

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!

I FOUND A BETTER WAY THAN DIET PILLS!

Dee Marshall

I found myself weighing 155 pounds at 41 years old. On a 5'1½" frame, that's "weight" too much. Today, at age 42, I'm still the same height, but my weight is 103 . . . and everything in my life is better, no matter how you look at it.

Many years ago, at age 17, I became pregnant and gained weight. Like a good, little girl, I went to the medical doctor who prescribed what are loosely called "diet pills." Actually, they were amphetamines—or "speed"—and highly addictive, no matter what their name or who they come by. From that time on and for the rest of my life until last year, I took diet pills to keep my weight down. I would "pop" the pills and "drop" the fat. Each time, I would stop the pills because they "wired" me so tight that I couldn't get a good night's rest without sleeping pills. Then, without the diet pills, I'd gain. I was a human yo-yo: up-and-down, up-and-down!

By the time I was 31, I had to go heavy on the diet pills to keep my weight down; so I took two a day and sleeping pills every night. I stayed at 106 for five years, using uppers and downers. I was so high all the time, I would have put the Flying Nun to shame! In 1980, I knew I was headed for a crash. I had to get off the pills. And sure enough, I gained. But I promised myself never to go back to those medically-prescribed "Black Beauties" again. I realized I had been hooked. Quitting wasn't easy.

In 1981, my break came. I learned about the NATURAL WEIGHT-LOSS SYSTEM. Instinctively, I knew it held all the answers to sanity and a normal weight . . . but I wasn't totally ready. I continued overeating and gained—up to 136. I tried fasting alone. That didn't work. Understand, that by this time, I had followed innumerable diets and reducing programs. Others might have lost, but I just kept gaining—up to 142. Then in May 1983, I registered at the California Health Sanctuary near Hollister. In no way is it a "fat farm." It is a place where many sick people come for healing. After fasting 26 days on pure water only, I weighed 117 pounds.

I ate for a proper period of time on the all-raw-food, vegetarian plan. Upon returning home, everything went



Dee Marshall (to the right) before—matronly and middle-aged!

okay for awhile. Then stress factors in my life began to build until they overwhelmed me—up to 155. That did it. I'd had enough! I surrendered my problems to God and the NATURAL WEIGHT-LOSS SYSTEM. I ate the natural diet of fruits, nuts and seeds, and vegetables. My fat "melted"—down to 115. I returned to the Sanctuary in February 1984, and fasted 21 days. I reached a petite 97 pounds.

My weight now holds around 100 pounds. It's wonderful to be healthy, which in my case means being thin as well as



having my food problem under control. For the first time since I picked up overeating at age 17, I began to feel "normal" about food.

I owe my success to Natural Hygiene—plus to my participation in a spiritual program specifically aimed at persons with compulsive personalities. With my newfound knowledge and experience, I can now stay healthy and trim. I must, however, care for myself . . . one day at a time. I must also willingly seek and accept the support available to me from others and from God. It's available for you too, no matter what your weight or how hopeless your situation may seem. That help is called the **NATURAL WEIGHT-LOSS SYSTEM**.

Dee Marshall after—a goddess!



FACTS AND FINDINGS

DANGEROUS DIET DOLLOPS

A current *New York Times* article warns the consumer: many researchers are presently condemning the diet pill with the active ingredient "phenylpropanolamine" (PPA) as useless in weight loss and dangerous in its own right. PPA is the chemical in virtually all over-the-counter and prescription diet pills. The National Clearing House for Poison Control Centers, a government agency, estimated it handles 10,000 reports of PPA poisoning a year, 1,000 of which are emergency cases. Even the American Medical Association is expressing skepticism of the chemical "dietary aide."

FROM MICE TO MEN

Numerous studies indicate that there is a direct correlation to the amount of food a person eats and how long he lives. Recently, scientists at UCLA concur that eating "lightly" extends both the quality and the length of one's life. Researchers came to these conclusions by gradually restricting the diets of mice, starting at 12 months of age (comparable to 35 years in humans), until their diets contained 60% of the calories in the control group. Those on the "restricted diet" lived 10 to 30% longer, were less diseased, and showed fewer signs of aging. The results suggest: ". . . it is a feasible option for humans to start dietary restriction at mid-life or sooner . . ." to increase both the joy and the length of their lives.

