

**LOSE WEIGHT  
FOR EVER**

**and**

**LOOK YOUNGER**

**No more diets!**

**Jonathan Gray**

**Also...**

**WHY SOB<sub>s</sub>  
LIVE LONGER  
AND NICE GUYS DIE**

**Answer: Because they're not scared  
of what others think. They take the  
bull by the horns and defy  
conventional eating habits.**

**Note: Because there is always some risk involved when changing diet  
and lifestyle, please do not apply the information unless you are  
willing to assume the risk. If you do use the information presented  
without the approval of a health professional, you are prescribing for  
yourself, which is your democratic right, but we assume no  
responsibility for your actions.**



# CONTENTS

	<b>Page</b>
INTRODUCTION .....	
 <b>PART ONE – “DIET” NO MORE</b>	
<b>1 A RAGING EPIDEMIC .....</b>	<b>1</b>
The Obesity Crisis	
<b>2 CUTTING SHORT YOUR LIFE: .....</b>	<b>4</b>
How Obesity Kills	
<b>3 ARE YOU IN DANGER? .....</b>	<b>10</b>
How Much is Overweight?	
<b>4 DIETS CAN BE DEADLY .....</b>	<b>14</b>
The Diet Mania	
<b>5 WHEN LOST WEIGHT RUSHES BACK .....</b>	<b>19</b>
Why Diets Fail	
<b>6 A PLAN OF SUCCESS .....</b>	<b>25</b>
Can you Win?	
<b>7 FIRST: FIND THE UNNOTICED MISTAKES ...</b>	<b>29</b>
Why You Are Overweight	
<b>8 SWEET AND DANGEROUS .....</b>	<b>38</b>
Sugar’s Sad Scene	
<b>9 FAT... FAT... FAT... SCAT: .....</b>	<b>52</b>
Animal Fat and All That	
<b>10 HOW BIG BUSINESS TRICKED US .....</b>	<b>61</b>
The Protein Lie	
<b>11 SWEET SURPRISES FOR YOUR TASTE BUDS..</b>	<b>69</b>
Replacing Sugar, Chocolate and Ice Cream	
<b>12 DELICIOUS DAIRY AND EGG TASTES .....</b>	<b>74</b>
Dairy and Egg Substitutes	
<b>13 EAT AS MUCH AS YOU LIKE .....</b>	<b>83</b>
A Different Type of Calorie	
<b>14 NO MORE HUNGER ATTACKS! .....</b>	<b>90</b>
Good Foods Fill You Up	
<b>15 WHEN AND HOW TO EAT .....</b>	<b>98</b>
Mealtimes and Between	
<b>16 IT’S A NEW QUALITY OF LIFE .....</b>	<b>103</b>
Losing Weight With Water and Exercise	
<b>17 SIDE EFFECTS .....</b>	<b>109</b>
7 Fantastic Bonuses	

## **PART TWO**

### **8 VITAL LIFESTYLE SECRETS**

18	<b>8 TIPS FOR IDEAL BODY WEIGHT</b> .....	113
19	STRENGTH FROM SUNSHINE .....	116
20	HEALING WATER .....	124
21	ELECTRIC AIR .....	131
22	EXERCISE AND LIVE BETTER .....	144
23	QUALITY REST .....	155
24	NATURAL NUTRITION .....	162
	<u>A Balanced Diet</u>	
25	SELF CONTROL .....	171
	Good Things in Moderation	
26	FREEDOM FROM STRESS .....	177
	Trust in Divine Power	

## **PART THREE**

### **HOW TO LIVE LONGER**

27	<b>LIVE FOREVER (or your money back)</b> .....	191
	Causes of Ageing	
28	<b>HOW TO BE YOUNGER</b> .....	202
	Factors That Will Help You	

**SOME SCRUMPTUOUS RECIPES** - not included

**REFERENCES**

**INDEX** - not available

# INTRODUCTION

Bruce sat in the waiting room, hardly able to move. He had a terrible heart condition. He also had high blood pressure, coughed continually, was as fat as a tick, and lit one cigarette after another.

His business partner Joel was so worried, he offered to help him any way he could. He offered to help him lose weight. He tried everything he could.

“You’re going to die, if you continue,” warned Joel. “Nobody will help you then.”

Bruce wheezed and coughed so hard that he turned red. Then he opened a candy bar and started munching.

“Joel, old man,” he said, “everyone dies when it’s their time.”

“YOU CAN DIE BEFORE YOUR TIME,” retorted Joel. He loved the man, stubborn though he was. That’s why he could talk to him as he did. They were not only business partners. They were good friends.

Like millions of others, Bruce was overweight ...dangerously so. Nothing to do with the smoking, I might add. His overweight was a problem on its own.

Fortunately, Bruce took notice when the doctor gave him just two years to live. That jolted him!

Today, Bruce is slim, looks ten years younger, no longer has that cough ...and plays tennis twice a week. For the first time in his life, Bruce is really living!

And does he enjoy his food! Like he never believed possible.

Answer me... honestly:

Are you tired of being constantly hungry, never feeling satisfied, always fighting to achieve or maintain proper weight?

Then shout for joy! I shall show you a *tested and tried* method to eliminate fat without even realising it or missing it.

You see, there was this girl I was about to marry – she was slim, healthy and young.

She was bothered about my weight. (Oh yes – also my “bald head”, as she called it.)

Well, I knew that my bald head was a lost cause. But I could definitely do something about my weight!

So, I suppose, out of sheer love for that gal, I decided to lose some weight.

We lived in different states of Australia. I would surprise her when we should next meet.

Well, did I! The next time we met, she just about walked right past me!

Yes, she is now my wife. And am I on a diet? Not on your life! I'm married to one of the best cooks on this planet. We eat and eat till we're full. And we're both still very slim.

Let me say this. I am just an ordinary guy – like you. But talk about ENERGY – and ENDURANCE! Do you know, on my latest expedition through the Israeli desert I was in for a big surprise. Practically the whole of my team was young, but I was leaving them all behind. Can you believe it? I mean, fit young men 20 years my junior just could not keep up with me!

I want you to have the information that makes this happen. It really does work.

I shall show you how to lose weight ... and never find it again.

Be prepared for:

- More energy
- Less fatigue
- Less sickness
- Lower chance of disease
- Reduced food bills
- More patience
- Better sleep

**This is not a diet.** It will not restrict the amount of food you eat. On the contrary, you may eat more.

It is a program that is **safe**, healthy... and balanced. It is **not hard work**. It is **easy**. No need to count grams, calories or servings.

**It is a high energy program.** You won't feel sluggish or fatigued. Your high energy will keep you motivated.

**You will feel filled.** You won't be plagued with cravings for snacks. You will feel full and satisfied. You will **be** full.

**It is inexpensive to follow.** No special foods. No meetings to go to. No complicated preparations, to spend time and money on.



No hard-to-find foods. You will be eating foods you love... and watch your food bill get slashed.

So enjoy this book – it contains fabulous tips, tricks and techniques that will help you to explode your eating pleasure – and still shed all the weight you need to lose!

Sound like what you've been waiting for? Well, it's in your hands. Let's get started...

# **PART ONE**

## **“Diet” No More**

## CHAPTER 1

# A RAGING EPIDEMIC

## The Obesity Crisis

Watch most evening television commercials and it is not difficult to see that Americans are **obsessed with food**. Advertisers know what we want. With snappy music and fast-paced images we are offered *bigger-size* hamburgers, *larger-size* fries and *taller-size* sugared soft drinks. Competing food companies let us know which *larger* pizza tastes better. Often, before the night is through, we are left drooling over the thickest milkshake or multiple-topped sundaes.

It should not be surprising then to recognize that Americans, on the average, are heavier than the citizens of any other major nation.<sup>1</sup>

Just take a trip to any public place, for that matter - and you will readily see that few men or women today are “ideal,” but are instead “inching” their way toward certain disaster!

In the 1950s John Kenneth Galbraith wrote, “More die in the United States of too much food than of too little”.<sup>2</sup> This

means that over five decades ago Americans were beginning to show signs of overweight problems.

Recent statistics show just how bad things have gotten. **Over 50 percent** of Americans are now considered to be **overweight**.

My friend Dane Griffin, director of the health video series, “*Lets Eat*”<sup>3</sup> puts it well. He says, “**more than half of us have ‘more of us’ than we want!**”

According to a **Louis Harris** poll, 62 percent of Americans are overweight.

Health professionals recognize that obesity is widespread in the United States. In 1999, Jeffrey P. Koplan, director of the Centers for Disease Control and prevention (CDC) stated, “**Obesity is an epidemic** and should be taken as seriously as any infectious disease epidemic.”

More than 55 million are clinically obese.<sup>4</sup> Approximately **25 percent** of Americans are suffering from **life-threatening obesity**.

Not only are the numbers of overweight people increasing in the U.S. each year, but the overweight individuals themselves continue to gain weight yearly.

The problem of obesity, especially for women, ranks near the top in the index of human misery.<sup>5</sup>

In recent years, obesity has been disproportionately increasing in the youth and young adults. It is alarming to note that the age group with the highest increase in obesity is 18-to-29-year-olds. Among American teenagers, 20 to 30 percent are overweight.

There has been a rapid increase in obesity in virtually all industrialised nations since World War II. Developing nations are beginning to show similar trends.

A report in the *New Zealand Herald*, on June 25, 2001, stated that “more than 50 percent of New Zealanders are overweight or obese ... The Ministry of Health estimates that more than 2100 New Zealanders die prematurely as a result of not being active 30 minutes a day.” That’s in a country with only 4 million people!

## CHAPTER 2

# CUTTING SHORT YOUR LIFE

## How Obesity Kills

The health risks of obesity have been officially recognised since about 1985-6. Some who are at a “healthy weight” may still have health risks due to their body fat distribution.

What is the danger of being overweight? Plenty.

Overweight individuals are laying the foundation for almost every degenerative disease except osteoporosis. Obese people (*obesity defined as being 20 percent above ideal weight*):

- ❖ Face **3 times** the risk of heart disease
- ❖ Are **4 times** more likely to have high blood pressure
- ❖ Accept a **5 times** greater risk of developing diabetes
- ❖ Live with a **5 times** greater likelihood of having elevated blood cholesterol
- ❖ Face **6 times** the chance of developing gallbladder disease

- ❖ Will experience more cancer of the colon, rectum, breast, cervix, uterus, ovaries and prostate than average-weight individuals.<sup>6</sup>

Obesity is also associated with an increased risk for the following conditions:

high blood pressure,  
hypertension,  
gallstones,  
gout,  
degenerative joint disease of the hips and knees,  
fatty liver,  
fungal and yeast infections of the skin,  
varicose veins,  
sleep apnea,  
increased levels of total cholesterol,  
triglycerides and low density lipoproteins  
(often referred to as “bad” cholesterol),  
decreased levels of high density lipoproteins  
(often referred to as “good” cholesterol),  
high risk pregnancies,  
decreased mobility,  
increased surgical risks.

Obesity can delay wound healing, lower resistance to infection, and undermine the immune system.

Obese people are also prone to suffer from osteoarthritis and low-back pain.<sup>7</sup>

And all that extra weight crowds the heart, lungs, stomach, colon, genitals, and muscles, prohibiting them from doing their jobs properly!<sup>8</sup>

Obesity, according to health author Earl Mindell, can also be a factor in female infertility, menstrual disorders, and toxemia.

Careful evaluation of data gives **no** indication that there is a “safe” level of overweight, that weight gain after middle age is healthy or that desirable weights increase with age.

Keeping slim delays the age of the onset of initial menstruation (menarche). Women who mature early are more obese than women reaching puberty later. In woman, fat tissue is a significant source of extra gonadal oestrogen (gonadal source of oestrogen is the ovaries).

Fat accounts for about one third of the circulating oestrogen in premenopausal women and the primary source of oestrogen in postmenopausal women. Furthermore, thin women produce a less potent form of oestrogen, while obese women produce a more potent oestrogen. Oestrogen has been linked to cancer of the breast and reproductive system. Girls who reach puberty earlier may be at greater risk for certain cancers because they may be exposed to both higher and more potent oestrogen levels for a longer time period.

The health risks of obesity are related not only to weight and total fat but also to the pattern of weight distribution. An excess of fat in the abdominal or upper body area (apple-shaped distribution) is associated with greater health risks than fat in the lower body area (pear-shaped distribution). Studies show that upper body obesity correlated highly with heart disease, stroke, diabetes and death, independent of the degree of obesity. Studies have also shown that breast and uterine cancer correlate with increased upper body fat distribution.

Significant psychological problems associated with obesity include: anxiety, depression and poor self-image.



Obesity can cause nervous system disorders, and even increases one's potential for manifesting anti-social behavior like suicide and murder.<sup>9</sup>

## **LITTLE THINGS CAN HELP**

Can losing or gaining just a bit make a difference? Sure!

If you've been thinking that losing just a little or gaining just a little isn't that big a deal, consider this.

A 35-to 55-year-old man who has a 10 percent weight *loss*, will reduce his chance of heart disease by 20 percent!<sup>10</sup> Did you get that? A 10 percent loss can lead to a 20 percent reduction. Now, that's *doubling your pleasure!*

On the flip side, if that man has a 10 percent *increase* in weight (that's just halfway to obesity levels), he faces a 30 percent increase in the possibility of coronary artery disease!<sup>11</sup> A 10 percent gain = a 30 percent increase. That's *triple trouble!*

In summary, overweight people need to lose weight and keep it off. Excess pounds take years off their lives by directly causing major disease, by intensifying nearly all health problems, by complicating surgery and by requiring more potent medication. A body weight of at least 10 percent lower than the U.S. average is associated with lower death rates. Maintaining a healthy body weight throughout life promotes good health returns - improved quality of life, increased energy and mobility, and peace of mind.

## **OBESITY CAUSES PREMATURE DEATH**

But there is more ...

In 1998, the U.S. surgeon general's report on nutrition and health stated clearly that obesity is a known risk factor for chronic disease that often leads to death.

It is estimated that 300,000 **premature deaths** occur each year in the United States because of our overweight health condition.

According to the famous Framingham Study, even 5-10 extra pounds are associated with higher mortality rates.

In the U.S., obesity is a major contributor to 5 out of the top 10 killer diseases –

- heart disease,
- cancer,
- stroke,
- diabetes,
- atherosclerosis.

According to Dr. Agatha Thrash, only 60 percent of obese people reach the age of 60, compared to 90 percent of our slender citizens.<sup>12</sup> Obese men face a **5 times** greater risk of dying from heart disease than men of normal weight.<sup>12a</sup>

Many have not listened to such warnings. The truth is, few realize just how serious even a few extra pounds are.

But listen to this. Every extra pound of fat will smother a month from your life!<sup>13</sup> Just 24 *little, insignificant, extra pounds* will snatch away 2 years! **Sixty extra pounds will rob you of five whole years.** Do you get that? This really is serious.

**NO LAUGHING MATTER!**

With such figures staring them in the face, why are heavy people stereotyped as being so jolly? This is no laughing matter!

A 26-year study of over 8,000 non-drinking, non-smoking men showed that very lean men had the lowest risk for deaths from heart disease, cancer and stroke. The average age of death was 80.5 years in the lowest weight group and 75.8 years in the highest weight group.

What this simply means is that our love affair with food is not only costing us, it is killing us.

Talking about cost, the economic burden of obesity continues to grow.

Health care costs directly related to obesity amount to approximately \$100 billion dollars each year. It is estimated that another **\$33 billion is spent annually on weight-reduction programs and special diet foods.**

No wonder we're a society of professional dieters! Being overweight is no light matter, to say the least!

## CHAPTER 3

# ARE YOU IN DANGER?

## How Much is Overweight?

Just take a trip to any public place and you will readily see that few men or women today are *ideal*, but are instead *inching* their way toward **big** problems!

But overweight Americans - and Britishers, and Australians, New Zealanders and Europeans - have difficulty admitting there is a problem.

For practical purposes, obesity may be defined as **any degree of excess body fat**.

We need a certain amount of fat for energy, heat, insulation, shock absorption and other functions. However, when our body fat exceeds a certain percentage of our total body weight, then we are considered to be overweight.

## OVERWEIGHT AND OBESITY : THE DIFFERENCE

So, what's the difference between being overweight and being obese?

If you are 20 percent or more above your ideal weight, you are clinically obese. If you are 10-19 percent above ideal, you are considered overweight.<sup>14</sup>

Women generally tend to carry more body fat than men.

## **YOUR IDEAL NORMAL WEIGHT**

How can you determine what your normal weight should be?

Health clubs often use skin callipers - scales that rely on a harmless electric shock sent through the body.

The most common measurements used by medical doctors and insurance companies are the height-to-weight ratio tables. Even though these tables do not take into account individual body structures that could contain heavier bones or more muscle mass, they are a good indicator of a weight problem.

It's really quite simple. If you are a female, you should multiply your height (in inches) by 3.5, and subtract 108. A male multiplies by 4, and subtracts 128. That will give an average. A large-framed man or woman should add 8 percent, small-boned, subtract 4 percent.

As an example, an average 5'4" female should weigh about 116-120 pounds, give or take a few (64" x 3.5, minus 108). If you are a typical 5' 10" male, your ideal weight is 152 pounds (70" x 4.0, minus 128).

Based on this formula, a 5' 4" female would be obese if she weighed 142 pounds or more (that's 20 percent above the ideal

of 118). She would be overweight if her girth grew to the 130-141 range.

These are the guidelines of the Stanford Heart Disease Prevention Program, and merely give you a reference point - a ballpark figure. Those who are muscular will naturally weigh more, so don't worry. Some will naturally be on the high side, some on the low side.

**(Chart to go in here)**

- Dane and Vicki Griffin, *Dieting: Victory From the Jaws of Defeat*, p.11(Hot Springs, NC)

The most accurate - and expensive - means to measure body fat is to weigh a person underwater. This procedure is often limited to laboratories with very sophisticated equipment.

The easiest method of all is to measure your own waistline. More than 35 inches for women and more than 40 inches for men is considered a high-risk or obese waistline.

Here's a test Dr. Hans Diehl suggests you give yourself in his excellent book, *Lifestyle Capsules*.

“Reach over to your left side, just below the last rib, and pull the skin and fat away from the underlying muscle. Hold it between your thumb and index finger and squeeze. If the space between your thumb and finger is more than  $\frac{3}{4}$  of an inch, you’re in trouble.”<sup>15</sup>

Using any one of these methods can help us to truly evaluate our weight condition. And of course, we need to be honest with ourselves.

## CHAPTER 4

# DIETS CAN BE DEADLY

## The Diet Mania

Dean Swift, the famous churchman, late for an appointment, hurriedly got into a cab and called out: “Drive as fast as you can!”

After a while he called out, “It is time I was there. Where are you taking me?”

The cabbie replied, “I don’t know. You didn’t tell me where to go. You simply told me to ‘drive as fast as you can,’ and that is what I have been doing!”

And that is just what so many of us are doing in our rush to lose weight. We want to get there fast. But we really don’t know what we’re doing. We don’t know how to get there AND STAY THERE!

And what happens? The diet’s over and we’re back piling on weight... loads of it! It’s pretty downheartening, isn’t it?

.....



America has become so obsessed with “thin” that, according to Dr. William Rader, a popular radio psychiatrist, a startling 80 percent of 11 year-old American girls are on diets!<sup>16</sup>

According to George Gallup, Junior, more than 40 percent of teenage boys and 34 percent of teenage girls say they have gone on food binges, in which they ate extremely large quantities of high-calorie foods in a short time. To compensate, more than half fasted, vomited, or used laxatives.

In almost every magazine there is an interesting mix of quick weight-loss plans and a strong emphasis on super-slimness. But oddly, these same magazines are filled with page after page of fattening “impulse” food recipes such as cookies, cakes, pies, donuts, and candies! And there are “magazine” diets, all purported to satisfy, slim and energize!

It’s no wonder that (according to the Calorie Control Council) 40 to 50 percent of middle-aged Americans are dieting! And that’s probably a conservative estimate.<sup>17</sup>

## **WHAT IT IS COSTING**

Americans are spending \$30 billion a year on weight loss programs.<sup>18</sup> And that doesn’t include the \$314 million Americans spend on over-the-counter diet pills like *Acutrim*, *Dexatrim* and *Diatac*, according to *Public Citizen Health Letter*.<sup>19</sup>

If diets worked, you’d think that a \$30 billion investment would result in at least a few shed pounds. But the fact is, Americans are spending \$1 billion more each year on new “lose-it-quick” diet plans. Most will lose just this – their self-esteem, self-respect, and hard-earned money.

How much is 30 billion? Just this much. With it, you could spend two million dollars a day for forty years and still have \$800 million left for a rainy day!

## **RESULT OF ALL THOSE DIET PROGRAMS**

So, what has twenty years of dieting gotten us? The average American is now five pounds heavier!<sup>20</sup> As a result, the American Seating Company, a chair manufacturer, has widened its chairs by 2 inches so that *their* seats will fit *our* seats!<sup>21</sup>

The pounds we carry are ever increasing.

## **COMMERCIAL DIET FAILURES**

Why are we losing our war against obesity?

It's time to ask another question:

Do crash diets work? How about high-protein diets? Yoghurt diets? Liquid diets? Grapefruit diets?

So many are climbing on a diet roller coaster that, for many, will never stop. Why?

According to a National Institute of Health study, no commercial diet program can assure long-term success.

Dr. Theodore Van Itallie said, "The reason we have so many diet program types is that none of them really work."<sup>22</sup>

Sadly, 90-95 percent of weight loss programs ultimately fail. A troublesome problem in obesity control is that with long-term calorie restriction, the body becomes more energy efficient. As a result, the more weight one loses, the more difficult it becomes to lose.

In addition to the health hazards associated with obesity, there are equally **hazardous effects from very rapid weight loss programs or starvation diets**. These effects include the following:

heart disorders,	gallstones,
gouty arthritis,	fainting/weakness,
fatigue,	muscle cramps,
headache,	nausea,
diarrhea/constipation,	elevated cholesterol,
uric acid levels,	changes in liver function,
anemia,	edema or fluid retention,
cold intolerance	dry skin,
hair loss	loss of menstrual periods,
decreased libido	personality changes and
	even death.

Chronic dieting in itself can cause **psychological harm**. Chronic dieters are easily upset, emotional, subject to mood swing and are more likely to eat when anxious. They have trouble with concentration, have lost touch with hunger signals and satiety satisfaction, have low self-esteem and are eager to please others.

This much is certain: When it comes to weight loss, nothing is gained by eating a starvation diet, or by losing pounds quickly.

Why is this? Neal Barnard MD has hit the nail on the head:

“When we discover we’re heavier than we want to be, we have a natural inclination to eat less ... But eating less makes it **more difficult to lose weight**.”<sup>23</sup>

Weight Watchers. Nutri/System. Physician’s Weight Loss. Diet Centre. You’ve probably heard all these names before. Maybe you’ve spent money on their plans. While they all use

differing methods, do they really work? Here is the answer from *Consumer's Report*:

“Despite their sales pitches, there is no evidence that commercial programs help most people achieve **significant, permanent** weight loss. If you want to lose weight, you would probably do well to try to reduce on your own, or through a free hospital-based program...”<sup>24</sup>

You should **be wary of** any program that offers **quick weight loss**. Generally, it takes months to put weight on - and it is only reasonable to expect that it should take months to take it off.

Western society is plagued with **many fad diets** that often **do more harm than good**. Extreme deprivation diets that limit you to certain foods or just liquids do not promote good health. In fact, some of those diets can even kill.

## **CHAPTER 5**

# **WHEN LOST WEIGHT RUSHES BACK**

### **Why Diets Fail**

As a teenager I lived beside the sea. To stand at the end of the bay and watch those waves thundering against the rocks, then foam high into the air and spray far back behind the beach was an exhilarating experience.

Sometimes I would go onto the sand and build an imaginary village, protecting it with a high sand wall. Then I would watch the waves of an advancing tide progressively batter it down. I might repair the wall to hold back the tide temporarily... but try as I might, the tide would always win.

In dieting, we do win our victories. And aren't we excited! We push back the advance of weight gain... we win for a while... But for many of us, the weight comes back. Our victory is short-lived. We end up worse off than when we started. We cannot push back the tide...

Or can we?

Dr. Hans Diehl reports that up to 95 percent of dieters regain their lost weight within a year and usually with a bonus.

## **WEIGHT LOST TOO QUICKLY CAN COME BACK**

Weight lost quickly is 3 times more likely to be regained compared to weight that is lost gradually<sup>25</sup> and the majority of weight lost quickly comes, not from fat cells, but from water and lean body mass.<sup>26</sup> Such a loss will actually make it easier to regain the weight, and harder to lose it the second time around.<sup>27</sup>

Muscle tissue is where fat is burned. And since most fad diets' weight loss comes from muscle mass and excessive water, fad dieting may deplete muscle tissue. And this will make it increasingly difficult for you to lose weight. If there is abundant muscle tissue present in the body, fat will be burned more quickly and more efficiently.<sup>28</sup>

Weight loss expert Dr. C. Wayne Callaway rules out calorie-restrictive diets altogether.<sup>29</sup>

Why? Because those diets reduce the intake of calories below basic metabolic rate requirements.

The net result is that your metabolic engine will idle very low to match your low calorie intake, unless you exercise. As a result, **you could gain weight even while eating less!**

If you are losing more than 1 percent of your total weight per week, you're losing too fast, and most likely will put it right back on again.<sup>30</sup>

## YOUR BODY FEELS UNDER THREAT

The truth is, your body senses a diet as entering into starvation. So, the less food you eat, the harder your body tries to **keep its fat**.<sup>31</sup> Why? Because fat serves as the body's fuel reserve, and if your fuel (food) intake drops, the body anticipates trouble and seeks to keep all available fuel in storage! One study found it can take more than 5 weeks **after** a diet ends for your body to get out of its fat storage mode; you're in a post-diet eating mode<sup>32</sup> and **the pounds come back on quickly!**

Only 10 percent of Americans who lose 25 pounds or more are able to keep the weight off beyond two years. Many discover that they often gain back *double* what they originally lost.

No wonder we're a society of frustrated, professional dieters! What's the first food that's cut in a typical diet? **Complex carbohydrates!** How sad.

Researchers analysed data from the Framingham Heart Study on more than 3,000 people whose weight tended to fluctuate up and down. After 32 years, such fluctuations doubled the risk of heart disease and nearly doubled the death rate from all causes.<sup>33</sup>

Weight cycling and the yo-yo syndrome are the names given to this repeated loss and gain. Persons with high weight variability are 25 to 100 percent more likely to be victims of heart disease and premature death than those who maintain a stable weight. Furthermore, it may be just as deleterious to lose the same 2 kg. 10 times as to lose 22 kg. and regain it once.

You're better off remaining heavy than yo-yoing your body between *fat* and *thin*.<sup>34</sup>

The weight loss should be about 10 pounds *maximum* for the first week, and about one to two pounds *maximum* during the following weeks.<sup>35</sup>

If your ideal weight is 120 pounds, you should eat a **minimum** of 10 calories per pound of your *ideal weight*, or 1,200 calories daily.<sup>36</sup> A balanced carbohydrate diet would supply that, *and more!*

A gradual loss will keep the body from going into a calorie-depleted *starvation mode* which may only result in excessive weight gain once the diet is over. Slow weight loss is a sign that you are, indeed, losing fat cells, and not just water and lean body mass. It also shows that you are learning a new life-style, not just “*trying another new weight loss plan.*”

The challenge has been thrown down:

“Americans must change their philosophy about weight loss if they are to avoid regaining lost pounds.”<sup>37</sup>

All right, then, since yo-yo dieting is so harmful, what can you do? Is there any diet plan that really works - and that you can afford? One that will keep you off the diet roller coaster? Yes there is!

Where can you find this “healthful program?” You’ve got it in your hands. Read on! You will soon be discovering secrets that really **do** work.

## **REDUCTION OF GOOD FOODS CREATES CRAVING**

Here’s the second reason why diets fail. In an attempt to stave off unwanted weight, individuals reduce their caloric intake not only of bad foods, but also of good foods - foods that are already depleted. This creates biological cravings which



cannot be satisfied, even by “bingeing.” Even if the attempt to “lose weight” is successful, biologically-derived changes occur in the metabolism that tend toward weight gain, such as an increase in hunger, decreased activity levels, and an increased rate of fat formation of non-fat food materials (*lipogenesis*).<sup>38</sup>

## **CONCENTRATING ON PROTEINS IS HARD TO KEEP UP**

In reality, diets are often high-protein, low-complex carbohydrate, low-fiber, low-calorie regimens that are unhealthy and difficult to stay with for very long.

High-protein diets are no more effective than any other diet except that there is rapid initial water loss. Excess protein is harmful to the body in several ways; in time it weakens the kidneys, heart, bones, and immune system.

## **PRE-OCCUPATION WITH FOOD**

Most modern programs unwittingly promote overeating and appetite by keeping dieters preoccupied with food - counting calories, measuring food, and preparing tempting, low calorie dishes. By beholding, we become changed. Thus, the more one preoccupies oneself with food, the more intense will be the temptation to overeat or crave unhealthy food.

This obsession with weight control (especially in women) has led to radical behaviour and to a growing epidemic of eating disorders such as bulimia and anorexia nervosa.

## UNBALANCED LIFESTYLE MAINLY FOR LOOKS

Also beware of diet programs that promise to make you look like the models in the pictures used to advertise weight-loss products. Let's be realistic. Very few of us have the time or the body structure to come to look like those models. Building a well-chisled physique takes hours each day in a gym. Models admit that developing a magazine-cover body only comes with great pain. Most have to live a very unbalanced lifestyle to maintain that Greek-statue look.

Remember, it is **health** we should be after - **not image**. The **over-emphasis on looks** has led many people into the life-threatening behaviours of bulimia and anorexia.

**So let diets die.** Calorie-restricting diets. Fad diets. Crash diets. All of them.

## CHAPTER 6

# A PLAN OF SUCCESS

## Can You Win

In the darkest hours of the second world war, when it seemed that Britain was left alone and about to fall to Hitler's relentless forces, prime minister Winston Churchill met secretly with a handful of strategists in an underground bunker to plan a counter-attack. It was a campaign strategy that would push the war right back to Hitler's headquarters - and destroy him.

First came the detailed plan of assault. Then the D. Day invasion... and finally VICTORY.

This will be your strategy... in ridding yourself of the obesity enemy. You will start with a detailed plan of attack...

But, you may say, obese people can't help themselves, their endocrine glands just are not working right. Dr. Diehl agrees - in about 2 percent of the cases.<sup>39</sup> For the other 98 percent, however, the body parts at fault are the taste buds and the tummy!

