

# Natural Weight-Loss Newsletter

Volume I, No. 26

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

## SUCCESS, AT LAST!



**FROM...FRIENDS ACROSS AMERICA**

**WELCOME TO NEWSLETTER 26!**

This last of the 26 Newsletters celebrates the conclusion to *The Natural Weight-Loss System*...and in the Lessons and Newsletters, "all that you ever wanted to know about getting well and staying well" has been thoroughly covered. The rest is up to each one of us. We are daily given the opportunity to make countless decisions "for health" or "against health." We find that by observing "The Essentials of Health" and by partaking in modest amounts of The Ideal Diet, our weight will normalize and our mental, emotional, and spiritual health will blossom. Still, we are to be reminded that—for most of us—practicing Natural Hygiene as presented in *The System* is not always easy. Indeed, for some of us, it will be the most difficult undertaking of our lives!

**TODAY IS THE FIRST DAY  
OF THE REST OF YOUR LIFE!**

I do have just one more thought before closing. It is to give stern words of encouragement to a certain type of person...The person who sees himself—or herself—as "a failure." The self-acclaimed loser is typified by the words of these letters:

*"...Maybe if you published names and addresses of people who have tried and failed a few times and then—success, at last—maybe I would understand why I cannot follow this program. I really have nothing to tell anyone about success, since I always fail..."*

Or...consider this plea for help:

*"...Can you help me? I've been trying to get on 'The Healthful Living Diet' for a couple of years, and I just can't do it. I'm only 5'1" tall, and my present weight is 206 pounds. So you can imagine what I must look like. Never in all my life did I ever think I would weigh over 200 pounds! I hate myself..."*

Only so much can be done through a correspondence course such as this, since there is no "real live teacher" with you, day and night, who prepares your food and sees that you don't overeat and that you get enough exercise and sleep and so on. *Your success in The Natural Weight-Loss System is up to YOU!* This is the ultimate beauty of Natural Hygiene. It teaches us a *total* Health Care System based on personal responsibility. No longer need we be dependent on the medical world for "feeling good." Through this course, we have been given the full knowledge of modern day "good and evil"—dietetically speaking. This knowledge leads us back to "The Garden of Eden Way of Eating." It is up to each one of us to accept that knowledge and to exercise our own free will each waking moment of the day *and* night.

In actuality—and not to sound rough—I have said all I have to say to "the failure." **Your greatest enemy is yourself!** And your biggest problem is that you have branded yourself a failure. All 26 lessons in general (and in particular, Lessons # 8, 9, 10, 13, and 25) must be studied *until the message sinks in!* We are not talking about merely "changing your diet" when we talk about weight loss. Much more importantly, we are talking about changing your way of feeling about yourself and others! The lessons suggest ways in which to go about this. The rest is up to you. Whether it is anger or self-pity or loneliness or boredom or frustration or hatred or lust for SAD food that has put you in your miserable circumstances at this moment, it is still up to you to see the light...to envision your "New Self"...to give up the masochistic "Old Self"...and to accept the greatest challenge of your life!!!

If you read the "Success...at Last!" stories throughout the Newsletters carefully, you will realize that *almost all of them reached their wonderful weight loss only after many failures.* These persevering students, however, did not give in to their

...Victoria, I feel that *The Natural Weight-Loss System* is a real blessing. I have tried for years to lose just ten pounds, but to no avail. Sure, I would lose it, but just as soon as it was gone, it would return. I was addicted to salty foods, thus causing water retention and bloat. I discovered Natural Hygiene through Harvey and Marilyn Diamond's book, *Fit for Life*. Upon finishing the book, I became a student of Life Science Institute, and your weight-loss lessons came to me. They are invaluable. I have gradually improved my diet so that now I eat approximately 75% raw foods, and the rest are cooked. I am still striving to improve. Yes, the weight is gradually coming off. But "the real payoff" is that I feel AB-

...I must speak as a woman of 51 who has known about Natural Hygiene for about 10 years. I began changing my diet about 16 years ago. It has been a struggle the entire time because, of course, in the beginning—it all seemed so

wonderful and made so much sense! I thought surely my family would also be thrilled to join me in this endeavor to be healthy! But time soon revealed...NO WAY!!! The bread (made with whole wheat flour—organic at that!) was too chewy for them; the honey in date bread, zucchini bread and pancakes made everything taste funny! Too much food was thrown away instead of eaten, so I decided that for now, this was my walk and if others wanted to join me, fine. It was probably a good thing, because gradually their ideas changed as different approaches to “Healthy Habits” found their way to my mailbox. Then Natural Hygiene came into my hands via *The Natural Weight-Loss System*.

Let me say that the past 10 years have been a beautiful struggle. I feel so alone at times, but it is worth it. I believe *The Natural Weight-Loss System* is excellent! As yet, I have not been through the entire program. It is a study that—for me—needs to be done slowly. And I must take care not to become overly anxious to go on to the next step too soon. There is so much information to absorb and digest that one can feel threatened if in too big a hurry. I am so thankful to have it in my library of “Important Materials.” If I had the chance and choice to take a vacation from my duties as a housewife, piano-voice teacher, and organist, I would like at least a month of concentrated study of this *Natural Weight-Loss System*. I’m awaiting the day when I’ll be 100% “hygienic.” It’s most difficult to be surrounded by 100% SAD people who think I’m 100% weird!

**From...Henry Sloan**  
Patriot, Ohio

...I am not much of a writer, but I am glad that I learned about Life Science when I did. When I changed my eating habits and started eating mostly raw foods, I sure did lose weight. AND I MEAN FAST! I can eat all I want of raw foods, and I don’t gain a pound. Now I exercise, run, and work out. I can do all the things I haven’t been able to do since I was a teenager. I will be 58 in 22 days. That’s why I say: “Raw foods is the only way to go!”

**From...J.T. Palmer**  
LaCrosse, Wisconsin

...My contribution to this last Newsletter is as follows: “Eating totally raw is the best way to achieve physiological and biological health. It takes discipline, determination, and understanding to accomplish this goal. But the bottom line is...DO IT...STICK WITH IT—UNTIL IT BECOMES A HABIT FOR LIFE!” Thank you for allowing me to be a part of your program for health.

**Art Killiam**  
Roanoke, Virginia

...I have been getting Life Science material from Texas for years and have tried to follow the teachings. I really didn’t get into it till the first of the year. I am eating about 98% raw now. I went on an eight-day fast to start. When I was 16, I weighed 240 pounds—and in adult life, 275 to 280—and at one time, 300. I am 6’4” and big-boned. All this weight didn’t look too much like fat. But later in life, when I quit being active, I had to do something about the weight. I am 66, and I have been on every diet in the book. You name it, I’ve

been there. I’d lose 10 to 15 pounds, then gain it back—plus. Well, this year, changing my diet to *The Natural Weight-Loss System*, I am down to 216 pounds and I didn’t even try! I feel great. I feel like a 20 year old. I am the type of person who has to try something before I put it up or down. This Life Science program gets a “10” from me. Let’s get out there and spread the word. A Healthy World is a Happy World.

**From...Lawrence Patrick**  
East Orange, New Jersey

...A friend of mine says he will not go vegetarian. A “modified version,” he thinks he can live with. After one week he has noticed increased energy. What is the old Chinese saying: “A journey of 1,000 miles begins with the first step!”

**From...Kate**

I have lost over 20 pounds with *The Natural Weight-Loss System*. I am now 100 pounds at 5’6”. And I feel great. Unfortunately, however, I still crave Italian food. And it’s difficult not to give in. Sometimes nuts assuage the cravings.

**From...Edwin Mathews**  
Levering, Michigan

...I spend hours daily studying *The Natural Weight-Loss System*. I am so grateful for the information. Knowing *how* and *why* events take shape motivates me. Just knowing the outline of health isn’t quite enough for me to get going.

**From...Laura Silbert**  
Encino, California

...I shall be most happy to share my experiences with you and others who may benefit from them! I started *The Natural Weight-Loss System* because you indicated in your writings that Natural Hygiene would make a change in body inflammation—and help me to lose weight. My sedimentation rate for the past 2½ years has been elevated as high as 90. This past March it was 47.

On December 30, 1984, a series of symptoms and my doctor’s and friends’ intimidation led me to take Prednisone. I do not do well with drugs. The Prednisone made me a vegetable with no energy, no thinking ability and a weight gain of 40 pounds. In 1986 I stopped taking the drug and began my path back to some semblance of health. I tried a number of diets: Fit for Life, Dr. Berger’s Immune Power Diet, Dr. Biehler’s broth diet. I arrived at your program having lost 28 pounds. Since then, I have lost only 9 more pounds in 3 months. I have, however, gotten thinner; and I am constantly taking in my pants at the waist and hips. Although I am disappointed, I must keep my focus on what I hope to gain in terms of health in the long run. I believe that, even though I am not outwardly manifesting visible improvement in health—internally, cells of questionably good health are being replaced by healthier ones, and eventually there will be enough healthy ones to make a noticeable, visible change in many ways.

I believe in *The System*, because I believe in my body’s wisdom and feel this is the better way, rather than with drugs, to make a change for the better. This is the first time I have seen even a hope of going down to possibly 125 pounds and of seeing a healing in my body of its pains and arthritis.

One of the most useful things I picked out of your literature was the "Final Words" statement made in Lesson 9. We were encouraged not to wait until we were "ready"...but to DO SOMETHING NOW! I am 65 years old and have always lived by these words. But I always felt guilty that I had to keep trying and had never "made it." You let me take a new look at the whole growth process, helping me see it as a positive action instead of a negative one. I thank you for that.

**From...Lois Conklin**

Stockton, California

Thank you for all the wonderful material in *The Natural Weight-Loss System*! I've been quickly going over the course and plan to take each lesson at a time. But I needed a "quick fix" and inspiration to keep on The Ideal Diet. I've been reading Life Science material for several years. It made sense! Still, I reached a "burn-out" stage and was looking for more specific help. I tried on my own to "eat raw," but I wouldn't last long. So this material is encouraging to me to go as much raw as I can. My husband does some, but not much. We both need improving.

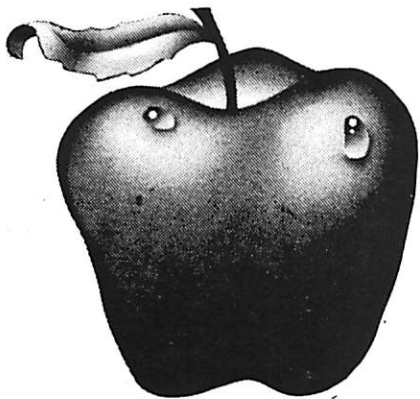
I've been on all raw for the past 10 days with no ill side effects. I feel better, with more energy and a better attitude; plus I feel a deeper spiritual awareness. I even tested out "eating-out-raw," as I was just on a 3-day conference. I was served a raw vegetable salad instead of the usual SAD dinner plate. I must learn that it is OK and that I'm not bothering others with my Ideal Food choices. I also didn't come home as exhausted as I usually do from such a session.

*The System* is helping me so much! I'm finding it easier to stick with RAW as I go. It is certainly easier in summer with all the wonderful Ideal Foods in season. People are noticing the weight loss and complexion improvement, as well as an upswing in my outlook. I'm the resident "POLLYANNA!"

**From...R. Schlosser**

Denver, Colorado

...Since my wife and I have been pursuing *The Natural Weight-Loss System*, we have noticed a number of benefits. We have lost some weight. But we would like to lose more. Perhaps a better application of the course will accomplish this. We do not have problems with digestion or elimination and generally feel healthy. We have not suffered with colds or influenza, as was our usual SAD custom. As time passes and we can apply more fully the principles of *The Natural Weight-Loss System*, we hope to see even more benefits.



**From...Crystal Gaskins**

Haysville, Kansas

...When you ask, seek and knock—you sure do find! All things really are possible! A friendship that started at a Life Science retreat developed full bloom into marriage! I might mention, my body went right on losing down to 110 pounds. (See Newsletter # 5.) I'm still there—working on building muscle tone now. We have a weight room, and we exercise and have the benches and an exercise bicycle.

**From...Eugene Hall**

Long Beach, California

...Presently, I'm fasting a few days on water only, then eating a fruit meal in the evening. Back in February I did a 16-day fast and was influenced afterwards to eat cooked vegetables and some grain. Can you believe that? I'm still paying for such ignorance. For 3 months now I haven't touched a bite of anything except fresh fruit. And now—I'm fine again. Life is quite an experience! (See Newsletter # 6.)

**From...Ritamarie Loscalzo**

Cupertino, California

...As far as fat and struggling go: "JUST STICK TO WHAT YOU BELIEVE IN—AND YOU'LL PULL THROUGH! It's an uphill battle—but believe in yourself and you'll win!"

**From...James E. Carroll**

Johnson City, Tennessee

...I am past 69 years of age. But on the Life Science program, I look and feel much younger. I don't feel old at all. I used to have colds, flu, be out of breath, and have headaches. I have not had a cold, flu, or anything else in over 6 years. My blood pressure is 115/56. And the pulse rate is 65. Seven years ago, my weight was 165. Now it is 115. I am small in frame of 5'5". I do jog and fast walk about 1 mile in 9 minutes, without getting sore or out of breath. The Red Cross Lady says I have the body and health of a "teenager!"

