

Natural Weight-Loss Newsletter

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*Presenting a principle that
enables the overweight to
reduce quickly, safely,
naturally and permanently!*

SUCCESS, AT LAST!

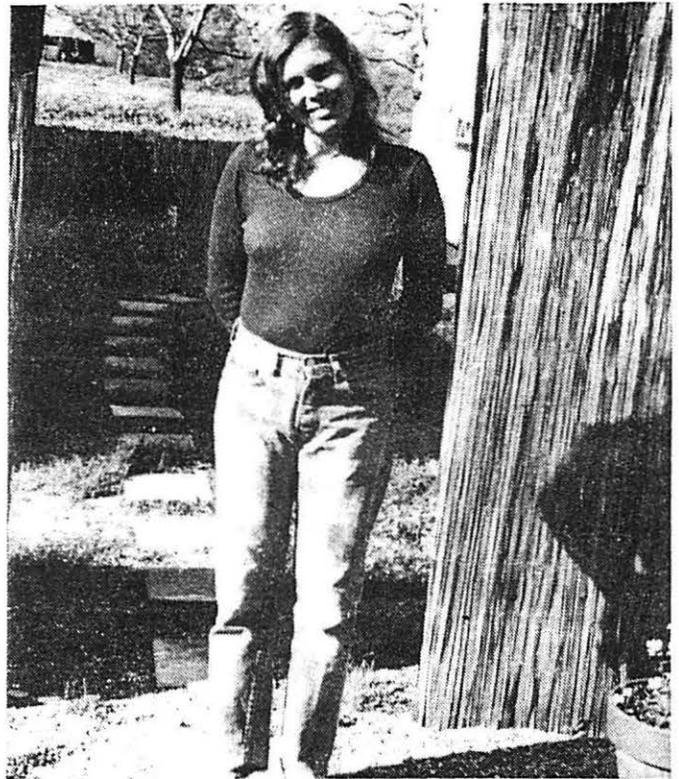
interview with Candy Chambers

Candy Chambers, at age 29, has been following the NATURAL WEIGHT-LOSS SYSTEM for several years. During the last four, she has supervised the kitchen at the Religious School of Natural Hygiene's California Health Sanctuary in Hollister, California. Candy represents the group of people who look "just perfect". At 5'5", her highest weight was a mere 135 pounds; she considers her ideal to be 115. Yet, regardless of her petite outer image, she endures torrents of depression and self-hate when overeating. Her testimony emphasizes: it is not what you weigh, but a positive attitude and your daily efforts to maintain healthful living habits that are most important.

Candy's unhealthy relationship with food began at birth. Her "too thin" mother spent a lifetime visiting doctors to find out what was wrong. Not wanting her daughter to suffer this fate, she praised Candy for being a "good eater" and for "cleaning her plate." Candy learned these lessons of love well. In fact, when only three years old, she cleverly executed a plan to enjoy two evening dinners, one at her neighbor's and another at home. Still, as a child, she was never plump.

Not until age 22 and beginning to feel heavy, did Candy realize she could no longer eat as much as she wanted. Like some people who carry extra fat on their hips and others in their arms, Candy's body—even at a low weight of 135—revealed dietary indiscretions. She would be slim everywhere except around a "pushed-out" waist, her colon distended from gorging. Causing humiliation and despair, people often asked her if she were pregnant. Incidentally, Candy had picked up "drugs, sex, and rock-and-roll". Upon studying a yoga program which taught body awareness through daily stretching and change to a more natural diet, she dropped cigarettes, alcohol, drugs, and other forms of self-abuse—seemingly without effort. The self-destructiveness inherent in food fixation, however, only tightened its grip. Food loomed as the "major issue" of her life. After all, eating had been ingrained in her since "day one".

Yoga led Candy to vegetarianism; and at age 23, she discovered Natural Hygiene. After studying Hygiene at The Shangrila, Bonita Springs, Florida, for four months, she



Candy Chambers before changing her diet.

decided: "This is for me." Then Candy fell into an ideal situation, working on an organic farm . . . with no stove; so she lived the all-raw diet with perfection. At 25, Candy visited the California Health Sanctuary and has been shopping, meal planning, and preparing for the students ever since. She practices a disciplined program of self-awareness and exercise, an exemplary student of the NATURAL WEIGHT-LOSS SYSTEM.