But we have been programmed to be this way! Magazines and TV ads show rail-thin women eating calorie-rich foods, and

we can't understand why eating those same foods leave us looking like the train, not the track!

## **TRAINED TO BE OBESE?**

Not only that, most of us were trained to overeat when we were still wobbling in our high-chairs. As a result, according to Dr. Jules Hirsch of Rockefeller University, we had billions of extra fat cells produced that are resistant to weight loss in adulthood.<sup>40</sup>

## **OH, IS THERE A PLAN THAT WORKS?**

While it is true many are losing the war with obesity, you still **can** win. Most of us do not need to have a weight problem.

Dr. Hans Diehl, internationally known health lecturer and author, advises:

“Don't become a slave to the scale, checking it daily for immediate results to problems that took years to develop. Get started on a healthful program. And be patient.”<sup>41</sup>

## **EVEN IF I'M GROWING OLDER?**

But, I hear someone say, isn't it true that you will naturally gain weight as you grow older? Not at all! Unless as you grow older you are consuming processed, calorie-rich refined foods while sitting idle in front of a TV! And the old myth that your muscle will turn to fat is physiologically impossible, unless the muscle you are talking about is in the steak you ate last night.

## **WHAT IF I AM A SMOKER?**

Although smokers weigh less than non-smokers, they have an increased (more dangerous) waist/hip ratio. Furthermore,

when smokers stop smoking, the fat distribution is likely to improve in spite of some weight gain.

The truth is, if you will follow the advice in this book, your body will **naturally** return to what is ideal for you, and will stay there!

Now, what is the way to a thinner, healthier you?

## **DEVELOP A PLAN**

Nearly every person who has been successful at weight management had developed a plan for maintaining a healthy weight. Most persons' plans involved nutritional analysis, education, a health-conscious approach to food, and other lifestyle changes. In other words, to successfully lose weight, you will have to **make some changes** in the way you live.

Many of us have learned to eat food on cue or because of emotional upset, rather than for hunger. **Understanding why you eat** is as important as knowing what you eat.

The easiest way to do nutritional self-analysis is to **keep a daily journal** of what you eat. Make notes of the times you eat, what you eat, how much, when and why. Be honest and detailed.

For example, if you eat potato chips as a snack, list the amount. Did you eat five chips, one quarter of a 12 ounce bag, or the whole bag? It is also important to note *why* you ate the chips. Ask yourself, were you upset? Were you visiting with a friend? Were you alone and watching television?

When keeping a journal, do not be critical of yourself - just do it! Keeping a journal will reveal both positive and negative things about your eating habits.

After a week of journaling, go back through your notes and **do some nutritional analysis**. Are you eating natural whole-grain foods? Are you eating several portions of fresh fruits and vegetables? Are you eating lean meats and fish? Or are you eating mostly pre-packaged foods? A lot of fried food? A lot of fast food?

**Become a label reader.** Begin to look at the calorie content of the foods you are eating.

Be sure to **educate yourself on good nutrition**. Most Westerners have little understanding of it. Unfortunately this common ignorance is a matter of choice. There are numerous good and easy-to-understand **books** and **pamphlets** available about nutrition. A lot of nutrition educational materials are given free. We are really without excuse.

Once you get a better understanding of good nutrition, **develop a food plan** for yourself. Seek the help of a professional nutritionist if you cannot decide what is best for you.

## CHAPTER 7

# FIRST: FIND THE UNNOTICED MISTAKES

## Why You Are Overweight

Why have so many of us gotten so heavy? It is true that genetics and other medical conditions can play a role with some people being overweight. But a majority of us are overweight because our income exceeds our outgo!

Putting genetics and medical problems aside, there are several **other factors that contribute significantly to the Western weight problem.**

### 1. FAT CALORIES

Most of us today are eating empty calories. We take in more calories than we use.<sup>42</sup> These excess calories are stored as fat.

Half of our diet is made up of processed, concentrated calories. Sugar-rich and fat-rich calories are “empty” calories, devoid of vital nutrients and valuable fiber -

seemingly “little things” that do nothing but fill you out without filling you up!

And we are eating almost all of them between meals.

For an average person, 21 percent of the day’s calories come from refined sugars, another 20 percent from visible fats and oils like mayonnaise, butter or margarine. Another 20-25 percent come from fat in animal products.

It’s no wonder we’re so heavy! About 40-45 percent of our calories are coming from fat - and fats are twice as fattening as sugar (nine calories per gram for fats vs four calories for carbohydrates and protein).

(a) **Empty calories fill you up!**

Today, only 22 percent of our calories come from carbohydrates!<sup>43</sup> Since 1900, fat consumption has doubled and our sugar intake has increased by 240 percent!<sup>44</sup> Half of our diet now consists of processed, concentrated calories.<sup>45</sup> Fat is the most calorie-packed food we eat.<sup>46</sup> Fats are calories devoid of vital nutrients and fiber: calories that will *fill us out*, not *fill us up*!

So why wasn’t our great-grandpa overweight? Because in 1860, complex carbohydrates accounted for 53 percent of his calorie intake. Not only that, he worked hard at tough physical labor for the most part.

Today we are eating high-fat foods rather than complex carbohydrate foods.

Calories: pare them ... or wear them? If you skip a meal’s calories, only to replace them with sugar-saturated or fat-filled calories - in other words, if you



skip a meal so you can eat dessert, it won't help you lose a single pound. **Substitution of calories** simply doesn't work.

Excess calories from fat build up readily in the body. Did you know that fats are twice as "*fattening*" as complex carbohydrates? (9 calories per gram for fats, vs 4 calories per gram for complex carbohydrates)

Why is this?

Before the body can store carbohydrate calories they must be converted to fat, which consumes about 23 percent of those calories. For carbohydrates or protein, the body must first **USE** calories to change them to fat!

In other words, the body must **use** calories in order to **store** calories, and it uses *much more* for carbohydrates, which leaves fewer calories to store as fat!

But fat calories are stored very easily and very quickly, using only 3 percent of them for the storage process.<sup>47</sup> So, fat calories are twice as *fattening* and are changed into body fat much more easily. That's why fat calories will add weight faster than the same amount of carbohydrate calories.

So you see, consuming 1,000 *carbohydrate* calories will have a different effect from eating 1,000 *fat* calories.<sup>48</sup>

(b) **Little snacks make you fat**

And in this area, the little things add up to big things.

According to Dr. Agatha Thrash, if you eat just one peanut per day more than your caloric need, you'll store more than 3,500 extra calories in one year. And that equals one extra pound of fat! Just an extra 100 calories a day can hang an extra 10 pounds on you each year.<sup>49</sup>

(c) **Don't snack!**

Why? A typical daily *snack pattern* of 2 cups of coffee with cream and sugar, a doughnut, soft drinks, a candy bar, some cookies, and just 10 potato chips, will add more than 1,500 *empty* calories!<sup>50</sup> What will the body do with them? You guessed it - excess calories become *excess* body!

Just one 200-calorie doughnut "snack" a day will add a pound a month, or 12 pounds a year (200 cal x 5 days/wk x 4 wks/mo = 4,000 cal/month)!<sup>51</sup> Clearly, fast foods lead to quick corpulence.

(d) **How to cut empty calories**

If, however, you cut your daily calories by 500 for just seven days, you'll lose one pound that week! If you lower your intake by just 250 calories a day, you'll lose 20 pounds in nine months! Easy come, easy go - if you know how to go about it.

How do you go about cutting calories? The easiest, least stressful way is by changing them from

fat calories to complex carbohydrate calories. And eating them at the right time. Simple!

But the amount of calories you eat matters, too. It takes 3,500 calories to make one pound of fat. Just an extra 100 calories a day more than you need can hang an extra 10 pounds on you each year.

Research on both animals and humans shows that the two major contributors to obesity are physical inactivity and a high-fat diet. In the U.S., overeating and sedentary living are encouraged despite contradictory messages that promote being slim.

Dr. Neal Bernard, in *The Power of Your Plate*, stresses that fat intake is just as important to watch as sugar intake. He says:

“If you are not controlling the amount of fat you are eating, there is little point in worrying about sugar.”<sup>52</sup>

The sad thing is, experts agree that once we are used to fatty foods, we crave them! We get used to eating a certain amount, and if we eat less, we feel deprived. So, we eat our fat, at the expense of carbohydrates, miss our cues, and eat more calories.

In reality, most of our “visible” fat can be traced back to the “hidden” fats that are found in meat, milk, cheese, cream, and ice cream.

What’s the largest source of dietary fat for Americans? You guessed it! Red meats.

Add to that the fact that caffeine, theobromine from chocolate, theophylline from tea, and purines

from meat all block the body's ability to convert fat into a usable form of energy, and it's clear why obesity is such a growing problem. Fat not used, is fat stored!

## 2. **LIFESTYLE OF CONVENIENCE**

Americans have developed a fast-paced, time-crunched society. This demands a lifestyle of convenience. Many of our conveniences involve food. Because most households have both parents working, it has become far easier to either eat in restaurants or buy take-out. Most such food has higher calorie content, especially that of the popular fast food industry. The fast food industry has boomed since the late '70s. So has America's waistline. Very few people take the time to cook meals from *scratch*, which is generally much healthier. As a result, Americans are growing ever weaker physically.

Today large numbers of well-advertised, affordable fast foods not only encourage overeating, but are nutritionally unbalanced and high in calories.

Senator George McGovern called obesity "paradoxically enough.... The number One malnutrition problem in the United States."

Some food manufacturers actually know to do better. Motivated by greed and catering to our desire for convenience, marketing specialists have heavily promoted *quick and easy* microwaveable meals and snack foods. Take an objective look at your grocery store. The variety and types of easy meals and snack foods are endless. Americans love out-of-the-box meals and snack foods.

**These highly processed** packaged foods may save us time, but they also have a **higher calorie** content. It is always shocking to discover how many calories snacks and prepackaged foods contain.

### 3. **LOVE FOR SOCIALISING**

Americans love to socialise. We look for any excuse to have friends over for a get-together. Very few Americans socialise without the presence of ample amounts of snack foods. Food and fun have been locked together in the American mind. Can you imagine a Super Bowl party without high-calorie snack foods?

### 4. **PREFERENCE FOR TASTE**

Another contributing factor to the American's overweight problem is our preference for taste over nutritional substance. Americans will eat just about anything that tastes good - even if it is bad for our health. We shy away from eating fresh fruits and vegetables because they do not taste good to us, preferring high-fat or heavily sugared foods like hot dogs, sausage, hamburgers, French fries, soft drinks, beer and desserts. These foods are easy to prepare and taste good but are wrecking our health.

### 5. **LACK OF EXERCISE**

One final cause for our overweight problem that we must consider involves the well-established fact that America simply does not exercise. Some would doubt that fact, considering the number of infomercials selling exercise equipment. But the truth is, a lot of that exercise equipment becomes expensive clothes racks.

The CDC lists physical inactivity as the major contributing factor to America's obesity. Americans avoid opportunities to burn calories. We will drive our car before walking anywhere, even over short distances. We will choose the elevator over the stairs. Our children spend an average of 25 to 35 hours in front of the television each week. Many children would not even know how to play outdoors. American inactivity has had a devastating toll on our health.

Our work habits today aren't doing much to help us, either. We are mainly a sedentary workforce. So what difference does that make? Plenty!

A typist switching from a manual to an electric typewriter can add two pounds of fat per year just from the energy savings!<sup>53</sup>

But a sedentary workforce is not the only factor here. Sedentary recreation also plays a major role. Studies now show that children and adults who watch TV are heavier than those who watch little or no TV!<sup>54</sup>

## **9 THINGS OVERWEIGHT PEOPLE SHARE**

Dr. Agatha Thrash has drawn attention to nine things that overweight people have in common. They:

1. Are breakfast skimpers or skippers
2. Eat & chew too fast; take big bites
3. Don't drink enough water each day
4. Get little, if any exercise
5. Like refined foods like cake/candy
6. Use fermented products like vinegar, mustard, pickles, and cheese
7. Use salt freely (More than 1T/day)

8. Like caffeine drinks like coffee, tea and colas; also like chocolate
9. Are nibblers; constantly eating!<sup>55</sup>

To put it mildly, when it comes to weight control, those little faults, so commonly practiced that they go unnoticed, are usually the things that cause our downfall - or should we say our buildup?

## CHAPTER 8

# SWEET AND DANGEROUS

## Sugar's Sad Scene

At my very first school - the one I literally broke my teeth on - there was a very popular little girl. Audrey, I think her name was. We all loved Audrey... not because she had a bubbling personality, or was all smiles, or smart. Now she may very well have been all three. But the reason she was so loved was this:

Before leaving home some mornings, Audrey would creep into her mother's pantry and then sneak off to school with some 'goodies' in her school bag.

At morning play time, some of us would be invited to meet her at the back of the playground, behind the toilet block. And from her bag would emerge a packet of jelly crystals. Of course, we all held out our hands.

I suppose that got me started. Years later, I would find myself sitting up in bed at night, watching TV, with a packet of jelly crystals and a teaspoon. I would empty that whole packet in one go. If it wasn't jelly crystals, it was more than likely a



bar of chocolate. With what I spent, I might well have bought the chocolate factory.

Guess what? I put on weight.

You'll never guess how much weight-exploding fat is in jelly crystals and chocolate!

So let's get serious.

**Wouldn't you like never to worry about your weight?**

Generally speaking, cholesterol-free consumers rarely worry about their weight. Why? Because their diet is high in complex carbohydrates, fiber, and unrefined, "body-building" calories. But perhaps more importantly, their diet is free from those things which add unwanted weight.

Many individuals attempt to lose weight by

- calorie restriction
- exercise
- surgery
- drugs
- any combination of the above methods

Yes I know. It is a real challenge to lose weight. But restored health is worth the challenge. It is always advisable to **seek the advice of a health professional** before starting any weight loss program.

Even though Americans are some of the best-educated people in this world, we need to **educate** ourselves better about *good nutrition* and *exercise* – the two major keys to healthy and effective weight loss. In other words, to lose weight and maintain health, we must eat healthier and increase our activities.

Here are some suggestions for lifestyle improvements that will help these problems and lead to ideal body weight without radical dieting or deprivation.

## **CALORIES – HOW MANY?**

Let's talk about calories for a while. What are calories? A calorie is a unit for measuring the energy value of food.

How many daily calories do we need? To find out, simply multiply your ideal weight by 10, and you'll have the daily calories you need to maintain your body functions. These are your *basal metabolic rate (BMR) calories*. Add to that figure your *activity calories*, about 30 percent of your *BMR* calories, and you'll know what you can eat and not gain weight.<sup>56</sup>

If you weigh 130 pounds, your *BMR* calories would be 1,300 calories. Add to that your 390 activity calories (30 percent of 1,300), and your daily need is 1,690 calories. The amounts can vary somewhat from person to person, this is just a guideline.

A simple rule of thumb is this: An ordinary sedentary female requires about 1,200 to 1,600 calories a day to maintain her ideal weight. For a sedentary man, it would be 1,600 to 2,400 calories.

## **EXCESS CALORIES = EXCESS BODY!**

But, as we noticed in the last chapter, a typical daily “snack pattern” of two cups of coffee with cream and sugar, a donut, a few soft drinks, a candy bar, some cookies, and just 10 potato chips, will add more than 1,500 “empty” calories!

So what will the body do with the excess calories? You guessed it, excess calories become “excess” body! Clearly, fast foods lead to quick corpulence.

Snacks must be seen for what they really are - enemies of girth control.

For an average American, 21 percent of the day’s calories come from refined sugars, and about 40-45 percent of our calories come from fat. (20 percent from visible fats and oils like mayonnaise, salad dressing, or margarine and another 20-25 percent come from fat in animal products).<sup>57</sup>

But you can stop eating fat - and usually the craving for fat will leave within a few weeks.<sup>58</sup>

And, as we have already noted, fats are twice as “*fattening*” as complex carbohydrates! They also can cause us to crave more fat,<sup>59</sup> which means we’ll eat *less* carbohydrate calories and **rob our body of the cues to stop eating.**

## **SO WHAT DO WE NEED TO DO?**

What your body needs is to eliminate, or greatly reduce, fat-rich animal foods, and drastically reduce the intake of refined food.

## **SUGAR**

Sugar is one of the most dangerous of refined foods.

Did I say **foods**? Let me start again.

The definition of food is: “That which sustains life and promotes growth.” Sugar refined to the state of being a pure chemical or drug has been fed to rats and found to shorten life

and to stop growth. Therefore, **SUGAR CANNOT BE CALLED A FOOD** (truthfully).

White sugar is commonly made from sugar cane or sugar beets. Through heating, and mechanical and chemical processing, all vitamins, minerals, proteins, fats, enzymes and, indeed, every nutrient is removed until only the sugar remains. Sugar cane and sugar beets are first harvested and then chopped into small pieces, squeezing out the juice which is then mixed with water. This liquid is then heated and lime is added. Moisture is boiled away, and the remaining fluid is pumped into vacuum pans to concentrate the juice. By this time, the liquid is starting to crystallize and is ready to be placed into a centrifuge machine where any remaining residues (like molasses) are spun away. The crystals are then dissolved by heating to the boiling point and passed through a charcoal filter. After the crystals condense, they are bleached snow-white, usually by the use of cattle or pig bones.

During these refining processes, 64 food elements are destroyed. All the potassium, magnesium, calcium, iron, manganese, phosphate, and sulfate are removed. The A, D, and B vitamins are eliminated. Amino acids, vital enzymes, unsaturated fats, and all fiber are gone.

So sugar is **not** a food!

According to eminent research physician Dr. Edgar Howell, sugar is the greatest scourge that has ever been visited on man in the name of food. He believes it should be outlawed as a **poison**.

**ARE WE REALLY EATING TOO MUCH SUGAR?**

Most people do not know that they regularly eat large amounts of sugar. Most say, “I never add sugar to my food or drinks. So how can I be getting that much sugar?”

Actually, **over three fourths** of the 128 pounds of sugar most people eat each year **is in processed foods**. You never see it and you have no control over the amounts added.

Dr. Hans Diehl informs us:

“Sugar is found nearly everywhere: in canned soups, pot pies, TV dinners, even in bouillon. *Consumer Union* found Hot Cocoa Mix to be 82 percent sugar; Coffeemate, 65 percent; Shake ‘N Bake Barbeque Style, 51 percent; Heinz Ketchup, 30 percent; Hamburger Helper, 23 percent; Cool Whip, 21 percent; etc., etc., etc. And sugar by any other name - sucrose, dextrose, glucose, lactose, maltose, fructose, honey, corn syrup, and molasses - is still sugar, calorie rich, nutrition poor, and fattening.”<sup>60</sup>

There is even sugar in salt! Can you believe it?! It’s hard to find a canned vegetable without it.

Based on the above facts, it’s not surprising that soft drinks contain an average of 16 teaspoons of sugar per can. As if that’s not damaging enough, consider that the average American consumes an almost unbelievable 547 sodas every year, according to the Beverage Marketing Corporation. We’re floating in sugar!

How about a piece of chocolate cake? Fifteen teaspoons. One cup of frozen yoghurt? Twelve teaspoons. Jello, anyone? Brace yourself! It’s 83 percent sugar!<sup>61</sup>

Do the kids love their Frankenberry’s for breakfast? “Hidden inside the average box of pre-sweetened cereal, cleverly disguised with cartoons and special offers, is up to ½

pound of sugar. A two-ounce serving of Kellogg's Honey Smacks hides 8 teaspoons of sugar; Apple Jacks, Froot Loops, Sugar Golden Crisp and Boo Berry are more than 50 percent sugar!"<sup>62</sup>

A chocolate milk shake has a "mere" 10-12 teaspoons of sugar, compared with a hot fudge sundae, which sports from 16-17 teaspoons.

Perhaps a nice, large sweet pickle will do instead. Not really - it has soaked up more than 7 teaspoons!<sup>63</sup>

Sugar is used in packaged foods as a preservative (to prevent spoilage), to retain moisture, to maintain texture and appearance, and, of course, as a sweetener. It's an all-around, cheap filler.

Cane sugar is the cheapest and most convenient sweetener to add to a food item. Food manufacturers use it as a great flavor improver and profit booster combined. Think of chocolate which is by nature bitter in flavor because of its bromine content; think of jelly and jam, both of which are around 50 percent sugar.

Out of all this sugar, 20 percent of it is consumed in soft drinks alone. Many breakfast cereals are 40 percent to 50 percent sugar.

So how much "hidden" sugar is in the American diet? About one-third of a pound every day or about 600 calories. One-fifth or more of the total food intake each day comes from refined sugars.

Did you know that just one slice of white bread has 3.5 teaspoons of sugar in it!

Since you bought this book to learn the secrets of reducing weight, you need to know these things.

## **SUGAR FATTENS YOU!**

**If two groups** of people are fed **the exact same number of calories**, but one group takes its calories in sugar and refined products, while the other group consumes the calories in the form of whole grains, fruits, nuts, and vegetables, **the sugar group will gain weight**, while the other will not. This finding comes to us from studies published by the U.S. Department of Health.

Both sugar and other refined carbohydrates lead to waterlogging of the body tissues which decreases cell energy production; which of course lowers the overall energy available to the person to engage in the exercise they so urgently need.

Refined sugar is fattening, not only because it is high in calories, but because it is **addicting** causing one to eat it frequently. When one begins eating refined sugar on a regular basis, the craving usually becomes intensified.

“Sugar, like cocaine, is a plant extract reduced to a chemical state of purity. ...In the bloodstream, sugar produces a brief high followed by a bottomed out low. Sugar and cocaine both serve no purpose other than to produce a pleasant sensation and yes, sugar can be addictive.”<sup>64</sup>

Here is another doctor, Janice Keller Phelps, admitting the truth to us:

“At the foundation of addictive behaviour is an imbalance in sugar digestion and metabolism. I [have] learned that sugar addiction is the most undiagnosed disease in medicine, and that it can shut down any system in the body.”<sup>65</sup>

A US Department of Health study report concludes that sugar causes weight gain because it alters the metabolism, not merely because of its caloric content.

Dr. Donald Davis, chemist at the University of California claims that sugar causes food cravings. Sugar is confusing. It makes the appetite control center go haywire.

## **SUGAR DAMAGES YOUR BODY**

Sugar... how SWEET IT ISN'T!

But is the situation really **that** bad? Listen to what Dr. W.B. Grant has to say:

“Excessive sugar intake is now recognised as the number one risk factor for heart attacks in women, and number two for men; excessive animal fat intake is number two for women, and number one for men.”<sup>66</sup>

Today we have a society that is addicted to sugar. In 1915, the national average of sugar consumption (per year) in the United States was around 15 to 20 pounds per person. But today the average person consumes his/her weight in sugar, plus over 20 pounds of corn syrup. Vital organs of the body can be damaged by this gross intake of sugar.

Excessive sugar eventually affects every organ in the body. Initially, it is stored in the liver in the form of glucose, (glycogen). Since the liver's capacity is limited, a daily intake of refined sugar (above the required amount of natural sugars) soon makes the liver expand like a balloon. When the liver is filled to its maximum capacity, the excess glycogen is returned to the blood in the form of fatty acids. These are taken to every part of the body and **stored in the most inactive areas**: the belly, the buttocks, breasts and thighs. When these comparatively harmless places are completely filled, fatty acids



are then distributed among active organs such as the heart and kidneys. These begin to slow down; finally their tissues degenerate and **turn to fat**.

The whole body is attacked by their **reduced ability** and **abnormal stresses** are created in such areas as the parasympathetic nervous system, the blood circulatory system and the lymphatic system.

And what about your **immune system**: What is the effect of all this sugar intake on the ability of white blood cells to destroy bacteria?

One healthy white blood cell is designed to kill 14 invading “bugs,” or pathogens, in its life cycle. Six teaspoons of sugar reduce the white blood cell’s ability to fight these pathogens by 25 percent.

Twenty-four teaspoons of “sweet times” robs the white blood cell of 92 percent of its strength, leaving it virtually powerless, able to destroy only one invader.

Imagine what we’re doing to our white blood cells with our average 42 teaspoons a day! Obviously, the immune system is seriously compromised, and it remains that way for a period of about 12 hours after each sugar-laced meal.

But just about the time that the weakened cells are gaining their strength, most of us drop another “sugar bomb” on them! Actually, most people are eating something sweet every two or three hours all throughout the day! It is truly amazing that we do not see more premature death and debilitating diseases than we do!

Dr. Jonathan Wright concurs that just “one teaspoon of sugar impairs the immune system by about 40 percent for several hours, as Emanuel Cheraskin and associates found.

Many Americans consume an average of two or more teaspoons of sugar of all kinds, every hour and all day, and thus keep their immunity constantly low.”<sup>67</sup>

Dr. Agatha Thrash reports that a very interesting study was done at a prison in Tappahanock, VA. Noticing a severe increase in crime within his institution, the warden ordered that all foods and drinks containing refined sugars be banned from the prison. What was the result: Within a short time after “locking up” the sugar, the warden reported an 82 percent decrease in assaults, a 65 percent drop in malicious horseplay, a 75 percent reduction in theft, and a 55 percent drop in refusal of inmates to obey orders. Needless to say, sugar was one “felon” that never broke into that prison again!<sup>68</sup>

## **SWEETS**

Earl Mindell, in his book *Unsafe At Any Meal*, says:

“Even the calories in little snacks add up quickly. Just one pack of Lifesavers, eaten every day, can put 10 pounds on you in one year!”<sup>69</sup>

## **CHOCOLATE**

Chocolate, which contains a lot of fat and is very bitter, must be mixed with sugar to make it palatable. In fact, chocolate contains a **large** amount of sugar, and can be up to 80 percent fat. Cocoa and chocolate are among the foods highest in calories. In one pound of the original chocolate, after its first processing, there are 2,182 calories in fats, 482 calories in carbohydrates and 221 in proteins. This adds up to about 3,000 calories. In one pound of good plain processed chocolate there are about 2,500 calories. Milk chocolate has over 2,600.

A bar of chocolate, as you would buy at the store, contains 78 milligrams of caffeine (a drug) - about half as much as the average cup of coffee.

Some of the substances found in chocolate, such as caffeine and phenethylamine, can cause mood swings, cravings, nervousness, and depression.<sup>70</sup>

The five chemicals in chocolate also cause the body to burn sugar faster, urging the chocolate lover to eat more chocolates to satisfy this sugar need. As with any addiction, the chocolate habit can take on a life of its own.

Chocolate should definitely be an item that is eliminated from our diets. There is a good substitute for chocolate. A substitute that is available with a much more favourable manufacture and a greater likelihood of being processed under more sanitary conditions, besides being healthier – carob.

## ICE CREAM

Below is just a small sample of what can be added to ice cream:

*Piperonal* is used in place of vanilla. This chemical is used to treat lice. (Results in central nervous system depression.)

*Diethyl glucol*, A cheap chemical, is used as an emulsifier instead of eggs. Diethyl glucol is the same chemical used in antifreeze and in paint removers.

*Butyraldehyde* is used in nut-flavored ice cream. It is one of the ingredients in rubber cement. (An irritant and narcotic.)

*Amyl acetate* is used for its banana flavor. It's also used as an oil paint solvent. (Results in headaches, fatigue, and irritates the mucous membranes.)

*Ethyl acetate* is used to give ice cream a pineapple flavor. It is also used as a cleaner for leather and textiles. (Its vapors have been known to result in chronic lung, liver, and heart damage.)

*Aldehyde C17* is used to flavor cherry ice cream. It is an inflammable liquid which is used in aniline dyes, plastic, and rubber.

Ice cream is a whipped concoction of milk, cream, sugar and chemicals.

## **SWEETENERS**

It's hard to believe that an environmental scientist with some knowledge of chemicals and their effects could take a year to realise the cause of her piercing migraines, dizzy spells, hair loss and erratic periods, but at least Janet Starr Hull eventually did. After a bout in hospital and being diagnosed with Graves' disease, she decided to check the labels of the "sugar-free" and "diet" processed foods and drinks at home and then realised the cause of her woes: her intake over the previous year of copious quantities of the artificial sweetener NutraSweet, the active ingredient known as aspartame.

Janet discovered a growing body of knowledge on the health dangers of aspartame and was amazed to learn that she was not alone in her life-threatening symptoms. She radically changed her dietary intake, eliminating all "diet" drinks and processed foods in favour of pure, whole foods. Sure enough, her symptoms went away and her health returned. Then she presented her findings to her dumbfounded doctor who had wanted to irradiate and destroy her thyroid to treat her incurable "Graves' disease".

In her studies, Janet discovered that the FDA acknowledges 92 side effects of aspartame and that this toxic substance, which should never have been allowed into the food supply, can be

found in 5,000-odd foods on the grocery shelves.<sup>71</sup> She came across the damning evidence that the FDA knew of aspartame's health dangers back in the mid-1970's, yet approved it for use as a "table-top sweetener" in 1981.

Her book *Sweet Poison* is both a personal account of a journey to hell and back, and a stern warning about the severe risks associated with consuming aspartame-laced food and drink.<sup>72</sup>

OK, it all sounds pretty horrendous. Perhaps you are thinking, if I'm going to have all the sweetness taken out of life, wouldn't it be better if I just gave up and died?

Let me assure you... ALL IS NOT LOST. In fact, **it's about to get vastly better!**

In chapter 11, we shall discover some delicious, healthful substitutes for sugar, chocolate and ice cream. And that's just the start!

## CHAPTER 9

# FAT...FAT...FAT...SCAT!!

## Animal Fat and All That

Do you know, I love farms.

I used to visit farms on my school vacations, staying either with my maternal grandparents or with an uncle. My sister and I would tunnel into haystacks, almost burning ourselves from the pent-up heat inside. I would let the chickens out in the morning and count them in again one by one at night. All 173 of them! Riding the horse, or milking the cows - what a life!

You see, I love animals. But today I won't eat them. Why?

Listen.

The fact is, most of our *visible* fat can be traced to *hidden* fats in meat, cheese, cream, and milk. What is the single largest source of dietary **fat** for Americans? We've already mentioned it! **Red meats.**<sup>73</sup>

## MEAT

Purines from meat encourage the body to store fat,<sup>74</sup> so you can see why **obesity** is such a growing problem.

Not only that.

Many studies have linked flesh foods with cancer, heart disease, high blood pressure, stroke, arthritis, osteoporosis, and many other disorders.

Let's look at just a few of the significant clinical findings of the last 30 years.

