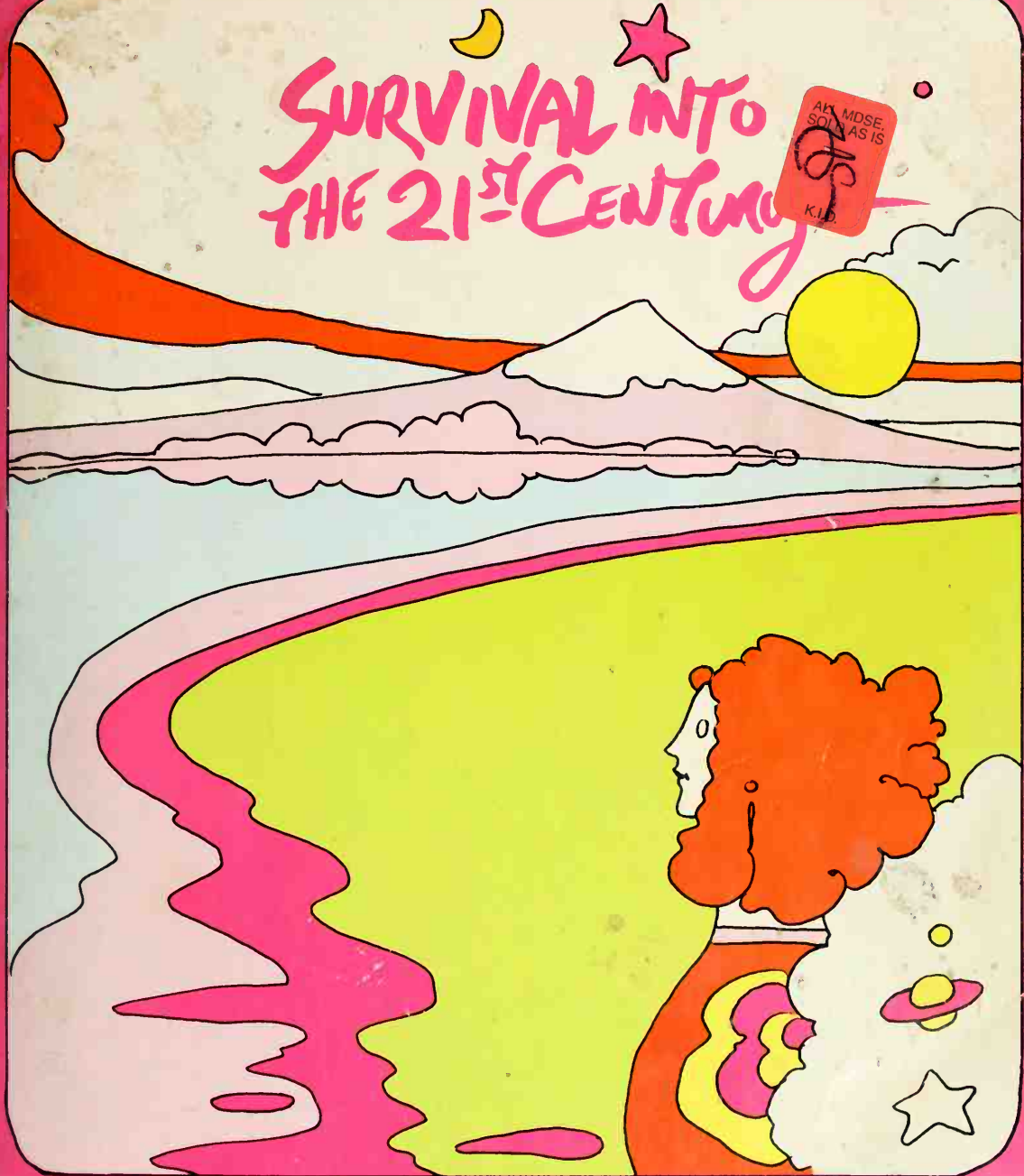


SURVIVAL INTO THE 21ST CENTURY



—PLANETARY HEALERS MANUAL—

BY VIKTORAS J. KULVINSKAS, M.S.

COVER: PETER MAX ART: JEAN WHITE INTRODUCTION: DICK GREEDY

"Clasp the hands and know the thoughts of people in other lands."

- John Mansfield



"We shall be one person."

Pueblo Indian

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Expanded, updated July 4, 1979

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ART

My thanks to Peter Max and staff for the front cover. I am particularly appreciative to Jean White for inner art and back cover. She is a free lance artist and is available for new age illustrative assignments. She may be contacted through the Omangod Press.

SURVIVAL

INTO THE

21-st

CENTURY

By Viktoras Kulvinskas

Front Cover: Peter Max

Back Cover and Art: Jean White

Introduction: Dick Gregory

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OF MICE AND MEN

By James Grant

Six years ago, the eminent chemist (Dr. Linus Pauling) and his former student (Dr. Arthur Robinson*) helped to found what today is known as the Linus Pauling Institute of Science and Medicine.

Twice Pauling has won the Nobel Prize: first in chemistry, in 1954, then in Peace in 1962. Robinson who received his Ph.D. in chemistry from the University of California at La Jolla in 1967, and who was immediately invited to join the faculty there, began the experiments at the Institute in '76. The work was still underway in June 1978, when his trouble with Pauling began. Robinson says that he designed and managed the tests, and in part conceived them, although he drew heavily on the research of several other scientists, among them Homer Black, Ewa Cameron (now at the Institute), Malcolm Dole and Pauling himself, as well as the suggestions of Eydie Mae Hunsberger and Arnold Hunsberger, nonscientists who have a special interest in diet and cancer. (Mrs. Hunsberger is the author of the book, "How I Conquered Cancer Naturally.")

He found that a pure diet of raw fruits and vegetables significantly reduced the size and number of cancerous sores in the mice; and that a conventional diet supplemented by very high doses of vitamin C (the human equivalent of 50 grams a day) had roughly the same beneficial effect. When the two regimens were combined - heavy vitamin C together with raw fruit and vegetables - the results were "just fantastic".

June 11, 1979

Baron's

DIET AND CANCER

To the Editor:

In James Grant's article of June 11, "Of Mice and Men," he refers to a three-year series of experiments on squamous cell carcinoma (skin cancer) and nutrition in mice that I designed and directed at the Pauling Institute. The controversial parts of these experiments showed severe lesions per 50 mice of 49.6, 100.1, 82.3, 61.4, 57.0, 25.0, 7.4 and 13.9 for percentages of vitamin C by dry weight in Wayne Lab Block mouse food of 0, 0.3, 0.6, 1.2, 2.4, 4.8, 9.6, and 19.2 respectively. Araw fruits and vegetables diet showed severe lesion values of 15.7 and 1.4 for percentages of vitamin C by wet weight of 0 and 2.5 respectively.

Cancer was induced by daily ultraviolet radiation of hairless mice that lived throughout the experiments on the designated diets. At dosages comparable to 10 grams of vitamin C per day for humans, the cancer incidence was increased about twofold, whereas at dosages comparable to 100 grams per day, it was decreased about fivefold. **A diet restricted to apples, pears, carrots, tomatoes, wheat grass, sunflower seeds and bananas decreased the cancer by about the same amount as the very high vitamin C dosage, whereas addition of protein to this diet seems to eliminate its benefits.** When used together, the raw fruits and vegetables and vitamin C caused a remarkable **35-fold decrease in cancer incidence.**

The incidence of severe lesions in these experiments was caused to vary over a 70-fold range by nutritional measures alone. Regardless of the specific nutrition or the specific cancer assay system used, this result supports the view that optimum nutrition should be given a high priority in cancer research.

These particular experiments were based upon a system developed by Homer Black and suggested to us by Malcolm Dole, carried out for the most part by Dick Willoughby and Ruth Reynolds over a three year period, and aided in essential ways by Klaus Bensch, Arnold and Eydie Mae Hunsberger, who suggested the raw foods diet, and several other people. They were financed equally by the research funds of Linus Pauling and of me. Linus Pauling seized the mouse colony a year ago, prevented professional publication of this work, claimed the work as his own, labeled the work too "amateurish" for publication, and refused my proposals that we publish the work even, if necessary, through arbitration. He also complained that I had encroached on his research area by working on nutrition and cancer and that this research would harm his efforts to promote vitamin C alone as a cure for cancer.

In the July issue of Prevention, Pauling is quoted as saying, "My present estimate is that the incidence and mortality from cancer could be decreased by 75% by the proper use of vitamin C alone, starting out with taking vitamin C prophylactically." Neither this exaggeration of current knowledge nor the suppression of research results not fully supportive of it are helpful to effective study of the relationship between cancer and diet.

Arthur B. Robinson
San Francisco

Barron's Sept. 3, 1979

WHEATGRASS AND CANCER

University of Texas System Cancer Center
M.D. Anderson Hospital and Tumor Institute

The following study was reported by Dr. Chiu-Nan Lai, PhD, in the Report To The Physicians of Texas Newsletter, JI-Aug, 1978.

Recent experiments with wheat plants here at MDAH have shown that extracts of wheat sprouts exhibit antagonistic activity toward known carcinogens in vitro, as measured by the Ames test. The test, which measures the production of histidine-independent revertants in specially constructed mutants of *Salmonella typhimurium*, is a direct mutagenesis assay with apparent good predictive value for carcinogenesis.

These results are of interest for two main reasons: (1) The inhibition of metabolic activation of potent carcinogens is quite high for low levels of extract, and (2) wheat sprout extract is nontoxic, whereas most known inhibitors of carcinogens are toxic at high levels of concentration. Trace elements such as arsenic, iodine, platinum, copper, and particularly selenium in a certain oxidation state, have shown antineoplastic effects.

SPROUTS VS CANCER

In a provocative report at the meeting of the American Chemical Association, Drs. Chiu-Nan Lai, Betty J. Dabney and Charles R. Shaw of the University of Texas (Houston) suggested that a few of these items may have distinct cancer-preventive properties.

When Dr. Lai and her colleagues applied extracts of wheat sprouts to certain known chemical mutagens, the activity of the chemicals diminished radically, by 99% in some instances. Mung beans and lentil sprouts performed similarly, while extracts of carrots and parsley didn't do very well.

The key appears to be chlorophyll, which, it seems, is an effective inhibitor of certain mutagenic chemicals - those, in particular, that are activated by enzymes in the body. Only wheat sprouts grown for a week or two, until four or five inches high, showed any inhibitory properties. Heating the extract lessened the potency. An analysis showed that carrots and parsley have less chlorophyll than the sprouts.

The researchers reached their conclusions by using standard tests to measure the ability of the chemicals to mutate bacterial cells - an accepted signal of possible carcinogenic (cancer-causing) potential. Next step: extract in mice treated with proved cancer-causing agent.

Science Digest, May 1979

comments and letters to viktoras about his books

National Health Federation - "Thank you, Viktoras Kulvinskis, for adding joy and health knowledge to our library. Your teachings, love and support will guide people to a better understanding of themselves, and they will find truth in the wisdom of your pages." Stephanie Shane

Betrice Hunter - "This is useful, well researched booklet, well worth the investment."

Mr. & Mrs. V. E. Irons (Vice Chairman, Board of Governors, National Health Federation) "are very much impressed with your book Survival. Will you quote a price on a minimum of 10 books? Please let me know and we will place the order - with check - from this office. Many thanks." C.W. Dahlin.

Mary Latane (87 year-old youth) - "Cleansing from last Christmas spree is making me see how much God loves his Son. Want to let you know your splendid book, Survival Into 21st Century, and the Bible are my guide light - thank you for being you and helping me."

New Age Book Review - The essentials of human nutrition, material and spiritual, and expressed in Viktor's most comprehensive book, "Survival Into the 21st Century". It is a panorama of the New Age, written simply and lovingly... It is a Healers Manual suitable for every home, evolving and regenerative in itself. (Sept. 79)

Dr. Bernard Jensen, N.D. - "Thank you very much for the book. I certainly am enjoying it and I do appreciate your mentioning me. All best for your continued success."

Shate Institute - I would like to pose a question to Kulvinskis... we are trying to determine the levels of alpha tocopherol in sprouts... suggest the member units found in soaked seeds as well as a day-by-day run down. (July 79)

Booley Hise - "What a holy book you have written. Words fall us, but it is so beautifully done - the Bible of the Aquarian Age. Truly you have created something the world needs."

Uri Geller (Master of psychokinesis, telepathy, clairvoyance) - "They are some of the most informative books I have ever read on this subject"

Ken Keys, Jr. (Founder and President of Living Love Center and Comucopia Institute) - "Thank you for the copy of Survival. What a beautiful job you've done. I occasionally flash on the beautiful times we enjoyed on the Caprice in Miami. I especially remember the wonderful massage you gave me."

Ruth Rogers, M.D. - "This is the most informative and instructive book on sprouts. One of the best health measures and treatments is raw foods, especially sprouts."

Stanley Bass, D.C. - "Your Survival is most stimulating, encyclopedic and bold attempt at a whole integrated look at Man and the Universe. I'm recommending it to my patients."

TABLE OF CONTENTS

PRELIMINARY

1. Foreward
2. Dedication
3. Acknowledgments
4. Table of contents
5. Introduction by Dick Gregory /4/
6. Preface

PROLOGUE

1. God Has A Plan For Survival /6/
2. Surviving the Apocalypse /10/.

Book I, NEW AGE NUTRITION

- Ch. 1. Food In Your Poison /12/
2. Food Hunting For The City Dweller /16/.
Cooperative buying for low prices /17/ . . . Cooperative living /18/ . . . Preparation for survival /18/.
 3. Food For The Aquarian Age /22/.
 4. Some Common Nutritional Fallacies /22/.
Vitamins /23/ . . . Vegetarian sources of vitamin B-12 /24/ . . . Sun vitamins /24/ . . . Who needs a high protein diet /24/ . . . Is a complete protein food possible or necessary (Recycling the amino acids) /25/ . . . Eating vegetarians might be harmful to your health /26/ . . . The cancer in meat /26/ . . . The heart disorders in meat /27/ . . . Leukemia /27/ . . . Schizophrenia /27/ . . . Low protein diet is the human diet /28/ . . . Minerals /29/ . . . Calories /30/ . . . Condiments /30/ . . . Deadly dairy /30/ . . . Stimulants /30/ . . . How to get stoned on water /31/ . . . Roughage and cellulose /31/.
 5. Mucus Cleared Up /32/.
Function of normal mucus . . . Excessive mucus generated by high proteins, grains, dairy products and cooked food.
 6. Overeating — cause and elimination /33/.
Ambivorous anonymous /36/ . . . Only the skinny will survive /37/ . . . Lose weight now /37/.
 7. Transition From Plastic To Kosher Foods /38/.
Food combining for best digestion /38/
 8. Vegetarian and Macribiotic Diet /40/ .
Cooked starches /41/ . . . Salt /41/ . . . Vegetarian diet for the city dweller /42/ . . . Who are the vegetarians /42/.
 9. One Homosapiens Well Done Please! /43/.
The temperature of your food affects you /43/ . . . Enzymes in raw food /45/ . . . Protein loss in cooking /46/ . . . Vitamin loss in cooking /48/.
 10. Live Food Vegetarian Diet /48/.
 11. Grass /50/.
 12. Chlorophyll the Healer /52/.
 13. Green Juice For Cell Rejuvenation /55/.
 14. Wheatgrass For Health /56/.
Uses /56/ . . . Grass juice rejuvenation regime /57/ . . . How to drink your grass /59/ . . . Daily regime /59/ . . . Enema /60/ . . . Wheatgrass juice implant /61/.
 15. Grow Your Own Grass /64/.
Planting /64/ . . . Harvest /64/ . . . Juicing /65/ . . . Composting /65/ . . . Instant grass /66/ . . . Grow wheatgrass without soil /66/ . . . Reasons for failure and corrections /67/.
 16. Sprouts For Health and Economy /67/.
How to use seeds and sprouts /72/ . . . General sprouting method /73/ . . . Mung and soy /75/ . . . Sprout salad in one jar /75/ . . . Sprouting errors /76/.
 17. Indoor Viktory Gardens For Survival Ecology /76/.
Buckwheat lettuce /76/ . . . Sunflower greens /76/ . . . Fenugreek shoots /76/ . . . Miniature indoor green house /78/ . . . Herb garden in your kitchen /78/ . . . Comfrey the miracle herb /79/ . . . Lighting /80/ . . . Tops for winter salads /80/.
 18. Weeds For Health And Survival /82/.
 19. Storage Of Garden Produce For The Winter /83/.
 20. Seed Storage /86/.
 21. The Sproutarian /86/.
Greens are your medicine /86/ . . . Dietary Regime /86/.
 22. Fruit Hunting In The Synthetic Jungle /89/.
Coconut, banana, avocado, mango, papaya, citrus, pineapple, melons, watermelon, cantaloupe.
 23. Fasting Not Starving /92/.
Wheatgrass fast /93/ . . . Preparation /94/ . . . Length of fast /94/ . . . Amount of juice /94/ . . . Fluids /94/ . . . Daily routine /94/ . . . Water fast /95/ . . . Breaking the water fast /97/ . . . After the fast /97/.
 24. Aquarian Liquid Diet /97/.
 25. Return Of The Fruitarian /100/.
Karma free fruit feasts /101/ . . . Chemistry of fruit /101/ . . . Fruitarian dilemma /103/ . . . Future fruitarian farms /105/ . . . Fruitarian path /107/ . . . Where to live long /109/ . . . Fruitarian heads /109/ . . . 100 year old fruitarian youth /113/ . . . Tropical trip /113/.
 26. Breatharianism — Sunshine For Lunch /116/.
Light is life /118/ . . . Love light /121/ . . . Color chakras /121/.
 27. Longevity /124/.
Lost wisdom of the ancients . . . Akashic images of the natives from the garden of eden . . . Greek evidence for the 200 year old fruitarians . . . How an Azerbaijan native lived 167 years . . . 112 year old Shvapurri Baba looks 25 . . . Longevity in high mountains on frugal diet . . . N.Y. Times reports the death of Li-Chung Yun at age 256.

Book II, YOGA

- Ch. 1. Introduction To God /128/.
2. Many Bodies One Soul /129/.
3. How To Be A God /133/.
4. Hatha Yoga /135/.
Pranayama / 137/ ... Relaxation / 140/ ... Sleep / 142/
5. Raja Yoga /142/.
Sound current meditation / 145/ ... Meditation on the light in your head / 145/.
6. Laya Yoga /148/.
Use of chakras for higher spiritual state realization.
7. Mantra Yoga /151/.
Mantras, prayer and invocations.
8. Karma Yoga /151/.
Work and service.
9. Bhakti Yoga /154/.
Love and path of devotion.
10. Tantra Yoga /156/.
Total experience of every aspect of life.
11. The Cycle of Reincarnation /156/.
We never die.
12. God In Evolution /158/.
13. Ethics of Yoga /161/.

Book III, FATHER, MOTHER AND CHILD.

- Ch. 1. The River of Life /165/.
How to rejuvenate the fountain of youth / 168/.
2. Biological Superiority of woman and the study of menstruation /168/.
Destruction of woman's potential through menstruation / 168/ ... Effect of diet and life style on menses / 168/ ... What is menstruation / 171/ ... Do animals menstruate? / 171/ ... Menses of the monkey / 171/ ... Menses as a toxic reaction / 172/ ... Menstrual loss of essential body fluids / 173/ ... Cessation of menses due to good health / 173/ ... Cessation of menses due to poor health / 174/ ... Diet, menstruation and fertility / 174/ ... Menstruation and war times / 175/ ... Menopause / 175/.
3. To Become a Mother /175/.
Preparation for pregnancy / 177/ ... Complications of pregnancy / 177/ ... Natural childbirth / 179/.
4. Superbaby /179/.
Breast milk first food / 179/ ... Fool proof milk formula / 179/ ... Children sickest in USA / 181/ ... Toxic baby reborn / 181/ ... For superior birth no sex during gestation / 182/ ... Continence during lactation / 183/ ... Little one's diet / 183/ ... Love life of a baby / 185/.

Book IV, HEAL AND BE HEALED.

- Ch. 1. To become a Healer /188/.
2. Temple of God and How it works /190/.
3. Haircuts can be Dangerous To Your Health /192/.
4. Physiognomy /193/.
Diagnosis from the face lines ... How to remove the face lines.
5. Iridology /197/.
Diagnosis from the markings in the iris.
6. Zone Therapy and Acupressure /200/.
Diagnosis and therapy on the feet / 200/ ... Compression massage of feet / 202/ ... Fingers and hands / 203/ ... Spine and back / 204/ ... Migraine / 204/ ... Constipation / 206/ ... Sleeplessness / 206/.
7. Massage for Exhilaration and Relaxation /206/.
Beneficial effects of massage / 207/.
8. Polarity Therapy /209/.
9. Color Healing /210/.
10. Healing Herbs — How to Use Them /211/.
11. Cause Of Disease /215/.
Acute illness / 216/ ... Chronic disease / 216/ ... Osmosis and the ecology of disease / 216/ ... Crisis / 219/ ... Warning / 220/ ... How to keep your teeth painlessly / 221/ ... Regeneration of the eyes / 222/ ... When somebody fails try grass / 222/ ... Dairy products and Arthritis / 223/ ... Sweet life of a diabetic / 223/ ... The tired hypoglycemic / 224/ ... Cancer comes from bad eating manners / 226/.
12. Testimonials and Letters from Friends /230/.
History of second birth / 230/ ... I choose survival / 231/ ... "Do it now!" says 14 year old sproutarian / 235/ ... Detoxification experience after 500 acid trips / 236/ ... 42 day fast and recovery from arthritis by 68 year old attorney / 238/ ... Minister, director heals prostatic blockages / 238/ ... Search for health by Hypoglycemic / 240/ ... Hypoglycemia healed / 241/ ... Hypoglycemia and Schizophrenia / 242/ ... Cancer, enzymes and raw food / 243/.
13. Testimonials from Seicho-No-Ie Clinic, Japan /244/.
Breast cancer and stomach troubles ... Acute pleurisy ... Prolapse of anus piles ... Tuberculosis ... Eczema ... High blood pressure ... Carbuncle ... Pyorrhea ... Warts ... Cancer of the Larynx ... Gray hair ... Senility ... Womb cancer ... Offensive odors.

Book V, FOOD FOR MORTALS

- Ch. 1. Why Seasoning? /248/.
2. Recipes /248/.
Cooked foods / 248/ ... Live foods / 250/ ... Menus for a famine / 254/ ... Live organically on 24 cents a day / 254/
3. Intestinal gardens /255/.
How to cultivate friendly bacteria.
4. Fermented Foods /257/.
Rejuvelac from grains / 257/ ... Seed Yogurt / 257/ ... Seed cheese / 258/ ... Saltless sauerkraut / 258/ ... Tasty Juices / 258/.

Book VI, HOW TO BE HAPPY.

Ch. 1. The programming of Happiness and Unhappiness, Ken Keyes Jr. /259/.

Addictive, preferential and bliss programming . . . The mechanics of unhappiness and happiness . . . Bliss programming . . . The purpose of your life.

2. Food Combining Chart For Happy Digestion /267/.
3. Spiritual Frontiers /268/.
4. How, What and When to Eat for Happy Body and Smiling Soul /269/.
5. Chemistry of Food /270/.
Mucus, acid and alkaline foods.
6. Drink Yourself to a Health Attack /270/.
Juice combinations for taste and healing properties.

Book VII, BOOKS AND NEW AGE RESOURCES FOR SURVIVAL

Ch. 1. How To Build Distillers for \$12 and Less /271/.

2. Sproutarian Quick Service Chain Restaurant /271/.

3. Books of the New Age. Review and Publishers /275/.

Psychology /275/ . . . Spiritual /276/ . . . Healing and nutrition /276/ . . . Diet, disease and poison /277/ . . . Fasting /278/ . . . Color therapy /278/ . . . The beautiful body /278/ . . . Primitive human's diet and health /279/ . . . Sex, pregnancy and childbirth /279/ . . . Animals and pets /280/ . . . Survival /280/ . . . Tyranny and economical survival /281/ . . . Gardening, wild plants and herbs /282/ . . . Food /283/ . . . Books available from Omangod press /283/ . . . Love Your Body /286/ . . .

4. New Age Healing, Education and Survival Centers /288/.

Vegetarian centers /288/ . . . Health resorts /289/ . . . Schools for the study of the healing arts /291/ . . . New age center /294/ . . . Directory of directories /296/ . . . New age periodicals /297/ . . . Publishers /298/ . . . Community living /298/ . . . Fruitarian festivals /300/ . . . Quicky ministry ordination /300/ . . . Food and utensil sources /302/ . . . Coops /305/ . . .

5. Viktoras \$6. Juicer /288/

Book VIII, THE BEGINNING OF THE END

Ch. 1. Bibliography /306/.

Over 260 references from medical and scientific journals.

2. Index /311/.

3. Last Minute Additions /316/

Color, juice fast, protein.

4. What to do After Reading Survival /316/.

5. Shattered disk, paralysis and complete recovery with wheatgrass juice /317/

6. Why Organic Food /317/

Book IX, 1979 APPENDIX

Ch. 1. A Season of Changes /318/

2. Compulsory immunization against Cancer with a wheat grass juice cocktail /319/

3. Journal review of Survival Into 21st Century /319/

4. Testimonials of Survival /320/

5. A letter from Ernst T. Krebs Jr, D. Sc., co-discoverer of Laetrile /322/

7. Viktoras 1979 /323/

"Increase the speed of your activities thousands of times, countless times more than it is now, and accomplish your work. There are three realms: physical, mental and spiritual. It is your duty to show society the right path in these three realms. Your success also depends on your speed. Work with the infinite power of God and with infinite speed. Victory is surely yours."

The Great Universe, Shrii Anandamurti

A new scientific truth
does not triumph
by convincing its opponents
by making them see the light
but rather because its opponents
eventually die,
and a new generation is familiar with it.

DEDICATION

To my mother whose love, courage and assistance made this book possible. To my father who influenced my life in so many subtle ways to pursue the path of truth.

ACKNOWLEDGEMENTS

I am indebted to the many friends who cooperated in the creation of this book. My deepest thanks to Hermine Hurlbut who worked with me over the years as editor, experimenter and helper in the structuring of the book. I am grateful to Joan Newman for reading, suggestions and editing. My thanks to Louis Acker who kindly shared his manuscripts on yoga; Christine Goursky who assisted in compiling the color section; my thanks to Ken Keyes, who inspired me with his radiant life for allowing me to include the chapter on happiness from his book; Johnny Lovewisdom for his spiritual dietetics.

Jean White, who gives joy and life to the sacrificial paper with her art images - I thank her for sharing her visions with us. David Base and Margaret Geiger did the Zone Chart of Reflexology. Ed Jordan introduced me and assisted in the technology of publishing.

Thanks to Professor Hilton Hotema and Dr. Raymond Bernard, of the Health Research Publication for their writings on longevity, sex and diet. Edmond Szekely I thank for allowing to quote the many passages from *The Essene Gospel of Peace*. I am grateful for permission to quote Dr. Jensen from his excellent book on iridology. I thank Dick Gregory for his friendship and inspirational lifestyle proving the possibility of a fruitarian path. Last, but greatest in importance, I thank Ann Wigmore who founded the Hippocrates Health Institute and continues her work and teaching on natural living.

Furthermore, I acknowledge my indebtedness to the forerunners of a new culture who greatly influenced me in person and through books and helped me to ascend from disease and ignorance: L. Hamilton, H.G. Bieler, A. Davis, M. Kushi, H. Shelton, T. De La Torre, J. H. Tilden, E. Krebs Jr., N.W. Walker, B. Hunter, W.H. Fitzgerald, A.C. Guyton, A. Ehret.

I want to thank the personnel at the Harvard Medical Library and Massachusetts Institute of Technology Library for assistance and permission to use the facilities for research. A word of deep thanks to the many brothers and sisters who asked me questions, shared their secrets and gave me guidance.

My special thanks to clients, friends and far away acquaintances who experimented with me in the many phases of natural healing and diet. In the context of this book, I've attempted to give credit to the quotes and various ideas. Because of the extensive number of reference sources cited and the difficulty experienced in trying to reach the authors to obtain quoting privileges, I want to thank all of them as a group for making it possible to extend the boundaries of human knowledge through the sharing of their discoveries.

My silent thanks to the angels and elves for guidance in the writing and publishing of this book especially in the assistance in format design, layout and paste-up. I am highly indebted to the staff Casle Publications, especially to Robert Phinney, Bob Ryan, Brenda and her assistants who made the printing of this book possible.

For any shortcomings, error of fact or judgement that might have been made in this book, the author takes the credit. The information in the book is believed to be authentic and reliable; however, no guarantee is implied and all actions pursued as a result of the material in this book is done at sole risk of the reader. The book itself is of low nutritional content and should never be eaten, only digested.

Since I had to work alone during the last phase of adding, changing and publishing of the book, the errors related to spelling or grammar that might be found should in no way reflect to the editors of the book. It is the result of the authors attempt to get the book out as quickly as possible.

INTRODUCTION

"Progress is what it's all about" is the trip Maya lays on your head, brother and sister.

More oil, more money, more cars, more chicken in more pots.

But when one progresses into a pool of quicksand, one better start thinkin' quick whether or not one can afford that sort of progress.

Why we progressin' so far we left 'our ol' mother nature way behind? She just can't keep up with our demands-for more oil, more industry, more jobs and more of everything that, unlike the best things in life, don't come free.

The truth is, we progressin' ourselves right into nowhere.

Well, ever since Adam, folks is always been thinkin' that the grass near the tree of knowledge is greener than the grass near the tree of life.

Jesus said "*the kingdom of God is within.*" But Many of us believe that the grass is greener in the kingdom of wisdom. So we always seekin' outside ourselves for what we got right in the backyard of our own souls. "*Seek and ye shall find.*" Depends what and which direction you seek.

You know, a lot of times you got a choice between two hands of the same product. One is in a plain wrapper and is cheap. The other is in a fancy wrapper and is expensive. Well, you just figure that naturally the fancy expensive one is better quality. You figure things which are cheap or free, are too good to be true, right? Not so right!

You eat an apple a day, you might be keepin' the doctor away (if your doing other things right, too)-but you doctor up that apple with sugar, peel it, and bake it and all you'll be keepin' away are all the good things *nature put into that apple.*

Now dig this! Nothin' ain't really free. You won't get to that avatar level sittin' around enjoyin' yourself.

To get to the kingdom within, you got to pass through a door, and that door is marked "*right thinking, right action, right speech and right intentions*" (right on Buddha). All of which ain't necessarily the natural inclination a human is born with, else why did they eat the forbidden fruit in the first place?

So you figure you'll take the "easy" way out and forget about the fact that one day you'll leave your bod and give a reckoning. So you get a 9-5 job and you get a car and you get a marriage partner and you get a t.v. and you get ahouse on mortgage and you get..and you wind up grinding and toiling and sweating and rat racing to the progress goal which like the horizon you never get to, it's always (like the peace for all times in the world, Vietnam..) "*just around the next corner.*"

And the one who takes the real easy way of getting to know about the free things in life? S/he winds up doin' a lot of hard soul searching and suffering to go through that door to ones inner kingdom.

"Easy"? "Free?" Depends which way you look at it. That is the way of Tao.

Jesus, Tao, Buddha-they're all pointin' the same way from different points on that wheel of Maya. Toward the center.

Living in the pit of maya, the center can feel so far away, yet it is as near as the first act of love. This book of Viktoras is seeded with tons of sprouts and flowers which can blossom with thoughts, acts and a world of total love. Maya be no more. So, may a reader be released from the grips of matter, through a non maya life, into the center of "*be here now*".

Be Centered Brothers and Sisters.
Be centered!
Be. BEer. BEest.

Dick Gregory
May, a, 1975

MESSAGE TO THE READER

The information in this book is not intended to be prescriptive. In spite of the safety and simplicity of the programs suggested for persons suffering from chronic debilitating conditions, for optimal results and additional hints and interpretations, the author suggests the patients should be under the guidance of a doctor, chiropractor, osteopath or naturopath who is versed in nutritional therapy, fasting, crises and withdrawal reactions under dietary change.

This book makes no claims to offer a cure for aches and pains, colds or chronic ailments like cancer, diabetes, arthritis or heart disease. Instead it offers you a way of life in tune with Nature's law to regenerate the body, heal it, regain its beauty and prolong its youth.

The methods for healing that are suggested may not be in accord with consensus of the medical profession. This information is made available to those who wish to investigate all known methods of healing. In time of sickness, or accident, the individual will have to accept the responsibility of choosing ones doctor and the method. The Hippocrates Health Institute and thousands of brothers and sisters around the world believe the principles contained within this book to be sound.

The publisher assumes no responsibility for improper application or interpretation of the laws of nature contained within this book. However, we feel the consequences are far less than those due to the use of medicine and poisons for therapy. Right nutrition is the only path, with minimal discomfort for providing the body with the needed matter from which it can rebuild itself.

The healing section of the book is written in layman's language. The technical papers cited should be consulted by doctors to evaluate the full potential of the ideas and data.

Your Brother in Cosmic Consciousness
Love
J. RAY
May 1975

INTRODUCTION 1979

The most important work the individual can do to prepare for 1983 and planetary survival is:

- (a) to chew daily on grass--it is absorbed immediately in mouth--protects you against pollution, radiation, chemical carcinogenics, depression...(see text for details)
- (b) to love self and others unconditionally (see ten commandments and Ken Keys, Jr. in text, Course in Miracles, etc.)
- (c) to increase body consciousness through a continuous dietary transitions as body sensitivity demands changes toward higher purity. A diet of at least 80 percent raw food, emphasis on the rejuvenating indoor greens and sprouts, is a must to offset the planetary contamination effect. For cooked food use hard vegetables and root tubers. Stop use of cooked protein foods and oil.
- (d) you create health or disease by your desires and practices. Desire health, forgive yourself and be compassionate. Dietary backsliding is ok. You are a student of self healing, it is natural to make mistakes, generated by past thoughts. Keep that belief in yourself, have faith, hope, charity and lots of patience. You have a big job to do: To teach your body how to eat and behave. Eventually you will be more consistent. Do not vacillate between extremes of diet, such as weeks of raw food and juice, and binges of starch, sugar, dried fruit and concentrated protein. It is better to eat consciously little, as medicine, of the undesirable foods, until you are ready to give it all up. Eat enough to be balanced, the meditative daily work will focus you on the currently needed transitional food that gives you high energy.
- (e) to work hard to improve the planet and stay detached from the results.
- (f) to remember daily in our prayers, meditation that we are perfect, have been perfect, and will continue to be perfect, living in a perfect world which allows evolutionary perfection to manifest through the daily challenges presented by the divine.

The bible has many stories where planetary disasters were offset by the action of people. A life oriented toward prayer, love, fasting, service, changing the vibrations of the planet so that the gravitational induced cataclysm does not occur. Edgar Cayce says emphatically that the actions and the applied morality of a community can temper, sometimes postpone or prevent disasters.

This is the most exciting time to live, a time of cosmic high. With the 1984 planetary alignment preceded by the Jupiter and Uranus alignment of March 1983, we should be feeling the strong gravitational pulls by October of '83 which could lead to quake activity, triggering of nuclear holocaust of N-power plants and stored weapons, as well as the fires and explosions from stored chemical, gas and other toxic substances.

We can work to create peace and harmony or be careless and lose the billions of years of earthly evolution and be forced to start the process again. In the absolute universe there is no time or space, thus allowing us to be perfect forever where no perfection exists.

INTRODUCTION

Dear Brothers and Sisters: We are living in a most challenging age. Love is the only reality that can resolve the dilemma of our time. Materialism is dead. It has been composted by today's youth to fertilize the seed of love and spirituality. Materialism has served its purpose. The ugliness and suffering about us have made us more appreciative of tenderness, beauty, grass and trees. Psychedelic drugs have weakened us to our overwhelming need to experience spiritual reality.

"February, 1962, ushered in the Aquarian Age — the age of light. This light is a power that can construct or destruct." The transition from the era of Pisces and materialism into the sign of Aquarius and spirituality, is the stage for current events. Each passage of an age has been attended by drastic alterations in the spiritual, philosophical, psychological, social, economic and scientific structures of humanity.

Abuse of Nature's laws in bringing about a major ecological healing crisis of the earth. One does not make superior wine in the dregs of an old cask. Nature will eliminate congestion in order to establish the original purity of earth. The world will become an insane asylum and war will be its therapy. Misuse of the sexual functions and over-population will be cured by famine and pestilence. Darkness from air pollution will be filtered out through the lungs of billions of asthmatics, victims of lung cancer and respiratory disorders, so that the light of cosmic radiation may once again play on our bodies and nourish our consciousness.

Do not be troubled by unhappy events predicted. They will all come to pass. We are not evolved enough to circumvent the tragedies induced by cosmic cycles. Suffering will rejuvenate the spiritually dormant who will learn of the oneness of all in God through love.

The next three years are crucial to our survival. Do not expend energy complaining about environmental disasters. Work toward a change. Unloving thoughts and internal body pollution from an unhygienic diet are far more devastating to health and well-being than external environmental factors.

If you are not getting anywhere, stop, don't try. Be where you are. You have to start somewhere, so start by seeing yourself as you are this second.

Maybe you're a slob, eat like a pig, are lustful, take drugs, cheat, steal, procrastinate, are filled with little secrets and lies — more and more. No one could love you, if they only knew. So what?

Accept yourself. The past has been good, for it brought you to this moment of consciousness. The kingdom of heaven is within, it can be unlocked through self-love. Then it becomes very easy to love others. Everything becomes easy. Nothing can hurt you.

God has a plan. There are no accidents. Don't complain about seeming badness. Get into God's trip. Listen in silence. God is calling all of us.

Everything is going according to the cosmic plan. In our present patriarchal world, the desire to control Nature has created the conditions on this planet — poisonous chemicals, pollution, war, murder, famine, plague, and the rape and devaluation of women.

Chemicalized and junk foods, liquor and Madison Avenue conditioning have made us sick, made us prone to question our pop-a-pill-for-what-ails-you culture. These poisons are sacred. They have been our teachers, bless them and thank them.

Intellectuals heard about the Indian Yogis who were in superhigh states. We americanized their highs and tripped out into beautiful color, cybernetic nature and became non-violent on pot and LSD. These were short highs. So the drugs were dropped in the pursue of the 24 hour a day high of the yogis. Let us bless the drugs for introducing us to heaven within.

Pollution has its blessings. It has forced many away from an unnatural city life to a vibrant, healthy life in the country.

The insecticide manufacturer, the AMA, the FDA and the mad bomber are working with the saints, with you and me, very hard, to purge ourselves of thousands of years of materialism in order to speed the emergence of the most beautiful age. We have to purify ourselves, hence the path of suffering and death for many, especially for those who fail to discover through suffering the laws of Nature and of God. Those who have become aware of these laws and are living by them have already influenced many. More and more of our brothers and sisters are purifying their bodies through diet and exercise, raising their consciousness through loving acts and meditation, planting the seeds of blooming themselves.

YOU CAN SURVIVE. The spirit is timeless. In this book, I present ways to survive and prepare for the new world to come. Be not dismayed when you seem to be alone in the pursuit. Remember, "Few are chosen." Your close friends and members of your family may ridicule you. Let them not offend or provoke you. Love them just the same – do not fight back. Teach others by your example, not with empty words. "You shall know them by their deeds."

The coming deluge will herald a civilization based on the universal, timeless teachings of the ancient masters and the disinherited healers of history: women. Survivors will be few – no more than ten percent of the earth's population. They will be conscious of the natural laws, and the corrective measures evoked by disobedience. From the dying age of intellect and materialism, a new cosmic marriage will occur. Spirit and intellect will sit side by side upon the throne of world unity. Theological speculations are gasping their last breath. The religious care but little for dogma and metaphysical games. The new earthlings want to experience spiritual realities. They are drawn to philosophies that blend body, mind and spirit under a single cosmic view. The new religious orders have large followings, you can find them everywhere – Krishna Consciousness, Meher Baba, Kirpal Singh, Buddhism, Zen, Macrobiotics, Yoga, Bah'ai, study of the Ancient Masters and the search for and discovery of woman deities.

In a few generations, death will come by choice; sex as we know it today will have disappeared; the majority of earthlings will be breatharians; people will travel at will by astral projection; the mind will once again be tuned in and purified to function on the extra-sensory level; people will become co-creators with God; the world will be ruled and united by the power of love. The individual will have no needs other than a desire for self-perfection, and the fuller attainment of consciousness. A Greek philosopher has said, "Worship the Gods, if you must; but your first duty is to find out who and what you are yourself." Know yourself and you will know all. "The kingdom of heaven is within." You are a microcosm of the macrocosm. Your body is built of an infinite number of molecular planets, which are inhabited by an infinite number of beings no less conscious than yourself. You are God. Be good to your inhabitants.

Be conscious. Alexis Carrel, Nobel Prize winner, asserts that today's individual uses only one millionth of his or her brain cells. We have the greatest adventure open to us as we devote ourselves to the exploration and application of this nerve cell labyrinth that places the powers of the universe at our disposal. In the Bible, it is clearly expressed that we are created in the image of God – all perfect, all powerful, all knowing, all present – it is up to us to claim our birthright.

For those who seek this path, this book contains useful information on how to start the awakening of dead bodies through rejuvenation regimes, how to obtain nourishing food inexpensively, what physiological changes one can anticipate as one activates dormant cells. You can rebuild your body. It is built to live indefinitely. Every cell in your body is replaced in one to seven years. You can be young at any age.

I present to you alternatives, not unqualified ultimatums. To remove the confusion from dietary philosophies, I have examined Kosher, vegetarian, macrobiotic, sproutarian, fruitarian, aquarian and breatharian paths in the light of scientific documentation and spiritual qualifications.

This book is designed to reach the inner being on the level of simplicity. It is the first real challenge to the concept of a high protein diet and the alternative, a high starch diet. This book represents five years of preparation, which involved two years of background study at the Harvard Medical Library, intensive self-experimentation, and, as co-director of the Hippocrates Health Institute, observation of the rejuvenation of many people who I guided into the live food diet.

The guidelines in this book will not be restrictive. You will naturally gravitate toward dietary changes if you let your body guide you. Heightened discrimination of taste and smell, enduring vitality will assure you to the truth as you simplify your life-style. The hygienic path will give you more freedom and time to participate in the non-destructive pleasures of living.

Never settle for less than complete compatibility of your best knowledge and practice. As you grow, new teachers will continue to appear, each one leading you toward self-understanding and the bliss that comes from living in the universal love consciousness.

We are given a chance to reap the fruits of action born in love of life. Thoughts dominated by love precipitate loving acts. Love is what everyone wants. The giver is always loved. Two people loving create the oneness of spiritual consciousness. The more there is of loving the less fragmentation and the more oneness. We must be positive in our acts. Praise, never condemn. It will bring perfection and harmony in



every soul. The body will be healed by eating with love and living in love. The life of today is just a moment in eternity, a continuation of our many rebirths on earth, our passage to the next adventure of spiritual evolution, if only we dedicate ourselves to service, love and non-attachment.

Go out to your brothers and sisters. Serve them. Ask nothing. Give everything. Lovingly accept what is offered. Love when nothing is offered. Sing in praise for a chance to serve, not because others need help, but because you may become one with them. In helping, you are being helped. All have something to teach.

But in your desire to serve, don't lay your trip to anybody. It's all right for us all to be different even though we are one – the cop, politician, soldier, mother, father, pacifist and general – in God. Raw foodism is good, but love your brother and sister who eat meat – that is their trip; if they want to be balanced on salted rice, they are right. Don't argue, don't create a disharmony of hate by trying to force your way.

Just give. Give. Give. The more you give, the more you have. You are enriched when you give up material possessions. This uncovers spiritual richness and contentment with "nothing" which becomes everything when immersed in the radiance of loving and living in this moment.

We must work with the universal principles of nature. To return to the Garden of Eden: detoxify the body; move to, or create, a more natural environment; work with the earth; establish a spiritual life-style; create in each succeeding generation more perfect beings. As the sunshine returns, let us promise that neither we nor our children will ever forget our true Mother.

In a few generations, every child will be a genius housed in the body of an Atlas or Athena. And the child will be beautiful, surpassing all our standards. What is considered a miracle today, will, in the new era, be a common occurrence. We will learn, as did the ancient ones to work with the laws of Nature in harmony with the rhythm of love.

Love is the utterance one felt, feels, will feel when one is in Christ (Buddha, . . .) Consciousness. The flood of euphoria will heal every sickness in your body. Your face will be the sunshine in every heart. You will heal with a glance. You will know everything and nothing.

Love is the music of the universe. It needs no language – stones understand it, birds sing it – the universe vibrates to it. Love holds it together. Love feels good because it is real – it unites us into one Godhead.

As you read this book, I invite you to explore the mysteries of the human body, spiritual potential and the strange powers of the mind. I share with you the path of natural living which I have learned from many teachers, personal experimentation and the experiences of thousands of brothers and sisters who have shared their visions.

Be joyous, new men and women are returning armed with their souls. Let us dance in the timeless bosom of the universe filled with the darkness of light that thunders the OM ecstasy.

Peace and love in our time,

INTRODUCTION 1979

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SURVIVING THE APOCALYPSE

"Go out from her, my people: that you be not partakers of her sins, and that you receive not of her plagues." Apoc. 18:3

"Blessed is he that readeth and they that hear the words of this prophecy and keep those things which are written therein; for the time is at hand."

"Hada , Hada spread your wings and fly this place
Before the storm begins.
Your face and body are not to suffer harm;
Hada, Hada spread your wings and fly this place."

— Franklin Davis — THE GOOD FAIRY, in Spanish

"Follow me, and let the dead bury the dead."

Matthew 8:22

"I wish there were some wonderful place called the Land of Beginning Again." —Lois Fletcher— LAND OF BEGINNING AGAIN

". . . EVERYWHERE AT ONCE, ON EVERY PLANET, EVERY WORLD, GOVERNMENTS WERE TOPPLING, CITIES WERE CRUMBLING, WHOLE POPULATIONS WERE RAGING INSANE THRU THE RUINED STREETS, THE TORN COUNTRYSIDE; THE FABRIC OF CIVILIZATIONS WOVEN THRU PAINFUL AEONS HUNG IN TATTERS ON THE RACK .

. . . VOICES OF THE FRENZIED INSANITY SHRIEKED FROM NEWSPAPER HEADLINES, RADIOS, TELEVISION TUBES, THE WHOLE NETWORK OF COMMUNICATIONS WAS POPPING, BURNING, FIZZLING IN A MINDLESS HYSTERICAL RELEASE OF ENERGY THAT WAS PURE UNADULTERATED PANIC . . .

. . . "I SEE THE CRIPPLED PRESSES GASPING LAST BLACK WORDS OF DOOM AS THE INK POTS GO DRY AND PHONE WIRES FUSE TO THEIR INSULATORS, TORN AND BROKEN THREADS OF SPEECH STREWN ACROSS DYING AMERICA . . ."

VOICES OF WONDER SAT AND WATCHED IN CAVES OR FROM THE SHELLS OF BOMBED OUT BUILDINGS. MEN WHO HAD WAITED FOR THIS DAY, MEN WHO HAD KNOWN IT WAS COMING . . . THE WHOLE PERVERTED MESS, FALLING INTO ASHES, A FEW LAST SPASMS OF NUCLEAR HYSTERIA, THEN NOTHING . . . JUST A LIGHT WIND IN THE EMPTY TREES, AND A DUST AND SAND WHIRLING IN THE SILENT STREETS . . ."

—Tom Veitch
from the LUIS ARMED STORY

"These changes are coming, not at random and in chaos (which will be a product of such changes for a time), but these changes are coming of a planned, orderly, spiritual, creative force, that will bring about better conditions for the survival of man as a spiritual being, in harmony and peace with his world, with himself, and with his maker. See? The purpose of many will be changing, and the emphasis will be put in many different places. Those who resist too much change shall be blown down in a heavy wind, then let the spirit lead thee. Let these changes which must come take thee graciously."

Seasons of Changes, Associations of the Light morning.

(Heritage Pub., Virginia Beach)

"Repent ye, for the end of the world is nigh." These seem to be words uttered by some crackpot prophet of doom — they provide a good source of amusement. Harvard Lampoon's parody on LIFE featured a special on "The End of the World," taking a long, last look at the Planet Earth before it dissolves in 'cobra-cola'. Each time a new headline predicting the end of the world is bypassed, many laugh, saying, "look, we are still alive! Ha, Ha." Then they swallow an assortment of courage pills to tranquilize their nerves facing, by the same token, the prospect of lids closing slowly and mysteriously on their self-made coffins.

The Bible warns of "famine and pestilence." The native of our synthetic jungles, vision blinded by a full stomach, dismisses such forecasts as 'scare messages.' The electronic lips of microwave tom-toms fill the air with words — crime, sex, power failure, violence, rape, drugs, government corruption, inflation, cancer, food shortages, flood, drought, war, disease — as they mesmerize the public into a stupor of the 'norm'. The new native does not know life or death. The new native is insane.

"The mills of the Gods grind slowly, but they grind exceedingly well." Long before Jean Dixon and Edgar Cayce, many prophets were describing events that would occur in our generation — the generation that would see "all things come to pass." Christ said in Matthew 24:6-7, "And ye shall hear of wars and rumors of wars. See that ye be not troubled, for all these things will come to pass. But the end is not yet. For nations shall rise against nations and Kingdoms against Kingdoms. And there shall be famines, pestilences and earthquakes in diverse places."

A Yorkshire woman named Mother Shipton, who was born in 1488 and died in 1561, made this prophesy:

"Carriages without horses shall go,
And accidents fill the world with woe.
Around the world, thoughts shall fly
In the twinkle of an eye.
Under water, men shall walk, shall ride,

Shall sleep and talk.
In the air men shall be seen, and
Covered by hail and snow.
The world to an end shall come
In nineteen hundred and ninetee-one."

The dramatic end to this age will come as a result of one or several of the many triggering mechanisms which we have built into our national life-styles. It could be depression, energy failure, epidemic, war, famine, earthquake, ecological disasters.

We have become enslaved via a debt of 440 billion dollars to the international bankers. We pay out over 20 billion dollars to them yearly in interest. Furthermore, the money made from land speculation, plus unearned interest rates has produced an inflation spiral. Politicians, the military, the medical profession, pharmaceutical firms and the Mafia further contribute to inevitable economic disaster. The poor are becoming poorer slaves. The rich are becoming richer masters. The last depression was planned and controlled. The coming one is going to be total anarchy.

The key signs of oncoming depression or runaway inflation are: a) prime interest and discount rate of Federal Reserve Banks accelerating rapidly – this curtails business expansion and increases shortages of all essential materials; b) the more vehemently the administration insists that the economy is sound, the more certain you can be of the opposite; c) shortages of food, fuel and goods; d) rapidly rising gold prices.

As mistrust in the economy increases, there will be a run on banks, which will be forced to close on a national level. Since banks hold only twenty percent of the currency needed to back up savings, withdrawal will be impossible. Banks will burn. The lower classes and poor folk who bank are not suicide-prone like the middle class of 1930. Cities will turn into infernos of violence. This will happen over a period of a month.

Spaceship earth is running out of energy and food. There are 3½ billion people on the earth now and the population grows 2 percent annually. Although India increased its crops of food grain, it also increased its population. There are 70 million more Indians to feed since the mid-60s when India began to increase its production. We see this year the pictures of starving live-stock and children in India hit by the monsoons, and those in Africa who are victims of drought.

When the major crisis comes, as nature rebalances herself, the United States may well be the last nation to be hit. But there are already many signs, such as the shortage of gasoline.

Biologist Barry Commoner said at the AAAs convention in Boston in 1970 that it is already too late to stop the population from reaching the eight billion limit the world can support. We will help to feed the world at an estimated figure of about \$41 billion a year. "This investment, together with operational costs, would require a sum probably in excess of \$10,000 billion in all."

Even if we have this money, there is no new place to plant. Virtually all the land which can be cultivated with known or easily foreseeable methods is under cultivation.

Raymond Bouillenne, professor of Botany at the University of Liege, Belgium, according to UP, March 10, 1962, (released by the American Association for the Advancement of Science) says,

"Mankind is gaining 120,000 mouths to feed each day and losing 20 million acres of food-producing land each year . . . We are in the throes of an apparently irreversible reduction of the surface of cultivable land. The area of such lands has decreased by an estimated 20% in the last 100 years. Of the 40 billion acres remaining, at least 20 million disappear irretrievably each year . . . Man the destroyer having wiped out hundreds of animal species is well embarked on a course which threatens his own kind with extinction."

Others fantasize that although land agriculture cannot possibly take care of our food needs, we still have endless resources in the sea which can be tapped so that we can populate the earth until people are jammed, insane, like sardines in a can. They forget that the oceans are civilization's cesspools.

General William H. Draper predicts that in another thirty years, six to eight billion people will be fighting to live on a planet that is not adequately feeding half the number.

Jose de Castro, Director of the World Association for the Fight Against Hunger, and former director of FAO, stated: "Of the sixty million deaths recorded annually in the world, thirty to forty million must be attributed to malnutrition." (Black Book of Hunger).

Thomas M. Ware, Head of the Freedom from Hunger Foundation, testified before a Senate subcommittee: "Very few grasp the magnitude of the danger that confronts us . . . The catastrophe is not something that may happen; on the contrary, it is a mathematical certainty that it will happen."

At a Senate Government Operations Subcommittee hearing from several Nobel Prize Winners on hunger, Dr. Albert Szent Gyorai of Marine Biological Laboratories at Woods Hole in Massachusetts, stated that a time will come when "men will kill one another and eat one another."

It is already too late. William and Paul Paddock succinctly stated their case in FAMINE – 1975! (William Paddock is a plant pathologist and agronomist; his brother is a retired foreign service officer). As far as they are concerned, "The people are already here who will cause the famines. Birth control techniques are for the future, they cannot affect the present millions of hungry stomachs."

We have altered dramatically the weather pattern of the globe. By displacing the forests with concrete cities and farmlands, we have created shafts of hot air above such regions so that the temperature rarely drops low enough to lead to condensation of air moisture into raindrops — hence drought is the way of the south and west coast of the USA. The cool air of the east condenses on metallic particles spewed from a thousand factories and precipitates. Excessive rains have ruined many of the eastern crops. If these natural forces should destroy enough of the grain crop, the USA will be in a state of FAMINE. Likewise, famine will affect all other countries which are dependent upon our crops. Since 1970, we have lost a major portion of the mung bean, wheat, rice, alfalfa and hay crops.

FOOD IN YOUR POISON

“If you poison us, do we not die?”

Shakespeare

Although Americans are eating more, (in spite of shortages and high food prices), they are receiving less nourishment. Real food, for the most part, is virtually unknown. Most Americans don't care. Their attachment to food is emotional and induced by advertisement. They load their shopping carts with a variety of colorful, unnutritious, plastic foods, saturated with synthetic ingredients. “Oh! But it tastes so good,” they exclaim as they endlessly cram their stomachs, but remain unsatisfied.

To help produce our food, farm factories use DDT, Benzene Hexachloride, Lead Arsenate, Calcium Arsenate, Parathion, TEPP, Aldrin, Chlordane, Lindane, Toxaphane and other poisons. In 1951, the quantity of pesticides produced in the United States (274,840,000) was sufficient to kill 15 billion human beings — approximately six times the population of the world(1). Sales continue to mount.

More and more people are becoming conscious that both shelved and perishable products in the supermarkets can contain a wide array of poisons. The mass media, even as they glorify such products, announce that they are embalmed with over 3,000 questionable chemicals.

The average consumer as defined by scientific literature and popular publications is a phenomenon of the 20th century, with no antecedent in history. There was a time when no one dined on poisons and called it lunch. Food producers are deliberately supplementing the diet with food additives of a toxic nature at the rate of over three pounds per year for every person in America (2).

A stranger in our land, reading labels, might wonder whether American food is too fresh. Almost every package has something added to preserve freshness; BHT, sodium propionate and a host of other preservatives.

After a fresh imitation dinner, a dizzy spell, difficulty in breathing, or a peculiar feeling in the stomach is very common. Some even think it is love when the pulse rate increases and they become feverish. Others turn to the ‘imitation life box’ for relief from their distress. Every other commercial, served at the rate of 60 doses per hour, encourages food habits that lead to disease or prescribes a potion to alleviate food-induced illness. They lull us into the belief that it is all right to sin as long as we turn to the right product for forgiveness.

Most shoppers in 1970 anticipated the removal of cyclamates from the market. They may instead discover that the fine print on the label warns that the additive may be dangerous to one's health. Yet this chemical is capable of inducing cancer, and recent tests show that calcium and sodium cyclamate can induce chromosome breakage in the human leucocyte in vitro (3) and in rat spermatogonial cells in vivo (4). Its effects are very similar to a type of chromosome damage reported for LSD (5) as well as caffeine (6) when used in large doses.

Likewise you are cheering the projected ban of DDT in 1973. However, California still permits its use on onion, pepper, citrus and alfalfa crops. Six major pesticide companies have decided to fight the government drive to end all but essential use of DDT. Because they have appealed, the question will be turned over to a scientific panel for a ruling; in the meantime they continue to market DDT (7). You may discover that instead of removing the DDT, manufacturers will combine it with a catalyst which can make DDT less toxic within six hours of application (8), but the studies fail to let us know whether the catalyst is poisonous. Even if it is eventually removed from the American scene, DDT manufacturers will lose only 30% of their market, for they export 70%. We will be importing DDT from foreign countries via air, water and food.

Pesticides are washed into streams and lakes, where they poison the inhabitants to create conditions for the "last Spring" which will follow the 'Silent Spring' of Rachel Carson. In Clearlake, California, where gnats were controlled by pesticides, it was noted that the residue level in plankton was ten parts per million; 2690 parts per million in carnivorous fish; and 2134 parts per million in fat of fish-eating birds (9). If people eat these fish, or any other animal product they further concentrate in their own bodies the chemicals that appear in the animal flesh.

There has been an enormous increase of hepatitis since the introduction of pesticides (10). W. Coda Martin, M.D. reports (11): "It is now believed that the greater number of hepatitis cases may be caused by DDT on the leaves of green vegetables." Other contributing factors are increased pollution in air and water, plus drug use which places a great burden on the liver.

Dr. Knight wrote (12): "It is conceivable that rapid weight loss in animals or humans storing large amounts of DDT could release enough into the blood stream to cause symptoms of acute poisoning. Clinically this seems to occur."

The United States Public Health Service conducted a survey. They chose 113 volunteers, and took fat samples. 111 of the volunteers, had deposits of DDT in their fat samples ranging from 0 to 68 parts per million, averaging 6.4 ppm. As little as 3 ppm has been found to inhibit heart cytochrome oxidase.

Medical World News for March 14, 1969 reported a Miami University investigation which showed that terminal cancer patients, chosen at random were found to have a high concentration of pesticide residue in liver, brain and fatty tissues. A recent experiment in Hungary reported that the low doses of DDT in the diet of mice produced a high incidence of leukemia in the third generation (13).

These studies do not stop the manufacturers and food producers from introducing stronger poisons each year. The nation's drug manufacturers warned that New York state legislation, which requires written 'informed' consent from a patient given experimental drugs, will seriously impede medical research in New York City (14). The chemical industry is not required to obtain our 'informed' consent in order to medicate our food, air and water. Certainly they do not know the short or long term effects.

An article (15) headlined: "Are Cancerous Chickens Edible?" Yes! People will eat anything. "If tumors are detected on the wing of a bird, the wing could be cut off and used in products like hot dogs and the rest of the bird sold as cut-up chicken - all supposedly without posing a threat to human health."

There are at least 30 known animal diseases which are transmitted to man through mammalian meat (16). Trichinosis is the most widespread example. It affects every sixth person in America; many believe this percentage is even higher. About 5% who are infected, die (17). Salmonella infection, most often traced to animal foods, afflicted at least 20,000 Americans in 1966. The FDA reported 69 known deaths from it in 1967 (18).

The odds are four to one that the next beef steak you eat, will come from an animal which has been speeded to the slaughterhouse with the aid of antibiotics and potent hormones (19). Stilbesterol is a female sex hormone used to increase the weight of beef and chicken. The practice of injecting stilbesterol under the skin of the animal was discontinued in 1959 after ten years of approval by the FDA, finally they discovered that residue of the hormone appears in meat.

One farmer used stilbesterol pellets and paste for his chickens. Consumption of this meat caused his four year old son and two year old daughter to develop enlarged breasts and his wife to experience the menstrual period twice a month (19).

Presently, farmers may add the hormone to animal feed. "Today about 80% of the cattle feed marketed, has been treated with stilbesterol." Brazil, which is a big meat eating country, took to fish when charges were circulated that men were being feminized by stilbesterol. Presently, over 20 countries refuse the import of American chicken and beef.

Stilbesterol is recognized as carcinogenic by the National Cancer Institute. It has been shown to cause cancer in mice, guinea pigs, dogs and rats. According to the Federal Act (158): "No residue of additives should be found in edible portions of the animal after slaughter." However, stilbesterol residues were detected in 15 out of 558 samples.

Even minute amounts of estrogen, another female sex hormone, can produce noticeable effects. Three young boys and one girl were using an ointment and hair lotion containing estrogen. They showed signs of darkening of the areolas of the breast. The girl developed pubic hair and vaginal bleeding (1).

It is well known (21) to chemists that subjecting organic compounds to high temperatures produces complex polycyclic compounds by pyrolysis. Several carcinogenics are included in this group of compounds. A benzopyrine (carcinogenic) content, as high as 50 micrograms per kg was found in some instances. It seems to arise from pyrolysis of fat when cooking food. The amount produced increases

with increased fat content and longer and closer exposure of the food to the flame. Benzopyrine is found also in all smoked foods. The relatively higher incidence of gastric cancer in Northern Russia and Iceland has been related to the large quantity of smoked fish eaten by the inhabitants of these regions. In a review (22) of cancer-causing properties of benzopyrine, it was found to be quite high in salami, salmon, bacon and provola.

Eating heated fats may be deadly. Animals fed cooked fat die prematurely said Dr. R. Kurkella, University of Helsinki (Zusammen faassender Vortrag mit Literaturangaben 1968, No. 3 , 57-65). Research have discovered that the more fat a person eats, the shorter will be the life span (246, 247).

Meat, the most perishable (and most expensive) of all foods is also one of the most tampered with. To see exactly how meat is produced one should read the Animal Machine (23) by Ruth Harrison. It is the story of animal factories, where animals may live out their lives in darkness, immobile in steaming pen from birth to death, fed by conveyers containing drugs, antibiotics, tranquilizers, pesticides and hormones. For the best written article on the same subject write to Karen Messer at 308 E. 89th St. New York 10028 for "The Meat On Your Table Comes From Living Creatures."

After an animal is slaughtered, or dies from disease, it is shipped off to the processing house. The meat is doctored up, for the benefit of the gullible public, with aesthetic beautifiers, stink reducers, taste accentuators, color additives, drug camouflagers, nutritive enhancers, bleaching agents and death certificate. No corpse gets such a face lift by the embalmers and with good reason, for the corpse is soon buried, whereas salami, hotdogs, bologna, and chicken may sit on the shelves for months.

Meat is colored red with sodium nicotinate otherwise it would turn yellow-gray. Uneven or excessive application can result in severe sickness, even death. However when such incidents occur they are seldom diagnosed correctly.

At the Congressional Hearing on Meat Inspection (24) it was reported that the sausages, ham, hamburgers, and the hot dogs you eat, may be filled with hog blood, cereals, lungs, niacin, water, detergents and/or sodium sulfide.

The FDA refuses to recognize tests conducted by Dr. Patrick Riley at a London Medical School, where it was shown that BHA, a widely used preservative is carcinogenic. This preservative appears in luncheon meats, such as salami, bologna, and pressed ham, canned meats, peanut butter, canned chicken and other foods. Senator Alan Cranston commented in 1970 that "perhaps they (FDA) consider food processor's interests more than people's interests."

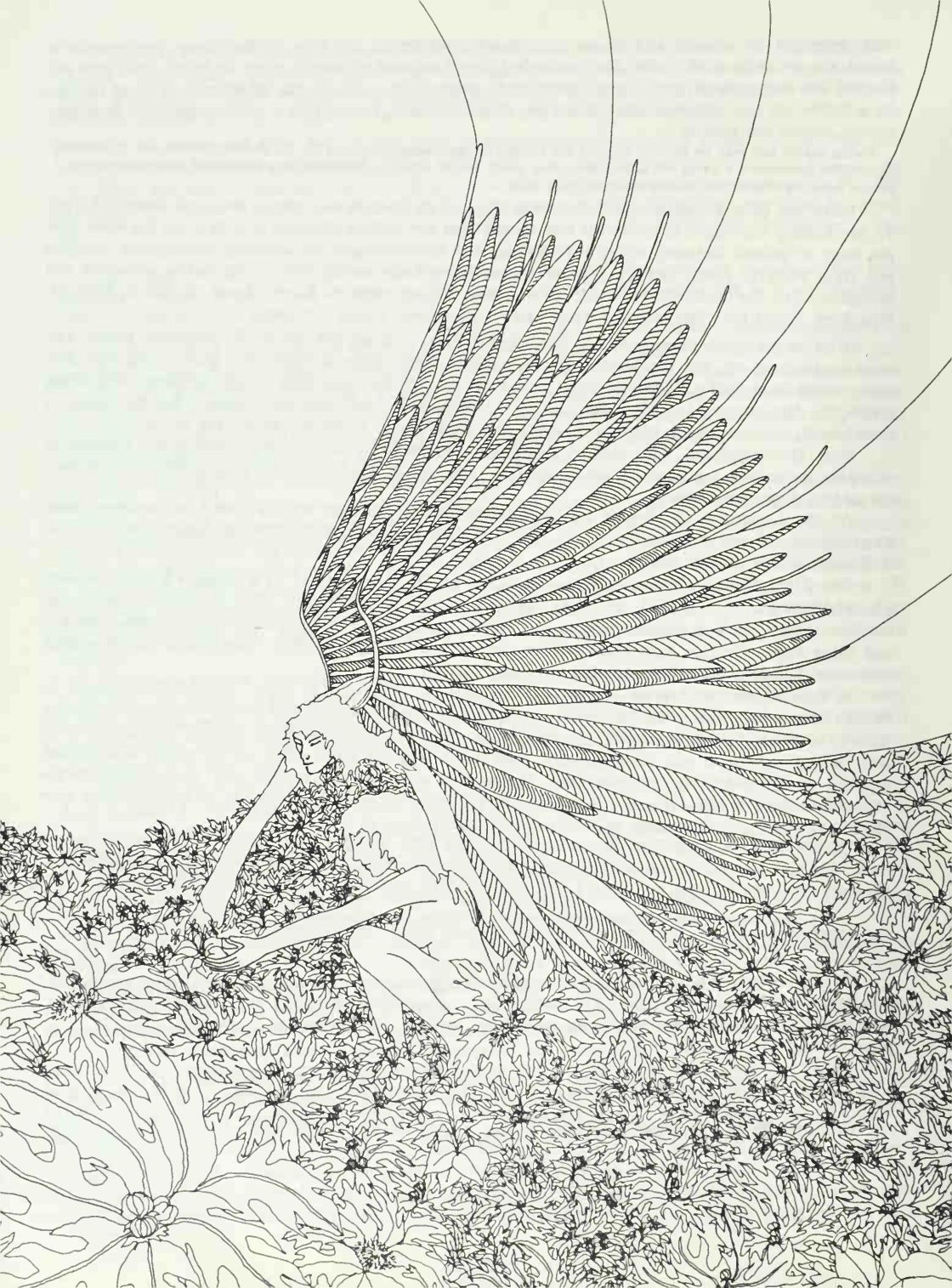
A typical associated press release occurred around Thanksgiving 1969: "U.S. finds pesticide in 90,000 turkeys in toxic levels." A few years ago cranberries were found to be unfit companions to the turkey. In Massachusetts alone (25) during a more active month for health inspectors, 250 tons of meat were seized because it was contaminated. Such meat is quite often resold as 4-D meat: dead, dying, disabled or diseased. The winter of 1969, Boston had a month long scandal over the pollution in the slaughter houses of Massachusetts. Someday we are going to be civilized enough to be concerned over the killing and torture that goes on in the same slaughter houses.

ONLY TEN PERCENT of the meat adulterated with pesticides and chemicals, or contaminated with filth and diseased organs is condemned by food inspectors. The other 90 percent gets through to the unsuspecting consumer, so claims Leray Houser of the Health Education and Welfare Department (26).

"In 1965, a total of 711 firms suspected of producing harmful or contaminated consumer products refused to let the FDA conduct inspection . . . the FDA does not have subpoena authority either to summon witnesses or authority to require firms to divulge pertinent records." (2)

A very striking observation about the quality of animal products comes from the lips of the Health, Education and Welfare Secretary, Robert H. Finch, who FEARED THAT WE WOULD BECOME "A NATION OF VEGETERIANS" if there were strict enforcement of pesticide residues in red meat, dairy produce, eggs, fowl and fish (27).

Today we are faced with an external environmental crisis. We can control the inner body environment through good diet, pure water and joyful, positive thoughts. To procure good organic food economically, cooperation is a must. Let us, brothers and sisters, work towards becoming "A NATION OF VEGETERIANS" UNDER A HAPPY GOD, LOVING ONE ANOTHER AND ENJOYING THE EARTH TRIP.



FOOD HUNTING

To serve survival needs, the wise hunter will pack up family and belongings, wave the smog goodbye, and set off on a safari to the nearest open farming country. Such a step is extreme for the average concrete-glass-brick caveman. Hence one has to direct one's instinct for organically grown 'game' within the city or through the mail. Presently such survival foods are scarce.

There are, however, growers who harvest such food, "produced on remineralized soil, rich in humus and biologically composed natural fertilizer, without the use of synthetic agricultural chemicals, dust or spray." We call this "organic" or "natural" produce.

To obtain organic produce, start the hunt in the Yellow Pages under the heading "Health Foods" or "Nuts and Seeds". Usually you will find several listings, contact them first. Find out what live foods are available locally. For additional information read local underground ecology papers, commune directories, bulletin boards at occult book stores; request information at Yoga centers and at talk shows.

At the store, purchase only those products marked "organic" or "natural". Read the labels; some health food stores carry foods with preservatives and synthetic additives.

For instance, a company might pick "Mountain Top Organic Juice Inc" for its label. The word "Organic" has nothing to do with the content in the bottle. If the label does not specify "organically grown," then you can be sure that it is no different from the commercial variety expect more expensive. Many farmers who claim to grow organically without insecticides are using compost from non-organic vegetables and commercial cow manure. Some individuals have reported toxicity reactions from eating food grown with this type of compost.

Today, because of heavy pesticide residues, pesticide fallout from neighboring farms, contaminated water and air pollution, it becomes next to impossible to grow food totally organically. This should not discourage you from using organic foods, for they are nutritionally superior. Even when organic food is not ideally grown, the contamination is many times less than in a commercial product.

Generally you are sure of finding organic seed, nuts, dried fruit, honey, sea kelp and oil. An increasing number of natural foods also carry fresh organic fruit and vegetables.

If organic food is not available locally, put in a special order. Purchase in bulk. For example, order a 25 pound bag of carrots, a 40 pound crate of apples, or a bushel of citrus fruit. Do not strive for variety; it can be expensive. It is far better to have apples one month and oranges the next. You will never tire of naturally grown produce. Limit your list to a few staples such as carrots, seed, and salad ingredients. At home, you can grow a variety of greens and sprouts from seed in less than eight days.

If your area has no natural food store, and if you are unwilling to take on the operation yourself, contact one of the local independent grocery store owners, and let him or her supply you. Tell the owner why you want organic produce - no poison, better taste, more nutrition. Tell the owner of sources: suggest that he or she display organic produce next to chemicalized produce and let people choose. The store owner can start with non-perishable staples and work up to fresh produce. The food should be advertised as free from additives or poisons. Once the store owner starts getting natural produce, let your friends and neighbors know where it is available. In Boston a large food chain, Star Market, has an organic food section.

It is much less costly to order directly from an organic food distributor. To cut transportation costs and make the operation economical, you need at least six families to place their organic food orders together. During my 6000 mile journey on Shiloh Farms' produce distribution route, I noticed that many health food stores were started by the desire of one family to obtain quality food. Once the operation gets under way, the size of your organic buying club will grow as fast as the word spreads.

In group purchasing you place an order by mail. When shipments exceed one hundred pounds, delivery by air, rail or truck can cut transportation cost by at least 50% of the cost of parcel post. On orders of 2000 pounds or more, there is a 33% air freight reduction. Use a combination of Yellow Pages, the list in the Appendix of this book, the Organic Food Directory (Rodale Press) and bulletins from local health groups in the search for organic food distributors. Write to several of them, sending a list of the kind and quantity of produce you would like to order monthly. Request an estimate of shipping charges. Once you receive answers to all inquiries, inform your group. Choose a dealer who has the desired produce at reasonable cost and who is close enough to keep your freight charge low. Put the order together, collect the money and make the transaction.

COOPERATIVE BUYING FOR LOW PRICES

As your buying club grows, you may wish to start a cooperative. Presently there are over 37,200 cooperatives nationally, ranging in service from group health plans to nursery schools, from credit unions to health foods. They affect at least 30 million consumers. The co-op is an economic tool created to serve the needs of both the individual and the community.

To start an organic food co-op you will need members and a non-profit charter. You may become better acquainted with the co-op concept by requesting free information from National Cooperatives, Inc., 343 South Dearborn Street, Chicago, 4, Illinois.

Produce is sold at the current market price. Records are kept of each member's purchases. At the end of the year, the cost of the operation is deducted from the receipts. The money saved is either refunded to members proportionate to the amount of individual purchase or reinvested in the co-op. Since there is no middleman, the individual is able to obtain quality produce at a greatly reduced cost.

Every community already has hundreds of health-minded individuals who are looking for quality foods. Publicize the organic co-op in your neighborhood advertisers and through the local vegetarian or hygienic groups. Let your friends and neighbors know. Very soon you will have at least a dozen interested persons.

At the first meeting you should discuss the purchase fund, source of produce, choice of foods, place of distribution and the number of group orders per month. Enlist volunteer workers. You will need someone who has had bookkeeping experience to keep records of the financial transactions.

Since the group will have to send money with the order, you will need an initial investment. It is a good practice to open a checking account in the name of the bookkeeper. Collect the initial sum decided upon by each member. Give a receipt for the investment. This will entitle the member to purchase up to that figure on each order. Hence, if J. Smith deposits forty dollars into the account, he will have the right to a maximum purchase of forty dollars on each order. The co-op investment will limit the size of the group purchase. Upon receiving the food purchase, each customer will have to pay the cost of the order to maintain in the checking account the initial investment of the group. An alternative is to have the customer mail the cost of the purchase with the order. This would eliminate the need for an initial investment.

Begin with a small variety of produce. Become acquainted with the problems of the operation. As the group's trust in the co-op increases, the members may be persuaded to consider an investment in a communal backlog of non-perishable seed – at least one hundred pounds for each man, woman and child. One never knows when a tremendous food shortage due to a strike, drought or famine will develop.

Initially the perishable staples may be oranges, celery, carrots, beets, apples, and onions. Find out when the desired produce is in session in different locales. By ordering a large quantity, transportation costs can be cut in half. In addition, many growers allow a discount on group orders. You might consider asking independent health food stores to join you in the purchase.

In placing the group order, select one member to compile the individual orders. Regular dates of the month should be set to call the members to request that their orders be mailed to the co-op. On the assigned day, members who did not mail an order should be contacted to make certain they did not intend to order. A tally of the orders should be taken to ascertain that none of the members exceeded the size of their initial investment or the amount of money sent with the order. Then place the order with the dealers. On arrival of the shipment, notify members so they can pick up the produce. For large orders where storage space is lacking, immediate pick-up is recommended. Those who did not send money with their orders should pay at the time of pick-up.

When members of the co-op are planning a car trip, it would bring the co-op substantial savings if a van or station wagon were used to pick up organic produce en route. Planning is of prime importance. Before vacation time, write to dealers to find out what is available. Send the order to the farmer informing him of the approximate time of your arrival.

First choice should be non-perishable staples – one ton of seed can be readily loaded into a van. Be certain to reduce the speed of your vehicle.

Second choice items should be the semi-perishables – apples, carrots, beets and other tubers, squash, citrus, mangoes, papaya. A further saving might be obtained by picking the produce yourself. You can use canvas and wet newspaper to protect fruit and vegetables from the sun.

When the produce arrives you will need a temporary storage space where members can pick up the goods. Choose a centrally located home with a cellar, sunporch or garage, readily accessible to all co-op members. A room can be adapted for long term storage of seed, apples, tubers and citrus by installing a used air conditioner to provide a low temperature. An inexpensive insulator can be installed in the room to cut down heat entry.

COOPERATIVE LIVING

The cooperative can also be used as a vehicle for investment through collective purchase of land or a farm, near, yet distant enough to lose the consciousness of the city. This land can become a healthful recreational center where members can work toward establishing a financially, self-sustaining, organic farm. From working in the sun, open air, in a community spirit, with a sense of fulfillment and achievement of unity with nature, you will improve in appearance, develop a trimmer figure, enjoy new health, tranquility plus nights of sleep and relaxation. Your children will become oriented toward nature rather than drugs and abuse of the body. You will be helping to create a generation based on a solid foundation of health.

With investment in a greenhouse, you will be supplying vegetation for your co-op all year round. Such a project will be self-supporting and health-promoting. All members of the co-op can participate in the work on the farm. Once you have experienced this tribal living, under a self-governing structure, you will never want to live any other way.

PREPARATION FOR SURVIVAL

Now seems a good time to prepare materially for cataclysms predicted. Members of the cooperative can sell their city property and with the proceeds buy land at least one hundred miles from major cities. It might be wise to choose an area least desirable to others — mountains where agriculture is next to impossible for most people. The Essenes chose the Dead Sea area where nothing grew and the water was salty, yet they established a highly advanced esoteric society by applying nature's simple laws. Stay away from major geological earthquake fault lines, nuclear power plants, airplane routes, farming regions, cities, power lines, mining — any evidence of civilization. Keep in mind the predictions of psychics.

If you keep your body pure, you will be sensitive to God's angels as they serve you and direct you to safe areas. Eventually, after the disaster, you will be able to settle in a high altitude tropical paradise.

Those who have free time will be able to start building. For a northern retreat, it would be good to build special, hidden reinforced concrete underground storage areas for water, tools, books and enough food and seed to tide you over until you are able to start farming.

In your retreat you should include for storage a substantial supply of seeds for your vegetable garden. In the future world seeds will be of more value than money. To make life easier be sure to have garden tools such as shovels, spades, forks, rakes and hoes in storage. For indoor gardens store up trays, glass jars, gallon cans, liquid and/or powder kelp fertilizer and peatmoss. A stainless steel distiller (which can be operated on electricity as well as wood stove) and/or a water purifier is a must for survival. A manual grain mill when adjusted for fine grind will enable you to use it as a blender for greens; a juicer for grass, weeds and sprouts; a grinder for sesame and sunflower seeds to make yogurt; and as a juicer for shredded carrots or beets.

You might consider storing the following amounts of food for each person: 50 lbs. unhulled buckwheat seed, 100 lbs. wheat, 25 lbs. mung beans, 25 lbs. unhulled sesame seed, 50 lbs. navy beans, 30 lbs. honey and 1 quart of liquid kelp (see Appendix). Seed should be stored in a cool, dry place. Take special precautions against rodents. The senses of wild animals are very keen: they can present a hazard to your food supply.

Keep on hand gardening tools, bikes and repair kit, short wave radio, axe, building tools, numerous nails, saw, hand drill, books on gardening, building and education, and warm, durable clothing and bedding.

If you are unable to start growing food before famine becomes acute, at least get your land cleared and composted. Dig a well for water.

Keep your funds in Canadian banks. Their checks can be used in the USA. Canadian banks probably will fail a month later than USA banks. When American banks fail, spend all your Canadian currency to purchase additional food, tools and books for storage.

Robert Preston makes the following recommendations about finances: "Do not keep money in a savings and loan or bank. Leave only enough money in your checking account to pay your bills each month and that is all . . . convert most of paper currency into a ready reserve of from \$250 to \$1,000 in silver coins. . . Junk silver coins . . . are sold generally in \$1,000 quantities. They are silver coins that have been gleaned from all the coins in circulation . . . These coins may be purchased through a local coin dealer or a coin exchange."

The author further suggests that you keep your silver storage a secret. Don't store it all in one place. Build hiding places buried in concrete. Tell location to all family members. He also feels that for those with large sums of money, the most secure investment is silver bullion. For those who want silver in small units such as an ounce.

If possible, move onto your land before a crisis comes. When you see the city totally falling apart – food rationing, power failure, gasoline shortage, no sun, only continuous smog, bank failure, guerrilla warfare – leave the area. You may use an automobile, but always carry a bike. Pray that you don't have to evacuate in winter. While fasting, on a racing bicycle, you will always be able to cover at least 600 miles. In the event you are not able to reach your land, you may reach a wilderness area where food can be found. You can travel clear across the world using only wild grass juice for power.

To prepare for hasty evacuation of an area affected by plague, drought, widescale insanity, revolution, ecological disaster, thermonuclear war; keep on hand a racing bike (or endurance to walk long distances while fasting), world road map, sub-zero sleeping bag, backpack, 1 gallon distilled water or portable lightweight water purifier, 2 pounds of sproutable mung and alfalfa seed, compass, book on edible weeds.

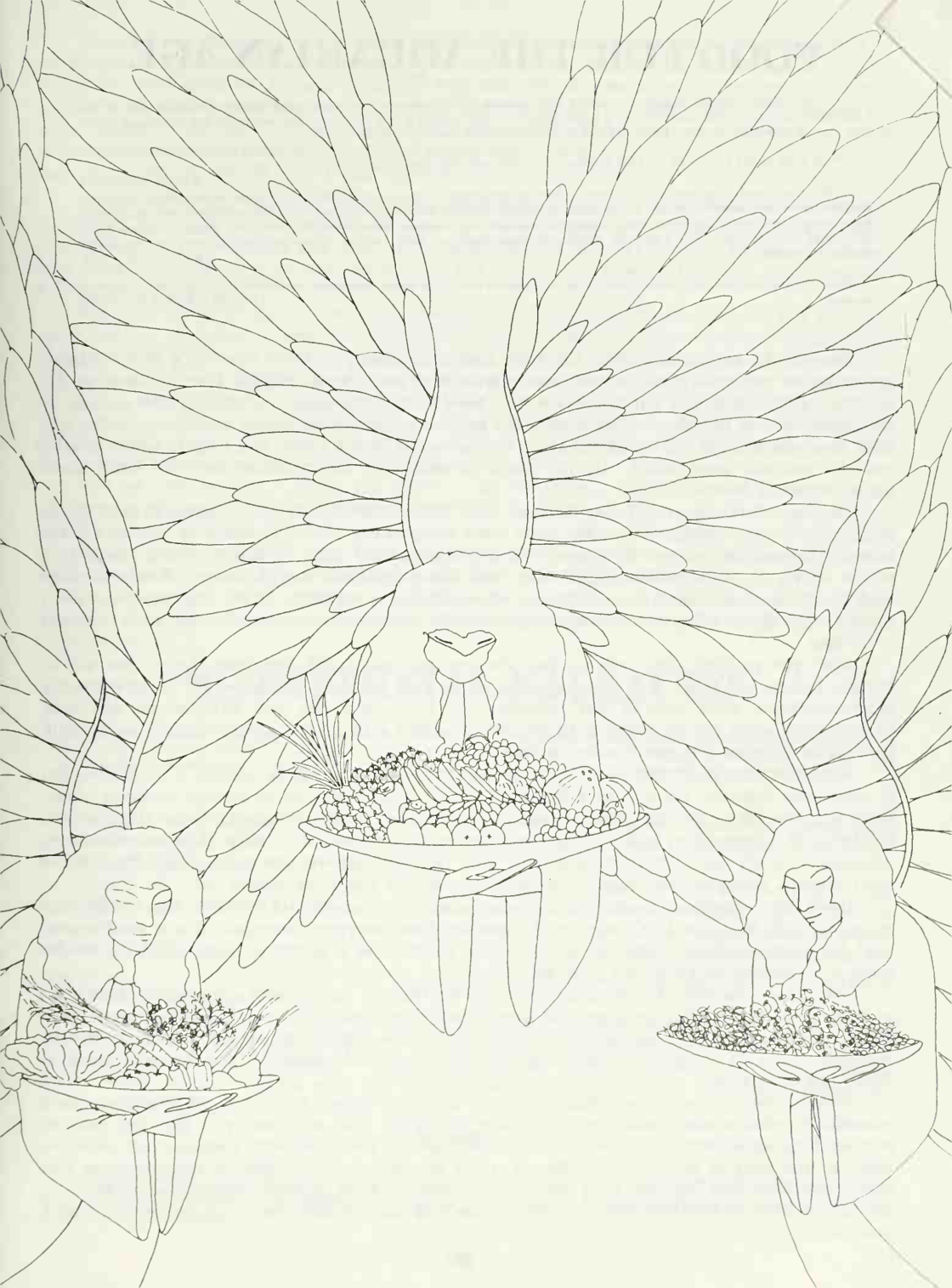
Perhaps the most important preparation for any disaster is to purify your body and to practice Yoga: exercises, meditation, the art of breathing, so that you will be strong, healthy, clearheaded, able to face any situation with equanimity. You will learn the art of bodily survival and lose all fear of death.

Prepare your body to fast for at least 15 days without any cleansing reactions; be able to live on very little food, such as weeds; practice the art of breathing until you learn to live on fewer breaths. Learn to feed yourself with colors. We live and eat colors. Color meditation can provide a satisfying, energizing meal (See Bretharianism).

If it becomes necessary to neutralize radioactive fallout and other poisons, you may drink at least two ounces of wheatgrass juice mixed with water daily. (Any meadow grass will do). Exert minimal effort to minimize breathing.

Do not plan to use weapons to defend your property. It is best to have little and to need little. When others assail your area, fast. Eat only enough to stay alive. Always look like a scarecrow. Ask them to join you in fasting and prayer. During fasting you will be protected from plague and disaster. Be loving.

1. HOW TO PREPARE FOR THE COMING CRASH, Robert Preston \$2.00. Wake Up Pub Co., P.O. Box 150, Provo, Utah
How to prepare for survival.
2. FAMINE. CAN WE SURVIVE? \$1.00. Ambassador College, Pasadena, Cal.
3. FAMINE 1975, William and Paul Paddock
4. SURVIVAL, B. Schubert. Free-Economy Assoc., Inc.



FOOD FOR THE AQUARIAN AGE

"A new subrace began to enter the earth's plane around 1932 because of a change in astrological influences, and we are admonished to insure better products for a better people . . . You expect a new root race. What are you doing to prepare for it? You must prepare food for their bodies, as well as their minds and their spiritual development."

"The food of the future will be fruit and seed. The time will come when meat will no longer be eaten."

CAYCE READINGS 5748-6, 470-39

"The food which is agreeable to different men is of three sorts . . . Men of sattwa like foods which increase their vital force, strength and health. Such foods add to the physical and mental life. They are juicy, soothing, fresh, and agreeable. But men of Rajas prefer foods which are bitter, sour, salty, hot, pungent, acid, burning. These cause ill health, and distemper of mind and body. And men of tamās take a perverse pleasure in foods which are stale, tasteless, rotten and impure. They like to eat the leavings of others."

BAHA'I WRITINGS

BHAGAVAD-GITA

"It is my view that the Vegetarian manner of living by its purely physical effect on the human temperament would most beneficially influence the lot of mankind."

— ALBERT EINSTEIN, Dec. 27, 1930

Food is the earliest addiction, the basic prejudice, starting with the newborn's first mouthful, continuing to the grave. Food is more controversial than sex, politics, religion or drugs. Many people feel their whole life-style is put to a test and is discredited if you refuse, on philosophical grounds, to eat certain food at their home. People generally have no instinctual or rational basis for their diet; as a result they can become very emotional about it. The average person has no idea what is natural food or how to maintain good health. Doctors know a great deal about disease but very little about health-promoting nutrition.

"You are what you eat." Today there are many philosophies of diet, many choices of food and its preparation. I have examined the diets from many perspectives. Value judgement is reserved for the reader. Astrologically we are all different; this predisposes our body to choose certain foods. In a natural setting we would instinctually choose foods that provide just the right energy vibrations for the level of consciousness and physical adventure we would like to experience. "The stars impel but don't compel". The divine will of the individual supercedes the stellar limitations. You become what you want to become.

After you purchase good organic food, the way you use it will determine whether you will be "happy, healthy and holy." The diets suggested in this book are listed in progressively health-improving order from heavy, dead foods to light, sunshine, juicy foods. Improving your diet gradually will lessen psychological, social and physiological discomforts associated with change. As you progress on the path you will see betterment in your health and life.

With each stage of advancement, a new spiritual and mental diet will be adopted — a new life-style. It enters you naturally; do not resist change. A person who is addicted to alcohol, cigarettes, drugs, sugar or coffee will go through withdrawal symptoms when he reduces or stops the intake of the poison. Similarly the supermarket food addict who stops (or cuts down) the intake of poison-embalmed, non-organic (dead) food will go through mild drug (wrong food) withdrawal symptoms. They are of short duration, lasting no more than a few days; sometimes, as long as two weeks.

Don't fight your vices. Learn to love yourself and they eventually will fall away. Don't make food an end in itself. Be gentle. Don't be a proud vegetarian. Love everyone. Construct a diet as good as your head can tolerate without losing the joy of living. Everyone is at a different stage along the infinite spiral of experience and everyone's needs are different.

You chose your body for this incarnation, for working out Karmic debt and for the introduction of more perfect, complete vibrations into your eternal divine aura. Listen to your own inner voice. Don't condemn. Your first commandment should be to know yourself, the second to become yourself. Help others, but do not thereby destroy yourself. We are all on the journey of enlightenment together. Right food can aid you.

Persons who have eaten meat, highly seasoned gravies, extremely rich cakes and preserves; cannot immediately relish a plain, wholesome, nutritious diet. Their taste is so perverted that they have no appetite for a wholesome diet of fruits and vegetables, sprouts, juices and seed. They need not expect to relish at first food so different from that in which they have been indulging. If they cannot at first enjoy plain food, they may fast until they can. That fast will prove of greater benefit than medicine, as the abused stomach will find that rest which it has long needed. Real hunger can be satisfied with a plain diet.

Those of you who are not yet ready for natural foods, (unless you use an abundant supply of mixed sprouted seed, rejuvelac, ferments and fresh organic juices), may benefit from vitamin supplements (especially A,B-complex, C,E), grain germ oils, kelp and other sea vegetables for the complete mineral spectrum. Avoid all protein supplements; they are never an answer to health. Nearly everyone eats too much protein. If you have difficulty digesting protein foods, pancreatic enzyme supplements may help until digestion improves. With starch meals, a papaya base with mylase can be helpful. You may sip a half cup of papaya and mint tea to aid digestion.

Do not try to skip too many steps in the order of diets. I have seen youth, because of enthusiasm, go directly into fruitarianism but, after one week, return to bread and cheese. To make a complete transition into live foods might take years; to feel balanced on a fruit diet from one to five years. If you have a hard time keeping your head together, do not be afraid to binge; but go back to the path and become more disciplined.

