

Natural Weight-Loss Newsletter

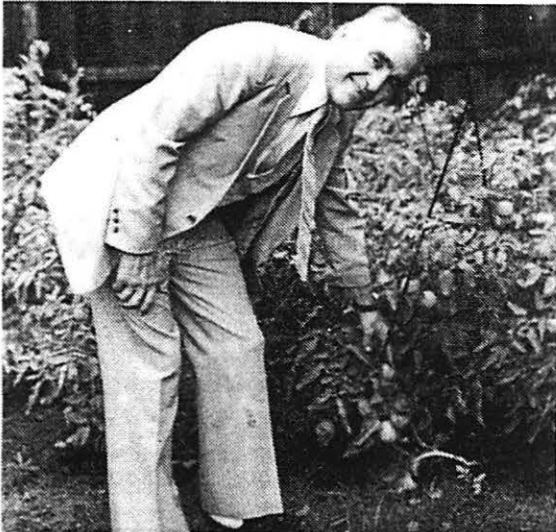
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Presenting a principle that enables the overweight to reduce quickly, safely, naturally and permanently!

SUCCESS, AT LAST!

T. C. Fry



T. C. Fry, after his tremendous weight loss. No before photo is available.

In late 1970 when I made my *great health discovery* in the form of Dr. Herbert M. Shelton's fine book, *Superior Nutrition*, I was very conformistic in my living practices. At that time eating was not for the sole function of nourishing the body. Gourmandizing was one of my hobbies! In pursuit of the pleasures of what I now realize was a perverted and depraved taste, I ate indiscriminately. Eating was a "taste delight", and I never stopped to think about the purpose of eating or the consequences that might result.

I discovered Dr. Shelton's fine book on a holiday in 1970 among some of many books I had purchased nearly sixteen years earlier. I now regard much of my life as being LOST. I read *Superior Nutrition* completely on the day of its discovery. I reread it within a week, marking it liberally where I found its contents to be nothing less than revelations for me.

So inspiring and so very obviously true was this book, that from that day to this I have not:

- Partaken of meat, fish, eggs, milk, or any other animal food.
- Used a particle of salt, pepper, spices, mustard, sauces, catsup, or any other condiment.
- Eaten or partaken of breads, chocolates, candies, ice creams, pastries, or any of hundreds of other concoctions made from sugar and fat.
- Drunk of teas, coffees, alcohols, or any other beverage other than pure, distilled water.
- Taken any drugs, shots, pain killers, sleeping pills, aspirins, antacid pills, or "medicines".
- Eaten but very little cooked foods!

Subsequently, I stopped using soaps . . . cleansing is a mechanical, not a chemical process! This includes: tooth-pastes, deodorants, shampoos, shaving creams, skin cleansers, lotions, and other cosmetics.

I undertook most of these radical changes in my life IN A SINGLE DAY! So heavily did the truths of Dr. Shelton's book weigh upon me! I had always regarded myself as a creature of truth, and it was beholden upon me to follow its dictates upon discovery!

So astounded was my family by this revolutionary turn-about in my regime they thought I had gone kooky!

At 5 feet 6½ inches in height, I was a hefty 198 pounds. I had a whole catalog of ailments and frequent bouts with colds and "viruses". At 44 years of age I had the following symptoms: pimples, blackheads, twitching of the eyes, heavy dandruff, perpetual indigestion, migraine headaches, acid stomach, frequent colds, "malarial attacks", dental cavities, defective vision (I wore glasses but no longer do!), continual sluggishness and tiredness, constipation, sinus troubles, angina pectoris (heart pains), bad breath, foul stools, obnoxious body odors, a runny nose, continual mucus expectoration, rheumatic or arthritic joints and other complaints. I had a "normal" pulse of 70 to 75 versus a normal pulse today of 44 to 48!

Going on a completely living food diet consisting exclusively of certain vegetables, fruits, nuts and seeds

caused the most startling changes to occur. There was a disappearance of one complaint after another! My weight dropped so rapidly it was incredible! I lost twenty pounds within the first three weeks. Then I undertook a five-day fast, during which I suffered the tortures of the damned as the detoxification process accelerated. (A five-day fast occasions no discomfort whatsoever now—nothing more than a mild hunger on the first day.) On this fast, I lost another ten pounds. My size 44 coats, size 40 waisted pants, and size 17 necked shirts were so unfilled that I was characterized as a walking skeleton! My face which had been so full, BLOATED in fact, was becoming actually thin.