**From...Fred Everett**

Columbus, Ohio

...FROM ONE END TO THE OTHER...STUDY YOUR DIET. IT IS VERY IMPORTANT! (Your neighbor's dog, perhaps, has a better diet than you.)

**From...Elaine Fischel**

Los Angeles, California

...I think weight loss is mental. You have to think you are worthy of being thin and healthy before it will happen to you. We must not get despondent and then deliberately sabotage our goals. We must keep trying.

**From...Gloria Blaxley**

Exeter, California

...I can't believe I was once that fat! (See Newsletter # 24.) Although I have gained some back, I have not gotten discouraged. It continues to be a struggle, but I won't give up!



**From...Anonymous**

Staying on The Ideal Diet is not easy living with my wife. She eats anything that won't eat her first!

**From...Violet and Eugene Rodgers**

Hatfield, Arkansas

...Our health has improved a lot. They say it can take 1 to 3 years for our bodies to get cleaned out, unless we go on a long fast. We did fast for 10 days once and could see how it can help. We are not "spring chickens." We are getting close to 73 and find plenty to do.

**From...Jaquelynn Mauvais**

Hawaii

...Looking back now, I would have to say that my mind and body have been transformed! As a teenager, I always thought of myself as chubby—even though I was never more than 10 to 15 pounds overweight. Unfortunately (for my metabolism), at age 16, the good doctor in my life thought nothing of prescribing diet pills for me, even though I was only 10 pounds above normal. So I took them and took them...for 17 years! Whenever I would stop taking them, I was absolutely ravenous...the insatiable appetite would return and so would the fast weight gain. Year after year, I would try a new type of eating plan or diet—only to always gain back more than I had lost. The more I would study about diet, the more I would somehow act contrary to my new knowledge. I felt I was going crazy, since just as I thought I had it all under control, I would blow it again.

When I finally valued my health enough to get off the diet pills, I gained 20 pounds immediately and stayed up there for years. I had developed many problems from overeating compulsively. Even though I was never a "vomiter," I see now that I did fit the classic definition of a "bulimic" as detailed in Newsletter # 8. Suffering from super poor elimination, daily headaches, low back pain, and generally no energy—for a lift I would drink STRONG coffee (my legal high). And then daily, I needed a sugar rush, so I became addicted to doses of Haagen-Dazs ice cream.

Finally, I was fortunate enough to learn about the Live-Food Diet of Natural Hygiene and spent 6 months on staff at a retreat. I fasted 30 days and reached my ideal weight. It was as much a spiritual experience for me as it was physical. For 2 months, I kept the weight off. I had a few horrifying experiences with salt when I ate Chinese or Mexican food. What has been said all along in nearly every lesson or newsletter about salt making you swell up was true! For nearly a year after that, I continued to be as insane about food as ever—or more! My heavy exercise program of 5 miles of "waddling" (a very fast walk) daily helped; but at a certain point, I had gained all the weight back that I had lost during the fast. Then and there, I decided that "fasting was not the answer. Nor was raw foods. And neither was exercise."

While living with Victoria for a month and working on a coloring book, I realized—as I studied *The Natural Weight-Loss System* and as I talked with her—that I have been trying to feed "a heart hungry for the Lord" with food. It had never worked. During that time, I became a Christian and began studying the Bible, especially the Book of Romans, where I understood that this insatiable appetite is nothing more

than "lust of the flesh." This "Old Nature" must be put aside, along with the old, SAD foods! I began to believe that God wants me healthy! Once I added prayer to The Ideal Diet and my exercise program and all the other help given in *The Natural Weight-Loss System*, I was delivered from the insane binges and fasting and obsessive-compulsive horrors of the food addict.



**From...H.W. Neal**

Lynn Haven, Florida

...I wrote a small article which I have distributed to my Bible students for a long period. Excerpts follow this letter. I am prejudiced, but I just don't see how an obese person can be in full fellowship with my Lord. I have been a Hygienist

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for a number of years, originally taking my weight from 233 to 158. I got along fine—throwing my diabetes into remission, ridding myself of high cholesterol, and feeling fine in all respects. However, I went back to Illinois in June of 1985 for my 50th Graduation Reunion. I stopped back by my brother's house, and me and my ever-present jug of steam distilled water almost drove my brother's wife "up the wall." She made and served an apple cobbler. I let that be my downfall. I ate cobbler or pie and ice cream all the way back to Florida. On January 1st of this year, I weighed 222. I spent the 24th through the 29th of April in the hospital, and I will spend the next 30 to 90 days paying for my folly. Take a fool's advice: "Don't stub your toe. If you do, get right!"

### CUSTODIAN—WHO, ME?

A "custodian" has been defined as "a guardian" or "a caretaker."

I Corinthians 3:16 says, "Know ye not that ye are the temple of God, and that the Spirit of god dwelleth in you?"

I Corinthians 3:17 says, "If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are."

Our bodies are "spiritual temples." Who is "The Custodian" of your temple? Do your custodial duties enhance your spiritual temple? Alcoholism, drug addiction, and improper consumption of food obviate the use of our bodies as spiritual temples. Have you been guilty of "looking down your nose" at alcoholics and drug addicts, yet been guilty of improper food consumption? Each of us is "The Custodian" of our own spiritual temples. We can each rationalize our consumption of food, but does it stabilize or improve our spiritual temples to do so?

As we get older, our bad habits are harder and harder to correct. Improper intake of food not only breaks our fellowship with our Creator, but it is primarily responsible for a great percentage of diseases which beset mankind. God programmed our bodies to resist disease. Annually we give money to the medical profession, instead of to help to do God's work, because of our own "shoddy custodianship." Let us each and everyone be a "Good Custodian"—and a thorough one. You have a decision to make. You cannot have 2 masters. You cannot straddle this particular fence.

**From...Janet Garrison**  
Centralia, Washington

...In February, 1985, I weighed 217 pounds—my all time high. And at 67 and 5'8" tall, my long, lean (?) bones were groaning under such weight; and I was tired, ill, and had all the classic symptoms shared by fellow obese sufferers. I went on Weight Watchers and got down to 190 pounds, which I held for 6 months. Measuring my food was probably the most advantageous element of W.W., as well as the weekly pep talk. However, 190 seemed to be "it"—and 140 was my goal. Then I got down to 180 pounds on my own in January, 1987. In January, I fasted for 18 days under supervision. This fast was a marvellous experience. My weight went to 164 pounds, but the greatest advantage was the cleansing process which relieved my arthritic hip and knee joints and gave

me a good frame of mind. I have since attended a monthly Natural Hygiene meeting in Tacoma. Needless to say, I am thoroughly sold on raw foods. I gave all my "dead food kitchen" stores away so as to have a "Live-Food Kitchen" when I returned from my fast.

There—those are the "roses"...we will now observe the "thorns": At the retreat, I was very satisfied with the 2 meals daily with which my fast was broken. When I got home, however, the reality hit me that I hadn't changed! I had just accepted the regime of fasting in a dependent way—and on my own, I was still a compulsive eater! I ate out and weighed 166. The next day, I was unbelievably thirsty and had V-8 juice, tomato juice, and bouillon cubes (all in distilled water, which amuses me). I finally realized it was a "salt craving attack" which I was feeling, and I finally stabilized at 170, which I have struggled to maintain for the last 4 months. I have gone up to 175—but gotten back down to 170.

I think your Lesson 23, "Lowering Your Setpoint," will be the most useful for me. I realize that I am addicted. EACH NEW DAY IS A CHALLENGE! I have to read my copy of The Natural Weight-Loss System like a "Bible," practice its teachings, and most of all—EXERCISE. It also helps to go through all the dresses in my closet which are so pretty. I have had 30 minutes of good, professionally led exercise 3 days a week for the last 4 years...and it has really rehabilitated my muscles. I take "water-exercise" at the local "Y" and have recently added 30 minutes of bike riding and 30 minutes of machine rowing to my routine. I actually believe that until I lower my "setpoint," I am fighting a losing battle.

My friends are mostly older women who also live alone—and much of our pleasure in life is...SAD to say...EATING! For most of us, it is the one sensual pleasure left—and unless we conquer the weight problem—it will remain that way!! Yet I can't give up...as ill health is a constant specter. And actually, I have a fine body, which still looks pretty good to me, in spite of all the abuse I have heaped upon it. This body will improve under Hygienic care, if I persevere. I have promised myself to reach my goal weight in 2 years, and I know I will make it. Whatever it takes, I intend to get to my normal weight and live to 100—like so many of my grandparents...NONE OF WHOM WERE FAT!

My Hygienic practitioner is very supportive—although I'm sure he gets tired of encouraging me to what appears to be no avail. But actually, if I didn't stay with The Ideal Diet, I could have been a 300 pounder by now! All in all, my friends tell me I've improved much since 217 pounds. I'm a size 18 instead of a 44...this is "progress—slow but sure." Thanks for all the REAL HELP I get from the course and for your REAL UNDERSTANDING OF FOOD ADDICTION. All I can say is: "Thank God I didn't get hooked on alcohol!"



**From...Larry Whitesell**  
Cottonwood, Arizona

...I just finished reading Lesson and Newsletter #8 of your program and felt moved to congratulate you. The Natural Weight-Loss System is both inspiring and motivating. It fills a gap that has existed in Hygienic literature for too long. The idealistic pronouncements of Herbert Shelton, T. C. Fry, and others have always been tremendously inspiring. But they needed "the nuts and bolts" of the information to help the emotionally sick and the SAD food-addicted to make positive, lifelong changes in matters of diet, exercise, and attitude. The Natural Weight-Loss System supremely fills that gap.

For the first time in my life, I realized—while reading Lesson #8—that the only success I've had in applying Natural Hygiene was when I was practicing (by accident) visualization and affirmation. Thanks to *The System*, I will now make a daily, conscious effort to visualize "My Ideal Self" and to weave into my being the positive affirmations of what I want to be.

Your "Success...At Last!" story in the first Newsletter is an inspiration to many of us of a younger, more confused generation than that older generation who seems to have the power to just do what needs to be done. Your success in overcoming an addictive, compulsive, self-destructive lifestyle will motivate serious students to achieve similar success. May I suggest that you somehow let others know that *The System* is NOT just for the overweight...it is for ALL people who have trouble controlling their SAD eating habits. I have been underweight my whole life. Yet I have always tended to overeat. Obviously my digestive function has been impaired due to eating either too much food or just plain junky food. After reading Lesson #8, I feel that this is just what

I've needed all along. I suspect that only about two-thirds of those with eating disorders suffer from actual obesity. The rest suffer equally impairing functions—although less visibly noticeable—from fatigue to cancer. In short, *everyone* could profit from an in-depth study and application of this course.

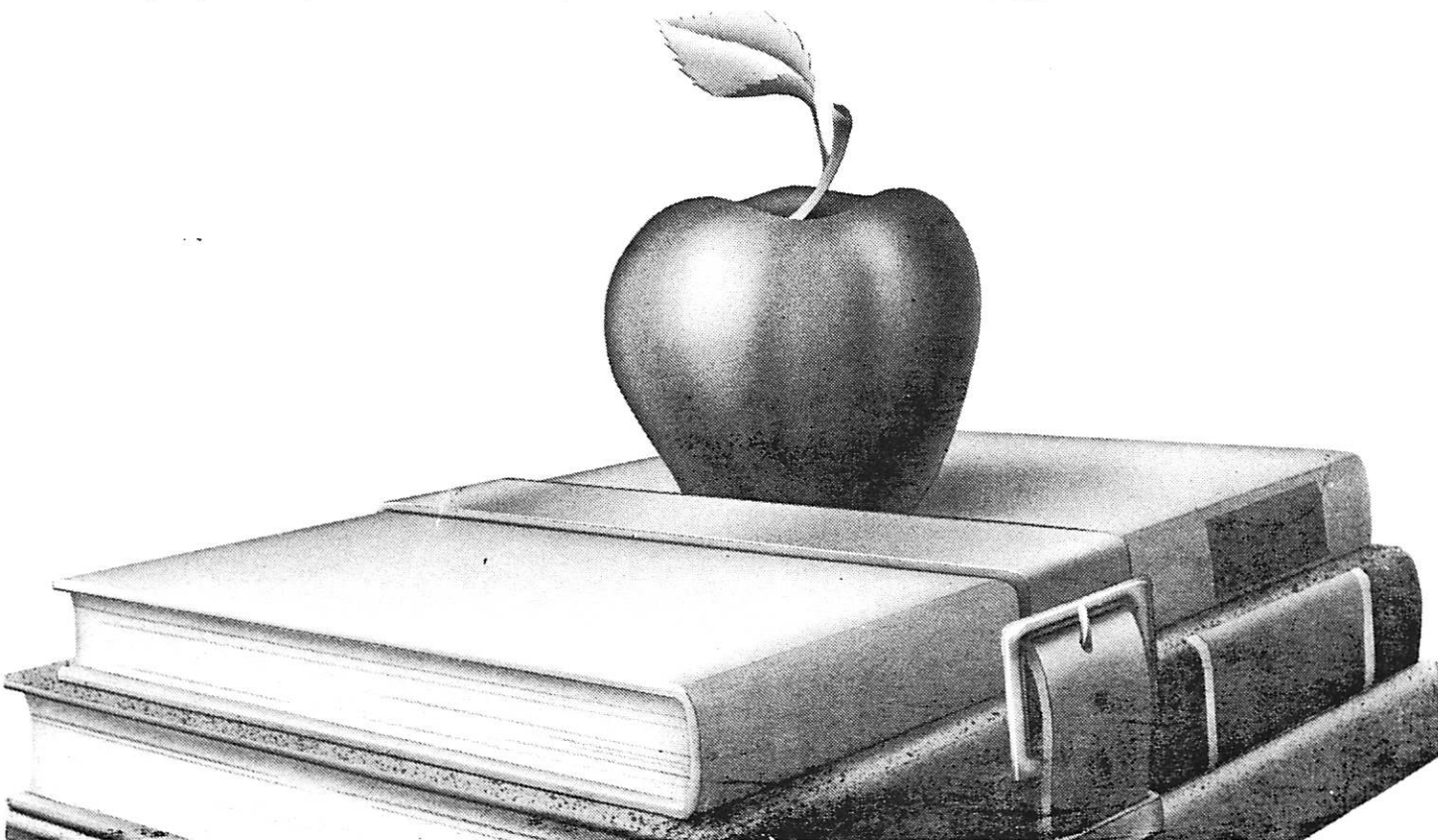
**From...Ruth Dalton**  
Vero Beach, Florida

...I received the first material from Life Science two years ago. As I've always been a "fruit and vegetable lover," I decided to go along with that method of eating. I started January 1st of 1985. By April, I had lost 25 pounds and felt super!!! I have since gone up 5 pounds. But I have stayed right there for 2 years.

