasterCard.

Member trumpets benefits of healthful living!

Passionate about music, gardening, and life!

Being a classical musician is very hard work, but I always tell people that it beats “working” for a living. For me, music can—and should—be an expression of the nobler sentiments of the human spirit. I love what I am doing, and I think that if you perform whatever you do in a spirit of service, it is a very sacred thing to do.

I started playing the trumpet when I was nine years old, and I played in bands and orchestras all through my youth. The summer before my senior year in high school, I auditioned for and was accepted into the Chicago Civic Orchestra, which was quite an honor, considering my age. Later, while I was attending music school at Northwestern University, I had the opportunity to begin my professional career with the Mexico City Philharmonic Orchestra.

I eventually returned to Chicago, where I met my wife Laura, who plays cello. In 1984, we auditioned for The Florida Orchestra in the Tampa Bay



J.M. Lennon

Musician Rob Smith seeks high levels of excellence in all areas of his life.

International citizen for health

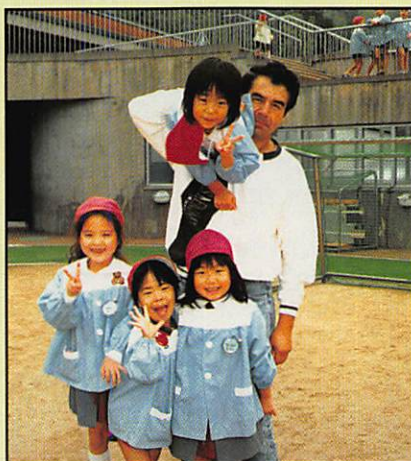
Loves meeting new friends!

Although I was born in Santafé de Bogotá, Colombia, I have always considered “The World” to be my home. I have never understood why we have to live in a world with “borders” that separate, rather than unite, people.

When I was a child, I had a strong interest and passion for water and fishing. After my graduation from high school, I studied marine food technology in Argentina, and then moved to Japan to work.

I was a little overweight when I first read the book, *Fit For Life*, but I didn't make any dietary or lifestyle changes until I had a routine blood test taken. When I saw the results, I was shocked into action. I immediately stopped eating my favorite foods—meat and pizza!

I also quit my job as a marine sci-



ANHS member John Henao teaches kindergarten children in Kyoto, Japan.

entist, deciding to just let the fish swim and be happy. I joined the American Natural Hygiene Society and in 1998, I attended my first ANHS Conference. The people were

great—and so was the food!

Fortunately, we now have a Japanese Natural Hygiene Society based in Tokyo, which was founded by ANHS member Mamiko Matsuda. Mamiko also has translated *Fit For Life* into Japanese.

At present, I make my living as an English facilitator in a kindergarten in Kyoto. I love observing the children's spontaneous behavior and natural way of thinking.

As a hobby, I work as a disc jockey and promote Latin music, especially salsa and merengue. My mother taught me to dance as a child, and I always have enjoyed it. I have a network of Latin friends, and we often get together for dance parties in a hotel or a disco. Like in Natural Hygiene, when we get together to dance and listen to music, we are one big, happy family!

ANHS member John Henao lives in Kyoto, Japan.

area, where we both play now.

We first heard about Natural Hygiene in 1986. At the time, we were eating a "junky" vegetarian diet, and although we weren't clinically sick, we weren't feeling that well. Natural Hygiene made a lot of sense to us, so we decided to give it a try. We started following the teachings as best we could, and we discovered that we felt a lot better. Most importantly, we learned that health is the natural condition of the body if we supply the provisions for it.

We now have three very healthy children. We take a common-sense approach to health with them. We make sure that most of the food they eat is healthful. Every child wants to eat junk sometimes. We just try to keep it from becoming too often, and we try to get them to eat the good foods first. If they get sick, we follow common sense—we give them some rest, don't overfeed them, and watch them get over it. The body knows what to do!

When I am not busy playing with the Orchestra, I enjoy organic gardening. I think there are tremendous parallels between the teachings of Natural Hygiene that focus on the care of the physical body, and the principles of organic gardening that focus on building healthy soil and a healthy environment for plants.

Just as we can create good conditions for our bodies through healthful diet and lifestyle, I find that when I provide a naturally-rich and highly-organic soil in my garden, the plants thrive. The bugs seem least attracted to plants that are thriving and growing vigorously.

One of the great lessons that I have learned in life is that the key to learning is love. I think that you can learn to do just about anything if you really want to.

If for some reason I became disabled and was no longer able to play the trumpet, I would find some other kind of artistry with which to share my love and passion for life. I would find a way to be useful and happy.

ANHS member Rob Smith lives in Tampa, Fla. with his wife Laura and their three children, Vabid, Adelia, and Nabil.

Member says life is for the birds!

Helping wounded wildlife transforms humans, too!

I consider it a privilege to be an ANHS Life member and to help support a cause that could truly revolutionize the health of people as well as the planet.

Long before I first learned about Natural Hygiene, I decided that I didn't want to eat animals. But it took me a while to create a sensible vegetarian diet that I could stick with over time.

Natural Hygiene helped me understand that eating healthfully is not only good for me as an individual, it helps animals and the environment, as well.

My life completely changed thirteen years ago on the day that I met Dale Shields, the Pelican Man of Longboat Key, Florida, where I was visiting at the time. I had read in a local paper about Pelican Man and his work with injured wildlife, so when I saw his truck in the parking lot of a hardware store, I introduced myself. He asked me if I wanted to go look at the birds. Of course, I did!

Pelican Man worked as a one-man operation. He was devoting his life to helping wounded birds to recover, and to giving them sanctuary if they were unable to function again in the wild. He showed me birds with missing wings and missing eyes, and he spoke to them with genuine respect. I had never seen such love and dignity for other creatures manifested like that before. He talked to the birds with what I could only describe as "the language of love," and watching him interact with them made a powerful impression on me.

At the time, I was living in Ithaca, N.Y., where I worked at Cornell University. I had received my doctorate



Mona Schonbrunn enjoying a conversation with Genghis, a Canadian goose recovering its health at the Pelican Man Sanctuary in Longboat Key, Fla.

Courtesy of Mona Schonbrunn

degree in human service studies from Cornell, where I developed volunteer and counseling programs for students and campus organizations, and worked on organizational development for the School of Industrial and Labor Relations.

Within a year after meeting the Pelican Man, I moved from Ithaca to Longboat Key to devote myself to helping him full-time. Now, the Pelican Man's Bird Sanctuary has developed into a three-acre facility with 25 staff members and 350 volunteers. I serve as the vice president and executive director of the organization. The Sanctuary has become one of the area's biggest tourist attractions, drawing more than 150,000 visitors every year.

For me, enjoying better health has opened the door to living more creatively. Natural Hygiene has taught me how to live more simply, and how to get rid of all the clutter in my life so that I really can focus on what I want to do.

ANHS Life member Mona Schonbrunn lives in Longboat Key, Fla.

One step at a time

A mother's wisdom!

