

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 Susan Mihaylo



Susan Mihaylo-fat and well-fed!

At age 34, Susan Mihaylo never devoured ice cream by the gallon or Oreos by the pound. She never even gave her weight a "second thought". Still, slow-but-sure, compulsiveness claimed her during the second pregnancy . . . one day her 5'1" frame weighed 173 . . . and Susan despised herself. Struggling to "get the fat off", Susan needed help. She found it in the NATURAL WEIGHT-LOSS SYSTEM:

In high school, I took my weight for granted. After graduation while in charge of ordering candy at a drugstore, I enjoyed sweets every day and spread out in the hips. I ate apples and cottage cheese, dropped 7 to 15 pounds, then enjoyed the candy again.

The traumatic progressions of moving from state to state with my husband's job contributed to my food problem. Up to 132 in Idaho, I joined Elaine Powers; it was exciting!

Every morning was Christmas . . . another pound gone. At 103, I thought: "This is the way I was supposed to be all along and didn't even know it!" I always just thought that I was broad in the hips—it ran in our family. So, I got spoiled wearing the tiny sizes. Any time, I went over that 103 again, I hated myself. I realized I could never eat like "normal people" . . . three big meals a day and as much as I want.

I cooked healthfully: eliminating white sugar, white flour, saturated oils. I had to keep on top of my eating, never relaxing. Pregnant at 23, I felt hungry all the time, enjoyed eating, and gained 32 pounds. After nursing and going down to 107, we moved to El Toro, California, where I was student assistant in figure control classes. But I was growing weary of weight worrying. Moving made me insecure and scared. On the way to Boise, dread told me I would get fat.

A second pregnancy did me in: at 173 pounds, I couldn't understand where my tiny body had gone! It felt good to just eat for once, to be out of society's "be thin!" pressure, to just "let go." I craved Paydays and Fritos—salty, crunchy, forbidden foods. Hiding, I turned into another person: "These people don't know the real Susan—only the people in California know the real me." With each look in the mirror, depression swallowed me. Still, I wasn't eating huge amounts, just standard foods, average portions, but often. I would take care of the baby, and the food—my friend and comforter—would take care of me. My determination dissolved in front of McDonald's and Baskins and Robbins. At age 30, we moved to Portland; I was excited to start a new life. But no matter what I did, I stuck at 150. My husband wanted to help; but I resented the "hawk," always watching. In a 140-pound rut, victimized and alienated by my own fat . . . I would never be "the real Susan" until I could wear my little jeans again.

Joining a Christian ladies' group called "Altogether Lovely" restored some pride. Friends assured me that I looked fine, that I worried too much. After moving to Phoenix, we had a lot of opportunities; finances improved. I

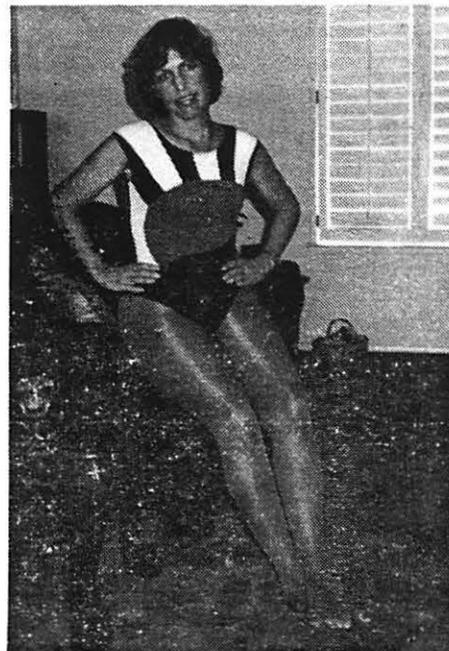
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joined Nautilus. My worst "binge"? At the grocery store, I sometimes opened a box of cookies, and munched while shopping, then wondered how the two kids and I could possibly have eaten them all. I also often finished up my children's plates. Theirs was not diet food, and it tasted so much better.

Finally, the breakthrough: my mother-in-law discovered Natural Hygiene and described how clear you feel after fasting. I thought: "That sounds great! This is the health program I have been praying for!" At the California Health Sanctuary in Hollister, I fasted two weeks, from 143 to 122. Returning home with determination, I quickly tired of the raw food. Soon I was snitching. I didn't want to junk up my taste buds. But after three months of maintaining and Christmas cookies, I started craving cooked, hot food.

