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Interview
with
T. Colin Campbell, PhD
Eat Nuts
and Seeds to
LIVE LONGER
Joel Fuhrman, MD
The Importance
of Doing
SQUATS
David Goldman, MS, RD, CSCS, CPT
Tributes to
Alec Burton, DO, DC
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greetings greetings

WELCOME
to the Spring 2016 issue of *Health Science* magazine!

This issue begins with an inspiring and informative feature interview with **T. Colin Campbell, Ph.D.,** the author of the best-selling book *The China Study* and one of the stars of the groundbreaking documentary *Forks Over Knives*. I know you will find both surprising and impressive the key role that our Hygienic physicians played in his overcoming a grave health condition, and the influence they had on shaping his current perspective on health. His insights are truly rooted in our most basic principles.

The always insightful and nationally known **Joel Fuhrman, M.D.** provides some reassuring words about the benefits of nuts and seeds, which sometimes receive a bad rap, even within the plant-based health movement. He shares valuable scientific evidence that was gathered to write his new best-selling book, *The End of Heart Disease*, which you will all want to read.

David Goldman, M.S., R.D., C.S.C.S., C.P.T., the new fitness director at TrueNorth Health Center, shares with us "The Importance of Doing Squats," and shows us how to incorporate this valuable exercise into our daily activities.

Stephan Esser, M.D. answers your questions with his usual wit and wisdom on the subjects of Celtic sea salt, olive oil, and coconut, and debunks the sensational claims about their health benefits.

NHA Life Member, **Christina Gore, D.M.D., F.A.G.D., C.D.C.**, provides an inspiring Testimonial about resolving her sixteen-year headache under the life-changing care of Alan Goldhamer, D.C. and Michael Klaper, M.D. at TrueNorth Health Center.

Our Recipes pages are filled with wonderful offerings by NHA Board member, **Chef John Nowakowski**, who served as Executive Chef at the Regency Health Spa for over 20 years and planned the menus for numerous NHA conferences.

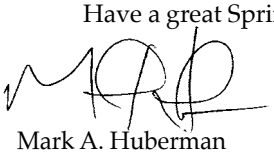
This issue's Member Spotlights shine a light on four more great and varied members of the NHA family: fitness gurus, **Suki** and **Russell Munsell** of Mill Valley, California; Oklahoma City Philharmonic pianist, **Peggy Payne**, of Oklahoma City, Oklahoma; 87-years-young **Bernice Kinsler** of Tampa, Florida; and earth enthusiast, **Don Weaver** of Berkeley, California. I know you will find their stories inspiring.

Equally inspiring is the profile we provide of NHA Life Members, **Dr. Gerard** and **Susan MacPhee** of Prince Edward Island, Canada, who have made a special legacy gift to the NHA in appreciation of the gifts of life, health, and vitality that they have received from our Association. They are truly shining examples of the NHA!

I believe you will once again enjoy wandering down memory lane with this issue's Timeless Teachings, in which we reprint another truly remarkable essay. This one is from 53 years ago, written by the legendary **William Esser, N.D., D.C.**, entitled, "The Time for Decision."

The only bittersweet quality to this issue is that we are saying goodbye to and paying tribute to **Alec Burton, D.O., D.C.**, who passed away on March 21, 2016. Dr. Burton was a legend within the NHA and the unquestioned leader of the modern-day Natural Hygiene Movement. Dr. Burton was respected and revered by all who came in contact with him, and we were all enriched by his scholarship and wit. Tributes and donations in his honor have poured into the NHA, and are greatly appreciated.

Have a great Spring and thank you for your support of the NHA!



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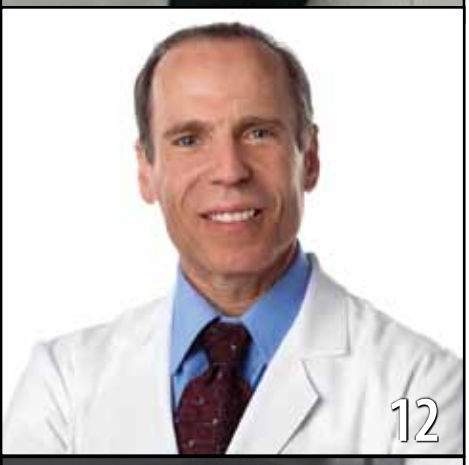

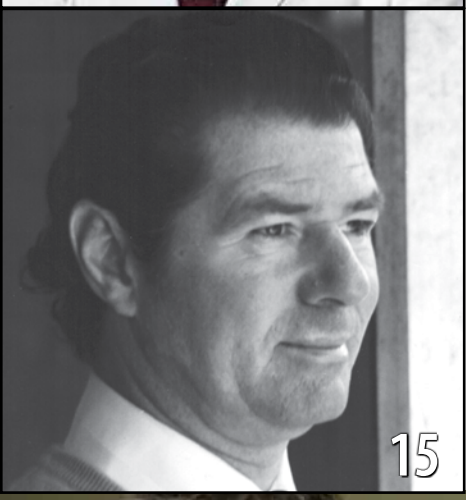

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SPRING 2016

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letters & notes

Much Appreciated Letters to the Editor

Hello Mark,

I am always interested in reading and keeping updated and informed with what is going on, and *Health Science* reminds me of what I can do, and even improve on. I try to pass on any information to my children, friends, and family.

I found the article by Dr. Gracie Yuen, "Unlocking Chronic Pain" excellent! It was quite thorough in explaining the problems. Also excellent was Dr. Frank Sabatino's article, "Discover Your Fountain of Youth." I would love to see more articles like these. They are so beneficial in reminding me to be even more mindful of what I should avoid and what I should permit myself to eat or drink. Also very good was the Timeless Teaching by Robert R. Gross Ph.D., "Illness is Unnatural."

I really appreciate the NHA, and it is very nice of you to volunteer your time to run it and the magazine. Thank you!

Ruth Ezra
New York City, NY

Dear Mark,

I loved the Winter *Health Science* article "Illness Is Unnatural" by the late Dr. Robert Gross. He was an amazing man and lectured in Detroit at the convention many years ago. I fasted at his Pawling Health Manor, and found him to be a man of great integrity and intelligence, and I was greatly helped while being there. His article is very enlightening and so true that "only one-third of what most people eat keeps them vigorously alive; the other two-thirds keep the physicians alive."

I can't tell you how helpful the article by Dr. Yuen, "Unlocking Chronic Pain: The Mystery of the Trigger Point," was for me. In just a few weeks' time I saw wonderful results. I no longer feel pain in my right leg and hip. I no longer hate going to bed because of the pain I would experience during the night. I can't tell you how grateful I am for you and *Health Science*, especially for that article. God Bless you Mark!

Barb & Bill Hoogerwerf
Marine City, MI
(Life Members)

Hi Mark,

Great Winter issue! I read EVERY issue cover to cover, sometimes while I am on the treadmill! Thanks for your efforts and hard work!

Carole Herbon
Zionsville, IN
(Life Member)

We read the Winter 2016 *Health Science* magazine from cover to cover, and enjoyed all the articles especially, "Timeless Teachings."

Deborah & Frank Mott-Trille
Toronto, Ontario

Hi Mark,

I am a Life Member of the NHA living in Sidney, Australia. Keep up the wonderful work you do. Thanks!

Lesley Urquhart
Sidney, Australia
(Life Member)

Hi Mark,

I discovered the NHA in the early 1990s after reading the book *Fit For Life*. I have been a member ever since! I

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We'd love to hear from you, too!

Send your letter or email today!

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Our Mission

The mission of the National Health Association is to educate and empower individuals to understand that health results from healthful living. We recognize the integration of all aspects of health: personal, environmental, and social.

We communicate the benefits of a whole foods, minimally processed plant-based diet, exercise and rest, a healthy environment, psychological well-being, and, when indicated, the use of fasting. We take a leadership role in advocating health freedom issues.

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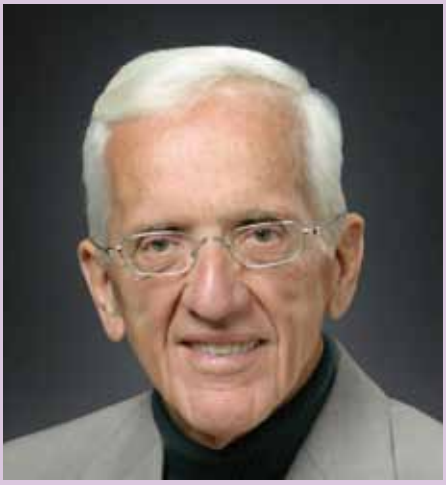
An Interview with T. Colin Campbell, Ph.D.

by Mark Huberman



For more than 40 years, **Dr. T. Colin Campbell** has been at the forefront of nutrition research. His legacy, "The China Project," is the most comprehensive study of health and nutrition ever conducted. Dr. Campbell is the Jacob Gould Schurman Professor Emeritus of Nutritional Biochemistry at Cornell University. He has more than 70 grant-years of peer-reviewed research funding and authored more than 300 research papers. In addition, he is coauthor, with Thomas Campbell, M.D., of the bestselling book, *The China Study: Startling Implications for Diet, Weight Loss and Long-term Health* and wrote the *New York Times* bestseller, *Whole: Rethinking the Science of Nutrition,* with Howard Jacobson, Ph.D.

Nearly everyone in the whole-food, plant-based health movement has read your book, *The China Study*, and is familiar with your groundbreaking research. But an important part of your history that few people are likely to be aware of is the difficult health problem you were experiencing that affected your speech.

You are so right, Mark. Between 1963 and 1965 I was working at MIT on a project to isolate the toxic chemical in feed oil that was being added to poultry feed. I was given two five-gallon drums of the suspect oil to work with. It turned out later that what I was working on for two years was dioxin—the toxic agent contained in Agent Orange.

After leaving MIT, and for some years thereafter, I suffered from a condition known as "chloracne" as well as bleeding migraines. One thing led to another and I finally started to lose my ability to physically speak, and I had to quit lecturing for a while. I had met with many doctors to seek some relief. The head of neurology at Cornell Medical School told me that I probably wouldn't be speaking at all in another year. The head of neurology at the Columbia Presbyterian told me I had a condition called "dystonia" and that it was pretty bad. He said the only thing he could suggest doing was to carry a penknife around with me so I could do an emergency tracheotomy on myself. They demonstrated to me how to do this because they thought I could possibly choke to death.

How did the NHA and its hygienic physicians come into the picture?

My fortunes turned in 1991 when I got a call from Jerry Deutsch, your association's board member at the time. He wanted to know if I'd speak at the National Hygiene Conference about the research we had conducted in China and that was being featured in *The New York Times* and other prominent media. I said, "Jerry, I can't really talk. I have a difficult problem and I'm trying to resolve it." He replied, "Well, I tell you what. Why don't you come down anyhow; I think you'll find some of our doctors, who are involved in an alternative approach to medicine, helpful."

At the 1991 NHA Conference at the Regency Hotel in Florida, Dr. Campbell lectures about the research he had conducted in China.

So I went to the conference, struggled through my talk, and then was ushered into a room where I met with about 10 of these doc-

tors. I don't recall all of them, but two that stood out were Dr. Alec Burton from Australia and Dr. Alan Goldhamer from California. They had a look at me, talked to me, and then arranged for me to go out to Alan's TrueNorth Health Center to do a water fast. While it all seemed pretty foreign to me, I thought, "Well, why not; I had tried everything else!"

Fasting made some sense to me because the Canadian Food and Drug lab had tested my blood and determined that I had levels of dioxin that were still exorbitantly high. I felt that fasting might allow my body to rid itself of that nasty stuff; sort of like a detox program. I remember telling Alan, "I just don't quite believe this, but I'll do it." I was very impressed with Alan, who I felt had really acquired a masterful understanding of medical and nutritional science. He was young, but I was very impressed with his capability, his sincerity about science, and his integrity. We quickly became good friends.

One thing that impressed me was that Alan had a number of patients at his clinic who were suffering from some pretty serious problems but who were also experiencing some very positive results. When patients finish fasting, they are fed a plant-based diet. I, in turn, from a research perspective, had already begun embracing plant-based eating, but to observe it being individually applied was very impressive. I also respected that Alan was looking at health care from a researcher's point of view. I thought to myself, "Boy, there's something here. This is pretty exciting."

How long did you fast?

The first time was only for 12 days. I personally didn't see a lot of benefit at the time, but when I came home my wife Karen told me she thought I was definitely better. Alan followed up and suggested I come back a second time since, he said, it can take more time for something like this. So I went back about a year later and fasted for another 10 days. I also became even more serious about the whole-food, plant-based diet Alan was teaching.

Amazingly, about four to six months later, all of a sudden my body started to repair itself, and I regained the ability to speak that I thought I had lost. By the way, my wife went with me during my second fast to see if she could gain relief from an asthma problem she had suffered for several years. She got rid of her problem and still is without it to this day!

Pictured left to right: Jim Lennon, Colin Campbell and Mark Huberman in 1991.

"I hadn't really been aware of water fasting. But I can speak from personal experience what a great benefit it all was for me."

From my many years in this health movement, one of the things I have observed is that fasting often triggers the healing process, and when you adopt a truly whole-food, minimally processed, plant-based diet, the healing process continues. It seems that you marshall your body's internal capacities to repair and rejuvenate.

You said it perfectly. That's exactly what I think happened in my case. I was the new guy on the block, in a sense, and hadn't really been aware of water fasting. But I can speak from personal experience what a great benefit it all was for me.

I imagined you gained a whole new world of colleagues as well?

I did. All of a sudden I felt like I was getting outside of traditional science, even though I had spent many years in more traditional thinking.

Have you been to the new TrueNorth Health Center or were you at the one in Penngrove?

I was at Penngrove the first two times, but then later I went to the Santa Rosa facility, which was about six or seven years ago. Alan has developed a fantastic program, and he's always had really competent people at the Center, like Drs. Erwin Linzner, Peter Sultana, Michael Klaper, and a number of others for whom I have great respect.

The China Study was certainly a groundbreaking book, but was it the 2011 documentary film *Forks Over Knives* that really put you on the map?

I don't know. You may know that *Forks Over Knives* really started when the producers, Brian Wendel and Lee Fulkerson, came to hear me lecture at John McDougall's Advanced Study Weekend. They took me aside and told me they were thinking about making a movie and wanted to know if I would consider being a part of it. Brian had read *The China Study* and heard me lecture. I told them about Dr. Caldwell Esselstyn, and they went to hear him lecture, and that is when Essy and I were interviewed for the film. It really proved to be a groundbreaking documentary that has done extremely well and still does today. In fact, just yesterday I was in a grocery store here in North Carolina when a man stopped me because he recognized

me from the film. I get stopped a lot because of it.

I have read that you don't identify yourself as a vegetarian or a vegan. Why is that?

No, I don't and here's why. For obvious reasons, I greatly respect and welcome all the support that has come my way from the vegan and vegetarian communities. However, I did all my research without even knowing the words "vegetarian" and "vegan." I started to learn about vegetarianism in the 1980s, but my conclusions about health were based on the human health characteristics of diet from the nutrient composition point of view. I was looking at how nutrients, such as protein and fat, work in the body, and how much is too much or too little. My focus was on the mechanisms created in the body and that sort of thing. So it was all science. I didn't come into this because I had any preference for eating a certain way.

And there was no "ism" about it?

No "ism" about it. It was all strictly science. I knew that a lot of the people in the vegan and vegetarian communities came to their points of view for ethical, environmental, and other good reasons that I have come to respect. But then many vegetarians were still eating dairy, eggs, and sometimes fish. When considering the nutrient composition of their diets, you can say that these diets are a little better but not that much better than, say, the traditional American diet. And that's what we've seen in the literature.

"Both vegans and vegetarians would be better off following a whole-food, plant-based approach."

