

No More Illness

**The easy, inexpensive way
to optimize your health,
your immune system and
your energy levels.**

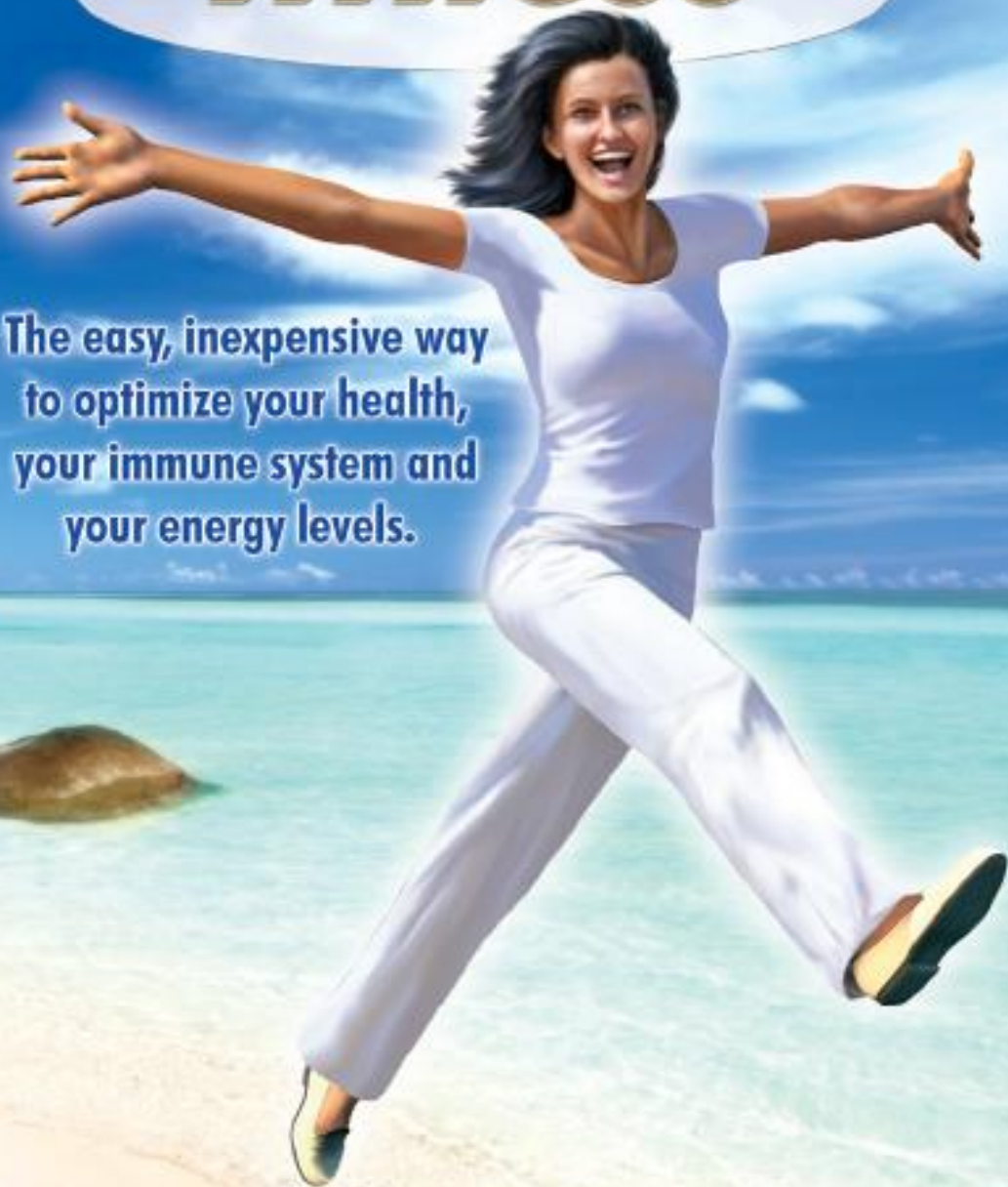


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Author

Neville Mandy

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Dedication

*Dedicated to
all who are struggling
in any way
with their health.*

Medical Endorsements

***Dr. Andre Sinden (B.SC., M.B., Ch. B)
Hoogland Hydro, Pretoria, South Africa***

“Very impressive indeed! To be honest, this manuscript is one of the most impressive I have ever read. It is really an inspiration which I will gladly recommend to anyone.

“It was with special interest that I studied the manuscript for this book - a book that has gone a long way towards dropping the pieces of the puzzle into place. Neville Mandy has succeeded in grasping a few of the basic principles in such a way that it rekindles one's enthusiasm to go back and reinterpret the fundamental knowledge on which our healing system is founded.

“I hope that this little book will be read by millions of people and that it will help many to take control of their own lives, and to guide their destinies in awesome respect for their incredibly created bodies.”

***Professor J. Lewis Meiring (MB., Ch.B., M .Med.)
Pretoria, South Africa***

“I recommend this book for all people, even for those who are healthy - it IS different to similar books.

“In writing this book, Neville Mandy has succeeded in helping people to understand how health and happiness may be achieved by simple measures.

“Not having had any experience with mercury toxicity I cannot make any comment about this portion of the book, but as for the rest of the book, I enjoyed reading it and found it scientifically correct. No false claims are made. Everything in this book is practical and feasible.”

Chapter 1

No Wonder Illness is Epidemic

It is a well-known and tragic fact that in the formulation of the great majority of today's processed food, the primary considerations of the manufacturer are taste, mouth-feel, appearance, shelf life and profit. Sadly, the all-important considerations, these being the nutritional value of the product, and the effect that the product will have upon the wellbeing of the consumer, are not always given the attention that they deserve.

This sad oversight has resulted in the proliferation of very attractive, very tasty, very long-lasting food products that have as their main ingredients, refined sugar, highly refined grains, and highly refined, hydrogenated fats. Whatever else is included will usually amount to little more than a wonderful combination of chemicals that are used to preserve the product, to enhance the flavor, to improve the color, and/or to modify the texture.

If such foods were used only on rare occasions, the situation would not be as serious as it is, but the sad fact is that the majority of families are now using such foods as their primary source of nourishment - with devastating results. As the remainder of this book should convincingly prove to you, this is one major reason why so many people complain of a lack of energy, why so many are constipated, and why so many are plagued by ever-recurring illnesses.

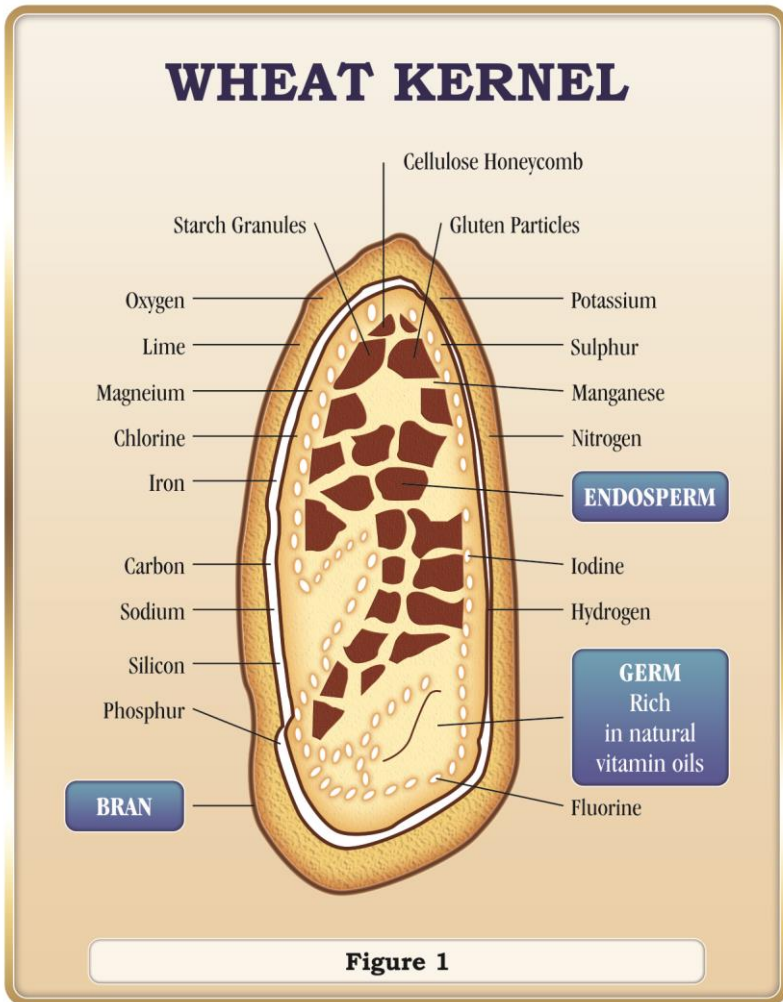
Diet & Disease

Figure 1. overleaf is a diagrammatic representation of a cross-section of a grain of wheat. It shows the many elements of this life-giving, energy-giving grain. Notice carefully that most of the nutritive elements, as well as the bran and the fiber, are situated in the outer layers of the grain.

What is most tragic, however, is that when wheat, or any other grain, is refined, the outer layers of the grain are removed - along with most of the nutritive elements that are so essential to the maintenance of life. This leaves a refined end-product that is, at best, hopelessly deficient in nutritional value and sadly lacking in essential fiber.

In the refining process, the germ of the wheat is also removed. The following is a list of the many vital elements that are found in this little power-house of natural goodness. These include: vitamin A, vitamin E,

vitamin C, niacin, riboflavin, thiamine, inositol, folic acid, folinic acid, biotin, vitamin B6, vitamin B12, choline, para-amino benzoic acid, pantothenic acid, alpha-lipoic acid, calcium, phosphorous, magnesium, sodium, potassium, iron, copper, manganese, cobalt, molybdenum, and zinc.



Thus it is obvious that when we use refined foods, as in the case of refined white flour products, we are using food that has been deprived of much that is essential to the body's energy needs and to the maintenance of good health.

We certainly cannot deny that the process of refining has distinct advantages for both the manufacturer and the retailer in that, once refined, the product will have a longer shelf life but, as far as the consumer is concerned, he now has to make use of a food that is seriously lacking in vitamins, minerals, trace elements, bran, fiber, and natural oils - and he will surely suffer as a result.

Refined foods now make up the bulk of our Western diet, with white flour, white sugar, white rice, processed oil and margarine being the main culprits. Is it any wonder that our immune systems can no longer counteract infection? Is it any wonder that so many people suffer from nutritional deficiencies?

Food refining is good for the food business - but it is also good for the vitamin business. There certainly is no mystery as to why so many people are desperately turning to nutritional supplements. Yet, surely, is it not more beneficial, wiser, and far more economical, first to do all in our power to obtain our nutrition from organic, unrefined foods rather than rely solely on expensive, inorganic tablets and/or tonics?

In Scripture there is a passage that reads, “Why spend money on what is not bread, and your labor on what does not satisfy?” (Isaiah 55:2). Thinking people the world over are asking this very question and, on the evidence of science and simple logic, they are turning their backs on refined foods. These people have realized and accepted that life simply cannot be sustained on a diet that is high in fat, high in sodium, high in sugar, high in preservatives, highly acid-forming, highly refined, and low in all of the vital nutrients that are so essential to the functioning of the living organism.

Nobody ever questions the fact that we must feed balanced rations to our horses, that we must correctly fertilize our plants, and that we must give the correct octane fuel to our motor cars. Yet, strangely, so many people seem to have extreme difficulty understanding that our bodies have the same uncompromising energy requirements as do horses, plants and motor vehicles. None of us would dream of running our cars on 23-octane fuel, yet, by using a diet that is high in refined foods, we are attempting to run our lives on what we might term “23-octane” food - with costly, painful and often tragic consequences sure to follow.

Figure 2. below demonstrates the incidence of certain diseases in Western nations as compared to developing nations. You will notice that in developing nations, where the basic diet is still natural and unrefined, the scourges of the West have hardly made any inroads. The evidence is clear that while the refining of food has been

a boon to industry, it has not been of any physical benefit to the unsuspecting man in the street.

Relationship Between Fiber Intake and Disease

Disease	Incidence in Western Nations where the diet is highly refined	Incidence in Developing Nations where the diet is largely unrefined
Ischaemic heart disease	High	Almost non-existent
Diverticular disease	High	Very rare
Hiatus hernia	20% of population	Less than 5%
Gallstones	10% of population	Non-existent
Polyps of the colon	20% of population	Very rare
Cancer of the colon	2nd to lung cancer	Very rare
Varicose veins	15% of population	Less than 2%
Obesity	20% of population	Rare
Haemorrhoids	50% (age 50 plus)	Rare

Figure 2
(Gleaned from various sources)

With this introduction behind us, let us dig a little deeper into this matter by considering a few of the major ailments that evidence-based research has positively linked to the use of refined foods – these being . . .

- Constipation,
- Malnutrition and
- Cancer.

As we consider each of these ailments, it is not my intention to present you with an exhaustive study on any one topic, but to demonstrate that refined foods are a major causative factor in many of the ailments that are sweeping our civilized world - not only ailments of a physical nature, but even some of a social and a mental nature.

The technical director of a local milling machine supply company once shared with me his conviction that food refining “is all one big hoax.” The sad truth is that this big hoax is causing havoc in our systems, heartache in our homes, and intense suffering throughout society.

When will man ever learn that we cannot take apart what God saw fit to put together - without causing suffering? When will “so-called science” ever concede that there is no alternative to the superlative plan of Nature?

Chapter 2

Refined Foods and Constipation

To most people, constipation is simply a matter of a slow-moving or lazy bowel. To these people, it is a matter of little import whether their bowels move once a day or once a week. Yet, as the following will confirm, constipation is an extremely serious malady, one that cannot be ignored for even a day.

When food remains in the colon for an extended period of time, it begins to putrefy. In other words, germs invade the food and it begins to rot within us. As always, this putrefaction process results in the production of toxic waste. If this toxic waste remained in the colon, the situation would not be too serious. The reality, however, is that much of this poisonous matter is taken up into the bloodstream. What this means, in effect, is that constipation actually gives rise to a process of self-poisoning. In medical terms, this process is referred to as auto-intoxication.

Auto-intoxication is the process whereby the body literally poisons itself by maintaining a cesspool of decaying matter in its colon. This inner cesspool can contain as high a concentration of harmful bacteria as a cesspool under a house. The toxins released by the process of decay are drawn into the bloodstream and travel to all parts of the body. Every cell in the body gets affected, and many forms of sickness can result. Because it weakens the entire system, auto-intoxication can be ***a causative factor for nearly any disease.*** ⁱ

According to the well-known author and researcher, Dr Bernard Jensen, auto-intoxication is always attended by misery:

I believe auto-intoxication is currently the number one source of the misery and decay we are witnessing in our society and culture today. Through it comes the host of uncleanness, with its entourage of imbalance, derangements, perversions, sickness and disease. Auto-intoxication becomes a powerful master over the body, robbing the inhabitant of clear thinking, discrimination, sound judgment, vitality, health, happiness and loved ones. Its rewards are disillusionment, bitterness, disappointment, financial chaos and failure. ⁱⁱ

With the above in mind, let us consider the direct impact that auto-intoxication has upon the system.

First of all, because the bloodstream is loaded with toxins, tremendous strain is placed on the liver as it attempts to purify the blood. Secondly, the organs of elimination, these being the bladder, the lungs, the skin and the bowels, will be seriously burdened as they endeavor to expel the toxic waste from the body. This process of self-cleansing will also sap much of the body's available energy resources and, with time, it will lead to a continual feeling of weakness and debility.

The tragedy, however, is that in the case of constipation, the source of self-poisoning is ever present - meaning that there is no respite for the affected organs. Night and day, toxins are taken up by the bloodstream and, night and day, the body is forced to engage in a life and death struggle against this deadly and persistent invasion.

The symptoms of this battle will manifest themselves in any of a multitude of ways. The less serious of these would include sneezing, coughing, sinusitis, skin rashes, fever, and diarrhea.

Dr. I. H. Moore tells us of some of the more serious ailments that can come about as a result of auto-intoxication.

The colon is a sewerage system, but by neglect and abuse it becomes a cesspool. When it is clean, we are well and healthy. Let it stagnate and it will . . .

- distil the poison of decay, fermentation, and putrefaction into the blood, poisoning the brain and nervous system so that we become **mentally depressed, melancholic, irritable and restless.**
- It will poison the heart so that we are **weak and listless,**
- poison the lungs so that the **breath is foul,**
- poison the digestive organs so that we are **bloated, belching and distressed with gas pains,**
- poison the blood so that the **skin is sallow, blotched and unhealthy.**
- In short, every organ of the body is poisoned. We **age prematurely.** We **look and feel old.** The **joints are stiff and painful. Neuritis, dull eyes, and a sluggish brain overtake us.** The **pleasure of living is gone.** ⁱⁱⁱ

Most people would never dream that such serious ailments could come about as a result of constipation, yet much of the physical suffering in our present world can be traced back to this serious oversight. With the above in mind, let us consider the following most carefully.

If constipation gives rise to auto-intoxication and auto-intoxication, in turn, gives rise to ailments such as nervousness, depression, heart disease, digestive

problems, skin problems *et cetera*, then how should we go about treating these ailments? Should our first priority be to cleanse the bowels and to detoxify the system, or should we, as the case may be, prescribe drugs for the nervousness, tranquilizers for the depression, pills for the heart, powders for the stomach, and ointments for the skin?

Obviously, our highest priority must be to flush the colon and help the system to detoxify itself. By so doing, we will be removing the root cause of our nervousness, depression, heart problems, stomach problems, and bad skin.

If, on the other hand, we choose to ignore the state of the bowels and the toxic state of the system, and we treat the abovementioned ailments, not as symptoms of a deeper cause, but as though they are isolated ailments in themselves, then all that we can look forward to is life-long dependence on medicinal drugs.

In years gone by the first question that would be asked of any sick person was “are your bowels working?” Yet today, for some strange reason, this all-important matter seldom receives the attention that it deserves. As a result, we suspect that millions of people are spending millions of dollars on the “treatment” of a multitude of serious ailments that are nothing other than symptoms of constipation.