I not only stuck with the diet, but started an exercise program! The first day I started to run around my block (630 yards) I couldn't manage more than 400 yards before I was on the verge of collapse. It took a week of practice to make it around on one try. Today I can run around the block six to eight times and still go through a heavy regime of other activities and then go to work—in fact, THIS IS my daily practice now.

During the next three months on the new living food diet, I ate nothing cooked or processed in any way! I ate fresh foods in the NATURAL STATE, just as nature de-

livered them from the garden or farm. With short, intermittent fasts. I was down to 144 pounds. Dr. Shelton had stated that drastic weight loss would be the case.

I remained at 144 pounds for a few days, and then something happened to me—a kind of euphoria! A new sparkle was in my eyes, noticeably so. My skin color changed. My eyes, which had looked a glassy yellow and somewhat bloodshot, now became white.

Within a week my weight was back up to 148 on the very same diet, and a month later I was around 155 pounds . . . where it has remained almost continuously ever since.

All my complaints as well as the FAT have disappeared! My hair is still mostly gray, but my balding has definitely stopped. I haven't had a single cold! No "malarial attacks" have put in an appearance. My nose no longer runs! My headaches have never recurred since my third fast. I would say that, at 58, my health is as fine as it could be after the damage I suffered through 44 years of wrong living!

I can recommend nothing better than the establishment and diligent pursuit of the NATURAL WEIGHT-LOSS SYSTEM. In my particular case, the weight simply melted off without any effort on my part except to partake of the natural foods recommended within this system. □

FACTS AND FINDINGS

GIMMICKS—THE EAR STAPLE

Acupuncturists claim that a small clip strategically placed in the ear and massaged when one feels hungry will curb the appetite. Peter G. Linder, M.D., conducted a study at the University of California in Los Angeles. Half the patients had ear clips inserted in supposedly "active points" corresponding to the stomach and mouth, according to standard acupuncturist maps. The other half had the ear clips placed randomly. Both groups were told that stimulating the ear at the point of the clip when hungry would decrease appetite. Neither group lost much weight. No significant difference appeared between the two groups.

COMMENTARY: Anyone who claims great success in losing weight with such an external gimmick is undoubtedly highly suggestible. Any significant weight loss would be due either to the "Hawthorne Effect": the "excitement" of being caught up in a new experiment as a center of attention or to the "Placebo Effect": the "magic" of believing something will work when told so by an authority figure. As Hygienists, we know that only changes to a natural lifestyle will cause the body to function in its natural mode. To normalize the appetat, forget about getting stabbed. Withdraw, instead, from cooked, chemicalized, fragmented, toxic foods . . . and change to the normal foods of our biological adaptation. Give up on gimmicks and try "THE REAL THING!" □

BOOK REVIEW:

Slender Balance—Causes and Cures for Bulimia, Anorexia, and the Weight-Loss/Weight-Gain Seesaw by Susan Squire. 1983.

By discussing the similarities among bulimia, anorexia, and overeating, this timely book helps the reader view the cause of "eating disorders" generally, rather than treat each as a separate phenomenon. The underlying cause of all eating disorders is from: a lack of self-esteem, an inability to deal with high stress, a lack of independence, insecurity, spiritual bankruptcy . . . and so on. Whether it is to starve oneself, overeat, or binge and throw up, emotional negativity, in any one of its many forms, is the force to be reckoned with. By taking the reader through a series of several case histories in intimate detail, the reader sees the underlying theme: once food becomes a symbol of a lack in one's life, abuse of food becomes synonymous with self-abuse. Unfortunately, the self-inflicted punishment reaches the physical and psychological planes, manifesting in illness, mental/emotional torture, social isolationism, and even death.

The last four chapters offer hope as reflected in their titles: "Taking Charge" . . . "Changing Your Attitude" . . . "Learning How to Eat" . . . and "Balancing Your Lifestyle". In these chapters, a wealth of behavior modification techniques and mental gymnastics for recovery are suggested. The key to Susan Squire's approach is intimated in the book's title: *The Slender Balance*. A person with an eating disorder MUST modify the extremes of his/her compulsive personality and find balance if s/he is to maintain a slender body image. HIGHLY RECOMMENDED.

