

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! GLORY TO GLORIA!



The Old Gloria with her husband

I had been thin almost all my life. Not in my wildest dreams could I have ever imagined myself overweight...and being actually "fat" was a certain impossibility. Nevertheless, with the heart aches of divorce, overwork, and emotional trauma, in time, I learned to run away from problems with a 5-pound box of candy tucked under one arm and a six-pack of soda under the other! I found myself on "The Fat Ladder," and I was climbing steadily upward! Ten steps up for my divorce...10 for a new marriage readjustment...10 for financial problems...10 for the deaths of a son, a mother, a father, a sister...and 10 for "good measure" in the names of confusion and resentment and bitterness. At this point, I had to continually ask my husband to "buckle my shoes," "help me up," and "give me a hand."

As I watched my reflection in store windows become fatter

and fatter, I knew something had to be done. On each step up "The Fat Ladder," I tried a new diet. There was The Grapefruit Diet, The Egg Diet, The Soup Diet, Weight Watchers, and every new diet pill sold over the counter and given to me by my doctor. These desperate attempts all came to their end when I hallucinated one evening while lying in bed: I saw a man coming down a hill on a toboggan and whizzing past my bed! I realized something was very, very wrong.

Suddenly, I was filled with fear. Then I began to isolate. I would not leave the house. Concerned about my state of mind, an old friend and my doctor convinced me that I needed help. I found myself going for six months of therapy to cope with this newfound fear while the "diet drugs" left my system. Still, I continued to grow "from east to west." Deep into depression, I hated myself and my tent dresses and that little boy who called me "Fatso" one day, as I waddled down the street. I knew I was bankrupt, physically, emotionally, and spiritually.

You would think I'd have known better—as a "Registered Nurse"—always helping others, always the woman with all the answers. I had no answers now.

Driving into town one morning, my heart cried out to the Lord: "Help me! I need you to show me what to do!" My strong Christian background gently reminded me at that moment... "With God, all things are possible." Of course, I wanted the "easier, softer way." I wanted a "miracle"—with no effort on my part. I just wanted God to zap me 100 pounds' worth. But every time I wished for the "zapping," I heard God coming back to me. "No, it will not happen that way."

So I prayed for God to give the wisdom and show me how to climb down "The Fat Ladder." During this time, it got even worse. I was so miserable, I couldn't stand myself. I looked terrible in my clothing, my children and husband were constantly telling me (or so it seemed) to "Do something!" My pain kept me from reading God's word...and I got even greater guilt and even more fat!

One day, the command came to me to read The Book of Proverbs. And I did. It was there I found my inspiration. As I opened my heart to the proverbs, the words "wisdom, good advice, and common sense" loomed out at me. Then in Pro-

verbs 3:18, the "turn around point" appeared. It stated: "Wisdom is a Tree of Life to those who eat her fruit. Happy is the man (or woman!) who keeps on eating it." More than anything else, I knew I needed **new** knowledge, understanding, and wisdom to deal with my mountain of problems.

When the student is finally ready to learn, the teacher will suddenly appear!

Shortly thereafter, I was introduced to the whole, new, wonderful world of Natural Hygiene and "The Natural Foods Diet." This exciting journey began when I heard about fasting and raw foods and food combining. God, by the Holy Spirit, was showing me how to get off "The Fat Ladder" and was teaching me how to walk his peaceful path. God was my teacher. I knew this for sure. But what was God going to reveal? And who would God use as my "earthly teacher"?

God began to teach me all things! It included nutrition, especially the value of minerals—the treasures of the earth. I learned of the mysteries of plant life. This "Great Teacher" who knows all the laws of nature, every chemical, every treasure, guided me into the light of "nutritional reality." The reality of Christ shone greater than ever in my life. I began to sense a newfound appreciation for this beautiful world in which we walk and live and love and have our being. Always, I thought of God's love and grace in me. I was inspired by the thought of being "fearfully and wonderfully made." I became convinced that God who made the heavens and earth and the laws to govern them did not leave me without laws to govern my own body!

