

VOL. 9 No. 1
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HEALTH SCIENCE

LIVING IN HARMONY WITH NATURE

A Week In Paradise

Natural Hygiene

The Science of Health

1986
Natural Living
Conference

Hope for the Future...



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12816 Race Track Road
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HEALTH SCIENCE

LIVING IN HARMONY WITH NATURE

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PHILOSOPHY

Health is the result of healthful living. When people live in harmony with their physiological needs health is the inevitable result. By supplying the organism with its basic requirements (natural, unadulterated food; sunshine; clean, fresh air; pure water; appropriate physical, mental and emotional activities; and a productive lifestyle) while simultaneously eliminating all harmful factors and influences, the self-constructing, self-regulating, self-repairing qualities of the body are given full reign.

The American Natural Hygiene Society is dedicated to the task of making known the physiological and lifestyle principles that ensure health, happiness, peace and prosperity for everyone, everywhere.

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INSIDE THIS ISSUE

Vol. 9 No. 1

Happy New Year

All of us here at *Health Science* hope that your holidays were rejuvenating and the warm embraces of family and friends have inspired you to face this new year with hope, enthusiasm and dedication to the task of making your life (and, by association, everyone else's) happier and healthier.

This issue of *Health Science* introduces the writing of Alan Goldhamer, D.C., co-director of the Center for Conservative Therapy, Pengrove, CA. His **Natural Hygiene: The Science of Health** highlights society's growing realization that the principles and practices we call natural hygiene form the foundation upon which a successful life can be built.

Dr. Alan Immerman's **Scientific Documentation for Natural Hygiene** provides further support for many of the conclusions drawn by natural hygienists past and present.

Would you like to spend **A Week In Paradise**? Read about the exciting 1985 Natural Living Conference held last summer at the University of California at Santa Barbara. ANHS Execu-

tive Director Craig Laroche and *Health Science* and *Healthful Living* contributor Marti Wheeler describe the events that made this year's conference so successful. This ANHS conference was more than an educational experience. It was the *ultimate* vacation.

Since this year's conference promises to be even better, why not attend? **Spend A Week in Paradise!** The 1986 conference will be held July 19-25 at Brock University, St. Catharines, Ontario, Canada. Details inside.

Next Issue

The March/April issue of *Health Science* will continue Victoria Moran's natural childraising series with **Breastfeeding: The Best Beginning**. ANHS Past-President Mark Huberman visits with Helen Nearing and Ron Cridland, M.D. explores the **Biochemistry of Fasting**, including a look at some fasting facts and myths. Don't miss a single issue of *Health Science*. Renew your ANHS membership now!

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Christopher Gian-Cursio Remembered

The news of Dr. Christopher Gian-Cursio's death was received with great regret and sadness.

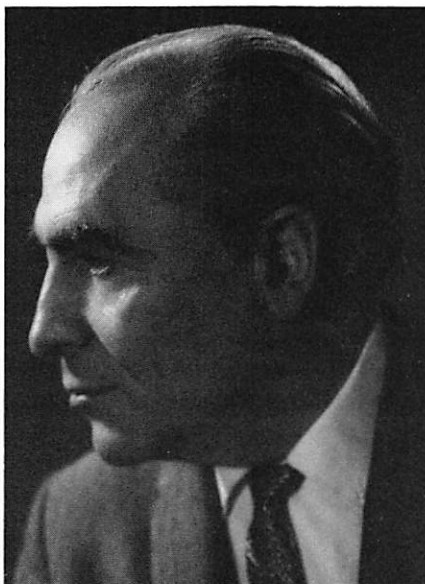
Perhaps my feelings were intensified because of our close relationship as students and fraternity brothers, in those formative years at the American School of Naturopathy, in New York City. Our rooms adjoined one another, and times not spent in the classrooms were passed in illuminating discussions and sometimes noisy debates on the many subjects of interest to our questioning young minds, which related inevitably mostly to Natural Hygiene, the true significance of which was eagerly grasped and clung to, as the philosophical foundation of our professional lives.

Despite many difficulties which entered his life, Dr. Cursio never compromised with his beliefs. His followers, who numbered in the thousands, vouched for the benefits to their health and longevity which resulted from his advice and recommendations.

In his pursuit for knowledge, he collected a large number of the early works on Natural Hygiene, thereby rescuing from oblivion the great writings of 19th-century health reformers, who formed the foundation of our present knowledge of Natural Hygiene.

Dr. Cursio, whose passing leaves a great void in our hearts, will be remembered for his tremendous contribution to the vigor of the present day health movement, and the greater awareness of society of a genuine philosophy of health.

**Dr. William Esser
Lake Worth, FL**



February 4, 1910-July 26, 1985

I first learned of Dr. Cursio by reading an appeal for funds to defend him against medical tyranny. I saw this appeal in Dr. Shelton's *Hygienic Review*, which a patient of mine showed to me. This was the turning point in my life. I sent in my contribution and received an acknowledgement and an invitation to visit Dr. Cursio's "Castle of Health" in Rochester, N.Y.

Both my wife and I fasted with Chris. I fasted 22 days for a chronic eczema condition, which cleared up. This was my introduction to Natural Hygienic methods of dealing with chronic toxemia. I owe my well-being to the teachings and guidance Chris offered to me then, when I was most desperate and confused. As a result of these teachings, I have been able to set many thousands of people on the path of recovery.

I will never be able to thank Chris enough for this, as he most certainly was a great influence in my life and others who came to me for help.

From that time on we were friends and had many interesting book hunting trips. Three of us, Chris, Carl Baharka (a newly ordained minister) and I, took a six-week trip through Canada, down the West Coast, and then on to Texas to Dr. Shelton's Health School, and back through the central states to New York. I spent many days and weekends surveying his library, sitting in on consultations, and even took over when Chris had to be out of town.

I have many deep and fond memories that concerned my days with Chris, which I will cherish until we meet again in other realms of existence.

**Dr. Gerald Benesh
Escondido, CA**

I was Dr. Cursio's patient for five years—five years that not only changed my life, but saved it. I was living in New York City at the time and was 27 years old. The previous six months before I met the Doctor were filled with the horror of finding out I had lymphatic cancer in my chest cavity, which was treated with radiation and chemotherapy. After five months of treatment, there were what looked like traces of the tumor still visible on my X-ray. According to the doctors, there was nothing more they could do for me. It was at this point I suddenly awakened to the fact that it was I who needed to heal myself if I were going to survive.

I began looking for answers. How could my body heal itself? A friend introduced me to Dr. Cursio. At our first meeting, he put me on his program, with exact proportions of what I

needed to eat at each meal. I followed it exactly. Almost immediately my body began to detoxify. I developed a "cold," diarrhea and weakness. I lost weight the first few months only to regain it back, and more—on the exact same amount of food. Dr. Cursio explained this was due to my assimilation of nutrients increasing and my body having emptied itself of waste materials and diseased tissue that it had been storing.

During the next year I had the great pleasure of hearing Dr. Cursio lecture at New York University. It wasn't until then that I realized this man was so gifted a healer and inspired intelligent force—shedding light and deep common sense on the workings and care of the body. After that I began to pay more attention to the reasons behind his instructions and asked many more questions. He had opened in me an interest, a thirst to know more about not only what would heal me and why, but how his ideas related to all people. Through his insight, I came to understand a connection between all living things and the wonderful processes that heal, create and sustain health in perfect balance.

After three years on his program I experienced what Dr. Cursio called "my major healing crisis." I had fever, an elevated heart rate of 140 beats per minute, diarrhea, sweats and intense pain—all for about three months. Of course I was worried that I might be dying of cancer. But Dr. Cursio kept encouraging me to trust my body—in-sisting that this was a healing crisis—and so I did. After the third month—having lost 30 pounds and somehow managing to get through my problems without traditional treatment—I began to break out in several varied symptoms which were exactly the same that I had had when I was getting radiation and chemotherapy. Dr. Cursio explained how perfectly the body was releasing and cleaning out the toxins that had been stored in my tissues.

Needless to say, I recovered—and literally grew back a new body. It is eight years later and I am well and

healed and still learning, and still feeding off the inspiration that Dr. Cursio imparted to me.

There are many people I know who also have had their lives changed and their bodies transformed by Dr. Cursio's Natural Hygiene work. It is a work that lives on through the people who healed—a work that is truly a guiding light in a world in desperate need of healing.

Dale Figtree
Costa Mesa, CA

The highest tribute that I can pay Chris is to say: he was a good doctor.

Following closely on the heels of Dr. Herbert Shelton, he played an important role in helping to advance Natural Hygiene into the twentieth century.

He was one of the founders, and served as a president of The American Natural Hygiene Society.

I first met Chris about forty-five years ago when I spent some time at his beautiful Castle of Health in Rochester, N.Y.

