

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!

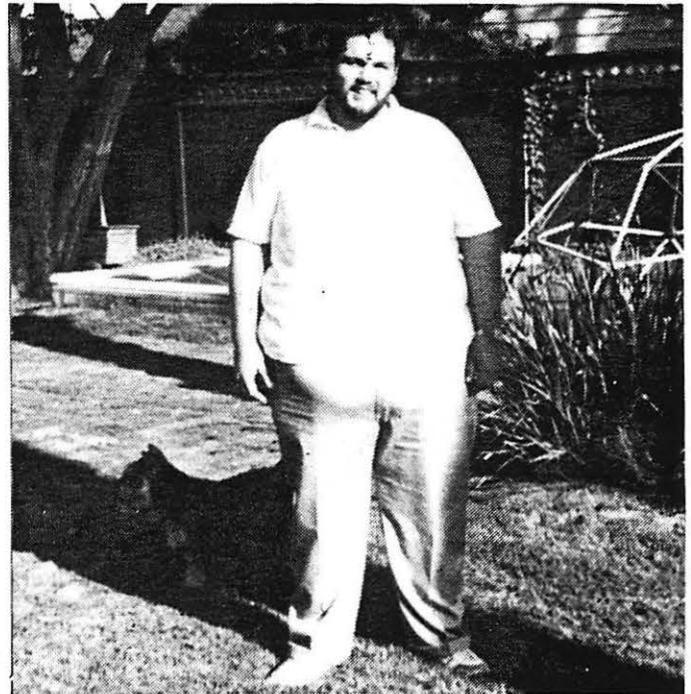
AT LAST! 200 DOWN AND 100 TO GO

interview with Chris Rall



Chris Rall at 470!

(Chris Rall, age 25, weighed 470 pounds. At 370 he found the NATURAL WEIGHT-LOSS SYSTEM. Today he weighs 270. The goal for his 5'11" frame is 170.) Our family ate heartily. We weren't held or hugged much, but the cupboards were always full and the meals always on time. Of the five brothers, I am the only one currently enjoying a weight under 400 pounds. By the 7th grade, I weighed over 250. Instead of developing sexually, I remained a fat child nicknamed "Lumpy." Gym class was the worst—I had to expose myself for comparison. During school lunches, I would go to the cafeteria for the full meal and seconds. Next I went through the a la carte line. Then I would hit the machines. I was absorbed in sneaking food and fooling others. If they believed I had something wrong with my glands or genes, then everything was okay. No humility, however, hovered over the home. We all helped ourselves. Thanksgiving called for two turkeys and a ham plus trimmings for our family of seven. By high school graduation, I hit 400.



Chris Rall at 370!

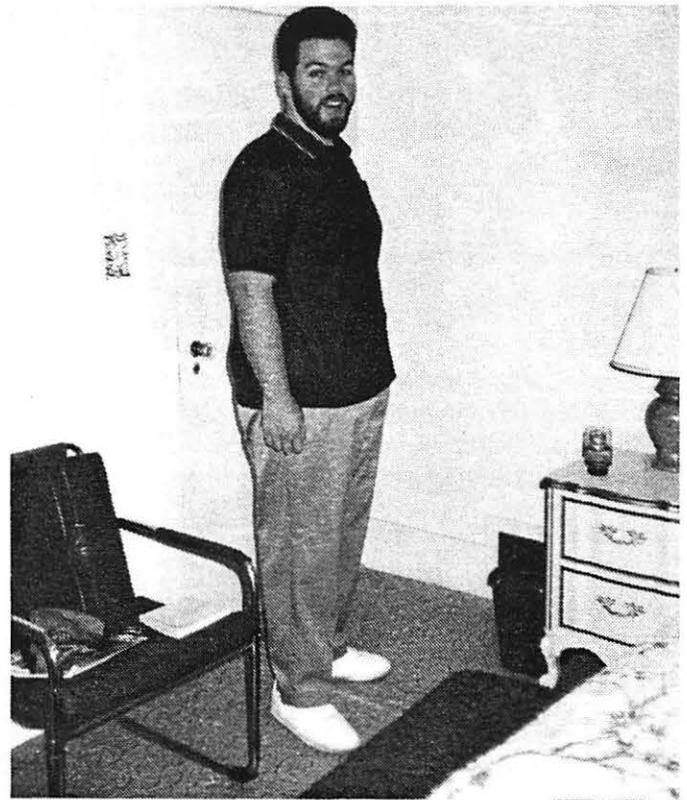
I tipped the packing scale in the shipping and receiving department of the University Hospital at 470, with a 66" waist. I took the gastrointestinal analysis, colon X rays, and barium tests in preparation for the intestinal by-pass. Nevertheless, the doctor admonished: "Look, you're 20 years old. You've got more time. Try another approach." He detailed possible, horrible side effects. I decided against the operation.