As one well-known Naturopath tells us . . .

Constipation is not regarded as a disease, yet it is a direct or indirect cause of many diseases, its evils can scarcely be overstated. Its foul brood includes appendicitis, piles, fistula, colitis, ulcers, tuberculosis, gastric catarrh, biliousness, bad breath and body odor (both of which are shamelessly exploited), to all of which may be added kidney degeneration, and diabetes. The condition of constipation is either entirely ignored, or it is treated as only an unimportant incident ... and yet constipation is an ominous condition that forebodes tremendous physical and mental evils.

On the authority of many eminent men we learn that constipation is in the history of every case of disease, especially of the stomach and bowels. If people would eat those foods that induce natural bowel activity, they would run but slight risk of cancer. Internal growths need have no terrors for the man who eats intelligently, thereby avoiding bowel stasis [slow movement of the bowels] with all its attendant miseries. ^{iv}

In the statement following, Major General Sir William Arbuthnot Lane, M.D., a physician who was knighted for his medical work, confirms the fear that constipation is the underlying cause of many disease conditions. He even suggests that there is a strong link between constipation and cancer.

Indigestion and constipation are the starting causes of the diseases of civilization. If you wish to produce cancer with a fair degree of certainty, supply constipated patients with plenty of meat and endeavor to deal with their constipation by means of irritating, purgative drugs. ^v

The reason why Sir Arbuthnot Lane mentions meat in particular is because meat contains no fiber whatsoever. As such, when meat is not eaten together with fiber-rich foods, or when it is eaten in excess, it is a highly constipating food.

Interestingly, Dr Bernard Jensen actually makes mention of the work of Sir Arbuthnot Lane. He suggests that . . .

Those who doubt the direct relation between the colon and the functioning ability of various organs in the body should consider the daring work of Sir Arbuthnot Lane, in England. He proved the relationship because when he [surgically] removed the lower bowel from certain patients, their symptoms of arthritis, rheumatism, etc., disappeared within weeks. Thyroid enlargements responded immediately; tuberculosis was relieved; amputations were prevented. Even in the case of Raynaud's disease where there was gangrene of the fingers, the hands were restored to perfect condition a short time after removal of that cesspool of infection, a toxin-laden bowel. ^{vi}

Dr John Harvey Kellogg suggests that most people have a malfunctioning digestive system, and that most of us, especially those of us whose bowels move less frequently than once a day, are seriously constipated and subject to the ills attendant on the condition of auto-intoxication. Says Dr Kellogg . . .

It must be remembered that the colon serves the body as a waste receptacle or sewer, and like every other sewer, means must be provided for flushing. A stagnating sewer soon becomes an intolerable nuisance. Unfortunately, the average human colon in civilized lands, if not already a menace and a torment, is liable at any moment to become such.

It is now known that every person whose bowels move [less than] once a day is constipated and suffering from general poisoning of the whole body. If the bowels do not move well [at least once or twice a day], the colon soon becomes a reservoir of putrefying food residues. The so-called “well-formed stool” is certain evidence of constipation. Normal stools are soft and almost wholly free from odor, and occur after each meal.

A firm, “well-formed stool” always means constipation. Its significance is that the colon is packed full like a sausage and the fecal matters have been so long retained that they have been compacted by the absorption of water. The whole colon is filled, and the bowel

movement is the result of the pressure of the incoming food residues at the other end. When the body wastes are promptly discharged as they should be, the colon will never contain the residues of more than two meals, and at the after-breakfast bowel movement it should be completely emptied. ^{vii}

When we normalize our food intake by including more fresh fruits, raw salads, steamed vegetables, and whole grain products into our diet, there are a few interesting changes that will take place. As Dr Kellogg tells us, we will notice that our stools will become . . .

- soft,
- almost wholly free from odor, and . . .
- will occur after every meal.

In his book, *The Missing Link in the Medical Curriculum*, Dr Hoffman also suggests that healthy stools should also be . . .

- light-coloured,
- airy,
- should float on water, and . . .
- should leave the body under minimal pressure.

Bearing in mind that our regularity, and the state of our stools, are usually very good indicators as to the general state of our health, these are signs worth striving for and worth watching for.

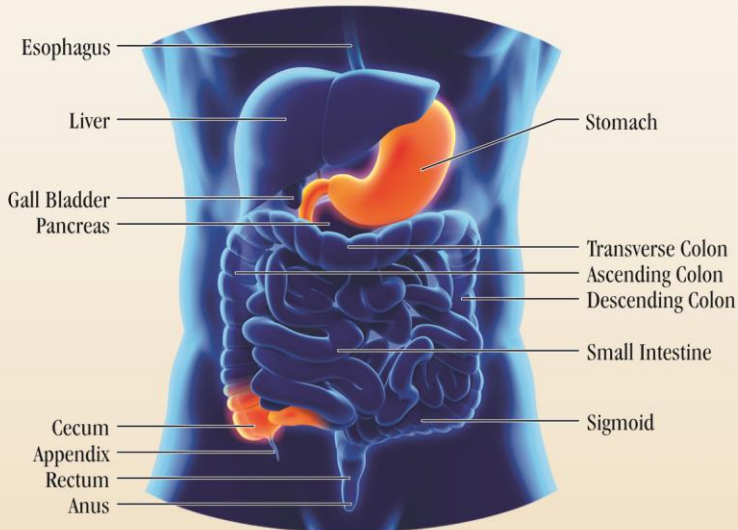


Figure 3a:

Lunch in stomach & breakfast passing into colon

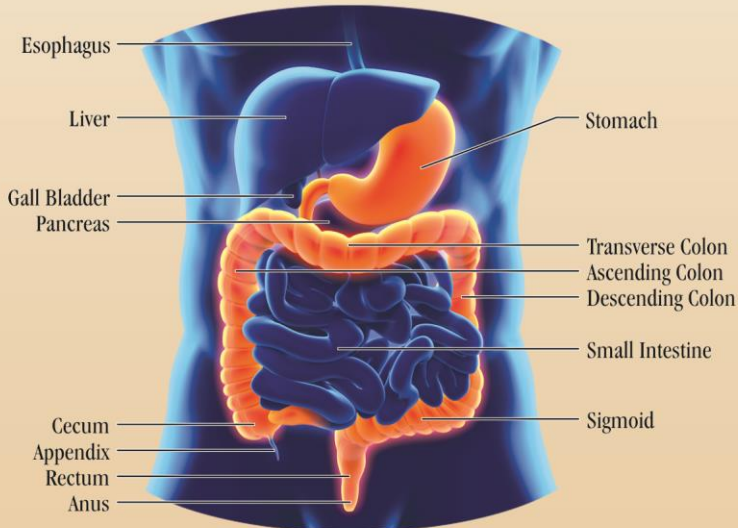


Figure 3b:

This colon contains the residues of many meals

Figures 3a and 3b are diagrammatic representations of the various organs that make up the digestive tract.

Figure 3a represents a digestive tract that is functioning naturally. You will notice that lunch is presently in the stomach and that breakfast is now passing through the ileocecal valve into the large bowel or colon. The remainder of the digestive tract is having a good rest in preparation for the arrival of the next meal.

Figure 3b is an illustration of the state of the colon of the average person who tries to survive on a diet consisting primarily of a combination of refined foods, greasy foods and flesh foods. In this case, the colon is packed with the residues of many meals, all in varying states of putrefaction. As Dr Kellogg tells us, the only reason anything passes out of the one end of the large intestine or colon is because more food has been forced in at the other end.

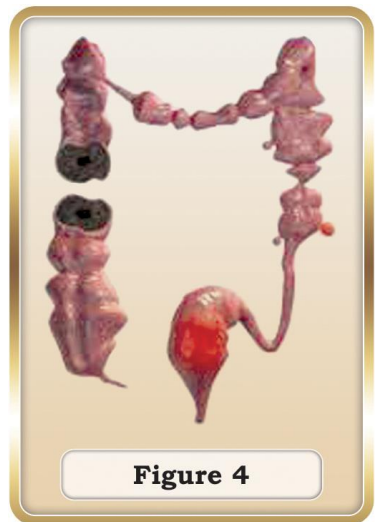
Unless a drastic change is made, this situation will persist year in and year out for decades. The individual may not understand why he never feels too happy, why he suffers from ever-recurring colds and other infections, why he has bad skin, why his breath is never too fresh, and why he has such a desperate need of underarm deodorants. Yet an enlightened physician would tell him that because of his unnatural diet and lifestyle, the state of his colon has resulted in a polluted bloodstream and, until such time as he changes his eating and living habits, and he assists nature to cleanse his digestive tract and to regulate the

functioning of his digestive organs, he will never feel too well, and he will never overcome his ever-recurring illnesses.

Nature demands that every muscle in our body has some time of rest. Even the muscles in our heart have a rest in-between each beat. In the case of a colon that is “packed full like a sausage,” however, the muscles in the colon never rest because the colon is never emptied. The inevitable result is that these muscles start collapsing.

This, in turn, will give rise to bulging in some areas of the colon and contraction in other areas.

Figure 4. gives us some idea of what prolonged constipation eventually leads to. The colon represented here was encrusted with hard fecal matter with only a small hole through the center as large as a pencil. Research revealed that the encrustation may well have taken more than 20 years to develop.



This means that this encrustation included the residues of meals that were eaten twenty years previously.

On numerous occasions this writer has been able to assist people who have unsuccessfully sought relief from all manner of ailments by simply recommending that they flush the colon and regulate their diet. One lady who had suffered with back pains for more than six months, and who had vainly sought help from all quarters, obtained almost immediate relief after taking three enemas in a row. The problem in her case was that the colon had distended in the area of her lower, middle back to such a degree that it was putting sufficient pressure on the spine to cause discomfort. The tell-tale sign that led us to suspect her colon was her disclosure that, for some reason unknown to her, her stools were “as thick as a pencil.”

The material that builds up in the colon is referred to as post-putrefactive matter - implying that this material has gone beyond the process of putrefaction. The following reports give us some idea as to just how serious this build-up can become.

One autopsy revealed the colon to be 9 inches [22,5 centimetres] in diameter with a passage through it no larger than a pencil! The rest was caked up layer upon layer of encrusted fecal material. This accumulation can have the consistency of truck tire rubber. It's that hard and black. Another autopsy revealed a stagnant colon to weigh in at an incredible 40 pounds! [18 kilograms]. Imagine carrying around all that morbid accumulated waste. ^{viii}

One can only imagine how miserable these poor people must have felt in the years preceding their death.

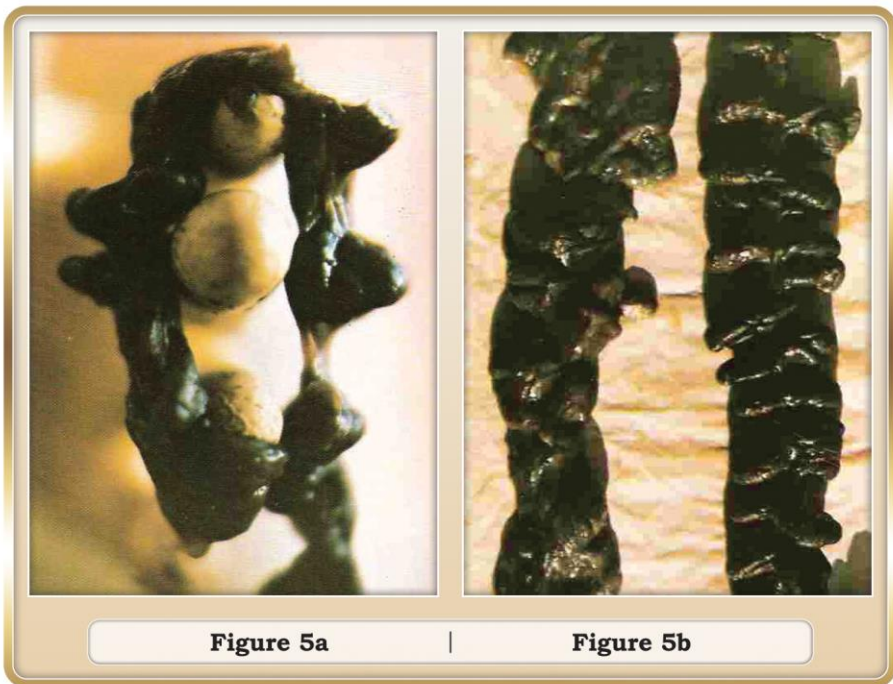
The renowned herbalist, Robert Gray, tells of another autopsy. This one revealed a specimen that was even larger than those mentioned above.

There is an autopsy on record wherein the colon was removed and was found to weigh sixty pounds [27 kilograms]. It will take far longer than the typical two to three months to cleanse such a colon. ^{ix}

Earlier we noticed how, around the turn of the century, Sir Arbuthnot Lane removed the entire colon from his patients and how they recovered from various ailments as a result. Today specialists in this area have developed less drastic methods of dealing with the same problem. Robert Gray has developed a special herbal formula that breaks up and helps to eliminate the post-putrefactive matter in the colon. It is this treatment that he is referring to in the statement above where he refers to a two to three month time period.

Dr Jensen, on the other hand, has developed a very effective treatment that involves feeding his patients a special diet and subjecting them to a continuous type of enema - which he refers to as a Colema. On completion of his seven-day treatment, the entire mass of encrusted fecal material is dislodged and passes out of the body.

Figure 5. presents us with two reproductions of actual photographs that were taken of this post-putrefactive matter. As was mentioned earlier, it is as black and as hard as truck-tire rubber. Notice how this matter has taken the shape of the intestinal walls.



Major Cause of Infection

Figure 6a below shows us the condition of the ankles of one of Dr Jensen's patients on the day that the post-putrefactive matter was removed from his colon. Figure 6b shows how the same patient's ankles had cleared up just seven days later. Now who would ever associate

infection of the ankles with the state of the colon? Yet here is all the proof that we need.

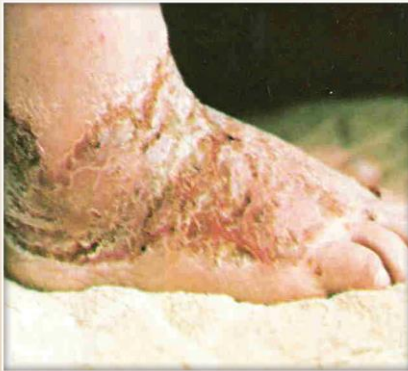


Figure 6a
Condition of ankles -
Day one



Figure 6b
Condition of ankles -
Day seven

As Dr Jensen tells us . . .

The bowel is probably the root of most of our trouble and it is there we can almost always find the greatest amount of toxic material. The bowel seems to be the center of importance in the body and when it is clean and in a healthy condition other organs are, as a rule, healthy. A toxic intestine acts as a seat of infection, throwing out its toxins into the blood stream, and thus infecting other parts of the body. Infection in the body can be fed directly from the intestinal tract. ^x

Should a physician examine the colon through a scope, he will not by this means be able to detect the presence of toxins because they are microscopic in nature. Even if his examination reveals that there is no post-putrefactive matter present in the colon, this is no guarantee that the bowels are not acting as a seat of infection. The all-important factor, therefore, is not the visible state of the contents of the colon, but the length of time that this matter has been present in the colon.

Sometimes, and especially in cases where the person has a long history of constipation, some of the sacculations in the colon can become very distorted - even to the point that they form pockets. The food waste that lodges in these pockets will not be visible through a scope but, with time, it will most certainly become a major source of toxic matter and misery.

The point that we want to emphasize, however, is that the bowels can be a major source of infection, and that, via the bloodstream, this infection can lead to challenges in any organ of the body.

Most people have probably never imagined that fermenting food residues in the bowels could give rise to infection in such physically remote organs as the ankle or the ears yet, once we understand how fermentation in the colon leads to a poisoned bloodstream, we can appreciate just how easily this can come about.

Bearing in mind that the bowels could be the seat of our infection, we need to ask ourselves how we should deal

with an infection of this nature. Should we focus on the infection, as though it were an isolated entity, or should we focus primarily on the bowels, and seek to remove the offending matter that is polluting the bloodstream and giving rise to the infection? The answer is obvious: While we cannot ignore the infection, it would be foolish indeed to combat the infection and ignore the condition of the bowels - for by so doing we would be ignoring the root cause of our infection.

The standard treatment for ear infection is a fine example. For this ailment antibiotics are usually prescribed and often a grommet is used to drain the offending fluid from the ear canal. So far, so good, but what of the offensive matter in the colon - after all, this is in all probability the root cause of the infection? The antibiotics may have killed the infecting bacteria, the grommet will have helped to remove some of the offending material from the ear canal, but if the treatment ends there, we have done no more than suppress symptoms, while the patient will return home with his bowel as primed as ever it was to wreak havoc in some or other organ in the body. The organ infected is usually the weakest organ in the body in that it will offer the least resistance to nature's effort to expel the toxic matter from the system.

I do not suggest that we should use laxatives as a crutch, nor should we view laxatives as a means that will enable us to continue with our wrong eating habits, for our goal must always be to regulate our diet so that laxatives are not necessary. Nevertheless we, as a

family, are typically human, and sometimes we are tempted to eat the wrong things. When, as a result, we start to cough or to sneeze, we take a mild herbal laxative, prune juice, or an enema. Further to this, we make sure that we get plenty of water, sunshine, exercise, and fresh air, and the coughing and/or sneezing soon abates. When any of us develop that characteristic itch in the ear or in the back of the throat, the type that typically gives warning of worse to come, we flush the bowels and gargle repeatedly with warm water and natural honey, and very soon the irritation disappears. Whether we have a cold, flu, skin problem, or whatever, we always focus on cleansing the bowels and always with the same gratifying results.

The all-important message, therefore, is this: Never discount the possibility that constipation could be a causative factor in any ailment. The uninformed will usually be sorely tempted to treat what can be seen or felt of an ailment, but so often we need to look beyond what is seen or felt in order to find and to remove the true cause of our malady.