From the very beginning of his practice, he was peripatetic, visiting patients up and down the Atlantic seaboard. I recall traveling with him in his car from Florida to upper New York State. It took us about a week, and he stopped to call upon patients in every state along the way.

As the years passed, it was not unusual for him to visit patients even as far away as California.

All of us at ANHS wish to express belated condolences to Dr. Cursio's wife, Jan, to their children, Maria, Christie, Christopher, Bruce, and to their eight grandchildren.

Jack Dunn Trop
Miami Beach, FL

Dr. Cursio died July 26, 1985. □

Be Practical

To The Editor:

I don't want to bite the hand that reads me, but I suspect that ANHS and *Health Science* will forever stay small, unless you stop talking to vegetarian purists alone, and start talking to all those folks who want to know the best and safest way to eat in the real world they reside in. That is, a world of once a week, top-speed shopping in a super-market after working long, exhausting hours indoors.

I have managed to get the attention of five young women who know me well, and who have seen me turn a longstanding and severe illness around by dietary means. These young women, ranging in age from 22-29, have varied backgrounds, widely differing pressures and responsibilities, and radically different tastes.

Woman #1 is Cuban, with a New Yorker (Jewish) husband. She is pregnant, has a 14-month-old toddler, and is an ethnic cook.

Woman #2 works all day, and cooks for herself and her boyfriend, who works two jobs. With one car between them, and working a minimum of 6 days a week, trips to organic farms are out.

Woman #3 faces a four-hour commute daily. She is the manager of a high fashion boutique, and must look gorgeous to keep her job. She does. But she can't cook, and usually subsists on potato chips, coffee and cigarettes.

Woman #4 is the sales manager of a hotel. She jets all over the nation and the world, usually Latin America or Europe.

Please do a whole issue on how to survive a decade or more on super-market foods, and eating in restaurants. Nobody wants cancer or a heart attack.

"How To Eat" by Herbert M. Shelton (July/August 1985) exemplifies what's wrong with *Health Science* for most of today's cooks (and eaters).



The first set of rules counsels skipping meals if under emotional stress, or fatigue. For many, under nonstop emotional stress for years on end, and forced to eat at desks as phones ring, etc., such advice would mean starvation.

Take for example, Woman #5: Her child's father has recently deserted her, after "borrowing" her savings. She can't pay the rent. Her child is in another country, with relatives. She is working 12-hour days to try to keep a roof over her head, send support money, etc.

These are the pressures today's young women face. How can they worry about organically grown carrots vs. commercially grown? They need information on the safer alternatives they actually have, not the ideal alternatives of retirees and other folk with time, money and transportation.

Please tell me what to tell them when they ask what are the safest and most nutritious foods, but tell me about what they can actually go to buy, not what they ought to buy.

Please discuss—

Frozen foods, canned foods, supermarkets, restaurants and chain health food stores.

Don't tell us food is verboten [forbidden, Ed.] unless you give us enough facts. We need to make that decision ourselves. Is milk really altogether bad news, or just partly bad news?

"Foods For Optimal Health," by Dr.

Ralph Cinque (July/August 1985) mentions that pasteurizing makes the calcium in milk indigestible. Does that mean some of the calcium, or all of the calcium? If some, exactly what percentage? When I was 10 years old, my father contracted undulant fever, which led to encephalitis, from drinking raw milk. I wouldn't touch the stuff or recommend it to anyone. It's important to know if pasteurized milk is just less nutritious than the ideal, or totally un-nutritious. Please be specific.

Help!

Ann Bradley
North Miami Beach, FL

James Lennon replies:

Health Science is primarily dedicated to the task of making the lifestyle principles and practices of Natural Hygiene widely known. Secondarily, it provides lifestyle tips for readers. More detailed information about Natural Hygiene is available from the Natural Hygiene Press in both book and cassette form.

A fundamental principle of Natural Hygiene is that health is the result of healthful living. The requisites of health must be supplied or the organism will break down and become "diseased." The women described appear to be living lives that result in ill health. This is due both to poor personal choices, however well intended they may be, social and family pressure and economic exploitation. There

has been an enormous amount of economic, political and religious injustice inflicted upon women, in all cultures, in all times. *Health Science*, like all the Natural Hygienic periodicals that preceded it, stands in defiance of that injustice. But our defiance alone does not make it go away.

It is possible that, in addition to describing optimal health patterns, *Health Science* could suggest practices that, while not ideal, would be a step forward for most people. But, at present, we are leaving that to such magazines as *Vegetarian Times*, *East West Journal*, etc.

With regard to providing helpful information, *Health Science* will try to provide useful information about how to find good food, good clothing, good shelter, good friends, good livelihood, etc. For example, with respect to the question about calcium, see Dr. Immerman's article, "Scientific Documentation for Natural Hygiene," for an update.

The best answer to your letter appears in Dr. Herbert Shelton's essay, "Living to Live." (*Health Science* November/December 1984) Essentially, it says that all of the "good" things in life flow from "good" actions. Living appropriately results in health, happiness, a wholesome environment, rewarding social interactions, peace, justice, freedom, prosperity, etc. Living inappropriately leads to unhappiness and, if kept up, *misery*.

Health Science cannot bend the laws of life to fit the habits of its readers. Health is the result of three factors: heredity, environment (those factors outside our control) and behavior (those factors inside our control). Each of us is charged with the responsibility to control our own behavior. When outside factors impose pollution, exploitation, injustice, etc., upon us, we must work together to eliminate them. Rest assured, especially with respect to the economic exploitation, media misinformation and social pressure you describe, *Health Science* is your strong ally.

Breaking bad habits is not always easy. But if we don't break them, they will break us. □

U.S. Farm Workers and Chemical-Caused Illness

While pesticide contamination of food gets considerable attention, if no action to eliminate it, a new study says that as many as 300,000 farm workers suffer from pesticide-caused illnesses. This information should come as no surprise to *Health Science* readers. But what may be of surprise is that no one, not even the National Agricultural Chemical Association, a pro-chemical group, denies that workers suffer from the toxic effects of farm chemicals. They only debate the number of cases.

The Associated Press reported that the study, "Field Duty: U.S. Farmworkers and Pesticide Safety," conducted by the World Resources Institute, estimates that 313,000 of the nation's 4 million farm workers suffer from pesticide related illnesses annually. Charles Horwitz of the Migrant Legal Action Project says that figure is too low. Betsy Buchanan, spokesperson for the National Agricultural Chemical Association, says of the report that she "never heard of such an outrageous number. The only kind of number I've ever seen was 20,000 as an outside limit." [As if 20,000 disrupted lives were somehow insignificant. Ed.]

What interested researchers most was their finding that the use of pesti-

cides was in direct proportion to the illness rate, and that there was little evidence that the Environmental Protection Agency rules—such as guidelines for re-entry to fields and protective clothing—did much good.

The report recommended that EPA tighten toxicity classifications, step up enforcement standards, and mount a major campaign with the states to educate farmers and workers of the dangers of pesticides. But while these measures will reduce chemical-related illnesses, it will not eliminate them because there is no "safe" level of chemical use. Chemicals are poisons. If we use them a lot we will have a lot of problems. If we use them less, we will have fewer problems.

Health Science readers can take two positive steps to reduce the number of farm worker illnesses. First, increase your consumption of organically grown foods, while eliminating commercially (chemically) grown foods as much as *you* can. Second, when conversations arise with friends and family, emphasize that there are no safe levels for chemicals. Only a well educated public will demand a clean, healthy food supply and safe working conditions for our brothers and sisters in the fields.

It Figures

If you like interesting facts and figures, you'll love "Harper's Index," a regular feature of *Harper's* magazine. Each month the editors highlight statistics that offer an unusual glimpse at the antics of humankind. These one-line eye-openers paint a picture of human behavior that often defies the imagination. Here are a few samples.

Percentage of health articles in *Cosmopolitan* rated inaccurate by the American Council on Science and Health: 53; of health articles in *Prevention*: 69

Percentage of land in the average

American city taken up by roads and parking spaces: 40

Percentage of Americans who say they would rather have a tooth pulled than take a car in for repairs: 20

Percentage of American obstetricians/gynecologists who have been sued for malpractice: 67

Percentage of Americans who die in health-care institutions: 80

Number of Americans currently frozen in the hope of one day coming back to life: 11

Number of Americans who drink Coca-Cola for breakfast: 965,000

The Great Peace March

On March 1 next year, the cross-continental Great Peace March will begin. Half of the 5,000 people making the 9-month trek for world-wide nuclear disarmament will be strict vegetarians.

This projection is based on the 3,000 applications received so far by the organizer of the march, PRO-Peace (People Reaching Out for Peace). The percentage of vegetarians is an impressive statement about the social concern of vegetarians and our general hardness.