COMMENTARY: Is it reasonable to go ". . . from mice to men . . ."? Perhaps not, except that so many studies both with animals and humans point to the same conclusion. For the overweight person who "can never get enough food",

however, to tell him to eat less is like telling him to swim to China. **FORGET IT!** Herein lies another beauty of the **NATURAL WEIGHT-LOSS SYSTEM**: The overweight sufferer can eat "to his heart's content" and still lose weight. If he eats sparingly on avocados, nuts, seeds, and dried fruits, he can indeed eat his fill on raw fruits and vegetables. In time, with normalization of body chemistry and physiology and with newfound feelings of self-control and self-esteem, this person will be ready to receive the thought: "Less food means more life!"

ON THE WEIGHT- LOSS WAGON

Psychologist G. Alan Marlatt, at the University of Washington, sees attitude as the key to getting back on the "Weight-Loss Wagon" after falling off. His research over the last twelve years on why some succeed while others fail to stay "on the wagon" is a matter of attitude. If the individual is programmed to view the slip as a sign of total failure, reflecting his low self-worth, he is likely to give up completely and continue overeating. If, however, his attitude says: "I did slip. What can I do next time so it doesn't happen again?"—then the dieter is well on his way to success.

(*Los Angeles Times*, 1984.)

COMMENTARY: Mr. Marlatt's "Weight-Loss Wagon" metaphor nicely sums up Lesson 9 of the **NATURAL WEIGHT-LOSS SYSTEM**: "Strategies for Self-Correction." In fact, throughout the course, we cannot emphasize the overweight person who "can never get enough food," **FECTION!!!** Keep in mind the "big picture," the main goals of sensible eating habits, weight loss and health. Your

attitude, as Marlatt's 12 years of research confirm, will paint the picture, automatically. So be sure the attitude is set for "progress." If it is set for "perfection," it is also set for inevitable failure, self-condemnation, and a hard "fall."

LOW SALT SECRETS

Low Salt Secrets for Your Life by Dr. William Vaughan, a sturdy, handy, 4" by 5" booklet, contains "an up-to-date listing of the sodium content in over 2,600 brand-name and natural foods." Vaughan begins by stating that high blood pressure is a major factor in the nation's "number one killer"—heart disease and that limiting salt consumption is "one of the most" significant dietary changes possible. The 20-page introduction to the long list of foods and their sodium content rightly points out the "Benefits of Salt Restriction":

1. Prevention of high blood pressure in adults
2. Reduction of future risk to heart disease in children
3. Controlled hypertension without drugs
4. Minimized side effects with hypertensive drugs
5. Prevention of edema
6. Prevention of migraine headaches

This is an excellent resource for the salt addict: he can look up the salt content of the tempting food in question. If it's high, he can forget weight loss that day. For besides aggravating high blood pressure, a salty diet results in water retention—or edema." This adds as much as 10 to 20 pounds of water weight, stored up as irritating fluid.

Vaughan's ideas on salt are accurate, up to a point. He falls short, however, where all non-Hygienic practitioners do. He fails to differentiate between inorganic, toxic salt (sodium chloride) and sodium and chlorine as they naturally occur in fresh, organic plant form. For this reason, the "good" doctor states: "We need about 230 milligrams of

sodium per day or the equivalent of about 1/10 of a teaspoon of salt to maintain normal body functions." Because he uses "sodium" and "salt" interchangeably, he is, in actuality, encouraging the continued use of salty, processed foods. But he does go on to caution that Americans are taking up to 30 times more salt than needed! The point is, according to the NATURAL WEIGHT-LOSS COURSE, any salt is too much salt! Nevertheless, Dr. Vaughan's handy, dandy booklet is a great guide to discourage you from dietary indiscretion that leads to edema and weight gain.