Better to indulge in cooked green vegetables or tubers than to overburden yourself with raw nuts, grains, seed or dried fruit. I have witnessed people at the Institute who, after a six day wheatgrass juice fast, have gone out to eat lobster or fried bacon, eggs, toast and coffee. Some have become violently sick, and, were it not for the use of zone therapy, they may not have survived. After indiscriminate eating, you may anticipate on the second to fifth day, the discomforts of cleansing reactions. After a binge, you may benefit from zone therapy, leaving the electric light on during sleep and digestive enzymes. The following day pursue a vegetable juice regime or a dry fast. After the transition to a good diet, you will feel less and less desire for unwholesome foods.

As your body becomes healthier and cleaner, it will tolerate less and less of the foods which in the past seemed agreeable. If you have been on a raw food diet for some time, a meal of cooked food or animal products could induce nausea and diarrhea. Your body will become like that of a healthy child, immediately rejecting unsuitable food. Habitually eating bad food weakens your body so that it cannot reject such foods, and, after many years, may award you with a chronic ailment.

Do not vacillate greatly between a predominantly cooked and a predominantly raw food diet. Although the dietary hierarchy is introduced with Kosher foods, everyone may instead start with a vegetarian diet.

NUTRITIONAL FALLACIES

"Man eats solar vibrations trapped in nutrients. Enzymes, protein, vitamins are temporary energy traps; under the action of enzymes in the body, energies are released for building and maintenance of the human body. Some individuals get the necessary nutrients via sun and color, most via food."

Viktoras Kulvinskas, LOVE YOUR BODY

Food can provide energy and stimulation, cleanse the bloodstream and build an efficient body. Many people who are adopting a vegetarian diet may cling to prevailing concepts of dietary needs. Do not be misled by requirements listed in nutrition tables.

During the early stages of dietary transition, when the volume of food is decreased, the metabolism osmotic pressure between the digestive tract and the tissues surrounding it will also be decreased. In a toxic congested body, the mucous linings of digestive tract and blood vessels are greatly reduced in permeability. This can produce temporary signs of deficiency of some nutrients in the bloodstream. This is not cause for concern. The missing nutrients will be replenished as membrane permeability is reestablished.

Even when nutrients which orthodox dieticians consider essential are missing in your food, they are supplied to you as needed, provided you are moderately detoxified, from other sources: biological transmutation (141), air and sunlight (see Breatharianism), the metabolic nutrient pool in the lymphatic system which contains recycled cells, and from nutrients created by friendly bacteria inhabiting the intestinal tract.

VITAMINS

VITAMINS are found in nature's foods. Each food color indicates a different nutrient content. Eat sprouts, fruit and vegetables of varying color; nibble on some grass, expose your body to sunlight. This will supply all your vitamins.

Vegetarian Sources of Vitamin B-12

VITAMIN B-12 is considered the anti-pernicious anemia vitamin. There is widespread belief that meat is the primary source of this vitamin. But where does the herbivorous cow obtain vitamin B-12? Dr. Spencer and Dr. Prevest (34) state that "the ultimate source of all nature's vitamin B-12 in the world is bacteria." Vitamin B-12 is manufactured by the friendly bacteria in the animal's intestinal tract. This is true for all vegetarian animals including the human being.

At a vitamin B-12 conference (152) it was stated: "The need for vitamin B-12 is difficult to demonstrate in some species, particularly in ruminants, owing to vigorous bacterial synthesis in the rumen or alimentary tract. . . . Pernicious anemia appears to arise not from shortage in the diet but from impairment of the ability to absorb vitamin B-12."

Putrefactive bacteria destroy friendly bacteria thus inhibiting synthesis of vitamin B-12. Putrefaction in the intestine is caused by ingesting cooked animal protein, bad food combining, overeating of any concentrated protein food, chemical additives and medicine.

Drs. West and Hillard (35) showed that a high protein diet increases vitamin B-12 requirements. Other studies (71) demonstrate vitamin B-12 to be heat sensitive—normal cooking can destroy up to 89 percent. Hence those who rely on cooked meat as a primary source of vitamin B-12 are more likely to develop pernicious anemia.

"Vitamin B-12 has been found (152) in significant amounts in nature in fermented materials" (like yogurt). In studies on vegetarian humans, Dr. Wolfgang Tiling discovered the synthesis of vitamin B-12 in the intestines of children who were on a soy milk diet (151).

Clinical and experimental animal studies have shown that pernicious anemia (36) can be successfully treated with chlorophyll. I believe that chlorophyll destroys putrefactive bacteria in the intestine and helps to reestablish the natural bacterial flora which manufacture vitamin B-12.

To insure the active production of vitamin B-12 by intestinal bacteria, vegetarians should limit protein intake, watch food combinations and observe the other hygienic rules.

SUN VITAMINS

One should spend at least one hour daily outdoors. Walk or run on grass, along beaches, swim in nature's waters, climb mountains, visit fields and forests. Breathe deeply. Even in winter, you can sunbathe. Build a two foot high windbreak. For more sun intensity, incorporate a sun reflector. Even at 25 degrees F., sheltered from wind, naked in mid-day sun, one will feel very warm. Sun and fresh air are the two most important ingredients in one's diet. Sun does not cause skin cancer, though it may act as a triggering mechanism. During sun bathing, as much as six pints of fluid can be expelled through the skin in a day. If the fluid contains carcinogens, skin cancer may possibly develop. Cancer of the skin is impossible on a hygienic low protein vegetarian regime.

The skin of dark races filters out a great spectrum of sun rays. They originally inhabited sundrenched areas. But living in the north in deficient sunlight, eating processed sunless foods, those who have abused the body longest and most intensely may develop the sunlight deficiency disease of sickle cell anemia.

WHO NEEDS HIGH PROTEIN DIET

PROTEIN — Perhaps the most predominant food fallacy is the high protein intake (40 to 100 grams daily) usually recommended. Protein in excess of our needs is not utilized by the body.

There are several factors which greatly diminish availability of dietary protein. If we use meat as our source of protein, cooking destroys at least one of the essential amino acids needed for building enzymes and healthy tissue. Cooking can destroy 40 to 85 percent of the available protein in most food.

Most cooked food enters the stomach at a temperature of more than 104 degrees; this heat destroys some of the gastric enzymes needed for digestion. Liquids served at a meal delay protein digestion by reducing the concentration of gastric juices. Serving a concentrated protein food at the same meal with fats, sweets or starches further inhibits digestion because each of these foods requires different digestive juices. When too large a quantity of concentrated food is eaten at a meal, much of it remains undigested. Many people cannot digest meat because of deficiency in pancreatic enzymes, bile and hydrochloric acid.

Practically all pain, pathology and cell destruction is known to be due to high blood acidity which results from excess intake of protein, especially acid-forming animal proteins. However even vegetable protein such as seed, when eaten to excess can cause toxicity.

Dr. C. L. Elvehjem in "Amino Acid Supplementation of Cereal" warns that twice the daily requirements of certain amino acids in food leads to toxic cell disturbance (29). Dr. Bieler states that one of main sources of overacidity in the body is an excess of amino acids which disturbs the nitrogen balance (30).

"All deaths are due to progressive acid saturation." (Cee W. Crile, M.D.) The acid condition generated by a high protein diet, destroys body cells, hence new ones will have to be built.

If there is a heavy coating of mucus in the digestive tract and deposits of waste in the blood vessels, protein (amino acids) is poorly absorbed and largely unavailable to the cells. For these reasons much of the protein we eat passes from the body, or is stored in tissues as waste.

The degree of a person's physiological degeneration can be determined by the amount of protein needed to maintain normal weight. High protein needs indicate that organs, blood and lymph system are clogged with mucus. Large protein intake creates an osmotic pressure in the digestive tract high enough to force the amino acids through even badly congested cell walls.

The short term beneficial effects of a high protein diet can be attributed to the following factors. Most people are protein starved. The cells are deficient in protein because the whole interior of the individual from the digestive tract to the finest capillary, as well as cell walls, are coated with extraneous mucus, hardened fats and layers of inorganic mineral deposits which interfere with the transport of amino acids into the interior of the cells.

The intake of high protein foods (especially without starches) increases the osmotic pressure of the amino acids: this sets up the pump mechanism for the increased amino acid transport into the cells. Health improves. Furthermore, there is the stimulating effect one gets from protein, since uric acid, a waste product of protein metabolism, has a structure almost identical to caffeine. Likewise, in the case of individuals who are on a cleansing diet, protein foods stop further detoxification, hence eliminating the feeling of weakness that is associated with cleansing.

Lastly, in diseases such as toxemia of pregnancy, which is a cleansing "sickness", a high protein diet has been effectively used in stopping or preventing the development of the process of detoxification.

The long term effect of a high protein diet is always bad. It leads to an accumulation of the waste products of protein metabolism, thus acidifying the body. For example, the human liver and kidneys combined have a limited capacity to excrete only about 8 grains of uric acid in 24 hours. However, one pound of meat can generate as much as 18 grains of uric acid. Hence, some uric acid will be left in the body from any one meat meal which will accumulate to produce the disease of gout, rheumatism or the complications of arthritis.

Very similar statements can be made about the megavitamin-mineral therapy. Here the results can be impressive and immediate. However, the disease still has a dietary basis and unless the individual pursues an improved dietary regime, the junk foods will eventually have their effect. Furthermore, no supplement can supply all the factors that are found in raw, living foods. Likewise, the human body was not structured for a fragmented nutrient intake; vitamins work best not alone, but in conjunction with other vitamins, minerals, enzymes and amino acids as found in food from nature. It is interesting to note that in his studies Dr. Kohler found it to be impossible to create a dietary supplement which utilized all the known dietary factors, equal in benefit and growth rates, to that which one finds in grasses. (167, 37)

The real solution to diet is to clean out the body. This increases the permeability of body linings, skin and cell walls, thus permitting easy transport of nutrients. A detoxified individual can eat very little of simple foods such as sprouted seeds and fruit and maintain excellence of health, strength and intellectual acuity.

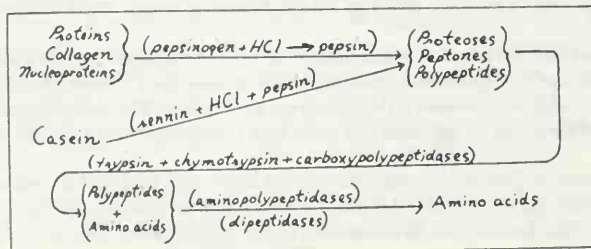
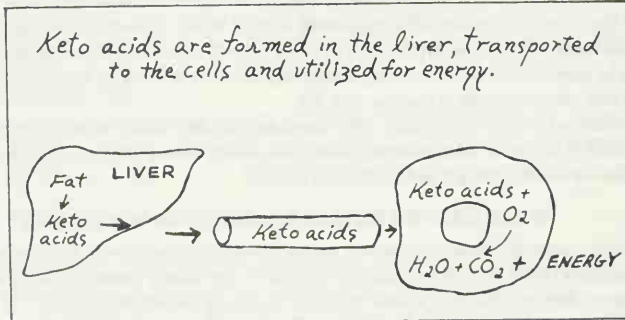
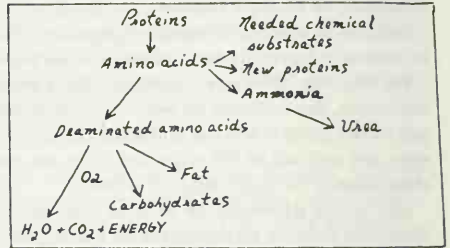
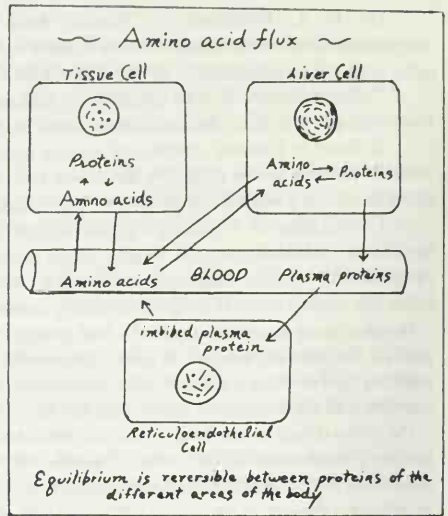
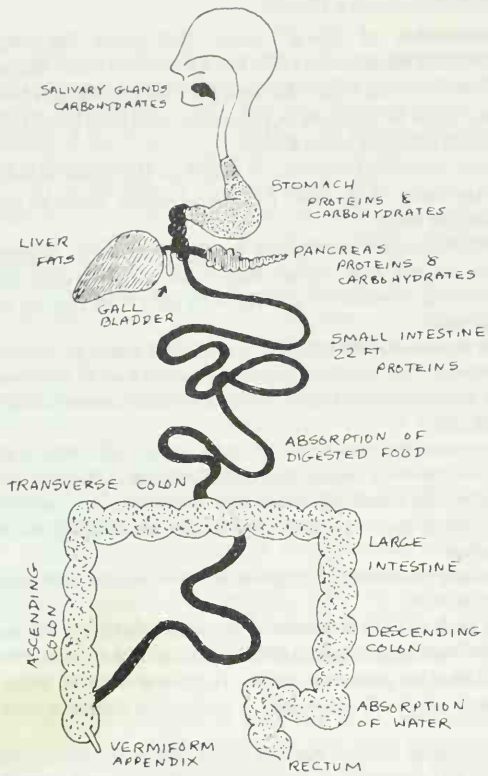
IS COMPLETE PROTEIN POSSIBLE OR NECESSARY?

Protein from vegetable sources is composed of ratios of the various amino acids different from those found in the human body. Protein in domestic animals raised for food consumption while alive, has almost exactly the same amino acid composition as those of the human body. However, the dead animal protein is greatly damaged when cooked and the amino acid ratios are destroyed (see: Cooking Effect on Food) thus making cooked meat as different in amino acid composition and ratios as the vegetable sources. This raises a question: How does one get a complete protein intake adequate for body maintenance and growth?

Most people maintain health and adequate protein intake from a mixed, varied diet. The deficiency of an essential amino acid in one protein in the diet can be supplemented by adding another protein which contains the missing amino acid.

However, there is no need to eat a complete protein mixture at any one meal. What is more important is your amino acid intake for the day, the week or the month. An individual may never have a complete protein at a single meal and still show no signs of protein starvation.

If on Monday your lunch was deficient in lysine (an essential amino acid) yet 5 days ago you had a meal which was high in lysine (the excess of which was stored in liver and other body cells) then the deficiency in today's meal will be compensated by the liver releasing the stored lysine to give the bloodstream all the essential amino acids for the building of cells, enzymes and hormones.



"All cells synthesize far more protein than is absolutely necessary to maintain the life of the cells. Therefore, if amino acids are needed elsewhere in the body, some of the cellular protein can be reconverted into amino acids and then transported in this form . . . The reconversion process is catalyzed by enzymes called katepsins that are in all cells. The quantity of protein in a cell is determined by a balance between their rate of synthesis and their rate of destruction . . . By this [see diagram] constant interchange of amino acids the protein in all parts of the body are maintained in reasonable equilibrium with each other. If one tissue suffers loss of protein, many of the proteins in the remainder of the body will soon be converted into amino acids which are transported to the appropriate point to form new protein." [119]

The liver acts as a buffer in case of an excess of protein in diet. When there is a high amino acid concentration in the blood, a large proportion of the amino acids is absorbed by the liver cells and formed into small proteins. When there is a deficiency of certain amino acids, the liver (as well as other body cells) will release the missing amino acids, if it has them in storage.

"After absorption through the intestinal mucosa, the amino acids pass into the capillaries of the villi and then the portal blood, flowing through the liver before entering the general circulation . . . All the different amino acids are in the blood and extracellular fluid in small quantity . . . because on coming in contact with cells they are absorbed very rapidly." [119]

"Amino acids are in a state of continual flux from one part of the body to the other. If the amount of amino acids in the cells of one area falls too low, then amino acids will enter these cells from the blood and will be replaced by amino acids released from other cells." [119].

The digestion of protein starts in the stomach. It is broken down into proteosis (smaller combinations of amino acids than protein) and polypeptides (still smaller) by pepsin under the action of HCL acid. After entering the small intestine, it is further split by trypsin of the pancreatic juices into amino acids.

EATING VEGETARIANS MIGHT BE HARMFUL TO YOUR HEALTH

I, for my part, wonder of what sort of feeling, mind or reason, that man was possessed who was first to pollute his mouth with gore, and allow his lips to touch the flesh of a murdered being; who spread his table with the mangled forms of dead bodies and claimed as daily food and dainty dishes what but now, were being endowed with movement, with perception, with voice.

Plutarch

It is only by softening and disguising dead flesh by culinary preparation that it is rendered susceptible of mastication or digestion, and that the sight of it's bloody juices and raw horror does not excite loathing and disgust.

Percy Shelley, Vindication of Natural Diet

THE CANCER IN MEAT

MEAT – It is not loving to kill. To eat meat is generally unnecessary and unecological. It takes 50 to 100 times more land to produce meat than it does to produce its equivalent in vegetarian food. Animal feed contains DDT, pesticides, hormones, stilbesterol, antibiotics, tranquilizers. Diseased animals are slaughtered and sold to the public. Moreover, meat is not a healthful food. Fatty meat is high in cholesterol. The waste products of protein metabolism are acid (uric) which accumulate eventually precipitate in tissues as crystals. Meat tends to putrefy in the colon, producing toxic waste which speeds the metabolism and causes degenerative diseases, leading to premature death.

Dr. John Berg (154) of National Cancer Institute reported at the American Cancer Society Conference that heavy beef eating is related to high incidence of cancer of colon and rectum. Dr. Earnest Wynder, president of the American Health Foundation felt that beef (also eggs, dairy products and foods containing saturated fats) should be incriminated as cancer-promoting.

Dr. Ernest Wynder, president of Am. Health Foundation, told a symposium sponsored by Boston American Cancer Society and the Greater Boston Medical Society that dietary fat and animal protein combine with bacteria in the gut to form acids linked to tumor formation. Now he said the evidence shows links also between these fats and cancer of the breast, pancreas, kidney, ovary, and prostate as well (Boston Globe, Dec 5, 1974, p. 49).

Cancer immunity is built on a low protein, non processed diet. These observations were made by Dr. Robert Good, University of Minnesota, from his studies of aboriginal children and animals (161).

Rich protein decomposes in the stomach into poisonous ammonia, which in turn produces nitresamines. Biochemist, Dr. Lijinsky said: ". . . they are among the most potent cancer causing chemicals known." Furthermore, Dr. W. J. Visek (New York State College of Agriculture and Life Science of Cornell University) states: "The presence of ammonia increases susceptibility to virus infections, which are known to cause cancer in animals and are suspect in man."

Other studies showed tryptophane, an essential amino acid, which is about twenty times more concentrated in meat than in fruit, to be carcinogenic in the urinary tract (33). In the press, Nov 25, 1962, it was reported that Dr. Richard Gordon of Monsanto Chemical Co., St. Louis discovered that "an acid called tryptophane causes growth and aging." By excluding tryptophane from their diet, Gordon kept animals youthful and active without any signs of aging in excess of normal lifespan. Introduction of tryptophane resulted in the appearance of normal aging.

Dr. A. Voisin states (153), "The formula for tryptophane is very close to that of indole-acetic acid, which is a growth hormone in plants. This hormone can be produced by plants from tryptophane."

THE HEART DISORDERS IN MEAT

In the USA, heart disorders are the largest cause of death. Hardening of the arteries, according to Dr. Paul White, affects even two-year-old children. All related studies point to the culprit—fat and mineral deposits in arteries—which places a heavy strain on the heart.

In the past, hardening of the arteries was believed to be caused by high cholesterol foods from animal sources (162). A more recent study by Dr. John Gainer (163) showed protein to be the major contributing factor. He demonstrated that even a slight increase in blood plasma protein can reduce oxygen transport in blood by as much as 60 percent. It has been shown by a Danish researcher that oxygen-deficient atmosphere (like smog-filled cities) induces atherosclerosis. Dr. Gainer observed that rabbits on high cholesterol diets had thicker blood vessel walls than those on normal diets; rabbits on protein-rich diets had thicker blood vessel walls than those on high cholesterol diets.

Oxford Muller, the inventor of the capillary microscope showed through experiments the benefit of a vegetarian diet in heart related disorders. He states (231):

"The influence of a vegetarian diet presents itself in this way: The capillaries stretch out and their convolutions become straightened out. We thus can see that this form of nourishment caused a certain unburdening of the peripheral section of the blood vessels while the purely meat diet seems to represent a heavy burden."

A study by Annand (220) and another by Yarushalmy and Hilleboe (221), showed in various countries that the higher the level of vegetable consumption, the lower the level of heart disorders.

Annand found that (220) vegetable protein exerts a powerful protective action against arteriosclerosis in animal experiments. Groen et al, (222) also Morse and Overlay (223) in their study found that vegetable protein lowers the cholesterol count.

A low fat diet, maintained for a period of up to 3 years, failed to lower either the mortality or morbidity of patients suffering from arteriosclerosis (224) whereas after a period of only 4 to 5 weeks a diet high in fresh vegetables caused a significant reduction in this affliction (225).

LEUKEMIA IN MEAT

Leukemia is the overproduction of white cells to fight the blood toxemia associated with breakdown in protein metabolism. The Russian, Dr. Kouchakoff, discovered that when cooked meat is eaten, white corpuscles in the bloodstream increase tremendously following the meal. They are there to fight an infectious condition. Furthermore, leukemia is always associated with an extremely high amount of uric acid in the blood. This can come from only one source—dietary intake of concentrated protein (animal products and seed). Lancet and Polish Medical Journal report Dr. Kalikowski's studies where low protein diet was used, in conjunction with high alkaline solutions, to cure leukemia: "favorable effects in ten out of thirteen children with leukemia . . . a strikingly fast disappearance of blast cells in bone marrow was noted compared to controls." One of the reasons given for lack of complete success was that they had not yet devised an optimal diet (31).

THE SCHIZOPHRENIA IN MEAT

"I am a heavy eater of beef, and believe it does harm to my wit."

Twelfth Night

Drs. J. Wurtman and F. D. Fernstrom (M.I.T.) reported in Science Magazine that high amounts of tryptophane in the blood reduces serotonin, which controls creative brain activity.

More people in the USA are hospitalized and treated for the condition of "schizophrenia" than for the total cases of cancer, diabetes and heart disorders. As this "condition" has been variously and inadequately defined as well as used to categorize many who have been put in mental hospitals without recourse to their civil liberties and the law, we do not take this term literally as such and have indicated this by quotation marks. In Russia, Dr. Yuri Nikolayev of Moscow Research Institute of Psychiatry has fasted 20 to 40 days psychiatric patients to health. His work showed that "schizophrenia" is a form of protein toxemia. He states that his starvation therapy has been useful in treating eczema, metabolic disorders, bronchial asthma, hypertension, gallstones, tumors, hardening of the arteries, as well as "schizophrenia". Prior to the fast the patients were given a cleansing diet; following the fast the patients followed a vegetarian diet if they did not want the sickness to return. Today, Dr. Allan Cott, M.D., is using a modified version of Dr. Nikolayev's therapy in New York City for the treatment of "schizophrenia."

(164)

LOW PROTEIN DIET IS THE HUMAN DIET.

The Biblical self-fertilizing hermaphrodite Adam and other parthogenic individuals were definitely non-carnivorous. Their dietary needs were spelled out specifically "And God said: Behold I have given you every herb bearing seed which is upon the face of all the Earth and every fruit yielding tree; to you it shall be for meat." This fare of Melthusalah times called for no complicated preparation only what came directly from a tree or plant.

It is difficult to see how the early man who had neither claws nor fangs, nor the fleetness of foot to catch prey, could have been anything but the frugivorous animal which Charles Darwin and Julian Huxley maintain he was.

In Darwin's "The Descent Of Man" he shows a very close relationship between the fruitarian anthropoid apes and man both in structure and function. It would be a remarkable thing that all the primates, with the exception of man should be frugivorous.

A very definite remainder of the true dietary needs of man is the first food that he would ingest, had he been raised naturally, mother's breast milk.

A comparison of equal weight of breast milk and fruit shows (237) that mother's milk has the calcium content of an orange; sodium value of a cantaloupe; potassium count of blueberries; magnesium weight of an apple; iron composition of red currants; copper of figs; phosphorus of lemon; chlorine of pineapple; sulphur of tangerine; vitamin A of plum; B1 of grapefruit; B2 of banana; calorie of pears.

The protein content (237, 238) even of ambivorous human mother's milk is between 1.0 and 2.4 percent, average value of 1.4 percent. This small percentage supplies the baby all the essential amino acids, protein, during the period of most rapid growth and maturation. Grown humans don't have a need for such high value of protein once they have stopped growing. Excess to the dietary needs will result in fat and ill health.

There are many examples of heavy meat diet producing robust and apparently healthy individual. It was Dr. L. H. Newberg of Ann Arbor University who found that when he fed large quantities of meat to test animals, they grew bigger and more alert than other animals on a vegetarian diet. But three months later, these animals contracted kidney damage and died while the vegetarian animals lived healthily and happily (239).

It has been shown tryptophane, an essential amino acid of the protein complex, in high enough concentrations, when ingested continuously over a period of time, can result in urinary cancer. The average content (237) of tryptophan for 20 listed fruits is one twentieth of the value found in round medium fat beef.

The range of protein content for fruit was (237) .4 to 2.2 percent, which is approximately the range of protein in human breast milk. Meat is 10 to 24 percent protein, and is unsuitable food for man. Grains, nut and seeds are 10 to 50 percent protein and unless sprouted, which reduces protein concentration, are unsuited foods for humans.

The comparison (240) of protein content of milk of classes of animals is worthwhile.

FRUITARIAN	ANBIVOROUS	CARNIVOROUS
Man 1.25 — 2.7	Guinea Pig 8.55	Dog 10.1
Monkey 2.3	Rat 8.7	Cat 11.1
	Swine 14.98 & 7.	Russian Wolfhound 10.6
		Pointer 9.2

From common sense we would anticipate the concentration of protein in human mother's milk to be much higher than in a mother cat if the size of the organism produced was the main criterion. Human protein needs come closest to the protein needs of the fruitarian monkey. Big, strong bodies are built from fruit protein, as any gorilla would prove to you.

One of the most famous Anatomists, Professor Baron Cuvier in his "Lecon d' Anatomie Comparative" as quoted by Shelly in his essay entitled "A Vindication of Natural Diet," he says:

"Comparative anatomy teaches us that man resembles the frugivorous animals in everything, the carnivorous in nothing . . . It is only by softening and disguising dead flesh by culinary preparations that it is rendered susceptible to mastication or digestion, and that the sight of its bloody juices and raw horror does not excite loathing and disgust . . ."

"Man resembles no carnivorous animal. There is no exception, unless man be one, to the rule of herbivorous animals having cellulated colon. The orang-outang perfectly resembles man both in order and in the number of his teeth.

"The orang-outang is the most anthropomorphous [man like] of the ape tribe, all of whom are strictly frugivorous. There is no other species of animals which live on different foods in which this analogy exist."

Even fruit can be a source of protein. Dr. Hilbert (33) describes the complex structure of an orange: "We now recognize 11 amino acids, 17 carotenoid pigments, of which 4 have vitamin A activity, and 11 flavanoids . . . the flavoring constituents of the oil are no less than 28 in number, of course there are many others yet to be found."

	CARNIVORA	ANTHRAPOID FRUGIVORA AND FRUITARIAN MAN
Teeth	Incisors are underdeveloped; molars are long, sharp and pointed.	Incisors are well developed. Molars for crushing and grinding.
Jaw	Up and down motion for tearing or biting.	Equipped for grinding motion.
Saliva	Acid saliva geared to digestion of animal protein; lacks ptyalin, a chemical which digests carbohydrates.	Highly developed system: alkaline saliva adapted to the digestion of sugar and starch. Oblong in shape, complicated in structure, convoluted with duodenum.
Stomach	Simple, round sack which secretes ten times more hydrochloric acid than that of vegetarian, proportionately.	
Intestine	Three times the length of the trunk	Twelves times the length of the trunk
Colon	Short and smooth, designed for prompt evacuation, not digestion	Long and involved; digestion takes place in it.
Liver	Far more active than in frugivora. Eliminates proportionately 10 to 15 times more uric acid.	Capacity to eliminate only the uric acid produced by the organism itself.
Hands	Claws for tearing flesh and for killing.	Fingers adapted to pluck fruit
Skin	Do not sweat through skin. Excrete excess moisture through bladder and controls body heat by rapid breathing. No pores.	Sweat through the skin to lose excess moisture and to control body heat. Has pores.
Urine	Acid, offensive in odor.	Alkaline, with inoffensive odor.
Eyes	Sideways.	Forward.
Tongue	Rasping.	Smooth.
Mobility	Go on all fours.	Walk upright.

The human being requires minimal dietary protein as obtained from sprouts, grasses and fruit. The protein composition of the body is in a constant state of change, with proteins constantly being broken down and resynthesized. Tissue protein breakdown and dietary protein contribute to a common metabolic pool of nitrogen from which amino acids are withdrawn for rebuilding tissue protein and for the formation of new protein for growth. There is a great deal of recycling of protein.

Nutritional Experiments (32) by W. Lintzel showed that plant proteins are more efficient than animal proteins in maintaining the nitrogen balance in adults. His experiments showed that smaller quantities of potato and rye grain protein were required than protein from milk, egg or meat.

The human being needs the eight essential amino acids found in a complete protein. A protein is complete if it can maintain a healthy body. The strongest animals—the ox, elephant, horse—live on a diet of grass. The gorilla can maintain life on the protein provided by a diet of fruit: oranges, bananas, mangoes. The human being's digestive system and physiological makeup is identical with that of a gorilla; hence people can maintain themselves on a diet of fruit.

Furthermore, on a low protein vegetarian diet, according to studies by Drs. Oomen and Hipsley, the natives of New Guinea had in their intestinal tract bacteria, clostridium refringes B, which supplied a major proportion of protein, by creating amino acids from nitrogen inhaled with air.

Once the body is cleansed, its tissues regenerated, cell wall and membrane permeability reestablished, then .5 (or less) to 10 grams of protein daily are adequate. Under such conditions, the low protein diet (which is non-acid forming) does not destroy cells, and there is minimal new cell building.

MINERALS

MINERALS – We are told that we require a large quantity of alkaline minerals, especially calcium. Actually, they are needed to neutralize acid waste products derived from metabolism of the typical high sugar, high fat, high starch, high protein diet. The higher the ingestion of phosphorus, the more calcium we need. Meat and grain are very high in phosphorus. On such a diet, without calcium from milk, dolomite, dulse, sesame seed or fresh fruits and vegetables the body would sicken and die from acidosis. A vegetarian diet, low in starch and protein, provides just enough alkalinity to neutralize the acid waste products of metabolism. The greatest aid to metabolising calcium and alkalizing the bloodstream is sun-radiated air and water. Vegetarians who maintain a diet high in cooked minerals especially calcium, sometimes develop arthritis (deposition of excessive mineral in the tissues) at an early age. Stones in the kidney and gall bladder are the result of a high inorganic mineral intake.

CALORIES

CALORIES – Another fallacy is the recommendation of at least 2400 calories per day just to stay alive. (See: Liguarianism; Overeating.) This energy would be required only for metabolism of the typical high protein, high starch, cooked diet. Waste resulting from such a diet clogs the body, impairing normal function. Layers of sludge and fecal matter in the colon diminish absorption of nutrients, causing loss of energy. Arteriosclerosis (affects most Americans over 20) and clogging of fine capillaries demand additional energy to maintain a high blood pressure for circulation. Thickening of the blood with the waste products of protein and starch metabolism (mucus), builds resistance to its flow, again requiring increased energy for its circulation

Energy comes from the combustion of fuel. This requires oxygen. Most lungs are so filled with mucus and air pollutants that they are utilized to only one sixth of their capacity. Very low oxygen intake means incomplete combustion of food, which must be eliminated at further expense of energy.

Dr. R. W. Gerard writes: (40) "Body is not a particularly efficient machine from the energy point of view. The transformation of chemical energy in food into actual work involves a considerable waste of fuel. The human body is only about 30 per cent efficient, ranging from 20 to 40 per cent. About three times as much energy is consumed in the form of food as comes out in the form of physical work."

Only the inefficient use of energy in a toxic body demands a high caloric intake. In turn, a high caloric intake induces a toxic body which uses energy inefficiently.

CONDIMENTS

CONDIMENTS – Spices and salt were the ingredients the ancient Egyptians used to embalm the dead. Modern dietetics helps to start the embalming process early in life via salad dressings. It results in dry, pale skin, shrunken tissues, white hair, hardened liver and arteries. Natural oil is difficult to digest. Heat-treated or processed oil, or that derived from animal sources is next to impossible to metabolize. Generally it deposits out in arteries to hinder circulation and prevent passage of nutrients into cells. The best source of oil is whole seed, nuts, olive or avocado. The best oil comes from olives, avodaco or sesame seed—always request unfiltered, virgin, cold pressed. Keep refrigerated.

Fats are stored in tissues for later use or oxidized to carbon dioxide and water. Fat is unaffected by the saliva and only slightly affected by gastric juices. If we coat any food with oil, much of the food remains undigested until it reaches the intestine where bile can dissolve the oil.

On a fruitarian diet, carbohydrates are converted into the fats needed by the body. The fat-soluble vitamins (A, D, E, K) are created by the cells as they interact with sunlight.

DEADLY DAIRY

DAIRY PRODUCTS – We are the only animal who continues to drink milk after weaning. Pasteurized dairy products are very mucus-inducing. Cataract, respiratory disorders, arthritis, arterial degeneration, allergy commonly result from eating pasteurized dairy products. Pasteurized milk is as deadly as meat, yet so many vegetarians take this path of slow suicide (30,73,167,251-258).

Dr. Annand, in a ten year study, proved conclusively that heated milk is a primary contributor to all forms of heart disorders (38).

Dr. G. O. Kohler, et al, (37) in a study "Relationship of the Grass Juice Factor to Guinea Pig Nutrition" observed that animals died within 5 weeks of respiratory complications (mucus) when placed on a diet of pasteurized milk and orange juice. However, when grass juice was added, it provided enzymes to metabolize the mucus. He states: "Animals receiving mineralized milk, orange juice, and grass juice grew at a good rate and no abnormalities were observed. When the grass juice was omitted the animals died."

STIMULANTS

STIMULANTS is any substance which speeds body metabolism. When one starts the change from processed, low quality foods and stimulating poisons, the eliminative organs start expelling medicine, stimulants, pesticides, excess bile, tissue deposits and mucus, gas in cells, cementing material from stiff joints. One goes through symptoms of a withdrawal of stimulation—slower heart rate, decrease in nervous energy (with apparent mental stupor). Less energy is available for physical activity.

Stimulants must be avoided at this time. They do not give any more energy than a whip applied to a sick work horse. In the human body, a "death struggle" ensues to throw off such a chemical. Under stimulants we must include cigarettes, teas, many herbs, coffee, sugar, cocoa meat, medicine, spices, alcoholic beverages, pepper, salt. How do they affect us?

The introduction of a pathological amount of food and waste material causes the body to increase its rate of metabolism. One of the waste products of protein metabolism is uric acid, which is a purine (like caffeine), a known stimulant. Withdrawal from animal protein makes one feel weak for several days.

Coffee, tea, cocoa have a somewhat alkaline reaction. Their residue combined with uric acid and other colloids is precipitated out as crystals (urates), which may be deposited out in tissues to cause rheumatism, arthritis and kidney stones.

Spices, condiments and alcohol act as irritants to delicate cell walls. They stimulate increased flow of body fluids and can effect sensations of false hunger. Eventually, they cause thickening of cell walls.

Stimulants can create a desire for excessive sexual activity, which increases production of sexual fluids, drawing minerals and other nutrients from teeth, bones and other tissues for their manufacture. This speeds the aging process and the eventual wasting away of teeth, hair, vital organs and reserve energy.

A diet heavy in grain and meat and stimulants such as alcohol, tobacco coffee, give the adult a pickup for a moment. Yet notice the happy state and quick energy of the child who eats natural sugar—fruit.

HOW TO GET STONED ON WATER

Many doctors and nutritionists still recommend drinking six to eight glasses of water daily. Is this wise? According to government figures over fifty percent of tap water fails to meet minimum standards. The purification process for tap water introduces twenty to sixty new chemicals into your drink. Sodium fluoride (rat poison) acts as an enzyme inhibitor, causes or intensifies allergies, kidney-liver-thyroid-bone damage, may affect the newborn and cause mottling of teeth. Chlorine (bleach) destroys cells and ages the body prematurely. Additives and pollutants in water are one of the causes of toxemia.

The "pure" water that one may drink from spring, lake, river, well or running stream is one of the major factors in producing the cemented joints of arthritis; gall and kidney stones hardening of the arteries and the brain.

Throughout our lives, we build up inorganic sedimentary deposits in tissues, blood and lymph vessels and eliminative organs of the body. At birth the baby is about 75 percent water; by the time it reaches age thirty, the percentage of water in the body is about 55 percent. Where did the water go? It was displaced by the accumulation of precipitated minerals.

It is physiologically impossible for your body to assimilate inorganic minerals in building healthy tissue and blood. Calcium carbonate (lime) and other minerals will cement your body. Were it not for the activity of the eliminative organs, most people, by the age of forty, would accumulate enough cement in their bodies to become statues.

Distilled water, although preferable to other water, has a slight tendency to leech calcium and other nutrients from teeth, bones and cells. To prevent leeching, expose water to sunlight for several hours, and/or use colored drinking glasses. Or soak dried or fresh fruit (or vegetables), seed, (alfalfa, wheat, fenugreek) or crushed grass overnight, to introduce nutrients into dead distilled water and convert it to live juice. Such water will help to flush out accumulated poison from bloodstream and cells.

When obtaining distilled water, be sure that it does not come in plastic bottles. The plastic imparts a plastic taste. Do not buy chemically distilled water. Find a source which uses stainless steel and glass distilling apparatus. Get a complete analysis of the water, whatever the source. Most companies are happy to provide this information.

Drinking water is completely unnatural and is necessitated only by a concentrated acid-forming diet. Our natural foods, fresh fruits and vegetables, contain at least ninety percent energy-charged tasty fluid. This is all the water we need.

ROUGHAGE AND NATURES PREDIGESTED FOODS

After detoxification ingestion of nature's predigested foods (sprouts fruits juices) will increase vitality. You will be minimizing the following digestive tasks: starch digestion (three hours), protein digestion (four to six hours), fat digestion (six to ten hours), mixed digestion (four to twenty-four hours to empty the stomach) and pasteurized milk digestion (twelve to forty-eight hours).

Dr. Abrahamson states (41): "In digestion all the carbohydrates are converted into sugar. Fifty-six percent of the proteins also are converted into sugar, but only ten percent of the fats." The body has to go through a great deal of work to convert starch and complex protein into sugar. It is far better to get more natural sugar in the form of fruit and less from concentrated foods.

Your body has no need for starch or fat; they can be supplied by sunlight and sugar from fruit and vegetables. There is no known nutritional value in cellulose. For toxic individuals eating processed foods,

cellulose acts as an intestinal broom, insuring daily removal of waste. As purity is increased, the size of the internal organs decreases; very little bulk is required to have a good daily bowel movement. The slightly acid pH of sweet fruit, and up to one gallon of fluids from fruit or juice, will insure daily elimination. When one is totally detoxified, daily elimination is not all that important, since most metabolic waste products can be excreted by the skin and kidneys.

Juicing eliminates most of the cellulose. Most raw juices contain enough protein to build healthy bodies. Juice is digested and assimilated in twenty minutes. In vibrant individuals, it is evacuated in two hours. However, it takes ten to twenty hours to eliminate a vegetable meal; two to twelve hours a fruit meal. A mixed non-vegetarian meal takes one to five days.

You will need less sleep; fruitarians sleep one to four hours; raw food vegetarians, three to six hours; cooked and mixed diet, six to twelve hours. If you eat little, use live food, and fast at least six hours between meals, your digestive tract will spend a great deal of time resting instead of working so hard to eliminate excessive food. You will become stronger, more beautiful, witty, spiritual and happy.

MUCUS CLEARED UP

Mucus is found in the lungs, gonads and the intestinal tract lining. Its function is to protect the delicate tissues of the body from the external corrosive irritable fluids and gases.

In the gastrointestinal tract you will find glands which produce mucoproteins that can resist the action of almost all digestive juices. They form a thin film on the intestinal tract to protect the mucosa. The mucus (or mucoproteins) is a clear slimy fluid that can neutralize either acids or bases. Mucus acts as a lubricant that assists the passage of food along the digestive tract.

The mucus secreted in the mouth acts primarily as a lubricant for easy swallowing. In the stomach, where the largest amount is secreted, the mucus prevents the stomach walls, which are made of protein, from being digested. In the absence of mucus, an ulcer hole would be formed in the stomach walls within a few hours. A large amount of mucus is also secreted in the duodenum and along the rest of the small intestine to neutralize the HCL acid and pepsin found in the chyme (predigested food) newly arrived from the stomach.

A diet of high proteins and processed foods causes the secretion of strong digestive juices. As a protective measure, the body increases tremendously the activity of the mucus secreting glands. The mucus interacts with the digestive juices (and/or some of the harsh dietary factors) and precipitates out as an undigestible complex mucoprotein. The excessive amount of these mucoproteins congest the system. The intestinal lining is densely covered with villi which are imbedded with many blood capillaries and lymphatic vessels. The lymph system has openings large enough to accommodate the entry of some of the mucoprotein, plus some of the complex partially digested proteins.

The mucoproteins build up extensively and go through some dehydration and hardening, congesting the lymph vessels and introducing poor protein distribution and some localized starvation. The mucus build-up causes serious interference with oxygen exchange, biological functions and food digestion. The degree of mucus build-up can be observed in the iris by noting the degree of cloudiness and the extensiveness of the "lymphatic rosary"

The condition is reversible. A diet which excludes foods that are processed and/or high in protein and/or fat is best. When one eats fruit, sprouts and indoor greens — food in which protein is in the predigested form of amino acids and enzymes — one greatly assists the body to correct the diseased condition. Fasting, when advisable, and juice regimes are the fastest ways to clean up the lymph vessels. If a long fast is not desirable, to speed the cleansing of the mucus linings the following program is advisable. Repeat it as often as needed.

To begin, skip the evening meal. Instead have juice with a mild herbal laxative. Before bedtime, take one or more enemas. If you wish, follow it with a grass juice implant. (Evacuation on this program might not occur until the second day, giving you a temporary feeling of fullness. You can expect worms, putrefactive strings, solid particles, stones and /or ropes of mucous, unimaginable in size and quantity.)

Material needed: fresh juices, seed grinder and one pound of psyllium seed. One can use the psyllium drink upon arising and on retiring in conjunction with a cleansing diet or one can go on a 3 to 7 day cleansing juice regime as described below. To prepare the drink, finely grind one cup of the psyllium seed. Place a heaping teaspoon of powdered seed into jar. Add one cup of juice, tea or water, cover tightly. Shake for about ten seconds. Drink immediately before it turns into jelly.

Juice regime: For the first three days start the day with one cup of hot peppermint papaya tea (or any one of your favorite herbs). During the day take five psyllium drinks about every two or three hours apart. Each time drink an additional glass of water. Take a fruit or vegetable juice one hour later. In the evening take several enemas. If possible, follow with an implant.

For the last three days, continue the program, except for the evening meal you may have a vegetable or fruit salad. Use enemas as needed and implants as available. On the seventh day resume eating mucus lean solid food.

A cleansing regime can bring on conditions which are conventionally called diseases such as colds, flu, boils and skin rash. Abstain from solids, drink plenty of fluids, rest and persevere (see Crises). People quite often feel they are on the wrong regime. The healing process is not necessarily pleasant.

OVEREATING AND ELIMINATION

"If we keep food going into our stomachs only once every 24 hours or 48 hours, and do not get the foolish idea that this cannot be done, then we can train our stomachs to eat once a week and our stomachs will not call for food more than once a week, we could live as long as Methuselah"

ELIJAH MUHAMMAD, HOW TO EAT TO LIVE

"You will not give even an hours rest to me your stomach. Day after day, every hour you keep on eating. You have no idea how I suffer, O trouble making ego. It is impossible to get on with you."

"Enter only into the Lord's sanctuary when you feel in yourselves the call of his angels, for all that you eat in sorrow, or in anger, or without desire, becomes a poison in your body. For the breath of Satan defiles all these. Place with joy your offerings upon the altar of your body, and let all evil thoughts depart from you when you receive into your body the power of God from his table. And never sit at the table of God before he calls you by the angel of appetite.

Rejoice, therefore, always with God's angels at their royal table, for this is pleasing to the heart of the Lord. And your life will be long upon the earth, for the most precious of God's servants will serve all your days: the angel of joy."

Jesus, THE ESSENE GOSPEL OF PEACE

"He who is slave to his stomach seldom worships God."

SAADHI

"It is better to go to the house of mourning than to go to the house of feasting."

ECCL. 7:2

"The way to eat a lot is to eat little, that way you live long enough to be able to eat a lot."

Anonymous

"God places the sin of gluttony in the same catalogue with drunkenness. So offensive was this sin in the sight of God that He gave directions to Moses that a child who would not be restrained on the point of appetite, but would gorge himself with anything his taste might crave, should be brought by his parents before the rulers of Israel, and should be stoned to death. The condition of the glutton was considered hopeless. He would be of no use to others, and was a curse to himself. No dependence could be placed upon him in anything. His influence would be ever contaminating others, and the world would be better without such a character, for his terrible defects would be perpetuated. None who have a sense of their accountability to God will allow the animal propensities to control reason."

ELLEN G. WHITE [23]

"Blessed art thou, O land, when . . . thy princess eat in due season, for strength, and not for drunkenness.

ECCL. 10:17

"Confess your faults one to another, and pray one for another that ye may be healed."

JAMES 5:16

"Therefore I say unto you that things soever ye desire, when you pray, believe that ye receive them, and ye shall have them."

MARK 11:24

Eat little, be happy, love everybody and earthly joy will follow. Most of us know all that is needed to make us perfect and to give us and our children eternal youth and happiness. Why do we lack will power to put knowledge into action? Will is of divine origin and is easy to execute when all our actions are in tune with God's will. The fall of the human being from the plane of God-consciousness, and degeneration to weak will, came from eating forbidden food (all seed and animal substance), which upset the balance of endocrine secretions necessary to psychic power, will power, constancy. Food stimulants replace the spiritual love currents which electromagnetically activated tropical fruitarian man and woman. Therefore, when you wish something, stop to consider whether your body really needs it.

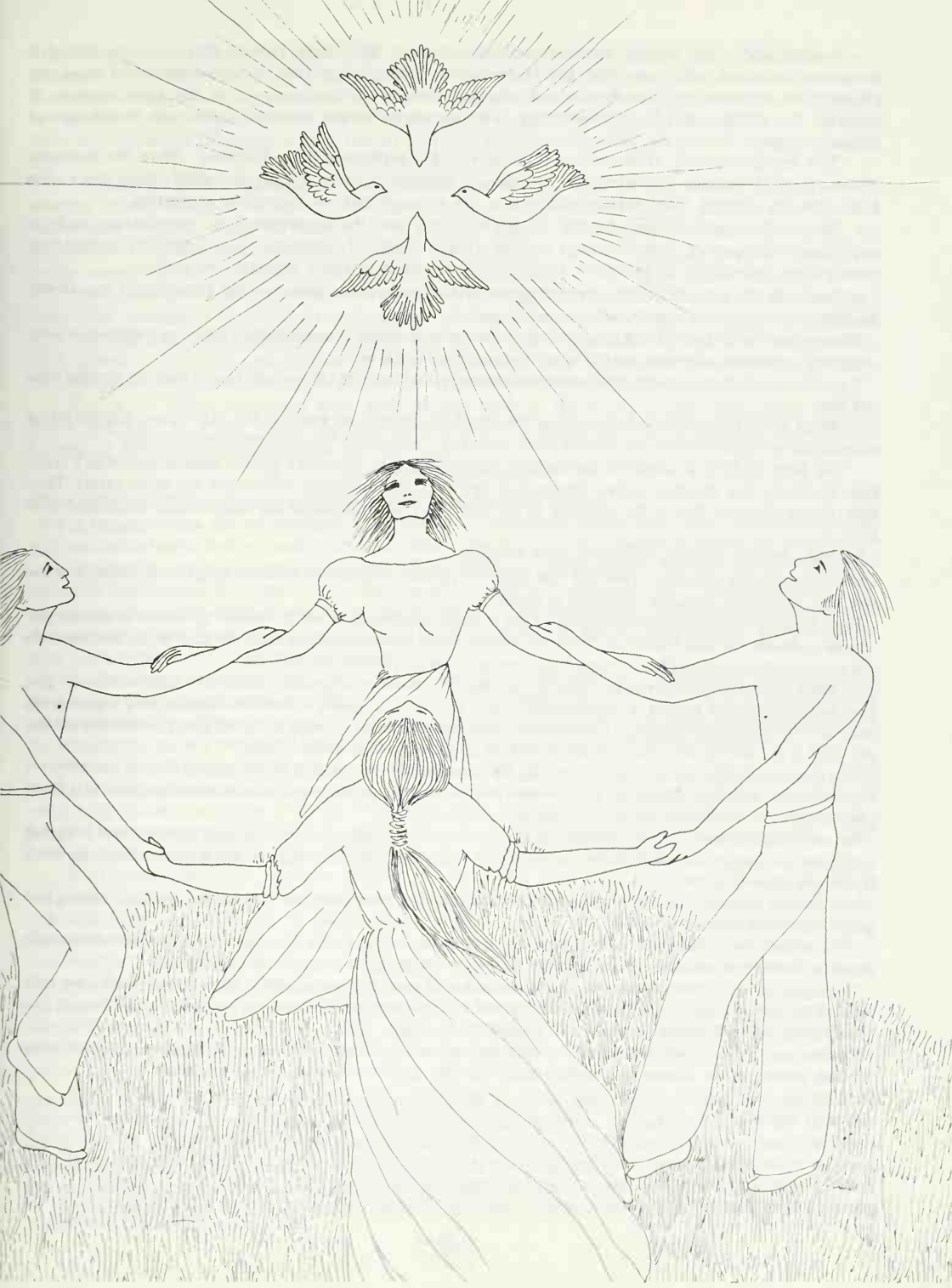
During dietary transition the hardest task will be to cut down on the size of meals. Most doctors recognize that overeating is the greatest killer.

Dr. Exton-Smith (155) for example points out that his own experiments have shown that the diet promoting fastest growth both hastens maturity and shortens life. The optimal diet is that which produces a slow rate of growth and that which produces a slow rate of growth and late maturation, "You can have every confidence that a feeding regimen that results in a thin child who matures slowly will produce a healthier, longer-lived adult." (156)

Some of the major causes of overeating are forced feeding in childhood, anxiety, unnatural diet, spices, poor mastication, enlargement of the stomach from past feasts.

The image of self is very important. It develops, in the most subtle way, from the pre-natal period onward. A poor image of self creates anxiety, which is discomforting. This leads to a course of action to reduce discomfort. Since anxiety is mainly a mind-emotion activity, anything that reduces the energy level in the brain will also reduce anxiety. When you eat, the vital forces of the body become centralized in digestion. Many people even feel sleepy if they eat too much. The awareness of self and its contrast with the ideal self is lowered; thus anxiety is relieved. When you were a baby, mother relieved your anxieties by giving you food. When older, you try subconsciously to duplicate the experience.

No matter how difficult your childhood may have been, it is not too late to change the self-image. Read books in the field of positive thinking. (see Appendix: Spiritual and Psychology Books). The inspirational writings from great spiritual texts have even more to offer. Participate in meditation, sensitivity and encounter sessions. Discover the cause of anxiety and make every effort daily to overcome it. Unless the cause of stress and anxiety is discovered and eliminated, prolonged tension can cause mental and physical exhaustion.



Psychologists and ancient masters and wise women have long known that unloving thoughts towards others and self cause the glands to secrete strong stimulants. Your subconscious does not differentiate between psychic threats and physical dangers. It handles both in the same manner. It activates the ductless glands for emergency. The secretions create increased heart rate, breathing and muscular tension.

This overproduction of hormones poisons you by destroying inner harmony. When the hormone system is continuously activated for emergency physical activity by psychological stress the excess hormones can age you. They destroy nutrients in the stomach and can even cause ulceration.

Beside the psychological factors in stress, there are the environmental contributors such as unpleasant occupation, inharmonious colors, noise, lack of sunshine, cold climate, indigestion, constipation, overeating, air pollution, contaminants found in clothing, cosmetics or soap.

In "Desiderata" the poet says: "Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with imaginings. Many fears are born of fatigue and loneliness. . ."

Whenever you feel tired, rest. If this is not possible, do some deep breathing, some meditation; take some fresh juice or a cup of ginseng or gotu-cola; otherwise, you will have a tendency to eat and to overeat.

If you feel anxious, lonely, experience failure or hopelessness; get in touch with a friend; talk it out; if this is not possible, write in a diary.

Much of our uncontrolled appetite is the result of toxemia or anxiety. We experience discomforting withdrawal symptoms when we abstain from addictive "poisonous food or unloving thoughts."

We have to find a substitute for feasting, something that can offer greater satisfaction; don't feast, fast. Generally the creative, active, productive, spiritual, philosophical individuals are small eaters. They have found pleasure that is far superior to the low level of stimulation and stupefaction associated with food.

The best substitute is making one's life a joyful adventure.

Find out what really pleases you. Take time to be alone with yourself. This will help you to see things clearly. Write out a five year plan. Evaluate it frequently; be willing to change.

Join a group or community that has meaning for you or create a philosophy to live by. Become the creator of the real you.

Visualize the new you daily. Discover it. Fall in love with this vision. Let it start taking a role on the stage of your life. S/he is the real you that was never allowed to be. Enjoy the present you. You can recreate yourself daily.

See where your feelings spring from your past, negative experiences and not the present. Choose to do that which creates good inner feelings instead of feelings of dissatisfaction. Check all your acts against a desirable standard. Stop repeating old addictions. Eventually you will develop a blissful spontaneity that radiates love to everyone. It will spring forth from your true self which is in tune with the laws of nature. In fact, be prepared for some initial failures.

Don't persecute yourself too severely when you fail. Be compassionate with yourself. Praise yourself for your successes and keep on moving. With perseverance and determination you will daily become more and more the person you want to be. Love yourself daily and continuously for what you are now.

The you of today is creating the you of tomorrow. Spend energies in becoming the person you want to be instead of struggling against the past images and addictions. The more good you do, the less time and energy you will have to do the things which hinder your personal growth.

Look outward for people to share the adventure of life with. Don't let your fears and hang-ups stop you from meeting new people, trying new things, new diets.

Try to rekindle your secret childhood dreams, moments of past ecstasy and achieved adventures. These past wishes might include a desire for a new career, travel, spiritual disciplines, swimming or sailing to far away islands.

To bring into being adventure into the new, experiment on a small scale. For example, if you desire to live in the tropics, try a vacation there, find out how to marginally support your self, learn the language of the country you wish to go to. This will give you a feeling of security which you can apply towards the big leap.

Evaluate your current situation. You'll discover that you really have nothing to lose by becoming the new you. Seek out other similarly attuned people. Sharing an adventure might mean the difference between success and failure.

Egosim and greed are the cause of much anxiety and hate. From the study of laws of nature you will find the few things that are worth doing and keeping. Be discriminating; like what is worth liking, but love everyone for all are your teachers, each a manifestation of God. Don't judge, be here in the universal now. Yield to others in things which do not matter. On important issues, communicate your feelings to those who evoke them. Approach the discussion with love: it will result in mutual psychic growth. When you are angry with someone, shut your mouth, silence your mind and let love flow in.

If daily, you feed your mind with optimism, constructive thoughts, and only useful, loving information, it will speed you to health and God consciousness. Every physical pain leaves emotional scars, likewise psychic blows are physiologically integrated as body ailments. Emotional cleansing, as well as physical detoxification can be a painful process. You have to be honest. Know thyself. We must flush out emotional blockages with a fast of love and self-discovery. The reward will be innocence and joy.

To lessen anxiety temporarily, choose a challenging activity. A simple task such as cleaning a room, washing dishes, fixing a machine, building a fence, yoga, dance, song, or exercise can be very therapeutic. Psychic energy is converted to physical activity. It temporarily diverts you from the treadmill of negative emotions. After finishing your task, you have strengthened your self-concept by having something visible of which to be proud.

Some who have failed over the years to control their appetites, have found success and were healed when they recognized that they were possessed by disincarnate souls, seeking worldly pleasures. Jesus said "Nothing shall be impossible for you thru fasting and prayer." Knowing the cause of one's gluttony, pure thoughts and words can be used to send spirits away. They will leave you when through fasting you take away the sensual pleasure.

If you are trying to control your diet, do not keep in the house specific food, drink or spices which you wish to avoid. When you feel anxious you will indulge in them. Afterward, feeling guilty because of lack of discipline, you will eat even more.

Ambivorous Anonymous.

Some techniques have been found to assist an individual during the dietary changes.

Try an imaginary binge. Eat with your mind to your stomach's content all the naughty foods you are trying to avoid. Think about how the food tastes, feels and smells. Feel your stomach expanding, your consciousness diminishing and youth fading.

Recall the details of how you felt after a feast. Visualize the kind of disease a congested body can cause. If you still have vigor, analyze the tempting piece of pie, cake or pizza. You'll see all the mucus it will generate in your body, the tooth decay it will cause. See the composition: lots of calories, foodless starchy white flour, hydrogenated fat, lung destroying pasteurized milk, cancer causing artificial flavorings, nerve wrecking color additives. Ask yourself: How was the pie grown? Was it on a tree, a bush, or was it created by a human being in a laboratory?

Keep a diary of your daily eating habits. Time, quantity and choice of food should be entered. What were the motivating psychological reasons for overeating: punishing someone, anxiety, avoidance. Were you tired and eating for stimulation? Are you hypoglycemic? How did you feel before and after the meal? Enter daily your weight. Where did you eat? Was it straight from the refrigerator, a can or a restaurant? Did you leave many temptations of naughty foods around the house?

Before you begin eating you generally still have some sanity about your dietary needs. On a plate in the kitchen serve as much food as you think you should eat. Take the plate to the dining room. Do not go for seconds or nibble after the meal. Remember, "One extra mouthful will be too much and a hundred will not be enough." Sharing food with others, eating slowly, chewing food thoroughly, being quiet in peaceful surrounding will reduce overeating.

Start each meal with a prayer, chant, or meditation. Ask the Omnipresent Spirit for aid in self-mastery. Think about the strength and health the food is to give you. Visualize yourself in the beautiful body you can gain by self-mastery. Do not read, listen to the radio or watch television. Concentrate on the Omnipresent as you chew thoroughly your simple fare. It is best not to indulge in conversation while eating, but if you have company, limit discussion to friendly love exchanges, no disputes. Only pleasant thoughts encourage good digestion.

Have few preferably unseasoned, selections at a meal. Each new food creates its own hunger by chemical stimulation. One food at a meal reduces a minimum the craving for large fare. Meat satisfies one kind of hunger. If it is followed by bread and butter, new cravings are created and must be satisfied. There is no limit.

Many people eating an inadequate diet, continue to experience hidden hunger even when their stomachs are full. This craving is a sign that the diet lacks certain food vibrations. Unless they are supplied, the individual will develop visible symptoms of deficiency. If hidden hunger remains unsatisfied, the eventual result of ignoring this survival mechanism is chronic disease and death.

To overcome this craving, include in your diet some grass or raw, fresh vegetable juice, a mixture of sprouted alfalfa and mung beans, sea vegetables and sun. Chew on the grass between meals. Hidden hunger will quickly disappear.

ONLY THE SKINNY WILL SURVIVE

Unless you change your life-style, you may anticipate the "vengeance of the gods", In the Puranas, (Ancient Hindu Scriptures), the food god complains to Lord Vishnu, the sustainer of the Universe, that people misuse him a great deal. To this, Lord Vishnu replies: "Those who eat too much, you must eat them up, for that is the only remedy."

The warning of Lord Vishnu was vividly demonstrated in 1927 when the late Dr. Clive McCay of Cornell University made his classic dietary experiment. He doubled the life span of rats by halving their food intake. This would be equivalent to 140 years in human terms(248, 249, 250).

Professor Huxley extended the life span of worms by a factor of 19 through periodic fasting. In orthodox geriatric studies, it has been found that a slim body, due to little eating and excellent elimination, is an essential factor for reaching the century mark.

The U.S. National Academy of Science made these recommendations for diet among people above age 55; For males, 2,400 calories with 65 grams of protein; for females, 1,700 calories, with 55 grams of protein. According to a U.S. Department of Agriculture study, Americans of all ages consume a daily average of 3,300 calories with 100 grams of protein, 157 grams of fat and 380 grams of carbohydrate.

The countries which have the highest number of centurians, by American standards are starving to long life. In a survey of 55 adult males in Hunza, Pakistani nutritionist Dr. S.M. Ali found an average caloric intake of 1,923, with 50 grams of protein, 36 grams of fat, and 354 grams of carbohydrate. Meat and dairy products constitute only 1-½ percent of the total. Similarly, Guillermo, Vela of Quito found the daily diet of the elderly of Vilcabamba to average 1,200 calories, 37 grams of protein, 12 to 19 grams fat, and 200 to 260 grams of carbohydrate (160). On this meager diet, many a centurian covers 30 miles of rough mountain terrain in a 24 hour period.

In the USA, there are men who have applied the wisdom of under-eating for optimal endurance. Park Barner (199) lived on fruit and vegetable juices for the week before a 52 mile marathon race. He fasted for 24 hours preceding the race. It was reported "not only did he finish without having his energy run dry; he ran almost a half hour faster than his previous best for 50 miles."

"Under-eating" can increase our physical endurance, clear our heads and give us long life. In times of crisis, when famine is a reality, more people could be fed on less, giving everyone a fair share of the planet's harvest.

LOSE WEIGHT NOW!

Some individuals even when following a relatively good diet fail to lose weight. The problem stems from extensive amount of mucus throughout the body. This produces poor circulation. With the fat unaccessible there is very little weight loss. However, once the mucus is reduced the weight loss is speeded up.

The second factor which diminishes weight loss is a disorder of the gall bladder, especially if one has stones in this organ. Many individuals, after pursuing a vegetarian regime for at least one month have successfully passed stones in fecal matter through the following regime:

For three days, one stays on a liquid diet of apple juice and/or lemon drink. Enemas should be used. On the fourth day, one takes every two hours one to two ounces of raw organic olive oil mixed with four ounces of lemon drink. Drink a total of 6 to 12 ounces of olive oil.

The initial quick weight loss that many individuals experience is often the result of water loss when one excludes salt and other poisons from one's diet.

In weight reduction programs no mention is ever made of the central role the endocrine glands play.

Thyroxine secreted by thyroid glands control the rate of metabolism of all cells. Hormones secreted by the adrenal cortex regulate reabsorption of sodium by the kidneys (which may cause water retention) and also regulate some aspects of carbohydrate, fat and protein metabolism. Insulin, from pancreas, regulate fat and carbohydrate.

Ovarian degeneration or overactivity as might occur after marriage, bring on the sudden fattening of the body.

Regeneration of ductless glands can be brought about through non-toxic diet, continence and zone therapy stimulation of the glands.

TRANSITION TO KOSHER FOOD

Kosher dietary is the first civilized approach toward making eating a science in harmony with the physiology of the body. Moses saw that his followers were not ready for live food, hence he introduced correct food combinations and a selective diet.

"Bread in the morning and meat at night." (Exodus 16:8). Do not mix heavy starch and heavy protein at the same meal. Bread requires alkaline, meat requires acid digestive juices. Violating this rule results in constipation, putrescence, flatulence, indigestion and eventually cell starvation.

Another common error is eating honey (molasses, sugar or sweet fruit) with starchy or protein food. Starch digestion starts in the mouth. The taste buds recognize the sugar and send messages via the brain that ptyalin (starch digestant) should be excluded from the saliva. Hence, starch (bread, cereal, sprouted grains) digestion does not get started. Sugar digestion takes place in the small intestine. The sugar mixed with starch or protein remains in the stomach much longer than it would if it were eaten alone, resulting in a fermentation (starch and sugar) process producing alcohol, or in putrefaction (protein and sugar) (Dr. Shelton, Food Combining Made Easy). Combining acid fruit (tomatoes, berries, oranges, sour apples, sour grapes, lemon) with starch also interferes with its digestion. Ptyalin is inactivated by acid. Take fruit and starches at separate meals.

Milk is highly alkaline, high in fat content, hence it can slow digestion when combined with other protein foods. Too, drinking fluid with starch (or protein) dilutes and weakens the action of gastric juices in the stomach causing poor starch and protein digestion. Milk tends to form a large curd in the stomach, which can take up to 48 hours to eliminate. Or it can surround other foods with curd, isolating them from gastric juices. If milk is used, it should be taken raw and alone. Goat's milk is easier to digest than cow's milk.

Many people are suffering from protein, calcium and many other mineral starvation because of bad food combinations or bad food sequence at a meal. In nature, we almost never find protein from seeds, greens or nuts mixed with any acids. As a contrast, nature offers protein in predigested form, such as is found in fruit, where it is mixed with fruit acids.

In our stomach hydrochloric acid is secreted for the digestion of protein, calcium and other minerals. However, when acid fruit is eaten the digestive process excludes the secretion of hydrochloric acid; otherwise, a diet of fruit plus internal body acids would lead quickly to the development of ulcer or acid burn in the stomach. In fruit digestion, alkaline secretions are released.

Persons who eat fruit first or fruit and protein combination will develop protein and mineral deficiency in the long run. During the transition period, especially if you have a good digestion, you may use fruit as dessert: i.e., eat a meal rich in seeds or nuts and greens first, follow at least 30 minutes later with acid or sub-acid fruit (this includes lemon, tomato — unless it is the yellow non-acid kind — pineapple, apple cider vinegar). For a salad dressing, sprinkle lightly with sea vegetables, olive oil (or lecithin granules) and a dash of brewers yeast.

Beside food combining, Moses instructed his people in choice and preparation of meat. Fear, at death, floods the animal's body with strong hormones which poisons. Moses told the Jews to drain the carcass of blood to remove these hormones, germs and toxic waste. Animals that eat filth — all scavengers such as pig, cat and lobster — were prohibited from the diet. If diseased, the animal was unfit to eat.

You may start the transition to a better diet by excluding gradually all of the following non-foods: sugar, pasteurized dairy products, white bread and bakery products, all carbonated drinks, hamburgers, hot dogs, alcohol, cigarettes, snack foods, canned or processed foods, salt and strong condiments, vinegar, coffee, ice cream, candy, fried foods, chocolate and large fish (tuna, swordfish).

You may eat plenty of raw and cooked sprouts and vegetables, some Kosher (or organic) meat, such as chicken, and white fish and yogurt. Cut down on the size of meals and adhere to the food combining chart.

If you persist in eating bread, toast it dry and dark to reduce the mucus-forming (see Fasting) property peculiar to fresh bread. It will then provide enjoyment with minimal body harm. Eat it with avocado and sprouts.

Drink liquids at least twenty minutes before the meal; none with the meal. Eat starch (or sweets) and protein at separate meals. Eat raw before cooked food. If digestion is very poor, you may want to try juices and blended fruits or vegetables for several days to give the digestive organs a partial rest. In addition, you may do zone therapy in areas related to digestion and expose the body to red light for at least thirty minutes directly after a meal to increase the vitality of the digestive organs. If necessary, you



may use digestive enzymes. If hungry in between meals, drink herb tea, vegetable broth, vegetable or fruit juice. At least twice a week eat vegetables (cooked or raw) only.

The following schedule may help you into your new way of eating:

Morning: Immediately upon rising, a few Yoga asanas (or exercise). Deep breathing and meditation (or prayer). Close your eyes, press the eyeball with moderate pressure, if sore it indicates that the stomach is not emptied. In that event, for a happier day, skip breakfast or do a stomach wash (see Fasting). Do zone therapy. If the eyes feel good upon pressure, take lemon juice or rejuvelac. Before leaving for work, take fruit juice, fresh or dried fruit (soaked overnight or steamed), or steamed millet cereal or sesame yogurt with tomatoes or apples.

Lunch: Sprout or vegetable salad (carry the dressing or seed yogurt in a separate container), or ground seed, or fruit, or bread with a spread of avocado and sprouts. Take a fruit break instead of coffee, but only if hungry.

Supper: Vegetable and sprout salad with either baked vegetables or meat or fish. Occasionally try a fruit salad for an evening meal.

Evening Snack: Fruit, citrus juice or tea.

If anyone asks you about your food habits, just say, "doctor's orders". "Who is your doctor?" "Moses, of course."

If several hours after a meal you experience tiredness, gas, burping, nausea, aching in the eyes or lower back or any other discomfort, it may indicate that you have broken health rules (see Appendix).

If you have had no experience with fasting, skip breakfast at least once a week. After a month of improved diet, fast on fruit or water one day a week. Initially fasting is not so important.

VEGETARIAN AND MACROBIOTIC

"Since the ultimate cause of every illness is violation of the order of the universe through ignorance or arrogance, supreme medicine inclines toward the patient and sometimes lengthy technique of philosophy and education, rather than the quick "cure" by injection or amputation. It teaches man how to release his own innate ability to achieve sound judgement. Disease and illness in the philosophy of Zen Buddhism prepare and dispose man to receive the perfect health and happiness that only supreme medicine has to offer."

SAKURAZAWA NYOITI

(You are all Sanpaku)

"Formerly men had no fire but ate all their food raw. At that time they did not need to die for when they became old God made them young again. One day they decided to beg God for fire. They sent a messenger to God to convey their request. God replied to the messenger that he would give him fire if he was prepared to die. The man took the fire from God, but ever since then all men must die."

(Darsa, Dada, p.121 myth #49 in African Myths & Tales ed. by Susan Feldman pub. by Dell publ. co. 1963)

Today many studies have been published about vegetarians. The medical profession has observed that vegetarians enjoy superior health, outlive flesh eaters and have chronic disorders appearing less frequently and much later in life (42, 43). Dr. L. Avioli, director of endocrinology at Jewish Hospital, St. Louis, declared that vegetarians suffer less osteoporosis than people who eat lots of meat and have a high protein intake (150).

A classical study of 18 years duration was reported in the Australian Press. Sixty offspring of American soldiers were adopted by L. O. Buieliz. They were reared vegetarians in the open country without inoculation or drugs. The diet consisted mostly of raw organic vegetables and fruit. For the last fifteen years dairy products were excluded. They never ate any meat or eggs or fish. Doctors examined the children periodically. Their conclusion was that these children were the healthiest in the world. They attributed the children's good health to their unusual diet (44).

Dr. Robert S. Harris of Massachusetts Institute of Technology, at the International Conference (226) on Vitamins in Havana in 1953, declared: "Both the vegetarian type and carnivorous type of diet can adequately feed people. It does not matter whether the calcium comes from milk or tortilla, whether iron comes from meat or tapala, whether niacin comes from wheat or rice, as long as these nutrients are available."

However, we see that it does matter where our food comes from. A cadaver is not the same as tapala; one will maintain health, the other will lead to disease. However, it does point out that scientists are willing to give status to the vegetarian diet which is practiced by about 80 per cent of the world's population.

The most brilliant thinkers and spiritual leaders: Buddha, Jesus, Pythagoras, Plato, Socrates, Ovid, Seneca, Plutarch, Swendenborg, Tolstoy, Rousseau, Voltaire, Milton, Shaw, Newton, Wagner, Bacon, Russell and many others heard the call of Nature and God: "Behold I have given you every herb bearing seed which is upon the face of all the earth, and every tree in which is the fruit of a tree yielding seed; to you it shall be for meat" (Genesis I 29). And it is becoming more and more accepted that in the great Taurean ages of matriarchy, people were vegetarians.

Every major city in America has a vegetarian restaurant and food center. Many are giving up killing animals and self with the prevalent dietary tradition. This is in tune with the majority of other earthlings who are vegetarians.

One of the most popular vegetarian paths is the macrobiotic. There are many advantages to this life-style. It leads one to develop a cosmic view and to study practical philosophy with the emphasis on Eastern culture. One discontinues using meat, processed foods, sugar and honey. Instead one eats a

balanced diet of organic grains, vegetables, seed and some local fruit. Table salt is replaced by minerals from sea vegetables and sea salt. Harsh spices are replaced with fermented derivatives of grains.

Improvement in health and the apparent therapeutic effects of this diet can be attributed more to food excluded rather than to food included in the diet. A macrobiotic (like others on New Age food) has gotten away from the typical American practice of a high protein meat diet, bad food combinations, two pounds of sugar weekly, twenty-two pounds weekly of processed foods (white flour, fat, sugar, carbonated drinks), at least twenty pounds of preservatives per year, pasteurized dairy products, coffee, medicine. If one eliminates these items, one's health has to improve.

However, this diet is not optimal as a permanent diet for those who seek the ultimate in health, long life and spiritual growth. The short term effects are good, however the long term results have many disadvantages. Cereals are mucus-inducing and eventually constipating. Many adults and children on a high starch grain diet must turn to the handkerchief, which is completely unknown among detoxified raw fooders.

COOKED STARCHES

When living under unnatural city conditions, one obtains a very limited amount of sunshine and oxygen. The mucus-forming nature of grains reduces further the entrance of oxygen into the lungs. Furthermore, the sun rays that were trapped in food by plants, are destroyed in cooking, making them unavailable to the cells. Many of the most precious elements are found in the fragrance of cooked food; they are totally absent from cooked food itself.

Tubers and grains contain a high concentration of starch and mineral salts. When subjected to heat (cooking) the minerals are rendered insoluble and may be deposited in body tissues. Starch improperly combined with other foods, or when not well chewed can ferment in the stomach, producing alcohols injurious to health. Unsprouted grains are highly acid-forming, legumes even more so. They cause an acid condition in the body which may result in hardening of tissues and loss of bone-teeth calcium.

Feeding children a diet rich in starch is unwise. Henry Bieler, M.D. states (30) that "starches and fats are always poorly digested during the first year of life. After that, if there remains any degree of indigestion they should not be given." Dr. Hay writes (174) that the introduction of starch foods before teeth are formed results in acidity, bilious attacks, lack of appetite, sour vomit, irritability, bed-wetting. Nature does not provide enough ptyalin for their digestion until teeth are formed. If grain were a perfect food, it would not give a child indigestion.

SALT

Grains don't taste good without salt. Why? They are not a balanced food. The high concentration of potassium phosphate requires additional sodium for balance. If potash accumulates in the tissues, it causes irritation of the muscles and paralysis of the nerves. It is very toxic in the bloodstream. Interaction of potash and soda (salt) converts both elements into less harmful chemicals. The attempt of the body to achieve chemical balance makes starch-eating animals and humans crave salt.

Dr. Murphy states (46) that excess salt may cause a waterlogged condition which may lead to deafness and impaired sinus function. Quite early in clinical studies (47) it was recognized that salt disturbs cell mineral balance which can lead to cancer. Dr. Seeger observed (48) also that excess salt is a factor in cancer. A study (49) by the World Health Organization demonstrates that the level of consumption of salt by the Japanese relates to the frequency of stomach cancer.

A salt free diet was found by Dr. De Snoo (118) to be valuable in the prevention of eclampsia. Many other authors strongly advocate the reduction of salt (120, 121) when toxemia of pregnancy is feared.

Excess use of salt will preserve the individual just as it preserves plums, fish and other briny preparations. Doctors recognize that such practice can lead to hypertension.

Dr. L. K. Dahi, an authority on salt, advises (50) us to eliminate the use of all salt. Most of us consume 16 grams or more of salt per day. At most we need no more than five grams daily, he tells us, a quantity which can be supplied from natural foods.

Other authorities believe one gram is closer to the body's needs. In an article (51) "Body Fluids—A Major Medical Problem," J.D. Ratcliff wrote: "This year some 200,000 Americans will drown—not in oceans, streams or pools, but in their own body fluids. The cause is often congestive heart failure, as big a killer as cancer."

He says heart failure is often the result of excess body fluids which the organism retains to reduce concentration of the poisonous salt in the tissues and bloodstream. He states: "When diseased hearts are unable to pump enough blood to the kidneys, those organs fail to excrete the body's surplus fluid and it congests tissues. Feet, leg and ankles swell with retained water, a gallon or more may accumulate in the abdomen or chest—an ounce of salt in the body will trap and hold three quarts of water."

Dr. L. White et al (28) from studies on animals expressed: "added NaCl resulted in markedly increased water intake, food intake, and weight gain, less adrenal hypertrophy, larger tumors and increased hydration of the carcass."

CITY VEGETARIAN DIET

To avoid complications from improper food combining during the early stage of transition to the vegetarian diet, it is best to avoid all sweeteners. This will have the further benefit of more moderate cleansing reactions (see Crisis). Go light on grains—better are the cooked starchy vegetables—eat little of all seed. A touch of sea vegetables or fermented, aged seasoning from grains and legumes (miso, tamari) will provide salty taste.

During the transition you may have periods of cravings for specific natural wholesome (not necessarily optimal) foods—raw cheese, avocado, egg, garlic, hot pepper, fish, for example. Use them or equivalents sparingly in the purest form available. Cravings generally indicate a dietary need. These desires will disappear as health improves. Use plenty of juices and sprouts. Never eat more than enough.

Daily Diet

Breakfast: Vegetable or fruit juice, or soaked dried fruit, or fresh fruit in season.

Lunch: Vegetable or grass juice 20 minutes before meal. Complete meal sprout salad (see Recipes), 1 to 2 cups. If chewing is a problem, blend the salad. Serve with soaked sesame and sunflower seed or ¼ cup sesame-sunflower yogurt. Best is plain sprout salad or with a little olive oil and kelp.

Supper: Juice 20 minutes before meal. Sprout salad with olive oil (optional), kelp and other compatible vegetables. Iron pot meal or baked potato, yam, butternut squash, parsnip or other tubers—one cup or less.

Evening Snack: Celery or grass juice or herb tea.

Raw food vegetarians who are addicted to highly concentrated foods—seed, nuts, oil, avocado—live not much longer than meat eaters. It is far better to replace such foods with cooked low protein meals, especially in wintertime city conditions, maintaining at least an 80 percent raw food diet. Tubers or squash when baked or cooked in an iron pot, will satisfy the desire for heavy foods. They are far less a burden to the digestive and eliminative organs than high protein or fat food.

VEGETARIANS (233)

"Vegetarianism has been advocated and practiced by many of the greatest philosophers, scientists, leaders, and others, including Emerson, Thoreau, Buddha, Plato, Socrates, Pythagoras, Origen, Diogenes, Cicero, Herodotus, Porphyry, Sir Isaac Newton, Voltaire, Shelley, Pope, Plutarch, Ovid, H.G. Wells, Maeterlinck, John Wesley, Scott Nearing, Dr. Annie Besant, Field Marshal Lord Montgomery, Sir Stafford Cripps, Air Chief Marshal (RAF — "Battle of Britain") Lord Dowding and Lady Dowding, Louisa May Alcott, Vinoba Bhave, etc.

On the lighter side, in the entertainment world, the ranks of vegetarians have included such stars as the late George Arliss, Dennis Weaver, Clint Walker, Samantha Eggar, Dick Gregory, Susan St. James, Candice Bergen, Melanie, and many others.

In the field of sports, a vegetarian regimen has long been known to help build endurance. Among the athletes who have lived and/or trained as vegetarians are swimmer Johnny Weissmuller, Olympic multiple-gold-medal winner Murray Rose, "Flying Finn" runner Paavo Nurmi, wrestling champ George Hackenschmidt and "Mr. America" wrestler Gene Stanlee. Jack McClelland and Bill Pickering are famous channel swimmers who are vegetarian; in 1956, Pickering won fame by swimming the English Channel faster than anyone in history.

The Vegetarian Cycling and Athletic Club has held as many as 40% of the National (bicycle racing) Road Records, although their members comprise a small percentage of the racers. In 1963, vegetarian Ron Murgatroid swept a series of 15 out of 15 bicycle events in Great Britain.

In football, a 1970 article on former Oakland Raiders linebacker Chip Oliver (said to be "one of the finest young prospects in football") noted that he played better after switching to a vegetarian diet. And the annual race — ON FOOT — to the top of Pike's Peak was recently won two years in a row by a vegetarian.

No serious vegetarian would claim that by adopting his way of living one will automatically become an instant superman, or increase one's I.Q. by 50 points. But we should examine WHY so many thoughtful, intelligent, compassionate people become vegetarians."

ONE HOMOSAPIEN WELL DONE PLEASE

"It is in the cooking pots that your love is inflamed; it is in the kitchen that your faith grows fervid; it is in the flesh dishes that all your hope lies hid . . . who is held in so much esteem with you as the frequent giver of dinners, as the sumptuous entertainer? . . . Consistently do you men of flesh reject the things of the spirit. But if your prophets are complacent toward such persons, they are not my prophets." TERTULLIAN (77)

THE TEMPERATURE OF YOUR FOOD AFFECTS YOU

Anyone living in a northern climate, not only experiences the extreme range of seasonal temperature variation from nordic to tropic, but also tries to internalize these conditions by eating cold, frozen as well as heated, spiced foods. The consequence of extreme temperature range is apparent on the surface of the body. The face and hands age much more quickly than the covered portion of the body, which does not experience such seasonal variations. The unexposed skin of a seventy year old appears no different than that of a twenty year old. It has been protected. The same phenomenon operates internally. By eating extremely hot or frozen foods, one destroys oneself from within. After 20 to 60 years of such abuse, old age seeps in.

Franz J. Ingelfinger, M.D., authority on gastroenterology and editor of the New England Journal of Medicine in a study (52) of the civilized digestive tract, describes a dilemma similar to that of the Ancient Mariner dying of thirst while immersed in water. A person may starve while ingesting from the horn of plenty because the stomach cannot absorb the nutrients it contains. He says: "For want of an enzyme, a sugar is lost; for want of a sugar, salty fluid is lost; for want of such a fluid, much food is lost; and for want of the food, the patient is lost." Why? Because of the destruction of enzymes and of the stomach lining by hot, seasoned foods.

Doctor Ingelfinger reassures us: "complete shutdown of the absorptive process doesn't occur very often. Partial or near-total malabsorption, however, is quite common, and classically expressed in a disorder variously known as celiac disease, non-tropic sprue, idiopathic steatorrhea and celiac sprue." He examines the pathology of celiac sprue. "Under a hand lens, the normal mucosal lining of the small intestine resembles the myriad tentacles on the underside of a starfish; in sprue, it (small intestine) looks like a tanned pigskin. The villi are gone. Where the lush masses of fingerlike projections usually sway in dense profusion, the terrain in sprue is quite flat except for the pock marks that indicate the opening of persisting crypts." (See Page 218).

Dr. Conn McCluskey points out that constant irritation of the throat and tongue by hot foods and beverages, as well as alcohol, can bring about cancer of the throat and tongue. He says: "If one is prepared to test the temperature of liquids which seem cool enough to drink by dipping the little finger in them and holding it there, it can be a shock to discover that the finger may actually be scalded. How much more must the delicate mucous membranes (of the mouth and throat) suffer." (The Lancet, 12, 29, 1973)

A recent study on enzyme destruction in body because of hot liquids consumed found that the intake of drink at high temperatures is positively associated with mucosal abnormalities in the stomach. A team of British doctors (**Lancet**, 9:56) interviewed 155 patients with gastric biopsies.

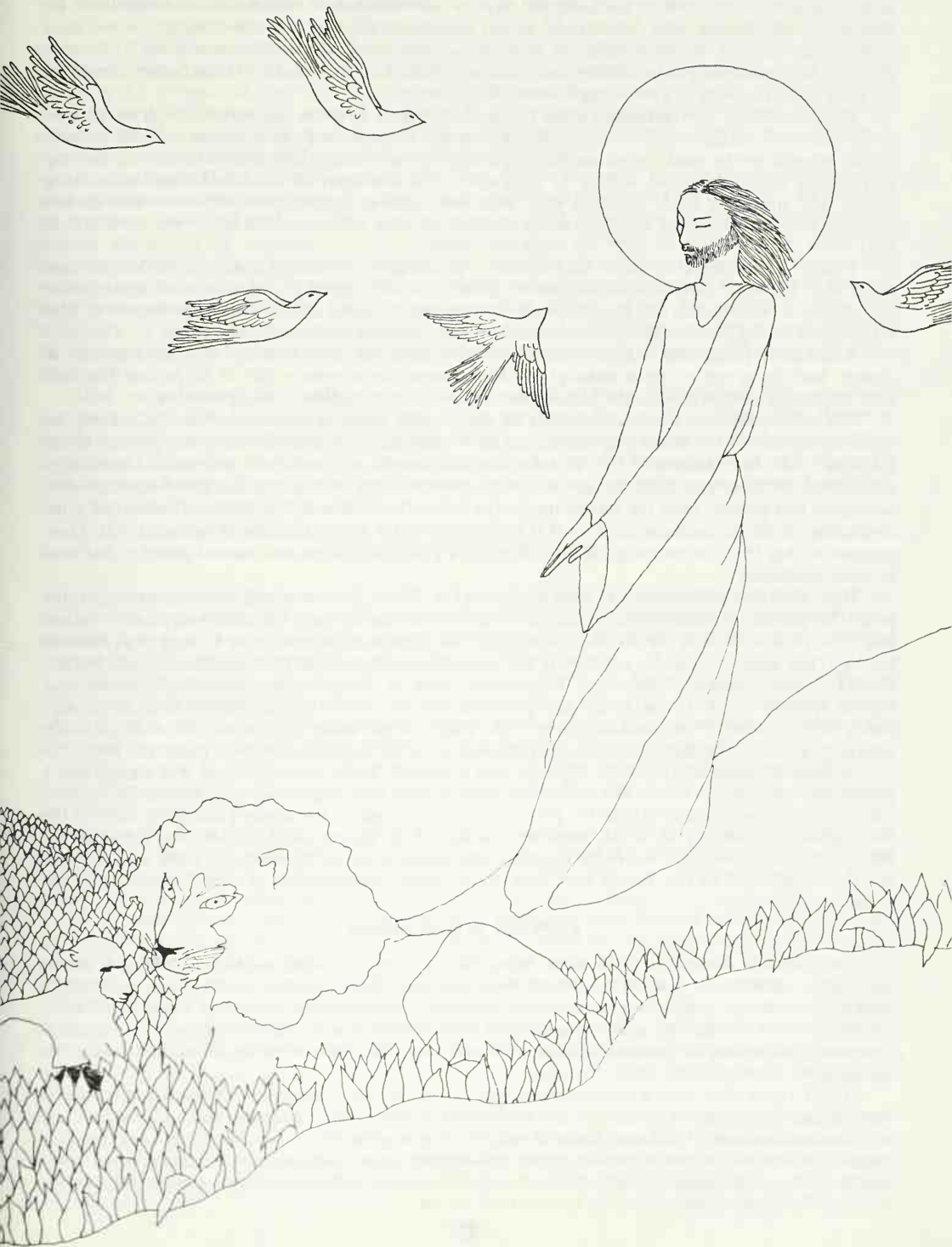
At the conclusion of the interview, each was given a fresh cup of boiling tea. When the patient drank the tea, its temperature (of the tea) was taken. The results: 2 out of 13 patients who drank tea below 122.5 F. showed any gastric enzymatic abnormalities, but those who drank tea above 137.5 F. showed disorders at the rate of 14 out of 18.

Hot foods and irritant spices produce this 'tanned pigskin.' You can prove this to your satisfaction. Every time you eat cooked food or drink hot fluids, pour the same amount on an area of your skin. Keep the hot material there until it cools to body temperature. Then you will sympathize with your suffering tongue, stomach and small intestine. You will notice that the skin turns initially pink, then red; after many applications, the skin cells take on the appearance of age. Then scars form. No less occurs in your digestive organs.

A microscope reveals the "intestinal roast" in more detail. "The normally slender, columnar epithelial cells with their regularly shaped and evenly placed nuclei are replaced by a ragged row of uneven cuboidal cells with distorted, haphazardly placed nuclei. Under the surface epithelium the crypts are still there. But they penetrate a lamina propria that is thickened and heavily infiltrated with mononuclear and eosinophilic cells, the type of white blood cells that tend to accumulate when tissues are indolently inflamed or otherwise irritated." (52)

'Leukocytosis' is the name that medical pathology gives to an excessive number of white corpuscles in the blood. Doctors discovered this phenomena in 1846 and Virchow classified "digestive leukocytosis" as "normal" since everyone seemed to suffer from it. This was upset over three decades ago by the findings of Paul Kouchakoff, MD, who showed that food in its natural, uncooked state did not produce leukocytosis, or actually the cooking of food was the cause of leukocytosis.

The white corpuscles are the defense organisms of the blood that prevent infection and intoxicification of the blood. In any pathological condition, including the intoxicification of the digestive system with cooked food or other toxic materials, these white cells increase from 5 or 6 thousand per



cubic millimeter to 7, 8 or 9 thousand per cu.m.m. Dr. Kouchakoff found that he could divide his findings on leukocytosis into four distinct groups according to reactions in the blood: 1. A raw food produced no increase in white cells. 2. Common cooked foods produced leukocytosis. 3. Pressure cooked foods produced greater leukocytosis than non-pressure cooked foods. 4. Manufactured foods are the most offensive, such as wine, vinegar, white sugar, ham.

Kouchakoff was no vegetarian yet his findings show that, to avoid leukocytosis, flesh would have to be eaten raw, which would be unpalatable to humans. Prepared or processed meat (cooked, smoked, salted) brought on the most violent reaction, equivalent to the leukocytosis count manifest in poisoning. This finding on the increased activity of phagocytes, the scavengers of the bloodstream, after eating cooked and processed food, makes it clear why raw foods so rapidly heal both acute and chronic ailments, simply by reducing the tremendous overload of toxic substances and germs the blood has to fight.

Critical temperatures at which food became "pathological" producing symptoms of leukocytosis, varied with the food: carrots at 206 degrees F., potatoes at 200 degrees F. and even water heated above 191 degrees F. Considering the toxic reaction of water when heated should discourage the use of herb teas in favor of live juices of greater biochemical potency and anti-leukocytosis properties.

Kouchakoff found that a largely raw food diet offsets the adverse effect of a small amount of cooked food so as not to cause leukocytosis. Most people can tolerate a diet of 80 percent live food with 20 percent cooked food in the form of baked tubers as a transition to an all raw diet.

The consequence of structural changes of the mucosal lining in sprue are several (52). First, the absorbing surface of the bowel may be reduced up to thirtyfold. Second, "the structural polarity of the epithelial cells has vanished . . . at their luminal margin are entrapped nutrients. Immediately subadjacent to these structures are submicroscopic particles rich in enzymes that metabolize absorbed substances and prepare them for further use by the body. Third, "less visible, but nonetheless real is the destruction of the intracellular enzymes that are responsible for the metabolism of epithelial cells. These enzymes within the cells normally supply energy to a pump mechanism and convert absorbed nutrients to other substances."

Here are a few consequences of such disorders (52): First, "in an advanced case of celiac sprue, the patient is unable to assimilate his food. He is slowly starving. He may eat ravenously, but it doesn't help. The patient is apt to say, 'It all goes through.' Bowel movements tend to be loose, bulky, foul and bubbly. Their most striking characteristic is that they glisten and are light in color. They are full of fat." Second, "fatty substances other than triglycerides, such as phospholipids, cholesterol and the lipid soluble vitamins A, D, E and K are also poorly absorbed." Third, loss of vitamin D leads to poor absorption of calcium. "The nervous system of the patient whose blood and tissues are low in calcium is extremely irritable. The slightest stimulus is sufficient to induce claw-like cramps of hands and feet."