Boredom was my downfall. The secret to success on the NATURAL WEIGHT-LOSS SYSTEM is "food preparation." I didn't know raw food recipes existed for salad dressings, puddings, sauces, jams, dips, soups, butters, cakes, cookies, casseroles, punches, and smoothies. After gaining 12 of the lost 21 pounds, I returned to the California Health Sanctuary. This time, I saw the pitfalls. Armed with all-raw recipe books, I found great guidelines for making meals varied, delicious, and enjoyable. Instead of feeling deprived facing a whole hunk of raw food, I prepared appetizing, yummy, healthful dishes. The "uncookbooks", for the creative homemaker, are the saving grace. I am a product of cooked-food conditioning. But with the tasty recipes, I can compete with cooked food. I want to live all-raw in front of my family. Once I taste the cooked food, I'm a goner. My family still wants standard food; however, I can "sneak" flavorful raw recipes into their menus.

God has led me to Natural Hygiene. After being fat and lost, I treasure my 105-pound body. My health, retrieved, is a gift from the Lord, to share with others. I hope to plant seeds. I know that the raw food is living food. We put it in



Susan Mihaylo after—firm and fit!

our bodies and thrive. It's man's perfect food, provided by God.

For the dieter who cannot take a fast, I urge you to make a symbolic gesture, to draw the line: to make a commitment... dying to the old and opening to the new. This could be done with a one-day fast on home grounds; or with a long walk, reflecting on the changes to make; or with a long letter, vowing to follow this more healthful path. Let go of the old and embrace the new. And especially to the homemaker, I say this: inform your family and friends of your commitment; use the raw recipe books; dine with reverence... and make it fun!

FACTS AND FINDINGS

880 POUNDS

Albert Pernitsch of Gratkorn, Austria, is 5'9", has a 6'7" waist, and weighs 880 pounds. He sleeps on a bed reinforced with bricks, wears clothes made from bedsheets and blankets, and eats \$250 worth of groceries a week. It takes eight men to bring Albert to an upright position if laying down, a tractor to retrieve him if stuck in the mud, and a mother to cook full time if eating his "normal" meals. He cannot fit into most cars, through regular doorways, or on standard furniture.

Pernitsch is entered in the *Guinness Book of World Records* as the fattest man in the world. He states: "At least it's something I can be proud of." On a typical day, he brags of eating "... 4 lbs. of sausages for breakfast, 4 chickens for lunch, 5 lbs. of steak and 5 lbs. of potatoes for dinner... Between meals, I eat sandwiches and a bucket of salad... Quantity is all I like. I can eat anything put in front of me, no matter what the amount." The mother shops and cooks all

day long and states: "It's worth it to see him so happy... with a big table in front of him, and that makes my heart glow." Any reducing attempts have only caused Albert "misery and suffering."

(*National Enquirer*, 7/17/84)

COMMENTARY: Albert Pernitsch sits as a horrifying testimony to the teachings of the NATURAL WEIGHT-LOSS SYSTEM:

1. He demonstrates the progressive nature of compulsive obesity and the incredibly extreme form the addiction can take.
2. He reflects the "insane" thinking that often accompanies morbid obesity by priding his freakish condition.
3. He indulges in the "Basic Four" food groups, which Lesson 5 and 6 point out can promote only food addiction and obesity.
4. He is proof of the amazing degree of abuse to which the human body can adapt before fatal breakdown of vital organs and systems occur.

THE CHICKEN FEED FACTOR

A recent article in the *Washington Post* tells of one doctor in Puerto Rico who has treated over 770 cases of children with "abnormal sexual development". "Precocious puberty", which includes early breast development and menstruation, appeared in girls as young as three years old; and many of the patients demonstrated cases of ovarian cancer.

Dr. Carmen Saenz and Dr. Perez-Comez, a pediatric endocrinologist, blame ". . . the abuse or ignorance of the people using cattle and poultry implants, that they are not withdrawn in time before the animals are marketed." The estrogen-based growth stimulants routinely fed to animals appear to be the logical explanation.