The Great Peace March has been endorsed by more than 200 organizations, with heavy support from religious and peace groups. Milwaukee Archbishop Rembert Weakland put two staff positions into organizing the march. Corpus Christi Bishop Thomas Gumbleton gave it an enthusiastic endorsement. Film stars won it early media attention—the first big financial help came from Paul Newman and Barbara Streisand. And while it is officially non-partisan, it has also received endorsement from two prominent peace Democrats, U. S. Representatives Ron Dellums of California and Patricia Schroeder of Colorado. So far, the Machinists' William Winposinger is its most prominent labor endorser.

The Great Peace March is not without its detractors. The sponsoring organization, PRO-Peace, has been accused of lacking a clear message or program. PRO-Peace Executive Director David Mixner denies that PRO-Peace lacks a clear message or program. "We're abolitionists. I'm always amazed when people say we don't have a program—we've got one: Take them down."

Those wishing more information on the march should contact PRO-Peace, 8150 Beverly Boulevard, Suite 301, Los Angeles, CA 90048, TEL: (213) 653-6245. □

Submitted by Billy Ray Boyd, Vegetarian Society of San Francisco.

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Noted author and lecturer Hannah Allen, who is also president of The American Natural Hygiene Society, exposes the uselessness and dangers of all injections and immunizations, provides an understandable, down-to-earth discussion (with documentation) of the fallacies of the germ theory and the tremendous commercial web of medical practices based on this false premise, reveals the sources of true "immunity" and supplies the necessary information and ammunition for avoiding all injections.

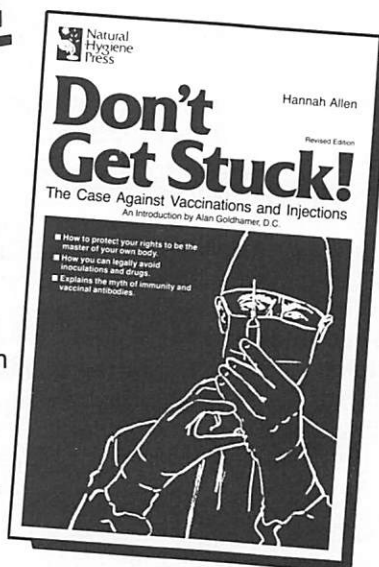
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Animal Factories An Update

There is a growing trend toward intensive farming of all "food" animals, and sheep are no exception. Raised on the range or in feedlots, lambs are marketed between the ages of 5 and 10 months. "They are castrated, tail docked, and branded . . . without the benefit of anesthetic or surgical training" (*The Animals' Agenda*). To fill the high demand for lamb along the East Coast, one fully automated Virginia plant, initially to be run by only 22 employees, plans to produce 120,000 lambs annually.

Rabbit producers view rabbit flesh as the way to the future in the rabbit industry. As living machines, they will be forced to produce between 57 and 77 bunnies every year. The goal is to turn the bunnies into five-pound "fryers" by the time they are seven weeks old. Because rabbits are small animals with high metabolism rates, they must be kept in close confinement systems. (Of course, this would prevent running and playing, which would ensure maximum weight gain.)

Oregon State University researchers envision a cage 4 feet by 20 feet that will hold 160 rabbits (one-half square foot per animal). Already, says the organization Humans Against Rabbit Exploitation (HARE), several fast-food restaurants are serving Southern-fried Bunny, and according to an article in *Pet Business Magazine*, McDonald's has privately indicated it would like to test-market rabbit meat." Perhaps because the ever-popular Easter Bunny, and the American tradition not to eat its pets have gotten in the way of our palates, some rabbit producers use the word "lapin," which is French for rabbit, in an effort to lessen American reluctance to buy rabbit flesh.

Cattle change hands more often and are shipped longer distances than any other livestock animal. Hot-iron branding, without the benefit of anesthesia, may be performed *each time* the animal change hands. During transport, mishandling is severe enough to violate state laws against cruelty to animals.

In a special report, Humane Society of the United States (HSUS) field investigator Paul Miller, who traveled over 20,000 miles visiting auctions and stockyards, described the abuse he observed: "They... are crowded so tightly that they injure or suffocate each other. During their journey (which may last for 2½ days), they are forced to endure extremes of weather in all climates, and are deprived of food and/or water. As they are unloaded, they are driven from trucks onto filthy, slippery loading ramps, often over the bodies of their dying companions. They stumble, sometimes breaking their legs, yet are forced to continue this final journey on their knees." Estimated annual loss in transporting livestock is \$1 billion.

Mary Tesoro ☐

Sulfites

A study in *The New England Journal of Medicine*, August 9, 1984, discusses the safety of sulphite additives. Sulphiting agents are commonly added by restaurants to vegetables to keep them from wilting and turning brown when they sit out in a salad bar for a long time. They have been classified as "Generally recognized as safe" but scientists have now recognized that people commonly develop allergic reactions after eating foods with sulphite on them. In fact, there have been deaths from ingesting sulphite agents in food. Before you eat vegetables in any restaurant, find out if sulphiting agents have been added.

Coffee

For coffee lovers, *The American Journal of Public Health*, August 1984, had some bad news. In its study scientists did find that coffee consumption had a positive association with fatal cancer of the colon and bladder. This type of study did not prove "beyond a shadow of a doubt" that coffee will cause cancer, but it offered strong enough evidence to convince everyone who is concerned about their health to avoid coffee.

Alan Immerman, D.C. ☐

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Terri McBride

Natural Hygiene

The Science of Health

By Alan Goldhamer, D.C.

There's more to *Hygiene* than cleanliness and sanitation.
And society is getting the message.

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

Science, the dictionary tells us, is the systematic observation of natural phenomena for the purpose of discovering laws governing those phenomena. In other words, science is the process we use to figure out how things work.

Health is defined as a state of optimal physical, mental, and social well-being, and not merely the absence of disease. Natural hygiene is a broad

"By switching from a bad lifestyle to a healthier one, a person can figure on adding about 14 years to his life."

Dr. Lester Breslow
Dean of the School of Public Health
University of California at Los Angeles

term which encompasses the techniques that man has developed to learn about the natural laws that determine health. The more you learn about these laws, the better prepared you are to make the choices that will deter-

mine to a large extent both the quantity and the quality of your life.

Over 100 years ago a few disenchanted medical doctors began to publicly challenge the medical approach to health care that included in its therapeutic arsenal leeches, bleeding, withholding of water from patients, etc. These early natural hygienic pioneers criticized the use of drugs in the treatment of disease and advocated fresh air and sunshine, good diet, and the avoidance of social poisons such as tobacco, alcohol, and

coffee. Since the mid-1900s, natural hygienists have tried to convince a resistant world that health is a state of vitality and that health is self-generated by the human organism when it is provided with the prerequisites of health and is put under no more stress than is within its inherent and developmental capacities.

Here are some quotations. After reading them, we can decide together whether or not natural hygienists have been successful in influencing America's attitudes about health.

"Most Americans choose the way they will die. How you live, hour by hour, day by day, more than anything will determine what will kill you and when."

Health is a state of optimal physical, mental, and social well-being, not merely the absence of disease.

"For the most part, unnoticed bad living habits—not germs—are the big killers in industrialized society."

"Over the past 50 years our unhealthy living habits have grown into a gigantic new disease that kills 7 of each 10 people. The biggest killers today—heart disease, cancer, and stroke, along with cirrhosis of the liver, bronchitis, emphysema, and asthma—kill 76 percent of the 2 million Americans who die each year. There are no vaccines to prevent such threats to life. Cleaning up our lifestyles is the cure. Ironically, rather than improving, lifestyles are getting worse."

"Changes in diet, smoking, exercise, and alcohol consumption, and a reduction in physical and psychological stresses of our environment would do more to improve health than doubling outlays in medical care."

Before I give you any more quotations, perhaps I should reveal the source of this information. The American Natural Hygiene Society? A chiropractic brochure? A book from a health food store?

No. All of these quotations come from a booklet put out by none other than one of the largest insurers of medical care in the country, Blue Cross.

Now let me read you a few more quotations from this Blue Cross booklet.

"The next major advances in the health of American people will come from the assumption of individual responsibility for one's own health and a necessary change in the lifestyle," according to Dr. John H. Knowles, president of the Rockefeller Foundation.

"It has become clear that only by preventing disease, rather than treating it later, can we hope to achieve any major improvement in the nation's health," according to the Department of Health, Education, and Welfare.

We must begin at home. We must divest ourselves, as much as possible, of the darkness of deep ignorance and superstition. We must let in upon our minds the light of true science. We must study the laws of life.

William A. Alcott, M.D.
November, 1843

"By switching from a bad lifestyle to a healthier one, a person can figure on adding about 14 years to his life," said Dr. Lester Breslow, Dean of the School of Public Health at the University of California at Los Angeles.