JUNK FOOD ANGER

Psychiatrist and nutritionist Jeffrey Bland recently reported in *Psychology Today* that children who are abnormally aggressive are most frequently eating too many calories—in the form of junk food. Because these foods are nutrition depleted, especially in vitamins and minerals, delicate biochemical balances in the brain are upset, which often triggers anxiety and anger. Bland hopes to see that day when nutritional therapy is sought for psychological problems.

COMMENTARY: Although overweight was not mentioned specifically in this article, we know that the junk food diet paves the road to obesity and emotional suffering. And although Bland addressed himself to children, what he says applies even moreso to adults, since they have been on the "standard/junk" diet even longer.

The reader is referred to Lesson 5, page 2, of the NATURAL WEIGHT-LOSS COURSE where the "Composition and Available Nutrition" of the natural diet is overviewed. The whole, raw, plant diet provides all nutrients needed for mental/emotional/physical health . . . its user need never worry about biochemical imbalance or "junk food anger" . . . or the "Chicken Feed Factor."

FROM THE MAILBOX...

To the NATURAL WEIGHT-LOSS staff:

I'm sold on your philosophy and on the concept that our bodies were made to function without sickness—if we treat them right. You have finally opened my eyes to the dangerous American diet which I have been feasting on. I had always lived without smoking, drinking, caffeine, and other obvious "toxins." But in the last 3 months, I have eliminated fat, salt, meat, sugar, and flour from my kitchen. Additionally, I have lost over 20 pounds, all without any great strain or effort! I feel better than I ever have, and my mind is so much sharper! The most remarkable improvement in myself, however, has been the kindling of a desire to help others as I've been helped. I'm planning to take your Nutritional Science Course to be followed by internship. I feel like a whole, new life is opening up for me!

**A new convert to the real truth,
Joseph B. Tomlinson
La Crescenta, CA**



Dear Miss Bidwell,

I have extremely high blood pressure with readings as high as 265 over 140. I must take pills daily to keep it down as much as possible. My doctor has prescribed these pills. I am, of course, quite overweight, as well, and am very concerned. Does your diet offer help for someone like me?

**Sincerely,
Sylvia in San Diego**

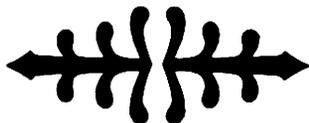
Dear Sylvia,

Thank you for writing. Your situation is very serious, indeed. A lifetime of eating the Standard American Diet—high in cholesterol, saturated fat, and salt—has finally taken its toll. The condition, however, is reversible. A fast of at least 15 days is the best way to give the heart and circulatory system the rest needed so that the body's nerve energy can be restored. See Lesson Thirteen of the NATURAL WEIGHT LOSS COURSE for the benefits of fasting to the heart.

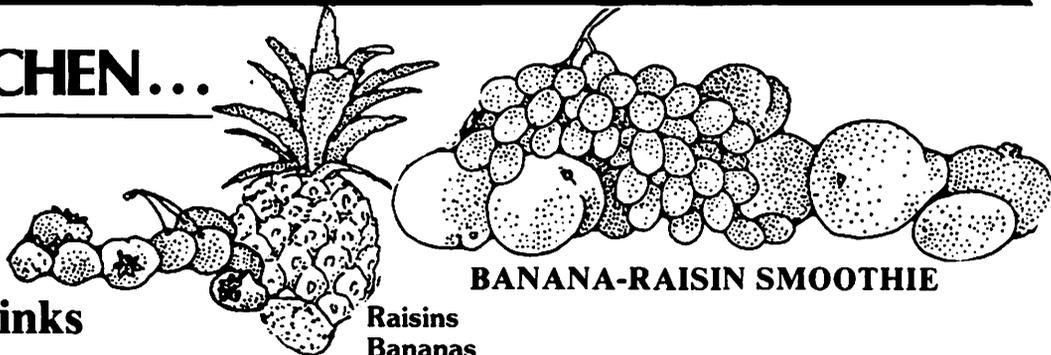
Briefly, they are as follows:

1. **Weight loss** relieves excess burden to the heart.
2. Salt is excreted and retained fluid with it.
3. Kidneys increase elimination.
4. Toxins are eliminated.
5. Cholesterol accumulations within arteries dissolve.
6. Blood pressure quickly reduces.
7. Use of toxic heart medication is discontinued.
8. Heart rate normalizes.
9. Workload of entire cardiovascular system is lightened.
10. Vital energy not used in digestion is directed to the heart.