When vegetarian communities are compared with non-vegetarian communities, there certainly are some health advantages. Vegan groups are not into using any kind of animal products for any purpose. So you would think that they should be even better than the vegetarians, and they are. However, vegans tend to only be a bit better than vegetarians in most of the results that I've seen. Studies show that the average fat content of a vegan diet is around 30% of total calories, and that is not very good. It is better than the traditional American diet, but not nearly as good as it could be. Both groups would be much better off following a whole-food, plant-based approach.

Is that the best description for this way of eating? A "whole-food, plant-based approach to diet"?

I don't know if that is the greatest way to describe it, but it was the term I first began to use. I was on an NIH cancer grant application review panel (study section) in the early 1980s, and we were considering some new research on antioxidants, which was a nutritional concept. When I was preparing for a meeting on the subject, I remember wanting to say to my colleagues that this sounds like vegetarianism. However, I did not want to use the term because many believed that this meant something less than rigorous science. So I remember thinking, before our next meeting, how to present this in a more scientifically descriptive way rather than through ideology. The only thing I could think of was "whole foods." However, at the time I didn't use the term "whole," I just said "plant-based" diets. So that's where it started. Folks liked it and the term "whole foods" was later added. I still think "whole-foods, plant-based" is awkward; I wish we had a better term.

Regardless of the way it is described, it sounds like you are in accord with what we in the Natural Hygiene world have always considered the ideal approach to diet; namely, that we should be consuming foods that are in their whole, natural state, and the less they are processed the better.

I agree. That is reality.

And simplicity?

Yes it is.

We hear a lot of people say, "My heredity is my heredity, and there are just some things we can't do anything about." They tend to use this as an excuse to not make fundamental changes in their lives. However, I have heard you say that we shouldn't be relying on the idea that our genes are determinant of our lives. Why is that?

We know the role for our genes and we know that we're not going to change them very much; although some people would like to, I suppose. Our genes are the cellular foundation from which our health derives. It is a very complex system and an area that I began studying as it related to the field of enzymology, back in the late sixties and early seventies. Early on I found it fascinating that, depending on what we ate, especially in regard to protein and a few other nutrients, particular enzyme activities would increase or decrease while influencing all kinds of events in our bodies. Long before the human genome was unraveled by present-day researchers, we knew that protein-based enzymes and their activities start with genes; that is, genes could be "turned on" and "turned off." This led to experiments that confirmed that regardless of gene starting points, it is nutrition that controls whether genes are turned on or off.

So what do you think when you read and hear about celebrities like Angelina Jolie, who had both of her breasts removed because she claimed she had the BRCA gene? Do you think this is a tragic rush to judgment, and could a lifestyle change avoid such painful actions?

Yes I do. However, I really empathize with these women. It's a difficult personal decision. On the one hand, I have become greatly impressed with the ability of nutrition to control genes, even bad genes to a great extent. But we also know that possessing, for example, the BRCA-1 and BRCA-2 genes substantially raises the risk of breast and ovarian cancers for women. However, we know that a lot of women who have those genes don't get these cancers. So, the question becomes, "Why?" And, as years have passed, I've noticed that the estimates of the percentage of women with those genes who actually get cancer have become lower than what had first been considered. I continue to believe that whatever the decision, the best thing women can do is to consume a whole-food, plant-based diet, one that will give them the best opportunity to control the expression of those genes.

I've become a real enthusiast for the role that nutrition plays in controlling gene expression. You see the same sort of phenomenon when people like the Japanese move from their birth country, where the rates of certain diseases are very low, to a country like the United States, where the rates of the same diseases are very high. Their genetic background is the same but they get the disease of the country to which they move. So, it's really about nutrition, not genetics.

"We must realize that nutrition is not about the effect of a single nutrient, even though we may study them that way."

I recall from your days of involvement with the physicians of the NHA your expressed skepticism over the reliance on supplementation as a way to get nutrition? Do you still hold that skepticism?

Yes, big time! I became immersed in that discussion in the mid-1980s while working on a report for the National Academy of Sciences, called "Diet, Nutrition, and Cancer." There were 13 of us on that panel, and after a three-year review of the literature, we were the first to say that with respect to diet and cancer it would be wise to cut down our fat intake. That 1982 recommendation got a lot of attention. However, what did not get as much attention was what we said in the second recommendation of this report, which was to increase consumption of vegetables, fruits, and grains. We emphasized that when talking about the effects of protein, fats, or other nutrients on health, this did not apply to the use of these nutrients as supplements.

But the newly emerging supplement industry ignored our comments and arrogantly placed full-page ads in *Time*, *Newsweek*, and *US News and World Report*, claiming that our committee had advocated the use of certain nutrients to prevent cancer. It was grossly wrong. This irritated the National Academy because they knew what we said. So, the National Academy then requested the U.S. Federal Trade Commission (FTC) to hold administrative court hearings on that health claim and asked me to represent them before the court. It became quite apparent during my three-year period in the FTC dock that these folks were more interested in the revenue opportunities for these products than they were in the nation's health.

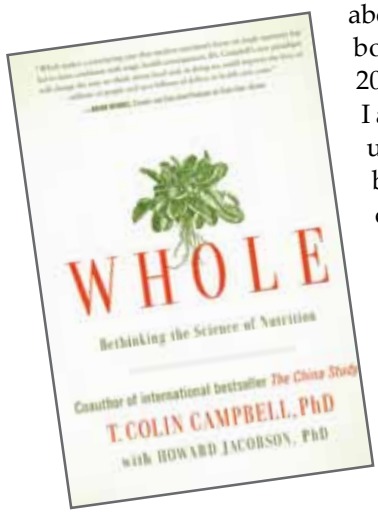
Today when you go into drug stores, grocery stores, and even health food markets, there are endless varieties of supplements that are extolled for curing everything from impotency to the common cold. Are you skeptical of these claims?

I sure am. I testified repeatedly that, based upon my interpretation of the research at that time, this didn't make sense. The problem is that these nutrient supplements are consumed out of context with nature, that is, out of context with our bodies. I have been skeptical of their value from the beginning, and I have followed the research over the years. This research now shows that many of these supplements not only don't do what is often claimed but, for the most part, are actually making matters worse.

Do you think it is because of the isolation of these factors?

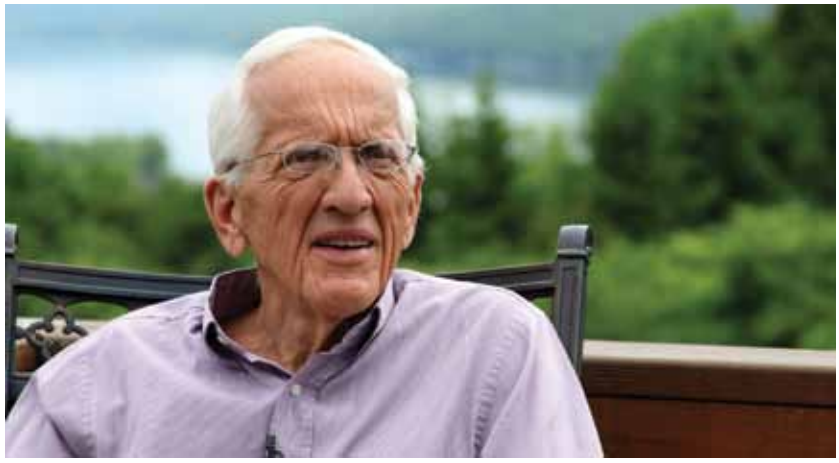
Yes, absolutely. When nutrients are consumed in isolation, often at doses that are substantially higher what we otherwise might experience in whole foods, they are going to be vastly out of context. When we consume whole foods, however, there are countless different kinds of nutrients and other substances that collectively create the digestive environment, which substantially affects how nutrients are digested, absorbed, and transported throughout the body.

We must realize that nutrition is not about the effect of a single nutrient, even though we may study them that way. In reality, from the "whole" point of view, activities can be dramatically different. In fact, I became so enthused about that idea that I wrote the book *Whole* that came out in 2013, and it's doing quite well. I am told that the book is being used in universities as a textbook, even in philosophy departments. In that book I'm trying to make the case that when we talk about nutrition, we need to consider it in the context of the whole. And that is consistent with the story of Natural Hygiene, which I find so interesting.



Do you feel that Dr. Shelton and other early hygienic pioneers had insights into the basic principles of health long before anyone else, even if they didn't have the benefit of scientific research on their side?

They absolutely did. In fact, I spent a year in the late eighties at Oxford University, and at that time I was feeling like I was really being attacked by some of my colleagues for some of my outrageous views. I didn't know where all this hostility was coming from, so I got involved in looking at the old literature on diet and cancer from some of the old libraries in London and Oxford. I went all the way back to 1646 and found some amazing stories. I couldn't believe it. From this I wrote a paper that was close to 60 pages in length, but I never published the darn thing. Recently I got it out again and thought, "I've got to publish this."



Colin Campbell heads the T. Colin Campbell Center for Nutrition Studies at Cornell University, which offers online courses and certifications. (Photo courtesy of LetLiveFilm.com)

Do you also think that our modern medical system focuses too much on individual diseases and their treatment?

Yes, it does. Our modern medical system is highly reductionist and has been for a long time. We tend to try to solve problems in a very reductionist way that causes a lot of confusion. We don't make the kind of progress that we could.

The early hygienists would argue that the problem with conventional medicine is that the focus is always on treating symptoms rather than removing causes. Do you agree?

Yes, exactly. When my paper is published, I think the hygienists are going to be pleased with what I've written. It will be coming out sometime soon.

Does your skepticism about the advocacy and promotion of vitamins extend to the proliferation of immunizations to prevent or cure diseases? Do you have a concern about that as well?

Yes. Speaking strictly for myself, I can't find convincing evidence that immunization programs are doing what is claimed. When I look at that information it seems to me that it comes up short, substantially short. It's a very complex system.

Do you put any stock in the claim that the proliferation of immunizations has led to the explosion of autism, ADD, and a host of other conditions?

I'm not going to go there on that one. I know that these topics have become very, very contentious. And I am going to have to say I don't know. Let's say it could be; but that is a very complex bit of biology.

I gather that you believe the best immunity people can build is to live well.

Yes, I prefer to live well. My game plan is simply, "Let's eat the right food and let's get our kids to eat the right food."

Speaking of getting people to eat and live well, tell me about the T. Colin Campbell Center for Nutrition Studies. What is it and when was it launched?

Back in the early 1990s when I was still on the campus of Cornell University and had graduate students, a man by the name of Bob Irish came along and wanted to give me some money to support the graduate students. So I formed a 501(C)(3) and graciously accepted money. This became the T. Colin Campbell Center for Nutrition Studies. Later in 2001, when I took my emeritus status, I still had the nonprofit and was teaching a course on the campus called "Vegetarian Nutrition" that was generously supported by the NALITH Foundation. I wasn't very happy with that title but I was encouraged to use it because it could attract students. It was the first of its kind in the country and it was very popular. One of the first students, who had a Ph.D. in physics, suggested that I put the course online, and he offered me $100,000 to make it happen. One thing led to another and the course has grown really well. We offer three courses on plant-based nutrition, and we are going to add more. We have partnered with the agency of Cornell that does online courses for the faculty. We are now ranked, by applicants, as number one among all of the 200-plus Cornell courses.

How many students have taken these courses so far?

It's getting close to 8,000. We also offer 30 "category I" continuing medical education credits for doctors as well

as related credits for other health professionals. We are proud of what we have achieved.

Have you had a lot of physicians who've taken the course?

We've had a lot of doctors, as well as dentists, osteopaths, and other health professionals take the course.

What is the cost of the course?

The cost for the three courses conducted over about six weeks is $1,260, an amount I consider pretty reasonable for a certificate program that awards professional accreditation.

Former President Clinton credits you, Dr. Esselstyn, and Dr. Dean Ornish with influencing him to adopt a mostly plant-based diet. Have you ever met him?

I have met him a couple of times, and Hillary as well; but I did so prior to his becoming a vegan. I would love to meet him again, but now that the political season is in full swing, I'm not sure that this would be his top priority.

He's a pretty good poster child for the benefits of a plant-based diet. He cited *The China Study* when interviewed by Wolf Blitzer on CNN. He said that *The China Study* was written by a father and son, and he mentioned our names. I've heard from various people in the last four or five months that he continues to advise people on TV to read *The China Study*.

"The majority of people in our society don't know this information because there are people and groups who don't want the public to know about it."

I know that your life's work has become a true family affair and there is now an army of Campbells fighting for the cause of plant-based nutrition. Tell me first about your son, Nelson.

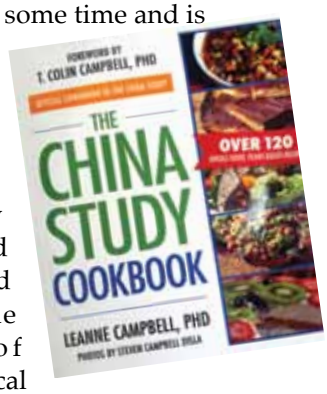
Nelson obtained degrees in government and economics at Cornell, and he's the entrepreneur in the family. He was always interested in political things and was an assistant campaign manager for a local congressman some years back. He has always been interested in the question, "Why haven't people heard this before?" This question was also the basis, in part, for the book *Whole*. After Dr. Esselstyn and I spoke to the Kentucky legislature on the benefits of the whole-food, plant-based diet, Nelson joined a senior legislator to pass some favorable legislation, but the lobbyists came forth to block it. This led Nelson to make the documentary film *Plant Pure Nation*, which is now showing around the country. He is also developing a network of wellness clubs around the country and the world that he calls "pods." It's all for the purpose of taking people from different persuasions to do one thing in common: follow a whole-food, plant-based diet.

People always want to know how to eat and isn't that where Nelson's wife, Kim, comes in?

That's right. She has created the *Plant Pure Kitchen Cookbook*.

Tell me about the work of your daughter, Leanne and son, Tom.

Leanne has a doctorate in education and has been working with the Dominican Republic for most of the last 25 years. She also authored a cookbook called *The China Study Cookbook* that came out in 2013. Then our youngest son, Tom, who was a co-author of *The China Study*, has an interesting background. He was an actor in Chicago but agreed to come back and work with me when I started writing *The China Study*. He had some time and is a heck of a good writer, so it worked out well. In the process, he became enthused about medicine and decided to go to medical school and do his residency. He is now the director of a new program focused on plant-based nutrition at the University of Rochester Medical Center, directing it with his wife Erin, who is also a physician and on the faculty.



It seems the apples don't fall far from the Campbell tree.

Well, if that is the case, we have to talk about my wife, Karen, as being the tree! We have been married for 53 wonderful years, and she has really been fantastic for all of us. She started to follow a plant-based diet and really got all of us involved.

So family dinners must be a very healthy experience with the Campbell family?

Yes, we all follow this dietary lifestyle, including all spouses, children, and grandchildren.

What new projects do you have in the pipeline?

We are just finishing up a second edition of *The China Study* that will be coming out in the coming year. We are not really changing anything materially, but adding some new material. I am trying to focus more on the question, "Why haven't we heard this before?" This really kind of bothered me, because I spent about 20 years in policy development in this country and abroad, and I've seen firsthand the interface between science on the one side and political interests on the other, and it's not a very pretty

Dr. Campbell lecturing at the McDougall Advanced Study Weekend in Santa Rosa, CA, February 2016. (Photo by Scott Hurlbert)

scene due to intense special interests. It really comes down to the fact that the majority of people in our society don't know this information because there are people and groups who don't want the public to know about it.

If you don't mind me asking, how old are you?

I turned 82 on March 14th and I still run, exercise, and lead a great life. My wife has done the same and we both enjoy excellent health.

"To tell an oncologist that there is a real possibility that we can do far more with diet than what they can do with their chemo and radiation is running up against a huge industry."

As I am sure you have read, Natural Hygiene has uniquely argued that health is not just about diet, but rather must include exercise, fresh air, sunshine, and emotional poise and balance. Is that consistent with the T. Colin Campbell view of health and well-being?