Benjamin Lipson, an insurance consultant, said, "Bad lifestyles are such a threat to health that the so-called average healthy American with a self-indulgent living pattern is a far worse insurance risk than a mild adult diabetic who watches his diet."

Health experts are beginning to realize that crisis medicine has become a bottomless pit. No matter how much money is put into it, it has not improved the health of the people. H. Robert Cathcart, chairman of the board of trustees of the American Hospital Association, has said, "In the last few years we have come to recognize that the demand for our services is infinite. We can begin now to act on the lifestyle issue and join others in helping individuals to modify their lifestyles, to lead healthier lives, and thus to reduce the use of the expensive services that we offer."

Natural Hygiene

Have natural hygienists been successful in obtaining recognition of their philosophy? I believe the answer is a resounding *Yes*. The public, government, and even the medical establishment are opening their eyes. It's true that there is still much education that needs to be done, but never before have more people had more information available about how to get and stay healthy. Concepts relating to prerequisites of health have been well accepted.

Natural hygienists have long stated that the prerequisites of health include good diet and environment, appropriate activity—including rest, work and play—a sound psychology and

"Most Americans choose the way they will die. How you live, hour by hour, day by day, more than anything will determine what will kill you and when."

functional homeostasis, or balance. As for diet, they recommend that the diet should be a vegetarian-oriented diet emphasizing fresh raw fruits and vegetables. They advocate regular exercise and rest as well as productive activity, and they emphasize the importance of the environment, not only in broad terms of air and water quality but also in terms of work conditions and aesthetic beauty.

Natural hygienists have long recognized that a sound psychology is predicated on self-awareness, self-acceptance, and self-responsibility. These components are becoming accepted, mainstream, popular. This is good—and about time.

But there are still some concepts that have not gained widespread understanding or acceptance. Natural hygiene offers a unique view of the very nature of health and disease. Currently the average person's concepts of health and disease have been manipulated by the economic interests of the food industry, the drug industry and, perhaps most of all, by the pseudoscientific proclamations of the medical industry, abetted by the popular media.

Modern Medicine

The modern medical establishment would have you believe that the 300-

Scientific Documentation For Natural Hygiene

By Alan M. Immerman

More than a theory, this time honored practice
withstands the critical eye of scientific examination.

In the past few years I have published numerous articles, complete with hundreds of scientific references, which support the principles and practices of natural hygiene. Fifty to 100 years ago, there was no scientific basis for the practice of natural hygiene. But then again, there was no scientific basis for the practice of medicine either. But in the twentieth century both of these fields have been thoroughly investigated scientifically. Now when we study natural hygiene and explain it to others, we can now utilize documentation from standard scientific journals to support our positions. I would like to update you on some of the recent scientific journal articles which are relevant to natural hygiene.

High Blood Pressure

In the *Archives of Internal Medicine*, May 1984, there appeared an article listing recommendations on detection, evaluation and treatment of high blood pressure. In the past, medical doctors routinely prescribed powerful medication to lower high blood pressure even when the blood pressure was only moderately elevated; in other words, approximately 140/90. In the 1980s, however, it has come to light that the treatment of moderately high blood pressure is far more dangerous than the risk of having moderately high blood pressure without treatment. The medications are so toxic that they produce many problems on their own, problems that

outweigh the risk of heart attack and stroke from moderately high blood pressure. So the medical profession has now turned to non-pharmaceutical therapy. It might sound familiar because what they recommend is essentially natural hygiene.

According to *the Archives of Internal Medicine*, medical doctors are now recommending that people with high blood pressure work to reduce body weight before they resort to medication. Reduced body weight lowers blood pressure and lowers blood cholesterol levels when patients restrict salt and alcohol intake. Of course, not everyone in the scientific community agrees that moderately high blood pressure can be controlled and elimi-

plus billion dollars a year that are spent on so-called health care is buying an ever-increasing standard of health. In recent years there has been an outcry even from individuals within the scientific and medical community.

Rick Carlson, in his book, *The End of Medicine*, states that current medical practice has very little to do with health.

Although the medical establishment attempts to take credit for decreased incidence of specific disease processes and claims responsibility for an increase in life expectancy, Rene Dubos, an eminent bacteriologist and holder of a chair at the Rockefeller Foundation, published a book entitled *Mirage of Health* in which he states that modern medicine's purported achievements are not all they are cracked up to be. He points out that it was the so-

cial reformers—that is, the early natural hygienists who campaigned for purer water, better sewage disposal, and improved living standards—who were chiefly responsible for the reduction in mortality from so-called infectious disease.

As for increased life expectancy, Thomas McKeown, in his book, *The Role of Medicine*, explains that the statistics purporting to show a great increase in life expectancy have been misleading. The increase has largely been the consequence of higher living standards and a decrease in infant mortality. Life expectancy for those who have reached adulthood is little higher today than it was at the beginning of the century.

Ivan Illich, in his book, *Medical Nemesis*, says that the medical profession concentrates almost all of its re-

sources on treatments for which they get paid—rather than on prevention, which, if effective, would reduce their income and status.

In *The Diseases of Civilization*, Brian Inglis quotes Halfdan Mahler, director of the World Health Organization, who states that there has been a mystification in medical care which has continued almost unchecked. Absorbed in its own preoccupations, the medical profession has allowed the gap between health care and medical care to continue to widen. At the same time it has exploited its monopolistic position to create an unnecessary dependency of the population upon the holders of these mysteries.

Inglis also reminds us how adept the medical profession is at abusing statistics to try to prove its case. Hardin Jones, a professor of Medical Physics at

nated through lifestyle changes. But many journals report that aerobic exercises and stress reduction will by themselves lower blood pressure. In my practice I customarily recommend that people use diet, exercise and stress reduction to control blood pressure. The vast majority of people who do this need no medication whatsoever.

In the *Lancet* of July 7, 1984, is an article that summarizes the beneficial effect of a low fat, low calorie diet on the heart. It describes patients with angina pectoris. Angina pectoris is heart pain that develops, during exercise, when a person's blood vessels to the heart are plugged with fat. Not enough blood can get through to the heart. It is deprived of oxygen and pain develops. A controlled study was designed to measure the effect of a low fat, low calorie diet on patients with severe angina pectoris.

The low fat diet was approximately ten (10%) percent fat, whereas the average American diet is forty (40%) fat. After three months, cholesterol levels were reduced by twenty-eight (28%) percent and the average patient lost almost twenty pounds. Scientific evaluation of the patients proved that the circulation to the heart was improved by the low fat diet and the patients were able to exercise much more before they developed heart pain. This study is in keeping with the natural hygiene theory that, through changing the diet and/or fasting, the body will

break down fat deposits in blood vessels and improve the blood supply to the heart and in this way avoid coronary bypass surgery.

The *American Journal of Clinical Nutrition*, in August of 1984, reported a study on nutrient intake and health status of lactovegetarians (vegetarians who don't use eggs or any type of meat, but who do use dairy products).

ON VEGETABLES

There is no disease, bodily or mental, which adoption of vegetable diet and pure water has not infallibly mitigated, wherever the experiment has been fairly tried.

Queen Mab, Notes
Percy Bysshe Shelley
1792-1822

While this study does not totally apply to natural hygiene, the results did show that after a chemical investigation of the blood and urine, no symptoms of nutritional deficiencies were found. Blood fat levels and blood pressure levels were lower in the lactovegetarians than in the general public.

Supplements

Athletes are often told to take certain supplements to increase athletic performance. In the *American Journal*

of *Clinical Nutrition*, September 1984, such supplements were tested. These supplements are called ergogenic supplements because they are thought to increase endurance. Twenty male runners were tested. As happened many times before, the tests showed the supplements had no beneficial effect whatsoever on performance, and that they are of no physiological value to an athlete unless he or she is on a deficient diet.

The public is also told frequently to take large doses of vitamins. The *New England Journal of Medicine*, September 6, 1984, contains a report on Vitamin B 6. This report proved that large doses of Vitamin B 6 can result in destruction of nerves. In the report they describe a thirty-four year old woman who had taken large doses of the vitamin for three years and had developed progressive trouble in walking.

Protein and Calcium

Nutrition abstracts and reviews in June of 1984 summarize what scientists now know about the relationship between the amount of protein you eat and the calcium in your body. The bottom line is that a high protein diet will result in more loss of calcium from the system. This article contains a tremendous amount of documentation to support this. With all the talking in today's society of trying to keep the bones strong, we seem to be missing what would be the greatest em-

the University of California, Berkeley, bluntly told his colleagues that patients whose cancers were inoperable were being used by surgeons as the controls or comparisons in trials, giving the false impression that those patients who were being treated for cancer with surgery and radiation were benefiting. Correcting the statistics to allow for this bias, Jones calculated that the life expectancy of untreated cancer patients was longer than those receiving treatment.

