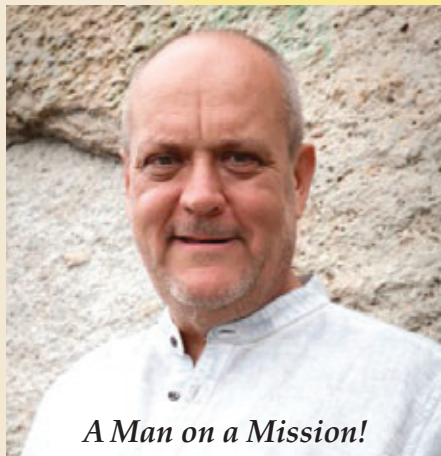


spotlight on members



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).

Jon McMahon and *iThrive*



A Man on a Mission!

Jon McMahon is one of the most driven men the NHA has ever seen. If you have a computer, tablet or cell phone, you undoubtedly have seen him on Facebook and discovered the *iThrive* documentary series, "Rising from the Depths of Diabetes & Obesity," which has been viewed by thousands of people in the U.S. and around the world.

In 2016, Jon was literally on the verge of death from obesity and type-2 diabetes but refused to succumb to its debilitating effects. He traveled the country interviewing the top authorities on the benefits of a whole-food, plant-based diet and became convinced that not only was his diabetes preventable but that it was reversible.

However, it wasn't until December 2017 when he placed his faith and body in the care of the amazing physicians at TrueNorth Health Center (in Santa Rosa, California) that he was able to put it all together and turn his life and health around. He undertook a 32-day water fast to kickstart his plant-based journey and reverse his diabetes. His "before" and "after" weight photos, and his lab

results are amazing and he proudly makes them available for the world to see.

Jon has become a strong supporter of the NHA and is now a man on a mission to not just tell his personal story to the world, but to inspire others to adopt a whole-food, plant-based diet *for life* and teach them how to do it. Partnering with the likes of Dr. Joel Fuhrman, Chef Katie Mae, and more, they are creating a sense of community where everyone cannot just survive, but truly thrive!

Most of the health-seeking world has only met Jon virtually through his vast online presence. The NHA is thrilled that Jon will be attending and speaking at the NHA Conference in June. You don't want to miss the opportunity to meet him! —*Mark Huberman*

Irene Bosco Los Angeles, CA



The year was 1970 when I became aware of Natural Hygiene. My 13-year-old daughter, Marci, suffered from back pain and depression. Naturally, we took her to a back specialist who suggested

there was nothing wrong with Marci, saying that it was all in her head, and to take her out of public school and put her in a private school. I knew he was wrong.

I kept talking about my daughter's ailments at work, and a co-worker quietly suggested (she didn't want people to think she was crazy) that I read Dr. Herbert Shelton's book, *Fasting Can Save Your Life*. I took her advice and read the book. What Dr. Shelton said made sense, and I felt as if a light switch had been turned on for me.

The next step was to find a doctor. This brought me to my older daughter's friend, Sammy, whose Mother was "a little crazy" and believed in Shelton's teachings. I called her right away and she led me to Dr. Gerald Benesh. At that time, he had just given up his retreat in Escondido, California, and was practicing from his home, also in Escondido.

I called him to get my daughter an appointment, and it took three months because he was so busy. We finally met with him. He examined her, through her eyes (called "iridology"), and then said to her: "Don't tell me what hurts; I'll tell you," and he did! He pinpointed areas in her body that were not healthy. Her liver and kidneys were in very bad shape. Next, our journey to better health began with a three-day juice fast. This was followed by a precise menu of what she should eat—and *it worked!*

Dr. Benesh sent us home with a seven-day menu plan, and as soon as we returned home I got rid of all the bread and ice cream we had. All of my canned goods were distributed to my neighbors, and we stocked up on fresh fruits and vegetables.