I think you've just said it better than I ever have. That's perfect. You know all those things come together and they are well worth pursuing. But what really bothers me is that so many people don't know this. I've given at least 600 lectures since *The China Study* came out in 2005, and most of them in recent years have been at medical schools or their sponsored events. I find people in the medical profession now warming up to this idea, trying it themselves, and trying to get their patients involved. In fact I have been overwhelmed with the enthusiasm of so many medical doctors these days.

Of course, more information doesn't always lead to enlightenment, but you seem pretty optimistic that people are getting more educated about health.

Yes, I am. Of course, I get down at times, but I always tell myself that we have to remain optimistic. It's the only way to be.

Is there one type of research that really needs to be done that is of particular interest to you?

Yes, it has to do with using this diet for cancer patients as a means of treatment. My son Tom and I are currently involved in having our Center for Nutrition Studies work with the University of Rochester Medical Center. Tom will be directing it and we've been collecting funding for it. It's a hard road to hoe because the oncology community is pretty stubborn and powerful. To tell an oncologist that there is a real possibility that we can do far more with diet than what they can do with their chemo and radiation is running up against a huge industry. However, I want to do that study and do it very professionally. I want to answer the question, "Why do we spend $1.2 to $1.3 billion to create yet one more chemotherapy agent that actually gives us a return for next to nothing?" I believe I have the answer to that. The fundamental science suggests that we've taken the wrong path in a big way.

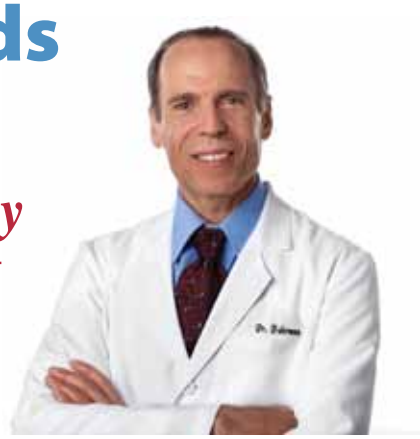
Do you think that such a study will validate the core philosophies of the Natural Hygiene Movement, namely that "health results from healthful living" and "health care is self care"?

Yes, that's exactly what we want to be able to demonstrate from a rigorous scientific point of view. I think that this will probably go further than any other thing I've been involved in, in terms of bringing these issues to the attention of the American public.

Well, Dr. Campbell, it's been great catching up with you again. I have always considered you one of the most thoughtful individuals I have ever come across in all of my years in the Natural Hygiene Movement. I can't tell you how much the NHA appreciates the contributions you've made to intelligent thinking about health and disease. We called this publication *Health Science* magazine because we've always put the emphasis on "science" just as you have.

Well, the folks in your organization have certainly done a great deal to educate me, and they have played a very significant role in my career. For that I am very grateful. NHA

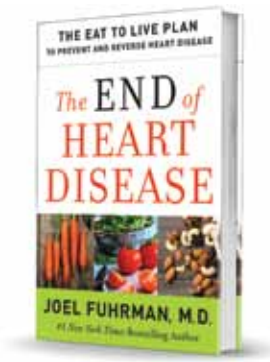
Can Eating Nuts and Seeds Help You Live Longer?



Just two ounces of nuts and seeds a day may help you lose weight and prevent cancer, among other benefits.

by Joel Fuhrman, M.D.

Some people are afraid to eat high-fat nuts and seeds, fearing that these foods will cause them to gain weight or inhibit reversal of heart disease. My extensive clinical experience, with thousands of patients having serious heart disease, demonstrates otherwise. The preponderance of the evidence from scientific studies also indicates dangers from excluding nuts and seeds.



In my new book, *The End of Heart Disease*, I devote an entire chapter to fat, where I unravel the controversy around saturated fat, discuss cholesterol levels, and explain why everyone should be eating nuts and seeds every day.

The first research findings suggesting that nut consumption could reduce the risk of heart disease emerged in the early 1990s.[1] Eventually, the pooled results from four large prospective studies showed that eating five or more servings of nuts per week was associated with a 35% reduction in the risk of coronary heart disease.[2]

Scientists went to work to figure out what protective effect nuts might be having on the heart and blood vessels, and it was established early on that nuts have a powerful cholesterol-lowering effect. The most recent meta-analysis on the cholesterol-lowering properties of nuts was published in December 2015 and pooled data from 61 different clinical trials. In this analysis, each daily serving of nuts was associated with a 4.7 mg/dl reduction in total cholesterol and 4.8 mg/dl in LDL cholesterol, plus reductions in apolipoprotein B and triglycerides. Higher doses of nuts (about two ounces per day or more) produced bigger benefits.[3] Improved insulin sensitivity and endothelial function, and reduced oxidative stress may also contribute to the cardiovascular benefits of nuts and seeds.[4-7] Adding flaxseed to the diet has been found in many clinical trials to reduce systolic and diastolic blood pressure, and nut consumption is also linked to a lower risk of stroke.[8, 9]

A Strong Link to Longevity

In addition to reduced heart disease risk, nut consumption is now consistently linked to a longer life. Several large, long-term studies on American, European, and Asian populations have reported a lower rate of death from heart disease or from all causes in those who were eating nuts and seeds regularly, including the Adventist Health Study,[10] the Nurses' Health Study, Health Professionals Follow-up Study,[11, 12] the Physicians' Health Study,[13] the PREDIMED Study,[14] and others.[15-17] A meta-analysis published in 2015 pooled data from many of these studies and concluded that one daily serving of nuts reduces the risk of death from all causes by 27% and cardiovascular death by 39%. A reduced risk of death from cancer was also reported.[18]

Of these large studies, the PREDIMED Study was particularly telling because it incorporated participants' habitual nut consumption and the results of a five-year intervention study, investigating three different diets: a control

low-fat diet, a Mediterranean diet supplemented with olive oil, and a Mediterranean diet supplemented with mixed nuts. At the end of the five-year study, both Mediterranean groups had improved their blood pressure, blood glucose, and cholesterol, and had experienced fewer heart attacks and strokes than the low-fat diet group.[19] When investigating survival, the researchers also looked at nut consumption at baseline, before the dietary intervention started. The lowest risk of death was found in the participants who were already eating three or more servings of nuts a week before the study began, and then were assigned to the mixed nuts group.[14] This suggests that regular nut consumption over many years is longevity-promoting.

Now that there is more research on nuts and seeds, their benefits are coming into clearer focus. We have learned that it's not just about heart disease; nuts have many beneficial actions that may help us to live longer.

Cancer Prevention

Part of the survival benefit of eating nuts and seeds may be due to cancer prevention. This is a newer area of study, but links have been found for a few cancers, especially in women.[20] Nut consumption during adolescence was found to be associated with a lower risk of breast cancer later in life; women who ate one or more servings of nuts daily had a 24% reduced risk compared to those who ate less than one serving per month.[21] In the Nurses' Health Study, there was a 13% reduction in colorectal cancer risk and a 35% reduction in pancreatic cancer risk for women who ate at least two servings of nuts per week compared to those who rarely ate nuts.[22, 23] There was also a reduction in colorectal cancer risk in women who ate nuts regularly in the European Investigation into Cancer and Nutrition (EPIC) Study.[24]

Phytochemicals from nuts and seeds have anti-proliferative, antioxidant, and anti-inflammatory actions.[25] Flax, sesame, and chia seeds contain lignans, phytochemicals having anti-estrogenic actions, found to be protective against breast cancer, [26, 27] and possibly against endometrial, ovarian, and prostate cancer, too.[28-30] Scientists also have hypothesized that the LDL-lowering effects of nuts could potentially modulate energy metabolism in cancerous cells, which could thereby inhibit growth and proliferation, but this has not yet been investigated.[25]

"Now that there is more research on nuts and seeds, their benefits are coming into clearer focus."

Weight Loss

Nut consumption is associated with a lower BMI and smaller waist circumference, and a lower likelihood of gaining weight or becoming obese.[31, 32] There are three ways that nuts and seeds are thought to help with weight loss and maintenance. First, the fats and fiber slow the emptying of the stomach, making meals containing nuts and seeds satiating; this results in a compensatory decrease in calorie intake from other foods throughout the day. Second, studies have suggested that many of the calories in nuts do not get absorbed from the digestive tract. So an ounce of nuts, which would be listed at 150–200 calories, doesn't truly deliver all of those calories. Third, eating nuts and seeds regularly may increase our calorie expenditure at rest, though more research is needed on this topic.[33] Keeping body weight in a healthy range helps to prevent heart disease, diabetes, and cancer, all of which could contribute to the longevity benefit associated with eating nuts.

Nuts and Brain Health

The effect of nuts on cognitive function is another new area of research. Walnuts, probably because of their omega-3 ALA content, have been the most extensively studied so far. Animal studies suggest that walnuts and almonds could be helpful for preventing age-related cognitive decline and Alzheimer's disease.[34, 35] New human data from the PREDIMED Study (discussed above) found that participants in the Mediterranean diet plus nuts group were less likely to have low BDNF (brain-derived neurotrophic factor) levels compared to the olive oil and low-fat groups.[36] BDNF is important for the growth and survival of nerve cells, and altered BDNF levels are linked to neurodegenerative diseases and mood disorders.[37] Also in the PREDIMED Study, walnut consumption was associated with better working memory.[38] In the Nurses' Health Study, higher intake of total nuts was linked to better overall cognition in older women.[39]

The Glycemic Load

The inclusion of nuts and seeds in a plant-rich diet lowers the glycemic load of the diet significantly, reducing insulin resistance and offering protection against diabetes.[4] Improvements in these parameters have been documented in clinical trials: replacing carbohydrate foods with mixed nuts was shown to improve HbA1c in patients with diabetes, and adding pistachios to

the diet was found to reduce insulin resistance in patients with prediabetes.[40, 41] Lower insulin requirements are also a factor thought to promote longevity.

Nutrient Adequacy

Nuts and seeds provide plentiful fiber, plant protein, polyphenols, plant sterols, vitamins, and minerals.[25] Because of their beneficial nutritional composition, regular consumers of nuts are more likely to meet recommended intakes for vitamin A, vitamin C, folate, calcium, magnesium, zinc, potassium, and fiber.[42] The antioxidant compounds in nuts help protect the polyunsaturated fats from oxidation, and the fats assist in the absorption of carotenoids in vegetables in the same meal.[43, 44] Individual types of nuts and seeds have distinct beneficial nutrients, for example, omega-3 ALA (the precursor to DHA and EPA) in walnuts and flax, chia and hemp seeds; polyphenols in almond and walnut skins; and zinc in pumpkin seeds.

I recommend using nuts and seeds rather than animal products and oils as one's major dietary source of fat. Have at least one to two ounces of nuts and seeds per day (more if you are slim and active), and make half of your nut and seed intake those high in omega-3s (walnuts and flax, chia, and hemp seeds). I also advise eating nuts and seeds in salads, dressings, and sauces rather than out of hand for the carotenoid absorption benefit and also to prevent overconsuming calories.

In my book, *The End of Heart Disease*, I address the danger of medications, as well as major controversies in cardiovascular treatment and nutrition, I compare different diets for treatment of heart disease, and I point the reader to the overwhelming amount of evidence showing that heart disease can be prevented and reversed.

To view the references for this article, please visit the Spring 2016 issue of *Health Science* magazine at: healthscience.org. Purchase Dr. Fuhrman's new book at the NHA Amazon Store (under "Shop").

Joel Fuhrman, M.D. is a family physician, *New York Times* best-selling author, and nutritional researcher who specializes in preventing and reversing disease through nutritional and natural methods. Dr. Fuhrman is an internationally recognized expert on nutrition and natural healing, and has appeared on hundreds of radio and television shows, including *The Dr. Oz Show*, *The Today Show*, *Good Morning America*, and *Live with Kelly and Michael*. Dr. Fuhrman's own successful PBS television shows, *3 Steps to Incredible Health*, *Dr. Fuhrman's Immunity Solution*, and his latest show, *End Dieting Forever* bring nutritional science to homes all across America. To learn more and buy the new book, visit: DrFuhrman.com.

OCEAN JADE
HEALTH RETREAT

A Note from Dr. Sabatino

The Ocean Jade Health Retreat is nearing its grand opening. It will be a unique, vegan, health and lifestyle education and fasting retreat in the truly remarkable ocean-accessible location of Lauderdale by the Sea, Florida. In fact, along with TrueNorth Health Center in Santa Rosa, California, it will be one of only two water fasting centers in the U.S. And it will be so much more.

With only nine rooms, Ocean Jade is the perfect place to step back from the stress and busy-ness of your life, and enjoy the highest quality, organic, plant-based food, health care, and lifestyle education programs in the most pristine, peaceful, warm, caring, and personal environment.

I am committed to excellence and look forward to serving and caring for you for years to come.

Please visit us online at OceanJadeRetreat.com and on our Ocean Jade Health Retreat Facebook page (facebook.com/OceanJadeHealthRetreat). I look forward to hearing from you and seeing you soon!

The Passing of a Legend

Alec Burton, D.O.,D.C.

July 30, 1930 - March 21, 2016

On March 21, 2016, the NHA and the Natural Hygiene Movement, which we have led for the past 68 years, lost one of its greatest voices and leaders with the passing of the legendary Dr. Alec Burton. Dr. Burton first lectured at an NHA conference back in 1967 and very quickly assumed the leadership mantle of our movement previously held by the late Dr. Herbert Shelton.

Like Dr. Shelton, Dr. Burton was unwavering in his commitment to the basic principles of Natural Hygiene and could explain them with similar clarity and power. However, Dr. Burton took the teachings of Dr. Shelton a step further by insisting that there be a demonstrated scientific validity to all of its theories and practices, and when science was wanting, he would point that out with equal clarity.

Mark Huberman with Dr. Burton (1979)

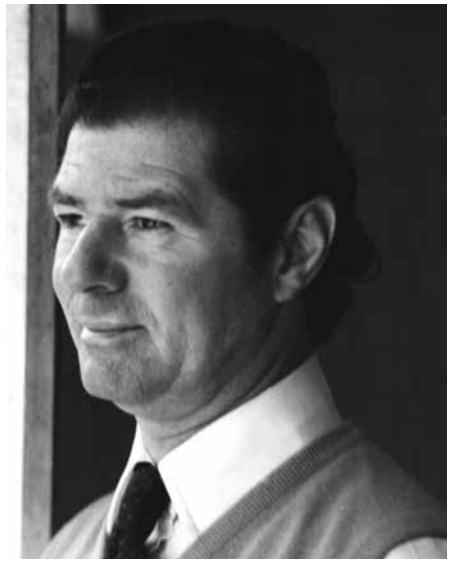
Another quality Dr. Burton shared with Dr. Shelton was the leadership he played in teaching and/or inspiring other Hygienic physicians. Where Dr. Shelton trained and inspired the likes of Drs. Benesh, Esser, Scott, Gross, Brosious, Sidhwa, and more, Dr. Burton did the same for an entire new generation of Hygienic physicians, including Drs. Goldhamer, Cridland, Cinque, Sabatino, and Fuhrman. Their enormous debt of gratitude is reflected in the many tributes reprinted below.

Finally, Dr. Burton was respected and revered by thousands of members of the NHA, who either regained their health under his care or were inspired both by his message and the sheer force of his extraordinarily rich personality. That appreciation is also reflected in many more sentiments. As evident from all of the tributes, Dr. Burton was truly a "man for all seasons" whose legacy will remain with us for years to come. The sympathy of the entire NHA family is extended to his wife and professional colleague, Dr. Nejla Burton. We are honored to share the following powerful tributes from many of his colleagues who knew him best.

—Mark Huberman, NHA President

Nejla Burton's Eulogy

My beloved soulmate Alec Burton passed away in my arms on Monday morning, March 21st, 2016. His life ended, as T.S. Eliot wrote, "Not with a bang but with a whimper." I come here to laud him.



People who met Alec loved him: children as well as adults. When we met in 1970, there was an almost complete "interface" that we had found our intellectual best other half. Since then we have developed an unshakeable alliance and spent our lives together 24 hours a day, every day, on our work and play.