Meat consumption can cause fatal ischemic heart disease. 45 to 64-year-old men who eat meat daily are three times more likely to develop fatal heart disease.<sup>75</sup>

Meat eating positively increases the risk of ovarian cancer.<sup>76</sup> In one Massachusetts study, more than 200 women with ovarian cancer consumed significantly more animal fat than non-cancer counterparts.<sup>77</sup>

Animal fat intake has been positively linked with colon cancer.<sup>78</sup>

Low-cholesterol levels (below 150mg%) from a low meat/no-meat diet led to absence of heart attacks in a study group during a 15-year period.<sup>79</sup>

A strong link exists between meat and egg consumption and heart attack.<sup>80</sup>

Meat eating is positively linked to fatal prostate cancer.<sup>81</sup>

One of the leading causes of breast cancer in the US is a high-fat, low fiber, meat-based diet.<sup>82</sup>

Leading risk factors for cancer are diet and nutrition.<sup>83</sup>

Excessive protein intake, typical of a meat-based diet, can decrease the life span.<sup>84</sup>

“The literature indicates that a high-protein (meat) diet, contributes to the epidemic of osteoporosis.”<sup>85</sup>

Such links between meat and disease should not surprise anyone. Meat contains no fiber, is high in fat, cholesterol and protein, and contains many potentially toxic/carcinogenic chemicals and additives.

Clearly, meat is not the best food to meet the body’s needs.

So how come we’re told meat is so good? In the very next chapter I shall give you the straight answer. It may shock you.

**Advanced heart disease patients, after just one year on a low-fat, vegetarian diet, dropped their cholesterol levels by 40% and showed significant plaque reversal in their diseased arteries.**<sup>86</sup>

“In regions where meat is scarce, cardiovascular disease is unknown.”<sup>87</sup>

A 21-year study of vegetarians revealed a 45% lower rate of diabetes.<sup>88</sup>

70% of severe allergy patients experienced significant reduction or elimination of symptoms on a total vegetarian diet after only four months. 92% recovered or improved after one year.<sup>89</sup>

Substituting vegetable protein for animal protein has been shown to reduce gallstone formation.<sup>90</sup>



Vegetarians have been shown to score higher on examinations and demonstrate less negative behaviour than non-vegetarians.<sup>91</sup>

Lung function can be significantly decreased for up to 48 hours by a high fat diet, causing blood-oxygen abnormalities.<sup>92</sup>

A vegetarian diet can prevent 97% of our coronary occlusions.<sup>93</sup>

Fruits, nuts, grains, and vegetables won't, I repeat, won't clog your arteries, give you heart disease, or cause cancer.

Dr. Dean Ornish is just one of the many health professionals who are now stating:

“Diet change..., not drugs, should be the first treatment for people with high cholesterol.”<sup>94</sup>

Obesity can be licked the very same way.

## **DAIRY PRODUCTS**

One more point about animal fats. Dr. William Ellis, a very respected milk researcher, says “there is overwhelming evidence that **milk** and **milk products** are a major factor in obesity.”<sup>95</sup>

Why? Because, as Dr. Ellis says, “adults who use milk products do not absorb nutrients as well as adults who don't use milk.”

Also, an 8 oz glass of whole milk has 160 calories, and 9 grams of fat. At 9 calories per gram, that means half of those calories (81) are **body-bulging** fat calories.

But isn't milk the best body-builder? And if I leave off milk, won't I miss out on the calcium I need?

Prepare yourself for a shock. Here is an amazing statistic that milk producers will never tell you about: A dose of 200 grams of whole milk contains 234 mg of calcium, .34 mg of riboflavin, .2 mg of iron, and is 51 percent fat in its calories.

On the other hand, a serve of 200 grams of broccoli will provide you with 206 mg of calcium, .46 mg of riboflavin, 2.2 mg of iron, and is less than 5 percent fat in its calories! And 200 grams of varied greens, when their values are averaged, would give you 305 mg of calcium, .39 mg of riboflavin, 3.6 mg of iron, and would give less than 10 percent fat by calories! Quite amazing, isn't it!

Dr. Agatha Thrash, in her book *Nutrition For Vegetarians*, reveals something about milk that may surprise us all. She states:

**“The fact that human milk contains only 80 mg of calcium per cup, as compared to 288 mg per cup for dairy milk, should give us confidence that humans do not require the large quantities of calcium provided by dairy milk.”<sup>96</sup>**

If you are really serious about losing weight, you will cut out fatty foods like butter, cheese, margarine and cream cheese.

## FRIED FOODS

What about fried foods? I think you know the answer by now. Yes, they are fattening. **Very fattening.**

On the average, 17 potato chips have about 160 calories. That is not so bad. Yet, a whole bag of chips contains 4,480 calories. Eating a whole bag of chips is not good, considering that the nutritional content of the chips is very low.

Also understand this: Experts discovered that the women who were successful at weight loss ate approximately 1300 calories each day; the men ate approximately 1725 calories each day. Eating a whole bag of chips would represent nearly three days of food for the women and two days for the men.

Did you know that **it actually takes a lot of fat to make us feel satisfied?** Notice how difficult it is to eat just a few high-fat chips or fries!

## CAFFEINE DRINKS

People who are overweight have this in common. They like caffeine drinks such as **coffee** and **colas**.

One should avoid entirely caffeine and caffeine-related compounds (theobromine in chocolate and theophylline in tea). **These encourage the body to store fat.**

Caffeine, a true stimulant drug, can produce reactions in the body which are indistinguishable from those of an anxiety attack - such as dizziness, sleep difficulties and recurring headaches. Caffeine causes a rise in fat and glucose in the blood stream, thereby encouraging fat storage in the body.

## WHAT ABOUT 'DIET' BEVERAGES?

Avoid “diet” or artificially sweetened carbonated beverages as no study has shown that they have any weight control benefit. They may be called **soft** drinks, but they are **hard** on the body. If anything, they **promote cravings**.

## **SPICY FOODS**

People who are overweight also tend to use fermented, aged, putrified products like vinegar, mayonnaise, pickles and mustard and stomach irritants like pepper, hot spicy foods or too much salt.

These, along with meat and dairy products, tend to **encourage cravings and overeating**.

## **SALT**

If you feel you must use a little salt then use **ROCK SALT**, the pure rock salt used in water purifiers. Rock salt is obtained from soil sodium rock formations and is not subjected to heat.

We believe that most of us eat far, far too much salt and would do well to eliminate it entirely from our tables and cooking. You can obtain ample salt (sodium chloride) in the natural foods of a **GOOD DIET**.

## **NICOTINE AND ALCOHOL**

A wise person will avoid entirely nicotine (tobacco in all forms) and alcohol.

Studies have shown that both smoking and high alcohol consumption may be major contributors to the development of upper body or abdominal fat distribution. The inhibitory nerves of the brain’s frontal lobes are most sensitive to the sedating effects of alcohol, a narcotic drug. As little as two drinks of alcohol impairs judgement (the reasoning - and spiritual-

discernment centres of the brain) and weakens one's self-control.

Wine for your heart? Purple grape juice rates better than red wine. Purple grape juice contains the same heart-saving substance from the skin of grapes, that red wine has. But red wine tends to make you eat more. So purple grape juice is better. And delicious as well!

Another practical tip. Make it easier for yourself. Avoid this temptation:

## **AVOID TEMPTATION**

Avoid TV viewing and reading magazines that contain tempting advertisements of unhealthful foods. Keep busy on a pleasant, useful program. There are plenty of other wonderful things to enjoy.

Perhaps at this point you are wondering if you will ever be able to enjoy a nice hot drink or "melt-in-your-mouth" treat ever again! Well, fear not! I grew up using large amounts of so many items we have discussed in this chapter. And yet for the past 6 years I have hardly used any of them.

Does that sound pretty dull? Let me say this: I have never felt better. People tell me I look 10 years younger. I eat whatever I like (though admittedly my likes have changed). And I never have to watch my weight. How's that for FREEDOM?!!

There are many delicious alternatives to animal products, sweets, coffee, colas and even chocolate.

Meanwhile, let's look at our PROTEIN - and some information that will get things looking **UP** ... and slimming **DOWN!**



## **CHAPTER 10**

# **HOW BIG BUSINESS TRICKED US The Protein Lie**

A truck driver pulled up his chair and looked me straight in the eye.

“Jonathan,” he asked, “Where do you get your calcium from if you don’t drink milk? Where do you get your protein from if you don’t eat meat?”

I pulled my chair closer and eyed him straight back. “Carl,” I said, “Where does the cow get her calcium from, or the bull?”

Carl thought about that for a moment. “Yeah, I get it,” he responded. “It all comes from grass and stuff.”

“Yes, Carl, they get it from vegetation. Come to think of it, all the big, powerful animals with massive bones - the horse, the elephant, the gorilla, the rhino - they're all plant eaters.”

Many of us are needlessly overweight, sick, and even dying earlier than they should. All because of a major myth concerning protein. This is based on two misconceptions:

1. It is thought that proteins from the vegetable kingdom are inferior.
2. The protein minimum daily requirement is set at a figure far too high for the body's actual need.

Is protein important? Of course it is! Protein is essential for growth, tissue repair, and various metabolic functions. Protein is not necessary for muscular energy, increased activity or as a source of fuel. Proteins support normal growth and maintenance of the body tissues.

## **MIS-INFORMATION : WHO GAINS?**

Now it is time for the truth.

Much of the information the general public receives about protein comes from **special interest groups** such as the meat-packing and dairy industries.

Clever advertising campaigns implemented by the **meat, dairy and egg industries** have convinced the public of a need for protein.

The meat industry has most people convinced that meat is essential for strength, and that it is prestigious to eat steak several times a week. The dairy and egg industries have convinced the public that milk and eggs are good sources of protein. Most people would be genuinely frightened at the idea of a diet without meat, dairy foods and eggs.

According to a study reported in the *American Journal of Clinical Nutrition*, Osteoporosis is a disease caused by various factors, one of the most important ones being excess protein



intake! In virtually every study conducted, the evidence has been conclusive: **The higher the protein intake, the more calcium is lost!**<sup>97</sup>

Let me share another amazing discovery with you. It's from Dr. John McDougall, author of *McDougall's Medicine*: "I would like to emphasize that the calcium-losing effect of protein on the human body is not an area of controversy in scientific circles. The many studies performed during the past 55 years consistently show that the most important dietary change that we can make if we want to create a positive calcium balance that will keep our bones solid is to **decrease the amount of proteins** we eat each day. The important change is **not to increase the amount of calcium** we take in."<sup>98</sup>

## **SOMEONE ELSE GAINS, AND YOU ARE HURT!**

Nutritionist Dr. David Reuben says it all:

"Who benefits from all the extra protein? The people who sell meat, fish, cheese, eggs, chicken, and all the other high prestige and expensive sources of protein.

"Raising the amount of protein you eat by 30 percent raises their income by 30 percent. It also increases the amount of protein in the sewers and septic tanks of your neighborhood 30 percent as you merrily urinate away everything that you can't use that very day.... If you are an average American family, it will cost you about \$40 a month to unnecessarily pump up your protein intake."<sup>99</sup>

Perhaps you didn't know that the multi-billion dollar protein producers receive an extra 36 billion dollars a year as a result of excess protein consumption by Americans.<sup>100</sup>

Now you know why most Americans have been “over-proteinized”! We have been “sold” on a diet that helps the meat-packers, the dairy farmers, the chicken farmers, and protein pill producers, but actually hurts us!

## **TOO MUCH PROTEIN**

**The average Westerner eats 2-4 times as much protein as he or she needs.** Our standard diet is low in fibre and nutrients, and high in fat and protein - both major contributing factors to cancer, heart disease, strokes and diabetes.

Even small servings of animal products contain high amounts of protein - often more than is necessary for an entire day.

According to Dr. Ralph Nelson, professor of Nutrition at Mayo Medical Clinic, too much protein drives the “metabolic engine” too fast, taxes the kidneys and liver, is toxic to the joints, arteries, nerves and brain, and is a causative factor in arthritis, senility, cancer, and other crippling diseases.<sup>101</sup>

The shocking reality is that most Americans ingest from 110 percent to 150 percent more protein than they need! What is the net result of this protein onslaught?

## **ARE YOU READY?**

- Decreased lifespan.
- Increased cancer risk.
- Idles the metabolic “engine” at a faster rate.
- Taxes the kidneys and liver.
- Is toxic to joints, arteries, nerves and the brain.
- Has been linked to arthritis, senility, cancer, and osteoporosis.
- Can inflame the kidneys.

- Has been linked to nephritis, renal disease, and increased enzyme activity [which wears the body out].
- Produces ammonia as a toxic waste, which is absorbed by the colon and increases the risk of colon cancer.
- The ammonia produced also slows the growth of normal cells, thereby increasing malignant cell growth.<sup>102</sup>

The truth is, we are eating too much meat and drinking too much milk. That's why we are taking in too much protein!

“Wait a minute!” I hear someone say. “There must be some kind of mistake here! Everyone tells me that I need lots of protein. How could too much protein cause all these problems - even osteoporosis! I thought drinking a lot of high-protein milk would prevent osteoporosis and make strong bones and teeth!”

Well, let me tell you. The National Dairy Council have spared no efforts to create a large national appetite for dairy products. In fact, they have sponsored numerous scientific studies to try and prove the truthfulness of their ad campaigns. In one study they conducted, a group of women drank three extra eight-ounce glasses of low-fat milk daily for one year. Their findings: the **excess protein intake** not only prevented the extra calcium from being utilized properly by the body, but it **also leached calcium already present**, creating a negative calcium balance!<sup>103</sup> Needless to say, this information did not appear on the next series of “Drink your milk” commercials!

## **EXCESS PROTEIN IS HARMFUL**

A protein-deficient diet is rare in Western countries, although nutrient-poor diets are the norm. Protein poisoning from an excessive amount of protein is more common than a true deficiency.

## **SO HOW MUCH PROTEIN IS ADEQUATE?**

No other area of nutritional needs has been surrounded by so much controversy as the daily protein requirements.

Perhaps a more reasonable way of establishing true protein needs is to study the daily protein intake of groups of people who maintain a reasonable level of good health and have followed a traditional diet over a long period of time.

For instance, in Japan there are farming districts where dietary habits have been established for hundreds of years. In these districts, a primarily vegetarian diet was followed, consisting of many greens, plums, wild fruits, roots and occasionally fish in small amounts. These farmers were in excellent health and performed heavy manual labor all through the day. They consumed an average of 37 grams of protein per day, about half the official recommendation.

Nutrition surveys that were made in Europe after the second world war revealed that no protein deficiency occurred when 95 to 100 percent of the protein came from cereal grains and potatoes, if adequate supplies of these foods were available. Only those on starvation diets showed any protein deficiency, and their condition improved simply by giving them more of the simple food such as grains and potatoes.

Researchers, working independently in many parts of the world, arrived at the conclusion that our actual daily need for protein is only 25 to 35 grams.

The World Health Organisation recommends a protein intake of 37 grams a day for men and 29 grams a day for women. Our protein intake should be about 10 percent of our total daily calories.

Yet, because of highly paid advertisements to promote animal products, consequently, the average person believes that eating large quantities of meat, eggs, milk, cheese, etc., is

desirable. These high protein foods may cause disease; they may cause heart problems - but, they all furnish that substance called **protein**. So, actually the question that needs to be asked is, “how little protein do we need?”

## **SOME EXCELLENT ADVICE**

Arnold Schwarzenegger, world famous body builder, offers us this advice: “Here is my formula for basic good eating and body building: eat about one gram of protein for every two pounds of your body weight.”<sup>104</sup> If we follow Schwarzenegger’s suggestion, our individual protein consumption would be 8 to 10 percent of the total calorie intake - exactly what health experts tell us it should be! And all without meat, fish, fowl, or dairy products in the diet.

And Dr. John McDougall agrees: “It is virtually impossible to design a diet too low in proteins when you use unprocessed starches and vegetables, as long as you eat enough to satisfy your caloric needs.”<sup>105</sup>

## **VEGETABLE PROTEINS**

The truth is, that it is easy to get enough protein without relying on meat, dairy products and eggs.

**Plant foods are superior** to animal foods. Even modest use of meat, fish, eggs and dairy foods tends to create a protein overload as well as being loaded with the worst kind of fat-saturated, cholesterol-laden animal fat. When you eat foods from the plant kingdom, you receive the amino acids in ideal combinations with other substances, which are essential to the full utilization of protein.

The best protection against excessive protein consumption is to strictly avoid all animal products and consume a

predominantly fresh food diet of fresh fruits, vegetables, nuts, seeds and whole grains.

Even back in 1959, the British medical journal the *Lancet* was telling us: “Formerly, vegetable proteins were classified as second-class, as inferior to [animal] proteins, but this distinction has now been generally discarded.”<sup>106</sup>

While fruits, vegetables, nuts, and seeds all contain high-quality proteins, nuts and seeds are the richest protein sources. This is largely because their water content is very low compared to fresh fruits and vegetables. However, if enough leafy greens and broccoli are eaten, adequate protein may be obtained.

Now that is good news, isn't it?

“But what about iron? How will I get that?” is sometimes asked when one is advised to avoid meat and dairy products. The truth is, too much iron means the reserves can act as free radicals which damage the cells. Cancer is more common in meat eaters, as are liver and kidney disease.

In Chapters 13 and 14 we shall explore the foods that are **GOOD** for you, the foods that will help you get rid of those excess pounds. But first, let's see what we can do so that you will not feel deprived (because we have been “knocking” a few things). OK, let's look at some substitutes for those “killer” foods on your plate.

## CHAPTER 11

# SWEET SURPRISES FOR YOUR TASTE BUDS

## Replacing Sugar, Chocolate and Ice Cream

Certainly the last thing I want to do is knock all the pleasure out of life for you. The whole purpose of this book is to help you look better, live longer and enjoy your food more to boot!

So, how about some terrific taste tempters to replace some of those sweet gravediggers?

It's only by popular demand by health-conscious and increasingly informed people that substitutes are being developed and are available.

## INSTEAD OF SUGAR

Why not try some natural sweeteners? Hot cereal can be “dressed up” with **bananas, dates, raisins,** and **fresh or frozen fruit.** Or try **unsweetened applesauce** or **sliced fruit** in sandwiches instead of jams or jellies.

It doesn't take long for the taste buds to become adjusted to naturally sweet foods. Let's face it - our tastebuds need to be re-educated to normal levels.

What about banana-date-nut muffins to tempt the taste buds! If this treat doesn't seem very sweet to you considering your old habits, you could add a little honey to really sweeten it up for you.

(Honey has some nutrients, and doesn't enter the system as rapidly as other sugars.)

Or try a mouth-watering carob choc pie that rivals any chocolate cream pie in taste, consistency and attractiveness.

## **TO REPLACE CHOCOLATE**

Carob! I must confess, when I first tried carob, my perverted taste buds said they preferred chocolate. But after a couple of snacks of carob, I began to be educated to what is now, in my opinion, a thoroughly enjoyable, superior taste.

Carob is a healthful substitute for chocolate as it contains no bromide, and since it is not bitter it requires less sweetening. Natural sweeteners are used in the "N.A.S." carob such as lecithin and fruit juices. "N.A.S." means no added sugar, and this is available in health food stores; but be aware they may be selling many other confectionaries containing sugar as well, so check it first.

A number of carob sweets are now coming onto the market, with delicious fruit, nut, ginger and other fillings.



## **JAM SUBSTITUTE**

A great substitute for jam is available in supermarkets and health food shops, and since it contains no cheap sugar, it is 100 percent good food. It uses concentrated fruit juices – apple, grape, pear and lemon. Called “100 percent fruit,” the brand name is *Monbulk*. You pay more of course than for traditional jam, but remember it is a vastly superior product; you can enjoy the natural sweet flavours with confidence and a clear conscience.

## **YOGHURTS**

To avoid the cane sugar content of the flavoured yoghurts, try “plain, natural yoghurt.” Yes, it is sour, but your taste buds will adjust to that after a time.

Meanwhile try flavouring the plain yoghurt with thin honey, or stirring in some softened dates or raisins which have been soaked overnight in a cup with a little water. Use hot water if in a hurry.

## **ICE CREAM**

Giving up ice cream is the difficult one for most people. The best choice to make is to divorce yourself from this temptress.

Obviously, commercial ice cream is not fit for human consumption. How about the “all-natural” ice cream or the homemade variety? They are objectionable for the same reasons that milk is objectionable and the refined sugar that is used to sweeten it. Even though some of the so-called “natural” ice creams may not contain some of the twenty to thirty additives, they still contain milk and cream, which in themselves can contain additives that were fed to the dairy cows. And sugar is about as bad (or perhaps almost as bad) as the chemical

emulsifiers and preservatives. For optimal health it is best to eschew all ice cream.

## The “Natural” Ice Cream

If you want a real treat make your own “natural” ice cream from just frozen bananas and other fruits.

Banana “ice cream” - is made by freezing bananas and putting them through a Champion juicer (using the homogenizing blank) - and is the best “substitute” for ice cream. It is as thick and “creamy” as ice cream.

For other flavors of “ice cream” add frozen fruits and top off with fresh chopped nuts, or carob sauce. M-m-m-m Good!

Wisely improving one’s diet is the responsibility of everyone who cares about his or her health.

There is no limit to what you can do with **GOOD** food.

So I have included some of my favourites - fabulous sweet recipes - for you to enjoy. You will find them at the end of this book.

## **DRINK ALTERNATIVES**

There are many delicious and healthful **herb teas** which are much better than regular tea. They are aromatic, naturally sweet, and non-toxic. They provide a delightful occasional “hot cup” on a cold winter night. Most of them are sweet enough to stand alone without any added sugar.

**Cereal beverages** such as Postum, Pero, and Roma have a **coffee-like taste** and can take the place of regular coffee. These products contain no caffeine at all and no caffcol (a stomach irritant) which even decaf coffee still contains.

For a delectable hot “chocolaty” drink, try carob.

**Carob** is a naturally sweet and nutritious substitute for chocolate. It can be made into a **hot-cocoa type of drink**. Carob candy may or may not be a health treat, depending on the other ingredients added to it.

For **alcoholic beverages** there are **non-alcoholic sparkling fruit juices**, or **sparkling mineral waters**. These drinks will not mar that special occasion as alcohol so often does.

Wisely improving one’s diet is the responsibility of everyone who cares about his or her health.

There is no limit to what you can do with **GOOD** food.

So I have included some of my favourites - fabulous sweet recipes - for you to enjoy. You will find them at the end of this book.

## CHAPTER 12

# DELICIOUS DAIRY AND EGG TASTES

## Dairy and Egg Substitutes<sup>107</sup>

One morning I was discussing this matter with a doctor friend of mine.

She said to me, “Jonathan, I have a confession to make. When I first became a vegetarian I kept a low profile because I felt people might think it was eccentric for a doctor. But then I noticed they were all slim.

“I began recommending vegetarian and vegan diets to my overweight patients and got startlingly good results, far better than from any slimming clinic.”

No matter what reason motivates you to adopt a dairy - and egg-free diet, you may find that practical application of the vegan alternative requires a little creativity in the kitchen. Milk and its derivatives - yoghurt, cheese, butter and sour cream - are ubiquitous in American-style cooking, as are eggs. Because most vegetarians do consume dairy products and eggs,

vegetarian cookbooks (with a few notable exceptions) have an ovo-lacto slant. Knowing how to replace dairy products and eggs in the kitchen makes doing without them a lot easier.

## REPLACING MILK

Milk, the most basic dairy product, is also the easiest to replace in cooking. Merely substitute the same amount of **soymilk** for the dairy milk. The commercial brands of soymilk have a delicate creamy taste and are not at all beany tasting. They won't alter the flavor of a recipe and can be poured over **cereal**. If the recipe is compatible, try using flavoured instead of plain soymilk.

But soymilk isn't the only replacement for dairy milk. **Nut milks**, especially those made from almonds or cashews, also work well. And nut milk is simple to make. Blend 1 cup of blanched almonds or raw cashews with 4 cups cold water until smooth and white. Strain through a cheesecloth. (Add leftover nut meal to cookie batters or casseroles.)

**In recipes**, substitute the same amount of nut milk for dairy milk. It is especially good as a base for white sauces. For **drinking**, add a bit of **honey** or **maple syrup** for a sweeter flavor. Taste and nutritional value can be altered by combining different kinds of nuts, or nuts and seeds. **Sesame seeds**, for example, are a calcium-boosting addition.

There are still other ways to make milk replacers. Substitute equal amounts of **oat or rice milk**. Blend 2/3 cup cooked rice or oats with 1 cup water. Strain through a cheesecloth. (Leftover meal can be added to grain casseroles.) Or, in **recipes that are sweet**, try **banana milk**. Blend a medium banana with 1/2 cup water to substitute for 1 cup of milk. Banana milk makes a great cereal topping, but it should always be made fresh.

## Substitutes

- **Soymilk**
- **Nut milk**
- **Rice or oat milk**
- **Banana milk**

## REPLACING YOGHURT

Dairy replacements apart from milk are generally easy as well, especially due to the expansion of soy-based dairy analogs like **soy yoghurt**, available in plain and flavoured varieties. **In baking**, you can use soy yoghurt in any recipe calling for dairy yoghurt, or when the ingredient list includes **soured milk**. (Add a little water to thin it out.) Soy yoghurt is perfectly acceptable for making thick drinks, like banana smoothies, and it also makes a **good substitute for mayonnaise** in dishes like Waldorf salad or macaroni salad.

## Substitute

- **Soy yoghurt**

## REPLACING CHEESE

The soyfoods industry has witnessed a growing interest in soy-based cheeses. Some of the original “dairy-free” cheeses were found to contain the milk protein casein, and companies responded to the desire for genuinely dairy-free cheeses with new products. Now the dairy case of your natural food store is likely to feature several soy cheese options, including **a dairy-free cream cheese**. If these analogs suit your taste and budget, cheese replacement is a snap.

The adventurous cook can replace cheese in other ways, too. Most often, cheese is used in cooking for its rich, somewhat salty flavor. Cheese has a lot of fat, which provides thickness

and richness, but many people these days are looking for ways to reduce the fat in their diets.

If you omit cheese from a **recipe**, depth of flavor can be enhanced - without adding fat - by using a small amount of traditionally fermented soy condiments, such as **miso** and **tamari**. To replace ricotta cheese, substitute mashed soft **tofu**; be creative in thinking of ways to liven up tofu's neutral flavor.

The key to replacing cheese is to consider what it adds to the dish. If a **casserole** calls for grated Parmesan as a topping, try **seasoned breadcrumbs** or **tamari-roasted sunflower seeds** instead.

### **Substitutes**

- Dairy free cream cheese
- Mashed soft tofu (for ricotta)
- Soy cheeses
- Small amounts of miso or tamari to add saltiness

## **REPLACING BUTTER**

Margarine is the usual stand-in for butter. But dairy whey from milk and albumin from eggs are common ingredients in margarine, so read the label carefully if you choose this substitute and wish to maintain a vegan diet. Be aware, too, that margarine is made from oil that is hydrogenated - thereby turned into saturated fat - and has chemical flavorings and preservatives.

Your natural food store may carry **vegan margarine** without a lot of chemical additives. As alternative spreads for bread, try **nut butters**, **apple butter** and **unsweetened preserves**. In cooking and baking, **vegetable oil** is often a better replacement. Substitute 7/8 cup oil for 1 cup butter.

## Substitutes

- Soy margarine
- Vegetable oil (7/8 cup oil for 1 cup butter)
- Nut butters, fruit butters or preserves to spread on bread flour plus 2 tbs. water.
- 2 tbs. flour, 1/2 tbs. vegetable shortening, 1/2 tsp. baking powder plus 2 tbs. water
- 1/8 pound tofu blended with the liquid called for in the recipe
- 1/2 large banana, mashed.

To replace eggs in casseroles, burgers and loaves:

- white sauce
- mashed potato
- mashed avocado
- tahini and nut butters
- moistened breadcrumbs or rolled oats

## REPLACING SOUR CREAM

Sour cream can be mimicked by blending **tofu** until smooth and adding a little **lemon juice**. Enliven its flavor by adding a bit of **horseradish** or **minced herbs** such as **dill** or **chives**.

If the **tofu “sour cream”** is to be used in a **sweet** context, add a touch of **vanilla** or **almond extract**, or a complimentary spice such as **cinnamon** or **nutmeg**.

Or try making **tofu vanilla cream**, a tasty whipped topping from *The Second Seasonal Political Palate* cookbook by the Bloodroot Collective:

Simmer 1/2 pound very fresh **tofu** in 1/2 cup **apple juice** for 5 minutes. Lift tofu out of juice and put into a food processor. Add 1 tablespoon tahini, pinch salt, dash cinnamon, and 1/4



teaspoon almond extract. Turn processor on and add 3 tablespoons salad oil. Now add the apple juice from the pot. Puree thoroughly, scrape down the sides of the processor, and puree again. The cream will thicken in the refrigerator so it should seem thin. Taste and add 1 to 2 teaspoons **maple syrup** if needed. Serve within a day or two. Makes about 1 ½ cups.

### **Substitute**

- blended soft tofu with lemon juice and herbs

## **REPLACING EGGS**

It is not difficult to replace eggs in a **recipe**. One easy way is to use **egg replacer**, available in natural food stores. Egg replacer - which leavens, binds and adds the liquid normally provided by an egg - is especially useful in pancake, fritter, tempura and cookie batters, which must spread out yet hold together.

It's also an easy substitute in **cake recipes**. Use 1 teaspoon of egg replacer mixed with 2 tablespoons of water to replace one egg. Made of various refined starches, modified vegetable gums and leavening, egg replacer is not a nutritious replacement for eggs, but it certainly makes egg replacement easy and convenient.

If you prefer, you can easily make your own version of egg replacer. Mix together 1 tablespoon **arrowroot**, 1 tablespoon **soy flour** plus 2 tablespoons **water** (if needed) to substitute for one egg. This amount is enough to bind most standard cake and quick-bread recipes.

Another recipe for egg replacer is to substitute 2 tablespoons **flour**, ½ tablespoon **shortening**, ½ teaspoon **baking powder**, and 2 tablespoons **water** for one egg.

If you choose not to use egg replacer, other substitutes can suffice. But you may have to experiment with different combinations until you get the recipe just right. In baked goods, substitute 2 extra tablespoons **liquid** per large egg. Be advised that eggless **cake batters** should be slightly thicker than ordinary batters, so add the extra **liquid of your choice** cautiously. And because eggless **cakes** tend to be moist, generously grease and lightly flour the pan to prevent sticking.

To provide for **leavening**, you can add an extra ½ teaspoon of **baking powder** per egg called for in a recipe. Another way to provide leavening is to use a more acidic liquid, such as **vinegar, molasses, fruit juice**, or **soymilk** soured with 2 teaspoons of **lemon juice** per cup. If the recipe calls for more than a cup of liquid, however, **dilute** the soured soymilk to half strength with water in order to avoid the possibility of a gluey **batter**.