Patients are often told by medical practitioners: "Learn to live with it" ... "What do you expect at your age?" ... "There is nothing that can be done." If patients question their doctors about alternative approaches they are often told: "We don't know what causes your problem. We don't know what will help you. We are not trained in nat-

ural therapeutics—but they couldn't possibly be of help." And if you are a woman and your test results come back negative, you may be told that "It's just your hormones" ... or, "It's all in your head."

When patients who have recovered their health through natural means go back to the medical practitioner who made the original diagnosis, they are often greeted with hostility for daring to go outside what Robert Mendelson, M.D. describes as the church of modern medicine.

In his book, *Confessions of A Medical Heretic*, Dr. Mendelson states, "I believe that despite all the super technology and elite bedside manner that is supposed to make you feel about as well as an astronaut on the way to the moon, the greatest danger to your health is the doctor who practices

Modern Medicine." He contends that the treatments for diseases are seldom effective and that they are often more dangerous than the diseases they are designed to treat.

What is Health

The single most important problem with the modern medical profession is its misconception about the very nature of health and disease. Dorland's *Medical Dictionary* defines health as an optimal state of physical, mental, and social well-being and not merely the absence of disease. In practice, modern medicine defines health as the absence of signs and symptoms—that is, the absence of any evidence to the doctor or patient. In fact, even if there are symptoms, if they are not much worse than the symptoms of the other patients seen by the doctor, he may still pronounce you healthy.

phasis, which is that a high protein diet is one of the strongest causes of weakening bones in old age.

Companies producing calcium supplements have been trying to spread the word that if we want to have strong bones in old age, then we must take calcium supplements and/or drink loads of milk. Yet a study in the *British Medical Journal* of October 20, 1984, contradicts this viewpoint. This study found that a calcium intake of 1,000 to 2,000 milligrams daily is not effective in preventing bone loss past menopause in women. Bear in mind the normal calcium intake that is recommended is 800 milligrams a day. When women were followed for two to three years, the study showed that those who took calcium supplement had no greater chance of strengthening their bones than women who took no calcium supplement whatsoever.

Calcium is a nutrient that has been exploited by the media. Fear and scare tactics have been used to increase sales of calcium supplements and dairy products. The fact is that there has never been a proven case of anyone's developing an illness from calcium deficiency. There is no reason for being overly concerned about calcium unless you have stock in a dairy industry.

The *Journal of American Oil Chemists Society*, December 1984, had an article that discussed the role of fatty foods in causing cancer. This article is a brief review of the many scientific references that prove once again that a

high fat diet is associated with increased risk of cancer of the breasts, colon, rectum, prostate ovary and pancreas. Unsaturated fats, such as the oils and seeds in nuts, have greater effect on increasing cancer in some cases than do saturated fats such as meat and dairy products.

Conclusions are that if Americans decrease the amount of fat they take in, they will probably reduce the amount of cancer and the number of deaths from cancer. The fatty foods, of course, are nuts, seeds, oils, all dairy products, eggs, all meats, mayonnaise, butter and so forth. In natural hygiene we recommend that people minimize their intake of such high fats. The National Cancer Institute has also endorsed the concept of reducing fat intake so as to reduce the risk of cancer.

Fasting

The *Lancet* of June 2, 1984, had an article entitled "Voluntary Total Fasting A Challenge For The Medical Community." In this article fasting was discussed in relation to a political movement against the nuclear arms race. Four people decided to go without food for an unlimited period of time and requested medical supervision. The medical doctors found that the course of fasting was uneventful until days 28 to 35 when weight loss reached 18 percent of prior weight. In other words, these four individuals under medical supervision were found to be able to go 100 percent without

food for four to five weeks, without any problem whatsoever.

Of course, in a hygienic situation a fast would be broken at an earlier date. These individuals were fasting as part of a political protest. One of the fasters developed swelling of the brain after thirty-eight days and the other three agreed to suspend their fast by day forty. The four resumed their ordinary work on days 60 to 75 and regained 95 percent of the original weight within three months. This is another of the many studies that appear in medical journals documenting that prolonged fasting with the proper candidate and under careful supervision is generally safe.

Natural Hygiene

Natural hygiene is a science that has been taught in the United States for more than a hundred and fifty years. It has always been fascinating to me that I can go into scientific journals and find that scientists have time and again proved that the principles and practices of natural hygiene are valid.

Yes, the natural hygiene system of health preservation is scientifically valid. From time to time I will share scientific references and documentation with readers of *Health Science* so that we will all have access to the scientific basis and proof for the natural hygienic system. □

Alan Immerman, D.C. is a prolific writer and director of Immerman Chiropractic Center, Scottsdale, AZ.

This is a kind of health by default. But health is not merely the absence of symptoms. It is a state of vitality where the human organism has the capacity to successfully adapt to the stresses of its environment.

What about disease? Disease is defined in the medical dictionary as a definite morbid process having a characteristic train of symptoms. If you look up morbid, you'll find it defined as having to do with disease. That's what you might call a circular definition.

Modern medicine has defined disease as both the degeneration or death of the cells that are the building blocks of tissue, as well as the processes that precede this degeneration. In other words, they believe that the reactive processes of the body—such as fever, inflammation, vomiting, diarrhea, etc.—and the death or degeneration of cells

are bad. Those who study health realize that this is a serious misconception. While we all agree that the degeneration and death of the body's tissue is a bad thing that must be prevented, we strongly disagree with the concept that the self-healing mechanisms of the body—such as fever, inflammation, etc.—are negative. We recognize that not only are these "disease" processes natural, but they are essential if the body is to restore balance and prevent damage.

It is absolutely essential to understand that disease processes are generated by the body in an attempt to restore normality. Fever, vomiting, diarrhea, and inflammation all have very important functions in the recovery of health. If these processes are interfered with through the indiscriminate use of drugs, surgery, even

"natural" therapeutics, this interference with the body's self-healing mechanisms may prevent it from making a complete recovery. The invasion treatment may be successful in eliminating the symptoms, but it may actually make the individual less healthy.

For example, fever is the word we use to describe an increase in the body's temperature. If the organism needs to increase its metabolism to fight off the effects of unfriendly microorganisms, one of the many responses of the body is to increase its basal metabolism. This increases the rate that chemical reactions take place in the body. This increased metabolism helps the body regain balance. It has also been noted that many microorganisms have difficulty synthesizing certain essential nutrients at increased temperatures and that the fever of

acute illness is important in giving the body the upper hand.

The increase in temperature also creates some side effects, such as increased perspiration, headache, etc. A doctor practicing modern medicine may see fever as an enemy, since it makes the patient uncomfortable, and the doctor may proceed to "attack" the fever by poisoning the body with a variety of toxic substances.

If the doctor is "successful," the patient may feel more comfortable *for a while*. Unfortunately, the cause that created the need for the fever has not been addressed, and the symptoms often return at a later date, occasionally in a different form. Instead of working against the body's natural healing mechanisms, we must learn to support the body and allow it to restore its natural balance.

Fortunately, medical doctors are becoming aware of the tremendous damage they have inflicted on too trusting patients, and they are now beginning to avoid the indiscriminate interference with fever.

Care of the Sick

Natural hygienists do not claim that the body is always successful or always capable of overcoming each and every obstacle. Neither do they claim that there is never a role for drugs or surgery. Their recommendation is to avoid the causes of disease and, in cases where intervention becomes necessary that conservative techniques should be used whenever possible, and that every attempt should be made to support the body's inherent healing mechanisms. The human organism is very well designed. And when the body is provided with the prerequisites of health and is not stressed beyond its inherent capacities, it is self-healing, self-regulating, and self-directing.

The critical issue is: What is the best way to avoid damage to the body? Obviously, the first choice is prevention. But once an injury or problem develops, what is the best way to resolve it?

Modern medicine generally takes an overly invasive, aggressive approach that often poses more risk than the process being addressed.

Drugs and surgery are often directed at the *symptoms* of problems rather than the *actual* problems. The important question to always consider

is: What factor or set of factors is responsible for this set of symptoms? What can be done to remove the causes? What can be done to support the body's healing mechanisms?

Men, women and children eat, drink, work, sleep, dress and think after modes which defy all nature. When the system yields to their daily outrages, instead of checking themselves to see what may be done to remove ill health, they immediately place themselves in the hands of those who are to professionally do their thinking and their care. Hundreds of years of practice have shown the fallacy of this arrangement.

Harriet Austin, M.D.
1826-1891

Most of us realize that the symptom-oriented quick-fix promises of modern medicine are on the way out. But what will replace them? Recently "natural" therapies have come into vogue. However, most of these are nothing more than alopathic medical practices minus the toxic (drug) substances, or with less toxic ones. The philosophy is still the same. Although therapists may talk a lot about natural healing, it is, in fact merely a game of words. The ancient concept that a special substance, vitamin, potion, or treatment is needed to allow the body to be healed is still being promoted. Instead of the potent pharmaceutical drugs of modern medicine, the "natural" therapists utilize milder herbs, homeopathics, and other exogenous agents.