Who was Alec? Alec was an intellectual, scholar, writer, and researcher, with a brilliant mind and, above all, a visionary pioneer, and world-renowned practitioner and educator. He had a captivating personal presence, wit, gentleness, and kindness. His passion for excellent work, scientific endeavor, and philosophy was matched by his passion for life and the multitude of activities in which he excelled, including cycling, sailing, flying, music, cultural pursuits, and art.

With his extensive knowledge, he had an answer for almost everything, and if he did not find the answer immediately, he would say, "Let me give it some thought," and would come back with an answer.

Between us we developed a worthwhile life by recognizing Socrates' dictum, "An unexamined life is not worth living," and living by being fully human. We experienced our life through our work, travelling the world with a constant thirst for more and more knowledge.

But Alec's most fundamental qualities were his exceptional knowledge of Natural Hygiene, his writings, his care for humanity, and his devotion and compassion to the thousands of sick and broken people. His uncompromising honesty and integrity in his education of our patients, what they should do, and the necessary changes to get well, was evident to all. He was a man for all seasons. And so my dear brother, Edward, called him "Saint Alec." He loved our families. His devotion and love to me has sustained me all of these years. He was worthy of my devotion and unlimited love.

Alec and Nejla Burton (1998)

Alec wanted me to continue our work, and so I will. But he would also say, "Don't forget to live," lieben und arbeiten, *as Freud put it. And he wanted all humanity to follow our adage:* Carpe Diem!

Alec! You have protected me from life's misadventures, but alas you could not protect me from life's ultimate misadventure! And, thus, we are here today, my darling. The world has lost you and we are all diminished.

I miss you every hour of every day. You have been part of my life for nearly half a century, and so I will live my life with you included in it. You will continue to live your life through my life.

Your legacy as a world-renowned pioneer, visionary practitioner, and educator restoring health to thousands of patients, will live on. You will remain an inspiration to all truth-seekers. But right now there is a flood of tears because of my unbearable sorrow.

Adieu, Alec! Adieu, mon amour. Adieu, my beloved, the love of my life.

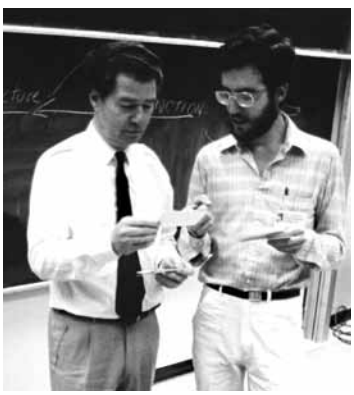
Alan Goldhamer, D.C. (Santa Rosa, CA)

Alec Burton was the most influential person in my professional life. His elucidation of the principles of Natural Hygiene was the inspiration for me to pursue a healthcare career. He and Nejla's generosity in allowing me to come to Australia to complete an internship and train in the use of fasting allowed me to acquire the skills and confidence to open the TrueNorth Health Center over 30 years ago. He was a physician and philosopher with a keen wit and will be missed but not forgotten.

Ron Cridland, M.D. (Kelowna, British Columbia)

I am very sad to hear of Dr. Burton's passing. Alec was my most influential Natural Hygiene practitioner when I first became involved with what was then called "Natural Hygiene."

In 1975 my mom was searching for answers to her health problems and discovered Natural Hygiene through the Canadian Natural Hygiene Society in Toronto. We read books by Shelton, Vetrano, Sidwa, Trop and others, and our whole family became vegetarian that year. I remember going to my first American Natural Hygiene Society conference in 1976, which I believe was in Bowling Green, Ohio. The lecturer that stood out the most to me was Dr. Alec Burton. He was smart, funny, serious, and knowledgeable, all in one package. I started university that fall and was determined to use this knowledge about health to help others. After learning that a number of the hygienic chiropractic and naturopathic practitioners were being charged with "practicing medicine without a license," I decided that a degree in medicine would give me the most protection to be able to practice the way I saw fit.



Dr. Burton with Dr. Goldhamer (1981)

I had just completed my first year in medicine when I attended my next conference in 1979. I went to a practitioner meeting, and they were a bit suspicious of someone with a medical background; they told me to come back when I had my license to practice. I completed my residency in 1984 and went to the conference that summer. At a practitioner meeting Dr. Burton was the first one to offer me an internship at his clinic near Sydney, Australia. It was a dream come true. I had been hoping to learn from this man since I first heard him speak. Most of Hygiene made sense, but some of it didn't. I had been dying to ask him his thoughts about a number of the things that puzzled me.

I did a six-month internship with him that winter. We had some great discussions about hygiene. He was also a philosopher. He had degrees in chiropractic from England and osteopathy from Australia. He was president of the Pacific Coast Osteopathic Society when we were in Australia. I learned some valuable things about osteopathy that I still apply in my medical practice today. Of course, the main experience I had was in fasting supervision. Dr. Alan Goldhamer had been Alec's first intern the year before, and I was his second. Our practices and policies were both tremendously influenced by our time with Dr. Burton.

Not only was Alec an excellent physician and philosopher, he played the classical guitar beautifully and was an avid cyclist, sailor, and pilot. We went sailing on his catamaran almost every week. I was familiar with sailing dinghies and wind surfers, but had little experience with catamarans. Alec had a custom cruising catamaran built that he named "Endorfin," after the hormone "endorphin" that is released during exercise and excitement. It was a fitting name for a boat owned by a sportsman and an expert in physiology. I sincerely regret not taking the time to visit Alec and Nejla again to take a cruise with them.

Dr. Alec Burton was not only a true gentleman and a scholar, he was a good friend, a tremendous mentor, an excellent physician, and one of the best spokesmen for natural health we ever had. He will be missed.

Ralph Cinque, D.C. (Buda, Texas)

It is staggering to lose Alec Burton. Although we all know that everyone has to die, and the fight against death is one that everyone has to lose, it still seems like if anyone had the strength and vitality to beat it, it was him. He just didn't seem

like the dying kind.

Alec Burton had a brilliant intellect, and I think it's fair to say that he had the keenest intellect of anyone who was involved in the Natural Hygiene Movement. I think it was widely recognized, if not directly stated, that he was the sharpest knife in the drawer. He brought stature and prestige to the Natural Hygiene Movement. He gave more than he got, by a long shot. And, he was highly revered.

"Pilot" Dr. Burton checks over his notes before take-off. (Photo by Ron Cridland 1985)

I spent some months with Alec in Australia in 1989, and it was the same way there; he was highly revered. I met doctors there, of all stripes, who knew him, including medical doctors, and they all spoke of him in the highest, most respectful terms. His Arcadia Health Centre was like a beacon, or you might say a lighthouse, of health truth, and it drew people from all over the world. He conducted some very lengthy fasts there, which people undertook with confidence because they had confidence in him.

Alec had many interests, and he excelled at everything he pursued. We hear of people who live life on their own terms, but of no one was that more true than Alec Burton. Whether he was piloting a boat or a plane, you always knew you were in good hands—the best of hands—if they were Alec Burton's.

Alec Burton was a giant among us, and it was a privilege to know him. Right now, I am recalling the ending of the movie, *El Cid*, starring Charlton Heston. El Cid, the leader, had died, but the battle wasn't over. So, they propped his armored body on a horse so that he could lead the men on the next charge. Of course, that was fiction, but still, I can understand the feeling. Isn't that how we all feel about Alec Burton?

Frank Sabatino, D.C. (Lauderdale by the Sea, FL)

When I read my emails on Easter Sunday morning, I was moved to stunned silence as I first learned about the death of Dr. Alec Burton. I had no idea how sick or injured Alec was, but I have always experienced and pictured him as a robust, larger-than-life person that could never die. I always felt and shared a special bond, friendship, and kinship with Alec and his wife, Dr. Nejla Burton. No matter how much time intervened between our social or professional meetings, like all special friendships, it always felt like no time had passed at all. My heart and condolences go out to Nejla in this time of grief and loss.

Doctors Frank Sabatino, Alec Burton and Ralph Cinque (1986)

I met Alec over 40 years ago when I was a chiropractic student and fledgling Hygienic practitioner. When I first heard Alec speak at Hygienic conventions, I was blown away by his wealth of knowledge and his ability to articulate the philosophy of Natural Hygiene like no one else. After hearing him speak I got so much more turned on to Hygiene and I remember feeling that I wanted to be him. With his incredible sense of humor, suave demeanor, and, of course, that impeccable voice and English accent, I think Alec could have stood at a podium, read the phone book and made an audience swoon.

In all the years of knowing Alec I was always impressed by how gracious and generous he was with his time, experience and knowledge. Whether it was sharing some new jokes or engaging in deep conversations about problem cases, Hygienic philosophy, or personal problems and concerns, he always made time for me and other practitioners. I am so grateful that I had the opportunity to stand on the shoulders of an icon like Alec Burton to benefit from his remarkable expertise and use his knowledge as a starting point for my own growth as a person and Hygienic physician.

Alec was a true renaissance man: a physician, scholar, philosopher, sailor, sportsman and an accomplished classical guitarist. He truly walked the talk of Hygienic living, working tirelessly to provide the highest quality fasting care for the people who were fortunate enough to experience his counsel, and balancing that work by playing just as hard sailing and travelling around the world with Nejla.

Simply put, the world has lost a great man and one of the most iconic, erudite philosophers, teachers and physicians of the Natural Hygiene Movement. I have lost my favorite mentor and a very special friend. I will miss you Alec, I will miss you brother.

Joel Fuhrman, M.D. (Flemington, NJ)

We were all friends with Alec in different ways. He touched all of our lives profoundly.

I first met Alec Burton at a Natural Hygiene conference when I was about 20 years old, long before I decided to go to medical school. I thought he was the coolest teacher I ever met, and he spoke and looked like James Bond, and had a great sense of humor. He was always smiling, laughing, and telling jokes. I can even remember many of his jokes now. For example, like his patient that followed his instructions perfectly and gained weight. Finally, Alec, exasperated, said to the guy, "Did you eat anything else," and the man responded, "Of course, wasn't I supposed to eat my old diet, too?"

Dr. Burton feeding a cockatiel. (Photo by Ron Cridland 1985)

I was not just impressed by his teachings, but also by his eagerness to be friendly and supportive, even when I was just a college student looking to learn whatever I could, and not certain that this was my career path. Alec certainly was a role model for me and played a role in my excitement about pursuing a career as a doctor.

Of course getting to know Alec and Nejla over the years continually demonstrated their warmth and desire to be of service to others. I went through some tough and sad times in my life, and they were always there to help me with supportive phone calls and sage advice, as well as offering their expertise and their home. They gave thousands of people the world over hope and confidence in their quest for better health. It is sad to hear about Alec's bike accident a few years back and now his death, though we all know he left a legacy of goodwill, of logic, of passion and, of course, health knowledge that he passed on to us of this generation and of generations to come.

Michael Klaper, M.D. (Santa Rosa, CA)

It is with great sadness that I read of the recent passing of Dr. Alec Burton.

As I entered the field of nutritional medicine over thirty years ago, I was desperately seeking validation from fellow medical professionals that plant-based nutrition was, indeed, a sound, safe and effective strategy to recommend to my patients with degenerative diseases, like clogged arteries, diabetes and auto-immune diseases. It was then that I first encountered Dr. Alec Burton, with his calm, confident, British countenance assuring me that not only was plant-based nutrition the key to disease-reversal and health maintenance, but that the ancient practice of water fasting, of which he was already a master, was an exceptionally powerful adjunct to the practitioner's armamentarium.

Over the years, on the "lecture trail" I would frequently cross paths with Alec and his wonderful wife, Nejla, herself a competent practitioner of natural medicine, and I never failed to not only learn more about nutritional medicine, but bask in the glow of Alec's genuinely warm and loving persona. At these meetings, Alec and Nejla inevitably invited me to come and visit them at their home/clinic in Arcadia (near Sydney, Australia) and in 2009, I had the opportunity to do that.

Not only did Alec and Nejla open their home and hearts to me on that visit, but, as a fellow cyclist, I was delighted to accept Alec's invitation to ride the bike trails around Sydney as he shared with me his delight in his home city and his clinical work. My visit with them was topped off by fulfilling a long-held dream of mine: seeing a play at the famed Sydney Opera House. Alec had graciously (and magically) made three tickets appear at the last moment, and I will always treasure the rich moments that filled that magical visit with Alec and Nejla.

Alec's writing and teachings about therapeutic water fasting continue to influence me to this day as I work at TrueNorth Health Center in Santa Rosa, California. Water fasting is often a keystone of a participant's stay at the Center, providing the needed "kickstart" to advance them along on their journey toward better health; of course, to be promoted and sustained by a whole-food, plant-based diet following the fast. The clinic director of TrueNorth, and my mentor when it comes to fasting, Dr. Alan Goldhamer, openly acknowledges the training and inspiration he received from Dr. Burton while he was studying with him in Australia, and, in that way, Dr. Burton's knowledge and guidance continue to benefit me and my patients to this day.

The world of natural healing—and, one could argue, the world in general—is far richer for the presence, work, and teachings of Dr. Alec Burton. I am proud to have counted him among my best professional teachers and my dearest of friends, and this doctor and student of healing (for I am both) will miss him greatly.

Doug Evans, D.O. (Australia)

Farewell Alec Burton. It is with great sadness I find myself writing this farewell. I know of no other health practitioner and educator who could match Alec's depth of knowledge and insight. He had a profound impact on many aspects of my life. He was influential in my understanding of health and disease, the maintaining and regaining of optimal health, my philosophy of living, and indeed in the very direction of my life. Most importantly he and his wife Nejla trained me in the process of health recovery, specifically in regard to fasting.

I remember the day I met Alec as a third-year osteopathic student, some 35 years ago. He was the newly appointed head of the osteopathic faculty, smartly dressed in full suit and brogues, accompanied by his attenuated English/Manchester accent. His appearance was nearly as impressive as the way in which with tact, intelligence and humor he dealt with that

group of disgruntled students. Those qualities defined his interactions with all the students in his charge. At that time Alec introduced me to another influential practitioner, a young doctor from the U.S., John McDougall, to whom he generously imparted many of his health insights.

Dr. Burton mentoring and inspiring a new generation of hygenic physicians. (1996)

A couple of years later I had the further fortune to do an internship with, and subsequently work for, Alec and Nejla at Arcadia Health Centre. My eight years at Arcadia gave me the most valuable experience of my professional life. While working there, I witnessed many and varied remarkable recoveries.

As well as being an accomplished competitive cyclist, Alec was an enthusiastic sailor, and I am pleased to have shared a few sails with him. He had a great sense of humor and a talent for telling a story or a joke, and for acting out a prank. Here is an example: It was about noon on a warm summer's day, and most of the patients were gathered about the pool. I was taking someone's blood pressure, and Alec in his suit and white coat was attentively enquiring after each patient. He then suddenly and deliberately turned and walked straight into the deep end of the pool, disappeared to the bottom and then popped up, got out and laughed his head off. Everyone was in stitches. That's how I will remember him. Thank you, Alec.

Greg Fitzgerald, D.C. (Australia)

I was truly blessed to have Alec as my osteopathic lecturer at college over 35 years ago. From the first lecture, his knowledge, wisdom, humor and erudition impressed me, as it did so many others. Invited to attend his center as a student observer in those early years, I was struck by the fact that so many people with so many serious problems often found complete recovery by "doing nothing, intelligently."

Thus began my interest, involvement, and commitment to Natural Hygiene, and for that blessing I thank Dr. Burton.

Because I conducted an out-patient clinic and Alec had in-patient, live-in premises, I referred literally hundreds of patients to his Arcadia Health Centre, where they would receive wonderful Hygienic care from both himself and his wife Nejla. This care was unique in Sydney, if not Australia. It involved, commonly, fasting and a complete re-education in the patients' mode of living. They were taught the unique and timeless principles of Natural Hygiene so that they would understand not only the need for behavioral change, but also paradigm change.

Patients with multiple sclerosis, rheumatoid arthritis, hypertension, intractable migraines, diabetes and neuralgia, to name but a few, were all walking back to my clinic with glowing smiles, jubilant they had been exposed to such a simple but profoundly effective health-care system. Many completely reversed their conditions while others experienced considerable improvement.