My friends say: "That's fine for you...but I could never do it." One of my friends is going to Weight Watchers and is following—basically—The SAD Diet, which contains all of "the essential foods" which she honestly believes she has to have to maintain health. She does manage to lose weight, but she doesn't keep it off very long.

People ask me what kind of a diet I'm on. I tell them: "It isn't a DIET. It's a WAY OF LIFE." My brother (who weighs 265 pounds and is 6'3" tall) recently visited a clinic in Mexico that promotes raw fruits and vegetables. He has lost 33 pounds in about a month. His blood pressure has gone way down, and his high cholesterol has dropped down to such an extent that his States' doctor was amazed and could hardly believe it. I'm not at all surprised.

Everyone thinks I've "gone off the deep end." But what has been said in *The Natural Weight-Loss System* newsletters makes sense to me. I am 67 years of age. Since I moved to Florida about six years ago, I have yet to find the need for a doctor!



# *In Closing...*

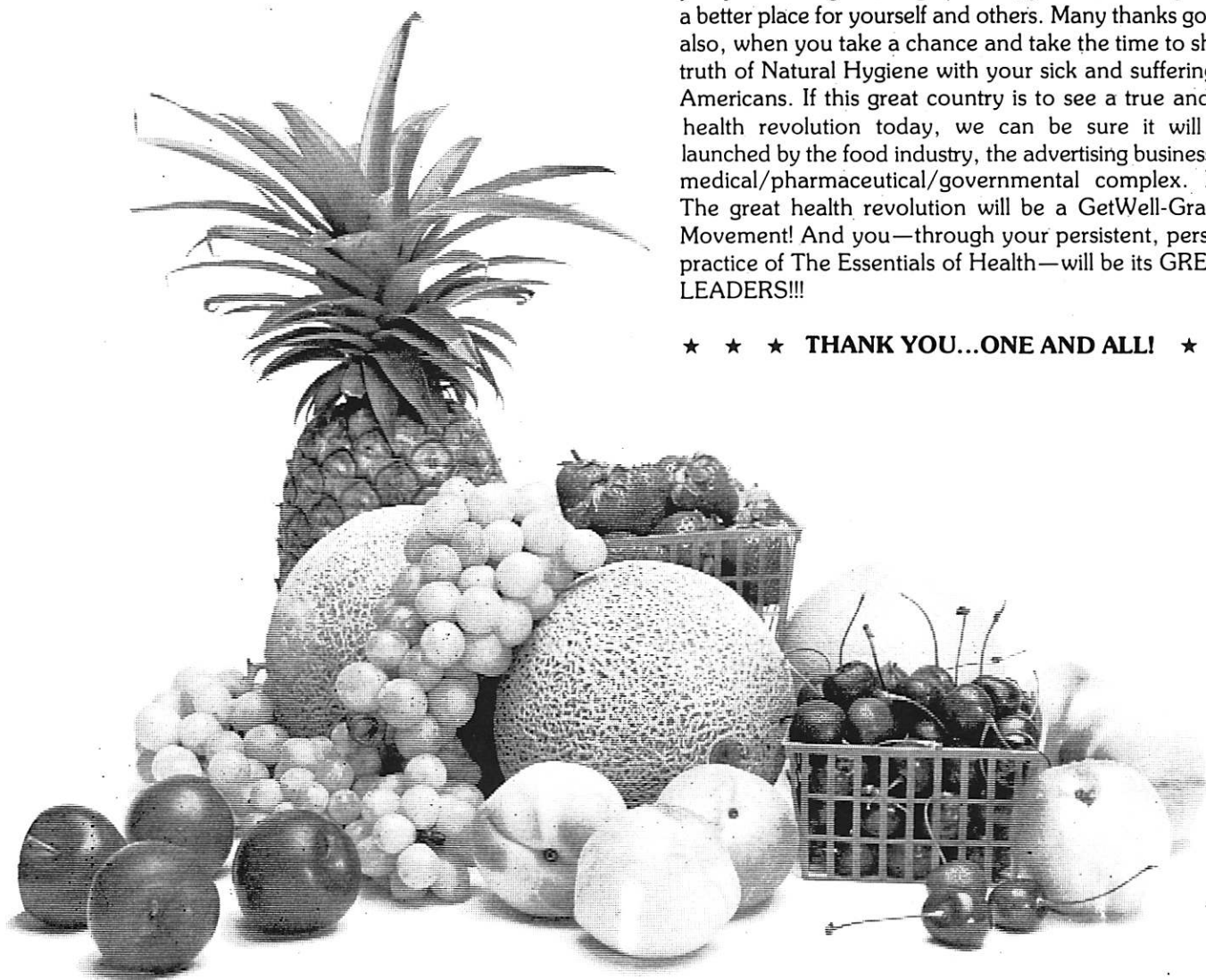
I would like to take this opportunity to extend a warm, heartfelt "!!!Thank You!!!" to T. C. Fry, the Director of Life Science in Austin, Texas. This entire course has been made possible by T. C.—he conceived of the idea, he granted me the assignment, and he has gone to all the organizing and expense to put it into our hands today.

Likewise, I would like to thank his Number One Assistant, Marianne Fry. Her unfaltering service to Life Science has seen this fine organization through many hardships during the two years' printing of this course.

Next, I would like to thank Margaret Flynn and Joyce Kling for putting their "hearts and souls" and finely polished talents into the layout and graphic designing of this course! Thanks go also to our printer, Russell Smith, to our shipping clerk, Hilda Wilt, and to our computer genius, Randy Bryan—they have all been intimately involved in the preparation and handling of *The System* so that it would safely reach your hands.

Moreover, I would like to thank you for practicing healthful living practices in this unhealthy world. For each time you do, in whatever small way—through eating The Ideal Foods, through giving love and kindness, through securing adequate rest and sleep, through getting enough exercise—each time you practice Right Living Patterns, you are making the world a better place for yourself and others. Many thanks go to you, also, when you take a chance and take the time to share the truth of Natural Hygiene with your sick and suffering fellow Americans. If this great country is to see a true and lasting health revolution today, we can be sure it will not be launched by the food industry, the advertising business, or the medical/pharmaceutical/governmental complex. Indeed, The great health revolution will be a GetWell-GrassRoots Movement! And you—through your persistent, persevering practice of The Essentials of Health—will be its GREATEST LEADERS!!!

★ ★ ★ THANK YOU...ONE AND ALL! ★ ★ ★





# LESSON TWENTY-SIX

## NATURAL WEIGHT-LOSS SYSTEMS

### Sharing Your Success With an Attitude of Gratitude

Written/Edited by Victoria Bidwell

## WELCOME!

This is the last lesson in *The Natural Weight-Loss System*, but whether you have long-since reached your ideal weight or have just received your course today and are reading the last lesson first, the same fact holds true for each of us:



*Today is the first day  
of the rest of your life*

Cliché as this statement has become, it holds special meaning for *The Natural Weight-Loss* student. **TODAY has been given to us...fresh and new, a clean slate, a pure beginning, a health-loving start.** We have the easy choice of thoughtlessly sliding into The Old Self with sickening foods and slothful habits...or...we have the challenging choice of thoughtfully selecting The New Self with purifying foods and effortful habits. Each day that we take the latter choice of The New Self, we meet with success—regardless of what the scale says. And one day of success, added on to another day of success, added onto another, will leave us feeling better and better and better. The scale will eventually record this loss, as the joy of feeling better—through healthful living practices—joins with the joy of being thinner. Herein lies the secret of the Overeaters Anonymous program, whose motto is...

**ONE DAY AT A TIME!**

The successful *Natural Weight-Loss System* student has taken this “secret” to heart. She dwells in the NOW and lives the present day given to her with moderate eating of Ideal Foods as her priority—ever gentle on her mind, every minute of the day. Lesson #25 on “Self-Honesty vs. Self-Rationalization” has taught her that it is too easy to slip and fall, too easy to backslide, too easy to sabotage herself. And so she “dies to The Old Self” a hundred times daily, if need be. *Tomorrow* she may have her chocolate. *Tomorrow* she may have her pasta. *Tomorrow* she may have her fried chicken. And these are, indeed, comforting thoughts and fantasies. **But...just for today...one day at a time...she chooses life and health and ideal foods.** And as one day of so choosing is added to another, the successful *Natural Weight-Loss System* student moves closer and closer to her highest health potential—ideal weight and all! And what if she does end up with chocolate on her face, you might ask? She lovingly corrects herself, with “an attitude of gratitude”!

Interestingly enough, the successful student finds that “HEALTH” is very much like “LOVE” itself: The only way to guarantee the safekeeping of this precious joy is to give it away in an “attitude of gratitude.” Consider the story of one successful student and how her enthusiasm to share has changed not only her life—but the lives of others, as well.

**Louise Schaefer...from the West Coast, U.S.A.**

“*The Natural Weight-Loss System* has been a constant source of encouragement and an extra dose of will power when my own internal resources run low. Since the beginning of this year, when I first started studying the Lessons and Newsletters, I have lost 25 pounds!!! Now what the scale says has become insignificant to me. What I want is to maintain the abundant energy and sense of personal control I feel, not to mention being more calm and patient as I go about my hectic life. The Ideal Diet has afforded this sense of inner tranquility that is a most priceless gift. In my enthusiasm, I have shared *The System* with all those who would listen. I can honestly say that *every person who has listened with an open mind* has started on the road to change—even if it meant just less red meat, sugar and salt. **We may not be able to change the whole world...but we surely are planting the seeds that one day will do so!**”

Then, consider the effect Louise Schaefer’s “attitude of gratitude” had on her sister 2,000 miles away! After receiving *The Natural Weight-Loss System* as a gift from Louise, she writes:

### Judith Bair...from the East Coast, U.S.A.

"I have been on *The Natural Weight-Loss System* for 2 years. I said I would try it for 1 month, initially! Now, I plan to continue for the rest of my life! It's been a gradual process—but it's getting "rawer and rawer" with each passing week and with fruit predominating. I manage to eat only fruit until 5:00 P.M. when I get home from work, and I am very pleased with my energy level and general state of health. I have lost weight, of course. Two years ago, I weighed 154—now I'm down to 113. I had to buy a whole new wardrobe, but I enjoyed every minute of it! It is a really wonderful sister that I do have!!!"

There is no doubt that being the "living example" for all to see, face-to-face, is the very best way to share your enthusiasm and your love. Nevertheless, this example with Louise and her sister shows how simply "the properly planted seed" can sprout and thrive. The point is that whether we are The Perfect Living Example ourselves or whether we are "late bloomers" and not exactly "the picture of health" at this moment...if we know "The Truth," we may be of use.



## RATIONALE

Lesson 26 serves two purposes: **first**, to summarize *The Natural Weight-Loss System* in its entirety; and **second**, to encourage the student to share The Truth contained therein.

*The Natural Weight-Loss System* student has been fortunate enough to happen upon "The Truth:" *Natural Hygiene is the superlative, alternative health care system*. The vast majority of his fellow countrymen, however, have not been as fortunate as he. They are still addicted to and indulging in The Standard American Diet while they are brightly burning "the candles of their lives" at both ends. Having no understanding of Toxemia as "the one cause of all disease" and having no knowledge of the numerous ways by which the body builds up endogenous and exogenous poisons which inevitably lead to chronic degenerative disease, our fellow Americans have no understanding whatsoever as to how to reverse the disease process through healthful living practices. These SAD Americans are, indeed, the dupes of the capitalistic system at its worst.