When my first child was born twenty-eight years ago—and despite the fact that I had no support or role models—I decided to breast-feed her. Breast-feeding was not a popular practice at the time. When I covered myself with a blanket to breast-feed in public, people scorned me. By the time my fourth child was born, I was a lot more confident. I nursed her for two years, and she has been the healthiest of all of them. She is eighteen now, and she has never been to a doctor!

I gained a lot of weight when I started having children, and I was fifty pounds overweight when I decided to “revolutionize” my fami-



Popular health food store manager Maria DiMaggio enjoys helping people make wise dietary choices.

J.M. Lennon

Forty years of healthful living and still learning!

I first became involved with Natural Hygiene in the early 1950s when I worked in Detroit as a secretary for R.J. Cheatham (who later became an ANHS president). I knew that he was very health-conscious, although he never pushed his views on anyone.

I quit my job after I got married and became pregnant. When I called Mr. Cheatham to give him the news about my new daughter, he was delighted to hear that I was breast-feeding her. He brought me a Natural Hygiene book, which really caught my attention. I was overwhelmed by the information because it differed so much from what I had been told. As a result, I decided not to give my daughter any of the typically-recommended shots, and I had my next three children at home.

Of course, when my children grew up and left home, they were on their own. Fortunately, they are becoming increasingly health-conscious as they get older. My daughter has given birth to her children at home, and



Marion Jennings says it is important to keep an open mind when it comes to health “rules.”

none of them has had shots or been given drugs. All of my children and grandchildren eat a lot of salads and fresh fruits and vegetables, and when they don't feel well, they know to stay home and rest.

I retired about ten years ago, but I

keep very busy with volunteer work, and I still embrace the Hygienic principles. I have been an ANHS member for more than forty years, and I continue to learn new things. I particularly enjoyed attending the Society's 50th Anniversary Conference in 1998.

Today, we are fortunate to have well-documented information to help us make good lifestyle decisions. When I was raising my children in the 1950s, I only had Dr. Shelton's books to guide me; and he portrayed everything as either black or white—there was no “gray.” I think it is necessary for us to be open-minded about “rules” that were rigidly presented in the past, especially those that are undergoing revision because of new information. However, I do plan to continue practicing food combining—even if it's not scientifically defensible—simply because it seems to work for me!

ANHS member Marion Jennings lives in Plymouth, Mich.

Daniel Regan

ly's diet. We switched from white flour to whole wheat flour, from sugar to honey, from just *any* ice cream to "all-natural" ice cream. I tried various diets, but nothing seemed to work.

The "real" revolution began when I read a newspaper article about Natural Hygiene. I gave it a try, and it seemed like overnight that I lost all of my excess weight. When I stopped eating dairy products, my allergies cleared up almost instantly. My children got healthier, too—no more earaches.

Natural Hygiene changed my whole consciousness. It offered me a newfound freedom and self-reliance, and the awareness that I was responsible for my health and well-being. I joined the American Natural Hygiene Society, attended ANHS events, and met some wonderful new friends.

I have studied Eastern philosophies, meditation, yoga, and tai chi, and I have become much more aware of the interconnectedness of all life. Health is more than what you eat; it's also what you put into your mind.

I have been in the health food business for many years, and I recently took over the management of a new health food store. The health food industry has been growing by such leaps and bounds recently that it has become almost "mainstream."

A lot of people assume that everything in the "health food" store is healthful and organic. But, this is not necessarily so. I strongly urge people to read labels. And, even though many new products now are offered in the big grocery stores, I hope people will continue to support health food stores, where you get personal service that is not available in the big stores.

When I was young, making lifestyle changes was based on trial and error, and I learned a lot from my mistakes. I wasted a lot of time talking about health to people who weren't really interested. In fact, I spent so much energy defending myself that it took away some of the joy I was experiencing. Now, I don't broadcast how I live, and I find that I am enjoying my life much more!

Longtime ANHS member Maria DiMaggio lives in Clearwater, Fla.

Husband's cancer sparks changes

When my husband Doug was diagnosed with cancer of the tonsils three years ago, our lives and the lives of our four children changed dramatically.

The doctors removed his tonsils, but then told him that he would be dead within a year if he didn't have all of the lymph nodes in his neck and upper chest area removed, followed by radiation therapy. Instead, we did extensive research and consulted with many doctors before deciding to forgo the surgery. As a nurse, I have witnessed too many "horror stories" in hospitals involving traditional approaches to disease care.

Today, Doug shows no symptoms of the cancer and claims that the last three years have been the best years of his life. As a family, we have really reexamined our lives and reorganized our priorities.

I first became health-conscious in my twenties after a lifetime of asthma and allergies. Since that time, I have educated myself in Natural Hygiene and alternative approaches to health care. After changing my diet and lifestyle, my sinus problems gradually disappeared.

Several years ago, I had some lower back trouble and found out that I had degenerative joints in my hips. My chiropractor told me that my only choice for exercise was swimming. I now enjoy swimming a half-mile, three to five times a week. I no longer have any problems with my joints, and I really savor the quiet, meditative time for myself in the pool.

Currently, I am serving my third term on the ANHS Board of Directors. I attend the annual ANHS Conferences each year and return from them inspired and committed to working hard to help take the mes-



David Durbak

ANHS Life member Pamela Gerry of Springvale, Maine combines her nursing background with her experience in Natural Hygiene to help others.

sage of healthful living to more people. I am delighted to be part of an organization that has standards of excellence and focuses on issues that really make a difference.

ANHS annual Conferences have become the high point of the year for me and my family. My kids have literally "sprouted up" with other children who attend every year. They can see in their own lives the relationship between healthful living and a good outcome. The Conferences have become like extended family reunions for us.

When I first started talking to people about health fifteen years ago, no one wanted to listen. But now, people are coming to me for information. I give them copies of Dr. Joel Fuhrman's book, *Fasting and Eating for Health*, and other ANHS materials. This scientifically documented, up-to-date information really makes a strong impression on people.

ANHS Life member Pamela Gerry lives in Springvale, Maine with her husband Doug and children Dan, Julia, Vanessa, and Lane.

Your Questions

Understanding fundamental health principles

Q. *I have noticed that writers in Health Science frequently malign alternative therapies. I practice "Healing Touch," which uses the connection between mind and body naturally, without drugs or herbs. What do you think is so wrong about utilizing inner energies in new or "alternative" ways?*

A. Unfortunately, I am not able to understand quite what you mean by "using the connection between mind and body naturally." As Hygienists see it, mind and body are not separate entities or territories. Although we can address different aspects of the person, we view the patient as a whole. For example, the mind or the body has no separate existence; they are both different parts of the person, as are the liver and kidneys.

You also mention "utilizing inner energies." We *live* by utilizing our inner energies, and I am sure that people can conceive of many different, "alternative" ways of using them.

The practice of Hygiene is *causally* oriented. Health problems, major or minor, have *causes*. Hygienists attempt to understand these causes in the broad context of the person's life. Hygienists reject the simplistic notion of cause as suggested in the equation: *virus + host = disease*. We look for much broader causal implications in the lifestyle of the patient.