More than this, we must resist the temptation to always put the cause of our ailment down to germs and viruses:

Germs and Viruses

One of our most precious “light-bulb” moments came our way when we finally understood and accepted that . . .

A disease does not exist of itself. It is not an entity but a condition existing in an individual. ***It is not brought about by germs any more than garbage is brought about by flies.*** Where there is something that attracts flies, they will swarm there. When there is a physical condition that invites germs to multiply, then like the flies, they go there to multiply. ^x

As the renowned Louis Kuhn tells us, . . .

Whenever the matter which is settled in the abdomen begins to ferment, bacilli [germs] develop of themselves in the system; they are the product of fermentation, and likewise disappear when fermentation ceases and the system is restored to health, that is, when the process of fermentation retrogresses. It is, therefore, idle to speak of infection through bacilli, in some mysterious manner, without the presence of foreign matter in the system. The question is not how to kill the bacilli, but rather how to remove the cause of fermentation, the foreign matter. This done, these little monsters which have caused such terror to timid minds, vanish as a matter of course. ^{xii}

George Teasedale puts it this way:

Germs will thrive and multiply only in organs and tissues that are degenerated through malnutrition, or that are highly saturated with systemic poisons. Rid the house of their food and the pests that infest it will disappear. ^{xiii}

We all know that if we were to leave a plate of food in a dark warm place for a few weeks, it would most assuredly ferment and attract germs. Yet we seem to have such difficulty understanding that when we choose to use refined foods, and we become constipated as a result, we are creating a situation where our food could well remain lodged in our colon (which is a very dark and warm place) for weeks and even for years. Do we believe that these food residues within us will not attract germs?

“Understanding,” therefore, is our best defense against germs, for without a right understanding of this matter, we would live as we please, eat as we please, and then spend our lives making war on germs and other symptoms. Knowing that germs are only attracted to decaying matter, however, the wise will regulate their diet and lifestyle and will seek by every means possible to keep their systems clean and healthy. By so doing, they will also be ensuring that their immune systems will be well able to resist any threatened germ or virus invasion. As Dr. Harry Benjamin tells us, . . .

If a person is absolutely clean and wholesome inside, then no germ disease of any kind can arise within the system. It is only in those whose systems are unwholesome inside that such diseases can develop. Whether the disease originates spontaneously or through contact with others does not matter in the least. ^{xiv}

When “struck” by “germ infection,” let us ever remember that the germs are not attacking us - they are merely doing what Nature intended for them to do, for . . .

Germs are everywhere. They are as widespread as air and moisture. They are as important as oxygen and carbon-dioxide. All are parts of a beneficial scheme of Nature. Germs reduce dead and dying organic matter back to its organic constituents suitable again as nourishment for plant life. ^{xv}

Next time we are down with a cold, therefore, let us not curse the germs, even if they are the Hong Kong variety, or the Mexican variety, or whatever variety. As Dr. William Howard Hay is reported to have stated, . . .

Colds are not caught; they are created with the feet under the dinner table, and in no other way.

Chapter 3

Refined Foods and Delinquency

The school textbooks of yesteryear have given some the idea that malnutrition is largely a Third World problem, yet this is far from true. While people in First World countries may not suffer from hunger as do those in Third World countries, and while the physical effects of malnutrition may not be as immediately noticeable in First as in Third World countries, the truth is that the modern-day Western Diet, made up as it is primarily of refined, convenience foods, is hopelessly deficient and, as such, it is a major cause of many disorders and discomforts.

Most of us, when confronted with the idea of malnutrition, usually think along the lines of deficiency diseases such as rickets and beriberi - yet science is only now beginning to realize that many other ailments are linked to malnutrition. Here again, sometimes these afflictions are of a physical nature, but, as the following rather convincingly proves, sometimes they can even be of a social nature and/or a mental nature.

Mind, Mood & Behaviour

To demonstrate the effect that refined, “junk foods” have on our moods and on our behaviour, Dr Alexander Schauss encouraged the staff and the pupils at a number of schools in the United States to carry out an experiment that involved feeding three different diets to three different groups of rats. In every school and in every case the results were the same. These results are tabulated in Figure 7. below.

It is interesting to note that in all of the schools where this experiment was conducted, the pupils urged that the experiment be terminated because they could no longer stand to witness the effect that the poorest diet had upon the third group of rats.

We should not be surprised to discover that, after having witnessed the results of this experiment, most of the students lost their relish for “junk food.”

Food and Behaviour

	Diet fed to each group of rats	Observations after 37 days on this diet
Group One	No artificial preservatives, colourings, additives, or refined carbohydrates. Primary nutrients were derived from whole grains, seeds, nuts, fresh fruit, vegetables, raw milk and water.	Ate all their food, seemed happy and calm, eyes bright, had smooth coats and tails, showed growth and, when held, remained calm.
Group Two	Fast food hamburgers on white bread, french fries, old coleslaw, milk shakes, cola drinks, cherry pie, and water.	Grew fat, lazy and were not alert. Their coats were ragged and tails scaly, with dull eyes and rough and dry skin. When held, they were jumpy. These were smaller in size than those in group one.
Group Three	Fed a diet of sugared cereal, white bread products, jelly, Twinkies, soft drinks, milk shakes, canned fruit and water.	They were nervous, skinny had frenzied actions, discolorations on tails, chewed up their water bottle. Could not be held due to biting behaviour. Their eyes were squinted. They were the smallest in size of the three groups.

Figure 7

International journal for Biosocial research, Vol.2, No1-9

Sometime after this, Dr Schauss had another major breakthrough, except this time his subjects were not rats, but humans.

The following is an unabridged report that appeared in the magazine *Women's Value*.

Are Your Children on a Diet to Delinquency?

Alexander Schauss has scientific proof that what you eat not only affects your physical shape but your state of mind, too. It follows that your eating habits could actually determine your personality. Are you on a diet to delinquency? Barbara Griggs investigates this controversial issue that could change any mom's ideas on nutrition.

Every school child knows that we are what we eat. That too much rich, sugary food can lead to heart attacks. That bingeing on butter and cheese is bad for us. That not eating enough fruit and vegetables may lower our resistance to diseases like cancer. That fatness is the foe to fitness.

But the idea that what we eat can also affect our minds, even our behaviour, still strikes most people as bizarre and unacceptable.

Alexander Schauss used to be one of the doubters. Back in the mid-Seventies, he was a probation officer in the

United States. His job was to evaluate correctional centers for juvenile delinquents in the State of South Dakota.

One day, when he was inspecting one of the centers, the “house parents” who ran it invited him to stay for lunch. Rather apologetically, they explained, they had some ideas about diet which he might consider a little odd. They liked the children to have completely natural food, so they grew their own vegetables and froze the surplus for winter. Sweet fizzy drinks, tea and coffee were all banned and the bread and cereals served were all [unrefined] wholegrain.

Schauss checked their records as soon as he got back to his office. He found that although they were getting some of the worst cases in the state, many of the children were ready for discharge after three months and none stayed longer than six.

When children with similar records were sent to other institutions, where the staff had sophisticated training and the children were given psychiatric counselling, they were still likely to stay there for up to two years. Some of the homes had the same positive, caring sort of attitude towards their charges, too. Could the difference in results be due to - diet?

Schauss has been studying the possibility with growing concern ever since. He put himself through crash courses in nutrition and biochemistry, he devoured the latest research on food and chemical allergies, and the

ways they could affect mind and mood. And, when he tested his novel diet therapy on dozens of probation cases, he found it worked for many of them.

A Theory Goes on Trial

Alexander Schauss is a gifted and dedicated man. He had been the youngest probation officer ever in the United States, and his name was respected in the profession. Consequently, his theory wasn't just dismissed out of hand. Soon calls were flooding in from all over the United States asking for more information. And dozens of informal trials were going on.

The results seemed to bear Schauss out. When junk food was junked, delighted teachers reported quieter classrooms, more attentive children, peaceful bedtimes and fewer disturbed nights.

The American public became interested when Schauss appeared on a popular TV chat show to talk about his theory - that diet can have an adverse effect on our behaviour. A year later, when he published a book on the subject (entitled *Diet, Crime and Delinquency*), it was an instant best seller.

But hunches and hearsay are not convincing enough. The Schauss theory ran into opposition - particularly from the giant food processing companies, who were outraged by suggestions that their colas, sweets and packet puddings might be responsible for America's escalating rate of violent crime.

Some sort of scientific proof was needed. Stephen Schoenthaler, an American university expert on criminology, saw Schauss's TV appearance and phoned to tell him that, in his view, the diet-delinquency connection was absurd. In any case, he asked, where were the scientific studies to substantiate it?

"Why don't you do them?" Schauss suggested. To his surprise, Schoenthaler agreed.

The Search for Proof

Soon afterwards, in a correctional center for delinquents in the state of Virginia, the first semi-scientific study of the Schauss theory took place.

It involved 68 children, and the changes in the menus were drastic. Out went their favorite colas, syrupy tinned fruits, synthetic sweetened juices, sweet cereals, chocolate bars, ice creams, pies, biscuits and pastries. And instead of the forbidden goodies, the children were offered oranges and apples, peanuts, carrots, cheese, peanut butter and cream cheese.

After seven months, when Schoenthaler studied the home's reports, he couldn't believe what he was seeing. The number of occasions when the inmates had been in trouble was down a staggering 80 percent. Coincidence? It hardly seemed possible.

Mystified, Schoenthaler suggested extending the experiment for another 17 months - and the people

running the home were only too happy to agree. This time though, 276 children were involved, divided into two groups. One group ate the old high-sugar junk-food snacks. The other group was switched to the new healthier way of eating.

The results, once more, were startling. The number of black marks for bad behaviour against children on the healthier diet fell by almost half.

Even more interesting, it was the worst class of offenders which showed the most dramatic reduction: assault fell by 82 percent, theft by 77 percent. The delinquents who were there for the worst crimes - assault, rape, robbery and vandalism - benefited most of all.

Putting Theory into Practice

The Schauss theory still has its opponents. Sections of the food industry remain unconvinced that there is a proven link between what we eat and the way we act. Some doctors - notoriously conservative and often not much interested in nutrition - still condemn it. Psychiatrists, seeing their traditional territory invaded by armies of nutritionists, have reservations about it. And catering staff are reluctant to change the habits of a lifetime.

But the people running prisons and remand homes in America have discovered another pressing reason for taking the Schauss theory seriously: money.

As crime rates soared throughout the Seventies, prison populations increased and so did the cost of keeping them. Anything that would help to cut the bill - such as reducing the number of young offenders, or shortening their stays in custody - was welcome.

In 1981, the members of Los Angeles County Council, which runs many correctional institutions, voted unanimously to ban all refined carbohydrates (sugar, white flour, white rice, and the foods made from them) from all of their juvenile custody centers. The evidence was good enough for them: there is a connection between diet and delinquency.

This gave Schoenthaler a chance to mount a scientific study on a grand scale. This time, nearly 17,000 delinquents were involved. Still the results were the same: black marks for bad behaviour fell by almost half.

Moreover, it isn't just behaviour that changes for the better when children are fed a healthy diet. Classroom performance improves, too. At least it has in New York, where school meals have been systematically de-junked, with impressive educational results.

The School Meal Revolution

Liz Cagan is the live wire behind the New York project and she was made Chief Administrator of the city's school-lunch program. Her qualifications were two-fold: she was a budgetary whizz and she was also a mum,

well used to feeding a growing family both cheaply and healthily.

When she first took over, criticisms were flooding in about the quality of food being dished up in New York's 803 schools. Liz quickly found that the complaints were justified. Meals were monotonous, nutritionally poor and unattractively served. A typical lunch might be a hamburger and bun, chips and a glass of milk. Not surprisingly, half of the food ended up in the dustbin, a horrifying waste of money.

Liz took the situation firmly in hand. As there were no trained dietitians on the staff, she decided to be guided by her own experience - after all, she felt, what was wrong with the way she had fed her own kids?

To get the children interested and cooperative, she gave them a voice in planning their own meals. She set up nutrition committees in every school, issued thousands of questionnaires, and launched a regular news sheet - called, appropriately, Feedback.

Dingy cafeterias were rechristened Dining Rooms, and the children were given small grants to decorate them themselves, out of school hours.

Today, New York's school children sit down to a wide choice of appetizing, nutritious foods. Items on offer might include: whole-wheat lasagna and pizzas, hamburgers in whole-wheat buns, freshly cooked vegetables, salads and fresh fruit. Meat, fish and

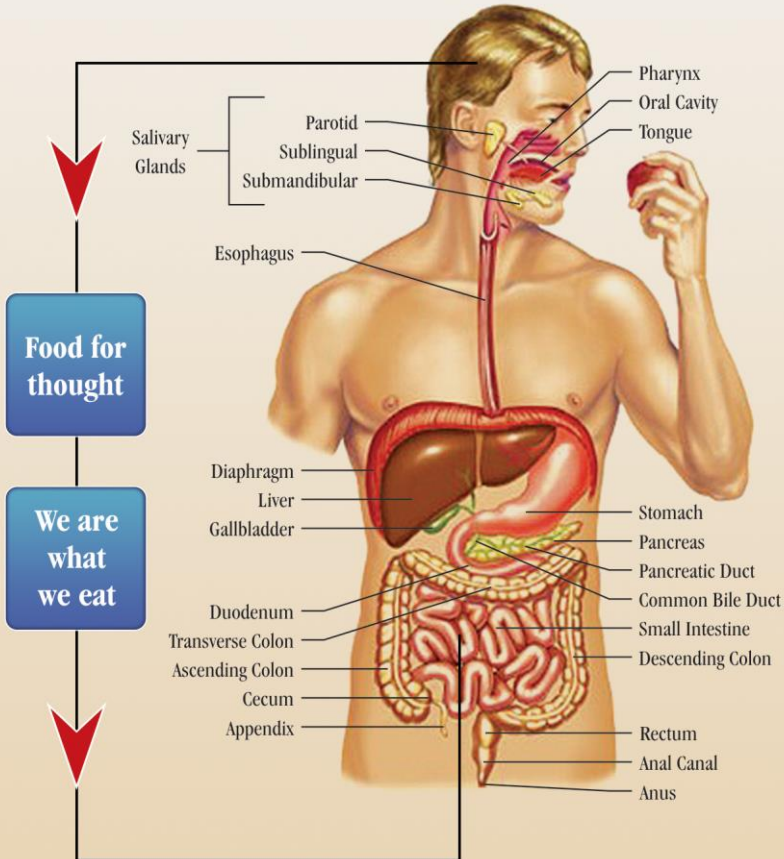
vegetables are all of prime quality and non-beneficial additives - colorings, preservatives and flavorings - have been outlawed totally from the menu.

The academic performance of US schools is evaluated nationwide, and given a percentage rating. Over the four years during which their menus were nutritionally improved, the average rating of New York schools climbed from eleven percentage points below the national average to five points above it.

So, there you are. The proof is in the pudding. What we eat not only makes us what we are, it affects the way we act and think. It all gives new meaning to the old expression “food for thought.”

Barbara Griggs – Women’s Value^{xvi}

Food For Thought



“Our bodies are built up from the food we eat. It is a wonderful process that transforms the food into blood and uses this blood to build up the varied parts of the body; but this process is going on continually, supplying with life and strength each nerve, muscle, and tissue.”¹

Chapter 4

Far Reaching Effects of Junk Foods

Psychological Disorders

Millions the world over are suffering from psychological disorders such as depression, mood swings, anxiety, psychosis, suicidal tendencies, schizophrenia, paranoia, *et cetera*. The standard approach in the treatment of these disorders usually involves psychological counselling and/or electro-shock therapy and/or psychiatric drugs. In most cases the primary focus is on the mind itself while the state of the body chemistry often receives little or no attention.

Yet one cannot help wondering about this approach. When we consider that our minds are fed by our blood, and that our blood is made up from the food that we eat, surely, when seeking to remedy psychological disorders, we should consider whether there is not a

possible food-blood-mind relationship? It is a well-known fact that a faulty diet will lead to a disordered bloodstream, yet few are willing to accede that a disordered bloodstream can lead to a disordered mind.

As one writer tells us . . .

In order for the brain to be healthy the blood must be pure. If by correct habits of eating and drinking the blood is kept pure, the brain will be properly nourished. ^{xvii}

In simple terms, therefore, healthy food makes healthy blood, and healthy blood makes a healthy mind. This is why the enlightened physician will always take into account the patient's diet and blood chemistry when seeking to remedy any ailment, and especially those of a "mental" and/or emotional nature.

Some time ago a clinical study appeared in the American Journal of Clinical Nutrition reporting that people who ate too many refined carbohydrates exhibited neurotic tendencies. Personality changes seen in this population, particularly among adolescents, included: sensitivity to criticism, poor impulse control, frequent irritability, hostile behaviour, and a tendency to anger easily. Other features were: sleep disturbances, including restlessness, night terrors, insomnia, and walking or talking in one's sleep; chronic debilitating fatigue; depression; recurrent fevers of unknown origin; abdominal and/or chest pains; and

headaches. The patients in this study were found to have subclinical deficiency of vitamin B1 (thiamine).^{xviii}

Please notice that all of these maladies were linked to the use of refined foods and to a deficiency of but one specific vitamin. This fact certainly suggests a strong link between nutrition and the functioning of the mind.

We are not implying that all psychological disorders are diet related, or that all such disorders are related to body chemistry, but the evidence does suggest that such a relationship could exist and, as such, this possibility simply cannot be ignored in the treatment of such disorders.

As Dr. Andre Sinden suggests:

It would not make sense trying to treat the symptoms of . . . psychological disease without ensuring that the basic chemical constituents of the body are in balance. So often does Psychotherapy fail because it addressed only a manifestation [a symptom] of a chemical disruption.^{xix}

Then, as Dr. Linus Pauling pointedly confirms, . . .

A psychiatrist who refuses to try the methods of Orthomolecular Psychiatry (nutrition as related to mental health) in addition to his usual therapy in the treatment of his patients is failing in his duty as a physician.^{xx}

In their book, *Diet and Disease*, Doctors Cheraskin, Ringsdorf and Clark present convincing evidence of “known associations between nutrients, blood disorders and psychologic disorders.” Figure 8. presents a summary of just some of these associations.