If you find that your eggless **cakes** are crumbly, experiment with **tofu** for better binding. Use 1/8 pound of tofu blended with the liquid portion of the recipe to replace an egg in baking. The addition of a **mashed banana** also helps bind ingredients and is a good choice if the resulting mild banana flavor fits in with the recipe.

To prevent **cakes** from being heavy, cream together the sweetener and fat used in the batter, beating well to incorporate air. Use **whole-wheat pastry flour** instead of regular whole-wheat flour. Handle the finished batter as lightly as possible.

Probably the easiest way to make eggless **cakes** is to **find recipes that are specifically vegan**. For several vegan cake recipes, see the back of this book.

In recipes where eggs are primarily used to hold foods together - such as in **casseroles, burgers, vegetable dishes**, and **bean and grain loaves** - there are many other options. **White**

**sauce** (made from soymilk instead of dairy milk), **mashed potato**, **mashed avocado**, **tahini** and **nut butters** all help to hold things together. Crumbly ingredients like whole grains or nuts need a soft, sticky ingredient for binding. **Moistened breadcrumbs** or **rolled oats** can be added to bean burgers to give them definition; **nut butters** can be used to hold grain burgers together.

Very few recipes are really egg-dependent and unable to be pulled off without eggs; **soufflés** and **angel food cakes** are the two things that come to mind. A fine **quiche** can be fashioned from **tofu**, as can other traditional egg-based dishes such as eggless **salad** and **breakfast scramble**. In these dishes, **turmeric** and **nutritional yeast** provide the golden color, and **vegetables**, **tamari** and other **seasonings** add flavor.

Replacing dairy products and eggs in your diet may require a change in attitude and a willingness to experiment with recipes. But in time, using replacements becomes second nature. Keep in mind, too, that you'll be eliminating cholesterol and a lot of fat from your diet. That's certainly an inspiration for change!

### **Substitutes**

To replace 1 egg in baked goods:

- 1 tsp. commercial egg replacer plus 2 tbs. water
- 1 tbs. arrowroot, 1 tbs. soy

We have included some scrumptious savoury recipes at the end of the book, for your eating pleasure and health.

But now – in the next two chapters – we shall look at some **POSITIVES** to get you slimming **DOWN!** And you may eat and be satisfied, with no more of those between-meals hunger attacks.



## **CHAPTER 13**

# **EAT AS MUCH AS YOU LIKE**

### **A Different Type of Calorie**

Did you know that the best diet that will produce a slimmer you is a varied, balanced diet? Did you know that the foods highest in nutritional content are often lowest in calories? That the foods that are good for us also fill us up? Did you know that they also give you loads of energy?

I am going to share with you the perfect diet for your correct weight. This is not a fad diet. It is not a crash diet. You do not have to count your calories. Neither do you need to cut down on the quantity of food you presently eat. In fact, you may be able to EAT MORE - and still lose weight!

Impossible? Let me show you. And the secret is so simple that you will wonder why it has not already been shouted from the rooftops.

In this diet I am about to share with you, the weight loss should be 10 pounds maximum for the first week, and about one to two pounds maximum during each of the following weeks.

The truth is, to lose weight, and never find it again, calorie counting is **not** the most important consideration.

## **CHANGE THE TYPE OF CALORIES YOU EAT!**

What is **important** is to change the **type** of calories eaten from fat and refined calories to complex carbohydrate calories - whole grains, beans, legumes, vegetables, fruits, and a few nuts. Do this, and you can actually **eat more** and **still lose weight!** Complex carbohydrates will satisfy hunger, taste wonderful, give fewer calories, and keep pounds off!

*Life and Health*, reported on a study which compared the eating habits of obese subjects with subjects of normal weight.<sup>108</sup>

<b>Volume of food (m1)</b>		<b>Calories</b>
	<b>Obese Subjects</b>	
2,000	High density (fats, refined foods)	2,193
2,310	Low density	1,870
	<b>Normal Weight</b>	
2,200	High density (fats, refined foods)	3,230
2,450	Low density	1,980

Fats, and refined foods tend to be **high-density calories**. It's interesting to note that the obese people ate fewer calories. But notice that even though both groups ate **less** high-density food, their total caloric intake was **much higher** with those foods! Moral: Stop calorie restriction! Eat **low-density** carbohydrates - and you can eat MORE!

If you want permanent weight loss, you must:

1. Increase the quality and quantity of food eaten while decreasing the number of calories;

2. Increase the rate at which calories are burned by increasing physical activity;
3. Make the above principles a permanent part of your life!

## **EAT MORE, BUT LOSE WEIGHT**

This is where it will help you to know two or three basic facts about simple nutrition.

What are nutrients? Nutrients are foods which:

- (1) furnish fuel to supply energy to the body;
- (2) provide material to repair and build tissues; and
- (3) supply substances that act to regulate body processes.

Any chemical substance found in foods that functions in one or more of these ways is known as a nutrient. The seven basic classes of nutrients are carbohydrates, fats, proteins, vitamins, minerals, fiber, and water.

Only carbohydrates, fats, and proteins provide energy or calories. Sugars and starches are both carbohydrates. Carbohydrates and proteins yield about four calories per gram, and fats yield about nine calories per gram.

When food is properly selected and prepared, so that the basic nutrients are consumed in the correct ratios and amounts, we can be assured of good nutrition. All natural foods contain all seven essential nutrients. However, the different amino acids (the building blocks of proteins), fatty acids, vitamins, and minerals are found in varying amounts in different foods. So we need to eat a variety of food to get all the nutrients in sufficient quantities.

A cholesterol-free, complex carbohydrate-rich diet fed to an overweight person will lead to a **weight loss**. And, strange as it

sounds, that very same diet fed to an underweight person will lead to a **weight gain!**<sup>109</sup> Why? Because the body knows what it needs, and uses it well.

How? Here's one way. Complex carbohydrates **supply the body's cues to stop eating**. Your body regulates your appetite based on the *carbohydrate content* of your meal. As a result, you'll eat **more calories** if there are few carbohydrates in your meal, and you'll eat **fewer calories** if more complex carbohydrates are in your meal.<sup>110</sup>

Another benefit of carbohydrates is they *adjust your basic metabolism rate up*, thus *increasing* your body's tendency to burn calories and helping you control your weight.<sup>111</sup>

How? Carbohydrates cause your body to produce *T3* and *norepinephrine*, two hormones which *boost* your metabolism and help you burn more calories.

Thus, carbohydrates encourage **weight loss AND weight maintenance**. If your basic metabolism rate is slow, perhaps this is why.

With a low-carbohydrate diet, however, *reverse T3*, an inactive hormone is produced, which slows your metabolism, so you burn fewer calories!<sup>112</sup> And then you tend to put on weight.

Did you know that in one year, a typical American diet yields 270,000 fat calories? A carbohydrate-based (that is, a starch-based diet) will cut that figure to 73,000. As a result, **you can eat more and not gain weight!**<sup>113</sup>

The carbohydrate calories will fill you up, without filling you out! And **they'll give you the cue to stop when you've eaten enough**.



They are rich in **dietary fiber**. When we eat the necessary portions of them **we will automatically feel more full and satisfied**. Unfortunately, many of us have lost our taste for such foods. But if we desire to manage our weight, we will retrain ourselves to enjoy the foods that are good for us. We must become more health conscious in our eating.

Consider this: Just 6 ounces of cream cheese is 593 calories - 89 percent are fat calories, and only 3 percent are carbohydrate calories.

By contrast, one medium potato has only 100 calories. Carbohydrates account for 91 percent of those calories, and only 1 percent come from fat. Each gram of those complex carbohydrates has **half the calories** of fats, and your body will use 28 percent of those calories just to store them as fat. Now, that's a metabolic bargain!

According to a well-known nutritionist, Dr. John McDougall, obesity is rare among women following a starch-based meal plan.<sup>114</sup>

Obviously, a carbohydrate-based diet is the best **diet** going today! Why? Because it's a **lifestyle**, not a **diet**. And for weight control to be successful, it must be the result of a **permanent** change of **lifestyle**.

Complex carbohydrate-rich foods should compose most of your diet.

Are there any **side-effects** to such a lifestyle?

Indeed there are! The result is this: a wonderful life of **eating more, and staying trim**.

One part of the secret is to eat a good, complex carbohydrate-rich breakfast. And then again to eat a good, complex carbohydrate-rich lunch.

Yes, complex carbohydrates are the staff of life.

So what “magical” foods contain these complex carbohydrates?

Here they are: whole wheat bread (not white); cornmeal; barley; brown rice (not white); lentils; beans; pasta; whole grain cereals (not refined box cereals); oats; vegetables (not vegetable oil); potatoes (not potato chips); peas; raw fruits (not fruit juice). In other words, **natural unprocessed foods**.

And remember: whole grains, vegetables, beans, legumes, and fruits require 28 percent of their calories just to be stored in the body, vs only 3 percent for fats.

## **THE MOST POTENT WEIGHT CONTROL DIET**

Here’s the best “*doctor diet*” going on the market today: It is the **most potent weight-control diet**. It includes plenty of grains, such as rice, breads, and pasta, as well as beans, vegetables, and fruits. It is a diet low in fat and high in fiber.

Choose a variety of unrefined, high-fiber foods from the following food groups: fruits, vegetables, whole grains, legumes, some seeds and nuts. Eat a larger portion of the low-calorie foods such as greens, marrow, tomatoes and cucumbers. Eat more moderately of such foods as: dried fruits, pumpkin, beans, potatoes and whole grain cereals.

Now here’s the biochemistry of it all.

If you take a blood sample from someone who's had a standard affluent society meal, the serum is foggy with fat particles and the red blood cells stick together in clumps.

In a vegan the serum is translucent and red cells remain separate, which means the blood can take up more oxygen and diffuse it to the tissues better. Vegans and vegetarians also have much lower cholesterol levels.

You need much more stomach acid to digest animal protein rather than plant protein - carnivorous animals produce ten times what we do - which has implications for acid dyspepsia.

Patients with chronic indigestion have seen it clear up within a week or two of changing their diet. One woman with gall bladder problems found her pain disappeared completely after she switched. It's also been effective for patients with late onset diabetes.

So, the best advice seems to be - that's right, eat your veggies!

## **CHAPTER 14**

# **NO MORE HUNGER ATTACKS!**

### **Good foods fill you up**

During his voyage of discovery from Lisbon, around Africa to India, between July 9, 1497 and May 20, 1498, the Portuguese navigator Vasco da Gama lost 100 of his crew of 160 to scurvy. The supply of fresh fruit and vegetables ran out and the sailors lived almost entirely on biscuits, salt beef and salt pork, which provided essentially no Vitamin C. Gradually the supply of Vitamin C in their body tissues was used up and severe sickness set in, leading to collapse and death.

The ravages of scurvy among the early sea voyagers were terrible. It laid low up to three quarters of seamen on long voyages. For centuries this disease posed the greatest barrier to lengthy exploration.

When British navigator Captain James Cook sailed the South Pacific in 1769, his ship pulled in to an idyllic green bay on the Thames Coast of New Zealand to gather milk thistle to cook as cabbage. He was aware that scurvy sickness was due to a lack of green vegetables.

Cook's eradication of scurvy was an historical breakthrough - and it earned him the Royal Society's Copley Medal.

Captain Cook was a smart man. He knew that fresh, green vegetables could prevent scurvy. Today we know that they (along with fruit, grains and nuts) **help you win the fight against obesity.**

## **NATURE'S MIRACLE FOODS**

First, let's talk about **fruit.**

**Wouldn't it be nice not to feel so hungry?**

So here is the secret: **Fruit** to the rescue!

Yale University professor Judith Rodin found that **fruits aid in appetite control.** She found that "subjects who ate fructose (a fruit sugar) ate about 479 calories **less** at their next meal than the people who had sucrose (a refined sugar).<sup>115</sup> In particular, they ate less fatty food!

This is one very pleasant and easy way to re-educate your tastebuds away from fat.

Take a trip to your fruit and vege shop, buy up some of the fruit you like best and come home for a feast! Eat more fruits, and stop eating fat. The craving for fat will normally fade away in just a few weeks.<sup>116</sup>

## **A NEGLECTED FRIEND – FIGS!**

Figs are a superfood. Years ago, nutritionists rarely gave them a thought, because their vitamin and mineral levels were too low to be impressive. But now that the focus is on eating more **fibre** and less fat and salt, figs fit perfectly into the scheme of things.

A recent study confirmed that figs contribute a feeling of fullness. June Kelsay of the U.S. Department of Agriculture, tested three diets containing progressively higher amounts of **fibre**. Although the calorie count of each diet was the same, her subjects complained of being asked to eat too much food when on the diet that contained more figs and fibre-rich foods.<sup>117</sup> Dieters - take note!

Did you know that a medium sized raw fig contains only 37 calories? And a dried fig (still a small amount) just 143 calories?

If you think that figs are not such an interesting item to add to your menu, why not try some of these ways to start enjoying them:

- Poach in fruit juices and serve warm or chilled.
- Serve whole, halved, or sliced with other fruits and savories.
- Puree and use as a filling for cookies and bars.
- Stuff them with soya cheese.
- Or make fig cakes (an old biblical idea – *1 Samuel chapter 25, verse 19*). They are delicious!

**Yes, figs do help to make you feel full!**

## **IT'S A LIFESTYLE, NOT A DIET...**

Obviously, a cholesterol-free, vegetarian diet is the best “diet” going today!

Why? Because it is a lifestyle, not just a diet. You see, in order for weight control to be successful, it must be the result of a permanent change in lifestyle. One needs to change everything from the contents in the refrigerator and the kitchen

cabinets, to the size of their bites, the amount of food served, and the amount of daily exercise.

## **EAT MORE RAW FOODS**

Such a diet will keep the body from going into a calorie depleted “starvation mode,” which will only result in excessive weight gain once the diet is over. Slow weight loss is a sign that you are learning a new life-style, not merely “trying another new weight loss scheme.”

Fresh fruits and vegetables are very **low in calories** and **high in nutrition**. They are also **high in fiber**.

**Fiber foods** are not only low-calorie foods, but studies show they **suppress hunger longer**, too.<sup>118</sup> So, say “Hi” to fiber and “bye” to snack attacks - and to failed diets. **AND THAT’S A FACT!**

## **HOW GOOD FOODS “FILL YOU UP”**

Good foods truly do fill you up easier (and add less calories).

Look at it this way. You could eat 40 heads of lettuce a day, and only get 1,000 calories. If you got tired of 40 heads of lettuce daily, you could opt for 2 cups of grated carrots, 7 cups of summer squash, and 7 cups of green beans instead. But since all that has only 500 calories, you’d have to eat that amount **twice a day** to get 1,000 calories.<sup>119</sup>

Or you could eat **one** 10-ounce fat-rich, cholesterol-filled, protein-packed steak - and get 1,000 calories that way. See the point?

A slice of whole-wheat bread has 70 calories. Add 4 tsp of butter, and add 205 fat calories! A lettuce/tomato salad has 20

calories. Add 4T of bleu-cheese dressing? 309 fat calories. A large baked potato has 220 calories. Pour on 6T of chicken gravy, and pour on 122 fat calories!<sup>120</sup>

One medium baked potato is only 100 calories. Put on the butter, and you've got 160 calories! Add sour cream, and you'll eat 400 calories. Turn it into French fries, and you'll have 270 calories, about the same calories in 3 ½ oz. of roasted chicken.<sup>121</sup>

<b>“FULL” Foods</b>	<i>(To Get Equal Calories:)</i> <b>You could eat:</b>	<b>“FILL” Foods</b>
25 carrots		1 “Oh Henry” bar
3 pounds/apples		5-oz chocolate bar
21 cups popcorn		1 cheeseburger
5 Bananas		1 Milk shake
7 slices wheat bread		1 slice choc. cake
5 baked potatoes		1 five ounce steak
60 stalks celery		12 marshmallows
600 cucumber slices		½ cup peanuts
		- Irene DuPuy, RD <sup>122</sup>

The truth is, on this new lifestyle, you can **eat just as much food** (in quantity) - and you'll **lose weight!**

To prevent overeating and indigestion there should not be too many varieties of food eaten at once. It is true that we should eat a wide variety of food from meal to meal and from day to day, but three or four different kinds of food at one time is plenty.



But who could eat all that wonderful food at one meal, anyway?

## **HOW TO BREAK A BAD HABIT**

Every time we do or think something, a specific nerve pathway is activated in the brain. These pathways become permanent fixtures in the brain and are strengthened the more they are activated.

In breaking a habit we need to deactivate the nerve pathway. This is done in two ways. By our **saying “NO”** to the habit, inhibitory nerve fibers begin to form on the old pathway which tend to weaken the strength of the habit. Then by our **substituting** something else in place of the old habit, a new pathway is formed which acts as a kind of alternative route over which the strength of the old habit can be directed. Even though it may be deactivated, the old pathway is still there, making it easy to reactivate if we revert back to it even once.

To break a habit, then, one must **be decisive**. Don't be ambivalent or indecisive. This tends only to excite both the inhibitory and excitatory nerves at the same time. Instead, be firm.

**Starve that old habit and begin feeding a new one.** Concentrate on a positive substitute, and you won't have to expend as much energy fighting the negative one. For example, substitute deep breathing or water drinking for smoking. Every time you have an urge to smoke, do some deep breathing or get a drink of water instead.

But the most important thing is to **make up your mind**. Strengthening any positive lifestyle habit always tends to weaken the negative ones. For example: a good exercise program is one of the best antidotes to smoking. Good habits

tend to foster more good habits, and bad habits to promulgate more bad habits. “Birds of a feather...”

When attempting to eliminate a habit, **anticipate trouble spots**. Be prepared for the time when you are likely to experience that old habit clamouring for attention. Plan ahead. Rehearse in your mind how you will successfully overcome it. **Try to avoid situations where the habit will be aroused**. Don't make exceptions. Remember, one exception reactivates that dormant habit. Be honest about your weaknesses. Acknowledge them, but do not dwell on them. **Dwell on the positive** and practice the good habits you wish to keep and strengthen often.

## **CHANGE GRADUALLY**

For people who want a better diet it is better to make changes gradually so that the body has time to adapt.

Other family members who are not so eager to change their diet need time to adapt, too. A good strategy would be to start decreasing and eliminating some of the worst junk food first and add in their place more fruits, vegetables and whole grains. Switch to low-fat dairy products and omit fatty and processed meals. Cut out more of the refined, processed foods like instant dinners, pastries, snack foods, and soft drinks. Buy whole-grain breads and cereals instead of the refined ones. Use less of the unnecessary toppings, dressings, and gravies that add so many calories to the meal, and when you do use them look for low-fat or reduced-calorie varieties.

Eat at home more often, pack your own lunches and simplify your eating. Get some good health-conscious, vegetarian cookbooks (some are not that healthful, as they overuse cheese, eggs, and nuts) and start practising and experimenting with new dishes. But keep it simple.

Certainly it is not unhealthful to use some refined products like white flour, sugar, or oil in small amounts to prepare healthful and tasty dishes. A moderate amount of salt can be used by most people. The problem is that the average western taste bud has been conditioned through overuse to expect and demand far too much of these things. It would be well to gradually re-educate people to require much less.

Most people who are obese need to eat less for a while. They probably need to learn to accept being slightly hungry most of the time - at least until their body adjusts to less food, and they become physically fit through an exercise program.

But it is certainly worth the effort.

Many who have been on constant rounds of diets and have suffered with incessant food cravings have reported **a sense of well-being and satisfaction for the first time in their lives!**

## CHAPTER 15

# WHEN AND HOW TO EAT

## Mealtimes and Between

Losing weight is **NOT** just about **WHAT** you eat. It's also **HOW** and **WHEN** - and what you do in between.

So in this and the next chapter, I shall pass on to you a few quick tips that have helped me fight the weight monster.

Please note them.

### CHEWING YOUR FOOD

Get into a habit of chewing your food 3 to 4 times longer than you used to. I recall my grandmother telling me, when I was just a boy, "Jonathan, you should chew every mouthful at least 32 times." That still holds good. It will help your digestion - and you'll get used to **feeling satisfied while eating less**. I shall say it again. Eat slowly and chew well. Don't take big bites. Take time to enjoy your meal.

## REGULAR MEAL TIMES

It's 8 p.m. and you're just sitting down to eat. So? Food is food. Calories are calories. It doesn't matter when you eat. No big deal! Right? **Wrong!**

**When you eat** also makes a difference.

In a recent study, subjects ate 2,000 calories per day, but all at one meal. When the meal was **breakfast**, everyone lost weight - about 2.5 pounds per week. When they ate **supper**, however,  $\frac{3}{4}$  of the subjects gained weight, while the others lost a little, but not as much as with a breakfast meal. Why?

- Activity greater during day: use more calories
- Maintaining body temperature requires calories
- Body temperature is highest at 2-3 pm
- Body temperature is lowest at night-time
- Low activity/temperature: fewer calories needed

It's interesting that chronically overweight people often eat **more than half** their calories during the second half of the day. According to Dr. John de Castro, food eaten at night is less filling than food eaten during the day. As a result, you feel the need to eat again soon after an evening meal, and those calories seem to be converted to fat more readily.<sup>123</sup>

So, is eating at the right time a **big** deal?

Meal times should follow a schedule – **regular meal times** with no between-meal snacks. For best digestion, mealtimes should be at least 5 hours apart.

If you have been a **breakfast** skipper or a **breakfast** skimper, now is the time for a lifestyle change. **Breakfast** should be the largest meal of the day.

The day's biggest meals should be eaten during the day's busiest time - in the morning or early noon - with each followed by moderate exercise. Do that, and don't worry about calories, they'll take care of themselves. **But only if you eat temperately, don't stuff yourself, and stop snacking.**

If the **main meal** cannot be eaten at **mid-day**, it would be wise to have this meal in the **morning**, rather than have a large heavy meal late in the day, as this can result in disturbed sleep, not waking refreshed in the morning and an unhealthy cycle can develop very quickly.

A good **breakfast** should come early in the day. There is no such thing as "breakfast food" either. Many people enjoy potatoes, or beans, or other vegetables, and a main entrée at breakfast. Why not? Such food gives your body the nutrients it needs to restore itself after the night's fast and sets the nutritional tone for the day.

**Supper**, if any, should be the lightest meal of the day, at least 3-4 hours before bedtime. In fact, two meals per day is ideal - skipping the evening meal entirely.

Eating bit meals late at night or before going to bed is not a good practice. Digestion during sleep is not efficient because the metabolic rate is falling. Sleep can be disturbed, and often one feels the effects the next morning.

Researchers now know that a meal eaten at 8 a.m. will be metabolised far more efficiently than the same meal eaten at 8 p.m. Why? Because your body is ready for food at 8 a.m., but is winding down at 8 p.m.

You would be wise not to eat a big meal anytime after 4 p.m.<sup>124</sup>

The same amount of calories eaten in the evening is more fattening than if they were eaten in the morning.

Pat Harper, RD, of the American Dietetic Association, states:

“I’ve yet to meet an overweight person who doesn’t skip breakfast and snack at night.”<sup>125</sup>

## **BETWEEN MEALS**

Now this may require some discipline at first, but the effort will pay off. Do not eat anything between meals - not even an apple... or a nut!

Eating between meals or having too many meals in a day interferes with digestion. Sour stomachs and sour attitudes are often the result. Smaller, lighter meals do digest more rapidly. The rule is that the stomach should be allowed sufficient time to completely empty itself of one meal and rest for maybe an hour before more food is eaten.

Fruit or vegetable meals usually leave the stomach in about two hours, whereas higher fat and protein meals take four to five hours.

Here is the good news!

This new lifestyle is high in nutrients and fiber. This slowly releases **glucose** into the bloodstream (from the digestive tract), keeping blood glucose levels normal. This means that you can be sure of having **plenty of energy** to last throughout the day. No need to snack between meals.

## **FASTING**

And if you are ready for this: why not fast for 24 hours one day a week? You will definitely **not** suffer from it. (Eat breakfast, then do not eat until the next breakfast time. Just drink water or fruit juices.) You will feel it doing your body good.

Let me assure you, this can really be **fun**, once you get into it. You'll wonder why you didn't start earlier!



## **CHAPTER 16**

# **IT'S A NEW QUALITY OF LIFE**

## **Losing Weight with Water and Exercise**

I am now going to mention two things that many people are afraid of: exercise and water. Later in this book, I shall deal with these both in more detail. But for now we shall just touch on them.

### **EXERCISE**

Any weight loss program that does not include exercise will not be a long-term success.<sup>126</sup>

However, right now, let's pause on a few guidelines.

### **What will exercise do?**

Did you know, a survey has found that women who exercised burned 2,000 calories each week, while men burned 3,000! Walking was by far the most common exercise, followed by aerobics and competitive sports like basketball.

You should get moderate exercise after each meal (at least 15-20 minutes).<sup>127</sup> Don't lie down or recline. Exercise promotes good digestion.

There are many ways to burn calories, but the most effective exercise is brisk walking or gardening outdoors in the fresh air and sunlight. The ideal time for most efficient burning of calories is for 20-30 minutes within two hours after mealtime.

If you are tempted to avoid your **after-meal** walk, remember: Mild exercise will **stimulate your appetite**, while moderate exercise (brisk walking, biking, climbing stairs or gardening) will **curb your appetite** - and the increased muscular demands of exercise will burn more calories much more easily and quickly.<sup>128</sup>

To lose 1 pound a week, you could cut calories by 28%, but that's too drastic! If, however, you walk briskly for 20 minutes twice a day, a 17% calorie reduction would do the trick. And that simple switch from fat to carbohydrate calories would more than cover it!<sup>129</sup>

You should aim at burning between 100 and 300 calories daily through exercise.<sup>130</sup> One 20 to 40 minute brisk walk would do that. So would a shorter walk twice a day. Or, you could ride a bike, work in the yard or garden, climb stairs - anything that you **enjoy** doing and is **easy**. That will ensure you'll continue doing it!

If you cut your daily calories by 500 by avoiding animal fats, and walk briskly for 40 minutes five times a week, you'll lose 5,600 calories, or 1.6 pounds, per week.<sup>131</sup> What a deal!

But there's more. The exercise will tone and build your muscles, which not only makes you **look better**, but a larger muscle mass will burn more calories - even when you're

resting!<sup>132</sup> You'll also strengthen your heart and lower your risk of heart attack.

According to *Nutrition for Vegetarians*,<sup>133</sup> here is how various forms of exercise stack up, in relation to energy used (calories burned per minute):

<b>Energy used by different activities:</b>	
<b>Activity:</b>	<b>Cal./Min Burned:</b>
Sleep	<b>1.0-1.2</b>
Driving a Car	<b>2.8</b>
Canoeing (4 mph)	<b>7.0</b>
Cycling (9.4 mph)	<b>7.0</b>
Swimming	<b>5.0-11.0</b>
Walking (3.5 mph, up 10% incline)	<b>8.9</b>
Gardening (weeding/digging)	<b>8.6</b>

To lose weight and maintain a healthy weight, we need to be physically active. You can even do some beneficial exercise while watching television.

I shall stress this again. Consistent exercise will help you to **lose weight**.

Westerners always seem to want to do things the quick and easy way. How often have you heard ads that say, "Take this pill - no need to exercise!" The truth is, it is the diet plans and exercise programs that bring true success - not the pills.

A study in the USA of over 4,000 adults found that watching 4 or more hours of television a day makes you 71 percent more likely to be **obese** than people who watch only 1 hour or less a day.

Let's be honest. Most of us have chosen a sedentary lifestyle. Busy with our jobs and family, we simply don't allow time for exercise.

A moderate but consistent exercise program will **speed your weight loss success** and help you **manage your weight**.

Starting an exercise program does not need to be expensive or painful. The three most important investments you can make will be in a good pair of walking shoes, some comfortable clothing, and your **TIME**.

But before starting any exercise program, seek some medical advice. Devise a plan that is best for you. Just get yourself moving again.

## **WATER**

The beverage that best meets the body's physiological needs, quenches thirst, and **removes many cravings**, is water. All healthy diets must include ample amounts of clean **water**. Most diet plans recommend a minimum of eight 8-ounce glasses a day (not including other beverages). The body requires approximately 2.25 liters per day in order to perform its functions well.

The right amount of water promotes healthy liver and kidney function, which helps your body eliminate fats. Medical professionals recognise that most of us are chronically dehydrated. **Thirst often masks itself as hunger**.

Drinking water **will help you to resist eating between meals**. It is important to drink adequate water every day.

Drink enough to keep the colour of the urine pale. The best time to drink your water is **between mealtimes**. Drink no later than a ½ hour before eating and 1-2 hours after mealtime.

What about drinking at meal times? Drinking large quantities of liquids with the meal hinders digestion in the following ways:

1. if the liquid is cold, the stomach must first spend energy warming it up and
2. the liquid must be absorbed before the stomach can begin the digestive process.

For these reasons, it is better not to drink large quantities of liquids at meal time.

## **Losing Weight With Water**

To help you lose weight, try not to get too hungry before meals. Try eating a piece of fruit or drinking a glass of fruit juice - OR WATER - about half an hour before meals.

You could drink a glass of cold water before you start eating.

Dr. D.S. Robertson recommends water as a major weight loss factor.

Incredible as it may seem, **water** is quite possibly **the single most important catalyst in losing weight and keeping it off**. Although most of us take it for granted, water may be the only true “magic potion” for permanent weight loss.

Water suppresses the appetite naturally and helps the body metabolise stored fat. Studies have shown that a decrease in water intake will cause fat deposits to increase, while an increase in water intake can actually reduce fat deposits.

**Drinking enough water** is the best treatment for fluid retention. **When the body gets less water, it perceives this as a threat to survival and begins to hold on to every drop**. Water is **stored** in extracellular spaces (outside the cells). This shows up as swollen feet, legs and hands. We put on weight.

The best way to overcome the problem of water retention is to give your body what it needs - plenty of water. Only then will stored water be released.

The overweight person needs to drink more water than the thin one.

**To get rid of excess water, you must drink more water.**

Follow this schedule:

Morning: 1 liter consumed over a 30 minute period.

Noon: 1 liter consumed over a 30 minute period.

Evening: 1 liter consumed between 5 and 6 o'clock.

It works! When I was preparing to get married, I followed this weight-loss formula, using water. Yes, I fully recommend it to you.

Actually, so important is water that I have decided to devote a whole chapter to this miracle liquid. This will follow in the second section of this book.

Isn't it true? You can buy make-up for a few dollars - make-up of many shades and textures - but you can't buy the genuine bloom of health for your cheeks at any price. Neither can you purchase sparkling eyes, the strong muscles, the spring in the step, that Oh-it's-good-to-be-alive feeling that comes with physical well-being. These things are beyond value, beyond price in mere money.