If it is impossible to arrange for a fast, switch *immediately* to the raw diet of fruits, vegetables, and some nuts and seeds. All of the above benefits (except item # 10) will be yours on this diet . . . only it will take longer to realize them than two weeks. It's extremely important to take off excess weight, since every pound of weight adds to the heart workload and to the high blood pressure. You need a low-fat, salt-free, nontoxic diet. Such is the **NATURAL WEIGHT-LOSS SYSTEM**: it will work better for you than any medication you can buy. After all, if the pills were effective, your condition would have long since been remedied. I hate to say this, but yours is a "life-or-death" situation. Choose life . . . choose live foods . . . And don't forget a good, stiff walk everyday and a good, sound sleep every night.



FROM THE KITCHEN...



Health Drinks

Although the **NATURAL WEIGHT-LOSS DIET** of fresh, raw fruits and vegetables is completely water-sufficient, at times, we want to serve special drinks, just to be sociable or as an easily-digested meal. Blended drinks can substitute for whole meals and should be taken alone for proper digestion. These delicious, blended drinks are an ideal way to introduce a friend to the **NATURAL WEIGHT-LOSS SYSTEM**, as you can show him how tasty and easily prepared the foods are. Bananas or some such heavier fruit make the perfect base for a thicker drink. And remember, as with fruit puddings and dressings, dried and soaked fruits add sweetness and a chewy texture for variety. Also, frozen fruits can be added for a thicker, icier drink. Once off the junk beverages detailed in Lesson Six, we can healthfully enjoy blended drinks. Basically, the creative cook begins with her favorite fruits and a blender. She can create a satisfying, thick, whole-meal drink just by imaginatively liquefying the fruits in season.

Miss Bidwell:

I love bread, and I love pasta! Carbohydrates are comfort foods to me. What raw foods can I eat that will be as delicious and enjoyable as bread?

Give us this day our daily bread!

Esther Erickson Harris

Bellingham, WA

Dear Esther,

Lesson Six details the drawbacks of grain foods, and Lesson One details the criteria of ideal food. But your question is one of the emotions and not of rationality. Psychologists are saying nowadays that certain foods are indeed "comfort foods": they are associated with soothing, calming, pleasing memories; and they always comfort us when we are troubled and are longing for a "nostalgic fix." Furthermore, these same "comfort foods" are often physiologically soothing: they fill the stomach, boost the blood sugar, and finally leave us enervated, tired, and sleepy. And what better way to comfort oneself than lull off to sleep?

The challenge is to find some "new comfort foods" which are nontoxic and high-energy! Keep a supply of these available and indulge when needed. Some "raw fooders" find bananas give the substance and satisfaction formally found in bread. Others turn to dates or dried figs. As your excess weight melts off, health problems disappear, and energy levels rise, you will become convinced **emotionally**, as well as rationally, that the so-called "comfort" bread provided was only an illusion.

Remember . . . not by bread alone!

V.B.

BANANA-RAISIN SMOOTHIE

Raisins
Bananas

Blend bananas and raisins on high speed until liquefied. Stir if needed. Add soak juice to reach desired thickness.

STRAWBERRY-GRAPPLE BLEND

Strawberries (fresh or frozen)
Grapes
Diced apples

Blend apples, grapes, and strawberries. Chill and serve.

PINEAPPLE PUNCH

1 part fresh pineapple
2 parts red grapes
1 part oranges

Juice grapes in a regular juicer, juice oranges in a citrus juicer, and add juices with cut up pineapple to the blender. Liquefy on high speed until smooth. Add grapes whole if no juicer is available.