Diet and Disease	
Dietary or blood condition	Psychologic disorder
Dietary riboflavin deficiency	Depression
Dietary pyridoxine deficiency	Extreme nervousness or confusion
Dietary nicotinic acid deficiency	Confusion, depression, psychosis
Dietary thiamine deficiency	Agitation, confusion, depression, anxiety
Dietary pantothenic acid deficiency	Depression, sullenness
Dietary iodine deficiency	Dullness, apathy in adults
Elevated blood lactic and pyruvic acid	Psychosis
Increased serum arganine & glutamine	Catatonia*
Decreased glycine reserves	Schizophrenia
Reduced plasma glutamic acid	Schizophrenia
Elevated plasma ceruloplasmin	Schizophrenia
Raised blood cholesterol levels	Manic depression
Hypomagnesemia (low magnesium)	Disorientated, delirious
Hypermagnesemia (high magnesium)	Psychotic depression, schizophrenia
* Catatonia is a schizophrenic disorder characterized by plastic immobility of the limbs, stupor, negativism, and mutism.	
<i>Diet and Disease, E. Cheraskin, M.D., D.M.D; W.M.Ringsdorff, Jr., D.M.D.; J.W.Clark, D.D.S., pp.186-207</i>	

Figure 8

The point we wish to make here is that there is definitely a link between our diet and the functioning of our minds. This being the case, surely it makes sense to give our minds the very best? If our blood is our life, and our blood is made up from the food that we eat, then do we not owe it to ourselves and to our loved ones to avoid the use of junk foods and to include the very best of natural foods in our diet?

Learning Disorders

Considering that our blood is made up from the food that we eat, and that our mind, in turn, is nourished by our blood, we can appreciate that mothers can do much to help their children in their studies.

Over the years, we have seen the grades of many school children improve after mom had switched to feeding the family a more natural diet. This has been especially evident in the case of children who had been struggling with subjects such as mathematics. As the foregoing article convincingly proved:

It isn't just behaviour that changes for the better when children are fed a healthy diet. Classroom performance improves, too.

Then, by the same token, we can do much to hinder the scholastic abilities of our children by ignoring their nutritional needs. For some years now scientists have been warning about this very real danger. As the following report confirms:

There is a suspicion growing in the minds of scientists with special knowledge of food and the brain that people are becoming very gradually more stupid from one generation to the next, because they are eating more highly processed and chemicalized foods. ^{xxi}

Insatiable Appetite

One of the most common effects of malnutrition is what is generally referred to as an insatiable appetite. This affliction is not usually associated with malnutrition and, as a result, millions of people suffer from guilt feelings because they believe that they were chosen by fate to be the gluttons of our world.

Yet in the case of those who eat to excess, the cry of the appetite is not always a cry for more food; it is all too often a cry for more nutritious food. Day in and day out, the system tries to convince the mind that it is not being satisfied by the quality of food that is being eaten, yet this cry is seldom interpreted correctly. As a result, the unfortunate individual locks himself into a vicious cycle - indulging more and more in that kind of food that can only satisfy the appetite less and less.

The reader is invited to put this claim to the test. After a breakfast of refined corn meal you will notice that you will be starving by mid-morning - and so it will be every time you eat such a breakfast. Now do yourself a favour and purchase a packet of whole-grain corn meal from your local health store. You will notice that by

substituting the unrefined product for the refined product, your appetite will be well satisfied right on into lunch time - and this from day one.

From years of experience we have established that an insatiable appetite is usually just a desperate cry from within. It is the cry of the system telling us that human life simply cannot be adequately sustained on a diet that is made up primarily of white bread sandwiches, oil-soaked French fries, sugar-rich cakes, greasy burgers, sweet chocolates, and fizzy cold drinks.

Skin Problems

When considering cosmetic treatments, we must bear in mind that the body sheds at least one layer of skin a day. This means that no matter how beneficial our cosmetic treatment may be, we are only treating skin that we are destined to shed in the next day or so. Thus, we can better appreciate why it is that the dictionary definition of the word *Cosmetic* reads – “Decorative or superficial rather than functional.” (*Heritage*).

If we really are serious about having good skin, the obvious thing to do is to seek to nourish the skin from within rather than from without. By doing this, we can rest assured that every layer of skin will be adequately nourished from the moment that it is formed.

There is nothing wrong with using a natural skin cleanser now and again, but we should bear in mind that the state of the skin, as with most else in the body,

is determined by the state of the blood. In other words, good, healthy, clean blood will make good, healthy, glowing skin. This being the case, those who are sensitive about their skin, and about their health in general, will do all in their power to ensure that they have good blood . . .

- They will appreciate that water is the great cleanser of nature and, as such, they will use pure water as the primary means of quenching their thirst rather than tea, coffee, or cold drinks. They will avoid taking liquids with their meals as this practice dilutes the digestive juices and thus seriously hinders digestion.
- They will not ignore their daily need of spending time outdoors - either exercising, relaxing, or working in the garden.
- Their diet will be made up largely of natural unrefined foods that are free from preservatives, added sugar, hydrogenated oils or fats, and added chemicals. Fresh fruit, raw salads, whole grain products, and steamed vegetables will feature prominently in their diet.
- They will always rub their skin vigorously with a soft cotton towel after a hot bath. Natural fabric body brushes (loofah's) are available for this purpose.
- As far as possible, they will seek daily to deep-cleanse the pores of the skin by taking a sauna or by doing some exercise that promotes perspiration.

- Understanding that the skin “breathes” and that it is critically dependent on sunlight and fresh air, they will not use any skin lotion, base, or moisturizer that “seals” the skin.

The all-important question that those with bad skin will ask themselves will not be “How can I make my bad skin look like good skin?” but rather, “What am I doing, or failing to do, that is causing me to have bad skin?” Then, instead of engaging in a life-long battle to mask blemishes and spots, the wise will seek to eliminate the cause of their blemishes and spots by substituting better habits for the bad habits in their lifestyle and diet.

The only way to a truly healthy skin is through feeding it the right things. The skin is a wonderful barometer of health. If you're healthy, it glows. If your diet is incorrect, your skin may show blemishes, or be unusually oily or dry. If you have digestion problems, your complexion is sluggish and “muddy”. ^{xxii}

Chapter 5

Cancer - a Rational Understanding

For many decades, articles in the printed media have spoken of impending breakthroughs in the treatment of cancer. Yet, sadly, no significant breakthrough has yet materialized. In fact, the situation is only becoming more and more serious with the passage of time.

In the past 10 years alone, during which the American Cancer Society has collected more than \$1 billion from the American public, and the cancer industry has collected \$10 billion each year, deaths from cancer climbed 12 percent. ^{xxiii}

The above statement was published some years ago - yet little has changed since then - except perhaps that more money is now being raised for cancer research than ever before - but to little avail. Clearly, and generally speaking, mainstream science is not winning in this battle - for it can only really be won by eliminating the root causes of cancer.

The following article by Dr Max Warmbrand was written some years ago, - yet truth never changes. The viewpoints expressed by Dr Warmbrand are as valid today as they ever were. Having read this article, you will appreciate that an entirely different approach could well be our best tactic in the battle against cancer.

Are We Ever Going to Find a Cure for Cancer

The fact that the spread of cancer is not lessening is now well-known. Actually, the picture keeps growing worse with each year. The latest figures show that the United States alone has reached a point where more than 300,000 American lives are now being lost yearly from this tragic body and life-destroying disease. And the end is not in sight.

In short, in spite of the vast sums of money that have been spent in the search for a cure, very little, if anything, has been accomplished so far in finding the answer to this frightening affliction. And it is because of this that many of our leading scientists are now beginning to wonder whether a cure for cancer will ever be found, and whether it would not be best if our major efforts could be directed towards *prevention*.

A Cancer Cell - a Mutant

If we are to understand what can really be done to solve this problem, *it would be well to get to know what*

the disease is, how it originates, and what we must do to check its development. To begin with, let's remember that a cancer cell, not of its own volition [choice], has been forced to adapt itself to certain stimuli or irritants. These stimuli or irritants may develop in the body as by-products of an abnormal or disordered metabolism, or may be taken into the system from outside in the form of drugs, chemicals, unsuitable foods, or other toxic substances.

When these stimuli or irritants threaten the life of the cell, the cell either dies, or ***succeeds in remaining alive by adapting itself to the changes in its environment.***

However, while in adapting itself to its environment, its whole character and nature changes. ***It is no longer a normal cell, a member of the community of cells to which it originally belonged, but an abnormal cell, a deranged cell, a cancer cell.***

Similar changes in nature can be observed everywhere. Benign or innocuous bacteria become virulent [dangerous] when the soil in which they live changes from a healthy condition to an unhealthy condition. We notice similar changes when bacteria become drug-resistant. And the same happens when the use of pesticides leads to the development of pests that become resistant to the chemicals that are used to destroy them.

These and other examples could be cited to illustrate how living entities adapt themselves to their

environment in an effort to save their lives. And this is part of the defense mechanism of the living organism.

Cancer Cells Need Not Lead to Cancer

And yet, while certain cells, in their effort to adapt themselves to a change in their environment, become abnormal cells (cancer cells), this does not mean that they need be a threat to our life. It is well known that practically every human being at one time or another develops cancer cells in the body, but ***when the body is in a healthy condition***, it usually destroys these cells and no cancer develops.

In my book *Living Without Pain* in the chapter *Vital Facts About Cancer*, I quote many of our noted cancer authorities who observed what actually takes place in the healthy body when cancer cells are present. Dr Cornelius Rhoads, one of the most renowned cancer authorities, some years ago when appearing before the Royal College of Surgeons in London, pointed out that

Persons in ***normal health*** appear to have a natural defense against cancer and can throw off the disease after it attacks body tissue.

The Journal of the American Medical Association, sometime later, also explained that the body possesses the power to destroy cancer cells. Reporting what happens when, after an operation, cancer cells start floating freely in the blood stream, it states that . . .

- There is a time when they (the cancer cells) do appear and are killed by the patient's natural defenses, and
- There is a time when the patient's resistance is low and these cells grow, metastasize and kill the patient.

Dr Kasper Blond, a noted authority on cancer, . . . presents another thought which explains what enables the body to protect itself against cancer, when he emphasizes that the liver is the key organ that protects our body against the onset of the disease, and then states that as long as the liver is in a healthy condition, it can protect itself against the cancer.

All this clearly proves where the real answer to the problem of cancer lies; it is not in the discovery of an elusive cure, but in prevention, ***in the adoption of a way of living that keeps the body in a healthy condition.***

This shows where the responsibility of our present-day physician lies. He should begin to re-evaluate his approach to his patient's health problems and make sure that he takes care of them in conformity with the more ***fundamental concepts of health-restoration.*** He must take care of the whole person, the whole human being, discontinue his dependence on symptom-relieving drugs, and again become the teacher, the doctor who teaches his patients ***how they can protect themselves against the onset of these dangerous ills.***

How Can This Be Accomplished?

Very simply, our effort to induce people to discontinue smoking is a step in the right direction. We must discourage the use of all toxic and carcinogenic drugs and chemicals. We must do everything possible to clean up the pollutants that poison the environment we live in. And we must adopt a way of living that will keep our body strong and healthy, since this is the only way we can make certain that it will be able to defend itself against any of the influences that threaten its existence. And this means not only against the foreign and health-threatening substances that find their way into our body from without, but also against the toxins that develop as end-products of our body metabolism.

Going into a discussion of our foods, this means avoiding all refined and processed foods, discontinuing the use of [sugar-rich] biscuits, cakes, pastries, ice-cream, all kinds of denatured sweets, eliminating coffee, tea, chocolate, omitting heavily seasoned foods, and controlling the intake of the rich and heavily concentrated foods. It also means keeping the body fit by providing it with sufficient rest and sleep, adhering to a well-planned program of physical exercises, healthful outdoor activities, the development of emotional control and peace of mind, and a discontinuance of all senseless and health-undermining practices such as the use of drugs, chemicals, alcohol, tobacco, etc.

Next to the diseases of the heart and the circulatory system, cancer is one of the major life-destroying ills.

This is why a statement recently issued by a team of internationally renowned scientists is of special significance. This team was composed of such scientists as Sir Julian Huxley, first director-general of the United Nations Educational Scientific and Cultural Organization; Sir Rudolph Peters, former president of the International Council of Scientific Unions; Dr Jacques Monod, Nobel Prize Winner in Medicine and the new director of the Pasteur Institute of Paris; Dr Jacques Trefouel, the outgoing head of the Pasteur Institute; Dr Hugo Theorell, another Nobel Laureate in Medicine, director of biochemistry at the Nobel Institute in Stockholm; Dr Raymond Paul, president of the French Medical Society; Dr Rebecca Rainsbury, assistant editor of the *British Medical Journal*, and Dr Peter Beaconsfield of the Royal Free Hospital in London. **All warned against the effects of our present-day unhealthful practices.** They stressed the harm that results from the “**internal pollution**” brought on by drugs, chemicals, the wrong kinds of food and wrong living habits, and warned that an entirely new approach is needed if mankind is to be saved from continuous deterioration and maybe even total extinction.

The findings of these scientists were published in the Swiss scientific journal, *Experientia*, and as I kept thinking about their conclusion, I could not help realizing how close this comes to what the natural health movement has been stressing all these years. It reiterates that **the only way we can save ourselves from cancer or any of the other serious or life-threatening disorders is by changing from our**

present-day unhealthful living habits to a healthful way of living. It also reiterates what some of the most noted authorities in health education have constantly been emphasizing, namely, that ***internal cleanliness is the basis of all health.***

The seriousness of this disease cannot be minimized, and it may take some time before we get to understand all the facts that contribute to its onset. It should be apparent, however, that ***the best protection against its development is a way of living and care that keeps the body in a healthy condition.*** But even where the disease has already made its inroads, our best hope for its remission or control lies in the adoption of the regimen that I advocate to prevent its onset, provided the body's healing powers have not yet broken down to the point where a reversal is no longer possible. This has been demonstrated in my own practice as well as in the practice of other physicians who are using this approach in the management of this disease.

Dr Max Warmbrand

Chapter 6

Fundamental Concepts of Cure

If all that is stated in Dr Warmbrand's article is true (see previous chapter), and I sincerely believe that it is, then we can better appreciate why it is that medical science is unlikely to discover a miracle cure for cancer – or, for that matter, for any disease.

For as long as man continues to sleep with his windows closed, to over-indulge in luxuries, to live on denatured foods, to eat to excess on flesh foods, to ignore his need of sunlight, exercise and rest, to expose himself to undue stress, and to believe that lifestyle and diet have little or nothing to do with illness, there will never be a miracle cure for any ailment. Simple logic assures us that no chemical or therapy can force the body to recover for as long as our habits of life continually weaken our immune defenses, fill the body with toxic impurities, promote constipation, and leave the system hopelessly malnourished.

In the above article, Dr Warmbrand urges physicians to conform their approach to “fundamental concepts of health-restoration.” In this light, let us consider but a few of the more obvious of these fundamental concepts.

Concept #1: Whether we are ill or well, we must accept that disease never comes without a cause. Even Scripture assures us that “the curse causeless shall not come.” (Proverbs 26:2). Sure enough, there are times when people inherit the diseases of their parents. Heredity, therefore, must be considered as a valid cause of disease. Yet far too often we put the cause down to hereditary factors when, with respect, it was not the diseases of our parents that we inherited, but the same disease-causing cooking methods, tastes and habits of life.

Concept #2: In the treatment of disease, our primary focus must be on the removal of causes and not merely on the suppression of symptoms. In other words, if we are ill and we want to get well, let us at least be prepared to stop doing whatever it is that is making us ill. Then, and only then, is there hope for recovery.

For example . . . Dr Carl Albrecht, senior lecturer in pharmacology at the University of Stellenbosch Medical School, said at a recent National Cancer Association seminar that 50 percent of cancers could be avoided by simple modifications in our eating behaviour. ^{xxiv}

This means that in at least half of all cancer cases, diet is a causative factor. In such cases, therefore, the

cancer patient cannot simply rest his or her hopes on therapy while continuing to eat and to live as ever he did in the past.

Concept #3: We need to understand that disease is that which fills the void when health is in short supply. This being the case, in order to drive out disease our primary need is to “fill up” on health. In a general sense, it is our improved health or vitality that ultimately overcomes disease - aided at times by rational therapies and simple natural remedies.

Concept #4: When the system is in a reasonable condition, and we cooperate with its healing efforts, rather than work against them, the body usually has the ability to heal itself. For example, Dr. Warmbrand tells us that “the body possesses the power to destroy cancer cells.” As such, our first priority, whether we are a cancer patient or not, should be to help the body to harness this inborn healing power by doing whatever we can to promote health, to boost our immune response, to increase bodily energy, and to decrease the level of impurities in the system, etcetera.

In the light of these “fundamental concepts of health restoration,” we can readily perceive that disease is not a mysterious foe that strikes the innocent passer-by at random. ***Life is preserved by laws.*** When we break the laws of life, we deprive ourselves of the protection that they afford us and, without fail, we lay out the red carpet for suffering and, without doubt, we shorten our lives - and more.

In seeking recovery we simply cannot place our entire trust in any remedy or therapy. Our first duty is to bring our lifestyle and diet back into harmony with the laws of life. Then, having restored the conditions that support and promote life, we may have confidence as we employ proven remedies and rational therapies to assist Nature to correct a fault, to restore the balance, to expel poisons from the system, and/or to throw off an offending cause - as the case may be.

We are not here suggesting that medicines do not have their rightful place in the healing armory. What we are saying, however, is that when medicines are prescribed and no thought is given to causes, no consideration is given to the functioning of the bowels, no attention is paid to body chemistry, no effort is made to determine the toxicity of the system, no enquiry is made as to the diet and lifestyle of the patient, and no recommendations are forthcoming regarding the future living habits of the patient, then we are using medicine, not as a rational aid in the recovery process, but as nothing other than a species of magic - and such an approach has no hope whatsoever of producing favourable results.