## CHAPTER 17

# SIDE-EFFECTS

## 7 Fantastic Bonuses

You can see, by now, that this is a dramatic **change of lifestyle**.

One needs to change everything from the contents in the refrigerator and the cabinets, to the size of the bites and the amount of chewing, to the type of calories eaten, the amount of daily exercise, and trust in Divine power to help in the whole process.

For permanent weight loss, you must:

1. Increase the quantity and quality of your food, (no empty calories or animal-fat foods)
2. Increase the quantity and quality of your exercise (be consistent; burn those calories!)
3. Make these principles a permanent part of your life!<sup>134</sup>

As a rule, those living this new lifestyle **rarely need to worry** about their **weight** or about **counting calories**.

I hear someone say, “Well, what if this diet does shove off some pounds; it will not satisfy my daily **nutrient** needs.”

Here is Dr. Agatha Thrash’s response:

“It can be stated with confidence that weight reduction can be achieved on a vegetarian diet without inducing deficiencies of nutrients.”<sup>135</sup>

And how reassuring to have a lower chance of heart disease, diabetes, cancer, stroke, osteoporosis, and a host of other crippling, debilitating, frightening diseases!

A doctor friend recently told me, “I am convinced our digestive system - from the shape and movement of our jaws to the length of our bowels - is designed for plant eaters.

“Most of my four children and six grandchildren are vegetarians or vegans. My son Simon, who’s a vegetarian, is 6ft 1in, as strong as an ox and just about to go to Australia to compete in the Iron Man Triathlon. The record-holder for the event, which involves swimming two miles, cycling 110 and then running a marathon, is in fact a vegan.”

But, like every weight loss plan, there are **side-effects**. So be prepared for:

- **More energy**
- **Less fatigue**
- **Less sickness**
- **Lower chance of disease**
- **Reduced food bills**
- **More patience**
- **Better sleep**



Yes, you can eat your fair share of calories each day, and still **lose weight** – all **without feeling hungry!**

Sound like the diet you've waited for?

**Rejoice!** You have found it!

**SAVE MONEY TOO**

## **PART TWO**

### **8 Vital Lifestyle Secrets**

**CHAPTER 18****8 TIPS FOR IDEAL  
BODY WEIGHT**

Our human bodies are marvellously designed and very robust, but they will fail under constant exposure to abuse. The majority of the diseases we suffer today are brought on by unhealthy lifestyle choices, which in turn form habits, then go on to form our characters. Our characters are, all said and done, what we are. Generally these choices and habits are brought on by feeling one has to submit to the peers of the day and following accepted practices of society, often without understanding their hurtful consequences.

In this section I shall share some simple rules that bring better health and happier living when applied in your life and in many cases, because of the willingness of nature, will undo much of the damage done.

Imagine not seeing your doctor for years at a time - it happens!

Imagine eating delicious, satisfying food every single meal and losing fat until you easily reach and maintain your natural weight - it happens!

Imagine being physically stronger than you have ever been before, even if you have always considered yourself strong - it happens!

Imagine being freed from the madness of food, alcohol and drug cravings - it happens!

Imagine helping your children reach excellent health, develop sharp, clear brains and good physical strength - it happens!

Imagine having peace of mind - knowing you are doing the right thing - it happens!

This is no fad diet, or miracle cure. This is simply a set of 8 simple rules - a basic maintenance and preventative program that has been proven successful in reversing, or at least slowing the onset of most degenerative diseases.

To every traffic law there is attached a penalty if we break it and a policeman catches us. To all the laws of physics there are penalties attached for those who break them. If you should jump off a building, the law of gravity takes you to the ground and you may pay a severe penalty for not being a little more careful. Smoke goes upward when heated. Water runs downhill. A hot stove burns your finger if you get too close. As well as laws of nature, there are also laws of health.

Those eight laws, if properly carried out, will bring glowing health to the body, but if neglected, there is a penalty attached.

- STRENGTH FROM SUNSHINE - increase your energy
- HEALING WATER - life in liquid

- ELECTRIC AIR - get well faster
- EXERCISE AND LIVE BETTER - the “second heart”
- QUALITY REST - how to relax
- NATURAL NUTRITION - “living” foods
- MODERATION, FOR ENERGY - enjoy food more
- FREEDOM FROM STRESS - no more fear

These 8 simple laws - nature’s eight cheery doctors - will never be too busy to help you back to health. And their charge will be nothing!

Come with me now. I shall introduce them to you ...

## **CHAPTER 19**

# **STRENGTH FROM SUNSHINE**

An able attorney suffering from partial paralysis was in constant pain. He had become pale, weak and miserable. “I have been failing for several years,” he moaned. “My work is done. At 60, I find myself worn out!”

Fortunately this man did have a good friend who happened to know a thing or two. His advice was so simple. He told the attorney to lie down under a large window and let the rays of the sun stream over every part of his body. At first, he should do this for 10 minutes a day, but later increase the time span until it was for a full hour each day. His other habits remained unchanged.

The result: Just six months later, this attorney came running up the steps like a vigorous man of 40, and declared with sparkling eyes, “I have 20 years more of work in me!”

## SUNSHINE CAN HEAL

The rays of the sun are full of healing. Plants which grow in darkness or in very little light, will always be pale and sickly, and instinctively they will reach towards the light; but after enjoying for just a few days the health and life-giving rays of the sun, they will become a healthy deep green.

In hospitals, it has been found that patients occupying darker rooms recover more slowly in proportion to patients in rooms that are bathed in sunshine. People who live in darkened rooms where sunshine seldom visits, not uncommonly have children who suffer from malformations and scrofula.

If you happen to be a pale, sickly person, the best thing you can do is to go out into the light and warmth of the glorious sun.

Did you know that sunshine actually helps the bones to harden? In a section of Africa the bones of a certain tribe who always live in the sun are so hard that the bones of their deceased are sought after for the making of spear heads! The bones of a neighbouring tribe who live constantly in the shady jungle are so soft as to be useless except for powder!

Sunshine also helps the blood. How does it do this? A series of sunbaths increases the blood by 25%. Benefit could be gained by enclosing a private space in your backyard to let the warm, healing rays of the sun penetrate your body all over your skin. Do this for 3 to 5 minutes on your back, then 3 to 5 minutes on your stomach. Gradually build up your tolerance to the sun by increasing this a few more minutes each day.

## **VITALITY AND STRENGTH**

If you feel exhausted, lie down for half an hour in the sunshine. It will increase your vitality and strength wonderfully. (If you are well, you may not observe much improvement, but a weak person will notice a big difference.)

## **DOESN'T IT HARM THE SKIN?**

Many people think that sunlight will age the skin.

Many dermatologists advise older patients to stay out of the sun to avoid skin cancer. The thousands of elderly patients rotting in nursing homes come to mind. That advice may unintentionally help to make patients sicker and older beyond their years. *Staying indoors will cause problems a lot worse than skin cancer.*

“But haven’t you heard of the ozone hole?” Someone will ask.

I think we need to reconsider this whole matter. Did you know that studies have been conducted that show there have been no increases in skin cancer, eye diseases, immune system disorders or environmental damage, that can be attributed to an increase in ultraviolet radiation? That’s right.

Richard Hobday points out in his book *The Healing Sun: Sunlight and Health in the 21<sup>st</sup> Century*:

“The largest South American city close to the Antarctic ozone hole is Punta Arenas in southern Chile. Despite reports to the contrary, there have been no ozone-related health problems at Punta Arenas, and measurements of ultraviolet radiation show that any increases are too small to have any appreciable effect.”<sup>137</sup>

He notes, furthermore:



“A paper published in 1998 by the European Science and Environmental Forum challenges the consensus view on ozone depletion, and argues that predictions made by the scientific establishment and the media have been ill-founded. If this is the case, and the hole in the ozone layer is, after all, a temporary thinning of the upper atmosphere in the early spring, then there is no reason to fear that people will develop skin cancer because ultraviolet radiation has become more dangerous.”<sup>138</sup>

Malignant melanoma is often alarmingly but wrongly blamed on sun exposure.

A study published in the prestigious medical journal *Lancet* and a Russian study found that **fluorescent** light, rather than sunlight, promotes melanoma, proportionately to the time of exposure. Relative risks were lower in women who had been most heavily exposed to sunlight.<sup>139</sup>

Lengthy exposure to sunshine (including ultraviolet) partially “immunised” both men and women against later development of melanoma.<sup>140</sup>

This explodes thoroughly the assertion that sun exposure causes malignant melanoma.

And why do fluorescent lights cause melanoma? “Emissions from such light extend into the potentially carcinogenic range.”<sup>141</sup>

Hobday also claims that melanoma can result from excessive exposure to sunlamps. Their rays include some of the dangerous UVC. If users of sunlamps consume a Western **junk food diet** rich in unsaturated **fats** and their oxidised products, their **risk** of melanoma and cataracts **is increased**.<sup>142</sup>

The truth is, persons (including myself) who consume a sensible diet, do not get cataracts even from lengthy exposure to sunshine.<sup>143</sup>

Terminal cancer patients have got well in a rocking chair **in the sunshine**.

A woman suffering cancer kept going out with Norwegian fishermen, in the sunshine. She recovered. Friends who came on their fishing trips stayed inside - and their cancers killed them.

An elementary school in the Chicago area kept the children in classrooms where the teachers drew down the blinds. The children were exposed all day only to fluorescent light. That school suddenly reported five times the national average incidence of leukaemia, a kind of cancer of the blood.

When even the amount of UV that can get through window glass was let in, the leukaemia cluster disappeared.<sup>144</sup>

Articles in the journals *Cancer*, *Cancer Research* and *Preventive Medicine* suggest that avoiding sunlight could promote the development of cancers other than those of the skin.

The truth is, if you **eat right** and **avoid over-exposure** to sunshine, you will find that the sun keeps the skin **soft and flexible** and gives it a healthy glow.

So instead of blaming the sun, we need to:

- Dramatically cut our fat intake and,
- Avoid overexposure.

In his book *Sunlight*, Zane R. Kime, MD, MS warns:

“It is not only the dietary fat that promotes skin cancer formation, but also fat or oil applied directly to the skin. This is

why sunbathing lotion, cream, or oil cannot be recommended, for they may stimulate cancer formation.”<sup>145</sup>

A simple rule for the best time to sunbathe is when our shadows are longer than our heights. As you can imagine, this is not the hottest part of the day.

Even on a moderately overcast day about 80% of the sun's ultraviolet rays get through to the earth. So we can still be assured of getting enough sun for good health. In fact, if we wear light coloured, loosely woven clothing, such as cotton, the rays can reach through to our skin. At the beach, where sand reflects about 17% of the ultraviolet rays, it is safer to be clothed than to risk sunburn.

But remember this: an overdose of sunlight is not the only factor in skin cancer. A high fat diet increases any person's risk of developing cancer in **any part of the body**.

## **SUNSHINE KILLS GERMS**

Sunlight kills bacteria on the skin, in the air and in water. That's why drying clothes and laundry in the sunshine is far superior to using an electric clothes drier.

Sunshine cleanses musty bed clothes, which, if kept inside, retain the body poisons. Every room in the house should be daily thrown open to the healthful rays of the sun. This will help prevent disease!

Many cases of rheumatism have been cured by the sufferer leaving a bedroom shaded by trees or overhanging roofs, to sleep in a room and a bed which were constantly dried and purified by the direct rays of the sun!

Sunlight is one of the most effective germ-killers known to man. Tuberculosis (whose germs take 30 minutes of boiling to

kill) dies in direct sunlight! At a sun clinic in the mountains of Switzerland operated by a Dr. Rollier, bone T.B. was successfully treated by exposure to the sun.

So make your home bright with sunshine. Throw back the curtains. It is better to have things fade inside the house and enjoy a colourful healthy skin, than to have bright, colourful objects in the house but pale, sickly bodies!

## SUNSHINE CAN MAKE YOU HEALTHY

For digestion, sunshine is better than salts. For the intellect, sunshine is better than books. Sunshine heals skin diseases, hardens the bones, lowers blood pressure, stimulates the liver in detoxifying the blood, strengthens muscles and aids in the regulation of hormone production. Sunshine aids in relieving acutely swollen arthritic joints. It forms vitamin D, and increases calcium absorption.

Staying in the sun may also decrease the risk of heart attacks. Dr. Grimes believes that when a person avoids sunshine, not enough vitamin D is produced to provide immunity against the microbe *Chlamydia pneumoniae*, which is blamed for many cases of coronary heart disease.

Sunshine, in moderation, improves immunity and stimulates our metabolism. It **decreases a craving for food** and even increases our intelligence!

Moreover, this wonderful doctor called sunshine also enlivens weariness, reduces stress, promotes sleep, generates cheer and gladness and soothes.

Yes, sunshine stimulates health of body and soul.

Do you know of one medicine that can achieve so much?

Let your children play out in it. Don't keep them indoors.  
Let it shine on their arms, legs, shoulders and necks.

Give it a chance to promote good health.

## CHAPTER 20

# HEALING WATER

Did you know that 78% of your body is water? Take a man who weighs 100 pounds and remove all the water from his body so as to leave only the actual dry material of his body, and he will be reduced in weight to 22 pounds!

Your body, if you are of average adult size, contains almost 50 liters (110 pints) of water! Even your bones are 30% to 40% water!

## LIQUID LIFE

**The processes of life depend on water.**

- You could not even use the air you breathe unless your LUNG TISSUES were constantly **moist**.
- Evaporation of **water** through the skin is vital in regulating body temperature.
- The juices which digest your food, your blood, and the elimination of waste through the kidneys, all require **water**.
- Body tissues require specific amounts of **water** (not too much, not too little). If the amount of water varies

much more than 20%, death follows. So you should be careful to drink a little more water than you actually need, just to be sure that your body's needs are completely provided. (The excess is quickly eliminated anyway, through the kidneys.)

You can use water to:

- Prevent and reverse premature ageing.
- Eliminate pains including heartburn, back pain, arthritis, colitis pain, anginal pain, migraine headaches.
- Cure asthma in a few days, naturally and forever.
- Cure hypertension without diuretics or other medication.
- Lose weight effortlessly, without strict dieting.

## HOW MUCH WATER PER DAY?

How much water do we need?

**The answer is: enough pure water to keep our urine pale or clear. If your urine is a definite yellow colour you need to increase your water intake.**

Some people say we need to drink 10 glasses (250ml capacity) of water daily for optimal body functioning. This figure is based on the number of glasses of water excreted from the body during the day, as listed below:

Lungs	2 glasses
Urine	5 ½ glasses
Skin	2 glasses
Bowel	½ glasses
Total	10 glasses

It is important to drink more water in warm weather. If you exercise vigorously in warm weather, you may lose as much as 9 litres (20 pints) of water a day in perspiration!

We do get some water from our food, about 3 glasses a day, and 1½ glasses of water are produced through the processes in our bodies.

So using this theory, the bare minimum number of glasses to drink each day is 5½. But this isn't the best. If you want optimum functioning of body organs, drink six to eight glasses a day.

## WATER: PURE - AND CONTAMINATED

Many think that clear water flowing in an open stream is pure. This is not always true. Water may be polluted by germs or poisons and still look clear.

People camping by a stream may innocently pollute the water so that it carries disease-producing germs. Animals often contaminate streams. After a flood, water may be contaminated.

The water must be pure and clean to be effective. If it has more impurities in it than your body, drinking it would be detrimental.

Some are fortunate to have clean spring water from the mountains to drink, but many others are subjected to "city water". Usually, city water supplies have undergone processing in the city plants, where chemicals and additives are put into the water. Often it is better to buy a reverse osmosis filter for consumable water or buy distilled water than to drink the "city water" in certain areas.

If you only drink water when you are thirsty - you are already dehydrated. We need to train ourselves to drink water throughout the day, even if we are not thirsty. Yes, it is a matter of developing self-discipline.



## **NO SUBSTITUTES FOR WATER**

Just how important is the use of water in the body? **Is it WATER or just LIQUID that we need?**

You may say that you drink plenty of soft drinks and coffee, isn't that good enough?

Water in its pure state makes no changes when taken into the body. It goes in, does its job, and is eliminated, all in the same state.

This is not true of other drinks. Water taken in the form of colas and soft drinks, or coffee and tea, must first be filtered by the kidneys before it can be utilised in the body. This taxes the kidneys and concentrates the urine; the waste stagnates, creating disease. Further, there are many chemicals in these drinks, which put a burden on the whole internal digestive system.

Even as delicious as fruit juices are, and as good as you think they are for you, they should be taken in moderation, since they are very concentrated fruit (some being high in sugar), and are taxing on the kidneys. There is just no substitution for pure, soft water.

Think about it: Would you wash your clothes in beer, sodas, coffee or even in fruit juice? Shouldn't you be much more concerned about the cleanliness of your body than of the laundering of your clothes?

Water is not supposed to taste like juice, or coffee or tea. Water is water, and is usually refreshing and rejuvenating (assuming it is clean).

A little lemon or mint in a pitcher of cool water makes normal tap water quite pleasant to drink.

**Is it all right to drink water with meals?** Water drunk with meals diminishes the flow of the salivary glands. (And the colder the water, the greater injury to the stomach.) It is all right to drink a little while before or after a meal, but at meal time too much drinking of any sort should be avoided. Especially drinks which are very hot or very cold.

Next time you are having trouble concentrating, sip at a large glass of water - not too cold, not too hot. You will soon feel refreshed and revitalised, just as a withered pot plant begins to revive again once watered.

When students have been encouraged to drink water frequently, teachers have found behaviour improves and learning and work levels increase.

Patients in geriatric and psychiatric hospitals have also improved dramatically when encouraged to frequently drink water. The patients' memories improved and they were calmer and more co-operative.

People who drink too little water can suffer from ailments as serious as kidney disease and circulatory diseases, and as annoying as constipation, headaches, fatigue, arthritis, colds and nausea.

In times of illness, a good intake of water aids a quicker recovery. People suffering from colds, fever, infections and viruses will be greatly helped by increasing the water intake.

# BATHING

Water on the outside of the body, as in bathing, has untold value. Look what it can do:

- It frees the skin from the accumulation of impurities, thus letting it breathe.
- Equalises the circulation of the blood throughout the body.
- Fortifies against cold limbs (thanks to improved blood circulation).
- Makes perspiration more free and easy.
- Soothes the nerves (if the water is warm or neutral in temperature).
- Relieves the brain. (Before bed, or on waking in the morning, rub the body after the bath, until it is in a glow. This brings the blood to the surface, relieving the brain.)
- If bathing is practised, the body and mind are both invigorated, that is, made livelier.

Bathing also:

- Helps the bowels, stomach and liver, giving energy and new life to each.
- Promotes better digestion.
- Will relieve insomnia (inability to sleep.)
- Will relieve pain of sprains and injuries.
- Will ease hot, burning fevers in the body, in time of sickness.

When taking a hot or warm bath, or shower, it is best to finish with cool or cold water, so as to close the skin and avoid catching a chill.

**Clothes should be washed** regularly in water, so that a freshly-bathed body will not absorb again the waste matter that has soaked into the clothes.

**In cases of fevers and sickness pains**, get a towel. (Even a newspaper or handkerchief will do.) Soak alternately in hot water (applying to the body for 5 minutes), then cold water (for 2 minutes). Keep this up until the skin appears mottle-coloured. Do this as often as necessary.

Yes, water in all its forms (whether hot, cold or as steam), applied intelligently to the sick, will aid nature in her effort to restore and rebuild an unwell body and to maintain good health.

## CHAPTER 21

# ELECTRIC AIR

Did you ever stop to think that we live at the bottom of an ocean of air 12 miles thick that surrounds the earth?

The composition of the atmosphere reveals wonderful design and maintenance - about 78% nitrogen, 21% oxygen, and 1% argon, helium, carbon dioxide and other gases - a balance which is perfect for life.

Oxygen is the most crucial element to our survival. We could live a few weeks without food and a few days without water - but only a few minutes if we had no air.

So important is fresh, clean air, that when we are deprived, all sorts of problems arise.

Have you ever suffered from any of these?:

- Headache
- Dizziness
- Sore throat
- Cough
- Irritation of eyes, nose or throat

- Runny nose
- Difficulty in breathing
- Chest or abdominal pain
- Nausea
- Difficulty in sleeping
- Diarrhea
- Rashes

All of these can be caused by a simple lack of air! (Of course not all of us may be affected. This list does include some rather common complaints, so a physician should be consulted.)

## **YOUR VITAL CAPACITY**

The maximum amount of air a person can inhale and exhale in one breath is called vital capacity. A good vital capacity is related to a **greater life expectancy**.

Several factors can affect your vital capacity: air pollution, smoking, shallow breathing, posture, lack of exercise and obesity.

## **INDOOR AIR POLLUTION**

Air conditioning (weatherising) your house is good for keeping the heat in, but it also keeps in polluted air.

In a house or room where windows are closed tight and there is no fresh air coming in, one breathes the same dead air over and over, until it becomes filled with poisonous impurities and waste matter thrown off from the body through the lungs and skin.

A Canadian study shows that someone cooking with gas is exposed to higher levels of carbon monoxide than an industrial worker would be allowed, even an hour or so afterwards.

Also, hair sprays, disinfectants, cleaning materials, wall paint, floor wax, cigarette smoke, radon, insecticides, urea-formaldehyde foam insulation, particle-board construction, new furniture, and carpets are but a few of the sources of the fumes, gases, and particles that are emitted inside our homes.

The best solution is to remove or alter the **problem at its source**. For example: replace unvented kerosene heaters with electric heaters, and so on.

Make sure your ceiling, walls, and floor are adequately insulated to minimise as much unnecessary heat loss as possible. Energy conservation need not be at the expense of one's health.

Probably most of us have not considered the **health power of plants**.

When NASA started to draw up serious plans to colonise the Moon and Mars in the 1970s, they tried growing crops in sealed chambers to freshen up the air with oxygen and supply fresh food. But the plants did something very unexpected - they started cleaning up all sorts of toxic gases in the air, like green vacuum cleaners.

But one of the NASA scientists realised that their work had uses closer to home. Researcher Bill Wolverton found that ordinary, humdrum house plants also have astonishing cleansing powers.

The common spider plant - the one with the stripy leaves, dangling plantlets and an amazing power to survive abuse - has such an insatiable appetite for noxious gases that it can get rid of all the formaldehyde in a closed chamber in less than 24 hours. Nitrogen oxides and carbon monoxide are gobbled up by begonias. Boston fern and chrysanthemum are devilishly good at eating up formaldehyde; the dwarf date palm is the king at

cleaning up xylene; aquatic plants like water lily and rushes can scrub out toxic insecticides from water, and embarrassing pong in the loo are seized upon by yuccas.

The power of plants to clean the air is not to be sneezed at.

So it struck Wolverton that the space colony plant research could spin off into ordinary Earthly life. Why use expensive energy-guzzling ventilators and filters in buildings when plants could do the same job? He left NASA and set up his own plant filter system for houses, starting with his own home.

To his surprise, the house plants did more than simply get rid of poisonous fumes - they also cut down the thousands of airborne bacteria and fungi floating around inside homes. Stand the plant roots in waste water and they'll clean that up too. Is there nothing a pot plant can't do?

Wolverton scaled his work up to larger buildings, and eventually opened the world's first public building with all its pollution cleaned by house plants.

All the waste air and water in a college building in Booneville, Mississippi, is filtered through beds of spider plants, yuccas, and begonias growing in an atrium. It doesn't smell, there's no sign of waste treatment, and it's probably the best-looking filter system in the world.

Paul Simon, writing in the British newspaper, the *Guardian*, points out that:

"... plants also feed on carbon dioxide. It may not be a poison, but it is pollution - and it also brings us on to the touchy subject of talking to plants. From a plant's point of view, they can't get enough conversation. They're starving hungry for carbon dioxide because the air contains only about 300 parts a million, while talking to plants hits them with 50,000 parts a



million of carbon dioxide in our breath. Even having people and pets in a room raises the carbon dioxide levels enough to boost their photosynthesis and make up for a lot of the miseries many plants have to put up with, like bad light or lack of water. In short, talking to plants pays off.”

The second solution is to **increase the ventilation**, which involves the sacrifice of some energy efficiency. One solution to this problem is to not overheat your home in the first place and to **put on more clothing**.

During the 1918 influenza epidemic in Eureka, California, the hospital was jammed to the hallways with patients dying like flies. The overcrowded hospital called to the army for tents and blankets, the tents being pitched on the lawn for the overflow of patients.

Very soon, a check of the records revealed to the head doctor a surprising contrast - inside the hospital the patients were dying as fast as ever, whereas those outside were getting well. Yet they were all receiving the same treatment. What made the difference? They decided it must be the fresh air.

So the head doctor stalked through the hospital building, crying to the staff, “Open the windows - let the fresh air in!” Eureka is noted for being about the coldest town in the U.S.A., miserable in summer and winter.

“We will all freeze,” protested the staff.

“Wear some warmer underclothes,” replied the doctor.

“But the patients will freeze,” they objected.

“Keep them warm with more blankets, but let the fresh air in,” the doctor said.

In a short while, a general recovery of practically all the patients was noticed.

Through lack of air, the skin becomes sallow, digestion is retarded, the blood is poisoned, colds and flu arise easier, and the pores of the skin are closed, making it impossible to throw off impurities through the skin. The burden is then thrown on the liver, lungs and kidneys, forcing them to do the work of the skin. Hence comes disease.

I know of a family who faced this very problem with their ten month old baby.

The child was growing weaker every day. “What shall I do, doctor?” asked the desperate mother. She was astonished at his reply:

“Don’t cover baby’s head while sleeping; keep the baby away from disagreeable odours and tobacco smoked rooms,” the doctor urged. “And let baby sleep outside as much as possible (with warm clothes).” Then he added, “Avoid having a fire in the same room. Overheating a room is harmful. If the child feels cold, you should compensate for this by putting on warm clothing, especially for arms and legs. But remember, stove heat destroys the vitality of the air.”

**Fresh air is more beneficial to the sick, than is medicine.** It is far more essential to them, than their food. It is better for a patient to be without food, than without fresh, pure air.

For a clear mind, happy disposition and healthy body we need **good ventilation** 24 hours a day.

One should keep several windows around the home open a few inches to ensure that a good supply of fresh air is in circulation and that the bad air can get out. Bacteria, moulds, fungi, house mites, and other disease-producing organisms have

a hard time multiplying in rooms that are kept well-aired and sunned.

A current of fresh air should flow through your bedroom day and night. Windows should be open. The fresh air will help your sleep to be more relaxed and restful.

Bedding and clothing should be aired out often. Clothesline drying is advantageous, as it freshens and further cleans the clothes, and saves money.

Now here is something else you can do.

Get out of doors several hours a day, even in bad weather. Breathe deeply outside several times a day.

Try and get as much clean, fresh air as you can each day.

## **OUTSIDE AIR POLLUTION**

But what if the outside air is polluted, also? Unfortunately, this is a real problem in big cities and some other areas.

If you live in a large city, here is a very good reason to go for walks in parks, or arrange for an outing to a forest or a beach.

In town, the early morning hours usually have the cleanest air. It is also a good idea to take advantage of clear days by getting outdoors.

Of course, the best way to escape air pollution is to live in the country.

## **SMOKING**

Our cells can be deprived of oxygen by cigarette smoking.

For the person who **smokes**, the dangers are listed on the cigarette packages themselves. Lung cancer, emphysema, and carbon monoxide poisoning are among them. With every puff of smoke the air passageways narrow, making it more difficult to breathe. The cilia are paralysed, thus preventing them from doing their job of cleansing the lungs. Mucus-clogged and irritated air passageways are ripe for emphysema and bronchitis. Cancer-producing tars blacken the lungs.

Cigarette smoke is also one of the main indoor air pollutants. Those regularly exposed to **second-hand smoke** over an extended period of time are put at a significant risk for developing the same diseases and sharing some of the same physical impairments as the smoker.

Early signs of insufficient oxygen are impaired judgment and memory, dulling of intellect, and a tendency to impatience and irritability.

## **SHALLOW BREATHING**

If you, like most people breath shallow breaths, you are using the upper parts of your lungs only. Then wastes build up in your lower lungs. We need to breath deeply to fill our lungs with air.

You have probably heard this plenty of times, but take a minute to **try this exercise**:

Breathe in deeply through your nose. Your stomach should go out as you inhale (correct breathing will not make you look fat). While you contemplate the feeling of the air travelling down into your lungs, hold the air for a count to 20. Now let the air out through your mouth. Your stomach should go down again. Relax to a count of 10.

You could practise this deep breathing exercise several times in succession, about two or three times a day.

Normal **deep breathing aids digestion** by massaging the abdominal organs. Deep breathing gets more oxygen into the blood with each breath, allowing the heart to slow down a little.

A good habit is to go outside in the fresh air and take 10-20 slow, deep, abdominal breaths after each meal and just before retiring for the night.

Correct breathing increases the amount of oxygen in our lungs, so the red blood cells pick up the oxygen and plenty of oxygen is available for our cells. And the more oxygen getting to our cells, the more efficient our cells will be in their processes. So we will be healthier.

Correct breathing also expels waste carbon dioxide from the body - as long as the air we breathe is clean!

## **POSTURE**

Good posture while sitting and standing is necessary for proper breathing. Hunched posture while standing, walking or sitting can cause shallow, incorrect breathing.

Many people are forced to stoop or sit for much of the day. This usually makes for poor posture, causing unnecessary muscular tension and back problems.

Desk workers and students need to sit with the spine straight, bottom tucked well back in the chair and feet on the floor. Shoulders and neck should be relaxed. This sounds simple to do, but takes time to learn if you are used to hunching over your work, or crossing your legs at the knee.

If you are sitting and working for long hours without breaks, your work may be suffering. Try taking frequent stretch breaks to breathe fresh air deeply - and you will be surprised at how your learning and efficiency increases.

When you stand or walk, begin by straightening your shoulders for a few minutes at a time - remember it takes time to change old habits. Then walk with the top of your head as high as it can go. This will lift your chest and ribs and make correct breathing easier.

## **EXERCISE**

During sleep, the body breathes normally with full, deep breaths; when awake, the same person's breathing is somewhat restricted. To assist deep breathing, exercise is helpful, such as lifting heavy loads, walking up a hill, or swimming a great distance under water.

## **OBESITY AND EATING HABITS**

As you see, there is more to vital breathing capacity than most of us have assumed.

Our cells can be deprived of oxygen by eating a diet high in refined fats and animal products (including dairy, meat, chicken and eggs).

Animal products are high in fat, even the lean or low fat varieties. The fat is digested then released into the bloodstream where it coats the red blood cells. Then the blood cells lose their ability to repel each other and float freely in the bloodstream. They begin to stack up like coins. When these stacks arrive at the lungs to pick up oxygen, they can't carry as much because they have less surface area. And the stacks of cells can't squeeze through the tiniest capillaries to deliver their supply of oxygen to the tissues. Now the cells waiting for oxygen begin to starve. Their need for oxygen is not being met.