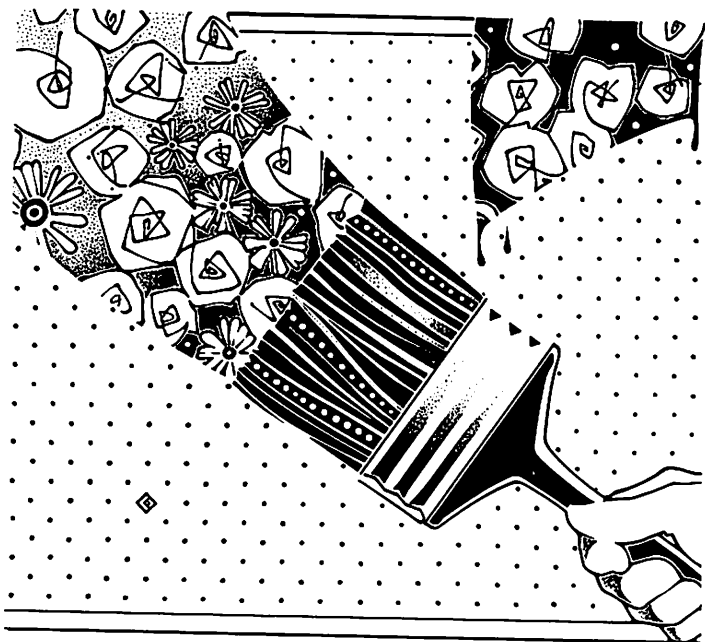
Nothing short of a health "revolution" will free us from the bondage of the industries which thrive on our demise. "The Great American Health Revolution," like the American Revolution that birthed our great country, must take place on the "grass roots level." From one person to another, by word of mouth, by living example, by a printed page from one hand to the next...WE MUST REVOLT! *Change is our responsibility*. It is our "duty of love." For the very simple fact is this:

**We cannot be healthy in a sick land!**

It follows, therefore, that as long as our loved ones throughout the land are sick and suffering through their ignorance and addiction, we must "take up the Sword of Truth" and fight the profit makers in high places for *our inalienable rights: A Healthy Life, Liberty, and the Pursuit of Happiness*. And this, dear friends, is the *real* rationale for Lesson 26...for Life Science Institute...and for GetWell★StayWell, America!

## OBJECTIVES

1. To review *The Natural Weight-Loss System* in its entirety
2. To present the counterpart to *The Natural Weight-Loss System*: "The Natural Weight-Gain System"
3. To present a weight maintenance program for individuals who have reached their ideal weight: "The Natural Weight-Maintenance System"
4. To instill in students "a spirit of sharing with an attitude of gratitude" all they have learned through *The Natural Weight-Loss System*
5. To suggest ways by which students may—either in an informal or a formal setting—share their knowledge of and/or success with following the principles of Natural Hygiene and *The Natural Weight-Loss System*
6. To emphasize the importance of exercise in a total health and fitness program...one more time..."for good measure"
7. To encourage students to be the very best "living examples" of Hygienic principles they can be...not only for their own good, but for the greater good of humanity, contributing to World Peace and Harmony



### PART I ...LOSING WEIGHT...GAINING WEIGHT... ...MAINTAINING WEIGHT... A SUMMARY

Before moving on to ideas whereby we may share our knowledge of Natural Hygiene and *The Natural Weight-Loss System* and/or our own success (however humble it may be!), let us present a summary of the three categories in which you and your friends find yourselves: the weight-loss group, the weight-gain group, or the weight-maintenance group. These summaries will be most useful to show your friends, as trying to set this whole course in their laps may be too much for some of them, at first! These "neat little summaries" lay out the Hygienic system clearly. If your friends have an open mind at all and they are truly ready for change, these outlines will be enough to "whet the appetite." The truth of the old adage still remains today:

**When the student is ready to learn...  
The teacher will appear!**

## ...LOSING WEIGHT...

If, by the end of reading this last lesson, you have not yet reached your ideal weight, simply persevere. Be patient with yourself...and be kind to yourself. Remember that you are actively engaged in what may be the most intense challenge of your entire life! It may not be easy...but it most certainly *will* be worth the effort:

### The Natural Weight-Loss System

1. Change to The Ideal Diet of fresh, ripe, raw fruits, vegetables, nuts and seeds.
2. Eat sweet fruits moderately.
3. Eat dried fruits moderately.
4. Emphasize vegetables.
5. Eat nuts/seeds moderately.
6. Eat avocados moderately.
7. Eat only two meals a day.
8. Avoid after-dinner snacks.
9. Eat monomeals occasionally.
10. Fast one day a week.
11. Juice diet for a few days on lower calorie fruits and vegetables, taken sparingly and always freshly-made.
12. Dine with Reverence and use the Slow-Down Behaviors.
13. Keep a food journal and a "personal thoughts diary."
14. Add a regular exercise program: include stretching, aerobics, and weight-training.
15. Exercise instead of having breakfast.
16. When tired, rest—don't eat for stimulation.
17. Join a support group that does not center on the SAD diet, such as Overeaters Anonymous or Natural Hygiene.
18. Create a family/friends support system.
19. Practice visualizing yourself at your normal weight and feeling wonderful.
20. Write out and say aloud affirmations such as "I deserve a slender, healthy body and HIGH ENERGY."
21. Remember to keep studying *The Natural Weight-Loss System*...REPEATEDLY!

### RolyPoly

**RolyPoly, fat as a pig,  
Eating The Standard American Diet.**

**Fruits and vegetables won't make you so big.  
Why not just stop and try it?**

\* The poems scattered throughout this lesson are from *Doctor GetWell's Book of Nursery Rhymes* by Victoria Bidwell, published for the purpose of sharing the truth!

## ...GAINING WEIGHT...

Once the body is systematically purified, once the individual reverses the toxic build-up at the cellular level, once the student embraces all "The Essentials of Health"—then over a period of time, he will find that Natural Hygiene is a *weight-regulating system* of the first order! For the person who is underweight, in particular, this means that *with the*

*decrease of Toxemia comes the increase of food assimilation.* And improved assimilation, coupled with the special dietary recommendations and healthful living practices detailed below, invariably bring about a weight normalization of the underweight individual.

### The Natural Weight-Gain System

1. Undertake a short fast, under supervision if not an experienced faster, as a means to improve digestion, assimilation, and elimination.
2. Change to The Ideal Diet.
  - A. Maximize the use of fresh and dried fruits.
  - B. Emphasize the starchy vegetables: corn, beets, turnips, carrots, jerusalem artichokes, potatoes, yams, sweet potatoes, winter squashes, garbanzo beans (chickpeas), and lentils.
  - C. Enjoy the starchy vegetables cooked, if desired. But do take care to maintain a predominance of live food in your daily meals.
  - D. Maximize the use of nuts and seeds, taking 4 ounces daily, depending on your activity levels.
  - E. Maximize the use of avocados.
  - F. Take two to three glasses of freshly made juice or "smoothie recipes" (freshly blended fruits) daily, if desired.
  - G. Add to The Ideal Diet the following foodstuffs, as desired: steamed millet, brown rice, cooked lentils and split peas.
  - H. Make use of the dozens of avocado and nut butter salad dressings throughout the GetWell recipes to enjoy with both the fresh and cooked foods.
  - I. Eat several small meals throughout the day.
3. Undertake a serious 3-part exercise schedule:
  - A. STRETCHING—If your health condition allows, include a minimum of 20 - 30 minutes of systematic stretching routines daily.
  - B. AEROBICS—If your health condition allows, work up to aerobic workouts of one to two hours daily, spread out over the day.
  - C. WEIGHT-TRAINING—If your health condition allows, weight-train for 30 - 60 minutes every other day. In addition to the dietary changes in item # 2, the building of muscle tissue through weight-training will be your greatest weight-gain maneuver of all!
4. Take care to secure adequate sleep nightly.
5. Take care to secure rest when needed, so as to avoid Enervation and Toxemia.
6. Practice "energizing techniques":
  - A. Take time to breathe deeply several times throughout the day as a means to better oxygenate the body at the cellular level.
  - B. Take time to spend at least an hour a day in the fresh out-of-doors...and to be as active as possible in this time spent outside.
7. If at all possible, regardless of climate or season, attempt to let some natural sunlight fall on your skin every day. The "nude sunbath," of course, is the ideal.
8. Study *The Natural Weight-Loss System* as a means to avoid the temptation to start in on toxic foods from The Standard American Diet.

From the GetWell High-Energy Methods Seminar Notes

### ...MAINTAINING WEIGHT...

If, by the time you reach the end of this course, you have reached your ideal weight, let us offer you... **A GRAND CONGRATULATIONS!** It is now time to modify your program slightly, so that you do not go underweight. Our experience here at Life Science shows us that the body will actually "normalize" all on its own, once you have reached your ideal weight on *The Natural Weight-Loss System*. If you want some specific guidelines to enhance this "weight normalization," the following may be of use:

#### The Natural...StayWell... Weight-Maintenance System

1. Continue practicing all the "Essentials of Health." (See Lesson # 22.)
2. In particular, step up your exercise program in aerobics and weight-training in order to attain the following results: strengthened cardiovascular system, improved muscle tone, and a lowered setpoint. (Review Lesson # 23.)
3. Modify your diet—if so desired—from a strict following of The Ideal Diet as detailed in *The Natural Weight-Loss System* to include a few more of the higher calorie foods which you have been deliberately avoiding while you have been losing weight. Specifically, this means you may enjoy more of the sweet and dried fruits, more nuts and seeds, more avocados.
4. Review "The Natural Weight-Gain System" in the foregoing outline. While on your life-long StayWell Weight-Maintenance Program, you may enjoy a few more of the foods and practices under item #2. You just can't indulge in these foods and practices to the extent that you start gaining weight. This is a fine line which you will discover on your own. It will depend greatly on your activity levels and on the degree to which you have lowered your setpoint.
5. Continue to study *The Natural Weight-Loss System* as a means of reinforcement to StayWell after you GetWell!

## PART II

### SHARING YOUR SUCCESS—INFORMALLY ...WITH YOUR SPOUSE

The reality is...that if your spouse is not at "a point of readiness" to change, *nothing* you can do by example or otherwise will make much difference at all! If your spouse sees the Truth in your lifestyle but is still SAD-ly addicted to the self-destruction inherent in the Standard American Way of Life, then you are apt to meet with subtle resentment, if not derision and even open hostility.

I once received a letter from one poor soul out there in America who said her husband was threatening to have her committed to a mental institution for taking her children off dairy products! And I have counseled frequently with persons in similarly SAD—albeit, less extreme—positions. They come to me wringing their hands, staring at the floor, whining with pain in their voices. At first glance, each appears to be a victim, tortured by a thoughtless husband or wife. The ultimate reali-

ty, however, is that they are *willing, self-appointed victims* who refuse to stand up for what they know to be the TRUTH. These "people pleasers" go through actual agony on a day-to-day basis because their hostile spouses intimidate them. Rather than stand up for themselves, they go along with these manipulations in the name of marital "harmony."

The hostile spouse is an addict who, rather than give up chosen addictions, becomes a selfish bully. Rather than kindly sticking to one's beliefs and patiently waiting for the addicted spouse to come around, the would-be Hygienic spouse—who is sometimes actually *afraid* of the addicted spouse—sometimes resorts to the very lifestyle habits *s/he knows* will build chronic, degenerative disease, premature aging, and an untimely death. This supposed "self-sacrificing" is, of course, all done in the name of "love." In actuality, it is self-abnegation and self-denial in the name of *fear*. So...when discussing ways by which one may share the truth of natural hygiene with a resentful or hostile spouse, the first thing to do is to *face the reality of the relationship*. If you are a "people pleaser," at least see the situation for what it is, rather than making yourself out to be a martyr who is trying to save an "otherwise wonderful" marriage. This becomes yet another lesson in SELF-HONESTY vs. SELF-RATIONALIZATION. (See Lesson # 25 one more time, for good measure!)

If your spouse is at least *neutral* to your interest of Natural Hygiene—or even mildly interested—the patient, soft-sell approach is always the best. This *modus operandi* is detailed in Lesson #16 (pages 13 and 14). Please take time to refer to those suggestions at this moment.