My appetite for these laws was now whetted more than by my appetite for food. During a two-week seminar in January 1985, at Murietta Hot Springs in California, I laid aside my pills for diabetes, high blood pressure, and female disorders. With a 3-day cleansing fast, I began the long, slow process of body detoxification—after a lifetime of what I see now as "abuse." My mind was cleared, and I couldn't write fast enough as knowledge during lectures was poured into me. It was here—at this "Genesis 1:29" conference that I met one of my teachers—Victoria Bidwell. Recognizing the wealth of knowledge and wisdom in her, I listened intently. This was a time of study and discipline as I was revealed a complete change in my way of eating and—really—a whole new way of life. I was learning to be wise, and the weight was dropping off. Then I went home and seriously began to apply myself—reading, obeying, practicing, falling down, and trying once again. Six months and a few "dry spells" later, I had lost 61 pounds. I was off all medication and had dropped from a size 22½ to an 11! Everyone was so proud of me. God had answered my prayers for knowledge, understanding, and wisdom.

Now, if this were "the end of the story," it would all be fine and dandy. But I was not beyond backsliding! I was combining foods right, I was eating mostly all raw, I was eating mostly the right amounts. But Pride had been patiently waiting all this time. I felt and looked so good and I became so satisfied with my losses, that I began "cheating." I heard you could get back on the right path the day after a cheat by fasting. So I began my premeditated one-day-a-week indiscretion and then fasting to compensate. After maintaining my weight loss for over a year, I began to climb back up The Fat Ladder. But once you know the truth of Natural Hygiene, you cannot go back to dwell in the darkness again for any length of time. I still crave cheese and Chinese food at times, but I cannot go back. Today, my husband is ecstatic with my progress and my children delighted.

I see "cheating" or giving into the old cravings for what they are...Satan's trap.

In Proverbs 11:1, it says: "A false balance is abomination to the Lord; but a 'just weight' is his delight." In other words, the Lord hates cheating and glories in honesty! Finally I understand the teachings of *The Natural Weight-Loss System* wherein Victoria emphasizes that Natural Hygiene must be "a complete way of life." Today, I am committed to obeying these natural laws of life—and of health. I am off The Fat Ladder and onto The Health Path. I'm looking forward to a long life of—say—120 years. I'll be sending out invitations for the reunion. See you there! In closing, let me share one more bit of Proverbial wisdom:

**"Come, you simple ones without good judgment.
Come to wisdom's banquet.
Leave behind your foolishness.
And begin to live.
Learn how to be wise."**



The New Gloria with her grandchild

FACTS AND FINDINGS

MORE ON PEAK PERFORMANCE

In "Goal Setting," Lesson 8 of the *NATURAL WEIGHT-LOSS SYSTEM*, Charles Garfield's now famous description of "The Peak Performer" is defined, and this definition is then applied to becoming a "Peak Weight-Loss Performer." Recall that the Peak Performer... "is motivated to be and do his best in all areas of his life. This person has a 'big picture' of life in his mind, a passionate commitment to 'something that matters'."

In his most recent book, *Peak Performers: The New Heroes*, Garfield makes a dramatic statement that can be applied to us Health Seekers: **"THE AVERAGE PERSON CAN AC-**

COMPLISH 40 to 50 PERCENT MORE THAN HE THINKS HE CAN! Continuing to push his profile of a Peak Performer, Garfield reminds us:

1. **Peak Performers are motivated by a mission.** (To us, that means they "Eat to live. They do not live to eat.")
2. **Peak Performers are made, not born.** (To us, that means deliberate, conscious attention must be made to changing our eating/living/thinking/feeling habits.)
3. **Peak Performers use mental rehearsal.** (To us, that means we take time for affirmations; we reprogram our computers with positive self-talk; and we practice visualizing ourselves at our healthiest best!)
4. **Peak Performers treat failure or rejection only as temporary setbacks, stumbling stones, or—better yet—as "stepping stones."** (To us, that means we don't throw our hands up in despair and wail, "What's the use?!")
5. **Peak Performers tolerate confusion and ambiguity and anxiety trusting that hard, creative work will eventually pay off.** (To us, that means we practice every technique and use every bit of knowledge available to us when dealing with our feelings, rather than eating because of them.)

Charles Garfield maintains that by "taking Peak Performance seriously," we can be at least 40% to 50% more effective in any endeavor—including weight-loss—than we think we can! Let's give it all we've got and head for the top!

DO YOU WANT TO BE "FIT" OR "MOST FIT" FOR LIFE?

Harvey and Marilyn Diamond, graduates from Life Science Institute, authored a weight-loss and "health fitness" book in 1985 that has done more to spread the word of "Natural Hygiene" than any other piece of writing in history. *Fit for Life*, published by Warner Books, has been a \$17.50 best seller of now well over 2,000,000 copies since its printing. Furthermore, the Diamonds have appeared on countless radio and T.V. talk shows reaching untold millions more people. In other words, the Diamonds have been responsible for making "Natural Hygiene" a common household word throughout our Nation! This was an inevitability. If not the Diamonds, then someone else would have done it. For Natural Hygiene is *the* alternative health-care system whose time has now come.