Is there anything which can be done for such a patient? Yes! I was such a case. For many years, I poured into my stomach food which burned my hand but felt only slightly warm in my mouth. Ice cold cola was one of my favorite drinks for years. I used lots of spices. For a year I was using some of the best vegetarian foods but at 98 lbs., there was no sign of my gaining weight. After using indoor greens juice orally and by implant, for many months, color appeared in my face and my body started to fill out to a weight of 140 lbs. Taking grass juice on an empty stomach leads to partial rebuilding of the stomach cell structure.

ENZYMES IN RAW FOODS

Dr. James B. Sumner, a 1946 Nobel Prize winner, claims (58) that middle-aged feeling is due to diminished enzymes as you add years to your life. Raw foods contain health-giving, rejuvenating enzymes. Cooking, pasteurization, smoking, pickling, air pollution, pesticides, drugs, antibiotics, chlorination and fluoridation of water and many other interferences in nature's processes will denature enzymes, thus making the nutrients in food not readily available. These were the conclusions drawn (59) by Jonathan Forman, M.D.

David Locke (56) gives a comprehensive view of the source of enzymes and the role they play in metabolism. He explains that enzymes are catalysts of the chemistry of life. We are alive only because we contain thousands of different kinds of enzymes that regulate the life process. They cause chemical reactions which would not otherwise occur. Exceedingly active, enzymes are also choosy about what reactions they will catalyze. Generally, each type of enzyme will cause only one particular kind of reaction. Enzymes are procured from the raw food we eat.

The following is a summary from the works of Ralph Gerald (57) and Jean Bogert (54) on the role of enzymes in the human metabolism. Many enzymes consist of at least 2 parts, the apoenzyme and the coenzyme. This is especially true of the enzymes involved in cell metabolism; in digestion, coenzymes play a very minor role. It has been known for years that the apoenzymes are unable to act as catalysts except in the presence of their activating coenzymes. Many of the micro-constituents of food function as coenzymes, thus becoming essential nutrients. In this category are such materials as the ions of calcium chloride, copper, iron, magnesium, manganese, phosphate, potassium, plus the more structured micronutrients: the vitamins niacin, pyridoxine, riboflavin, thiamin.

Dr. Ingelfinger (52) entitled his article "For Want Of An Enzyme," because the digestive enzymes are just as heat sensitive as enzymes found in live foods. Jean Bogert, PhD (54) has said: "All enzymes are sensitive to heat and cold . . . The chemical cleavage which constitutes digestion is brought about through the action of enzymes . . . the digestive enzymes all seem to work best at about the temperature of the body." To be more specific, the conversion of starch or glycogen into dextrins and maltose (sugars) requires pH 7 (same as water, neutral) and a temperature of 98.6 degrees F. (normal body temperature) in the saliva, pancreas and intestinal mucosa, where the reaction occurs. The breakdown of protein by chymotrypsin into polypeptides and amino acids requires a temperature of 99.7 degrees F., which means the body must generate some heat in order to make the conversion effectively.

How many cooked food addicts have their food served at body temperature? With respect to temperature, the rule is the higher the temperature the faster the reaction within limit. However, proteins are themselves sensitive to a rise in temperature, so that enzyme proteins are inactivated by a temperature only a few degrees above the normal range. A sustained fever of 106 to 107 degrees F. soon becomes incompatible with life, partly because the active enzyme proteins are damaged and thus the catalytic reaction terminates in death.

PROTEIN LOSS IN COOKING

Experiments on the destruction of protein by heating are many. More rare are experiments on meat protein. One such study (80) was sponsored by the United States Department of Agriculture which reported that cooking at 400 deg. F., average temperature in home cooking, "caused a very marked decrease (4 to 30 fold) in the soluble protein nitrogen of the steaks."

Non-soluble nutrients cannot be effectively utilized by the body. An editorial in Nutrition Review (79) reads: "It has been postulated that dry heat processing of protein produces a new lysine linkage which is either not digestible by enzymes or is slowly digested so that lysine enters the bloodstream too late to participate with the rest of the assimilated amino acids in tissue formation."

When protein is cooked with sugar in the form of glucose, destruction of amino acids has been repeatedly corroborated. This destruction may account for a 50% loss of lysine, argine, tryptophane and histidine content (79).

Evans and Butts (81) heated a mixture of 8 gm. of soybeans and 2 gm. of sucrose (sugar) for 4 hours at 120 deg C. On acid hydrolysis of the product, they found that 50% of the lysine content was lost. However, enzymatic hydrolysis showed a loss of 84%. This loss is significant, since lysine determines how well the other amino acids are utilized in protein building.

E.M. Olsen (82) in a study of heat treatment of wheatgerm meal observed that autoclaving for 45 and 90 minutes reduced the absorption of nitrogen to 77 and 63 percent respectively. The effect of 90 minute autoclaving was even greater on other specific amino acids. There was a reduction of absorption to 42% for lysine, and 54, 56 and 58 percent for isoleucine, valine and leucine, respectively.

Cooked food has lost more than 85% of its nutrient value. It acts as a poison in the body, especially if it is ingested hot, that is warmer than 100 degrees F. Most cooked foods are eaten at a temperature of 180 degrees F. Until the temperature is reduced to that of your body, the whole metabolism is in a state of emergency. A cup of hot soup or coffee increases body heat, causes perspiration and an increase in pulse rate.

Considering the small temperature range at which enzymes are active, you are doing similar harm by eating cold foods. Frozen protein in the form of ice cream is putrefactive in the digestive tract. Fruits and vegetables should never be eaten directly after refrigeration. It is best that fruit is left outside the unit for at least eight hours before eating. During sunny days, place it in the sun and let it absorb solar radiation.

"I do say to you: Kill neither men, nor beast, nor yet the food which goes into your mouth. For if you eat living food the same will quicken you, but if you kill your food, the dead food will kill you also. For life comes only from life and death always comes from death. For everything which kills your food kills your bodies also. And everything which kills your bodies kills your souls also. And your bodies become what your foods are, even in your spirit, likewise, becomes what your thoughts are."

JESUS, ESSENE GOSPEL OF PEACE



VITAMIN LOSS IN COOKING

Enzymes in food and enzymes in your body are not the only nutrients destroyed during cooking. Following is a list of the nutritional casualties: thiamin (64) loss in cooking is 25 - 45 percent, and can be as high as 96.4% at 70° C for 100 minutes; can be 100% destroyed at 90° C for 100 minutes (62, 65); riboflavin, 40 - 48% loss (63, 64); biotin, not stable in alkaline solution, 0 to 72% loss (63); pantothenic acid, 0 - 44% loss (63); folic acid, 0 - 97% loss (63); inositol, 0 - 95% loss (63); ascorbic acid, 70 - 80% loss (64, 68); vitamin A 10 - 30% loss (64); Vitamin D-2 appreciable loss (66); Vitamin E, 50% loss (67) Deep fat frying and baking results in appreciable destruction of all nutrients. Storage further destroys Vitamin E 47% of alpha tocopherol is lost from flour in 80 days of storage at 37 degrees C. (69). According to U.S. D.A. (70) preparation and cooking can effect as much as 45% to 55% loss of the B complex fraction or ascorbic acid in certain foods. Lecithin is destroyed in normal cooking.

LIVE FOOD VEGETARIAN DIET

Cooking does not improve the nutritional value of food. It destroys or makes unavailable 85% of the original nutrients. Cooked food is totally lacking in enzymes; most of the protein has been destroyed or converted to new forms which is either not digestible by body enzymes or digested with difficulty; many of the vitamins have lost their vitality. To purchase organic food and then to waste precious hours in destroying most of the nutrients is poor economy and unsound ecology.

Under a microscope the etheric body of a living cell scintillates with sunlight. Dead cells do not polarize light and the color display is extinguished. The minerals of live food act as magnets, holding the sun's energy, filling our bodies with sunlight. Technically, the electron orbit of a mineral takes a quantum orbit jump because of the absorption of sun energy. An inorganic mineral becomes an organic mineral through the action of sunlight on a plant. Live food elements make it possible to charge the body with an enormous amount of energy from natural breathing which provides optimal power for the mental and spiritual faculties. On a cooked food diet, to generate the same power requires forced breathing exercises.

Eating hot food deteriorates the taste buds, mucus membrane of the mouth and stomach, destroys on contact many of the enzymes and vitamins that are present in the digestive juices. The devastating effect of cooked food on animals has been well documented in laboratory experiments.

Francis Pottenger, M.D. carried out a 10 year experiment (73) using 900 cats which were placed on controlled diets. The cats on raw food produced healthy kittens from generation to generation. Those on cooked food developed our modern ailments: heart, kidney and thyroid disease, pneumonia, paralysis, loss of teeth, difficulty in labor, diminished or perverted sexual interest, diarrhea, irritability. Liver impairment on cooked protein was progressive, the bile in the stool becoming so toxic that even weeds refused to grow in soil fertilized by the cats' excrement. The first generation of kittens were sick and abnormal; the second generation were often born dead or diseased; by the third generation the mother was sterile.

Dr. Ann Wigmore states: "The most thrilling experience I can recall was to see cancer cells taken from a human body and thriving on cooked food, but unable to survive on the same food when it was uncooked." (Be Your Own Doctor)

Factors that are needed for building quality blood are lost from food in cooking. Dr. Koratsune, Japanese researcher, observed (83) in 1951, that as long as he ate uncooked whole rice and raw radishes, spinach, kale and grated raw potatoes, he found he had excellent quality blood, even though his diet was poor in protein and calories. However, as soon as he ate the same quantity of vegetarian food in a cooked form, he began to notice symptoms of edema and anemia.

Dr. Saxon Graham, State University of New York (Buffalo) with a group of researchers, observed (84) that "people who eat uncooked vegetables (lettuce, tomatoes, carrots, cole slaw, red cabbage) appear to have less stomach cancer than the general population." Their study was published in Cancer Journal.

Contrary to textbook dogma, some researchers believe (85) that raw food enzymes continue to work in conjunction with digestive enzymes in the stomach. In the intestine, the vegetable enzymes help to detoxify the intestinal flora as well as to normalize bacteria population of the colon. This reduces the number of decay-causing bacteria as well as stimulates the increase of the desirable lactic-acid-forming bacteria.

A heated seed does not germinate. Life has been destroyed. Ancient masters instruct us to soak the seed overnight and expose it to the sun before eating. The Bhagavad Gita, which is the common

denominator for major Eastern philosophies, specifically says: "Pious men eat what the Gods leave over after the offering. But those ungodly cooking good food for the greed of their stomachs sin as they eat it."

Questions about the preferredness of a vegetarian diet to a diet that includes animal products have come up since the publication of *THE SECRET LIFE OF PLANTS* (232). If plants have feelings aren't vegetarians just plant butchers rather than plant and animal butchers?

Becoming acquainted with vegetarian literature means becoming acquainted with fruitarianism. Eating fruit that has ripened and fallen from a tree involves no harm of any living creature.

As Narcissus was preoccupied with his likeness and loved it most, it has taken we earthlings a little longer to see the green beings we've been sharing the planet with as "human" — "human" in the culinary realm meaning that which shall not be devoured.

Devouring animals means devouring 10 times as many plants as we would be by utilizing the plant food alone. It takes 10 pounds of plant products to produce one pound of "consumable" animal flesh.

The plant eater slaughters fewer green neighbors. When the plant eater turns to raw food, he or she needs about one quarter the food needed in cooked form. Most raw food eaters, eat greens because they need the power in the plants to keep them healthy in an unnatural environment. The aim of raw food eaters is to live in a natural environment on a diet of fruit alone.

To make the transition into a live food diet, gradually replace cooked vegetables, grains and legumes with raw foods: sprouts, vegetables, fruits and grasses. Decrease cooking time, follow the food combination chart carefully, and your body will come to choose an all raw food diet. Eventually eliminate all nuts, grains and seed, to achieve a low starch, low protein, low fat diet.

Suggestions

At least one day a week, fast on water or juices. For at least one day each week, eat only fruit meals. Cut down on the size of breakfast, eventually eliminate it, thus extending the length of the nightly fast. Eventually discontinue the use of electrical utensils. Cut down the use of all seasonings (vegetable powders, sea kelp, dulce, onion, garlic), herbs and spicy vegetables (green peppers, celery, mustard greens). The eventual elimination of spices and seasoning will diminish your craving for water. (In a polluted environment, additional fluids may be needed to flush the system.) In nature, all the needed fluids will come from fruit, sprouts and vegetables. Have, as your goal, the total elimination of all seasoning, and a mono diet (one food at a meal).

Before

Breakfast — Energize the mind and body with yoga. Follow with *rejuvelac* or the juice of a lemon in a glass of warm water.

Breakfast — Skip it, ideally. Otherwise, use juicy fruit or fruit salad. Or chew a few blades of wheatgrass.

Lunch — Fruit or sprouts. Try to eat a mono diet or combine food properly.

Supper — Sprouts, greens and vegetables. Use any of the sauces or salad dressings to enhance and increase the nutritional value of the meal. As your body becomes more and more conscious, the sauces will become undesirable and the simplest fare will be most suitable.

Daily — For at least one half hour, expose your body to the most perfect food — solar radiation.

Practice yoga asanas or exercise, deep breathing and meditation or prayer. Develop more and more awareness of the spiritual nature of the human being through the study of scriptures and works of ancient wise ones.

Continuously reduce the size of the meals. Jesus says: "Never eat unto fullness. Flee the temptation of Satan, and listen to the voice of God's angels. For Satan and his powers tempt you always to eat more and more. But live by the spirit and resist the desires of the body, and your fasting is always pleasing in the eyes of the angels of God. So give heed to how much you have eaten when you are sated, and eat always less by a third." (Essene Gospel of John)

When one changes one's diet from cooked to raw food, one may experience occasional cleansing reactions — fever, dizziness, tiredness, coated tongue, gas, diarrhea, open sores. These reactions may be a little more severe than those experienced when one gave up meat and started a vegetarian diet. For relief one should use zone therapy and space meals according to hunger. To slow the cleansing process, take daily a banana meal, or add a moderate amount of seed, or a baked tuber (potato, yam, carrot, beet, turnip) to the raw food (see: Crisis).

Some discomfort may have nothing to do with cleansing reactions, instead it is the result of breaking the health rules (see Appendix). For example, a meal should be completely passed from the stomach (with associated hunger pangs) before even considering taking sweet fruit, juice, melon or any other food. Otherwise fermentation, indigestion, tiredness, headache may result. This is especially true of individuals who like to have cereal for breakfast followed by a fruit lunch. The fruit catches up with the

grains in the digestive tract, causing fermentation. Better to eat fruit first, and grains several hours later (or not at all).

There are some who have never emptied the stomach completely. Such people are never hungry, eat out of habit and feel stronger after a meal. The food dilutes temporarily the concentration of rot and ferment in the stomach. The new food is mixed with the remnants of previous meals. Within two hours, they are tired, sluggish. Thinking they are hungry, they eat some more. To get out of the vicious cycle, such individuals would benefit from a thorough stomach wash (see Fasting). When hunger returns, satisfy it with juices (beet, carrot, spinach, celery, indoor greens - see Appendix for proportion) and rejuvelac.

GRASS

"All flesh is grass and its beauty is like the flowers in the field."

ISAIAH 40:6

"One of the most popular current health fads is the use of wheat grass."

DONALD C. HEALTON, DEPARTMENT OF HEALTH
EDUCATION, WELFARE

The civilized human being has only to look in field and forest to learn from wild animals. They have no hospitals, no doctors, no medicines, yet they are ruled by the same laws of creation that govern people. If any animal feels sick, it nibbles on grass or fasts, depending on the instinctual commands of its body. There seems to be some sort of healing, protective property in grass which makes all animals - carnivorous as well as fruitarian - desire to nibble the green blade.

More than 60 percent of U.S. citizens are chronically ill, most are self-medicated. Can we learn from the animals how to rejuvenate a sick blubber - drowning America into a nation of healthy youth?

The human being has been eating fruit of the grass family since living outside of a natural environment. Wheat, rice, corn, bamboo, sugar cane are all members of the grass family. Liver, butter, wheat germ, grass powder and yeast contain all the vitamins science has been able to discover and isolate. Grass is a source of all five. Having used grass seed (grains) for food for thousands of years, the human being limits his and her health possibilities by failing to recognize the sustenance in the grass itself. Grass is a complete food. It should be included in the diet for both protective and healing value.

Dr. Wigmore, in one of her publications, reflects on the history of wheat, citing a prediction made many thousands of years ago on the continent of Atlantis, which later sank beneath the sea. It was then predicted that the real "health properties" of wheat would not be learned until some "far distant future generation" was given the key which would save a tottering "civilization from extinction". We are such a generation. Ann Wigmore advises wheatgrass as the tool for regaining health.

A few "experts" may discount the importance of the grass juice factor in the human being's nutrition, but those drinking the grass juice through these critical times will be better prepared to survive ecological crises. Scientific work will continue, and more specific facts about grass will appear. However, we can take advantage now of the "x factor" in grass juice and feel the difference in our sense of strength, health, spirituality, endurance and well being.

All animals obtain their basic nutrition, directly or indirectly, from grass. Through recorded history, the use of fresh green grass as a basic feed for livestock has revealed the vital need for year-round feeding of its life-giving juices. Dr. George D.A. Scarseth, director of research of the American Farm Research Association, West Lafayette, Indiana, says: "Somewhere in the food chain of all people something green was the starting point."

In the Journal of Nutrition (167) results were presented to show that various supplements rich in the known vitamins produced little or no growth response in rats on basal winter milk diet. This led to the conclusion that the growth-stimulating factor was distinct from all known vitamins.

In another experiment (37) rats were fed mineralized winter milk ad libitum plus two types of supplements, while their weight and general health was observed. Kohler found growth and health stimulated by 3 gm fresh grass, 3 cc grass juice and .6 gm of dried oat grass. Inferior growth response was produced by daily doses of 2 drops of cod liver oil, 1 cc orange juice, .5 gm brewer's yeast, .25 gm dried bran and 1.0 gm defatted wheat germ.

In a later experiment, (37) Kohler et al used herbivorous guinea pigs. He fed them mineralized winter milk plus supplements containing liberal quantities of all known vitamins. Brewer's yeast, orange



juice and liver extracts effected inferior growth. The remarkable growth produced by supplementing grasses, adds credence to the hypothesis that the "grass juice factor" described for rats is the same factor concerned in this later experiment.

Kohler showed that wheat and barley grass was most effective in producing an increased growth rate. It offset the abnormal weight loss (and eventual death) which was shown to set in on a milk diet. It was noted that extracted juice contains the active factor for both rats and guinea pigs. The activity of the grass juice disappeared upon storage at room temperature.

What was really conclusive, as Kohler stated: "The animals receiving mineralized milk, orange juice and grass juice grew at good rates and no abnormalities were observed. When the grass juice was omitted the animals died."

CHLOROPHYLL THE HEALER

"Chlorophyll will be the principal protein for the coming light bearing age. When freshly made in a drink, it contains synthesized sunshine, plus the electric current necessary for the revitalization of the body, and it will open areas of the brain that man yet known nothing about."

UNIVERSAL BROTHERHOOD TEACHINGS
'LET THERE BE LIGHT', ANN WIGMORE

For ages people puzzled over the question "What makes grass green?" About a century ago, chemists isolated the green pigment in growing plants and named it chlorophyll.

Certain beliefs evolved about this green fluid. The fact that herbivora build hemoglobin (blood cell pigment) on a diet composed of greens invites the hypothesis that derivatives of chlorophyll may be used in making hemoglobin. After years of research, Hans Fisher and his co-workers finally established the correct structure of hemin (a component of hemoglobin) by synthesis, and showed its true relationship to chlorophyll (See Page 113).

They observed that the chlorophyll molecule closely resembles hemin, the pigment which combines with protein to form hemoglobin. The latter is present in the red corpuscles of the blood and by carrying oxygen to the tissues makes the production of energy and life possible.

One of the major differences between chlorophyll and hemin is that chlorophyll contains magnesium while the hemin molecule contains iron as its central atom.

Owing to the close molecular resemblance between chlorophyll and hemoglobin, scientist Hans Miller suspected that chlorophyll is nature's blood-building element for all plant eaters and humans. He writes: "Chlorophyll has the same fast blood-building effect as iron in animals made anemic."

What exactly is anemia? According to Webster's dictionary, anemia is a condition in which there is a reduction of the number of red blood corpuscles or the total amount of hemoglobin in the bloodstream or both. Thus anemia is an excellent vehicle for the study of the relationship between food and hemoglobin count.

J. Hughes and A.L. Latner from the Department of Physiology, University of Liverpool, in a highly discriminative experiment (86), finally resolved the question of the blood regenerating capacity of chlorophyll. Rabbits were made anemic by daily bleeding, reducing the hemoglobin level to two-fifths of the normal value. The rabbits were split into two groups. The experimental group received chlorophyll in oil in the diet, the control only oil. Both groups received a complete diet.

They performed five experiments, three with varying degrees of pure chlorophyll (synthetic), one with a large dose of crude (unrefined, as found in nature) chlorophyll and one with magnesium-free chlorophyll derivatives. The following is a summary:

1. Pure chlorophyll in large doses has no effect on the speed of hemoglobin regeneration after hemorrhage. It seems that large doses are toxic to the bone marrow.
2. Very small doses of the pure chlorophyll, markedly increase the speed of hemoglobin regeneration to approximately its previous level.
3. Crude chlorophyll is effective and non-toxic even in large doses.
4. Where effective, the anemic condition was overcome in 15 days.

Hughes concludes: "It seems therefore that the animal body is capable of converting chlorophyll to hemoglobin." This is in agreement with Zin (87), who, however, showed the effect of chlorophyll injection on the red blood cell count of animals not rendered anemic.

Other workers have reported curative effects from chlorophyll and its derivatives in a wide variety of anemias: protein deficiency, hemorrhagic, pernicious, hypochromic of unknown etiology and "experimental nutritional anemia" of unidentified character. Some reports are based on clinical studies, while others are the result of animal experimentation.

Patek and Minot (88) in a clinical study with rare type anemia caused by pigmenticity, observed a small positive increase in hemoglobin concentration on intravenous injection of chlorophyll derivative. Dr. Fisher in Germany announced that for some time he had been using chlorophyll in the treatment of anemia, with promising results (89).

In another clinical study Dr. Patek (90) used fifteen adult patients with chronic hypochromic anemia. They were given chlorophyll and allied substances and were placed on house diets free from meat and eggs, whereas the diet was adequate in all other respects. The crude chlorophyll was a tar-like substance extracted from alfalfa leaves. It was found pure chlorophyll alone was not effective. When chlorophyll and its derivatives were administered there was an increase in hemoglobin and an improvement in sense of well being.

Other workers have reported curative effects from chlorophyll and its derivatives in a wide variety of anemias: protein deficiency (91), hemorrhagic (86, 92), phenolhydrazine poisoning (93, 94), pernicious (91, 95), hypochromic of unknown etiology (90) and "experimental nutritional anemia" of unidentified character (96). Some of the reports are based on clinical studies, while others are the result of animal experimentation.

Thus we see chlorophyll can aid in rebuilding the bloodstream. Unless all causes of anemia are corrected, results from chlorophyll therapy are temporary in nature and not consistently workable with every individual. If, however, the individual is given organic live foods and one of the richest crude forms of chlorophyll, the results are always the same: the anemic condition disappears.

Chlorophyll has proven therapeutically effective in a wide range of disorders: external and deep internal infections, such as sinusitis, osteomyelitis, pyorrhea, peritonitis, gastric ulcers, chronic diseases such as anemia, arteriosclerosis, and mental depression.

In July 1940 (89) the first comprehensive report on the therapeutic use of chlorophyll was published in the American Journal of Surgery. Under these auspices, and with testimonials by many distinguished doctors, the green pigment was described as an important and effective drug.

Some 1,200 cases ranging from deep internal infections, such as brain ulcer and peritonitis to skin disorders and pyorrhea had been treated and documented; after treating with chlorophyll doctors were able to close their reports with: "Discharged and cured."

Ulcerated varicose veins, osteomyelitis (a serious bone infection), skin disorders and various types of infected wounds have been cured and healed. Applied locally in numerous cases of mouth infections, such as Vincent's angina and advanced pyorrhea, the results were immediate and positive. "The gums tightened entirely."

Other teams of specialists reported results just as favorable. Dr. Burgi (97) and his co-workers used chlorophyll in the treatment of anemia, tuberculosis, cardiac disease, arteriosclerosis and mental depression because of its "tonic" effect.

The efficiency of topical application of chlorophyll as a tissue stimulant and healing agent in cases of tropic ulcer, varicose ulcers, decubitus ulcers, pilonidal cyst, osteomyelitis and other conditions have been proven by Bowers (98), Morgan (99) and Boehme (100). Furthermore, doctors at Temple University in Philadelphia discovered (89) that the green solution seems to thicken and strengthen the cell walls of living animals.

Drs. Bertham and Weinstock (101) said: "Our evidence suggests that the method of treatment (chlorophyll, urea, benzocaine) described will materially reduce the period of disability (infected corns, ingrown nails, calluses and tape reactions) and avoid the possibility of reaction that might otherwise occur from the use of systemic antibiotics."

Offenkrantz reported (102) the following study. A total of 79 patients with x-ray-proved duodenal and gastric ulcers were treated with powder incorporating water soluble chlorophyll 'coating' material and a recognized antacid. The treatment was not accompanied with the usual restriction on diet, smoking, alcoholic beverages or daily activity.

Of the group, 58 showed on roentgenological examination complete healing in two to seven weeks; 60 experienced complete symptomatic relief in one to three days.

The majority of the 27 patients who had a peptic ulcer of long duration previous to the chlorophyll treatment, had undergone treatment with accepted therapies incorporating strict diets, antacids,

aluminum gels and mucin preparations.

In 20 out of the 27 cases, pain and other subjective symptoms disappeared with regularity in 24 to 72 hours after chlorophyll treatment started. No toxicity was encountered. Of 24 patients examined with x-rays after treatment, 20 showed complete healing after two to seven weeks of treatment. There was no recurrence of symptoms in cases showing complete healing, which were followed for a period of 4 to 11 months.

Boehme (100) reported over 50 cases of chronic leg ulcers with a high percentage of rapid healing. Many of these ulcers had persisted from one to eight years but chlorophyll therapy healed them completely in three to ten weeks. Carpenter (103), Carleson and Garsyen (104) and Juul-Moller and Mikkolsen (105) reported similar success with chronic ulcer and osteomyelitis.

Drs. Rafsky and Krieger reported (106) a case study of twenty patients with colon disorder several of whom had ulcerative colitis—"The method of treatment employed was as follows: Rectal installation of various dilutions of chlorophyll solution as retention enema once daily . . . patient instructed to retain fluid as long as possible. No evidence of irritation resulted from the treatment and the solution as a rule was retained for several hours. When the patients began to improve they were able to retain the chlorophyll solution overnight . . . Definite improvement was seen in the majority of cases."

Drs. F. Paloscia and G. Pollotten (107) used chlorophyll therapy with some success in the treatment of tuberculous empyema. Cancer (108, 109, 110) patients seem to have benefited to some degree from chlorophyll therapy, although results are inconclusive.

Dr. Edmond Fowler (111) in 1950 reported favorable side effects in the use of chlorophyll: "It should be noted that most of these patients in addition to an improvement in hearing and a lessening of tinnitus (ringing sound in ear) also improved in general health, gaining relief from a variety of other additional symptoms. There were no undesirable side effects. For what it may be worth, although most were older people, none have suffered from any coronary attack."

Can there be such a beneficial tonic, completely safe, without side reactions? Toxicity studies (112, 98, 106) have shown that chlorophyll is absolutely non-toxic when administered parenterally (intravenous or intramuscular) or by mouth to animals and humans.

Drs. Hughes and Latner (86) from their experiment using an oral dosage of pure and crude chlorophyll discovered that very small dosages of PURE chlorophyll exerted a favorable effect on blood regeneration, however, in large dosages it seems to be toxic to the bone marrow. In the case of crude chlorophyll, large doses exerted a favorable effect on hemoglobin regeneration. It seems, therefore, that there is some factor in the crude chlorophyll which counteracts the toxic effects of the pure chlorophyll.

Wheatgrass juice is a crude chlorophyll and can be taken orally or as an implant without risk of toxic side effects. Nature always provides what is safe for the body.

Dr. Lawrence Smith (112) professor of pathology, reports in his study on the effect of water-soluble chlorophyll preparations on cultures of various of the more common pathogenic bacteria. The results tend to support the premise that chlorophyll acts to reproduce an environment unfavorable to bacterial growth rather than to act directly upon the bacteria themselves.

Rapp and Gurney, as quoted by Offenkrantz (102), at Loyola University established that water-soluble chlorophyll inhibits the action of proteolytic (breaking down of protein into simpler substances) bacteria and enzymes. Hence when taken internally, via mouth or rectum, it inhibits the putrefaction of protein by some of the bacteria commonly found in the digestive tract of meat eaters.

It was observed by Drs. E. Ammann and V. Lynch (169) that chlorophyll-sensitized photochemical degradation of uric acid was found to occur in vitro. It is not known at this time whether uric acid reacts with chlorophyll in vivo in same manner as in vitro.

Dr. Miller and co-workers (113) established that water soluble derivatives of chlorophyll had the ability to inhibit the formation of fibrin clots when thrombin was added to fibrinogen.

Rapp and Gurney, as quoted by Offenkrantz (102), demonstrated that water-soluble chlorophyll had the ability to raise the pH in human saliva, thus making it more alkaline, which is very favorable to carbohydrate digestion.

Considerable evidence is being accumulated which indicates that a chlorophyll-rich diet can effect the survival of experimental animals undergoing lethal doses of radiation. In 1950, Lovrou and Lartigue (114) reported that green cabbage supplement increased the resistance of guinea pigs to radiation. Further studies by Duplan (115) with green cabbage, Spector and Colloway (116) with broccoli, and Colloway et al (117) with broccoli and alfalfa indicated that certain plants may reduce the effect of radiation on guinea pigs.

In the experiment, every animal which received no greens died within 10-15 days, while mortality among the greens eaters was only about half as great during the same period. Daily, we are exposed to radiation from many sources. Chlorophyll-rich foods should be included as part of protective living.

In a private communication on December 6, 1961 to Dr. Ann Wigmore from Bloomfield Laboratories, High Bridge, New Jersey, Dr. Earp-Thomas confirmed the efficacy of chlorophyll-rich wheatgrass in neutralizing the toxicity of sodium fluoride, which is a rat poison and is used in the fluoridation of drinking water. He said: "Fluorine rapidly combines with calcium phosphate and other kinetic elements to lose its toxic properties, and harden teeth and bones. That is why fresh grass would act like a catalyst to speedily change the acid fluorine into a beneficial component with a positive reaction. By using wheatgrass which is comparatively rich in calcium phosphate, it would remove any free fluoric acid and change it and its negative charge to an alkaline calcium phosphate fluoride combination with a positive reaction."

It is evident that chlorophyll used without any additional dietary changes has a great effect on a wide range of disorders. Total, consistent healing would be observed by medical doctors if, in their approach, they eliminated the cause of disease: toxicity. Treatment with drugs tends to suppress symptoms which are actually the attempts of a toxic body to cleanse itself. In the majority of cases the problem is dietary in nature, and unless some drastic changes are made in diet, the same or different symptoms will appear at a later date.

The human being dies from more than 250 diseases, whereas powerful grass-eating animals such as the elephant, steer or horse are prone to only five or ten diseases. Scientists have no explanation other than the fact that these animals live on a diet, produced by Mother Nature, not factories.

We see that people could benefit in health by adopting a chlorophyll-rich diet, which includes plenty of juice from wheatgrass and other greens and foods rich in all the known nutrients, such as sprouts and fruit.

GREEN JUICE FOR REJUVENATION

The blood of all life is one. The juice in the cells of plants is very much like the juice of animal cells. Drinking the juice of early immature greens and sprouts is drinking the nectar of the rejuvenation of youth. Old cells are made youthful cells. The elements that are missing in your body cells – especially enzymes, vitamins, hormones – can be obtained through this daily green sunlight transfusion.

Brown Landone, in an article "Make Cells Grow Younger" wrote: "More than twenty years ago experiments were made on old decrepit rats. They were so old that, proportionately, they were about as old as a man of ninety years. These decrepit old rats were fed with what were called immature foods, that is, foods which had not finished their growth, sprouting new stems and very young leaves. The results were amazing. The decrepit old rats were transformed, and their bodies began to grow younger.

"At about the same time other scientists discovered a root-auxin in plant roots. When they extracted this auxin from the tips of young growing roots, and pasted it on the edge of a leaf, roots grew even on the edge of a leaf. This is the miracle of auxinon foods – they induce growth after their own kind of activity. A root auxin will grow roots and a youth auxinon will grow youthful cells.

"Youth-growing substances from new growing sprouts will induce cells to grow younger. There is 'something' in the chemical substance of a young growing auxinon which, when you eat it as food, makes the cells of your body reproduce younger cells instead of older cells.

"The best auxinon foods I know of are found in Mung Bean sprouts. Mung beans are Chinese beans." (170)

Similarly, Dr. Weston Price, isolated a substance from tips of young spring grasses which promoted healing and regeneration. (171)

Dr. C.F. Schnabel writes: (168) "It is well known that grazing animals can live on grass alone, and pretty poor grass at that. It has been assumed that herbivorous animals could live on any of the common green crops, but this is not the case. A guinea pig is herbivorous, and yet it will die in 8 to 12 weeks on a diet of head lettuce, cabbage or carrot, and will grow at only half its normal rate on a sole diet of spinach. But a guinea pig thrives on a sole diet of grass. A superior race of guinea pigs was developed on a sole diet of 20% dehydrated grass . . . Grass seems to be unique in that it can serve as a source of energy without injuring the liver or kidney."

V.E. Irons & Co., manufacturers of Green Life, have experimented extensively with animals to show that grass is a "complete food." Fifteen years ago, the company offered a \$10,000 reward to any laboratory which could isolate a vitamin or any other nutrient (with the possible exception of Vitamin D and B-12, which are synthesized within the body of a vegetarian animal) essential to health, which is not found in fresh organic grass. The reward is still available.

CHLOROPHYL JUICE may be extracted from many plants. The choices possible are: barley (bitter), rye (dry), alfalfa (takes along time to grow and has very long roots), rice (little juice), weeds (don't grow easily indoors), comfrey (difficult to juice, although as a healing herb it is as effective as wheatgrass), spinach (low in enzymes, high in oxalic acid), celery (high in minerals, lower in enzymes and chlorophyl).

Wheatgrass has been chosen over other greens because it has all the characteristics desirable for health: it is a high chlorophyl, high vitamin, high enzyme, low protein, low mineral, no starch food.

"Dr. Earp-Thomas, scientist and soil expert from Bloomfield Laboratories, has isolated over one hundred elements, including all the known minerals, from fresh wheatgrass. He concludes that it is a complete food. Fifteen pounds of fresh wheatgrass is equivalent in nutritional value to 350 pounds of the choicest vegetables." (Ann Wigmore; Be Your Own Doctor).

Wheatgrass juice contains crude chlorophyl (70 percent of the juice solute) and can be taken orally or as a rectal implant without risk of toxic side effects.

Peak nutritional value of grass is reached on the day the first joint begins to form. Dr. Schnabel states: "Unjointed grass has no stem. What appears to be a stem is several leaves rolled together, Grass has a stem only after the first joint forms and the sole purpose of the stem is to bear the reproductive parts. That is, the first joint in the grass culm separates the vegetative from the reproductive stage of growth. A grass culm will grow up again and again if it is not cut before the first joint forms, but it will die if it is cut or grazed even one day after that time. The first joint in a grass culm can be detected as a swelling in the culm within an inch or two of the ground; it feels like a head in a rubber tube." (168)

It is interesting, that according to agricultural researcher, Pfeiffer (172), if one dehydrates the grass, the protein composition can be as high as 47.4 percent. Farmers have noted that hay, dried grass, fed in too liberal a quantity, can make animals sick. It contains too much protein. Dried wheatgrass has 3 times as high a protein concentration of beef. Hence, wheatgrass juice is suitable for people, but dehydrated grass preparations are not, unless in very dilute form. Dr. Pfeiffer proved that on the 8th day of growth, all the essential amino acids are present in grass.

Harvey Lisle, (173) a biochemist, says "The things that count in your wheatgrass is the quality which cannot be named. To give an example; vitamins cannot be measured in terms of mathematical units because they are in fact quality factors derived from the sun and planets and impressed into the plants. Vitamin A is a factor derived from the sun's infra red or warmth rays. Vitamin D is the chemical form factor derived from the sun's ultraviolet rays. Vitamin C is the order factor derived from the influence of the planets. Vitamins are not something which can be measured or weighed any more than love can be measured or weighed. The only practical way of measuring vitamins is by feeding tests on small animals."

WHEATGRASS FOR HEALTH

"Wheatgrass is not a 'cure.' However, through scientific investigation and experimentation, we have discovered that it furnishes the body with vital nourishment, which, when missing, yields sickness Many physicians here in Boston have tested the miraculous effectiveness of the wheatgrass therapy."

BE YOUR OWN DOCTOR, ANN WIGMORE

At times I jokingly inform new acquaintances that our institute is the only group permitted by the American establishment to grow "grass" for human consumption. While many are taking drugs and being jailed, we at the Institute use grass freely with the blessing of the establishment. If only they knew, the use of grass is the most revolutionary concept introduced into the diet of society. Our grass is a body "high." Drugs of all sorts become completely unnecessary. Mind and body no longer follow the orchestration of foreign chemistry but become one's own domain. As the use of grass becomes widespread it will reshape the health of society. Taverns will be replaced by juice bars, pharmacists will take up farming, the war industry will make peace buttons, drug manufacturers will study the mystics, our politicians will become astrologers, doctors will push grass, hospitals will be converted into museums, and the lion and the lamb will rest side by side.

Use the grass therapeutically, or as a supplement to your diet. It is a must if you do not obtain food directly from a garden. Food loses much value if it is not eaten immediately after harvesting. Wheatgrass chewed several times a day, closes the harvest gap supplying the missing nutrients. "You can take the grass out of the country, but not the country out of the grass." When tender and less than 4 days old, grass shoots can be cut fine and added to salads and all cooked or blended preparations as a nutritional booster. One teaspoon of grass juice mixed into any of the blended green sauces before serving gives an unusually exotic sweet taste. When preparing any non-acid vegetable drink, add a teaspoonful of grass juice.

Many of our digestive enzymes have been destroyed by the antigens created by pollution and cooked foods. Grass juice will help to build them. When combined with fasting and live foods it will lead to rebuilding of the bloodstream and return of youth.

As a neutralizing agent, it corrects the acid-alkaline balance of the body. As a general healing herb, it may be applied internally or externally wherever sores or bleeding occur. Cuts, skin irritation and burns heal quickly with application of the pulp soaked in grass juice. Pain from these afflictions, from blows or insect stings is relieved by immersing the area in wheatgrass juice for 15 minutes.

To soothe the eyes and improve vision, use the grass juice as an eye wash. Purchase an eye cup from a pharmacy. To eliminate sediment from the juice, strain it through a clean cheesecloth. Wash the eye for at least one minute. You may experience a brief burning sensation.

Applied to cotton and inserted into the ear, wheatgrass juice has been reported to relieve pain from ear inflammation. Similarly, it has relieved toothache. To speed recovery, fast for a few days and do some therapy on the feet.

It is an excellent gargle for sore throat, and has a cleansing, clearing effect on the nasal passages when sniffed up the nose and expelled from the mouth.

A poultice of wheatgrass pulp will, in time, make moles, skin growths and blemishes vanish by making possible the elimination of stored toxins in the skin.

Taken as a douche, the juice relieves vaginitis.

A tablespoon of juice helps to relieve indigestion. For a detoxifying stomach wash, drink four ounces of wheatgrass juice. Let it remain in the stomach for at least half an hour. Drink one quart of warm water while doing abdominal breathing, then regurgitate.

The stomach wash may be used as an antidote to some ingested poisons. After drinking the grass juice and water solution, regurgitate immediately. Follow this with two ounces of wheatgrass juice every two hours. Retain each dose at least 20 minutes.

A mother shared this story about her son and his friend. The boys had inadvertently used water hemlock in their weed salad. After eating, both boys became ill and were hospitalized. The mother took grass juice to her boy, giving it to him every couple of hours. He recovered. The other boy died.

Pure air is most important for vitality but the right diet can somewhat compensate for the lack of it. Living food and chlorophyll-rich greens can insure survival. If you insist on living in a city, indoor greens can create a natural atmosphere in your home. It will provide an adequate oxygen supply. Keep your windows closed. Live in top floor apartments.

GRASS JUICE REJUVENATION REGIME

"The sorrow on this planet is due to men's inability to control their bodies. Healing is the first essential knowledge.

Healing is not in faith; it is in the raising of vibrations; it is in the quickening of the body.

Our new children will discover in radioactivity powers of which man has not dreamed. He will control the health of himself, and he will see the source of himself.

Man seeks for the energy of the sun. The energy of the sun is in the fleetness of the deer and the strength of the elephant. Grass is the flesh and the flesh is grass. Chlorophyll is the blood and the blood is chlorophyll.

Food fashioned by the sun and eaten in the wholeness of the cell is the manna from heaven. Food murdered by the cook is the corpse of the manna and generation of the dissolution of the body.

All food has its own rate. Dead meat is lower than the infra-red rate. The blood of living fruits and plants is in the ultra-violet rate. Here is the energy of the sun: here is the life-blood of divine beings. Crush the living sap from the spinach and the tomato. Drink this living light and cleanse the veins and wake the psychic nerve-center. Get back your heritage.

The various chemicals in your body are only different because their vibrations are different; so one chemical can be turned into another by accepting a certain vibration."

TEACHINGS OF THE UNIVERSAL BROTHERHOOD
(YOGA FOR YOU, BRAGDON, LANCER BOOKS, NYC)

The cause of fatigue, disease, old age and death, according to W. Hay, M.D. (174) is threefold: (1) failure (or inability) to remove waste matter, which acts as poison in the body; (2) failure to replenish the body with living food and (3) failure to think creative thoughts and eliminate destructive emotions.

During healing, waste elimination can be more important than nutrition, although many micronutrients can play their role in neutralizing the released poisons.

The lungs eliminate not only carbon dioxide, but also expel air pollutants plus gases generated in the body by putrefaction. The skin primarily expels excessive salt and other irritants, plus some waste originating from protein, fried foods, dairy products and starches. Skin breathing if stopped even for a few hours can result in fatal poisoning. The kidneys expel protein waste products primarily. Their malfunctioning can result in death within 5 days. The bowels take the major burden of elimination. Over 75% of food waste is bacteria.

In therapeutic amounts, wheatgrass internalizes a maximum of green chlorophyll and enzyme-rich, liquid food, to detoxify the body by increasing the elimination of hardened mucus, crystallized acids and solidified, decaying fecal matter. Its high enzyme content helps to dissolve tumors. It is the fastest, surest way to eliminate internal waste and provide an optimum nutritional environment, so that the cosmic cell consciousness can rebuild your body.

The wheatgrass regime is economical, efficient, and easy to carry out. All needed equipment may be ordered by mail. In your home you can produce an organic live food diet at a cost of 50 cents per day. Generally, you may maintain your usual activities while detoxifying and rebuilding your body.

To improve health most rapidly, you may switch immediately from a regular diet to one of cooked and raw vegetables for at least one week. Next, adopt the rejuvenation regime. At all times combine foods properly. After two weeks of this regime, you may go on a fast one day each week. If relatively healthy, you may replace grass juice with fresh organic fruit or vegetable juices.

You may speed the process of detoxification by using some of the other aids to elimination. Massage and zone therapy will help to dissolve debris in the body. Enemas, colonic irrigations, herbal laxatives, sauna baths may be used in tolerable amounts.

During the day, the skin normally excretes two or more pints of fluid. A daily warm shower and loose clothing permit elimination of offensive odors. While bathing, vigorously scrub the soles of the feet with a stiff brush to activate all internal organs. A soft, natural bristle brush may be used on the whole body with great benefit to circulation and vitality.

A salt bath can aid elimination by osmosis; toxins are drawn through the skin by a salt solution of greater concentration than that of the bloodstream. To a tub of luke warm water, add two to three pounds of pickling salt (or Kosher, sea salt or the recommended amount of Batherapy)—the water should taste briny. Immerse yourself for twenty to forty minutes. On an empty stomach, drink about three cups of warm Linden flower tea to induce sweating. After the bath, rest for an hour under linen or cotton covers while continuing to sweat. You can take this salt bath at least three times a week. When available, the best results are obtained from swimming, on sunny days, in warm ocean water.

If salt bath causes any discomfort, soreness or dizziness one should discontinue the bath. If you feel weak, have someone with you while bathing. The water should have a salty taste, not as strong as brine.

Daily sunbaths, increased gradually from five minutes to half an hour, will provide missing nutrients and increase elimination via the skin.

Conserve your energy with silence. Stay away from emotion draining discussions of politics, religion or gossip. Rest as much as you need, even if it be twenty hours per day. Fill your heart with love. In the silence of your thoughts, tell each person you meet how much you love him or her. Empty your heart of resentment, fear, despair, jealousy, anger.

Practice yoga breathing exercises each morning upon rising and during the day when you have a few moments (at least three times a day). Most of us take twelve to twenty shallow breaths per minute. With practice you can reduce this to only four deep breaths a minute. If you are like the average breather, you are using only one-sixth of your lung capacity. With practice, you will be able to utilize at least three-quarters of your lung capacity. Correct breathing rids the lungs of accumulated impurities, makes breathing easier, improves thinking and strength and gets rid of many physical disorders.

Start each breathing routine with a few minutes of exercise. First, draw your shoulders forward as close together as you can. This induces exhalation of stale air, and creates a vacuum, which, when released, causes the lungs to fill with air. Set up a count, four beats for inhaling, twelve beats for holding the breath and eight beats for exhaling. Holding the breath is very important, for it increases many fold the amount of oxygen absorbed.

HOW TO DRINK YOUR GRASS

When first using wheatgrass, a good practice is to take very small quantities, one or two tablespoons at a time. Take enough to make you uncomfortable, but not so much as to make you feel sick. Wheatgrass juice is a powerful cleanser. Because of its high enzyme content, it starts an immediate reaction with toxins and mucus in the stomach, often causing distress. Nausea after taking the juice shows that it is needed and should be taken regularly.

At least 30 minutes prior to taking grass juice, it is good to drink rejuvelac or the juice of one-fourth lemon in a glass of water. If you have a sour stomach, mint-papaya tea is preferable. This rinses mucus from the stomach, minimizing discomfort. If there are ulcers or a growth in the stomach, it is best to skip the lemon, or use it in small, tolerable amounts.

Very sick people find even the smell of grass juice nauseating: my suggestion is to have someone else juice it for you, mix it with rejuvelac, and sip it through a straw. This way you don't have to smell it while juicing, building up a lot of apprehension about drinking it.

In an empty stomach, the wheatgrass juice is immediately absorbed through the mucous membrane. Soon after I started using the juice I noticed that within five minutes after drinking it, protruding veins in my hands became scarcely visible; a sign that it was already at work in my tissues.

After drinking 3 or more ounces of grass juice do not take any solid food for at least one hour. However, to relieve nausea, some find rejuvelac or the juice from celery leaves or carrots an excellent mixer or chaser for this chlorophyll cocktail.

Grass juice in one or two ounce doses can be taken immediately before a vegetable sprout meal. It will not cause any problems, for it is quickly absorbed.

For those with a delicate digestion, I recommend resting at least five minutes before taking the drink and at least 20 minutes of lying down after drinking it.

✓ Place left hand on stomach and right hand on heart. This will set up powerful energy currents, giving you the right polarity for digestion.

If nausea or dry heaves occur, retain the juice for twenty minutes. Drink some water. Then vomit to remove toxins contained in the stomach.

|| Those who have any disorders of the mouth cavity, gums or teeth should retain the grass juice in the mouth for at least five minutes. Those who find it difficult to drink the juice may absorb much of it directly through the mucous membranes of the mouth. After holding the juice in the mouth for at least five minutes, spit it out. In addition, take two grass juice implants daily. The first few days, take four ounces in each implant, increasing it to eight or more ounces.

Many individuals, especially anemic people, have obtained satisfactory results when they used the grass juice in homeopathic proportions, i.e. 1 part grass juice to 10 parts distilled water (or even higher dilutions).

Those who have difficulty drinking the grass juice may try an alternative approach. Drink 1 ounce of grass juice at breakfast. At noon and evening drink 4 ounces of a mixture of buckwheat, sunflower green and/or alfalfa sprout juice. Take at least two grass juice implants daily. You may, if you prefer, take your entire dose of wheatgrass juice by rectal implant. Other green juices mixed with less potent ones, such as carrot or celery may be taken until the desired ingestion of grass juice is reached.

Daily Regime

On awakening ask God to guide you and to encourage you to persevere. Feel certain that you will receive all that you need for this day. Read some inspirational messages. Feel free and secure in God's hands. Decide to be loving in all your encounters. God will give you today many new lessons about the mysteries of the universe. Love will enable you to hear and see the Divine. Never give up your God-given birthright of a healthy body.

|| On rising, drink two cups of rejuvelac or warm water containing the juice of one lemon or lime. Take an enema, followed by an implant of four to eight ounces of grass juice.

Follow this regime for at least 21 days before you start the city Sproutarian diet. Therapeutically, it is beneficial to fast for two to four days on grass juice, lemonade, juicy fruit and/or vegetable juices (see Fasting), then resume sprouts for one day to slow the cleansing reactions. Follow with another 3 days of the grass juice fast. Continue this regime for at least four weeks.

DAILY MEAL SCHEDULE

Breakfast:

One or more cups of lemon in water or rejuvelac or fresh organic ripe citrus or apple juice. Use half a lemon per cup. Thirty or more minutes later have a grass juice drink (1 to 4 ounces). One hour later, favorite juicy fruit (no banana or avocado) or vegetable juices (see Appendix).

Lunch:

Lemon water, rejuvelac or water. In thirty minutes, follow with grass juice. Wait for at least thirty minutes, or until hungry. Then, if available, have juice from carrot, celery and spinach (best: indoor greens) or rejuvelac and wait for another 30 to 60 minutes, before you have the sprout salad. Make 1 to 2 cups. Alfalfa and sunflower greens, plus buckwheat lettuce should predominate. Add a few fenugreek sprouts (may add one or two favorite vegetables). Occasionally, if you want to slow the cleansing reactions, include with the meal $\frac{1}{4}$ cup of seed yogurt. On other occasions, you may use the green sauce with sprouts.

Supper:

As at lunch, lemonade, grass juice, sprout salad – no seed. To achieve best digestion, chew each bite at least 50 times and eat little. If you have trouble chewing, blend or juice your food. Space meals according to hunger. Even when hungry, postpone the meal by drinking juice or water. If hungry at bedtime, take lemonade, grass juice or juicy fruit or celery juice.

For the recovery of health by natural means you need a strong desire for health and willingness to go through the agony of a healing crises, sound knowledge of health and the basic physiology of the human body and the determination to pursue health steadfastly.

Once the cleansing reactions diminish in frequency and severity, perhaps after several months, you may reduce the intake of wheatgrass juice to one or two ounces per day. Eventually, take it only when you desire the juice. If you don't have a juicer, you may chew the grass, swallow the juice and spit out the pulp. Two ounces of grass is equivalent to one ounce of juice.

ENEMAS

"One who practices basti or yoga enema never suffers from constipation and other abdominal disorders. It further increases appetite and insures remedy for flatulance."

Gherandasamhita I, 49

"Seek, therefore, a large trailing gourd, having a stalk the length of man; take out its inwards and fill it with water from the river which the sun has warmed... enter your hinder parts, that the water may flow through all your bowels... then let the water run out your body... and you shall see with your eyes and smell with your nose all the abominations and uncleanness which defiled the temple of your body... I tell you truly, baptism with water frees you from all these. Renew your baptism with water on every day of your fast, till the day when you see that the water which flows out of you is as pure as the river's foam."

Jesus, THE ESSENE GOSPEL OF JOHN

Of the 22,000 operations I personally performed I never found a single normal colon; and of the 100,000 performed under my jurisdiction, not over 6% were normal.

Harvey Kellogg M.D. Battle Creek, Mich.

"The fact that chronic constipation might exist in certain individuals as an almost permanent condition without apparently causing ill health is due solely to the power and protective action of the liver. It is only an evidence that some individuals possess the caecum and colon of an ox, with the liver of a pig capable of doing any amount of detoxification."

William Hunter, M. D. London

Accumulated, putrefied, hardened waste in the colon, quite often of many years' duration, places a great strain on the eliminative organs, disturbing especially liver and kidney function. A chain reaction develops: fats, proteins and carbohydrates are not properly metabolized; electrolyte balance is upset; the entire body is placed under stress.

"The colon is a sewage system, but by neglect and abuse it becomes a cesspool. When it is clean and normal, we are well and happy; let it stagnate, and it will distill the poisons of decay, fermentation and putrefaction into the blood. It will poison the brain and nervous system so that we become mentally depressed and irritable; it will poison the heart so that we are weak and listless, poison the lungs so that the breath is foul, poison the digestive organs so that we are distressed and bloated and poison the blood so that the skin is sallow and unhealthy. In short, every organ of the body is poisoned, and we age prematurely, look and feel old, our joints are stiff and painful; neuritis, dull eyes and a sluggish brain overtake us; the pleasure of living is gone."

V.E. IRONS, INC.

Studies (174) done by W.H. Hay, M.D., show that most normal individuals who have one daily evacuation, do not completely expel one meal for three days. Partial retention of meals, for up to three days means that the bowel is continuously filled with putrefying and fermenting material. He says that the number of bowel movements should be the same as the number of meals during the day.

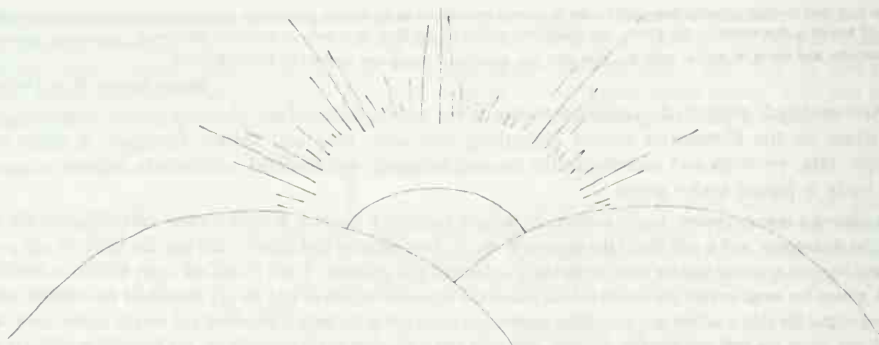
Dr. W.F. Koch (228) strongly advocates the use of enema, in conjunction with liquid diet, during the cleansing regime. He states: "At least a liter should be held by the colon and it should be so manipulated that the fluid passes over into the caecum where most of the putrid material is held, often in diverticulae. But in old chronic cases of constipation, the crypts of Lieberkuhn are jammed full of fine sandlike deposits that hold the germs that develop the poisons. The bowel should be expanded by the enema to open these crypts and let their contents out. It may take from 4 days to 2 weeks to get the colon clean when one is taking no solid food whatsoever but only liquids as watermelon juice, apple or pear juices. Grape juice is not used and citrus fruits are not either for reasons explained earlier. Vegetable juices are easy to prepare now with the modern kitchen appliances. Cabbage juice, carrot and beet juices are very desirable."

The digestive tract lining is the hidden portion of the human skin. Most people bathe the outer skin, but never think of bathing the inner membrane. In most humans it is filthy, in need of a good washing. When we eat natural foods – raw fruits and vegetables, such cleansing is unnecessary. But if one is filthy inside, one must take an internal bath – putrefaction will cease, gas will be eliminated, permeability of the membrane lining the digestive tract will be re-established and it will become once again the home of friendly bacteria.

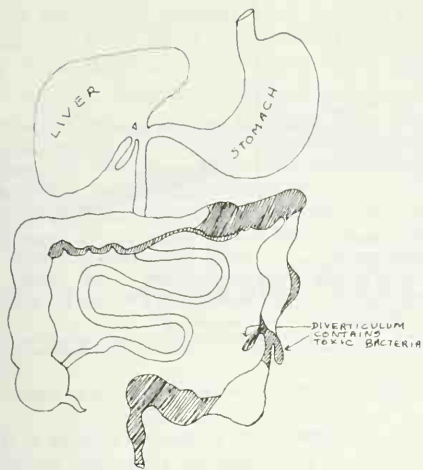
Purchase from a pharmacy a No. 16 catheter (20 French Size, Code No. 3720X) and glass connecting tube. (Davol Inc., Box D, Providence, R.I., or Metropolitan Supply Co., 1458 Cambridge St., Cambridge, Mass.) Attach them to the rubber tubing on the enema bag. Use a glass pipet. Fill the enema bag with one quart of water at body temperature. Hang it three feet above the floor. Lubricate the rectal tube and anus with oil or water-soluble jelly, such as HR or KY. Kneel with the head touching the floor and trunk raised, or lie on a slant board, feet higher than the chest. Insert the tube about fifteen inches. Open the clamp to let the water flow in. When you have taken as much as you comfortably can, lie on your back and massage the abdomen for at least two minutes. To increase elimination from the ascending colon, lie flat on the back, extend the legs into the air and ride an imaginary bicycle upside down. Retain the water for 2 to 10 minutes. Sit or squat on the toilet seat for at least five minutes to insure expulsion of all the water. For those who are having difficulty retaining the implant, two to three warm water enemas prior to the implant will generally insure retention of the juice.

An alternative to the use of an enema is to ingest daily about 1 gallon of diluted juice. In this case, you will have to be on a juice only regime. Prepare by adding to ten cups of distilled water one cup of juice (acid oranges, tangerines, soaked raisin water, tomato, grass or weed juice). Drink one quart every 3 hours. This way you wash out the whole alimentary canal with the juices, loosening mucus and waste deposits, neutralizing by the minute live nutrients found in the juice. Such a regime will produce daily copious bowel movements.

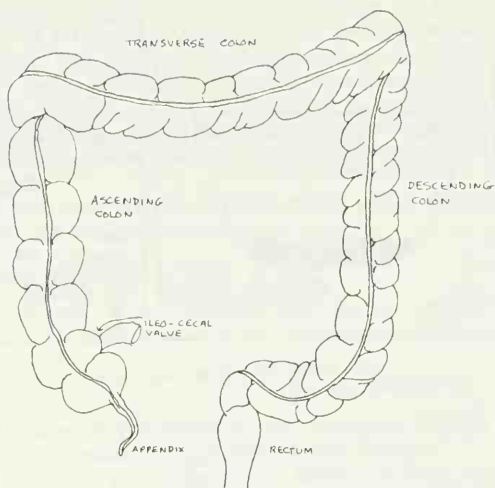
WHEAT GRASS JUICE IMPLANTS



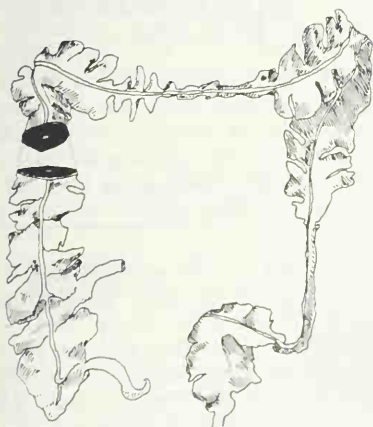
A grass juice enema (implant) helps to cleanse and rebuild the colon, destroy putrefactive bacteria, and is absorbed into the bloodstream. It is valuable for those persons who feel nausea when drinking the juice. An implant should be taken by the chronically ill for at least two weeks during the cleansing period. It is beneficial to the chronically constipated and to heavy meat-eaters. After one week of daily implantation, you may discover a fantastic release of worms and/or mucus in your bowel movement.



DARKENED AREAS INDICATE MEALS
INCOMPLETELY DIGESTED

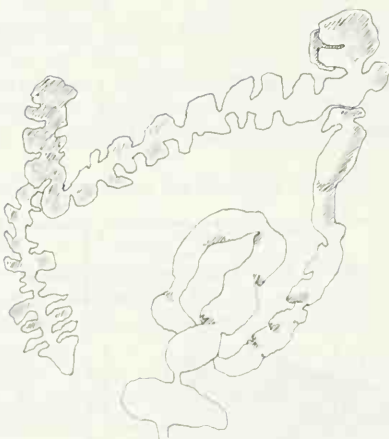


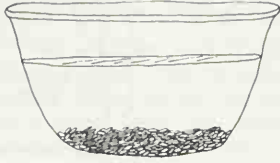
A HEALTHY COLON



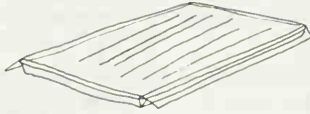
A DEGENERATE COLON

ACCUMULATE WASTE CAN
BE AS HIGH AS 15 LBS
AND AS OLD AS 30 YEARS
OR MORE

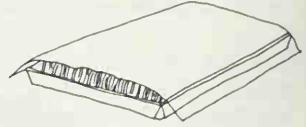




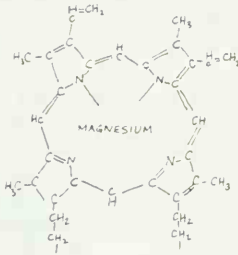
SOAK SEED 15 HOURS



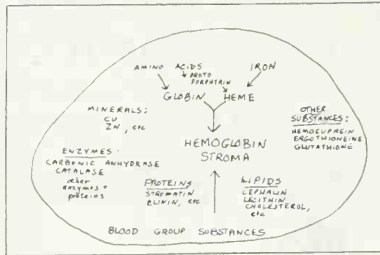
WET SOIL, PEATMOSS,
TOWEL, OR PAPER TOWEL -
SPREAD AN EVEN LAYER
OF SEED ~ COVER WITH
A PIECE OF SHEET
PLASTIC



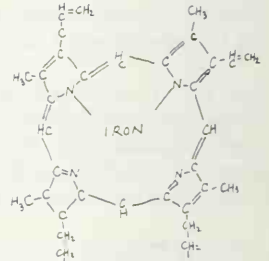
LET SIT THREE DAYS OR
UNTIL YOU CAN SEE THE
SPROUTS PUSHING UP THE
PLASTIC



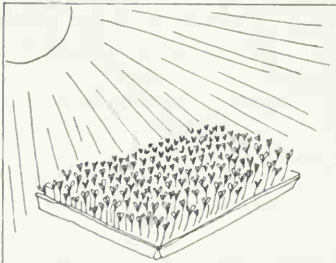
CHLOROPHYL MOLECULE



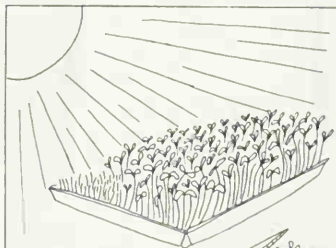
THE RED BLOOD CORPUSCLE



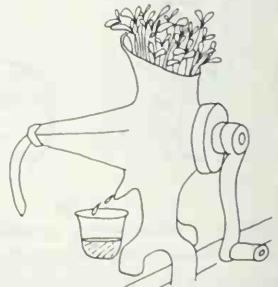
HEMIN BLOOD MOLECULE



REMOVE PLASTIC
AND PLACE INDIRECT SUN
WATER AS NEEDED



HARVEST AFTER 8 TO 15 DAYS



JUICE OR CHEW THE SPROUTS
AND GREENS AND SPIT
OUT THE PULP

For the implant fill the enema bag with 4 to 8 ounces of grass juice. Lie on the slant board, trunk raised, so that the grass juice flows into the transverse colon. Retain it for at least 20 minutes. Spend this time doing Yoga postures, zone therapy, face massage, or meditate, pray or sing. Allow gas to be expelled. Check the initial urge to expel juice by applying pressure with finger between anus and sexual organs. Expel the juice within 30 minutes. If you're active, take implants only in the evening. According to Dr. Wigmore, these chlorophyll implants can actually sustain life when oral nourishment is impossible.

Before the implant, wet your face, scalp, chest, sores, congested areas, varicose veins with grass juice. It will speed healing and beautification. You can rub as much as 1 cup of wheat grass into your bod (better than drinking or implants) in 20 minutes. It is al absorbed. Rub self with wet cloth and you will notice no wheat grass green juice left on your skin. It is al absorbed. You can taste it in your mouth.

If implants cause gas pains it is best to expel the grass juice after the twenty minute period. Follow the implant with a warm shower. Rest, if you feel tired. Do not eat for at least one hour.

GROW YOUR OWN GRASS

"And God said, let the earth bring forth grass."

GENESIS I,11

"There is no unbelief. Whoever plants a seed beneath the sod and waits to see it push away the clod. He trusts in God."

ELIZABETH YORK CASE

It is easy to become a grass farmer in your own home. If you intend to use wheatgrass, read the instructions, then start planting. Drop by to see the indoor gardens at Hippocrates Health Institute.

Dr. Ann Wigmore, over a period of years, has developed and perfected this method to meet the needs of her growing community. It is organized to produce up to twenty trays daily. After the grass is harvested, the sod is stored in deep piles covered with plastic sheets in our basement. The earthworms and micro-organisms convert the seed husks, stubs and earth of the sod into the best compost obtainable in a period of three to six weeks. Then the soil is recycled into the planting trays. You may have to add lime or kelp.

The best earth is dark, porous, and pleasant smelling. Black humus found in the woods is excellent. It is springy and alive with helpful organisms which are present to feed the rootlets of the wheatgrass. Without them the plants cannot be properly nourished. With each harvest, they continue to improve the soil. If you use commercially prepared soil, be sure it has not been sterilized. Dead earth cannot foster the growth of high quality live plants. Chemical fertilizer kills the life of the earth and should not be used. Use the best soil you can find.

Earthworms should be kept in a can with some compost. They can be found on top of any soil after a good rain.

Obtain the best wheat available. To get started, purchase it from a health food store. It should have a germination rate of at least 90%. Purchase the wheat berries in hundred pound sacks. Find other people to order with you. An order of at least 300 pounds will mean a tremendous saving on freight costs. Store the grain in a cool, dry place.

The hard spring wheat seed is soaked in tepid (about 70 degree) water for 12 hours in summer, 24 hours in winter. Use two parts water to each part wheat.

PLANTING

We use the large 18 x 26 x 2 inch baker's sheet "trays" which can be obtained from a commercial restaurant supply house for 50 cents to \$2.50 apiece, depending on condition. Use one to two inches of soil. Or you can use wooden fruit boxes lined with plastic to keep them from leaking. Use five to seven inches of soil. Any container or baking pan is suitable for growing.

To produce better quality grass by continuous improvement of soil, add about a dozen earthworms to each container. They will regenerate the soil and leave their castings, one of the best fertilizers.

The soil should be thoroughly moistened, but free from puddles which would drown the seed.

Spread the soaked wheat seed evenly over the surface of the soil, seed touching seed, but only one seed deep. Do not press the seed into the soil. Soil should be scarcely visible through the layer of seed.

To conserve moisture and increase temperature, the tray is covered with a sheet of plastic, placed over it loosely, to permit a supply of air. The trays are left in the basement for three days. Any semi-dark spot with a temperature of about 70 degrees will do. A very rapid rate of growth can be obtained by keeping pans inside an almost closed large plastic garbage bag, in indirect sunlight. Be sure to water adequately. Plants initially grow faster in dark places because they are reaching out for light.

When the grass is about one and a half inches tall, the covering is removed and the grass is brought up from the basement to shelves located in the sunniest part of the house, near a window where it will receive some sunlight.

The soil should be watered as needed, but not drowned. In seven to fourteen days, depending upon temperature, soil and light, your grass will be around seven inches high and ready to harvest.

HARVEST

Using a sharp knife, or scissors, cut the grass at the roots. If you are using the whole plant - root, berry and stem - pull the grass from the soil in small sections. Harvest only the amount needed, since refrigeration of cut grass entails some nutritional loss. You can delay maturation time by keeping the grass tray in a cool place.

JUICING

The simplest, most natural way is to chew small amounts of grass, swallowing only the juice. At the Hippocrates Health Center, Dr. Wigmore has been using a manual juicer designed especially for grass because its slow rotation prevents oxidation of the juice (see Appendix, Food by Mail). The use of a blender, centrifugal juice extractor or any other high speed machine oxidizes the juice. This greatly reduces its nutritional value.

Feed the grass into the receptacle. The juice flows out the spout. The machine ejects the dry pulp. The juicer should be disassembled and washed every evening after the last use. Clean the strainer thoroughly and dry the whole unit carefully.

Following are suggestions for the best use of the manual juicer:

1. A new unit should be thoroughly cleaned with biodegradable soap.
2. Don't tighten the clamp screw with wrenches or exert a great deal of force; it can cause the clamp to break.
3. Adjust the pulp outlet screw and lock ring for easy turning and maximum juice flow.
4. To prevent rusting, occasionally oil with cold pressed seed oil.
5. Let the juice sit for a couple of minutes after juicing so that sediment will settle in the bottom of the glass. Do not drink the sediment.
6. Filter the juice when using it in an eye cup.
7. Mixing indoor greens (sprouts, celery, parsley, spinach or weeds) with grass, makes the juice more palatable. Use a small quantity of grass during each feeding of machine. You might have to run the pulp through several times to get all the juice.
8. Although inefficient for this purpose, one can use the machine to juice carrots and other tubers, plus the squashes. First, slice or grate them. Run through several times. It is not good for juicing fruit as the acid reacts chemically with iron.
9. The machine is ideal for use in time of power failure and famine.

I have found that a conventional grain mill can be converted into a grass juicer (good for all greens) with minimal effort. Adjust the screw for fine ground flour. Run the grass through. It will come out as finely ground pulp. Place the pulp in a strainer. With spoon press on the pulp. Collect the juice in a bowl. It is fast and efficient.

One box of wheatgrass, if properly planted and cared for, should produce up to two and a half pounds of grass. Generally, one pound of seed will produce four pounds of grass. With the grass juicer you can extract at least ten ounces of juice from one pound of grass. Hence, you can anticipate, on an average, at least 24 ounces of juice per box planted. This amount of juice will provide a husband and wife with three daily drinks of at least two ounces each. To obtain this quantity, you will have to plant two trays every second day. After you start the operation, your first harvest will be between the seventh and the fourteenth day.

COMPOSTING

After harvesting the grass, dump all the soil from the "planting box" onto a large, plastic sheet on the floor. Separate out the worms and the plant material. Return the worms to your earthworm farm. Place the stubs and roots along with your organic vegetable garbage in the bottom of the planting box. Cover the waste with the soil you have separated out. You may compost the whole stubble mats by stacking them in a large wooden box, galvanized garbage can, or directly on the basement floor. Add a few earthworms. If compost develops a strong smell, a 'starter' can be used which would prevent the odor and speed decomposition.

Every eight plantings, mix a handful of sea kelp fertilizer and a light sprinkle of lime onto the topsoil of each box. Moisten the earth thoroughly and you are ready for your second planting, which should be a replica of the first.

INSTANT GRASS

You may purchase all the material you need from the health food dealer and department store. This method is ideal for teaching children about gardening. Let them do their thing in soil. This is the quickest, least expensive method, good for those who want small amounts of grass. Ideal for students, nurses, communes, politicians, truckdrivers and up-tight individuals. The next gift you give to your loved ones should be a tray of grass. Share the grass with strangers.

From a grocery or department store purchase non-aluminum baking trays. I found the Ekecoly brand, size 9¼ x 5 x 2 inches at a cost of 79 cents each to be the best. Look around in your neighborhood garbage cans for the best deals on containers for growing.

Obtain two large, heavy duty plastic bags. Fill one with the best available soil. Add soil to baking tray. From your salt shaker, sprinkle some sea kelp onto the soil. Mix it into the soil. After planting the wheat, insert the tray into an 18 x 14 inch plastic bag. This will create a greenhouse effect. Keep the tray in a window. In three days remove the covering. In seven to fourteen days the grass will be at least seven inches high and ready to harvest.

There is no reason to wait until the grass is 6.3451 inches long before you start enjoying its luscious foliage. Taste it daily at different stages of growth. You will notice that after you remove the cover, the stems are crisp and sweet, very much like sugar cane. Cut off just the amount you intend to use, perhaps a handful, chew it before breakfast and before every non-fruit meal.

After the first harvest, the second growth of wheatgrass is not worthless. It may be harvested and used, but the third growth is of little value.

After harvesting the grass, store the sod in the plastic composting bag. The first mat should be placed with the roots downward. All the others should be placed root side up. Drop a few earthworms into your compost pile. It will not emit any offensive odors and will insure plenty of soil for planting. Make certain this bag is not closed tightly, the worms need air to breathe. In three to six weeks, the sod will break down into soil to be used in planting. In the meantime, you will be using the soil which you have stored in the other plastic bag.

HOW TO GROW WHEATGRASS WITHOUT SOIL

This is the hydroponic way to grow wheatgrass, alfalfa or aquarian greens. Everyone can have this grass juice. Takes only few minutes day. Requires no soil. No heavy earth pans to lift. If you have high quality seed, and enough light, you can expect dark green 6 inch sprouts in 8 to 14 days. Juice from the grass is sweet.

Obtain baking pans. Easy to handle is 12" x 18" x 2" size. Soak the seed as described previously. Place 1 to 2 layers of cotton or paper towels, cheese cloth or equivalent (wash them out thoroughly between plantings) on bottom of pan.

Soak the towel with water. Avoid puddles which might drown the seed. Sprinkle the soaked seed densely on towel, one next to another, one layer thick. Bless the seed. Ask the Lord for a harvest.

Cover the pan completely with one layer of plastic. Keep it in a warm place, 70 to 80 deg. F. (Room temperature). Check once a day, add water to keep the towel wet. The first 3 days provision of adequate heat is critical.

Remove the plastic on the 4th day. Let vegetation grow from 8 to 15 days, to a height of 5 to 7 inches. When harvesting, pull the greens out, or clip with knife or scissor. Remove the seed husk. If buckwheat, sunflower or alfalfa and the roots look healthy, not brown, you may eat the whole plant. Otherwise, compost the roots.

Consider: To reduce the care of plants, place a half inch of untreated sand or tiny pebbles, on bottom of pan. Flood it with water to the level of sand. Cover it with layer of wet towels. This will provide continuous humidity and water for growth. You may make a hole in bottom of pan and plug it. You may drain the water every 4 days if it should become smelly and refill it with clean water. For faster growth and sweeter taste, you may add a few pinches of kelp or liquid seaweed to the water solution.

Another simple, efficient method of growing wheatgrass or other indoor greens: thoroughly soak peat moss in very warm water. Mix crude sea kelp into it, one teaspoon to each ounce dry peat moss; fill the tray with the mixture and plant in the usual manner.

PIE CRUST Method. This method is best for city, apartment dwellers. It is very economical, takes up a small amount of space and has no odors. Material needed: 25 pounds (or 60 pounds) peatmoss, liquid (or powder) kelp fertilizer and a dozen baking pans. One 12 by 20 inch baking pan can require about 3 tbs of liquid fertilizer and one pound peatmoss.

Mix water with liquid fertilizer (3 tbs per quart) or kelp powder (2 tbs per quart). In a large bucket mix peatmoss and fertilizer solution to the consistency of mud. Use the wet soil to make a pie crust (about ¼ inch thick) on the planting tray.

The seeds should have been soaked in the usual manner. Spread them densely. Cover them thoroughly with a plastic sheet, or place the tray inside of a plastic bag. Check daily to be sure that the peatmoss is moist. Sprinkle gently with water as needed. After 3 days remove the plastic.

Throughout the 7 to 10 days of growth, to increase heat and humidity, you may cover the tray at night with plastic. Every couple of days mist the greens with a diluted solution of fertilizer. As the greens develop roots into the soil, you can flood the tray with water, let the tray sit for couple minutes, then drain the water.

After the growth is complete, you can place the whole mat, with the greens, inside of a plastic bag and refrigerate it. Harvest as needed. After all the greens are cut, place the mat in your outdoor compost heap.

The quality of this grass is no different from grass grown in soil. When I omitted kelp, it grew half as fast, developed little color, was dry and had a flat taste. In place of peat moss you may use untreated sand and water.

Another method is to sprout one-half cup of wheat in a wide mouth quart jar. After four days of sprouting, tip the jar on its side. Rinse as needed, draining thoroughly. Grow grass to desired height.

REASONS FOR FAILURE AND CORRECTIONS

Many people who use good quality seed, discover that their grass crop is very sparse. The fault lies in soaking the seed too long or having the soil too wet or too dry. If the seed has germinated too long before planting, the sprouts will not take root and will die.

Mildew may start to form on the stems and in the soil. It is caused by too much dampness or too densely planted grass. To correct this condition, permit the air to circulate. The moving air will reduce the possibility of bacterial growth. A fan directed at the grass can keep the air circulating. Mildew does not destroy the quality of grass, but wash the mildew off the grass before juicing.

You may find small insects on the soil. They are quite harmless. Often they are associated with inferior quality seed or incompletely decomposed soil.

The grass juice may taste flat, or even bitter, due to poor quality soil. Correct this by searching out better soil. Introduction of sea kelp into the soil will make the juice sweeter.

Infrequent watering will produce dry grass with little juice.

Insufficient light will cause the grass to be dry and pale in color. If you live in the north, you can supplement natural light with a 40 watt combination of incandescent and fluorescent light or Vita-lite.

The grass may be growing poorly due to clay-like soil. Correct this by adding peat moss and sand. During the first few plantings mix one part soil to one part peat moss. Additional worms will aerate the soil, making it more porous.

SPROUTS FOR HEALTH AND ECONOMY

"Moisten your wheat, that the Angel of water may enter it. Then set it in the air, that the Angel of air may embrace it. And leave it from morning to evening beneath the sun, that the Angel of sunshine may descend upon it."

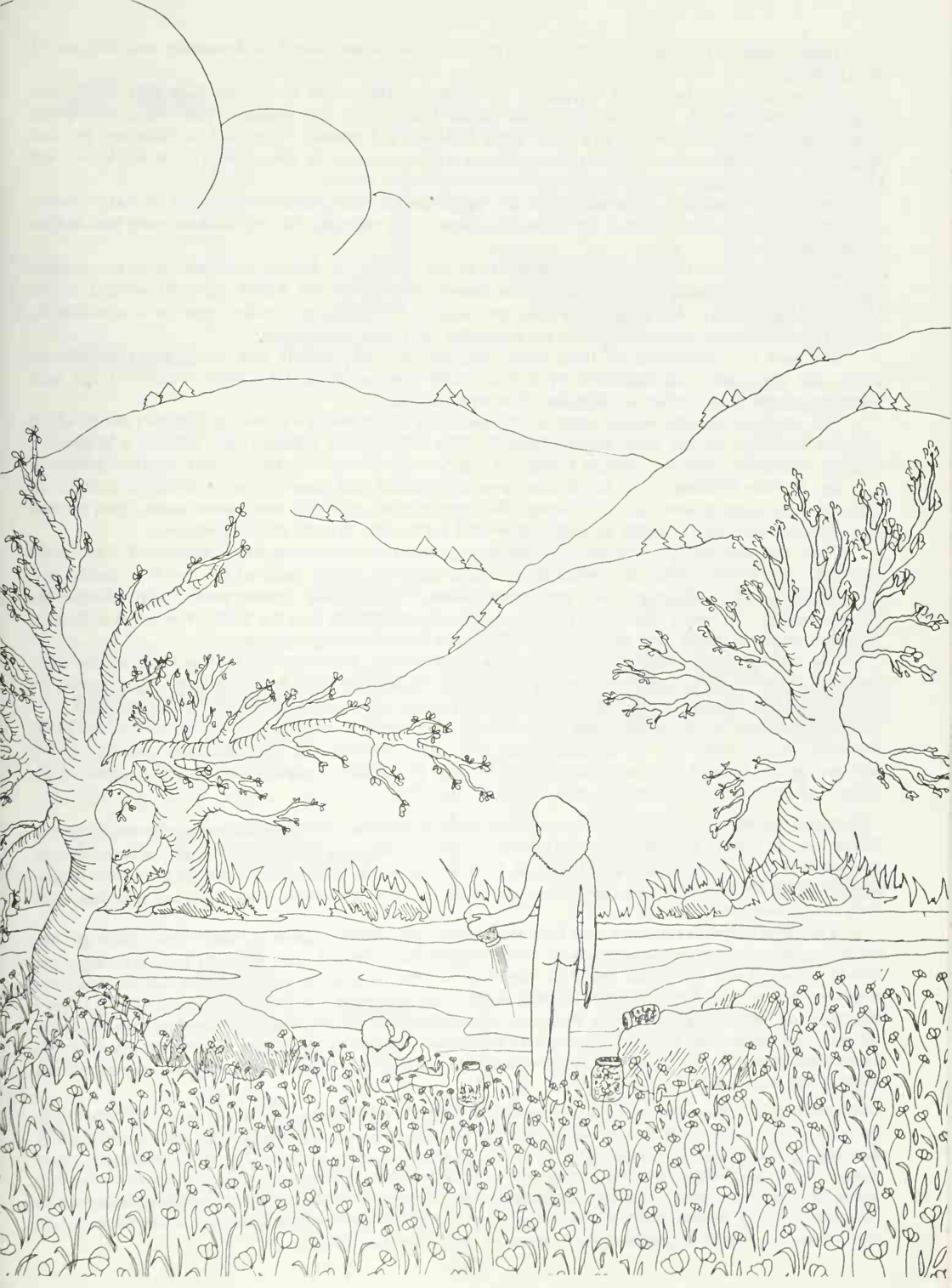
Jesus, Essene Gospel of John

"WANTED: Alive, a vegetable that will grow in any climate, rival meat in nutritional value, mature in three to five days, may be planted any day of the year, requires neither soil nor sunshine, rivals tomatoes in Vitamin C, has no waste, can be eaten raw."

Dr. Clive McCay of Cornell University composed this ad, which would perplex all of us if it were carried in the daily papers. The Chinese, centuries ago, captured the "good guy soybean" and have been fletcherizing it ever since.

A ban of Robin Hood type outlaws, headed by the soybeans, now includes such big-timers as garbanzas, untamed peanuts, ho chia mung beans, as well as wheat, alfie, and the radical radish. The only qualification for joining this underground band of revolutionaries is to be an organic, sproutable seed.

If the sprouts ever join forces, on a large scale, with the creeping weeds and biblical grasses and start infiltrating the supermarkets and sneaking into the salad bowls of outstanding members of our society, they will cause the most radical revolution in our diet and destroy many of our highly respected utensils, as well as our institutions.



These lowly little warriors will lead civilization into a new world of humanity and the era of fruitarianism.

The sproutarians have been preparing for decades. They have sharpened their wits by fasting, increased their strength with live food, and gained followers in the millions. You will see hospitals eliminated by the explosives of live food. Drug factories and research firms will be inhabited by wise spiders and their networks of webs. Old age homes will be replaced by tennis courts; butcher knives will be converted to museum pieces; vivisection will be considered sadism.

During the transition, those who have not yet discarded their greed will be trying to make a profit by selling, to the receptive, plans for converting stoves into refrigerators and cooking pots into indoor garden containers.

Sprouts are one of the essential ingredients in the diet of the Hunzas, who are noted for extreme long life and unsurpassed health. Such foods provide them nutrients during the cold winters in the Himalayan Mountains. All peoples of Asia are familiar with sprouts. Today, even in a nutritionally backward country like America, sprouts are becoming daily fare for millions.

The seed is a storehouse of food energy intended for early growth and development of the new plant. The dry seed is characterized by a remarkably low metabolic rate. When moistened, the seed starts transforming the stable nutrients into life components.

The chemical changes which occur in the sprouting seed activate a powerful enzyme factory which is never surpassed at any later stage of growth. This rich enzyme concentration induces a heightened enzyme activity in your metabolism leading to regeneration of the bloodstream and digestive processes.

Dr. Francis Pottenger, Jr., found that sprouted legumes and grain contain a complete protein. In tests on rats, sprouts sustained life through the reproductive cycle for many generations, thus proving that they can adequately supply all nutrients needed for healthy growth and reproduction.

Once the seed has sprouted the mucus-inducing property of most legumes is eliminated. Sprouts do not cause gas. Crude protein is converted into essential amino acids; much of the starch is transformed into simple sugars, making sprouts a predigested food. The seed may contain some starch, whereas the shoot contains only sugar. Hence, it is more completely assimilated into the body. You eat less. Ease of digestion means you will have more of the body's vital force for other activities.

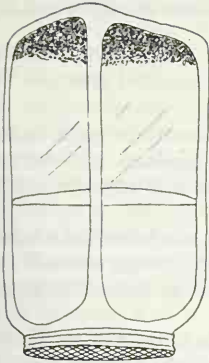
The vitamin content of the seed increases tremendously when sprouted. Depending on the seed, optimum vitamin content generally occurs from 50 to 96 hours after it begins to germinate. Sprouts are an especially good source of Vitamin C and the B Vitamins and a good source of Vitamins A and E.

Wheat is one of the staple foods of the world. In three days of sprouting, its weight doubles and it becomes sweet. Much of the original starch has been converted to natural sugars, making it less mucus-forming. In four days of sprouting the Vitamin E content of wheat increases 300%. Some of the Vitamin B-complex components increase from 20% to 600%.

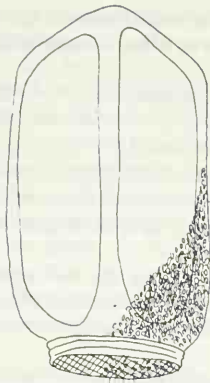
Drs. Graves and Miller of the Agricultural Experimental Station at Beltsville, Md. showed the power of sprouts in restoring fertility to sterile cattle. 11 cows were involved. They had been bred recently many times without success. 7 of the 11 had been bred for 6 to 14 months. 3 of them were over 8 years old, however they had reproduced successfully in the past. 4 were heifers. Each animal was fed 5 pounds sprouted dry weight. The rest of diet was equal weight of silage. At the end of 60 days, when bred, all cows were made pregnant.

In "A Review of Literature Pertaining to the Value of Sprouting Cereal Grains For Livestock Feed": "The value of sprouted oats for improving fertility in cattle was studied at several stations. Moore reported results with 4 shy breeders whose rations were supplemented with oat sprouts. Two of the four conceived after receiving the supplement. No controls without the supplement were reported. Winters discussed results in which 8 of 10 hard-to-breed cows conceived after being fed 2½ to 5 pounds of sprouted oats for a period of 21 to 90 days. Mosley et al reported five cases in which all conceived at service after initiation of oat sprout supplement. Again no controls were reported. Cunningham reported conception as the result of supplementing 7 shy breeders with oat sprouts for 70 to 150 days. Miller and Graves reported that 57 of 88 cows conceived within 4 services after oat sprout feeding was started.

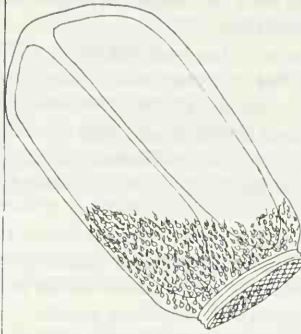
In a bulletin, Dr. J. J. Fayne states: "Tests were made many years ago by the Department of Animal Husbandry of the United States of Agriculture in Beltsville, Md., to determine the importance of sprouted oat in restoring fertility. The success was no less than amazing. In every case tested the cows that had lost, or outgrown, their ability to reproduce became mothers again, giving birth to fine, normal, healthy calves. The same sprouted grain diet was given to another group of cows that were so completely sterile they had never reproduced although they had been bred many times. With the addition of nourishment found in these grain sprouts they all became mothers with every evidence of healthy reproductive ability. Bulls that had become sterile were also restored to normal fertility again in every case tested." (The Miracle of Alfalfa).



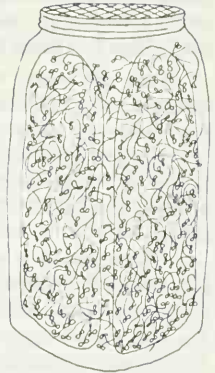
SOAK SEED
alfalfa 4 hours
beans and grains
15 hours



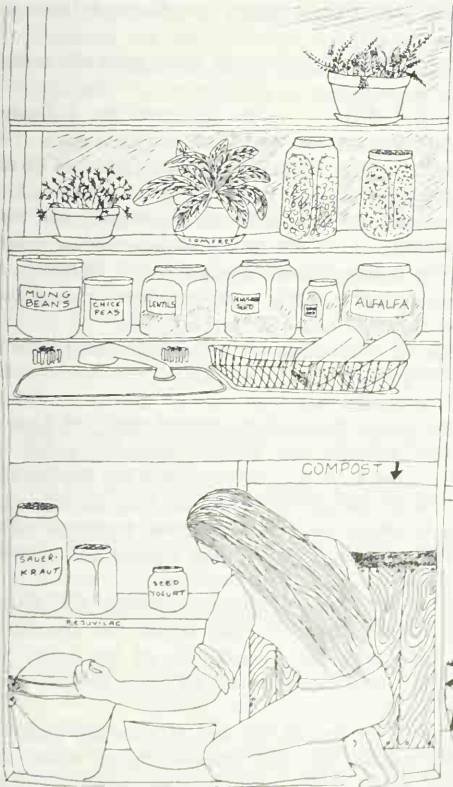
POUR OFF
SOAK WATER



LET JAR SIT
AT A SLANT



RINSE TWICE
A DAY~
READY IN
4 TO 8 DAYS



Dr. Ehrenfried Pfeiffer, told at Bio-Dynamic Soil Conference in 1951 that "without exception they had never failed to restore to fertility a bull when they have fed him a very limited diet of green alfalfa for a time and then fed generous amounts of sprouted oats." (Three Fold Farm, Spring Valley, N.Y.)

Over the years, Vitamin E has been heralded as the fertility vitamin. Those who want to continue sexual activity, especially for purposes other than reproduction, should include sprouted grains in the diet. Otherwise, they may experience exhaustion and earlier loss of youth.

Rutin if rare, it is found in few foods. This bioflavonoid is very high in buckwheat. It has an action similar to Vitamin P. It increases endurance of capillaries under strain and exposure to radiation, shortens any kind of external and internal bleeding time., speeds coagulation and increases mental acuity.

The soybean is one of the most versatile foods. It is among the few seeds which have an alkaline ash. It will sour just like milk. Sprouted, it makes a delicious cheese and yogurt. It keeps well and can be bought organically grown for as low as 16 dollars per 100 pounds. Sprout for three days. Refrigerate. The best use of soybean sprouts is in making yogurt.

Alfalfa, although the smallest seed of the legume family, turns out to be the favorite. Nutritionally it should be superior to all other sprouts for its roots extend up to 100 feet into the earth to seek out minerals and other nutrients.

The sprouts differ from proteins like meat, seeds, dairy products and grain by having its protein in the form of amino acids, enzymes, chlorophyll and hormones. Thus, the protein is either in predigested form or in a form which the body can easily utilize. No uric acid is generated.

The total amount of available protein after germination of a seed increases by a few percent. However, the protein concentration per seed decreases.

The percentage of protein in sprouts is inversely related to the increase in weight. Alfalfa seed is 15 to 30% protein. The alfalfa sprout increases approximately sevenfold in weight over the seed, hence we would expect its protein content to be between 2 and 5%.