In response to these accusations, the USDA finds nothing illegal going on in the sales of growth stimulants, and other organizations are planning to study the situation further.

COMMENTARY: The so-called "Chicken Feed Factor" is at the base of the NATURAL WEIGHT-LOSS SYSTEM. For the reader who has been reading all the materials sequentially released with this course, please be reminded of the "Distress/Obesity Principle" in the Introductory Kit: when an organism is subjected to undue stress, it adapts with disease, premature aging . . . and in many cases, obesity. Although cases of weight gain were not mentioned in the report, the tragic development of cancer and sexual precocity is truly horrifying.

The lesson for us, safely tucked away in our American homes, and in a country where food production is regulated a little more carefully, is this: Be aware that the Chicken Feed Factor is operating in virtually every mouthful of meat and processed food! Our food supply is hopelessly poisoned, not only with growth stimulants in the meat, but with 6,000 government-approved chemical additives . . . not to mention salt and refined sugar. The only food "fit" for human consumption, in our corrupt state of high technology, is fresh, raw fruits and vegetables, nuts and seeds, purchased directly from the farmer or at the produce section of the grocery store, or better yet—grow these yourself. Fight the Chicken Feed Factor!

OUR OVERWEIGHT NATION

The Overeaters Anonymous monthly magazine published the following statement taken from the *American Journal of Clinical Nutrition*: "For over 100 years, the body size and estimated degree of body fatness has been rising strikingly and alarmingly in the United States as well as in several European countries. . . . Indeed, it would appear that few previous populations have attained as great a degree of obesity, on the average, as has the current United States population."

COMMENTARY: It's the Chicken Feed Factor at work. It's been at work for the last 100 years, with food processing and chemical addition and poisoning animal feed to stimulate growth. The "Food Giants" are at the height of

refinement and profits, and the American consumers are at the height of obesity and addiction. The NATURAL WEIGHT-LOSS SYSTEM urges the American people to realize that unnatural foods are as evil as they are tasty . . . and that withdrawal to the natural diet is the only lasting, saving grace.

LIVE THE GOOD EXAMPLE!

Dr. Robert Thompson, chief of pediatric endocrinology at the University of Iowa's Hospital states that glandular disorders are rare among childhood obesity. He urges parents to see that an overweight child needs help and that if such help is not received by the time he reaches 17, odds are he will be obese the rest of his life. Dr. Thompson has trouble being optimistic about enlisting parental cooperation: the "sacrifice" in time and energy is demanding. Thompson notes: "One thing that never will work is trying to put a child on a stricter diet while the parents continue to eat the same amount and types of fat-producing foods as they may have done in the past. . . . The entire family needs to adopt a nutritious menu that is lower in fattening foods."

(*Your Health*, 1984)

COMMENTARY: Children learn to overeat by a process known as "modeling": they imitate the eating patterns and habits of those whom they respect, love, and eat with. My own father, well aware of my suicidal suffering with compulsive overeating and obesity, now shakes his head in sadness at ". . . the way we fed you kids." He sickens at the sight of his other 225-pound daughter who is deliberately committing suicide with her cakes and pies. What the parent needs to realize is that obesity is a progressive disease, the victim becomes sicker both physically and psychologically.

Fortunately, we do not live in the "Dark Ages" of my father's child-rearing years. The low-fat, low-salt, vegetarian, raw-food variations of the NATURAL WEIGHT-LOSS SYSTEM are here to stay. Scientific study, however, shows that the NATURAL WEIGHT-LOSS SYSTEM, promotes the *highest* level of health and permanent weight loss. In terms of a family venture, the SYSTEM works by the "Law of the More the Merrier". It is much easier when sharing with another family member. To help your child slim down, **LIVE THE GOOD EXAMPLE** . . . and make it an adventure. If whole, raw foods served up look like punishment to the child, send to Life Science for a supply of the raw-food "uncookbooks" . . . these will get him interested, until the natural instincts of his taste buds take over. Make the sacrifice . . . so you don't have to vicariously suffer your child's battle with obesity the rest of your life!



But my weight problem is glandular and genetic! My salivary glands are over-worked and my "genes" are too tight!

FROM THE KITCHEN...