Even in her most compulsive days, Candy was never a dawn-to-dusk, everything-in-sight binger who hit all the 7-11s and bakeries in town. Devoted to the raw-food program, her "brand-of-binge" was, basically, stretching



Candy Chambers after discovering the raw diet.

meals out and eating horrendous amounts of raw food . . . until the portions would be huge and the eating nonstop. She would then fall into a food hangover with lethargy and sometimes nausea and always self-hate. "Concentrated foods"—avocados, nuts, and dried fruits—became "binge foods": she often devoured ½ pound of nuts and 4 avocados, plus an entire meal, at one setting. Candy's greatest challenge has been to train herself out of wanting that "full, stuffed, satisfied feeling" with each meal. "You just don't get that heavy 'steak-and-potatoes' feeling on raw foods . . . unless you eat a lot of the concentrated avocados, nuts, and dried fruits. . . . This has been the hardest thing to get over, the pleasure of stuffing and sedating myself." Candy's saving grace has been the raw diet: "I'm sure if I had been eating the quantities, pound-per-pound, of cooked food as I was eating

of raw food . . . and if I had not been exercising 1 to 2 hours every day, that I'd have reached 200 pounds easily."

Today, Candy is her petite, ideal, self-loving self at 120: presently her NATURAL WEIGHT-LOSS PROGRAM is going smoothly. She is pleased to share tips with us. Her lists reflect a dedication of being willing " . . . to go to any lengths!"

CANDY'S TIPS FOR MEALS:

1. Plan ahead and write down your meals for the day.
2. Keep a food journal of what you actually eat.
3. Stay on all raw foods.
4. Practice moderation, if possible.
5. Limit or completely avoid concentrated foods such as nuts, avocados, dried fruits; go easy on the sweetest fruits.
6. Limit the variety at each meal: keep it simple.
7. Practice food combining.
8. Eat mono-meals when feeling especially compulsive.
9. Eat only when hungry: stop before getting "stuffed".
10. Don't punish yourself with guilt when you are not perfect.

CANDY'S EXERCISE TIPS:

1. Exercise daily to suppress hunger and keep the weight down!
2. Incorporate slow, systematic stretching as well as some form of exercise that makes you sweat and gets your heart beat up.
3. Exercise: it makes you aware of your body.
4. Exercise: it makes you feel good!

CANDY'S SELF-IMPROVEMENT TIPS:

1. Take time for meditation and prayer daily.
2. Read spiritual or uplifting literature or lessons from the NATURAL WEIGHT-LOSS COURSE daily.
3. Repeat or write out positive affirmations daily, such as: "My body reaches its ideal weight on natural, raw foods."
4. Fast one day a week.
5. Seek fellowship in a support group and attend regularly.

FACTS AND FINDINGS

HEALTH STATISTICS FOR VEGETARIANS

According to a recent Roper Poll: 9 to 10 million Americans are vegetarians.

*The average endurance after 3 days for athletes in a bicycle test was almost three times greater on the vegetarian diet.

*In general, vegetarians have lower cholesterol and triglyceride levels of the blood fats, than meat eaters of a similar age.

*A study of nearly 200 persons found that only 2% of vegetarians had high blood pressure, as against 26 percent of nonvegetarians of the same age.

*As early as June 1961, the *Journal of the American Medical Association* reported: "A vegetarian diet can prevent 90% of our thromboembolic disease and 97% of our coronary occlusions."

*Research on the Standard American food supply shows that certain foods have particular "mood-altering power": refined sugar, salt, meat, caffeine, chocolate, and all synthetic additives, particularly food colorings and flavorings.

*According to the American Cancer Society: "One of four of us will develop cancer. Top researchers estimate 35% or more of the almost 100,000 new cases of cancer each year in the United States could be prevented through recommended dietary changes.

***Because the typical vegetarian diet is much lower in fat and higher in fruits and vegetables, most vegetarians do not have a weight problem compared to meat eaters.**

(taken from menu at Murietta Hot Springs, a vegetarian restaurant in Murietta, California.)

COMMENTARY: Keep in mind that the above statements pertain to vegetarians, most of whom are still eating a toxic food supply, dominated by cooked food, grains, sugar, and

poor food combining. The NATURAL WEIGHT-LOSS SYSTEM is vegetarian; but it produces even more dramatic health results than the typical vegetarian diet due to all the nutrient-rich RAW foods, eaten in proper combination. The uncooked, natural diet yields the highest levels of health and greatest ease of weight control.

MORE ON "DIABESITY"

Lifeline, the monthly journal published by Overeaters Anonymous, reports the American Medical Association statement on diabetes and overweight as follows: "The most constant feature of individuals in whom diabetes develops after 40 is excess body fat. In the majority of diabetics who are overweight, the first aim of dietary management is to reduce weight to the level considered ideal for the individual.