If people are to eat food that is best suited to their physiology, they will eat fruit. After three days of growing some sprouts become like fruit in many ways.

For example, according to Composition Of Foods, U.S.D.A., we can make the following observation about mung beans: The germination process converts starch to simple sugars. The carbohydrate content of mung bean sprouts is the same as in casaba melon. The moisture content of the seed increases from 10.7% to 88.8% in the sprout, comparable to any fruit. Protein is converted to amino acids, and its concentration is reduced to that of a dried fig. The caloric value is slightly less than that in papaya and a little more than that in honeydew melon. One cup (one fourth pound) contains forty calories. Sprouted mung has the Vitamin A value of a lemon, thiamin of an avocado, riboflavin of a dried apple, niacin of a banana, and ascorbic acid of a pineapple. For a complete nutritional analysis of sprouts and grasses write to Omangod Press (176).

Years of experimentation with sprouting has led me to recommend the following: mung, alfalfa, aduki, buckwheat lettuce, sunflower greens, wheatgrass, fenugreek.

Other seeds I do not feel are the best for health, although they may be used during transition. Chick peas continue to be starchy and gas-forming; lentil, unless sprouted 3 or more days, are high in uric acid producing properties; if sprouted too long, they become very fibrous. Sprouted grains are slightly acid and mucus-forming; it is best to grow them for 4 to 8 days and use only the shoots. The alkaline, high protein combination of soy sprouts makes them difficult to digest and they are often gas inducing. If you desire soy beans, convert the sprouts to cheese for easier digestion. Rice and millet continue to be very starchy even after 7 days of growth; the grass is of low fluid content and it grows very slowly.

Ernest T. Krebs, Jr., biochemist, believes that sprouts have anti-cancer factors. He states: "Nitrosides are anti-neoplastic. When they are broken down in the body they release two chemicals. These two chemicals are cyanide and benzaldehyde. Body cells, the normal cells of the body, can protect themselves from such released chemicals; but cancer cells are incapable of doing this. . . both these chemicals kill unprotected cancer cells." (219)

Krebs continues: "Consider quickly, just the nitrilose content of the diet of primitive man. He relied heavily upon the fresh succulent sprouts of the grasses, the wild legumes, millet, vetch, the lupines, wild beans and the like. Vitamin contents of these plants at the sprouting stage often exceed by 20 times or more, that of the mature plant. The nitrilose content in the sprouts of some grasses and legumes is often 50 times or more greater than the nitrilose content of the mature plant. Indeed, the

nitrosides and other accessory food factors that occur in prodigious quantities in the sprouting stage of the plant may be completely absent in the mature plant.”

After I moved into the Institute, my first observation of the regenerative powers of this highly nutritional food was in the body of one of Ann Wigmore’s guests.

Joe was an architect, past 50 years of age. For the last ten years he had not been able to carry on his practice because his right arm was paralyzed. He was very emaciated.

Daily, for a duration of four months, he ate two meals of sprouts, raw vegetables, little seasoning, and no other food. At the end of three months he was reduced to skin and bones. In the fourth month, I witnessed gradual regression of the pallor in his arm, as the blood and nerves regenerated. He left the Institute a month later. We shook hands. He proudly extended the right one. Proof of the regenerative power of sprouts.

Because I observed that sprouted grain caused me to experience mucus discharge, tiredness and sexual stimulation, I stopped using it in my diet. For a spiritual path, sprouted grains should be used in small quantity, if at all.

When organic produce was not available in Boston four years ago, I lived totally on sprouts, kelp, dulse, wheatgrass, buckwheat lettuce, sunflower greens and sesame-sunflower seed yogurt all winter and experienced, at every meal, the joy of eating this tasty food. I continue to use grass juice and a mixture of sunflower and buckwheat greens in conjunction with my fruit diet.

This simple diet has greatly improved my health, and keeps my energy level high. I have become more conscious of my body’s needs. Although I work hard both physically and mentally, I need very little sleep, and seldom feel tired. Meditation is easier, and I am more flexible for yoga.

HOW TO USE SEEDS AND SPROUTS

Sprouts provide the most nutritious and varied menu available. They are an excellent supplement to any diet and should be included in every meal.

Sprouts can be grown in any utensil without thought to soil conditions, climate, composting techniques, blight or bugs. They are simple to harvest and to store for future use. They are not contaminated by insecticides or pesticides or made defective by heat, cold, preservatives, irradiation or aging.

A sprout diet can be very inexpensive – as little as 15 cents a day or 69 cents if you include seeds, fruits and vegetables. Sprouts are extremely versatile. They can be used as a salad, as a base for soups and casseroles, snacks, cereals, or as drinks made with the help of a blender.

The soak water from most seeds is rich in water-soluble nutrients and enzymes which improve digestion. It can be blended with sauces and seed milk. Some of the soaked seeds can be used immediately. After three days of growth sprouts are ready for eating. In another four days, you can pick greens from mason jar gardens. If soil is used, you can grow greens that will surpass store-bought lettuce in taste and nutrition. Juice may be extracted from seven-day grasses to be served as health-giving food. Juices eliminate hunger and enable one to reduce healthfully. Following is a list of some of the uses of seeds:

1. Soak Water: in sauces, soups, seed milk. Recommended: fenugreek, wheat, buckwheat, oat, sweet rice, alfalfa. Wash seed, soak one part seed with two parts water. Let soak water of grains ferment for at least 24 hours.
2. Soaked Seed: in bread and casseroles, use grains and chick peas; in salad dressings, cereal and blended drinks, use sesame, sunflower, almond, and pumpkin.
3. Sprouts: raw as snacks, substitute for nuts: soy; mixture of wheat and chickpea; mixture of sesame, pumpkin and sunflower. Use only natural seasoning.
4. Greens: On soil – buckwheat, sunflower, wheatgrass, in jars – radish, fenugreek, alfalfa, sunflower.
5. Blended Beverages: almond, sesame, sunflower. Yogurt: soy, sesame, sunflower, almond. Sandwich spreads from all sprouts. Add to breads, soups, casseroles, and salads.
6. Juices: as a supplement to the diet or as tools for rebuilding health through live foods and grass juice fasting. Use wheatgrass (sweet), barleygrass (bitter), alfalfa (strong), oatgrass (mild). Sprouts and indoor greens may be juiced. The juice from alfalfa, fenugreek, sunflower greens and buckwheat greens may be mixed into carrot or celery juice.

Each of the dishes can be enriched with seasonal green herbs, dried sea vegetables and weeds. A sprout diet is ideal for students, city dwellers, and those up north. It is an inexpensive way to live organically.

Let the young ones do the sprouting; they will learn a lot about the fundamentals of life. It takes at most eight minutes a day to produce all the sprouts a group of five can eat. You will discover the adventure of instant farming, as you watch life unfold. Serve sprouts as conversation pieces at your next party.

Considering the uncertainty of our times, it is good to know that you will be able to provide food for your family and be assured good health. There is no survival food better than sprouts. Sprouts generally increase many times in weight over dry seed. The seed can be stored for a long time at the lowest possible cost. Several hundred pounds of seed can provide complete tasty meals through famine, war, strikes.

SEEDS FOR SPROUTING

Any live seed will sprout. Don't germinate any seed which are known to produce poisonous greens such as members of the nightshade family, which include potatoes, tomatoes, and petunia.

Grains such as wheat, rice, barley, oat, and rye should be sprouted for more than three days. By then they will have swelled to twice their original size with a stem about one-fourth inch long. Aduki when sprouted 3 to 5 days tastes like fresh garden peas. Mung, soy, lentil, peas, and radish are most palatable in three or four days when they are still sweet and tender. When grown for six or more days, and exposed to light the last three days, they are beautifully green, but become fibrous like a plant and somewhat tough unless cooked.

Garbanzas (chickpeas) are at their best in two days. When combined with sprouted wheat and sea kelp, they make a most delicious snack. Most nuts, if fresh and alive in their shells, can be brought to their former tree-ripened vintage by several days of sprouting. Before sprouting remove the shells without damaging the nut. Peanuts, after four days of sprouting, lose much of their legume flavor, and develop an enticing sweetness.

Sesame, flax, and chia are best after 24 hours of germination. Sesame develops a bitter taste if sprouted much longer. Use it, instead of strong condiments, to give tang to your salads.

Alfalfa, clover, and fenugreek are at their best after at least one week of sprouting. Sprouted sweet corn becomes like candy. Sunflower and pumpkin sprouts are ready in two to four days; they are tastier than the dry seed.

Some garden vegetable seed may be sprouted for two to six days. Experiment with spinach, swiss chard, celery, garlic, lettuce, okra, parsley, rutabaga, turnip and anything else you can find.

The seed you collect from weeds can be another source of sprouts. Amaranth, burdock, wild carrot, clover, dandelion, lambsquarter, pepperglass, plantain, sorrel, wild dock, wild onion and garlic can be added to your sproutable seed vocabulary.

For the highest nutritional value, buy organically grown seed. At least make certain that the seeds intended for sprouting are viable and have not been treated with chemicals. If purchasing seed in small quantities, which is the expensive way to shop, buy them from health food stores or mail order houses. A good quality seed should have a minimum of 90% germination rate.

For sprouting, choose any container, but avoid soluble toxic metals such as aluminum, copper, iron. I have used a variety of glass containers, unglazed flower pots, mason jars, sprouting kits, strainers, perforated fruit cans, towels, perforated galvanized 20 gallon cans. Mason canning jars are adequate for small quantities; for larger quantities, use 25 pound capacity enamel roasting pans. For banquets, I have used large buckets, the bottoms of which are perforated with one-fourth inch holes.

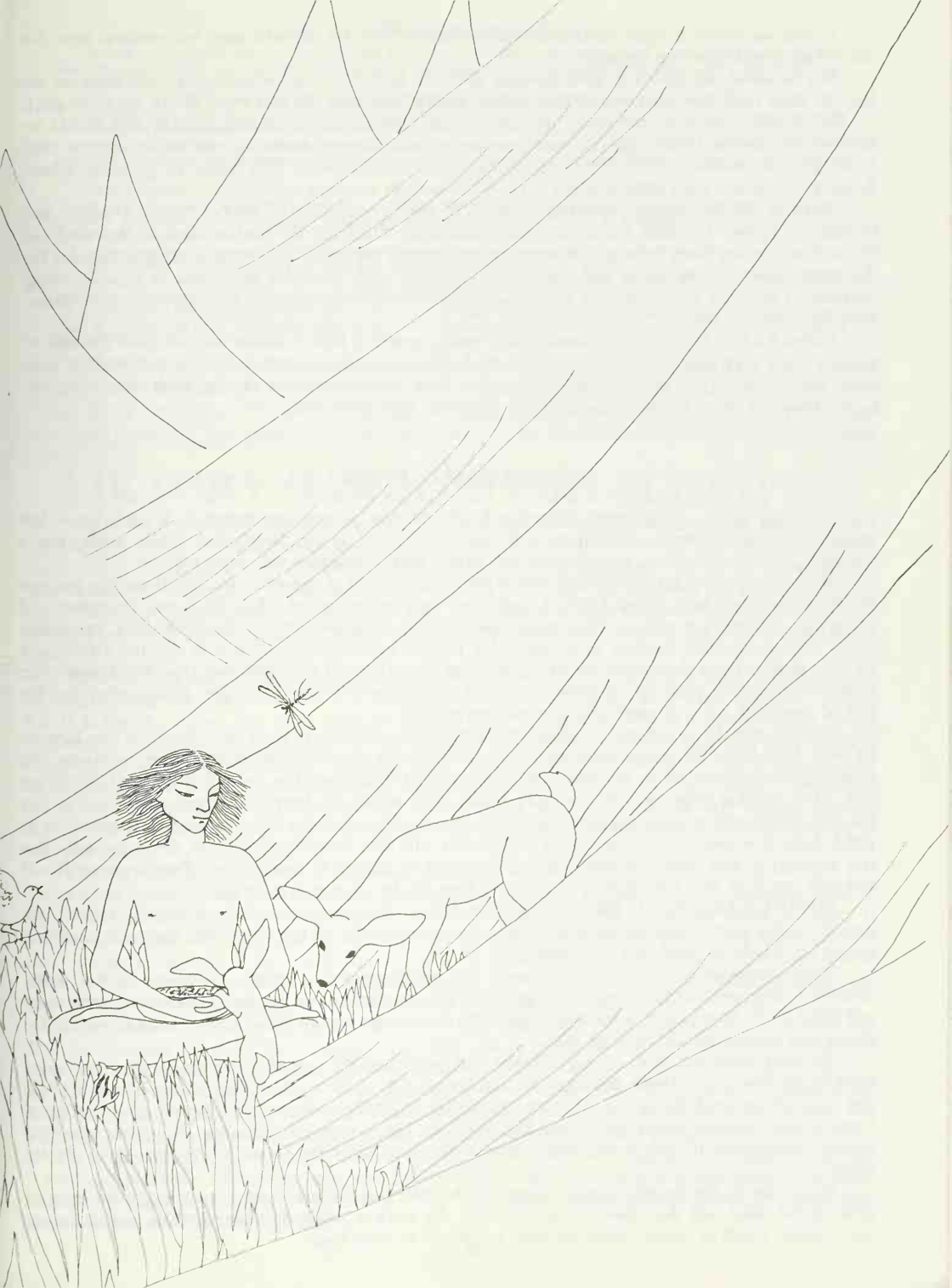
GENERAL SPROUTING METHOD

This method works well for all seed. You may buy the large mouth mason jar from hardware stores or grocery markets. This inexpensive sprouter can be made by removing the inner disc from the lid. Using the disc as a pattern, cut an exact replica from copper screen, plastic window mesh or stainless steel screen. Use the screen to replace the disc on the lid.

A more clumsy looking, but just as effective sieve for the jar can be made by placing nylon or cheesecloth mesh on top of the jar and then tightening the lid (or using a rubber band). Wash the seed thoroughly and soak them overnight in a container of tepid distilled or untreated water, at least two parts water to one of seed. The smaller the seed, the shorter the soaking period. Alfalfa seed does well with three hours, but will not be harmed by 15 hours, soaking. The larger seed (chickpea, mung) may be soaked up to twenty hours.

After the initial soaking, drain off the water. Wash the seed; pour off the water. Place the container in a dark warm spot at 60 to 70 degrees temperature to hasten growth.

Twice daily the seed should be rinsed with tepid water. Pour the water directly into the container, then let it drain off. If not using a mason jar with screen, use a fine-mesh strainer to aid in pouring off the water without losing any seed. Seed hulls float or sink, and can easily be removed. They can cause the sprouts to spoil prematurely.



If you use metal or glass containers, be very careful that the sprouter does not overheat from the sun, which would roast the sprouts.

If you desire chlorophyll in your sprouts, after the first three days of sprouting place them on the window ledge until they are green. Clover, radish, alfalfa, fenugreek, do well when grown for chlorophyll.

SOY BEAN. Soybean, sunflower, pumpkin, have tender easily breakable sprouts, and should be handled very gently. Obtain any 32 ounce, or larger, fruit juice or shortening can, crock, stainless steel coffee pot, or enamel bucket. Perforate the bottom with one-fourth inch holes. Or purchase a large flower pot, and add some clean pebbles to cover the bottom opening.

Purchase the best quality sprouting soybeans (if they are old they rot easily). Peking, Ootoan, and Cayuga are known for their quick, uniform germination. Eliminate the broken, dark or shrivelled old beans. Soak the soybeans overnight in warm water. Pour off the water. One more soaking is required for the beans. Pour off the water and remove the damaged seed. Place the good ones in your sprouting container. Flood the container with water three to five times a day, letting it drain from the bottom. Keep the container covered.

MUNG BEAN. If you want a sweet, tender mung sprout of high moisture content, soak the seed in warm water for at least 15 hours. Sprout in total darkness, at 80 degrees or higher, and wash at least three times a day. They are ready in three to five days. Before serving or storing, wash away the green husks. They will float to the surface. This is the mung bean at its best.

SPROUT SALAD IN ONE JAR

May vary the flavor of salads according to the mixture of seed you sprout in a single jar. A few radish or fenugreek seeds add piquency to any mixture of mung, lentil, and alfalfa seeds. For a complete, really hearty meal, sprout sunflower, alfalfa, lentil, fenugreek and mung together.

If you happen to get alfalfa seed with a low percentage of germination you can lessen the spoilage by sprouting them with mung beans. I have used one tablespoon of alfalfa with two tablespoons of mung per one quart mason jar. The mung beans provide air space between the little alfalfies, preventing them from smothering. In three to six days, the jar will be completely filled with sprouts. Alfalfa seed of poor quality cause the sprouts to rot on the third day. The seed from Wittmer, Deaf Smith and other quality sources will produce excellent crops with a minimum of care. Generally, alfalfa, after the 4th day of sprouting, needs at most only one washing per day.

Sprouts may be stored in the refrigerator, where they continue to grow very slowly. If you have to be away from home for several days and have started a batch of sprouts, refrigerate them; on return, the sprouting process may be continued to completion. If sprouts start to spoil, it is the result of drying out. After washing away most of the hulls, I have kept sprouts in damp cloth bags, plastic bags or jars for one month without loss in vitality, crispness or taste. If your home is below freezing temperature at night, build a wooden box for sprouting and insulate with hay, leaves or newspaper. When the sprouting jars are kept in this chest, the heat of germination will be enough to prevent them from freezing. If still too cold, use a 25 watt light bulb in the box, or keep the box near a heat source.

POCKET GARDENING. When taking a car trip, back-packing, mountain climbing, carry in one pocket several plastic bags of seed mixture and do the farming in the other one. Sprouting seed will reduce the weight of your pack considerably.

While backpacking the following seeds are recommended: mixture of mung, alfalfa, lentil, sunflower, fenugreek for sprouting; finely ground sesame-sunflower seed for making ferments; kelp, dulse and dried fruit. Heavy duty reusable polyethylene plastic bags can be the sprouter, salad bowl, bag for cheese making and soaking of dried fruit.

At night, wash the seed, fill a plastic bag with water and the washed seed, using at least two times more liquid than seed. Fasten the bag with a rubber band. In the morning, squeeze a neck on the bag, and pour off or drink the water. After the water has drained, give the seed another washing and drain. Leave a small opening in the top of the bag. Place the bag in your pocket and let the sprouts grow till evening, then rinse. If it is a cold night, sleep with them. After three days the sprouts are ready for eating.

If you are in the country, generally you will be able to identify at least a few weeds. Add them to your sprout salad and dine like a king or queen. Or carry a supply of sea vegetables and oil for an exotic salad. Don't be stingy, invite the birds and beasts to your feast.

SPROUTING ERRORS

1. Soaking the seed more than one time. Soaking the seed for too long or too short a time. Larger seeds tolerate up to 20 hours of soaking; four is best for small ones. Be sure to use plenty of water for soaking. In summer, soak a shorter period of time than in winter.
2. Choice of poor quality seed with a low percentage of germination. This is especially true of alfalfa and soy.
3. Damaging some of the sprouts by mishandling, causing them to rot.
4. Because of poor drainage, some sprouts or seed become waterlogged.
5. Failure to wash the seed at least once a day, leading to dehydration of some sprouts, killing them. The same condition may result from not keeping the container covered. You don't need to bother with covers when using mason jars; the screen seems to retard evaporation.
6. Keeping sprouting containers in the hot sun.
7. If your alfalfa crop spoils within five days, it usually indicates too hot a temperature or poor quality seed. Move the sprouts, if this happens, to a cool place or an air-conditioned room. Overheating, caused by infrequent washing, overcrowding, or lack of air, can also cause spoilage.
8. Mildew may start to form on many of the larger seeds because of improper ventilation and infrequent washings.
9. The sprouting container or the plastic cover may have started to mildew because it was not rinsed.
10. Quality of water used in seed soaking. Alfalfa can be killed with tap water. Seed will grow if blades of fresh grass are allowed to soak with the seed. Distilled or spring water is best for sprouting.
11. If you work with distaste, the seed will not grow. A 1969 Time magazine article on science, disclosed that good vibrations (love, joy, music) will cause the plants to grow up to twice as fast as normal. Bad vibrations were shown to stifle growth, causing death.

Thoughts of love and well-being are states of consciousness. They affect everything — other people, animals, plants and minerals. One should strive for harmony instead of negating the life force of other beings. When you sprout, if you discover that the seed grows slowly it might not be a problem of technique, it may be your state of consciousness. So love and be joyful, for the sprouties are watching you.

VIKTORY GARDENS FOR SURVIVAL

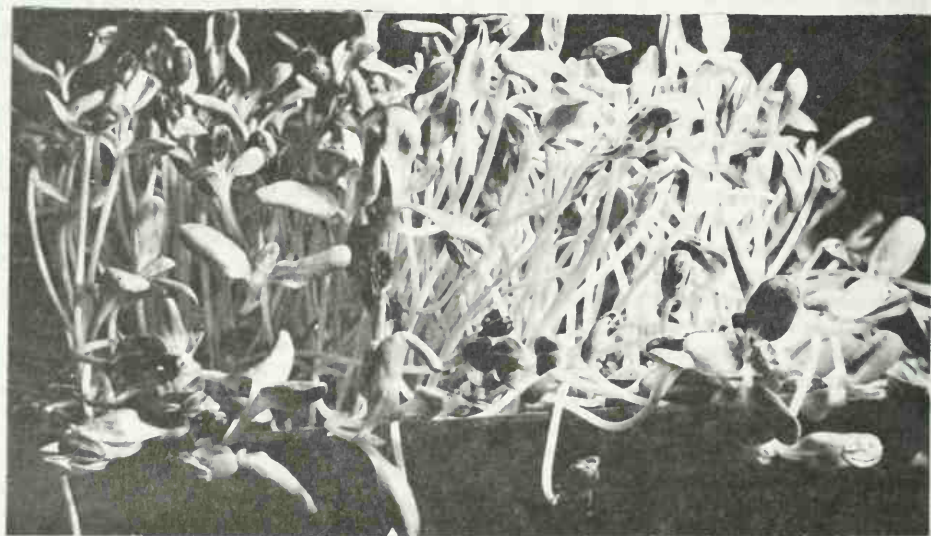
Instant Aquarian Salad Greens are a delightful collection of vegetation which can be grown in eight days to replace the expensive, unnutritional store variety. You don't have to rely on lettuce, spinach or celery which might have been harvested several weeks ago. Aquarian greens are grown in exactly the same manner as wheatgrass. Obtain unhulled seed which is suitable for sprouting (or planting). If you cannot obtain them organically grown, they may be available at feed stores or as bird seed (which, however, are quite often inactivated by heating) at the grocery store. Look in the Yellow Pages under Seed.

BUCKWHEAT LETTUCE is a succulent, tender, clover like green. Soak seed 3 hours before planting. During the first three days it is important to keep the trays in a very warm area (65 - 80 deg. F.). It is best to remove the cover when the plant is about ¼ inches tall, which is usually within 3 days of planting. Otherwise, the stems will be very long, the greens will be poor in color and the husks will not drop off. It is ready to harvest within one week when the husks have fallen off. If you plan to juice the buckwheat, plant the seeds more sparsely; allow them to grow for three to four weeks or even up to the flowering stage. Since the seeds have an uneven rate of sprouting, after the first harvest, you can expect a second crop from the slow starters. Buckwheat may easily be grown on wet towels, in place of soil, in a baking tray (see wheatgrass).

SUNFLOWER GREENS have a taste very much like watercress. Unhulled sunflower seed will give you a much larger harvest than the hulled, with minimal loss. Soak the seed 8 hours. Generally within 8 days most of the husks fall off. Harvest the crop before the greens become bitter to taste. If overproduced, you can refrigerate for up to 4 days or transfer your indoor garden to a cooler place to slow down the growth. I have had good success in sprouting, up to 8 days, unhulled and hulled sunflower seeds in jars, without soil. Before eating, be sure to remove the hulls. Sunflower greens are easy to juice and make a nutritious booster to carrot or any green juice.

FENUGREEK. These greens provide a piquant salad seasoning. You can start eating them after five days and continue till about the fourteenth day. They can be grown on soil or sprouted in jars. You can grow a mixture of buckwheat, sunflower and radish on a single tray to provide all the desirable greens. By combining this vegetation with a sprout mixture of alfalfa, mung, lentil, a few sunflower and fenugreek, you can provide yourself all the needed nutrients directly from your own indoor garden. The indoor green salad tastes delicious plain, or may be served with olive oil and kelp.

In addition, the following plants provide variety in the family indoor garden: 15 plants of comfrey, 5 plants of zucchini, 5 plants of kale, 15 plants of cherry tomatoes, 5 pots of alfalfa plants. Have them at different stages of maturation. They will give you a continuous variety of salad greens (See Appendix: Miniature Indoor Vegetable Gardens).



MINIATURE INDOOR GREENHOUSE. Once you have collected and dried a good quantity of seed from the field or purchased them from a nursery, you are ready to enter the green world of indoor farming. At the start, it is inadvisable to employ extensive planting, either in quantity or species. You can familiarize yourself with the growing of wheatgrass, buckwheat, sunflower vegetation and sprouting. These mastered, try a few favorite greens. Expansion, which most likely will be encouraged by other members of the family or commune, can be stopped only by usurping all the window space.

Start with a sunny location, a southern exposure if possible. East-West planting can be satisfactory, but, in winter, a northern exposure cannot supply enough light for most plants.

An indoor garden may be a very wide shelf built into a bay window on which you can put a prefitted waterproof tray, about three inches deep, filled with a layer of sand or pebbles no more than two inches deep. The pebbles must be kept continuously moist for good humidity. Set potted plants on this tray. Or use an outdoor window box simply mounted from an inside window ledge. This has advantages, for you may plant outside in summer and if you selected plants that can survive all winter indoors, you can simply detach the box and switch it to the indoor hooks.

An unused bedroom or properly insulated garage can also serve as your indoor farm. You can build a 12 x 16 foot greenhouse for as little as ten dollars by using two by three studs and heavy duty plastic. Send for plans. A prefabricated fiberglass greenhouse size 6 x 12 x 6 feet, for less than \$100.00, can be obtained through several mail order houses advertised in Organic Gardening and Farming magazine. The greenhouse can be set up on the ground or on a flat roof, making it suitable for city dwellers.

Many homes have sunporches, unused during winter, where temperatures rarely drop below freezing. An open porch can be enclosed, with the aid of heavy duty plastic, into an effective greenhouse.

You must prepare for heavy winter winds. To insure that the plastic will not be torn by wind, reinforce it on both sides of the sheet with wires running crisscross, anchored to ceiling and floor, and to the two bordering vertical structures. The wires should be strung into one to two foot squares. First, string the outer mesh, then fit in the plastic, follow by installation of the inner mesh.

For extra warmth, you might consider two layers of plastic with a four to six inch air space separating them. The addition of a rubber-insulated window would provide temperature control, eliminating the need to tear down the structure for summer ventilation. The floors of most porches are not windproof. They should be insulated to reduce heat loss. Lay heavy duty plastic on the floor, then top it with an old rug.

Such an instant greenhouse should be finished by the middle of autumn. It is inexpensive, perfect for growing most vegetation. During the day, especially if it is facing south, the temperature can reach up to one hundred degrees. At night it will seldom go below freezing. For more heat on cold nights, leave a window or door ajar between the greenhouse and the living quarters.

HERB GARDEN IN YOUR KITCHEN

Pick a sunny day for planting. Soak the seed for two to three hours

The soil should be slightly acid and not too rich, except as qualified in this text. The choice of a planting container will vary with the plant's root length and spread. Use appropriate pots, perforated cans, window boxes, shallow baker's trays. Hanging baskets can increase space and provide decorative effect with a herb like oregano or nasturtium. An inexpensive method for planting is to fill heavy duty plastic bags with soil. Placing another bag over them creates a warm, moist, miniature greenhouse. Large or tall plants can be placed in pots on a pebble and water tray. In your unique household, use your imagination to create a work of green art.

Plant the seed in soil appropriate to them. Don't bury them too deep. The soil should be porous, without puddles. The seed will germinate faster if you lay a plastic sheet loosely over them. This will provide moisture and warmth. It should be removed soon after the shoots penetrate the earth.

Plant roots should not stand in water; place pebbles in the bottom of containers to provide drainage. Water the plants according to performance, as the soil demands. Misting can give additional moisture, especially for rosemary and other water-loving weeds or herbs. When the weather is above freezing, nearby windows should be opened, but avoid draft. Most herbs will do best at a temperature no lower than 55 degrees Fahrenheit and will tolerate up to 75 degrees if there is abundant humidity.

During the transition to good nutrition, cooking herbs can supply enticing flavors as any veteran cook knows. A sage having a wild thyme is a familiar activity in the stewing pot. Herbs like tarragon, chervil, mint, and basil may be used both in salads and in cooking.

Because of the volatile oils which give herbs their characteristic aroma, they should be harvested immediately before they are to be cut up or ground into the salad dressing. It is best to prepare the dressing at the dining table to let others enjoy the fragrance.

Pot the following plants late in August, unless otherwise stated, and allow them to remain outdoors in the container until frost threatens before taking them inside. When they are placed in the window garden, prune.

LEMON BALM is a 24 inch perennial. The crushed leaves release a lemon fragrance. Use it in drinks, salads, and cooked vegetables.

CHIVES, an attractive perennial, is known for its delicate onion flavoring in salads and cooking.

SWEET FENNEL is a biennial herb, 12 inches to 4 feet with many yellow flowers and feathery leaves. Use it for flavoring or as a vegetable.

MINT gives a pleasant aroma to any salad, dessert or drink. It enjoys a heavy soil, plenty of water and good drainage.

NASTURTIUM can be grown indoors in a sandy soil, from seed or 4 inch cuttings. The leaf stalk will climb a guide stick up to 10 feet tall. Its greens and beautiful flowers taste much like watercress. If more foliage and fewer flowers are desired, increase the richness of the soil.

PARSLEY is a small biennial with dark curly leaves. It can be grown from seed. Use rich, well-drained soil, and continuous watering, without waterlogging. When leaves coarsen, cut back to encourage new shoots. Use it fresh or dried in salad or in cooking.

SORREL can be grown from seed. Remove flower stems as soon as they appear and gather leaves frequently for salad. It has a strong lemon taste and can replace the use of citrus in your salad bowl. You may gather sorrel plants from outdoors in late autumn, obtaining at least two dozen of the young ones. Avoid any additional transplants, for it tends to weaken the plant.

THYME may be grown from seed or bought as a plant. Obtain the lemon scented. Use the leaves and flowers for seasoning and in salads. Likes plenty of sun and fresh air.

ROSEMARY and sweet marjoram were favorites of castle casements. There are no sweeter plants, except wheatgrass, for the window of an indoor garden. This nearly ever green perennial shrub should be pruned and its pot lowered each spring next to a warmth-giving, sheltering wall or hedge. It must be brought in before the onset of cold September nights. It loves lime. Work finely ground plaster into fresh, rich soil to keep the fresh green tips growing all winter. Use it in salads and dried for seasoning.

LETTUCE: Oakleaf, Salad Bowl, Early Curles Simpson, Grand Rapids, Early Prizehead – grows indoors with little care, faster than other varieties. For continuous supply, sow new seed every two weeks. They will grow as leaves rather than heads, if several plants are placed in one pot or if planted close in a box. A good practice is to start at least sixty plants in a flat baker's tray. Keep in a cool place. Once the seedlings develop some height, transfer some of them into 4 inch pots in a warm location.

SALAD CRESS will grow from seed into lush salad greens in ten to twenty days.

SPRING KALE is a hardy, fast growing (thirty days) salad green. As the outer leaves are picked, new ones continue to grow from the center.

SQUASH – summer yellow, zucchini (also cucumber) can be grown in 5-gallon cans. Very productive. To insure continuous crop, don't let any of the squashes mature on vine and go to seed. Water frequently, add compost and kelp periodically.

COMFREY THE MIRACLE HERB

COMFREY leaves, when young, make a good salad green or blender preparation. The plant is a perennial which prefers rich soil, plenty of moisture, and full sunlight. It multiplies rapidly by root division. It has a deep tap-root and it is hard to eradicate once it has taken a liking to your soil. Well-drained, porous soil will prevent rotting of this fleshy root. Every ten days you can expect an abundant crop of twelve inch leaves with long, liquid-loaded stems. For continuous growth, the plants should be cut once a month to prevent blossom formation, though the flowers are tasty in salads. To start them, obtain the roots from mail order house or nursery. Plant at least ten roots, placing each one in a gallon can.

Dr. Walter J. Bray, at the World Comfrey Conference meeting, reported that the amino acid balance in leaf protein is generally superior to that of soybean or beef, with deficiency in comfrey leaf extraction of only methionine, which is probably due to processing. Furthermore, vitamin B12 is found in comfrey. (Let's Live, Aug. 1974, p. 106)

Comfrey has been called the **MIRACLE HERB**. Because of its astringent and demulcent property, comfrey has been successfully used in all forms of respiratory disorders such as asthma, TB, emphysema,

cold and flu. Comfrey tea or juice has resolved intestinal scars and necrosis of tissue and healed duodenal, gastric and kidney ulcers. It has been reported to stop internal bleeding within thirty minutes of ingestion when all other methods had failed. Apply it to all external sores, wounds, or lacerations. It is great for ulcers, insect bites, growths, broken bones, burns, gangrene. The active healing agent is allantoin which is found in the leaves and roots.

When my heel bone was scraped one fall, swelling doubled the size of my heel and ankle. The doctor who examined me predicted I would be limping and in pain for at least six weeks. However, after application for one week of a poultice of crushed comfrey, the swelling and pain disappeared.

Another use of comfrey is for chest ailments. To induce sweating, apply a poultice to the chest at bedtime and drink a tea from the dried leaves, using two ounces of comfrey to one quart water. It is a laxative and can be used cooked, raw, juiced, or in tea.

Comfrey may be juiced in any centrifugal juicer. First, juice a cup of carrots. Blend comfrey leaves with the carrot juice in blender. Pour the mixture, slowly, into the juicer. A delicious comfrey sauce can be made by blending equal portions of comfrey and buckwheat greens (or zucchini) with a little avocado or olive oil. For seasoning add garlic, and/or tomatoes.

LIGHTING. While using such lights, you are in no way duplicating the sun's rays. Use the lights in moderation. For maximum sunlight, you can remove the shades from all windows in the room and open the curtains during the day.

Fluorescent tubes emit the rays at the blue end of the spectrum and the incandescent tungsten filament bulb supplies the needed rays from the red end of the spectrum. Vita-lite approximates sunlight spectra.

All house plants and greens, with the exception of grasses and sprouts, may require extra light during the short winter days. It is good practice to combine an incandescent and a fluorescent light unit to prevent the plants from developing light spectrum deficiency.

Herb gardens can be maintained indefinitely with proper feeding, annual soil changing, re-potting, seasonal shift to the outdoors, renewal of annuals and the necessary pruning. Once your love of indoor gardening has progressed beyond the embryo stage, you can find in most public libraries an extensive range of literature to familiarize yourself with details about herbs, weeds and organic gardening.

For additional information write to Department of Agriculture.

If you have access to a garden, plant a large crop of berries and fruit trees. Until they start producing fruit, the following crops are especially suitable for obtaining delicious cleansing juices: zucchini and yellow squash; cucumbers are tastiest when matured yellow; large and cherry tomatoes; celery, spinach, kale, beets, carrots. Be sure to prepare the soil properly if you want tasty vegetables.

By discovering the type of music the plants love, you can increase the growth rate. If the leaves start turning yellow and look wilted, apply a small amount of organic fertilizer to the soil. You can purchase it at most health stores. Or apply a compost broth made by soaking some compost in water and using the fluid for watering. In emergency, place one ounce of wheatgrass juice or one tablespoon or sea kelp in one quart of water, mix and serve it to the plant.

TOPS FOR WINTER SALAD

During the summer, beet, carrot and parsley greens are passed over for more conventional vegetables, but during the winter when the common greens are scarce, their tops will add sunlight nourishment to your salad.

Dig the roots in November, at least a dozen of each, according to family need and taste preference. If you don't have a garden, purchase the tubers from organic distributors or a local organic farmer.

For the indoor garden, choose undamaged roots with stems of at least one inch. Obtain any large size container: wooden box, bathtub, galvanized ash barrel, bushel basket, window box, or grape box lined with plastic. Tip the container on its side at a 45 degree angle. On the lower side, place six or more inches of sand, then a close-spaced layer of roots. Cover this layer with sand about one inch thick. Repeat this layering until your box is full. The roots should not be in direct contact with one another; some sand should separate them. Cover the tops with a one inch layer of sand. The inclined position of the tubers enables you to use shallow boxes for the planting; they are easier to handle.

Keep the soil moist; the tubers will produce new growth from the nourishment stored in the roots. As they grow, cut the shoots to use in your salads.

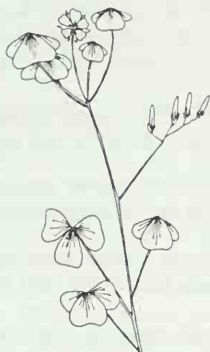
Beets, turnips and carrots may also be grown for greens in water. Take a one inch section from the stem end of the tuber, place it in water in a shallow tray. You may sprinkle in kelp as fertilizer. Keep it in a sunny window.



PURSLANE



LAMB'S QUARTER



SOURGRASS



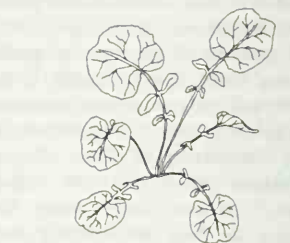
DANDELION



SHEEP SORREL



MALVA



WINTERCRESS



PEPPERGRASS



RED CLOVER



VIOLET

You will be considered a beneficiary of uninformed gardeners or lawn addicts if you pick the dandelions off their conventional lots. Use them freely in all your salads: the bitter taste reduces the need for other seasoning and the high Vitamin A content will insure of eyesight to find them again. When picking, be sure that they have not been sprayed with a weed killer.

During late autumn, before the ground freezes, dig up a bushel of dandelion roots, the bigger the better. Pack them in sand, as you do the tubers. In a few weeks tender dandelion shoots will be ready for your salad.

You can plant chicory roots in exactly the same manner as dandelion.

Celery, onion, chives, swiss chard and cabbage roots may be replanted after the first hard frost into pots or any other containers. Set them in an area of strong light. With proper care they will produce shoots all winter long.

WEEDS FOR HEALTH AND SURVIVAL

There is great evidence that weeds are nursing themselves back into the human diet, much to the benefit of our health. Grandma's remedies are being carefully examined as 'possible temporary cures' by the lab-oriented scientist and commercial producer. Many evening adult-education classes and day colleges have courses on weeds, herbs and mushrooms. Presently, even pharmacies carry books on herbal medicine and the complete works of Edgar Cayce, who writes about herbs, weeds, sprouts and live food in his "Diet and Health."

Pictures of common wild greens may be found in books on edible weeds (see Appendix). No matter where you find them, weeds can be exotic companions in any salad, blended with avocado to make delicious sauces, juiced for health-giving drinks, included in your cooking, or fed to your pets. When dried and ground to fine powder, they make excellent spicing for soups and salads.

If you have an outdoor garden during the summer include at every meal many of the weeds so bountifully available between the cultivated vegetables.

You will readily find in any garden chickweed, ground cherry, lambsquarters, purslane, wild mustard, sorrel and violet. Red clover, peppergrass, sheep sorrel, shepherd's purse can be located in the vicinity of a garden. They generally prefer a soil of poorer quality. Then there are those that do very well in a more moist, damp locale, such as chicory, watercress, peppermint, and "live forever."

Generally, when preparing salads from the "wild", eliminate the heavy stems; use the tender parts and possibly the fruits and flowers. Include no more than three types of greens per salad. Since each weed has a very unique taste and aroma, anything more is bound to lead to disharmony in the sensory orchestration. Use the more tasty, non-poisonous flowers to complement the greens. For a delightful drink, you may juice all the weeds in the manual grass juicer. If they taste too strong, mix them with carrot juice.

Do not delay acquaintance with weeds and grasses; someday there may be nothing else to eat. The once-fertile land is being destroyed at a fast pace by "advanced" forms of agriculture.

Dr. Wernher von Braux states: "If we continue as we are, the starvation and high infant mortality now limited to local pockets of mankind will become widespread." In order to grow, seeds need a good environment. They certainly cannot thrive in soil saturated with insecticides and synthetic fertilizers. The time is near, and unless the agricultural community makes a 180 degree turn back to the natural way, which doesn't seem likely, the mass famines predicted for our generation will become a reality.

If your body is highly toxic, a rapid transition to a simple diet of weeds and grasses might induce uncomfortable cleansing reactions (you will think you are starving). This will be true especially if heavy debris of medication, nicotine, and chemical reside in the fat of the body. Make the switch slowly, while there is still time available. Learn to live simply.

Spend your weekends in the fields and forests gathering wild fruits, nuts and weeds. They are more tasty and diversified than store-bought produce.

Scientists are discovering how nutritious nature's vegetables and weeds are in comparison with commercial vegetables.

Lambsquarters exceeds its overrated close cousin, spinach, in Vitamin A and C, matches it closely in iron and potassium and exceeds all common greens in calcium content. The surprising fact is that it

contains 4.5% protein, which is higher than any other green or fruit. Hence, it's excellent material from which to build healthy muscles and bones. The ripened fruit can be dried and ground in your Moulinex coffee grinder. It is one of the most common edible weeds in any garden or neighboring field.

The Vitamin A content of dandelion exceeds all the store-bought greens by at least four times. Purslane tops all the greens, except parsley, in organic iron content. Sorrel nearly matches dandelion in Vitamin A and potassium, and contains three times more Vitamin C than lemon. Grass exceeds even the common weeds in nutritional value.

You can see why nature's supermarket, which is free, can be a better bargain for health, taste and nutrition than the cities' stale, embalmed foods. A weekly trip to field and forest can supply you with all the greens you need for the week. Those which are unsuitable for food are bitter, sometimes contain milky juice, or have many thorns. To the list of edibles, add wild fruits such as strawberries, blueberries, raspberries, blackberries, apples, grapes, cranberries, gooseberries, plus an array of mushrooms and nuts. Eat mushrooms only when identification by an expert proves their safety.

When it gets too cold for food-hunting ventures outdoors, start duplicating the summer season indoors. No project is more useful than growing your own greens and herbs indoors. Using a window box, or kitchen window, you can easily grow a variety of vegetation to use fresh or dried in salads or in cooking.

While weeds are ruling the garden, let some of them go to seed for planting indoors. The use of weed seed came to mind when I was searching for seed to plant indoors to produce tasty greens.

FOOD STORAGE

If you have planted a garden, you will want to save quantities of beautiful tubers, sturdy greens and fruits for the colder, sterile part of the year. You will have many foods to store if you made weeds, garden greens and fruit the main fare of your summer diet. Storing will extend the season and increase the value of the home garden by making much of the produce available all year round. In Boston, we have kept apples, tomatoes, carrots, beets, cabbage, Jerusalem artichokes in good condition, some of them as late as May.

If you are not a gardener, organic vegetable crops should be purchased in the fall when there is a surplus and the prices are low. This is especially true of apples and carrots, which become unavailable as the season progresses. As you travel, purchase them from organic dealers by the carload and store them for winter.

The storage facility may be a closed garage, a cold room in the cellar, a specially built room in the apartment or an outdoor pit. In every case, screening is necessary to prevent entry of vermin and flies. Storage in darkness is most effective. Ventilation reduces the possibility of molds. The nutritional and taste value of stored produce depends upon its quality, its stage of maturity, correct temperature, and appropriate moisture.

A closed garage, especially when insulated, can provide storage space for fruits and vegetables well into spring. Be sure there are none of the noxious odors often associated with tools or engines for food tends to absorb some of this toxic material.

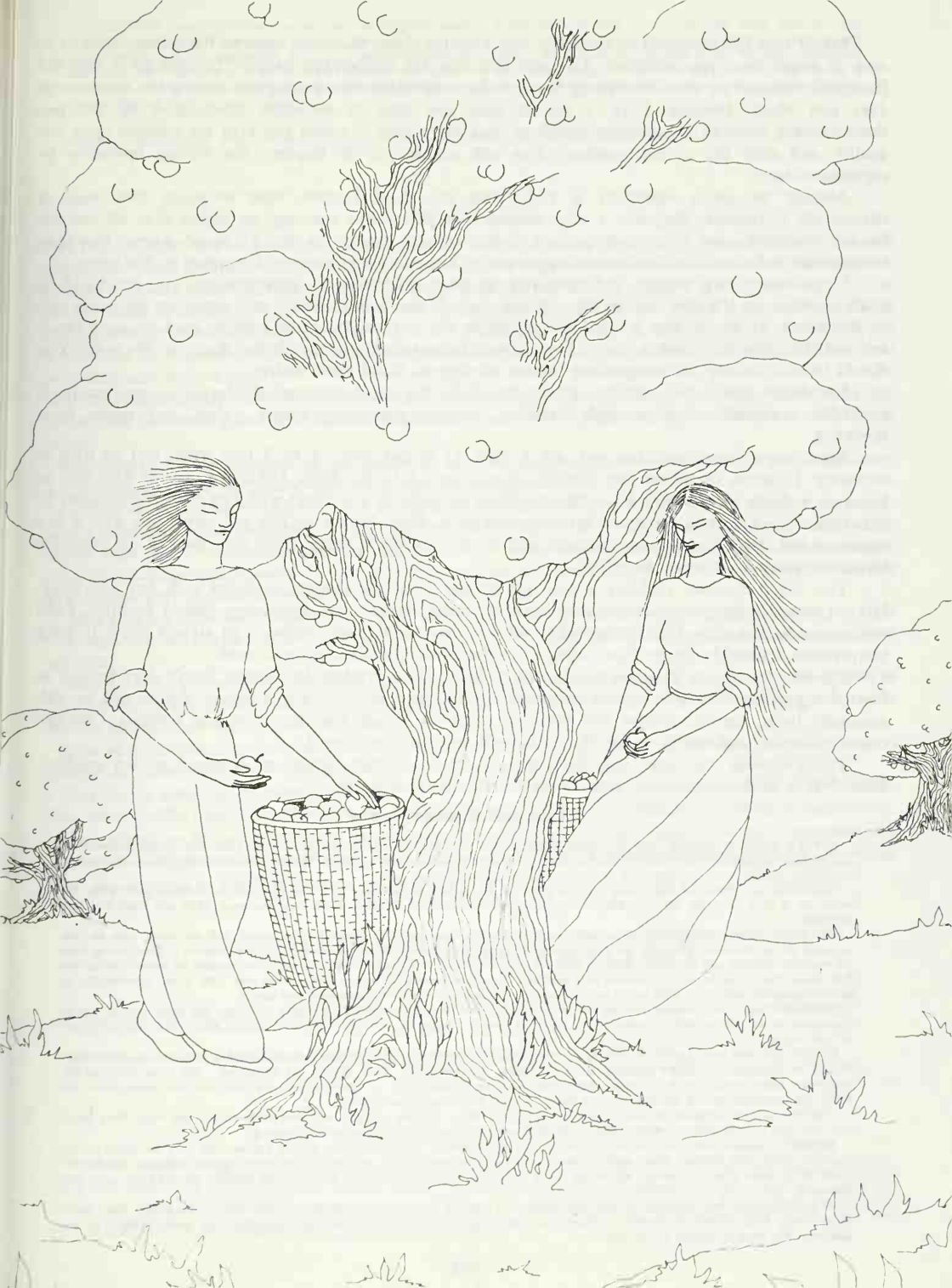
If space is available, one of the best ways to keep fruits and vegetables is to build a special room in the basement. A 6 x 8 foot enclosure provides adequate storage to supply a family of six.

Choose the north, or cold side of the house, away from the furnace. Use a corner of the house for two of the walls. There should be a window in at least one of the walls to provide needed ventilation. Build the frame for the other sides with two by three studs.

For paneling, use the cheapest available lumber or heavy duty plastic. For effective insulation, build double walls. Presently, the market carries many inexpensive, insulating sheets. They may be used for paneling. To find them, look in the yellow pages under plastics and insulators.

Keep the room dark with heavy black curtains over the window. Keep the room clean to prevent growth of bacteria. Be sure not to use any toxic products or sprays in cleaning the room.

When storing, temperature and humidity play a major role in determining the useful life of the produce. Sprinkle the concrete floor with water or keep it covered with a layer of earth; moisten as needed. Dampness can be reduced by ventilation during days when the temperature is just above freezing. Never ventilate on warm days for this will result in moisture deposits on the produce.



Install two thermometers in the room: one near the floor, the other close to the ceiling, both in an area of major food concentration. This will give you the temperature range. The cold air is near the floor; the warmest air near the ceiling. Control the temperature by opening and closing the windows on days just above freezing. Keep a log of date and time of recording temperature of the two thermometers, outdoor temperature, length of time and degree to which you kept the window open, the quality and shelf life of the produce. This will enable you to improve the storage operation by experimentation.

Arrange the green vegetables in racks near the floor. Enclose them in moist cloth bags or cheesecloth containers; they like a cold temperature, just above freezing, no higher than 40 degrees. Squash, pumpkin, and sweet potato have better keeping quality in dry 55 to 65 degree Fahrenheit temperature and should be kept on the upper racks. You may keep unripened bananas in this room.

If you are a city dweller and must rely on your apartment for homesteading, you can build, at small expense, an effective storage bin. Choose a small room, large closet or hallway on the north side of the house. It should have a window opening to the outside. Purchase a small, used air conditioner and install it into the window space. For a lower temperature, glue insulating sheets on the walls. You should be able to keep the temperature around 40 degrees. Build some shelves.

For hardy souls, the outdoor pit or trench is the most economical storage compartment. It maintains a desirable uniform high humidity, thereby preventing tubers, celery and apples from shriveling.

Select an elevated location and dig a ditch 12 inches deep, 2 to 3 feet wide, and as long as necessary. If boxes or barrels are available, insert them into the ditch. Otherwise, line it with hay or leaves to a depth of 6 inches. Place the vegetables carefully in a pyramid with tips toward the center of the ditch. Cover it with layers of insulating material. Place burlap on top and cover this with a few inches of sod. Mark the area so that you will be able to find it easily. Draw up a map of the vegetable layout for easy, exact access to the pit.

You might consider building a large pit partly below the ground, insulated with dirt and straw. Make a small opening so that you may enter it. Some sort of cross ventilation should be built. Keep vermin out with screen. Seal it only when all the warm air has been replaced by air just above freezing temperature. Obtain books on this subject from the library and use common sense.

Special care should be taken in selection of fruits and vegetables for storage. Don't store bruised or frosted vegetables. The skin should be intact. Don't store wet produce. Produce should not be old, especially beets, carrots, turnips and parsnips, otherwise it will become tough and tasteless. Cabbage, onion, pumpkin, and winter squash should be fully mature when stored.

The following are some guidelines for the most effective storage of common garden produce. Record your methods, and each year you will find ways to improve.



APPLES should be selected from the winter variety. Store the fully colored, undamaged ones. They like a cold temperature and medium dampness. They may be packed between layers of leaves or straw. Place the box near the floor. Will keep into late spring.

CABBAGE can withstand light frost. Pull up plants in the middle of November and sink the roots in boxes of sand. Place the boxes on a shelf near the window. Plants like plenty of circulating air. If there is no early warm-up, they will keep into late February.

CARROTS, beets, winter radishes, rutabagas and turnips are best stored in moist, not wet, sand. Pull the roots, keep an inch or more of the stem and store all the undamaged tubers in labeled boxes. Carrots are sweetest if permitted to grow for at least six months. Turnips and rutabagas may be pulled at the beginning of November, but other tubers should be pulled before the first frost. They may be kept all winter in a garden if heavily mulched. In storage, keep them near the floor; periodically, to provide moisture, sprinkle a little water on the sand. At the Institute, we keep them until late March.

CAULIFLOWER and brussels sprouts can withstand a light frost but should be brought in before the heavy winter freeze. Otherwise, protect them with a heavy mulch and pick them as needed. In storage, sink the roots into damp sand. Will keep four to eight weeks.

GRAIN and seed keep best in a cool, dry room. An air conditioner in your storage bin will keep the temperature low enough during the summer to prevent spoilage. Keep the room well ventilated. They should not be stored the same place as the vegetables unless the area is dry. You can keep them near the ceiling, which is drier than near the floor. Use the storage room for fruits and vegetables during the winter; store grain and seed there during the summer.

ONIONS must be gathered before a hard freeze; be sure they are firm and will not dent easily around the stem. They like a dry, cold space. Place them on higher shelves in boxes near the window. Will keep well into spring.

PUMPKIN, squash, and sweet potato require a warm temperature. They should be picked before frost. Dry the sweet potato for two weeks after picking. Don't sort or handle them after storage. Leave at least 2 inch stems on the pumpkin and squash. Store all of them near the furnace where the air is dry and the temperature is around 55 to 65 degrees. Should keep up to late February.

POTATOES keep best stored in a cool, moist place in covered barrels or wooden boxes lined with heavy paper. Light turns them green. They should be harvested before the first frost. Be sure to remove the sprouts, which are toxic, before you use potatoes. Will keep all winter and longer.

TOMATOES should be kept on the vine as long as possible. Cover them at night to protect from frost. Pick the well developed, green ones and lay them in boxes, carefully, no more than three layers thick. It is the middle of January, and I'm still eating tomatoes from our garden. I took no special precautions except to keep them in unheated room. To ripen the stored tomatoes, place them in a 60 to 70 degree temperature, preferably in a window space. Once you have tried it, you will do it every year. There is no comparison in taste between the tomatoes you have grown in organic soil and tomatoes of questionable quality shipped from far away places.

Indoor gardening and proper storage will assure you of a fresh vegetable diet the year round.

SEED STORAGE

DRY ICE METHOD: Will keep seed from molding and will kill larvae that may already be in the seed. Will preserve seed indefinitely: friends have reported the method has worked well for seeds stored five years. **HOW:** From Deli, Pizza parlor or Specialty Food store, obtain free 1 gallon plastic or glass jars which they use for spices or pickles. Scrub jar and lid. To prevent rusting, varnish the lid. Cover a lump of dry ice (about $\frac{1}{4}$ the size of your fist) with enough thickness of cotton cloth to prevent freezing the seeds. Place the package of ice in bottom of jar and fill it to the top with seeds. Replace lid but don't screw on, just lay it down on top. When the ice melts, seal the lid real tight. You will have the seeds surrounded with an inert gas (nitrogen) thus preventing mold, decay or bugs.

DEHYDRATION SALT METHOD: The best temperature for seed storage is 45-50 deg. F. If dry conditions are maintained at this temperature, the seeds or grains can be kept in a viable state for many years. The following method has worked well for many friends.

Obtain cans from Sears & Roebuck Co. (permarex trash cans) or from some other source with tight fitting lids. Large heavy duty plastic bags may be purchased at most coin laundries or hardware stores.

There are two salts — calcium chloride (CaCl) and silica gel — which have the property of absorbing moisture from the air. Look in Yellow Pages under chemicals. Don't purchase from wholesalers, retailers or scientific supply companies. Instead buy directly from plant or industrial supplier. Difference in price is tremendous. For example: CaCl from Fisher Scientific Chemicals was \$26 for 5 lbs. whereas from Maxi Chemical Plant it was \$6.80 for 100 lbs. CaCl is much easier to obtain and works as well as silica gel. Purchase large quantity then share it with friends.

Choose a dry day. Place seeds into plastic bags. Close them loosely. Place the bags into can. Obtain a shallow round pan, fill to $\frac{1}{4}$ in. depth with CaCl and place it on top of the bags. Be sure it is secure. Tightly seal can lid. Keep the can in the coolest place available.

Calcium Chloride becomes wet and shiny after some time due to its reaction with the moisture present in the air and should be replaced when the solid powder or lumps have been transformed into the liquid stage. Depending on the moisture content of the area the powder will be changed every 1 to 6 months.

Silica Gel is blue in the dry state and turns pink after it has absorbed water. It does not change to another form as does calcium chloride and can be renewed over a low flame or stove until the blue color returns.

For every day sprouting keep a small jar of seed with large enough quantity to take care of your needs for at least a month. Thus, the can will be opened only a few times which will minimize the likelihood of spoilage of seeds by molds, bugs or flies.

Plastic buckets are fine for short term storage, but eventually the contents will begin to smell like the plastic. Also water will condense on the inside, making it damp and the seeds will mold. Animals can also eat through plastic. Gallon jars, as well as gallon jugs, are great for smaller amounts as long as they are kept out of the sun or else water will condense inside.

THE SPROUTARIAN

"When the leaves and blossoms wither, the fruit remains."

Sri Rama Krishna

"The Fruitarian who perseveres will attune himself to wondrous health, beauty and life secrets."

— FRUIT THE FOOD and MEDICINE OF MAN, M. Krok

GREENS ARE YOUR MEDICINE

Until civilized human beings recognize that greens are for healing and fruit is for meat (Ezekiel), they will not have achieved their natural diet. Trees once provided coverage for the land and supplied the most natural food of human beings. Civilized humans had to destroy segments of the tree population before they could plant grains and vegetables.



Why should one eat a fruit diet, is it not enough to eat raw foods? No, Greens are therapeutic and as a result medicative. Most medicine has its origin in seed or greens. If you live in the unhealthy environment of polluted cities, you will continue to need greens. However, once you move to the higher altitudes of subtropical mountains, or, at least, take residence in a warmer climate away from polluted areas, you no longer need greens.

Scientists have observed some toxic side effects from a vegetable diet. Most of the vegetables that people eat are not grown in their original state. They are difficult to produce and contain many natural poisons (See Appendix Natural Toxins in Food and Man's Higher Consciousness). People were never intended to eat vegetables as food. They adopted this habit because they migrated from their natural home in tropical and subtropical regions. The human being discovered the therapeutic value of vegetables after becoming sick from unnatural foods in an unnatural environment (166, 245).

A raw vegetable diet is high in rough fibre which may act as an irritant to the delicate stomach lining. Dr. A. Thomas states: "The fibre of vegetables provides no nourishment and must be eliminated at great expense of energy."

Although fruit is the food best adapted to human digestion, a diet limited to fruit would make the city dweller's organism too sensitive to the damaging effects of air pollution. By including protective foods, such as sprouts, weeds and grasses, we minimize the destructive effect of pollution and ingest the most concentrated sources of life nutrients.

Grass juice heals and dissolves the scars that are formed in the lungs from breathing acid gases. The effect of carbon monoxide is minimized since chlorophyll increases hemoglobin production. The sproutarian needs very little food; hence, the bloodstream will not be congested with incompletely metabolised food, toxins or the waste products of metabolism. As a result the eliminative organs can more efficiently deal with inhaled air pollutants.

Some sprouts are much like fruit in composition and are preferable to grains and seeds. The earthy mineral matter has been reduced to about one fifth of its previous value. They are low in protein, low in fiber and high in vitamins and enzymes.

Grass, like all plants or sprouts, reaches its highest nutrient content at the earliest, most rapid stage of growth. It is especially rich in enzymes and chlorophyll, the sun factor which regenerates the bloodstream. It is low in protein and high in natural sugars.

Dietary Regime

BREAKFAST — Best to skip it altogether. Thus you will be fasting at least 16 hours a day.

If you must eat, have a juicy fruit. Don't do it out of habit, only if you feel very hungry.

LUNCH — Sprouts, with or without dressing. Use more or less a quarter of a pound of mixed mung, alfalfa sprouts, sunflower and buckwheat greens, sea vegetables.

SUPPER — Fruit salad or one fruit only or indoor greens or juice.

You may reverse lunch and supper. For ease of digestion, it is better to have one day of sprouts and vegetable juices and the following day only fruit. Eat moderately. To be a gluttonous raw foodist is probably worse than to be a frugal meat-eater.

Fast on water or juice at least once a week. Practice deep breathing, yoga asanas and meditation.

Do not overstrain yourself. Whatever you do, get into it gradually because your body has a difficult time adjusting to rapid changes, whether for good or bad.

Whenever possible, take drives outside the city limits. Spend your weekends, vacations and holidays in the isolated countryside, and, if possible, in nudist camps. Expose your body to the healing sunshine, in moderation, and, if possible, in nudist camps. Expose your body to the healing sunshine, in moderation, between the hours of 10 and 3 p.m. Purchase a home outside the city; become a commuter. Best, move away from the city altogether.

There are many ways and means to maintain yourself in a rural area. You will discover that clothing, rent and food costs will be much lower. If you have skills — carpenter, plumber, mechanic, handyman, gardener, masseur, healer, teacher — you will have no difficulty. Otherwise, you can go to the city to work for a couple of weeks. This will usually provide enough revenue to support yourself for at least four months. Organize communes which are self-supporting through crafts or growing organic foods to be sold or exchanged with communes or city dwellers. Age is no hindrance to change in life-style.

FRUIT IN THE SYNTHETIC JUNGLE

"My fruit is better than gold, yea, than fine gold." Pro. 8:19

"And the land shall yield her fruit, and ye shall eat your fill." -Leviticus 25:19

For the fruitarian, tropical fruits are preferred to northern ones. The idea that people should eat only food grown in their own locale originates in a basic, well-founded mistrust of other people and the high cost of transportation. If you do not grow the food yourself, you do not know if the food was grown organically and with love. Shipment introduces unknown dangers of contamination. However, locally grown fruit may be as contaminated as that grown far away. Try to know your food producer to determine the quality of the food you eat.

Tropical fruit will always have enjoyed longer and more concentrated sun exposure than northern fruit. As a result, it will supply you with more trapped sun radiation when you eat it.

The cellulose in some fruit may be an irritant to delicate stomachs. If so, chew the fruit, swallow the juice and spit out the pulp. This way you can stay on a liquid fruit diet without any juice extractor and still enjoy the act of chewing. For minimal internal fermentation and optimal assimilation, grapes and apples are best juiced.

BANANA should be bought green and ripened at home. If green bananas turn evenly yellow in less than 24 hours, the ripening of the banana has been forced with the use of ethylene gas. Request ungasped bananas from your dealer. If he or she is not willing to provide them, get them from a wholesale fruit dealer (look in the Yellow Pages). Almost every city has such an outlet. You will probably have to purchase a 40 pound box. This can be divided among other health seekers. Generally, during the summer months many grocers carry naturally ripened bananas because gassed bananas spoil quickly in hot weather.

Bananas take 4 to 12 days to ripen. A temperature between 65 and 70 degrees is adequate but do not let the temperature drop below 60. Variation in temperature will prevent the bananas from reaching their full sweetness and bright yellow color. Don't buy unripened bananas, unless they are green in color, from an air-conditioned market, for they will never ripen properly.

When properly ripened, the banana is at its prime taste when its color has turned deep golden yellow speckled with brown.

If the ripening temperature is too high, the banana might ripen to softness and excellent taste but continue to be green with dark spots on the ends. There is no comparison in flavor or fragrance between naturally and forced-ripened bananas.

After the banana has ripened to the stage you like, refrigerate. Once the ripening process has been stopped by cold, it never starts again. If the skin turns brown under refrigeration, don't be alarmed as the inside will remain tasty. Before serving, remove the skin. Such bananas do well in blender preparations.

COCONUT may be purchased either in the fibrous green husk or as a brown nut with three exposed eyes. It should feel heavy with liquid - shake all coconuts, pick the heaviest one. Be sure the coconut is not losing water or shows mildew or rot in the area of the "eyes" as these signs indicate that it is old and probably rancid. Under semi-tropical conditions, one can obtain coconuts free. Unripened ones (water coconuts) are best. With a screwdriver, remove the stem. Force a hole. Drink up with a straw. Don't spill the water on your clothing - it will leave a permanent stain. Split the green husk coconut open with an axe or machete. The brown nut can be cracked with a hammer. Scoop out the delicious jelly with a spoon. Jelly coconut is quite low in fat; it is sweet and easily digested. Mature coconuts are high in fat and fibre content and are difficult to digest. This saturated fat can be cholesterol-forming.

AVOCADO - On the weekend or on Monday, fully ripened avocado, mango and papaya can generally be purchased at reduced cost from large markets because of fear of spoilage. The avocado should give when pressed with the thumb, otherwise it is not ripe. If it is very dark and soft you can be sure that the avocado is spoiled.

The alligator skinned avocados from California are tastiest. Even when overripe, with flesh color turning from green to slightly brown, can be eaten. Avocado should never be eaten directly from refrigerator. Let it warm up to room temperature so that the body has an easy time digesting the fats. Avocado should be soft, fully ripe, when eaten. Some skins turn black or brown when fully ripe, others only soft. Never over eat on avocados. It can give bad indigestion. Limit yourself to one per day.

The individuals, which have liver or gall bladder disorders, or suffering from cancer and other serious ailments, should exclude avocado, as well as coconut, sprouted grain, nuts and other heavy food from their diet.

MANGO has been called the "apple of the tropics," when it is fully ripened, it tastes like a juicy peach with a light tart tang. No other fruit compares in taste with the possible exception of the cherimoya. When eaten the fruit should be yellow in color. When fully ripened, the skin can be peeled off with the fingers.

PAPAYA takes on a bright yellow color when ripe. Do not eat it green, for you will be disappointed in the taste, although underripe papaya are a valuable digestive aid. It can be allowed to ripen from green to its juicy state in a period of a week. Cut the fruit in half, scoop out the seed, and eat the meat from the shell with a spoon.

CITRUS at its sweetest and juiciest comes from the Rio Grande Valley in Texas and the Indian River Valley in Eastern Florida. When purchasing oranges, examine the stem. If it is orange in color, you may be sure the fruit has been colored. Since citrus stops ripening after it has been picked, be sure you are obtaining fully ripened fruit. Unripe green-speckled fruit tends to be acid and may withdraw alkaline minerals, in particular calcium, from your teeth causing them to crumble prematurely. Use such fruit in moderation unless obtainable in a fully ripened state. The acid PH of such fruit makes it excellent for dissolving hardening deposits in tissues, arteries and joints.

Under ripe or over ripe oranges can create overacid condition in stomach which can give sour taste in mouth and headache. This is true of all citrus fruits plus tomatoes and pineapples.

Buy citrus in crates. They are less likely to have strong preservative content. Buy the citrus in season. Tangelo, tangerine and ugli are generally less sprayed. Before eating the fruit, aerate them in sunshine or wash them in water which has some wheatgrass juice added.

When purchasing inorganic citrus, lime is preferable to lemon because it is less acid, has a delightful tang and is not as heavily embalmed with chemicals. If you should be going to the wholesaler, purchase citrus with the other produce. It will keep a long time, even without refrigeration. Lime is cheapest during the summer months.

PINEAPPLE should not be purchased unless they are ground-ripened and heavy with juice. When unripe, they tend to be very acid and can damage your teeth and create sores in your mouth. Picked green, they will never ripen fully. When ready to eat, the pineapple is yellow, very sweet in taste, highly juicy and non-acid. In the ripened state, the leaves can be pulled out without resistance. The section close to the stem should be discarded or blended as a seasoning for salad. Dried or fresh pineapple blends delightfully with avocado.

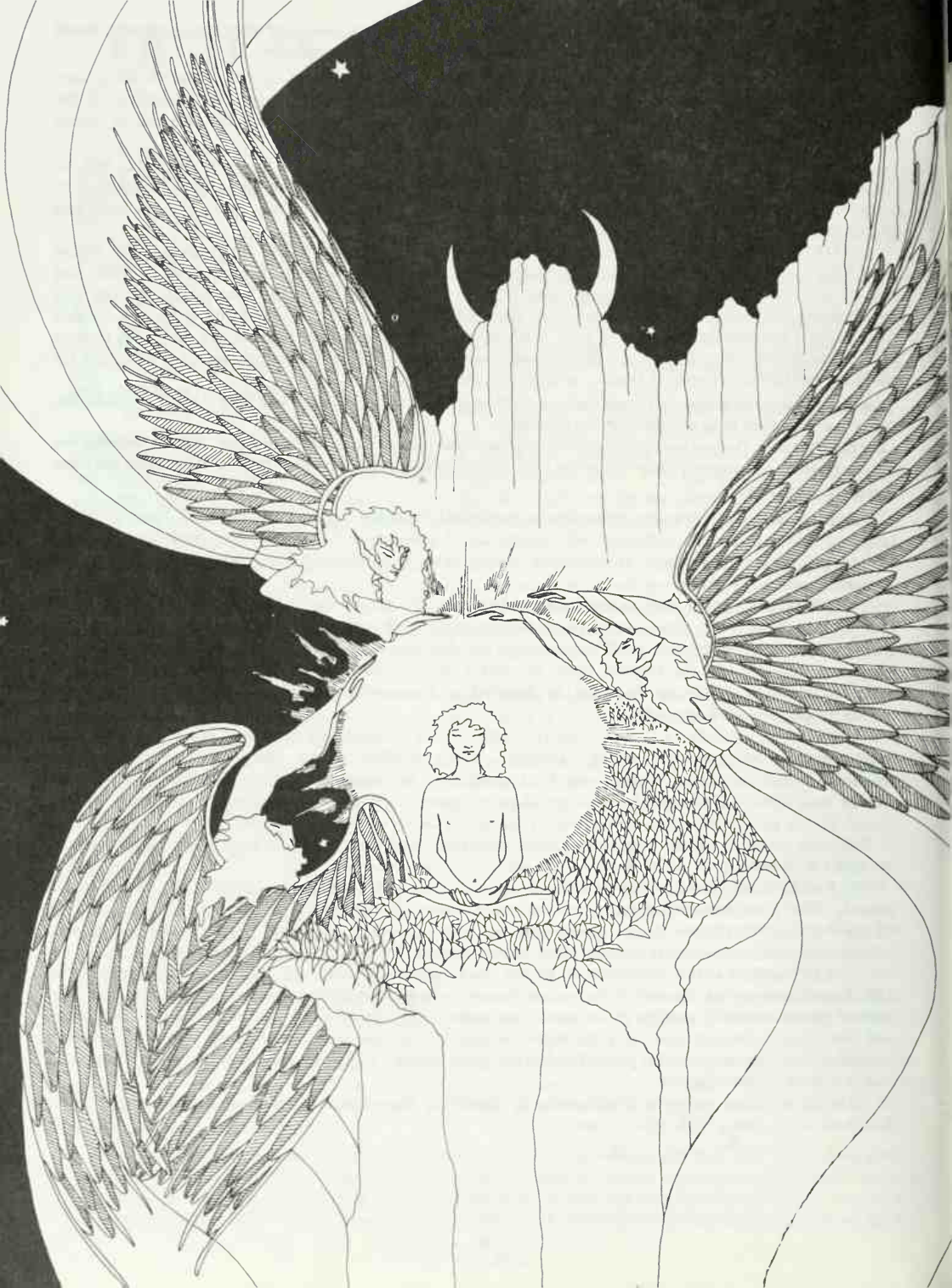
MELON are available in a wide variety. Each one has a season and some overlap. They contain the most perfect, inexpensive, sweet, alkaline, nature-distilled water, far superior to polluted, chemical-filtered tap water. Melon your fruit vocabulary by familiarizing your taste buds with Persian melon, honeydew, cantaloupe, Spanish crenshaw or watermelon. At the Institute, we use them all year round. If you cannot purchase them from a food store, contact a fruit wholesaler.

Always purchase whole melon, for, when cut open, they tend to absorb toxic material. Most stores are filled with poisons.

WATERMELON comes with or without stripes, green is the common color, weighing from 5 to 60 pounds. The juice has a flushing action on the kidneys, gall bladder and bladder. The seed can be blended to make delicious drinks (strain out the pulp) or when dried can make a fine tea. The seed contains cucubocitrin which is used to dilate the capillaries, and reduce high blood pressure.

CANTALOUPE is the melon first in season. Vine-ripened ones are best. You can recognize them by a shallow depression at the end of the melon, formed when the canteloupe separates from the vine. Less mature melon retains a portion of the stem. The surface nettings of a ripe melon are well raised, coarse, and stand out in distinct relief over the entire surface. It is yellow all the way to the thin skin. Melon in general should be heavy with juice. Press with your thumb, it should give slightly. When blended, it makes a most delicious drink.

Do your melon shopping intelligently by increasing observation of what constitutes a tasty fruit. Eat them alone, never with other foods.



FASTING NOT STARVING

"And he said unto them, this kind can come forth by nothing, but by prayer and fasting."

MARK 9:29

"... If we fast two days a week, then eat only fruit and obey the other laws of life, we can approximate the longevity of the Biblical patriarchs."
PROFESSOR EDMOND SZEKELY, COSMOTHERAPY

Fasting is the most powerful of all tools for cleansing the body. Most people ingest, as part of their diet, preservatives, insecticides, lead, arsenic, medication, and nicotine. Their bodies accumulate toxic waste products from wrong and/or badly combined food and from excessive eating.

The body has a limited capacity to eliminate this toxic load. When the accumulation starts to interfere with proper function, the body sends out warnings: aches, pains, visible signs of disorder. It is time for housecleaning.

Here are some of the most obvious signs of toxicity:

1. Unclear head, frequent upset stomach, aches and pains, and menstrual cramps.
2. Chronic constipation and associated tightness in the region of the shoulder blades; dizziness, inability to concentrate, uncontrolled temper; black, offensive-smelling fecal matter; healthy color is light brown or color of food eaten; offensive body odors.

3. Continuous tiredness. The requirement of many hours of sleep. The more toxic one is the more sleep one needs. The more one eats, the more sleep one needs. In a natural environment a healthy person needs one to three hours; in a city environment, two to six hours. It is best to sleep when you feel like it. There are times when you can substitute meditation or relaxation for sleep. Meditation produces relaxation which gives you good digestion with resulting low toxemia.

4. Sallow, aging skin; dull or bloodshot eyes, insomnia and that "I'm getting old" feeling. Lines on the face.

5. Addiction to sweets, coffee, cigarettes and starches. Overeating. No appetite. Eating from habit or "to keep up strength." Headache upon waking, or after missing a meal which is relieved by eating.

6. Waking in the morning with a stuffy nose; mucus in the throat; acid, bitter or salty taste in the mouth; encrustation on the eyes; wax in the ears.

7. Coated tongue from years of mucus-forming foods. Natural mucus is a clear, slimy fluid which is secreted in the respiratory system, the genito-urinary and the intestinal tracts. It moistens the organs and protects them from irritating chemicals. A diet that includes albuminous foods - dairy products, grains, nuts, meats, fish, eggs - impart to the various mucus secretions their colored, sticky, viscous consistency. The blood, lymph and cells become saturated with the abnormal mucus. The body tries to discharge it through the organs of elimination. Doctors call this cleansing process an acute disease. Colds are not the result of virus or germs. A cold acts as a safety valve for relieving the bloodstream and the lymphatic system of congestion which can otherwise lead to catarrhal infections, tuberculosis and tumors. Fighting colds with Vitamin C results in acidification of mucus, which prevents its elimination via the respiratory system. It must instead be expelled by the kidney. The overall effect is strain on the kidney.

Many individuals are congested with as much as fifteen pounds of extraneous mucus. As the mucus is eliminated, there is an increase of the permeability of digestive and respiratory tracts and the cell walls. Thus, more nutrients will reach the inner cells and waste elimination will improve. You will naturally eat less, because more of the nutrients are made available.

The aim of fasting is to rest the body so that the vital force which normally would be used for physical activity and for digestion and assimilation of food is freed for cleansing and healing. Drugs only hinder.

Fasting is one of the most effective natural methods of rebuilding the body's own dynamic healing powers and overcoming many major ailments. Doctors recommend it for patients afflicted with colds, sinusitis, tonsillitis, laryngitis, pharyngitis, bronchitis, pneumonia, bursitis, neuritis, colitis, dysentery, carditis, arteriosclerosis, hepatitis, nephritis, arthritis. The disease is named according to the area of congestion or inflammation in the body.

It is best to start fasting before any such disorders develop. A fast of one or two days a week should be part of the health regime. What you miss in the pleasures of eating, you will make up manyfold in the joy of living. It will improve your health, increase the activity of the spiritual life, sharpen your wits, increase youthfulness and beauty.

Anyone planning a water fast should first improve his or her diet by eating organically grown vegetables, fruit, seed, sprouts and grasses for several months. There is a good reason for this. The body stores various natural and civilization made toxins because it has a limited capacity for excretion and neutralization of poisons. This task is made especially difficult because the body has also to eliminate the waste products of daily metabolism. During fasting, much of the body fat is rapidly used up, suddenly liberating stored poisons. If inorganic foods have predominated in one's diet, during fasting a urine analysis will reveal a high level of DDT and other pesticides. A gradual cleansing releases the poisons slowly, never overtaxing the capacity of the eliminative organs.

"And many unclean and sick followed Jesus' words and sought the banks of the murmuring streams. They put off their shoes and their clothing, they fasted, and they gave up their bodies to the angels of air, of water, and of sunshine. And the Earthly Mother's angels embraced them, possessing their bodies both inwards and outwards. And all of them saw all evils, sins and uncleansnesses depart in haste from them.

And the breath of some became as stinking as that which is loosed from the bowels, and some had an issue of spittle, and evil smelling and unclean vomit rose from their inward parts. All these uncleansnesses flowed by their mouths. In some, by the nose, in others by the eyes and ears. And many did have a noisome and abominable sweat come from all their body, over all their skin. And on many limbs great hot boils broke forth, from which came out uncleansnesses with an evil smell, and urine flowed abundantly from their body; and in many their urine was all but dried up and became thick as the honey of bees; that of others was almost red or black, and as hard almost as the sand of rivers. And many belched stinking gases from their bowels, like the breath of devils. And their stench became so great that none could bear it."

THE ESSENE GOSPEL OF PEACE

Reactions during the fast or cleansing diet will vary with the individual, depending on how badly the body has been abused. Possible symptoms: nausea, irritability, headache, fatigue, aching muscles, sleeplessness, and in rare instances, rash, vomiting and open sores.

Some reactions common to all are heavily coated tongue, foul breath, loss of weight, periodic irritability and a sense of weakness. These are all signs that nature is performing surgery.

Gas dissolved from cells and excreted into the digestive tract can cause symptoms of toxicity and can be a source of pain and discomfort due to pressure. An enema or zone therapy on areas related to the digestive tract, pituitary gland and neck can help to trigger the expulsion of the gas. Aniseed, caraway seed, cloves, sweet fennel, ginger, peppermint or parsley will help to expel gas. Mix ½ teaspoon of the ground herb in one cup of hot water. Steep for five minutes. Drink it hot.

The area of congestion in your body will determine the type of eliminative crises you will experience. For example, a congested lymphatic system may be cleansed via boils and open sores. If the reactions become too severe, after the crisis is past, break the fast and repeat it several weeks later.

The first two to five days are usually the most difficult. It takes perseverance, will power and self control to overcome habitual eating. Many signs of discomfort will appear on the first day when the body starts its cleansing. Headaches and muscular pains are the result of released toxins which irritate muscles, nerves and tissues.

Generally, painful reactions are of short duration, no more than a few hours. Lie down and wait for them to pass. Zone therapy often helps.

Periods of great discomfort could be a sign that the concentration of toxins in the colon is higher than in the bloodstream and the poisons are being reabsorbed. During the first three days of the fast, an enema should be used every evening to cleanse filth from the colon; afterward as frequently as needed. As the body becomes more and more purified through improved diet and fasting, the use of enemas while fasting will become unnecessary. Baths should be of short duration, in lukewarm water.

Every day, about 10 in the morning, or in the afternoon, take a short sunbath. If you are in a natural setting, discard all clothing to improve elimination and absorption of oxygen and solar radiation through the skin. Daily exercise of short duration, will prevent flabby tissues.

Generally the cleansing symptoms during fasting are mild. You are more likely to experience the joys of fasting: a sense of lightness, clearheadedness, wit, spiritual joy, love and the absence of digestive strain. No matter how well you feel you should spend most of the time resting.

WHEATGRASS FAST

The very aged, those who are just starting a cleansing rejuvenation regime, those with a seriously weakened constitution, the underweight, those suffering from chronic disorders such as cancer, diabetes, advanced osteoarthritis, and diseased liver should not consider an extended water fast. They respond best to plenty of rest, a cleansing diet, a vegetable juice fast, a very short water fast or a partial fast. For them, the wheatgrass fast is ideal.

Advantages of a wheatgrass juice fast over the water fast are many. Generally the energy level remains high, permitting activity. Released acetone, uric and other acids are neutralized by the alkaline organic salts of wheatgrass juice, preventing acidosis, producing calm and permitting sleep.

Abnormally high blood pressure drops rapidly toward normal soon after beginning a fast. It remains at a safe level, enabling very sick people to fast without danger of exhaustion. The chlorophyll-rich juice acts as a natural builder of hemoglobin and the red blood cell count. One is able to begin to digest food without difficulty should it become necessary to break the fast before the time planned.

A wheatgrass juice fast with watermelon, taken at a separate meal, is helpful in overcoming rheumatism, cancer, leukemia (diseases which result from eating animal protein) as well as diabetes, alcoholism and obesity (diseases which result from starches and processed carbohydrates). The high enzyme content of wheatgrass juice helps to dissolve tumors. The high alkaline fluid content of watermelon neutralizes acids and flushes the toxins out of the body.

Ann Wigmore and I have guided many "incurables" through the wheatgrass juice fast. It is very cleansing; at the same time it provides one of the most effective nourishments for the body. We have seen good results in all chronic disorders, "provided the essential organs have not been irreversibly damaged by the disease or by medical treatment."

For those who have taken a lot of drugs — LSD, marijuana, hashish, heroin, or conventional medicine — grass juice is to be preferred over all other fasts. Improving the diet and following it with a grass juice fast gradually rids the body of stored drugs. Those who have used a lot of hallucinogenic drugs can anticipate a duplication of their effects as the stored drugs re-enter the bloodstream.

PREPARATION FOR THE WHEATGRASS FAST

It takes about seven days for wheatgrass to grow to optimum nutritional value. If you plant a tray daily, the first tray will be ready in a week. If you have been eating a regular diet, start eating raw and cooked vegetables for four days, followed by three days of sprouts and organic juices, fruit or rejuvelac.

The night before starting the fast, skip the evening meal. Instead, if you are able, do a stomach wash (unless you have known lesions or pain in the stomach). Place one teaspoon of sea salt in one quart of warm water. Drink as much of it as you can. Inhale. Pump your abdomen in and out about seven times. Exhale. Tickle your throat with two to four fingers. Repeat this process until able to regurgitate. A stomach wash is not a requirement for the fast.

Before going to sleep, take a thorough enema. To insure restful sleep do zone therapy. Keep a glass of rejuvelac at your bedside. If you waken in the night with cleansing reactions such as headache, take a few sips. You will fall asleep.

First Day Fast — A colonic irritation (look under Physiotherapist in the Yellow Pages) to cleanse the colon is a good preparation for the first wheatgrass fast. From many years of wrong diet, most people's colons are contorted and convoluted with accumulated wastes, sometimes up to 30 pounds of fecal matter. If you can't have a colonic, take at least three enemas.

Length of Fast — At least seven days are recommended, but duration varies with the capacity of the individual, usually three to forty days.

Amount Of Wheatgrass Juice — We recommend drinking wheatgrass juice three or four times each day and taking two rectal implants. If it is very uncomfortable to drink it, you may instead take three rectal implants. If you like, you may take only indoor green and sprout juice, instead of grass juice and implants.

Make a test run. Try a 1, 2, 4, 6 or 8 ounce grass drink. If after one hour there is no discomfort from ounce, try a larger dose. As a rule, each time drink enough grass juice to make you uncomfortable but not enough to make you sick from its cleansing effects.

Other green juices — sunflower, buckwheat, alfalfa, comfrey — mixed with less potent ones, such as carrot or celery may be taken as an alternative.

Fluids: It is best to choose one type of drink for the day during the wheatgrass juice fast in addition to the wheatgrass juice itself. Rejuvelac, the juice of watermelon (chewing the fruit, spitting out the pulp), a mineral drink (add to one quart of water, two cups of a mixture of chopped buckwheat greens, wheatgrass, grated carrots, crushed weeds, chopped alfalfa sprouts. Let it set for 24 hours. Strain and drink), fresh apple, grape, carrot, celery, or watermelon rind juice are good.

Daily Regime: Sleep as long as you wish. On waking, massage the face, neck, hands and feet. With an open window, practice deep breathing (avoid drafts). Drink one or two glasses of rejuvelac or warm (not hot) lemonade. Soak your feet in hot water and scrub the soles with a stiff brush to aid elimination. The feet have a high concentration of sweat glands. Keep a box of small pebbles to walk on or apply firm pressure to the soles of the feet. Do at least five minutes of zone therapy on the feet.

Thirty minutes later drink the grass juice. Most of it will be absorbed in twenty minutes. If you feel uncomfortable, follow it with half a glass of rejuvelac. If you feel nauseated, you may regurgitate after twenty minutes.

Take a warm water enema; expel all water and follow with an implant of wheatgrass juice.

About two hours after the grass juice, take a glass of juice, rejuvelac or a mineral drink. Two hours later, take some juice, rejuvelac or a mineral drink followed in thirty minutes by grass juice. Follow this pattern until you have taken three or four drinks of the grass juice. You may omit one or more glasses of fluid if you feel it is too great a strain on the kidneys or if it interferes with sleep.

WATER FAST

The water fast is best for healthy people who have lived naturally and want to improve their spiritual and physical wellbeing. However, anyone, even exceptionally sick people, after months of improved diet and juices, can consider a water fast of short duration – one to three days.

There are no age limits for a fast. A child should never be encouraged to eat if he or she feels no hunger, even for days. Children know more about their body needs than the adult. One should go on a fast voluntarily and with desire. Otherwise there will be less benefit. Fast with joy.

For best results, three days prior to the fast begin a diet of higher vibrations than the one you are now eating. If you eat cooked food, switch to all raw food; if you are using raw food, eat only fruit, if you are using fruit, take only liquid fruit, such as citrus or melon. All could benefit from a three day fast on wheatgrass juice prior to the water fast.

Whenever feasible, fast in a natural environment. Seashore, forest, or countryside are ideal places. During the first fast, it is helpful to have a companion for the joy of sharing.

Since you are likely to chill easily, it's preferable to pick a warm season, but don't let that prevent you from fasting in winter. You can hibernate and keep warm as the animals do.

You may start with a fast of a day or two, about two weeks apart, after which longer fasts may be undertaken. Choose a weekend. For a three day fast, you may start on Thursday by skipping supper. The first day, Friday, will be tolerable and you should have no difficulty in going to work. Do not drive, your reaction time is slowed, making you accident-prone.

A fast of three to fifteen days may be taken with safety by those who enjoy moderate health.

Fasting in serious illness for extended periods of time should not be undertaken except under the direction of a doctor versed in fasting and food therapy. Once you become familiar with fasting through many short fasts you can progressively increase the duration. A fast of thirty or more days should not be undertaken unless you can live comfortably on a diet of fruit for at least three months. Do not try long fasts in a polluted environment. Read books on fasting. Consult others.

For those who fast in a non-polluted environment, especially in mountain regions, there is a cleansing bonus. Many report experiencing one to four days of diarrhea and regurgitation of black soot. People in the city accumulate, during the first year of residence, up to one pound of soot in the lungs. During a clean air fast the pollutants from lungs and cells are osmotically moved into the digestive tract by the action of the clean air.

Usually each individual can determine the duration of the fast on the basis of age, physical condition and strength, nature of any ailment, level of toxicity, previous diet, mental attitude, weather conditions, level of air pollution, the demands of the daily work and activities.

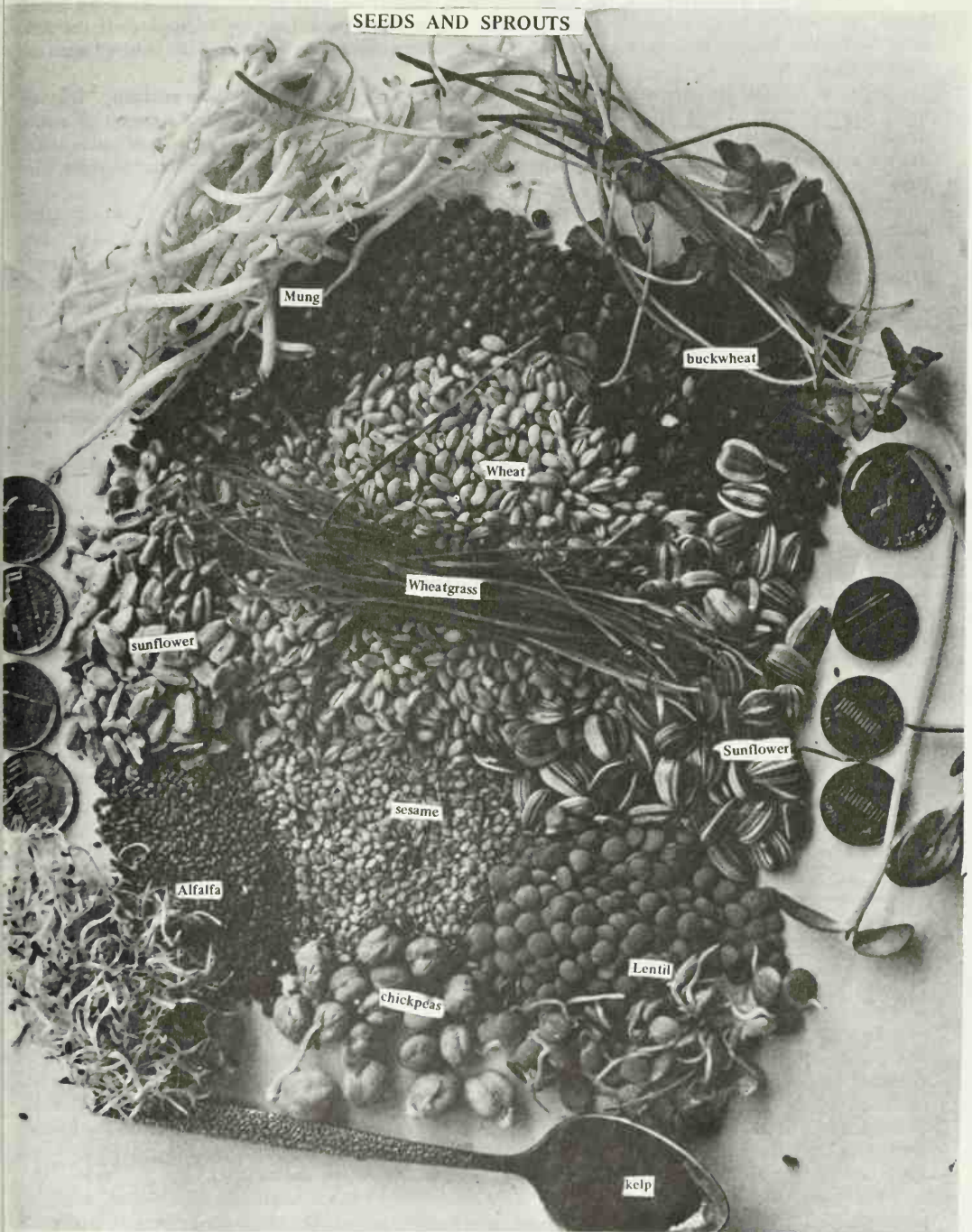
Rest is extremely important to avoid overtaxing the body while it is engaged in the eliminative process. Sleeplessness and nervousness are signs of severe toxicity. For temporary relief, take an enema and do zone therapy. You will generally achieve sound sleep within five minutes. However, as the fast progresses, you will experience vitality with only a few hours of sleep.

Avoid television and radio. If you must read, read on fasting, meditation or sacred writings. Practice breathing exercises and meditate on the teachings of the ancient wise ones. Reading should not be of such an intense nature that it leads to overexcitement and exhaustion. Keep your emotions on a calm plane.