## **CLOTHING**

Breathing correctly is very difficult if you are wearing tight clothing. Try not to wear clothes which leave marks on your skin when you take the clothes off. If you see any marks, then your breathing and circulation could be restricted!

## **SKIN BRUSHING**

Keep your skin clean so it can breathe. The skin substitutes for the lungs, in breathing. That is why it must be clean. Every day, two pounds of poison are breathed out from the lungs. Two pounds of poisonous perspiration are thrown out of the body through the skin every day. People with only one lung must keep their skin clean, and thus get sufficient oxygen through the skin. Otherwise, it is truly possible for them to suffocate.

Daily skin brushing from head to toe is beneficial to all. In removing the top scaly layer which is ready to be sloughed off,

it aids elimination of body toxins by externally cleansing the skin. It also stimulates the flow of blood to the skin, thus assisting the cleansing of the blood. Skin brushing is far better than is any water bath. A rub over with corn meal is even better than soap, as a skin cleanser. It helps moving air reach the pores.

## 2 KINDS OF AIR

The air around us carries electrical charges - either negative or positive.

If you have plenty of hair, you pick up electricity from the air quite easily, much as does an antenna.

Here are a couple of experiments you can try:

1. Pump up tight an inner tube. Then rub the full tube of air on top of your hair. Then as you hold the tube over your hair, the hair will stand on end, charged with electricity.
2. Take a cat which has been outside and stand both yourself and the cat on insulation. Give the cat a good stroking from head to tail. Now put your hand about 1/4 or 1/8 inch from its tail, and a spark will strike, giving both you and the cat a considerable electric shock.

The positively and negatively charged molecules in the air are called **ions**.

**Positively charged** air is polluted or stale air. Some people say the air near or around computers is positively charged. Pollution is caused by crowded cities and motorways, and stale air results from lack of ventilation. Such air is found in city centres, airports and poorly ventilated rooms. It tends to be



associated with headaches, dizziness, nausea, anxiety, insomnia, fatigue, depression and even suicidal feelings.

On the other hand, air containing an abundance of **negative ions** can energise and relax the mind and body within minutes. It is found near waterfalls, in forests, lakes, rivers, at the beach and after a rain storm.

Numerous studies have associated negative ions, as found in oxygen, with several health benefits:

- rate and quality of growth in plants and animals
- improvement in the action of the lungs, heart rate, blood pressure and metabolic rate
- improvement in hay fever and asthma symptoms
- slowing of tumor growth in laboratory animals
- rats being able to learn twice as fast

Pure, fresh air gives a good appetite, helps improve the blood flow, purifies the blood, refreshes the body, helps digestion of food, helps us sleep soundly and speeds recovery from sickness.

Moving air is fresh, clean, magnetic, highly electrical, and very invigorating to the nervous system. It will “recharge your battery”, giving you an experience of exhilaration, calming your emotions, uplifting your spirit.

Children should run and play in the fresh air every day if possible. This will help them to be more cheerful, healthy and happy.

So take time out of the busy day to take a walk in the bush or some other quiet place and do some deep breathing. It will not only lift your chest, but lift your day.

## CHAPTER 22

# EXERCISE AND LIVE BETTER

An Australian Minister of Health once declared, “You never heard of a postman dying of a heart attack.” So Post Office officials checked their records, and it’s quite true. They could not find one case of a postman dying as a result of a heart attack. Quite a few senior officers have, though. Walking is the secret, of course. Or even cycling, in the fresh air.

Machinery in constant use will wear out very slowly, but if it lies unused it will rust rapidly. Our Creator designed that the human body machinery should be in daily activity, for in this thorough motion is its preserving power. The people who rust out are more than those who wear out. Inactivity slows up the life processes and clogs the system.

In Western society, automobiles carry us where we want to go, and machines do much of our work for us. Society has become specialised to the point that most people are involved in occupations which do not require very much physical labor.

Reportedly, about 50% of the draftees to the U.S. armed services are rejected on physical grounds. Researchers tell us

that an inactive man's body reaches "middle age" physically **not** at 45, **but** at about 26!

## **ARE YOU EXERCISING ENOUGH?**

If you suffer from any of these, you are probably not exercising enough:

Syndromes of disuse include obesity, lack of endurance, general muscle weakness, protruding abdomen, chronic low-back pain, muscle stiffness and soreness, low breathing capacity, intolerance to stress, elevated resting pulse rate and blood pressure and increased blood-fat levels. You also have an increased risk of cardiovascular disease.

## **TOO SICK TO EXERCISE?**

Did you get your exercise today? No? Too much of a **headache**? Well, perhaps you've got it backward! A recent study of chronic headache sufferers (migraine, tension-type, cluster, and others) found that exercise reduced the occurrence of headaches of all types. Interestingly, female headache patients had a significantly higher total body fat as compared to the control subjects. Generally, headache patients turned out to be less physically fit than the control group.<sup>146</sup>

"But I'm just so lethargic. I am constantly exhausted," I hear someone say. How can I get enough energy to exercise?"

Let me tell you this. Thousands of people around us who are tired and listless could quickly be filled with energy if they would, but their fears hold them. They fear that they will be made worse if they labour or exercise, when this is just the change they need to give them vibrant energy.

Have you ever been told by a sick person, "I must stay in bed until I am well"? Very well, let me ask you now. Suppose

you tie up your arm for a few weeks and don't use it - does it become stronger? Of course not! In a short time the joints will begin to stiffen and you will have a hard job bending that arm.

Perhaps someone you know has had a broken arm which needed to be put into a plaster cast for 6 to 8 weeks in order for the bones to knit together again.

What happened when the plaster was removed? Did you notice that the limb was smaller, paler, weaker and more stiff than the arm or leg that had been used all the time? The joints of the broken limb will not move as well as those of the good limb and they could even be more painful. If the plaster was placed on the arm or leg in the bent position, it would not be as easy to straighten, compared with the other limb that is in constant use.

Only exercise will bring it back to good use again.

This is a perfect picture of what happens to all the rest of the body when we fail to get proper exercise. Each part suffers and the entire body suffers.

It is an axiom that the more you exercise, the stronger you will become.

If a sick person is afraid of exercise, let it be known that without exercise he or she **cannot** become **totally** well.

So persons who are sick should exercise the power of the will, rise above their aches and apathy, get into some useful jobs around the house and forget they have aching backs, sides, lungs, and heads. Soon, they will discover many of their aches will disappear.

And here's the good news. You don't have to suddenly "get physical". It is a **step by step** journey. Just one step at a time.

If you have not been using your limbs every day, you may feel a **pain and weakness when you start to exercise**. Don't give up. Nature is awakening long-disused muscles to life, but moderate exercise will strengthen them and with use the pain will disappear. All organs of the body will feel a tonic effect and a sense of well-being.

## **WHAT EXERCISE DOES FOR YOU**

Certainly exercise is a miracle worker. Look what it does for you:

When oxygen is short in the body, the blood moves sluggishly and the waste, poisonous matter that should be thrown off in the breathing out, is kept in the blood which becomes impure.

Exercise strengthens the **muscles** throughout the body, which increases endurance and stamina. It gets the muscles pulling and helping the flow of **blood**, producing a wonderful flushing effect throughout the body. As it helps cleanse the blood, the blood supplies the body cells with more oxygen and the **cells** are cleansed of waste. These wastes are then eliminated through the lungs, sweat and other eliminative organs. Also, blood cholesterol and blood pressure are lowered during exercise - decreasing the risks of strokes and **heart** attacks. Exercise encourages a stronger heart beat and lowers the resting heart beat. It gives strength to the **digestive organs**, the **kidneys** and the **lungs**. Exercise also cures a sluggish **liver**, with its symptoms of poor appetite, dyspepsia and general lassitude.

Exercise activates the delicate muscles of the nose, bringing good circulation to relieve nasal congestion, catarrh and safeguard against colds, coughs, congestion of brain and lungs and a hundred other diseases.

Exercise has been called the “second heart”.

And here’s more good news - for those of us who battle against the dreaded bulge: exercise speeds up the body’s **metabolism** - which is how fast energy (calories) is burned. This effect continues for several hours after you finish exercising. Thus exercise **helps you to slim - and remain that way**.

Of course, we all know that slack muscles are pulled up and strengthened by exercise. On this point I should remind you that big muscles are not necessarily a good thing. A muscle may look big on the outside, but may actually contain a great deal of fat. Size can be deceptive when it comes to strength. Huge, muscular men usually cannot work for as long when compared to slender-muscled men.

Many of us work indoors all day in schools, offices, stores and in vehicles. By the end of the day we are tired from standing or sitting in heavy concentration, using the brain all day. But did you know that exercise **relaxes the brain**?

Exercise is excellent recreation not just for the body but also for the mind. It brings rest to the weary brain, helping us to think more clearly and to feel more cheerful.

And while you are exercising, you might even get rid of those bags under your eyes. Dr. James White, of the University of California at San Diego says so! He says clinical observations have shown that vigorous regular exercise not only causes the loss of body fat but also redistributes fluids so fatty tissue like that under the eyes can disappear.

Yes, exercise will lift your mood, **decrease anxiety, relieve depression, reduce stress and calm your nerves**.

You see, exercise works off the adrenaline effects from fear and stress. It also produces endorphins, the happy hormones.

And it **increases your self worth.**

As a bonus, exercise **encourages restful sleep.** The result: your whole body becomes more **resistant to disease.**

## **INDOOR EXERCISE**

What kinds of indoor exercise are of most value?

One way is to lie on a slant board, then tense and relax each part of your body in turn.

Rebounders (small trampolines) are also very beneficial, as they stimulate the tissue fluid circulation (called the lymph). Three to five minutes of rebounding is equivalent to one mile of jogging!

And don't overlook the benefits of massage. As a passive exercise, massage is important for those who are unable to exercise actively.

To keep muscles in good shape, before retiring each night, tense them. Pull in the abdomen. Stand straight and tense the muscles of the face, arms, chest, legs, fingers, and all. Do this for five to fifteen minutes daily. You can daily increase it.

## **OUTDOOR EXERCISE**

Exercise in the open air is better than exercise indoors. **Cycling, swimming, badminton, archery, water-skiing and skating** are excellent for bringing all parts of the body into activity. **Gardening** is also a very beneficial form of exercise.

The magazine *Let's Go Gardening*, reports on an Australian survey of 601 people who owned detached or semi-detached dwellings. The survey revealed:

“The proportion of non gardeners reporting ‘fair’ or ‘poor’ health was twice that of gardeners.”<sup>147</sup>

Gardeners made significantly less visits to the doctor than non gardeners and this could not be accounted for in the age differences between the two groups.

The survey results suggest even one hour a week spent gardening has a positive effect on health, and the more hours spent gardening - the more the sense of well-being increases.

However, undoubtedly the best form of exercise (for all ages and fitness levels) and one of the most efficient remedies for the return of health, is **brisk walking**. Throw back your shoulders and breathe deeply as you walk. Go a little further each day until you can walk for several miles. Don't let **bad weather** stop you - just **dress for it**.

If you have been inactive for any reason, build up slowly - 1, 2 or 5 minutes' gentle walking may be enough for you. Don't fall into the trap of being so enthusiastic you overdo it the first few days, then collapse. Start slowly; as you gain strength you will suddenly notice you can walk for 30 seconds more, then a minute more and so on. What a feeling of well-being and success!

Once you are walking 20-30 minutes at a time, take your pulse before and after your exercise. To get the best benefit from exercising, we need to make sure our pulse is raised to a safe level and kept there for 20 minutes.

What is your safe pulse rate? Subtract your age from 200. For example if you are aged 40, subtract 40 from 200 and your



pulse rate during exercise should be about 160 pulses per minute.

**Why does lack of exercise make some people fat and others thin?** Many sit and work at books, while eating the allowance of a labouring man. As a result, some grow fat, because the system is clogged. Others become lean, feeble and weak, because their vital powers are exhausted in throwing off the excess of food. For such people, a regular walk would certainly be more beneficial to health than all the medicine!

## **EXERCISE-AND LIVE LONGER!**

In their book, *Lifefit – An Effective Exercise Program for Optimal Health and a Longer Life*, Dr. Ralph S. Paffenbarger, Jr, MD and Eric Olsen report on a “...thirty-six year follow up study of more than 50,000 Harvard College and University of Pennsylvania alumni that looks at the relations among a variety of lifestyle habits - particularly exercise - and health and longevity.”

A questionnaire was sent to the 50,000 people in 1977 and 1988. The results were:

“The subjects in the College Study (aged 45 to 84 in 1977) who increased their physical activity (measured as kilocalories of energy expended in exercise) to more than 1500 kilocalories each week in light and moderate exercise enjoyed **an average of nearly two years of added life** compared with those who stayed sedentary or changed from active to sedentary.

Even the oldest individuals in the study, those aged 75-84, who took up physical activity at that advanced age gained an average of 0.78 years, demonstrating eloquently just how adaptable and capable of self-development the human organism can be, even an old human organism.

Nine additional months of life may not sound like much, but coming near the end of life, this is not insignificant. Looking at this figure another way, it's almost a 10 percent increase in survival to age 90."<sup>148</sup>

## **AFTER MEALS**

Walking after a meal will aid the work of **digestion**. Violent exercise after a meal is not so good, and should be avoided.

The blood is then needed in the stomach to break down the food and is not as available for the other strenuous exercise. Exercise, like all other daily activities must be done with care, thoughtfulness and common sense. Let us begin to **take some steps** and make a decision to get some exercise today and every day from here on.

## **WHEN YOU ARE SICK**

The same holds true when you are sick or not up to par - vigorous exercise is out, but light exercise might be beneficial in some cases. Aches and pains may be avoided by not attempting to do too much too soon, using proper form, and having good shoes, clothing, and other equipment you need.

## **WARNING SIGNS DURING EXERCISE**

Serious warning signs during exercise may include unusual shortness of breath, weakness, heart irregularities, or pressure or pain sensations that can be anywhere from the wrists to the pit of the stomach to the jaws and between the shoulder blades. In these instances you should discontinue exercising and see a physician right away. Other signs such as dizziness, nausea, side aches, prolonged recovery, and miscellaneous aches and

pains may be attended to by yourself first. If no relief is obtained or if in doubt see a physician.

## **WORK AT IT**

Each time we exercise we place a demand on the body. The body will adapt to those demands. This is known as the “overload principle” and is the basis for maintaining and improving fitness. In short, to get anything out of it, you have to put something in - that spells work.

The idea of “work” turns many people away from exercise. Many people feel that they are already overworked, so why go out looking for more? But, as has already been explained, few people’s work is the kind of work that will promote physical fitness. For these people especially, a fitness program would give them more energy in the long run by helping their bodies to become stronger and function more efficiently.

## **NO TIME?**

Still, there are others who do not think they have the time. But we simply need to make time, because we need exercise for health. Cut down on other things. If our own physical well-being is not a high enough priority, what is?

## **GET MOTIVATED!**

Perhaps you are ready and willing to exercise, but you lack motivation. You can’t seem to start, or once you start, you don’t stick with it. Fear of death prevents some from exercising while it encourages others to exercise. If an exercise program is properly entered into and carried out, we need not be afraid. The vast majority have much more to fear from not exercising than from exercising. But fear is really a poor source of motivation. Knowledge of the benefits helps some, but it

doesn't seem to work in motivating people who are not interested.

For most people the essential ingredients to get started on an exercise program are this: it needs to be fun, convenient, and not too difficult. Injuries turn people off, so they should be avoided by taking necessary precautions.

Here is what to do: Have a regular routine that you stick to; join an organised program with trained leadership; or in a group participation. Obtain positive feedback from other persons. And chart your progress so that you can see and keep track of how you are doing. The approval of your doctor and doing better on your physical exam this year than last year are good incentives.

Balance between physical exercise and mental exercise is one secret of good health.

## CHAPTER 23

# QUALITY REST

The beginning of every disease has its start in weariness. Fatigue is some degree of exhaustion; exhaustion is some degree of death. Degrees and amounts of fatigue measure the approach of exhaustion. Degrees and amounts of disease measure the approach of death. Fatigue is death. Rest is cure. **Weariness and toxins are the two causes of disease.**

The brain expands itself and its energies during hours of wakefulness and these are recuperated during sleep. If the recovery does not equal the expenditure, the brain withers. This has been known to produce insanity.

In early English history, persons were sometimes condemned to death by being prevented from sleeping; they died raving maniacs. People who are starved to death become insane for the simple reason that the brain is not nourished, and so they cannot sleep. Experiments show that dogs die quicker from lack of rest than lack of food.

Rest is so important to life that the vital organs are designed with built-in rest periods. The heart rests between each beat, and the lungs between each breath. The stomach rests between

each meal if it is given time. The central nervous system is recharged during sleep.

## **HOW LONG SHOULD YOU SLEEP?**

Human beings were designed to be awake during the day and asleep at night. We are “larks,” not “owls.” Wakefulness and sleepiness are normally controlled by enzymes and hormone systems within the body which remain fairly fixed, even if one were to remain isolated in total darkness or total light. These “internal clocks” can be nudged forward or backward a few degrees. They may also be ignored, but not without negative consequences.

Men and women whose activities are more mental than physical, require the most sleep.

How much sleep does one really need? Each must be a rule to one’s self. Nature will never fail to write it out to you. Six to eight hours is ideal, but if this cannot be obtained, a short 10-15 minutes’ rest at midday will work wonders.

## **BEST TIME TO SLEEP**

When is the best time to sleep? In this fast age, people work all day and then stay up a good part of the night, and burn the candle at both ends. Thus they break down in health, have huge doctor bills, and fill an early grave. Birds and animals go to sleep at night and are up early in the morning.

The hours before midnight are twice as beneficial as those after midnight. Why? Because our biological clocks are linked to the cycle of daylight and night. Therefore our quality of sleep and wakefulness improves the more closely our retiring and rising are linked to darkness and daylight.

It is during rest that tissue repair takes place, and the body processes are more efficient at tissue repair before midnight.

Our ability to rest also depends upon our ability to shift gears. Some people take their work home. They can pick up work, but they can't lay it down. They seem unable to cease. We should be able to say along with the one hundred-year-old man, who, when asked the secret of long life, responded, "When ah works, ah works hard, and when ah sits, ah sits loose-like."

If you cannot get your work done before 7.30 p.m., then you should go to bed at that time and rise early in the morning to complete your work. Thus you will get the early sleep during the hours when the body rests best (7.30 p.m. to 11 p.m.).

## **TO HELP YOU SLEEP**

Avoid starting new activities late in the day. Allow yourself time to wind down. Have an evening ritual. Avoid stimulants such as television, drugs, and rich, spicy food at night before going to bed. Big evening meals interfere with good sleep, especially in children. If needed, naps should be taken before lunch, not in the evening. Even a fifteen-minute rest before lunch is worth about forty-five minutes of nighttime sleep. Keep well hydrated. Stay alert and active during the waking hours.

Relax first, and restful sleep will come easier. Instead of using relaxing tablets, why not try a hot shower for ten minutes, with water falling on the back of the neck, then go straight to bed. A hot foot bath for 15 minutes will do as well, if a shower is not convenient.

Slow, deep breathing or soaking in a neutral bath for ten minutes may help. Blot the skin dry and move slowly and quietly.

Those who still have trouble falling asleep can try a little hops or catnip tea before bedtime.

It is better to wear pajamas or a warm nightgown and use lighter weight covers, than to use heavy blankets. Do not cover the head while sleeping.

It is better to sleep with windows open. It is better still to sleep in the fresh air of the porch. It is even better to sleep on a bed under the trees and stars. Believe it or not, if you were to sleep under the dew, and let it fall on you, you would get all the sleep you would need in just three hours! Cowboys in sleeping bags next to the ground have found that 3 or 4 hours' sleep is all they need, or can use. They can work 21 hours without feeling tired. The closer to the ground or to water, the better results will be obtained from sleep.

Your bed should not sag or be too soft. Pillows should be flat, except in cases of hiatus hernia or heart failure where the head should be elevated a few inches.

The quieter and darker the room, the better the sleep.

A person with chronic obstructive pulmonary disease may do better sleeping on his stomach with a pillow under the chest. If you have a back problem, you could try sleeping on your side. All of these suggestions should improve the quality of sleep.

Don't panic. Worrying and concentrating on sleeping will drive it from you. Just resting in bed will do you good anyway. But let's face it, when there's a serious concern on our minds, these tactics are like aiming a pea shooter at a charging elephant.

Anxiety or guilt can prevent a person from sleeping well.

The cause of the concern must be squarely dealt with. If it is an interpersonal problem, then make things right as fast as



you can. “Let not the sun go down on your wrath.”<sup>149</sup> If it is a financial problem or some other circumstance that is threatening, we need to do what we can, then leave the result to God.

Remember, to rest means to cease our activity. It also means to cease from our worries and the cares of the day.

We are given only one day at a time, and no one knows what the next day will bring. It could be better than we think, especially if we heed the invitation of a loving Creator:

“Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart; and ye shall find rest unto your souls. For my yoke is easy, and my burden is light.”<sup>150</sup>

Pleasant dreams!

## **REST EVERY SEVENTH DAY**

A man sat down in a doctor’s surgery to make this complaint:

“I’m so exhausted, nervous and irritable, doctor; what is wrong with me?”

The friendly doctor examined his worried patient, and made this diagnosis: “You have been working too hard. Your body resistance is at a low ebb. You don’t have the strength to snap back from the extra-heavy problems you are now carrying in your business! You must take off at least one day a week from your work. You need complete physical and mental relaxation.

“The law of rest is stamped upon your body. You must obey it. Your business has been booming, and your habit of ‘work hard and get success, and work harder to keep up with it’

has brought you to breaking point. You must take stock and slow down.”

Allergist Dr. Sang Lee observes:

“Most animal species die after 7 days if you constantly stress them without relief. But if you give a relief on the seventh day, they can take another six days of stress.”<sup>151</sup>

It has been aptly stated, “Seven days without rest makes one weak!”

Resting one day a week from our weekly work and responsibilities not only makes good sense, but is very enjoyable. Put aside your briefcase or tools of the trade, ignore the shops and television, radio and magazines. The seventh day is the day your Creator gave you to enjoy being alive as one of His children.

## **HOW TO RELAX**

We all need a rest, or break, from the routine of our major activity. For the person felling trees or doing construction work a rest could mean sitting down with a good book. But for the salesman or secretary, resting might mean an invigorating hike.

The serenity of nature, on a beach, beside a river, or lake, in a grove of trees, or in the mountains, will instil peace. Relaxation may be simply talking to a friend or taking time to be with the family. When planning time out for a holiday, use time wisely and make sure the return home brings a more refreshed and “revitalised you” than before leaving.

Other ways to help bring relaxation include taking a warm bath or a shower, sitting or reclining comfortably while listening to soothing music or reading something uplifting. Enjoyable,

non-stressful hobbies, doing some simple deed for somebody else, and prayer are also forms of relaxation.

Rest is a fine medicine. Perhaps it is more important than you think.

## CHAPTER 24

# NATURAL NUTRITION

## A Good Balanced Diet

Every day, Sam came home constantly tired. The children began to ask, “Why is daddy always lying down when he is at home?” Father himself had come to ask, “Why, without my vitamin pills, do I seem to have no strength?”

Sam had been in the habit of eating whatever suited his perverted taste, enjoying “a good meal”, as he termed it. He did not realise that this over-indulgence of appetite had been weakening his digestive organs and injuring his powers to assimilate rougher, nourishing food. Others before him had suffered various diseases through such a course of action. That was enjoyment purchased at a tremendous cost.

Sensibly, Sam now sought advice. “What does my body need?” he asked.

He was told, “You are what you eat. If you want a live body, you must get into that body as much LIVE FOOD as possible – right off the trees and vines, ripened in its natural state. A large proportion of your diet (some say 80%) should consist of raw (uncooked) foods.

“Whole grain rice, flour or bread, instead of refined or polished. And remember, grains are much better for us **SPROUTED**. When sprouted, they are very powerful in building up the body. Nuts supply all our needs, and are a good source of protein. Nuts that have been heated are rendered almost indigestible, so eat your nuts raw.”

Sam had a question to this. “Is vegetable matter really adequate for my nutritional needs?”

The answer surprised him. “The health of the body depends on the purity of the blood. Grains, with fruits, nuts and vegetables, contain **all the nutritive properties necessary** to make good blood. But dead flesh, rich cakes and pies give bad quality blood and a liability to disease.”

“But,” asked Sam, “I have always thought that flesh was necessary to supply our need of **protein**.”

“Protein is vital,” came the answer, “but it is found also in the living foods, such as almonds (and nuts of all kinds), in the green vegetables, in peas, beans (especially soybean) and lentils, as well as in cereal grains. Sesame in unmilled form contains ten times more **calcium** than cow’s milk, one and a half times more than beef liver. A diet composed chiefly of whole, natural foods supplies not only the known requirements for body maintenance, repair and healthy growth, **but also many ‘unknown’ factors that help defeat the ravages of disease**. Want to prove it? Then give a fruit and vegetable natural diet a chance, and in six months (or sooner) see how much better you feel inside and out!”

“I shall take that advice,” said Sam. “Is there anything else that will help me?”

The following tips were given, and Sam went home to apply them:

1. Avoid fruit and vegetables at the same meal; it is better to have fruit at one meal and vegetables at the next.
2. Use honey in preference to sugar, which tends to clog the system and bring harm.
3. Boil, steam or bake your food, instead of frying it in greasy fats.
4. Soybean coffee and cereal-grain coffee is much better than drug-laced tea and coffee.
5. Avoid VERY cold and VERY hot drinks – they're hard on the stomach.
6. Drink only small amounts with meals.
7. Three or four varieties of food at one meal are plenty.
8. Two meals a day are better than three.
9. Space at least 5 hours between meals.

You cannot get well on the same habits that got you sick. Sometimes it takes extreme measures to overcome chronic sicknesses.

Heart and other diseases related to unhealthful eating habits, never develop suddenly, but sap our vitality gradually, first. The longer a man or woman delays making wise changes in the menu, the longer he or she delays the enjoyment of better health, greater vitality, and the eventual lengthening of life-span.

Here I shall include three other matters which are closely linked to the subject of nutrition.

## **RICE**

Do you know good rice from bad rice? Good rice will make you strong, and bad rice will make you sick.

Brown rice has the paddy shell removed; this rice, however, is not polished. White rice is made by grinding off the

outside layers of the rice grain until only the inner white portion remains.

All of nature is in careful balance. Our world is balanced in space by speed and centrifugal force, against the gravitational pull of the sun. Clouds are balanced by weight of the air and water vapour which holds them up.

Whether in the hot tropics or in frigid Antarctica, the temperature of your body is carefully balanced to 98.6 degrees. But if, for some reason, this perfectly balanced temperature changes either up or down, you become sick. The greater the rise or fall of temperature within your body, the greater your sickness.

The Creator carefully balances the elements of the rice as it grows in the field. When rice has the outside layers removed by polishing, many of these elements are taken away and fed to chickens. The rice, now robbed of much of its life-giving power, becomes merely a starvation food. It produces sicknesses of many kinds, as found in edema, scurvy, pyorrhea, sore joints and muscles, swelling feet, aching stomachs, shattered nerves, and unhappy, discouraged minds.

Pigeons fed on polished white rice were soon so weak that they could not fly. But one day's change to unpolished brown rice returned their strength sufficiently for them to fly again.

When the stomach receives food unbalanced in the elements of nutrition, the body finds it necessary to provide its own balance in order to digest this food. Hence to make up for the calcium which has been polished away, the body borrows calcium from the nerves or teeth. By this process of metabolism, many people get too fat, and others too thin.

Far better is the old-fashioned brown (unpolished) rice, which furnishes the old-fashioned strength, endurance and health of past generations.

Why is rice polished? Well, firstly, brown rice is full of oil, which stains the white sacks in which it is stored. Secondly, the bugs, rats and mice know good food. Among a hundred bags of white rice, they will always attack the one bag of brown rice. So the commercial loss from pests is much less if the rice is polished.

Knowing this, you may find it helpful to heat your brown rice, to kill all bugs and eggs. Then store it in airtight containers until ready to use.

Rice is not the only food robbed during processing. Other refined foods suffer the same result.

## **HEALTH IN YOUR GARDEN**

Would you like to be healthy, wealthy and wise? Would you like to have better food for yourself and your children? Would you like to save on your doctor bills? Would you like to work harder because you feel good?

It may surprise you that one person's food supply for a whole year can be grown in a small piece of ground 5 feet wide and 10 feet long. In most regions, a garden can be made to produce food for the full twelve months of the year.

Why not take that little piece of ground beside your house and put a small fence around it to keep out the dogs, cats and chickens! Then gather all the old rotted leaves and grass you can find around your house, and dig this into the soil as fertiliser. Add a small quantity of sea water to the soil and you will be surprised to discover how the 97 elements from this



water will enrich even the poorest soil and help you to produce the best garden you ever had.

The more varieties of foods you can find to place in your garden, the better. Try to grow the following: String beans, cucumbers, tomatoes, radishes, turnips, maize, soy-beans, okra, spinach, cabbage, cauliflower, brussel sprouts, carrots, onions, garlic, rutabergers, lettuce, peanuts, artichokes. These are a few of many plants which will produce nourishing food for good health. If you grow a greater variety of food in your little garden plot, you can have the different varieties maturing at different times, and thus at no time of the year should you be short of fresh vegetables.

If one crop of food ripens faster than you can eat it, you can easily dry this extra food and store it away in this dried condition for future use. You can use it later when your other food is low. You simply soak the water back into these dried foods and eat them as though they were fresh.

As soon as one section of your garden becomes empty after harvesting, more natural fertiliser should be added to that area, and a seed of a different kind planted. This way you will be planting and eating all the year round. It is most important to continue building up the soil, to replenish the minerals which are being extracted in the form of food which you have harvested from the soil.

Most sickness can be attributed to a lack of proper food. Sore knees, aching joints all over the body, and swelling legs are the direct result of malnutrition. Many people are half starved, even though they eat three meals a day.

An important answer to this problem is to eat more garden foods, especially those grown in your locality and still fresh. The best meal for health consists of 80% raw (uncooked) fruits or vegetables, such as bananas, cabbage, oranges, carrots,

cucumbers, garlic, onion, squash, lettuce, tomatoes, raisins and dates. There are many more but all these can be eaten raw. On such a health programme, cooked foods would make up only 20% of your total food intake.