### SHARING YOUR SUCCESS WITH YOUR CHILD

#### The Fat Odds

*SAD statistics today show that one in every four children in the United States is obese by current medical standards.* Remember, obesity is defined as being 20% or more over your ideal weight. Statistics also show that obesity runs in the family. The likelihood that a child will become obese is dramatically increased if one or both parents is also obese. Consider the odds:

Parents' Weight	Chance of An Obese Child
Two normal	7%
One obese	40%
Two obese	80%

*Even more horrifying are the SAD statistics that 80% of all obese children become fat adults! That is, 80% of all fat children do not outgrow their "baby fat" or "teenage fat" to become normal adults. To put it another way, once a child becomes obese, s/he has only a chance in 5 of escape! Finally, consider the SAD fact that once the fat child becomes a fat adult—it is all but impossible to reach a normal weight on a permanent basis. The odds are even more dramatically increased in adulthood...with studies showing that only 5 out of 100 who attempt permanent weight loss are successful.*

Clearly, then, the need to share your success with your child is essential. To ignore your child's obesity during childhood or teenage years is to virtually condemn a child to a lifetime of fat and emotional anguish—if not the full-blown emotional illness—that so often comes with the fat. HAPPILY, THE



ANSWER LIES IN YOUR HANDS AT THIS VERY MOMENT! For *The Natural Weight-Loss System* that works so very well for adults also works for children, as well! In fact, generally speaking, the full application of *The System* by children who are nurtured in a loving, patient atmosphere will work more quickly and powerfully for them than for their parents! This, of course, is due to higher nerve energy reserves and lower toxicity levels on the part of the child, which allow the body to respond more favorably to the newly provided conditions of health. Also, a child is usually more adaptable to changes in diet—and usually has much more time for play and calorie-burning activity than adults. What the obese child needs NOW, therefore, is to get off “The Chicken-Feed Factor” and to live in a Hygienic home.

### How to Help a Fat Baby

*The time to practice obesity prevention is BEFORE the child is even born.* The mother needs to change to The Ideal Diet and reach a normal weight—ideally, of course, even before conception! Studies show that an overweight mother can endow a child with extra fat cells during the last 3 months of pregnancy. Studies again show that overweight mothers—that is, women whose weight during pregnancy is beyond what it ought to be for their height—tend to give birth to overweight babies. J.F. Wilkinson sums up the importance of obesity prevention in *Don't Raise Your Child to Be a Fat Adult*:

“There are three critical periods in a child's life during which he is particularly vulnerable to excess weight. In these times, the child responds to overfeeding by growing extra fat cells at a busier than normal rate. These times are the final three months of pregnancy, the first two years of life, and mid-adolescence. Even before he is born, a child can develop extra fat cells if his mother is overweight. Up to a point, a child can ‘grow into’ extra fat cells. That is, if at two years old, he has the number of fat cells appropriate to a five year old, *proper feeding* can prevent development of new fat cells, so that when he reaches the age of five, he is a perfect weight and has the perfect fat cell count. But the older a child is—especially under unHygienic conditions—the less opportunity there is to ‘grow into’ excess fat cells.”

*The best way to prevent obesity during those ‘first two years of life’ is to breast-feed the infant.* It is virtually impossible for a breast-fed baby to get fat! This is because a breast-fed infant is in complete control of the diet. The infant takes in exactly what it needs and stops. The “appetstat” functions normally. The bottle-fed baby, on the other hand, is usually overfed by a mother who worries if the baby does not “finish the bottle.” This motherly habit is compounded by the fact that formulas are loaded with sugar and salt, besides being rendered toxic through processing, refining, and preserving methods. Finally, bottle-fed babies are usually fed infant variations of The Standard American Diet within six months. This practice of giving babies solid food early, sometimes as early as one month of age, has done much to spread obesity among American children. The Chicken-Feed Factor is inherent in formula feeding and manufactured baby food, which sets the infant up for The Distress-Obesity Principle at its maximum.

Once solid Hygienic food is properly introduced, it is important to remember that everything the baby knows about food

comes from you! Wilkinson warns: “Babies don't know about desserts or sugar or salt or snacking all day or overeating. These are things they can learn only from the people who feed them. The first 2 years of life are extremely critical in deciding the weight the baby will have as a child, even as an adult. Overfeeding can damage a baby's appetite control mechanism. Extra fat cells created by overeating can mean a lifetime of obesity.”



For the Hygienist, this means moderate amounts of solid food, Hygienically prepared, as the sole diet for the child. Several books detailing feeding the Hygienic youngster are offered through the Life Science Library.

Keep that baby moving! During the first few months of a baby's life, this simply means touching and cuddling the baby and moving the arms and legs about as you play with it or letting it tug on your fingers. During the next several months let the baby spend time with intriguing toys that stimulate movement. During the early years, encourage crawling, walking, and playing with simple, safe toys. One of the best prescriptions for raising a healthy, happy child of a normal weight is offered by Dr. Hilde Bruch:

“If a child is fed only when hungry, played with when needing attention, and encouraged to be active when restless, he or she is not likely to grow up inhibited and passive, or overstuffed and helpless, unable to control eating because every discomfort is misinterpreted as a need to eat.”

### How to Help a Fat Adolescent

The problem with “Setting Up the Live-Food Kitchen” (as in Lesson # 16) in your home and then suddenly trying to force *The Natural Weight-Loss System* on your teenager is that so doing accentuates the already natural tendency toward rebelliousness. Dr. Felix Heald in *Childhood Obesity* sums up the problem: “In early adolescence, parental coercion may so intensify the normally strained parent-teen relationship that the product of a well-intentioned therapeutic endeavor is a sullen, angry, rebellious youngster who is gaining rather than losing weight.” In addition to the suggestions on page 13 of Lesson # 16, “Breaking the News to the Children,” the following ideas may help:

- ① Take time to go through *The Natural Weight-Loss System*, lesson by lesson and newsletter by newsletter. Take time to read aloud and to discuss the course. Even

do some of the assignments together, and share your work.

- ② Unplug all the television sets and/or put them in storage for a few days, weeks, or months. Use that T.V. time for vigorous activity, preferably out-of-doors in the fresh air.
- ③ Offer only encouragement to stay on The Ideal Diet, and avoid punishment when one slips and falls. And never make any excuse or set up any temptation to go off The Ideal Diet.
- ④ Praise all weight losses, and sympathize with any lack of progress.
- ⑤ Set up a reward system for a full day of faithfulness to *The Natural Weight-Loss System*...or for a full week...or for a full month.
- ⑥ BUT ABOVE ALL...MAKE IT PERFECTLY CLEAR THROUGH YOUR WORDS AND ACTIONS THAT YOU LOVE YOUR CHILD—NO MATTER WHAT S/HE WEIGHS! The *most devastating thing* that a parent can do to a child is to act ashamed of the child's appearance...or to suggest that the child's physical appearance causes the parent more pain and humiliation than it does the child. This is egomaniacal pride at its very worst. Such an attitude can so hurt and embitter the youngster that the rebelliousness goes wild. And it can literally destroy any hopes of a loving relationship between parent and child for as long as they both may live.

### SHARING YOUR SUCCESS—INFORMALLY— WITH FRIENDS AND RELATIVES...

#### How to Handle the Hostile Ones

If the would-be Hygienist has a "people pleasing attitude" operating with a spouse, to be sure, it will also be found operating with hostile friends and relatives as well. After all, with relatives in particular, the "people pleaser" has been a willing victim of intimidation much longer than with the spouse. SAD to say, I have had many long distance calls with "people pleasers" across the Nation who just don't know how to handle their condemning friends and relatives.



Having never, ever been a "people pleaser" even *once* in my entire life, I'm afraid my "shock treatment" of *Reality Therapy* with these hand-wringing souls has been less than gentle. Such a self-abnegating position is utterly horrifying to me. Some of these "people pleasers" are actually letting sick and addicted and ignorant and—oftentimes—*jealous* so-called "friends" and supposedly "loving" relatives force lifestyle choices on them that are eventually life-threatening. The very thought of such intrusion infuriates me! If that is "friendship" and if those are "loving" relatives, please spare me from such

entanglements! The solution, however, is not total rejection of these SAD people. Just as the Bible teaches people to hate the sin but to love the sinner, so too do we handle the hostile ones in our lives. That is, we stand up for that which we believe. We may "hate" their sickness and addiction and ignorance and jealousy, *but we continue to love them!*



#### How to Help the Friendly Ones

➔ Take some time to sit down at a table with friends and go through *The Natural Weight-Loss System*, page-by-page. Such a sharing usually takes less than an hour. Once your friends have sincerely inquired about what it is that you are up to that makes you look and feel so good, simply set aside a special hour wherein you will not be interrupted, and take out your course. Let friends take the lead in asking questions and stopping to look at points of special interest. This experience will be an excellent introduction not only to *The Natural Weight-Loss System*...but to Natural Hygiene as the superlative, alternative "FeelGood, LookGood Program" as well!

➔ Offer the subtle gift of Life Science and GetWell★StayWell, America! educational materials whenever the opportunity arises. Such a sharing may have a dramatic impact on your friends—if not immediately, then most probably in the future. A subtle gift of educational material presented gently and in a spirit of love and caring has power of its own.

One powerful love offering is a subscription to *Healthful Living*, the Life Science magazine. One the magazine arrives at your friend's home, it quietly awaits the moment your friend has time to devote to it. With no one pushing, the magazine is like a seed bursting and ready to take root! It is a perfect gift.

Both Life Science and GetWell★StayWell, America! have a wide selection of high-quality, low-cost materials for your friends. Both organizations are happy to offer significant discounts on most items when you order 20 titles at one time. To give these little books away whenever a gift-giving occasion arises could set your friends "on the right track"—if not actually save lives! *This is no exaggeration.* And for most "friendly," open-minded loved ones, the mere planting of a little "book seed" may be all it takes for Truth to germinate and flower and save them from a SAD death. What a far more precious gift than the costly trinkets of dubious value so many are in the habit of buying today! Please do inquire with us for our discount/volume prices as you consider offering this "gift of life" to your friends—both young and old alike. Our addresses are as follows:

Life Science  
6600 Burses Road  
Austin, TX 78760-7128

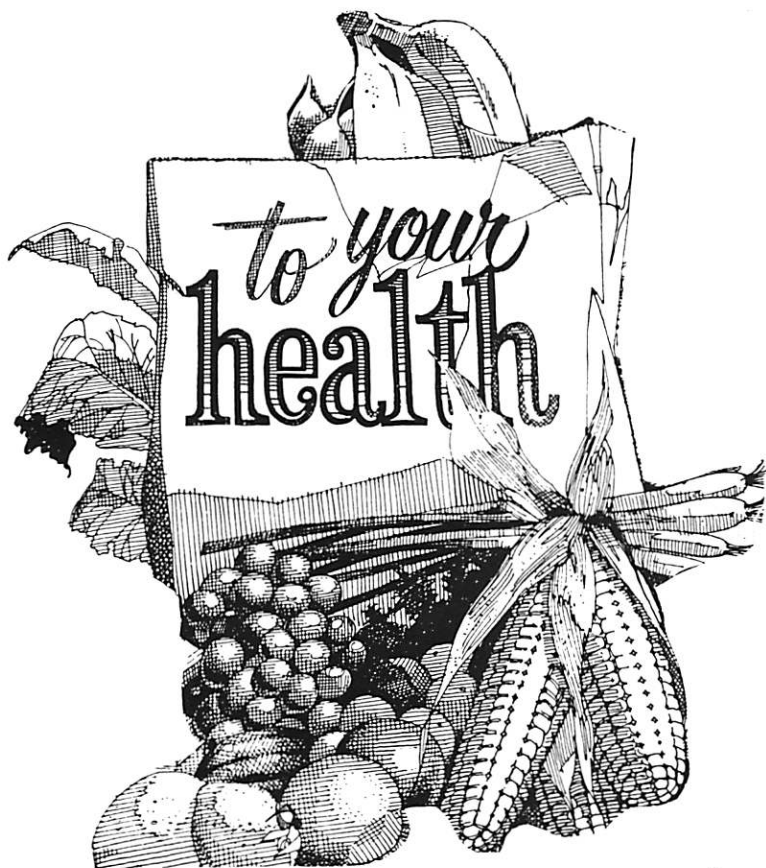
GetWell★StayWell, America!  
4390 Bidwell Drive  
Fremont, CA 94538

### **The Grocery Carts**

The grocery carts at the supermarts  
Always fill me with tears.  
And people just don't care a lick  
that dead food makes them sick...  
Or that they shorten their lives by years!

### **The Cookstove**

The cookstove in our Live-Food Kitchen  
is hardly ever used.  
For we know that cooking kills our food  
and leaves our bodies abused.  
Sometimes we turn it on  
to heat up a kettle of water.  
Once in awhile, you see,  
I like a hot water bottle.  
For the truth of the matter, Mister and Miss,  
is really quite simple...  
as simple as this:  
Cooked food is dead food,  
Dead as a doornail.  
In giving good health,  
It can only fail!  
So forget that cookstove,  
as much as you can.  
Or better yet,  
give it to the local junkman.  
Yes, forget all there is  
to "the killinary art."  
And on to Hygiene, you'll have a good start!



➔ Invite your friends to your home to share in the preparation of a live-food meal. When friends have shown sufficient interest in your new "live-style," casually invite them over for a meal. Then, go out of your way to select some tasty live-food recipes and to shop for the finest of foods. Have your Live-Food Kitchen set up at its best. Set out your live-food recipe books. And make sure your time will not be interrupted. Then enjoy the fellowship of preparing a live-food meal while you remain open to questions your friends undoubtedly have. Beginning this special occasion with an especially delicious "mocktail" served up in a fancy glass will add "a touch of class" to the moment. This "hands on" live experience could do more to convert your friends than all your talking may ever do!