Conversation should be kept to a minimum. Commune with the angels of life so that they will rebuild you. Be happy. Nature is so forgiving. You will soon have a healthy body.

Use distilled water during the fast. It is a better solvent for toxic material than regular water. Drink enough water to satisfy thirst. There is no benefit gained by excessive water intake. It puts a strain on the kidneys. If there is a burning upon urination, or if the urine contains sediment, increase the intake of water. Dilute it with 1 part grass (or fruit juice) to 5 parts of water to neutralize poisons.

SEEDS AND SPROUTS



BREAKING THE WATER FAST

Depending on the severity of the toxic condition, the tongue may remain coated for some time; hence the criterion for breaking the fast when the tongue clears cannot always be applied. If the fast must be broken before the tongue clears and hunger returns, repeat it at a later date until all signs of toxicity disappear.

Whether the fast be only a few days or up to fifteen days, it should be broken gradually. Take as many days to break a fast as the number of days fasted. Never end a fast during a period of acute discomfort (crisis). Wait until you feel better. End the fast at midday with four ounces of citrus juice diluted with water and drink it every two hours. Sip it slowly, take at least half an hour to drink the cup.

This will start the flow of digestive juices. Continue taking citrus juice until you feel ready to take more concentrated juices. When ready, drink wheatgrass or vegetable juice, or start eating juicy fruit such as the mango, orange, peach, melon or cherry. Later, you may have heavier fruit such as apple and papaya. Soon you will be eating simple salads without dressing.

During the first night after breaking the fast, generally, you may anticipate spending more time on the toilet than in bed. Some individuals may have as many as ten bowel movements within a 24 hour period.

AFTER THE FAST

Food should be at room temperature. Your stomach has contracted; eat small meals. Many people, after breaking the fast, have a tendency to stuff themselves. This is a mistake. Not only does it lessen the effect of the fast but it can do serious damage.

One should practice water fasting at least one day a week and twice a year go on longer fasts of at least one week in duration.

Fasting was part of the required discipline for initiation into the Mystery Schools. The Essenes and Pythagoreans had the student go through many years of trial, study and purification to familiarize his or her self with eternal truths. For the final initiation, to develop the highest degree of purity, the student had to go through 40 days of fasting as a preparation of the intellect for understanding the cosmic mystery. Fasting and little eating is the key to high intellect and the spiritual path.

The Holy Bible is filled with references to fasting ranging in duration from one to forty or more days. Jesus fasted often; he advised seven day's fast on water, air and sun.

AQUARIAN LIQUID DIET

"The fruit of the vine that I shall drink new (fresh) with you in the kingdom of heaven."

MATT. 26:29; MARK 14:25

"Where there is no vision, the people perish, but he that keepeth the law, happy is he."

PROVERB 29:18

"Jesus says, 'Drink ye all of this, for this is my blood of the new testament which shall be shed for many unto remission of sins. And I say unto you, I will not drink henceforth of this fruit of the vine, until that day when I shall drink it NEW WITH YOU in the kingdom of my Father.' The 'new' or fresh juice of fruits is to be shed and taken for remission of sins instead of the animal sacrifices of ancient and modern customs. Get your blood transfusion from the omnipresent Christ life in the juice of fruits and vegetables for that will give you life besides everlasting."

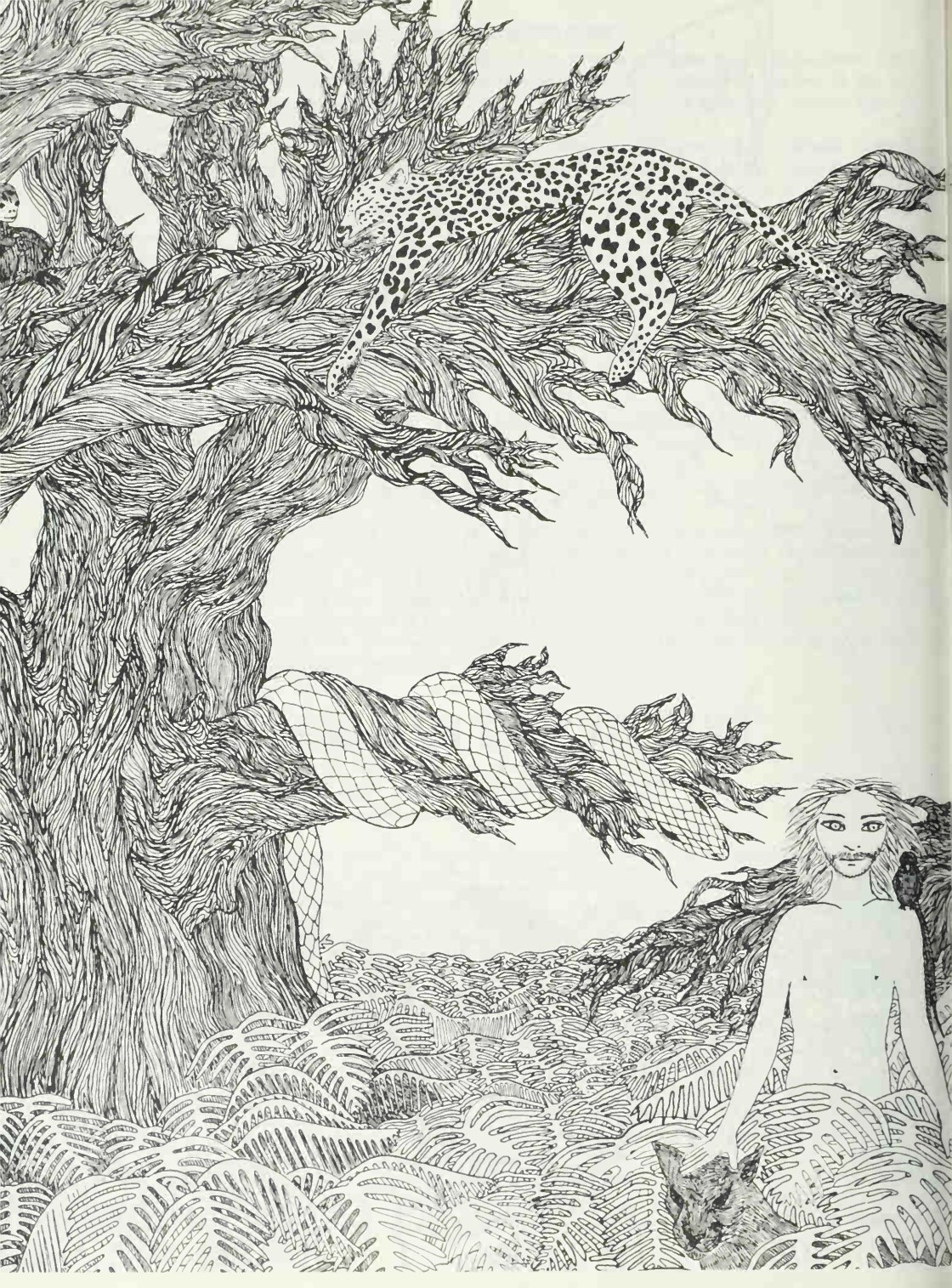
JOHNNY LOVEWISDOM

In a study on the 'grass juice factor' in diet, Dr. Kohler et al discovered that an animal can be raised on a total liquid diet for the entire life span. He states: "An interesting fact brought out by this work is that guinea pigs can be raised on a liquid diet in spite of the fact that their digestive tract is equipped to handle large amounts of roughage."

Dick Gregory, the famous pacifist comedian, vowed not to touch solid food till the end of war on this planet. He has been on a liquid diet for over 30 months. He runs at least three miles daily. To celebrate the 100th day of the fruit juice diet, he ran 15 miles. During his visit at the Institute, he informed us that he drinks one gallon of fresh fruit juice one day; the following day one gallon of distilled water. It took about three years of purification and fruitarian diet before he achieved optimum energy on this liquid diet. In 1972, he ran for 20 miles in the Boston marathon race. He tells you in his book (see Appendix) just exactly how anyone can become a fruitarian and why.

For therapeutic reasons and ease of digestion, one should juice all vegetables. Dr. Walker, who was given up to die, regained his health completely by using raw juices. He continues to be very active in naturopathy and in writing well past the age of 100. He eats little and juices most of the vegetables.





Newspaper clippings, London Times, 1959, reported: "Britain's most talked about woman today is Dr. Barbara Moore, a 57-year-old Russian born physician-scientist who walked 110 miles on two successive weekends on a diet of fruit and vegetable juices. The slim woman doctor has come within minutes of beating soldiers and civilians of all ages by marching 110 miles in 26 hours and 29 minutes. The record 26 hours and 24 minutes is held by 3 British soldiers. She says, 'Indian Yogis taught me the art of deep breathing and cures without surgery. When I was 30, I began experimenting on myself. First I lived on a vegetarian diet, then on raw fruit and vegetable juices. My daily diet is a simple four small glasses of mixed juices, ranging from orange to cucumber or pumpkin juice, plus pure water and honey. I eat no starch, no protein, no fibre, no milk. Meat and protein foods fill the body with toxins which cloud the brain. I sleep only 2 hours a day. I have cut down my breathing rate to six times a minute, half the normal speed, which also reduces my heart beat all adding to my long life process.' Her husband is the sculptor, Henry Moore. 'He knows that I have the body of a woman of 32, the vigor, stamina, and endurance of a man of 24. My last illness was leukemia, which crippled me for three years, until I cured myself.'

A child starts the days as a liquidarian. Mothers' breast milk can be fed for up to three years or more as the sole nourishment and yet the child's body will manifest health and show no signs of degeneration.

Every study in longevity shows that frugal eating, predominantly of liquids promotes health and prolongs life.

When one is a liquidarian, the occult apparatus will function at the level intended by creation. Waste products from the digestion of solid food will not interfere with the nerve linkages. Oxygen will circulate more freely because of the absence of pressure on the arteries and veins by gas generated from fermentation of undigested food. Vital energy will be centralized in the upper chakras instead of in the stomach to carry out digestion. Sleep will be practically eliminated. One will have time for meditation and experience all the esoteric privileges at one time restricted to a select few. One will be on the path of transcending time and space.

With a liquid diet, one has to redesign his/her life. It must be spent in the service of Humanity, Perfection and Love. The less a person uses and indulges, the more perfect he or she becomes. Humans gain in perfection as they conquer their appetites and desires and they devote their lives to the discovery of the "heaven within." This is not an easy road, but "If any man will come after me, let one deny himself and follow me."

RETURN OF THE FRUITARIAN

"Love and all things shall be added unto thee."

CHRIST

"The plant-eaters form still at the present time, as they have always done, the great majority of animals on earth. The highest developed plant-eaters are the fruit-eaters. The highest fruit-eater is the human being."

DR. ABRAMOWSKI (FRUITARIAN DIET AND PHYSICAL REJUVENATION)

"The oldest inhabitants of Greece, the Pelasgians, who came before the Dorian, Ionian and Eolian migrations, inhabited Arcadia and Thessaly, possessing the island of Lesbos and Lokemantos, which were full of orange groves. The people with their diet of dates and oranges, lived on an average of more than 200 years."

HERODOTUS As quoted by Hotema in MAN'S HIGHER CONSCIOUSNESS

"Seth and children dwelt on top of the mountain below the garden. They sowed not, neither did they reap. They sought no food for the body, not even wheat; but only offerings. They ate the delicious fruit of the trees that grew on the mountain . . . Then Seth often fasted as did his oldest children. Each forty days. For the family of Seth smelled (like) the smell of trees of the garden when the wind blew from that way. They were happy, innocent, without fear; there was no jealousy, no evil action, no hatred among them; there was no animal passion. From no mouth came either foul words or curse, neither evil counsel or fraud."

THE FORGOTTEN BOOKS OF EDEN, SETH BOOK I, XI:10

"The fruition of the tree of life is all too fine to feed the carnal mind."

AQUARIAN GOSPEL OF JESUS THE CHRIST Levi

"My fruit is better than gold, yea, than fine gold."

PRO. 8:19

They will actually sit, . . . under vine and under fig tree, and there will be no one making them tremble.

MICAH 4:4

KARMA FREE FRUIT FEASTS

Fruit is the only cuisine that is karmaless. All other food involves killing, whether it be of animals, plants or seed. Fruit is offered from the tree by God. When ripened to perfection by the sun, it is plucked from the tree by the wind and laid as an offering to humans or animals. In taste it is perfect. Human beings aid in the beautification of the planet by eating the fruit flesh and depositing the seed in fertile soil. The children of these men and women shall eat from that tree.

Fruit is the most perfect food for human kind and also helps human beings to advance much further in esoteric studies and the spiritual life. It is the easiest food to digest. The vital force of the body can be centered most of the time in the head instead of expending its energy in digestion. It is the least mucus-inducing of all foods, thus it opens the sinuses where the breath of life is centered. Through yogic breathing exercises they are charged with prana (vital force). The electromagnetic nature of air makes the circuits of the brain start functioning at a new level of awareness during meditation and daily life.

The most advanced form of communication with the cosmic consciousness takes place when all food is removed in a state of fasting. If the human temple has been cleansed previously, then there will be perfect reception and heightened awareness.

On starting a fruit diet, a good practice is to go on at least 24 hours, but no more than 48 hours, of dry fasting (no water). Follow with three or more days of acid, sub-acid fruit juices diluted with distilled water. Take up to one gallon per day. Such juices are easily obtainable by sucking on the fruit and spitting out the pulp.

Afterward, choose fruit that agrees with you. Eat one type of fruit at a meal, no more than two pounds. Fruit from trees, vines and shrubs, are all suitable foods. If mixing fruits, follow the food combining chart. Eat the juicy, acid, quickly assimilable, cleansing fruit first; twenty minutes later, you can eat the more concentrated fruit such as banana or avocado.

"Genesis 1:29 describes juicy fruit and succulent herbs which bear their seed for propagation as the only food designed for humans. If the seed of fruit and herbs is used as food of humans, such seed cannot bear of yield. This is the only distinction the Creator used to divide the tree of life from the tree that gave mortality to human beings. Genesis 1:11, 12 states that seeds are to yield each for its kind; propagation is their sole purpose. We eat apples, peaches, oranges, and cast away the seeds or we eat grapes, tomatoes, berries, and, even if swallowed, the seeds are cast off in fertile fecal matter to grow afterwards. But if we eat almond, walnut, peanut, grain, legumes or seed food, the seed is destroyed forever.

"There is another proof that the forbidden food was seed: the result of eating it produced a disturbance in the reproductive sex function causing shame to the first couple. Seed was the fruit from the 'tree of knowledge of good and evil.'

"In no way is it ever indicated that any sexual act or anything else was the cause of defilement in paradise originally but it plainly accuses eating forbidden food as the sin. When Adam explained that he hid and was afraid because he was naked, God replied correcting him, "And who hath told thee that thou wast naked but that thou has eaten of the tree whereof I commanded thee thou shouldst not eat?"

"Modern attempts at fruitarianism acknowledge the need of a stimulating sex element, justifying their use of nuts, without realizing that an undefiled love relationship on juicy fruit could lift one's body and mental powers above defilement.

"It was only by using external stimulants or our intoxication through acid forming seed and animal protein decomposition, alcoholic beverages and drugs that humans acquired short-lived strength to do evil things."
(Johnny Lovewisdom)

CHEMISTRY OF FRUIT

All fruit have an alkaline ash. Whether food is alkaline or acid is determined by comparing the residue ash. If it contains more alkaline than acid mineral (i.e. if the minerals calcium, magnesium, potassium and sodium predominate over chlorine, nitrogen, sulphur and phosphorus), it will be classed alkaline. All grains, with the exception of millet, have an acid ash. Wheat and oats are the most acid.

Because fruit and vegetables contain citric, milic, and other acids, they will have an acid pH reaction in digestion, but because of the high content of alkaline-forming minerals, their reaction is always alkaline in the bloodstream. This helps to neutralize the waste products of metabolism which are always acid.



Fruit should be eaten at the peak of ripeness. Under-ripe fruit is high in acid juices and will draw upon your alkaline reserve. It can cause blisters, loss of calcium from teeth, and canker sores. Over-ripe fruit are in the process of changing into alcohol. Both the over-ripe and under-ripe fruit are very stimulating and are disturbing to one's inner peace.

William H. Diefenbach, M.D. of New York City, says "Fruits contain little protein and fat but are most valuable sources of mineral salts, carbohydrates and vitamins. The water content of fruits, with mineral content, keeps the blood in a state of alkalinity. Its alkaline elements, which are combined with the fruit acids, act as natural laxatives by promoting the secretory action of the liver, pancreas and other secretory glands."

Persons suffering from acid dyspepsia must avoid sour fruits until the condition is corrected. Diabetics must limit the intake of sweet fruit. Bananas, dates, avocados, figs and dried fruit are highly concentrated and should be used with reservation. They are not cleansing foods. In grapes, avoid the skin and seed. Stoned fruit with tender flesh are the most digestible as a class: for example, the peach, persimmon, mango and apricot. An exception is the avocado — its high fat content slows digestion. In yoga philosophy, fruit is considered sattwic food, food which promotes the highest vibrations for those on the spiritual path.

At first, fruit may seem inadequate to supply strength. Digestion of this light food does not form uric acid and other toxins to saturate the body and act as stimulants. Too, in a toxic body, the organic fluid of fruit dissolves old waste deposits, products of a faulty diet, and stored chemicals into the bloodstream. This can make one tired and irritable. The bloodstream, urine and sweat become acid in reaction. The circulating poisons will be carried by the bloodstream to the excretory organs to be eliminated. The blood may become thick and viscous. It cannot circulate freely in the capillaries; as a result one feels cold. There may be discharge of mucus into the respiratory tract. The feces may be loose. The lips may be swollen and blistered, which are signs of fever and cleansing reactions. These signs are very likely to persist in individuals who vacillate between extreme diets, such as macrobiotic and fruitarian. A fruit diet maintained over a period of several months will flush out most of the toxins which have not been removed on the previous dietary regime.

Fruit is both food and drink. Adequate intake of pure fluids during the transition insures daily evacuation. If one lives under tropical conditions, working in hot sun, one can lose a gallon of fluid daily via perspiration. One must adjust the amount of fruit consumed to his or her activity and to the climate.

On a fruit diet, it is very important that the food is organically grown and eaten at the stage when it is ready to drop off the tree at the peak of ripeness. To make such a diet complete, it is important to have daily exposure to the sun, to live in an unpolluted atmosphere and to conserve one's sexual fluids.

Have the first meal at noon and the last one no later than six in the evening. Fast at least two days a week using distilled water, fruit juice or nothing. Consume enough bulk or take enough sub-acid sweet juice to insure daily evacuation. Progressively decrease the size of meals, and eat predominantly ripe, juicy fruit. Avoid heavy fruit such as avocado and banana or the fibrous fruits such as pineapple. Yearly, decrease the number of meals you eat each week. Stay away from nuts.

Peter Max, the well-known artist, is fast becoming a fruitarian. "God is the greatest cook. When food falls off the tree that means it is ready. God prepared the food to the right temperature, taste and energy."

Over the years, I have met a few women who persisted on a fruit diet and frugal eating in a sunny environment. Thirty-five year old women had the bodies of fourteen-year-olds — sparkling eyes, radiant complexion, lustrous hair and an aura of God-consciousness.

FRUITARIAN DILEMA

To be a healthy fruitarian up north without eventually suffering some undesirable consequences is difficult, if not impossible. A total mucusless diet, unless rich in chlorophyll or green sprout juice, is just as dangerous. Consider the following story of Dr. S. Bass and his dietary experiments (234):

"After trying many food programs I came under the influence of the writings of Arnold Ehret whose simple philosophy of health and disease appealed to me. He claimed that fruit was the perfect food of man, and that one could live on it alone and be perfectly nourished. He allowed some green leafy vegetables. 'If desired,' and on rare occasions [only during the winter] nuts in limited quantity. The very persuasive style of his writings fired me with so much zeal that I decided to try his system of living on fruit alone for two weeks. After the two weeks I went on a fruit diet that included proteins such as nuts and followed this with longer periods of an exclusive whole fruit and juice regimen. I experienced states of euphoria, buoyancy and the ability to do more work, mentally and physically. These apparent improvements propelled me to search for more knowledge concerning nutrition in order to attain physical perfection.

"In my fervor I finally decided, in 1941, to live on an exclusive fruit and fruit juice diet and at the same time continue to work. The diet consisted of MANY FRESH ORANGES AND ABOUT ONE PINT OF PINEAPPLE JUICE DAILY. I lost at the average of one-half pound per day for about ten days. Thereafter, I lost about four ounces daily. After the third week my weight remained almost stationary and I lost only three additional pounds from the third week in the tenth week. I felt better and stronger for the first three weeks but after the third week on my fruitarian program, I observed a drop in energy which was accompanied by an intense DESIRE FOR PROTEIN FOODS. Though it was difficult to keep away from protein foods I managed to do so. While on this program I noticed symptoms such as mild BLEEDING OF THE GUMS, with some RECESSION, and some pitting of the TEETH. Also present was a general EMOTIONAL SENSITIVITY and irritability. At the conclusion of this regimen I returned to protein foods [nuts, cheese, etc.] for two months. I followed this with fourteen days EXCLUSIVELY ON A GRAPEFRUIT JUICE DIET. After this period followed a mixed fruit and vegetable diet for several weeks. I then went for seventeen days on a grapefruit juice diet. At this time I noticed greater recession and bleeding of the gums along with toothaches and the loss of two tooth fillings.

"It was at this point that I began to have serious doubts about the efficacy of living on fruit alone. I was forced to reconsider Ehret's theory as a result of the new physical and mental disturbances that I experienced. I became disillusioned and disheartened and did not know which way to turn.

"A few years later, after four years of college work, I became a practitioner and was then in a position to observe clinically the ill effects of EXCESSIVE FRUIT EATING, or an exclusive fruit diet, on a large number of people. Overindulgence in fruit [alone with other carbohydrate foods] is the most common violation among vegetarians, natural hygienists and other followers of radical food regimens.

"The harm which results from EXCESSIVE FRUIT EATING, is not quickly discernible. It sometimes takes many years before the ill effects manifest themselves. In some cases negative results occur within six months, in others it may take one to three years and even longer. Fruit contains the simplest SUGARS, such as glucose and fructose which are monosaccharides and enter the blood stream rapidly. The immediate effect, WHEN FRUIT IS EXCESSIVE, is stimulation, that in many creates a feeling of exhilaration. But the later effects of OVER CONSUMPTION are great restlessness, nervousness, argumentativeness, inability to concentrate, hypersensitivity, loss of weight, lassitude, fatigue and loss of appetite that alternates with food hings that are extremely abnormal.

"AN EXCESSIVE FRUIT SUGAR intake leads to what can be called carbohydrate intoxication which will interfere with normal protein metabolism even though the protein intake is sufficient. Signs of protein deficiency that have been noted following carbohydrate-protein imbalance are ridging and splitting of fingernails, anemia, loss of hair, general loss of energy, venule and capillary breakage [rupture of the small hair-like blood vessels close to the skin surface], swelling of the ankles and feet, varicose veins and hidden fluid retention, slow clotting of the blood and delayed healing of wounds. Hemorrhoids frequently swell a few hours after a binge on dates or dried figs. Emotional outbursts after the slightest provocation may follow with long term violators. Some may become insomniacs, while others want to rest and sleep almost constantly. Many more abnormalities could be mentioned to illustrate that one cannot be indiscriminate in eating even natural foods.

"THE OVERCONSUMPTION OF FRUIT SUGARS AND MORE COMPLEX CARBOHYDRATES leads to oversecretion of insulin by the pancreas [hyperinsulinism] which is followed by a rapid "burning-up" of sugar in the blood. This results in low blood sugar and a lack of energy; that in turn creates an irreplaceable desire to indulge in sweets again. Thus a vicious cycle is established which can be controlled only by proper regulation of sugar intake. In some individuals long continued overactivity of the pancreas caused by high sugar intake can lead to a form of diabetes."

The following lessons can be learned from the experience of Dr. Bass. Professor Ehret developed his practice in the days of relatively low pollution when the fruit was grown organically and was generally picked tree ripened right from one's locale. They were grown with love by happy farmers. Today, under city conditions, fruit is not fruit.

Under city conditions, the carbon monoxide (CO) content in the air is two to four hundred times higher than in the pollution free countryside. The CO gas inactivates the hemoglobin oxygen carrying capacity and will bring on anemic condition. Over 75% of city dwellers are anemic. Likewise, many essential dietary factors are used up by the body to neutralize the corrosive effects of the many airborne gases and chemicals. A diet rich in chlorophyll (or sprout juices) can effectively and quickly correct anemic conditions (see: chlorophyll). A diet of fruit is inadequate to compensate for these dietary losses. I have witnessed several cases of young persons on a mucusless diet in Washington, D.C., N.Y.C. and Boston who were anemic. The condition was not corrected until they included fermented seed preparations (which created some mucus) or increased the intake of sprouted green juice to several glasses daily.

A diet with emphasis on citrus and pineapple can dissolve any fruitarian. One purchases in the city inorganic fruit in an unripened state which is embalmed with chemicals. Even when organic, the fruit is generally picked unripe and has gone through nutritional losses due to the timelapse between the harvest and the time of eating. These highly acid fruit will inactivate some of the hemoglobin, produce gum bleeding and dissolve teeth. I have seen in my practice several such cases where in a single summer in Boston on a diet of grapefruit and oranges the front teeth were reduced to half of the original size.

Vegetarians often overindulge in carbohydrates (in the form of grains, bakery products, potatoes, dried fruit and in some cases fruit) or proteins (nuts, seeds and legumes) which is their stimulating substitute for the flesh foods they have given up. The same is true for fruitarians; they are prone to excess in sweet or acidic fruit.

Overindulgence in fruit (as well as any food) will magnify overacidity, since the condition will come not only from unripe acid fruit but also from fermentation. Fruit in excess quantity stays in the digestive tract for a long time because of bulk and does not allow the stomach to empty from one meal to the next. It goes through the same process as a grape in the manufacture of wine. The overindulgence and associated fermentation leaves marks on the face in the form of a swollen lower lip (see physiology). Furthermore, through overeating of fruit, the high sugar content can bring on carbohydrate metabolic disorders. This is very infrequent and will appear only in individuals who have associated complications already. The gorilla, which consumes up to 40 pounds of fruit in a single day, is not noted for sugar disorders; however, the overindulgence is the responsible factor for the short lifespan of this animal.

Even in an ideal environment many experimenting fruitarians, because of a long past history of dietary processed foods, must go through the suffering of rebirth which takes much longer than two months. It can take up to a year, and longer, to become totally detoxified and feel the strength that can be experienced on a totally frugal fasterian fruit diet.

If one does a rapid diet change, the internal body acids which are dissolved by fruit juices can make one feel very weak, lead to the discharge of large quantities of mucus through the mechanics of a cold or flu or bring on open sores and blisters as the toxins are being discharged through the eliminative function of the skin.

If the cleansing process is too speedy, one should go back to vegetable juices, mucus lean sprouts, avocado, banana and some fermented seed sauces. Do occasional fasts. Wait for a time when you can afford to have unlimited rest in a favorable environment to do a complete detoxification program.

The fruitarian program when diligently pursued in an ideal environment can result in the most dramatic rejuvenation. I would like to share the experience of a few such individuals.

Several years ago, I picked up two hitchhikers, a man and, what I thought, his teenage daughter. She had the physical features of a woman, but everything about her gave the impression of a little girl. She was 18. Her iris was completely clear and glistened in blue colors. Her hair radiated with life and her skin was without blemishes, luster clear. She spoke with wisdom, frolic, wit and zest. To my surprise, she had been a fruitarian for ten months.

She became a fruitarian in an unusual way. She was obese. The doctor told her she needed to lose 60 pounds. He gave her a calorie chart and a conventional diet. After experimenting on a variety of foods, she saw that she had no desire for most foods unless they are processed or highly seasoned — two dietary no-no's. So she decided to do the weight loss in the quickest possible manner. She decided to eat only fruit because it tasted good and was low in calories. She also decided to eat very little. The cleansing activities of her body caused her to pass out several times; there were also occasional vomit fits and some other symptoms of detoxification. Her parents tried to force her to eat other foods, especially meat. The family doctor wrote up medical prescriptions. She cooperated with neither her parents or the doctor. Instead, she ran away from home. During a period of 6 months she lost 70 pounds. By continuing the fruit diet, she gained 15 pounds. Her current food intake is one orange a day. She takes in sun rays and plenty of outdoor physical activity. There are days when she eats nothing.

The second case is a man of 38. I have been acquainted with him during the last two years. He, during a period of 3 months while living in the nude in a Florida orchard, regenerated his features to that of a young man. His face lost all of its lines and wrinkles and much of his receding hair line grew back. His diet consisted primarily of treeripened organic oranges, tomatoes from a local garden and occasional avocado from the neighboring trees.

FUTURE FRUITARIAN FARMS

Dear Victorias, As we are preparing to depart for Central America where we are interested in setting up our first community, I would like to share a few thoughts & feelings & suggestions with you. Since mail is so expensive we will not carry on much correspondence with fff folks, instead we will send you reports of our experiences and answer any questions you or others may have. While you will probably continue the communication flow — by person as well as newsletter or any other convenient media

If there is room to accommodate more than the 8 - 12 of us who are going now we will let you know so that whoever is interested can join us. Many fff folk have idealized conceptions about what it would be like living in such a community — this leads to confusion when confronted by the bare facts of real life situations with ordinary, less than perfect human beings who fall far short of such high-minded ideals.

However it is helpful to spell out in detail such practices and goals that outline the differences between the typical usual spiritual community & our group. The things we have already excluded from our lifestyle can best be expressed in the negative: NO FIRE — which implies no cooking, or heat, or smoking (tobacco or marijuana), 75 - 100% fruit diet, little or no clothing, shelter or other material things. Of course retain legal papers, i.e. passport etc & clothing to appear in civilization.

The question of whether Western material civilization will survive does not concern us because we do not feel that it is possible to evolve while we are experiencing such pollution as we have to endure in the cities.

We wish to lead lives guided by the principle of Ahimsa — harmlessness — which we expect will lead us to experience greater harmony with nature — awareness of other beings (no longer considered as objects of exploitation). All of us already have completed the transition away from using animal beings for food and are becoming more sensitive to our fellow insect and plant beings though it is hard to anticipate how we will be able to avoid stepping on them even after every other level of oppressing other beings has ceased. But our experience has shown us that we receive guidance at every step of the way and at the appropriate time I'm sure that the answers will be provided.

We do not use the label fruitarian because we have found that practicing glutarianism even with fruit is nearly as much of a hindrance to elimination as with a conventional diet. Besides, there are many who identify themselves as psychedelic fruitarians who use substances other than fruit to achieve their "high", "heavenly", "paradisical" state of consciousness. Then we also find other juicearians (liquidarians) who use "dry" supplemental "vitamins" & "minerals" as stimulants to keep their energy level up; in addition some fruitarians use "cooked juices" packed in some non-biodegradable bottles and cans. Others even use honey which they might label bee fruit. Then there is the well known use of herbs which Johnny Lovewisdom labels Vitarianism when combined with fruit. We need not discuss the use of seeds & nuts.

The usual explanation of fruit diet is similar to the rationale of the vegetarian diet, health & ethics (compassion). Healthwise it provides the least poisons or stimulants to the body of any food, when fully ripe, and aids in the elimination of previously stored toxins. According to fruitarianism it is the only way of eating that does not destroy the plant or its potential for growth (seed), rather it is often considered an aid in propagating the plant/tree by placing the unbroken seed in a location which might be more conducive to its growth away from the bearing plant while using the liquid flesh part of the fruit as a source of nourishment.

Love, Just 4/1/74





Fruitarian Child



Just

FRUITARIAN PATH

Pollutants are much heavier than air; as a result they sink to the lower levels. Live at least 50 miles from centers of pollution, preferably at a high altitude.

High altitude is where you find more sun, cleaner air and increased solar radiation. Grown at higher altitudes and near the equator with more ultraviolet rays, fruit have up to ten times the vitamin content of the same fruit in the U.S.A.

Your lungs will increase in size and your stomach will become more and more of an appendage. The stomach was originally to be used only under unnatural conditions for survival.

One should choose tropical mountains to live in. Avoid locations with a wide temperature range. They are not conducive to simple living. However, the highest known concentration of centurians occurs in high mountains with extremely cold winters, such as the Himalayan Mountains (Hunzas) or Ural Mountains (White Russians), as well as subtropical Andes mountains. One can survive the cold as long as one has pure air and knows the secret of correct breathing.

After complete detoxification, not only will urine, saliva and skin secretions be alkaline, but also, they will have the taste and fragrance of the fruit eaten. Such a body is a delight to companions and to God.

As you adopt this simple diet your craving for food will keep getting smaller and smaller (also your digestive tract will contract to one-fourth, or smaller, of its previous size). Your strength will increase. On a fruit diet, less energy is wasted in digestion. Fruit has no starch, little fiber. Hence, you will experience increased vitality in all activities.

I lived for months on fruit and for three weeks on orange juice. After the fourth day of juices, the cleansing reaction ceased. My breathing was such as I had never experienced it before. I felt like I was doing deep breathing exercises continuously. My nasal passages felt expanded manyfold. This mucusless diet opened my sinuses completely and my breathing apparatus functioned at the level intended for this divine organ.

After the juice diet, I tested my body. I ate a few nuts. Within minutes, my head was clogged; nasal breathing became difficult; my lungs felt congested. Within an hour I had the most painful bowel movement. Initially, the fruit-feces came out soft and slightly firm. Then came the nuts, undigested, in round balls as hard as a rock. I tried a similar experiment with cooked food one day later, a small meal of brown rice and cooked vegetables. Same result — the matter passed out of my body in an undigested state several hours later.

One of the big advantages of an improved diet is higher sensitivity of taste, smell, touch and digestive organs. They will tell you which foods are non-foods for you. As your body increases its vitality on a diet closer to its needs, it vigorously rejects food which is harmful.



WHERE TO LIVE LONG

In choosing a country for a warm climate settlement, it is advisable to take into consideration the politics of the land. If the country is heavily dependent upon the import of food and essential commodities, the people would be in a desperate situation in times of food scarcity experienced by the exporters. The natives would take their vengeance out on foreigners.

It is good to choose a country which has a good size population of English speaking people or one in which English is the official language of the country.

Countries, such as Australia, New Zealand; islands off the coast of Africa; British Columbia, or even American States such as Texas, New Mexico and Arizona, although they might not be ideal, can provide survival accommodations during the oncoming ecological disaster. Before finally settling in your desired location, experiment with 3 month gatherings (see Grapewine in Appendix) to see how it feels to live under a new environment. Much information can be shared at a gathering so that you can make a better decision on a choice of land.

The temperature in subtropical mountains can be varied by moving up or down the mountain. If you want snow, climb a thousand feet and you have your own Alps. If you want to experience the tropics, just descend a few thousand feet.

The tropics at sea level are not an ideal place to live. Continuous humidity and decay of vegetation is not conducive to good health and long life. The high content of water vapor, carbon dioxide and sulphur derivatives makes the air unfit for humans. The air at high altitudes is quite different. The ideal temperature ranges from 60 to 90 degrees, with low humidity.

To avoid nuclear fallout, settle in the morning shadow of the high Andes mountains. Fallout travels east to west while the earth rotates 17 miles a minute so fallout cannot descent fast enough to reach the morning shadow of the Andes. A.E.C. measurements show the least fallout in the world in cities immediately west of the high Andes such as Antofagasta, Chile and Quito, Ecuador. The higher strontium 90 count in East South America is highest in Rio de Janiero. The northern part of the globe, including the U.S.A. has the bulk of fallout now. (Order of Paradise, Johnny Lovewisdom)

If possible, move to the higher altitudes of the tropical or subtropical regions of Mexico, Texas, South America, Australia. Avoid all areas where non-organic gardening is practiced. Use the readings of Edgar Cayce and other prophets as an aid to the choice of area. Much of our land mass will be revamped by geological turmoil, especially the coastal areas like California, New York, Boston. As your diet improves, away from pollution you will develop the uncanny power of prophets, primitive people and animals. It will guide you to avoid natural catastrophes which will ravage the land.

Nobel Prize Winner, Alexis Carrel, spoke of the availability of infinite access to all universal information. This takes place as soon as human beings become more like the divine beings they were created to be. Carrel said: "Each part of the body seems to know the present and the future needs of the whole and acts accordingly. The significance of Time and Space is not the same for our Cells as for our Mind. The body perceives the remote as well as the near, the future as well as the present" (Man, the Unknown). You need only to train the mind to have access to this information through daily meditation.

Take tools and books — ancient scriptures, human physiology, astrology, geography, yoga and esoteric studies. A shortwave radio will keep you in touch with civilization. A sailboat can aid you to reach uninhabited islands, free from the plagues of civilization. It will provide transportation for your brothers and sisters, plus supplies.

Having chosen a locale, unless you are capable of keeping your own and God's company, take along at least one other person. It is always wise to think in terms of starting a community for spiritual development and the new life styles that will follow the collapse of the present earthlings' attempts at living. You are forerunners of a new future.

THE FRUITARIAN HEADS

"The ancient wise ones taught that there is a spiritual realm within the human being. "The kingdom of God is within you," (Luke 17:21). That includes everything and all. The spiritual realm of the human being is located in the spiritual chambers of the skull, called the "Golden Bowl" (Eccl. 12:6).

"These Chambers, the functions of which are unknown to modern science, are five in number . . . and they are symbolized in the ancient scriptures by certain five as: 'The Five Golden Emeralds' (Is. 6:4), the 'Five Loaves' (Matt. 14:17).

"The Sankhys doctrine states that the Five Physical Senses . . . are the exteriorized products of the five corresponding spiritual centers which are as follows:



1. Frontal Sinus – a cavity in the sphenoid bone of the skull.
2. Sphenoidal Sinus – a cavity in the sphenoid bone of the skull.
3. Maxillary Sinus – largest of the five, and resembling a pyramid in shape.
4. Palatine Sinus – a cavity in the orbital process of the palatine bone and opening into either sphenoidal or posterior sinus.
5. Ethmoidal Sinus – this chamber consists of numerous small cavities occupying the labyrinth of the ethmoidal bone, and in these cavities are situated the small, mysterious glands known in occult science as the Intellectual organs." (166)

The Sinuses communicate directly or indirectly with the nasal cavity. They are lined with mucous membrane extending into them from the nose. For protection, nature has placed the sinuses in a bony enclosure. To prevent their destruction by polluted air or wrong food, they become filled with mucus.

On a frugal, liquid-fruit diet or water fast, eventually these sinuses are opened. Therefore I do not recommend such practices in the city as the polluted air will destroy their spiritual function. With proper diet, proper environment and proper meditation, the sinuses become a receiver-transmitter which enables one to reach other individuals and to be in touch with the cosmic consciousness. In my mathematic studies, I have found that there is a one to one correspondence between circuit theory and nerve network theory. The brain can duplicate all the functions of a radio except on a much higher frequency. If you are tuned in to the universal spirit, you will be able to follow its guidance.

AQUARIAN FAMILY

"The Mother explained the future body to the children of the Ashram: Transformation implies that all this purely material arrangement will be replaced by concentration of force, each having a different mode of vibration; instead of organs there will be centres of conscious energy moved by the conscious will. No stomach, no heart any longer, no circulation, no lungs; all this disappears and gives place to a play of vibrations representing what these organs are symbolically. For the organs are only the material symbols of centres of energy; they are not the essential reality: simply, they give it a form or a support in certain given circumstances. The transformed body will then function through its real centres of energy and not any longer through their symbolic representatives such as were developed in the animal body."

SRI AUROBINDO, ADVENTURES OF CONSCIOUSNESS

"Beloved, let us love one another, for love is for God, and everyone that loveth is born of God and knoweth God."

1 John 10.7

"Fruit diet will once more enable mothers to suckle their young by producing an abundance of milk, rich in all necessary constituents but free from any dangerous matter."

FRUIT DIET AND PHYSICAL REGENERATION, DR. ABRAMOWSKI

You will find that on a diet of fruit in tropical mountains, all your needs will be provided for as are the needs of the beasts and birds of the forest. It will be easy to redirect sexual energy to the more creative life of physical and spiritual unfoldment.

Survival into the 21st Century is possible only with spiritual unfoldment. Our material needs are minimal. Today you are not doing a child a favor by bringing it into the world. If you want children, adopt them. If you choose to have a child, loving thoughts, a great desire for a child, celibacy after conception and happiness are the most important ingredients to develop in him or her a superior intellect, spirituality and vitality.

Chastity should not be drudgery. If it is, then the sexual experience has much to teach you and this incarnation demands it. Approach it with loving heart and best nutrition. Spend days of abstinence to rebuild your reserves. Follow the natural rhythm of the female. A light fruit diet prevents pressure of intestinal gas and waste on the seminal vesicles so that a man is not plagued with sexual tensions. A light diet also prevents irritation of the sexual organs in both female and male. The practice of Karezza (intercourse without loss of sexual fluids) is an alternative to those who are into this pastime.

In nature the function of sex is to insure the continuation and perfection of the species. If anything such as toxicity from eating meat, high protein seeds or stimulants threatens the existence of a human individual, instinctually the sex drive becomes more intense. Nature attempts to create descendants in whom she can attain the perfection she failed to achieve in this generation. In nature the unhealthy organism, provided it still has enough energy and internal nutrients, participates more intensely in sexual activity than the healthy one. In a healthy organism, the sexual energy is channeled to cell regeneration and the continuous joyous perfection of life.

Human Godliness, with consciousness of everlasting life and ascension to the bliss of perfect attunement with the universal rhythm, will be ours when we return to a sunny land and a fruit diet. By altering the electromagnetic sex currents, Ida and Pingala – male and female elements – through mind and body chemistry, the Kundalini force will rise to the thousand petalled lotus.

100 YEAR OLD FRUITARIAN YOUTH

Through the practice of yoga and meditation, the psychosomatic centers of the parents will be awakened, ultimately resulting in a new species of being.

Edgar Cayce in his readings of Jesus describes how the Essene community was formed. From astrological calculations, a few students of the esoteric foresaw that in several generations there could be born on earth a Christ. They dedicated their lives to the task of preparing for him the most perfect environment. They lived on a simple diet, performed essential duties, practiced eugenics and purification of body and spirit. Their preparation resulted in the virgin birth of Mary, followed by Jesus.

The Essenes were great healers, prophets, teachers, scholars, agriculturists and vegetarians. Some of their scholarly works are being discovered in the Dead Sea Scrolls.

Study books on natural childbirth and your favorite intellectual and spiritual writings. Your aspirations and activities will change the nature of the hormone balance — the environment of the fetus. A happy mother will produce a happy, healthy child. Each emotional-intellectual activity will create a new hormone and blood composition; the hormones will teach the fetus music, poetry or mathematics.

Before conception, both parents should detoxify their bodies for at least six months on a live food diet. Part of the cleansing should be a two or more week fast. On a fruitarian diet, at least two months after cleansing reactions have ceased and menstruation has stopped or has been reduced to a clear flow lasting no more than a few hours, you are ready for conception.

On this natural diet, you are conscious of all your body functions, including reproduction. You will know exactly when you are fertile and when you are pregnant.

In all life forms the highest concentration of nutrients is always found in the seed. The human being is no exception. To maintain an improved nutritional environment in a detoxified body, stop the loss of important nutrients (lecithin, Vitamin E, calcium, hormones) through orgasm and menstruation. During orgasm, the oxygen deprivation experienced in the bloodstream can damage the fetus brain.

Heightened emotional experience causes the ductless glands of the mother to secrete strong stimulants, which are excreted in her milk. Intercourse also reduces the nutritional value of the milk. Practice continence from before conception until the end of weaning. Animals and natives living in a natural setting follow this pattern. There is a time for everything.

Your child will need no food other than mother's milk for at least two years. When teeth start developing one is ready to start eating fruit. A child instinctively chooses fruit over all other food.

Your child may have gone through a million years of life experience through many incarnations. Provide an environment of love in which each day the child will have the freedom to open another petal of the infinite lotus centered in God. Be open; each one of you has something to teach and to learn. We are here on this planet to share, to love, to strive for the spiritual, to live simply. If what you have learned is good, pass it on to others. We must impregnate the soil with a new consciousness. From such families will grow the new earth.

The fruitarian child will be physically a youth at 80 or 240 or 978. Aging will be completely eliminated. It is not part of the makeup of such humans. The child's mind and spirit will radiate the consciousness of an infinitely wise and joyous universe. He and she will be all-knowing, all-powerful and all-loving. This will be the return of gods to the earth.

TROPICAL TRIP

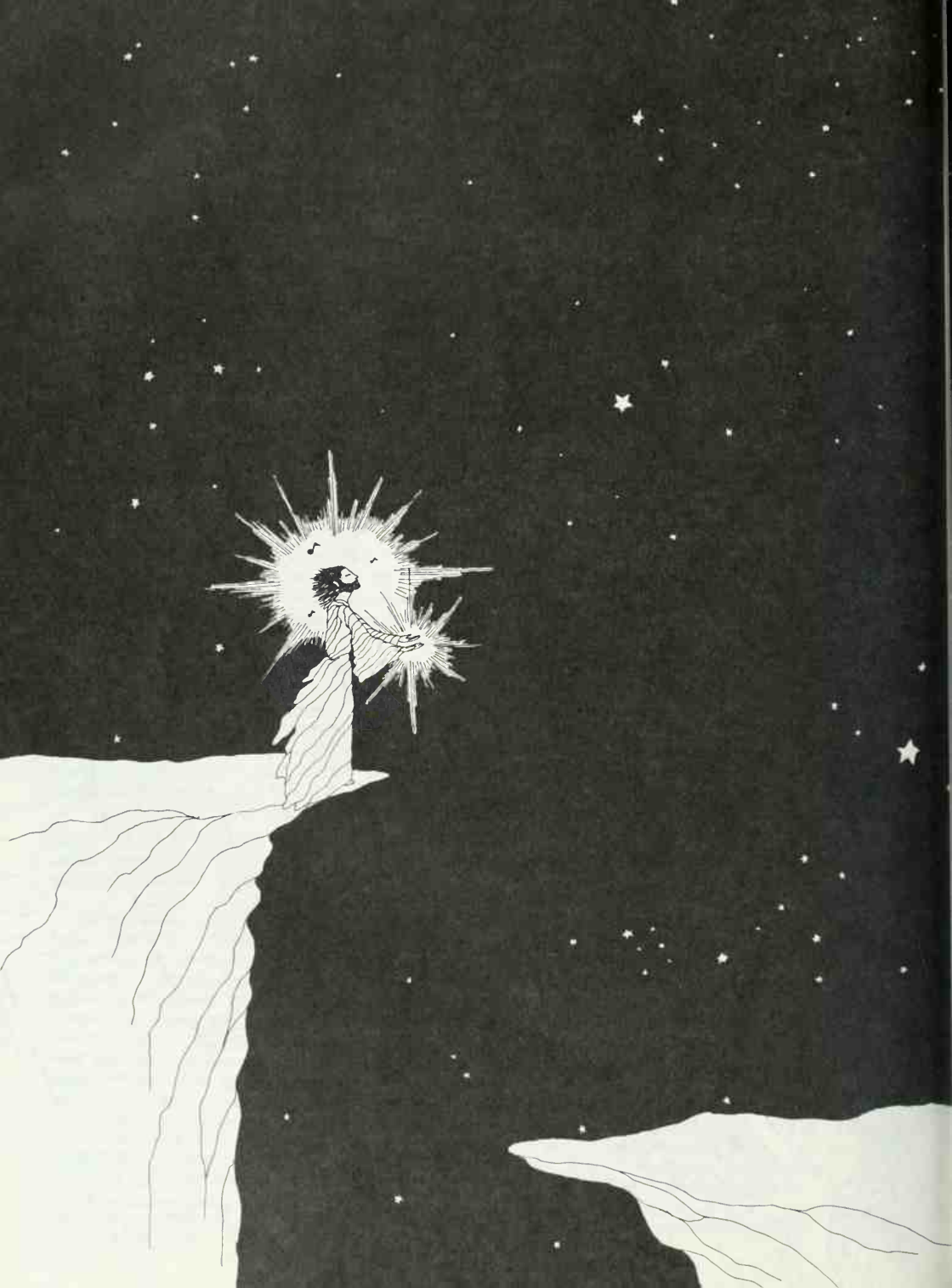
Before heading for the tropics or warm climate it is important to be detoxified on a mucusless diet (see: Fruitarian Festivals). It is bad enough to be confronted with language and cultural problem without also becoming sick. In dealing with the people be loving at all times, this is the only language everyone understands. If famine becomes widespread, affecting your new country of residence, there will be no safety for foreigners like yourself. Head home or for some other country. Be careful about settling in countries where there is a large contrast between the super rich and the super poor.

In warm climate the most common complaints are sores, infections and boils. Even the "detoxified pure" develop problems from drinking bacteria infested water. A friend died from drinking water from a stream. Fresh juices served at commercial stands can have polluted water, milk and sugar mixed in. Vegetables may give you worm problems. The safest food is fruit.

To cope with amoebic dysentery carry tincture of Ipecacuanha. Take small doses, it can cause vomiting. Bayberry bark is good for many ailments. Burdock and Echinacea are good for skin troubles. Golden seal and garlic will aid skin, liver and other problems. Do not forget the local grasses.

Read the book Pilgrim's Guide to Planet Earth before leaving. The suggestions are very and it has a complete directory of new age centers. Use the Mother Earth News free contact advertisement to find other sisters and brothers who would like to take a journey. For safety, females should travel with a male companion.





BREATHARIANISM

SUNSHINE FOR LUNCH

"NOT FOR EVERYBODY"

HESSEAN WALL

"I can't believe that," said Alice.

"Can't you?" said the Queen in a pitying tone. "Try again. Draw a long breath and shut your eyes."

Alice laughed. "There's no use trying," she said. "One can't believe impossible things."

"Idon't say you haven't had much practice," said the Queen. "When I was your age, I always did it for half an hour a day. Why, sometimes I've believed as many as six impossible things before breakfast."

"In Christ we shall neither hunger nor thirst."

JOHN 6:35

"It is written that it is not by bread alone that one can live, but by every word which proceeds from the mouth of God"

Matthew 4:4

"The human being was created perfect, and placed in a garden of fruits and streams. He and she were free of all bodily appetites and had no desire to taste the fruit or quaff the water. Moreover, they had been commanded by Divine Providence not to eat or drink as that would inject foreign substances into their perfect bodies, causing them to deteriorate, decay, and die. People were mere children when a hundred years old, and none of the infirmities of age. When ready to pass on to the region of the superior life, it was a gentle slumber."

FABLES OF ANCIENT MAGI

"Let them who seek, not cease seeking until they find, and when they find, they will not be troubled, they will marvel and will reign over the All."

THE GOSPEL ACCORDING TO THOMAS

"If you do not take food, that already frees you from this unconsciousness that you have no longer to assimilate and transform within you: that liberates energy in you. Then, as there is an instance in the being to make up for energy spent, if you do not gather it from food, i.e., from below, you make automatically an effort to draw it from the universal vital energy which is free around you. And if you can assimilate that energy, assimilate it directly, then there is no limit to your energy."

SRI AUROBINDO

Breatharianism was the most perfect state of the human being. He and she lived on solar radiation. The food and drug addicted masses through habitual gluttony have closed the entry of the spirit. When the stomach works, the vital force is centered in the digestive organs instead of the five sinus chambers in the head. Few search out the cosmic truths of life and put them into practice. "O how narrow is the door and how difficult is the road which carries to life, and few are those who are found on it." (Mat. 7:14)

Every life process is reversible. It might take from a few weeks to many years to make the transition back to the most fitting diet for the human being — paradisiacal fruit. Those who have the soul of Methuselah and a body fit to climb the peaks may well transcend even this height to attain breatharianism. Professor Hilton Hotema discussed the subject in *Man's Higher Consciousness*. The lungs, not the stomach, are the life organs. The life line is the spinal cord, not the alimentary canal. The most vital function is breathing. "If human beings consumed only radiation through his and her respiratory organs as they did in an early Golden Age, when they lived a thousand years according to tradition, if the radiation were never polluted, if the procreative function remained dormant, sickness would be unknown." Professor Hotema emphasized that the return must be slow and carefully thought out: "The return or transformation to breatharianism, where food is no longer essential for body stimulation, must be slow and gradual. People must slowly reduce the amount of food ingested daily in order to give the body time to meet the new conditions and adjust to the perfect physical state of long ago, when the air people inhaled supplied all the stimulation the body needed." (166)

As one decreases food intake and evolves into a breatharian life-style, physiological changes may be anticipated. The textbook, *The Human Body* (183), describes the early stages of growth of the alimentary canal: "The human digestive tract . . . in the embryo is relatively straight and uncomplicated but as development proceeds, the tubes become coiled in the abdominal region as a result of its rapid increase in length in contrast to the development of other parts of the body."

It is possible that in one or more generations, the abnormal length of the alimentary canal could be eliminated, starting with the diet and life-style of the mother. At an early fetal stage the alimentary canal is the length of the spine. By the time one reaches adulthood the canal is thirteen times the length of the spine.

There is an exchange of material between mother and fetus. If the mother is toxic and full of mucus this enters the fetal digestive tract, causing it to distend. Some newborns from extremely toxic mothers immediately vomit mucus or have a bloody stool of mucoid material. Due to faulty diet, distention of the digestive tract increases through childhood and adulthood.

A similar convolution can be observed in the development of varicose veins. At birth, the blood-carrying tubes are straight, unconvoluted and without blockages. But after many years of misuse of the body, toxic deposits cause them to stretch and bulge into varicosities. A similar phenomenon, perhaps, occurs in the development of the intestine. A dietary change can reduce varicose veins to their original structure. Is it possible that, similarly, the digestive tract can be reduced in length?

When people lived on solar radiation and air, they received the exact energy needs of the body. Lungs and skin collected the needed energy and eliminated waste. When you try to balance food intake you are apt to get too much of one nutrient and not enough of others.

Depending upon the climate in which people live, in order to compensate for the intensity of sunlight, the skin pigment gets darker or lighter to insure that the right amount and quality of rays will enter the cells of the body. Pigment acts as a filter which reduces both the intensity and the quality of the light spectrum that penetrates the skin.

Dr. Alexis Carrel states that "the body seems to mold itself on events. Instead of wearing out, it changes. Our organs always improvise in meeting every situation; and these means are always such that they tend to give us maximum duration."

In our time there are enough examples of individuals who have transcended the nutritional myth to give us the feeling that "what was, can be."

One heroic figure is Barbara Moore, M.D. of London. A news release (185) reads:

"A woman of 50, who looks like she was only 30, claimed yesterday that she hates food, has beaten old age, and expects to live at least 150 years. She has set out to do it by giving up food.

"Twenty years ago she ate three normal meals a day. Slowly for 12 years she reduced her eating until she was keeping fit on one meal a day of grass, chickweed, clover, dandelion and an occasional glass of fruit juice.

"Five years ago she switched entirely to juices and raw tomatoes, oranges, grasses and herbs. Now she drinks nothing but a glass of water flavored with a few drops of lemon juice.

"She says, "There is much more in sunlight and air than can be seen with the naked eye or with scientific instruments. The secret is to find the way to absorb that extra - that cosmic radiation - and turn it into food.

"Each year she goes to Switzerland for the better air and climbs mountains on a diet of water from the streams. 'You see,' she explains, 'my body cells and blood have changed considerably in composition. I'm impervious to heat and hunger or fatigue.' She continued:

" 'Winter or Summer, even in Switzerland, I wear only a short sleeved jumper and skirt. In cold weather people stare at me. While they shiver in furs, I am warm. I'm as strong as a man, and need only 3 hours sleep for mental relaxation. As my body is free of toxins, I'm never ill.

" 'I had to advance slowly from vegetarianism to uncooked fruit and then to liquid. Now I'm working towards Cosmic Food (Air). I've passed the eating stage and could not eat if I desired as my alimentary canal has changed considerably. It is no longer a filthy tube and is unable to handle any fiber.

" 'Instead of thinking my life will end in ten years, I'm growing younger. Anyone can do the same if they try. The tragedy is that eating is one of the great pleasures of life. To stop eating is to experience discomfort only when the body is adjusting itself to the new course, which was the original course. I now find even the odor of food nauseating.' "

In 1961, Dr. Morris Krok of Durban, S. Africa, published "Conquest of Disease," where he reproduced a part of a speech by Dr. Moore, (186). This is an extract:

"By experimenting on myself, I've found that neither energy nor body heat comes from food. It's a fact, paradoxical, yet true, that I spent three months in the mountains of Switzerland and Italy eating nothing but snow and drinking only snow water.

"I was climbing mountains daily, not just fasting and sitting down and reading a book or gazing at the sky. No, I was hiking daily from my hotel to the mountains, often 15 miles, climbing up to seven or eight thousand feet, then coming down and walking another 15 to 20 miles to my hotel.

"During my fasting I climbed mountains daily; and if I could not on account of bad weather, I'd walk 30 to 40 miles. That proved it to me. Year after year I've done the same thing to find out whether it's true or not. For one year it may work and the next it may not work with the same body. So I've done it year after year and find that neither energy nor heat of the body comes from physical food.

"When I discovered this I went a step further, I wanted to see whether I could live without food at all, not for two or three months, but for a longer period. I found this also possible, but not quite on an ordinary level, as it were. I can do that in the mountains, but it is more difficult when I come down to an ordinary level. I find the air is different.

"I hope in time to live entirely on air. . . . I'm a very busy person and have little time to sleep. I'm never tired or hungry.' "

In the press and occult magazines, there are reports of many examples of breatharians:

Balayogini Sarasvati (Amma, India) for 3 years lived on water only (187).

Marie Frutner, a Bavarian girl who lived on water without food for 40 years, was under observation for a time in Munich in 1835 (188).

Judah Mehler, Grand Rabbi, 1660-1751, ate and drank sparingly one day a week, broke his fast about twelve times a year on Jewish holidays, led a busy life as Rabbi of 3 communities, lived to be 91 (Ripley's Believe It Or Not).

Dr. T.Y. Gan (197) gave the following report on Yand Mel, age 20, who hasn't eaten for the last 9 years: She shows no signs of starvation, leads a perfectly normal life except for having lost desire for food. Her alimentary tract has become dormant and rudimentary: she takes no water.

Caribala Dassi, sister of Babulambocker, pleader of Purulia, has been living for the past 40 years without taking food or water and has done her regular household duties with no apparent injury to her health (189).

Dhanalak Shumi of Marcara, India, age 18, for over a year took no food or water; she leads a normal healthy life. At age 14 her appetite diminished until she could not assimilate anything. The Indian government sent her to be examined at the Bangalore General Hospital, Bombay (190).

Teresa Avila, Bavarian Peasant, born 1898, has taken no food, no water and no sleep since 1926; she is not thin or sickly, works in her garden, and is described as one of the happiest persons (191).

Giri Bala, Bahar, West Bengal, now over 70 years, as a child had an insatiable appetite but has taken no food nor fluid since she was 12. She has never been sick, is an expert in pranayama and yoga, is always gay, looks like a child, does normal housework, has no bodily excretions. Her case was investigated by the late Sri Bijaly Chand Mahtab, Maharajah of Burdwan (192).

There is a beautiful simplicity in this approach. It enables one to get away from the gross and intoxicating nature of food which leads the average person to spend at least one third of his and her lifetime in the unconscious state of sleep and the rest of it in a stupor of unproductive, demoralizing labor.

The ancient ones taught in their texts that people were and are breatharian – living on solar radiation and air. Could it be possible that they were right?

LIGHT IS LIFE

"Truly the light is sweet, and a pleasant thing it is for the eyes to behold the sun."

ECCLESIASTES 11:7

Light has a physiological effect on all living things. Summer sunlight provides its worshippers with a great deal of vigor and vitamin D. Research teams are discovering that dependence on the sun is even more extensive, possibly making the difference between health and premature death. It might be stated, even more strongly, that the long term effect of air and sunlight is much more important than the diet itself. Dr. John Ott, Chairman and Executive director of the Environmental Health and Light Research Institute, states (193):

We are just beginning to find out that light entering the eyes, in addition to vision, stimulates the activity in both the pituitary and pineal glands and possibly other areas of the midbrain region that control the endocrine system and the production of hormones.

Dr. Ott became interested in light research because of a personal experience. He retired to Florida hoping the sun could improve his arthritic leg. Sun soaking failed to help. When he broke his sunglasses, sunbathing without them improved his condition in a few days, even enabling him to throw away his cane. He reported in the *Optometric Weekly*:

"Life on this earth since the beginning has evolved under the full spectrum of natural sunlight. Recent experimental studies have indicated that abnormal growth responses developed when any part of this natural sunlight spectral energy was blocked from entering the eyes. As people have become more civilized, living under an environment of artificial light, behind window glass, eye glasses, and particularly sun glasses of different colors, the balance of the wavelength energy entering the eye has become greatly distorted from that of natural sunlight."

Dr. Richard Wurtman, associated professor of endocrinology and metabolism in the Department of Nutrition and Food Science (M.I.T., Camb., Mass.), states, "The role of pineal cells appears to convert a neural input controlled by an exogenous factor (light) to endogenous glandular input (its hormones)." Dr. Wurtman recapitulates another study where the function of the spiritual "third eye" is discussed: "That pineal might have some photoreceptive capacity, at least in vertebrates, was postulated about 60 years ago by a Swedish anatomist. Noting that frog pineal cells are surprisingly similar in appearance to the cone cells of the retina, they speculated that the function of the frog pineal was to act as photoreceptor, or 'third eye'."

People spend over 90 percent of their lives in buildings and vehicles; they have declared themselves independent of the ocean of light in which they are immersed. Dr. Wurtman foresees a new concern in the near future "if, in fact, excess exposure to artificial light, or inadequate exposure to natural light has a harmful biological effect, we may soon find ourselves worrying about 'light pollution'".

Glass windows shut out the greatest part of the ultraviolet end of the light spectrum. Artificial lights are no substitute for the rays of the sun. A few years ago, the Russian scientists Dantsig, Lazarev and Sokolov states: "If the human skin is not exposed to solar radiation (direct or scattered) for long periods of time, disturbances will occur in the physiological equilibrium of the human system. The result will be functional disorders of the nervous system and vitamin D deficiency, a weakening of the body's defense and an aggravation of chronic disease." (193)

Dr. Ott reported in studies of insects that when you block out any part of the natural sunlight spectral energy from entering their eyes, abnormal growth of the body may result.

In a paper published by the Building Research Institute, Dr. J. Hardy says the penalty for shutting out even a small degree of natural light may be acceleration of the aging process.

Dr. Ott reports (193) that cell cultures exhibit a wider range of behavior patterns when subject to distortion of natural light:

"A blue filter that transmits only the shorter wavelengths produced an undulating of boiling motion not noticeable at normal speed but only apparent when the action is speeded up many times through time lapse photography. This abnormal activity closely resembles that of cells being attacked by viruses. When a red filter is used in the light source, restricting all but the longer wavelengths at the other end of the visible spectrum, the final death of the cell results from a rupture of the cell wall and hemorrhaging out of the cytoplasm."

Considering that pollutants in the air act as filters changing the quality of light from the sun which made life possible, there may be a compelling reason for leaving the city: "People are made of billions of universes called cells" which research shows to be light dependent. Therefore, so are people." Dr. Ott says: distortion or deficiency of natural light can cause "a biochemical or hormonal deficiency in both plant and animal cells."

Dr. Ott foresees (193): "... perhaps sometime in the near future the relationship between the full spectrum of the sun's natural rays and health will be better understood. Then to keep well and happy, we may find ourselves being put on 'light diets' in the same way we go on food diets today."

Research and direct observation show there may possibly be a great error on the part of the orthodox nutritionist who emphasizes the myth of a well balanced diet. Dr. Ott finds it very difficult to explain why some individuals develop nutritional deficiency symptoms while others do not on exactly the same diets.

We already know that vitamin D, which is essential to health, need not be introduced into the diet because it is created through the action of light on skin cells. This may be true for other vitamins as well. Vitamin B deficiency does not seem to affect all individuals living on identical diets.

"Residence in the tropics make it clear that a typical nutritional deficiency disease, such as beri-beri, may only affect a small percentage of the individuals living on the same diet in any particular village. Its incidence among the Philippine Scouts, for example, serving under American Officers varied between 100 and 600 from year to year out of a total of 5,000 men living on identical diets" (194).

George Ohsawa often says, "generally speaking, avoid consuming anything that contains vitamin C." The macrobiotic diet doesn't produce an obvious vitamin C deficiency. According to nutritionists, vitamin C cannot be stored in the body. You need a daily dosage. The temperature, alkaline environment and oxidation in the blood stream destroy it. Yet, macrobiotic followers do not develop scurvy. The same observation can be made about sailors who lived on board ship on identical diets. Many developed no scurvy symptoms long after some had died from the disease. It is possible that some individuals were actually manufacturing the vitamin in their bodies?

Dr. J. Lovewisdom, after several years on a largely fruitarian diet, performed an experiment which demonstrates the adequacy of air, sun and water to sustain health. He lived in the high Andes. He says: "My first long fast was endured 7 months and 7 days and 4 months later I again fasted 6 months and 17 days taking nothing but 99% pure water. Most everyone who fasts, fasts on 99% pure water since ordinary tap water contains considerable mineral matter, but I did not want the inorganic earth minerals so I used pure distilled water with a compensatory 1% from acid fruit juice of 'organic water.' The 'organic water' doesn't have a toxic waste of even 1%. Altho this 99% pure water had hardly any taste of color noticeable to others, adding the fruit juice did make it possible to drink great quantities of water, a gallon a day, that washed the whole alimentary tract. So diluted, it could not start digestive functions which brings back hunger that makes a fast practically impossible to continue. This way the digestive tract benefits from a complete rest without any unbalanced 'feeding while fasting,' so the water goes thru fast, sometimes 15 minutes after taking, serving as a natural enema. Thus my secret of such long fasts is simply in keeping the whole length of the intestines well washed, rather than letting the food residue, and even aged deposits from before one's fast, poison the blood and thus paralyze the body's muscles, cause toxic headaches, coat the tongue and even kill one." (Vitarianism, Spiritualizing Dietetics)

A yogi cataract surgeon from India said that "the peasant in India who works all day in the fields under the sun, in the evening will have a frugal meal of rice. They have been eating the same thing for ages and yet no nutritional deficiency. They get the food from the sun the way God intended."

Drs. Omen and Hipsley when studying the interior native population of New Guinea found that they showed excellent health and muscular body build. By orthodox standards, protein intake was insufficient — 15 to 20 grams daily. However studies disclosed that an additional 25 to 45% of protein was provided by internal bacteris "Clostridium refringes B," which fixed nitrogen from the air to form amino acids.

George Lakhovsky, a Russian-born scientist and medical doctor, who lived and worked in America in "The Secret Life" (195) discusses an experiment where he relates cosmic radiation to nutrition. The experiment is as significant as the demonstration of Einstein's Theory of Relativity which showed that matter can be converted into pure energy and vice versa.

"Lakhovsky's thesis is that 'body growth and maintenance depends not on food, but on cosmic rays; the body itself being a condensation of these rays' which are said to be 'streams of substance of ultra-sonic form which condense into minerals' as they contact the earth's atmosphere.

"This datum he deduced by measuring the amount of iron in unicellular organisms kept in sealed tubes. After a period of time, he found that, as the cells multiplied, the iron content of the organism increased" (195).

Several years ago, the Soviet Academy of Science publication "Transactions" (Vol. 128, No. 4) published the findings of Dr. Mikhail Valsky. Dr. Valsky incubated hen eggs in an incubator containing special air in which harmless argon gas replaced the ordinary air content. The egg-embryo died in 4 hours.

He then put other eggs in air containing the normal amount of oxygen; however, he replaced nitrogen with argon — this time the eggs lived 12 hours. Finally, the eggs were put in air containing normal components except that the nitrogen atoms were tagged. It was observed that the eggs definitely absorbed nitrogen-tagged atoms and grew chickens. Dr. Victor Kavalsky commented on Valsky's findings: "What used to be regarded as an inert gas (nitrogen) has been proven to be a gas assimilated from the air to become a part of the proteins which form animal organisms" (198).

Scientific advances show that the entire material universe is only a visible manifestation of varying condensed wave forms. Dr. H.H. Shelton, New York University wrote:

"We live in a world of waves. The further we delve into the ultimate structure of matter, the more obvious it is that nothing exists except in wave form. Electrons, long thought to be the ultimate particles of which all matter is formed, have now been shown to have a reality only as a wave form, while the atom consists of a bundle of such waves." (166)

Today it is common scientific knowledge that for most known particles, there is an anti-particle; when they come together, both are annihilated, leaving no trace. Similarly, in sound when two identical waves are out of phase they will cancel one another under proper geometrical arrangement.

Two wave forms can be added and new ones formed. Through selected filters, a complex wave form can be filtered into simpler components. In the field of nuclear physics, this could be equivalent to transmuting one atom into other atoms, not compounds. This alchemist's dream has been fulfilled in nuclear labs through the use of enormous amounts of energy and the particle accelerator. In the human body such reactions are carried out through the use of low intensity biological energy and the most precise bio-nuclear forces.

L. Kervran (196) presents overwhelming evidence that the alchemist's dream is active in the biological laboratories. L. Kervran describes the following experiment which showed transmutation of nitrogen into carbon and oxygen:

"In 1961, a rat was confined to a sealed tube for two months (along with chlorella and oxygen). The animal survived the experiment. When the sealed tube was opened it was found that the percentage of nitrogen in the air inside the tube had decreased by two thirds while the oxygen simultaneously increased."

Kervran shows that to produce potassium from the fusion of sodium and calcium about four electron volts (4ev) of energy is required. This could be furnished from the sun by a short ultra-violet ray, wave length 3,000 angstroms. Other experiments show that matter is being created from solar radiation through the condensing effect of cell geometry. As an example "the nitrogen diet is lowered below the level of normal excretion by the intestine. The excreted quantity remains higher than the total ingested quantity. Since nutrition could not supply nitrogen, endogenic production must be responsible" (196).

Emma Dietz of Harvard University in the Journal of Chemical Education wrote that chlorophyll "absorbs energy from the sun and in some unknown way uses it for the manufacture of sugar, starch and protein."

Dr. Dietz finds it difficult to comprehend that chlorophyll and hemoglobin should be so similar in structure yet play such different roles. "In the slow development of the chemistry of these two pigments, it has been an increasing source of wonder to chemists to find that two substances of such widely differing origin and function are yet so remarkably alike in structure."

Is such discrepancy between structure and function possible? I believe it is not. My belief is that hemoglobin, which constitutes a major portion of the blood solids, when unobstructed by food, in a high altitude tropical environment, will maintain the body in good nutritional balance indefinitely by converting solar radiation into essential nutrient vibrations. Nutrients are trapped solar vibrations which constitute the basis for diet. The bulk that is associated with food has to be expelled once the energy has been stripped from it. The thousands of individuals who have lived without food give weight to this argument.

The plant kingdom is made up of "light eaters." There are also some highly evolved spiritual beings who likewise are "sunlight and air eaters." The hemoglobin rich blood is changed by its encounter with light as it journeys from sun illumined skin on its journey to bring light to the dark interior of the body. The skin is the organ of "light" nutrition assimilation, just as the lung is the organ for the ingestion of "air" nutrition.

LOVE LIGHT

All matter is light waves in motion, and within light and its spectrum lies the secret of all life. The very air we breathe is permeated with the forces of light and color and the vital energy or prana that imparts and sustains life. We extract this living force from the food we eat, the water we drink, and the air we breathe.

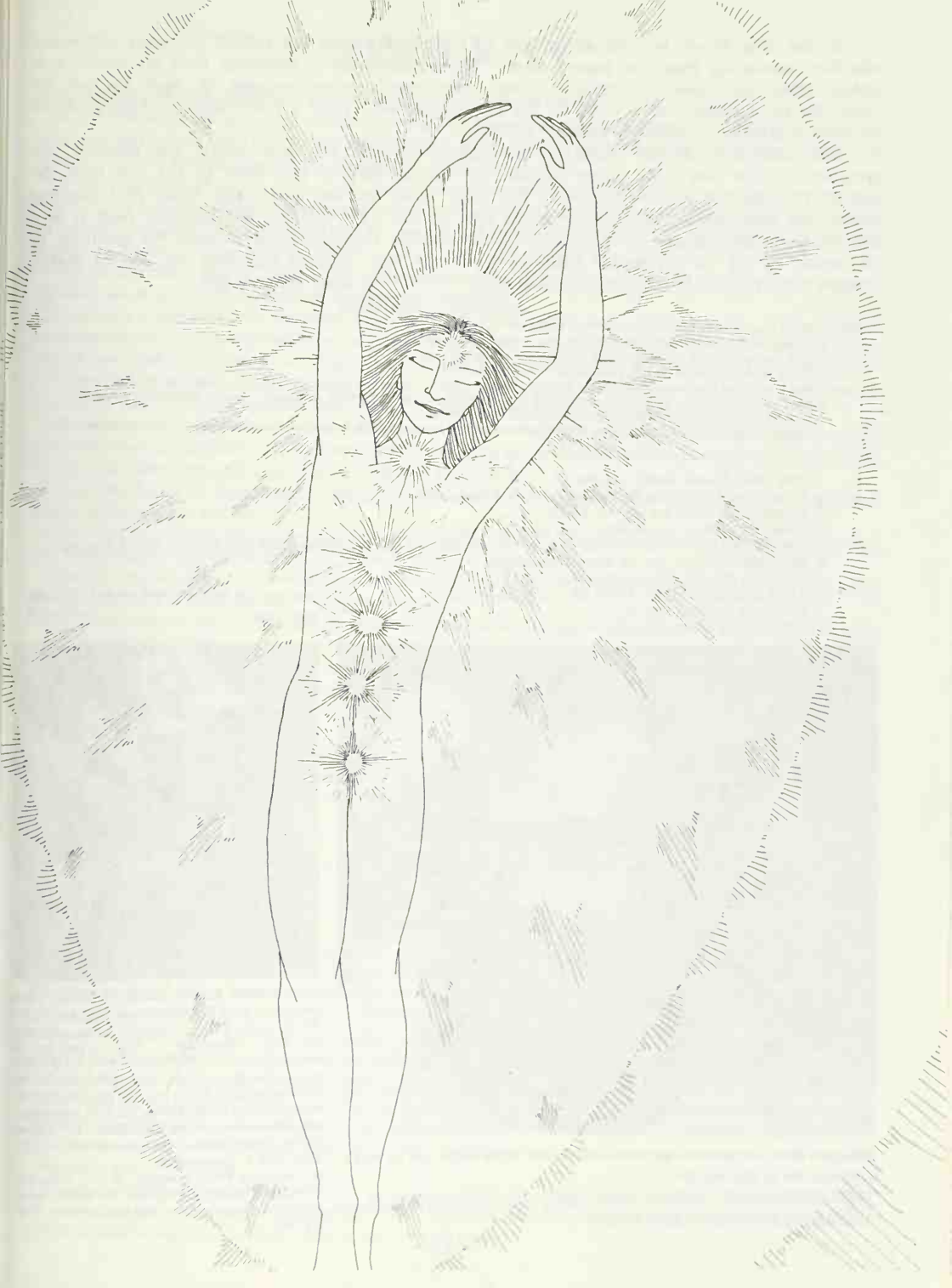
As a wave of light is projected through space, it creates a certain rhythm — a harmonious vibration of etheric matter. The trinity of colors red, yellow and blue have a definite correspondence with the three basic elements hydrogen, carbon and oxygen. The chemicals and minerals are there because of the action of the color of the sun's rays. When we breathe we absorb prana, cosmic and solar radiation and not just oxygen and other chemical ingredients.

The source of all terrestrial life — the Sun — contains within it everything of which the earth is composed and the human body as well, if it is not too depleted. That is, if we are getting the proper quantities of necessary air and food elements, the body has the ability to choose the specific color it needs from the sun. When we sunbathe or airbathe our skin breathes and our aura picks up the color it needs and rejects the others. When we eat any kind of food we are actually eating color from the sun.

COLOR CHAKRAS

Color is the great cosmic healing force which works directly on the etheric cells, replenishing and revitalizing them. Light and color have a direct action on the protoplasm of the body. They penetrate and influence the body activity by arousing sympathetic vibrations within the organism. Let us suppose that we are eating the right kind of food and yet we are not able to assimilate the elements we need. The scientific application of one or more of the visible colors will aid our bodies in making use of these elements. When light and color enter the body, the homogeneous particles are thrown into sympathetic vibration and the organism is vitalized and recharged. Health is the condition of perfect equilibrium, perfect rhythm and harmony throughout the organism.

It is important that we live in harmony with the colors of our own aura. A great deal of discord and antagonism between members of families and groups of people closely associated arises from cross-vibrations due to inharmonious color combinations within the personal aura and environment. When the auric emanations of any two individuals in close proximity to each other are not in harmony, there is no possible chance for peace and mutual understanding to exist between these persons unless they can neutralize the inharmonious vibrations by manifesting some other color vibration which will blend with the former. If these persons can through meditation, love or through the use of the Color Rays (colored lights) open a channel for the regenerating White Light to change and raise the unstable vibrations and establish its own equilibrium, then disharmony will no longer be active.



In the near future we will all be able to experience visibly and audibly the color and sound vibrations emanating from the human form. "We as individuals undoubtedly have no existence in reality other than waves, multitudinous and complicated centers, perhaps, in what we call the ether. We are analogous, in a sense, to the sounds that issue from a piano when a chord is struck or when a symphony orchestra sounds" (200).

The chemistry of the fruitarian bloodstream contains the seed which will compose the symphony of the new body. Many mortals are working hard to give birth to the new from the soil of the old. Sri Aurobindo says, "The body could become a revealing vessel of a supreme beauty and bliss, casting the beauty of the light of the spirit suffusing and radiating from it as a lamp reflects and diffuses the luminosity of its dwelling flame, carrying in itself the beatitude of the spirit, its joy of the seeing mind, its joy of life and spiritual happiness, the joy of Matter released into a spiritual consciousness and thrilled with a constant ecstasy" (201).

SUGGESTED READING MATERIAL

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3. LIVE 1000 YEARS, THE EMPYREAL SEA, Prof. Hotema [Health Research].
4. MAN'S HIGHER CONSCIOUSNESS, Prof. Hotema [Health Research].
5. THE SECRET OF LIFE, Dr. Lokovsky, M.D. [Health Research].
6. FOOD SCIENCE FOR ALL AND A NEW SCIENCE OF SUNLIGHT THEORY OF NUTRITION, Dr. Bircher - Benner, M.D. [Health Research].
7. MAN, THE UNKNOWN, Alexis Carrel, Nobel Prize Winner [DeVoss Books].
8. A REEVALUATION OF ULTRAVIOLET AS A VITAL PART OF THE TOTAL SPECTRUM by John Ott Sc. D [Ohrig Labs Inc., P.O. Box 1899, Sarasota, Fla.].

1. IEEE Trans. Biomed. Engin. 15:4 Tan 68.
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"And seek not what you shall eat and what you shall drink."

LUKE 12:29



From TERESE NEUMANAITE, J. Burkus (Suduvos Press 4434 S Fairfield Ave, Chicago, 1953). Teresa, since 1926, has daily 1 tsp of water and holy communion. Her sleep is a 20 minute meditation. Her favorite work is growing flowers for the church. In physical activity she never seems tired. She is psychic and has done astral travel. Her foodless living has been attested by scientific committees (dr. Fr. Gerlich, Die Stigmatisierte Teresa Newman von Konnersreuth, 1 128-136; Also J. Teodorowicz, in the Life of Teresa Newman, p. 326 - 343). She is stigmatic, during which period she losses up to 6 pounds. She gains the weight back after an evening rest.

Shivapuri Baba, 112 years of age, who died recently at the age of 135. He was a fruitarian for at least two decades.

LONG PILGRIMAGE, J. Bennett. (Hodder Group Sales Div., Saint Paul's House, 8/12 Warwick Lane, London E.C.4 Britain)

LONGEVITY

LOST WISDOM OF THE ANCIENTS as shared in publications of Health Research:

Why the unprepared mind cannot separate truth from falsehood. Physical instruments show the inner or solar being exists in a vibratory plane far above that of the body. The body is physical, the occupant of it is 4th dimensional. Mind power is infinite and limitless; it crosses the time-space barrier; it penetrates steel as easily as space.

The individual controls his or her destiny, works out salvation and completion by knowing the following: the divine processes of the body, the dormant organs and lost powers, the mysterious chambers in the skull (the sinuses), the workings of the glands, the positive and negative solar organs in the body, the seven seals or chakras, how the kundalini gives liberation to the yogi and bondage to the fool, purpose and development of pineal gland and pituitary body, the laws of rhythm, polarity and correspondence; cosmic polarity, cosmic trinity; how to transmute sex force into brain power, the five kinds of cosmic prana, breathing, law of birth, death degeneration, regeneration, immortality.

The meaning of immortality. The symbology of the sacred beetle which is self-begotten. When the creative fires have passed up through the spine and activated the pituitary and pineal glands opening the single eye that fills the body with light, the human being is then raised up, not from an earthly grave but in a state of consciousness where the glory of God can be realized.

The human being was placed in a garden. This home was not a hostile region of ice and snow, but a place perfect for habitation and equal in state to the perfection of the being created to occupy it, thus perfect correspondence prevailed.

And then, according to the Bible, it required only eight generations for the human being to disrupt that harmony. And in eight generations more the degenerative effect of the disruption caused the human life span to hit the low mark of 148 years, in the case of Nahor (Gen. 11:26). And it has hovered around that point ever since.

People were free of all bodily appetites and desires. Perfection lacks nothing and needs nothing. It is completion. But civilization is opposed to perfection.

Better living for longer life will never be taught in public institutions. Better living for longer life brings reproach down upon all who favor it publicly and was the basic cause of the crucifixion of the gospel Jesus.

Authors of natural history assert the wild hog in its native state lives to the age of 300 years; the eagle lives 500 years; some parrots live 600 and 700 years and some turtles live 500 years.

The human being, the climax of Creation, the most perfect organization produced in billions of years, should logically outlive all other animals. No scientist has ever been bold enough to place a limit on human duration. All data on that point is based on past experience, and experience is what has been but is not what should be.

If one animal can live 500 years, why can't the human being? It's possible to learn the reason for a turtle's longevity. By applying those principles to our way, we too would live, to say the least, as long as a turtle. Some day it will be done when medical art has vanished and passed into history.

Flora Thomson of North Carolina died in 1808 at the age of 152. Zora Agha died in Turkey in 1935 at the age of 162. Jose Calverto of Mexico died in 1921 at the age of 186. Thomas Garn of England died in 1795 at the age of 207. Le Chung-Yun of China died in 1933 at the age of 256. Numas De Cugna of India died in 1565 at the age of 370. According to Homer, Dando the Illyrian, lived over 500 years. (MAN'S HIGHER CONSCIOUSNESS, Hotema)

Wm. F. Warren, in his book, **PARADISE FOUND OR THE CRADLE OF THE HUMAN RACE** presents the opinion that humankind originated on a tropical continent, now at the bottom of the ocean, the famed Hyperborea of the ancient Greeks, a land of fruits and flowers whose inhabitants, a race of gods, lived more than a thousand years without the infirmities of aging.

The consensus of writers on the subject from the time of the ancient Greeks to the present day unite in contending that the human being is a tropical inhabitant and lived for centuries in health and vigor.

No feature of the Adamic period in the Bible is more strongly painted and emphasized than the warm climate of the Edenic World. The human dwelling naked in Eden's clime says in plain language that there was no alternation of summer and winter. This eternal summer, it must be seen, is necessary to make complete the harmony of the ancient historian's account.

The interminable struggle of the body to live under hostile conditions of the environment and abusive treatment provides material for the silly stories that fill medical books, in which the numerous phases of that life-and-death struggle are given names in Greek and remedies in Latin and never a hint as to the basic cause of that life-and-death struggle.

Probably no one has investigated more thoroughly the topic of longevity than Professor Hilton Hotema, who, past the age of ninety, continued to publish his results. He felt that a frugal fruitarian diet with fasting, pollution free air, high altitude of mountains — preferably tropical — loving friends and infrequent sex activity were essential prerequisites for a long life. Here are a few historic notes, where he traces fruitarian diet and longevity as found in Man's Higher Consciousness (166):

Herodotus wrote:

"The oldest inhabitants of Greece, the Pelasgians, who came before the Dorian, Ionian and Eolian migrations, inhabited Arcadia and Thessaly, possessing the Islands of Lesbos and Lokemanos, which were full of orange groves. The people, with their diet of dates and oranges, lived on the average of more than 200 years."

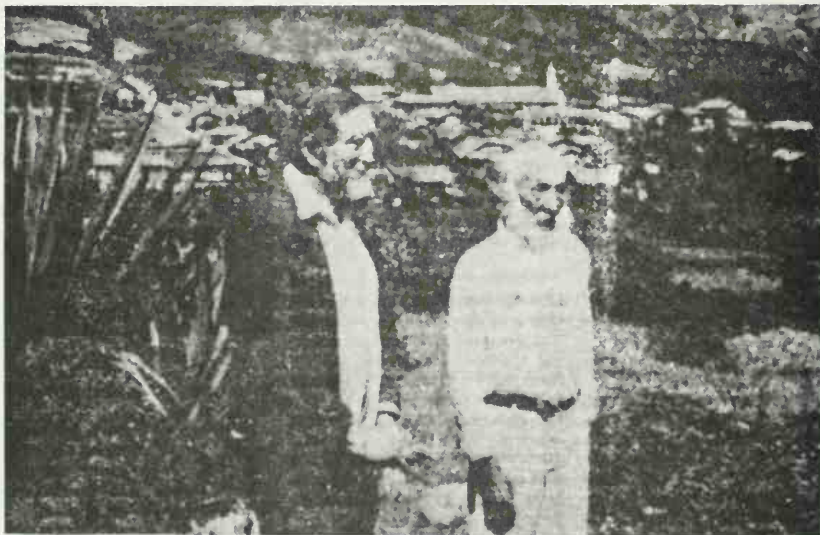
"Your body may seem much the same to you as it was a year ago, plus or minus a few pounds or inches, but . . . in a single year 98% of the old atoms will be replaced by the new atoms which we take into our bodies from the air we breathe, the food we eat, and the water we drink."
 DR. PAUL G. AEBERSOLD, Atomic Energy Comm. (140)

"Li Ching-Yun, resident of Kaihsien, in the province of Szechwan, who contended that he was one of the world's oldest men and said he was born in 1783 — which would make him 197 years old — died today.

"Compared with estimates of Li Ching-Yun's age in previous reports from China the above dispatch is conservative. In 1930 it was said Professor Wu Chung-chien, dean of the department of Education in Minkuo University, had found records showing Li was born in 1677 and that the Imperial Chinese Government congratulated him on his 150-th and 200-th birthday.

"For the first hundred years he continued at his occupation (gathering herbs). According to one version of Li's married life he had buried twenty-three wives and was living with his twenty-fourth, a woman of 60 . . . Many who have seen him recently declared that his facial appearance is no different from that of person two centuries his junior." (S. Fred Strong, New York Times, May 6, 1933. p. 13)

William Goodell learned while he was in Canton in 1833 that Li "was a vegetarian who ate only herbs that grew above the ground and fruit of high alkaline content." Richard Lucas believes "Li's longevity was due to his strictly vegetarian diet, his calm and serene attitude toward life and the fact that he used two powerful rejuvenating herbs prepared as teas. One of the herbs was Fo-ti-Tieng and the other was ginseng." (Nature's Medicines, Wilshire Book Co., N. Hollywood, Calif.)



VILCABAMBA VALLEY. Miquel Carpio 123, (left) with Jose David 142.

Dr. David Davies, a professor at London University, 1973, on a field trip discovered Vilcabamba Valley, Ecuador, Dr. Davies stated: "Their diet is mainly vegetarian — oranges, bananas, apples and lots of vegetables. They eat only an ounce of meat a week and virtually no animal fat."

Pride of the clan was an energetic farmer Jose David. "I could hardly believe this man was 142 years old," Dr. Davies said. "He was grumpy because we were interrupting his work. He could not wait to get back to hoeing his vegetable garden."

(National Tattler, June 24, 1973)

"Dr. Guillermo Vela of Quito found a strikingly low caloric consumption also among the elderly of Vilcabamba. The average daily diet provided 1,200 calories. The daily protein intake was 35 to 38 grams, and of fat only 12 to 19 grams; 200 to 260 grams of carbohydrate completed the diet. Protein and fat again were largely of vegetable origin, with only few grams of protein daily from animal sources. Needless to say, one sees no obesity among the elderly in either Vilcabamba or Hunza; neither were there signs of undernutrition."

(National Geographic, Jan. 1973)

Again:

"The pelasgians and the people who came after them in Greece, ate fruit of the virgin forests and blackberries from the fields."

Putarch observed:

"The ancient Greeks, before the time of Lycurgus, ate nothing but fruit."

Onomacritus of Athens, a contemporary of Peisistratus, said:

"In the days before Lycurgus, each generation reached the age of 200 years."

Philochorus said of the Pelesgians:

"Their heroic spirit and their strong arms to destroy their foe were formed of shiny red apples from the forest. Apples were their favorite foods, and the speed of their feet never lessened. They raced against stags and won. They lived for hundreds of years in the world of Cronus: but their vast stature never diminished as they grew old, even by thumb's breadth. The dark lustre of their hair was never tainted by a single silver thread."

"The human being is potentially immortal . . . a self-repairing machine; yet the individual becomes decrepit and dies, and the reason is a mystery."

DR. LINUS PAULING, Press, Feb. 19, 1960



Shirali Mislimov with his wife, a mere teenager of 120. According to Soviet records he was born in 1805

in Azerbaijan, a constituent republic of the USSR noted for the longevity of its people. He wed at 65

The Soviets claim that Shirali Mislimov is 167 years old, that he was born in the high mountain settlement of Lerik in Azerbaijan, a constituent republic of the Soviet Union, west of the Caspian Sea, on May 19, 1805, one year after Napoleon I became Emperor of France.

Like other centenarians of his region, Mislimov attributes his longevity to long-lived parents, his delayed sex life — he was not married until he was 65 — and to an active and serene life both as farmer and carpenter.

Never obese, competitive, or ambitious, never gluttonous for the delights of food and flesh, convinced that a thin horse is necessary to run a long race, Mislimov tells researchers that he has always been satisfied with his role in life, and that he has always practiced self-control.

In the town of Barzava, he works daily in the fruit orchard he planted more than 100 years ago; he takes long walks always with his grand or great-grand children. He eats sparingly, mostly vegetables and fruit, drinks wine, abstains from tobacco, rarely worries.

PARADE, SEPTEMBER 24, 1972



YOGA

INTRODUCTION TO GOD

You don't have to be living on a mountaintop in a detoxified body to pursue a spiritual discipline, though it might help. Yoga is a discipline compatible with whatever life-style you choose. It is the most complete, most basic system I know for developing a healthy body, mental alertness, emotional stability and spiritual growth.

Yoga means union. There are many paths in Yoga for it is all life inclusive. There is no mystery in yoga — it is not difficult to find teachers and books. It is available and useful to anyone at any stage of his or her development.

Although yoga may be learned from a book, it is wise to study with an experienced teacher. Such a teacher can teach you, from the beginning, correct technique, help you to choose the exercises which will most benefit you, and restrain you from doing those which are too strenuous for you.