Nothing but the body can heal. All healing is generated by the body. The body requires the prerequisites of life and the opportunity to heal. No drug, herb, or treatment can speed up, increase, or allow healing except in that it provides the body with a needed raw material or removes an interfacing factor.

In order to heal itself the body often generates such processes as fever, inflammation, etc. It is important to un-

derstand the role of these healing crises. When the various stress factors of life—physical, chemical, emotional, etc.—exceed the body's ability to maintain optimum health, the body will attempt to restore its natural healthful balance. It may generate what can be called a healing crisis. This is not to say that healing crises are desirable. In fact, we want to learn to live so that the need for a crisis is eliminated. But when one is required, we should support the body and not interfere with its efforts.

For example, if a toxic substance is introduced into the intestinal tract—whether it be from food, microorganisms, or any other source—the body will attempt to eliminate the poison before it can be absorbed. Vomiting and diarrhea may ensue. Attempts to interfere with these may actually increase the amount of toxin absorbed. If the body is unable to keep all of the poison from being absorbed, it may increase its metabolism (fever) and mobilize its defense mechanisms (white blood cells, etc.) to isolate and remove these poisons. These processes of the body, though uncomfortable, are both natural and necessary for our health. They would collectively be termed a healing crisis.

Choosing Health

Health is the optimum state of well-being. Disease processes are attempts by the body to heal itself. Degeneration is the alteration of tissues that takes place when the body is unable to overcome stressors. Avoid the indiscriminate use of the practices of modern medicine that interfere with the natural mechanisms of the body. Support the body by providing it with the appropriate quantity and quality of the prerequisites of health and by limiting the stress factors of life within your control. It is important that everyone understands how health can be regained and maintained. Each of us must be allowed the opportunity to construct a rational model of health that is consistent with reality.

You now have this opportunity. The question is: What will you do with this information? You have a choice. And that choice will determine to a large extent the quantity and quality of your life. □

Alan Goldhammer, D.C. is co-director of the Center for Conservative Therapy, Pengrove CA.

A Week In

PARADISE

The ANHS Natural Living Conference

Natural Hygienists from around the world gathered for a celebration of life. These conferences are the ultimate vacation.

Imagine a week in paradise, blue skies, sunshine, balmy breezes, delicious natural foods and a community of supportive friends who share your lifestyle and values. Imagine listening to lectures delivered by the largest number of professional Natural Hygienists and lay speakers ever assembled in one place, plus a complete library of Natural Hygiene books, pamphlets, magazines and cassette tapes. Imagine swimming, sunbathing, dancing, concerts, exercise classes, meeting interesting people and rekindling friendships.

If you can imagine this, you can imagine the 37th Annual Natural Living Conference that took place July 20-26th, 1985, at the University of California, Santa Barbara.

Topics

Lectures and workshops included: Dynamic Health: The Requirements; Fasting Can Save Your Life; Healing is a Biological Process; Foods for Optimal Health; Physiological Mechanisms in Health & Disease; The Joy of Natural Foods Preparation; What to Expect On First Fast; Exercise For Superior Nutrition; Choosing To Love: A New Way To Respond; Necessary Hospitalization and Surgery; The Unity of Health and Disease; Socializing In The "Real" World; Health Concerns In Later Life; Natural Childbirth; The Vegetarian Child; Infection and Contagion in Perspective; Mental and Emotional Health; Creating A Healthy Lifestyle.

By Craig Laroche
and Marti Wheeler

New Events

New to this year's program were morning and afternoon workshops that allowed for extensive question and answer periods with the speakers.

Each evening, after the delicious buffet meals, there was entertainment. Special highlights were the "Santa Barbara Baroque Ensemble," the folk-group "Windsongs" and the dance band "Three Easy Pieces."

Reunion

This conference was truly a national and international reunion of Natural Hygienists. Attendees hailed from England, Scotland, Trinidad, Dominica, Australia, Canada, Mexico, South Africa and the United States. Drs. Benesh and Immerman returned to speak after years of absence. *Healthful Living* editor T. C. Fry and California Health Sanctuary director Art Andrews were also in attendance.

Food

Sue Douglas coordinated the fabulous meal plans with the assistance of Joel and Lisa Fuhrman. The delicious breakfasts, lunches and dinners provided not only wholesome nourishment, but also happy socializing. In addition to the special Century Club Luncheon, one dinner featured a Mex-

ican Fiesta, and the final night featured a Farewell Banquet, where guests said their goodbye's and plans were made to meet again at next year's Natural Living Conference.

Youth Forum

Wendy Kumara and Helen Story coordinated a highly successful co-op Day Care Program for children ages 3-7. Youngsters stayed busily engaged in pleasurable and productive activities appropriate to their age and development. This helped free parents to attend lectures.

There were daily Youth Forums: programs geared to the interests of young people over age seven. Topics included "The Joy of Living," "Leadership: Setting a Good Example" and "Being 'Different' With Style." After the Youth Forum, and continuing throughout the remainder of each day, were lectures, sports, games, and field trips for pre-teens, led by Irving Schoenfeld.

ANHS Business

During the conference ANHS members took time out to elect a new president, Hannah Allen, and to elect board members: Sue Douglas, Dr. Alan Goldhammer, Frieda Kabelac and Jack Dunn Trop.

Communities

One afternoon, the members of The Hygienic Community Network and interested guests met to discuss current and potential hygienic communities.



1985-86 Board of Directors: seated (l-r) First Vice-President Paula Duvall; Treasurer Dorothy Brosious; President Hannah Allen; Frieda Kabelac; standing (l-r) Joel Fuhrman; Philip Martin, D.C.; Kate Sharp; Alan Goldbamer, D.C.; Third Vice-President Sue Douglas; and Ron Cridland, M.D. Missing from photo are Vice-President at-large Mark Huberman and 2nd Vice-President Jack Dunn Trop.



The lecture hall was filled with enthusiastic participants every day.

Speakers

The list of speakers was impressive: **Gladys Aaron**—Co-founder of the Canadian Natural Hygiene Society; **Hannah Allen**—Author of *Don't Get Stuck*; **Gerald Benesh**, D.C.—Professional Natural Hygienist; co-founder of the American Natural Hygiene Society; **Alec Burton**, M.Sc., D.O., D.C.—Director of Hygeia Health Institute, Arcadia, Australia; President of the International Association of Professional Natural Hygienists; **Nejla Burton**, D.O.—Author; lecturer; associate, Hygeia Health Institute, Arcadia, Australia; **Ralph Cinque**, D.C.—Director of Hygeia Health Retreat, Yorktown, Texas; contributing writer for *Health Science* and *Healthful Living* magazines; **Ron Cridland**, M.D.—Professional Natural Hygienist; contributing writer for *Health Science* magazine; **Sue Douglas**—Co-owner and director of Weston Inn, Weston,

Vermont; mother; **Paula Duvall**—Contributing editor for *Health Science* magazine; lecturer; mother; graduate student at University of Chicago's School of Clinical Nutrition; **Ed Ford**, M.S.W.—Private family and personal counselor of Scottsdale, AZ; author of *Choosing to Love*, *Why Marriage*, and *Permanent Love*; **Alan Goldhammer**, D.C.—Director of Center for Chiropractic & Conservative Therapy, Penn Grove, CA; **Sophie Holzgreen**—President ANHS Los Angeles chapter; **Alan Immerman**, D.C.—Director of Immerman Chiropractic Center, Scottsdale, AZ; lecturer; contributing writer to numerous health publications and journals; **Frieda Kabelac**—Contributing writer for *Health Science* and *Healthful Living* magazines; **James Lennon**—Editor of *Health Science* magazine; Director of Herbert Shelton Library, Tampa, FL; **Jennifer Marano**, D.C.—

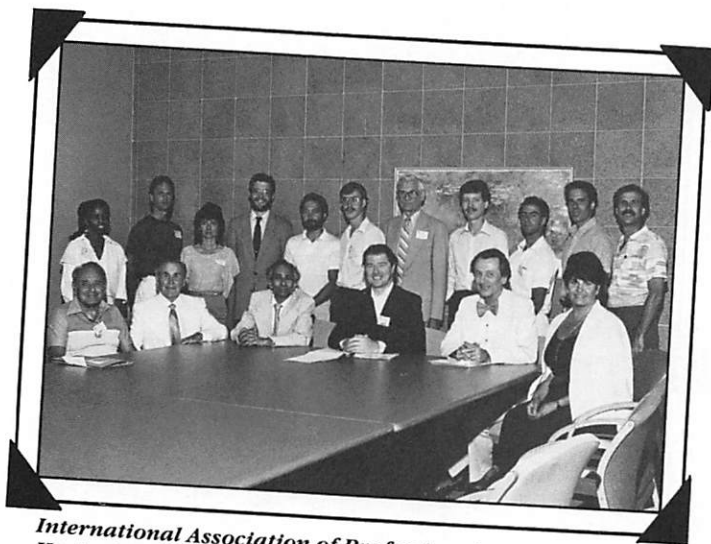


Natural Hygienists from around the world gathered for reunions and to meet new friends.



