

FASTING

by

DESIGN

Scott's Natural Health Institute

Specializing in Therapeutic Fasting

D.J. Scott, D.M., N.D., D.C.

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ABOUT DR. SCOTT

Dr. David J. Scott's early interests were in the direction of Electronics. For this reason he chose to enlist during World War II as an officer trainee in the then new field of radar engineering. He attended Illinois Tech and other schools of intense specialized military technical training. Toward the end of this program, however, changes in military demands resulted in his being offered a transfer to flight officer training. He accepted instead cryptography, from which he was assigned to General MacArthur's GHQ, South Pacific, for the remainder of the war. He soon became responsible for the Department of Automated Cryptographic Communications within the entire theater, with the Pentagon, and at times with the Commander in Chief.

WAR IN THE SOUTH PACIFIC

He moved northward with the war through the islands of the South Pacific and into the southern entry of the Philippines at Leyte. From there he progressed into Manila. During a courier flight over Nagasaki sometime after the bombing, he was awed, first hand, at the sight of the ultimate capability of humans for destruction of one another. This exposure to human waste and suffering convinced Dr. Scott, who is both a Christian and a naturalist by conscience, to move into the field of natural healing.

LIVER DAMAGE

Because he was seriously liver damaged by prescribed drugs during his military years, and because of many years of related chronic diseases, Dr. Scott developed a strong persuasion in the inherent healing capacity of the living organism.

NATURAL HEALING

He gradually recovered his own health with the help of chiropractic and natural hygiene.

Accordingly, he specializes in teaching an understanding of the consequences of a self destructive lifestyle plus adopting a way of life which fosters nutritional excellence.

MEDICAL STUDIES & TEACHING

Dr. Scott graduated cum laude from the National College of Chiropractic where he was a member of the Honor Society. He was certified in the basic sciences in Minnesota, Iowa, and Florida by examination at these same universities. He passed the Medical Board of Ohio at a time when medical prejudice excluded 90% of the Chiropractic examinees, and was then licensed by the Medical Board to practice in both Chiropractic and Mechanotherapy in 1950. That same year he began in general practice as a diversified chiropractor with a specialty in fasting. He continues that practice today. In the early years of his practice, Dr. Scott taught physiology at Great Lakes College where he helped students secure the credentials necessary to pass the Medical Board of Ohio. A number of these same doctors are still in practice today.

SCIENTIFIC FASTING

Dr. Scott has a keen interest in the scientific demonstration of physiological parameters, which clearly demonstrate the inherent and progressive healing activities found within the



Dr. Scott (right), founding president of International Association of Hygienic Physicians pictured with past-presidents of the IAHP, Dr. Alec Burton of Australia and Dr. Keki Sidhwa of England.

organism, and are best described by his trademarked slogan of "**Health By Design**". He monitors physiology carefully throughout the healing period and on into recovery.

NATURAL HYGIENE

To teach an understanding of the consequences of a self destructive lifestyle, Dr. Scott has lectured extensively throughout the United States and Canada for the *American Natural Hygiene Society*. He also served this society on its Board of Directors for a number of years. He was instrumental in formulating policies which have brought natural hygiene, a grass roots laymen's educational society, to significance.

FASTING PHYSICIAN

Dr. Scott was the founding President of the *International Association of Hygienic Physicians* (IAHP). This is an International association of multidisciplined primary care doctors specializing in supervised fasting. He remained at the helm of this society during its formative years and until it was fully operational as a body of professionals with internship training requirements, codes of ethics, standards of practice, and a structured soundness carrying it into the next century as a viable professional society. IAHP is a growing body of doctors who both live and raise their families naturally. These Doctors of Chiropractic, Osteopathy, Naturopathy, and Medicine meet annually for the sharing of research and knowledge about natural hygiene.

The doctor is frequently consulted by fellow practitioners and often provides doctors and their family members with professional care.

RESEARCH

His scientific credentials and reputation have earned him a position in Alkaline Phosphate (AP) research. AP is an enzyme which is produced by almost every cell of the body, but which has slightly differing molecular characteristics depending on the tissue of origin. These same molecular characteristics change significantly during the disease process. Some world class research scientists in AP believe that refinement of this process could lead to early detection of systemic changes predictive of serious disease.

TEACHING

Dr. Scott has been invited on occasion to teach fasting, natural hygiene and laboratory diagnosis at both his alma mater and other schools of chiropractic where he has enjoyed guest lecture privileges.

FIFTY YEARS PRACTICE

The doctor has been in practice for over 50 years and has personally supervised the care of over 40,000 patients. He has fasted, under direct supervision some 20,000 patients, many of whom are of international origin. He has advanced into the space age of science with the latest technologies of demonstrating the status of human health by physiological parameters.

WIDE-SPREAD ACCEPTANCE

Dr. Scott has been privileged during his own lifetime to see his revolutionary ideas about natural health move from complete disdain by the scientific community to widespread acceptance and agreement. This could only be made possible by his determination to pursue demonstrable exact science.

PROFOUND SIMPLICITY

The Essence of Dr. Scott's philosophy and work is best capsulized by his lifetime motto - "**Profound Simplicity**".

INTERVIEW: Read an [interview with Dr. Scott here](#).



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