At that time, a dear friend introduced me to a support group for recovery from compulsive overeating. In two years time, I took my body to 250. Lo and behold, the hidden issue of my life emerged: fear—of intimacy and love. Scared to death when a brief romantic interlude ended, I ran back to food.

To binge was to swallow a sensual sedative. My favorite meal was the Mexican spree. While waiting hours for the beans to simmer, I'd mash 4 avocados and cook up a pot of rice and a pan of meat sauce. While waiting, I'd savor the package of Nutter-Butters and a half gallon of Pralines and Cream. When dinner was finally ready, I devoured everything: a dozen "burritos supremes" . . . the whole bowl of guacamole . . . the whole pot of Spanish rice and the whole pot of beans. Food was pleasure, love, and contentment . . . what mom had always given to make me feel good.

At age 25, I met a living miracle and the inspiration of my life. A woman, 96 years old—agile, athletic, who jogged and swam—handed me a book, *Fasting Can Save Your Life* and told me about Natural Hygiene. She assured me I could lose this weight quickly and safely and permanently if I followed the NATURAL WEIGHT-LOSS SYSTEM. She had practiced Hygiene for 60 years and glowed with health and vibrancy. At that moment was borne the thought that turned my life around: "Whatever she's doing, I want it!" She recommended a fast to speed the process and emphasized the diet as a way of life.

I selected the Religious School of Natural Hygiene (RSNH) in Hollister, California. Art Andrews, the caring supervisor, fasted me 23 days. I lost 50 pounds, left and got in trouble, and gained 52. One morning, unable to move from the night's food drunk, I cried . . . and realized for the first time that I am addicted to *all civilized food*: sugar, flour, condiments, salt, fried and cooked foods, spices, cheese, chips, cookies, ice cream, and on and on and on. When eating conventional food, I'm dealing with a thousand bad guys . . . all of whom I'm addicted to. When eating raw food, I'm dealing with one addiction . . . overeating. I'm much more successful fighting just one than I am a thousand. Like the enemies in the Trojan horse, as soon as one of these guys sneaks past my taste buds, he calls the whole gang in. Once I start, no switch clicks in my brain to tell me: "That's enough!" By seducing me into horribly abusing my body, these guys have kept me fat and miserable in my self-destruction. With this clear—albeit animated—picture of the depth of my addiction, I returned to the RSNH . . . with one desire: to weigh 170. I wanted to tie my shoes without suffocation, to buy clothes without humiliation, to catch a woman's eye without repulsion, and to make love without being on the bottom. So I quit my job, sold my belongings, drew my savings, and checked myself in. I fasted 21 days and lost 48 pounds, worked 4 months as a staff member and lost 24 pounds, fasted 23 days to 270. My goal is to stay on the NATURAL WEIGHT-LOSS DIET until the morbidly sick, fatty tissue is replaced by healthy muscle. Because plans are to stay at the School, I don't have to deal with "conventional foodfears" as yet. But . . . having



Chris Rall at 270!

reunited with the support group for overeaters, I am addressing myself to the love/intimacy issue once again. If I use food as protection from intimacy and to provide intimacy, I cannot escape from my lonely prison of flesh.

Today the colorful, fresh fruits and vegetables are the "good guys." Before, vegetables had to be salted, sauteed, and sauced. My taste buds had been so overstimulated, overprostituted on jazzed-up standard American food and all its junk, I couldn't even taste flavors in natural foods. I never knew how sweet cabbage tasted! Now my taste buds are alive. This plan allows me to eat a big bowl of high-fiber, low-calorie foods . . . to my full satisfaction . . . physical, emotional, and spiritual!

Chris' story is . . . to be continued . . . in 100 pounds. In the meantime, he advises: "If you're going to fast and plan to go back to conventional food afterwards, don't waste your time and money. But if you commit yourself to the NATURAL WEIGHT-LOSS SYSTEM—with or without a fast—secure a support system through literature, friends, and a group. And finally—keep in mind—**IT'S WORTH IT!** I'm engaged to a wonderful woman named Rose . . . and I've only got 100 pounds to go!

FACTS AND FINDINGS

FAT FACTS

Lesson Five of the NATURAL WEIGHT-LOSS SYSTEM shows a graph indicating that 42% of the Standard American Diet—in terms of number of calories consumed—

is fat. The estimate, according to some nutritionists, has recently gone even higher. Current research and literature reveals the following facts on dietary fat:

1. The average American steadily gains one pound per year, every year after age 25.
2. The average American presently consumes 40 to 50% of his calories directly from fat.