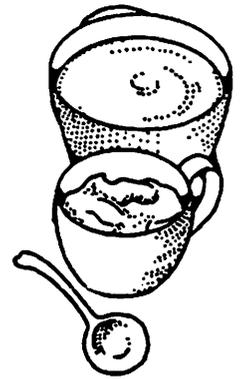
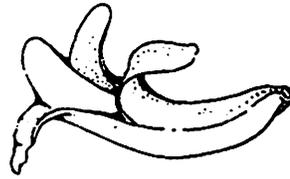
Puddings!

To make puddings, simply make extra-thick blended drinks, as described in the last Newsletter. Dried, soaked fruit can be added for chewiness and extra sweetness. Also, don't just use the old standbys of raisins and figs. Dried pineapple, apricots, pears, apples, mangos . . . are all delicious. Remember, if frozen fruit is used, the pudding is extra thick and "sets" well. These can be served in ample bowls and should be considered an entire meal . . . this will insure correct food combining and ease of digestion.

Banana-Peach Pudding

Ripe bananas
Peaches

Liquefy bananas on high speed in the blender. (A small amount of distilled water should be added so that it will blend.) Add peeled, quartered peaches and blend again. Serve.



Mango Custard

Peel mangos and slice flesh away from seeds and into the blender. Blend on high speed to a custard-like texture. Garnish with thinly-sliced banana rounds and serve.

Persimmon Prose

Very ripe persimmons
Frozen bananas
Dried, sliced mangos

Liquefy persimmon meat and chunks of frozen bananas. Add soak water until perfect pudding consistency is reached. Stir in dried mango dices and serve immediately.

FROM THE MAILBOX...

Dear Miss Bidwell,

How do I get my four-year-old son to be active? He's way overweight, being nearly 70 pounds. We have no neighboring children. He just sits and watches TV all day long, eating freely of his father's snacks. What should I do?

—Thank you,
Susan

Dear Susan,

The NATURAL WEIGHT-LOSS SYSTEM adapts wonderfully to a family situation. Your child needs parental participation and good examples. I suggest the following changes:

1. Get rid of the TV. Or limit the viewing to 1 or 2 hours daily.
2. Join your son in **daily** physical activities, such as walking, biking, playing ball, swimming . . . anything with movement!
3. Take time to transport your son to a children's playground or exercise class where he can actively play with others.
4. Put your son on the NATURAL WEIGHT-LOSS DIET; don't give him a choice; but do prepare yummy dishes and drinks and treats. Write for our raw-recipes books to get you started.
5. Ask for your husband's help: father's snacks should be kept out of view . . . or better yet, out of the house entirely.
6. Give loving encouragement, support, and praise whenever your son makes it through the day with raw food, physical activity, and less TV.

Well! It looks as though no one could have a truly banquet-type meal on the diet you advocate. One wonders if the kind of long life insured by this diet would be "worth living" at all! Eating is one of my pleasures of life and particularly the taste thrills of combinations of foods which apparently are not healthful. Please comment if it is necessary to forego all these pleasures, in order to have this wonderful health and slim body.

—E. O. Sowerwine, Jr.
Wapiti, WY

Dear Mr. Sowerwine:

The truth is the truth. All animal foods, all grain products, all junk food, all cooked food is pathogenic and—for many of us—these foods lead to food addiction and weight gain. When an overweight person excludes these poisoned, addicting foods from his diet in favor of the natural food for which he was intended, weight loss **naturally** and **effortlessly** occurs. The trick is to fully understand the dangers of toxic, unnatural food. When this occurs, you will not feel you are depriving yourself of life's great pleasures. You will not look on toxic, unnatural food as tempting or that which makes life "worth living." You will, instead, see weight gain, disease, and misery. It is a matter of truly understanding what the lessons are teaching. What is most essential may be invisible to the eye, until you reach this level of understanding. A box of Marlboro's to the emphysema victim or a bottle of Jack Daniel's to the alcoholic must be seen as out-and-out poisons before reform is successful. So, too, must the obese person change his vision and understand the high price he is paying for "taste thrills" and "pleasure seeking" through indulgence in conventional foods. For those of us who have suffered enough and searched enough, we are beginning to see in the NATURAL WEIGHT-LOSS DIET—not deprivation and robbery of life's meaning—but "salvation" from the torture of trying to lose weight on foods deliberately designed for addiction and weight gain.