The true value of *Fit for Life* is that it has introduced the concept of Natural Hygiene to the masses. **The fact is that if one is finding his first exposure to Natural Hygiene through *Fit for Life*, however, there is a whole lot more to be learned...and a great deal to be unlearned!** For while the Diamond book may teach a person coming from The SAD Diet to be "fit," it most assuredly will not teach him how to be "the most fit." And while the Diamonds may give a fair rendition of Hygienic history, their 28 days of recipes are a severe misrepresentation of The Ideal Diet as taught by those Hygienists striving to maintain the purity of the Hygienic teachings. Nevertheless, the Diamonds *have* done a service to the health movement by getting the word out. Unfortunately, the diet they present as representative of Natural Hygiene in no way resembles our program.

If you are looking for an "easier, softer way" than the NATURAL WEIGHT-LOSS SYSTEM teaches, you are

guaranteed to find it in *Fit for Life*! Of the some 100 recipes: 42 are raw and 60 are cooked. You are encouraged to eat fish, poultry, beef, eggs, butter, cream, sour cream, cheese and several kinds of grains. The *Fit for Life* diet is not only *not* raw foodist, it is not even vegetarian! Furthermore, some form of salt (garlic salt, seasoned salt, sea salt, soy sauce, tamari) appears in at least half the recipes. And "transition foods" are commonplace: baking powder, baking soda, every spice imaginable, honey, mayonnaise, mustard, barbeque sauce. They even recommend cooking with sherry!

THESE FOODS ARE ALL TOXIC! To teach a newcomer that he is detoxifying his body and living the Natural Hygiene diet on such a program is false at best. The newcomer on this transition program is simply not toxifying his body as rapidly as on SAD food. The Diamond Diet may allow you to be more "fit for life" than The SAD Diet...but it is in no way the diet that will allow you to be the "most fit for life." **Only PURE NATURAL HYGIENE as detailed in the NATURAL WEIGHT-LOSS SYSTEM assures your highest and "most fit" health potential.**

FROM THE KITCHEN...

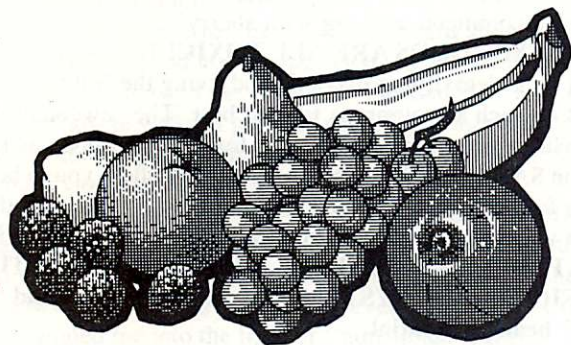
...INSTEAD OF THE SUGAR BOWL...

Hopefully by now, we have all gotten rid of the "sugar bowl" or we have found for it a different use! As revealed especially in Lessons 19 and 20, refined sugar is a pure protoplasmic "pleasure" poison! For the "sugar-sensitive" person, it can so unbalance the blood sugar levels that she can undergo a virtual personality change upon eating it, much like the alcoholic when he gets his first good, strong "belt" for the day. And like the alcoholic who with his booze is a "goner" after that "first drink," the hardcore sugarholic is not able to stop after that "first compulsive, sugared bite." This alone is a good enough reason to stay away from the stuff. Nevertheless, we humans do have a "sweet tooth." And times do occur when we want to sweeten something up a bit. On those moments, we may genuinely long for "the good, old sugar bowl."

Happily, sweet fruit alternatives to refined sugar do exist. They may take a little preparation; but if it will keep us safe from a refined sugar glut, it is well worth the extra effort. For these "natural sugars" are still bound up in the fiber of the fruit, and the sugar is released more slowly over a period of time so as not to upset blood sugar levels the way "pure" white crystals do. Following are some basic ideas of what to use...instead of the sugar bowl:

1. When making a vegetable juice that tastes a bit like bitter medicine, simply put a handful of grapes or other sweet, juicy fruit into the juicer as you finish making the "cocktail."
2. Always keep on hand in the refrigerator your favorite dried fruit, soaking in a *small* amount of distilled water. (Apricots, figs, and raisins are especially tasty!) Simply use a few teaspoons of the soak water as a sweetener whenever desired.
3. For a sweeter taste than the soak water strategy or for when you do not want to dilute your recipe unduly, simply add the reconstituted, soaked fruit itself to your food. You may wish to blend or puree the soaked fruit, cut it up or use it whole.