Paula Duvall's delicious food demonstrations.

Co-director of Center for Chiropractic and Conservative Therapy, Inc. Penn Grove, CA; **Philip H. Martin**, D.C., D.T.—Director of Martin's Health Manor, Ontario, Canada; **D.J. Scott**, D.C.—Director of Scott's Natural Health Institute, Youngstown, Ohio; **Kate Sharp**—Contributing editor for *Health Science*; **Keki Sidhwa**, N.D., D.O.—President of the British Natural Hygiene Society; Director of Shalimar health retreat, Essex, England; editor of *The Hygienist*; **Helen Story**—Co-operative community advocate; Editor, *Hygienic Community Network News*; **V.V. Vetrano**, D.C., M.D.—Professional Natural Hygienist from San Antonio, Texas; writer; former director of Dr. Shelton's Health School; **Ron Weston**—Health writer, lecturer and advisor from Tottenham, Ontario, Canada; and **Marti Wheeler**—Author of *116 Favorite Tantalizing Good Health Recipes*.



International Association of Professional Natural Hygienists and Guests: seated (l-r) John Brosious, D.C.; Gerald Benesh, D.C.; Keki Sidhwa, N.D., D.O.; President Alec Burton, M.Sc., D.O., D.C.; D.J. Scott, D.C.; Nejla Burton, D.O.; standing (l-r) Brenda Andrieu, Ph.D.; Doug Graham, D.C.; Jennifer Marano, D.C.; Alan Goldbamer, D.C.; Ralph Cinque, D.C.; Ron Cridland, M.D.; Philip Martin, D.C.; Alan Immerman, D.C.; Trevor Salloum; Joel Fuhrman and Stephen Forrest. Missing from photo is V.V. Vetrano, M.D., D.C.



The annual conference is a treat for children of all ages. Below, Wayne Basker insured that music filled the air.

Awards

Four special awards were presented at the Farewell Banquet. Dedicated Service Awards were presented to Sophie Holzgreen, for her tireless efforts in promoting Natural Hygiene in the Los Angeles area, and to Joe and Gladys Aaron, for their more than 25 year commitment to Natural Hygiene and in honor of the 25th anniversary of the founding of the Toronto Chapter. The award had special meaning for Joe Aaron who was celebrating his 70th birthday.

Immediate Past-President Mark Huberman, who skipped this year's event in favor of attending with his wife Debbie the July 24 birth of their first child Lisa-Ann, was awarded the Distinguished Service Award for his lifetime commitment to ANHS. The Herbert M. Shelton Award for dedicated service to natural hygiene was awarded to ANHS founder Jack Dunn Trop.

Another highlight of the conference was the record-setting fundraising drive at the Century Club luncheon that resulted in nearly \$10,000 in pledges.



Appreciation

Special thanks must go to: Sophie Holzgreen for taking time out of her busy schedule to assist in the pre-conference site selection and planning, as well as local area conference promotion; Wayne Basker for his beautiful flute playing; Dennis Nelson and Tovia Pearl for their tireless assistance at the book and cassette tape tables; Charlotte DeMarco for her assistance handling ticket sales and collection; Roland Morin, Michael Charron and Debbie Claas for their extraordinary

dedication and commitment of time and energy in assisting ANHS staff in the conference registration and logistics areas; and last but certainly not least ANHS staff members, Sandra Duncan, Dianne Reed and Ray Felix for their countless hours of preparation and planning prior to the conference, as well as their tireless efforts during the conference to ensure its success.

Paradise 1986

Does this sound like paradise to you? If so, make plans now for the 1986 Natural Living Conference. It will be an experience unlike any other! The 38th Annual Conference will be held near Toronto, Canada, at Brock University, St. Catharines, Ontario, from July 19 through July 25, 1986. It could well become one of the most unforgettably pleasurable and rewarding vacations of your life! □

Register Today!

Craig Laroche is the executive director of The American Natural Hygiene Society. **Marti Wheeler** is a contributing writer for *Health Science* and *Healthful Living* magazines.

38th Annual International
Natural Living Conference

A Week In Paradise

The Health Event of the Year

July 19-25, 1986 • Brock University • St. Catherines, Ontario

The Ultimate Vacation

Enjoy the ultimate vacation. Meet new Natural Hygienic friends from around the world. Enjoy delicious, healthful meals in a pleasant and supportive atmosphere. Hear the world's leading Natural Hygienists speak on topics that can mean the health difference for you and your family.

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ASK HANNAH ALLEN

Noted author and lecturer Hannah Allen invites readers to send in questions about natural living. As many as possible will be answered in Health Science.



Sprayed Food

Q. Do you know of a safe rinse to remove the insecticide sprays from store-bought produce?

Vic Hall
China Spring, Texas

A. It is not likely that residues of insecticide sprays can be removed from produce, since pesticides are not only on the surface, but are absorbed into the plant through the roots. Moreover, when special compounds are used in attempting to remove surface residues, one has the additional problem of removing the taste and contamination from the cleaning solution, with the result that over-washing damages the produce and leaches out nutrients. Green leafy vegetables are especially vulnerable to such damage.

When organically grown green leafy vegetables are not available, and you must purchase commercial varieties, it is best to just quickly rinse them in fresh cold water to remove sandy particles.

Some people use a drop or two (in a sink filled with water) of liquid organic concentrate such as that sold by Amway, dipping the vegetables quickly in the solution, followed by a quick rinse for leafy vegetables, and scrubbing for others. It is sometimes suggested that fruit (apples, pears, etc.) be dipped in a mild vinegar solution ($\frac{1}{4}$ cup vinegar to a sinkful of water) before scrubbing. Other substances have been offered as "harmless" washes, but all are subject to the same objections—the added problem of removing these substances from the food, and the inevitable damage to many fragile foods from additional immersion. I simply wash fruits and vegetables in plain water.

Skin Pigment

Q. What would make very small circular patches of skin pigment leave the arms and legs in sun-exposed areas? This has been noticeable since coming to Florida. Others have noticed this happening to them and have been told it is a fungus.

Ila L. Marsh
Longwood, Florida

A. Loss of skin pigmentation (melanin) in the skin is called vitiligo. It is thought to be purely a cosmetic disfigurement, and it is generally agreed that it is not life threatening. Usually the whitish areas occur in places which get the most exposure to sunlight. While people with vitiligo can be, otherwise, in excellent health, in some the skin appearance can be a sign of another ailment, such as a thyroid problem, adrenal gland disturbance, pernicious anemia, rheumatoid arthritis or diabetes. If your vitiligo is actually related to your exposure to the Florida sunlight, it might be simply a cosmetic problem. None of my references suggest any relationship to a fungus.

Spirulina and Bee Pollen

Q. Are spirulina and bee pollen acceptable foods?

Tom Melech
Fremont, California

A. Spirulina is a seaweed, and is not a desirable food for humans. It grows in highly polluted and/or alkaline waters where no fish or other life can survive. Bee pollen is not a suitable substance for human consumption. I advise against the use of any bee products.

Protein Sources

Q. I am very much interested in eating raw foods but am concerned about getting the needed nutrients. Our soil is so depleted and organic produce is not available to me. Also, do you have information on good sources of proteins besides nuts and seeds?

Tom Melech
Fremont, California

A. The superiority of organically grown food is undeniable, and it is certainly the best source of the raw materials needed for optimal nutrition. While the nutritional values of foods are certainly impaired by chemicalization, it is not true that commercially grown foods cannot meet our needs. Fresh, good-tasting foods have to contain substantial quantities of nutrients, regardless of the growing method. An orange, for example, cannot grow without producing Vitamin C.

The best sources of concentrated proteins are raw nuts and seeds, but all foods contain some protein. Actually, foods with lower percentages of protein are easier for the body to process and assimilate. Concentrated proteins should be used in minimal amounts.

A calorie-sufficient diet consisting predominantly of uncooked fruits, vegetables and two or three ounces of nuts and seeds per day (or even less) should supply the protein needs of most people.

Sprouted seeds and grains are a valuable addition to this food program. Cooked vegetables may also be used sparingly, if desired, as well as some cooked legumes and grains. Unprocessed cheese is another possible source of protein. □

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ANHS REPORT

Bequests

ANHS Executive Director Craig Laroche is pleased to report that ANHS has been the recipient of three bequests totaling over \$100,000. The donors are Marion Tuttle of Lake Worth, Florida, Sylvia Woll of Los Angeles, California, and Rudolph Ronning of Prince Albert, Saskatchewan, Canada.