### **The Live-Food Kitchen**

In our home, we have a Live-Food Kitchen,  
No symbols of death and dead-food addiction.  
Just jars of nuts and dried fruit in a row,  
And on the table, fresh fruit in a big bowl.  
No coffee makers or wafflers or microwaves, too.  
Just knives and big cutting boards for what we do.  
No toaster, no meat grinder, no rotisserie.  
Just colanders and juicers and food processors three.  
No cans, bottles, no food jarred or boxed.  
No deep fryer, electric skillet or stupid crock pot!  
Just books of raw recipes our appetites to please.  
Just fruits, nuts, and seeds and all kinds of veggies.  
Yes, our Live-Food Kitchen is here to stay!  
Yes, we surely do intend to keep it that way!

➔ Invite your friends to your home for a fully prepared menu of live-foods. Once a number of your friends show a slight interest in what you are up to, then celebrate! Throw a great party! Prepare a full 4-course—or even 7-course!—menu ahead of time. And set out your best dishes. For this truly is a joyous occasion.

You could lay out all your hygienic magazines and books. And put your Champion Juicer and other kitchen gadgets out for full viewing. Then be prepared for plenty of questions.

GetWell★StayWell, America! can help you with menu ideas. Simply write for the following books:

*Spring and Summer Menus from the Garden of Eden. Book 1:* Introductory chapters explain—in depth—"God's GetWell Plan." The importance of keeping the body, which is "The Temple of The Holy Spirit which is in you," in a state of vibrant health is underlined throughout the book with Scripture. The role of Natural Hygiene and the Ideal Foods of fresh fruits, vegetables, sprouts, nuts, and seeds for superlative health is exemplified in writing, menus, and photos. 24 Whole-Food, Live-Food, Plant-Food Menus for Spring and Summer are then presented, all of which follow proper food combining guidelines. 21 original and wholesome salad dressings are also featured. Special 4-Course Holiday Menus are suggested for Easter, Mother's Day, Father's Day, and The 4th of July. A wealth of educational, inspirational material is included. *Happy Holydays Menus for the Live-Food Enthusiast.* Victoria Bidwell presents in this 32-page book Live-Food,

**L-26**

7-Course Menus for Thanksgiving, Christmas, and New Year's Days. Each menu includes the following: a beverage, an appetizer, a soup, a vegetable main loaf, a vegetable side dish, a grand fruit salad, and a dessert. No cooking and no transition foods whatsoever are used. Recipes serve 8-10 celebrants. The book is delightfully illustrated in the spirit of The HolyDay Season, as the pages are interwoven with Scripture in celebration of Thanksgiving, the nativity, and new beginnings.

In order to give you an idea of how to go about such a sharing and celebration with your friends, the following 4-course menu is provided below. This Mother's Day menu is taken from *Spring and Summer Menus from The Garden of Eden*.



### **The Mother's Day Menu**

#### **First Course: The Beverage**

##### **Mother's Sweet Rejoice**

9 cups pineapple juice  
4 cups strawberries

The pineapple hulls will be used in the Main Course. So, prepare them carefully as follows: cut them lengthwise, top and all, so that the greenery is cut right down the middle. Scoop out all the flesh. Some will be used for juice. Some will be cubed and put in the Main Course. (To make pineapple juice in the Champion or in any other non-centrifugal juicer, run the pulp through several times, until hardly any pulp remains. This will yield a light, fluffy, attractive foam, during the last few runs.)

Thoroughly blend the pineapple juice and strawberries. Serve in a punch bowl with Mother's favorite flowers arranged around the bowl's base, interspersed with sprigs of "baby's breath" flowers.

#### **Second Course: The Hors d'oeuvres**

##### **Mommy's Dearest Dainties**

10 large tomatoes  
4 avocados, mashed  
The juice of one orange

4 cucumbers, diced  
2 zucchini, shredded  
2 red bell peppers, minced  
1 green bell pepper, minced  
3 cups lentil sprouts  
5 cups alfalfa sprouts

Slice the tops off the tomatoes, close to the top—so as to preserve dainty "tomato bowls." Scoop out the tomato pulp, and drain off the juice.

In a large bowl, thoroughly mix the orange juice and tomato pulp with the mashed avocados. Then add the cucumbers, zucchini, peppers, and 1 cup of the lentil sprouts. Turning the foods gently, mix them thoroughly.

Next, fill the "Dainties" with the mixed vegetables; and top each stuffed tomato with a pinch of alfalfa sprouts. Finally, in separate, small serving bowls or saucers, set down a ring of alfalfa sprouts—using ½ cup for each tomato. Then set a "Dainty" in the center of each bed of sprouts.

#### **Third Course: The Main Dish**

##### **My Fair Lady Salad**

5 cups pineapple cubes  
30 strawberries, sliced  
15 kiwis, sliced into rounds  
10 oranges, in slices  
2 heads celery, sliced into "U-shapes"  
3 cups whole macadamia nuts  
10 "pineapple boats"  
10 perfect, favored flowers

Prepare the 10 "pineapple boats" using 5 whole pineapples. Select 10 of mother's favorite flowers to garnish each of the 10 separate "pineapple boat" servings of the salad. The flowers are most attractively placed where the pineapple green top meets the pineapple hull.

In a mixing bowl, combine all the salad ingredients gently, but thoroughly. Then fill the "pineapple boats" with the salad. Serve with "My Fair Lady's Sauce," set out in a separate bowl.

MY FAIR LADY'S SAUCE: 24 hours before sauce-making, soak 10 dried pineapple rings in distilled water. Cover the rings with water. After a day of soaking, dice the pineapple. Put the diced pineapple and a dozen large strawberries in the blender. Add small amounts of the pineapple soak water to the blender. Blend and stir. Keep adding water—until a thick sauce results. Finally, stir in by hand 2 cups of fine-shredded coconut.

#### **Fourth Course: The Dessert**

##### **Mom's Apple Pie**

MOM'S APPLE PIE CRUST: To make pie crust for 2 large (10-inch) pie plates, knead the following ingredients together thoroughly, and then press them into the plates:

2 lbs. Barhi dates  
1 cup apple, finely grated  
1 lb. fresh walnut butter  
3 cups fresh coconut, finely grated

MOM'S APPLE PIE FILLING: Combine the following ingredients, and fill the prepared pie crusts with the mix:

6 cups tart-flavored apples, grated  
2 cups dried currants, pureed



1 cup Medjool dates, pureed  
The juice of 2 lemons  
The grated peel of 1 orange  
1 cup walnuts, finely chopped  
1 cup fresh walnut butter

MOM'S APPLE PIE TOPPING: To 2 cups soft Barhi dates, add 1 cup of shredded coconut. Blend this with enough apple juice to reach the desired consistency. "Mom's Apple Pie Topping" may be made so thickly that it is spread onto the pies before serving. (Whole, perfect walnut halves may be arranged around the outer edge of the pies, with the topping spread in the center.) Or the topping may be prepared as a thick syrup and served in a pitcher for the guests to pour over their piece of pie once it is served.

➤➤ **Practice "The Buddy System" with a good friend, either at home or on a vacation.** If you have a truly enthusiastic friend who really wants to try what you are up to, plan a weekend together at your home or his/hers. Or better yet—take a short vacation away from it all to a Hygienic institution. Allow time for exercise, plenty of sleep, extra rest, sunbathing, proper partaking of The Ideal Diet...and all the other Essentials of Health. Such time spent in encouraging and supporting each other toward more healthful living is more precious than gold.

➤➤ **As a student of *The Natural Weight-Loss System*, become a penpal with other students across the nation as a means of creating "a long-distance support system" for yourself and others.** Simply write to GetWell ★StayWell, America! at the above address. I will help you get in touch with a number of other *Natural Weight-Loss System* students who are eager to share their success, as well as their hardship, with you!

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### PART III

#### SHARING YOUR SUCCESS—FORMALLY

**SHARING YOUR SUCCESS—FORMALLY—THROUGH FURTHER STUDY...**Further formal study of Natural Hygiene will even better equip you to share your success in situations, both formal and informal. In fact, just the intense study of this course will nicely prepare you to explain "The Essentials of Health" and the basics of weight normalization to newcomers to Natural Hygiene. Once you put yourself in such a situation, you will be amazed at how much knowledge flows forth from you! In order to become a spokesperson for "The Truth," therefore, you are encouraged to further study Natural Hygiene. Fortunately for you, complete programs are now available for this purpose:

1. Engage in intensive rereading and studying of *The Natural Weight-Loss System*.
2. Enroll in the *Home-Study Program in Nutritional and Health Sciences* offered by Life Science Institute. This course is fully described in the introductory kit that comes with *The Natural Weight-Loss System*.
3. Secure a copy of my *GetWell High Energy Methods Seminar Notes*. These *Lecture Notes* are a complement to both *The Natural Weight-Loss System* and *The Home-Study Program*. The *Seminar Notes* present healthful living practices that unlock our greatest potentialities on all levels. The *Seminar Notes*

provide over 130 lecture topics in outline form for the student or teacher of Natural Hygiene. They synthesize, summarize, outline, and illustrate the mass of available Hygienic literature into a basic seminar text. It is my feeling that many such as you would be out sharing Natural Hygiene with small and large groups in your own communities...IF...you had the help which these *Seminar Notes* provide. In short, *The Natural Weight-Loss System* and *The Home-Study Program* provide the background, the storehouse, the treasury of knowledge—and *The GetWell High Energy Methods Seminar Notes* provide the actual "work book" from which to lecture.

4. Attend Life Science Seminars in person and/or secure copies of the seminar tapes.

5. Subscribe to the Life Science magazine—*Healthful Living*—and keep abreast of the Life Science Library materials offered therein.

#### SHARING YOUR SUCCESS—FORMALLY—BY WRITING...

If you enjoy writing, and if you feel the need to share your ideas, you should start keeping a journal. List the topics that would make good tracts, articles, booklets, and books. Then take time to write one complete idea out in full, polish it, and decide how to get it into print. *Writer's Market*, published yearly and available through any book store, names virtually every magazine printed in the United States and tells how to prepare an article for their consideration. Furthermore, Life Science is always looking for fresh and compelling writing for *Healthful Living*. This could very well be a full time career waiting for you...or...a most rewarding part-time hobby!

#### SHARING YOUR SUCCESS—FORMALLY—BY SPEAKING...

Once "The Health Crusader's Spirit" has dawned in your consciousness, you will quickly realize that...everybody needs the Truth of Natural Hygiene. At least, everybody deserves the opportunity to know about it. Whether they decide to fully embrace healthful living practices after learning about them is up to them. Once the desire to share the Truth begins to gnaw at you in the form of an overwhelming desire to shout it out, what to do next is simple: start speaking!

Speaking/Teaching can take place in two forms:

1. Formally offer a course through a community college, a Y.M.C.A., a church, a chiropractor's office, or some such organization.
2. Offer to be a guest speaker on a radio or TV talk show or for any group that meets regularly (all of which are always looking for guest speakers on any inspirational topic.)

#### SHARING YOUR SUCCESS—FORMALLY—BY ORGANIZING A SUPPORT GROUP...

Support groups are associations of 6 to 15 people who meet regularly to reinforce each other on their commitments. We need support groups for Natural Hygiene! We at Life Science want you to be able to meet and support others who are similarly committed. If you want to hold group meetings in your home or in the homes of others, please send me your name, address, phone number, and any needs and/or ideas you want to share. As well as helping serve others who are already involved in Natural Hygiene, you can become instrumental in introducing many to this way of life. At support group meetings, your approach is limited only

by your imagination: lecture notes, audio cassettes, video tape viewing, discussions, guest lecturers, food demonstrations, potluck offerings...and so on. Additionally, a substantial revenue for personal income or to finance group projects can be gathered through the sale of materials purchased wholesale through Life Science and GetWell★StayWell, America!

**SHARING YOUR SUCCESS—FORMALLY—BY SPONSORING A SEMINAR...**Again, opportunities to share and serve others is limited only by your imagination. Keep in mind that students enrolled in the Life Science home-study program may live in proximity to you and may be most happy to work with you in sponsoring a seminar in your home or community. You may also want to participate in the Life Science Seminars—contact Life Science for current information.

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**...ABOUT THE AUTHOR...**

**(and how she was led to share her success)**

Many *Natural Weight-Loss System* students have written to ask how I got involved in Natural Hygiene. Although my chronic suffering with obesity was the immediate reason for my involvement, a much deeper reason is the driving force behind my calling to help others get well and stay well. In this closing lesson, therefore, let me take this opportunity to share this story, as it was printed in the September, 1985 issue of *Healthful Living*:

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**The 7th Stage: Death of a Mother**

By the time the doctors finished with her mother that December, family and friends had filled the living room with a sea of red sympathy poinsettias. It took the next ten years before Vickey could look at the traditional flower of Christmas without anger and sharp pain. It took another ten before she retaliated. Once victimized by the system that promotes materialism instead of love, Vickey now urges others to fight back against food capitalists, politicians, and the medical men who conspire to keep us brainwashed and addicted.