4. Dried fruit can also be used for sweeteners. A handful of raisins, for instance, will add a sweet touch to a disappointingly bland salad.
5. Finally, consider the versatile date, which comes in several varieties from chewy to buttery. Once pitted and diced or mashed or blended with a small amount of liquid, you have an ideal "fruit sugar" to put into the newly christened "live-food sugar bowl"! **ENJOY!**



FROM THE MAILBOX

Dear Victoria,

Just a note to say I have lost 41 pounds in about six weeks since I started eating fruits and vegetables only. I feel better than I have in years! I have had a problem of being overweight for 30 years and was always trying some kind of diet that never worked. I have been a slave to meats and rich foods all my life, but I never smoked or drank. So probably that is the reason I have been in fair health most of my life. I will be 61 in December, and I plan to give fruits and vegetables a 100% chance to make the rest of my life happier and disease-free. I only wish I had found out about Life Science sooner.

**—Wilbur Nabors
Dallas, TX**

Dear Wilbur,

What a wonderful success story! The fat must have been just waiting to drop off! While you are living the raw fruit and vegetable diet 100%, let me encourage you to be available to others in helping them make the rest of their lives happier and disease-free, also! You are now a Living Example for the wonders of Natural Hygiene. Just look at how sick and miserable most of the people out there your age are! And just think of the good you could do in guiding them to...The Simple Truth of Natural Hygiene!

**StayWell!
Victoria Bidwell**

Dear Victoria,

Just a note to thank you for the great moral support and information you gave me on my recent 40-day fast at the California Health Sanctuary in Hollister, California.

When I arrived, I was a sick and partially crippled person. But I wanted to take control of my own health. Now, I feel I have a good start in that direction with the teachings of Natural Hygiene and THE NATURAL WEIGHT-LOSS SYSTEM with me. A great revelation!

Besides the teachings and fasting experience, there are other wonderful benefits. To list a few: I can now walk miles every day. I also have more enjoyment swimming and bike riding. I am able to read by the hour now, when I could not read a page before without severe pain and tearing. I can cross my legs freely when sitting, and I can even touch my toes! In fact, all simple movements that were a chore or impossible are so much easier now. I think that the two most important benefits from all of these are that my blood pressure has gone from 190/110 down to 130/82...without medication! Also, the weight loss has gone from 245 pounds to 190. I really feel wonderful in spite of all my years of "wrong living practices." But I am a convert now!

**Enthusiastically yours,
John White**

Dear John!

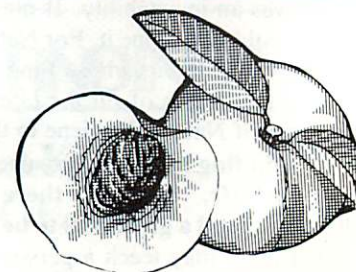
You are experiencing a glorious rejuvenation...after the premature aging brought on by the Standard American Program (SAP). If you can discontinue "SAPping" yourself and stay on "The Hygienic Hiway," you will continue to restore, rebuild, and rejuvenate. This is a promise. I pray that you will be true to your "New Self" while out there in the world!

**GetWell and StayWell!
Victoria Bidwell**

Dear Victoria,

When my wife finally gave up most of the meat she was eating and went to an all-fruit breakfast, she lost 30 pounds within just a few weeks. She dropped from 140 pounds to 110. She looked terrible! We did not make the change in diet for the purpose of losing weight. It is just something that happened. Apparently she needed to get rid of some toxic waste, and she did. Now that the major detoxification period is over, I wait to see her gain about 10 to 15 pounds, but her own Innate Intelligence knows what is best for her. I will make no effort to impose my ideas.

**Sincerely yours,
Clarence Prill
Doctor of Chiropractic and Life Science Student**



Dear Readers,

Mrs. Rose Picciano wrote a short note to order *The Fruit & Vegetable Lovers' Guide*, that I wanted to share. Her wording was a delight! For as we know, "counting calories" is not necessary on the Hygienic program. Still, if you are coming from a "calorie-counting-consciousness," which many of us are, it's better to count nontoxic calories than toxic! Mrs. Picciano happily writes:

"Please rush the calorie book, as I would like to lose weight. I want to count the Healthy Calories."

**GetWell, StayWell,
Victoria Bidwell
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