

spotlight on members



Spotlight on Members gives us the opportunity to hear about what our members are up to today, as well as how they found their way to the NHA Health Program. If you're interested in sharing your own story, we'd love to hear from you (please email essays of around 500 words, and one or two photos, to info@healthscience.org).

Marion Jennings Plymouth, MI

I was secretary to R.J. Cheatham in 1950 when he had his sales organization in Detroit [he went on to be the president of the American Natural Hygiene Society in 1954]. In 1956, when I had my first child, I called him and he said he'd be over immediately to give me a book on fasting by Dr. Herbert Shelton. The contents made so much sense. I changed my habits as a result, and my life changed. I couldn't understand why it wasn't sweeping the country. Through this book I became interested in the NHA (formerly the American Natural Hygiene Society).

I had our three children at home, with my husband becoming quite the midwife. We allowed no medical interference during the children's school years. There were no vaccinations and no doctor visits, except for one. My 16-month-old son developed an ear irritation, and I was concerned he had stuck an item in it. The doctor determined it was an infection. Having the correct diagnosis, I advised the doctor that I would fast my son at home, which I did for three days. The mucus cleared and I returned him to the doctor, who found that both ears were entirely clear. (The younger children are,

the less time it takes to fast them to health.)

I fasted at Dr. D.J. Scott's health institute in Strongsville, Ohio the first time in 1966 and rid myself of lifelong asthma. I fasted with him occasionally thereafter until his demise in 2011. [Dr. Scott was the founding president of the International Association of Hygienic Physicians.]


My husband developed Schizophrenia in mid-life. I took him to Dr. Scott's to fast, but I had to return home with him immediately because his mind was so confused that Dr. Scott couldn't contain him. From that time on, he was in and out of the hospital. He finally passed away in a nursing home in 1990 at age 62.

I worked at Ford Motor for 20 years and obtained a Perfect Attendance trophy for no sick days during that time. I was never ill. I've been retired for 30 years now, and have made only two visits to the hospital: once for a broken elbow and once for a fractured tibia bone. I decided at age 75 to find a physician in my area so I would have a place to go in case of an emergency. I insisted his nurse keep my name active in his computer, and I check in every year. I've never met the doctor.



My family now numbers too many to count, some who live far away, I've never even met. I have 4 children, 12 grandchildren and, so far, 14 great-grandchildren. I imagine most of them are living conventional lifestyles. It concerns me, but there's nothing I can do about it.

I am 86 years old and still live alone. I have no health issues and I do short fasts at home every January to keep my body in Hygienic working order. I drive no further than eight miles to church because my car is as old as I am in car years. I still push my own lawn mower and I still lift my snow shovel. I also walk in the park daily.

I truly enjoy being old because I don't feel physically different now than I did in my youth. God and Natural Hygiene have certainly given me a wonderful life! 


Are You Vegan or Plant-Based?

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would likely be gone long before the apples and bananas!

What we call ourselves matters a great deal less than how we conduct ourselves. We just need to be clear to those who are confused by this whole vegan/vegetarian/plant-based concept. And we need to accept those who are with us on this path, whether we have everything in common or just some things that happen to be of critical importance.

I'm energized by the challenge of healthful living, and inspired by the opportunity to be part of a wave of justice, compassion, and good sense. My food choices *may* help me

live longer. They *will* put me in a league with others to do something extraordinary that will live forever. 

Victoria Moran (mainstreetvegan.net) is the author of 13 books, including *Main Street Vegan*, *The Love-Powered Diet*, *The Good Karma Diet* and, with JL Fields, *The Main Street Vegan Academy Cookbook*. She is the founder and director of Main Street Vegan Academy, host of the Main Street Vegan podcast, and producer of the upcoming documentary, *A Prayer for Compassion*, to introduce vegan living to people of faith.