Marie Frances had never quite learned how to take care of herself. After the fifth daughter was born, she supplemented Vic's income by standing in an assembly line pulling guts out of chickens—for fourteen years. In this self-abnegating style, Marie could buy the unappreciative teenagers the cashmere sweaters and Pendleton skirts so they could compete with the rich girls at school. The family meals, typically meat and potatoes, grease and sugar, she interspersed with twenty cups of coffee a day. Raising five fighting daughters, gut pulling at the chicken factory and meeting monthly bills took its toll. She was worn out at 39 and dead at 44.

At first "they" could not determine what was wrong. Generalized malaise was treated with therapy in a rehabilitation center. Then "they" decided it was cancer. The first surgery proved hopeful. The doctors announced the cancer was benign, and everyone sighed with relief. Marie remissed beautifully: she lost weight, her eyes sparkled, her face glowed with apparent health. The second surgery took her female organs and left her weakened. She wore a sack to collect the bowel evacuations and couldn't control her bladder. She began to look gaunt and use a cane; then she lost her appetite. Next "they" decided to experiment: radiation treatments began...just "for good measure"...to make sure

they had gotten it all. The weekly doses burned a hole in her abdomen—a huge, gaping, raw hole. Finally, the pain pills—no matter how strong or how many—quit working. "They" recalled her to the hospital, for observation. She failed one night, but the medical wizards revived her. Marie awoke to say she wished they had let her die...all she wanted was to rest, without the pain.

The four older daughters had married and scattered to far-off states and were too busy to participate in the death of their mother. Occasionally, they called and made quick plane trips in to commemorate a hospitalization. Only Vickey, now 16, remained to listen—every night, all night. In the next bedroom, her mother screamed like a tortured animal and begged in ungodly agony: "Oh Lord, please take me, please let me die!" Dutifully, the daughter grocery shopped, house tended, ran parts for her father's business, kept the company books...and took care of her mother. And because she was already damaged by life's experiences, Vickey could not love, but could only fear and run from truth. Terrified of the reality, she refused to see that her mother was dying. And her father, Victor, too pained to share his deep feelings, let his unreachable daughter fend for herself. And fend she did—in resentment, anger, denial...and food.

At one point, Marie had called in a foot reflexologist to massage her feet. At another point, an impressive stainless steel juicer arrived on the scene, but was seldom used. And near the final point, a preacher had dared to cross the Godless home threshold to speak of spiritual healing. All...too little, too late. For the conspirators had already wrecked her life beyond repair: ruthlessly demanding its human sacrifice, emotionally scarring the family members, and financially devastating the home coffers. Yes, Marie had long ago sold her soul to demons so she could buy the American Dream. She had believed and done everything "they" had told her: she had labored hard and long for her children's sake, putting work and wages before health and well-being; she had followed the Standard American Diet down to the last cup of coffee; and she had fulfilled the doctor's orders with complete and blind faith. In the end, it was a poor trade: her soul for a false sense of security, her personal responsibility for an impossible dream, her self-esteem for 30 years yanked from her rightful allotment.

By the time it was over, Marie died weighing 80 pounds. Vickey expressed the pain in her mother's style: wailing and screaming into the nights. Then she adapted by committing herself to food addiction that was to plague her for the rest of her life. By the time it was over, the family resources had been wiped out and the home mortgaged to the last penny.

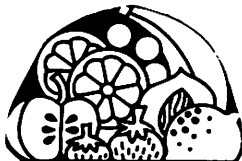
While witnessing the death of her mother, Vickey had instinctively hated the evil doings of the hospital. She distrusted the doctors and refused to treat them and their rituals with respect. She kept wondering: "How can we trust Dr. Maguire?" This is the same boozing, cigar-smoking playboy whose sports car Victor's wreckers regularly pull out of the ditch! And why do 'they' keep cutting her up when she only gets worse each time? And why do 'they' give her more radiation when you can see it's burning a hole in her stomach?" Vickey lived in silent resentment, feeling that everyone was submitting to a terribly wrong system. But...what could she do? So she turned to piles of greasy pork chops and huge

chocolate shakes and watched and waited.

It would not be so horrible if this were an isolated incident, a solitary tragedy, a single accident. But this a well-worn scenario—with different characters, different settings—being repeated by *the millions* right this minute in homes throughout our nation. Supported by the political structure, the food giants, the advertising industry, the medical/hospital/drug complex, it is a scenario inspired by uncontrolled greed and selfishness and dependent on the ignorance and suffering of the masses. The victims don't even recognize the drama as it unfolds, for they are in the earlier stages of the process: enervation and toxemia. The terminal 7th stage of cancer takes years to evolve. Many millions, however, are presently in the throes of untold suffering, ungodly pain, unimaginable emotional crippling, and unthinkable financial ruin...these are the dramatic complications that write the senseless scripts of exploitation. One out of four Americans who die from sickness yearly die from cancer. For most, it is a long, drawn-out tale of torture—doctors, hospitals, drugs, radiation, chemotherapy. It takes time for the fatal 7th stage to run its course, even when “they” help speed it along.

As followers of Natural Hygiene, we understand that cancer is the natural consequence of an entire lifetime of wrong living habits. It begins with not taking “good care” of yourself, not getting enough rest and sleep and emotional peace, not eating right, and so on. Indeed, as followers of Natural Hygiene, we recognize that sickness is a cumulative and sequential progression...and that if we don't take the first step of exhausted nerve energy, we will never find ourselves at the final, 7th, top step of the ladder. The point is that we have been fortunate enough to stumble onto the truth. And that means we hold the key—potentially—to help others escape a fate such as Marie's. We have the knowledge to help—in a very real way. Our fellow human beings are needlessly sacrificing themselves to the American Dream, to the “Satan-dard American Diet,” and to the medical mentality. These people, entranced and enslaved, live in darkness, in bondage to a work ethic that squanders nerve energy, to counterfeit foods that poison their bodies, and to false healers who drain the vital force until nothing remains.

It has taken twenty years and reflection on those years—wildly and wickedly spent—for Vickey to realize her priorities. She states: “Once we learn the truth of Natural Hygiene, we are set free from the brainwashing, the social conditioning, the medical myths. We then become keepers of the true knowledge of health and sickness. We may next choose to fight back against the dark powers in high places. Not all to whom we speak will listen. But how will they listen if no one is to speak? Let us become missionaries, beacons shining in the night, bright lights dispelling darkness. Plant the seeds of Natural Hygiene and let them grow. Through the spoken word...the printed word...and the living, loving example—we can teach. We can stop the relentless reruns of “Satanic Scenarios” and burnt human offerings. This is truly a battle worthy of our love: for in its waging, we all become stronger.”



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## PART IV

### ...THE WORKOUT...

## THE DISCIPLINED EXERCISE PROGRAM

### THREE HOURS A WEEK OF DISCIPLINE

To be truly *disciplined* in our exercise program, 3 types of exercise should be undertaken regularly:

- ☆ *Stretching*
- ☆ *Aerobics*
- ☆ *Weight-training*

The exercise sessions should take place a minimum of 3 times a week for each type of exercise—to make a total of 9 sessions a week...*minimum*. Each session should last at least 20 minutes. This means, as a Disciplined Exerciser, we are willing to devote at least 3 hours of the 168 available to us each week for stretching, sweating, and using our muscles. As the “Promises of Health, High Energy, and Happiness” are fulfilled by disciplining ourselves to the minimum 9 hours of exercise weekly, we find ourselves being led to devote far more hours than the mere 9 to which we originally committed ourselves!

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#### Exercising With Discipline

- ❶ At least 3 times a week, undertake a **STRETCHING** session of at least 20 minutes duration!
  - ❷ At least 3 times a week, undertake an **AEROBICS** session of at least 20 minutes duration!
  - ❸ At least 3 times a week, undertake a **WEIGHT-TRAINING** session of at least 20 minutes duration!
- 



### A SAD SCENARIO

Perhaps *THE most potent antidote to overweight, over-stress and low energy* is "*The Disciplined Exercise Program.*" Consider this SAD scenario: When regular exercise is neglected, every cell in the body is adversely affected: assimilation of nutrients is limited, and elimination of waste is checked. As a consequence, every muscle, organ, gland, and system undergoes physiological impairment and is weakened. The circulatory and respiratory systems especially suffer. As nerve energy runs low, elimination byproducts of metabolic waste and ingested poisons from a number of sources—but especially from unnatural food and drink—build up. Toxemia begins. And disease sets in. Naturally, the SAD, sedentary, sluggish person becomes irritable, touchy, and tired. Inertia and the lack of energy it fosters will gradually undermine even one's basic zest for life.

#### The inactive individual

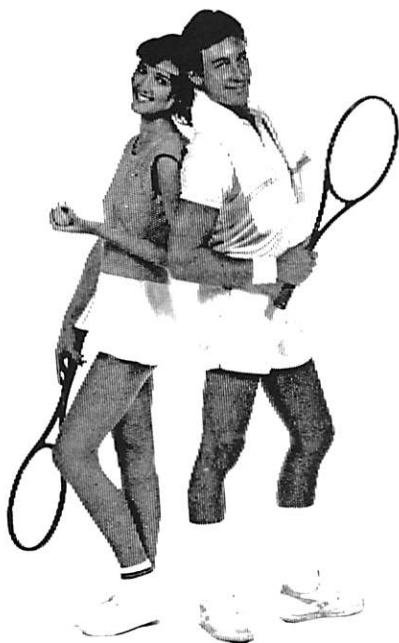
—regardless of how pure and ideal the diet—  
reaps grim rewards: chronic, degenerative disease.

### A HIGH ENERGY SCENARIO

Conversely, the active person on the *Disciplined Exercise Program* takes that "*most potent antidote*" to overweight, over-stress and low energy...*daily!* Consider this HIGH ENERGY scenario: When regular exercise is performed, every cell in the body is positively affected: assimilation of nutrients is enhanced, and elimination of waste is optimized. As a consequence, the functional integrity of every muscle, organ, gland, and system is strengthened. The circulatory and respiratory systems are especially "fine-tuned." This daily fine tuning, coupled with The Ideal Diet, adequate rest and sleep, fresh air, pure drinking water, emotional poise, and all the other Essentials of Health, keep nerve energy reserves high. And as long as nerve energy is high, it is a "law of life" that one cannot descend into the pit of chronic, degenerative disease.

#### The active individual

—combining exercise and ideal lifestyle habits—  
reaps rewards of health, high energy, and happiness.



#### Stretch

Your body really needs to stretch,  
So you don't shrivel up  
Into a miserable wretch!  
Without a very supple spine,  
You will get old before your time!  
And without joints flexible,  
Movements soon become impossible!

...BUT...

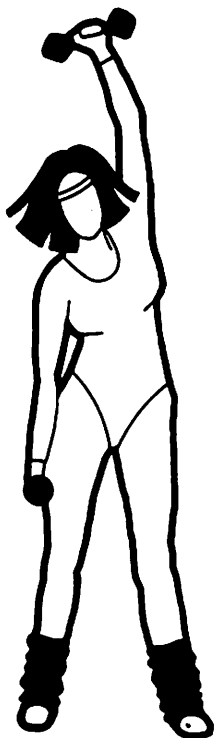
If you stretch every day,  
Every which way,  
You'll be sure to keep Father Time at bay!

#### Aerobics

Your body needs to sweat...  
and to huff...  
and to puff...  
So get up and start moving...  
and stay off of your duff!







### **Body-Building**

**While I eat Ideal Foods  
and strive for internal purity  
I need to body-build  
while I grow into maturity.  
I need to lift and push and shove  
and strain just a little,  
so my muscles in size can gain,  
and so my bones don't get brittle.  
This means I work out every other day.  
Then the muscles I am building  
will not go away!**

## **PART V**

### **...THE HOMEWORK ASSIGNMENT...**

#### **SPECIAL ASSIGNMENT #46...BE A DISCIPLINED EXERCISER!**

1. Set some time aside, and read through—carefully and thoroughly—all “The Workout” sections in these 26 lessons. Give particular attention to the lessons that concentrate on exercise: #11, #23, and #24.
2. Next, study “The Workout” in this lesson for a clear understanding of “The Disciplined Exercise Program.”
3. Now, start an “Exercise Log.” Plan out your Disciplined Exercise Program so that you meet the minimum requirements—at least! Record all of your exercise sessions that last at least 20 minutes. At the end of every day, review your log. Make sure you will have met the 9 hour minimum of stretching, aerobics, and weight-training by the week's end. **BE DISCIPLINED!** *You will love yourself for it later.* Remember, discipline gained in this area of your life will give you a most rewarding sense of *self-control* that will carry over into all other areas of your life. In the long run, therefore, to become a Disciplined Exerciser is a joy!

#### **SPECIAL ASSIGNMENT #47...THE SERIOUS STUDENT:**

1. Take time from your busy and demanding schedule to reread and study again *The Natural Weight-Loss System* in its entirety. Consciously plan when you can give regular study time to this course. It was written with the idea that you can continually turn to it for encouragement and reinforcement. Give yourself a set time during the day to seriously study the lessons and newsletters. Or set aside a day of fasting and study. You are changing the habits of a lifetime. Serious students will need to continually renew their minds during the process, until the New Self consciousness and habits are automatic.
2. Take time to do the homework assignments in the earlier lessons that you have not done. And take time to redo those assignments which you have done. As time passes, our responses to the homework assignments will differ. Your responses are like a “barometer” that signal your progress. Serious students will value these moments spent in introspection and will use the insights to enhance their progress.