The sad truth, however, is that most people, when ill, will rest their hope of recovery entirely on their medication. They will faithfully take the prescribed dosages, but will doggedly continue with the very life-destroying habits that brought ill health upon them in the first place - no thought is given to causes, no

improvement is made to their living habits, and no change is made to their diet.

Such people need to be reminded that true healing always embraces a positive shift from bad health to good health - and that healthful living alone can accomplish this positive shift. Sure enough, sometimes drugs are useful, sometimes they are essential, but drugs do not heal - Nature alone possesses healing powers. Drugs sometimes suppress symptoms, they sometimes relieve discomfort, they sometimes supply a substance that the body needs, sometimes they may even keep us alive - even anesthetic is a drug - but, generally speaking, drugs do not and cannot add to our accumulation of health - and health, after all, is what true healing is all about - health is the pot of gold at the end of every sick person's rainbow.

If we were to question a responsible chemist, he would assure us that he is not a vendor of canned health and, as such, he will readily confirm that he has no product on his shelves that can act as a substitute for right living habits, which habits alone can shift the body from a state of bad health to a state of good health; from a sick state to a healthy state.

Yet the sad truth is that our obsession with miracle cures, and much of the hype that so often comes our way via the media, have given the man in the street an unwarranted confidence in medicine. This, in turn, has led him to overlook the fact that, whether we are ill or well, ***health is our greatest weapon against disease.***

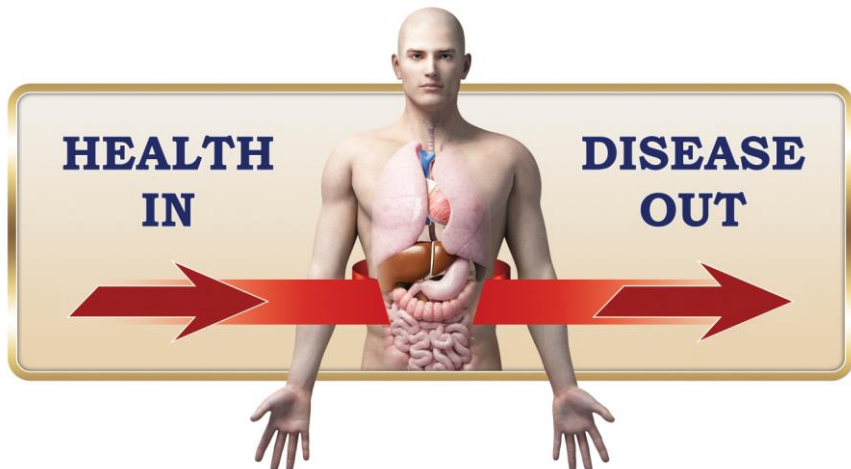
In simple terms, healthful living is the most powerful “agency” that can protect us from disease and, when ill, it is the most powerful “agency” that can recover the system - and there is plenty of sound evidence to prove this . . .

- It is not a coincidence that people who live and eat wisely seldom if ever contract cancer, heart disease, and diabetes, et cetera - their vitality is their greatest safeguard.
- There is no mystery as to why people who live and eat wisely seldom, if ever, get colds and flu - their vitality protects them.
- It is not merely fate that dictates that people who live and eat wisely usually have good skin, natural bowel function, strong bones and strong teeth - their vitality fortifies every cell in their body.
- There is nothing strange about the fact that people who go to health hydro’s usually recover from all manner of illness - their proactive quest for improved vitality heals them.

This all goes to prove that ***health is the primary need of all sick people*** - and the simple logic of it all just cannot be denied. So when we are ill, let us bear in mind that there is a time when we need professional advice, and that there are times when medication is necessary, but let us ever remember that health is the only wonder remedy that we can really depend on.

Whatever our illness, we simply cannot afford to rest our hopes on expected miracle cures. I repeat - there

will never be a chemical wonder cure for any ailment for as long as the approach of so-called science disregards the “fundamental concepts of health-restoration.”



Warning

Persons on prescription medicine should never dispense with their medication, or reduce the prescribed dosage, unless advised to do so by a suitably qualified health professional. This is especially applicable to persons on heart and/or psychiatric medication. The wise thing to do is to plan your healthy-living program together with a naturopath or a health-conscious, nutrition-oriented physician. Then, as your physician monitors the improvement in your condition, he will reduce or discontinue your prescription accordingly.

Nature's Way to Health Recovery



Medicinal Herbs

Plenty of Water in between Meals



Fresh Air 24 Hours a Day

Balance in All Things

Natural Foods

HEALTH RECOVERY

Helping Others



Avoid Junk Food

Daily Exercise



Daily Sunshine

Daily Rest and Avoid Stress

Chapter 7

The Ultimate Proof

Now that we have a better understanding of the havoc that junk foods wreak upon our systems, and how they rob us of energy and lead to a situation wherein the body becomes filled with toxic impurities, we can only guess at how many more books we would have to write if we wished to deal with all of the other factors in our modern age that put an unnatural strain on the life processes.

Having now dealt with this subject in some depth, however, we can readily appreciate that our real enemies are not germs, but the systemic impurities that germs thrive in, not so much hereditary diseases, but hereditary habits, not so much bad luck, but bad lifestyle and dietary choices, not so much the things in life over which we have no control, but our day-to-day neglects and indulgences.

And if these are our real enemies, then our primary focus must shift from what we can do when we are sick to what we should be doing to secure and maintain wellness. In other words, our primary focus must shift from cures to prevention, from an obsession with remedies to an ardent preoccupation with health – for, as mentioned earlier, ***health is our primary safeguard against disease.***

Before we consider a tried and tested “get-well-by-getting-healthy” program, I would like to share with you some of the true-life experiences that drove me to write this little book, and that give me the courage to speak with strong conviction.

For many years my colleagues and I conducted health awareness seminars throughout South Africa. These seminars were held under the auspices of The Natural Health Foundation.

The average seminar was usually conducted over a period of seven to ten days. During this time delegates lived on campus (we hired school dormitories during school vacations), their meals were specially prepared by my good wife and her team and, as far as time permitted in-between lectures, their lifestyle accorded with the *Nature’s Way* principles as outlined later in this book. The number of delegates who attended these seminars usually ranged from 40 to 150 people per seminar. These were people from all walks of life and from all professions - including teachers, nurses and even a few medical practitioners.

Time and again delegates recovered from long-standing ailments while still at the seminar. Some who could not walk much more than a few steps on the first day of the seminar were walking briskly for three to five kilometers per day within but a few days. Many with high blood pressure found that their blood pressure had normalized by the end of the seminar. Skin ailments cleared up and many even reported that their hair was far more manageable. A number of people who had suffered with headaches for years, and who had relied heavily on headache pills, were astounded when their headaches disappeared.

What is so amazing about these results is that they came about only because delegates were following a healthier lifestyle and because they were enjoying a more natural and a more nourishing diet. Besides a natural laxative and/or bowel flush for the first few days, and daily steam baths or saunas at the seminars conducted in the earlier years, no specific medication or therapy was prescribed (yet we always ensured that long-standing prescriptions were strictly adhered to).

After the seminars, those who incorporated into their lifestyle and diet the principles they had been taught soon recovered from all manner of illnesses, and here we are speaking about ailments that range from gout to heart problems, from depression to constant colds, from migraine to low blood sugar. Even the more healthy individuals who came to the seminar, and who followed the program thereafter, soon achieved a level of vitality that they had never experienced before.

Small Beginnings

In 1987, because fresh, reasonably-priced health foods were so hard to come by, we started the health food company that presently trades in Southern Africa under the name of *Nature's Choice*. Having seen how natural foods impact the lives of people, we could do none other.

Then, in 1989, with some thrilling years of real-life experience to motivate me, and with many years of study and research behind me, we published the book entitled *Nature's Way*. In this book we outline the principles and substitutions that were taught at *Nature's Way* seminars. To date, we have distributed and sold many thousands of copies of this book and, once again, the principles have proven sound in that all who follow the simple substitution program are profoundly benefited - healthy individuals gain added vigor, overweight people lose weight - without starving, while the majority who are ill, some even seriously ill, usually recover from their ailments.

On numerous occasions we receive telephone calls or letters from people seeking advice for this or that ailment. My standard reply to these enquirers is that I am not a doctor, and that, as such, I cannot suggest any medication. I do suggest, however, that they make every effort to follow the *Nature's Way* principles.

It would take a book in itself to record all of the positive reports that have come our way from people who attended the *Nature's Way* seminars, from those who

use *Nature's Choice* products, and from those who have read our books. Even today, as I work on the expanded edition of this book, a lady spoke to my son and asked him to pass on her thanks in that “the information in this book had saved her life.”

And the beauty of it all is that it involves no expensive medicines, no agonizing diets, and no radical treatments . . .

The *Nature's Way* program is a logical program and it is a “comfortable” program in that it suggests simple substitutions rather than prohibitions. Your meals will look the same, and they should taste as good as ever. All that will have changed is that you will have gradually substituted better ingredients, habits and cooking methods for unhealthy ingredients, habits and cooking methods.

We are a family who love food as much as any other family, yet we have discovered that we can eat heartily of the tastiest foods without sacrificing our health. We have yet to find any restaurant that can beat mom's food for that essential combination of taste, appetite satisfaction, good sleep, and good feelings the day after. The appraisals received from all who attended *Nature's Way* seminars and who have tried the recipes surely prove that healthful eating can be delicious eating.

Yet the *Nature's Way* program is not just a diet, but a lifestyle. There is nothing radical or fanatical about any aspect of the program. The fact that it works, speaks for

itself. The program does not call for any sweeping overnight changes in that it is a step-by-step program. The beauty of this approach is that it meets everyone where they are and enables them to advance at whatever pace keeps them feeling satisfied and comfortable.

What follows is a brief outline of the *Nature's Way* program - together with a logical explanation of how it all works. Should you grasp the rationale behind this concept you will have made a giant leap for wellness - for life.

Chapter 8

The Nature and Purpose of Disease

The *Nature's Way* program is based on the *Nature Cure* philosophy of disease. This is the philosophy that is taught in Naturopathic colleges throughout the world. The success of most health hydros and healing sanitariums is largely attributable to the fact that their treatment programs are structured around the basic principles of *Nature Cure*. If you took the trouble to study into the matter, you would find that *Nature Cure* is not that far removed from the philosophy of disease that was held by Hippocrates - the so-called "father of medicine" who taught that . . .

Nature is the physician of our diseases. ^{xxv}

Before we contemplate the *Nature Cure* approach, however, it is important that we first consider the various generally accepted categories or "stages" of disease. Certain schools of thought interpret these various stages slightly differently but, for the sake of

this exercise, the following interpretation will suffice. Please study Figure 10. carefully.

Acute stage	Colds, boils, pimples, coughs, fevers, etc
Sub-acute stage	Influenza, bronchial disorders, etc
Chronic stage	Hay fever, psoriasis, pneumonia, etc
Sub-chronic stage	Asthma, diabetes, etc
Degenerative stage	Cancer, gangrene, emphysema, etc

Figure 10

Reading from top to bottom of the table, you will notice that these stages of disease progress from the less serious, less deep-seated manifestations which, if treated correctly, are usually relatively easy to overcome, to the more serious, more deep-seated manifestations which are life-threatening and which are usually most difficult to overcome.

Until such time as we again refer to this table, our discussion will focus primarily on the acute stage of disease - namely, on our colds, boils, pimples, coughs, fevers, etc. ***Please take special note of this fact.***

In a very general sense, *Nature Cure* teaches us that in the great majority of cases we bring our acute ailments upon ourselves . . .

- Either as a result of unwise living and eating habits, and/or . . .
- Through the unwise treatment and/or suppression of past ailments.

As one widely publicized author puts it . . .

Disease never comes without a cause. The way is prepared, and disease invited, by disregard of the laws of health. ^{xxvi}

Unlike the orthodox view of disease, a view that considers our acute ailments to be the random attacks of a “deadly enemy,” *Nature Cure* recognizes our acute ailments as little more than Nature’s spontaneous response to our unwise living and eating habits. In other words, our colds and coughs etc, are not “enemies,” as such, but the evidence of Nature’s desperate effort to cleanse the system and to correct and to counteract the imbalances that have resulted from our unwise choices.

As Dr. Harry Benjamin confirms, . . .

Disease is nothing more or less than Nature’s blind attempt at cure. It is the system’s attempt to deal as effectively as it can under given conditions with factors which, through man’s ignorance, folly, and self-indulgence, are causing impediment of function! ^{xxvii}

So let us consider a few of our more common acute ailments in the light of this altogether rational understanding of disease.

- When we have a cough, Nature is trying to expel unwanted matter from the system.
- When we have a cold, the body is burdened with toxic accumulations and is making a desperate effort to cleanse the system.
- When we sneeze, Nature is expelling gaseous waste from the lungs and/or attempting to eliminate mucous from the sinus passages and nose.
- When we have diarrhea, Nature is usually attempting to flush toxic matter from the bowels.
- When we have pimples, boils or blackheads, Nature is eliminating impurities via the skin.

In a broad and very general sense, therefore, and making allowance for exceptions, *Nature Cure* considers our acute ailments, not as hostile attacks on the body, but as the beneficial efforts of Nature to rid the system of life-burdening impurities. As a previously quoted writer states, . . .

Nature, to relieve herself of poisonous impurities, makes an effort to free the system, which effort produces fevers and what is termed disease. ^{xxviii}

Now if this is the first time that you have been confronted with this age-old understanding of the purpose of disease, I can understand if it sounds a little strange, yet it is no “stranger” than any of the other self-healing and self-protecting mechanisms that play such a vital role in preserving our lives. For example:

- When we cut ourselves - the blood coagulates at the cut, the skin grows together, and Nature heals the cut.
- When we burn ourselves - Nature covers the burn with a protective blister.
- When we break a bone - Nature knits the bone together.
- When a germ or a virus enters the bloodstream - then, by the design of Nature, a marvellous army of powerful little internal “friends” come to our support and overwhelm the intruder.
- When we damage an area - the blood rushes to that area to supply healing energy and nutrients, to protect the area, and to carry away waste.
- When, after many years of physical abuse, we switch to a healthier way of living, Nature immediately responds by mustering all of her healing energies.

Clearly, all of these protective and restorative mechanisms are part of a brilliant Master design - one that includes self-healing, self-regeneration, and self-protection as vital components in an overall strategy that is aimed at preserving the living organism.

Once we recognize how Nature is constantly working to keep us well, we can readily discern that there is nothing strange about a philosophy of disease that views our acute ailments as the beneficial, healing, cleansing efforts of Nature.

As Dr. Stanley Lief explains:

The process of acute disease is one which actually saves life. It enables the body to cleanse itself of dangerous excesses of impurities that the depurating organs (lungs, bowels, bladder, skin, kidneys, liver) have been unable to eliminate in the normal way. The situation has become one in which the body is full of filth (toxins) and so the body must seek some way by which to throw it off, or death will ensue. The most usual way is by means of a fever - a burning up, a feverish cold, etc. These processes are produced by the body in an effort to purify and soothe itself. If the purpose of disease were universally understood from this standpoint, it would quickly lose its terrors, and instead be regarded as a **friend** in disguise. ^{xxxix}

We have seen so many people benefited when they stopped using drugs to suppress their acute ailments, and we have seen so many others severely handicapped through the unwise and ongoing suppression of those same acute ailments, that I can only urge the reader to consider the remainder of this book in a very serious light. As I hope to prove to you, the interpretation of the role that our acute ailments are intended to play is not just a matter of opinion. It could well be a matter of life and death.

Chapter 9

Orthodox Medicine's Most Tragic Oversight

While many people are hailing the so-called advances of science and the claimed breakthroughs of modern medicine, it is more than obvious that medical science is not winning in the battle against disease for, despite the many widely publicized “advances,” and despite the many impending breakthroughs (that never quite materialize), people today are more seriously ill than ever before, and the situation is certainly getting worse.

As Dr. Alexis Carrel tells us . . .

Although modern hygiene has made human existence far safer, longer, and more pleasant, diseases have not been mastered. They have simply changed in nature. ***The organism seems to have become more susceptible to degenerative diseases,*** but we must still die and ***we die in a much larger proportion from degenerative diseases.*** The years of life

which we have gained by the suppression of diphtheria, smallpox, typhoid fever, and so forth, are paid for by the long sufferings and lingering deaths caused by chronic infections and especially by cancer, diabetes and heart disease.’ xxx

Yet this ever worsening situation is not at all surprising to proponents of the *Nature Cure* philosophy. For many decades they have sought to help the orthodox medical/drug establishment to recognize that our acute ailments are not enemies to be warred against and suppressed, but elements of a beneficial scheme of Nature that should be assisted in their kindly efforts to rid the system of unwanted, life-threatening impurities.

These warnings have gone unheeded, however, and powerful drugs are still commonly used to **suppress** our acute ailments - and the results speak for themselves. Dr. Harry Benjamin, a well-known, highly respected, and widely publicized Naturopathic writer, presents what is to me the most plausible reason why the human organism “**seems to have become more susceptible to degenerative diseases.**” As he explains, . . .

These methods [of treatment that suppress our acute ailments], instead of allowing the toxins and poisons in question to be readily ejected from the system - eliminated, that is - **as Nature intends**, and as the methods of Naturopathy allow, succeed only in forcing these same toxins and poisons farther back into the system, where - plus the drugs,

vaccines, sera, etc., administered by the doctor - they collect around the deeper structures, or find lodging within the vital organs, **to form the basis for far more serious troubles later on.** ^{xxxix}

If our acute ailments are intended to relieve the system of life-burdening impurities - in other words, if our acute ailments are elements of a God-designed strategy that is aimed at preserving life, and if we keep taking drugs to suppress these healing, cleansing efforts, **is it any wonder that the human organism becomes more susceptible to chronic and degenerative diseases?**

In order to appreciate better how suppressive medical treatment leads to “**more serious troubles later on,**” let us consider how the average cold has been “treated” for decades.