These individuals, through their generosity and dedication to ANHS goals and programs, have made a commitment to the future and to the dream of a happier, healthier world for everyone. Would you like to include ANHS in your will? Contact the national office for more details.

Top Doc

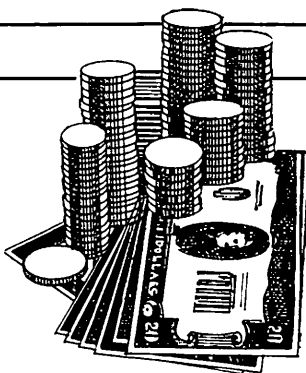
Dr. Keki Sidhwa, director of the Shalimar, Essex, England, has been honored as one of the top 100 practitioners of alternative medicine in Britain. Recipients were honored at a dinner. At present, two medical doctors, one from France and another from Italy, are visiting Shalimar to observe natural hygiene in a professional practice.

Florida Welcomes Haags

Good news for Florida residents, Drs. Gregory and Tosca Haag and their three children are relocating from Brownsville, Texas, to Hallendale, Florida, where they will be practicing at The Diet Holiday Resort.

Chapter Activities

ANHS chapters were active this fall providing stimulating speakers and activities for their members and continuing to serve as distributors of Natural Hygiene Press books and tapes. For example, Syracuse, N.Y., chapter members enjoyed a series of vegetarian dinners which accompanied the ongoing presentation of Dr. Frank Sabatino's taped lecture



series on the principles of Natural Hygiene.

The Miami Beach chapter hosted speaker Mike Calhoun in September. Mike spoke about fasting and the basic principles of Natural Hygiene. Jack Dunn Trop's film, "The Greatest Adventure," was shown at the October meeting. Joe and Gladys Aaron, president and vice-president of the CNHS, addressed the December meeting. Drs. Gregory and Tosca Haag are scheduled to speak at a winter meeting of the chapter.

In September, chapter members of Volusia County, Florida, were inspired to renew their zest for the great outdoors by Sierra Club member and enthusiast Ben Friday. The stated goal of the Sierra Club, a national environmental organization founded in 1892, is to teach people to live in a manner which allows all life forms to live and prosper. It encourages people to act responsibly in respect for the rights of all living things. The October chapter meeting featured John Lynch, who offered an introductory lecture on the holistic view of health. John described all the factors conducive to vibrant and radiant health.

General wellness was the theme of the Milwaukee chapter's fall speaker series. The October meeting, titled "How the Well Are You? How Can Vegetarianism Help You?" Leigh A. Cord tested members for their cardiovascular wellness and suggested ways they could improve both their cardiovascular and general health. In November, mental health counselor Deborah Lau spoke on "Controlling Everyday Stress." Deborah presented valuable information about the roles of diet and exercise, and described a number of techniques designed to help people manage stress more effectively. □

The American Natural Hygiene Society, Inc.

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BOOKS

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Harvey and Marilyn Diamond
Warner Books, New York
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Fit For Life is the latest, and probably the best, of the recent diet books that use some version of natural hygiene in their program. Authors Harvey and Marilyn Diamond base many of their ideas on the teachings of Sylvester Graham, William Alcott, M.D., Mary Gove, Isaac Jennings, M.D., Russell Trall, M.D., and Herbert Shelton, as interpreted by T. C. Fry, who, in addition to writing and publishing books about natural hygiene, is the editor of *Healthful Living* magazine.

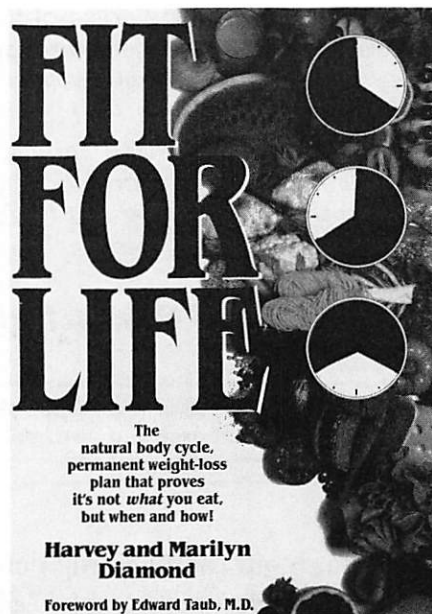
Fit For Life contains much useful information and it is a welcome addition to nutritional literature. The average reader will find therein a great number of helpful tips: how to plan a diet, where to find wholesome foods, how to prepare them, etc. If a large percentage of the population adopted the Diamonds' ideas, they, and by association, all of us, would benefit.

Fit For Life is creating a tremendous interest in natural hygiene and that is good educationally, socially and economically for what might be called the natural hygiene community. People are reading about something new, something called natural hygiene. But what is good for many readers may not be good for every reader. There are those for whom the Diamonds' approach might represent a step backwards. If this is the case, it raises questions about the use of the term "natural hygiene."

Evidently, natural hygiene means different things to different people. Long term readers of *Health Science* will certainly be surprised to see in a book that purports to be a "natural hygiene" book that "You can eat spaghetti, steak, potatoes, or any other food you want and still lose weight if you eat it in the right combinations," which appears on the back cover of *Fit For Life*, or to find recipes that include mus-

tard, mayonnaise, salt, pepper, soybean paste, chicken, etc.

Fit For Life is an introduction to some of the principles of natural hygiene, as they apply to eating. But the recipes do not stray too far from the conventional. I wish the authors had taken the opportunity to present a graduated approach so that interested people could progress in stages to the even more healthful and enjoyable eating habits described in *The Science and Fine Art of Food and Nutrition* by Herbert Shelton, *Foods for Pleasure and Health* by Hannah Allen, *Thin Again* by Joy Gross and a few others. Maybe they will in their next book.



Harvey and Marilyn Diamond are healthy, happy, attractive, positive thinking individuals who personify the benefits of the natural hygiene lifestyle. They are introducing many people to a philosophy that, if applied, will add many enjoyable years to their lives.

It is always difficult to judge the long term effects of any undertaking. *Fit For Life* may well be the beginning of a new series of books that describe natural hygiene in language that is attractive, accurate and accessible to a wide audience. If so, it will be long remembered.

Formula For Long Life

Norman Ford
Harian Press, Floral Park, N.Y.
Paperback, \$7.95 postpaid

Here is a book by ANHS member Norman Ford, author of more than forty books in the fields of retirement, leisure and health, and frequent contributor to *Prevention*, *Bestways* and *Health Quarterly*, that provides the interested reader with a wealth of information, including current research and statistical analyses, which support what could loosely be termed the "natural hygiene" lifestyle.

Unlike Harvey and Marilyn Diamond's *Fit For Life*, Norman Ford's *Formula For Long Life* does not mention the term "natural hygiene." It simply says what it means. In my opinion, this is a wise choice. Since natural hygiene means so many different things to different people (and not everyone will agree with all the theories contained in *Formula For Long Life*), it seems far better to be specific about what you are trying to say and to forget about trying to label it.

Formula For Long Life demonstrates how we can extend our lives by adopting the same personality-lifestyle combination found in all healthful, long-lived people everywhere. Besides endorsing raw food and vegetarianism, the book cuts through the confusing scientific and cultural debates to define the universal factors that work to extend life.

This book provides much of the information—and a good deal of the inspiration—anyone would need to acquire a "centenarian personality and lifestyle," using scientifically-proved principles that in many cases are identical with those encouraged by *Health Science*.

Because this book is available only by mail order, here is the name and address of the publisher:

Harian Press
One Vernon Avenue
Floral Park, NY 11001

Reviews by James Michael Lennon □

CLASSIFIEDS

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If you cannot or wish not to join at this time, we hope you will work to plant the trees in your area. The Fruition Project, P.O. Box 872, Santa Cruz, CA, 95061, Tel. (408) 429-3020.

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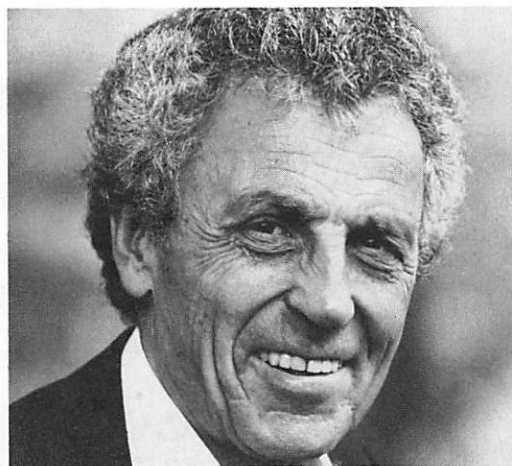
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