Numerous times we spoke at each other's seminars here in Sydney, where we would spread the word about the truths of Natural Hygiene.

Alec was loved by all. Not only was he a giant in the Hygienic movement, he also took an active interest in sailing (his boat was called "Endorfin"), bike riding (he owned over 20 push bikes), flying, history, music, architecture, philosophy, geography and travelling. He cared deeply not only for his patients, but for the entire human race. He was a true humanitarian. He cared, loved, learned, shared, laughed and truly lived. He loved the truth and was courageous until the end in his defense of it. His passing has left a huge void that will be sadly felt by many around the world.

I spoke with Alec four weeks ago and his words summed up his life's philosophy: "Never stop learning, but also never forget how to live. Our health is the foundation upon which we truly live." You have lived an extraordinary life sweet friend.

Keki Sidhwa, N.D., D.O. (England)

Thank you for letting me know about the sad passing away of my bosom friend and colleague, Alec Burton. As you know, Alec and I both studied at the British College of Naturopathy & Osteopathy at the same time and were very close friends. Alec, myself and George Hall were the founders of the British Natural Hygiene Society, and for the first year, George Hall edited the magazine *The Hygienist*. Alec then made the decision to move to Australia and George decided not to continue with *The Hygienist*, so I edited the magazine for the next 55 years. All who knew Alec will miss him dearly, and so will I.

Stephan Esser, M.D. (Ponte Verde Beach, FL)

Dr. Burton epitomized what it meant to be a gentleman and a hygienic doctor. His passion for teaching and caring for others was exemplary and his own "joie de vivre" was palpable. May we all continue to be inspired to live our best and healthiest lives by his example.

T. Colin Campbell, Ph.D. (Ithaca, NY)

I met Alec for the first time around 1991. He and some others interviewed me for a personal problem that I was having with my speech that I thought was related to a very toxic chemical I had isolated over 25 years before when I was at MIT. A couple years later its chemical structure was elucidated, and it proved to be dioxin.

Alec and his friends (especially Alan Goldhamer, whose clinic I subsequently visited several times) were most helpful; so much so that I consider that occasion to have been one of the most important of my life, both personally and professionally. I then invited Alec and Nejla to come to Cornell so that Alec could lecture to my class—another highlight that informed us of the value and rewards of thinking outside the box, something we don't do very well in academia.

So, although I regret his passing, I want all to know, especially Nejla, that Alec Burton was a very special person in my life.

Jim Lennon (NHA Exec. Director 1986–2000, Tampa, FL)

The passing of Dr. Alec Burton is a tremendous loss. His long and well-lived life serves as an example and as inspiration for everyone dedicated to the great quest of "health for all." Dr. Burton devoted his life to seeking the truth about health and healing, learning how to practice it in his own life, and tirelessly sharing what he learned with others.

Dr. Burton was an invaluable resource to his patients, whose lives he enhanced and frequently saved. He also helped educate and motivate tens of thousands of people around the world through his lectures, radio and television appearances, writing, and audio recordings. He was a wonderful colleague and mentor to those of us fortunate enough to know him. He generously shared his camaraderie, wisdom, knowledge, experience, and tremendous love of life with us.

All of the hygienic physicians from the 1830s to the present have made important contributions. Dr. Burton stands as a giant among them because, while being inspired by the philosophies and individual clinical experiences of those who came before him, he insisted on establishing a comprehensive scientific framework upon which hygienic physicians could base their research and practices. The wisdom of this approach is manifest in the extraordinary work being done by the current generation of doctors, many of whom have completed advanced training in their fields and are conducting groundbreaking research in health, recovery, longevity, and water-only fasting.

My deepest sympathy goes out to Dr. Burton's wife and colleague, Dr. Nejla Burton, who herself has made invaluable contributions while working alongside her beloved Alec as they endeavored to make the world a better place for all of us.

To view additional tributes , please visit the Spring 2016 issue at: HealthScience.org

letters & notes

Much Appreciated Letters to the Editor

Continued from page 4

thoroughly enjoy receiving and reading every issue of *Health Science* magazine. Many thanks for all of your hard work and dedication. It is very much appreciated!

Heather Morello
Wilton, CT

Dear Mark,

I absolutely love the *Health Science* magazine, and have read every issue cover to cover. Thank you for providing this fabulous resource.

Lesley Campbell
Lachine, Quebec

Dear Mark,

Learned about this organization long ago at Esser and Shangri-La. Too bad they aren't still open. Great places with great interesting people. I really enjoyed the Winter issue. Best information available!

Ken Eaton
Palm Coast, FL

Dear Mark,

I always want to receive my magazines. I read them cover to cover!

Elisa de Matas
Coconut Creek, FL

Hi Mark,

Kudos for the great work you are doing for the National Health Association and with *Health Science*, and best wishes for your continued success.

Richard Schwartz, Ph.D.
Staten Island, NY

Mark

The Fall 2015 issue was great—better than ever, if that's possible! I look forward to the magazine and consider it to be the best magazine I receive. Thanks so much!

Susan Schultz
Glenarm, IL

We'd love to hear from you, too!

Send your letter or email today!

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Email: **info@healthscience.org**

The Importance of Doing Squats

This simple exercise increases fitness and eases everyday activities.

by David Goldman, M.S., R.D., C.S.C.S., C.P.T.

Everyone needs to be able to sit down and stand up. Performing this movement, called "the squat," and performing it well, is essential to our independence. Excelling at the squat makes life easier and more enjoyable.

If we are unskilled at the squat, we may have trouble getting in and out of our bed or car, tying our shoes, or picking up things we've dropped. In addition, climbing stairs, playing sports, and standing up after a fall can feel prohibitively challenging and painful. Each of these limitations can ultimately lead to diminished independence.

Athletes must also be able to execute an excellent squat, enabling basketball players to shoot free throws and downhill skiers to navigate moguls. Though its application may differ, the squat's necessity is ubiquitous.

How to Do Squats

1. Begin with feet shoulder-width apart and parallel to each other. If your hips are tight, you may need to move your feet just outside shoulder width and/or turn your toes out.

2. Shift your weight over the arches of your feet and engage your midsection, as though you were bracing to take a light punch. Squeeze your glutes to "lock out" your hips. This is both the starting and finishing position.

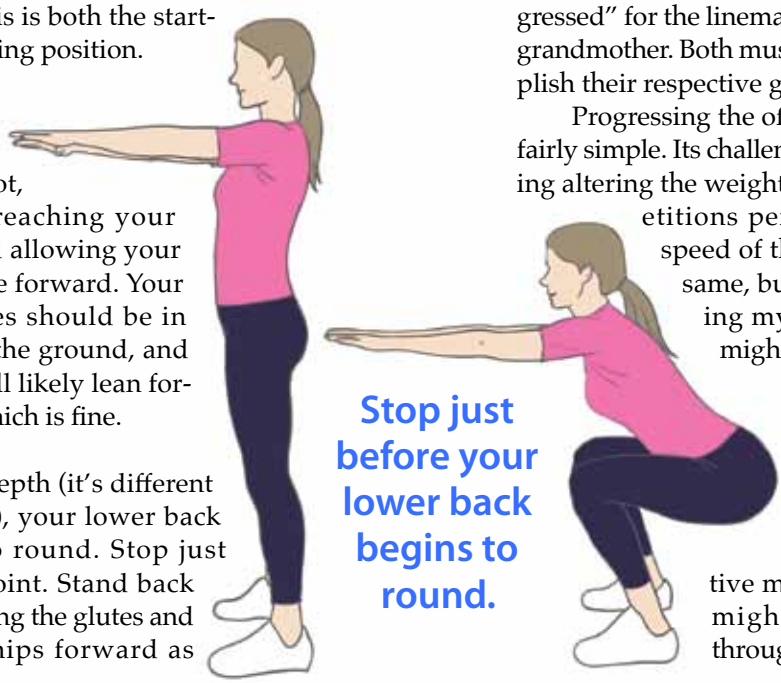
3. Keeping your weight in the mid-foot, descend by reaching your hips back and allowing your knees to move forward. Your heels and toes should be in contact with the ground, and your torso will likely lean forward a bit, which is fine.

4. At a certain depth (it's different for everyone), your lower back will begin to round. Stop just before this point. Stand back up by squeezing the glutes and driving the hips forward as your knees extend. This will bring you back to step 1.

Performing certain basic movements are as essential to our musculoskeletal health and quality of life as eating certain basic foods are to the vitality of our entire body. Squats are one of the tried and true exercises that all bodies were built to perform—they are the very definition of functional.

Whether I'm training an offensive lineman or my grandmother to squat, I must first consider their respective needs. An offensive lineman needs to plow through the brick wall of defensive linemen before him. My grandmother, on the other hand, would love to be able to stand up easily. Both must learn to perform the same squat, though the squat must be made more difficult or "progressed" for the lineman, and easier or "regressed" for my grandmother. Both must become adept squatters to accomplish their respective goals.

Progressing the offensive lineman's squat is actually fairly simple. Its challenges are more mathematical, involving altering the weight used, the number of sets and repetitions performed, and/or modifying the speed of the movement. The squat stays the same, but the parameters change. Regressing my grandmother's squat, however, might be met with more controversy.



Stop just before your lower back begins to round.

Different Approaches

Many trainers and coaches would prescribe different movements to strengthen each respective muscle involved in the squat. They might have my grandmother work through the equipment at her fitness cen-

ter, using the knee extension machine for her quadriceps, the leg curl machine for her hamstrings, and the hip extension machine for her glutes. Their rationale would be that by individually strengthening each major muscle of her upper leg, her squat will improve because the pieces are stronger. Let's call this the "Parts" approach since it aims to improve each disparate part of the system.

Another strategy is the "Whole" approach, which I like. It requires the whole body to move as one to accomplish small portions of the end-goal movement. I would teach my grandmother to squat, with impeccable form, to a shallow depth, perhaps just an inch or two down from standing. I might standardize her range of motion by instructing her to lower her bottom onto a stool or other surface of appropriate height so that her buttocks touch the surface on every repetition (see photo). As she practices and becomes increasingly adept, I would deepen her squat while ensuring that her movement retains integrity. To achieve more depth, I might stack several phone books on a chair, removing them one at a time as she gets stronger.

"The Parts approach uses machines while the Whole approach demands nothing more than a body in space."

What distinguishes the "Parts" and "Whole" strategies? Most obviously, the Parts approach uses machines while the Whole approach demands nothing more than a body in space. Second, most weight machines permit movement in just one plane, but the squat requires simultaneous movement in more than one plane: grandma's muscles must continually work to maintain her body position, improving her balance and stability in the process. This is clearly an added bonus for an older woman whose demographic already places her at heightened risk of falls and hip fractures.

Another distinction between the two approaches is that all of the Parts exercises are considered "open chain." This means that only the limbs move while the rest of the body stays still. To illustrate this, remain seated and simply extend one of your legs. Did your belly button move? No. Now stand up from your chair. Did your belly button move? Yes. As a general rule, if your belly button doesn't move during an exercise, the movement is considered "open chain." If your belly button moves, the movement is called "closed chain."

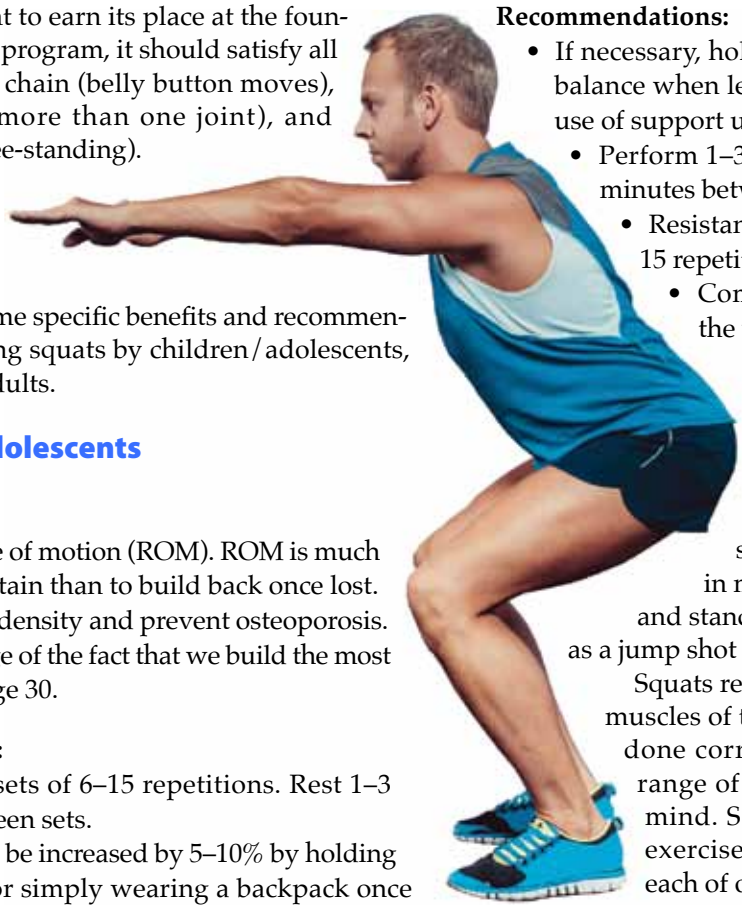
Many movements in life are open chain, like brushing your teeth and waving hello. These require minimal use of core musculature and most people have no problem performing them. Closed chain movements like the squat, on the other hand, are more involved and usually more difficult. They use more musculature and translate more effectively to challenging movements like lifting a box off the floor and walking up a flight of stairs.

The differences between the Parts and Whole strategies continue. Parts movements are "isolated," requiring the use of only one joint. Whole movements are "compound," requiring more than one joint. In general, the more muscles we engage per movement, the more bang for our buck. Whole movements set off a superior hormonal response, causing more calories to be burned and more muscle to be built.

The two approaches also impose different demands of time and space. The machine-training route requires my grandmother to perform three exercises to train her lower body. The squat, a single exercise, trains these same muscles and others, too. Furthermore, the machine program adds the barrier of my grandmother needing to go to the gym. In contrast, she can easily perform body weight squats at home or while travelling.

Regressing a squat can be as simple as placing a high box or chair behind you. This allows you to perfect the movement while performing it with a limited range of motion. With more practice, lower objects can be used to allow for a greater range of motion.

For a movement to earn its place at the foundation of a training program, it should satisfy all three criteria: close chain (belly button moves), compound (uses more than one joint), and machine-free (or free-standing).



Application

Let's look at some specific benefits and recommendations for executing squats by children/adolescents, adults, and older adults.

Children and Adolescents

Benefits:

- Preserve range of motion (ROM). ROM is much easier to maintain than to build back once lost.
- Increase bone density and prevent osteoporosis. Take advantage of the fact that we build the most bone before age 30.

Recommendations:

- Perform 1–2 sets of 6–15 repetitions. Rest 1–3 minutes between sets.
- Resistance can be increased by 5–10% by holding free weights or simply wearing a backpack once 15 repetitions can be easily performed.
- Complete on 2–3 nonconsecutive days of the week.

Healthy Adults

Benefits:

- Prevent and improve depression and anxiety, increase energy levels, and decrease fatigue.
- Improve body composition.

Recommendations:

- **Perform 2–4 set**s (as few as 1 for novices) of 8–12 repetitions. Rest 2–3 minutes between sets.
- Resistance can be increased by 5–10% once 12 repetitions can be easily performed.
- Complete on 2–3 nonconsecutive days of the week.

Older Adults (65+ years old)

Benefits:

- Improve balance to reduce risk of falling.
- Prevent, slow, or even reverse the loss of bone in those with osteoporosis.

Recommendations:

- If necessary, hold a rail or supportive structure for balance when learning to squat. Aim to reduce the use of support until none is needed.
- Perform 1–3 sets of 10–15 repetitions. Rest 2–3 minutes between sets.
- Resistance can be increased by 5–10% once 15 repetitions can be easily performed.
- Complete 2–3 nonconsecutive days of the week.