The various therapies offered to the sufferer almost invariably have nothing to do with the cause of the patient's problems. They are an attempt to "treat" people into health without regard to the causes of ill health. In this respect, we would reject and condemn therapies. Healing is a biological process; it is something that is intrinsic. It is not performed by any external agent, material, or influence; it is the prerogative of the living organism. There is no such person as a "healer." There is no such agent as a "healing agent." Healing is something that the body does for itself; it is not something that somebody does for it, nor is it something that somebody



"Mr. Boswell... I think we're very close to narrowing down what's triggering your asthma attacks."

does to it. Therefore, Hygienists would have great difficulty in believing in "healing touch."

Touching (feeling, stroking, caressing) is important. I believe it is a basic requirement of a healthy life. The young require "touch" to develop properly, both psychologically and physically. Touching (the physical contact) is desired by most people, and is one of the reasons why we seek a mate. Others, who may be deprived of touch, are vicariously influenced by massage, manipulation, and other physical ther-

apies. These do provide a basic need of "touching," although it is a mistake to consider this as therapeutic. Massage will not remove the causes of disease, unless the only cause of the person's illness is "lack of touch."

Every infant, every child, and every normal adult enjoys being caressed, cuddled, and held. The warmth and contact from another human body is extremely important to us; but please don't make this a "cure" for disease. We have enough cures already.

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

Barking up the wrong ginkgo tree?

Q. *I keep hearing about the benefits of ginkgo biloba for enhancing memory and improving circulation. Are there natural foods contain ginkgo or ginkgo-like compounds?*

A. Keep in mind that memory or circulation problems are not due to a deficiency of ginkgo. Thus, looking for ginkgo-like compounds is not the answer to your problem. Circulation problems usually are caused by

atherosclerosis of the arteries. Removing animal foods from the diet, smoking cessation, and increasing exercise are the best ways of improving reduced circulation. Aside from reduced circulation to the brain, the main cause of memory problems is fatigue. Reducing stress and getting enough sleep can go a long way toward recovering from memory problems. It appears that long-term stress can cause degeneration of the memory centers in the brain and can lead to dementia and Alzheimer's

disease. Learning to live a balanced life early on is the best way of preventing these diseases.

Ronald G. Cridland, M.D.

Concerned about safe food storage

Q. Most suppliers of organic nuts and seeds recommend freezing these items for not more than a year, and not keeping nut butters in the refrigerator for more than four or five months. Is this information correct? How long will fresh, whole-grain flours keep in the freezer? Are plastic containers safe for freezer/refrigerator storage?

A. Nuts and seeds have oils that deteriorate over time and can become rancid. Storing them in a refrigerator or freezer will slow this process considerably. They may be kept for up to two years in the freezer.

Commercially prepared nut butters are usually vacuum-packed and do not need to be refrigerated until opened.

At that time, they may be stored in the refrigerator for up to a year. However, the nut butter tends to dry out after a couple of months. Whole grain flours can be stored in the freezer for up to two years. Using the original package for storage is ideal, but plastic is fine.

David Aukamp, D.C.

Fears muscle loss from fasting

Q. I've been working out for two years to build up my muscle mass. I've heard from other people that they felt great after a fast, but that they "weren't allowed" to exercise during a fast. I'd like to get rid of any excess toxins in my body by trying to fast, but I don't want to stop exercising or lose my muscles.

A. A therapeutic fast is used to help the body heal itself by giving it a profound physiological rest. *Exercise is not rest.* Exercise can hinder the healing process during a fast and actually can speed up the loss of pro-

tein. However, a properly-conducted fast directed by a certified member of the International Association of Hygienic Physicians (IAHP) is a protein-sparing event, so minimal muscle mass will be lost.

David Aukamp, D.C.

Allergies nothing to sneeze at!

Q. Since childhood, I have had allergies. I eliminated all animal and dairy foods as well as yeast-based items from my diet three years ago, yet I still experience most of the symptoms of sinus inflammation, breathing problems, and even coughing and sneezing. I relate to Natural Hygiene because of the emphasis on natural healing, and I do not want to take any medications. Short of locking myself in a bubble and fasting, what can I do? Do you know which foods contain any natural antihistamines?

A. In my experience, there are three major things that affect

Citrus fruit eating and acid indigestion

Q. I love grapefruits and other citrus fruits. I do occasionally get an "acid stomach," so my doctor told me to take antacids, and possibly Zantac. Is there any way to avoid the antacids, yet still enjoy citrus? I've tried food combining, but it didn't seem to make a huge difference.

A. Citrus is naturally acidic. And, it is much more acidic if it is not ripe. Many people expect citrus to be sour, so they just eat it anyway. However, like any fruit, citrus should be eaten when it is ripe and sweet. Even then, I would limit your intake of citrus to one or two pieces at a time and not every day, if you still remain sensitive to it.

Ronald G. Cridland, M.D.



"I'm sorry...but you have lemon-lyme disease."

allergies, aside from genetic predisposition: diet, stress, and fatigue. All of these things probably act by undermining immune function.

Allergy sufferers may have a "leaky gut," meaning their small bowel allows

more incompletely digested proteins to pass into the bloodstream than normal. These proteins are recognized as foreign and trigger an immune response. The immune response may in some way activate the immune sys-

tem to react to other antigens found not only in the diet, but in the environment as well. Proteins that commonly sensitize the immune system are animal proteins (particularly dairy

Continued on p.24.

Friend misses chelation therapy "high"

Q. Several years ago, a friend of mine underwent chelation therapy. He said after about three days, he felt great—much more energetic. Since then, I've introduced him to the Natural Hygiene diet, but he says he has not gotten the results or the "high" that he did from chelation. Will fasting give him that feeling? How long will he have to fast to feel similar benefits?

A. If chelation was so great, why did your friend not continue? Did he have side effects? It sounds like the benefits were temporary or else he would not have needed to change his diet. It is very likely that he had a stimulatory effect from the chelation or the vitamins and supplements that were given with it. It also is possible that what he experienced was a placebo effect that made him feel like he had more energy.

In any event, chelation is not finished after one therapy. For example, it supposedly takes many chelation treatments to reverse atherosclerotic disease. If your friend felt good after one chelation, it certainly wasn't because it reversed his disease.

The supposed mechanism of reversing cardiovascular disease with chelation is by removing calcium from the plaque in the arteries. Now, keep in mind that the symptoms of cardiovascular disease are caused by the restriction of blood flow through the arteries, caused by narrowing of the lumen of the vessels. The narrowing is caused by thickening of the vessel walls, caused by scarring and deposit of fat and cholesterol. Calcium deposits in the atherosclerotic plaques are a late and inconsistent phenomenon and do not sig-



"Frankly, you're not deformed... you're a clown."

nificantly contribute to the narrowing of the arteries. Thus, removing the calcium from the plaques would not be expected to have a major effect on the arterial blockages. There are other effects from chelation, such as free radical scavenging, inhibition of fat oxidation, and calcium channel blockade, which might allow dilation of arteries and may improve blood flow temporarily. The side effect of removing calcium from plaques is that it also is removed from the rest of the body at the same time. Calcium is a necessary element for many functions in the body and for strong bones. Removing it indiscriminately with chelation treatments is unlikely to be beneficial in the long run.