DO YOU WANT TO BE: LESS TENSE, LESS FATIGUED, LESS DEPRESSED, LESS CONFUSED?

A study by Dr. Joan Gondola and Dr. Bruce Tuckman of the City University in New York tested 340 men and women on a regular exercise program with the Profile of Mood States psychological test. The doctors found those involved in regular exercise *significantly less tense, less fatigued, less depressed, and less confused* than nonexercisers from the general population. They offered five possible explanations for these attractive benefits of aerobic exercise:

1. Increased secretion into the brain of adrenalin and noradrenalin which stimulates general intellectual activity.
2. Increased adrenalin improves self-awareness so that positive feelings about oneself are emphasized.
3. Serotonin levels increase after thirty minutes, which induces an intensely-pleasurable, "trancelike" state.
4. Released morphine-like chemicals known as "endorphins" induce "Runner's High" or feelings of euphoria.
5. The actual act of exercising regularly gives a person a feeling of "taking control, direction, and responsibility in his life which transfers to other activities.

Drs. Gondola and Tuckman concluded that these benefits are "... a circular reaction so that feeling better leads to feeling *even* better . . ." and "... success breeds success breeds success."

(*Perceptual and Motor Skills*. Vol. 55. 1983.)

COMMENTARY: Exercise is the next best thing to the "magic pill" that makes us feel better. To overcome feelings of depression, hopelessness, and helplessness . . . **GET OUT THERE AND GET GOING!** □

OUR NATIONAL OBSESSION

Dieting has become "Our National Obsession". Recent surveys show that Americans are engaged in the relentless and elusive pursuit of thinness:

45% of all U.S. households has somebody on a diet.

56% of all women 24 to 56 years old are on a diet.

76% of all dieting women claim cosmetic priority over health reasons.

(*International Journal of Eating Disorders*. 1982.)

DIET PILLS CAN EVEN KILL!

A study from the University of Chicago cautions against taking the diet pill that combines the active ingredient PPA (phenylpropanolamine) and caffeine. The caffeine added to PPA has already been associated with several deaths, although extensive research on the combination of the two has not been done. When the combination of PPA and caffeine was administered to rats in this particular study, the lethal dose was cut in half. Presently, manufactured pills containing both PPA and caffeine include: Ayds, AM/PM, Anorexin, Dexatrim, Des-a-Diet, Dietac, and Thinz-SDpan.

(University of Chicago Medical School. 1974.)

COMMENTARY: Diet pills and caffeine are out-and-out poisons. When combined, they are lethal. The *Natural Weight-Loss Newsletter* exposes the "pharmaceutical mentality" that encourages us to think that all our physical maladies can be cured with a pill. **THERE ARE NO MAGIC PILLS!** We become ill the same way we become healthy . . . through our living habits. □

STOMACH STAPLING

One in 25 gastric restrictive surgery patients die following surgery. "Gastric restrictive surgery involves "an established procedure" that closes up (or "staples") a portion of the stomach and makes it unavailable for food reception. Ideally, the patient then "feels full" with less food, will not overeat, and subsequently loses weight and can maintain a normal weight thereafter. In addition to 1 in 25 dying, other patients experience complications: heart attacks, hernias, painful gastric leaks, deterioration of internal surgical connections, intestinal adhesions and ulcerations, anemia, and opening of the staple line.

COMMENTARY: A person who resorts to this drastic measure reflects the "medical mentality" in the classic sense. He has disowned all responsibility for his own health, indeed, for his very life . . . and has handed over his body and its organs for mutilation by surgeons. He has no faith in the healing powers of his own body . . . or in his own will over the cunning power of food, for that matter. He willingly casts his role as a sacrifice to modern technology. The **NATURAL WEIGHT-LOSS SYSTEM** is totally antithetical to this mentality. The lessons teach a nutritionally sound diet in conjunction with self-respect, self-control, self-responsibility, and self-healing. □

Leftovers?