Squats offer a highly effective means to increase fitness and facilitate activities of daily living with ease and without pain. The squat and its variations can be found in movements as general as sitting into and standing up from a chair, and as specific as a jump shot in basketball.

Squats require no equipment, strengthen the muscles of the core and lower body, and when done correctly, build bones, preserve joint range of motion, and improve our state of mind. Squats are undoubtedly an all-star exercise that should be incorporated into each of our lives. NHA

Resources (for applications):

1. *Children and adolescents http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3445252/*
2. *Healthy adults http://journals.lww.com/acsm-msse/Fulltext/2011/07000/Quantity_and_Quality_of_Exercise_for_Developing.26.aspx*
3. *Older adults https://www.acsm.org/docs/current-comments/resistancetrainingandtheoa.pdf*

David Goldman earned his Masters of Science in applied physiology and nutrition from Teachers College, Columbia University. A Certified Strength and Conditioning Specialist, Certified Personal Trainer, and Registered Dietitian, he has worked at St. Luke's-Roosevelt Obesity Research Center, Columbia University Athletics, and Facebook headquarters. In his current role overseeing the fitness program at TrueNorth Health, David prescribes training programs that inpatients and outpatients can perform from their own home. Together, they build useful training programs that reinforce fluid movement patterns, reduce joint pain, build and tone muscles, facilitate weight goals, and improve health in an integrated fashion.

Q&A

Celtic Sea Salt, Olive Oil, and Coconut

by Stephan Esser, M.D.

Question:
I've been reading about the health benefits of taking Celtic sea salt every day. Are there really any benefits to this?

Answer:

We humans love to look for "magic." Whether in pill or potion form, we love to find, buy, sell and trade "healing" substances. And the more exotic or costly, the more powerful they must be, according to our simplistic thinking.

Celtic sea salt (and other various "exotic salts" with minerals) is yet one more apparition of the same. Salt—in all forms—has significant health repercussions. As an occasional "seasoning" of food, many people can likely tolerate small quantities of salt with little harm. However, the Western world is not one of moderation. The average American consumes two to three times the federally recommended intake of 1500–2300 mg of salt per day. In fact, many individuals consume that amount of salt in one meal of processed food. Clearly, inadequate salt consumption is not a problem for most Americans.

Salt negatively impacts health in many ways. First, it is an appetite stimulant. In our culture, waistlines are bulging, and eating more calories of salty, processed food is not the answer. Second, salt attracts water. Salt causes the body to retain fluid, increasing blood pressure, exhausting the kidneys, and increasing the work load of the heart. Eating just an extra 1000 mg of salt per day can increase blood pressure by 5 to 10 points. When 1 in 3 Americans has high blood pressure, excess salt consumption is a real problem.

On the culinary front, salt is often used to mask less-than-healthy and less-than-ideal foods. If food is old, overcooked, or of low quality, adding salt makes it more palatable. From both a health and a culinary perspective, excessive use of salt is not ideal. In addition, using "healing" salts has shown to have little, if any, true health benefit for the majority of people.

Real health comes from healthy living, and that is made up of a well-balanced hygienic program. For best results, eat 80 to 90% of your diet from minimally processed, whole foods with no (or minimal) dietary salt added. Then you can enjoy sumptuous flavors of high-quality foods without worrying about the health-suppressing effects of salt. References: *http://health.gov/dietaryguidelines/2015/*

Question:
Advocates of the Mediterranean Diet insist that olive oil has health benefits that other oils do not. Are there any special benefits, or harm, associated with consuming olive oil?

Answer:

Olive oil sounds so wonderful—who doesn't love the idea of a bottle of "cold pressed, extra virgin" olive oil on the counter? It just sounds so…so…natural. However, just because something is "natural" doesn't mean it is healthy. After all, lard is natural.

Unfortunately, as poetic as it sounds, olive oil is nothing but fat in a bottle—120 calories worth of fat per tablespoon to be exact. Yes, you can always find a few silver linings on the cloud if you look hard enough; or as our friend Dr. John McDougall likes to say, "People like to hear good things about their bad habits."

Most of the science on olive oil is conflicted by mistakenly correlating a "Mediterranean Diet" with increasing olive oil consumption. Most of the health effects of the traditional Mediterranean diet come from the increased consumption of fruits, vegetables, and whole grains in conjunction with an active lifestyle. It is not the presence of the olive oil that provides the greatest health benefits but, more aptly, the absence of many other toxic substances, including heavily processed foods and foods of animal origin.

So, if you are trying to lose weight, reduce heart disease risk, and reduce generalized inflammation, then skip the olive oil for cooking and in your overall diet. Some of you may be saying, "But, isn't olive oil better than using butter, lard, or margarine?" And in response let me pose a better question: Do you want your best health, or just better health?

Question:

Coconut water, coconut oil, and almost everything "coconut" has become all the rage in recent years. Are there any problems with consuming it?

Answer:

Mainstream America has recently embraced the coconut as a "health food," and now coconut products can be found on the shelves of every gas station, supermarket, and specialty store. I consider coconut a fun tropical delicacy. It should not be a staple of your diet due to its high saturated fat content. But for special occasions, unique treats, and gastronomic "fun," it is a delight. As with the other two topics here, coconut is not a miracle food, and compelling health claims for its consumption are lacking.

My recommendation is to evaluate your health goals prior to reaching for coconut foods and ingredients. If you are on a strict "disease reversal" program for obesity, heart disease, or diabetes, then coconut should be avoided. If, however, you are a healthy hygienist/plant-based individual who has no major health concerns and enjoys unique flavors, then a bit of fresh coconut water on a hot day as a treat, some fresh coconut jelly out of the husk, or some shredded coconut rolled with ground dates as a dessert can add variety and flavor to your health-promoting program. If you do crave a little coconut, though, please avoid the oil since just like olive oil it is a dense source of calories and saturated fat, both of which can undermine your best health. NHA

Stephan Esser, M.D. is a lifestyle medicine and sports physician in Jacksonville, Florida. He received advanced training at Harvard University and the Mayo Clinic, and along with his wife runs healthy living seminars and retreats focused on preventing and reversing common chronic diseases. More information can be found at: EsserHealth.com.

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Resolving a Sixteen-year Headache

After exhausting all medical and drug therapies, water fasting was key.

by Christina Gore, D.M.D., F.A.G.D., C.D.C.

On July 3, 1994 I suffered a head injury. When I regained consciousness I had a headache. No one was surprised about that. The problem was that the headache didn't go away. I began to see neurologists to find a way to get rid of the pain.

At the time I had been practicing dentistry for 14 years and was running a busy practice. I didn't have the time or energy to deal with a never-ending headache. It was essential that I find a solution as soon as possible. Unfortunately, that was not to be.

Finally, after a year of seeking a solution, one neurologist said, "I have good news; we know what's wrong with you, and you're really lucky that this happened to you this year and not a year ago." He proceeded to tell me that up until a year ago they didn't know about this issue. They saw people like me who had injuries that were somewhat serious but not debilitating. The patients appeared to be fine, but would continue to complain about having a continuous headache—all of the time, every minute of every day.

He explained that my head injury caused my "dura mater" to become inflamed. The "dura mater" is a fibrous covering over the brain and spinal cord. The inflamed dura is why I had a headache all of the time. The good news was that I now had a diagnosis, but the bad news was that doctors had no idea how to treat it. My neurologist told me that I might have a headache for a year, five years, or even ten years. And in a small percentage of people, he told me, the headache never goes away. I visited with other neurologists and was told the same thing.

Since there was no standard treatment, they would sometimes offer me prescriptions that usually were meant to treat other health problems. The first time this happened, the neurologist I was seeing at the time offered me a prescription for epilepsy. When I reminded him that I did not have epilepsy, he told me he knew that but that the prescription had been reported, on occasion, to reduce headaches in people. This is called off-label drug usage (OLDU). Usually, OLDU involves prescribing currently available and marketed medications for an indication (a disease or a symptom) that has never received FDA approval. Feeling desperate, I tried the prescription but, unfortunately, it was no help, and the only change in my situation came from the unwanted side effects that the drug caused.

"My life became a series of visits to neurologists who would recognize my problem but had no solution for it."

My life became a series of visits to neurologists who would recognize my problem but had no solution for it other than, perhaps, the recommendation of yet another prescription to be tried in an off-label manner. I also tried some physical modalities to alleviate the pain, including acupuncture, acupressure, massage, and cupping. One doctor told me that if I exercised enough I might make enough endorphins to get rid of the pain. Unfortunately, none of these proposed solutions worked.

As the years passed, I worked to maintain my optimism that I would be among the people whose headaches went away after five years. After that I hoped that I would be among those whose headaches went away within ten years. After ten years of living with a never-ending headache, I felt resigned to the fact that I might be in the small percentage of people whose headaches never go away. But even then, I still kept my ear to the ground and hoped that somewhere I would find a solution.

A New Road

In early 2010 I was reading a blog, and the author mentioned that he was going to visit his friend at a vegetarian health clinic. Just out of curiosity I clicked on the link to the health clinic to see what it was all about. I wasn't even thinking of myself and my headache at the time, I was just curious.

As I began reading, I realized that almost every health problem they were discussing was inflammation-mediated. This is what I was told I had: an inflammation of the dura. I wondered if there was any chance that the doctors at this health center could help me.

The vegetarian health clinic the blogger was referring to was TrueNorth Health Center. I called the center and had a phone consultation with Dr. Michael Klaper. We had a very good conversation, but I must admit that at the end of it he was not very positive about being able to help me. But just before the conversation ended he asked me if I had undergone a recent MRI. I told him that I had. We made arrangements to have a second phone consultation after he looked at my MRI.

"I knew that if I was going to do this I would have to commit fully."

I am sure that after our first conversation he expected to see a lot of problems in the MRI. So, I will never forget what he said at the beginning of our second phone consultation, after having looked at the MRI: "Wow, you're not nearly as screwed up as I thought you'd be."

We had another good talk, and this time I had two questions: (1) had he ever treated a patient with this particular problem, to which he said no, and (2) if he thought this fasting thing would work. He said he had no idea, but that I might have a chance.

Before our second conversation I had read everything on the TrueNorth website. After our second conversation I went back and read every page again. I also purchased and read *The Pleasure Trap* by Dr. Doug Lisle and Dr. Alan Goldhamer. I specifically focused on the chapter about fasting.

I then began to ask everyone I talked to if they knew anything about water fasting. No one knew anything about it. I had one friend who told me that her sister had juice fasted for a few days and kind of liked it. I spoke with my primary care physician about it, but he didn't know anything about it either, and asked me to let him know how it went if I did it.

I made an appointment to have a phone consultation with Dr. Alan Goldhamer, the director of TrueNorth Health Center. We had a great conversation. He was very generous with his time, explained the ins and outs of fasting, and answered all of my questions. I asked him the same questions I asked Dr. Klaper: (1) have you ever treated anybody with this problem, to which he said no, and (2) do you think this might work for me and make my headache go away, to which he said he didn't know but thought I might have a chance.

After our conversation I knew that if I was going to do this I would have to commit fully. It was a hard decision to make because I would have to upend my life for a while. There was a chance I would have to spend at least two months at TrueNorth.

All of the neurologists I had visited had never given me any hope for a cure. I didn't want to be 90 years old someday with a terrible headache and wonder, "What would've happened if I had gone to TrueNorth all of those years ago?" I asked myself the question that I always ask when I am facing a big decision: "What is the worst thing that could happen if I do this, and can I live with that?"

What I had read about fasting so far had taught me that during a fast your arteries start to clean out. So I thought the worst thing that could happen is that I would still have a horrendous headache at the end of it, but at least I would have cleaner arteries.

Committing to a Fast

I arrived at TrueNorth on May 12, 2010 and ate there for six days to prepare my body for a water-only fast. I ate a 100% (raw and cooked) plant food diet simply prepared without any salt, oil, sugar, or gluten. I started to fast on May 18, and absolutely nothing happened. There was no improvement in my condition at all. This continued for many days.

Then on day 19 I woke up and I thought, "Oh my word, something is wrong." It was scary, something was definitely wrong, and I did not know what it was.

It took me about 60 seconds to realize that, in fact, nothing was wrong, but that something was right, and different: I didn't have a headache. After 16 years of continuous pain, I had a pain-free five minutes. And then the headache came back. It was the most exciting day because I realized that my headache was treatable.

I shared this experience with my doctors at TrueNorth, and I remember Dr. Goldhamer saying, "It's amenable to treatment, it's amenable to treatment!" He was as excited as I was.

"After sixteen years of continuous pain, I had a pain-free five minutes. And then the headache came back. It was the most exciting day because I realized that my headache was treatable."

I continued the water fast, and every morning I would wake up wondering, "Is it still gone a little bit?" And every morning I had a little more pain-free time. And just as exciting was that during the rest of the day while I still had a headache, it was not as intense.

When I first got to TrueNorth the doctors asked me, "On a scale of one to ten what is the intensity of your pain?" My answer was a six to an eight all of the time, and on occasion I had pains that just stopped me in my tracks, and those I would count as a ten on the pain scale.

It got to the point where there would be time in the morning that I would have no pain, and in the afternoon it would be down to a two or, on really good days, it was down to a one. That was manna from heaven for me. So, of course, I continued to fast.

When I first arrived at TrueNorth they asked me how long I intended to fast. I was so new to fasting I had no idea that as the patient I could choose how long to fast. I just thought you fasted until you got better, or until the doctors told you to stop. I had three answers to their question: (1) until the headache went away, or (2) until I physically couldn't fast anymore, or (3) until all of the doctors told me that I had to stop for my safety.

I kept fasting day after day. On day 41 I had no headache all day long. And that night I thought, "I really want to stop doing this." I was just tired to my bones. I have been ill, worked hard, pulled all-nighters at school, and yet I had never felt so tired in my life.

Before I got to TrueNorth I told myself that if this headache goes away I would fast five more days after that, to make sure to bury it. I had a long conversation with myself that night going over the pros and cons of continuing the fast. At the end of that conversation I came to the conclusion that I was ready to stop.

So that was two conditions met: no headache and I was ready to stop. The doctor came in the next morning and went through her usual round of questions, and after her exam she said, "Christina, it's time for you to stop." That was the third condition. I didn't have a headache, I was ready to stop, and the doctors told me it was time to stop. That was on June 27, 2010.

As can happen with some difficult health conditions, during the refeeding process after a fast some symptoms can return. That happened to me. Two months into the refeed I was having some occasional head pain, although not nearly as severe as before. I asked Dr. Goldhamer about the advisability of doing a second fast. He thought it would be a great Idea.

I had hoped to start the next day, but Dr. Goldhamer said that I should eat for six months so that I could rebuild my nutritional reserves. Six months to the day after finishing the first fast, I started another 40-day fast, followed by the refeeding process. By the end of that time I was headache free. And I am happy to report that I have not had a headache since.

Many people have asked me why or how the fasting worked to get rid of my headache. Although we know water-only fasting can be helpful for many health problems, not enough research has been done yet to determine exactly why or how it works. A recent article by Valter Longo, "Fasting: Molecular Mechanisms and Clinical Applications," (*Cell Metab* 2014; 19:181-192) discussed the following health-promoting biological changes that can occur during fasting: ketogenesis, decreased oxidative stress and inflammation, hormone modulation, increased stress resistance, lipolysis, and autophagy. Any one or a combination of these likely led to my now headache-free life.

My time at TrueNorth Health Center was truly life-changing, and I thank all of the many people there, doctors and staff alike, for helping me get rid of my 16-year headache. NHA

recipes

Corn, Kale and Sweet Potato Chowder

This hearty chowder can be served as an appetizer soup or as the main dish itself.

Ingredients:

6 cups water
2 large sweet potatoes, peeled and sliced ¼ inch thick
2 carrots, peeled and sliced
1 medium yellow onion, diced
1 tablespoon minced garlic
2 tablespoons white or yellow miso
dash of cayenne pepper
dash of nutmeg
dash of cinnamon
1½ cups fresh kale, chopped
1½ cups corn kernels, fresh or frozen
½ cup soy creamer
¼ cup vanilla soy creamer

1. Bring the water to a boil. Add the potatoes, carrots, onions and garlic, and simmer until the potatoes are tender, about 15-20 minutes.