Chelating calcium from the body also has nothing to do with removing the cause of atherosclerotic heart disease. It is extremely naive for someone to think that taking the calcium out of the plaques would

reverse a condition, while at the same time continuing to eat the foods and do the things that cause the disease. In fact, the only placebo-controlled trial of chelation I could find (*Circulation* 1994; 90:3; 1194-9) did not show a difference between chelation and placebo.

In any event, the Natural Hygiene diet is not known for its stimulating effects. The benefits are due to removing the harmful effects of the typical American diet, and providing the necessary dietary requirements for health. Is it so surprising that your friend still feels tired after *three days* on a healthful diet? His health problems have developed after *years* of harmful living. He might try to get enough sleep, gradually increase his fitness through appropriate exercise, and give himself some time for healing to occur. What he experienced with chelation was not healing. Healing takes time.

Ronald G. Cridland, M.D.

Concerns about mercury in amalgam fillings

Q. My dentist wants to replace my mercury amalgam fillings with other materials that are safer. Should I have them removed all at once or only as needed? How safe and strong are the other materials, including gold?

A. For more than 150 years, amalgam has been the most used dental filling material, particularly in the posterior (back) teeth. Amalgam is an alloy made of approximately fifty percent mercury, with the other fifty percent made of a combination of silver, copper, tin, and nickel. There are many reasons for the popularity of amalgam, including strength, ease of placement, longevity, and low cost. However, these attributes are overshadowed by the reported negative health effects of the mercury and the electrical charges created by different metals in the alloy. In a wet environment, the battery-like current can facilitate the leaching of the mercury out of the fillings.

Mercury is a known environmental poison which has been reported to be a possible factor in causing birth defects and infertility, allergic reactions, auto-immune diseases, nerve damage, and digestive diseases. Mercury accumulation may affect every cell in the body, as well as hemoglobin and hematocrit levels. It also may cause vitamin, mineral, and hormonal disturbances.

Although I believe that replacing all amalgams is a good idea, the question of doing unnecessary treatment is a legitimate concern. That is why some dentists recommend that amalgam fillings be replaced only as needed. Arbitrarily removing all of your amalgam fillings opens up the possibility of causing further dental problems, and you also run the risk of getting reactions to the removal of the mercury.

If you decide to have all of the amalgams removed, your dentist should do some testing to determine both the sequence of removal and proper replacement material. The



THE LONE DENTIST FILLING REPLACEMENT

dentist should use high speed suction, copious amounts of water spray, and, where possible, a rubber dam to minimize the chance of your swallowing anything during the procedure. Proper filtration of the treatment room will help to remove mercury vapor in the air.

There are many strong, cost effective, more aesthetically pleasing, and safer dental filling materials. Gold alloy fillings (inlays) are still considered the strongest and most durable posterior filling material, followed by porcelain, composite, and glass ionomer. Disadvantages of gold are color, electrical charges from dissimilar metals, possible seeping of cement, and high cost. Porcelain is the most aesthetic material, followed by composite and glass ionomer. A significant advantage of porcelain, composite, and glass ionomer is their ability to be bonded to tooth structure and sealed along the margins. This will decrease leak-

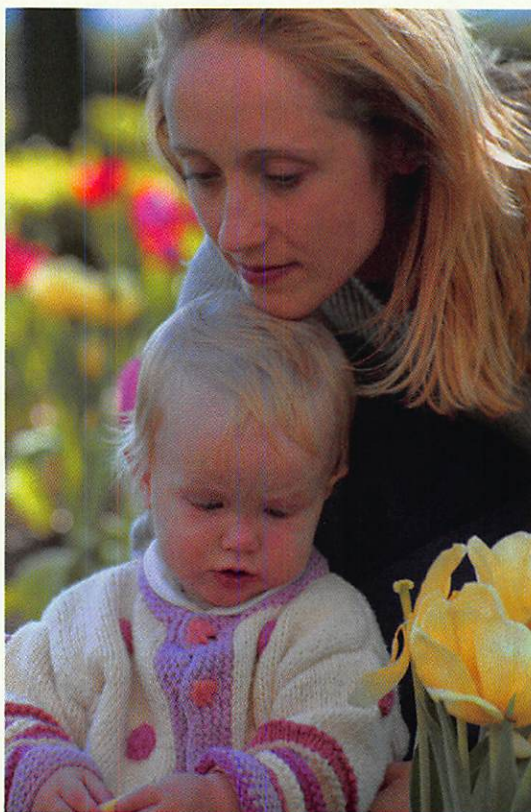
age under the fillings.

It is important to note that there may be ingredients in *any* dental material that may be harmful to particular individuals. This is why compatibility testing is recommended to determine the safest replacement materials for you.

As time goes on, the dental profession is moving away from the universal use of amalgams. The November 1998 issue of the *Journal of the American Dental Association* stated, "As other materials and techniques improve, the use of amalgam will continue to diminish, and it will eventually disappear from the scene." Although the article stops short of expressing any concern over the health hazards of the material, the future demise of mercury amalgam fillings seems certain.

Dennis Wayne Bressack, D.D.S.

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

Your Questions

Continued from p.22.

and eggs) and gluten, which is a protein found in wheat, rye, and barley—with a lesser amount found in other grains. Even when your allergens are not primarily from foods—but from grasses, pollens, and animals—the animal products seem to affect the immune system to make you more susceptible to other allergens.

Stress can undermine immune function and contribute to developing infections. It also is thought that stress can aggravate the immune dysfunction associated with allergies.

Fatigue and lack of sleep also aggravate allergies and immune function. People suffering from allergies often feel more tired when they are having allergy symptoms. Making a point of getting adequate sleep often can reduce the severity of allergy symptoms.

Ronald G. Cridland, M.D.

Food combining and fruit digestion

Q. *I agree that food combining need not be of great concern to a person on a vegan diet that is based on whole, natural foods. But what about the correct consumption of fruit? Is it not better to eat fruit on an empty stomach? Surely, without proper digestion, there is no such thing as proper nutrition.*

A. Food combining is important in certain circumstances. For instance, people who have compromised digestive capacities and individuals who cannot tolerate certain combinations should use food combining immediately following a fast. Fruit usually is acceptable to consume with lettuce, celery, and maybe some carrots or other raw vegetables. Some people can tolerate a piece of melon after a meal of lentil soup and have no apparent problem. My suggestion is to eat fruit according to your own digestive capacity.

David Aukamp, D.C.

Send Your Questions to:

Health Science

P.O. Box 30630, Tampa, FL 33630

Questions may be edited.

Due to space restraints, not all questions can be answered.

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.