We are sneezing, we are coughing, our nose is running and, all-in-all, Nature is doing a fine job at ridding the system of toxic impurities . . . but, because we don't feel so good, and because vested interests have influenced us into believing that the cold is a deadly enemy, we take a decongestant cold “remedy.”

Now, because the medicine contains alcohol, we soon feel a little cheerier and, because it also contains analgesics, we are relieved of some of our discomfort and, because the medicine was formulated to dry up the mucous membranes in the nose and throat, we could well find ourselves praising the wonders of modern-day science - thinking all the while that the drug has cured

us. The sad truth, however, is that ***we are now in a worse position than we were in before we took the drug.***

Had we studied the insert that accompanied the medicine, we might well have noticed that it was formulated “***for the symptomatic relief of***” our ailment. This means that even the manufacturers are not claiming that their medicine can cure the cold, but only that it can suppress the symptoms of the cold.

But what are the symptoms of the cold? A runny nose, coughing, sweating, sneezing - all of which are not enemies that should be suppressed, but “friends” that should be assisted in their vital emergency work of ridding the system of impure matter.

In short, all that we have achieved by taking such drugs is to stop Nature from making us well!

More than this, the drugs have only added to the level of impurities in the system and, though we might be under the impression that the medicine has helped us, the sad truth is that ***we have really only managed to “lock” into the system the very impurities that Nature was trying to remove from the system.***

Sooner or later, when Nature recovers from this abuse, and when she regains her energies, she will make a renewed effort to rid herself of this excessive accumulation of toxic impurities. This time, Nature’s effort might be in the form of yet another cold or,

sensing that she never quite gets her way via this avenue, she might try and eliminate these impurities through some other acute manifestation. Yet on this occasion, because the drugs have only added to the toxic burden on the system, Nature's renewed effort at cleansing might well be far more vigorous, far more distressing, and far more serious.

Now we know why so many people have such a struggle with repeated bouts of coughs and colds - they simply never allow Nature to complete her work of expelling unwanted and excessive impurities from the system.

Yet this sad, sad story does not end here for, every time Nature makes a renewed effort to clean out the closets of the body, we again resort to drugs to suppress those efforts. Then, as Nature's efforts become more and more vigorous, and as they become more and more desperate, so we will in all likelihood resort to more and more potent suppressive medications - even to the point that we will take double the suggested dosage in our despairing efforts to overcome our "dis-ease."

Eventually the level of impurities in the system becomes so excessive and so unnatural that the body is forced into violent and unnatural action - and now, seemingly out of the blue, we suddenly come down with bronchitis or pneumonia - or even asthma. You see, once we understand the true nature of disease, there really is no mystery as to why . . .

Pneumonia often follows the common cold. xxxii

Dr. Benjamin explains why this is so . . .

As in all toxic conditions affecting the health of the system, wrong feeding habits and general wrong living are the main factors concerned in the development of pneumonia in any given case, but suppressive medical treatment of previous disease plays a very big part in the matter too (especially the medical treatment of influenza). ***The driving back of toxic matter into the system, and its collection in the lung tissue as a result of the suppressive treatment of acute toxic conditions such as influenza, etc., often leads directly to the setting up of pneumonia.*** ^{xxxiii}

Quite simply, had we never suppressed the cold, and had we lived a little more sensibly, we should never have contracted pneumonia.

Nevertheless, once we “come down” with one of these more serious (chronic or degenerative) ailments, we will bemoan our bad luck, and we will curse the germs and whatever other factors that we consider to have caused our condition, but the truth is that in our ignorance we have unwittingly brought the more serious ailment upon ourselves. ***By the unwise suppression of Nature’s “friendly” efforts to make us well, we have turned our beneficial acute ailments into a life-threatening sub-acute or chronic ailment.*** (Please refer once more to Figure 10 on page 82)

Dr. Boris Chaitow, D.O. N.D. D.C., founder/director of one of South Africa's premier Hydro's, warns of this very danger:

If from time to time we suffer a headache, a cold, a fever, a skin eruption or any one of the many [acute] ailments to which man is subject, and through ignorance or neglect disregard nature's warnings, ***continuing to suppress the body's efforts to eliminate the provocation***, then as surely as night follows day ***the price paid will be in the more deep-seated and chronic nature of the eventual disease.*** xxxiv

Unfortunately, once we have been diagnosed with one of these more serious ailments then, unless we are in the hands of highly trained personnel, we have no option but to take suppressive drug medications because, at this stage, the body's desperate efforts to rid itself of this unnatural accumulation of toxic matter could very well suffocate or even kill us.

What is most tragic about this scenario is the fact that the drugs that enable us to suppress Nature's cleansing efforts in the first place are available to us ***without prescription and without professional consultation.*** This then is how we graduate from being voluntary users of over-the-counter drugs to being involuntary and possibly life-long users of dreadfully expensive prescription medications . . .

- medications that do not lessen but only add to the level of impurities in the system . . .
- medications that do not heal, but only suppress Nature's healing efforts.

If ever there were a vicious cycle, this is it.



Now, as we find ourselves locked into a medication program that keeps us alive, but that also keeps us from getting well, the tragic downward spiral can only continue.

As we dutifully take our medication, we will in all likelihood develop certain side-effects - and additional medications will be prescribed to suppress or to “mask” these side-effects. The original impurities are still in the system, the lifestyle and diet that gave rise to our problem in the first place have not been changed and are still contributing to the build-up of impurities in the system, and all the while the medications themselves are contributing to our toxic condition.

Eventually we arrive at a situation that Dr. Warmbrand described in his article on cancer. The body has now become so saturated with toxic impurities, and it has so long been in this condition, that ***the environment surrounding our cells has been radically changed.*** Now, in order for our cells to survive in this strange new environment, they are forced to alter their characteristics. As a result, our natural cells are transformed from normal cells, “members of the community of cells to which they originally belonged,” into abnormal cells.

This in turn can lead to . . .

- Tissues losing their natural properties - as in the case of connective tissue disease (scleroderma),
- Mutation of cells - as in the case of cancer,
- Destruction of cells - as in the case of emphysema.
- Sometimes, in a desperate effort to protect our cells from the influence of toxic impurities, the body will encapsulate the offending impurities - thus giving rise to a tumor.

Is this really the awful truth? To be absolutely honest, and with respect to the many doctors, chemists and nurses who have entered their profession with only the best of humanitarian motives and intentions, and recognizing that conventional medicine is often superb in areas such as surgery, emergency, and trauma, I fear, as many have feared before me, that an awful mistake has been made - one that has cost humanity dearly.

As Dr. Benjamin laments . . .

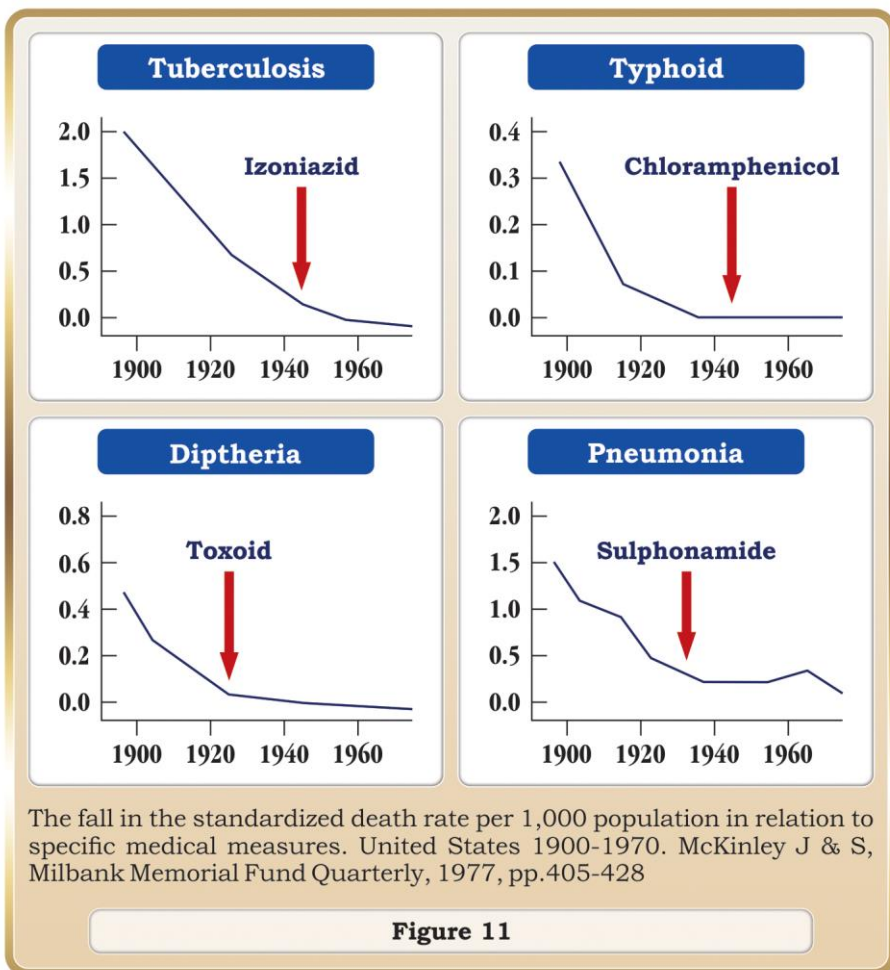
It is surely the greatest tragedy of modern times that men such as these, actuated by the best and highest motives, - motives for the alleviation of the sufferings of mankind - should, by virtue of the methods they employ, be directly instrumental in actually causing disease to be far more widespread and prevalent than it otherwise need be, simply because the whole of their practice is based upon and upholds a philosophy of disease which is so completely and irrevocably false, so completely “unaware” of the true facts of the matter.

By the administration of drugs, vaccines, sera, anti-toxins, etc., and the extremely free use of surgery, the medical profession seeks to rid mankind of “disease,” simply because it can never understand that ***“disease” is a natural attempt on the part of the body to protect and free itself from the harmful effect of poisons generated and accumulated in the system as a result of wrong living, dietetic and otherwise.*** ^{xxxv}

In light of the above, the following is of particular interest:

It is generally believed that drug treatment of some type has led to a significant reduction in the death rate. But a close examination of the deaths from diseases such as tuberculosis, scarlet fever, influenza, pneumonia, diphtheria, smallpox, typhoid etcetera – shows that the

death rate was declining before relevant drugs were developed, and further that there was no obvious change in the rate of decline when the drugs became available. See Figure 11 below.



Chapter 10

The Sure Road to Recovery

Having considered the nature of disease, and having discovered that, generally speaking, our acute ailments are the beneficial efforts of Nature to cleanse the system of life-threatening impurities, and having seen how dangerous it is to impede these cleansing efforts of Nature, we now need to consider what we can do to help rather than hinder Nature when she brings on one of these acute “ailments.”

Obviously, our first responsibility is to examine our lifestyle and diet and to make the necessary changes. This is a must simply because ***we will never get well for as long as we continue to do whatever it is that is making us ill.***

Then, secondly, if you suspect for one moment that your illness is anything other than an acute ailment, you need to seek appropriate professional help with special emphasis on the word “appropriate.”

If you are convinced that your discomfort is caused by an acute eliminative effort of Nature, then I urge you to seriously consider the following. This material is not intended to be prescriptive. It is supplied for your information only and should be discussed with your naturopath or your health-conscious, nutrition-oriented physician.

As far as health recovery is concerned, Dr. Jensen tells us that . . .

Toxaemia [impurities in the blood/system] and enervation [lack of bodily energy] are the two stumbling blocks to overcome in dealing with the elimination of disease from the body. ^{xxxvi}

In simple terms, when we are ill, there are two objectives that demand our undivided attention . . .

- Maximizing our energy levels, and . . .
- Minimizing the level of impurities in the system.

Professor Arnold Ehret, author of *The Mucousless Diet System* (p.53), gives us the exact same advice, but he presents it in the form of an equation. I have taken the liberty of adapting his terminology better to suit the needs of this book.

Physical Health = Bodily Energy minus Bodily Impurities

For long years I have been convinced that the world has great need of a health message that even the most simple and the most poverty-stricken of folk can

understand and benefit from - and this one certainly seems to be simple enough - “go for energy and rid the body of impurities.”

But just what steps can we take to increase our bodily energy levels and to decrease the level of impurities in the system?

For decades we have lived by the following counsel, and the outcome has always been gratifying:

In case of sickness, . . .

1. the cause should be ascertained.
2. Unhealthful conditions should be changed, [and] wrong habits corrected.
3. Then nature is to be assisted in her effort to expel impurities and to re-establish right conditions in the system. ^{xxxvii}

In short, we might summarize the above prescription as follows:

1. Investigate the ***lifestyle and diet***,
2. Change the ***lifestyle and diet*** wherever necessary,
3. Help nature to free the system from conditions that have come about as a result of faulty ***lifestyle and dietary habits***.

Notice that lifestyle and diet are central to the entire prescription. Yet how many hundreds of thousands of

prescriptions are issued in our world each day without the matter of lifestyle and diet even being mentioned? Is it any wonder that modern medicine is not winning in their “war” against disease!

The fact that orthodox medicine is making war on “disease” lies at the very heart of their failure - and they will continue to lose this battle until such time as they realize that the foe that they are fighting with is actually a friend that they should be cooperating with.

Figure 12 illustrates how the Nature’s Way program assists Nature `in her effort “**to expel impurities and to re-establish right conditions in the system.**” While it does look simple, the results are always profound.

Please believe me when I tell you that my colleagues and I have seen a great many people totally transformed by this program. We have seen pimply-faced, chubby little girls become beautiful in just a matter of weeks; we have seen overweight women with triple chins slim down to a normal figure in a surprisingly short space of time - and this without starving; we have seen men having to have the waist of their pants taken in by many centimeters as a result of following this program; we have seen sad people become happy; we have seen suicidal and/or depressed people stabilize; and, as mentioned earlier, we have literally seen hundreds of people recover from a wide variety of ailments.

Nature's way of increasing bodily energy and reducing bodily impurities


To overcome disease 		1) We need to increase bodily energy	2) We need to decrease the level of impurities from or via the...				
			Bladder	Bowels	Lungs	Skin	Mind
N	Nutrition	✓	✓	✓	✓	✓	✓
A	Air	✓	✓	✓	✓	✓	✓
T	Trust in God	✓	✓	✓	✓	✓	✓
U	Uplift others	✓	✓	✓	✓	✓	✓
R	Rest	✓	✓	✓	✓	✓	✓
E	Exercise	✓	✓	✓	✓	✓	✓
S	Sunshine	✓	✓	✓	✓	✓	✓
W	Water	✓	✓	✓	✓	✓	✓
A	Abstemiousness	✓	✓	✓	✓	✓	✓
Y	Your attitude	✓	✓	✓	✓	✓	✓

Figure 12

And what was it that brought about such radical improvement?

- They substituted the good for the bad in their lifestyle and diet. This improved their energy levels and reduced the level of impurities in the system, and . . .
- They stopped suppressing Nature's efforts to make them well.

With reference to Figure 12 above, you will notice how the various elements of the Nature's Way program increase the body's energy reserves and how, either directly or indirectly, they encourage the elimination of impurities from the system via the eliminative organs - these being the bladder, the bowels, the lungs, and the skin - assisted of course by the blood, liver, kidneys and lymph system.

You will also notice that the program focuses on the 'cleansing' of the mind. It must be understood that destructive emotions have a direct impact upon our health. When our minds are laboring under stressful emotions and negative attitudes such as guilt, distrust, selfishness, sadness, anxiety, discontent, grief, remorse, anger, fear, hatred, envy and/or jealousy, our entire system is being burdened, weakened and poisoned - firstly because these emotions drain our energy reserves, and secondly because most of the above-mentioned emotions or attitudes cause the adrenal glands to secrete adrenalin into the bloodstream - and adrenalin, if not utilized by the body in a fight or flight

situation, actually adds to the accumulation of toxic impurities in the system.

It should be recognized that not every facet of the Nature's Way program has a direct bearing on the organs of elimination, yet every facet of the program will help to increase the body's energy reserves. As such, every facet will have an indirect impact on overall cleansing via the organs of elimination.

Always remember, however, that when you first adopt a healthier way of life, you must expect what is known as a "healing crisis" - which is the subject of the next chapter.

Chapter 11

The Healing Crisis

As you work at strengthening and cleansing your body, your system will regain its vitality. Then, as your vitality improves, your body will sense that it finally has the energy and the ability to engage in certain housekeeping tasks that it never quite had the vital reserves to perform in the past. As the naturopathic writer, George Teasdale, tells us, . . .

By the time a man reaches forty years of age living on a civilized diet, he may have stored away in his body upwards of twenty pounds of mucous. When he discontinues the intake of catarrh forming foods, the life forces within him commence to break down and eject this large accumulation of virus. ^{xxxviii}

And just how will the body “eject this large accumulation” of virus / mucous / impurities? By way of a cold, a cough, sneezing, short-lived skin blemishes,

etcetera. What this means is that just when most people would think that they should feel better than ever before, they might just find themselves experiencing a sudden upsurge in the frequency of their acute ailments - but only for a short while. As Dr. Jensen explains . . .

In the *Nature Cure* way of treating [disease], a discharge that is dormant in the body may again become active, and the patient may become alarmed, but when nature is cleaning house she stirs up latent, encapsulated conditions that will gradually eliminate themselves through the bloodstream and the eliminative organs. In the process of cleansing, Nature is breaking down the stored-up toxic material that has developed in the body from the use of drugs, vaccines, injections, and generally bad living habits. Those who do not understand nature's way of ridding the body of toxins through a discharge, do not understand that when a drug is given to suppress this discharge, they are interfering with nature's way of ridding the body of toxic waste. The elimination of toxins by the body is referred to as, "the Healing Crisis." xxxix

Once we understand the true nature of disease, those who wish to improve their health will understand that a short spell of suffering might well be unavoidable. In fact, the healing crisis is often a rocky path that we simply have to climb if we wish to reach the summit of good health.

So what can you expect when you first start following the *Nature's Way* program?