A yoga class can give you the support of group energy. The group consciousness will encourage you to persevere in mastering this discipline. Group yoga will open to you the joyous experience of chanting and dancing, making and listening to inspiring music with your brothers and sisters.

Serious practice of yoga can take you as far as you want to go. Whether you develop slowly or quickly does not matter. Do not be anxious; just do what feels best to you. You may not wish to go beyond the practice of hatha yoga.

If you commit yourself to yoga and practice it regularly, it will serve you in this world. It will make you healthier, stronger, a better worker, more clear-thinking, more relaxed and loving.

Meditation will open the door to God Who is within you. You will gain access to eternal knowledge and experience the universal truths in whatever religion or philosophy you pursue.

Eventually you can know all, become perfectly humble, desireless, happy to serve, to become the eyes, ears, hands, feet of God. You will be prepared to survive the purificatory cataclysms of earth or die without fear.

WHO IS GOD?

The entire universe, material and spiritual, is manifested out of, sustained by and eventually dissolved back into an eternal, changeless, supreme reality which is pure consciousness called God.

The entire range of manifested things in the universe are various complex patternings of this basic essence and thence they ultimately return. The appearance of the various distinct manifestations in the universe are the product of constantly changing time-space relationships. These outward appearances have no permanent reality and are an illusion in the sense that they hide the real inner essence of God.

Science progressively approaches this central concept of yoga philosophy. It has been discovered and proven that matter is merely a concentrated form of energy. In its effort to discover the smallest and most basic material constituents of the universe, modern science first discovered the atom and then the components of the atom: protons, electrons and neutrons. More recently a host of new basic atomic particles, such as positrons, mesons, neutrons and photons have been discovered and there is no end in sight. The further science goes, the more subtle, the more energy-like and the less material are the particles it finds and the less limited by time and space they seem to be. The ultimate end of this investigation will undoubtedly be pure consciousness.

All change is due to motion or the rearrangement of energy patterns relative to each other. Time as measured on any level of manifestation is merely the comparison of changes. Space is merely the comparison or the measurement of the interrelationship between sustained or standing cyclical vibrating energy patterns which are familiar to us as the various shapes and forms found within the universe.

The appearance of matter or any energy pattern in the universe is like a stationary eddy over a stone in the bed of a stream. The same water never flows over the stone and yet the eddy above the stone remains permanently the same, as a conditioning of the flow of the water. Absolute being or pure consciousness moves with infinite speed through every manifestation in the universe. The energy patterns in the universe, material or otherwise, are only visible details of the otherwise homogeneous flow of pure consciousness.

God as pure consciousness, sum of all existence, cause of all creation, the eternal changeless principle within every manifestation in the universe, registers and experiences every vibration pattern and hence the form, motion and condition of every manifestation. Since it is moving through every manifestation at infinite speed, these patterns are transmitted throughout the entire universe instantaneously. At the level of pure consciousness the entire universe can be seen from any point in space. All the energy in the universe is present in its entirety within every infinitely small point in space simultaneously and passes through all of these points in an infinitely short period of time. Infinity passes in a split second of the eternal now. Past, present and future exist in the present instant and that instant is eternity. Every point within God or pure existence receives and gives love, radiates and absorbs the radiations of all other points.

The more subtle and rapid in vibration any level of existence, the more permanent and less subject to change it is. Pure consciousness is omnipresent, motionless, with an absolute, transcendent quiescence which nothing can perturb or influence in any way. This is the anvil against which the souls of people are forged. Great mystics, who have experienced states of ecstasy and illumination, speak of a presence, a stillness, an absolute peace.

Pure consciousness within us is enlightenment in all the processes of living. In God-consciousness, full enlightenment can be experienced in any point of space in any manifestation in creation. God, or pure consciousness, the ultimate conscious energy, is the cosmic supply of all the substance of which everything is created.

MANY BODIES ONE SOUL

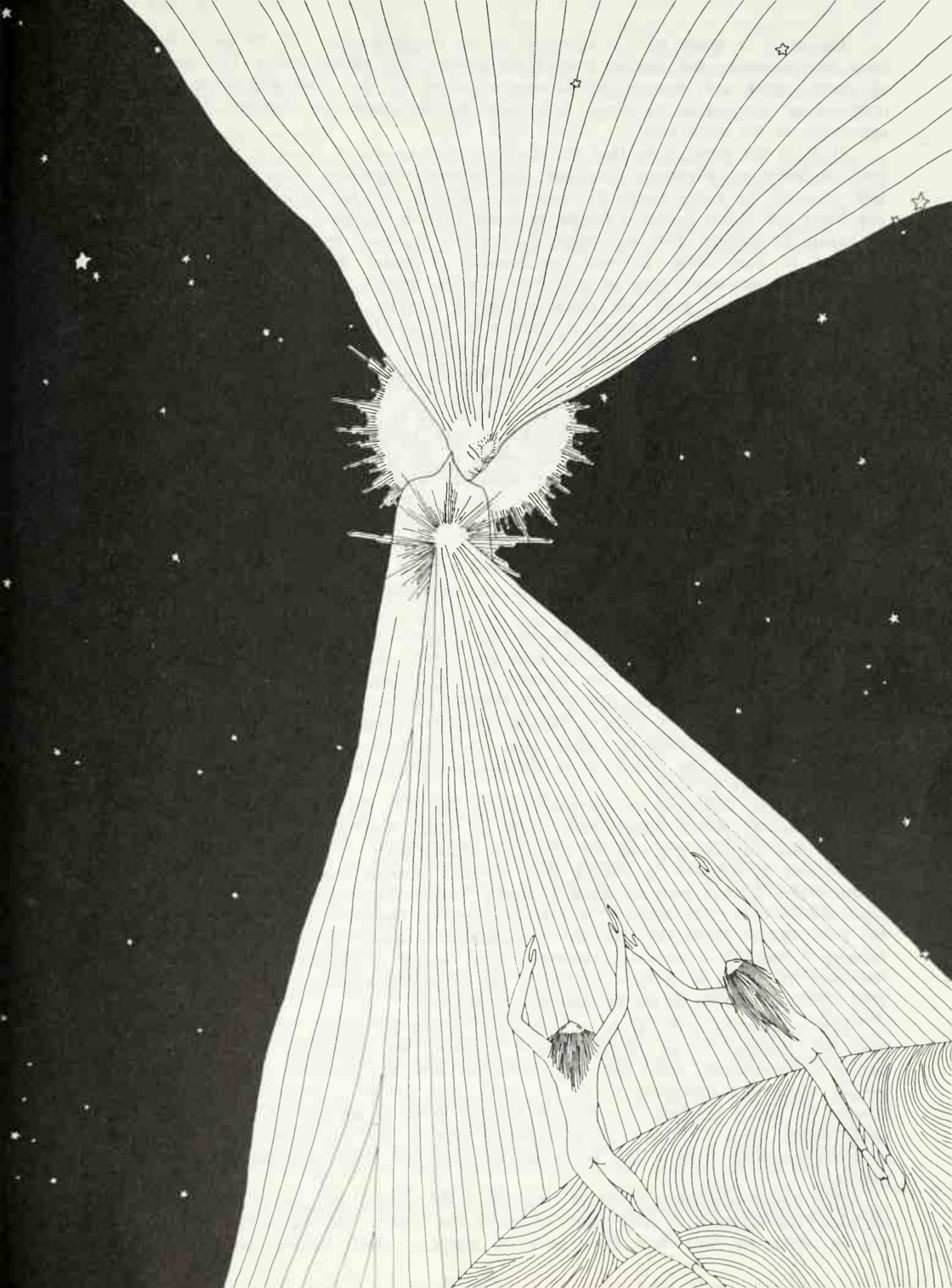
We are well aware that we are more than just our physical body. We are equipped with a series of subtle energy bodies called vehicles or sheaths of the soul. The subtle bodies interpenetrate each other and occupy the same space. These organized vibration patterns are used by the highest aspects of our consciousness as instruments of action and expression. The physical body is but the densest and least permanent of this series of bodies.

There are four bodies which compose our personality nature. These are the physical body, the etheric body, the astral or desire body, and the mental body. The physical and etheric bodies actually form one unit since the etheric body is composed of the matter of the higher subplanes of the physical planes.

The etheric body has the same shape or form as the physical body and interpenetrates the physical body in the same way that air interpenetrates the porous body of a sponge. For every physical organ there is a corresponding etheric organ which interpenetrates it. The etheric body is the energy matrix; around its substance the physical body is organized. Defects in the etheric body are often reflected in the physical body as disease. The condition of the etheric body is in turn determined by the nature of our emotional and mental activity. The condition of the etheric body determines the amount of physical vitality which we feel or possess. A healthy etheric body gives a person a quality of radiance and magnetism.

Memory is dependent upon the etheric body; memory pattern impulses must be transmitted through it in order to register in physical brain awareness. Emotional feelings and mood dispositions exist in the desire body. The etheric body reflects the patterns existing in the desire and mental bodies and impresses them on the physical nervous system and endocrine glands, causing the physical body to respond.

Mistreatment of or accidents to the physical body also affect the etheric body since it must employ its energy to repair the physical body. If, due to mistreatment of the physical body, the etheric body is overworked, the etheric vitality is drained and the etheric body is unable to properly transmit the impressions made by the mental and emotional bodies. The person in this condition seems to be mentally and emotionally unresponsive.



The astral or desire body is composed of the energy substance of the astral plane. The astral body interpenetrates and extends beyond the physical and etheric bodies. This ovoid is composed of many colors and textures which vary according to the prevailing moods and emotional reactions of the person to whom it belongs. As the moods and feelings change, so does the appearance of the astral body.

It is in the astral body that the drama of our emotional nature is played out. This is the body in which we experience love, hate, joy, sorrow, compassion, jealousy, humor, awe, reverence, fear, courage; the entire gamut of human emotions. It is in the astral body that the war between our lower and higher desires is fought. It is the astral body which reveals our emotional habits by its beauty or ugliness. Pure and spiritually uplifting emotions reveal themselves in the astral body as areas of pure color, of pure spectromatic or pastel shades. Destructive emotions reveal themselves as misshapen areas of grey, brown, black, muddy red, slimy green or other dull colors. A person's emotional state and character can be read by a clairvoyant who is able to see and interpret the color, shape, contour and texture of the astral body.

Any long-held emotion leaves a sort of permanent imprint or preconditioning in the astral body which makes it easier and more automatic to indulge in the same emotion in the future. The astral body attracts and incorporates into its field of activities the substance and energy of the astral plane around it. It automatically attracts and is influenced by those astral thought forms and environmental astral influences which our own astral body vibrates in resonance with. We cannot attract anything from the outside which is not already present to some degree within our own being. We select and qualify the substance which we incorporate into the astral body according to the emotions we allow our attention to dwell upon. The higher and purer the quality of our emotions, the higher will be the vibratory rate of the astral substance we incorporate into our astral bodies.

Most thought forms are not merely mental patterns but also have astral matter incorporated into them according to the emotions we associate with the idea or thought form pattern in question.

The mental body is composed of the energy substance of the mental plane. It is the central clearing house of all input of data from the senses, the emotions and the higher faculty of intuition. It is responsible for our capacity for logical thinking, planning and purposeful action. The mental body is also the seat of the memory function where our thoughts, experiences and concepts are stored in the form of vibration patterns. If the thought pattern relates to a concrete situation or an object such as a chair, it is an exact scale model of that object or remembered scene of activity. If the thought is an abstract concept, it takes the form of a beautiful, intricate geometrical pattern of light.

Once energy belonging to the mental plane has been organized into a vibration pattern, the patterns tend to persist because the energy of which they are composed vibrates in a cyclical manner, thus maintaining a constant time-space relationship.

Memory is achieved by reading these vibration patterns (Akashic Records) within one's own mental body. Akasha, meaning space, is simply homogeneous vibration of energy on any plane of pure consciousness. The Akashic records are vibration imprints on the homogeneous vibration of the pure Akasha. When the attention or consciousness dwells on any such vibration imprint, the memory is recalled to conscious awareness. The memory is transmitted from the mental body to the brain by means of patterns created in the desire and etheric bodies which, in turn, transmit their vibration patterns to the physical nervous system.

The unconscious mind is nature's memory; whatever thought, emotions and perceptions we have ever indulged in are recorded there. Whenever we consciously finish with a thought or feeling, it automatically drops into the unconscious mind and continues to operate as an automatic process which will predispose us to act, think, and feel in a similar way in the future. Any thought or feeling indulged in repeatedly forms a powerful complex of vibration patterns in the subtle bodies which predisposes us to a certain type of behavior, sometimes even against our will or better judgment. This is how habits are built up. Our character is the composite of our habit patterns.

The most fundamental aspect of free will is the control and use of our attention. Whatever we allow our attention to dwell upon, we create and become. Our habits develop according to the way in which we have most often used the attention. Habit patterns obey Newton's first law

which states that any object in a state of rest or uniform motion relative to its surroundings will remain in that condition unless acted upon by an outside force. Therefore, to change habits, we must apply will in the form of concentration to direct the flow of attention to new modes of behavior until the old habit vibration pattern is deflected into a new one. Once this transference has taken place, the new habit is just as easy, or easier, to maintain if it is in harmony with cosmic law and the vibration of the universe which constitutes the total environment. Good habits are self-maintaining energy patterns.

There are certain constructive mental habits which we need to develop. It is important to finish a thought, and, when speaking, to finish a sentence with its line of reasoning. We should never attempt to finish another person's expression or idea or to interrupt until he or she has finished the idea which he or she wishes to express. Breaking off in the middle of a thought or a sentence creates an incomplete thought form and litters the psychic atmosphere with useless matter.

Mantras, sounds, music all create their characteristic vibration patterns in mental energy and on the other subtle planes. The spoken word is particularly powerful in creating thought forms. Much harm can be done by idle chitchat. Unless we have something worthwhile to say, we should say nothing. It is the spiritual duty of everyone to think and concentrate before speaking.

The mind moves in cycles of concentration and relaxation. We should observe the mind in all its modes of activity from the level of consciousness; only then can we control it and master it. We must master the mind or it will master us.

Yoga practice is based on learning how to gain control over the attention. The individual who can master his or her attention can master anything. Concentration is sustained attention on one subject or process.

The more microscopic attention becomes, the more macrocosmic its experience. The more one concentrates within a point, the more that point becomes inclusive of the whole universe. Concentration produces intelligence and not vice versa. One who truly learns to concentrate will never lack intelligence.

Meditation is concentration on that pure existence out of which the entire universe is manifested. The place where that universal essence of consciousness must first be found is within the individual. To accomplish anything in life we must always start with ourselves. If the attention is kept constantly on the essence of pure being which is pure consciousness within ourselves, we realize our identity with that pure consciousness which is God.

The mental body is the great communicator between the various aspects and vehicles which compose our nature. Pure consciousness has direct perception of truth, but the mind must be the transmitter and communicator of that truth. The mental body is the link through which the purpose of the soul is translated into action on the mental, astral, etheric and physical levels.

Chaos on any level can only be overcome by reordering that chaos from the next highest plane. Each body may be controlled by the body which is next highest in vibration, and all bodies may be controlled by pure consciousness. The disorder of the physical body can be overcome by the directive imprint of the etheric body. The disorder of the etheric body can be healed by the soothing vibrations of the astral body. The emotional turmoil of the astral body can be balanced and properly directed by the purposeful, rational guidance of the mental body. The mental confusion, inaccurate concepts, and ignorance of the mental body can be overcome by the direct knowing of pure consciousness.

It becomes clear that the physical body and the subtle bodies must all work together as a team. This can be accomplished when their vibratory rates are in proper attunement with each other, just as the strings of a piano must be tuned so that the notes are in harmony with each other. The soul, the supreme musician, cannot play a beautiful melody of harmonious living until our instrument is perfectly tuned and the vibrations of all the notes are in proper mathematical relationship to each other.

The mineral kingdom has only an organized physical body. The vegetable kingdom has an organized physical body and an etheric body; thus it is capable of growth and reproduction. Animals have an organized physical, etheric and astral body. Animals are capable of emotional feeling, but not of logical feeling and thinking. We have an organized mental body as well, which makes us thinkers capable of independent judgment, planned action and free choice. For this reason, we are individually responsible for our actions. We can logically choose between good and

evil, harmony and chaos. We have an all-knowing body of intuition on which we can learn to rely for direct guidance. On the intuitional level, the knower and the object known become one through the omnipresent, instantaneous circulation of the energy of consciousness.

The next step in our evolution is to go beyond the mental level to the Buddhic plane. When this is accomplished, we will leave the human, or fourth kingdom in nature, and enter the fifth kingdom of souls. Mental human will become superconscious human. A few spiritual pioneers of the human race have already done this or are in the process of doing it. The safety and peace of the human race depends on whether enough of its members reach this stage of development. Mental consciousness is no longer adequate to deal with the problems confronting our civilization. Only by developing the intuitional body can we go further.

HOW TO BE A GOD

"If you keep my commandments you shall abide in my love . . . these things I have spoken to you that my joy may be in you and your joy may be fulfilled."
(John 15:11)

Yoga may be thought of as a spiritual technology or system of techniques whereby one can directly experience ultimate reality within. In yoga intellectual knowledge alone is at best like a blueprint of a house; it may be a fairly accurate representation of the house but it is no substitute for actually being in the house and having the direct experience of the house itself. Its value is merely to make it easier to enter and find one's way around the house. In yoga all knowledge must be based on direct personal experience of consciousness. Therefore, in yoga the Guru or spiritual teacher does not impart knowledge but only the means by which the knowledge may be directly experienced by the student. That is, he or she teaches the practice of the yoga discipline or technique whereby the student may gain direct experience. There is no place for belief or blind acceptance of doctrine in yoga. One either knows and has experienced or does not know and has not experienced.

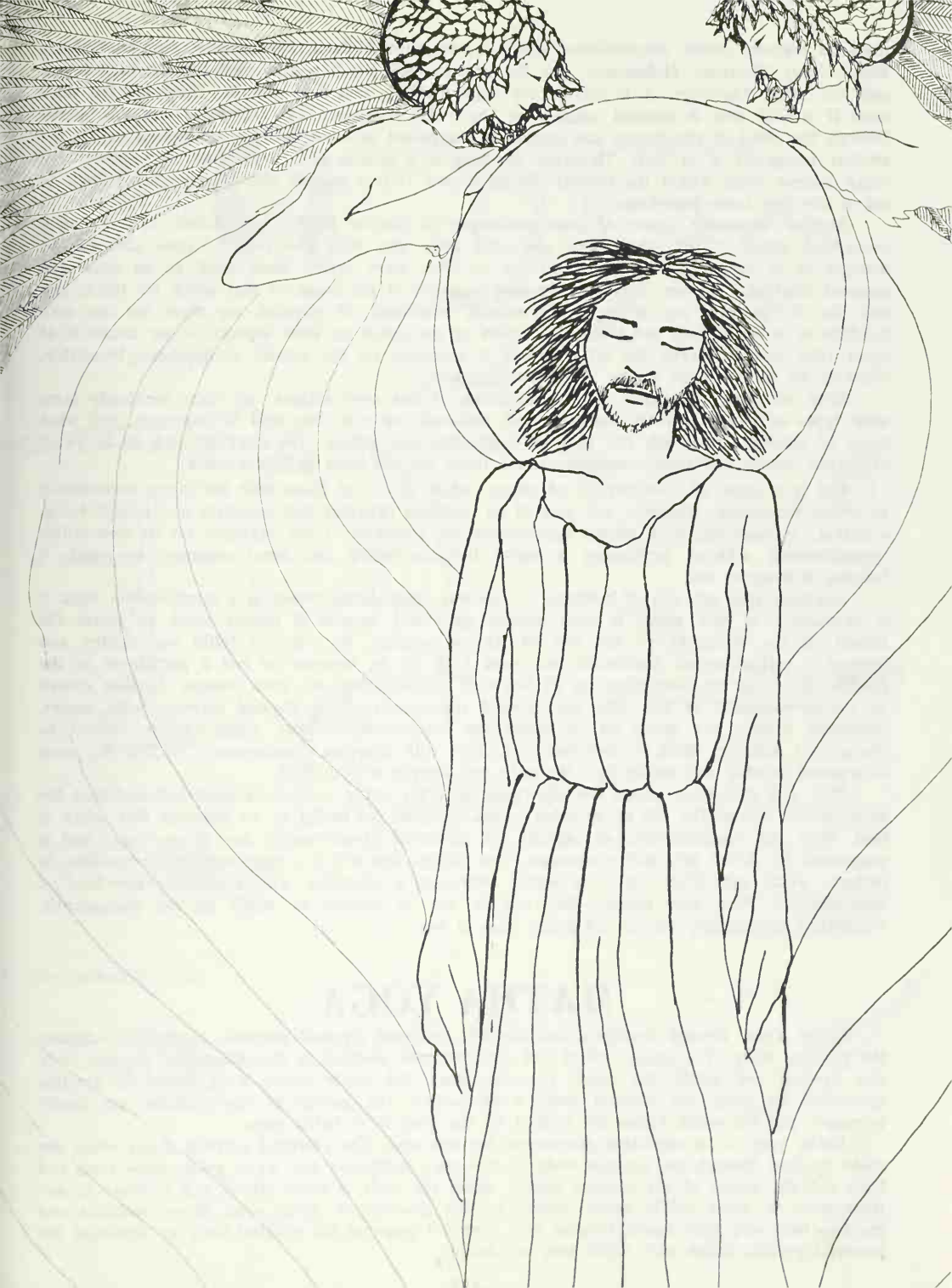
The omnipresent consciousness which is God is also present in humans. Through the process of meditation it is possible for us to purify our minds and to attune our own consciousness to the consciousness of God and therefore participate in the direct knowledge which God-consciousness affords. Our mind, body and senses are instruments organized in such a way that consciousness can express itself through them. When a certain stage in evolution is reached, we recognize our origin in God and seek consciously and deliberately to cooperate with the evolutionary purpose of supreme consciousness. At this point we consciously enter upon the spiritual path.

In meditation the attention is made to dwell upon the attention itself and is thus directed back to its source in God or pure consciousness. When this happens, pure consciousness begins to manifest itself through the human mind and makes the mind aware of its direct knowledge of anything in the universe, and thus the intuitive process begins to operate. Only through the perfected intuitive process can absolutely reliable knowledge be obtained because only God has complete knowledge of all the infinite, indirect causes that have brought any state of affairs into being and which will determine its future outcome. Only pure consciousness can exist in the center of every manifestation and have complete knowledge of all things by being all things.

Therefore, the chief aim of yoga is to awaken and perfect the intuitive process within human beings. It is not sufficient merely to intellectualize about God; one must experience God directly within oneself.

One of the unique aspects of the Eastern methods of teaching which applies to yoga in particular is the Guru-student relationship. This relationship is considerably different and more all-inclusive than the teacher-pupil relationship as it is usually conceived of in the West. The Guru must serve in the role of spiritual awakener and must exemplify and demonstrate the total spiritual way of life. He or she is more than just a person who imparts information. He or she is a master psychologist who understands the innermost psychological workings of his or her pupils and acts as a spiritual catalyst to set in motion the spiritual and intuitive processes within the student. The Guru-student relationship is in many ways more intense and intimate than that of parents, minister, and psychiatrist rolled into one.

In reality, because there is only one consciousness and one mind in the universe, there is only one teacher. Regardless of who is teaching, if he or she tells the truth, it is the same



universal teacher, cosmic consciousness which speaks through them. The prophet may be Buddha, Moses, Jesus, Shankara, Mohammed, but the consciousness which reveals itself through each is one and the same. Therefore, it is said in the yoga tradition that God and the Guru are the same since it is God who is revealed within the Guru. All experience and knowledge must be filtered through the mind of the learner and cannot be recognized as truth unless consciousness within the student recognizes it as such. Therefore, teaching is a process of reminding the student of what cosmic mind within the student already knows. It is a process of awakening the student to his or her own inner knowledge.

Another important aspect of yoga philosophy is that of Karmic law. Karmic law is simply cause and effect. "That which you sow, the same also shall you reap." Karma can also be thought of in terms of Newton's third law - "For every action there must be an equal and opposed reaction." We are constantly creating ourselves in the image of that which we think, say, and do. To perform any action, be it mental, emotional, or physical, we must use our own faculties of mind, feeling, and body. The effect of the action on these aspects of our nature is of equal kind and degree to the effect which is produced on the outside environment. Inevitably, whatever we do to others we do to ourselves equally.

Since we must experience the consequences of our own actions, we must eventually learn what types of conduct are in harmony with universal law and thus lead to happiness, and what types of conduct are selfish and thus self-destructive and painful. The more we seek to be aware of all our actions and their consequences, the faster we will learn by this process.

Evil is a force of manifestation of energy, which is out of phase with the larger environment to which it belongs. Whenever any part of an organism (whether that organism is a human being, a nation, or humanity as a whole) appropriates the resources of the organism for its own selfish aggrandisement without performing a useful function within the larger organism to which it belongs, it becomes evil.

Anything that gets out of harmony in this way must destroy itself as a manifestation since it is destructive of that which it must depend upon and because it cannot stand up under the impact of the vibrations of the rest of its surroundings. In order to fulfill our destiny and become a perfect divine instrument, we must both be an observer of and a participant in the process of change and evolution on all levels of manifestation. We must remove delusion caused by the identification of Self with the outward appearances of the physical universe, body, senses, emotional nature, and mind; all of which are impermanent relative manifestations, subject to change and suffering. With the experience of union with Supreme Consciousness, we lose the sense of separate identity and realize that the only real identity is with God.

With this realization comes the knowledge that the entire universe is one's Self and that the personal self is also the self of all other beings, since all are united in the Supreme Self which is God. With this understanding, all capacity for hatred or ill-will toward any object ceases and is supplanted by divine love and compassion. One realizes that evil is a temporary misarrangement of patterns which can affect only one whose awareness is identified with a similarly low level of manifestation. When one realizes that evil is due to illusion to which all the permanently enlightened are subject, one can no longer hold ill will.

HATHA YOGA

Hatha Yoga, through breathing exercises and sustained physical postures, purifies and cleanses the physical body. The mental effort and concentration involved in disciplining the physical body also develop and purify the mind. In hatha yoga, the subtle bodies work harder in exerting themselves to make the physical body work harder. The powers of concentration are greatly increased, and the subtle bodies are evolved by the practice of hatha yoga.

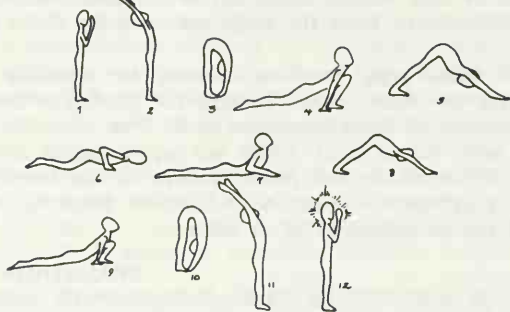
Hatha yoga is an important preparation for raja yoga. The powerful spiritual forces which are made to flow through the physical body in raja yoga meditation can, so to speak, blow fuses and burn out the wiring of the nervous system unless the body is made strong and resistant to and transparent to these subtle pranic forces by the practice of hatha yoga. Many mediums and psychics have very poor health because they have not prepared the physical body to withstand the powerful psychic forces with which they are dealing.

1. EYE EXERCISES

VERTICAL
HORIZONTAL
DIAGONALS
SEMI-CIRCLES
CIRCLES



2. SUN WORSHIP - SOORYANAMASKAR



11. FISH



12. HALF SPINAL TWIST



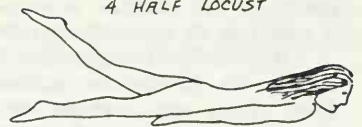
3. COBRA



10. SHOULDER STAND



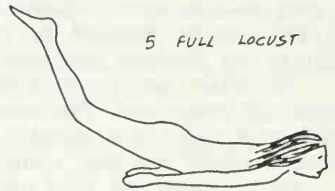
4 HALF LOCUST



13. YOGA MUDRA



5 FULL LOCUST



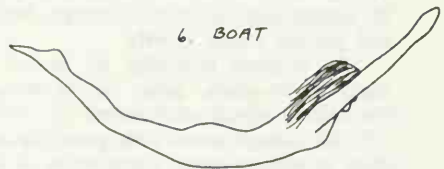
9 FULL FORWARD BEND



7 BOW



6. BOAT



8 HALF FORWARD BEND



The nervous system and glandular system must be highly developed and the body purified of all toxins which would block the smooth flow of prana in the body. By means of hatha yoga new physiological habit patterns are established which are conducive to a spiritual way of life. The body is trained to remain quiet and relaxed even under great stress so that it does not distract the attention during meditation. The body is trained to hold correct meditation postures for long periods of time without discomfort so the mind can engage in meditation. Through hatha yoga we learn detachment from the body and recognize it for what it is, an instrument for the soul to use.

In hatha yoga, breathing exercises are especially effective in strengthening, organizing and purifying the etheric body. Through the practice of hatha yoga the spirit becomes leader of the body instead of being imprisoned in it. Even when the body is out of order, the consciousness in us is never out of order. Within our superconscious mind is the perfect archetypal pattern of the body. By impressing this perfect pattern on the body by means of the concentration implicit in hatha yoga, the body can be induced to return to a perfect state of health and that state of health can be maintained at all times.

PRANAYAMA

Prana is universal life energy. It permeates the universe. We receive much of it as cosmic rays which strike the atmosphere and condense as ionized (negative and positive) charged particles. They are the basis for plant and animal nutrition.

Oxygen contains prana. The conscious practice of controlling prana through regulation of breathing and concentration of mind is called pranayama. Through this discipline the body can be rejuvenated to optimal beauty, strength and wisdom and is assured of survival under any conditions.

During pranayama, one controls and intensifies the two oppositely charged electrical currents as they flow down the spine. On striking the base they release interatomic energy similar to the release of free electrons in atomic fission. The interatomic energy is called kundalini. This energy is guided in its ascent through the chakras to the head where it energizes the brain.

Most authorities agree that ions act on our capacity to absorb and utilize oxygen. Negative ions in the bloodstream accelerate the delivery of oxygen to our cells and tissues, frequently giving us the same euphoric jolt that we get from a few whiffs of straight oxygen. Positive ions slow down the delivery of oxygen producing symptoms markedly like anoxia, or oxygen starvation.

Positive ions predominate in polluted city air. Furthermore, air conditioners and many motors strip the air of negative ions which is one of the reasons why in an air-conditioned room one has a great desire to open a window. Country air, especially in the mountains, is filled with negatively charged particles generated by cosmic rays & radioactive elements in the soil, grass, waterfalls, lightning and ultraviolet light from the sun.

"In distant ages people dwelled in high places where air is purest and highly charged with ozone and cosmic rays. This cosmic substance they inhaled and it was called the Breath of Life. By it their bodies were animated. In the high altitude the weather was perpetually cool, but their powerful vitality kept them comfortable." (166)

Oxygen enters the lungs and is transported throughout the body by the circulatory system. The prana from oxygen and air is gathered by the nervous system. Oxygen is used in all phases of metabolism to provide energy through combustion. Prana gives the body energy for spiritual and psychic center activity.

In ordinary breathing, we extract very little prana. But through concentrated and consciously regulated breathing, prana can be stored up in the brain and the solar plexus to use when needed for healing oneself and others.

All energy starts with prana, is converted to other energy forms, and returns to the original state of prana. Prana manifests as a force of gravity, radiation, electricity, motion, thought forms, magnetism, light, heat. Knowledge and control of prana through pranayama gives one unlimited powers.

Pranayama is totally successful only when the nerve circuits are purified through a cleansing diet; until then, entrance of prana into the spinal canal is limited. Polluted air prevents prana from entering the divine chambers (sinuses). However, some individuals are able to circumvent these limitations because of inherent high vitality.

The practice of pranayama aids in cleaning out mucus and recharging the cells with high electropotential because of the alkalizing effect from increased breathing.

Retention of breath builds a strong body and mind, producing the vitality and increased concentration. When the breath becomes steady, the mind becomes calm and steady filling one with bliss. Through energy centralization combined with calm, the endocrine glands are rejuvenated producing clairvoyance and enlightenment; longevity is insured.

Your lungs will strengthen as they begin to process more oxygen with less effort; the heartbeat will grow stronger pumping an increased volume of blood to the muscles. Sagging tissues will regain youthful firmness. Your face will have better color; the hands, feet and ears will feel warm due to improved circulation; your lips will become redder. Because of increased mental and physical powers, you will develop a better self-image and tolerate more easily the stress of modern living.

Body temperature is controlled through automatic change of breath between the right and left nostril. The right represents the sun power, heat and energy. The left nostril represents the moon, the cooling power, and the expansion of the mind. Tibetan yogis, through breath control, are able to generate such intense heat that they can dwell naked in arctic-like mountain weather, even melting the snow surrounding them.

With the coming famine, oxygen shortage, and fuel shortage, we will all be forced to become ascetic yogis in order to survive. We may have to live on fewer breaths, be exposed to extreme heat and cold without the aid of air-conditioner or stove, tolerate many days without benefit of a meal and then possibly only a handful of blades of grass or weeds, have the strength to walk for days without sleep; be quiet and at peace in a world afflicted with violence, famine, insanity and disease.

Points To Remember In Pranayama

1. For beginners, the practice of breathing exercises twice a day, or even once, is sufficient.
2. Assume your favorite posture: lying, standing, kneeling, or sitting in a comfortable cross-legged position with spine straight for the duration of the exercise. Face north.
3. Advancement may be slow, but you will see weekly improvement.
4. Practice on an empty stomach and after bowel evacuation, if possible.
5. Breathe through the nostrils.
6. Never practice to the point of exhaustion. Go only to the limits of comfortable tolerance. Never strain, especially if you have health problems or when physically tired.
7. Do not retain breath longer than feels comfortable. If you develop chest pain, stop until pain is relieved.
8. Practice in a well-ventilated room free from disturbance and noise. Dress in loose clothing.
9. In the city, exercise in the early morning hours before city traffic builds up. Keep wheatgrass and other plants in the room. Use a dust free room containing minimal furniture. Choose a color for the room which feels harmonious to you. In spite of the appealing fragrance, incense burning is not desirable since it contaminates the air.
10. Get the assistance of a qualified teacher for perfecting the beginning exercises, as well as for instruction in the study of the more advanced pranayama.

Every cell in your body is performing respiration, but the lungs and skin are the main systems of breathing which consists of these processes:

1. Puraka – state of inhalation, lungs are filled with air.
2. Kumbhaka – state of retention. Toxic gas from cells enters the lungs. Prana and oxygen from the lungs enter the bloodstream to be delivered to all body cells.
3. Recaka – state of exhalation of toxic substances from body.

In pranayama, rounds and cycles describe the pattern of the breathing exercise. A cycle consists of one inhalation and one exhalation or one inhalation, one retention and one exhalation. Pranayama is done in proportioned ratios. The most common ratios are 1:2:1 and 1:4:2. In the ratio 1:4:2, we mentally count 1 'Om' during inhalation, 4 'Om's' during retention and 2 'Om's' during exhalation. Multiples of these ratios are used as one's powers increase. For example, if you start with the ratio 1:4:2, you might be able by the second week to increase the ratio to 2:8:4, by the fourth week, to 3:12:6. If you find difficulty in retaining the breath, continue the same ratio a few more weeks. Some teachers do not recommend retention of breath for beginners because they sometimes tend to overstrain.

Cleansing Breath

One should practice the cleansing breath at least several times a day, especially before a meal, and whenever opportunity presents itself in a natural pollution-free setting. It should be performed especially when one starts feeling drowsy from inactivity. (Oxygen is the only stimulant without side effects.) Other breathing exercises should always be preceded by the cleansing breath.

Assume a comfortable posture, relax the body, make the mind calm. Concentrate on the normal breathing for a few minutes.

First exhale as deeply and vigorously as possible and then take a deep breath. Exhale immediately through the nose strongly contracting the abdomen. Repeat rhythmically five to ten times. Then take a deep breath, retain for a comfortable period and expel. Continue the exercise for five to twenty rounds or until you perspire and feel fatigue, but do not overstrain. Stop if you feel giddiness or pain in the chest or abdomen. Take a few normal breaths and rest. After finishing the exercise, assume a relaxation pose for about five minutes.

This exercise clears the entire sinus and respiratory system enabling you to benefit more from the other exercises.

One Nostril Breathing

Close the right nostril with the right thumb. Slowly inhale deeply through the left nostril. Then exhale through the same nostril. This is one cycle. Six cycles make up one round. Daily, increase the number of rounds from one to as many as twelve.

Next, inhale through the right nostril by closing the left with the little and ring finger of the right hand. Then exhale through the same nostril. Repeat as with the left nostril breathing.

Alternate Breathing

Close the right nostril with the right thumb and inhale through the left nostril. Close the left nostril with the little and ring finger of the right hand, remove the thumb and exhale through the right nostril. Then inhale through the right nostril, and close it with the thumb, and exhale through the left nostril. Do this half a dozen times. This is one round. According to your capacity, increase to twelve rounds.

Alternate Retention Breathing (1:2:1)

Place the right thumb on the right nostril and inhale deeply through the left nostril, as if flooding the forehead with air. Then close the left nostril with ring and little finger. Retain the breath twice the time required to inhale. Remove thumb and exhale through right nostril allowing the same length of time as for inhalation. Repeat the process. Draw the air through the right nostril. Retain it as before. Exhale through the left nostril by removing the ring and little finger. This is one cycle. Six cycles constitute one round. Start with three rounds and gradually increase it to fifty. It is here that the 1:4:2 ratio and its increments may be used.

Complete Yoga Breath

To increase lung capacity, do deep breathing for at least ten minutes. The exercise expands the chest cavity in all directions; all parts of the lungs are brought into activity, including the most remote air cells.

Practice occasionally before a large mirror, hands over abdomen to feel the movement. You may stand or sit or lie on your back, hands at sides with palms upward, heels together, toes pointing upward. Breath steadily and continuously through both nostrils.

1. Fill the lower lungs by lowering the diaphragm as the abdomen gently expands.
2. Then fill the middle part of lungs, pushing out the lower chest.
3. Then fill the upper portion of lungs, expanding the upper chest, thus lifting the chest.
4. Then to fill the uppermost part of the lungs, slightly draw in the lower abdomen.
5. At the end of inhalation, occasionally raise the shoulders slightly thus permitting air to enter the extreme upper lobe of the right lung.
6. Retain the breath at least fifteen seconds.
7. Exhale slowly, slightly contracting the abdomen. When the air is completely exhaled, relax the chest and abdomen.

Practice this exercise; eventually it will become your normal way of breathing. The healthy primitive and any healthy infant breathe in this manner, but civilized adults have adopted unnatural breathing.

Even when we inhale an average amount of air, this exercise can distribute the oxygen to all parts of the lungs. However, to facilitate optimal health, one should do deep breathing several times a day at least.

Breath Of Fire increases oxidation in the cells, purifies the blood and stores up pranic energy. Keep the spine straight. Place great emphasis on the exhalation; don't strain, begin slowly. Initially do no more than three minutes continuously. Increase the time weekly up to twenty minutes. Exhale forcefully and rapidly through both nostrils. The diaphragm should expand like bellows down and out on the exhale, and contract in and up with the inhale. Do for 30 seconds, then inhale deeply and hold for 15 seconds.

Concentrate on the solar plexus to store up the pranic energy. Exhale forcefully and deeply. Take a few slow deep relaxing breaths, then repeat.

Advanced pranayama practitioners, especially when doing the breath of fire, should be in a pollution-free environment and should abstain from all solid food, obtaining their nourishment in liquid form. Success in pranayama is measured by the duration of breath retention. By a slow and steady process some yogis are able to retain breath for as much as five minutes at a time.

For the study and application of the science of pranayama and kundalini one should consult additional books. The initial exercises of pranayama can be performed without being concerned with the kundalini energy, but those wishing to pursue advanced study should be under guidance of an experienced teacher or reside in an ashram.

RELAXATION

Relaxation is essential to constant purification and strengthening of the body. It is as important an aspect of hatha yoga as the exercises. After each exercise, there should be a period of relaxation. The relaxation posture is done by simply lying on the back, legs out straight, hands by the sides, eyes looking directly upward with the back of the head on the floor.

All the muscles of the body should be completely limp. In order to achieve a sense of limpness and abandon, it may be helpful to raise each leg separately about two inches off the floor and then let it drop as though it were an inanimate object. In the same way raise the right arm slightly and let it drop. Then raise the left arm slightly and let it drop. Raise the hips slightly and let them drop. Raise the chest slightly and let it drop. Finally roll the head slightly from side to side. By this time you should feel limp as a rag doll. Let your entire body lie absolutely still and motionless and observe the internal results of the exercise you have just done. Notice how the breathing, heartbeat, muscles, tendons, joints, spine, and nervous system are readjusting themselves. In the beginning of the relaxation it may be helpful to do deep diaphragmatic breathing while lying on your back. As you inhale deeply the stomach should expand outward and as you exhale the stomach contracts. It is easier to achieve correct diaphragmatic breathing when reclining because in sleep diaphragmatic breathing occurs automatically.

As the body relaxes let the breathing become more slow and shallow until it seems to be suspended. Feel more and more that you are breathing (pranic) energy currents until you experience a feeling of weightlessness or floating in space. Feel as though the body has been transformed into a field of energy or magnetic force. Feel this energy revitalizing and regenerating every tissue and every cell of your body. The practice of this type of relaxation is an excellent preparation for meditation and the practice of raja yoga. Until one is able to relax it is impossible to meditate. After two or three minutes of this relaxation you will be refreshed and ready for the next asana or exercise.

By relaxing in this way after each exercise, the body is able to expel all the waste products which have been created and mobilized in the tissues during the physical exertion. Elimination of these fatigue toxins prevents fatigue and there is less strain on the heart and other internal organs. At the end of a yoga session you should feel less tired than when you began.

How To Become Completele relaxed

Any hatha yoga session should terminate in a relaxation period lasting ten or fifteen minutes. When the body is slightly tired but the mind is alert and conscious and the emotions are at rest you are very susceptible to constructive suggestions which will sink deep into the unconscious mind and take root there. For this reason the final relaxation is combined with suggestion. Begin by following the relaxation procedure outlined above. When the whole body is still and limp, focus your entire undivided attention on your toes. Feel everything that is happening in the toes. Be aware of the coolness of the air next to the skin, the feeling of density in the bones. Feel the toes pervaded and tingling with subtle vital energy and let the toes become completely relaxed. Feel as though you are communicating with the actual cells

in them. Now purposefully and with full consciousness relax your feet and the ankles in the same way. Successively relax each part of the body from the feet to the top of the head, limb by limb, joint by joint, organ by organ. You may name successively each part of the body you are relaxing to yourself: "I am relaxing my feet; I am relaxing my thighs; I am relaxing. . ." Next, relax the calves and shins, then the knees and knee joints, then the pelvis. As you relax each part of the body do so with full undivided concentration. Concentration is not antithetical to relaxation. Concentration means to bring all your psychological forces to one focus of awareness. It is a process of unifying all the activities of the mind. When the mind is unified there can be no warring dualities, and, hence, no tension. Tension arises out of opposing psychological drives. It becomes evident that concentration is the real secret of relaxation. The activities of the body always mirror the activities of the mind. Whatever the mind envisions the body creates on the physical plane. When the mental and emotional activity is brought to a state of balanced equilibrium the body relaxes automatically. Bringing the mind to a state of balanced equilibrium by concentration on any part of the body automatically relaxes that part.

Next, relax the spinal column; feel each separate vertebra settle into place. Feel the spinal nerves tingling with pranic energy. Remember that your attention is consciousness and that wherever consciousness is focused vital force automatically manifests as the lower overtones of that consciousness. Consciousness creates the healing regenerating energies in the body.

Within your Superconscious mind is a perfect archetypal image of your body complete and beautiful in every detail. Quiet the mind in focused concentration and let this image of perfection precipitate on the physical octave of vibration and rebuild and regenerate the body as a perfect temple for your soul to manifest through.

Next relax all the back muscles, then the side muscles and stomach muscles. Allow at least 30 seconds for relaxing each part of the body. Next, relax each of the internal organs. Feel as though you are communicating with the individual cells in them. Relax the kidneys, bladder, liver, large intestines, small intestines and stomach; let your breathing slow down until it becomes imperceptible. The breathing should reach a point of relaxation where it seems suspended. You will seem to breathe by a pulsating flow of pranic energy throughout the body. Breathe energy through every pore and every cell. Now feel the heart relaxing deeply after each slow beat. Feel pulsations of vital energy flowing through the body with each heartbeat.

Now relax the chest and shoulders; sink back against the floor as all tension goes out of the muscles. Now while keeping them absolutely still and motionless, relax your fingers and thumbs. Feel them tingling and vibrating with energy. Now in the same way successively relax the hands, wrists, forearms, elbows and upper arms. Next relax around the base of the neck and the collar bone.

Next relax the neck, the link between the head and the body. Relax each part of the neck: the throat, larynx, vertebrae, muscles, tendons, veins, arteries, the thyroid and parathyroid glands. Now, while the mouth remains closed, let the jaw hang loose. Let your face become serene, impassive and expressionless. Now carefully relax your eyes. Let them sink deeply back into their sockets. Feel the eyes and eye sockets being enveloped by a warm soothing tingling sensation which is dissolving away all eye strain and fatigue. Next, relax the ears and all the delicate organs in the inner ears. Now feel the entire scalp tingling with cool soothing sensations right down through the roots of the hair. Let this tingling energy penetrate the skull and envelop the entire brain in the cool, soothing, clarifying sensation of pranic vibration. Feel all the brain cells being healed, regenerated and vivified.

Now that you have relaxed every part of the body, feel the entire body as a whole completely relaxed and at ease. Realize that the body is nothing but organized, concentrated energy. Experience its subtle nature as energy. Feel yourself lose all sensation of weight and mass. Experience the body as an electromagnetic force field floating freely in space. Experience yourself floating in a vast, infinite, shoreless sea of scintillating shimmering white light. See this light interpenetrating, pervading and permeating every atom and cell of your being. Now focus all your attention on the third eye center in the region of the pituitary gland and see a star of brilliant white radiance there. Experience a reciprocal flow of light, energy, sound and consciousness between this point in the center of your head and the entire universe including the sun, moon, planets, and stars. Consciousness is floating from the center of your head to them and from them to the center of your head. If you prefer, imagine this center of light in the heart instead of the head and follow the same procedure. Remain in this state for at least 5 minutes. Feel that you are tuned in to an infinite reservoir of love, wisdom and power that will enable you to live joyously, happily and successfully. Experience all the divine virtues present in you already. You have only to let them operate. These qualities exist in omnipresent consciousness. When the mind,

emotions and personal ego are quieted and stand aside, the divine attributes will flow through you.

When you wish to end the relaxation, slowly become aware of your body; become aware of the floor under you and the physical surroundings. Stretch and get up slowly. Go forth into your daily activities renewed, refreshed and directed by the God-consciousness within you. This is an excellent procedure to use in bed before you go to sleep at night. It is especially effective for insomniacs and people who have difficulty getting to sleep. Not only will you go to sleep sooner but you will sleep more soundly and efficiently. The constructive suggestions and the relaxed state of your body will continue during sleep.

HOW TO SLEEP

Rest is suspension of the moving activity of the mind in a state of homogeneous balanced vibration. While resting one should reside in the belief that no new disturbing forces are coming into the subtle bodies. If rest is done with self-observation on the level of consciousness, or pure awareness, it is meditation. Without self observation, rest becomes deep, dreamless sleep.

For all people, with the exception of high adepts, sleep is a necessary process to regenerate the body and to reestablish equilibrium in the emotional and mental bodies. The principal of consciousness never sleeps, not even in the deepest states of dreamless sleep. By remaining in the state where consciousness is aware of itself, you can remain in full conscious awareness even while the body rests and all emotional and mental activity is at a standstill. This kind of sleep becomes a meditation.

The point in time just before falling asleep at night and just before waking up in the morning are especially valuable and significant. At these times you are still consciously self-aware, but the activities of the mind and emotions are in abeyance. Because you are conscious, but the attention is unoccupied with any particular thought or perception, you are able to receive intuitive impressions coming from the higher levels of spiritual consciousness. This state is very much akin to the states achieved in meditation. You should try to make the period between waking and sleeping longer and longer until it includes the entire time during which you sleep.

Always be careful to make the last thought in your mind before you go to sleep a positive and spiritually uplifting one. Since this is the last thought to go into the unconscious mind before sleep, it acts as a very powerful suggestion which will continue all night in the deeper levels of mind while you sleep. Likewise, when you awake in the morning, start your day off with a brief period of meditation and then proceed into your day's activities, operating from the higher level of consciousness established in your meditation upon awakening. To facilitate this process, it is often good to read a few pages out of some sacred book or to go through a few mantras either mentally or out loud.

RAJA YOGA

"He who is not happy with nothing, will not be happy with everything; he who does not cherish the little things, will not be thoughtful of the great things; he with whom sufficient is not enough, is without virtue, for the physical body of man lives only from day to day; if you supply it with what it actually needs, you will still have time to meditate, while if you seek to supply it with what it wants, the task is without end."

LAW OF BUDDHA

Raja Yoga is the yoga of meditation. There is a difference between prayer and meditation. In prayer we say, in effect, "God, listen while I talk." In meditation, we say, in effect, "God, speak while I listen." We must ask ourselves who has the most valuable things to say. Once we have, so to speak, focused our attention or tuned ourselves in through prayer, we should quietly await the answer from our inner consciousness by means of meditation.

Meditation is the process by which we experience pure consciousness. By means of meditation higher octaves of spiritual energy are made to flow through the subtle bodies and the mind; emotions and body are harmoniously attuned to the vibratory rates of higher consciousness. Mental and emotional activity are brought to a standstill so that the astral and mental bodies are capable of reflecting, without distortion, the love, wisdom and power which come from the plane of pure consciousness. Thus the subtle bodies are able to receive the vibratory imprint of spiritual energy and act as transmitters and receivers of the energy of consciousness. Only through meditation can higher states of consciousness be directly experienced.

Meditation is a universal process that goes on in all of life's activities; it is the simple focusing of attention to accomplish any particular act. In Spiritual Meditation this natural process of the mind is directed toward the discovery and experience of mind and consciousness or the Ultimate Energy of the Universe in which everything is manifested. It is directing the attention back to the level of causality rather than to the level of effect.



It is good to have a quiet place in your home for meditation where you can build up the right atmosphere in the room and charge it with spiritual vibrations. This is the real meaning of home. Home is where you can relax and be your real self! It is where you can always return for peace and inner contemplation. Eventually you will reach a stage in development where you consider the whole universe your home.

There are certain physiological conditions which are also conducive to meditation. Anything which increases the subtle activity of the cells will make it possible for the body to harmoniously attune itself to higher rates of vibration on the subtle planes of spiritual energy. Heat, produced by meditating in front of a fire, will increase cellular activity, as will hatha yoga, breathing exercises, and strenuous work. The natural stresses induced in the body by being outdoors in extremely cold or extremely hot weather, will also increase cellular activity. It is always good to meditate during or just after exposure to any of these conditions.

By the practice of the meditation techniques described in this chapter, the subtle bodies are interpenetrated by the vibrations of higher levels of spiritual energy. This spiritual light contains tremendous energy which dissolves and shatters any inharmonious tendencies existing within the mental and emotional bodies.

Any thought forms or energy patterns existing within the etheric, astral and mental bodies which are out of harmony with God's evolutionary plan are broken up by the strong spiritual vibrations induced by meditation. The energy contained in these inharmonious patterns is released to be repatterned for a constructive purpose. Through the process of meditation the personality nature is perfected as an instrument through which spiritual consciousness can work in a clear, effective, and undisturbed manner.

All beginners and even most experienced meditators, to a greater or lesser degree, experience difficulties in meditation caused by various thoughts, emotions and sensory perceptions which distract the attention and interrupt the continuous flow of concentration. It sometimes seems that the more we fight these distractions and try to overcome them, the more they bother us, the more the process of fighting them itself becomes a distraction. It becomes obvious that a wrong approach in dealing with distractions is in use. To say that I must not think of something is to think of it even more with a negative qualification added.

To overcome distractions we must stop thinking about them and also stop thinking about not thinking about them. This can be accomplished only by bringing the attention back to the original process of meditation. If the attention wanders again, bring it back to the thing being meditated upon whether that is a sound current, watching the breath, the light in the head, or any of the other meditation techniques described in this chapter. Keep bringing the attention back as many times as necessary to make it stay on the topic of meditation.

Another method is to place the attention on that consciousness in you which is experiencing the distracting thoughts, emotions and perceptions.

A third method is to observe the breath. The rhythm of the breathing is the regulator of the flow of vital forces within one's being. This technique simply consists in observing the process of your breathing without trying to change it or interfere with it in any way. This practice eliminates distractions of the mind and the emotions. The quiet state which it induces makes it possible for intuitive knowledge and impressions from deeper levels of consciousness to present themselves to conscious awareness. It is a good technique to practice at the beginning of a meditation session before engaging in one of the other meditation techniques.

As you intently observe the rhythm of the breathing process without trying to change it in any way, you will notice that the breathing naturally tends to become more slow and rhythmic until it seems to stop in a steady state of complete relaxation where you neither inhale nor exhale. You will feel that you are breathing light and energy through every pore of your body. All restless activity of the emotions and mind will come to a standstill and you will feel yourself resting or suspended in the presence of pure light and consciousness. Do not be afraid of this state as it will regenerate the entire body, vitality, emotions and mind. Your whole personality nature will be purified and flooded by the light of the Supreme. The body will automatically breathe again when the cells demand more oxygen. This period of rest and quietude is the suspension in the ocean of prana.

SOUND CURRENT MEDITATION

Go to a quiet place where you will not be disturbed and sit in a comfortable meditation posture with spine erect. Close your eyes and listen in the center of your head with full attention for whatever sounds present themselves. Gradually, with practice and concentration, you will begin to hear a steady sound within the head. It may sound like the roaring of a river, like a low hum, like the roll to thunder or like a high sustained note of an organ. Keep your attention steadily on the highest pitch that you can hear. In the beginning the sound may seem to be in the right or the left ear. It should not be listened to in the left ear, since this can lead to sensual attachments and distract you from the spiritual disciplines. With practice the sound should be centralized in the center of the brain and expanded until it successively includes the whole head, the whole body, the surrounding space and ultimately the whole universe. This sound is perceived directly by the brain and the subtle bodies and does not come through the physical sense organ of the ears.

This sound is the sacred word, the AUM vibration. It is the vibration of spiritual energy as it flows through the physical and subtle bodies of the meditator. Its source is omnipresent cosmic consciousness. By meditation on it, one is lifted up into higher states of consciousness and united with the supreme spiritual reality.

By placing your concentration on the sound current, you will direct your individual consciousness back to its source in omnipresent cosmic consciousness, creating a complete circuit from cosmic, supreme existence through your personal instrumentality of the subtle bodies back to God or cosmic consciousness. The flow of the consciousness through the meditator floods the subtle bodies with light and brings about an automatic burning or transmutation of destructive tendencies within the subtle bodies. Any patterning of energy within the subtle bodies which is out of phase with the rhythm of the universe is consumed in the light manifested in meditation and the energy contained in them is released back to the unqualified spiritual energy substance of the plane from which it was originally organized into the destructive pattern.

In listening to the sound current you may hear several different pitches or tones. These are the various harmonic overtones of the vibration of pure consciousness which correspond to the various subtle bodies. By listening to the note of the highest pitch, you will attune yourself to the higher octaves of spiritual energy which will then automatically harmonize the lower octaves.

Meditation on the sound current is considered one of the highest forms of meditation and it should be practiced by every serious student of Yoga. This form of meditation is directly related to the highest chakra, the sahasraram or thousand-petalled lotus at the top of the head.

The sound current is the language of consciousness. The more you practice meditation on the sound current, the more your mind will be filled with direct intuitive knowledge of truth. This knowledge will manifest as an instantaneous pure concept or knowledge which can later be enclosed into language for the sake of communicating it to other people.

MEDITATION ON THE LIGHT IN THE HEAD

The Third Eye Center, which is also called the agna chakra, is located on the forehead, rooted in the pituitary gland which is in back of the root of the nose, or in back of the joint just above the bridge of the nose in the center of the forehead.

To practice this form of meditation, close your eyes and concentrate on the point in back of the bridge of the nose while observing your inner field of vision. The light will begin as a point of illumination which will expand until it includes the entire visual field. With ever-increasing absorption in concentration, you should observe this field of light with your attention brought to a single point within the center of the visual field. A more intense light on a higher plane of vibration will then burst out from this point and fill the entire visual field again. By repeating this process over and over you will go through veil after veil and experience higher and higher planes of vibration until your being is flooded with the light of God consciousness. By this practice, the capacity for spiritual vision is developed.

In the course of this practice, you may begin to see the workings of various chakras of the body; you may see geometrical patterns, thought forms, scenery, visual memories and other visual phenomenon. This is the content of the subtle bodies revealing itself to your awakened spiritual vision. When this faculty of internal vision is highly developed, you will be able to move this visual point of observation to any place within the body or outside the body to which you direct your attention and see exactly what is happening there on whatever rate of vibration you are perceiving. By adjusting the rate of vibration and the point to which the attention is directed, ultimately anything in the universe on whatever plane of manifestation it exists, can be seen.



As this ability is developed, omnipresent consciousness will use you as a spiritual lighthouse to shed healing spiritual illumination on all who come within your sphere of influence. As this practice is gradually perfected, time, space and direction will become less and less a barrier until you are able to see in every direction simultaneously from any point in space you will direct your attention to. In the highest state of God consciousness you will, as the soul of the universe, radiate and receive light from every point in space simultaneously.

The Third Eye Center is the easiest place to begin to see this light, but in the higher stages of realization the capacity for vision is not restricted to any special location within the body. The higher we go in the experience of faster rates of vibration, the more all the senses are merged into one sublime vibration which is perfect seeing, hearing, and feeling all rolled into one. This is the awareness of omnipresent consciousness acting on itself.

With practice of this form of meditation, you may in your normal state with eyes open begin to experience clairvoyant phenomena such as seeing auras and thought forms. These are merely the by-products of meditation and should not be sought as an end in themselves.

There are certain subsidiary techniques to meditation on the third eye center which deserve some consideration. One of these is the technique called Spontaneous Energy, which is a technique investigated by Dr. William J. Pinard. His method is simply to observe the field of vision and watch whatever images present themselves there in the same manner as one would passively watch a movie. In this way, the unconscious mind presents its own visual symbols before the conscious awareness, creating an automatic process of catharsis by which repressed psychological problems are recognized, understood and dismissed. Gradually this brings about an inner purification and produces a higher state of consciousness which Dr. Pinard calls Superconscious Mind.

It would be valuable to describe in more detail a technique by which a meditator goes from one plane or octave of vibration to a higher one. Let us use a specific example. Suppose you are perceiving on the astral plane and you wish to perceive on the mental plane. In order to perceive the more rapid and subtle mental plane rates of vibration, pick any point as small as you can visualize within your field of vision. While on the astral plane concentrate all of your attention within that small point and pierce it with your concentration. When the point expands out again in a burst of light you will be perceiving on the mental plane or a higher subplane of the astral plane. Continue this process as many times as necessary until you have reached the level of vibration you wish. This is an especially valuable technique to remember if you find yourself trapped in the perception of thought forms ugly or distorted in nature. Always deal with such seemingly evil forces by transmuting them to a higher octave of energy. Remember that hidden within your own concentration or attention, which is the force of consciousness within you, is all the power in the universe. You have only to learn how to manifest the power of your own attention.

By including all vibratory phenomena in meditation, the individual consciousness operating in human beings is also expanded and made to experience its oneness with supreme consciousness. Ordinary sensory space perception is merely a limitation of attention; even a simple device like a microscope or a telescope can distort it. The more consciousness is reflected in us the faster time seems to flow. The ordinary sense of boredom is merely a lack of observation of what is happening in the present moment. In the state of pure consciousness it is possible to hear, see, feel, smell and taste from every point in space simultaneously.

We do not contain within our individual human mechanisms all knowledge. But we have access to any part of it we need through intuition. Intuition is like having a library card and the library is cosmic consciousness which has infinite resources of love, wisdom and power; we can make withdrawals as we need to in the process of living. When sufficient skill has been gained in meditation, we are able to read the Akashic records which are the memory of the universe and to discover timeless knowledge about ourselves and the total of creation.

In the highest states of meditation, every point within the meditator gives and receives love, radiates energy and absorbs radiations. The more microcosmic our attention becomes, the more macrocosmic is its experience. The more we concentrate all of our attention within a point, the more we concentrate within the exact present moment; the more our awareness includes all time – past, present and future. Meditation is observation of and living in the exact present moment. Through meditation the will, which is one-pointed concentration of attention, is developed. The point of concentration becomes omnipresent and in that state of illumination one sees the entire universe from every point in space simultaneously.

Without attention it is impossible to sit in a Guru's presence. It is possible to attain enlightenment by paying close attention to what a great Guru says. The dedicated student who does not have a Guru will soon find one. As the old saying goes, "When the student is ready the teacher will appear." This is true also for the Guru within the student. When the mind is purified and held steady in concentration, higher consciousness will automatically manifest itself. We must learn to extract wisdom from everything by realizing that the whole universe and every experience of life is God in manifestation teaching us. We merely need to be fully awake to experience and participate in the school of life.

As you improve in meditation you will not only develop vision and hearing on the subtle planes, but you'll develop the higher aspects of the other senses as well. The sense of touch will not be limited to just the physical body. You will feel the presence of energy and of material objects as densifications of energy everywhere in space.

The circulation of mental energy within the body and outside it will create feeling sensation anywhere in space where your consciousness is present to observe it. This faculty of clairsentience will begin as a feeling of soothing electricity or tingling sensations in various parts of the body; you may feel waves of heat and cold; a rhythmic pulsation may appear that will make you want to rock your head in rhythm with it. Feelings of weightlessness and flying in space or feelings that the body is rotating, when in fact it is still, may also present themselves. Just remain steady and observe the manifestation of these forces. At certain times you may perceive perfumes or scents to which you can ascribe no physical cause. These also indicate the awakening of higher faculties. They are merely the byproducts of the flow of consciousness within the meditator.

Once you have established new constructive habit patterns by purifying and reorganizing the subtle bodies, meditation will become your natural state twenty-four hours a day. In meditation there is a natural tendency to want to talk or think about the inner experiences that come in meditation. This tendency should be restrained, until after you finish your meditation because if allowed to operate it will interfere.

Only after you have finished your meditation should you think, write and talk about what you experienced. It is a good idea to keep a diary of your spiritual experiences in order to trace your own progress and to remember your higher realizations.

LAYA YOGA

Laya Yoga is the science of using the chakras to bring about higher states of spiritual realization. Laya Yoga links and harmoniously attunes the physical, etheric, astral and mental bodies to each other and to consciousness by developing the chakras.

The word chakra means wheel. The chakras are revolving vortices of spiritual energy existing in the subtle bodies. They relate to major nerve plexuses and glands in the physical body. The agna chakra or the brow chakra, for instance, is related to the pituitary gland and to the subcortical area of the brain.

The chakras are the interchange points of energy between the physical and the superphysical aspects of human nature. They link the subtle bodies and project energy into and receive energy from the outside environment. They act on the astral and mental planes as sort of whirlpools or revolving funnels of energy. By focusing the attention of any one of the seven chakras within the human body, the flow of energy in that chakra is increased and the psychic and physical functions associated with that chakra are intensified in their activity. This is the inevitable working of the law: wherever attention or consciousness is focused, energy is generated and manifested at that same location.

In laya yoga each chakra harmonically resonates to and is vibrated by the appropriate frequencies of sound and light. In this connection, colored light and music are often used for purposes of healing, meditation, or inducing certain states of emotion, mind and consciousness. The power of art, music and drama over people's minds and emotions is based largely on the above laws.

The planets, astrologically considered, are the chakras of the solar system; and the chakras in people are harmonically attuned to them, "as above so below." The zodiac is a vast twelve-petalled chakra with its center in the sun. There is an interlocking harmonious unity pervading all levels of the universe.

Music can play a tremendous role in humankind's evolution. The harmonies and rhythms present in music heal and stimulate the subtle bodies of people. Music has a direct effect on the chakras. Music is truly medicine for the soul. Music induces emotional states by creating certain vibrational activities within astral and mental bodies. Emotional recollection is examination of an emotional vibration pattern in the desire body by conscious energy. The great musicians of the past have tuned in to the music of the spheres and have recorded what they heard so that people could reproduce it and be uplifted by it.

There are seven major chakras in the human body to correspond to the seven subplanes of each plane, and the seven major notes in the musical scale. The locations and functions of these chakras are as follows:

The sahasrara chakra or thousand-petalled lotus, is located on the top of the head and is related to the pineal gland and the cerebral cortex. It is the doorway to cosmic consciousness and relates to the highest experience of cosmic consciousness. The sahasrara has twelve inner petals and 932 outer petals.

Meditation on the sahasrara chakra stimulates those brain activities which the cerebral cortex controls, namely those of higher intuition. The activity of will and sense of pure existence are increased. This chakra is particularly associated with the sound current; therefore, the faculty of clairaudience will be stimulated by meditation on it. The activities of the pineal gland will also be increased which will make the body more sensitive and receptive to spiritual forces. The individual self is united with the cosmic self through the activity of this highest chakra which is our ambassador to the infinity of God consciousness.

The agna chakra is located on the brow slightly above and between the eyebrows. It has two inner petals and ninety-six outer petals. It is the center of the third eye or clairvoyance. It is also the center of willing. By meditation on the agna chakra which is related to the pituitary gland and the subcortical areas of the brain; the personality structure is integrated and brought under the control of the will. The activity of the pituitary gland is stimulated. The hormones which the pituitary gland secrete regulate the other glands in the body, including the thyroid, adrenal glands, gonads, as well as other glandular functions. When the pituitary gland functions fully, the entire glandular system of the body, which has so much effect on our physical health and emotional states, is brought into harmonious balance. When the activity of the third eye center is awakened, the entire body is flooded with light and sight is developed.

The visauda or throat chakra has sixteen petals and is located in the area of the thyroid gland. It has to do with speech and the power of the spoken word.

Meditation on the throat chakra stimulates the thyroid gland and increases the spiritual creative vibratory power of the spoken word. The faculty of speech is made more powerful, clear, precise and meaningful. The artistic and creative faculties of the individual are also stimulated. The throat chakra is intimately related to the practice of mantra yoga.

The anahata or heart chakra is located in the heart and has twelve petals. It is the seat of the divine spark, or soul nature. It is related to the higher spiritual emotions of love, bliss joy, compassion and sympathy.

Meditation on the heart chakra stimulates the higher emotions and develops the faculty of clairsentience, or divine sense of touch, whereby you can feel the presence of any object or energy force anywhere in space within the body or outside of it. Meditation on the heart center floods the subtle bodies with divine love and makes one aware of the flow of vital energy within the body.

The manipura chakra is located in the solar plexus. It has ten petals and is related to the emotional desires, the functioning of the digestive center and vital energy. Meditation on the solar plexus chakra increases the metabolic or digestive process. This chakra is related to the astral and emotional levels of vibration. Improper meditation on it can stimulate lower psychic and emotional tendencies.

The muladara chakra has four petals and is located at the base of the spine. It is related to the principle of the will to live and is the seat of the kundalini power. Meditation on this chakra arouses the kundalini force which can then be raised through the spinal cord or central nervous system called shushumna to the sahasraram. This process vivifies and stimulates all the chakras and greatly intensifies the regenerative and spiritual power of the yogi. This is an advanced technique which should not concern the beginner.

The Swadhisthana chakra or sacral center is located about three or four inches above the muladara chakra. It has six petals and is related to the sexual functioning of the body and to the adrenal glands. Meditation on this chakra by a properly prepared and instructed yogi can give control over the sexual forces in the body and increase the physical vitality.



Meditation on the three lowest chakras of the body, namely the manipura, the swadhisthana and the muladara should be done only under the direct guidance of an expert teacher after the student has achieved a certain degree of inner purification and yogic control. Otherwise concentration on these chakras below the diaphragm can arouse undesirable emotional and sexual tendencies which the unprepared person would be unable to cope with.

Meditation on the sahasrara, agna and anahata chakras is not only safe, but most worthwhile, since these chakras are the most directly related to the spiritual aspect of human nature.

The spinal column is like a magnet with a positive and a negative end. It is the goal in laya yoga to raise the energy of the lower chakras thus making the higher chakras the command center for the life of the yogi. The ultimate aim is to direct the entire flow of life forces from the cerebral cortex or the sahasrara chakra making this chakra the command center of consciousness for the entire human organism. The heart center should become the main focus for the feeling aspect of human nature thus making the higher emotions the dominant controlling factor in emotional expression.

In the advanced stages of Yoga the kundalini fire is raised from the muladara chakra at the base of the spine to the sahasrara where it awakens the highest spiritual faculties and unites the individual with cosmic consciousness. The energy of the solar plexus chakra is raised to the heart chakra so that divine love supercedes desire. The energy of the sacral center is roused into creative expression thru the throat chakra, and the human becomes powerful in the spoken word and creative in the arts. The agna chakra becomes the coordinating command center for the entire personality; the will becomes decisive, unified and powerful.

Through the practice of laya yoga all the chakras become powerful, purified receivers and transmitters of spiritual energy. The halo seen around the heads of saints in religious depictions is representative of the tremendous radiation of spiritual light from the sahasrara chakra of the spiritually developed person which becomes a blessing to all who come within his or her sphere of influence.

MANTRA YOGA

Mantra yoga is the yoga of prayer and invocation. By means of mantra yoga, God or pure being speaks the creative word through instrumentality. Thus by means of the power of the spoken word the individual becomes co-creator with God.

The sound vibrations generated by mantras vibrate the etheric ocean and set up wave patterns in it which have a constructive, stimulating and harmonizing effect on the subtle bodies. Every mantra creates its own thought form. The most sacred mantras like the giotre mantra create the thought forms of great beauty, symmetry, and universality of response. The sounds generated by mantras vibrate the tissues in the body and the chakras and stimulate them into greater activity at higher rates of vibration.

Mantras should be spoken slowly, deliberately, with utmost concentration and great attention on understanding their meaning as they are spoken. The more concentration employed with their use the more effective they will be in potent spiritual forces for regeneration and purification.

In addition to the longer mantras there are certain vowel sounds that have great mantric value. The chanting of AUM is of course the most important of these. Other sounds are RA, MA, OOM, RAM, KEE, or combinations such as AUM-RA-MA-OOM. These should be chanted over and over for as long as one breath will allow with great resonance and reverberation. By working with different pitches you can vibrate different chakras and parts of the body.

Names are also known to have mantric value. Each word or sound sets up its own characteristic vibration pattern. The vibration pattern of each person's name should be in harmony with that person. This is the basis of the science of numerology.

KARMA YOGA

"Look at me, Arjuna! If I stop working for one moment the whole universe will die. I have nothing to gain from work; I am the sole Lord. But why do I work?"

KRISHNA, BHAGAVAD — GITA

Karma yoga is the yoga of work and service. Work has tremendous evolutionary value because in doing any kind of work the mind, attention and vitality have to be used. These faculties are trained, developed and organized. Experience, upon which evolution depends, can only be achieved through work.



Work is the very nature of existence. All existence is in motion and work is the activity of motion. Work is the inevitable activity or harmonic flow of God or pure existence on all levels of manifestation. It is the power of life in expression.

Stress is conducive to work and evolution because the organism under stress seeks to protect itself and maintain its equilibrium. To do this it must do work to overcome the stress.

True work never makes us tired. It is only worry, anxiety, negative emotions or any disharmony that makes us tired. When we learn to work with love, in harmony with the rhythm of the universe, we will never feel tired. We will be able to work indefinitely with complete ease, joy and relaxation. Relaxation is not lack of activity; it is a state of balanced activity brought about through concentration.

When we see everyone as a manifestation of our own self, then we will work to protect and serve all. When enough people reach this level of awareness, civilization becomes a self-protective, self-sustaining entity and world peace will be established.

Love is work and work is love. To begrudge work is to begrudge love. By means of work and discipline, we express our love of God and our love for our fellow humans who are also God in manifestation. Happiness is work with awareness. Unwillingness to work comes from lack of awareness. A person is unhappy only if he or she refuses to work for what he or she wants. Creativity is work, and creation is the result of work.

Love is the perfection of work. Work creates well organized vibration patterns which manifest as beauty. Because all life works, all life ultimately manifests beauty. Work is the music of the spheres. It is the cosmic flow of life rhythms. To love someone is the willingness to work with that person, to contribute to his or her awareness and to share awareness through work. Our best friends are the people we work and create with. Work is beauty, love and joy.

We should work for the joy of work. In karma yoga the means and the end are the same. We should find our fulfillment in the process rather than in its fruits. When we take this detached attitude, the fruits will come of their own accord; we need not seek them. Karmic law always sees to it that we receive that which we have rightfully earned. From the viewpoint of enlightened consciousness, there is no such thing as individual possession or ownership. Everything in the universe including one's mind, body, and senses, is a manifestation of God and is therefore owned by the totality of God. When the realization of the unity of the individual self with the universal self is achieved, the yogi understands that he or she owns the entire universe, and as relative body, mind, and senses, owns nothing, not even his or her self. Once this is understood, all selfish cravings and desires for relative things comes to an end. The enlightened person according to the path of karma yoga, performs his or her practical material duties in the world with an attitude of detachment, realizing that he or she is participating in and performing functions in the cyclic flow of universal harmony. They become instruments in the hand of Supreme Consciousness, performing the intent of the supreme. This kind of action leads to enlightenment and liberation. They realize that in all their actions in the relative universe it is really the Supreme Being that is acting. Through the proper performance of karma yoga, civilization progresses and all the physical needs of the human being are met.

Meditation is the highest and most difficult form of work because it requires the most one-pointed concentration. In this sense, all yoga is karma yoga. Raja yoga is merely a more advanced form of karma yoga. Work is yoga and yoga is work. Work is the process of evolution. The higher the rate of any vibration the greater is the work it does. To really work is to really meditate and to really meditate is to really work.

The perfection and salvation of every human being is inevitable, because nothing in existence can escape work. Pure consciousness has infinite capacity for work, which expresses through the vastness and eternity of our evolutionary unfoldment.

Once an organism is created on the lower octaves of manifestation, it becomes like a storage battery for attracting, containing, and transmitting the higher vibratory rates which it is harmonically attuned to. When such an organism is evolved to the human level by its work and the work done on it by the processes of nature, awareness or consciousness arises in it to a greater and greater degree. Awareness arises in perfected instrumentalities or manifestations which have been perfected through their work. Work creates awareness. We should not wait for energy with which to do work. We should employ the energy we have to work in order to generate more energy.

If everyone were busy doing his or her own work there would be no war and no fighting but, rather, peace and harmony. Peace comes from the willingness to work, to create harmony. War arises out of a lack of awareness, a lack of appreciation for the work of others through neglect of one's own work. To work is to participate in and to partake of life.

We are of no use to God or to ourselves until we have learned the lesson of honest hard work. Even God cannot help the person who is not willing to work. God says, in effect: "I exist in you. Ask me for anything, and I will give it to you in the form of your own strength and discipline." It is through our work that we become a divine instrument in the hands of God. We must always realize that it is God who is the real worker in us, who in the form of our own consciousness is the creator and sustainer of all our activities.

BHAKTI YOGA

"Stand ready and watch the heart... It is not easy to love, as do the great ones, with a pure love which requires nothing back; with an impersonal love that rejoices where there is a response, but looks not for it, and loves steadily, quietly, and deeply through all apparent divergences, knowing that when each has found the way home, the home will be found to be at-one-ment."

INITIATION, HUMAN AND SOLAR, ALICE BAILEY

Bhakti Yoga is the yoga of love sometimes called the Path of Devotion. Bhakti yoga is worship of God in all of God's creations. It is seeing everything as divine in its innermost essence. In its most highly developed form, bhakti yoga is that perfect love which can give everything and ask for nothing because it is everything and it gives only to itself. In so giving it perfects all manifestations created out of itself. The individual is perfected as one of these creations, until the realization of oneness with Pure Existence comes and then he or she becomes a perfect instrument through which God's love expresses itself.

To the bhakti yogi the happiness of all beings is his or her happiness. Their joy is his or her joy, their fulfillment is his or her fulfillment because the bhakti yogi sees his or her self as being the self in all. The bhakti yogi has perfect patience. He or she recognizes love as a process of helping other people and beings to manifest their evolutionary expressions. The bhakti yogi's identification and happiness goes beyond his or her own personality to include all life. In dealing with fellow humans, the bhakti yogi recognizes love as a process of experiencing together. The experience is the one consciousness working through both people or human instrumentalities. Love is recognizing yourself in another person or being. The bhakti yogi recognizes love as being and acting in harmony with another person. The bhakti yogi understands that as soon as we are ready to give in love; God, as our own self, supplies us with infinite love, wisdom and power and all resources to express love.

We have not to receive love but to become love. Love is the creative power of our own immutable existence. It is the practical expression of our oneness with God and the whole creation. Love should not drive us in the form of desire, it should emanate from us as the expression of God's eternal presence in us and in all life. Love is a state of experiencing your consciousness inside other people and beings, helping them to grow and express outward, to present their gift to the world.

Love is also the state of total joy and happiness. Even the sense of being unhappy implies a concept of what happiness should be which shows us that we already contain happiness and happiness is our real nature. As a manifestation of pure being, we must create happiness rather than try to seek it outside ourselves. It is work to be unhappy. All work has evolutionary value. Therefore all unhappiness must eventually lead to happiness. Evolution starts with existence and is consummated in love. Love is the highest product of the evolutionary process.

Love is experiencing the beauty and goodness in every detail of life. Love is a universal force that expresses itself on every plane of manifestation. On the highest level it is the complete harmony and intercommunication between all the points in the universe. Without this detailed appreciation there is no enrichment or experience. Even wisdom, great as it is, is only the skeleton of life, the evolutionary blueprint. Love is the accomplished fact of the cosmic harmony, the flesh on the skeleton of cosmic law, the life of the universe. In the presence of love, all beings give up their enmity and live in peace and harmony. Love is God's highest gift to humankind, the force which gives meaning and purpose to existence.

The practice of bhakti yoga is the best means of organizing and perfecting the desire or astral body. But it is a universal power that will transfigure every aspect of the human being. When the highest love incarnates in the human being, obedience to God is inevitable. In that state human will and God's will become identical.



TANTRA YOGA

Tantra is probably the most misunderstood of all the yogas. It is the Yoga of Total Experience of Every Aspect of Life. The main premise is that every basic or natural activity of life is fundamentally divine and will lead to self-realization if engaged in with detachment, devotion and awareness,

It is the primary philosophy of tantra yoga that matter can ascend to spirit as well as spirit ascend to matter. The interaction of energy upon itself on lower planes of manifestation can create higher harmonic overtones as well as lower ones. Tantra deals with the process of transforming sensory energy into spiritual energy and sensory experience into spiritual experience by sufficient concentration of attention on the functioning processes of our lower sensory energy patterns. These patterns become so charged with energy that they begin to manifest higher octave pattern imprints of themselves, thus reproducing sensory patterns on the higher octaves of spiritual energy. By this process the senses are spiritualized through fulfillment and brought under the control of spiritual consciousness. At the same time a means of manifesting spiritual values and forces on the material level is developed. It is the contention of tantra yoga that we must take the body with us in meditation and transform its energy into spiritual energy. The body thus becomes a means of expression for the spirit rather than an obstacle to the experience of spiritual states of consciousness. Tantra yoga teaches how to evolve. It is the method of the will within people which bends matter to its purpose, rather than discarding it, and thus conquers all obstacles to spiritual unfoldment. It is a combination of love and power. It overcomes matter by fulfilling it and molding it instead of trying to deny it. In tantra yoga the body is used as a road map for evolutionary development. Tantra yoga brings every aspect of life into mutual harmony and leaves nothing out.

Lower levels of experience can only be transcended by fulfilling them. It is impossible to renounce something you have not had.

Tantra yoga is usually associated with sex, but sex is only one aspect of the total practice of tantra yoga albeit a very important one. The philosophy and methods of tantra yoga can be applied to any sensory experience or practical activity of life. In tantra every note in the harmony of life must be sounded including sex. It is recognized that the body is an instrument of experience and that love through the body is a process of self love. Sex should lead to a lack of tension through union.

Because the total amount of energy in the universe remains constant and energy can neither be created nor destroyed, in sex no energy is wasted; it is merely transformed. By means of proper attention to the process of sexual union, sexual energy can be transformed into spiritual energy of expanded awareness. In tantra yoga it is necessary to register the vibration patterns of the sexual partner in order to properly match and polarize them. This is a good exercise in attunement to another person.

In sexual embrace no one should move for half an hour; just feel the exchange of energies. Then take your time and go about sex slowly, being aware of everything. Maintain sensation at a very high level for a long period and then bring the level of sensation down slowly while remaining in a high state of love and conscious awareness. After sexual union one should not indulge in sleep but should go into a state of meditation. He or she should find out who the experimenter of sexual pleasure is. This leads to expanded consciousness.

Tantra yoga is a great destroyer of hypocrisy. Sex is very important to develop the feeling aspect of our being. If we have not experienced and do not understand human love, how can we hope to understand divine love.

REINCARNATION

"Five afflictions which cause suffering and prevent attainment of the highest condition are: ignorance, egoism, desire, aversion and a tenacious wish for existence upon the earth."

PATANJALI, YOGA APHORISMS

In the process of human development, there comes a time when the physical body is worn out like an old suit of clothes and can no longer serve as a useful tool for gaining evolutionary experience on the physical plane. At this time the soul and the subtle bodies must withdraw from the physical body in the process called death. When this happens, there is no energy or guiding principle to sustain the physical

body and it disintegrates back into the chemical elements from which it was organized. The soul takes with it in the form of a small compact vibrational energy pattern the complete record of all the experiences of the physical body. This is called the permanent seed atom of the physical body.

One by one the subtle bodies disintegrate, keeping a complete record of their experiences in the permanent atoms. In this way the soul retains all the experiences of each of the incarnations just past as part of its evolutionary development. In the process of dropping each of the subtle bodies, all the experiences which have transpired in those bodies during the lifetime that has ended are reviewed and passed before the person's vision so that the soul may garner the full karmic lessons of those experiences.

For instance, in the astral body the person must live through direct contact with all the astral forces and emotional vibration patterns which he or she has created during the physical embodiment which has just ended. He or she must experience in the astral body the consequences of these forces. Thus the human being records in the memory of his or her soul, the discrimination between harmony and inharmony, good and evil. The human being is thus taught by karmic law to create harmony and happiness and to work in co-operation with the cosmic laws.

Death is not an instantaneous process; it happens by stages. As each of the subtle bodies is discarded the energy of the plane to which it belongs receives its substance. The etheric body is the first to disintegrate, next comes the astral body, and finally the mental body. These subtle bodies are temporary bodies, just as is the physical body. Finally the soul stands naked on its own plane but retains all the experiences of the incarnation just past. The soul remains in this condition for some time until the experiences of the previous incarnation have been fully assimilated and it is ready for a new incarnation. The length of time required to discard each of the subtle bodies will depend on the point in spiritual evolution of the individual involved. If the soul is highly evolved, they will be discarded quickly.

When a time and place providing suitable astrological conditions is found, and the social, family, national, physical and other conditions are in place, the process of incarnation begins again. The soul chooses a time and place suitable for fulfilling the karma incurred in past incarnations and for its further evolution. The process is planned in such a way that any qualities in which the soul is underdeveloped will be strengthened, while mistakes made in previous incarnations can be corrected.

As the process of incarnation begins, the seed atom of the mental body gathers about itself matter of the mental plane which is on the same vibratory rate as the karmic patterns recorded in the seed atom; when this process is complete, the newly formed mental body and the seed atom of the astral body gathers astral substance from the astral plane and molds it according to the karmic patterns recorded in the seed atom of the astral body. By a similar process, an etheric body is organized around the seed atom of the etheric body. The soul and its subtle bodies then await the opportunity to take command of a fertilized ovum in the womb of a prospective mother. The soul having entered the mother's auric field and having taken charge of the fertilized ovum, proceeds to supervise the building of a physical body by making use of the hereditary factors received from the parents and by arranging these to create a body from its archetypal pattern.

There is no final resting place in evolutionary development. In the process of evolutionary change and the cycle of reincarnation, every birth is a death and every death is a birth. All is the process of life in evolution. There is no death because existence is eternal and immutable. Life is always present to experience death. How can there be death when there is life present to observe it? There is only the constant repatterning of life.

Consciousness doesn't need language. Every language and the entire evolutionary process is the language of consciousness. When consciousness communicates to people, it is always in a language they can understand.

"Death is essentially a matter of consciousness. We are conscious one moment on the physical plane and a moment later we have withdrawn on another plane and are actively conscious there. Just as long as death is identified with form aspects it will hold for us its ancient terror. Just as soon as we know ourselves to be souls and find we are capable of following our consciousness or sense of awareness in any form or any plane at will, or any direction in the form of God, we shall no longer know death."

ALICE A. BAILEY, TREATISE ON WHITE MAGIC

The question always arises that if there is such a thing as reincarnation, why is it that we do not remember our past incarnations? This is not universally the case. Many people under hypnosis have been able to recall in detail their previous incarnations and have been able to speak in ancient foreign tongues

which they had never studied and had no knowledge of in their present lifetime. Some of the information gained in this way has been checked and verified by historical records.

There are recorded cases of children in many parts of the world who have been able to remember their previous incarnation and give accurate facts concerning it. This often happens when a child dies young due to illness or accident and is immediately reincarnated, sometimes into the same family, and retains the same mental body from the previous incarnation.

The reason that most of us do not remember our past incarnations is because, for the most part, the mental body is the primary seat of memory. As explained above, after each incarnation, the mental body is dissolved and the record of it is maintained in the permanent seed atom of the mental body. This seed atom exists on a higher octave of energy than does the mental plane since the permanent seed atoms are part of the soul. Most people are not in sufficiently good attunement with the soul on its own level to be able to read the permanent records of the previous incarnations which exist on that high level of vibration.

When human beings have fully developed a body of intuition on the Buddhic plane, they will be able to remember all their past incarnations because this body of intuition will remain intact from incarnation to incarnation.

At our present stage in evolution, we would not be able to withstand the emotional pressure and all the mental confusion that total memory of all our previous incarnations would cause. It is a divine mercy that we don't remember them. Such memory at our present stage of development would interfere with the performance of the present evolutionary job at hand. We do not even remember most of the details of our present incarnation. How many of us can remember what we did on May 5th when we were eleven years old? Rest assured that nothing is lost in the evolutionary process. The soul on its own level remembers everything. When we reach a stage in evolution where it is useful for us to remember all of these things, we will remember them.

The psychic, Arthur Ford describes his eyewitness account of the hereafter: "Each person is a continuing entity through eternity. No beginning and no ending... There has never been a time when we were not, and we always will be, even though in constant changing forms and stages, for we are as much God as God is part of us... For if each of us is God, then taken together we are God; we know that another person is necessary to us as our own arms and legs. Each of us is incomplete without the totality of humanity, both living and dead." ("A World Beyond" by Ruth Montgomery, Fawcett Pub Inc, Greenwich, Conn.)

In time, a soul learns the laws of each confining form, assumes control and uses the form for soul perfection. Once he or she has outgrown the form, he or she discards it for higher forms. One progresses always by means of detachment from the form. We have repeated death and birth so many times that we should feel familiar with them. We have died many times and shall die again and again. Even sleep is a form of death, although we return each time into the same body.

Death is a joyous occasion. The soul is released from the bondage of the physical form and is given access to the more powerful faculties of the new form.

When death is unavoidable, a person should be allowed to prepare for it. He or she may wish to invite friends and relatives for a reverent, joyous celebration. Alice A. Bailey suggests the following program for an easier exit into the next world: Let there be a period of silence in the chamber to allow the soul to prepare for departure; when recovery is impossible, orange light focused on the head makes exit easier for the soul; certain notes from the organ, and mantric phrases create peaceful vibrations; the head should point to the east.

GOD IN EVOLUTION

By means of the evolutionary process, God organizes the essence of pure existence from a state of simple homogeneous vibrations into an infinity of organized patterns of energy which exist on all lower planes of manifestations. Eventually, self-conscious intelligent beings are developed through which consciousness can function and directly manifest its will on any plane of creation. The human is one variety of such beings.



In human evolution, INDIVIDUALISM, must precede UNIVERSALISM. People have to go through the stage of ego identification in order to become organized, independent, self-sustaining entities which can later realize their oneness with cosmic consciousness and be used as divine instruments by that pure consciousness. It is each person's evolutionary individuality of difference which, in the form of the organized subtle bodies, ultimately unites him or her with all existence. Oneness with God is not a state of blank conformity; it is experiencing oneself as the one in all and the all in one. Enlightenment is experiencing oneself as pure existence or consciousness. Nothing is ever lost to pure being or pure consciousness because it can, in the course of evolution, dissolve and re-manifest anything at will. We must learn to include everything in our awareness. As pure consciousness, all exists within us. Dualism is transcended by including it in oneness, not by denying it.

Descent of spirit into matter is one phase of evolution. Ascent of organized matter back into spirit is another phase of evolution. FREE WILL of evolving organisms develops as matter returns to spirit, as does the Karmic responsibility of the evolving organism which accompanies the use of free will. As mind is developed in the human stages of evolution, there is the possibility of directing the flow of attention and becoming an independent co-creator with God. An individual's free will operates within certain limits. An individual has free will only when he or she unites his or her individual will with God's will, which alone can know all the infinite indirect causal factors entering into any given situation and all possible future consequences of any action. As long as people are limited in making choices by the finite memory of their own personalities, their decisions are predetermined by the contents of their personal memories and limited knowledge. Only by uniting with omniscient pure consciousness, can all contingencies be accounted for and the best possible choice be made.

There are no mistakes. All seeming mistakes are only relative. They become our teachers and thus lead us to perfection. Thus, in the long range, all-inclusive view of God; no action is evil action; all is part of God's evolutionary process. Evil actions serve the useful purpose of teaching via the law of karma. Evil actions are only evil in the sense that they lead to perfection more slowly than virtuous actions. By virtuous self-discipline or good action, a person's evolution can be speeded up. From the point of view of an evolving organism, good actions are preferable because only through perfecting oneself in harmony with all can oneness with God or pure consciousness be experienced.

There is no choice for us whether to learn or not to learn. We have only a choice of what means to learn by. We can learn by our mistakes through the process of karmic retribution, or we can learn by obeying the command of our own inner consciousness which is the presence of God within us. We cannot avoid participation in the process of the universe which is an educational and perfecting process. Through consciousness, all mistakes become our teachers, and are transmuted into wisdom.

Education is largely a process of developing the human instrumentality by perfecting the subtle bodies. A person is not capable of receiving any more truth than his or her subtle bodies are able to tune in on. Evolution is a process of perfecting organisms or instrumentalities for consciousness to function through.

By meditation on the process of evolution, we learn how to act in total harmony with the rhythm of the universe and all the forces in our circumstances. Only then does suffering cease. Suffering is the safety check system by which evolution warns any evolving organism that it is stepping out of line with God's evolutionary purpose. Thus the evolutionary process is kept in order.

In a state of harmony everything relates constructively in a manner conducive to the evolution of everything else. At the highest level this becomes the state of the one in all and the all in one. The motto "one for all and all for one" is the best guide for spiritual living if it is applied universally so that no one and no thing is left out. The will of the illumined person is identical with God's will and the person simply acts as a vehicle of expression of that cosmic will.