Every day my mom, sister, and mother-in-law made me feel bad for taking away the chicken soup, candy, ice

cream, soda and milk. But I was determined, and my daughter was gradually getting better. After about two weeks, she stopped complaining about her back pains and even her teacher remarked that she was improving at school.

Implementing a new plant-based menu with my family was not easy. There was lots of resistance from my husband and other two children, so I did make

them some meat. I remember the first time I packed my husband a salad for lunch, he was so embarrassed; but the next day two of his co-workers brought salads too. My perseverance won out, however, and today my children are very aware of what they put into their bodies.

I have been a member of the NHA for over 50 years, since I first took my daughter to see Dr. Benesh. We stopped

being invited to dinners and friends became distant, but I'm sure you have heard that before. Those friends are now dead. As for me, I continue being one of the healthy ones.



Judy Harff Barrington, RI



Making healthy choices has always been important to me. On a visit to see my mom in South Africa in 1990, I learned about the American Natural Hygiene Society. The association's approach to health just made sense to me. Upon my return to the U.S. I did some research and found out about *Health Science* magazine. I loved the articles, but the thought of being SOS-free (not adding any salt, oil or sugar to food) was a little too daunting for me. However, I enjoyed the magazines for a number of years, and still remember the photos from the annual conferences. While I was interested in clean eating, I

was not sure I would be able to make such a change.

I really wanted to raise our girls (now 23 and 20) vegan, but the only book available at the time was *Raising Vegetarian Children*, and it really did not inspire me. There was nothing else out there that provided scientific evidence to support a plant-based diet. Fortunately, we had a homeopathic pediatrician who supported a dairy-free lifestyle and introduced me to *Disease Proof Your Child* by Dr. Joel Fuhrman. At last, I now had some strong evidence to support what I felt made sense to me. We switched over completely, much to our girls' chagrin. We only offered them green smoothies (Imagine!!) and other healthy snacks in our home, and at that time green smoothies did not have the "cool" appeal that they do now.

I later trained as a nutritional educator with Dr. Fuhrman, and offered six-week classes, teaching this way of eating and cooking. I had stopped getting the NHA's magazine for many years, but I still wanted to learn about the importance of water fasting. I had done many juice fasts in my twenties, but I had never water-fasted; that was too intimidating.

When my husband got Guillain-Barré Syndrome in 2017, I convinced him to go to TrueNorth Health Center, and we went together. At this point he was the only one in our family who was not completely plant-based (he still liked his meat occasionally). What an incredible experience it was. The energy, knowledge, support, doctors, cooking demonstrations, and other classes were just incredible. I felt like I had found my tribe. The best part

was that after 25 years of marriage, my husband became plant-based. Finally, our whole family was plant-based!!

About 10 years ago, I started a vegan potluck in my home. Since then it has grown and we now have over 800 meetup members and a great leadership team. We host monthly meetings at a church, offering cooking demonstrations, guest speakers, and potlucks under the PlantPure Communities POD program. I highly recommend starting a POD in your neighborhood; it is well worth it! (Learn more at PlantPureCommunities.org)

I am also very fortunate to work for Pure Haven Essentials, an organization that offers the cleanest, toxin-free line of organic personal and household products. We focus on educating others on how to read labels to make safe, healthy choices about what people put *on* their bodies. We hear a lot about what we put *in* our bodies, but not as much about what we put *on* them.

It was at TrueNorth that I saw *Health Science* magazine again, and all of the SOS-free recipes inside. After tasting Katie Mae and Cathy Fisher's delicious dishes, I realized that being SOS-free is not only tasty but also easy to do. So, I came home and renewed my NHA membership. I love getting the magazine! I see so many familiar faces and lots of leading-edge articles. In June 2017, I also attended my first NHA conference, where I enjoyed so many delicious meals and met the most inspiring individuals. My life with the NHA has now come full circle! (To contact Judy, email her at Judy@Harff.com.)