United States

Northeast

Certified Members

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

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

Non-certified Members

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

Midwest

Certified Members

D.J. Scott, D.M., N.D., D.C.
Karen Keeping, D.C.
Scott's Natural Health Institute
P.O. Box 361095
Strongsville, OH 44136
Phone: (440) 238-6930
Office: (216) 671-5023

Roger Walker, D.C.
307 E. Third St.
Hastings, MN 55033
On sabbatical until January 2001

South

Certified Members

William Esser, N.D., D.C.
Esser's Health Ranch
P.O. Box 6229
Lake Worth, FL 33466
Phone: (561) 965-4360

Frank Sabatino, D.C., Ph.D.
Regency House Natural Spa
2000 S. Ocean Drive
Hallandale, FL 33009
Phone: (954) 454-2220

Southeast (cont.)

Certified Members

David Aukamp, D.C.
33 Brandon Ridge Dr. NW
Atlanta, GA 30328
Phone: (404) 303-7225

Paul A. Goldberg, M.P.H., D.C.
2480 Windy Hill Rd., Suite 203
Marietta, GA 30067
Phone: (770) 974-7470

Non-certified Members

Steven P. Nelson, D.C.
5415 Park St. N., Suite B
St. Petersburg, FL 33709
Phone: (727) 548-0888

Southwest

Non-certified Members

J. Charlene Tracy, D.O.
4120 N. Goldwater Blvd.,
Suite 213
Scottsdale, AZ 85250
Phone: (602) 951-2151

West

Certified Members

Alan Goldhamer, D.C.
Jennifer Marano, D.C.
Alec Isabeau, D.C.
Erwin Linzner, D.C.
Rick Dina, D.C.

Center for Conservative Therapy
4310 Lichau Rd.
Pennygrove, CA 94951
Phone: (707) 792-2325

Charisse Basquin, D.C.
728 Gaffney
Fairbanks, AK 99701
Phone: (907) 456-6213

International

Australia

Certified Members

Nejla Burton, D.O.
Alec Burton, M.Sc., D.O., D.C.
Arcadia Health Centre
Cobah Road, Arcadia, N.S.W.
2159 AUSTRALIA
Phone: 011-61-29-653-1115

Douglas F. Evans, D.O.
Hopewood Health Centre
103 Greendale Rd., Walacia
NSW 2745 AUSTRALIA
Phone: (047) 738-401

Canada

Certified Members

Ronald G. Cridland, M.D.
Canadian Sleep Institute
P.O. Box 17, Site 7
RR #7
Calgary, Alberta
T2P 2G7 CANADA
Phone: (877) 936-2083

Philip Martin, D.C.
15 Ridge Hill Drive
Toronto, Ontario
M6C 2J2 CANADA
Phone: (416) 785-9091

Chris Postma, D.C.
Health Bound
184 Wellington St.
London, Ontario
N6B 2L1 CANADA
Phone: (519) 667-3041

England

Certified Members

Keki R. Sidhwa, N.D., D.O.
Sballmar
Harold Grove, Frinton-on-Sea
Essex CO139BD ENGLAND
Phone: 011-441-25-567-2823

Greece

Certified Members

Theodora Coumentakis, M.D.
Peter Coumentakis, N.D.
Palaion Polemiston 34
Glyfada, 16674, Athens, GREECE
Phone: 011-30-1-962-2387

Israel

Certified Members

Dan Keret, M.D.
P.O. Box 492
69 Hahadarim St.
Sede Warburg 44935 ISRAEL
Phone: 011-972-9-760-2066

Physicians

If you are a licensed primary care physician (M.D., D.O., D.C., or N.D.), and would like information about the IAHP, contact:

Mark A. Huberman
4620 Euclid Blvd.
Youngstown, OH 44512
Phone: (330) 788-0526
Fax: (330) 788-0093

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.

These **ALL-NEW** tapes are like a complete health course!

Now get the most powerful health

Hear the greatest health teachers in the world, recorded live at the 1999

Order the complete set today!

Title

Order No.

- ☐ **Complete Set of 20 Tapes**
Lifesaving info at an incredible value.
You save over \$100! 9900

- ☐ **How a Change in Thinking Can Transform Your Life and Health**
Learn how to bring joy, personal power, and improved health into your life!
James Michael Lennon 9901

- ☐ **Natural Hygiene: A Health Philosophy Based on Science**
Learn why Natural Hygiene is superior to conventional and alternative approaches.
Alec Burton, M.Sc., D.O., D.C. 9902

- ☐ **Self-Care and Beyond: Three Ways to Work with a Hygienic Physician**
Practical tips on how you can get quality care for yourself and your loved ones.
Ronald Cridland, M.D. 9903

- ☐ **Integrating Natural Hygiene into a High Quality Life**
Understand the role of language, lifestyle choices, and self-love in promoting self-care and healing.
Frank Sabatino, D.C., Ph.D. 9904

- ☐ **Remarkable Recoveries through Fasting**
Important information on how fasting can help facilitate the body's healing process!
Joel Fuhrman, M.D. 9905

- ☐ **Difference between Hygienic Care and Medical Care**
Learn how the Hygienic approach to health care leads to health "freedom."
Keki Sidbwa, N.D., D.O. 9906

- ☐ **How to Achieve Permanent Weight Loss**
Learn the reasons that keep you from achieving your optimum weight—and how to overcome them!
Douglas Lisle, Ph.D. 9907

- ☐ **A Practical Approach to Feeding Your Family Healthfully**
Great tips from the popular author of *The New World of Eating!*
Paula Duval 9908

- ☐ **Why a Change in Our Approach to Diet Is Urgently Needed**
Learn the shocking facts about the animal-based, standard American diet from this world-renowned nutritional biochemist.
T. Colin Campbell, Ph.D. 9909

Now you can save over \$130 on this complete set of 20 all-new tapes!

These fantastic tapes contain the most vital, accurate, and up-to-date health information available today! Learn from the world's best teachers.

These tapes would cost \$239⁰⁰ if purchased individually. Buy the complete set of 20 tapes today and save!

These tapes will really motivate you!

To get the complete set: **Order number #9900!**



Complete set of all 20 tapes only \$99⁹⁵*

**ANHS and NHA member price (Non-members pay \$119.95)*



Dr. T. Colin Campbell



Dr. Alan Goldhamer



Dr. Jennifer Marano



Dr. Nejl Burton



Dr. Ronald Cridland



Dr. Alec Burton

Call (813) 855-6607 or Fax (813) 855-8052 to order with your VISA or MasterCard!

Order today

Save over \$130 on the complete set!

information anywhere!

ANHS International Health Conference.



Vegetarian activist
Howard Lyman, author
of *Mad Cowboy*, presented
powerful, shocking information!