#### **SPECIAL ASSIGNMENT #48...SHARE YOUR KNOWLEDGE—AND/OR—SHARE YOUR SUCCESS!**

Part II (Sharing Your Success—Informally) and Part III (Sharing Your Success—Formally) in this lesson suggest over a dozen ways to share your newfound knowledge about how to get well and how to stay well. Select the suggestions which appeal to you, for whatever reason...and carry them out! Keep a journal in which you record your contributions to the Health Revolution we are a part of. This exercise will do more to develop “an attitude of gratitude” within your heart than anything else you could do. And remember:

**Sharing knowledge about health is like “LOVE” itself:  
The way to guarantee the safekeeping of this precious joy  
is to give it away...with an attitude of gratitude!**

### **THE FINAL WORD**

#### **...FROM THE STRAIGHT AND NARROW...**

#### **The Joy...and the Pain...in Planting Seeds**

Once a seed is planted in the human consciousness—for most of us—that seed must “nestle in” for a time before it sprouts and takes root and blossoms forth. True, a few of us learned about Natural Hygiene and overnight made the change. In fact, this was the case with T.C. Fry who made *The Natural Weight-Loss System* possible through The Life Science Institute. Even so, as T.C. tells us, that book which so suddenly and irrevocably *changed his life* had sat on his library shelf *for years* before he touched it on that fateful Christmas day! Up until that moment, he was just too deep into the gormandizing on SAD foods to pick it up. Isn't that the same as having the “seed”—planted and nestling, *trying* to take root for all those years?

No matter how you look at it, the irrefutable fact is that for some of us, the seed takes its own sweet time to flower. Whether the seed flowers or not and how long it takes to do so, depends on if the seed is dropped into rich, fertile earth...or into dry, barren sand. The only mystery in planting the Truth of Natural Hygiene into the inner recesses of another's consciousness is that the fertility or aridity of the soil is not ours for the viewing.

Some with whom you share, that is, will take hold of what you say and be forever grateful for your taking the time to care.

That is the joyful part of sharing the truth. Others will mock you and scorn you for daring to suggest that they do not know how to live their own lives. They may even hold you up as a joke if you are not the perfect example of health. That is the painful part of sharing the truth. But the *interesting* part of sharing the truth comes from yet another experience: when a precious few of the mockers and scorners—perhaps years down the road—finally take your words to heart and come to you in health, gratitude, and love for having taken the time “way back when”—and for having taken the abuse, as well! At such a moment, joy mitigates pain...and leaves you with the confirmation that you must keep trying to help others—regardless of their initial receiving attitude.



### **Dr. GefWell and Dr. StayWell**

**Doctor GefWell, The UnMedicine Woman,  
travels the Nation in an old covered wagon.  
She teaches us lessons more precious than gold,  
like how to stay well when we get old.**

**Some want to learn.  
Others not one bit.  
Some want to change.  
Others have a fit.**

**Doctor GefWell's Travelling UnMedicine Show  
tells us lots of things that you should know.  
The program, she calls...“Natural Hygiene,”  
A Complete Way of Life...for living supreme.**

**Some want to understand.  
Others not at all.  
Some hold out an eager hand.  
Others want to brawl...**

**Doctor GefWell and Doctor StayWell,  
They are friends of mine.  
They teach me how to be healthy...  
Every day...all of the time.**

**Doctor GefWell and Doctor StayWell,  
They know The Truth, you see.  
RIGHT LIVING PRACTICES, as time will tell,  
Keep you just as healthy as you can be!**

### **Planting Seeds Among The Very Sick...and...The Very Wise**

It has been said that two types of people are most ready for Natural Hygiene and the program of disciplined living it necessitates: The Very Sick and The Very Wise.

The Very Sick have, in all probability, taken the Medical Route and are far the worse for having so travelled. These desperate souls have typically tried drugs, surgery, radiation, and/or chemotherapy. In so doing, they most likely have run out of insurance, spent all their savings, and borrowed to the upper limits of their credit. Furthermore, the emotional ravages of such a living nightmare on friends, family, and the suffering victims cannot even be put adequately into words. The ending for all such SAD scenarios is likewise the same. At the end of the line, the doctors have undoubtedly told them to either: “Learn to live with it...or...prepare to meet your Maker!”

It is at this point that *hope* comes into the picture—if you are *there to plant the Seed of Truth!* For unless such a SAD person has been totally and hopelessly brainwashed by the Medical/Pharmaceutical System, he *just may* have that “desperate open-mindedness” necessary for the proper planting of the Seed of Truth. And the “good news” is...if this individual has not yet reached The Seventh (final) Stage of Disease, his condition is reversible to a great extent! Or, at this point, it may at least be arrested, so it is *always* worth the effort to change to The Ideal Diet and lifestyle. *What a tragedy it would be if no one were there at this fertile moment to share Truth with the sufferer!* As “Gardeners for a Healthy America,” therefore, we must live by everlasting faith and not by immediate appearances.

When we share the Truth of how to get well and stay well, we must practice the “controlled folly of the gardener”: we know that not every person with whom we risk taking the time to share will want to know the Truth...but...because we do not know who will and who will not one day profit from our effort, *we try!*

### **I Try**

**When I see someone sick and suffering,  
I don't just pass him by.  
I stop to tell him about Natural Hygiene.  
(The least I can do is try.)**

Now with the Very Wise, it is a different story, altogether. Usually, intelligent people appreciate the value of sound nutrition, regular exercise, and the other Essentials of Health—at least to *some* degree—even if they have never heard of “Natural Hygiene,” *per se*. Usually, they understand how important it is to be healthy for success in their chosen vocation. And usually, their self-esteem is strong enough, positive enough that they have learned the importance of taking good care of themselves. In addition to these considerations, the one thing that makes Very Wise people *very* fertile ground for planting the Seed of Truth is that they are not only open-minded...but are also *by nature* constantly and actively engaged in seeking ways to enhance the quality of their lives in every way possible. That is simply the nature of *most* truly intelligent people—although of course not *every* “intelligent” person is also *wise*. Generally speaking, wise people don't suffer. When you share the Truth of Natural Hygiene with the Very Wise, they are usually eager to learn. In no time, you are quite likely to find them effortlessly and enjoyably incorporating Essentials of Health into their daily living—and reaping the benefits thereof! And...if you are still struggling with your *own* healthful living program, this may serve as a humbling reminder to strive harder to reap the rewards of healthful living.

### **BE THE BEST LIVING EXAMPLE YOU CAN BE! ...and...**

### **JOIN THE “GREAT HEALTH REVOLUTION” IN THE NAME OF WORLD PEACE AND HARMONY**

It is human nature to care about other human beings...to love our fellow m.n, woman, and child...to want to nurture their spiritual growth and their physical well-being. When we are brought face-to-face with human suffering—even that of a

complete stranger—the human heart naturally goes out to that member of our human family. Compassion is one of the most refined of human qualities. If we *really care* about others, we care about how they *feel*. If we care about how they feel, we care about their physical/mental/emotional *and* spiritual condition, as well! Growing up in America—which prizes affluence and competition—is not conducive to development of a social conscience. Humanitarianism is written into the U.S. Constitution, but it is seldom taught to our children and is little practiced by adults. We have only to witness the value systems of TV for one evening to understand that the media is doing everything it can to kill the social consciousness of the American people.

Advertisers and the monied oligarchy behind them are out to lull the people into desiring wrong food and drink, casual sex, high fashion, cosmetics, external appearances, automobile mania, and out-doing all the Joneses.

We can see, of course, that the powers behind this destructive campaign are acting in the name of *uncontrolled greed and selfishness*. It is of no concern whatsoever to the powerful and their advertisers if the products and attitudes they so viciously promote lead “the little guy” into all manner of chronic, degenerative disease from alcoholism to lung cancer and everything in between. In fact, these materialistic myopics want us addicted to their products and services—at any cost! *When we decide to break free from the conditioning that makes this existing power structure rich, we find ourselves engaged in a “revolution” much like that of 1776!* We are fighting for our very freedom from sickness and insanity—for our lives, our liberty, our pursuit of happiness!

To practice Natural Hygiene is to join this “Great American Health Revolution.” And to live Natural Hygiene to the very best of our ability is to do the very most we can for a healthy world...which, in turn promotes world peace and harmony! We can “go all out” and actively spend time, energy, and love to share with others the Truth of how to get well and how to stay well. But if our daily responsibilities do not so allow us at this time, we are still contributing greatly to national and world health by...*simply being the very best living example we can be!* When we become a “Living Example” through our moment-to-moment daily activities, through dedication and discipline to the Essentials of Health, then we move others powerfully in the direction of all that is good. Healthful living thus becomes both an act of love for mankind *and* a revolutionary statement for world peace and harmony.

It is impossible to be truly healthy in a world filled with sick and suffering fellow men, women, and children. “How,” you might ask, “can my practicing healthful living affect change at the level of our government, our Madison Avenue, our medical/pharmaceutical fortresses, and our food giant factories?” Only a look at the “big picture” will clearly answer this question.

### The Power Principle

Any group in power is the manifestation of *the collective group consciousness* of those it whom it leads. (Hitler, for example, could not have risen to power had not a sufficient number of the German people been attracted to his view of reality.) A group becomes powerful, a product becomes popular—only when the citizenry to whom they cater support that group or demand that product. This

“power principle” works in the reverse, as well. When the citizenry withdraw their support and cease to demand the product, power structures crumble to make way for the new. Herein lies the secret of how “The GetWell GrassRoots Great American Health Revolution” will happen! We have power in being a living example, power in our values, power in our choices, power in our love!

### ...JUST IMAGINE...

If The Ideal Diet and the practices of Natural Hygiene were to suddenly be practiced in every home throughout the world...tomorrow...what would happen? With rose-colored glasses on, let us just imagine—for a moment—the prospects.

First, the truly destructive businesses would go bankrupt: tobacco, alcohol, drug groups. Simultaneously, most of the agricultural/food industries *as we know them today* would be forced to make a rapid adaptation. In their stead, farmlands and orchards and super fruit stands would flourish. The canning/food processing factories would be turned into food-drying factories. Supermarkets would turn into super-produce markets.

Likewise, the medical/pharmaceutical/hospital institutions *as we know them today* would be turned into first-aid stations, fasting retreats, health spas, and Natural Hygiene schools. And the doctors would be trained Hygienic practitioners and teachers of healthful living practices.

Bars would be turned into Recreation and Community Centers specializing in fresh-made juices during their “Healthy Hours.” Restaurants would offer smorgasbords of live-food recipes and salad bars. The advertising industry would make major changes as they adjusted to honest advertisements that promoted healthful living products. Mental health would sweep the nation. Institutions dedicated to sick sex and pornography would fall. In like manner, all groups dedicated to health and spiritual progress would flourish. The animals would breathe freely. Millions more trees and gardens would be planted. The earth would experience a reoxygenation revolution, and the soil a compost-inspired remineralization. And finally, government representatives would work diligently toward legislation aimed at implementing “LIFE/health, LIBERTY, and the PURSUIT OF HAPPINESS”...*for all!*

On the home level, the family food bill would be cut in half. Medical expenses would be virtually nonexistent. Television sets would gather dust from disuse as family members share “intimate time” instead of prime time. Individual biochemistry would be normalized on this program so that family members would feel energetic, giving, and loving...instead of tired, toxic and irritable. Food preparation time would be greatly reduced, and there would be no more dirty, greasy pots and pans to scrub—ever again! After the initial period of bodily detoxification, family members won’t be headed for chronic, degenerative disease. Those already very ill would see an arrest in their sickness, if not a total reversal of their symptoms. In this most ideal of worlds, the Suffering Class Revolution would turn its attention to the Reconstruction Era of America. The Ideal Diet coupled with a total program of healthful living practices would inspire the dawning of the American Dream—at last.



**To Be Truly Healthy**  
**Some kids need to understand**  
**that for all of us to be truly healthy**  
**we must be kind and loving and lend a helping hand.**  
**(It's more important than being wealthy!)**

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**...In Closing...**

I have been on the verge of tears throughout writing this lesson. I have stopped several times to cry. And I have stopped several more times to have long phone calls with friends across this great nation to express the gratitude that has welled up inside of me as I write these closing words. I have not yet reached my "highest health potential" during this writing. My weight continues to yo-yo from time to time while I'm under pressure and when I give in. Nevertheless, I am grateful—beyond words—to all those Hygienic Pioneers who have come before me *and* to all those Health Enthusiasts across America who have reached out to help me *and* to ALL OF YOU who have allowed me to share my joy, pain, frustration, and love.

**My HeartFelt, BodyFelt thanks to all of you.**

**In closing,**  
**I pray that you and your loved ones may prosper...**  
**in heart, soul, and body.**