It is possible to change future events by erecting a new image on the level of pure consciousness and letting it precipitate into manifestation. It is possible for a person who is not fully illumined but who has developed some occult powers to condition future events on the physical level by operating from the faster time scale of intermediate planes of spiritual energy such as from the astral or mental planes. Such powers will be limited, however, and will lead to swift karmic retribution if they are used for selfish purposes because the person using them wrongly will have to cope with his or her own miscreations.

The progress of evolution is not a straight-line progression. Evolution accelerates as it progresses. The more we grow the more we have to grow with. Evolution proceeds in an exponential spiral, higher

forms of energy evolving faster because their rate of vibration is more rapid. Salvation, or perfection in harmony, is inevitable for all beings. God gives us everything we need so that we can become one with the divine. Giving and receiving are the same thing, because the giver and receiver are both creations of God and manifestations of the same essence.

Enlightenment for any individual is a process of organizing a vehicle of experience and expression on the superconscious plane. This body must be organized out of the energy substance of the plane that comes above the mental plane in vibratory rate. Enlightenment or living in the eternal now is a state of perfect timeless patience. In that state the person experiences his or her self as all existence. He or she who fully experiences God becomes God.

If, at present, the human is an imperfect being, he or she is also an unfinished being. People will be perfected in the fullness of the evolutionary process. This knowledge should not lead to laziness however. At the human state in evolution, we are responsible for deliberately and consciously taking a hand in accelerating our own evolutionary progress. We must participate in evolution in a practical way on every plane of manifestation including the physical plane.

Indian culture, while it has made the greatest contributions in understanding the nature of pure being and the higher spiritual forces, is behind in technological development because in the past it has ignored evolution on the practical, physical level. Indian culture has concentrated too much on being and not enough on becoming. Western civilization has made the reverse mistake and has concentrated too much on practical becoming and not enough on spiritual being. The principles of both being and becoming need to be understood and incorporated into our daily life. Eastern and Western civilizations have much to teach each other. When this cultural cross-fertilization has completely taken place, a more noble world civilization will emerge which will incorporate the best qualities of all the world cultures. At the present time no one nation or culture is capable of adequately leading the world. The various nationalities, races and cultures must all learn from each other. Each has its own specialized contribution to make. Need is evolutionary process yet to be accomplished. Our needs show that evolutionary experience is yet to be fulfilled. There is much need in the world and much work to be done. The greatest need is also the greatest promise.

ETHICS OF YOGA

In the course of studying yoga, we hear a lot about the problem of overcoming the personal ego. The purpose in yoga is not to destroy the ego but to transcend it by including it in a larger synthesis. The part of ego which we must overcome is considering oneself a separate entity apart from the rest of life. We must swallow the ego by including it in our consciousness along with the rest of the universe.

Humility which seeks to become nothing and less than a worm is false humility. In it a tremendous egotism is hidden. Such pretenses at saintliness usually reveal a tremendous pride in one's supposed meekness and humility. True humility does not seek to make a person less than the marvelous being that he or she is, but rather recognizes the infinity of God and God's creation and is ever mindful of the tremendous amount of evolutionary unfoldment that still has to take place before the human is a perfected being. The person of real humility recognizes his or her shortcomings, is honest with his or her self and other people and does not pretend to be something which he or she is not.

The humble person recognizes that what he or she has achieved thus far is nothing compared to what is still to be achieved and the work that is still to be done. Humility arises out of honesty and willingness to see things as they are. The humble person is always a practical and realistic person. Hypocrisy is evasion of truth through refusal to honestly recognize what is. The most humble thing is usually the most beautiful.

We should always be frank about our limitations. Honest ignorance is always better than dishonest pretense. One should always admit that he or she doesn't know something if he or she is ignorant of it. This way we do not mislead others and fool ourselves. We can then recognize what knowledge has to be gained and set about acquiring it.

Liberated person is the person who does not get caught up in his or her own self-imposed limitations. Such limitations usually arise out of selfishness in one form or another. Selfishness is a refusal to recognize and endeavor to be in harmony with other people and other forces in life. We must recognize our total environment as another manifestation of our own consciousness and work in harmony with it by following the guidance of our innermost intuition. This is called living according to

divine grace. When one functions according to guidance from the soul he or she works in complete harmony with the rhythm of the universe. It is our duty to discover and obey those universal cosmic laws which are made by God. Human-made laws are the sickness of our culture. Living according to divine grace requires discipline in the beginning, until the correct habit patterns become ingrained and automatic. Through discipline we express our love for and oneness with God. The consciousness in us is the creator of discipline. Eventually people will manifest perfect discipline because it arises out of the infinite, pure consciousness which is the innermost essence of our being.

The aim of Yoga is to create happiness for ourselves and others. Each person's happiness is the happiness of all. People cannot be happy in an environment which they have made unhappy. The way to be happy oneself is to make other people happy. This is achieved by means of service performed with an attitude of detachment. Through this kind of service we express love.

The person who helps other people is accepted by other people. As soon as a person works to make other people happy, they will supply him or her with everything he or she needs to carry on that work which is making them happy. We should seek only that happiness which makes all people happy. To make anyone unhappy is against the nature of consciousness. It is also important to accept the gifts of other people graciously because it helps other people in their evolution. Some of the greatest emotional harm is done by the refusal to accept the gifts and services of other people. It is a denial of love which often leaves a deep scar in the psyche of the giver.

At the same time it must be remembered that service must not be used as a way of bargaining with other people. Love can never be bought by service, especially when the service is not asked for. Such hypocritical service is not real service but service with strings attached which is almost always resented. Real service is performed so joyously that it induces no sense of obligation, guilt and debt in its recipients. We must let karmic law decide from what source our payment comes.

Moral precepts can always best be taught by example. The moral laws of God are present in our innate nature because we also are a part of the rhythm of the universe and the economy of nature. When we see good, we will naturally imitate it. Love can be expressed and accepted but it can never be forced. A person is either evolved enough to accept it or he or she is not.

Evil can only exist on the lower octaves of manifestation because on the higher octaves energy patterns interact with each other so fast that any inharmonious vibrations that are out of phase are immediately cancelled. Therefore, by functioning from a higher level of consciousness we can overcome evil and create order in our lives.

Peace is more than just the absence of war; it is constructive activity for good. Peace is a active dynamic quality of harmony or well organized and ordered interrelationship of the parts of any organism or grouping of people. Harmony is a dynamic process with the element of order introduced into it.

Desire for things we don't have keeps us from enjoying what is at hand right now. The richest person is the one who is satisfied with what he or she has and who does something useful with it. Much of suffering comes from the inability to disengage the mind and emotions from inappropriate objects of attention.

In order to have peace, we must have self-confidence. The mere fact that we exist means that we are accepted by the universe. We do not need to strive to be appreciated. As consciousness we already exist as everything that we wish to be loved for. We only need to appreciate ourselves and our self in all manifestations and all people.

War and conflict arises out of discontent which is restlessness of mind and lack of perception of the opportunities which are right at hand. The important spiritual work is to enlighten as many people as possible starting with ourselves. Then peace will manifest automatically. We have no right to ignore anything in our environment. We must learn to live at peace with all beings. We must contribute as much to life as we take out of it. War and conflict can be overcome by doing one's own constructive work to create peace. Trying to stop violence and evil by means of violence only creates more violence and evil. Efficiency in life is not enough. We must ask, efficiency for what purpose? The greatest discoveries of science, if applied with the wrong motive for the wrong purposes, can be the means of our destruction.

When a person has self confidence, he or she does not need to fight to prove his or her self. We must overcome all fear because it is the root of all hatred and conflict. The spiritual person fears nothing because he or she does not fear his or her self. By identifying with the pure consciousness in

us, we become invulnerable to death and all forms of fear and danger. It should be remembered that those who fear death never really live.

A person's evolutionary development may be measured by what a person is afraid of since one cannot be afraid of anything that can be encompassed by one's own consciousness. An enlightened person has become one with all-inclusive consciousness and thus the entire universe is that person's life in manifestation. Such a person sustains his or her fellow beings by awakening awareness or consciousness in them which creates the energy necessary to cope with the problems of life. As consciousness, he or she is the self of all. Only at the level of consciousness can we feel exactly as another person feels. It cannot be experienced through physical, etheric, emotional and mental activity alone.

A teacher will sometimes enlighten and purify the subtle bodies of his or her students by interpenetrating them with his or her own consciousness and then radiating out from inside the student. A Guru is a teacher who teaches for the sake of teaching. He or she is interested in truth; he or she does not look for rewards.

Because all praise and blame must be filtered through one's own mind, one's opinion of one's life is what matters for happiness. Our own inner consciousness must be the final judge of our lives and guide for our actions. If one is overly concerned about other peoples' it shows that one is not relying on one's self for happiness.

Contentment comes from a willingness to receive the evolutionary value of whatever experiences life presents. In the state of dispassion or spiritual detachment we neither feel compelled to possess anything or to get rid of it. Much of suffering comes from wanting something before it's time or holding on to something after it's time. In the state of Oneness, there is no attachment because one cannot be attached to one's self. Existence simply is.

We should not desire anything more than we desire experience of consciousness. This is detachment. There is no need to pursue anything because consciousness as the creative principle is omnipresent in us. We must create what we need out of ourselves.

We must learn to enjoy our evolution so that we will be motivated to participate in it more intensely. This is the value of the development of love, or bliss, aspect of our nature. Impatience is a lack of awareness of what is going on right now.

We must love and respect all people. From foolish actions we can learn what not to do. Respect is gratitude to other people. It is appreciation of other people and the work they do. To feel this we must observe the activity going on around us. To observe people's activity leads to constructive participations in it.

We must be willing to work hard for what we get. Karmic law demands of us, as human instrumentalities, that we contribute as much to evolution as we receive from it. Our destiny is up to our use of our own free will. We are constantly creating ourselves in the image of what we say, think, and do.

We should be satisfied with what we get in life because that is what we have given. We have no right to demand anything which we are not already. It must be earned by hard work. Strength is peace; it is resting in one's own being. From that inner center or power we can create what we need.

We should never seek to impose our preconceived notions and dogmas on other people. The blind missionary spirit is a very dangerous thing. The missionary is so irreligious that he or she does not realize that everyone is God.

It is possible to do violence to the psyche by offering a person truth which he or she is not capable of understanding. This is so because the emotional thought forms and repressions which the person has in his or her subtle bodies will react violently and throw the subtle bodies out of harmony. This is especially true when such subjects as psychedelic drugs, sex, religion, and politics are involved in the discussion.

Pain is stress greater than an organism can bear easily. Pain serves to intensify experience but it can also be destructive if too intense. We should avoid undue pain to ourselves and others. Sometimes we must wait for the development of harmony with other people so that we can fully share our experiences with them and give and receive love in the fullest sense. This is especially true in regard to personal love relationships.

Above all, it must be remembered that love is the most important thing in life. We should seek only that happiness which is the happiness of all. As soon as we are ready to give in love, then God as our own innermost self manifested as a karmic law supplies us with unlimited power and resources.

To aid us in realizing "God is within," we may seek the help of a living teacher (God personified to teach the science of the Spirit), interpretations of esoteric scripture, texts of ancient teachers above all needed is discipline, discrimination, silence, study and meditation. The books will aid, the teacher will aid, the environment will aid but in the end we are alone. We will be treading a path, if we are sincere and humble, which love of God has prepared for us uniquely. The crown of glory will come when we have mastered self, and have transformed the ego into a flame of love to warm the hearts of others.

As our meditation advances, we will know that we are on the path. For more and more joy will come in the hours that we spend listening to the divine symphonies, the sounds of cosmic creation. We will discover that there is no death, our body will become just one of the places where we spend our time in order to prepare the spirit for advancing. It will become easier and easier to leave the body, at will, to communicate by E.S.P. and to read the Akashic Records. As time passes more and more of the perfection of the divine self will become integral to our being.

Suggested Reading

1. Course in Miracles (Coleman Graphics, 1 Huntington Quadrad, Huntington Station, NY
2. Stalking the Wild Pendulum, Bentov, Bantam Books, N.Y.C.
3. Death of Ignorance, Dr. Fred Bell, New Age Holistic Awareness Publ, Laguna Beach, CA
available through OMange:D Press.



MOTHER, FATHER AND CHILD

THE RIVER OF LIFE

"And the Lord God commanded the man saying, of every tree of the Garden, thou mayest freely eat, but of the tree of knowledge of good and evil thou shalt not eat of it, for in the day that thou eat thereof thou shalt surely die."

GENESIS 2:15-17

"He that believeth on me, out of his belly shall flow rivers of the living water."

JOHN 7:38

Conservation of the sexual fluid is requisite to abundant health, vitality, maintenance of youth. It is indispensable for the highest spiritual development. Sexual energy may be transmuted to vital energy which opens the spiritual centres and enables one through meditation to commune with the cosmic forces.

Dr. Bernard shows aging, which starts at puberty, is the direct result of diet:

"In Smith's opinion, the gonads produce their physiological effects by withdrawing certain substances from the circulation, thereby stimulating the production of these substances in excess, with the result that they must be withdrawn from the blood by the sex glands in greater amount; and this withdrawal produces the symptoms of puberty and other affects attributed to a positive action of the gonads in supplying internal secretions to the organs.

"Changes that occur in the male at puberty, such as the sudden growth of the bones, the appearance of hair on the face and the change of voice, can be explained on the basis of the theory of chemical withdrawal through seminal emission which produces a deficiency of certain minerals as calcium and phosphorus in the blood and leads to compensatory super-excitation of certain endocrine glands, as the adrenal, thyroid and pituitary, as well as to the degeneration of other glands, as the pineal and thymus." (242)

"The pubertal crisis, rather than being natural and necessary, really constitutes a pluriglandular disturbance and mineral deficiency produced by chemical withdrawal from the blood of certain substances by the gonads, which they elaborate into secretions that are given off from the body at this time. Without such genital excretions (nocturnal and other seminal emissions in the male and menstruation in the female), there can be no puberty. Instead, the gonads will continue their function of glands of internal secretion, which they performed since the time of birth and during the prenatal state, in a manner similar to that of the thyroid and other endocrine glands. It is an error to believe that the gonads commence to produce sex hormones at the time of puberty and that previous to this time they did not. If they produce more hormones at puberty it is not due to any awakening to a higher development but to the super-excitation produced by the hormone deficiency caused by loss of vital substances through seminal emissions in the male and menstruation in the female, the end of the pluriglandular upheaval that then results being a loss rather than a gain.

"In the male, many of the symptoms resemble those of castration, as do the sudden elongation of the bones, which is not a natural condition; and in the female, the sudden fattening of the body resembles the obesity that follows ovarian degeneration or the ovarian overactivity that occurs in women after marriage, when they tend to become fat. Since it is the function of the ovarian hormones to oxidize fat, as is that of the thyroid hormone thyroxin, the accumulation of fat on the body after puberty, like the elongation of the bones of the male, must be viewed as a castration symptom of gonadal weakness as a result of overactivity and temporary deficiency."

A classic experiment (243) of Dr. Francis Benedict of the Carnegie Institute on the influence of low protein diet in controlling sexual tendencies and eliminating nocturnal emissions from the evidence he supplied leads one (242) to conclude "sex in its ordinary manifestations among civilized human beings is not the product of natural instinct that it is generally supposed to be but is a chemotropism evoked or conditioned reflex (in Pavlov's sense) evoked in response to aphrodisiacal stimulation by foods and beverages, especially animal proteins, alcohol, coffee and also tobacco. This tropistic reaction, in both its physical and psychological aspects, is subject to voluntary control through diet, an alkaline-forming, low protein vegetable diet reducing it, while an acid-forming high protein diet increases it."

"Professor Sajaus, the greatest endocrinologist since Professor Brown — Sequard, like the latter, defends the doctrine of continence on physiological grounds, claiming that the semen contains hormones or internal secretions of the sex glands of nutritional value (such as lecithin, phosphorus, calcium, iron and vitamin E, as well as human cholesterol) to the physiological economy and is not a worthless excretion that can be lost with impurity . . . chemistry of the semen proves it to be very similar to that of nerve and brain tissue." (242)

Sexual fluid loss is a contributing factor in every form of disease. Its composition is similar to that of nerve and brain tissue. These organs are the first ones to be affected. Since the body is totally dependent on nerve energy levels, the loss has an effect on the whole body. Indigestion, emaciation, shortness of breath, nervous debility, constipation, premature old age, epilepsy, paralysis, senility, may be caused by this daily drainage. When seminal loss was corrected in the experiments of Drs. Steinach and Vornoff, all symptoms of many diseases disappeared; the body regained its former vigor and rejuvenation took place.

Dr. Bernard discusses the tremendous mineral loss which takes place in the sexual act:

"Ross and Scholz found that when the thyroid gland is overactive, much phosphorus is eliminated. On the other hand, underactivity of the thyroid causes such elimination to be lessened. In order that phosphorus be properly assimilated it is important that the thyroid be neither over nor underactive. Lorand points out that overactivity of the sex glands is associated with abundant elimination of phosphorus and calcium. While both puberty and castration produce similar deficiency of calcium and phosphorus in the blood, resulting in elongation of the bones, in the former case they are both suddenly withdrawn through seminal emission, while in the latter case the influence of the sex glands in facilitating their utilization is removed.

"According to Marshall, the retardation of the process of ossification by the loss of calcium and phosphorus which then occurs produces the elongation of the bones at puberty, a true castration symptom, due to chemical withdrawal through the semen and not to hormone action. Havelock Ellis notes that persons given to lascivious behavior tend to be short rather than tall. The failure of the young organism to attain full development when castrated or as a result of masturbation is likewise due to a disturbance of calcium and phosphorus metabolism thus produced.

"MacCallum and Voeglin found that withdrawal of calcium from the nerve cells leaves them in a state of hyperexcitability, which can only be made to disappear by supplying the body with calcium. TETANY, they state, may be regarded as an expression of such hyperexcitability of nerve cells, due to calcium deficiency, and may be overcome by administration of calcium. Since seminal emissions involve an abundant loss of calcium, we can thus account for the nervous symptoms that follow them: the tetany-like symptoms of the sexual ORGASM, followed by extreme fatigue. The nervous symptoms of puberty and the "awkward age" have a similar origin. The same is true of the loss of phosphorus through seminal emissions, which is essential for the nutrition of nervous and brain tissue and whose deficiency produces nervous and mental symptoms which, when pronounced, can manifest as actual neuroses and psychoses." (242)

Beside the wasting away of precious seminal fluids through voluntary sexual intercourse, there are other involuntary, semi-conscious and unconscious acts during which the seminal fluids escape from the body.

Nocturnal emissions take place at night during amorous dreams. Spermatorrhea is the flowing out of seminal fluids without voluntary effort.

Spermatorrhea originated at the time when the human being ignorantly changed from natural food to a diet of nuts, cereals, animal flesh, dairy products, fish, tea, coffee, salt, alcoholic beverages and tobacco.

The first effect of these irritating substances is to overstimulate the sexual function by causing localized invigoration and potency. This may lead to excessive intercourse or masturbation and sooner or later ends in the weakening of the organs. At first, the involuntary night emissions are attended by erection and pleasurable dream sensations; but, as the sexual organs become weaker and lose their tone, the emissions also take place in the day when urine is passed and when the bowels are moved. In extreme cases, the precious seminal fluid is running away without intermission.

The seminal vesicles are sandwiched between the urinary bladder and the rectum. When the bladder is filled with urine and the rectum (lower colon) with fecal matter, these organs become distended and press upon the seminal vesicles. This forces the seminal fluids into the urethra, to be evacuated via the urine. In a state of health, the ejaculatory ducts open into the urethra only during the sexual act. Because of an unnatural, irritative diet and pressure from a filled bladder and rectum, the ducts are kept in a continuous state of tension until they become relaxed to let seminal fluid pass while urinating or defecating or, in more serious cases, during the slightest exertion.

When semen escapes with the urine there will be a sensation in the urethra as if something heavier than usual is passing, giving a slight prickling, tingling sensation. The urine will look cloudy, with floating globules resembling dissolved gum arabic. During defecation, the penis will be covered with glutinous, sticky fluid. Occasionally, mucus from prostate or bladder will be discharged, consisting of only a few drops of transparent fluid which thread when touched. Such losses are especially apparent during detoxification. Semen is much thicker in quality and more opaque than mucus. Sometimes the semen is so diluted in the urine that its loss escapes detection, outside of causing a slight pleasurable sensation and a few spasmodic jerks of the bladder as the last drops of urine are passed.



HOW TO REJUVENATE THE FOUNTAIN OF YOUTH

1. Abstain from high protein foods — all animal products, seed, nuts, grains, legumes. Avoid spices and processed foods.
2. Reduce, then gradually eliminate, losses due to intercourse.
3. Reduce pressure on seminal ducts from the eliminative organs:
 - a) At bedtime, autosuggest that the subconscious wake you whenever bladder or colon needs evacuation.
 - b) Eat no later than 6 p.m.; reduce food and fluid intake in the afternoon.
 - c) If constipated, take nightly enemas.
 - d) At night, sleep on the side instead of the back.
 - e) Under supervision, take a three to four day liquid diet.
4. Exercise. In morning and afternoon; nude sunbathe; expose abdomen and sex organs to the sun's rays.

BIOLOGICAL SUPERIORITY OF WOMAN

"For freedom Christ has set us free stand fast therefore and do not submit again to a yoke of slavery."

Galatians 5:1

"It seems strange that the Mother of the race should be made the Slave of the Fruits of her Womb. It appears peculiar that she should have no privileges except those received through her son. It seems illogical that the God Principle of the Universe, in its infinite wisdom, should endanger the existence of the Race by making the Mother of it the weak, cringing underling of her husband."

HILTON HOTEMA

"There is a parallel resemblance in the sexes that proves and shows their conformity in essential parts to some remote ancestor or progenitor, which preceded them before division of the sexes."

CHARLES DARWIN Origin of the Species

"Mellaart's report, written in 1966 before the completion of the excavations, shows that Catal Huyuk, whatever its name may have been ten thousand years ago, was not only a matriarchal but a utopian society. There had been no wars for a thousand years. There was an ordered pattern of society. There were no human or animal sacrifices; pets were kept and cherished. Vegetarianism prevailed. . . the supreme deity in all the temples was a goddess."

ELIZABETH GOULD DAVIS THE FIRST SEX

"All female animals yield their regular ovulation, but it is not accompanied by waste or loss [of vital fluid]. Woman only is cursed this way. But let the female brute lose the control of her procreative function as woman has been deprived of hers [under male rule], and let her be subjected to the unbridled passion of the male, as woman is [Gen. 3:16], and she will soon begin to feel the curse. It is through woman's freedom only, and her resumption of her natural queenship in the domain of sex that she and man can be redeemed. Where is the female animal that wastes her life away at every changing moon? There are none such, save perhaps among the monkey tribes, and the fact exists there for the same reason that it does in woman. No animal that has intercourse for reproduction only, is cursed as woman is."

VICTORIA WOODHALL

EFFECT OF DIET AND LIFE STYLE ON MENSES

Throughout nature, the biological superiority of the female is evident. Only the civilized female "seems" to be inferior physically to the male. This condition is brought about largely by the debilitating effect of the menstrual hemorrhage.

The increased consumption of animal protein (doubled in the last 25 years) and of processed foods by civilized humans is causing the menses to appear earlier each generation and to last longer. According to Dr. E. L. Wynder, president Am. Health Foundation, "diet is related to the increasingly early age of menarche, the start of menstruation - six months earlier among girls every decade since 1850." (Boston Globe, Dec. 5, 74, p. 50). In my practice I have met girls who started menses at ten and the flow lasted for as many as 15 days.

Because of more natural living, low protein diet and seasonal sexual practices, menses is less of a problem to the uncivilized woman.

Among many of the primitive races and in technologically undeveloped countries, females work side by side with males; many employers have shown preference for female laborers because of their superior endurance and strength.

In the United States, in spite of the menstrual and social handicap, female longevity exceeds that of the male; a larger proportion of females reach the century mark. Hardening of blood vessels and high blood pressure are more common among men than women. There are fewer miscarriages and stillbirths of females than males; the female brain has a finer texture and more complex organization, and, relative to body weight, is 25% heavier than that of the male; her thyroid gland, which has three lobes, is larger than the two-lobed one of the male.

During childhood, female physical size and performance in school exceeds that of the male. This phenomenon is well known to school teachers. With the onset of menstruation and the great loss of essential body fluids, the rapid development of the female is brought to a premature slowdown.

Loss of calcium, which is so essential to develop bone and muscle and to stabilize the nervous system, result in slowdown in skeletal growth. Loss of iodine, lecithin and vitamin E has a detrimental effect on brain development. Loss of hormones, which are more concentrated in menstrual discharge than in the bloodstream, speeds the aging process. Many females are anemic because the monthly hemorrhage causes a reduction of hemoglobin, the oxygen carrier. This has a significant effect on further brain development and nerve activity. Were it not for menstrual losses, the initial superiority of the female would persist in all later stages of physical development.

Historically, menstruation appeared in females after the family unit had migrated to a cooler climate and/or adopted an unnatural diet and increased sexual activity. The development of the family in an unnatural environment involved many hardships. Males very readily used the services of females to do the most unpleasant, monotonous, physically strenuous tasks, while they engaged in the arts of hunting, philosophy, war and religion. The female was the first slave of the male. Often a man kept a large flock of slave wives to perform all necessary chores.

Organized religion, with its male-dominated priesthood, has successfully convinced woman that she must have committed some "basic sin" (Gen. 3:6) for which she must enslave herself to the male: "Thy desire shall be to thy husband, and he shall rule over Thee"(Gen. 3:16). Centuries of inculcation of this dogma have helped to make the female subservient to the dictates of the male.

Through false medical and religious teachings on menstruation, the male-dominated society has managed to keep woman in a slave-like position by insuring her persistent weakness through biological ignorance. Men have claimed mental superiority because of a seeming deficiency in production of great works in philosophy, art or science by the female.

There were times in history when women were not suppressed, and had equal cultural, educational and economic opportunity to achieve their potential. There are instances recorded where pagan women achieved high excellence and superiority over males.

The Pythagorean school produced at least fifteen historically outstanding women. The last was Hypatia of Alexandria, who was murdered by a band of fanatic monks led by the jealous Cyrus, archbishop of Alexandria. The great Greek philosopher, Socrates, had studied under Aspasia, the young female Delphic Oracle. Ammian and Diodorus comment that the women of ancient Gaul were stronger than the males and fought the Romans. Strobo mentions that Gallic women were taller than men. Skeletal remains proved them to be seven feet tall.

Havelock Ellis remarks that all outstanding women in history were relatively free from menstruation. They either menstruated slightly or not at all as was the case with Joan of Arc, proven by medical records during her trial for witchcraft. The well-known ninety-year-old Frenchwoman, Ninon de L'Enclos, who continued to look like a young woman to the end freed herself from menstruation through a special diet. Wallace states: "Some females of robust constitution and right fiber are called viragoes. These, from constitution, menstruate sparingly or not at all."

It has been proven by Bernard, Ehret, Haig and other experimenters that a low protein vegetarian diet leads to a progressive diminution of the menstrual flow until it is replaced by a bloodless discharge as occurs in female animals. Through dietary control and avoidance of erotic excitation of the ovaries, this mucous discharge can also be made to disappear, leading to regeneration of blood, producing new body and brain cells. (242)

In our culture many pathological states are considered natural just because they are normal and prevalent. For example, it is "natural" to die from heart attack; doctors predict that by the year 2000 one of the most "natural" causes of death will be cancer. Actuarial reports state that to be at least 20% underweight increases health and longevity, however doctors and friends consider slim vegetarians sickly because they are not "normal" in weight.

During menses it is considered "natural" to bleed, to have headaches, cramps and back pain; however, these problems seem to exist only in sickly females and domesticated or civilized animals and are non-existent in healthy primitives or wild animals.

LETTERS FROM GIRLS WHO STOPPED THE .

I have known many instances in which menstruation ceased in three to eight months after an improvement in diet. The following letters are representative of some new experiences for females on raw food diet.

MENSTRUAL PERIOD IT IS NEVER PAINFUL, BUT OFTENTIMES I SIMPLY DON'T HAVE THEM. So I'm wondering whether it is normal for women to have menstrual periods? And what has been the experience of other women on raw food diets? (I'm 27 years old.) I remember Ehret talked of women ceasing to have periods. And another woman who lived for years on a raw fruit diet said she only menstruated once every 6 months.

Donna W., Berkeley, Feb. '72.

Dear Viktoras: I wrote to you some time ago; at that time I was alarmed because I had missed three months' menstrual and had only been eating basically raw foods for exactly that period of time. I have still not menstruated once since commencing this regime, I feel no monthly discomfort, physical or mental, to speak of and in general I can attest to the fact that MISSING PERIODS IS NO LESS THAN A JOY. However, I still wonder how easily I should accept this phenomenon, whether or not I SHOULD WORRY ABOUT EVER HAVING CHILDREN, whether I am going to experience some unforeseeable malady in the long run. These are all things which my friends when hearing about my condition become alarmed over. I myself generally have belief that my body is doing better than ever but occasionally the words of these friends make me question again this peculiar diet.

After so much anxiety and urging, I finally went to a doctor of obstetrics and gynecology at the Stanford Medical Center in Palo Alto. There I had a kind of review with a Dr. L. to whom I mentioned the Hippocrates Health Institute and Professor Ehret. Having seen several other women with cases much like mine, and as he was in the process of writing a paper on the phenomenon, he was reasonably interested in my case. He either has written or will write to your Institute in Boston for further information. Of course in diagnosing me, he felt my diet was lopsided; but he also seemed to believe that I was in fine shape and there at least has been no damage incurred in the short run. Well, I could have told him that. He urged me to begin eating high protein foods and that if I did so I would most likely begin menstruating again, although spottedly at first. It was a harmless visit but I didn't really learn too much. What I think I want to hear more than ever is that other women perform (or react) as I am and that I may still be able to reproduce. I have heard you say that you know women whose flow ceased and that is mostly the reason why I am not very worried about all this. I'll be interested to hear from you when your time permits.

Sincerely,
Mary R., Aromas, Calif., Dec. 1971

Dear Viktoras: Finally received a copy of Love Your Body. The book inspired me to get back to raw foods. Every day I freak out with one of your delicious recipes. It makes it so easy to stay on this "strange" diet. I have moved again and have new friends. They're into yoga and meditation. I join them several times a week. They have seen your book (L.Y.B.) and were so delighted that someone can make the subject of nutrition so simple. I have been preparing some of your sauces with sprouts at the ashram. Now everyone wants your book. So cash enclosed, rush me two dozen copies.

Life is one of change. WHILE WORKING AT THE INSTITUTE, I had withdrawn from dexamil and other stimulants after 8 years of being hooked. I found that the raw food and juices provided me with more energy without the 5 p.m. letdown. Also, MY MENSES REDUCED TO A CLEAR, SCANTY FLOW, LASTING ONLY FEW HOURS WITH HARDLY ANY BLOOD LOSS. Those five months with you at Hippocrates were some of my most memorable moments into body and spirit awareness.

After returning to secretarial work, I SLIPPED BACK TO EATING WHATEVER WAS AVAILABLE - generally one meal a day, using dairy products, fruit and vegetables and occasionally meat, plus lots of coffee and cigarettes. The loss of energy brought me back to the occasional use of dexamil. MY MENSTRUAL PERIOD BECAME DIFFICULT, LASTING 4 TO 7 DAYS.

Five months ago, I took your advice and replaced dexamil and coffee with several cups of Ginseng tea. The results were marvelous - feeling high without letdown. Now I have even given up the use of the tea, except for special occasions.

Since I returned to the raw life, I feel the new me. Presently, I'm preparing a photo portfolio - I think I'm ready for the fashion world. Summer is here and the raw food is easy. My period has practically disappeared. I hope I will be able to handle the diet in winter. Thank you for your kindness.

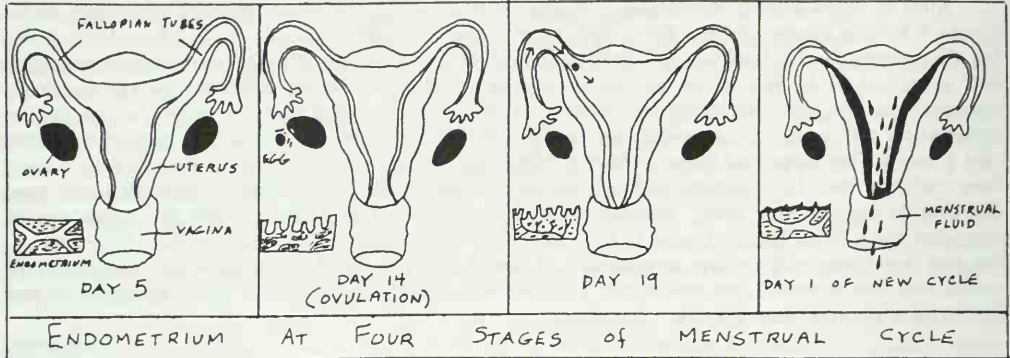
Love,
A.K.

Results from considerable research do answer the questions these young women have asked: Is monthly bleeding natural? Can non-menstruating women become pregnant? Is cessation of menses due to good health or extreme poor health? How may menses be eliminated?

WHAT IS MENSTRUATION?

The beginning of the menstrual flow occurs actually at the end of the menstrual cycle. It represents the climax of twenty-eight days, plus or minus, of preparation of the body for conception.

The menstrual cycle is governed by hormones produced by the pituitary glands and the ovaries. Estrogen and progesterone are the substances that the ovaries naturally manufacture under the direction of the master gland, the pituitary. With ordinary amounts of these hormones in the bloodstream, the pituitary gland signals the ovaries to release an ovum every month at the midpoint between the menstrual periods. When hormone levels are a little higher, as in pregnancy, the pituitary does not direct ovulation.



DO ANIMALS MENSTRUATE?

Undomesticated animals do not menstruate, but they have periodic mating seasons known as heat, rut or estrus which usually occurs several times a year, generally in spring and autumn. In the normal state, during ovulation, the genital organs of females of lower animals are slightly congested and are moistened with mucus.

However, after the non-menstruating animal is captured, the estrus becomes transformed into a bloody flow, manifesting as the menstrual hemorrhage. This results from an unnatural diet and artificial living conditions. This occurs with the cow, donkey, mare, bear, pig, cat, rabbit, dog and monkey. Monkeys menstruate five times a year. This has very little to do with fertility, since they rut only twice. The cow has a discharge, sometimes quite bloody, every three weeks; yet it ruts only once a year.

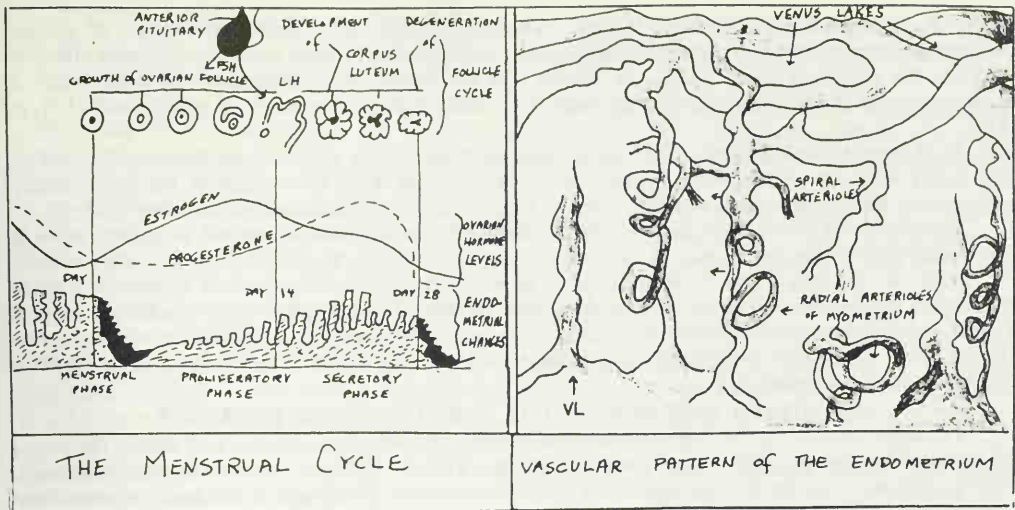
MONKEY MENSES

Dr. Rhodes, professor of obstetrics at the University of London, discusses the difference between menstruation and estrus.

"The lining of the uterus is the endometrium, which is under the control of the hormones of the ovary. Since these are produced in waxing and waning cycles the endometrium waxes and wanes in time with the hormone secretions from the ovary. THIS IS TRUE FOR ALL MAMMALS, BUT ONLY IN THE PRIMATES IS THE PHENOMENON OF MENSTRUATION SEEN. This is the periodic shedding of the endometrium from the uterus which is seen as a bloody discharge from the vaginal orifice . . . the physiological significance of menstruation is not known . . .

"In the lower animals estrus occurs in regular cycles depending on the species and its environment. The vaginal bleeding which is seen in the animals at estrus is not comparable to menstruation as bleeding is associated with ovulation in the estrus cycle, but the vaginal bleeding of menstruation occurs only after the death of the corpus luteum approximately fourteen days after ovulation. EVEN AMONG THE PRIMATES MENSTRUATION IS NOT UNIVERSAL AND IN THE NEW WORLD MONKEYS OCCURS ONLY SPORADICALLY, BUT IN THE OLD WORLD MONKEYS AND THE ANTHROPOIDEA MENSTRUATION IS THE RULE."

A probable explanation for the difference in menstrual pattern of the Old and New World monkeys is that the monkey of the Old World (Europe, Asia and Africa) has been contaminated with processed food through many years contact with these civilized countries. The New World monkeys have had very little contact with factory-made food. Even now, the New World is far more uncivilized and primitive than the Old World.



Menstrual bleeding in Old World monkeys is associated with congestion in the arterioles located in the uterus lining. New World monkeys (*Cebus*, *Ateles*, etc.) have periodic cycle of bleeding, microscopic in nature and associated with minimal tissue loss. Goodman, Wislocki and Kaiser have pointed out that **THERE ARE NO COILED ARTERIOLES IN THESE FORMS**. Dr. Rhodes writes: "The spiral arterioles are the key to the phenomenon of menstruation for they have been observed to contract and relax in the few days before the menstrual flow. During contraction the endometrium blanches and during relaxation becomes congested. This observation was made by Markee . . . constriction of the arterioles is intense and so probably leads to anoxia . . . the vessels break too and this is responsible for the bleeding." (126). The spiral arterioles are equivalent to varicosities in veins, which result from ingesting mucus-forming processed foods. The Old World monkeys have ready access to this diet from their civilized cousins whereas the New World monkeys have to be satisfied with bananas. Gilman and Gilbert (20) showed that menstruation is not natural for the Old World monkey. They observed that when female baboons were fed on avegetables only diet, menstruation cycles ceased.

MENSES AS A TOXIC REACTION

Dr. Bieler, in the informative book, "Natural Way To Sexual Health" (125), discusses menstruation: "The female suffering from a state of toxemia, with her liver failing to filter as it should, places a burden on the natural menstrual functions . . . this function is turned into a sort of garbage filter, resulting in chronic inflammation of the womb.

"When toxic blood seeks an outlet through the womb via the menstrual function, the resulting inflammation and irritation to the delicate mucous membrane throws the organ into spasms which are registered as pain or cramps. If the toxin is milder or more dilute, the patient simply feels heavy or congested in her pelvis. Once the flow has started, nature pours out as much toxic material from the blood as possible. This inflames the deeper layers of the womb. What should be a normal flow develops into a hemorrhage, sometimes lasting for days and reducing the patient to a state of anemia. The womb weakened after such chemical poisoning is easy prey to harmful bacteria (125, p. 174).

"Toxins that have been temporarily sidetracked into the body tissues and into such organs as the lymph glands, spleen, liver, subcutaneous tissues, skin, muscles, and bones are mustered and thrown into the bloodstream. They seek vicarious elimination through the menstrual flow. The patient feels heavy and congested in the pelvic area. There is a slight rise in temperature, which means that the adrenal glands have increased oxidation in an effort to burn some of the toxic material. The pulse becomes rapid; the palms sweat; nervousness and insomnia follow (125, p. 175).

"The **QUALITY OF THE MENSTRUAL BLOOD** varies according to the chemistry of the toxic material. **BRIGHT RED**, profuse, odorless blood accompanied by severe uterine cramps comes from improper digestion of starch and sugar. The offending toxins are acids such as lactic, acetic, pyruvic, oxalic and formic which have not been completely oxidized to carbon dioxide and water. On the other

hand, if the menstrual BLOOD IS DARK, odorless, clotted, and stringy, the toxins of protein indigestion or putrefaction are present. Eggs, cheese, and overcooked meat can cause the most offensive odors in the menstrual blood. Thus it is obvious that the womb, which nature selected as the organ of reproduction, can, under chemical duress, become an organ for the elimination of putrid waste (125, p. 176)."

Dr. Schroyer, New England gynecologist, after studying dietary influence on menstruation and on the mucus discharge of leucorrhoea, concludes (134) that both have their origin in the inflammatory condition of the uterine mucus membrane due to toxic condition of the intestines (auto-intoxication).

Reynold and Kaiser believe that menstrual bleeding is due to excessive amount of protein waste in the lymph system plus the damage done to the lining of the uterus by putrefaction. Reynold suggests: ". . . that the bleeding is due to an inadequacy of endometrial lymphatic channels to provide a ready mechanism for the removal of the protein catabolites formed following withdrawal of metabolic support of the endometrium" (135). These substances, as expressed by Kaiser, ". . . remain in situ and cause further tissue destruction until the endometrium is shed down to the area maintained by the capillary bed of the basal arterioles" (131).

MENSTRUAL LOSS OF ESSENTIAL BODY FLUIDS AND NUTRIENTS

The male on attaining adulthood is concerned with maintaining body tissues built during the period of growth. However the adult female body is challenged with the increased demands of nutritional needs during pregnancy. In the human female, even in the absence of pregnancy, it has been estimated that replacement of the losses during menstruation may require the synthesis of tissue equivalent to 100% of her body weight (122).

Among the nutrients lost are lecithin, calcium phosphate, sodium chloride, alkaline lactates, sodium bicarbonate, potassium chloride, cholesterol, albumin, mucin, vitamins A and E, amino acids.

Dr. Frank, New York gynecologist, says that menstruation involves a very high loss of female sex hormones. In the menstrual blood there is six times the number of sex hormones concentrated than in blood in general circulation. This periodic loss of sex hormones in a period of thirty to forty years of menstruation brings on the menopause, effecting loss of youth (137).

CESSATION OF MENSTRUATION DUE TO POOR HEALTH

There are many cases where menstrual flow has stopped due to a highly toxic diet. The body is weakened to a point where it loses its ability to carry out the monthly cleansing process. As toxins continue to build up, unless there is a change in life-style, the female will develop some chronic disorders.

With cessation of menstruation during pregnancy, a toxic woman experiences many new discomforts when she is forced to hold onto her poisons. Morning sickness, edema, vomiting, dizziness and rapid breathing are some of the visible symptoms. Toxins are excreted via channels other than the uterus, but pain and illness result when these organs are already overtaxed.

When a woman never menstruates, it may be due to some malformation, such as an imperfectly formed hymen, atresia of the vagina or imperfect development of the vagina, uterus or ovaries. It may be due to a general disturbance in the quality and quantity of nutrients as well as to disorders of the endocrine system, including ovarian tumors.

Temporary cessation of the menstrual cycle may occur with a change in routine or in climate, a long journey (especially to ocean or mountains), change of residence from country to city or vice versa, extraordinary joy, grief, anxiety or exciting work, exams and study, entering a new occupation, financial troubles, a love affair, difficulty in home life, obesity (138).

When the female starts to improve in health due to improved nutrition, if the disorder is not a structural one, she will start to menstruate, quite often profusely. As the months progress, menses will become painless. If the female is healthy enough, menses will cease. This time it will be to her benefit.

CESSATION OF MENSTRUATION DUE TO SUPERIOR HEALTH

Professor Evans, in experiments with animals, showed that by reducing the protein intake one can delay the appearance of the first estrus and lengthen the resting period between successive periods. Reduction of caloric intake leads to similar, but less marked results (123).

Comparing the modern woman to the less sophisticated one, we note that menstruation is less a problem among primitive peoples (124): "One is astounded at the apparent cleanliness of the vagina in Navaho women who know nothing of douches and personal hygiene. Few Navaho women wear undergarments and the great majority apparently do not use perineal pads during menstruation."

In a detoxified woman, the bloodstream has all the material needed to build healthy tissue; as a result her uterus is made of strong tissue, and, with the monthly increase in blood pressure, blood will not be forced through the uterine tissue.

The toxicity of menstrual blood has been well substantiated. Mach and Lubin (136) showed that the blood plasma, milk, sweat and saliva of menstruating women contains a substance that is highly toxic to protoplasm of living plants. This toxic substance is not present during the intermenstrual periods.

The presence of toxic matter becomes obvious when one discovers that "during the first three days of menstruation the leukocyte counts in the discharge were generally higher . . . on the first days it was three times higher than normal values for venous blood." Leukocyte count goes up only when there is poisoning of the body.

Dr. Bieler, M.D., in his excellent book, *Natural Way To Sexual Health*, 1972, observes that: "Among one primitive people in the Australian bush country, WHO LIVE ENTIRELY ON FRUIT, THE MENSTRUAL PERIOD LASTS ABOUT TWENTY MINUTES; approximately a tablespoon of blood is expelled . . . The women of the American Indian of the Great Plains who lived on a simple diet and were exceedingly active, had a short uncomplicated menstrual period, scarcely noticeable" (125).

If menstruation were a natural function, it would be present in all healthy women. However, investigations show that unhealthy women experience the longest menstrual period, and, as health improves, menstrual discomfort diminishes. If a woman has not degenerated too far, chooses her diet wisely, abstains from sexual activity, follows an exercise program in fresh air, menstrual losses will continue to diminish and, in some cases, disappear altogether.

Dr. George Starr, M.D., claims menstruation is unnatural and pathological. He has cured thousands of women of this discomfort so that their periods were no longer bloody. He writes: "Nothing influences a woman's monthly flow more than diet. Sometimes a woman who flows profusely can be cured entirely by cutting down the diet and living on raw food. Often persons will skip one or two months when changing from heavy cooked food to raw food but they need not worry about it" (139).

Havelock Ellis writes about a woman who suffered painful and profuse menstruation on a meat diet and found menstruation and pain almost completely vanished when she changed to vegetarian foods. Ellis quotes her: "Food too makes a difference. I find that if I take two meat meals each day during the previous twenty-four to twenty-eight days, the next menstrual shows more blood. On two occasions I have lived on a vegetarian diet for three weeks and the flow has decreased — almost ceased in fact."

Dr. Schroyer feels that to reduce and end these discharges (menstrual and leucorrhoea) it is necessary to detoxify the blood and the intestinal tract, which is best accomplished on a low protein, strictly vegetarian diet. This leads to re-establishing the intestinal flora. Dr. Schroyer believes that menstruation is a product of pathological inflammation of the endometrium (mucous lining of the uterus) (134).

Arnold Ehret claims that menstruation is due to a toxic condition of the blood. He found that a low protein diet, mainly raw vegetables and fruit, caused menstruation to take place at progressively longer intervals until it finally disappeared. Ehret writes: "If the female body is made perfectly clean through this diet, menstruation ceases . . . every one of my female patients reported their menses as becoming less and less — then two, three, four month intermission, and finally disappeared."

This method of reducing menstruation works best in a female who lives in chastity, free from uterine hyperemia caused by sexual activity which can induce menstruation, regardless of diet. However, as she rebuilds herself nutritionally through the mucusless diet, and limits intercourse to a minimum, bleeding completely ceases.

DIET, MENSTRUATION AND FERTILITY

There are quite a few studies of recovery of the potential for reproduction after a period of inadequate nutrition. In protein-deprived adult male rats, the seminal vesicles soon returned to normal after the rats were fed a diet containing casein (127). Ovarian maturation and function inhibited by underfeeding was renewed by increased feeding, with a resultant return of reproducing capacity (128, 129).

Dr. Alexis Haig writes on his experience with humans: "Excessive loss at the period has been greatly influenced by the patient going on a uric acid free diet. A remarkable and very interesting point with regard to one or two of the cases was the tendency for the flow at a period to be missed out all together. These last cases have since married and had children without any trouble. Can it be that by

living on a more natural diet woman would have her periods correspond then with those of other mammals (which are bloodless)" (130).

Dr. Israel, M.D. writes that in his practice he has run into some cases where the females do not menstruate but do conceive. He writes: "It is absent in the few WOMEN WHO NEVER MENSTRUATE BUT NEVERTHELESS BEAR CHILDREN and show on repeated biopsies, cyclic endometrial changes identical with those of menstruating women" (131).

The following are studies of larger scope. "Severe general under-nutrition may produce amenorrhea (cessation of menstruation) and infertility. In Rotterdam during the period of gross malnutrition from Dec. 1944 to May 1945, fifty percent of the women had amenorrhea and the weekly conception rate fell from a prewar figure of 206 to 93" (132). However, the difference in fertility could have been due to war and the absence of men. Millis, in another study, found no evidence of reduced fertility in Singapore during a period of general under-nutrition in 1947 (133).

The conclusions one can draw from these two studies is that general undernutrition does not necessarily lead to infertility. As a matter of fact, a diet adequate in vitamins, minerals and sunshine, though low in protein, fat and carbohydrates, can provide all nutrients needed for the birth of healthy children. The Hunzas, Georgians and Equadorians who eat a diet low in protein, but otherwise adequate, have been around for thousands of years and show no loss in fertility.

MENSTRUATION, FERTILITY AND WAR

Whitacre and Barrera state: "During war and in other situations where starvation conditions existed, amenorrhea is common" (138).

Hommberg found that before the war, out of 1356 patients observed, only 9 percent of the cases were amenorrhea. In 1917 there was a rise to five percent and in 1918 to nine percent. German physicians attributed this to "defective nutrition, underfeeding, physical starvation, exposure to cold and wet, enforced celibacy."

Rubner, in his report on under-nutrition in Germany during the World War blockade stated that on reduced rations, (31 gm. protein), a cessation of menstruation occurred with many women. Strickel found that, during 1917, cases of amenorrhea were seven times more frequent at Charite Frauenklinik, Berlin than before the war.

MENOPAUSE

If a woman has taken steps to stop the monthly loss of body fluids at an early enough age, the ovaries will continue to function throughout life with reproductive capacity persistent into centuries. In a healthy woman, menopause occurs, if at all, quite late in life.

Dr. Bieler writes: "The normal menopause in the healthy woman is almost symptomless. But the toxic female who has had relief from the burden of her poisons through menstrual channels truly suffers as a whole series of new ailments arise: menopausal hot flashes, extreme nervousness, headache, arthritis, neuritis, gastric and intestinal indigestion, weakness and prostration, irritating vaginal discharge, palpitation of the heart, shortness of breath" (NATURAL WAY TO SEXUAL HEALTH, p. 176).

"For the patient suffering from milder disturbances of menstruation and menopause, much relief can be offered . . . by limiting the diet for one or two days just before the period begins. Urine tests will indicate whether the toxins are protein or starch and sugar related. If the latter, then the appropriate antidote is an acidic cleanser consisting of diluted fruit juices taken every hour. If protein acids are the offenders, an alkaline base such as diluted raw vegetable juice or vegetable soup (without meat) is prescribed" (p. 180).

TO BECOME A MOTHER

"Teach us to create in sacredness
Noble thoughts of children
Wrought in Thy Image."

SWAMI YOGANANDA

"You are the bows from which your children, as living arrows, are sent forth."

KAMIL GIBRAN

Nature is orderly; there are fundamental universal principles governing all aspects of reality. Individuals with outstanding physical, mental and spiritual qualities have been produced because certain requirements have been met either due to chance or conscious effort. When a man and a woman are joined in spiritual union, they have taken on a mutual responsibility for their own growth. When you include a child in this union, you are expanding the partnership.



PREPARATION FOR PREGNANCY

To create a superior child, you need an environment filled with love, consideration, harmony and spirituality. Education and wealth are no guarantee of health and happiness. Parents are the soil from which a child blossoms. Quality of genes, personal cleanliness, continence, positive emotional attitudes, a spiritual life-style, astrological and karmic influence as well as physical environment, play a role in determining what soul will enter the impregnated female.

Prepare your consciousness for birth. Have the greatest desire for a child. Have visions of what it is going to be like. Let the baby be as real as if he or she were already with you. Study scriptures, the works of the ancient wise ones and inspirational writers and poets of all ages. Study the lives of great people. Spend time in nature. Find joy in the little things of life. If you become satisfied with less material goods, then you will become more imaginative and will discover how much you really have and how few your true needs really are.

It is best to improve the nutritional pattern at least six months prior to conception. However, at any time during pregnancy you may begin to improve the spectrum of nutrients in the diet by adding sprouts, indoor greens and juices.

Do not make any radical change in diet after conception. Do not try a detoxification regime or a fast of more than twenty-four hours. Any pronounced variation in the level of body toxicity could trigger cleansing reactions harmful to the fetus. For example, do not switch from a cooked food to a fruitarian diet or vice versa. A change from a concentrated diet to the lighter, juicier raw fruits permits the body to eliminate toxins stored in the tissues. On the other hand, if you have thoroughly detoxified your body, the bloodstream would be flooded by the toxins produced from the body's efforts to metabolize cooked foods.

To minimize the damaging effects of such poisons during pregnancy, you may switch gradually to an organic vegetarian diet and avoid a rapid weight loss. This will prevent a quick release into the bloodstream of DDT and other chemicals stored in body fat.

Above all avoid drugs, including cigarettes, alcohol, spices, strong soaps and smog. Since the placenta does not filter out these substances, they can damage the fetus.

Nor should your mind be poisoned by stress from competition in the business world, tension from driving in heavy traffic, violence on television or movie screen, arguments, excessive noise.

If you take wheatgrass juice, sprouts, seed, nuts and cooked vegetables, live naturally and are happy during pregnancy, you will give birth to a healthy child.

COMPLICATIONS OF PREGNANCY

Dr. Dieckman, in the American Journal of Obstetrics and Gynecology, observes that eclampsia and toxemia, which account for twenty to forty percent of maternal deaths in the United States, are practically absent in the underdeveloped countries. He notes that the incidence of eclampsia is 450% higher among Mohammedans than among the Hindu. "The most likely explanation of the greater incidence is that the diet of the Mohammedan contains meat in contrast to that of the Hindu who eats no meat." Additional statistics show that the incidence of eclampsia in Charlotte, N.C. was 2000% higher than in Bombay (Journal of Reproductive Medicine, Aug., '69). Considering that Americans are the leading consumers of animal and adulterated foods, the results are not surprising.

Hauch and Lehmann in a study of eclampsia in Denmark observed, "... The decreased occurrence of eclampsia during the war in Germany and also in Denmark has been attributed to the lack of protein and fat in the diet and the increased work of the women, resulting in better oxidation of food."

"Various authors in discussing the etiology of eclampsia have stated that the disease is uncommon or low in the tropics. The majority have ascribed the low incidence to the low protein diet which they assumed to be mainly carbohydrate," states Dr. Dieckman.

Fields and Davis, obstetricians, demonstrated from the records of 1503 multiparas, that: "... excessive weight before pregnancy ... is associated with greater incidence of prolonged labor, cesarean section, maternal complications, prematurity and toxemia."

Another doctor, Dr. Cowan says:

"A too early consolidation of the bones of the fetus is one of the reasons for dangerous and painful childbirth ... if the woman ... abstains from ... graham and white flour, beans, peas, barley and all farinaceous substances, and milk, butter and cheese; in the place of these using only fruits and vegetables ... the child born under these conditions will be softer and smaller than usual, but soon will grow in strength and beauty." (The Science of a New Life)





A pregnant woman in a perfect state of health does not need extra food. Overeating leads to a large, fat baby and a painful childbirth. The birth is also painful for the baby. It is its first introduction to pain and a response of fear is registered in its subconscious. Some brain damage is done because the skull bone is still relatively soft and exerts pressure on the delicate brain cells, as the baby exits from the mother.

Adopting a more natural life-style, once the transition is past, will effect a complete absence of fatigue, clear-headedness, and improvement in appearance and unsurpassable health. Because you will become much slimmer, birth will be painless.

NATURAL CHILDBIRTH

If properly prepared for, natural childbirth will be a beautiful experience. You may benefit from specialized exercises to prepare your body for easy delivery. There are classes in such exercises which may be attended by both parents. Or they are described in books on natural childbirth (see Appendix).

During the first delivery, it is wise to engage the services of a physician, midwife or nurse. Wherever it takes place, for the best health of the baby and yourself, refuse all drugs and anesthetics. Too, you will be awake to help the baby come into the world and to experience the joy of his or her arrival.

SUPERBABY

BREAST MILK FIRST FOOD

Give baby nature's perfect food — breast milk. Most nursing mothers have not had the benefit of an organic raw food diet; as a result their milk contains a large amount of DDT and other chemicals. However, this should not discourage them from breastfeeding. The composition of mother's milk is complex and precise, varying in nutrients and concentration in each species of mammal. No one can create an equivalent substitute.

Dr. Goran Lofroth (Department of Radiobiology, Royal University of Stockholm) states: "I personally believe that human milk, when available, is superior to formula milk — and consequently the solution of the problem is not to abandon breastfeeding and human milk but, instead, to decrease and eventually stop the use of DDT and similar persistent chemicals."

If mother's milk is inadequate in quality or amount, there is no need to look for a substitute. Increasing the consumption of sesame seed, sprouts and juices will correct the condition.

According to La Leche League (an organization for the encouragement of breast feeding of the newborn), there is really no woman who cannot breast feed. The following story reported by the La Leche League testifies to the truth of the matter: "Lorraine B. tried unsuccessfully to nurse her first two babies. Her next two babies were not nursed at all nor was her fifth baby, David. Shortly after birth, however he developed a severe diarrhea and an eczema condition, and by the age of eleven weeks he could not tolerate any kind of formula or solid food. As a last resort, the doctor prescribed breast-milk. Jean P. a nursing mother who lived in the vicinity, offered to nurse David and he responded immediately.

"After the first breastfeeding, the baby slept all night for the first time in his life and thereafter his difficulties quickly cleared up. At this point the mother telephoned La Leche League for help. They suggested that she start nursing David for two minutes on each side about eight times a day, increasing the sucking as the nipples became less tender. From time to time while he was at her breast, she gave him, with an eyedropper, a little breast milk donated by nursing mothers to encourage his effort. After eight days, Lorraine's milk began to come, slowly at first; but, by the end of a month of concentrated effort, she alone nursed the baby."

FOOL PROOF MILK FORMULA

The makers of baby formulas cannot duplicate the changes in composition or volume that takes place weekly in mother's milk as the human body makes adjustments to adapt to the hormonal and nutritional needs of the growing baby.

Dr. Pamela Davies at the Institute of Child Health at Hammersmith, London says that babies bottle fed with cows' milk may suffer from hardening of the arteries and high blood pressure in later life, leading to coronary heart disease.

The Jelliffes discuss some of the problems arising from cow's milk formulas: low blood calcium in the newborn, overload on the infant's kidney from having to expel waste products of excess protein, diarrhea, respiratory infections. They state: "In the early weeks of life the intestinal wall of the infant

allows 'foreign protein' to pass through. This increases the possibility of long-lasting allergies, including milk-induced colitis and possibly sudden 'cot death' from an allergic reaction to cows' milk." They furthermore recommend fruit as the ideal weaning diet: avocado, papaya, mango, banana, pears and apples (World Health Organization Chronicle, 25(12):537,1971).

CHILDREN SICKEST IN USA

In the United States, a deformed child is born every five minutes — one in every ten families. In this country alone, we are producing yearly 250,000 deformed infants (equivalent to a city the size of Dayton, Ohio). Many babies are born diseased. Even most of the apparently healthy are so toxic at birth that their opportunity to develop health is severely limited. In the United States, according to the World Health Organization:

"Nearly half a million children are affected by rheumatic fever.
Ten million boys and girls under 21 have defective vision.
A half million have orthopedic or spastic conditions.
Two million have impaired hearing.
Seventeen thousand are deaf.
Four hundred thousand have tuberculosis.

Seventy-five percent have dental defects.
Three out of every 100 draft registrants have heart trouble.
Three out of every hundred have a mental disease.
Two out of every 100 have a neurological difficulty.
Ten out of every 100 have defective vision.
One out of every 40 have defective hearing."

These statistics indicate only the observed and reported conditions.

TOXIC BABY REBORN

Dr. Bieler states that unless the mother is detoxified "the baby comes into the world . . . full of toxins from the mother's blood and an intestine full of meconium (black bile). The baby is, in fact, so toxic that even with the best care it usually takes three years to eliminate his or her inherited birth poisons" (Food Is Your Best Medicine).

Chronic and acute diseases of childhood result from toxicity of the mother's body and the diet of the child. Dr. Bieler states from personal experience that excess protein intake during infancy and childhood, depending upon concentration, can result in leukemia, cancer, rheumatism, polio, skin disease or tonsillitis. Heavy starch and mucus-inducing foods (all dairy products, grains, sugar, breads) bring on serious respiratory disorders (asthma, pneumonia, measles, chronic runny nose). Toxemia, stemming from an excess of fatty foods, expresses itself as acne, boils or styes. A child born of properly prepared parents will not develop these or other serious disorders.

Uninformed mothers, with the best of intentions, often feed infants "baby food." This is a misnomer. Highly overcooked food with additives, seasoned to suit the adult taste with salt and/or monosodium glutamate, is sold in glass or tin cans at a very high price. Such concoctions have little nutritional value. They overtax the child's digestive organs with the toxic products of indigestion in addition to the poisons contained in the food.

No cooked food may be considered baby food. A baby is sometimes fed cooked starches (pablum, cream of wheat, cookies) as early as three weeks of age. And yet, the baby's digestive organs are not developed to handle starches until the teeth are fully developed.

Nor are synthetic vitamins fit substance for a baby. They are not a food; they are simply no substitute for vitamins from mother's milk, live foods and sunshine. In addition, they may be toxic to the child.

For example: Dr. Isobel Jennings of the University of Cambridge, England, (VITAMINS IN ENDOCRINE METABOLISM, Charles C. Thomas), writes: "In many cases synthetic vitamins are now available which may be identical with the naturally occurring substance or only closely related. The close relations, although useful in many ways, pose some problems in that they may have only a fraction, whether large or small, of the biological activity of the natural product. They may substitute for several, but not all, of the functions of their natural counterparts so that it is essential to use extreme care in their use."

"D2 is structurally different from D3 in having an unsaturated side-chain. It is prepared by irradiation of ergosterol, a vegetable sterol present in ergot and in yeasts. D2 varies in its antirachitic (anti-rickets) potency in various animal species and is rather more toxic than the naturally occurring animal vitamin."

Vitamin D2 is alien to our bodies. Commercial milk is fortified with synthetic vitamin D. Natural vitamin D3 is produced by the body under the action of sunlight. It is necessary for absorption of

calcium into the bloodstream through the intestinal wall, for the release of bone calcium when the blood serum calcium is low, and for building of bones and teeth. Synthetic vitamin D fails to regulate this delicate calcium balance, and when taken in large doses can be a factor in kidney failure, mental retardation, dental abnormality and heart murmur.

After weaning, even a toxic child will gain natural purity on an organic live food diet. During the periodic cleansing reactions (fever, diarrhea, boils, colds, vomiting), give the child dilute vegetable and fruit juices (see Appendix: Shelton, Wigmore, Bieler).

If, occasionally, the detoxified child develops skin rash, fever, diarrhea, cold or flu, it is the result of some error in the current diet. Quite often it is caused by a diet high in starch, protein or fat, or inorganic, processed food. Other causes could be food that is spoiled, under-ripe, over-ripe, cooked, badly combined. Generally place the child on a fluid diet: fresh juices diluted with water, liquid of unseasoned soup or water.

All disease symptoms are corrective mechanisms to eliminate the cause of bodily disorder. Do not try to check them with food or medication. Dr. Bieler says: “. . . a good rule to remember is that the bowel can be cleansed of toxins (by enema or physic) in twenty-four hours; the blood in three days; the liver in five days, providing no food is taken.”

The child's bloodstream should under no circumstances be filled with poisons from vaccination or inoculations. The medication, if it does not kill one or maim one for life, can shorten the life. If illness is due to inadequate diet and sanitation, vaccination may produce a 'favorable' short term effect — suppression of a healing acute disease, which, if doctored incorrectly, can cause death — at the expense of permanently weakening the constitution, and permitting a continuing build-up of toxins which eventually manifest as chronic disease.

For those who follow natural health ideals, childhood diseases generally never develop. If symptoms manifest, stopping all food intake and taking only water or alkaline fluids, will cause them to pass quickly, leaving the body stronger.

If vaccination is mandatory, object on religious grounds. Necessary documents are available from Rising Sun Christianity, Christian Science, Unity, the National Health Federation. Insist that the temple of the living God cannot be defiled with filth. If all fails, take the child with you into an area where you will not be persecuted for your belief.

FOR SUPERIOR BIRTH NO SEX DURING GESTATION

The Talmud condemns coitus during pregnancy, and declares copulation in the first three months after conception deleterious both to pregnant mother and the fetus, while intercourse later in pregnancy is characterized as an action which is destructive of human life and equivalent to feticide. The Koran also prohibits sexual intercourse during the whole gestation, as well as during lactation and menstruation. In China, total abstinence during pregnancy is one of the first medical laws.

The findings of Masters and Johnson (*Human Sexual Response*, Little, Brown, 1966) showed that orgasm is associated with rapid heart rate and oxygen deprivation. Dr. L. Streen (*The Birth Of Normal Babies*) warns of the danger of anesthetizing women during childbirth because “lack of oxygen even for a short period could produce damage to the fetus.”

Another Masters and Johnsons finding was the physiological tracing of the source of uterine orgasmic contraction. Limmer says orgasm “resembles the patterns of first stage of labor contractions.” He cites Dr. Javert's (Columbia physician) study of 213 pregnancies of women who habitually miscarried. Dr. Javert found 90% were able to bear children when they abstained from intercourse after conception. Thus it is quite certain that in some women, coitus during pregnancy causes premature birth; sometimes labor pains begin a few minutes after the act.

Dr. Shirley Driscoll, M.D., Harvard Medical School, says infection, for example congenital syphilis and toxoplasmosis, rank among the most common cause of prenatal death. Infection may also cause mental retardation or neurological defects among survivors. Dr. Driscoll hypothesizes that infection may be transmitted to the fetus via the mother's blood, the amniotic fluid or from the father during intercourse.

Dr. Tilden, M.D. in his “Diseases of Women” says: “The stockman, as well as the humane society, would prosecute anyone ignorant and stupid enough to allow the males of any breed of animals to tease and sexually excite the pregnant females, but this health-destroying practice is permitted without protest among human animals.”

Mother's resentment, anger and frustration of being forced into intercourse produces toxic blood from the hormones secreted by emergency oriented ductless glands.

Mother has great responsibility toward the future generations by controlling the events of her body. The perfect child will be the result of pure diet, continence and happy thoughts.

The fetus is the result of an egg, which is many hundred times larger than the impregnating sperm. The fetus develops for nine months under the constant environment of mental stimulation and nutritional fluids of the female. The mother's hormone balance, intelligence and nutrition are of much greater importance than the genetic contributions of the father. The male can make the greatest contribution to the growth of the new being by providing a loving, safe and happy environment for the mother.

CONTINENCE DURING LACTATION

Ideally a mother does not resume menses until the baby stops nursing. Sexual intercourse during lactation quite often induces premature menstruation, vitiates the quality of the milk and induces termination of the nursing period. In continence, the gonad secretions are lymphatically absorbed and carried by the blood to the mammary glands, stimulating secretion of milk.

Gonad secretions are very rich in phosphorus, the element required to build brain tissue. Loss during orgasm reduces the quantity of phosphorus in mother's milk and may well retard brain development in the child (Creation of the Superman, Dr. R. Bernard).

"Continence or non-secretion of the genital glands causes conservation of lecithin, while the activity of these glands, as a result of sexual indulgence, causes loss of lecithin which is the chief constituent of their structure" (Dr. Raymond Bernard, *Prenatal Origin of Genius*).

Prof. A.B. McCallum of John Hopkins University writes: "The importance of lipoids in mammalian nutrition is illustrated by the fact that the growth of the brain is directly proportional to the lecithin content of the mother's milk."

Dr. Bernard concludes that genius, of superior mental power, originates during gestation and results from superior development of the embryonic brain and endocrine glands. He doesn't believe that a lecithin supplement to the diet is sufficient, because other important substances are lost, especially the hormones from endocrine glands.

After sexual intercourse, putrefying seminal fluids may be absorbed through the vaginal wall into the lymphatic system of the lactating mother. Ensuing protein toxemia makes her milk toxic to the infant. Such milk is especially damaging to the baby if the father smokes, drinks or takes drugs. Often, however, the newborn rejects such breast milk.

To conclude, continence during gestation leads to superior embryonic growth, while continence during lactation produces lecithin-rich milk, necessary to the brain development of the infant.

LITTLE ONE'S DIET

Don't overfeed; let the child dictate to you how much, what food and at what time to serve it. Three or four feedings a day are adequate. Do not feed the child at night. Crying doesn't always indicate hunger. Feed the child enough to insure growth. You are overfeeding a child if superfluous secretions are discharged from his or her eyes, nose, ears. If a child has gas, it is because of the food eaten, air pollution or emotional factors.

Today doctors are beginning to recognize that overfeeding of children predisposes them to ailments. Dr. Roy Walford, UCLA Medical School, raised his rats and mice on a diet which contained only one third the calories of a normal diet, but all the vitamins, minerals and essential nutrients. The test animals lived 50 to 100 percent longer than animals fed on a full diet, and developed 10 to 60 percent fewer cancers. He believes humans would live much longer if caloric intake were decreased in the very young, "the effect is less pronounced when you start in maturity" (Sunday Boston Globe, Nov. 7, 1971).

Dr. Paul Dudley White, former physician to the late President Eisenhower, told members of the Oregon Heart Association that children as young as two and three years old are showing signs of atherosclerosis (fatty deposits in arteries) "The main reason . . . is that Americans are overfeeding their children with wrong foods and not encouraging them to get enough exercise."

Dr. White says that offending foods are large amounts of eggs, whole milk, cream, cheese, butter and meat. "Aside from containing too much fat, some of these foods also contain large amounts of cholesterol, which is very bad for the circulation . . ."

Dr. Jack Soltanoff strongly objects to the feeding of starches and pasteurized milk to baby, instead he advocates fruit (227):
“... solids given to baby should be dates, figs, raisins, persimmons, well-ripened bananas, etc. rather than starches or cereals. Fresh fruit in summer and dry fruits in the winter are best. Many of the troubles that children suffer from are in large part due to the practice of feeding them starches, cereals, sugars and pasteurized milk. This is a serious error as up until the end of the second year these foods are swallowed without being chewed or salivated sufficiently, and are eaten by an infant or child whose digestive juices have not yet developed enough to digest and assimilate starchy foods.”

For the first year, milk from a healthy mother is usually sufficient food for a child. At the age of a year, the child may start taking fresh fruit and the juice of vegetables, greens and sprouts. The child knows its body's needs better than the parent knows them and should be given the natural food he or she likes best. If the food is rejected or the child shows signs of fever, diarrhea, nausea, skin eruption, especially soon after a meal, you can be sure that the food caused it. Discover which of the foods eaten within the last twenty-four hours was the causative factor and eliminate it from the diet.

While traveling, it is very important that no sudden change in diet takes place. It can result in severe diarrhea. If diarrhea occurs, stop intake of all food. Dilute citrus juice and soup broth may be fed until the child's condition improves. It is very important to give the child only fruit which is fully ripened and organic. If such fruit is unavailable, substitute indoor greens, weeds, sprouts and grass juice. Eat local organic seasonal fruits and vegetables.

Don't give baby any nuts or seed. A baby born from detoxified parents has a highly permeable digestive tract (almost like a sieve). Undigested protein can enter the system, causing allergic reactions. Avoid all starches and fats. Protein should be taken in the form of amino acids from fruit, grass juice and delicate sprouts (mung, alfalfa, buckwheat, sunflower). When your child is old enough to chew food thoroughly, he or she will thrive on the same live food diet which you eat and will be spared “childhood diseases”, “colds”, and trips to the dentist.

Give the child plenty of sunlight (midday sun rays are too strong except in winter), fresh air, zone therapy on the feet, massage of body, especially the abdomen and plenty of love. Exposing the child to the light from a 40 watt red bulb for thirty minutes, will help him or her to pass gas.

I cannot over-emphasize that for her milk to provide a complete food for the baby, the nursing mother must be in excellent health. During lactation she must follow a very careful, nourishing diet and refrain from ingesting any contaminants. This is not a time to institute a strenuous cleansing diet or fast. The following letter attests to this fact:

Dear Viktor,

Back in December, my wife, Pam, and I did something very foolish. We both started a fast, but the only problem was that Pam was nursing our baby girl, Nirvana, (at that time she was nine months old). Well, it caused Pam's milk to become deficient as a food for Nirvana. To aggravate things, our lives were so uprooted that we failed to notice any change in her until her weight loss had become quite severe (to the point that the doctor we brought her to said that she was starving to death). God, what a shocker! Of course, the doctor recommended giving her cow's milk and eggs, but did “let” us try to wean her according to our diet under the “threat” of taking her away from us if she did not show marked improvement. Well, we first started giving her sprouted wheat milk and sunflower-sesame milk but then leaned heavily on cooked grains (cereals and stews) under the pressure of putting weight on her quickly. And she did gain weight and was more lively. So we continued a heavy grain diet for her.

But she started developing a heavy mucus condition which would not go away. At this point I decided to put some faith in the raw foods diet that was working so well for me, as a good diet for Nirvana. We started and are now feeding her fruit and fruit juices, vegetables and vegetable juices, seed milks and nut cheeses. She is thriving and the mucus is virtually gone. And she is gaining real weight not just a bunch of shit in her colon.

Love,
Rich, Jersey City, N.J.

During the first few months, the baby may sleep most of time — follow the lead of the child. Do not disturb the sleep with schedules or with unexpected visitors. The child will cry only when hungry or when sleep is disturbed. As the child grows, he or she will discover the exciting things missed because of sleep and will want to stay up later, but parents should initiate an hour for sleep which will make enough rest possible. It is a good practice to put the child to bed after meals, just as all animals do.

Have a definite time for bed in evening; enjoy a chat and read stories that will leave the child in a serene state. Better to read to a child stories of adventure, biographies, nature and travel stories than tales of Santa Claus or Snow White. Let the child tell you goodnight stories which he or she recalls from past incarnations or has created from the day's adventures. Give a child intellectual material for ethical and mental growth. Read favorite stories many times. Act out some of them. Let the whole family share in this evening "read-in" as the last meeting for the day.

From the period of conception onward, the child is storing in the brain information from the environment and trying as much as possible to relate this information and make sense out of it. Do not fill the brain with silly baby talk, as many parents have a tendency to do. There is no need to invent new words for sexual organs or to imitate the child's manner of speaking. Remember, the child is trying to imitate the language patterns of the adult. As the child develops, he or she will drop the baby talk.

The brain of a baby, at birth, is already half as large as it will ever be, whereas the body has a lot of growing to do, so that from birth onward the intellect is much easier to work with. In conversation, answer questions thoughtfully and seriously. If you don't know the answer, look it up as soon as you can. Keep the child's quest for information satisfied. The Chinese prepare the child early for the adult world. They talk to the child from birth onward as if he or she were already an adult; as a result the child's brain develops much earlier than it otherwise would.

During the early years, provide a safe, protected environment, minimizing danger. Hazardous objects should be out of reach of the child. In nature, there are fewer dangers, but still a child needs guidance in the art of survival.

Encourage creativity. Avoid factory-made toys, unless they are designed to develop imagination and skills to help the child to understand the natural world. Nature has much more to teach and recreate than most toys.

Of all synthetic pacifiers, television is probably the most pernicious, instrumental in spiritual, mental and physical deterioration of the growing child. Materialistic commercials equate love with food, possessions and sensuality. Children are bombarded with details of violence, drugs, drunkenness and war. All too often this view becomes the children's real world, distorting, even forming, their values and separating them from emotional involvement with people, creating a perverted view of God and nature.

When excess television viewing replaces outdoor life and creative activity, it can weaken the body and dull the mind. Watching the flickering screen can damage the eyes. It has even induced convulsions in some individuals. Red has proven the color most potent in inducing convulsions; it is ten times as effective as green or blue. It seems quite probable that color television has played a part in the recent increase of epilepsy in America. (149)

Potentially, radiation can affect even future generations by altering the chromosomes of the growing child. I repeat, television can be dangerous.

Do not indulge the child. Independence of character and imagination and the capacity for love are built in a positive environment in which natural food is eaten and living is frugal. Hardship, participation in home chores, imaginative play and devotion to spiritual exercise will temper the spirit for heightened aspirations.

Let your family life reflect a morel principle. It is best held together by love for the sake of love. The good life can be best developed in the company of those who love and let you be yourself. Practice more and teach less. Allow no violence in your hearts or your homes. Violence and cruelty are not part of love. Instruct with love and reason, never by punishment. Train your children in the beautiful laws of God so that they may grow up emotionally secure with the wisdom to face all ordeals. Free your homes from all crossness, all harshness, all sarcasm. If you see a fault or weakness in anyone, do your best not to judge, or mention it to others. For by talking about it, we give it power. Rather, discuss the problem with the person concerned when the time is right. Maintain a sense of loyalty to the family or group.

A poet has stated:

A child who lives with criticism learns to condemn.
A child who lives with hostility learns to fight.
A child who lives with fear learns to be apprehensive.
A child who lives with pity learns self pity.
A child who lives with encouragement learns confidence.
A child who lives with praise learns to be appreciative.
A child who lives with acceptance learns to love.
A child who lives with recognition learns to have a goal.
A child who lives with fairness learns justice.
A child who lives with honesty learns what truth is.
A child who lives with friendliness learns that the world is a nice place in which to live.

Let your child spend the growing years in nature not in a polluted city. The youth of today cannot afford to repeat the patterns of their parents. We are starting a new age.

Let us advance the concept of a tribe, learn to extend our boundaries beyond the possession of two individuals entangled in the chains of matrimony. The future lies in group marriage — people joined to express common values, love and respect for one another.

The joy of having many brothers and sisters is already being practiced in many of the city and wilderness communes. Children are not anyone's property. A poet has expressed that the parent might house the body of the child but not the child's spirit. Give your love freely but not your thoughts, for the child lives in the world of tomorrow, which may not prove accessible to you, unless you can become as the child — pure and open. Be willing to learn from a child; the child is your teacher as much as you are the child's and maybe more.

Let children grow within the framework of the tribe, with the rights and responsibilities of the adults. Let them be free of control by two parents. It is their right to develop within their own subsociety of peers. All the men will be their fathers and all the women their mothers. This way a child can grow, unhampered by possessive parents and may love and be loved freely. The child will be able to identify with several others instead of just physical daddy or mommy and will learn independence and self-reliance very early in life. There will be no childless couples or individuals. There will be no urgent need to reproduce in order to have a child with whom to share your life.

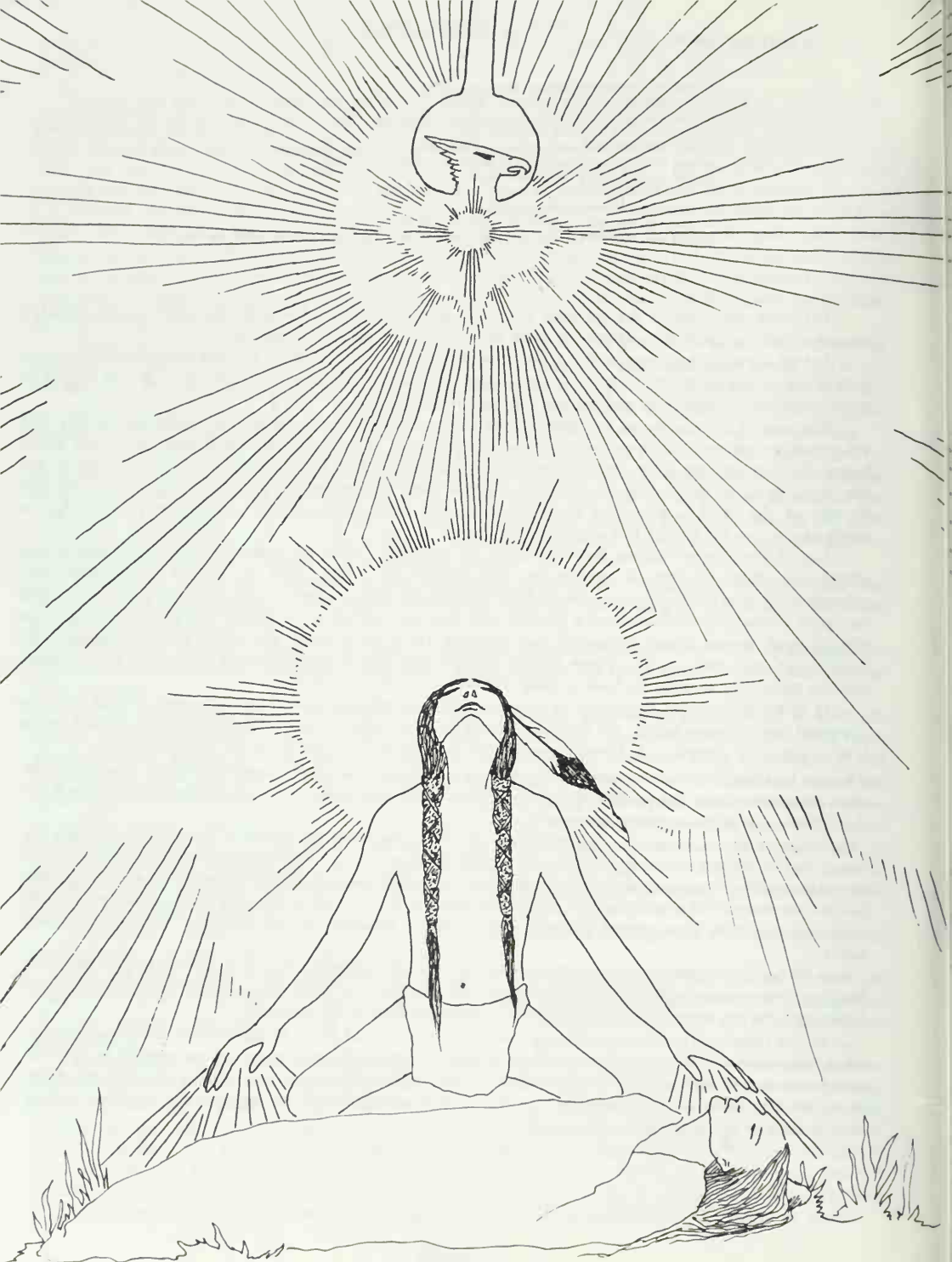
It seems to me most important to carry on the most intimate growth in the garden of two lovers in a natural environment within the framework of a larger society where the communal struggle will evolve into a ritual of meaning. A life-style similar to that of the Essenes might be a good model.

Whether in context of tribe or other family setting, you will continue to act as guardian angels of the child. Yours will be the subtle responsibility to see that the child will have the environment to grow through the karmic longings in the vehicle it has chosen within your protecting guiding atmosphere.

When man and woman are joined in a spiritual union, they have taken on a responsibility for their own growth. When you include others — children — into this union, you are expanding the partnership. You will be the guru of the child and the child will be your Master. There is a good reason for every relationship formed and for every individual that you will encounter in your life. God has entrusted you with a particular child, not just any child. Just as much as he needs your guidance, so also you need the guidance from the child. You are special. Your child is special. You are all together for a special reason. God has plans for every family.

Make the family an experience of inner unfolding. Do not set up any emotional traps. Be an open channel for perfection. Family is a very important vehicle for greater self mastery and discovery. Do not forget that you are not alone when you live in a family, share the joys as well as the frustrations, fill the home with laughter and adventure.

Let us in the future build our roofs under trees, permeable to the light of God, and in the shadow of the family, each member unfold daily another petal of the perfect lotus so that we would give beauty and fragrance to the lives that surround us, and at the same time dwell in the mirth of our brothers and sisters. Our mission within the next few generations to bring heaven back into the temples of our bodies, so that we would not know death, only planar transition, in the continuous evolving plan in the good universe where we can partake in the divine music.



HEAL AND BE HEALED

"Your first duty is to make the body healthy. Without health, nothing can be achieved. Not only higher goals, but even worldly success is based on your health, your condition. Whatever you want to do, spiritual, social, national, you have to do it with your body. Your thoughts are manifested only through your body. You can fulfill desires only through your body."

SWAMI SATCHIDANANDA

TO BECOME A HEALER

Those of you who are drawn to helping sick humanity will be confronted with many legal problems. Currently, not all healing systems have equal opportunity under the law. In most countries outside the USA, all doctors who are licensed to practice have equal privileges before any court with the same responsibilities and the same limitations. In the USA, the court system looks for AMA approval.

Initially, drugs were defined as poisons, and their use was under the control of a medical monopoly. Doctors knew how to use these poisons to "combat" sickness. However, in framing the 1938 Federal Food and Drug Law, the word "drug" became anything used to treat, prevent, diagnose, mitigate or cure a disease as well as "articles other than food intended to affect the structure or function of human or animal." With this law, the AMA was able to wipe out competition from osteopathy, chiropractic, naturopathy, homeopathy, acupuncture and color and nutrient supplement therapy. It took years of legal struggle before some of these professions were given legal status. Today the AMA union is still the richest and most powerful in the country; however, the new breed of doctors are not holding it sacred. This year (1973) was the first time that less than half the graduating interns joined it.

In many states a person may be charged with practicing medicine without a license if anything he says or does can be construed or interpreted as diagnosis or prescribing.

Many who are knowledgeable in the healing arts, for self-protection, when asked for specific instructions, will answer with qualifications as "I heard J.Q. used this method...", "Someone sent in this testimonial, and here is what he did...", "If it were me, I would do...", "There is no disease, only a polluted temple; if it is cleaned out and given proper nourishment your body can heal itself; follow the laws of Nature. Sin no more."

There are at least three paths to choose to pursue the healing arts as a profession.

One can study for an M.D. degree and experiment with natural methods on the side. This can be very hard on the mentality and conscience. A person would have to waste thousands of hours in the study of drugs and surgery and never use such tools except in an emergency. The financial investment can run as high as 50,000 dollars.

A far better approach is to pursue osteopathy, chiropractic, homeopathy or acupuncture. They will give you professional training and quite often legal protection. You will then be in a position to guide people on the path to health. Europe and Asia are far more advanced in these fields; hence, study outside the USA may be preferable.

The third path is that of the self-taught "healer." Such a person has studied widely and self experimented with juices, dietary supplements, herbs, fasting, diet, healing crises, zone therapy, iridology, physiognomy, color healing, tchiatsu, massage, acupuncture, meditation, yoga, and psychological and spiritual disciplines. Generally, such a person has studied in many centers, traveled extensively and has helped many people, however, this person is without recognized status.

I have met many in the second and third groups, few in the first, who were in trouble with the law for helping the sick to become healthy. Some have been jailed. Quite often they have made claims of cures; some have been framed; others broke the legal terms of the word "drug." A chiropractor, who used zone therapy, was arrested for malpractice. However, many of the states are becoming quite lenient—especially those on the coast—as the demand for natural methods becomes more prevalent.

The following guidelines should be helpful:

- a) Never make any claims of cures. The body heals itself; it is never cured.
- b) Never threaten or try to scare anyone into becoming healthy.
- c) If you are a professional be active in your professional organizations.
- d) Influential people when healed can act as your protectors.
- e) Become ordained in some church. You will be awarded a Doctor of Divinity degree. It can be obtained with only several months of training at cost of under \$100. You might want to start your own church. You will help to build temples of God. Have each patient join your church. Incorporate the healing practices as part of the religious services. The law will not dare to interfere with religious practices.

Don't go into healing with great financial expectations. Healing is a sacred profession. Work as God's helper. God will determine the reward. You might ask for donations from the well-to-do as required to take care of your needs; from the less fortunate, give your service as an offering to God.

Do not waste time with people who are not willing to cooperate with Nature's Law. Be loving. Offer suggestions that they would be willing to practice. Don't make life too difficult for anyone, unless absolutely necessary, and then only for a short period of time. Always offer hope for a better future. Inform the person that with Nature's methods the healing process may bring on acute symptoms; and complete recuperation may take a long time.

Experiment on yourself. Observe others. Study the books of many practitioners. Be very cautious when giving advice on hearsay or regarding phenomena which you have not experienced or observed.

Psychology plays a very important role in healing. Love God. Love self. Serve others with love. People are sick because of the filthy state of the digestive tract, especially the colon. They are also constipated mentally; love energy does not flow freely. Love them, show them how to clean up. Increase their energy through live juices, massage, zone therapy, exercise, yoga, rest. Increase their nerve energy through positive attitudes, silence, prayer, song, unlimited amount of rest, loving service, devotional duty, fun and joy.

When dealing with the sick, you will have to inspire confidence to obtain the quickest results. Ability to foresee an ailment, before it ever develops force, will help many people to bypass severe pain if they institute a self-healing regime. Avoid naming diseases; for some patients the label will be just another worry. Such labels only name symptoms anyway.

Diagnosis is a complex art. In the West, it is practiced generally through pulse-pressure examination, blood, urine, tissue analysis and many painful techniques which require the use of surgery.

Jesus, Teresa Newman (Catholic Saint, breatharian), Edgar Cayce and many other healers could read a person's past, present and future, just from his or her auric vibrations. They healed the sick by recharging them with the missing body-spirit vibrations or else instructed them how to heal themselves.

The East has developed many techniques of diagnosis that are being spread throughout the West by the Macrobiotic Community. Some of the techniques are found in acupuncture, Do-in, tchiatsu, physiognomy and the twelve pulse test.

Fasting a person for three days will give you a great deal of information on the state of that person's health. The more toxic a person is, the more discomfort he or she will feel. It will take longer for hunger to disappear, the urine will be dark and much mucus will collect on the tongue. There may be headache and nausea. General health may be estimated by pulling a hair from a person's head. If the hair comes out easily and painlessly, it indicates malnutrition with an overacid condition. Split ends indicate protein deficiency and poor food combining.

Palmistry, graphology and astrology can give a great deal of data about past lives, current status and future ailments. Today, palmistry is becoming the "helping hand" in some doctors' offices. When properly interpreted, certain lines and changes in lines, may be warning signals that can alert a doctor to the oncoming of a severe disease. Dermatoglyphics, or palmistry, is presently being taught at the University of Minnesota. Likewise, iridology can tell the whole history of your body and can be used in the same way as palmistry.

The pulse-dietary technique, as developed by Dr. Coca, allows you to determine which foods you are allergic to. These foods can be responsible for asthma, hay fever, diabetes, high blood pressure, migraine and tired feeling. Basically the test consists of observing the pulse count after ingestion of commonly eaten foods. If there is a dramatic increase after eating a certain food, it generally indicates your body has difficulty metabolizing it. (The Pulse Test, Coca, University Press, 1956).