The healing crisis can manifest itself in various ways, but there is usually catarrhal elimination, accompanied by any of the following: headache, boils, skin rash, sore joints, retention of water (edema), mild fever and/or stiff muscles. In fact we might even relive some of our old ailments and pains, especially those that were suppressed by drug medications. Diarrhea, bad breath, and minor skin blemishes can also present for a short while as the body seeks by every means possible to cleanse itself.

If you have lived a reasonably healthy, active life, and your body is in a fairly good condition, chances are you will not experience any undue discomfort when you start out on this program. If you have lived intemperately in the past, however, and you have been in the habit of taking drugs to suppress your acute ailments, your system is likely to be burdened with a considerable level of toxic impurities. If this accumulation is more than your eliminative organs can cope with, then Nature will have to call to her aid her good and faithful housemaids - namely, the common cold, the cough, etcetera, to assist her in her cleansing efforts.

Those younger in years may develop inflamed tonsils - but here we need a special note of caution. We must remember that the tonsils are important components of the lymph system and that, as such, they play a vital

role in the cleansing processes of the body. When they are inflamed, it is a sign that the body is backed up with toxic impurities and, as such, inflammation of the tonsils is not necessarily an indication that the tonsils should be surgically removed. In most cases it is simply sure proof that something in the lifestyle and/or diet needs changing. As Dr. T. Hartley- Hennessey, A.R.C.A., tells us . . .

In many countries enjoying modern civilization, almost every law of nature is now violated. Under modern conditions, if a child is taken to hospital suffering from inflamed and discharging tonsils, not only are the tonsils, which are doing their job magnificently, amputated, but the child is returned home in the same condition of life which produced the disease. No change is made.

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So the message here is that if a child has inflamed tonsils, our first need is to seek by every means possible to help to detoxify the child's body - a process that will certainly include the drinking of lots of water in-between meals, hot baths followed by skin rubs, a mild herbal laxative or an enema for four or five days, a daily drink of activated, granulated charcoal, a liberal daily dose of vitamin C and other anti-oxidants, and a switch to high-fiber natural foods - preferably vegetarian. Then the parents need to ensure that sweets, refined junk foods and sugary, preserved drinks are totally excluded from the child's intake. By removing the cause, and cleansing the system, the inflammation should soon subside - and expensive, painful surgery will thus be avoided.

At first the Healing Crisis may sound like a cruel quirk of Nature, but once we understand the true nature of disease, and how the body, in its all-wise economy, is always looking for opportunity to cleanse itself, and how it will only do this when it has the vital reserves to carry it through, we come to realize that there are times in life when we have to suffer a level of “sickness” in order to get well. Quite simply, we cannot expect to get well for as long as excessive toxic impurities are backed up in the system - and very often the only way that the body can eliminate this encumbrance is through the “friendly” process of acute “dis-ease.”

Hence the wise advice of George Teasedale:

We need to be patient with Nature, even though her efforts at house cleaning are disagreeable. By persistent continuance in well doing the body will be cleansed of its toxic accumulations and the discharges will finally and permanently cease. ^{xli}

Under normal circumstances, wisdom, perseverance, and sometimes a few natural remedial agencies, are all that may be needed to help our systems to recover from a healing crisis. At such times there is usually no need for alarm for, as Dr Jensen assures us, . . .

It takes a reserve to go through a healing crisis, and the body will not produce a crisis unless it is able to go through with it. ^{xlii}

Yet we should still be cautious, especially if we suspect that our immune defenses are low, and especially if we

have lived a very intemperate life in the past. If at any time you feel even slightly alarmed at the symptoms that you are experiencing, do not hesitate to seek counsel from a naturopath or a suitably qualified health professional. Do mention to him or her that you have recently improved your living habits and that you suspect that you might be experiencing a healing crisis.

Chapter 12

Dentistry's Saddest Mistake

Whatever I have written thus far was gleaned from personal study and experience over a twenty-year period. My initial motivation for studying into this matter being a desperate need to recover my own health. With time, I was greatly benefited by what I had learnt and by what I applied. I will always remember a specific period of about seven years when I achieved a tremendous level of mental and physical vitality - those were truly great, super-productive and wonderfully enjoyable years - years that found me organizing health seminars and talks all over my country, years that found me running up and down mountains at the age of forty-plus, years of incredible mental clarity, years during which I enjoyed a remarkable sense of peace and well-being.

Sadly, those good years did not last. Despite my excellent diet and lifestyle, my good health and great feelings slowly started leaving me. Though I explored

every avenue in an effort to discover the cause of my decline, I could find no answers.

Eventually I reached a point where I could no longer go to work, where I could not sleep for more than three hours a night, where concentration became a real effort, where I could not deal with even slightly stressful situations, where my memory failed me continually, where depression held me in its cruel grip, where I had a strange longing to die (for no apparent reason), and where any kind of social engagement beyond my immediate family put me under tremendous pressure. Where in the past I had loved lecturing and mixing with people, I literally reached a point where I felt that I would have to become a recluse.

Then, three years after it all started, and a small fortune later, a friend just happened to lend me a book that described the symptoms of mercury poisoning - and they matched my most prominent symptoms perfectly. Seeing that I had one and a half teeth in the back of my mouth that had been built up with silver/mercury amalgam - probably the equivalent of 20 to 30 average fillings - this certainly was a possibility worth investigating.

Thus, I began a period of intensive study that culminated in a request to my dentist to remove all the silver/mercury restorations from my mouth. Somehow, he managed to persuade me that the precautions that I suggested were not necessary and, as a result, I swallowed a large proportion of the drilled out and

vaporized mercury amalgam. Little did my dentist or I realize at that point in time that what I was swallowing was ***the most poisonous, non-radioactive substance in the world - even more poisonous than arsenic.***

Now my troubles really started, and now my symptoms really became serious. In fact, I literally started dying by degrees. In desperation I searched the internet, I read every book I could lay my hands on, and I contacted everyone I could locate who had some experience with mercury poisoning, A specialist in heavy metal toxicity even remarked that if it were not for my healthy lifestyle and diet I would most surely have become as mad as a hatter. (Hatters used to suffer a high incidence of insanity caused by the mercury used to make animal fur into felt for hats - hence the expression - “as mad as a hatter.”)

Eventually, in a very poor physical state, not having slept properly for five years, I landed up in Mexico, where Drs. Huggins, Morales and associates removed all possible sources of toxic poisoning from my mouth - including metal-based crowns, three root canals - all three of which were infected, - and a number of cavitations. (Cavitations are hidden holes within the gums. They come about when a tooth is extracted in the routine “tug-and-leave” fashion - without removal of the ligament surrounding the tooth. This cavity in the gum is known to become the dwelling place for some of the most toxic anaerobic bacteria known to man.)

Within one week of this extensive oral “clean-up,” my nerves stabilized, the depression left me, and my energy levels improved tremendously. Within two weeks I was back at work, and even enjoying it. It is now three months since our return from Mexico and, though I still have some considerable way to go, the improvement has been quite phenomenal. Those in the know tell us that full recovery from mercury poisoning can take six years or longer, if full recovery is in fact possible, so I guess I need to be patient.

While in Mexico, my wife had all of her mercury/amalgam fillings removed and, though she was not suffering from any aggravating symptoms prior to this, she now wakes up feeling energetic and fresh, her nervous system has stabilized remarkably, and she has noticed a marked improvement in many aspects of her life. Like millions of others in this world, my wife thought that the way she felt prior to the removal of her mercury amalgam fillings was simply the way she was meant to feel for her age - little suspecting that her entire system was being burdened by a deadly poison that had been implanted in her teeth.

Today scientists and enlightened dentists the world over are warning that silver/mercury fillings, made up as they are of plus/minus 50% mercury, are a dangerous source of systemic poisoning. As two highly respected physicians warn us . . .

Indeed, there is no question that mercury vapor escapes with time from the surfaces of

amalgams. There is definite evidence that mercury is shunted quickly from the blood and deposited in all organ tissues around the nervous system and brain. ^{xliii}

More and more respected scientists are now linking amalgam-related mercury toxicity to Alzheimer's Disease, Parkinson's Disease, Chronic Fatigue Syndrome, Allergies, Multiple Sclerosis, and many other very serious ailments and most of those who are suffering from these dreadful complaints have no idea that the cause might just be inside their mouths.

Collectively Drs. Casdorff, Walker, Huggins, and others, list the following as some of the more common symptoms of mercury poisoning - according to various sources, any combination of these symptoms could indicate mercury toxicity - anemia, anxiety, a sensitive tongue, bad breath, bleeding gums, bronchitis, chills, colitis, coughing and nausea, depression, drowsiness, erratic behaviour, excessive shyness and embarrassment without cause, fatigue, fever, flu-like discomforts, forgetfulness, gingivitis, hallucinations, high blood pressure, inability to cope with stress, inability to make decisions, increased sensitivity to sounds and light, insomnia, irregular gait, irritability, joint pains, loss of appetite, loss of self-confidence, low blood sugar, loosening of teeth, memory loss, mental disturbances, metallic taste, mouth sores, nervousness, numbness, nutritional disturbances, outbursts of temper (which is also linked to certain drugs and/or the eating of food that has been cooked in aluminium pots),

paralysis, resentment of criticism, self-consciousness, shaking, social phobia, sore throat, stomach pains, suicidal thoughts, timidity, trembling, urinary frequency or irregularity, visual changes, vivid dreams, and vomiting.

Dr. Michael Colgan, Ph.D., CCN, one of the world's top nutrition scientists, tells of a weightlifter who was overcome by mercury poisoning. This normally confident individual became embarrassed and mad when people looked at him. As Dr. Colgan explains:

The most insidious symptom was his loss of confidence, something you would think was entirely mental. No way. Mercury poisoning attacks the brain, to cause a condition marked by shyness, fearfulness, and timidity. It can reduce the strongest athlete to a frightened mouse. ^{xliv}

If you are plagued by any of these symptoms, please do not rush off as I did and have your mercury fillings removed. There is a special procedure that has to be followed and special precautions must be taken - and you simply have to find a dentist who acknowledges the dangers and who will be willing to take the necessary precautions. Please DO NOT allow any dentist to work on your mouth unless he is going to respect your wishes in this regard.

In the United States mercury has now been banned from use in interior latex paints and it has even been banned from use in the switching mechanism of

children's running shoes - those shoes with lights in the heel - because the shoes will ultimately end up on a landfill and the mercury will eventually leak into and poison the subterranean water supply. You can only imagine how poisonous mercury must be for the U.S. health authorities to take such steps!

Isn't it strange that we are not allowed to use mercury in shoes, and yet dentists are allowed to implant it in our teeth?

Mercury is so poisonous in fact that the Environmental Protection Agency (USA) has now declared scrap dental amalgam a hazardous waste. What this means is that dentists are no longer permitted to throw scrap amalgam in the waste basket, or even to bury it in their gardens. The toxic nature of mercury amalgam is such that the American Dental Association (ADA) was forced to issue the following warning . . .

Dentists should alert all personnel who handle mercury about the potential hazards of mercury vapor and the need for good mercury hygiene practices. All amalgam scrap should be salvaged and stored in a tightly closed container. Handling amalgam requires extreme caution and a "no-touch" technique should be employed. ^{xlv}

Even more baffling is the thought that dentists are advised not to touch mercury, and yet they are taught to implant it in our teeth - where our tongues can touch it 24 hours a day!

Recent reports tell us that on the strength of an abundance of scientific evidence, the Swedish and German governments have now placed an outright ban on the use of mercury in dental restorative procedures. We are hoping that other governments will soon follow suit.

Despite the toxic nature of Mercury, and despite warnings from research centers the world over, in excess of 136 000 kilograms of this deadly poison is still being used in dental restoration work annually. Yet, thankfully, more and more dentists are refusing to use mercury amalgam. As Dr. Richard D. Fischer, confesses . . .

I don't feel comfortable using a substance designated to be a waste disposal hazard. I can't throw it in the trash, bury it in the ground, or put it in a landfill, but they say it's okay to put it in people's mouths. That doesn't make sense. ^{xlvi}

For those of us who understand that disease is an effort of Nature to remove toxic impurities from the system, it is more than obvious that the very last thing we need in this world is to have a deadly toxic substance implanted in our teeth - one that would force our immune system into a 24-hour-a-day defensive reaction, sap our energy reserves for 24 hours a day, and contribute 24 hours a day to the level of impurities in the system.

The challenge we face, however, is to get the dental profession to admit that there is a problem. Most dentists have only done what they were taught to do,

and this they have done very well, with every good intention, but the problem is with what they have been taught - coupled with an understandable unwillingness to acknowledge that dentistry might well be guilty of one of the biggest blunders in medical history.

Undoubtedly one of the world's most urgent needs is for the manual on dentistry to be radically and urgently rewritten for, the way things are at present, and according to professional opinion, . . .

Organized Dentistry is probably the most dangerous of all the human healthcare professions.^{xlvi}

As much as we do not want to believe this, more and more professionals are warning that . . .

The role the dentist plays is directly or indirectly related to the etiology [cause] of a large number of diseases, some occurring at sites far distant from the teeth. This role is becoming more significant as dentists continue to fill teeth with amalgam and alloy materials.^{xlvii}

While I myself have had to endure unbelievable suffering, I have no axe to grind with dentistry. Had I not suffered as I have, I would not know what I know, and I would not be including this vital information in this book as a warning to others, and as a plea to dentists to switch to safer alternatives.

Experience has shown, however, that some dentists will respond to any suggestion that mercury is dangerous by glibly stating that it is all fanatical raving, or that it is such a small problem that it is not worth worrying about, or that the advantages of using silver/mercury amalgam far outweigh the disadvantages - and so on. One very popular theory is that only a few people have an allergic reaction to mercury. This is like saying that only a few people will die from a lethal dose of arsenic. Mercury is poisonous to all people. Every extra filling in the mouth will add to the burden on the system - and will constitute a toxic time-bomb. You may not feel any noticeable difference for a while, but when your immune system is undermined by factors such as stress, burn-out or trauma, your body might lose its ability to keep your mercury levels in check - then, as happened in my case, your troubles will really begin.

There is a strange quirk about doctor/patient relationships today, namely that the doctor's word and opinion are final, and that the patient is not expected to discuss or to suggest anything. That was my problem. Please, take charge of your own life, and employ your doctor or dentist to help you. The final decision as regards any treatment must rest with you.

In light of the above, this chapter would not be complete without four timely warnings.

- **Never** allow a dentist to place a silver/mercury filling in your mouth. If he or she protests, kindly ask him or her to read this book, or at least this chapter.

- **Never** believe that you will achieve optimal wellness while you have silver/mercury amalgam fillings in your mouth.
- **Never** discount the possibility that the silver/mercury fillings in your teeth are contributing to your ill health and/or to your bad feelings.
- **Never** allow a dentist to remove your silver/mercury fillings unless he uses a full rubber dam and takes all the necessary precautions.

Regarding silver amalgam fillings, and the removal thereof, the following website is highly recommended:

www.iaomt.com

Chapter 13

Psychiatry a Caution

In chapter 4 we saw how a faulty diet can give rise to so-called psychiatric disorders. In the previous chapter we saw how silver/mercury fillings can also give rise to a wide variety of complaints of a “mental” nature. Yet in both cases, the “mental disorder” was nothing other than a symptom of a deeper cause, and in both cases that deeper cause was physically unrelated to the mind.

In this light, it takes no amount of genius to realize that in either of these cases any kind of psychiatric therapy aimed at treating the mind would be aimed at no more than a symptom - and, as we all know, we cannot cure any ailment by treating symptoms - we have to remove the cause.

Before I discovered that mercury was the root cause of my problem, there were a number of occasions when I toyed with the idea of undergoing psychiatric treatment. Having exhausted every other avenue, and not having slept properly for some years, I was becoming rather

desperate. Being the person that I am, however, I felt that I had to research the matter thoroughly before making any decision in this direction.

It was my good fortune to have in my private library a number of excellent books covering the subject. The most noteworthy of these books being *Mental and Elemental Nutrients* by Carl C. Pfeiffer, Ph.D., M.D. and *Toxic Psychiatry* by Peter Breggin M.D.. Dr. Peter Breggin is a highly qualified psychiatrist and a former teaching fellow at Harvard Medical School. If you are being given any manner of psychiatric drug, or if anyone you know is contemplating undergoing electroshock therapy, or any manner of psychiatric treatment, then you should move heaven and earth to lay hands on his book or visit his website.

The following is no more than a brief summary of the outcome of my research. These highlights are included in the hope that they will encourage you to study further into this matter for yourself. By so doing you will be able to fill in the obvious gaps. It is for good measure that we repeat a little of what has already been covered in chapter 4.

Psychiatry today involves three primary therapies:

- Psychiatric counselling,
- Psychiatric drugs, and
- Electroconvulsive (electric shock) therapy

Psychiatric Counselling

Dr. Breggin has much to say in favour of a person-centered empathetic approach - and who can deny that there are times in life when we need friends with whom we can share our burdens, friends to hold us up, and sometimes even friends who will lend us a shoulder to cry on.

Yet it would appear that many psychiatric counsellors have become so absorbed with the idea of relating our malady to some negative experience in the past that they seldom entertain the idea that our condition might well have an immediate physical cause - such as a faulty diet, nutritional imbalance, mercury fillings in our teeth, too much copper in our drinking water, intolerance to gluten, or some or other prescription drug, etcetera.

For example: In my early 40's, it took me all of three gloomy years to discover that I was allergic to cheese. For some reason I become severely depressed the day after eating any kind of cheese. But what was the solution to my problem? Clearly, even though my allergy gave rise to psychiatric symptoms, any amount of psychiatric treatment would have done nothing to alleviate my suffering. The only solution was for me to stop eating cheese.

So while we do not want to discredit psychological counselling, we must never discount the possibility that the cause of our “mental” complaint could have nothing

whatsoever to do with our distant past and possibly nothing whatsoever to do with our mind.

Psychiatric Drugs

On one occasion I consulted with a “sleep therapist.” All that she had to offer, however, was “a new clean variant of Prozac.” I very kindly refused, sent her a copy of Dr. Breggin’s book, and promised to study further into the matter of psychiatric drugs. The following is a fitting summary of what I have subsequently discovered.