2. Place several cups of the cooked vegetables and some of the broth into a blender with the miso, cayenne pepper, cinnamon and nutmeg, and puree until creamy.

3. Fold in the kale and corn, and simmer until the kale is just tender.

4. Whip in the soy creamers, adjust the spices to taste, and serve hot.

Serves: 4-6

Chef John Nowakowski *began his culinary career in 1978 at age 21, and at the age of 24 became the youngest Executive Chef for all of Marriott's hotels and resorts. He began his "healthy cooking" career at Pi's Place Restaurant in Miami. His "Heart Healthy" menu showed thousands of guests how delicious healthy food can taste. Pi's Place went on to win the "Best Restaurant" award in downtown Miami in successive years. Since 1995 John has been the Executive Chef and health lecturer at the Regency Health Spa in Hollywood, Florida. His healthy vegan fare has been enjoyed by thousands of guests who have lost weight and learned how to apply the hygienic lifestyle upon their return home.*

Carrot Raisin Salad

You will love the exotic flavors of this salad.

Ingredients:

4-6 organic carrots, shredded on a grater
½ cup almond slices (you may toast them for added flavor and crunch)
1/3 cup raisins
1/3 cup golden raisins
1 tablespoon chopped fresh mint leaves

Marinade:

½ cup organic apple juice
1 teaspoon curry powder
½ teaspoon garam masala
½ teaspoon cumin

1. Combine the carrots, almonds, and raisins in a mixing bowl and set aside.
2. Whip all of the Marinade ingredients together and fold into the carrot mixture.
3. Chill the salad and continue to stir occasionally to incorporate flavors.

Serves: 6-8

White Bean Hummus with Roasted Garlic

This is a nice twist on hummus. We pair this with roasted vegetables in a sprouted wheat wrap sandwich. It is also a wonderful dip for crudité or healthy crackers.

Ingredients:

4 cups cooked organic navy beans
6 large garlic cloves roasted (see Notes)
½ cup tahini
1/3 cup lemon juice
1 tablespoon Bragg liquid aminos
1 tablespoon chopped fresh rosemary
dash of cayenne pepper

1. Process all of the ingredients in a food processor. Adjust the seasonings to taste. Serve cold.

Notes: To roast garlic cloves (which mellows their flavor), preheat the oven to 350°F. Place the peeled cloves onto a baking sheet and roast for 20 minutes. Turn the cloves over and continue to roast for another 20 minutes, or until golden brown and soft.

Warm Fruit Compote

If you are bored with a basic fruit cup, try this version, with a twist!

Ingredients:

1½ cups organic apple juice
1 teaspoon cinnamon
1 teaspoon vanilla extract
2 tablespoons water
2 tablespoons arrowroot powder
1 banana, peeled and sliced into ½-inch thick slices
1 cup strawberries, green tops removed and cut in half
1 cup blueberries, rinsed with stems removed
1 cup diced golden pineapple

1. Place the apple juice, cinnamon and vanilla into a sauce pot and bring to a boil.
2. In a small bowl, dissolve the water and arrowroot.
3. When the apple juice comes to a boil, whip in the arrowroot solution to thicken. Lower the flame to simmer and continue to stir. The sauce should be medium to heavy in texture. If need be, add more arrowroot.
4. Stir the fruit (banana, strawberries, blueberries and pineapple) into the hot sauce. Simmer until the fruit is hot. NHA

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 Natural Hygiene. If you're interested in sharing your own story, we'd love to hear from you (please email essays of no more than 500 words, and one or two photos, to info@healthscience.org).

Suki and Russell Munsell

Mill Valley, CA

Suki and Russell Munsell spent many years searching for the best methods to live healthy, productive lives before marrying in 1990 and collaborating professionally. Life-long teachers and students of natural health and exercise, Suki and Russell both credit their parents with inspiring good habits.

Suki's parents lived active, healthy lives before passing in their nineties. "They canoed, danced, and went bowling with friends. Our family spent summers swimming, sailing, and water skiing," Suki remembers. Her parents modified their diet after attending the Pritikin Clinic in Santa Monica, a diet that introduced her to the "no salt, no oil, no sugar" concept.

Russell's parents were also long-lived. He was the grandson of Montana pioneers who lived a vigorous and challenging life. He grew up working at his family's ranch/farm in the summers. Survival demanded being in balance with community and with nature, of taking care of the land, and taking sensible care of their bodies.

In keeping with their upbringings, Suki and Russell pursued healthy lifestyles as adults, learning from others and exploring their interests with passion. "Russell and I follow a similar plant-based diet as my parents did, and we suggest it to our clients." Suki writes. "We've been able to correct several health problems through water fasts at TrueNorth Health Center, where we were introduced to the NHA. We've become convinced of the value of Natural Hygiene to look and feel our best."

In 1982 Suki earned her Ph.D. with doctoral advisors Anna Halprin and George Leonard. Her dissertation investigated "body transformation," how 25 research participants were able to heal from devastating accidents, injury, and illness while others retarded aging or became world-class athletes.

"For the past 41 years, Anna Halprin has been an inspiring mentor and colleague," Suki writes. "Through Anna's training, I became a Registered Somatic Movement Therapist and Educator, teaching students from preschool through college and adult education. Anna's focus on anatomy and kinesiology inspired me to investigate how everyday walking carves our bodies and broadcasts our personalities, yet can also create stress injuries. Since 1985, my students have been healing and preventing injuries using my Dynamic Walking, Hiking, and Stretching methods."

Russell's professional path also led to an early discovery of the mind-body connection. As a professor at Humboldt State University in the methodology of science and logic, Russell began wondering *how* his students learned. "I noticed that students began to improve their learning ability when they felt 'in integrity' with their choices of diet, exercise, relaxation, and relationships. Not only did they learn faster, but their health, creativity, and performance abilities improved." From this observation, Russell developed the Life Long Learning Method that remains the core of his consulting practice 40 years later.

Shortly after Suki and Russell met, he trained with her in Dynamic Walking and Stretching. "In the first 20 minutes," Russell remembers, "I experienced relief from body pain I'd only been able to 'manage' over the prior 20 years."

After marrying in 1990, Russell joined Suki's company, Dynamic Health and Fitness, expanding its scope of classes to include teacher training and Dynamic Swimming, Russell's method of swimming based on marine mammal locomotion, which he had been teaching for 30 years.

Currently, at Harbor Point in Mill Valley, California where they live and work, Suki and Russell co-teach Qigong and Tai Chi classes twice weekly on a deck by the water, blending their skills and styles with the sounds of nature. "My deepest gratification," Russell feels, "is in giving clients the tools to take care of themselves, to master vitality and self-healing, to accelerate learning, and to improve performance." Suki adds, "Witnessing my students' transformation is a sacred privilege, both nurturing and humbling." (For more information, visit DynamicVitality.com)

Peggy Payne

Oklahoma City, OK

In 1986, I began addressing compulsive overeating as an eating disorder. I was out of control and eating only sugar products. By applying the principles of 12-step programs to an eating addiction, I realized that I had to change the content of my diet to live without the deprivation that so many addicts live with in sobriety. Leaving an addiction behind can bring on the feelings of deprivation and lack that have the potential of derailing the recovery process.

My sister gave me the book *Fit for Life* in 1988, but I never read it. (She hadn't read it either and is still living a miserably unhealthy existence.) This was the book that led me toward the NHA (back then, the ANHS). Over the years I have purchased many of the NHA conference tapes, and am now convinced that TrueNorth Health Center is where I would find the greatest assistance for healing in my later years (I am quite sure I would not survive a stay at an institution called a hospital).

I have consulted with Dr. Alan Goldhamer at TrueNorth by phone, and what he talked about felt so familiar. I am completely convinced that so much healing takes place by being proactive with wellness. I am hoping to plan a road trip with my dog to TrueNorth in the near future so I can gain a better understanding of the care that is available through their facility and education offerings. My daily inclusion of time in quiet, peaceful surroundings and healthy choices with exercise and diet help me to feel hopeful about the power of healthy living.

I eat a lot of organic food nowadays, and am excited that there will be two new organic restaurants opening this fall in Oklahoma City. My nutrition journey made it reasonably easy to leave gluten behind as well as dairy foods, although I'm not perfect when it comes to sugar. Alcoholism runs in my family of origin, which I believe is

possibly just a craving for sugar that is well beyond any normal desire: I eat sugar, alcoholics drink sugar. When I do not consume any sugar or processed food, I notice the most difference in how much more energy and focus I have. This is really a very simple way to live.

As for my career, I work as Principal Keyboard with the Oklahoma City Philharmonic.

Bernice Kinsler

Tampa, FL

I changed my lifestyle after my mother died of colon cancer when I was 38 years of age. It was then that I started to read books from Shelton to Esser. It was an education, bar none. It opened my eyes to the fact I could live a long, healthy life. And that is what I set out to do.

I raised my family on the diet of the NHA. My two sons were already in high school by the time I discovered Natural Hygiene and a healthier way of eating. So, they, and my husband, knew that at home they would be eating a healthy plant-based diet, but away from home, they could eat whatever they liked. I knew that I could only be an example to them, and that my sons needed to figure out how to eat on their own as adults. One of my two sons became more conscious about health in his later years and adopted a plant-based diet.

Today I am a happy, 87-years-young gal. I engage in various activities to keep my mind sharp, including learning to use the computer. I have practiced Taoist Tai Chi, a moving meditation, for 20 years, and take classes four times a week, as well as still teach classes on occasion.

As for my daily diet, I may eat an orange and some sunflower seeds for breakfast, and for lunch or dinner some tofu and vegetables, or a baked potato with avocado. I also love quinoa and have a big salad every night. When I want a snack I'll eat some dates or nuts. I used to bake muffins a lot, but since my husband died in 2010 (of Alzheimer's disease), I don't bake as much.

I have been a vegetarian and a member of the ANHS/NHA for 49 years. My husband and I used to attend NHA conferences whenever they were in Miami Beach and were hosted by Dr. Frank Sabatino, whose health center we visited. I look forward to reading the *Health Science* magazines and, whenever possible, I continue to attend NHA conferences.

Don Weaver

Berkeley, CA

I started reading books on nutrition in 1975 while I was a student-athlete at Cal Berkeley. While looking for supplements in a "health food" shop, I was intrigued by Arnold Ehret's intense countenance staring at me from the book covers of *The Mucusless Diet Healing System* and *Rational Fasting*.

I read both books and tried some short fasts. This is when I started having my eyes and heart opened as my body started cleaning out. Not long after this, I found Dr. Herbert Shelton's books, *Health for the Millions* and *Superior Nutrition*. I soon found Dr. Shelton's *Hygienic Review*, T.C. Fry's publications, and *Health Science* magazine from the American Natural Hygiene Society (now the NHA), which I first joined in 1976. Glad to be a very healthy member in good standing a mere 40 years later!

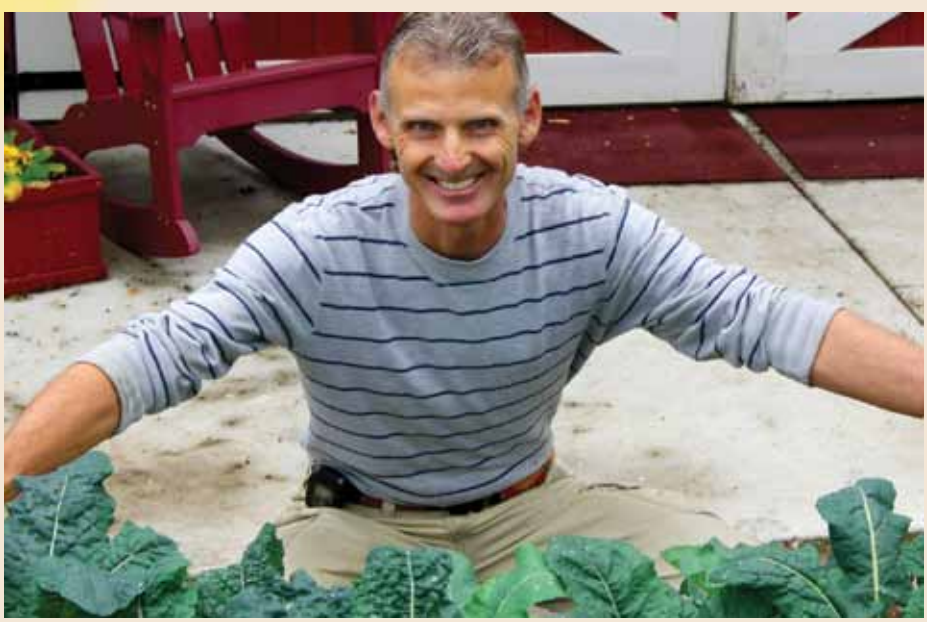
T.C. Fry published some early articles that a friend and I wrote on organic tree-crop agriculture. We visited him, Dr. Ralph Cinque and other Hygienists on a cross-country trip in late 1978. I had adopted a 100% raw vegan diet in April 1977, and I have forgotten to resume eating cooked food ever since. I usually enjoy some fresh juices in the morning, adding in some raw organic green powder plus B12 and vegan vitamin D for nutrient insurance. I then tend to eat fresh fruit and/or a green smoothie for daytime nutrition, and a large veggie salad with avocado or nuts/seeds/sprouts for dinner. This gives me plenty of energy for a day of mental and physical activities, including biking, running, hiking, swimming, and basketball, along with professional gardening and pruning jobs.

Dr. Shelton knew and wrote about the importance of remineralizing our soils with rock powders and not relying on the very un-Hygienic factory feedlot waste-products and slaughterhouse "by-products" for our "organic" fertilizers. His writings, along with Julius Hensel's *Bread from Stones* and Sampson Morgan's *Clean Culture*, inspired me to experiment with remineralization and composting without animal products.

The feelings of greater health from eating mineralized produce led me to the brilliant ecologist John Hamaker, who'd been remineralizing his small farm and writing articles in *Acres, USA* since the early 1970s. Our collaboration led to publishing *The Survival of Civilization* in 1982 and a series of "Solar Age or Ice Age?" bulletins. That book and my follow-up book, *To Love and Regenerate the Earth*, are free online at The Soil and Health Library (soilandhealth.org). My latest e-book, *Regenerate the Earth!* is available from Hygienic educator David Klein's website, vibranthealthandwealth.com.

My partner Esther and I are currently looking for a larger land base where we can create a veganic/Hygienic "Earth Regeneration Center." If any readers have more land than they can use and would consider leasing or selling, or have any questions, please contact me: earthdon@yahoo.com. We are leaning toward staying in Northern California or moving to Hawaii, but would be open to other possibilities. We teach and encourage everyone to make their home and garden a center of health and regeneration! NHA

If you'd like to read past Spotlights, visit the NHA website at: healthscience.org/health-science-magazine/member-spotlights



NHA news

NHA News shares announcements about our members. If you have an announcement that you'd like to share, we'd love to hear from you! (Please email 500 words or less, and one or two photos, to info@healthscience.org.)

Sandie Sajner Joins NHA Board

At its March 2016 meeting, the NHA Board of Directors was pleased to elect Sandie Sajner of Painesville, Ohio as its newest Board Member. Sandie has been a longtime member of the NHA and is a tireless advocate for veganism and animal rights throughout the State of Ohio. One of her top priorities is to help increase membership in the NHA and to help plan and coordinate an NHA seminar in the Cleveland area this fall. Sandie is a Licensed Practical Nurse and Massotherapist. Sandie was the subject of a Member Spotlight in the Winter 2016 issue of *Health Science* that is archived on the NHA website. Welcome aboard, Sandie!