- ☐ **Biological Basis of Health Care**
Understanding the basis of the principle
that "healing is a biological process."
Alec Burton, M.Sc., D.O., D.C. 9910

- ☐ **Slowing Down the Aging Process**
Learn how lifestyle choices can make a
difference—at any time in your life!
Philip Martin, D.C. 9911

- ☐ **Health and Disease:
How Your Body Works**
Addresses the critical role that blood
pressure plays in health and how to
assess it!
Jennifer Marano, D.C. 9912

- ☐ **Prevention and Treatment of
High Blood Pressure**
Learn the truth about high blood pressure
and how to avoid it.
Alan Goldbamer, D.C. 9913

- ☐ **Understanding Nutrition from
a Natural Hygiene Perspective**
Learn why eating a healthful diet is just
the first step in nutritional well-being.
Paul A. Goldberg, M.P.H., D.C. 9914

- ☐ **Mad Cowboy:
Plain Truth from the Cattle
Rancher Who Won't Eat Meat**
Powerful information on how the cattle
industry is destroying the environment,
along with the people who eat its product.
This tape could change your life!
Howard F. Lyman 9915

- ☐ **Dental Care from a Natural
Hygiene Perspective**
An overview of the basics along with
commonly asked questions and answers.
Dennis Wayne Bressack, D.D.S. 9916

- ☐ **Women: Reclaim Your Health**
Powerful and empowering information
that every woman should know to enjoy
maximum health at *all* times of life.
Nejla Burton, D.O., D.C. 9917

- ☐ **Perils of Not Adopting Natural
Hygiene Until You Get Sick**
Fascinating case studies reveal the power
of fasting in eliminating disease and
restoring health.
D.J. Scott, D.C. 9918

- ☐ **How to Live a Charmed Life**
Practical tips and inspiration on how to
organize and celebrate your daily life.
Victoria Moran 9919

- ☐ **How to Practice Natural
Hygiene in the Real World**
A panel of experienced parents and long-
time Hygienists field a wide range of
practical topics on living healthfully.
Panel of Experts 9920

Ordering information:

- ☐ **Complete 20-tape set!**
\$99.95 ANHS/NHA members **Order**
(\$119.95 non-members) **#9900**
Add \$8.00 for USA shipping.

- ☐ **Buy 5 tapes—get 1 free!**
\$49.75 ANHS/NHA members
(\$59.75 non-members)
Add \$6.50 for USA shipping.

Order #s

1. _____ 4. _____
2. _____ 5. _____
3. _____ 6. _____
(sixth tape free)

- ☐ **Individual tapes**
\$9.95 ANHS/NHA Members)
(\$11.95 non-members)
Add \$2.00 per tape for USA shipping.

Order #s

1. _____ 3. _____
2. _____ 4. _____

Total amount of order
(Outside USA, write for shipping costs.)
\$ _____

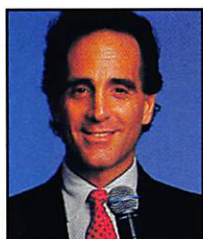
Florida residents add 6.75% sales tax.

Make checks payable to:

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

*Defective audiotapes will be replaced with
audiotapes of the same titles.*

Order Today!



Dr. Frank Sabatino



Dr. Douglas Lisle



Paula Duvall



Victoria Moran



Dr. Joel Fuhrman



Dr. D.J. Scott

Place your order between 10am and 5pm Monday through Friday EST!

A Meaningful Memorial

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

A Memorial Gift is a practical and fitting means to commemorate a loved one. Funds are used to spread the message of Natural Hygiene.



In Memory of:

I enclose a contribution of:

\$ _____

Your name

Address

City/State/Zip

Please send acknowledgement
of my gift to:

Name

Address

City/State/Zip



Send your Memorial Gifts to:



ANHS Memorial Gift

P.O. Box 30630
Tampa, FL 33630

Member Notes

ANHS launches its most ambitious project ever!

The National Health Association project begins.

Since its founding in 1948, the Society (originally named the American Physiological and Hygienic Society) has had one mission—to seek the truth about health, to put what we learn into practice, and to weave our experiences into the fabric of human life.

We have achieved some measure of success—millions of people around the world have heard our lifesaving message. But much work is still to be done. Many people have never heard of natural hygiene, and many who have are confused both about its meaning and the Society's mission.

To help make that mission instantly clear to everyone, we are launching a new partnership by creating the **National Health Association (NHA)**. The creation of the NHA, which was first officially announced in 1998, is the result of six years of work by ANHS members, officers, and staff.

One of the first projects of the new partnership will be to send *real* health information to 100,000 health-minded people across the country. This will be the first of many outreach projects designed to get the vital message of "Health through Healthful Living" to people everywhere.

Dr. Herbert M. Shelton's motto was, "Let us have the truth, though the heavens fall." The **National Health Association** will be the first major institution to tell the truth—whole and unadulterated—about health.



ANHS co-founder Dr. Herbert M. Shelton, who lived from 1895 to 1985, had a vision of "health for all."

Life Member Spotlight

Continuing a long and healthy tradition!

My parents were longtime ANHS members, and my first membership in the Society was a gift from my mother. I lived in Cincinnati, Ohio at the time, and I became a member of the local Natural Hygiene chapter, which was run by Harry and Florence Kaplan.

My parents spent vacations visiting Natural Hygiene fasting centers, and they both lived to advanced ages. My father died at the age of 100, and my mother died at ninety-two.

I feel very fortunate. Fourteen years ago, at age sixty-six, I moved to the desert to retire, but instead I started a new career!

Although I have had two surgeries to remove cancerous growths over the past ten years, I refused chemotherapy and radiation treat-



Daniel Regan

ANHS Life member Rosemarie Sinsheimer of Palm Desert, Ca. began her career as a certified public accountant at the age of sixty-six!

ments. Since being diagnosed with osteoporosis, I walk two miles every day, five days a week, do water aerobics twice a week, and play tennis. I also get rekindled by attending ANHS Conferences and listening to the inspiring lectures!

Recent Memorial Gifts

Special thanks to **Sandra Zinser** of Ventura, Ca. for her gifts in memory of **Clinton Hodges**, **Jerry Kreitschitz**, **Sidney Leo Reinhold**, and **Ann Tepper**.

Memorial Gifts and Bequests are gifts that keep on giving.

Honoring loved ones through Memorial Gifts and naming the American Natural Hygiene Society, Inc. in your will are two powerful ways you can help future generations. We thank all of the members who have given memorial gifts over the years.

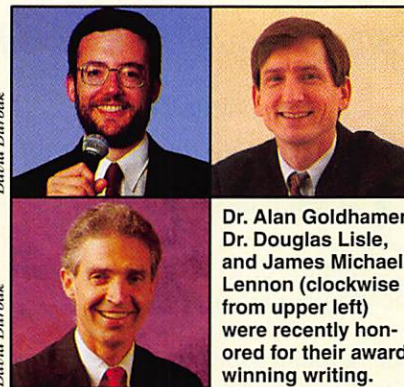
For more information on how you can help, with a major gift or bequest, contact ANHS Executive Director **James Michael Lennon**, 11816 Race Track Rd., Tampa, FL 33626; (813) 855-6607.

Health Science wins major awards!

Congratulations are in order for **Dr. Alan Goldhamer**, **Dr. Douglas Lisle**, and ANHS Executive Director and *Health Science* editor **James Michael Lennon** for their award-winning writing.