EXCELLENT MEDICINE

A recent survey of nearly 2,000 primary healthcare physicians—such as medical doctors, chiropractors, and naturopaths—show that exercise is considered an "excellent medicine". Doctors still prescribe Valium, a muscle relaxant and tranquilizer; but they also prescribe a great deal of exercise. Below are the percentages of doctors who recommended a regular exercise program for specific conditions.

95% RECOMMENDED EXERCISE FOR WEIGHT CONTROL

- 85% for depression
- 83% for lower back pain
- 80% for arthritis
- 80% for diabetes
- 60% for anxiety
- 56% for asthma
- 43% for chemical dependence

The forms of exercise most encouraged included: walking, swimming, cycling, strength training, and running.

(*The Physician and Sportsmedicine*, Vol. 2, No. 2.)

GENESIS 1:29

According to the Bible, God's original diet as delivered through the first chapter of Genesis, verse 29, clearly describes the NATURAL WEIGHT-LOSS DIET: "And God said, Behold, I have given you every herb bearing seed, which is upon the face of the earth, and every tree, on which is the fruit yielding seed; to you it shall be for food." In fact, some translations even say, "... for you it shall be your meat." Fresh, uncooked fruits and vegetables are the Paradisical Diet. Only when man was "kicked out" of the Garden of Eden did he have to fend for himself, eating whatever came his way, under less than ideal conditions. The original diet promised perfect health and life everlasting. With man's downfall, an inferior diet evolved, until

now we are left with T-bones, Twinkies, and Tootsie Rolls. Over half of our population is addicted to a demonic diet that robs us: first of our self-control, then of our health, and finally of our spiritual integrity. The answer is to get back to the Edenic Diet, by rolling our shopping carts straight to the fresh produce section, making proper selections by the grace of God, and getting out of Satan's territory as quickly as possible.

This was the theme of a Christian conference sponsored by "Born Again Body" and led by Evangelists Elmer and Lee Bueno. During the two-week conference held at Murietta Hot Springs, California, in January, this inspiring team introduced a group of 30 devoted followers to fasting and the natural diet. Participants had the opportunity to undertake a supervised fast and/or eat the Natural Hygienic diet.

Scripture was used repeatedly to support the idea that gluttony and a toxic diet do not enhance the "... temple of the spirit ..." or closeness to God. Everyone went home enthusiastic and much wiser. Four ladies left behind 20 pounds each, and a myriad of aches and pains dissolved under the influence of fasting and our God-intended food. The NATURAL WEIGHT-LOSS SYSTEM wants to congratulate the Buenos on their efforts to spread the word of Natural Hygiene to those who are suffering in the darkness. The conference closed with the prayer: "May we all quit dining with the Devil." AMEN!

EDEMA, ANASARCA, AND SALT

By now, the NATURAL WEIGHT-LOSS reader recognizes that a diet including sodium-chloride (table salt) predisposes the salt lover to a condition called "edema." Because salt attracts water, the individual finds his tissues—especially in the face, hands, legs, and feet—abnormally swollen and painful. Furthermore, the Lessons and Newsletters have repeatedly pointed out that the overweight salt user carries many pounds of salty fluid that are automatically eliminated once the NATURAL WEIGHT-LOSS DIET is strictly adhered to. But do you know that an even more degenerate condition of edema occurs in the extreme salt-sensitive case? It is called "anasarca" and is characterized by severe, generalized edema whereby the victim gains as much as 15 to 25 pounds "almost overnight." More women than men experience anasarca as cyclic weight gain with their menstruation each month: they are forced to endure a radically-altered body image ten days out of every 30. Men, however, are also known to endure the distress and disorientation that accompany this body distortion.

Many medical doctors are presently "on the low-salt" bandwagon and recognize that salt contributes to high blood pressure, edema—or weight gain—and anasarca. There is no doubt that a high-salt content, such as found in processed supermarket and restaurant food, will intensely aggravate the salt-sensitive sufferer. The NATURAL WEIGHT-LOSS SYSTEM takes the salt addict through withdrawal: cheek bones, ankle bones, and even tendons in the hands and feet appear for the first time in years! **SUCH SIMPLE PLEASURES!**

FROM THE KITCHEN...