*Let them go to waste
and not on your waist!*



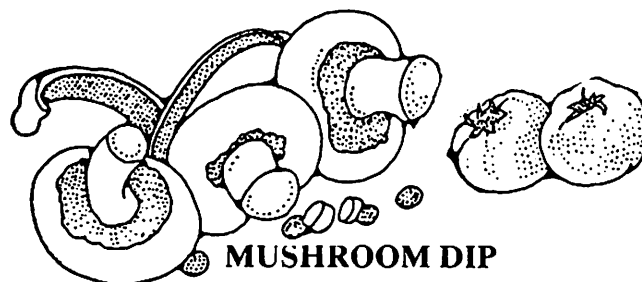
FROM THE KITCHEN...

Many people new to the *Natural Weight-Loss Newsletter* find eating vegetables without a dip or dressing unpleasant . . . if not downright punishment! The vegetables taste like straw and are "hard to get down". This is because, of course, our tastes have been perverted by pouring on "gobs" of high-fat, highly-seasoned dressings. Unfortunately, such condiments have two to five times the number of calories as the vegetables in the salad itself and are loaded with poisons. Following are suggestions for delicious, wholesome salad dressings and dips. If you are tempted to return to the commercial dressings and dips, adopt a "spirit of adventure". Experiment with natural condiments. Let the blender or the masher save you from returning to the very foods that put the fat on in the first place.

GUACAMOLE

- 1 mashed avocado of medium size
- 1 diced and mashed tomato
- 1/2 red or green pepper, finely diced
- 1 lemon juiced
- 1/2 cup grated or diced celery

Mix well and serve.



MUSHROOM DIP

- 1/2 cup grated carrots
- 1/2 cup grated zucchini
- 1 diced, mashed tomato
- 2 cups chopped mushrooms
- 1/2 cup finely-chopped celery
- 1 cup ground sunflower seeds
- 1/2 avocado

Mix well to a moist consistency and serve.

BASIC TOMATO AND AVOCADO DIP OR DRESSING

Blend tomato and avocado to desired consistency and serve. To serve as a salad dressing, add more tomato. Lemon juice, celery, or green pepper can be added to the blender to suit your taste.

(Recipes are adapted from *Light Eating for Survival* by Marcia Madhuri Acciardo, 1977, \$5.95, available through the Life Science Library.)

FROM THE MAILBOX . . .

Developing High Energy

I have been following your instructions from the course, High-Energy Methods as closely as possible. I have taken no meals before noon. I've eaten two meals per day for six days a week. I fast one day a week. I've eaten nothing except fresh fruits and vegetables. I use only steam-distilled water, when I use any. My weight plummeted from 233 to 155. I no longer have high cholesterol. After treating diabetes orally with Tolinaise for five years, it is now a thing of the past. I'm over bleeding ulcers. I still have problems such as mouth sticking together, very tender lips and lip chapping. I have scads of energy compared with my former status, but I see I have yet a way to go. I look much younger and my friends are simply amazed this is still the me that was dragging around just months ago.

—Harley W. Neal
Lynn Haven, FL

"Go Eat Chocolate!"

Despite all my involvement in the NATURAL WEIGHT-LOSS SYSTEM, a voice inside me calls out: "Go eat chocolate!" And that's just what I do. Do you have any advice?

—Mrs. Johnson
Milwaukee, WI



Dear Mrs. Johnson,

Many people are "chocoholics" and need a handful of strategies to use as weapons when the "chocolatier" within beckons! I hope you will find some of the following weaponry useful:

1. Read the NATURAL WEIGHT-LOSS LESSONS and NEWSLETTER over—instead of giving into the fudge. Do some of the HOMEWORK ASSIGNMENTS.

2. Write a long letter addressed to "Mr. Fudge" and tell him all the reasons you do not want to become a slave to him. Read it aloud in front of a mirror and convince yourself.

3. Take a long walk and enter it in your EXERCISE LOG.

4. Call up a loved one you have not talked to for a long time and give your love to him or her—instead of to the fudge.

In other words: review the intellectual reasons against chocolate; try an imaginative, combatative approach; try an exercise substitute; or reach out with love to a person, instead of a poison. When all else fails, eat fruit or vegetables, in place of fudge. Much more will be written on this subject of overcoming junk-food addiction in future lessons. Thank you for writing. Please let us know what worked for you.

Healthfully yours,
Vickey Bidwell