Dr. Goldhamer and Dr. Lisle won the **Best Feature Article** award for their article, "Do You Really Want to Be Fat For Life?" (Nov./Dec. 1998). Dr. Goldhamer is the director of the Center for Conservative Therapy in Penn Grove, Calif.; Dr. Lisle is the Center's director of clinical research.

Executive Director Lennon won three awards—two **Best Editorial** awards, "Medicine and Prevention," March/April 1999 and "Health Care of the Past," Jan./Feb. 1999. He also won the **Best Regular Col-**



David Durbak

David Durbak

Jean Porter

Dr. Alan Goldhamer, Dr. Douglas Lisle, and James Michael Lennon (clockwise from upper left) were recently honored for their award-winning writing.

umn award for "The Last Word."

Awards were presented at the 1999 Florida Magazine Association (FMA) annual awards ceremony.

FMA is the largest state magazine association in the United States.



James Hervey Johnson (1901-88)

James Hervey Johnson's lasting legacy for health!

Through the years, the American Natural Hygiene Society (ANHS) has been a recipient of numerous grants from the James Hervey Johnson Charitable Educational Trust. Most recently, the Society received a grant in support of the **ANHS Library Project**, which provides complimentary subscriptions of *Health Science* to schools and libraries throughout the United States.

Previous grants from the Trust have made possible the publication of numerous books, including the just-released *The Natural Hygiene Diet* (see book review on page 15), *The Natural Hygiene Handbook*, and two historical books—*Natural Hygiene: The Pristine Way of Life* and *Health For The Millions*—by the early twentieth-century Hygienist, Dr. Herbert M. Shelton. Grants also have made possible the purchase of computer publishing equipment, the production of videotapes from two ANHS International Health Conferences, and the sponsoring of a major International Health Conference in San Diego, California in 1993.

James Hervey Johnson (1901-1988) was an active ANHS member. Mr. Johnson was the president of the ANHS local chapter in San Diego, and in 1963, was the chairman of the ANHS International Health Conference in his hometown of San Diego. Mr. Johnson's legacy to humanity spans the decades to the present day. Projects funded by the Trust have had far-reaching effects and continue to benefit people around the world.

The American Natural Hygiene Society is thankful to the James Hervey Johnson Charitable Educational Trust, Kevin Munnely, Trustee, for helping the Society to spread Mr. Johnson's health views—Natural Hygiene, the science of health.

United States Postal Service Statement of Ownership, Management, and Circulation			
1. Publication Title Health Science		2. Issue Date 10/1/99	
3. Issue Frequency Monthly		4. Number of Issues Published Annually 12	
5. Annual Subscription Price \$25.00		6. Annual Subscription Price \$25.00	
7. Complete Mailing Address of Known Office of Publication (Not printer) (Street, city, county, state, and ZIP+4) American Natural Hygiene Society, Inc. 11816 Race Track Road, Tampa, Hillsborough, FL 33626		8. Complete Mailing Address of General Business Office of Publisher (Not printer) American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630	
9. Complete Mailing Address of Headquarters or General Business Office of Publisher (Not printer) American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
10. Complete Mailing Address of Publisher (Not printer) American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
11. Complete Mailing Address of Editor (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
12. Complete Mailing Address of Managing Editor (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
13. Complete Mailing Address of Business Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
14. Complete Mailing Address of Circulation Director (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
15. Complete Mailing Address of Advertising Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
16. Complete Mailing Address of Distribution Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
17. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
18. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
19. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
20. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
21. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
22. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
23. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
24. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
25. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
26. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
27. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
28. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
29. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
30. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
31. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
32. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
33. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
34. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
35. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
36. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
37. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
38. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
39. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
40. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
41. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
42. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
43. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
44. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
45. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
46. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
47. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
48. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
49. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
50. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
51. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
52. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
53. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
54. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
55. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
56. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
57. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
58. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
59. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
60. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
61. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
62. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
63. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
64. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
65. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
66. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
67. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
68. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
69. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
70. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
71. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
72. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
73. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
74. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
75. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
76. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
77. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
78. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
79. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
80. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
81. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
82. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
83. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
84. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
85. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
86. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
87. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
88. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
89. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
90. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
91. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
92. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
93. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
94. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
95. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
96. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
97. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
98. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
99. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			
100. Complete Mailing Address of Fulfillment Manager (Not printer) James Michael Lennon American Natural Hygiene Society, Inc. P.O. Box 30630, Tampa, FL 33630			

Candidates never promise health!

All of our esteemed presidential candidates are suffering from health care fantasies.

By James Michael Lennon

I find it interesting that health insurance is such a big topic during this presidential pre-season. Everyone running for the highest office in the land has a health plan for you and me.

As usual, some of the plans favor the rich, and some pretend to favor the less fortunate. One candidate wants to "protect" everyone. Another says that is too expensive. Yet another cries for "free enterprise" and "survival of the fittest."

There is so much conflicting and confusing double-talk about who and what and when to insure, and where the money will come from, you'd think that these candidates could never agree on anything.

But you'd be wrong.

All of the candidates agree on *one thing*.

A dangerous agreement

What do all of these different candidates, who represent such widely different political viewpoints, agree upon?

They believe that *you* are going to get *sick*; that *you* are going to want managed (or mismanaged) *medical care*; and that it is going to *cost a lot of money*.

In spite of mountains of scientific evidence, it hasn't dawned on these public policy hopefuls that, in most cases, sickness is entirely preventable solely through healthful living—without *any* care (or cost) at all.

The most urgently needed public health policy is one that teaches people how to be healthy *on their own*—without getting sick in the first place—and avoiding the "need" for expensive pills, powders, potions, lotions, or other more exotic, after-the-fact "solutions."

Even if we all had unlimited health insurance, would you *want* to get sick? Of course not. Nobody wants to be sick, and sometimes the "cure" is worse than the disease. Not everybody lives happily ever after.

We don't need more health insurance; we need more



The promise of "health care" is a cruel myth!

health. The only permanent solution to the so-called "health care crisis" is to teach people how to build health, maintain it when they have it, and recover it when they have lost it. That knowledge is our most pressing need.

A lot of money is made on sickness—*causing it* through unhealthful foods, products, and "entertainment" (whose producers support newspapers, radio, and TV through advertising); then trying to *cure it* in for-profit hospitals, using for-profit drugs and other treatment (whose producers support newspapers, radio, and TV through advertising).

Hey! Now that I think about it, maybe *that's* why we never hear any talk about actual health.

Become a member!

American Natural Hygiene Society

National Health Association



Here are 5 great reasons to become a member!

1. You'll receive a subscription to the informative, award-winning *Health Science* magazine!
2. Learn how to achieve your optimum weight...*naturally*!
3. Get discount prices on all books, audiotapes, and videotapes!
4. Learn how to prepare delicious, nutritious meals!
5. Enjoy a happier, healthier life than you ever thought possible!

Making food resolutions that you can really keep!