## **CONSTIPATION AND SENSIBLE EATING**

The poor lady was very distressed. “Our whole family is constipated,” she cried. “However did this happen to all of us?” The answer of course, was quite simple - this family constipation was the direct result of eating polished rice and white flour, and other refined foods. The outer layers of the rice, wheat and other grains had been lost in the grinding. The germ of life had been removed with the oil, minerals and roughage.

For proper elimination from the bowels, the coarse bran is necessary to balance the soft parts of grains, such as wheat and rice. Some people go to the other extreme: they take the rice polishings and the bran and the germ of life from the wheat and eat only that. But this is not good. Too much roughage cuts the bowels and although it does increase bowel action, the white soft parts of the grain are just as necessary to maintain a perfect balance.

There is an ancient biblical statement referring to the marriage of a man and a woman. It says “What God hath joined together, let no man put asunder [apart].”<sup>151</sup> This can also be said concerning grains. When man endeavours to separate the necessary parts of these grains, he ruins the marvellous balance of nature and destroys its purpose for the body.

In our so-called civilised countries, where people eat polished rice, white flour, and white sugar with the molasses removed, we find constipation on every side.

The body **is like** a great nation with many different provinces. We might liken constipation to the massing of enemy troops, blocking one part of the countryside. From this one assembly-point, units of enemy soldiers march out in all directions to infect other districts with their poison. Thus waste matter which has collected in the bowels sends attacking forces to the weakest organs. Constipation, therefore, can set up a chain reaction of the all-too-common cold, running noses, lung trouble, headache, fever, bad eyes, indigestion, pneumonia, aching joints, sore muscles, rheumatism, neuralgia, arthritis, asthma, piles, nervous diseases of all types and certain kinds of insanity.

Constipation can make you miserable - and even shorten your life! Did you know that? So how can you relieve constipation?

Many people in an effort to get their bowels moving, take castor oil (a poison), epsom salts (which is damaging to the colon), or some other cathartics which give present relief but add more poison to an already over-poisoned system.

Enemas are helpful in restoring movement, but if used too frequently, will give you the enema habit. Then you could find yourself taking one every day for the rest of your life!

The best solution is to stop abusing your body. Eat more good food with the roughage in it. Eat the wheat with its bran and oil, the rice with its roughage, the apple with its skin and grapes with their skin and seeds. When you eat water melons, swallow the seeds! They act as little shovels to keep the bowels moving. Some have claimed that rough seeds can cause your appendix to get sore and burst. This, however, is not true. Appendicitis is caused mostly by constipation and meat eating. According to one medical authority appendicitis has never yet been found in a vegetarian.

If you are constipated or your bowel movements do not happen at a regular time each day, try this for about two weeks:

Drink 2 glasses of warm water first thing in the morning. You will soon be regular!

To avoid constipation, however, you should address your diet. That is where it all begins.

## CHAPTER 25

# SELF-CONTROL

## Good Things in Moderation

Did you hear of the eating contest in Italy, in which the winner ate several dozen plates of food at one sitting, then immediately collapsed and died?

On a less dramatic scale, you may be killing yourself as truly - yes, actually shortening your life - by either eating too much or eating at the wrong time.

We shall define moderation here to mean avoiding extremes in those things that are good, and avoiding or totally refraining from those things which are harmful.

Of course, this requires self control. **Over eating** leads to stomach-upset and/or obesity. Under eating leads to malnutrition or starvation.

**Overwork** leads to exhaustion or injury. Underwork leads to atrophy and weakness.

**Over-rest** leads to weakness and laziness. Under-rest breeds mental confusion and exhaustion.

We also need a balanced intake of air, water, and sunlight - not too much and not too little.

We shall, in this chapter, focus mainly on our eating habits - particularly over-eating and eating between meals.

## **OVER-EATING**

Moderation means to eat even good foods carefully and not to over eat.

Overweight people share the following problems:

- They think too much about food
- They eat too often
- They do not stop eating once they start
- They do not get adequate exercise

Over eating, even of “healthful” food, has serious physiological consequences for both body and brain in the following ways:

- weakens digestive organs
- worsens pre-existing disease
- decreases vitality of both body and brain
- causes headaches
- causes indigestion/colic
- causes bad breath
- promotes cravings for unhealthy quality and quantity of food
- decreases mental alertness
- promotes unclear thinking
- has a depressing influence on the mind
- lessens spiritual discernment

The solution is to eat all foods in **moderation**. Even the Bible teaches, “hast thou found honey? Eat so much as is sufficient for thee, lest thou be filled therewith, and vomit it”.<sup>152</sup> Much of a good thing can make us sick. Practice self-discipline in your eating.

## EATING BETWEEN MEALS

Now we touched on this briefly in Chapter 15. But this is so vital to good health that I want to explain it more clearly to you.

I have met many people who suffer from **mid-morning headache**. This is frequently caused by low blood sugar levels in people who eat a completely inadequate breakfast, such as tea and toast - or its equivalent. So, to stop this, they eat between meals.

What they need to do, is to eat a big, solid breakfast (instead of a light one) and a well-balanced but light evening meal (instead of a heavy one). **Reverse the order of the meals.**

There should be a space of at least 5 hours between meals. And two meals a day is better than three. In fact, people doing mostly brain work should not eat anything in the evening.

The stomach needs to rest. So between meals, for 5 hours, nothing but water (not even milk drinks or fruit) should be taken.

Fruit juices, herb tea, or caffeine free drinks, may be taken at meal times, provided that only a cup or two are drunk, so that the digestive juices of the stomach are not over-diluted.

“But I **have** to eat between meals,” my neighbour was saying the other day. “If I don’t, **I feel faint.**”

I explained to him that it was not the want of food that produced that feeling.

After the stomach (which has worked hard) has performed its task, it is exhausted - hence the faintness. But if you keep eating between meals to stop the faintness, the stomach will always be exhausted, and you will always have to eat to stop the faintness. This will eventually give you a weak, tired stomach. **When hungry, drink water.** It will help greatly, but let the stomach rest from food.

X-ray examination shows that eating between meals delays the emptying time of the stomach. For an average breakfast, the emptying time is 4 to 4½ hours. But if you eat an ice-cream cone only two hours later (between meals), the remains of your breakfast will be delayed in your stomach for over six hours. A peanut butter sandwich eaten after two hours delays the digestion of the breakfast for more than 9 hours. A banana delays it for over 8 hours.

If you eat the same breakfast, then every 1½ hours eat a slice of bread and butter (but no midday meal), half the breakfast will still be in your stomach after 9 hours. Chocolate eaten between meals twice in the morning and again in the afternoon will delay the breakfast for 13½ hours, until evening!

See the problem here? The stomach half digests the meal. Then two hours later another bite comes sliding down. The stomach now has to stop work on the meal - which meanwhile begins to decay (ferment) and produce toxins, while the new piece receives attention. The result is bad breath, indigestion, stomach pains, and gas, from the rotting breakfast.

Doctors Calvin and Agatha Thrash, well-known nutritional experts, say that “eating between meals not only increases stomach emptying time, but also confuses the colon so that



defecation schedules may be altered, resulting in constipation.”<sup>153</sup>

People who complain that they have no appetite for their meals and no pleasure in eating, should eat at a regular hour and taste nothing between meals. Then they would be ready for their meals and find a pleasure in eating.

## **MIXING VEGES AND FRUIT**

And here’s another tip. It is better not to mix vegetables with fruits at any one meal. Lemons and oranges will not have so bad an effect being acid fruits, but sweet fruits such as bananas, dates, raisins, etc. will be a bad combination with vegetables.

## **HARMFUL PRODUCTS**

In earlier chapters, we have hinted that alcohol, tobacco and caffeine, as commonly used (excluding rare medicinal usages) do no good whatever and have been proved to trigger many harmful side effects.

We offered some specific recommendations:

Eat less sugars and sweets. Eat less fat and cholesterol. Eat less salt. Eat more fruits, vegetables and starches. In practical, everyday terms, that means we need to eat less refined, processed foods, and less animal products of all kinds.

The secret is moderation in eating and drinking healthful foods, and stopping everything hurtful and poisonous. We cannot get something for nothing. There is a price everyone must pay for success, happiness, and health.

Fasting - missing a whole day or at least one meal - will, in certain illnesses, produce better results than any medicine.

Under-eating is better than over-eating. Fruit juices or vegetable juices (sweetened with honey, if you wish, but not with sugar) may be drunk during a fast.

Such a new healthy lifestyle should regulate not only our **physical** health habits, but the **mental** and **social** aspects of life, as well. Too much reading, too much entertainment, sport, materialism or fashion, can likewise warp the life.

Certain sexual behaviour, music and television needs to be monitored. Many studies have been undertaken in these fields, which reveal that it **does** matter how we live - if we want to enjoy life to the maximum, without harmful side-effects.

**Thoughtless self-indulgence can exact a high price.**

## **HOW TO BREAK A BAD HABIT**

To break a bad habit, one must be decisive. **Substitute** something else in place of the old habit and a new pathway is formed over which the strength of the old habit can be directed.

If you are having difficulty in breaking a bad habit, it may help to go back to chapter 14 and review some of the other tips on habit-breaking.

## **CHAPTER 26**

### **FREEDOM FROM STRESS**

#### **Trust in Divine Power**

A group of schoolboys huddled around their captive, while one of them lit a match. Then they blindfolded their victim and told him they were going to burn him. Blindfolded, he felt the end of a match touch the tip of his finger. Emotionally keyed to expect a burn, he did not know that this was merely the dead end of the match. His brain sent a message through his body, "I'm getting burned," and the fingertip responded by producing a blister. Such schoolboy pranks are well-known to most of us but they serve to illustrate an interesting principle.

The sympathy which exists between the mind and the body is very strong. People have been known to die because they have made up their mind to die. The brain is the capital of the body; the nerves proceeding from the brain control the body as by a system of electric wires.

The results of a national survey by the U.S. Department of Health, Education, and Welfare indicated that 25 percent of the population admitted to being under a major degree of stress. One source estimated that perhaps one-third of Americans could be considered mentally healthy.

It has been estimated that 75 percent of all complaints that patients present to doctors are stress related.

## **HOW EMOTIONS CONTRIBUTE TO SICKNESS**

Radiant health depends on our knowledge of how to live, how to remove fear, how to control one's emotions and how to get ease of mind. The mind needs a rest as well as the body, in order to prevent disease.

Dissatisfied feelings have a paralysing influence on the digestive organs. Fear, tenseness, jealousy, rage, worry and disrespect, will make the bowels and other organs of the body tense and feeling as though they are tied up in knots. Such cell irritation can even result in pain or disease. The best foods and food combinations will do little good if you are under nervous tension.

How does our mind contribute to disease? Negative emotions trigger the release of certain hormones and stimulate the nervous system in such a way as to put stress on the various organs in the body. As these organs are subjected to this stress over long periods of time they become weakened. Once weakened they are more susceptible to disease processes invading from without or being triggered from within.

Which organs are affected first, and to what degree, depends upon the person's heredity, constitution, environment, and lifestyle. By the time symptoms of disease occur it is often difficult to trace them from cause to effect and to know for sure which risk factors played the primary role in the disease process.

I mentioned **environment**. There is one positive thing you could do to minimise stress. **Minimise noise** in your environment. If possible, select a home surrounded by nature, rather than the artificial scenes of city life.

Now about that argument you had with your spouse last night.

“Oh, just a little disagreement with the spouse. I said I’m sorry. No harm done, right?” ...Maybe not, according to new research. Marital spats, even with long-term, happily married couples, can be detrimental to the immune system. Study authors Janice Kiecolt-Glaser, Ronald Glaser and William Malarkey from Ohio State University, found that arguments were linked with an increased level of stress hormones. Over long periods of time, increased levels of these hormones can make individuals more susceptible to infectious diseases and other ailments, including cancer.<sup>154</sup>

Endocrinologist Hans Selye, who spent 50 years researching the effects of stress, discovered this: it is not what stresses us that counts, but the way we react to stress - we could say, our attitudes.<sup>155</sup>

## **HOW TO ENSURE A HEALTHY MIND**

Here are twelve ways to ensure a healthy mind and thus a healthy body:

1. **A CONSCIOUSNESS OF RIGHT-DOING**  
Disobedience to one’s knowledge of right and wrong, (that is, disobedience to Divine law) results in mental strain which destroys peace of mind and causes tense muscles, which in turn cause compressed nerves, which cause lowered vitality, which is an invitation to disease. On the other hand, the consciousness of right-doing is the best medicine for diseased bodies and minds.

As Russian tanks stormed into Berlin toward the close of World War II, Gerhard Hess saw the chance to dispose of his neighbour. In the chaos he went out to

murder the man he hated so intensely. The Russians were sure to be blamed, he reasoned.

But there was one thing he had failed to take into account. Soon Gerhard found himself looking over his shoulder. He kept seeing people “following” him. He imagined that eyes were following his every move.

He fled to South America. He shifted location time and again. But it made no difference.

Eventually, after 20 years, he decided it was enough. He hopped onto a ship bound for Europe and headed for Berlin. He walked into a police station and gave himself up.

“You say you killed this man, Herr Bergmann? We have in our records here that he was wounded. But he is very much alive - in this very street!”

But Gerhard’s conscience had brought him home.

Money can’t buy the assurance, the peace of mind, the courage of heart, the poise, that lets you look every man and woman in the eye and walk with an easy, confident tread.

The shop assistant was busy to the point of distraction with last minute shoppers clamouring for attention. But a quiet teenager waited his turn and then said softly: “This ten dollars belongs to you. When I reached home, I discovered that I had this much extra change. I gave you only a ten dollar bill; you gave me change for a twenty.”

And when they cashed up at closing time, the grateful assistant found that her customer had been

right. The value he set on a clear conscience probably saved the shop assistant her job, and gave that young man something more precious than gold.

2. **CHEERFULNESS** It is no wonder some people are dog-tired at night; all they do is growl all day. But cheerfulness and health generally beget each other!

Mathew Henry, the famous scholar, was once attacked by thieves and robbed of his purse. He wrote these words in his diary:

“Let me be thankful first, because I was never robbed before; second, because although they took my purse, they did not take my life; third, because, although they took my all, it was not much; and fourth, because it was I who was robbed, not I who robbed.”

Seek diligently for that something to be glad and thankful about in every happening - and soon no search will be required.

Cheerfulness and thankfulness make it possible for one to laugh when things go wrong.

There are many well-documented cases where sick people have laughed themselves well. The reason is that sadness and grief prevent the immune system from working. That's when the diseases such as cancer get a foothold. We all have cancer cells in the body, but normally the immune system destroys them. Worry, grief and depression counteract this.

One man in California wrote a book about the beneficial effects of laughter. He had been given 3 months to live. At the hospital he felt like a stroll in the garden. He had only just been there a few minutes and

the nurse came pounding after him. “Don’t you know you’re going to die, so come back to bed.” He said they all seemed anxious to remind him that he was terminal. So he booked himself out, moved into a hotel, hired a nurse, and a video. Then he got as many funny movies and cartoons as possible, surrounded himself with happy thoughts, and is still alive after 20 years.

Dr. Lee Berk, the leading researcher at Loma Linda University (California, USA) on laughter and healing, has found laughter decreases significant stress hormones and appears to increase antibodies that fight infections.

A study reported in *USA Today* noted that children laugh about 400 times a day, while adults average only 15.<sup>156</sup>

“Somewhere between childhood and adulthood we lose the ability to laugh,” says Dr. Berk, who was interviewed on American television about the credibility of laughter’s benefits in health care and prevention.

The interview was part of a piece about the film *Patch Adams* starring Robin Williams, which tells the true story of Dr. Patch Adams.

Dr. Adams, who is a friend of Dr. Berk, used humor and laughter for years in his care of patients.

3. **SINGING** Many men and women have been changed from nervous wrecks to energetic and healthy human beings by singing every day. Singing banishes despair from one’s heart.



There can be no despair in the heart of a person who is singing. I know this from my own experience.

During a brief pause in a fierce battle, the soldiers heard a sparrow sing snatches of a song from the branches of a nearby tree, but its song was hushed as the awful roar of gunfire burst out again.

Sing through your battles and they will not crush you.

4. **AN ATTITUDE OF FORGIVENESS** You get ulcers not so much from what you eat, but “from what is eating you.” Emotions of hatred or antagonism make the blood-vessels in the stomach wall become swollen, and small bleedings occur, at the site of which ulcers develop. Resentment is a build-up now, for a breakdown later.

It is an unpredictable, outrageous, and creative thing we do when we forgive another human being.

We reverse the flow of pain that began in the past when someone hurt us, a flow that filters into our present to wound our memory and poison our future. We heal ourselves.

It is utterly unpredictable. People don't expect it. It is outrageous. We commit an outrage against the conventional thinking which says we should try to even the score. It is creative. We create a new beginning for ourselves and healing for the future. And we heal the hurt we never deserved.

One who experiences the spiritual joy of forgiving an enemy knows that it is one of life's supreme delights.

5.     **LOVE**     Hate can cause over-activity in brain centres. Emotions of love can reduce this over-activity. Love is more potent in fighting these particular mental acids, than all the alkaline medicines which some of us take into the stomach to neutralise acids. Believe it or not, but this has been proved! Be sure to read the story on page 190 concerning the dying baby that was saved by a little brother's love.

6.     **TAKING AN INTEREST IN OTHERS** Become interested in other people's joys and sorrows. Visit the sick, feed the hungry, clothe the poor, help the lonely, share hobbies with other people: all of these are wonderful ease for the mind. Taking an interest in children's plans, helping them make roads and mud pies - how many of us are too busy for this? To forget self is a wonderful medicine.

Test your words and actions by the Golden Rule:  
"Do unto others as you would have them do to you."

7.     **MEDITATION**     I'm not talking about so-called "transcendental meditation" as practised by New Agers, but rather a conscious focusing on the beautiful, positive things of life.

"Whatever things are true, honest, just, pure, lovely, of good report, and worth being thankful for - think on these things," said an ancient writer.

Such daily meditation for 15 minutes a day can be of significant healing to the mind.

8.     **CONTENTMENT** Smile, relax and be satisfied with what you have; many people worry themselves into an early grave by getting into debt needlessly.

Draw up a budget. Live within your means. Be content and grateful for what you have. Simplify your life. Get out of debt.

Be co-operative, not competitive.

9.     **CONFIDE YOUR PROBLEMS** Don't bottle them up and stew over them. Share your feelings; never be afraid to go to others for help. To say to a person whom I have wronged, "I am sorry," will make me feel ten times better.
  
10.    **AN ATTITUDE OF TRUST** Suspicion and fear tense the nerves, muscles, and body organs. Trust in others relaxes and brings peace and health. And trust in Divine power will pull a man out of discouragement.

Here is a statement I came across in a very old issue of *Time* (December 6, 1948) under the caption "Medicine". It is from the famed physiologist Andrew Conway Ivy:

"Medicine is the handmaiden of science and religion. Religious and spiritual realms overlap more with the healing arts and sciences than in anything else man does. Try as we might to separate them, we can't do it, because that is the way we are built."

Although we can make choices to follow the healthy lifestyle, we still have weaknesses which cause us to fall so many times, so that we are right back having to start all over again. We need to realise that we have these weaknesses and we may need someone to help us when we disappoint ourselves. Certainly we do have friends to whom we can talk for encouragement. But there is one thing we need to remember: every one of

us is in this together; each of us, together, is struggling with some weak areas.

I make no apology for stating that I believe there is One with power that we can lean on, One who is interested in our health. Many a person has found good health, physical, mental and spiritual, after realising that the struggle is hopeless - and then offering up a cry for help. That power comes from the One and only Creator of the Universe.

Now, one may reason that this old stuff is outdated, but we need to stop and think for a moment. Doctors and modern science are finding that good health is more than just physical and mental; it includes the spiritual dimension as well. The facts and figures that are coming out from the latest research are lining up closely with old biblical principles.

Faith in a doctor, nurse or parent, by a sick patient will work wonders. But faith in a Mighty Helper who loves us will work miracles. I have seen obese people, as well as people with terminal diseases, cured by prayer and faith on their part, as the hand of weak, trembling humanity reached out to the strong hand of the Living Creator. In conquering obesity, such spiritual power should not be ignored. Could I suggest it may even be the most crucial ingredient of success?

Worry, fear and anxiety end where faith in Divine power begins. King David of Israel, cried out, "O taste and see that the Lord is good: happy is the man that trusts in Him!"<sup>156a</sup>

The Creator has a wonderful program for victory, success, and a balanced life regardless of the chaos that abounds and the inconsistency of people! I know one

who has experienced it. It was me. And I know you can too!

The removal of fear, the control of one's emotions for weightloss, are fundamental. To know this is **MORE** important than the cleansing of the bowel, **more** important than correcting a mechanical maladjustment in the body. It is here that the value of trust in Divine power, for bodily health, becomes pertinent.

The Lord of Creation knows what is best for each and every one of us, in our work, our home, our family relationships, our friendships, our spiritual development - and our health.

Blood cells are formed in our bones - including the white blood cells which destroy cancer and germs. Believe it or not these white blood cells, our body's defence system, are strengthened by the hormone endorphin which is produced by trust in Divine power.

In our Creator there is healing balm for every disease, restoring power for every problem.

And that brings us to the next secret of a healthy mind.

11. **PRAYER** In lifting men out of disease and melancholy, this has been known to work when all else failed.

A survey of family doctors by the American Academy of Family Physicians revealed that 99% believe that religious belief can heal. 75% believe prayers of others can help in recovery.<sup>157</sup>

The effect of faith and prayer on health was reported in an article called, "*Prayer, the medicine patients are seeking*," published in *USA Today*. The article reported:

"A 1995 study at the Dartmouth Medical School of 232 patients who had undergone elective heart surgery found the 'very' religious were three times more likely to recover than those who were not.

"Of 300 studies on spirituality in science journals, the National Institute for Healthcare Research found nearly three-fourths showed that religion had a positive effect on health."<sup>158</sup>

Dr. Hyslop, speaking before the British Medical Association, once said:

"The best medicine which my practice has discovered is prayer. The exercise of prayer in those who habitually practise it must be regarded as the most adequate and normal of all the pacifiers of the mind and calmers of the nerves."

Says Dr. Alexis Carrell:

"Prayer is a force as real as terrestrial gravity. As a physician, I have seen men, after all other therapy had failed, lifted out of disease and melancholy by the serene effort of prayer. Only in prayer do we achieve that complete and harmonious assembly of body, mind and spirit which gives the frail human its unshakeable strength."<sup>159</sup>

I have to agree. Fifty percent of sick persons need prayer more than pills, aspiration more than aspirin, meditation more than medication.

On many occasions I have had opportunity to put this to the test. It works.

I personally believe that our Creator cares about each of us, and hears every prayer. If we live according to His physical and spiritual laws, every precious promise He has given will be fulfilled to us.

However, it is futile to look to Divine power for healing if we take no care for ourselves, but continually violate the laws of health and make no effort to lay aside unhealthful practices.

He will not work a miracle to change natural causes which you can control. When we do all we can on our part to have health, then we may expect that the happy results will follow.

12.     **HOPE FOR THE FUTURE**   A powerful incentive for a weak person to recover quickly is the determination that he has something to hope for.

There **is** hope. You **can** succeed. The best is yet to come. Believe it!

## **PART THREE**

# **How to Live Longer**



## CHAPTER 27

# "LIVE FOREVER" (or your money back)

### Causes of Ageing

Here I was in San Jose, California, checking out what must be the whackiest house in the world.

This 160 room dwelling had blind chimneys that reached up through four floors, to end just below the ceiling. There were 47 fireplaces in the home, eleven of them in just one oddly-designed room. A door that you could open then fall ten feet to a stove below. Stairs that would lead up to... just a ceiling. Windows with nothing but a wall behind them. In all my life, I have never seen such a goofy house!

This was the home of Sarah Winchester, widow of the famed Winchester Rifle manufacturer's son. A student of the occult, Sarah, crushed by the death of her husband and infant daughter, consulted a medium. The medium advised her that so long as she kept a building project going, **she would never die**. Striving for this promise of life eternal, she spent millions and kept builders busy for 36 continuous years, constructing,



demolishing, rebuilding, altering, her house. But despite the prophecy, on September 5, 1922 she died at 85 years of age. And the clamor of hammer and saw was stilled.

Simply to go through a door into the very next room, I had to stumble DOWN 6 STAIRS, then back UP SEVEN... on the SAME FLOOR! Thirteen. A number stamped right through the house.

The certainty of death struck me, as I reflected. Despite her millions and all this work, Sarah could not hold off the Grim Reaper.

Life extension has always been a hot topic. The search for the fountain of youth has been with us throughout the ages.

We are told that medical and magical miracles notwithstanding, there is little one can do to stop the ageing process. Yet, the individual case histories prove that there are ways to prevent and reverse ageing and to live a healthy life beyond what the average person on a routine modern Western diet could expect.

The million dollar questions are: Why do we age? Can we delay the ageing process? And are pain, disease and misery in old age inevitable?

**There seem to be two main causes of ageing.** One is the **photocopier effect:** each time our cells replace or repair themselves - a life-long process - they become less efficient at their job. As the years go by, replacement instructions gradually become garbled - it's as though you photocopied a photocopy, and so on. Each successive copy looks less and less clear when it is compared to the original.

The other reason is simply that we are probably **programmed to die.** There is almost certainly genetic material

in our molecular DNA - the biological building blocks which everyone is made from - which tells the body to switch itself off, permanently, at about 120 years of age.

## **QUALITY - NOT JUST LIFE**

Have you ever seen an old man or woman lying paralysed or arthritic, mind gone, totally unable to do simple things such as going to the toilet without assistance? And you have said to someone, “I would rather die early than become like that!”

Living longer loses its attraction if we simply age, then live indefinitely in a fragile, disease-prone state. What’s the point of being 120 if we can’t play tennis? To use the analogy of the photocopier again: we need our cells to replicate themselves perfectly each time - the copy must come from the original, not from a copy of the original.

Now here is some really good news. You **can** be physically agile, mentally alert and inexpressibly happy until the day you drop dead from simple old age. You **can** be healthy while the years roll on! Your calendar age does not have to dictate how you **really** are!

This may take some imagination on your part, but you need to distinguish between your chronological age and your biological age. You can’t do anything about the former. But you can do a lot about the latter.

Take a chain-smoking, hard drinking 25-year-old, for instance. He may be chronologically 25, but far more than 30 in terms of biological age. Equally, a 45-year-old athlete may be in such great physical condition her biological age is closer to 30.

You can take action now, to lengthen your life and make living more pleasant.

Whatever your age, you can prepare to live much longer than you ever thought possible, and your life can be active and creative until the day you die.

The challenges of disease are always with us and around us, yet the body defences and ability to adapt to these challenges can prevent the onset of illnesses. And this is precisely where **you can do something** to help yourself. It is the best **insurance** for the future that you can ever have.

## **WHAT CAUSES YOUR BODY TO AGE**

In every cell of our body, within the nucleus, lives the genetic material which commands the cell to reproduce itself by division, making perfect replicas of the original cells. The blueprints, the DNA (deoxyribonucleic acid) make it possible - by reproduction - for life on earth to exist. But, **if the DNA becomes damaged** by free radicals (the highly reactive oxygen molecules that are present in the body as a result of exposure to chemicals, cigarettes, alcohol, caffeine, drugs etc.) - even though the cells continue to reproduce - **the future generation will be damaged.**

Ageing can be characterised as an increase in the number and variety of defects in the homeostatic system.

Here are the **major factors** involved in the ageing process:

- The breakdown of the immune system
- The proliferation of free radicals
- The peroxidation of fatty acids in the membranes of the cells
- The breakdown of blood circulation
- Hardening of the arteries and coronary heart disease
- Digestive disorders
- Insufficiency in absorption of nutrients

- Faulty metabolism
- And demineralisation of bones, with the resulting loss in height and strength.

Most of these factors have been touched upon in earlier chapters - but in this chapter we see their effect in shortening life itself.

Most of the **lifestyle errors which contribute to these life-shortening factors** have already been identified.

### 1. **Sugar**

According to Dr. Agatha Thrash, preventative medicine specialist, pathologist, and author of numerous books on health and nutrition:

“The list of physical and mental disorders related to sugar is formidable. Free (refined) sugar has been shown to reduce the ability of white blood cells to function properly, to aggravate heart disease, **to reduce life-span**, and to contribute to alcoholism, mental illness, high blood pressure, skin diseases, and enlarged liver and kidneys.”<sup>160</sup>

Sugar gets a bludgeoning! According to research scientist Dr. John Yudkin, sugar is implicated in obesity, diabetes, hyper-insulinism, high blood pressure, duodenal ulcers, fatty livers, atherosclerosis, certain forms of cancer, coronary and vascular disease, dental decay, gout, dermatitis, and a **shortened life-span**.

### 2. **Excess of protein**

According to *Medical World News*, excessive protein intake, typical of a meat-based diet, can **decrease the life span**.<sup>161</sup>

Doctors Calvin and Agatha Thrash agree:

“An excess of protein in the American diet probably **decreases the life-span**, while producing no known benefit.”<sup>162</sup>

### 3. **Fat Consumption**

In our Western society, dietary fat consumption is overwhelming. And it causes one in every three persons to develop - already in their forties - degenerative conditions like high blood pressure, hardening of the arteries, diabetes, and so on. It causes a sluggish blood stream.

Ageing is, quite simply, body degradation that is the result of a toxic, sluggish blood stream caused by red cells bunched together and platelets that stick together, followed by a long list of effects and symptoms.

The deficiency diseases of the poor and ignorant are matched in the developed Western nations with the degenerative disorders of the affluent and ignorant.

#### 4. **Over-eating**

Yes, so many of us are digging our graves with our knives and forks. We are dying earlier than we need to, from what we eat - and from eating too much!

Overnutrition means too many nutrients. In developed countries it is usually related to the excess consumption of refined foods. For millions of the well-fed people of the world overnutrition is the root cause of much premature death and disease. The top three killer diseases in the U.S. each have strong contributing dietary factors. They are heart disease, cancer, and strokes. Hypertension and diabetes also have strong dietary links.

#### 5. **Lack of exercise**

In chapter 22, we noted that an inactive man's body reaches "middle age" physically **not** at 45, but at about 26!

If you are between 45 and 84, you can add up to two more years of life by engaging in light and moderate exercise.

#### 6. **Obesity**

The preceding five life-style errors all contribute to obesity.

But even without these - and without smoking or high blood pressure, obesity is a killer all by itself. At an annual meeting of the American College of Sports Medicine, researchers reported that obese people still died younger.



Obesity is a known risk factor for chronic disease that often leads to death. As we observed in chapter 2, an estimated 300,000 deaths a year in the United States can be attributed to an overweight condition.