While much of the psychiatric leadership continues to minimize and to misrepresent the risks of psychiatric drugs, the courts have become more convinced of the menace. In a supreme court case in Indiana, Judge Evan Goodman gave the following opinion:

“At the heart of this case is the virtually undisputed allegation that a person medicated with anti-psychotic drugs has a 50% risk of contracting tardive dyskinesia, a disease exemplified by twisting tongue movements, puffing cheeks, smacking of lips, sucking movements of the mouth, and face and body movements characterized by continuous rocking motions, tremors, and bizarre postures, and other symptoms, and which at this time is incurable.” ^{xlix}

Then, besides this very real risk, there are many other side-effects, withdrawal symptoms, and drug induced

mental and physical imbalances. As Dr. Breggin comments, . . .

The only biochemical imbalances that we can identify with certainty in the brains of psychiatric patients are the ones produced by psychiatric treatment itself. ¹

No doubt it was in this light that Dr. Abram Hoffer, Ph.D., M.D. once voiced his opinion that . . .

Standard psychiatry (tranquilizers and talk) has proven itself bankrupt. ^{li}

The tragic truth is that the lives of a great many people have been turned into a living nightmare by psychiatric drugs – and especially those drugs that fall into the “benzo” or “benzodiazapine” group. Withdrawal from these drugs can be a horror story of note that can continue for two years or longer.

Benzos are responsible for more pain, unhappiness and damage than anything else in our society. ^{lii}

The benzodiazepines are probably the most addictive drugs ever created and the vast army of enthusiastic doctors who prescribed these drugs by the tonne have created the world's largest drug addiction problem. ¹

There is now so much scientific evidence proving that psychiatric drugs damage the brain and overall health and lifespan, that the major concern should be “How to stop taking psychiatric drugs.” It can be dangerous and even agonizing to stop, and people need to take charge of the process. ^{liii}

For more information on this more than frightening situation, and to read the tragic testimonies of those who have fallen into the “benzo trap,” please visit www.benzo.org.uk.

At [this link](#) you may view the shocking documentary *The Untold Story of Psychotropic Drugging - Making a Killing*.

Electroshock Therapy (ECT)

Many people are under the impression that electric shock therapy is one of those bizarre treatments that belong to our “unenlightened past.” Yet, surprisingly, this method of treatment has been very much revived in recent decades. Dr. Breggin gives us a brief description of this somewhat bizarre “therapy.”

Electroshock or electroconvulsive therapy involves the passage of an electric current through the brain of the patient to produce a grand mal or major epileptic seizure. The shock induces an electrical storm that obliterates the normal electrical patterns of the brain. A shock

induced seizure is typically far more severe than those suffered during spontaneous epilepsy. In earlier times, when the patient's body was not paralyzed by pharmacological agents [drugs], it would undergo muscle spasms sufficiently violent at times to crack vertebrae and break limb bones. ^{liv}

Now if this somewhat radical treatment yielded positive results, some would no doubt claim that the end justifies the means, but it would appear as though the end of this therapy can be even more frightening than the means. Dr. Sidney Samant tells of his personal observations.

As a neurologist and electroencephalographer [one qualified to administer electroconvulsive therapy], I have seen many patients after ECT, and I have no doubt that ECT produces effects identical to those of a head injury. After multiple sessions of ECT, a patient has symptoms identical to those of a retired, punch-drunk boxer . . . After a few sessions of ECT the symptoms are those of moderate cerebral contusion [bruising], and further enthusiastic use of ECT may result in the patient functioning at a subhuman level. Electroconvulsive therapy in effect may be defined as a controlled type of brain damage produced by electrical means. ^{lv}

Yet what scares me most of all about electroconvulsive therapy is the claim that it, like certain psychiatric drugs, produces a lobotomy-like effect. In other words, it

disables or partly disables the frontal lobes of the brain. Yet, according to Dr. Breggin.

The frontal lobes are the seat of higher human functions, such as love, concern for others, empathy, self-insight, creativity, initiative, autonomy, rationality, abstract reasoning, judgement, future planning, foresight, willpower, determination, and concentration. ^{lvi}

Now if a lobotomy disables the frontal lobes of the brain, and if the frontal lobes are the seat of these “higher human functions,” is it any wonder that some who undergo repeated sessions of ECT resemble “a punch-drunk boxer?”

Yet the intrigue does not end here. The theory has long been advanced that it is through the frontal lobes that we receive spiritual impressions. If this is in fact the case, then we must conclude that any treatment that produces a lobotomy-like effect could not only obliterate our personality, but even knock out the “modem” that enables us to communicate with God. Frightening!

Knowing what I now know, and having overcome the worst of “psychiatric” symptoms without having to submit to psychiatric treatment of any kind, if ever I am again troubled by any condition of a “mental” nature, I will upturn all the closets of my life in search of a present physical cause, I will follow the best detoxification and exercise program available and, if necessary, I will go on a fruit and water diet for weeks on end in the hope that my symptoms will abate. Then I

will carefully monitor my condition as I slowly introduce other food types into my diet. In all probability, I would undergo a colonic irrigation once a week for a few weeks. Most certainly I will consider the metals in my mouth and take appropriate action. Then I would pray without ceasing that I would never lose my desire for study - for this alone would enable me to make an informed, rational decision as regards any other therapy that might improve my condition.

Chapter 14

Conclusion to Part One

As we come to the end of Part One of this book, I would like to wish you the very best of health and every success in life. May this information help you, dear reader, to achieve a state of vitality that will surprise you.

Always bear in mind that when it comes to health, ignorance is never blissful - and it is usually costly. It cost me a small fortune, and five years of active life, to discover for myself that all that goes under the name of science is not necessarily scientific, and that all that goes under the name of health care will not necessarily care for your health.

Over the years I have also discovered that professional opinion is very often divided on most matters. This means that the onus rests on us as lay persons to discover for ourselves what constitutes truth. As such, I suggest that you never stop reading, and that you never

stop looking for the chain of logic that usually confirms the truth - then “the truth shall set you free.” (John 8:32)

Though I know most of the rules, and though I have seen them work over and over and over again, silver/mercury amalgams might well have put paid to my hopes of ever again achieving optimal wellness, but it will most certainly be a wonderful consolation to me knowing that I have helped others to escape from the deep, dark pit into which I unwittingly fell.

Please be advised that Part Two of this book is in progress and should be published on this site by mid-2016. Whereas Part One deals primarily with some of the broader principles relative to healthful living, Part Two is entitled *Giant Leaps for Wellness* and will focus on the specific changes and substitutions that you can make that have the potential to turbocharge your life.

Please take care and God bless you.

Nature's Way - Lifestyle Guide

N	Nutrition	Respect Nature and use the foods that Nature provides - as close as possible to how Nature provides them. Avoid refined foods and precooked foods. Avoid preservatives, colourants, etc. Fruits, vegetables, nuts, legumes and grains must predominate.
A	Air	Sleep with your windows open - this is vital. In air-conditioned rooms, make sure the vents in the air-conditioner are open. Windows must be open 24 hours a day - even in air-conditioned offices. Kindly refuse to work in an office with someone who smokes. Practise deep breathing regularly.
T	Trust in God	God equipped us with a marvellous body that is programmed for survival. When we respect the common-sense laws of life our eliminative organs will function as they should and our immune defences will protect us and/or cure us from disease. As with all the laws of life, the laws of health are only there for our benefit.
U	Uplift others	"Without deep reflection one knows from daily life that one exists for other people." (Einstein). "The pleasure of doing good to others imparts a glow to the feelings, which flashes through the nerves, quickens the circulation of the blood, and induces mental and physical health." If you want to be happy, make others happy. If you want peace, love your enemies.
R	Rest	Labourers who rest 20 minutes in every hour can accomplish much more in a day than those who rest only at lunch-time. Respect your body's need for rest and your body will reward you. One hour of sleep before midnight is worth two hours after midnight. Avoid anything stimulating.
E	Exercise	Exercise is a must for natural bowel function, to aid elimination, to help drain the lymph system, and to condition and tone every cell and organ in the body. Take a short brisk walk outside after every meal. Do half an hour of walking or moderate exercise every day - this is especially important if you do much mental work. As a rule, outdoor exercise is better than indoor exercise.
S	Sunshine	The sun is the battery charger of life. We all need at least 30 minutes in the direct sunlight every day. Sunlight converts cholesterol into vitamin D. Living and/or working in a room that does not get direct sunlight will stunt growth and weaken the entire system. Install Perspex sun boxes in the ceiling of rooms that do not get any sun (these must be made from Perspex - not glass.)
W	Water	Water is the internal and external cleanser of Nature. Drink at least 2 large glasses of water at least 30 minutes before breakfast and lunch. Take the bulk of your liquids in-between meals rather than with your meals. Drink the best water available - your tap water could be recycled urine. Warm baths soothe the nerves.
A	Abstemiousness	Eat, work, play and study in moderation. The use of whole foods will put a permanent end to over-eating as well as the desire to eat in-between meals. Over exercising will undermine your immune system. Over-work is a killer - devote the evenings to your family - not to work. Be wise and be safe.
Y	Your attitude	Love and respect the miracle that you are. Think big but remember that big things are only accomplished when we pay attention to the small things. Feed on your trials - for trials make us stronger. Pride is an exhausting tyrant - humility is the only way to escape her clutches. Each day is a precious gift, unwrap it excitedly, cherish it and enjoy each moment. Remember that life is now - this moment - it is not some future state of euphoria that will come upon us when all of our dreams finally come true.

Nature's Way – Vital Substitutions

Instead of...	Rather...
Using refined table sugar	Sweeten drinks with fructose or xylitol. Sweeten cereals with home-made date jam (see over), or fructose or honey to taste or, wherever practical, dried fruit such as raisins, sultanas or chopped dates and/or banana.
Using margarine and common cooking oils	Most margarines and common oils are hydrogenated. Use natural cold pressed oils that are also cold processed. Or use fresh cream in recipes instead of oil. Use butter sparingly.
Using white rice or white flour products	Use brown rice and wholegrain products such as wholewheat flour. Use stone-milled, unrefined grains for porridges. Use wholefood cereals such as muesli, granola and miracle mixes (see over).
Using refined, preserved, sugary, junk foods	Become wholefood-aware and make every effort to find a stockist who carries a wide range of wholefoods. If it is true that you are what you eat, then you owe it to yourself to eat only the very best.
Using fried foods	Bake, grill, boil your food. Do anything but fry your food - especially in hydrogenated oils. Oils used more than once for frying (as in popcorn vendors) are especially suspect.
Using margarine	Use mashed avocado, or whipped cream, and/or a natural, preservative-free spread. Use butter sparingly.
Using sugary jams and preserves	The sugar concentration in these products is far too high. Find a stockist of St Dalfour or some other brand of sugar-free jam.
Using fried chips or fried potatoes	Par-boil cut chips or potatoes, rub them out fairly liberally with a little cream or natural oil, place them in a baking dish or pan, and oven-bake them at 180°C until they are golden brown. Delicious.
Lying down or relaxing after meals	Get into the habit of taking a short brisk walk after every meal. This is a great aid to digestion and to overall vitality.
Taking liquids together with meals	Take Liquids at least 30 minutes before meals or 3 hours after meals. Liquids taken together with your meal will dilute your digestive enzymes and thus hinder digestion.
Three meals a day	Try two meals a day if you are one who is not involved in heavy manual work. Those who are ill should try this - you will be amazed.
Spending lunch-time indoors	Make a point of getting outdoors at lunch-time. Get away from your work environment and think about anything but work.
Sleeping with your windows closed	To repeat: Fresh air is as important to your body as petrol is to your car. Sleeping with closed windows is a form of slow suffocation and a terrible stumbling block to those who desire optimal wellness. Install burglar bars and/or fly screens in your windows if you must.
Cooking at high temperatures	Learn to cook everything at the lowest temperature possible. Heat destroys the nutrients in food.
Boiling vegetables	Rather steam them. Vegetable steamers are inexpensive.
Using aluminium pots	Use glass pots, pans and baking dishes - wherever possible. Vision Ware is highly recommended.

Eating for Energy

Beverages: While there are a number of caffeine-free beverages on the market today, we should not rely on such beverages. Hot drinks are addictive and debilitating. For best health, nothing beats water- taken in-between meals and not together with meals.

Bread: Bread really is the staff of life, but it must be produced from 100% unrefined flour (preferably stone-milled). Your bread should be free of hydrogenated fats, and the baking pans should not have been lined with lard (pig fat). Hunt out a baker who produces such bread. Home-baked, 100% wholewheat bread turns a house into a home. A small "one loaf" bread baking machine is a wonderful investment for life.

Breakfast: Just as we do not fill our cars after the journey, but before, so we should make sure that breakfast is the most natural and nourishing meal of the day - for it is breakfast that gives us energy for the day. Breakfast like a king, lunch like a prince and supper like a pauper. Nature's Choice cereals and porridges are like no other and they nourish like no other.

Cereals: Avoid cereals that are made from refined products and that are loaded with sugar. Your cereal should be made up primarily of wholegrain products and should be sweetened with fruit, date jam, liquidised fruit, honey or fructose. Because you only have one life, insist on the best. We highly recommend Nature's Choice Muesli, Granola, Wonder Crunch, Oat Bran, Millet Cereal, Molasses Bran (to be added to cereals, porridges and soups), Miracle Mixes etcetera.

Jam: If you are going to use jam, then choose the sugar-free variety. St Dalfour jams are widely available and taste as good as any.

Fruit: Because prime crops are being exported, and because of unnatural methods of cultivation, good fruit is becoming difficult to come by. Search out the very best green grocer - one who focuses on quality rather than economy. Restore natural sweetness by sprinkling a little fructose (not sugar) over fruit. Do not bulk-buy fruit or vegetables.

Fruit Juices: If used at all, fruit juices should be used sparingly - even if they are freshly squeezed for immediate consumption. Generally, fruit juice contains too much sugar to be consumed any more than occasionally, and then only in small quantities. Water is Nature's thirst quencher and wonder cleanser. Use it.

Main Meals: Main Meals should always be made up of a savoury and either a raw salad or two or three vegetables. Your salad and/or vegetables should always make up at least four fifths of the meal.

Nutritional Supplements: Thanks to unnatural methods of cultivation and food processing, supplements are sometimes necessary - but you still need to make every effort to obtain optimum nutrition from food- and/or to get the nutrients that you are deficient in from an appropriate food source. See the *Natural Sources of Common Nutrients* chart at www.natureschoice.co.za.

Porridges: Porridges should always be wholegrain porridges. Highly recommended are Nature's Choice millet, sorghum, oatmeal, maize meal, rice flour, or combinations of grains. Adding milled or crushed peanuts to porridge will improve the protein value. Always serve porridges with a minimum of liquid and together with something chewy such as nuts, sunflower seeds and/or pine kernels.

Flax Oil: Flax oil is the finest source of essential fatty acids. A dessertspoon a day will keep a countless number of ailments away, and will help you to cope with stress and dry skin. Flax seeds, taken as preferred, will have the same effect.

Miracle Seed Mixes: Scientists the world over are hailing the benefits of natural foods, and especially seeds. Buy a pre-mix such as Nature's Choice Miracles, or prepare a mixture of linseed (flax seed), sunflower, sesame and pumpkin seeds. Dry mill this mixture in a blender or coffee mill - only mill for your immediate needs. Serve as a delicious cereal together with milk or soya milk and honey, date jam or fructose. Use the milled mix to boost the nutritional value of soups, stews and salads.

To Facilitate Detoxification

Activated Charcoal	Charcoal is a unique substance in that it attracts poisons to itself. Use only activated, granulated charcoal. Excellent for digestive upsets, to neutralise toxins in the body, and for application over stings and bites.
Flushing The Bowels	Any time you are feeling sluggish, and your bowels are not functioning as they should, consider flushing the bowels. Simple treatments include eating prunes, drinking prune juice, or taking a mild herbal laxative. Better results will be obtained from an enema. Excellent results will be obtained from a professionally administered colonic irrigation.
Psyllium Husk Powder	Psyllium addresses the cause of constipation and promotes natural bowel function by supplying a highly mucilaginous natural fibre. It is an all-vegetable product that is stirred into water and taken one hour before meals. A must in every home. Speak to your nearest health food stockist.
Intestinal Flora	If you have been experiencing prolonged bowel troubles then you might want to consider taking intestinal flora orally. Mercury, as in dental fillings, is known to alter the characteristics of our natural intestinal flora. Speak to your nearest health store or naturopath.
Sauna	Any apparatus or activity that promotes sweating is a valuable aid to detoxification. Saunas promote elimination through the skin, they activate the white corpuscles in the blood, and are a great aid to overall vitality.
Antioxidants	Antioxidants are free radical fighters and are indispensable in our polluted world. Always make it your first choice to get your antioxidants from natural food sources - then resort to supplements.
Hot Baths	Hot baths promote cleansing in many ways. They promote sweating through the skin, elimination via the lungs, and they stimulate the white corpuscles into action against foreign intruders.
Exercise	Exercise is of such importance that it bears repeating. Exercise promotes lymph drainage, sweating through the skin, and elimination through the lungs. In our polluted world, exercise is not an optional extra.
Skin Rub	After a hot bath always rub the skin vigorously with a clean towel or a loofah sponge or brush. This brings the blood to the surface, brushes off old skin, and generally promotes healthy skin. Launder and sun-dry your loofah regularly.
Massage	Massage is a wonderful aid to detoxification and health. Lymph massage is especially beneficial. This is a subject that is worth studying. Visit a health hydro for a real treat.
Fasting	Fasting is never really pleasant, but it is a wonderful way to give the system opportunity to detoxify itself. Start with a water or fruit only fast for one day. The next time extend this to two to four days as your condition dictates.
Fruit Diet	When we are feeling out of sorts, a fruit only diet for anything from one to four days is often all that is needed to restore wellness. Use only the best fresh fruit. Drink lots of the best water available in-between meals. Expect a healing crisis.

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