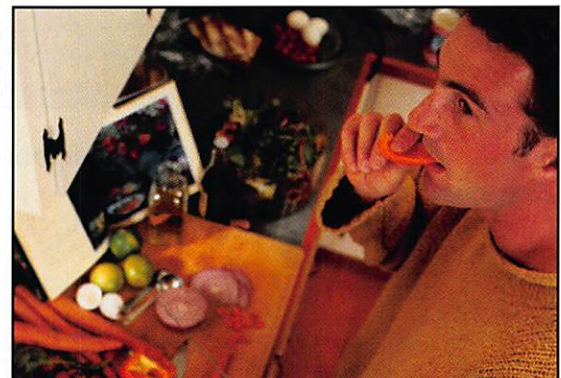
Delicious new year recipes

Holiday Pear Salad
A pear, an apple, and a nut are the perfect combination for a healthy holiday salad. This salad is easy to make and delicious. It's a great way to start the new year with a healthy meal.

Artichoke Heart Salad
A heart, an artichoke, and a nut are the perfect combination for a healthy heart salad. This salad is easy to make and delicious. It's a great way to start the new year with a healthy meal.

Three great tips to help you start the new year right!

1. Keep your goals in mind. There are a million reasons to start the new year with a healthy meal. But the only reason that will keep you motivated is the one that you believe in. So, keep your goals in mind and you'll be on your way to a healthier new year.
2. Expand your shopping network. Don't limit yourself to the grocery store. Look for healthy ingredients at farmers' markets, health food stores, and even online. The more options you have, the easier it will be to find the ingredients you need.
3. Give yourself a credit. Acknowledge and celebrate every small step you take towards a healthier new year. It's important to give yourself a credit for every healthy choice you make, no matter how small. This will help you stay motivated and on track.



Discover an exciting new world of health and happiness.

Membership includes a subscription to the award-winning *Health Science* magazine!

Your membership benefits!

1. A subscription to *Health Science*—the dynamic, award-winning magazine
2. Discounts on ALL seminars and conferences
3. Quarterly book and tape catalog
4. Discounts on all books, audiotapes, and videotapes
5. Membership card
6. Membership decal for your car
7. Special health-action updates
8. And more!

Use the enclosed order form to join today!

Members subscribe to *Health Science* through a twelve-dollar portion of their membership dues (plus 6% Florida sales tax and applicable local tax for in-state subscriptions).

Visit us on the Internet: www.anhs.org

Contact us via E-mail: anhs@anhs.org



YES! I want to become a member!

Enclosed are my membership dues.

☐ \$25US (\$45US outside USA and Canada)

Name: _____

Address: _____

City, State, Zip: _____



Make checks payable to:

American Natural Hygiene Society

P.O. Box 30630, Tampa, FL 33630 • (813) 855-6607

Great NEW book set!

These current, up-to-date books belong in every home library!

Our four best books for only \$35.95!

Don't rely on out-of-date information! Order this important four-book set today!

New!

The Natural Hygiene Diet

J.M. Lennon & S. Taylor, editors

This book brings you the best, up-to-date information on diet and nutrition in an easy-to-read format!

Compiled from the pages of the award-winning *Health Science* magazine, this book has everything you need to design and enjoy the ultimate diet program for you! Menus, recipes, tips for entertaining and eating out, and much more.

There is no better book on diet and nutrition sold anywhere! A great book to own and a great gift!

120 pp. Sold separately @ \$10.95

Health Promoting Cookbook

Alan Goldbamer, D.C.

Everything you need to know to adopt or maintain a totally healthful diet is contained in a great new vegan cookbook! This cookbook will whet the appetite and satisfy the hunger of even the most demanding eaters!

The *Cookbook* is wheat-free and low-fat and in addition to the more than 200 recipes, it includes detailed nutritional analyses of each

recipe and a week of menus designed to minimize your time in the kitchen. All of the recipes are derived exclusively from whole natural foods. All animal products, as well as added oil, salt, and sugar are avoided.

186 pp. Sold separately @ \$12.95

Natural Hygiene Handbook

J.M. Lennon & S. Taylor, editors

The best, up-to-date facts and strategies on how to achieve health through healthful living!

This handbook is indispensable for everyone who wants to be truly healthy!

You get a complete introduction to this revolutionary health system, including the Natural Hygiene diet, fasting, recipes, the history of Natural Hygiene, and so much more. A great book to own and a great gift!

120 pp. Sold separately @ \$10.95

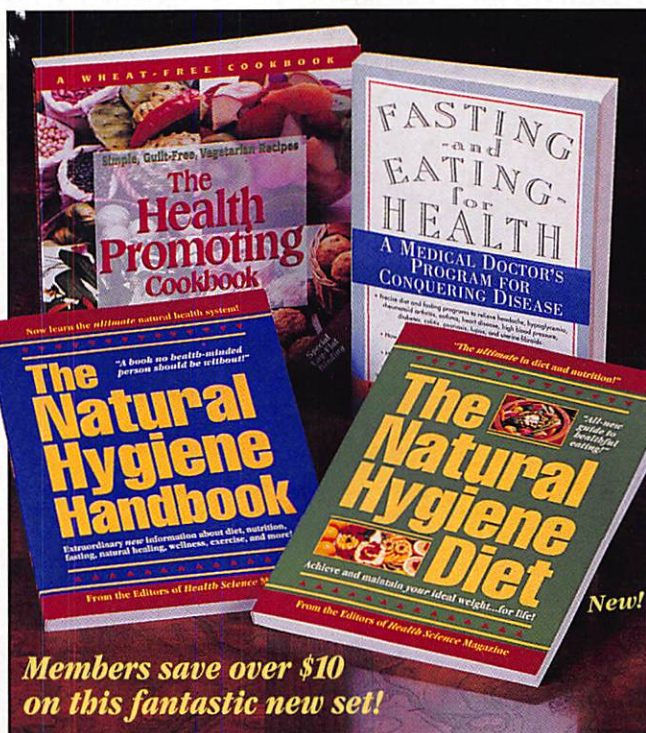
Fasting and Eating For Health

Joel Fuhrman, M.D.

This book could save your life! It describes how fasting and aggressive nutritional changes can not only prevent disease but can actually reverse many serious illnesses,

such as headache, hypoglycemia, rheumatoid arthritis, asthma, heart disease, high blood pressure, diabetes, colitis, psoriasis, lupus, and uterine fibroids. Dr. Fuhrman backs up his recommendations with facts. Buy a copy for yourself and one for your doctor!

256 pp. Sold separately @ \$12.95



Members save over \$10 on this fantastic new set!

Let these books guide you step by step!

Order your four-book set today! • Order #400: ANHS/NHA members only \$35.95!

Ordering Instructions:

1. In USA, add \$5.25 shipping. Outside USA: please call, write, fax or email [anhs@anhs.org] for shipping costs.
2. Florida residents add 6.75% sales tax.

3. Make checks payable to: American Natural Hygiene Society, P.O. Box 30630, Tampa, FL 33630
4. Call (813) 855-6607 or FAX (813) 855-8052 to charge with your VISA or MasterCard!



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