Every extra pound of fat will smother a month from your life. (That is, 24 extra pounds will shorten your life by 2 years, and 60 extra pounds will deprive you of 5 years of your life span.)

## 7. **Smoking**

*One in three smokers will die because of their habit,* according to a six-year study carried out by the Oxford-based Imperial Cancer Research Fund Cancer Studies and the American Cancer Society.

The results were published in the British medical journal, the *Lancet*.

It is estimated that a life-long smoker dies 23 years earlier than a non-smoker.<sup>163</sup>

In other words, smokers are dying in their 50s who could otherwise live into their 70s, according to Lyn Roberts, co-ordinator of the South Australian Smoking and Health Project. “And that’s frightening.”

As Dr. Margaret Arstall, of Adelaide’s Queen Elizabeth Hospital, puts it, teenage girls who choose to smoke are “throwing their health in the ashtray.”

She told students at Port Adelaide Girls’ High School that the “first big choice” to affect their life-long well-being was: “Am I going to smoke, or aren’t I?”

Their choices literally could lead to **premature death or a long, healthy life.**

“It will cost you a fortune if you choose to smoke, but you will also be saying: ‘I don’t care about me’,” she said.

Dr. Arstall said young women could choose to do anything they wanted, but only if they were healthy.

**“Choices become very limited when you cannot physically do what you want to do,”** she said.

“People are affected by heart disease because they **either die or are very sick for the rest of their life,** which is often shorter.”

If people quit smoking, the number dying of heart attack would be halved.

## 8. **Free radicals**

*Free radicals* are a by-product of a cell’s normal metabolism; we also get extra doses from environmental pollution, particularly car exhaust fumes, cigarette smoke and rising ozone levels.

In the body, they are the garbage that oxygen produces. And they are damaging. They can spoil everything in your body - your eyes, brain, skin, blood vessels and heart. Free radicals have been likened to a computer virus. They can tear your health to pieces - especially if they are fed fat. They love fat!

Free radicals not only distort a cell’s capacity to reproduce (damaging our DNA, weakening cell

membranes and changing biological compounds within the body), they can also kill them outright.

They have been implicated in so many diseases. Deadly diseases.

Free radical damage worsens over time and age.

But do you have to just sit there letting free radicals do their thing? Of course not!

You **can** do something about it - and at the same time lengthen your life.

That is what the final chapter is about.

## CHAPTER 28

# HOW TO BE YOUNGER

### Factors That Can Help You

Yes, you can *feel* younger. You can *look* younger. You can *be* younger!

To the rescue: *antioxidants*. Antioxidants neutralise and expel free radicals from our bodies.

As we grow older, free radicals grow more numerous and antioxidants are ultimately overwhelmed. We need more, preferably from an early age, and new research has found an inexpensive source of these vital preventative nutrients.

That name... ANTI-oxidants. Does that mean they are against oxygen? Not at all. They are only against the free radicals that oxygen produces.

How can you obtain these antioxidants? It's easy. They are in *good food*. You love food, don't you? What a terrific solution!

And there's no catch. You can **undo** many of the diseases caused by free radicals. You can **reverse** the damage. You can **reverse** your ageing!

Let me explain.

You eat a hamburger. And that creates a whole army of free radicals.

You eat a banana. Yes, that does create free radicals simply through the process of chewing and digesting. But it also releases antioxidants that destroy those free radicals - and then they go on to destroy other free radicals that are there - even from your hamburger.

Glorious, natural food is blessed with antioxidants to keep you younger!

Vitamin C... Vitamin E... Beta-carotene... Calcium... alone or together they are **powerful!** They restore health, extend your years, retard ageing and work against premature death.

## VITAMIN C

According to a British study, Vitamin C rejuvenates the white blood cells, giving 76 year olds the same levels as 30 year olds. You ask, how much Vitamin C does it take to do this? Just 120 mg of Vitamin C a day - or in simple terms 350 grams (12 ounces) of fresh strawberries!

Vitamin C can protect the skin from damage, resulting in fewer wrinkles and a younger complexion.

Studies from the U.S. Department of Agriculture's Human Nutrition Center at Tufts University have found something else. Vitamin C attacks free radicals that cloud the lenses of your eyes, causing cataracts and other premature eye conditions.

What are top Vitamin C foods?<sup>164</sup>

## **Fruits**

Papaya  
Guava  
Blackcurrants  
Strawberries  
Orange, navel  
Kiwifruit  
Cantaloupe  
Mango  
Grapefruit  
Mandarin  
Lemon  
Honeydew melon  
Tangerine  
Currants  
Casaba melon  
Lime  
Blackberries  
Raspberries  
Watermelon  
Cranberries  
Pineapple  
Apricots  
Banana  
Blueberries

## **Vegetables**

Pepper, red  
Brussels sprouts  
Broccoli  
Cauliflower  
Peas  
Sweet potato  
Kale  
Parsley  
Collards  
Onions  
Potato  
Tomato  
Cabbage, red  
Mustard greens  
Garden cress  
Turnip greens  
Cabbage, Chinese  
Swiss chard  
Soybeans  
Spinach  
Squash  
Avocado  
Okra  
Lima beans  
Sesame, unmilled

## **VITAMIN E**

Vitamin E will keep you young, inside and out. It protects your heart, your immune system and your skin (speeding skin healing, reducing scar tissue and protecting against skin cancer). Vitamin E clears your eyes, relieves arthritis, and even protects you against Alzheimers disease. It also soothes away those aches and pains in your legs and even helps smooth out those unsightly varicose veins.

Vitamin E is a natural antioxidant nutrient, which like Vitamin C, Vitamin A, Beta Carotene and the mineral Selenium can deactivate free radicals and conserve oxygen, playing an important role in our immune defence. It is a vasodilator which means that it keeps open the blood vessels, even the very tiny capillaries that feed every cell in our body. We have a wealth of evidence that Vitamin E together with Vitamin C and Selenium act against disease slowing down and reversing the ageing process. By acting against the peroxidation of tissues, Vitamin E is the most potent free radical scavenger and can reverse the process, making for example, the lipofuscins - the brown pigments deposited in tissues - to disappear.

Vitamin E was separated from wheat germ oil as a mixture of substances called tocopherol, the most active biologically in the series being the alpha-tocopherol. It is worth mentioning that the word tocopherol is derived from the Greek “tocos” meaning: offspring and “phero” meaning: to bear; showing that the potent antioxidant and anti-ageing property of Vitamin E makes it an important tool in reversing infertility.

The fact that Vitamin E is a cell conservator was proved when the first astronauts coming back from their journey and suffering from severe anaemia caused by breathing pure oxygen and doing little or no exertion, were given Vitamin E. Their anaemia vanished.

Dr. Wilfrid Shute and Evan Shute, fellow members of the Royal College of Surgeons in Canada, started using Vitamin E in cardiovascular conditions in 1933 with great success. Even members of the “orthodox” group of the medical establishment came to admit its value and recommend it with great success.

In his book *Vitamin E for Ailing Heart* which was published in 1969, Wilfrid Shute says that in the 22 years before his book appeared he had treated 30,000 cardiovascular cases. One

typical case was when a patient aged fifty-eight had a coronary occlusion; was sent home from the hospital but was not able to work. Dr. W. Shute placed him on 800IU of Vitamin E per day and within a few weeks the patient resumed his work. Seventeen years later - at the age of seventy-six - he was reported in very good condition.

What, then, are the best Vitamin E foods?<sup>165</sup>

Wheatgerm oil	Rice, brown
Sunflower seeds	Peanuts, dry roasted
Almonds	Mango
Sunflower oil	Avocado
Safflower oil	Soybean oil
Asparagus	Spinach
Wheat germ	

## **BETA CAROTENE**

Beta-carotene, when it has passed through your digestive tract into your intestine, is turned into Vitamin A. Then it is able to beat the wrinkle clock and restore smooth, line-free, youthful skin. It goes to the skin and regulates the amount of rays from the sun that penetrate the skin. There you have it – **sunscreen** in a carrot!

It fights cancer of the lung, breast cancer, and cervix, colon and mouth cancer. It protects the immune system. It can reduce heart attack risk and the risk of stroke. And it lowers the risk of macular degeneration, which brings on impaired vision and blindness in older people.

So what specifically are the beta-carotene foods?<sup>166</sup>

<b>Fruits</b>	<b>Vegetables</b>
Apricots	Beet greens
Cantaloupe	Broccoli



Mango  
Melon  
Papaya

Carrots  
Chicory  
Chinese leaves, fresh  
Collard greens  
Dandelion greens  
Garden cress  
Kale  
Lettuce  
Parsley  
Peas, frozen  
Pumpkin  
Spinach  
Squash, butternut  
Sweet potato  
Tomato  
Vegetable juice  
cocktail  
Peppers, red and sweet

## CALCIUM

Calcium adds years to your life. It fights osteoporosis, heart disease and colon cancer. It lowers blood pressure and may even block the amount of saturated fat we actually absorb.

But beware of substances that can “steal” half or more of the calcium you think you are getting. These enemies are salt, caffeine, fat, protein, smoking and alcohol. These all will deprive your bones of calcium and increase the risk of back fractures, or a broken hip or arm.

Top food sources of calcium (non-animal products) are:<sup>167</sup>

### **Fruits**

Watermelon  
Orange  
Pear  
Raisins

### **Vegetables**

Spinach  
Turnip greens  
Kale  
Broccoli

Figs, dried

**Grains**

Rice, brown

Corn

**Nuts**

Almonds

**Hommos**

**Tahini** (sesame seeds)

Okra

Beet greens

Chinese leaves

Mustard greens

Collard greens

Tomato

Carrot

**Legumes**

Beans

Chickpeas

Lentils

## VEGETARIAN FOODS

Your sources of Vitamin C, Vitamin E, Beta-carotene and Vitamin are adequately supplied by a vegetarian lifestyle.

A study of a large group of peasants in rural China who eat an almost entirely plant-based diet showed that they live longer than we do, even without a medical service.

A report from Germany showed vegans have a fifth of the bed occupancy rates in hospitals of meat eaters, and a study of a community of 35,000 Seventh-day Adventists in California found that the **vegetarians** who do not smoke or drink had only 14 percent as many heart attack deaths and only 9 percent as many cancer deaths and lived six years longer on average than the meat-eaters. And the **vegans** (that is, those who skipped dairy products and eggs) lived ten years longer than the general population.

And the best thing about this kind of lifestyle is that one does not have to become a pill-popping marathon runner, or practise monastic self-denial every time one eats.

## ORGANIC MORE NUTRITIOUS

Tests carried out by the Camden Food and Drink Association (Britain) showed that organic fruit and vegetables contain more essential nutrients than the chemically grown variety. Organic potatoes contained 26% more zinc; organic tomatoes 17.5% more Vitamin C and 25% more Vitamin A; organic apples 11% more Vitamin C.<sup>168</sup>

In another study extending over a two year period, varieties of foods were purchased at several stores. Apples, pears, potatoes, corn, wheat berries and whole wheat flour were purchased.

Organic and commercial samples of each food item were tested in a laboratory to discover their “elemental” levels; that is, how much of trace minerals, such as iron, selenium, manganese, zinc, etc., they contained. In most instances, the organic far outstripped the commercial food. For example, organic pears contained 240% more iron, 120% more manganese, 40% more calcium, and 100% more zinc, than commercial pears.<sup>169</sup>

Are trace minerals important? Evidently. Nutrition can play an important role in the prevention of major illnesses. In addition, low levels of elements in the diet have been correlated with such problems as alcoholism, allergy, cancer, diabetes, candidiasis, mellitus, chronic fatigue syndrome, headache, hypertension, premenstrual syndrome, and rheumatoid arthritis, to name a few.

Are regular grocery store fruits and vegetables worthless? Not at all. But when you can, purchase some organic foods. Better still, grow your own fruits and veggies - because not all pears are created equal!

And remember, for best nutrition plant foods are best eaten in their whole form. (Refined oils are stripped of their

protective vitamins and minerals. We use first cold pressed extra virgin olive oil, which has no chemicals added.)

## **EAT LESS**

**Mice who are fed 40 percent fewer calories live between 50 and 100 percent longer than their chubbier mates.**

Rhesus monkeys, and squirrels, are being tested on reduced control diets at a centre in Poolesville, Maryland, and the low-calorie monkeys are already showing characteristics similar to the low-calorie mice: lean physiques, later onset of puberty and a reduction or total absence of birth defects, heart disease, kidney failure, cataracts, diseases of the immune system, or cancers.

Indeed, the results have been so positive that many of the researchers involved in this project have already lowered their calorie intake - not willing to wait for the final results to come through. One of the pioneers in the field, Dr. Roy Walford, a professor of pathology at UCLA, has been a low-calorie man for five years now. He's a youthful-looking 67-year-old who bears a strong resemblance to the captain of the starship *Enterprise*.

## **EXERCISE**

But diet is only part of the equation. New studies show diet and exercise are inextricably linked. One is only half as good without the other. It stands to reason then, that the same general rule which applies to food applies to physical activity: moderation.

Little and often is a good motto. Make sure your exercise of choice is a pleasure not a chore. Take up a sport in which you can involve your friends or your partner. Choosing a sport that's tailored to your temperament is often the most difficult task, but it is important to be able to keep up the good work. A

recent British study suggests weight lost by diet alone was quickly regained as will-power waned. Weight lost in conjunction with exercise, however, stayed off. Think lifestyle change rather than quick-fix and your programme is more likely to succeed.

Brisk walking is best. According to a study by Harvard University in the USA, you can **add one hour to your life** for every hour you **walk**. You must walk for 30 minutes every day. This is non-negotiable. Walk for 15 minutes from your office or home, then walk back.

The amount of exercise necessary for most people to achieve metabolic body fat changes exceeds that which would be required to simply get in shape. Take at least one month to slowly work up to about an hour of continuous moderate exercise five or six times per week. This should be enough time to burn the recommended 500 calories' worth of exercise per day or 2,000-3,000 extra calories per week that seems to be the average amount required for a weight-loss program.

Now that you know what physical fitness is and what exercise can do for you, you're ready to blast off! Right? Just a minute. The conservative approach would be to have medical clearance if any of these apply: past age 30 and have not been exercising, overweight, have a history of high blood pressure or heart trouble, or you have not had a checkup in the past year.

The liberal approach would be, if there are no obvious warning signs, to go ahead and start exercising. Just make sure you start out easily and progress gradually. Learn how to exercise correctly and take care of yourself.

## **REST**

People get one and a half hours' less sleep a night on average today than they did in 1910, as more chase the night life and work longer hours.

It is a trend which can damage health.

Scientists and doctors agree sleep is essential for a healthy brain; now, researchers have found that **too little sleep can produce biological changes similar to premature ageing** and diabetes.

They found that the body works better with more than eight hours' sleep. Even fit young men restricted to four hours' sleep a night were found to have problems processing and storing carbohydrates and regulating hormones.

Professor Eve Van Cauter and colleagues from the University of Chicago medical department say in the British medical journal the *Lancet* that people in developed countries had, on average, nine hours' sleep a night in 1910.

This has fallen to 7.5 hours "to create maximum time for work and leisure activities."

Professor Van Cauter said: "We found that the metabolic and endocrine hormonal changes resulting from a significant sleep debt mimic many of the **hallmarks of ageing**. We suspect chronic sleep loss may not only hasten the onset but could also increase the severity of age-related ailments such as diabetes, hypertension, high blood pressure, obesity and loss of memory."

In the study, 11 men aged 18 to 27 slept eight hours for three nights, then four hours for six nights and 12 hours for seven nights.

When they had less sleep than they needed, their blood sugar levels took 40 percent longer than normal to regulate after a high-carbohydrate meal.

And their ability to secrete and process insulin fell by about 30 percent, a state similar to signs of early diabetes.

Sleep deprivation also slowed the secretion of thyroid-stimulating hormones and increased blood levels of the stress hormone cortisol, especially in the afternoon and evening.

Increased cortisol levels in the evening are **typical of older people** and are thought to be related to age-related health problems, including memory impairment.<sup>170</sup>

Proper rest habits contribute to our quality of life. They also add to one's length of life. Rest also improves mental and physical efficiency. During rest your body is replenished, waste products are removed and your body systems are re-energised. You are preparing for renewed activity for the day to come.

## **COUNTRY LIVING**

It is calculated from statistical surveys that a person who lives in the country will add two more years to his life, than if he lived in a big city. I suppose air pollution may have something to do with this, although the stress of the rat race and related factors must play a role. (Incidentally, it is also claimed that being happily married will add two years more to your life expectancy than being single.)

Prevention is cheaper, easier and happier than cure. It is better to start early. But if you are already in your "middle age", or older, you can still gain precious benefits from a lifestyle improvement.

# WHAT YOU NEED TO KNOW BEFORE YOU TRY SLIMMING

You should know about these critical things to ensure that you don't get ripped off in a diet program:

- Don't deprive yourself (pp.16-18,20-21,83)  
You can eat more AND lose weight.
- Don't try to lose weight too fast (pp.17,18,20,22,26)  
Be patient.
- Don't cut down on the wrong things (pp.21-23,31,86,87)  
Cut only what makes you fat.
- Don't focus your mind on food and weight loss (pp.23,24)  
Concentrate on other things and you'll lose weight better.
- Don't be anxious about your looks (p.24)  
Focus rather on being healthy.
- Don't slip into a dangerous yo-yo weight pattern (pp.21,22)  
It is safer to be consistent, even if overweight.
- Don't snack between meals (pp.32,101,173,174)  
When you're hungry, drink water.
- Don't eat your biggest meal at night (pp.98,99,101)  
Breakfast should be the main meal.
- Don't skip a meal so as to earn a dessert (p.31)  
You'll still add weight!
- Don't count calories (pp.32,33,40,41,67,84,85)  
Just change the type of calories you eat.
- Don't be talked into eating more protein (pp.61-68)  
Less protein is better for you – and your weight.
- Don't pin your hopes on commercial diet programs (pp.16-18)  
You can do it yourself – with the right formula.
- DO have a clear attack strategy (pp.25,27,28,83-84)  
You CAN do it – in just 8 Simple Steps.



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# INDEX

## **Abdomen 132**

**Aches. See Pain**

Ageing 125,145,193-201

Air 131-143

Alcohol 58-59,207,209

- substitutes 59,73

## **Allergies 54**

Alzheimers disease 205

Anemia 205

Anorexia nervosa 24

Antibodies 182

Antioxidants 202-203,205

Anxiety 7,142,149,159,187

Appendicitis 170

Appetite poor 143,148,175

Arteries 54-55,64,196

Artherosclerosis 8,196

Arthritis 5,53,64,122,125,128,169,205

Aspartame 51

Asthma 125,143,169

Attitudes 179,183-188

Back troubles 5,125,145,158

Bags under eyes 148-149

Balance

- in food 165-166,168

- in nature 131,165

- in physical/mental/spiritual 154,185-187

## **Bathing 129**

Beta-carotene 203,206-207

Blindness. See Eyes

Blood 47,89,117,122,129,136,141,143,145,163,183,187-188,196-197,205

Blood pressure 4,5,53,122,141,143,145,147,196,213

Bones 117,122,124,187,196,207-208

Bowels 129,169. See also Constipation

Brain 64,122,129,148,172,213. See also Mind; Sedentary work

Breakfast 99-101,173

Breath

- bad 172
- shortness of 153

**Breathing 132,138-139,145,158. See also Lungs**

Brushing skin 141-142

Bulimia 24

Business, big. See Industrial deception

Butter 56

- substitute 77-78

**Caffeine 34,37,57,207**

- substitutes 72-73,164

**Calcium 56,62,65,163,207-209**

Calories 29-37,39-41,56-57,66,83-87,91-94,99,104-105,109, 111,210-212

Cancer 5,6,8,53,63-64,68,120,138,179,182,185,196, 206-207,209. See also Skin cancer; Melanoma

Carbohydrates 31,39,85-88,212

Cardiovascular. See Blood; Blood pressure; Circulation; Coronary; Heart disease

Carob 49,70,73

Cataracts. See Eyes

Catarrh 148

Cathartics 169

Cheerfulness 122,143,181-183

Cheese 56

- substitute 76-77

**Chest 132**

Chewing 98

Chocolate 48-49,57

- substitute 70,73

**Cholesterol 4,5,53-54,86,89,92**

Circulation 128,129,196

Clothing 129, 137,141

Coffee 57,127

- substitutes 72,164

**Colas 57, 127**

Colds 128, 136, 148,169

Colon 5, 53, 64, 175,207

Conscience 179-181

Constipation 128, 168-170,175

Contentment. See Peace of mind

Coronary artery disease 7, 55,196,206. See also Arteries

Coughs 131, 148

Country living 138, 179,214



Cream cheese 56  
Cream (sour) substitute 78-79  
Cycling 144

Dairy products 55-56, 62-64,67,209  
Death, premature. See Ageing; Life expectancy; Longevity  
Depression 7, 142,149,172,182,185  
Dermatitis 197  
Despair. See Grief  
Diabetes 4, 6, 8, 54, 63, 89, 196,213  
Diarrhea 132  
Diet drinks 58  
Diets  
- temporary success with 14-18  
- why they fail 20-24  
- develop a plan 27-28  
- how to cut calories 32-34,83-85,91-94. See also Calories;  
Nutrition

Digestion 89,98,120,129,136,143,147,152,172,  
196. See also Indigestion

Dinner. See Supper

Divine power 159,185-190

Dizziness 131,142,153

Drinking with meals 128,173

**Dyspepsia 148**

Eating

- between meals 101,173-175
- chewing 98
- overeating 94,171-172,197-198. See also Meals; Snacks

**Edema 108,165**

Eggs 53,62,67,82,209

- substitutes 78-81

Emotions 178,183. See also Mental health; Mind;  
Psychological disorders; Trust

Enemas 169

Energy 7,101,110,116,118,122,143,145-146,162,183,214

Environment 137-138,143,178-179

Exercise 103-105,132,140,144-154,198,211-212

Eyes 132,148-149,169,203-205,207

Faintness 173-174

Family. See Relationship

Fasting 102,176  
Fatigue 128, 142. See also Energy  
Fats 30-31 33-35,41,52-57,63,85,89, 91,119-121,195,197,  
201,207  
Fear 182,187. See also Trust  
Feet 165  
Fertility 6,205  
Fever 128,130,169  
Fiber 39,87-88,92-93,101  
Financial problems 159,185 (111)  
Flu 135-136  
Fluid retention 108,165  
Forgiveness 183-184  
Fractures. See Bones  
Free radicals 68,195,200-203,205  
Fried foods, 57,164  
Fruit 91-94,168,203-204,206-207  
- juices 59,73,127

**Gall bladder 5,89**  
- stones 5,55

**Gardening 105,150,166-168**

Genitals 5  
Gout 5,197  
Grief 181-182  
Guilt 159,179-181. See also Peace of Mind

Habits, changing 95-96,176  
Hay fever 143  
Headaches 125,128,131,142,145,169,172,173  
Heart 5, 143, 144, 147  
- disease 4,6,8,53,63,196,200,205-207  
- irregularities 153. See also Coronary

**Herb teas 72**

Hope 190  
Hormone production 122,178-179,182,188,212  
Humor. See Laughter  
Hunger 91-93,97,106,122,172,173  
Hypertension 5,213

Ice cream 49-50  
- substitutes 71-72

**Immune system 5, 47-48,118,122,182,195,204-205**

Indigestion 89,94,169. See also Digestion

Industrial deception 61-63,66

Infections 128,182

Intertility. See Fertility

**Influenza. See Flu**

Injuries 129

Insanity 169

Insomnia 129,132,142,157-159. See also Sleep

Intelligence 122,143

Ions 142-143

Iron 56,68

Jam substitutes 71

Joints 5,64,146,165,167,169

Juices 59,73,127

Kidneys 64,68,127,128,136,147,196

Laughter 181

Laws of health 114-115

Learning speed 128,143

Leukaemia 120

Life expectancy 8,9,54,64,132,164,169, 196,. See also Ageing;

Longevity

Liver 5,64,68,122,129,136,148,196

Living foods 162-163

Longevity 5,151-152,192-214

Love 184,190

Lungs 55,124-125,136,138-139,141,143,147,148,169

Margarine 56

Marital relationships 159,179,187

Meals 99-101,128,164,173-175,214

- drinking with 128,173
- eating between 101,173-175
- mixing fruits and veges 164,175
- overeating 94,171-172,197-198, 210-211
- times for meals 99-101

**Meat 52-55, 62-64,209**

Meditation 185,189

Melanoma 119-120

Memory 128,213

Menstruation 6  
Mental alertness. See Mind; Brain; Youthfulness; Learning Speed;  
Memory  
Mental health 159,169,178-190,196  
Metabolism 148,196  
Migraine. See Headaches  
Milk 55-56,62,64,65  
- substitutes 75-76  
  **Mind 128,129,143,165,172,177,189**  
- affects body 177. See also Alzheimer's disease; Attitudes;  
  **Brain; Emotions; Psychological disorders; Relationships; Trust**  
  **Moderation 171-176. See also Overeating**  
Money, eat and save 63,111  
Motivation 154  
Muscles 122,145,147-149,165,169,179,185

Nausea 128,132,142,153  
Nerves 7,64,129,149,165,169,179,183,185,189  
Nervous system 156,169  
Neuralgia 169  
Nicotine 58. See also Smoking  
Noise 179  
Nose 132,148,169  
Nutrition 85-86,93,101,110,162-170,196,198,209-210  
Obesity  
- a problem 1-3  
- defined 10-13  
- causes 29-59,61-68,107-108,145,148,151,196,198,213  
- increases disease risk 4-7  
- premature death 8-9,132,198-199.  
  **See also Fats; Sugar**  
  **Organic foods 209-210**  
Osteoarthritis. See Arthritis; Bones  
Osteoporosis 53-54,64,65,207. See also Bones  
Overeating 94,171-172,197-198,210-211  
Oxygen. See Air; Breathing; Lungs  
Ozone hole 118,200

Pain 130,132,145-147,152-153,165,167,169,205  
Peace of mind. See Attitudes; Cheerfulness; Emotions;  
  Forgiveness; Laughter; Love; Mind; Relationships; Singing;  
  Trust in Divine power  
Piles 169  
Planning weight loss 27-28

- motivation 154

**Plants clean the air 133-135**

Pneumonia 169

Pollution 132-133,135,137

Posture 132,139-140

Prayer, power of 188-189

Pregnancy 5

Protein 61-68,85,89,163,197,207

Psychological disorders 159,169,178,196. See also Depression; Emotions;

Guilt; Mind

Pyorrhea 165

Radicals. See Free radicals

Rashes 132

Recipes 69-81,92,215+

Refined foods 166

Relationship problems 159,179,187

Relaxation. See Rest

Religion and medicine 185-190

Rest 155-161,212-214

Rheumatism 121,169

Right-doing 179-181

Sadness. See Grief

Salt 58,207

Scurvy 90-91,165

Sedentary work 36,140,148,153. See also Brain; Mind

Senility 64

Sex organs. See Genitals; Cancer

Sexual behaviour 176

Singing 183

Skin 5,118,120-122,124-125,129,136,141,196,203-204, 206.

See also Dermatitis; Melanoma

Skin brushing 141-142

Skin cancer 118,204

Sleep 122,129,132,143,156-159,212-214

- best hours 156-157

**Sleeplessness. See Insomnia**

Smoking 58,132,136,138,199-200,207,209

Snacks 32,35,37,40,41

Soft drinks 57-58,127

Sore throat 131

Spicy foods 58

Spiritual health 172,177-190

Sprains 129  
Sprouts 163  
Starches 67,85  
Stomach 129,156,165,173-174,183  
Strength. See Energy  
Stress 122,145,149,177-179, 182. See also Relaxation; Rest;  
Peace of Mind  
Strokes, 6,8,53,63,147,206  
Substitutes for harmful 'foods' 59, 69-81,164  
Sugar 38,41-50,85,196  
- substitutes 69-70,164  
Sunshine 116-123  
Supper 100  
Sweeteners 50-51  
Sweets 48  
Swollen limbs 108,165

**Tea 57,127**

- substitutes 72,164

**Teeth 196-197. See also Pyorrhea**

Temperance. See Moderation  
Temperature 99,165  
Tension. See Stress  
Thankfulness 181  
Throat 131,132  
Tiredness. See Energy  
Tissue repair 157  
Tobacco 58,136  
Tooth decay 196-197  
Trust in Divine power 159,185-190  
Tuberculosis 122  
Tumors 143

Ulcers 183,196

Varicose veins 5,205  
Vegan food-style 89,208  
Vegetarian foods 54-55,66-68,88-89,92,110,162-170,204,206-209  
Ventilation 135-137  
Viruses 128  
Vitality 179. See also Energy  
Vitamins 90,122,170,203-206,209

Walking 105,140,144,150-151,211  
Water 106-108,124-130  
Water retention 108,165  
Weakness 153,171. See also Energy  
Weariness. See Energy  
Weight. See Obesity  
Weight loss plan 83-111,125  
Winchester house 191-193  
Wine, alcoholic. See Alcohol  
- substitutes 59,73  
**Worry 182,187**  
Wrinkles 203,206

Yoghurt 43  
- substitute 76  
**Youth, fountain of. See Youthfulness**  
Youthfulness 202-214

## LOVE'S MIRACLE POWER

**Like any good mother, when Karen, or Morristown Tennessee, found out that another baby was on the way, she did what she could to help her 3-year-old son, Michael, prepare for a new sibling. They found out that the baby was going to be a girl, and day after day, night after night, Michael sang to his sister in Mommy's tummy. He was building a bond of love with his little sister before he even met her.**

The pregnancy progressed normally. However, serious complications arose during delivery. Finally, after a long struggle, Michael's little sister was born. But she was in very serious condition. She was rushed to St. Mary's Hospital, Knoxville, Tennessee. The baby got worse. Karen and her husband contacted the local cemetery about a burial plot.

Michael, however, kept begging his parents to let him see his sister. But kids are never allowed in Intensive care. Finally Karen decided to take Michael whether they liked it or not. If he didn't see his sister right then, he might never see her alive.

But the head nurse spotted him and bellowed, "Get that kid out of here now!"

Karen glared steel-eyed at the nurse. "He is not leaving until he sings to his sister."

The 3-year-old boy gazed at the dying infant. After a moment, he began to sing: "*You are my sunshine, my only sunshine; You make me happy when skies are grey.*"

Instantly, the baby began to respond. The pulse rate began to calm and become steady.

*"You never know dear, how much I love you; Please don't take my sunshine away."*

As Michael sang, the baby's ragged, strained breathing became normal like the purr of a kitten. Tears now trickled from the nurse's face.

The next day... the very next day... the little girl was well enough to go home.

What miracles are wrought by LOVE!!!