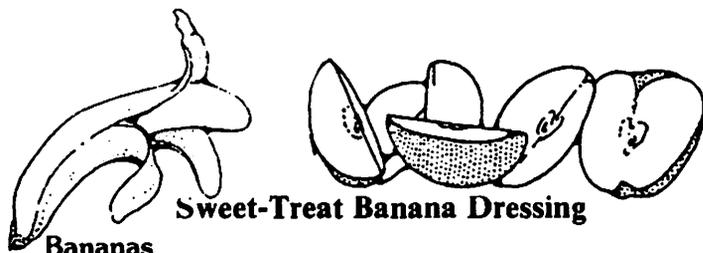
Fruit Dressings

Fruit salads are so deliciously sweet, a dressing is never needed. For an extra treat, however, the gourmet may want to create a special fruit salad dressing. Bananas or some such heavier fruit make the perfect base to which favorite, flavorful fruits can be added. Dried, soaked fruits such as figs and raisins add sweetness and texture better than an almond Hershey bar. Indeed, once you have given up on refined sugar junk foods and begin eating Nature's sweet fruit salads, you wonder how anything could be so good and still help you lose weight! Hersheys *never* tasted this good!

Apricot Salad Dressing

Dried apricots, soaked in distilled water

Soak dried apricots in distilled water overnight. Blend apricots on high speed in the blender. If necessary, thin with a little soak water.



Sweet-Treat Banana Dressing

Bananas

Meaty, soft dates (Medjools are best, or Barhis)

Liquefy bananas on high speed in the blender with a little distilled water. Add dates and mix at low speed. For extra-sweet dressing, add more dates.

Ambrosian Dressing

1 apple

3 peaches

Dried apples (soaked in distilled water)

Dice apples and quarter the peeled peaches. Liquefy peaches in the blender, add dried apples along with their soak water, and liquefy again. Stop to stir when necessary. Add diced apples and turn the blender on only momentarily. Dressing will have a chunky, chewy texture.

FROM THE MAILBOX...

Dear Editor:

My friend is following your NATURAL WEIGHT-LOSS SYSTEM, and she is driving the rest of us crazy. I will admit I've learned a lot from her, although I don't live what she "preaches" faithfully. In fact, I have lost 72 pounds on just the advice she has shared. My friend, however, pushes people to the point that no one visits her anymore. She does too much faultfinding with their eating habits and places a heavy guilt trip on everyone. No one wants to be stripped apart by some self-righteous missionary! I want to try the first 3 months of your course. But you can be assured I won't be doing the same thing to my friends. I will share, but not push. I don't want to be left alone as much as she presently is. I want to keep my friends friendly. I will suggest—but not insist.

—Sincerely,
Cynthia Prue
Imperial Beach, CA

Dear Cynthia,

I have to agree with everything you say! You know, an overweight person is often an angry person. Perhaps your friend has transferred some of her anger onto the diet which has caused her so much misery over the years. Whatever the case, in time on the natural diet, her emotions will smooth out; and her friends will return.

Congratulations to you for your fabulous weight loss! I encourage you to share the NATURAL WEIGHT-LOSS SYSTEM so that you may help others, like your friend has helped you.

Hygienically yours,
Vickey Bidwell

Dear Victoria,

Thank you so very much for all your help. I have suffered a temporary setback. I intend to attempt to eat right again



after I have read all of the literature Life Science has sent me. This huge appetite of mine for "bad foods" has got me very concerned. At the age of 37 years, if I start eating right in the near future, within a few months, I believe I could have good health and a normal-sized body. Conversely, if I don't eat right, I am sure it will kill me.

—Sincerely,
James in Tallahassee

Dear James,

I know just *exactly* what you mean! In a matter of just a few months. I could look my best or look my worst . . . I could feel my best or feel my worst . . . I could love myself or kill myself. That's the agony and the ecstasy of this thing called "free will"! Nobody—but yourself and the demonic voice of habit and self-hate within—is making you reach for the "bad foods." You've got to realize the **power** conventional foods have over you right now and go through the withdrawal from the "Satandard" American Diet. Fight the "slow-suicide" rendered by "bad foods."

You have the right attitude already—by calling your present indiscretions "a temporary setback." Get back on the wagon, put back on the armor, and call in for reinforcements. Keep up your journal, do your exercise, set your goals, put before you the finest array of natural foods . . . **GO TO ANY LENGTHS!** Aim yourself in the right direction, with the "good foods" and with self-love. This may be the hardest battle you will ever fight: don't expect withdrawal from "bad foods" and self-hate to be easy. Take comfort in knowing that it is the worst at the beginning: it does get easier. Stop trying to kill yourself!

Love to you, James,
Vickey