President Huberman Speaks to the Vegetarian Society of Canton

On March 17, 2016, NHA President Mark Huberman was the featured speaker at the Vegetarian Society of Canton, one of the oldest vegetarian groups in the state (pictured at left with president, David Kidd). His presentation was entitled "The NHA Health Program: The Gold Standard of Plant-Based Diets." The talk was well-received and 10 members of the society joined the NHA that evening!

Dr. Paul Goldberg Praised by PETA

NHA and IAHP member, Dr. Paul Goldberg was recently profiled in the PETA (People for the Ethical Treatment of Animals) Book Club for enlightening his students at Life University about the humane aspects of nutrition. Dr. Goldberg has been a professor at Life University for over 30 years, teaching nutritional science, ecological consciousness, and compassion for all loving beings. Congratulations Paul! To read the entire article, visit: prime.peta.org/2016/01/university-professor-teaches-clinical-nutrition-with-compassion.

Ruth Huberman Passes Away

On April 2, 2016, the NHA lost one of its living legends when NHA Life Member, Ruth Huberman, passed away at age 97. Ruth and her late husband, Max, adopted the Natural Hygiene health program in 1951 when their son, Mark (the future NHA President), was born. They attended nearly every convention beginning in the mid-1950s and were fixtures at those events. They also founded a chapter of the ANHS in their hometown of Youngstown, Ohio, which they operated for over a decade.

Ruth was an ardent and uncompromising Hygienist and always attributed her extraordinary longevity and vitality to the lifestyle advocated by the NHA. She inspired countless friends and customers of their health food store to change their ways to improve their health. Since 2009, and following the death of her beloved husband of 62 years, Ruth lived with her loving son and daughter-in-law, Wanda, and set a standard for aging gracefully. **It is the wish of Ruth's family that donations in her memory be made to the NHA. To donate, visit healthscience.org/donate.**

legacies

Gerard and Susan MacPhee Leave a Special Living Legacy to the NHA

We began our health journey in 1971, and in 1981 a doctor from New York suggested that we may want to holiday at Shangri-La Health Resort in Florida. We trusted him, so we booked a two-week winter retreat in 1982, and became enthralled with the principles of Natural Hygiene, the prevention of disease, and Dr. Herbert Shelton's books.

Prevention of disease became our focal point because of our familys' histories with heart disease, cancer, obesity, and alcoholism. We wanted more for our lives and our children's lives. We studied in earnest and were like the lone warriors in Eastern Canada, blazing our way to create health, not only for ourselves but for our community.

In 1986 we attended our first International Natural Hygiene Conference in Lebanon, Pennsylvania, and became life members of the American Natural Hygiene Society (ANHS). Natural Hygiene provided us with the knowledge and testimonials that supported our decision to adopt a whole-food, plant-based diet and lifestyle. This decision has paid many dividends and continues to do so as the knowledge gets passed down to our three healthy grandchildren.

Susan and I are retired from our professions now—I worked as a dentist and Susan as a nurse—but continue to offer a six-week (one evening each week) lecture series called "Health and Longevity." Our motto is: "Knowledge Is Your Best Prescription." We offer our series a few times a year to interested health seekers. We teach yoga and remain active, practicing yoga, hiking, biking, kayaking, walking, interval training, resistance training, and we even use a trampoline.

We are reaping the benefits of living a healthy lifestyle, and we are ever grateful for learning about the principles of Natural Hygiene and following the path we have chosen. We continue to study the scientific literature regarding nutrition and health, and make small changes when necessary.

With gratitude in mind, we made the decision to gift NHA a fully-paid-for deeded time-share, to use as they deem fit to say thank you for continuing to spread the message of prevention of disease and offering hope for the future.

In closing, we live on a beautiful island, Prince Edward Island, Canada; so if any NHA members are travelling in our area, we welcome a visit or a call (902-327-5900). With respect and gratitude, Gerard and Susan MacPhee. NHA

You, too, can make a big difference!

See Hope for the future... on page 40

The Time for Decision

by William Esser, N.D., D.C.

Editor's note: *This is another timeless article by NHA co-founder, Dr. William Esser, that appeared in the 1963 Convention Program. We, once again, think you will find that his words ring as true today as they did nearly 53 years ago.*

Few do not regret the wasted hours, days and years spent during the course of a lifetime. How many can look back over a span of 70 or 80 years with complete satisfaction in how they have conducted their lives?

Some lives are very full, some very empty. Some have resulted in much good while others have produced much evil. There are those who have amassed great fortunes and those who can't call a penny their own. Great and highly educated minds have numerous counterparts in those totally untrained or incapable of a single rational thought. In the matter of health, one finds a few remarkably well and vital individuals of 80 years or over, but on the other hand, illness and disease encumber all of the rest.

Somewhere within this sketchy segment of mankind, each individual can find himself. How many look into the past with self-satisfaction and think, "I wouldn't have spent it any other way"? For those not satisfied with the record, psychiatry will find convenient, albeit twilight zone reasons, for our mistakes, and exoneration for the most beastly behavior.

"Has your life recently matched your conception of the ideal man?"

How do you classify yourself? Are your actions of the past completely satisfying to you? Does the flashback come in loud and clear, or are you using diffusion screens? And what about the present? Has your life recently matched your conception of the ideal man? If not, are you waiting for the magic moment in the future, which many delude themselves into thinking will come when everything gels, determination suddenly asserts itself, character sprouts out all over, and you will become a perfect physical, mental and spiritual being?

Hope is a virtue, and a commendable one. Unassisted, however, hope will be as unproductive as a busy bee or a good intention without the determination to make it a reality.

Many who know better, are helplessly enmeshed in the complexities of life's temptations. Their chief pastime is making and breaking resolutions. As W.C. Fields one said, "It's easy to stop drinking; I've done it a thousand times!"

Much has been said about the past, which for most has been somewhat shady. Whether good or bad matters little now, since nothing can be done to change it. It is the present and future which matter.

Attendance at a convention of Natural Hygienists indicates your interest in attaining and maintaining good health. The educational programs, the enjoyment of associating with kindred spirits, the camaraderie, all contribute to making this the time and place for reinforcing previous determinations to achieve the best possible state of health and to nurture it well.

The consensus of opinion always has it that there is nothing more precious than a high state of health. Natural Hygiene offers the simple, lucid plan for its attainment.

Slavery to habits, which deprave, such as gluttony, alcoholism, tobaccoism, and sexual over-gratification, immeasurably detract from man's vitality and productiveness. Sickness and shortened life are the outgrowths of these and other deviations from normal life. Ignoring these causes and treating disease with conventional medical therapy supplies additional, and sometimes final, causes to a body already tormented, overburdened and depleted. Many who are aware of these facts still prefer to wallow in the suicidal quicksands of habit, but nevertheless childlike, reserving the thought that there will always be time for reform.

Life is brief. Have you ever noticed how short the years which have passed in your life seem to have been? The years to come will pass more quickly still. If you use them wisely and well, there should be more of them, and they will be filled with greater happiness. If you use them poorly, they will be fewer, and disease, hospitals, medication, invalidism, poverty, dependence and misery may haunt the balance of your days.

How you order your life in the future is strictly in your hands. With vigorous health, man can serve as a useful cell in society, serving to counterbalance not only the physical ills but also the spiritual corruption that threatens to destroy mankind itself. Welcome to an abundant life through Natural Hygiene! NHA

To read more Timeless Teachings, visit the NHA website at: healthscience.org/health-science-magazine/timeless-teachings

IAHP physicians list

International Association of Hygienic Physicians

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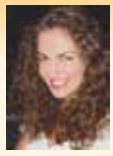
Dimitra-Christina Koumentaki, M.D.

These physicians are all licensed and/or legally practicing in their state, country or territory and are in good standing with the National Health Association and the International Association of Hygienic Physicians (IAHP). IAHP physicians agree to accept and abide by the Association's Principles of Ethics and Standards of Practice. Certified members include the founders of the Association and subsequent members who have successfully completed a six-month Internship-Residency (or equivalent) in Hygienic care with an emphasis on fasting supervision and are certified by the IAHP as Specialists in the Application of Fasting Supervision and Hygienic Care.

Physicians Are Invited to Join Us!

Licensed primary care physicians (M.D., D.O., D.C., or N.D.) who would like IAHP membership information should contact:

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The NHA has no direct or indirect financial interest in the IAHP Physicians List. NHA does not diagnose, prescribe, or recommend any particular treatment or approach to any specific condition, but simply makes available the names and addresses of IAHP members as a public service. In providing this information, NHA assumes no responsibilities for fees charged, health care rendered, or guidance provided.

NHA membership

Supporting the Message of The National Health Association

Welcome New Members!

We are thrilled to report that new members continue to stream into the NHA. Since our last issue of *Health Science*, we are pleased to welcome 41 new members to the NHA Family from all over the U.S. and around the world:

Michael Abdalla, Sr. (Atlanta, GA)
Karma Albrechtsen (North Logan, UT)
Robert Backus (Plainville, CT)
Connie Beckman (Pensacola, FL)
Nicola Brown (Ocala, FL)
Nita Cogburn (Lees Summit, MO)
Khushboo Dhoot (Freemont, CA)
Ronald Dolena (Del Ray Beach, FL)
Jamie Fernandez (Belleville, NJ)
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Paula Ohliger (San Francisco, CA)
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Irene Walker (Oakland, CA)
Dolores Williams (Chicago, IL)
Dawn Wood (Paris, OH)
Neil Yutkin (Youngstown, OH)
Doug Evans, D.O. (Penrith, Australia)

Welcome all of you to the NHA family!

Become a Life Member!

When you become a Life Member of the NHA by making a single gift of $1,000, or by being a Century Club member for 10 years at $100 per year, you are making a strong commitment and vital contribution to the longterm success of the NHA. We are pleased to welcome to this most cherished category of membership, **Robert Mathews of Managua, Nicaragua**, who in March 2016 paid the remaining two years of his Century Club Membership to become a Life Member. *Thanks, Robert, for your decade of support!*

Thanks Century Club Members!

Century Club Members are another honored group of NHA members who help sustain the educational mission of the NHA by paying $100 per year.

Give a Gift Membership in the NHA!

A wonderful way to spread the vital message of the NHA is to give a gift membership in the NHA, which, of course, includes a year's subscription to this magazine. This is just what:

Cheryl Ciesa did for **Connie Beckman**
Carole Herbon did for **Kathy Myatt** (as a Valentine's Day gift!)
Javier Ballestin Alcaraz did for **Franciso Alcaraz Oliver,** and
Jane Swanson did for **Dolores Williams.**

We also appreciate **Dr. Barry and Diane Kern** renewing the gift membership for their son and daughter-in-law, **Kevin** and **Chi Kern**. *Thanks Cheryl, Carole, Javier, Jane and The Kerns!*

Joining the NHA, Renewing Your Membership or Donating to the NHA Is Easy!

A. Visit the NHA website: **www.healthscience.org**

B. Utilize and mail in the NHA Membership/Donor form on p.39.

C. Call the NHA at **330-953-1002** and we can take your credit card over the phone.

Moving?

Please notify us as soon as possible of any change in your address to avoid any interruption in the delivery of *Health Science*. By notifying us before you move, you also save the NHA the postage and handling expenses associated with each returned copy of *Health Science* magazine.

Special Thanks to Our Donors!

President Huberman and the Board of the NHA wish to thank the following members of the NHA who have made donations to the NHA, many in memory of the late Dr. Alec Burton and Ruth Huberman:

Lois Angeletti
(In Memory of Dr. Alec Burton)
George and Beth Basista
(In Memory of Ruth Huberman)
Juanita Beylotte
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Lois Bowman
(In Memory of Dr. Alec Burton)
Patti Breitman
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Wilson Brownell
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John Fowler and Ina Dutcher
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Terry & Pam Moore
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Mary Waldman-Seay
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Mamiko Matsuda
(In Memory of Dr. Alec Burton & Ruth Huberman)
Bernice Kinsler
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Memorial Donations Still Welcome!

Donations in memory of Dr. Burton and Ruth Huberman are still welcome and would be greatly appreciated. All those who make donations will be listed in the next issue *Health Science* and on the NHA website.

Join and Support the NHA Today!

Membership in the National Health Association can help you achieve and maintain the healthiest possible lifestyle.

As a member you will:

1. Receive the inspiration to transform your health and life.
2. Learn how to achieve your optimum weight … naturally.
3. Have access to articles on natural diet and nutrition.
4. Learn how to prepare delicious and healthful meals for you and your family.
5. Be able to take advantage of a support system of health experts and professionals.
6. Have the opportunity to meet others who think the way you do.
7. Gain access to the latest health research and guidelines.

Everything you need to live a healthier, more productive life... and help others do the same!

Here's what you will receive as a member:

- ✔ A quarterly subscription to *Health Science*, the dynamic, award-winning magazine. Each issue brings you in-depth health and fitness articles, interviews, delicious recipes, and answers to your health questions.
- ✔ Access to "Members Only" sections of: **www.healthscience.org**
- ✔ ***FREE*** access to a library of classic NHA eBooks, including *Fasting Can Save Your Life*.
- ✔ Discounts on all seminars and conferences. Featured speakers include physicians and other experts from around the world who specialize in health, nutrition, and recovery through natural methods. These events have attracted thousands of people throughout the years. NHA

NHA Membership/Donor Form

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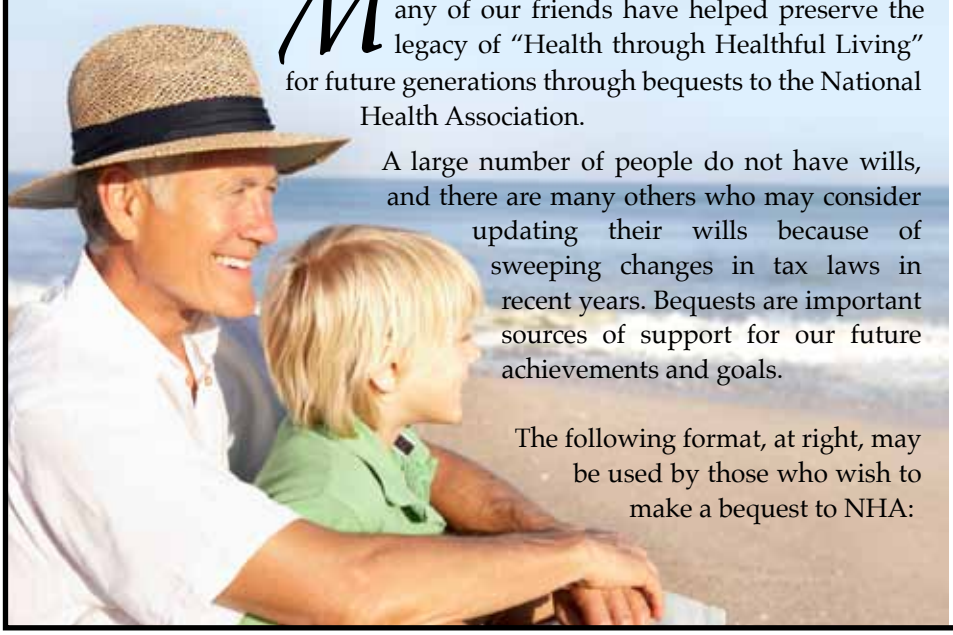

Many of our friends have helped preserve the legacy of "Health through Healthful Living" for future generations through bequests to the National Health Association.

A large number of people do not have wills, and there are many others who may consider updating their wills because of sweeping changes in tax laws in recent years. Bequests are important sources of support for our future achievements and goals.

The following format, at right, may be used by those who wish to make a bequest to NHA:

"I am committed to 'Health through Healthful Living.' Therefore, I give the National Health Association, a 501(c)(3) non-profit education corporation presently with headquarters in Youngstown, Ohio, the sum of ($_____), and/or other specifically described property free of all death taxes, creditors' claims, and expenses of administration of my estate, for discretionary use in carrying out this aim and purpose."

The total dollar value of a bequest to NHA is deductible for Federal estate tax purposes. You can consult with your attorney about the procedure for naming NHA in your will or you can contact the Association.

Contact:
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P.O. Box 477
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Email: **info@healthscience.org**