3. This amounts to approximately 115 pounds of *pure fat* per person per year.
4. About 50 pounds comes from animal sources, which is high in saturation and cholesterol.
5. The caloric value of fat, pound per pound, is *twice* that of carbohydrates or protein: a high-fat diet inevitably leads to obesity.
6. A high-fat diet is linked to buildup of plaque in the arteries and to cardiovascular disease: the nation's Number 1 Killer.
7. Heated fats are linked to cancer: the nation's Number 2 Killer. Virtually all fat in the SAD is heated—fried, broiled, or baked—and, therefore, carcinogenic.

(*Prevention*, March 1984.)

COMMENTARY: *Americans are committing mass suicide by satisfying their perverse penchant for the sick, rich taste of oil and grease!* Ever keep in mind, the NATURAL WEIGHT-LOSS DIET is 4 to 5% fat, which is *unsaturated* with *no* cholesterol. This diet is a true blessing: the gift is a slim, "disease-proof" body.

FIBER FACTS

Fiber is the indigestible part of plant food: it passes through the gastrointestinal system relatively intact. High-fiber foods—fresh fruits and vegetables—are important components of any successful weight-loss program: these foods are low in calories; they take longer to eat; they give that "I'm full" feeling due to sheer bulk; and they slow down the absorption of natural sugars into the bloodstream so that hunger and satiety centers are not overstimulated.

In his latest book, Dr. Denis Burkitt, the world's foremost authority on the subject, includes the following "fiber facts," all of which are in total support of the NATURAL WEIGHT-LOSS SYSTEM:

1. Girls in primitive African tribes are *fattened* for marriage on a "dairy-product diet," devoid of fiber.
2. Experiments show that whole foods are superior to their pureed or juiced counterparts: whole, raw, "fiber-full" apples take longest to eat and satisfy hunger longest. Blended apples with fiber broken down, are quickly eaten and less satisfying. Fiber-free juice is quickly downed and satisfies least.
3. Cooking greatly reduces the beneficial effects of fiber.

THE AEROBIC EDGE

The NATURAL WEIGHT-LOSS SYSTEM is much more than a diet: it is a total program that presents not only a food plan to reach your ideal measurements, but a life plan to reach your ideal state of health. The SYSTEM focuses directly on the three primary obstacles to attaining these ideals: poor diet, not enough exercise, and too much stress. Although the NATURAL WEIGHT-LOSS SYSTEM teaches that a strict change to the raw, natural diet alone will result in weight loss, it also extolls the virtues of exercise, to hasten the process and to achieve optimum health. Scanning the recent literature and research confirms the emphasis on exercise in the following statements:

.. The main difference between "finally thin" or "forever fat" is The Aerobic Edge: a regular workout of *at least 20 minutes, three times a week.*

2. The only way to build muscle mass while decreasing fat is through regular exercise.
3. A 20-minute aerobic session stimulates bodily processes, *even while resting*. This "tunes up" the metabolism, so to speak, so that more calories are burned, hour per hour, throughout the day.
4. "Thermogenesis," another term for "Heat Response" (see newsletter #7), is accelerated by exercise taken *after* a meal. This means that the body burns excess calories—sometimes as much as four times over its normal resting state—if the meal is *followed* by a vigorous workout.
5. Eat a light evening meal. Concentrating the bulk of the day's calories in the earlier, more active part of the day gives the body more time to burn them off. A large evening meal, followed by inactivity and sleep, more easily turns to fat.

BAD NEWS FOR BULIMICS

In 1980, bulimia was formally recognized by the American Psychiatric Association as a syndrome in itself, characterized by recurrent episodes of compulsive overeating, followed by fasting, vomiting, and/or diuretic-laxative abuse, and always accompanied by self-deprecation and depression. (Please review NEWSLETTER #8 for detailed definition.) Random samplings show that between 10 and 20% of the American population—mostly women in their teens, 20s, and 30s—are bulimic. Estimates indicate that 7.6 million American women have a history of bulimia—2.2 million of these suffer "narrowly defined bulimia," which means they succumb to the binge/purge compulsion at least weekly. Although most people now connect the term "bulimia" with a psychological problem involving bingeing and purging, this "eating disorder" can lead to serious physical complications as well:

1. **VOMITING:** "upchucks" gastric hydrochloric acid (HCl), which chemically burns the esophagus, a precancerous condition. This caustic acid also burns salivary glands, causing inflammation and unsightly swelling. HCl is even powerful enough to corrode dental enamel and destroy the teeth. Furthermore, as stomach acid is lost, symptoms of "alkalosis" set in: weakness, fatigue, headaches, anxiety, chilliness. Finally, electrolyte balance is lost when the regurgitated stomach acid is lost, further causing muscle cramps and an abnormal heart beat.
2. **LAXATIVES:** irritate intestinal lining and result in electrolytic unbalance and nutrient malabsorption. Symptoms are similar to those described above. With chronic use, the intestines become enervated and enlarged: function—and therefore absorption of nutrients—is impaired, which leads to a myriad of diseases including bone destruction, kidney damage, hair loss, poor night vision, and trouble clotting blood.
3. **DIURETICS:** dehydrate the body and lead to potassium loss, which can cause muscle cramps and serious damage to heart tissue.
4. **BINGING:** overworks and enervates every cell, organ, and system in the body as it strives to deal with the massive quantities of food. Toxemia is an inevitable result, which sets the stage for obesity. Indeed, *all* physical maladies from arthritis to varicose veins is aggravated by bingeing.

(from . . . *New Hope for Binge Eaters*, 1984.)

FROM THE KITCHEN...

Warm, Raw Vegetable Soups!

Upon turning to the raw food diet, many of us lament—especially in the colder months—“Ah, for a bowl of good, hot soup!” After all, a pot of vegetables, stewing and simmering on the kitchen stove, steaming up the windows, symbolizes mother and love and coziness from the cold. In reality, however, all that cooking relentlessly destroyed the nutritional value of the food, rendered it toxic, and added to our overweight and sickness.

When nostalgic for a cup of hot soup, therefore, try the alternative of a *warmed cup* of raw soup, instead. This NEWSLETTER and the next feature raw soup recipes. They will take some getting used to . . . without the highly-salted taste . . . without the mushy vegetables “cooked to death” . . . without the “comforting” sensation of scalding-hot broth to burn your tongue, throat, and stomach. So, while making the adjustment, keep in mind, “*These recipes are healthful, slimming, and nonaddicting.*” Following are NATURAL WEIGHT-LOSS SYSTEMS’ soup-making suggestions:

1. Begin with all ingredients at room temperature.
2. When liquefying the broth, blend until smooth and/or creamy.
3. For creamed soup, use avocados and/or nut butters; for brothier soup, omit them or thin with water.
4. Soups may be sipped cold. If warmed, *go no higher than 100 degrees.*
5. Instead of using the stove to warm the soup, set the capped blenderful into a deep pan of hot water for ten minutes, stirring after five.
6. Pour warmed soup into heated bowls; serve immediately.



7. Garnish with a mound of sprouts, a spoonful of seeds, a pinch of ground nuts, thinly sliced lime rounds, lemon wedges, or finely-chopped celery or spinach leaves.

CRUNCHY TOMATO SOUP

- BLEND:** 3 cups of tomato juice
¼ cup of almond nut butter
1 avocado
- ADD:** 2 tomatoes, finely diced
1 grated carrot
½ sweet, red bell pepper finely diced

CREAM OF TOMATO SOUP: Blend 4 cups of pureed tomatoes with ¼ cup of almond butter.

VEGETABLE STEW

- BLEND:** 3 cups of sweet carrot juice
1 avocado
1 cup of corn, fresh off the cob
- ADD:** 2 finely-grated carrots
3 stalks of finely-sliced celery
2 cups of fresh peas
1 cup of corn, fresh off the cob
2 diced tomatoes



of fasting or very light fruit meals will eliminate most of the swelling. Strict adherence to raw, unsalted foods should then be resumed.)

Dear Victoria,

I'm preparing raw recipes from the NEWSLETTER . . . they're great. I've made it over two months now—all raw! I'm pleased. My body is happy on the diet. Since I still have a few more pounds to lose, I have to watch the sweet fruit, nuts, and avocados. I find my most difficult time is evening. I can feel that monster within rising, and I just have to get up and leave the kitchen. I thank God every day for the gift of the natural diet, and I appreciate all this effort that goes into putting out the NATURAL WEIGHT-LOSS SYSTEM.

**Your friend,
Susan Mihaylo
Chandler, AZ**

FROM THE MAILBOX...

Dear Victoria,

One of my friends has been following the NATURAL WEIGHT-LOSS SYSTEM and lost about 30 pounds. She just completed some days of fasting and then satisfied some cravings for conventional food, especially salted foods. Her body has swelled up horribly. She's demoralized and in great pain. I'm very sorry she has to go through this. I have steered clear of salt and hidden salts. Staying on the raw diet is the only way to be absolutely sure the horrors of "salt poisoning" will never occur. I feel secure and safe with my plate of raw fruits or vegetables.

**Judy Hemphill
Mt. Vernon, WA**

(Editor's Note: The salt reaction described above is common to anyone who has totally eliminated sodium chloride from their bodies and their diet, only to take it in at a later date. The swelling clearly shows the water-retaining capacity of salt and underlines its toxic nature: it just goes to show us how poisoned the conventional food supply is! A day or two