When determining the state of the person's health, observe the ear lobes, hair line, skin tone, body structure, and weight, facial lines, posture, and appearance of the eye. Topics that should be explored are the following: complete diet, past ailments, current complaints, bowel movement, sexual habits, occupation, emotional status, food combination, quality of teeth, exercise and social forces. The determination should be a silent one. It is illegal to diagnose. If you suspect, from observing facial lines, congestion of the liver, you can ask questions to verify this: "Have you had liver problems in the past? How is your protein digestion? Do you have gas?"

Every practitioner should consider at least the following causes in the history of disease:

1. Work — Things one comes in contact with; check out: chemicals, ventilation, tobacco smoke, noise, physical activity and social setting.

2. Bath — Does the patient use too hot baths, how frequently? Steam? Salt?
3. Exercise — How often? Strenuous infrequent exercise can be dangerous. Yoga, gardening, swimming and walks are best for health. What sort of posture?
4. Diet — What is the main food the patient lives on? Is it properly prepared, combined and balanced for physical needs? Is there time for mastication and mental rest after the meal? What are the cooking utensils made from (best is porcelain or glass)? How much seasoning or salt? What kind of water is used? Is the food organic? Is there at least one bowel movement daily?
5. Sleep — Is the room dust free, well ventilated, warm, silent? Electric blanket, detergents and strong chemicals in blankets can be harmful. Direction of patient's lying in bed can make a difference; for example, lying with one's head north is considered ideal. Does one meditate, and/or rest during the day? Does one relax before going to sleep? What sort of activity is pursued for relaxation?
6. Clothing — Does coloring run on skin? Is the clothing too warm or cold; does it produce skin irritation or restrict circulation? Is it of the right color for healing and personality?
7. Light — Is kerosene or gas light used (can be very harmful)? Does the patient get adequate sunshine and fresh air every day?
8. Mental — Find out what factors influence happiness and anxiety, produce worries, bad temper. Does one relate well in family, friend or social setting?
9. Environment — How bad is air pollution in the area? Is there a nuclear power plant in the vicinity? Is the home located in the vicinity of a commercial farm, airport or heavily traveled road? Is the house heated by gas? Is it being filled with fumes from a pilot light? Is the ventilation adequate? How many hours daily exposure to t.v. radiations? Is it a color set?
10. Excesses — They can be very destructive. Does the individual excess in alcohol, sex, eating and/or work?

With a good picture of the sick person's background and habits, you are now in a position to be helpmate and friend, as the two of you work out a program which will effect healing for a happier life.

The treatment will be a long term program individually worked out for the person. A diet consisting of two to six meals a day, should be written up, guided by the person's digestive ability. The simplest meals are best. A cooked vegetable diet program might be used. A juice regime and bed rest might be required by those of low energy. Daily evacuation must be ensured, even if it means the use of enemas. Control of "crises" must be delicately observed, to ensure that no mistakes are made. When needed, other healing professions should be consulted. In time the person will understand the meaning of "Be Your Own Doctor."

For best results, the person should be advised:

- 1) Not to discuss his or her new diet or therapy with friends and relatives until positive results have been obtained. They might be discouraging.
- 2) To take a reasonable length of time to experiment with the diet before deciding whether it works. An average of four months (three weeks at the absolute minimum) is necessary to show conclusive results. It may have taken twenty to thirty years of sloppy eating and unnatural living to produce the symptoms of disease. The healing process usually takes less time.
- 3) That the new living habits will be difficult at first, but, with perseverance, they will be easier to maintain because life will become more enjoyable as the person becomes healthier.
- 4) Healing takes place most rapidly when one is happy and not worrying over symptoms. The mind should be kept busy with reading, meditation, a hobby or gardening.
- 5) Rest is central in healing. When tired, the person should not be pushed — it is time for bed rest. At least once a week, the person should take time out for uninterrupted rest—to sleep and rest for ten to twenty-four hours.

TEMPLE OF GOD

"Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any... defile the Temple of God, (that person) shall God destroy, for the temple of God is holy, which temple ye are?"

1 COR 3:16

"I tell you truly, should you fail to keep but one only of all these laws, should you harm but one only of all your body's members, you shall be utterly lost in your grievous sickness, and there shall be weeping and gnashing of teeth. I tell you, unless you follow the laws of your Mother, you can in no wise escape death... She shall heal all... plagues, and you shall never become sick. She gives ... long life, and protects you from all afflictions: from fire, from water, and from the bite of the venomous serpent."

ESSENE GOSPEL OF PEACE

The human body is constructed of a hundred trillion cells. The vitality of the body is the total energy of individual cells. The function of organs and tubings is to insure the integrity of the fluids in cells, with no single constituent varying more than few percent. As long as the nutrients (solar energy particles) are internalized in the right quantity and proportion and waste is eliminated, the life of cells is insured. Overnutrition leads to toxemia from putrefaction or overstorage of nutrients; undernutrition leads to energy loss, starvation of cells, causing cell functioning to fail.

The body maintains the constancy of the internal environment through the activity of organs and ductless glands. They have the capacity for processing fuel of different densities: solid, liquid, gas, and radiation.

The digestive system is well adapted for processing solid and liquid fuel. Teeth grind food into fine particles and mix it with saliva. The combined activity of mouth, stomach and small intestine break food into micronutrients which can be absorbed into the blood and lymph systems for transporting the fuel to the cells. The liver and endocrine glands, and some other organs, act collectively in intermediate metabolism which further break down nutrients into forms directly utilizable by cells. The ductless gland system supervises the body's functions for survival emergencies, dictates growth, reproduction and many phases of metabolism. When the body is perfectly balanced these glands act as coordinators of soul and energy forces. The kidney maintains the delicate balance of fluid electrolytes, excretes over 90% of the waste products of protein metabolism, as well as the ingested non-nutrients.

The internal tides are centralized within the circulatory system of heart, blood and lymph vessels. The circulatory system keeps the fluids surrounding the cells continuously mixed. Every part of the body is bathed by fluids from every other part of the body within any 10 to 30 minutes of time.

The blood vessels (of which there are about 30,000 miles in body) carry on rapid transport of oxygen, nutrients, waste and red blood cells.

The lymph system consists of lymph fluid, vessels and nodes. It acts as the major food transporter and is the home of the white blood cells. Lymph fluid, is similar in composition to sea water. This body of water is continuously, but slowly (relative to blood), on the move.

Lymphatic vessels or capillaries lie beside blood capillaries. They are extremely porous so that they can collect large particles – such as old debris of dead tissues, undigested protein and dead bacteria – from tissue space fluid. Small filters, lymph nodes, digest protein particles (quite often they leak out from capillaries) and return them to the lymph stream in the form of amino acids.

The main lymph trunkline proceeds upward in each leg, each arm and from the digestive system, all finally covering in a single tube – the thoracic duct – emptying into the large vein near the heart.

The two large lymph nodes located at the start of the digestive tract (tonsils) and at the end (appendix) act as filters and warning devices. The condition of the tonsils indicate the amount of mucus in the body whereas the appendix warns of protein putrefaction. When inflamed –enlarged due to overwork – tonsils make it unpleasant to eat, a fast is indicated. Appendicitis and tonsillitis have been treated perfectly successfully through fasting, cold compresses and enemas, as well as with acupuncture. If toxemia is allowed to progress to an extreme level, leukocytes will increase to protect the body; their great number can create symptoms of acute disease. If no change is made, eventually leukemia may be diagnosed.

The respiratory system deals with the gases in the body. It receives oxygen from the air and, via the blood, transports it to tissue space surrounding cells and picks up carbon dioxide, plus many other gases, to be expelled through lungs. Many ionized elements are absorbed through the lungs; these energy-charged particles can act as a basis for the creation of nutrients.

The energy system is centralized in the skin and chakras. The sensitivity of the skin to solar energy and the penetrating quality of solar rays in a completely detoxified individual enable the internal organs to act as assimilators of the breatharian diet. The hemoglobin carries on the same functions as chlorophyll.

The skin, exposed to consistent solar activity, becomes pigmented insuring that the correct amount and right quality of electromagnetic waves are absorbed to give optimum energy to the body.

The skeletal and muscular systems provides movement toward sources of food and pleasure and avoidance of danger. This skeletal movement can be controlled in many directions. Because of bad diet, unbalanced occupational posture, accident or emotional tension; the spine, muscles and joints become distorted, damaged or misaligned. Yoga postures, exercise, chiropractic, osteopathy, rolf massage

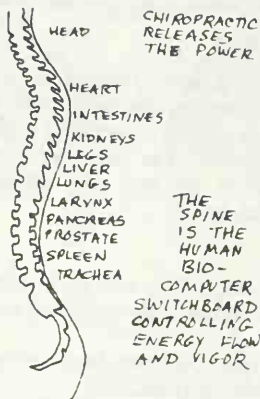
and/or zone therapy may help to correct these conditions.

The adjustments will have a functional effect on the nervous system (brain, spine, and peripheral nerves), which controls bodily activity. This system has two separate divisions: the sensory: which reports and analyzes the immediate environment; the motor, which controls the muscles and some of the glandular secretions via the autonomic nervous system. If the skeletal system is unbalanced by poor posture, impingement of a nerve can interfere with the flow of its impulses to associated organs, thus impairing their function. Furthermore, a distorted skeleton and weak muscle tone result in crowding and displacement of internal organs. Poor dietary habits can produce enlargement of organs which then press on the spine, causing backache.

From abnormalities of the vertebrae may be diagnosed diseased conditions of the body which can be checked by further examination. The following is a list of the vertebrae with parts of the body affected by them:

Organs and Parts

- Head
- Heart
- Intestines
- Kidneys
- Legs
- Liver
- Lungs
- Larynx
- Pancreas
- Phrenic Nerve
- Peritoneum
- Prostate Gland
in males
- Spleen
- Trachea



Spinal Nerve Centres

- 1st to 6th cervical
- 3rd cervical to 5th dorsal
- 9th dorsal to 5th lumbar
- 11th dorsal to 5th lumbar
- 12th dorsal to 5th sacral
- 6th to 12th dorsal
- 1st to 9th dorsal
- 1st and 2nd cervical
- 9th and 10th dorsal
- 2nd to 5th cervical
- 1st and 2nd lumbar
- 10th dorsal to 5th lumbar
- 9th and 10th dorsal
- 5th and 6th dorsal

For best posture and elimination of backaches, sleep on the hard floor, earth or on a ¼ inch plywood board on the bed. Add a few layers of blanket to simulate sleeping on the soft earth.

HAIR CUTS CAN BE DANGEROUS TO YOUR HEALTH

Hair, too, is an important organ. On a natural diet, hair grows to a certain length and stops. No animal need cut its hair. There is a fixed length of hair for armpits, skin, genitals, face and head.

Shaving and haircutting is health-destroying. Frequent male haircuts may speed balding (females rarely go bald). A child resists with fear the acts of barbers. After a haircut, one may feel the drain on the mental faculty, quite similar to the feeling after loss of sexual fluid. Not only is the hair lost, but also the hair shaft bleeds repair fluids at the cut ends. Nutritional loss due to haircutting affects the brain. In school, other factors considered, long-haired girls are the best students. Hair is the receiver and transmitter of divine emanations—it makes you receptive to spiritual forces. Saints and sages instinctively let their hair grow.

Hair is like a plant which grows out of rich soil. The scalp is your garden. If it is robbed of nutrients through frequent harvest; if the entrance of nutrients into the scalp is prevented by the clogging effect of mucus foods; if the diet is so overacid it causes scaling of the scalp with dandruff and destruction of hair roots—then you can anticipate loss of hair.

At age 27, I was losing as many as 400 hairs a day. My scalp was covered with dandruff and itched constantly. I had many gray hairs. For several weeks after I improved my diet, hair loss and dandruff increased. This was part of cleansing. In time, hair loss stopped and gray hair disappeared. Eventually, after several years, most of the hair grew back.

A low protein diet will keep the hair healthy, if other health rules are observed. Balding and receding hairline need not be a cause for concern. A healthful diet and hygienic living can promote renewed growth of hair at any age.

PHYSIOGNAMY

"The shew of their countenance doth witness against them; and they declare their sin as Sodom, they hide it not. Woe unto their soul! For they have rewarded evil unto themselves." ISA. 3:9

"For we are made a spectacle unto the world, and to angels." 1 COR. 4:9

"Everything in our appearance, from our posture to the structure of our navel, speaks of our health, past and character. The person who understands this language penetrates the deepest human mysteries at will. This is the key to self-knowledge, to social judgement, and to true health. Without it we are doomed to analytical techniques which must end in failure; people being whole, must be judged as such and cured as such."

"Before we learn to judge, however, we should realize that no one is without sickness. If such people existed, they would not be worth having for friends. They would know nothing about life, for without sickness there is no health, without lower judgement, there is no way to become higher . . . Those without sickness will never understand the meaning of freedom, for our sickness comes directly from our own abuse of our free will. The true meaning of freedom can only be learned through failure . . . To see others we must begin by seeing their dreams, their idea; we must try to acquire a total view of them . . . Next, we should see a person's vibrations, which are manifested in their words, expressions - all their actions."

THE TEACHINGS OF MICHIO KUSHI, Vol. 1, P. 36-54

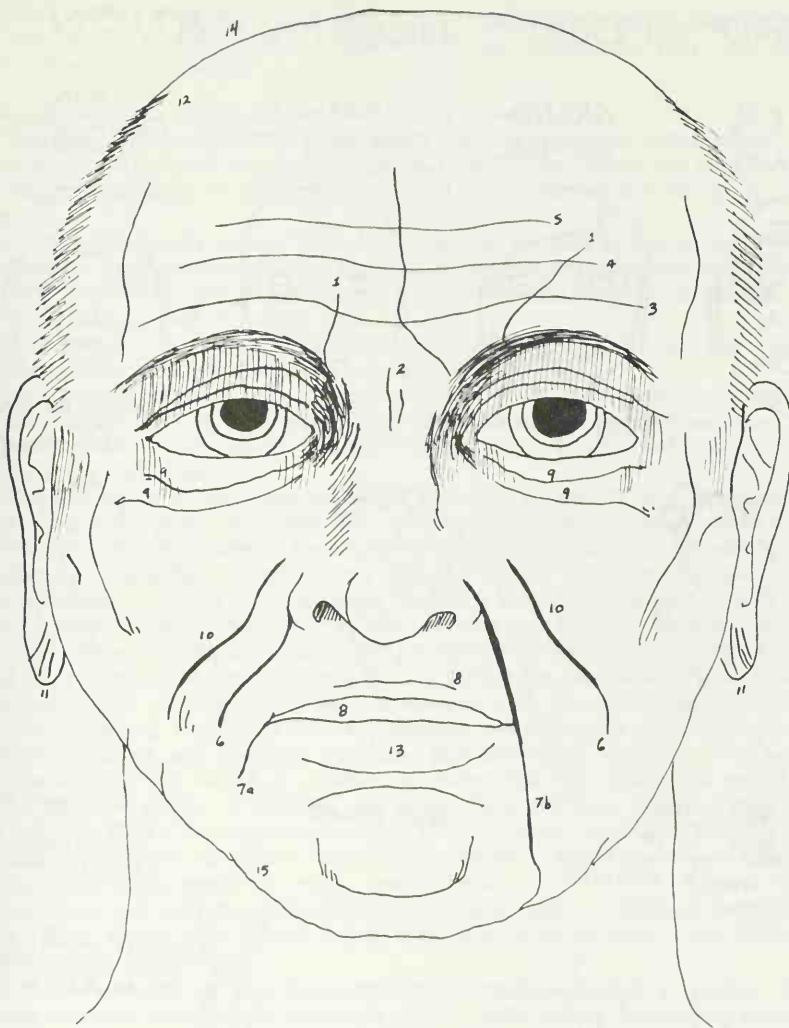
PHYSIOGNOMY is the art of analyzing facial features to determine the state of health and character of an individual. The sins committed on the body manifest in the face as lines and sagging tissues. With ill health or emotional problems, wrinkles begin to appear. As the internal quality of the body improves, so does the beauty of the face. The only way to remove wrinkles, is to remove the cause of wrinkles, which has very little to do with age. Being happy, eating right, rest, clean environment and service are the true beauticians.

(follow chart on following page):

- 1) Congestion of the liver.
- 2) Degeneration of the liver and gall bladder from too many acid-forming, processed foods.
- 3) Chronic indigestion from excessive eating, badly combined foods resulting in degeneration of the intestine.
- 4) Nervous system is breaking down from acid, spicy foods and drugs.
- 5) Circulation is poor from mucus-inducing foods.
- 6) Expansion or advanced degeneration of the liver.
- 7) (a) Advanced degeneration of the duodenum.
(b) Widespread degeneration involving duodenum, liver kidney. Reflects a life-style filled with excesses. Quite often there is retention of water in the tissues.
- 8) Loss of sexual drive.
- 9) Pouchiness, purplish dark color and/or illness. Kidney degeneration from over-acid condition. Forerunner to sexual drive extinction. Kidney may be enlarged; pressure may be causing lower backache. Prostate malfunction. Intestine is clogged due to food excess. Insufficient rest.
- 10) Lung degeneration. May appear as hills, valleys or ravines. Rosy cheeks indicate expanded capillaries in the lungs; extreme pallor indicates extreme degeneration - lung cancer or emphysema - or severe indigestion.

11) There is a strong link between kidneys and ears. Kidneys control the electrolyte balance which determines energy of cells as well as vitality of the total being. Dr. Paul Peters (Univ. Texas, Austin) explained that important stages of development of both ears and kidney take place in the embryo at the same time. If one organ is abnormal, the other may also be defective. Large ears with long lobes, close to the head, are signs of birth from a healthy mother. Such a child has greater potential for health, happiness and long life. No lobes (the majority of today's children) indicates birth from an unhealthy mother. Unless they observe hygienic laws, they will have much sickness, and die at an early age. I have acted as nutritional consultant to Mr. New England, 1970. He has hardly any earlobes, was born sickly; but because of a strict regime of physical culture and diet, he has developed into a physically healthy giant. Similarly, seemingly healthy individuals of advanced age, though drinking, smoking and eating all the junk of our civilization; almost always have very long earlobes, which indicates a very strong inherent constitution and a body that can withstand a great deal of misuse. Their children have shorter earlobes; their grandchildren no earlobes; in another generation sterility occurs. Sometimes, at an advanced age, once-long earlobes shrink and develop lines (may be as many as 4). This change in earlobes indicates an extreme misuse of the body, often the result of coffee, stress, alcohol and sex.

In Dallas at a 1974 Am. Heart Assn. annual convention, Dr. Jack Sternlieb of the Mayo Clinic reported:



"Of 121 patients with coronary artery disease in our study, 120 had the ear crease." Similarly, Dr. Edgar Lichstein, a Mt. Sinai cardiologist, reported: "Our studies show that people with coronary artery disease have the ear crease sign - and patients who have coronary artery disease have an increased risk of heart attack."

12) Baldness or dandruff. Over-acid condition from too much protein, fat, coffee, salt, sugar or dairy products. Too many haircuts.

13) Swollen lower lip indicates weak muscle tone of the colon or chronic mild indigestion from bad food combinations. Some authorities claim such persons to be passionate; instead they are suffering from an unclear head, indigestion or constipation. Such a condition, if not corrected, will lead to an expanded large intestine. The upper lip indicates condition of the stomach: if swollen, bad indigestion. If allowed to persist, it can be the cause of heart attack. If lips are bluish, circulation is very bad.

14) Upswept eyebrows indicate an aggressive, highly active person whose mother ate a predominantly animal food diet. Down-slanting eyebrows indicate a gentle, philosophical being whose mother's diet was mainly vegetables during pregnancy. Furthermore, the mental attitude of the child could have been created by the life style of the mother, her thoughts, ambitions, desires, which could have transcended dietary limitations.

BAD FOOD DEGENERATION

SUPER
SANPAKU



GRAND-
FATHER



VERY HEALTHY

FATHER
(SWOLLEN LOWER
LIP)

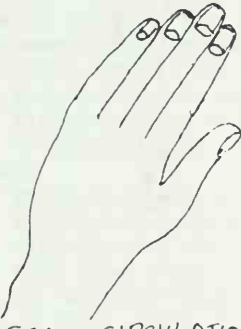


CONSTIPATION

SON
(BOTH LIPS
SWOLLEN)



CONSTIPATION
AND
INDIGESTION



GOOD CIRCULATION

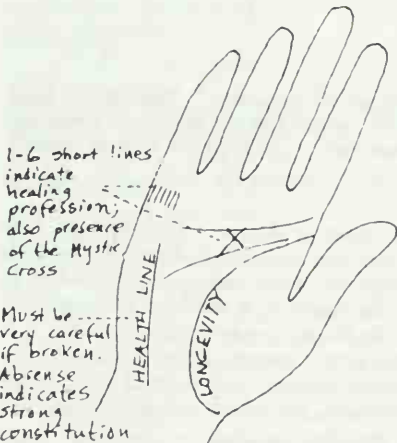
Moons on each finger
indicate state of meridian.
Presence of moons indicates
high vitality.



FEW MOONS



NO MOONS
Very poor
circulation.
Lots of mucus.



1-6 short lines
indicate
healing
profession;
also presence
of the Mystic
Cross

Must be
very careful
if broken.
Absence
indicates
strong
constitution



Swollen hanging
lower lip indicates
distended colon

15) Head Shape: Carrot shaped (top wide, narrow chin): thinker, critical, negative; Fig shaped (top narrow, chin wide): activist, optimistic, aggressive; Mango shaped (top wide, chin medium curve): balanced, understanding, peaceful.

Other characteristics (not shown on chart) to look for are:

1. Gray hair from too much salt, over-acidity, hot cooked foods, coffee, sexual excess, enzyme deficiency, anxiety. To correct condition, change your habits – use sprouts and grass juice.

2. Bulginess, sagging or looseness of chin and cheek area indicate too much protein, fat and beverages.

3. Moons on fingernails indicate good circulation. The presence of a moon indicates the vitality of the organs in the corresponding meridian. Pink fingernails indicate good quality blood. Horizontal white lines indicate a period of halt in nail growth due to menstrual drain on the thyroid (calcium loss). Vertical ridges, a long period of anxiety.

4. A red, veined, bulbous nose indicates high blood pressure; purplish color: low blood pressure.

5. Flaring, wide nostrils indicate good lung capacity.

6. Color of face: extreme pallor indicates bad lungs or severe indigestion; yellowish color (with or without dark brown spots on body or face, especially if yellow color appears suddenly) indicates a bad spleen; greenish tint indicates cancer; red indicates high blood pressure and overworked heart; purple indicates very sick, near death.

7. The skin is the largest eliminative organ. Generally its activity does not leave tell-tale traces. When the body is very toxic, one needs soap and deodorants; also, blemishes appear. These symptoms warn of disorders of internal organs. Some observations about the skin: (a) offensive odors: bad food combinations, processed foods, excess animal products; (b) dry scaly skin: too much mucus, body is starving; (c) broken capillaries and varicosities: too much animal protein, excess food; (d) moles: fried food, excess protein. (Note: moles start as little pools of red toxic blood in the skin surface, then become isolated from the life stream, eventually coagulating into black spots); (e) blackheads: too much processed oil, starches, fried food or animal protein; (f) pimples: persistent indigestion, leading to toxic blood, caused by diet rich in processed starches which are quite often combined with sweets or fruit; or unwise food combining, fried foods and dairy products; (g) birthmarks and beauty marks are signs of the mother's ill health and emotional problems, plus astrological influences. They can be used to interpret the character and fortune of an individual. Quite often, they indicate the presence of overtaxed eliminative organs in mother or offspring. (h) measles: indicates body vitality is quite high; organism makes a dramatic attempt to expel a large amount of toxic matter, using the skin of the entire body; (i) tumors: too much protein; (j) leprosy: breakdown in digestion, especially in weak individuals, who are eating putrefactive animal protein in a very warm climate.

8. Lacklustre eyes indicate many long-standing ailments, often the result of much seasoning, coffee and meat. White, cloudy irises indicate a large dairy product consumption. Clear, sparkling eyes are a sign of good health and circulation.

Dr. Maria Papazacharieu, at a recent international medical congress on sterility, reported that a woman can determine pregnancy by looking in a mirror while holding a magnifying glass in front of her eye. If there are three small red dots on the pupil she can be sure she is expecting a child. Furthermore, if in the iris (the colored circle of the eye) small crystal-shaped dots form near the pupil, it will be a boy. If the dots are nearer to the white of the eye, it will be a girl.

Sanpaku is a condition in which the white of the eye can be seen between the pupil and lower lid – an indication of a grave state of physical and spiritual illness and high susceptibility to disease, accidents, and tragic death.

Recommended reading:

1) *Oriental Diagnosis, What Your Face Reveals* by Michio Kushi. \$4.95 ppd. East West Journal, 233 Harvard St., Brookline, MA 02146.

2) *A Doctor's Guide to Better Health Through Palmistry*. E. Schermann, M.D., \$6.95, Parker Pub. Co. Inc., West Nyack, N.Y., 10994.

IRIDOLOGY

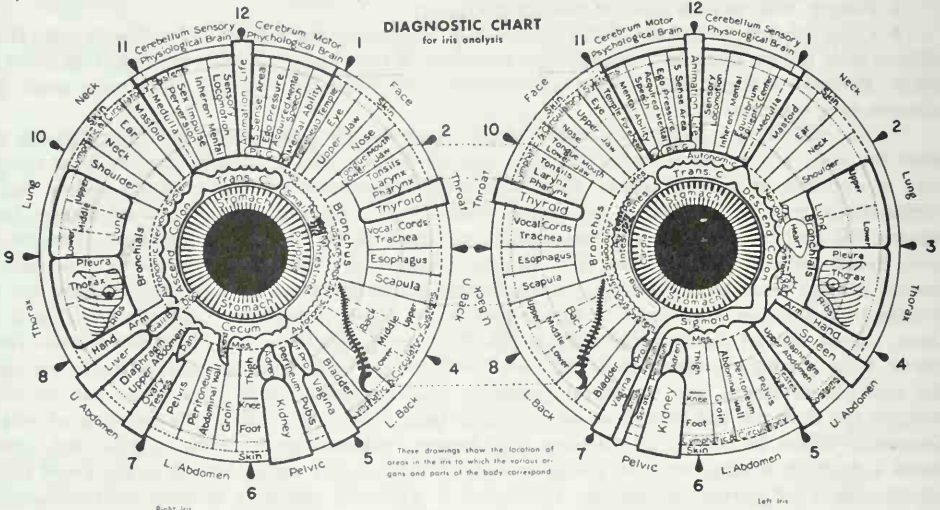
"Let their table be made a snare and a trap, and a stumbling block, and a recompense unto them; let their eyes be darkened, that they may not see, and how down their back away."

ROM. 11:9-10

Iridology is defined as follows by Dr. J. Haskell Kritzer, M.D.: "Iridology is a science revealing pathological and functional disturbances in the human body by means of abnormal spots, lines and discolorations of the eye."

This definition is amplified by Dr. Bernard Jensen:

"The eyes reveal structural defects, latent toxic settlements and inherent weaknesses in organs of the body including the presence and the source of acids, catarrh, prolapsus, anevia, nerve tensions and other troubles. Toxemias and where located, activity of each organ, glandular conditions and drug poisonings are accurately identified. Chemical balance, miasma, congestion, constitution and the power of get well all show in the eyes. Iridology does not name diseases. The purpose of Iridology is to determine the location of inflammation, the stage of inflammation, how it was caused and the steps necessary to overcome it." (182).



Eyes mirror the condition of the body. The iris is a center for countless tiny blood vessels, muscle fibers and nerves (imbedded in the four pigmented layers of the iris), which are linked with every part of the organism via the autonomic nervous system. In an unhealthy body, toxins are deposited in the iris, irritating the nerve endings and leaving a record in the iris of the condition of overworked organs: Signs of ill health are visible as cloudy patches, dark spots and lines.

An explanation for changes in the iris is as follows: Each organ acts as a transmitter. The iris is like a TV receiver tuned into signals from each organ, which are mapped onto the iris screen. The vibrations from a continuously overworked organ lead to changes in the four-layer structure of the iris.

The power of iridology as a diagnostic tool is illustrated by Dr. Jensen's photographs, chart and analyses (182):

SECTION 1 – Left iris, brown with some blue showing through.

Density 3. Colitis. Boils. Gas. Mental retardation.

A.–Psoric itch spots.

B.–Scurf rim.

C.–Heavy Catarrh.

D.–Gaseous bowl pockets.

SECTION 2 – Left iris; blue. Density 2. Lymphosarcoma of bronchial tubes.

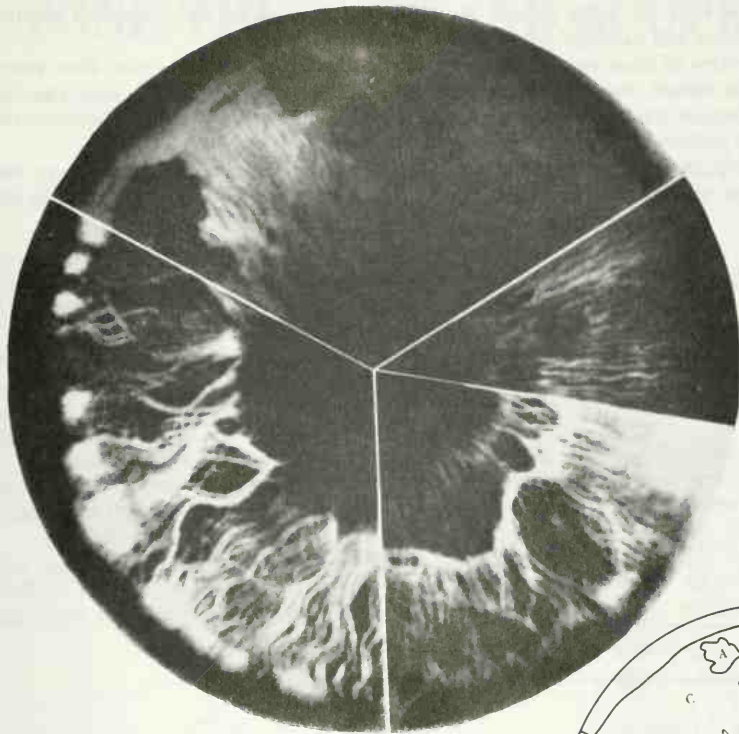
A.–Murky blue

B.–Drug spot (sulphur and iron), bronchial tube.

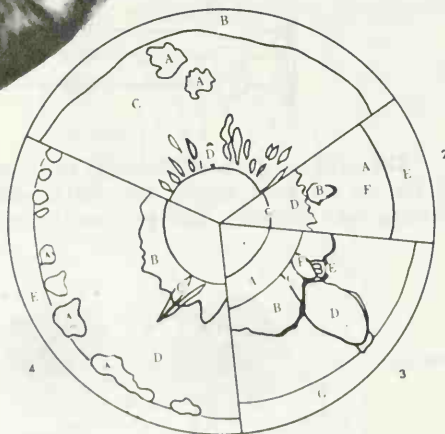
C.–Drug settlement, gastro-intestinal tract.

D.–Heavy congestion, intestinal tract.

E.–Black scurf rim. F.–Good texture.



The acute area shows up as very white while the different stages get darker until the tissue is so degenerated that it develops into the black destructive stage. This demonstrates hypo- and hyper-active conditions.



SECTION 3 = Left iris; blue. Density 3. Extreme gas pains half-way down descending colon.

Heart flutter and arrhythmia.

A.—Chronic acid stomach.

B.—Very toxic bowel. C.—Bowel adhesion.

D.—Closed tension, lower lung.

E.—Heart lesion.

F.—Bowel pockets, causing heart pressure.

G.—Scurf rim.

SECTION 4 = Left iris; blue. Density 4. Vaginal and sinus discharges. Glandular enlargements in groin.

A.—Lymphatic congestion throughout (zone 6).

B.—Inherently weak bowel structure.

C.—Settlement of sulphur and iron in bowel.

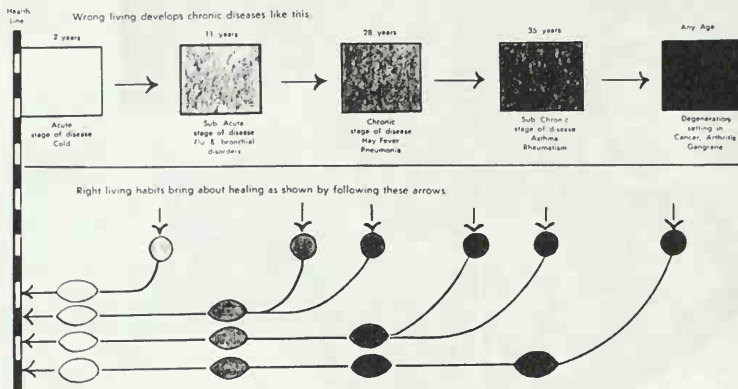
D.—Heavy Acidity. E.—Scurf rim.

In Section 1 of Color Plate the white part of the brownish discoloration shows extreme acidity. This is the acute sign of acidity and catarrhal settlement.

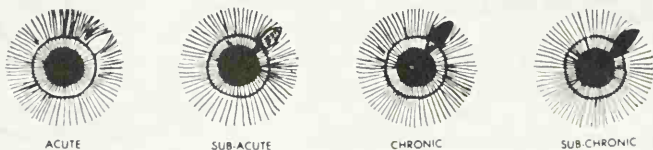
In Section 3, discoloration of inner ring shows that acid condition of stomach has been there many years, aggravated by taking certain drugs. Autonomic nerve wreath shows up extremely well; you can differentiate the gastro-intestinal tract area from the organ areas. There is a direct relation between the large closed lesion and that portion of the intestinal tract area opposite the lesion.

Section 4 shows clearly the 6th zone, containing the lymphatic rosary and the 7th zone on the periphery, which is the area of skin and circulation. Note that that lymphatic rosary goes through the circulation area."

THE RETRACING PROCESS...the right way to get well



The different stages of disease of any organ can be determined by the color value in a specific area of the iris. In acute disease, the area is white; in sub-acute, light gray; in chronic disease (asthma, diabetes, heart disorders), dark gray; eventually, in sub-chronic disease, the area becomes black.



The iris mirrors the progress of internal healing and effectiveness of therapy. As the body regenerates, the iris changes in color value. Abnormal spots gradually change from dark or black to a progressively lighter color. With this change in color, you may anticipate healing crises which can manifest as symptoms of acute disease. With healing, the natural color will return. The whole iris may become lighter in color.

It takes years of study to achieve mastery in diagnosis. The novice should first become familiar with the following areas: autonomic nerve wreath, lymphatic rosary, digestive tract, kidney, liver, lungs and thyroid. Those who plan to reach any level of expertise should consult Dr. B. Jensen's book, "The Science and Practice of Iridology" (182).

One of the greatest joys which a practitioner may anticipate is to help someone to regain the perfect iris. The perfect iris is flawless — no distortion of fibers, no spots, no cloudiness. Its natural color is blue, green or brown.

ZONE THERAPY AND ACUPRESSURE

"Take good care of your feet
Better watch out what you eat

Better take care of your life
Cause noone else can."
THE BEACH BOYS

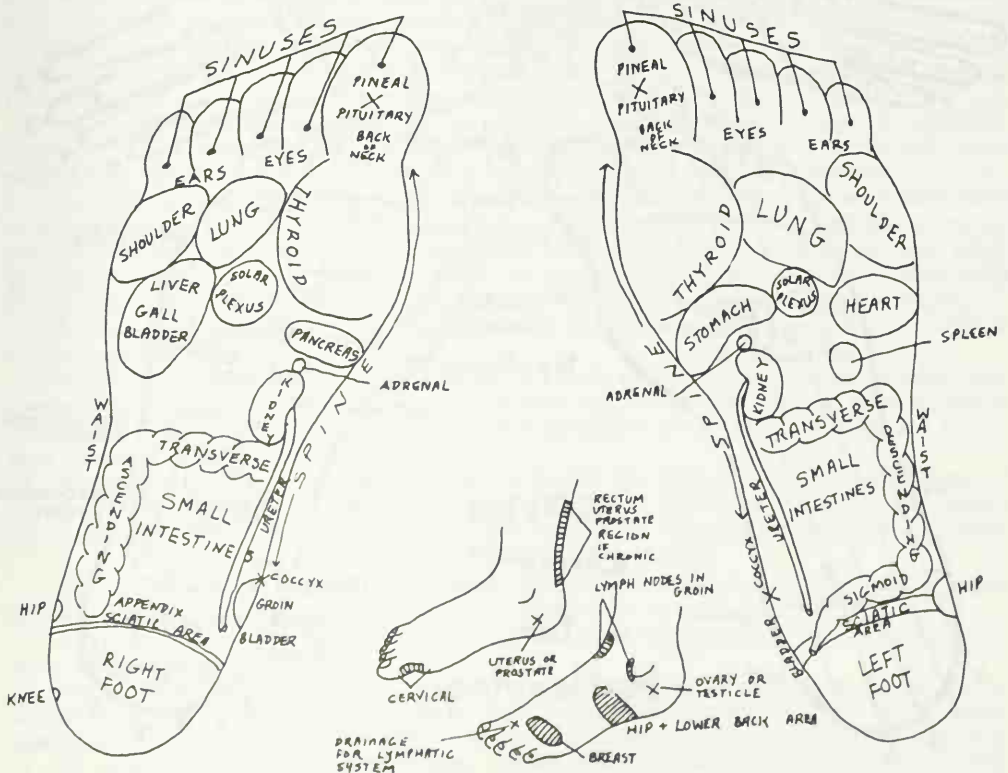
Healing with the hands is as old as aches and pains. It was known to the Ancient Egyptians, Chinese and Grecians, and probably to the inhabitants of the continents of Atlantis and Mu.

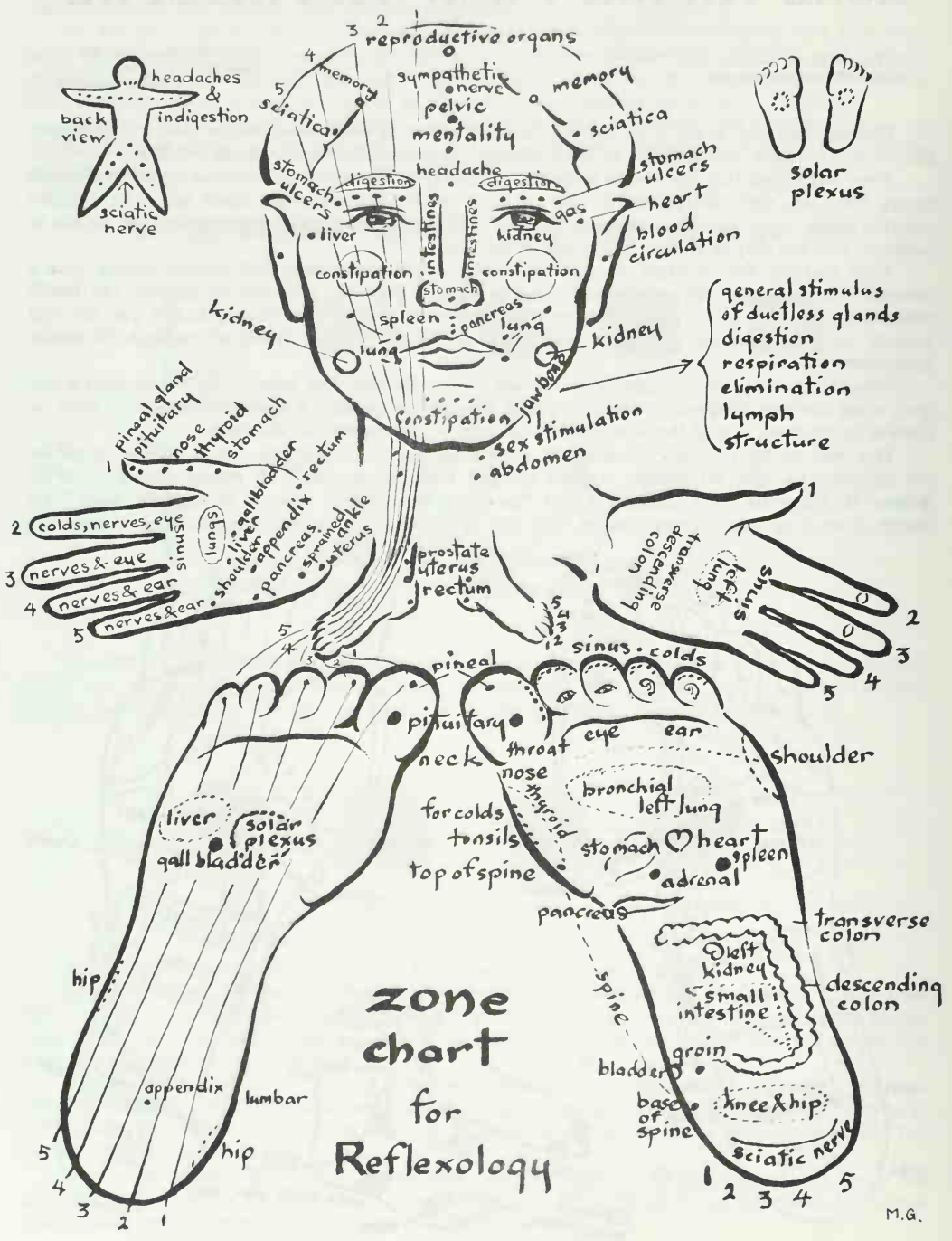
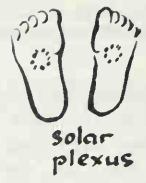
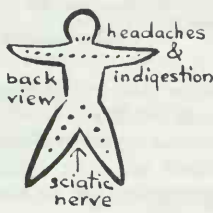
They recognized that the human body is a symphony of vibrations. The internal organs orchestrate energy from sun, earth and planets to give our body the life force. Lymph, blood and nerve impulses can flow freely only through unobstructed channels. If they are blocked we become sick. We are not in harmony with the laws of Mother Nature and Father Sun.

Zone therapy, foot massage, spot therapy, acupuncture, reflexology and contact healing have a common feature - through manipulation and/or applied pressure, pain can be relieved and health restored to any part of the body. The most attractive element of such therapy is that you can heal yourself and others through the use of your hands. The results are often visible after a single 20 minute application.

Touching healthy tissue produces no unusual feeling. However, we instinctively rub or press a sore spot; often the pain disappears after this applied pressure or massage. A severe headache may have no relation to the head; instead the source of trouble may be the stomach or the colon.

One wise doctor reasoned: "If pains or other pathology are referred to distant sections, could we not influence the diseased area by treating some of the referred areas?" He proved correct. In 1913, William H. Fitzgerald, M.D. discovered that "there are ten invisible currents through the body." He described ten longitudinal zones, five on each side of the body, extending from the head, through the





general stimulus
of ductless glands
digestion
respiration
elimination
lymph
structure

zone chart for Reflexology

trunk, to the toes and fingers (see chart). He found pin-point areas on the surface of the body tender or painful to touch. Pressure on these areas can break up crystalline waste deposits, increasing nerve and blood supply to relieve congestion in corresponding areas in the same zone. However distant the affliction from the area where pressure is applied, it can speed the detoxification process and strengthen internal organs.

Stimulation of a reflex point will normalize function in the associated organ, i.e. digestive juices will pour more profusely or stop; peristaltic action will become more or less vigorous; hormone secretions will be more or less active.

Dr. Fitzgerald, discusses the theory behind zone therapy. "It is certain that control centers in the medulla are stimulated . . . their functions may be carried out by the pituitary body through the multiple nerve paths from it. We know that when inhibition or irritation is continuous, many pathological processes disappear. We are certain that lymphatic relaxation follows pressure. People are admittedly of chemical formation controlled by electrical energy or electric vibrations" (Zone Therapy).

Drs. J.S. Riley, E.F. Bowers, and G.S. White were among the untiring pioneers and practitioners in zone therapy.

Later, Eunice Ingham Stopfel perfected compression massage of the feet. She feels that since there are reflex points in the feet corresponding to every part of the body, it is sufficient to work on the feet alone. She says, "You are increasing the circulation and raising the body vitality, and as the vitality increases, Nature has the strength to overcome and throw off the poisons of the system" (Stories The Feet Can Tell).

A detoxified individual, after eating badly, will notice in zones related to the stomach, digestive tract, and pituitary areas, a ticklish-itching sensation, followed eventually by pain, then cessation of sensitivity, unless finger pressure is applied to these zones. By discovering which zones are sore, you can follow the effect of your lifestyle on your organs. For example, when I returned to polluted city air after several weeks in the mountains, zones to the liver and kidney were very painful for more than an hour. Eventually, the nerve endings become so filled with toxins that they became desensitized. Furthermore, at a distance of about 30 miles from the city, reflex points related to the lungs started itching, then became painful. Eventually the sensation stopped and hurt only on application of pressure. Living constantly in polluted air, we become unaware of the damage it does to our bodies.

During the detoxification regime, you can anticipate many reflex points, related to eliminative organs, to become sensitive or sore to touch. These organs are laboring very hard to eliminate toxins released from tissues. Zone therapy, by increasing circulation, will give them additional energy.

At the start, in some cases, only temporary relief can be anticipated. Pain will persist until its cause – congestion – has been eliminated. Some conditions will require many months of work before one can obtain the desired results (defects in the eye or ear, or body paralysis). Seldom is only one organ ailing: generally it is a total response of the body where one organ is affected more than others. When doing zone therapy, always treat reflexes for the whole body, with special emphasis on the very sore spots.

As your hands develop sensitivity, you will be able to feel small granulations (generally crystals of uric, lactic, purine or carbonic acid).

In my work, I have found reflexology extremely helpful in relieving backache and shoulder pain, constipation, headache, toothache, tension, over-worked kidneys, and gall bladder problems due to overeating. I work on related reflex areas on the feet; sometimes also on the hands, face, and back or press directly on the area over the affected organ.

Many points on the back and neck are apt to be sore; the application of a tolerable amount of pressure for five to twenty minutes can result in a tremendous increase in strength of the internal organs. Tchiatsu techniques, or those found in Zone Therapy (Dr. Fitzgerald) are highly recommended.

COMPRESSION MASSAGE OF THE FEET

While giving zone therapy, insist upon silence. Concentrate your attention on your work. It is good for the recipient to abstain from food for at least two hours prior to treatment.

You may, if you wish, first soak the feet for five to ten minutes in hot water. Scrub the soles gently with a stiff brush.

When working on your own feet, a comfortable position is semi-reclining with the foot to be worked on resting on the opposite bent knee. When working on another's feet, you may be seated directly in front as he or she lies on a bed or in a semi-reclining chair. If the person's legs are slightly elevated on a pillow, the feet are easier to grasp. With one hand, hold the foot in a comfortable position.

Using the other hand, apply steady pinpoint pressure to the reflex spots with a rotating motion of the inner corner or tip of the thumb, ring, middle and index fingers together; individual knuckles or heel of the hand. You may also use pinching and squeezing. Rotating the toes and fingers is very effective. If you have weak hands, the smooth end of a ballpoint pen or toothbrush can be used as a tool to exert the desired pressure.

Start the treatment with the big toe, applying pressure to the top, sides, front, and bottom. Work down all of zone one to the heel (see chart). Then give a general quick massage, noting crystallizations and sore areas. Return to the toes and work down the rest of the foot to the heel. On the digestive tract start with the stomach area. Follow with the small intestine area, then the colon. Next work on the back of the heel and the sides of the ankle, followed by the top of the foot. Don't limit yourself to specific mapped-out spots. Explore the whole foot. If any area is sore, it should be treated. Special attention should be given the ductless glands (pituitary, thyroid); this will aid rejuvenation of the body.

If a person feels pain in any zone, you know that the corresponding area of that person's body is sick. Repeated application of pressure will, in time, relieve local tenderness and heal illness.

Let your instinct guide you as to how long you should apply pressure. Generally five to twenty seconds is long enough for a single application of pressure. Release the pressure and re-apply. Intermittent pressure is especially good for very painful spots.

Watch the person's face for signs of extreme pain. Reduce the pressure if it causes too much pain. Return repeatedly to the sore spots, intermixing pressure with a general foot massage. If a spot is unbearably painful, work on the surrounding area, the other foot, or on corresponding hand areas.

If the feet are very sore, be gentle; limit your first few sessions to a half hour foot massage, pressing each sore spot for only ten to thirty seconds. Zone therapy can release a large amount of toxic material. When it enters the circulation, it can tax the eliminative system, causing a great deal of discomfort. So initially, with very sick people, do not overwork the sore areas. You might even have to skip a day to allow the body to catch up with detoxification.

A rule of the thumb for the length of a zone therapy session: if person is chronically ill, with eliminative organs and detoxifying organs affected, it is a good practice during the first 3 sessions not to work on feet for more than ten minutes; in all other cases one can work 20 to 30 minutes without overtiring the feet. Initially light to medium amount of pressure. If trying to relieve or assist an acute condition, or headache, indigestion, pain, then apply as much pressure as will be tolerated for up to 30 minutes. The problem generally disappears in 5 to 30 minutes. If condition should reappear at a latter time, repeat the process. If zone therapy is overdone, the person receiving the treatment will experience great deal of tiredness for next two days. Rest and enemas should be used.

Before breakfast, one should do a self diagnosis. Press on eyeballs with moderate amount of pressure. If sore it is best to skip breakfast (and stop having late suppers) until hungry or else have something salty, cellery juice beet, carrot, cellery and green juice. Check also "hoku" point on hands, as well as on the feet areas for liver, kidney, digestive tract and pituitary. If any of them are sore, skip breakfast (this does not necessarily apply to hypoglycemia), or else have rejuvilac, or same as for eyeball test. In every case, one should do at least 15 minutes zone therapy plus deep breathing before drinking the liquid. If digestive tract not empty, especially the stomach, having a breakfast will increase toxemia and produce a tired feeling for the rest of the day.

After the first two weeks of treatment, everyone — healthy or sick — should have zone therapy for at least five to ten minutes daily.

After doing zone therapy say "I release you" shake your hands vigorously and wash them. Let the recipient rest or sleep after a session of zone therapy.

PEBBLES AND BALLS Place large marbles, golf balls, or pebbles one or more inches in diameter in a pan of warm to hot water. Sitting or standing, immerse your feet in the water, pressing them firmly against the pebbles for fifteen to twenty minutes. For a milder treatment, cover the balls with a towel, with or without the basin of water. Spend as much time as possible walking barefoot in sand, ocean water or grass. Never wear rubber soled shoes. Because rubber does not breathe, it insulates you from earth vibrations and it interferes with the elimination of waste through the soles of the feet.

Add chick peas or small pebbles into shoes for continuous zone stimulation. Use avocado pit to step on to stimulate the intestinal tract and colon for constipation.

FINGERS AND HANDS

COMB CRUSH Press a dull-toothed metal comb firmly into the palm of the hand and the soft tissues of the fingers. Maintain the pressure until you feel relief from the condition you are treating for.

Pressure applied in the webbing between the first finger and thumb can end headaches, insomnia, constipation, as well as diarrhea and induce a feeling of well being that lasts for days. This point is one of the most vital centers and is called Ho-Ku. It has a direct effect on the intestine and nerves. Because of the congested condition of civilized digestive tract, Ho-Ku is very painful when pressed. One finds this point mentioned in karate for disarming an opponent through application of hard pressure. In therapy, apply as much pressure as you can tolerate.

BRISK BRUSH: to tranquilize Clip spring clothes pins to all the finger tips or in between the fingers. To tranquilize or achieve blissful relaxation, using a natural or steel bristle hair brush, starting with the finger tips, stroke the top of the hand and arm to the shoulder for two to fifteen minutes; stop before it becomes painful. Or brush gently over the whole body for at least ten minutes; it will give you restful sleep. Don't use enough pressure to bruise. Avoid if you have poor skin tone.

To anesthetize either the left or right side of the mouth for dental work, clip clothes pins on the finger tips of the corresponding hand. In fifteen minutes the nerves to the teeth should be numbed. Acupressure for control of pain can be learned by dentists in a few hours (Zone Therapy, Dr. Fitzgerald).

Dr. George Weaver and Dr. Edmund Casey (President of National Medical Association), both of Cincinnati, Ohio; also, Dr. Howard Hall of Covington, Ohio use acupressure — applying finger and thumb pressure to block pain in dental work. Dr. Weaver states: "I can teach any dentist to use acupuncture pressure in less time than it takes to play nine holes of golf." He has taught the method to 26 dentists and he asks them to pass the knowledge on to their colleagues.

To revitalize : For relief of motor or sensory paralysis, stroke the affected area as well as the feet, hands, face and vertebrae with a steel or natural bristle brush. A diet of sprouts and grass juice is revitalizing. It may take two to six months to get results.

SPINE AND BACK

The spine is made of twenty-four vertebrae, cushioned by discs, held in place by a muscular structure. Through it flows the major nerve supply. Rigidity or curvation of the spine can interfere with the flow of electric impulses and blood supply to every part of the body.

The following are methods to increase the flexibility of the spine.

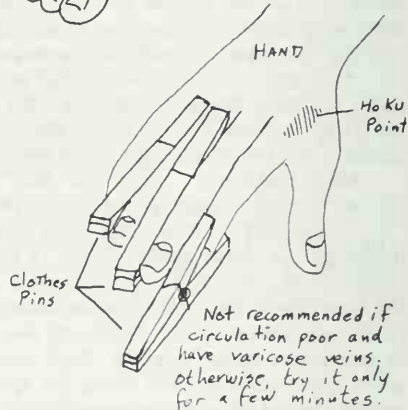
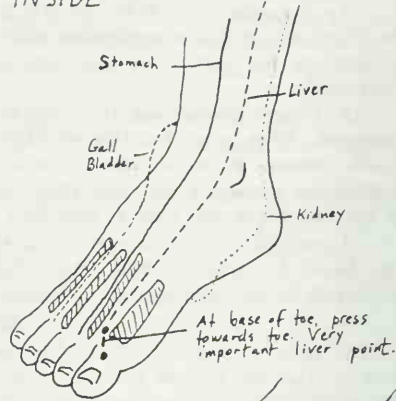
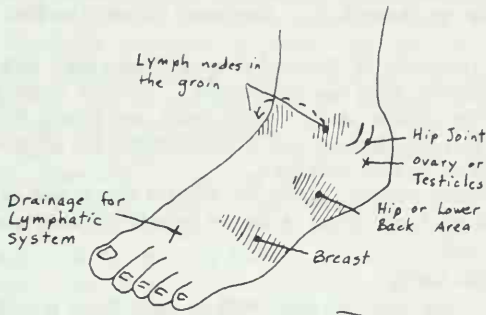
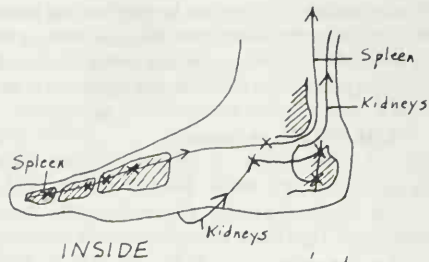
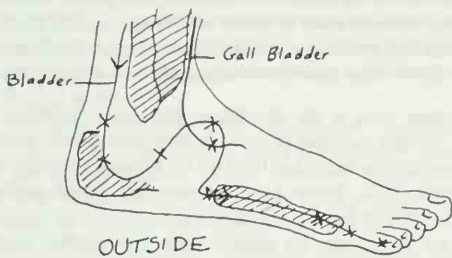
BALL BED : A metal bar installed in a doorway is best. Otherwise grasp the upper edge of the door frame and hang loosely for at least thirty second. Stretch out the tense muscles. Do not tense the body by lifting the feet if they touch the ground. Swing the body to the left and to the right. Twist the shoulders to the left and right. Keep the back erect afterward.

ROCK AND ROLL (If you have osteoporosis or severe back problems, do not practice this exercise without consulting a physician. Instead, do zone therapy).

Obtain a 20 by 30 inch rug. Roll it very tightly. Fasten it with string or strong rubber bands. Cover it with sponge carpet padding 20 by 15 inches. Fasten it. Place it on the floor. Lie on the back with the roll under the shoulders. Movement one: Interlock the fingers behind the neck and let the arms touch the floor. Twist the portion of the back (above the roll) to the left and right. Do the adjustment a few times only, without strain. Movement two: With the hands interlocked behind the neck bring the elbows as nearly as possible together. Rock up and down across the roll. Be gentle so as not to arouse any severe pain. Move the roll down the spine about 1½ inches and repeat both movements. Repeat this pattern the full length of the spine.

HANGING: Lie on the floor on a rug or blanket. Place a ball under any painful area (not spine) and lie on it to relieve backache. Large balls (softball, tennis ball or baseball) may effect temporary relief of sciatica or muscular rheumatism (be sure you are on a low protein, vegetarian diet) and aching in the lower back or buttocks. Many have obtained relief from sciatic nerve pain within five to fifteen minutes. (Sciatica is often the result of an acid condition from many years of chronic indigestion or spinal impingement). If you cannot bear pressure at the site of pain, move the ball to the surrounding tissues. Small balls may be used to relieve pain in the upper back. You may combine several balls during the treatment.

MIGRAINE HEADACHE usually originates in the colon or stomach. It is a sign of indigestion due to excessive eating, allergic reactions, fermentation of starch and/or putrefaction of protein, producing in the stomach a wide range of toxins. The resulting detoxification activities overwork the liver and kidneys; the endocrine glands attempt to direct the toxins to other eliminative organs. This hyperfunction can cause them to swell. As the pituitary gland enlarges, it presses against its bony enclosure, sometimes causing the severe pain of migraine headache (Food Is Your Best Medicine, Bieler).



To prevent headache, start zone therapy at the earliest sign of indigestion: anger, tightness in the neck, pain in the eyeballs, especially when pressed, soreness (or ticklishness) in the reflex areas related to the digestive organs. If the condition is caught early enough, two to fifteen minutes of zone therapy will prevent development of headache. Apply as much pressure as you can tolerate to reflex areas on the face and feet.

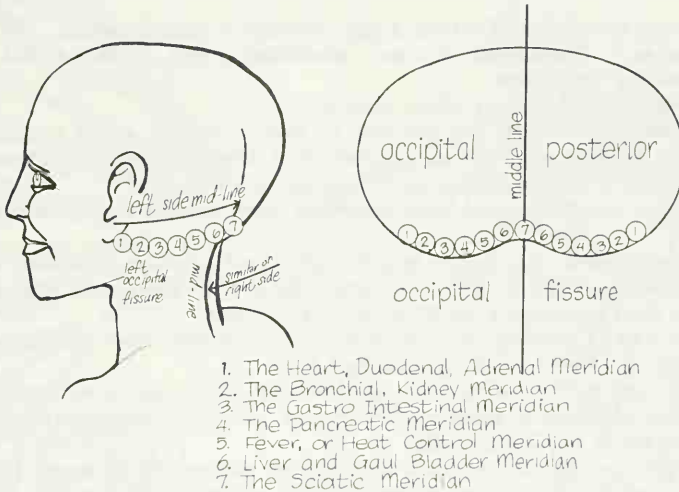
Clip clothespins to the fingertips, leaving them on as long as you can bear it. Starting with the thumbs, move one or more pins from one finger to the next, on both hands simultaneously. Clip pins between fingers as well.

For the quickest results (two to five minutes), obtain 12 ounce soda bottles which may be filled with hot water, or hard balls or stones 2/3 to 3/4 inches in diameter. Stand on them barefoot, rolling them under the arch of the reflex areas related to the digestive tract and the spine. Apply as much pressure as you can bear. You might have to repeat the process several times during the day before congestion is totally relieved.

If the headache is the result of protein indulgence, sometimes the juice of 1/4 lemon in 1/4 glass of water, fresh pineapple juice, dilute apple cider vinegar, or hot miso soup broth with cayenne pepper can aid in flushing toxins from the stomach.

Most severe migraine headaches I have observed may be relieved in one to three hours by applying one or more of the following techniques.

1. If you feel nauseated, regurgitate. If you have weak lungs, be careful; violent vomiting may tear the surface of the lung. It will heal in a day, but can be very painful. Try to induce vomiting. Drink two to four glasses of warm water. Add enough sea salt to give it salty taste. But not more than 1 teaspoon altogether. Breathe deeply. Expand and contract the stomach at least 10 times. Tickle the back of the throat with the fingers. Regurgitate. If the content of the stomach is bitter and yellowish, it is excessive spilled-over bile. Take several enemas. Rest or take a warm salt bath.
2. Roll your feet hard across a coke bottle to stimulate the digestive tract. This is very effective for relieving dizziness. Press and massage all zone areas on the chin, eyebrows, eyeballs, back of the neck and feet. Use clothespins on the fingers.
3. Place on your pillow a carpet roll or wine bottle rolled in a large towel. Lie on your back so that it is under your neck. If you have poor circulation do not use this technique for more than a half-hour – the neck might become numb. Go to sleep with the light on (the red end of the color spectrum radiated from any incandescent lamp is a strong energy source for the nerves and the digestive tract). If you wake with a headache, do zone therapy again.
4. Don't eat or drink until really hungry. Start with a very small amount of dilute grapefruit or celery juice or rejuvelac. In severe cases, drink only juice or broth for a period of 24 hours.
5. Sickness is never fun. Follow the health rules (Appendix). Then heads will be for brains, not for aches.



1. The Heart, Duodenal, Adrenal Meridian
2. The Bronchial, Kidney Meridian
3. The Gastro Intestinal Meridian
4. The Pancreatic Meridian
5. Fever, or Heat Control Meridian
6. Liver and Gall Bladder Meridian
7. The Sciatic Meridian

CONSTIPATION: Work on all reflex points on the face and feet, spending 90% of the time on points corresponding to the ascending transverse and descending colon, the small intestine, the stomach.

In addition to finger pressure, stand on a 12 ounce bottle, rolling it under the arches. After a twenty minute application, there generally will be a bowel movement within the hour. Severe cases are apt to be temporary unless one is eating live food.

SLEEPLESSNESS AND TENSION : This is a sign of indigestion, constipation, severe cleansing reactions or emotional stress. Work on reflex points as for headaches and constipation. Apply pressure and firm massage to the forehead, eyebrows, eyes, back of the neck and shoulders. After five minutes of intensive work, you will probably fall asleep. Otherwise follow with a body massage of brushing the skin with a natural or steel bristle hair brush.

MASSAGE

—Work with your hand, as we commanded you—

THES 111

Massage is a loving thing to do. A loving massage is always therapeutic, especially if you ask for the highest energy flow through your hands and the recipient's body. Above all, it should make the recipient, and you, feel good. If you don't love to do massage, don't do it.

If you wish to obtain a license, you can go to a massage school. Or you can learn from someone who gives a good massage.

To learn to give a good massage, you must practice. Your hands will become sensitive to the needs of the recipient, especially if you completely give yourself over to what you are doing. You can invent your own strokes, or you can read George Downing's marvellous MASSAGE BOOK for an exact description of each stroke, accompanied by an accurate drawing. He even gives you the rudiments of anatomy.

Do massage only when your vitality is high, when you are rested and happy. Then good vibrations will flow and you won't pick up any sick or tired vibrations. It is natural to feel exhilarated, never tired, after giving a massage.

You can give a good message on the floor – just remember to keep your back straight, and work from your hips whenever possible. Ideally you can work at a massage table. Then you can use your whole body, leaning into the strokes – it's like dancing.

If you need an incentive, there are now available many massage workshops, inexpensive, but intensive enough to get you started.

THE BENEFICIAL EFFECT OF MASSAGE

*Massage dilates the blood vessels, improving the circulation and relieving congestion throughout the body.

*Massage increases the number of red blood cells especially in cases of anemia.

*Massage acts as a "mechanical cleanser," stimulating lymph circulation and hastening the elimination of wastes and toxic debris.

*Massage relaxes muscle spasm and relieves tension.

*Massage increases blood supply and nutrition to muscles without adding to their load of toxic lactic acid, produced through voluntary muscle contraction. Massage thus helps to prevent buildup of harmful "fatigue" products resulting from strenuous exercise or injury.

*Massage improves muscle tone and helps prevent or delay muscular atrophy resulting from forced inactivity.

*Massage can compensate, in part, for lack of exercise and muscular contraction in persons who because of injury, illness or age are forced to remain inactive. In these cases, massage helps return venous blood to the heart and so eases the strain on this vital organ.

*Massage may have a sedative, stimulating or even exhausting effect on the nervous system depending on the type and length of massage treatment given.

*According to some authorities, massage may burst the fat capsule in subcutaneous tissue so that the fat exudes and becomes absorbed. In this way massage, combined with a nutritious but calorie-deficient diet, can be an aid to reducing.

*Massage by improving the general circulation, increases nutrition of the tissues. It is accompanied or followed by an increased interchange of substances between the blood and tissue cells heightening tissue metabolism.

*Massage increases the excretion (via the kidneys) of fluids and waste products of protein metabolism, inorganic phosphorus and salt in normal individuals.

*Massage encourages the retention of nitrogen, phosphorus and sulphur necessary for tissue repair in persons convalescing from bone fractures.

*Massage stretches connective tissue, improves its circulation and nutrition and so breaks down or prevents the formation of adhesions and reduces the danger of fibrosis.

*Massage improves the circulation and nutrition of joints and hastens the elimination of harmful deposits. It helps lessen inflammation and swelling in joints and so alleviates pain.

*Massage helps to reduce edema (or dropsy) of the extremities.

*Massage disperses the edema following injury to ligaments and tendons, lessens pain and facilitates movement.

Massage makes you feel good.

ELEMENTS OF MASSAGE

1) Harmonious environment (personal cleanliness, quiet, freedom from interruption.)

2) Energize and center yourself (concentration).

3) Assist the recipient to a comfortable position. Ask whether he or she has any physical ailments.

It may be necessary to avoid certain areas. For example, avoid pressure on badly varicose veins, bruises or new scar tissue.



4) Visualize the recipient in a state of well-being and yourself as a channel through which energy flows. Remember, the recipient may be tired, asking for help. You are the recipient's servant. Do well into the person.

5) Place the hand momentarily on the recipient (usually the shoulders) so that your presence may be accepted before you begin.

6) Work on the aura. Palms downward, stroke the hands through the air about three inches above the recipient's body from head to foot slowly, so that you feel the energy transfer. It may feel cold or hot.

7) Resiliency is a potential quality of every part of the body. Work slowly and firmly to bring this about. Jerky or sudden movements by the operator might cause the recipient to lose trust and consequently the freedom to relax. Upon completion of an area, smooth its corresponding aura.

8) Tense areas are often tender. Work very slowly; concentrate on energy flow into the area visualize blue-green soothing-healing for the area. Let the area rest and periodically return to it during the massage. Often more than one treatment will be necessary.

9) Injury or inflamed areas in general should not be worked mechanically or only under a doctor's guidance. Auric work is helpful as is application of vitamin E, grass juice or wheat germ oil. Work on the corresponding reflex area.

10) Beginners should not attempt work on persons who are ill or with whom they are unable to establish rapport.

11) Terminate the massage by smoothing the entire aura. Shake you hands vigorously and wash with cold water to the elbow to break the psychic connection. Again picture the recipient in a state of well-being or silently offer prayer or blessings. Center and re-energize yourself.

12) The duration of a massage should be about one hour. Coconut oil, safflower or sesame oil, cold pressed and organic, may be used as a lubricant for massage. You may add herbs to them or a few drops of essential oil.

13) The purpose of massage is to psycho-physically and electro-magnetically alter the state of the body so that circulation and energy exchange pathways are opened up at the cellular level and the proper state of ionization is created so that the body will have continuous access to its innate potential for control of vital energy. The function of massage is essentially the same as that of Hatha Yoga, but through an external agency.

14) Become proficient from working on healthy people before working with those who are not. Always be loving, generous, kind channel of energy. Surrender to the task.

15) A juice regime 24 hours before and after massage helps to make it a powerful purifying process.

16) A salt bath and sleep following the massage make it a perfect revitalizing experience.

POLARITY THERAPY

In polarity therapy, the therapist views the human body as a balanced electromagnetic field. The right side of the body is considered charged with positive sun heat energy and the left side, the carrier of cooling moon receptive energy.

An excess of positivity is associated with heat, inflammation, irritation and swelling of an organ or an area of the body. Excess of receptive energy is associated with the cooling effect of poor circulation, tension or spasm.

Polarity therapy can return the body to a balanced state. For example, to reduce an excess of positivity, place the left, negative-charged hand on the area of the body that needs treatment. Place the other hand on the opposite side of the body. Hold the hands in this position for at least ten minutes. Relief will come.

You may tap the power of your heart (probably your strongest) chakra by placing one hand over it and the other hand on the area which needs treatment.

Treatment of the torso may be more effective if you place one fist on the back, then lie on it. Place the other hand opposite it or on the heart chakra.

COLOR HEALING

Just as the root or plant that cannot catch the sunlight becomes a stunted, faded, undeveloped organism; so the individual who is cut off from the White Light of the Spirit becomes ill. The flow is stopped usually through wrong thinking or wrong action, with the result that a blank area, so to speak, is formed which swiftly becomes the breeding ground of negative or undivine thoughts and elements which work themselves out as disease conditions of all kinds.

Color treatment is based on the principle that all healing is a change of mental attitude or belief. Color in itself does not do the healing; it merely gives the body the spark of power to perform its own healing processes. Application of color increases the vibratory rate of the physical and etheric cells. In a higher vibratory state, the physical body becomes more sensitive and receptive to the healing force which flows. Each person benefits from the use of color, or any type of healing, according to the measure of his or her own ability to respond to and use the power which is received.

RED RAY: The red ray is a heating, vitalizing and stimulating vibration with direct effect on the etheric center governing the physical vitality. It is excellent in all blood-deficiency diseases, but should be used with care. Red stimulates the liver and builds the red principle of the blood. In the form of food, it is best represented by red or cayenne pepper. Red increases the circulation and warms the entire body and helps to clean out mucus and waste from the body. Vitamin B-12 is red and Vitamin E is scarlet.

ORANGE RAY: The orange ray stimulates and builds the lungs. It relieves gas, convulsions, and cramps — including menstrual cramps — throughout the digestive system. Orange relieves spastic and sluggish colon and small intestine and helps to cause vomiting when food is not being digested. Most all spices come under the orange color. Vitamin B-complex is orange.

YELLOW RAY: Yellow cleanses and purifies the whole system, assisting in loosening calcium and lime deposits. It stimulates the liver and activates all organs except the spleen, increases the appetite and aids in assimilation of food. Yellow has a tonic effect on nerves and builds nerves and muscles and activates them where other systems fail. Yellow influences the higher mind and soul.

In the **LEMON COLOR** are found more elements than any other color and many of these elements are solvents, thus making lemon most effective in all chronic conditions. Lemon loosens and eliminates mucus throughout the entire body and stimulates and builds the brain for clearer and more positive thinking. Vitamin C is Lemon.

GREEN is a vibration of harmony and balance, hence it is of fundamental importance to the nervous system. Soothing and sympathetic, it does not excite, inflame or irritate. Restorer of tired nerves and giver of new energy, it is nature's master tonic. Green stimulates the master (pituitary) gland for better control of other glands and organs throughout the body, dissolves blood clots, and builds muscles. Green represents the chlorophyll or cleansing principle. Start all schedules of color healing with one or more green exposures.

BLUE RAY is an "electric ray" with a calm, peaceful, cooling vibration. It is useful to induce sleep and relaxation and to relieve the effects of stress. An astringent, it may be applied to relieve inflammation, inward bleeding and nervousness. The oxygen of blue increases perspiration to relieve fever.

INDIGO RAY Influences the central part of the head in the region of the pineal gland. This ray exercises dominion over eye and nose and is of great value in the treatment of certain forms of nervous and mental disorders. It is secondarily of use in lung diseases. Vitamin K is Indigo.

VIOLET RAY'S main province is the brain and the mental and spiritual nature. Much harm can be done by improper and indiscriminate use of the violet ray. Because of its very high vibrational rate, it is not suited to the undeveloped or retarded mind and thus should be used with discrimination. It is the stimulator of the crown chakram and controls the pituitary gland. Violet is best suited to the artistic temperament and to those with a great desire to express themselves on the creative plane of mind. Vitamin D is Violet.

The healer should bear in mind that the two basic colors used in color healing are red and blue — the thermal and the cooling. These two colors form the basic vibrations in every human being. The main physical signs of a lack of Red Ray are seen when the person is deficient in energy, rich blood, appetite, or suffers from constipation. Secondary indications are sleepiness and generally inactive disposition. When the Blue Ray is lacking there are signs of overactivity, fussiness, irritability, feverishness.

To obtain health, vitality and pure blood, use the rose-red and the orange ray; for rebuilding health after illness, tune in to the green, blue and violet rays. For depression, loneliness, frustration, we let the mind vibrate to all Seven Rays. The more we think of the inexhaustible Color Forces surrounding us, the less lonely and despondent we will be. Clear Golden Yellow is one of the most powerful forces against depression and limitations of every kind. For prosperity, success and progress, the Cosmic remedy is the Green Ray. For mental development and mind power, harmonize with the Golden Ray of Mind. The yellow ray has a healing effect on digestive troubles, stomach disorders, and complaints of the circulatory system.

To do color healing, the ray is directed to the chosen area of the body. The rays may be: 1) radiated from a lamp or reflector (many hardware stores carry color floodlights) or from a large flat bottle of water stained with the appropriate color from water paints, juice, flowers or herbs. Permit a floodlight or sunlight to shine through the bottle, projecting the color onto the etheric body; (2) projected thought images into the mental body; (3) inhaled as air exposed to colored light; (4) absorbed into the body from the elements contained in certain foods and light-charged liquids.

A further aid to healing is color massage. The healer having first washed his or her hands in tepid water, bathes them from three to five minutes in the full rays of the color lamp, then rubs them briskly together and gives massage for ten to fifteen minutes.

For further information on methods of color healing, read S.G.J. Ouseley's Color Meditation, and The Power of The Rays.

One of the best papers published on the response of humans to color stimulation is the work by Robert Gerard, a psychologist. He reported that "red", "blue", and "white" light stimuli, equated for brightness, produced consistent bodily and emotional responses in 24 normal adult males. The following variables were observed: (1) brain wave patterns, (2) respiratory movements, (3) electrical activity of the heart, (4) frequency of eyeblinks, (5) blood pressure, (6) palmar skin conductance (a measure of autonomic arousal based on reaction of the sweat glands in the palms of the hands). In all physiological measures except heart rate, there was significantly more arousal with "red" than with "blue". Intermediate levels were obtained with "white" light. Brain waves tracings showed least arousal with "blue". The subjective responses paralleled the physiological data. The subjects reported a feeling of greater over-all well being, greater relaxation and calm, and less hostility and anxiety during "blue" than during the other stimuli. Under "red" illumination there was more tension and anxiety, excitement and sexual arousal (Gerard: "Differential Effects of Color Lights on Psychological Functions Ph.D. Thesis U.C.L.A. Ap. 1958).

Ott has reported on the effect of pink fluorescent lamps in human behavior. The staff of a St. Petersburg, Florida, radio station replaced the white fluorescent lamps in the control rooms with F-40PK pink tubes in an effort to brighten the surroundings. Within 2 months, personal relations had deteriorated to a noticeable degree: poor performance on the air, widespread irritability and disputes between employees and managers. Two employees abruptly submitted their resignations with the reason of dissatisfaction with themselves and their co-workers. One of the staff said that if the pink tubes were not removed he would "go out of his mind". They were quickly replaced with the original white tubes. Within a week a noticeable change occurred: tempers ceased to flare, congeniality and cooperativeness began to reappear, the resignations were withdrawn, and performance on the air improved noticeably, with mistakes at a minimum (Ott, Optometric Weekly, Sept. 5, 1968).

MEDICINAL HERBS

Chairman Mao's latest brilliant thought is that doctors should not prescribe new drugs until they have exhaustively tested them on themselves. Thousands of Chinese women doctors are now testing a new contraceptive injection, taken quarterly, to see how it works. Chairman Mao thinks doctors are best qualified to detect and describe side effects experienced first hand, to be more responsible for drugs given, and to encourage revolutionary medical gains.

[THE DAILY NEWS, 2/12/73]

"The Superior doctor prevents illness, the mediocre doctor cures imminent illness, the inferior doctor treats illness."

CHINESE PROVERB

Herbs (including roots, seeds, tree leaves, barks, etc.) can be prepared in different ways. They can be dried, converted into powders or the fresh juice can be pressed and taken in its natural state. The oils and essences can be obtained thru maceration in wine. The best way to extract the mineral salts, vitamins and other soluble substances such as gums, sugar, extract and portions of the essential oils and resinous matter is by the process known as infusion. Infusion is the process of steeping (without boiling) certain substances in water for the purpose of extracting their soluble elements.

To extract all the valuable elements from herbs, roots, barks, leaves, etc. without destroying their vitamins and disorganizing their mineral salts do as follows: (1). Grind or cut in small pieces the herb, root, etc. and put in cold distilled water and let steep for several hours. It is important to use distilled water because it contains practically no mineral matter or other substances. It has a powerful affinity for the salts and other elements of the herbs and extracts these elements from them. Let the herbs steep in the water for three to twelve hours. Then strain and keep this precious solution and, instead of throwing away the herbs, add a little more water to them, set on the fire and let come to the boiling point. Allow them to stand for 30 minutes and strain again. Finally, add this boiled decoction to the unboiled portion and it is ready to take. It is very important to do this because if you boil the herbs before separating the soluble salts and vitamins thru infusion, you will destroy the life element of the herb, kill the vitamins, disorganize the mineral salts. On the other hand if you infuse only the herbs, then those elements which can be dissolved only at high temperatures will remain in the herb. (2). These infusions or teas should be taken hot, at about 115 to 120 degrees F. However, if the weather is warm and the patient feels a desire for something cooling, these teas can be taken cold. Teas can be sweetened with honey, but never with refined sugar. (3). Usually, the best time to take the tea is 30 to 60 minutes before meals. When taken at this time, the tea will not interfere with the process of digestion. In about 15 to 20 minutes it shall have either been absorbed from the stomach or passed into the duodenum. It will have cleansed the stomach and prepared it for the reception and digestion of the next meal. It will also supply the blood with the precious mineral salts so valuable for the secretion of digestive juices and neutralization of acids. (4). However, in the case of the carminatives (those herbs which have the property of expelling gas from the stomach and bowels) they should be taken hot when troubled with gas and heartburn. DOSE: The average dose should be from one fourth to one half teaspoonful of the herb, root, bark, etc. for each cup of water. Buy a grinder and grind the dried herbs as fine as possible so that the distilled water may penetrate and dissolve the nutritive elements.

ALTERATIVES

Under this heading are those herbal medicines which effect a gradual correction of a general diseased condition without producing visible effects such as purging, vomiting or sweating. The tea from these herbs may be taken when there is chronic disease accompanied by lack of appetite. These teas can be taken hot or cold not less than 20 to 30 minutes before meals, twice a day. Take them 20 minutes before meals if hot or 30 minutes before meals if cold. You should not sweeten the teas under this heading. The following herbs belong to this group:

Papaya-Mint, Golden Seal root, Yarrow herb, Bittersweet herb, Sarsaparilla root, Barberry root, Sassafras bark, Buckbean leaves, Black Alder bark. DOSE: One half to one teaspoon of the ground herbs, roots, leaves, etc. for each cup of water, twice a day before meals as explained above. In making these or any one of the following teas, you may use just one or a combination of two or more herbs. Never use more than one teaspoonful of herbs to one cup of water unless specified.

ANTHELMINTICS OR VERMIFUGES

These are herb medicines which cause the expulsion of parasite worms from the small and large intestine such as the tape worm and ascarid. The following are the best known remedies for the expulsion of these intestinal parasites:

Pumpkin seeds. These common seeds are a very effective remedy for the expulsion of the tapeworm and other intestinal parasites. Proceed as follows:

Fast for from one to two days. Cleanse the colon with two or three enemas. The day you break the short fast, get three or four oz. of pumpkin seeds and grind them or crush them thoroughly. After the seeds are thoroughly ground dissolve them in a cup of water, drink it very slowly. Two hours after, take one and one half oz. of castor oil. Within two to four hours, and almost without any pain, the parasite is almost invariably expelled. There are other plants which also have the property of expelling the tapeworm, ascarids and other parasites. The herbs most used for this purpose are wormwood, tansy and malefern. They should be taken as follows: DOSE: mix one half to one oz. of the ground herb with honey and take in the morning the day you break the one or two day's fast. Children should be given proportionately smaller doses.

Many years ago I read in the Essene Gospel of Peace about a way of getting rid of the tape worm. This consists in having the patient fast for two or three days. After the bowels have been emptied by means of enemas and there is no food for the tapeworm to eat, it naturally feels hungry and goes up and down the intestines in search for food. At this time, the victim of the tapeworm sits in a vessel of warm milk at a temperature of about 102 degrees. The tapeworm seems to smell the milk and comes out via the mouth to appease it's hunger with milk. When it's head is out of the body it is seized with the hand and the whole body of the tapeworm is extracted. I have never had occasion to trick the tapeworm out of the body in this way but I have been told that it works. So you might try this method first.

ANTILITHICS

To this group belongs the herbal remedies which have the property of preventing, dissolving and eliminating urinary calculi or bladder and kidney stones and other calcareous deposits of the body, such as those which cause arthritis and gout. The following herbs belong to this group:

Wild carrot, wild radish, plums and prunes, onions, parsley, gravel plant herb, golden rod herb, wild violet leaves and buchu leaves.

DOSE: One fourth to one half teaspoonful of the ground herb to each cup of water. Take it hot or cold three times a day, no less than one hour before nor less than three hours after meals. These teas may be sweetened with honey.

ANTI-RHEUMATICS

These are those fruits, vegetables and herbs which have the property of preventing and correcting rheumatism. To this group belong all citrus fruits such as lemons, grapefruit, oranges and pineapple. Also the following herbs:

Sassafras root, licorice root, horseradish, dandelion root, yarrow, bittersweet twigs, black alder bark, and black willow bark.
DOSE: Of the citrus fruits you can take from one to two pints of orange or grapefruit juice daily for a week. After this preliminary treatment, you may take one cup of tea of the above herb at 11 a.m., one glass of citrus fruit juices at 4 p.m. and another cup of herb juice at 8 p.m.

DOSE: One half teaspoon of ground herbs in 10 oz. of distilled water. Drink it hot one hour before meals.

Abstain from those foods which produce much uric acid such as eggs, legumes, nuts and seeds.

ASTRINGENTS

To this group belong those herbal medicines which have the property to tone up the relaxed tissues and make them firmer and solid. Their effect is to contract the tissues and prevent excessive discharges such as excessive menstrual flow, bleeding from the nose etc.

The following herbs are indicated to relieve and correct these disorders:

Sage, willow, shepherds purse, wintergreen, blood staunch herb, pilewort leaves, oak bark, and blackberry root.

DOSE: As before, grind and infuse one half to one teaspoonful of one of these herbs in 10 oz. of water and take two cups of the tea one hour before meals.

CARMINATIVES

These are those substances which allay pain and dispel wind or gas from the stomach and bowels. The principal carminatives are the following:

Aniseed, caraway seed, cardamon seeds, cloves, sweet fennel, ginger, peppermint, thyme and parsley.

DOSE: One half teaspoonful of the ground herb in one cup of distilled water. Drink it very hot whenever you are distressed with gas in the stomach or intestines.

If suffering with colic pains due to distension of the intestinal walls, caused by gas, you may do as follows:

DOSE: Mix one half teaspoonful of ground aniseed, one half teaspoonful of ground peppermint and one half teaspoonful of ground fennel seed. Now put in one pint of water and let it boil for five minutes. Take one cup of this decoction very hot. If the pain does not disappear within half an hour drink another cup of tea. Unless the pain is due to a very serious obstruction, it will be relieved within ten to thirty minutes. It very seldom fails.

DEMULENTS

These are very important substances which have the property of soothing and relieving an inflamed mucus membrane; also for protecting it against irritation. These herbs are very useful in cases of irritation of the mucus membrane lining, the respiratory, digestive and genitourinary tracts. The following herbs are the best:

Licorice root, slippery elm bark, fenugreek, mellow leaves, coltsfoot leaves, flaxseed, marshmallow root and comfrey plant.
DOSE: One teaspoonful to every cup of water, sweetened with honey and taken hot. Abstain from food for one or two days, cleanse the bowels and drink one cup of tea every two hours. The irritation will disappear very soon if these rules are followed.

DEPURATIVES

These are substances that dissolve and eliminate toxic matter from the blood.

Some of the very valuable herbs of this group are the following:

Sarsaparilla root, buckthorn bark, linden flowers, marsh rosemary root, dandelion root, figworth herb and burdock root.

DOSE: One half teaspoonful of ground herbs in one cup of distilled water. Take it hot or cold one hour before meals, three times a day.

DIURETICS

These are substances which, when taken internally, increase the flow of urine. They are indicated in cases of dropsy and in disorders of the kidneys due to excessive irritation. The following herbs are the principal ones of this group:

Shave grass, juniper berries, dandelion, parsley, strawberry, sarsaparilla, horsetail, broom herb, golden rod herb, whortleberry leaves, borage, asparagus, parsley, horsetail and honeysuckle, watermelon juice.

DOSE: One half teaspoonful of the ground herb to each cup of water, sweeten with honey and drink hot twice or three times daily, thirty minutes before meals.

EMETICS

These are substances that cause vomiting. It goes without saying that these medicines which cause vomiting should be used only on very rare occasions after having eaten some poisoned food or after having eaten beyond the power of digestion in order

to prevent serious indigestion and distress, also when there is obstruction in the intestinal canal and defecation cannot take place.

Under these conditions it is necessary to resort to the lesser of two evils, that is to force vomiting of the fermenting and putrefying mass of food, or the poison taken, thus producing quick relief and perhaps save the life of that person. The best known emetics are the following:

LOBELIA. This is one of the best emetics. In small doses it acts as an expectorant. In doses of six to eight grains it acts as a vomitive.

DOSE: Take 8 to 20 grains of the powdered leaves dissolved in one cup of warm water.

MUSTARD. The black seed is the one that should be used and not the yellow seed mustard.

DOSE: Take from 50 to 100 grains of the ground seed dissolved in one cup of warm water.

In case you do not have these emetics on hand you can use common salt to produce vomiting. Dissolve half a teaspoonful of salt in a pint of warm water and drink it, not hot, but just warm.

EMMENAGOGUES

These substances promote and stimulate menstruation. They are indicated when the menstrual flow is very deficient. However, provided that the state of health is good, there is no reason to worry about scanty menstrual flow or even about no flow at all, because healthy women who live a natural life and eat natural food do not menstruate, or if they do, it is very little. However, if the menstrual flow is scanty and accompanied by pains it is advisable to take a tea of the following herbs:

Mistletoe herb, pennyroyal, bloodroot, and rue.

DOSE: From 30 to 50 grains (one half teaspoonful) of the ground herbs in one cup of hot water. Abstain from meat, fish, eggs and denatured cereal products, and let your diet consist of fruits, nuts and vegetables.

EMOLIENTS

This name is given to those substances which have the property to soothe irritation and soften the tissues. These should be taken in the form of teas to allay internal irritation and in the form of poultices applied to sores, boils, suppurating wounds, and to promote healing. Use the following herbs in the form of teas when there is irritation and catarrh of the mucus membrane lining of the air passages, the intestinal tract and the genitourinary organs:

Mallow, marshmallow, flaxseed, prickly thistle, onions, borage, comfrey, licorice and fig juice, raisin juice and prune juice, (meaning the juice of these sweet fruits which have been soaking for ten or twelve hours).

If affected with boils, sores or other external growths, apply to the affected part a poultice made of ground flaxseed, fenugreek or a finely grated raw potato. Any of the above mentioned herbs is very beneficial to soften growths or to allay irritation when applied as a poultice.

EXPECTORANTS

These are herbs which cause the expulsion or expectoration of mucus and phlegm from the mucus membrane lining of the throat, bronchial tubes and lungs. They should be taken when there is acute or chronic catarrh of the mucus membrane of these organs. The following are some of the herbs which produce this effect:

Coltsfoot herb, liverwort, horehound, marshmallow leaves, fenugreek seed, asthma weed, flaxseed, aniseed, older roots, elecampane root and wild sage leaves.

DOSE: One teaspoonful of the ground herbs (or whole seed) in one cup of hot water. Take one hour before meals or three hours after meals, three times a day. Fast one day and then go on an eliminating diet.

HEPATIC

These are those remedies that promote the action of the liver and increase the flow of bile. The following herbs belong to this group:

Rhubarb root, dandelion root, liverwort and barberry bark.

DOSE: One half teaspoonful of the ground herbs in one cup of distilled water three times a day, one hour before or three hours after meals.

These herbs are useful in cases of jaundice and other liver disorders.

NERVINES

These medicines allay, soothe and calm irritated nerves. The following herbs belong to this group.

Nerve root, crampbark, rosemary leaves, rueherb, and valerian root.

DOSE: One half teaspoon of the ground herbs, root or bark in one cup of hot water. Take when irritated or nervous.

NEPHRITICS

These are remedies which are useful in affections of the kidneys. The following herbs belong to this group:

Whortleberry leaves, uva ursi leaves, juniper berries, buchu leaves, and gravel plant leaves. (Juice: watermelon, wheatgrass.)

DOSE: One teaspoonful of the ground herb in one cup of hot water. Take it two times a day one hour before meals. Abstain from uric acid foods as listed above.

STIMULANTS

The following herbs produce a natural stimulation due to the fact that their valuable salts and vitamins are quickly and easily absorbed into the blood stream thus giving strength and vigor to all the vital functions of the organism:

Dong quai, gotu-kola, Fo-ti-tieng, ginseng, sarsaparilla root, strawberry leaves, linden flowers, rosemary leaves, wild cherry bark, yellow dock root, peppermint and spearmint. Dose: one teaspoonful of the ground herb to one cup of water. Drink three or four times a day.

SUDORIFICS AND DIAPHORETICS

These are substances that produce perspiration. The only difference between these two is that diaphoretics produce a slight perspiration, while sudorifics produce a more powerful perspiration, laying drops on the surface of the skin.

This class of herbs is very useful in promoting elimination through the pores of the skin and in relieving internal congestion. Teas from these herbs should be taken often, especially preceding, during and after the hot sweat baths..

LAXATIVES

The following laxatives are non-irritating substances which produce a natural bowel movement.

Figs, raisins, prunes, flaxseed (ground), psyllium seed (ground), juice: 6 oz. carrot, 1 oz. beet, 6 oz. spinach, or wheatgrass, lactobacillus culture, cherry. A few herbs can produce a mild evacuation of the contents of the intestines. These are:

Chinese rhubarb root (5 to 10 grains), cascara bark, 10 to 20 grains.

It is always better to depend upon the enema, in cases of constipation, than to depend upon laxatives, purgatives and cathartics, even if the cathartics come from the vegetable kingdom.

In conclusion, I want you to remember the following facts: (1). Do not expect that herbs, however beneficial they be, are going to cure you of a chronic diseased condition. Their virtue consists in conveying to the body in a more concentrated form those elements which are deficient or absent in our diet. They also supply the blood with substances which dissolve or neutralize toxic matter and render it easier for elimination. (2). Never depend upon medicinal herbs alone. They can be considered as an addition to and not as a substitute for the other health measures such as diet. They are the compliment of a defective diet, supplying the mineral salts and vitamins which are deficient in our ordinary foods. Hence, herbs should be considered as foods and not as medicines.

(3). Do not commit the mistake of thinking that if a cup of herb tea is good, two or more cups will be better and hasten the process of healing. An overdose will perhaps produce the contrary effect and retard the curative process.

(4) Live herbs are best for healing. The dew of grasses or plants may be used also. Run your palms over the grass; rub the dew on your body and face. Roll in the dew or collect the dew in cotton cloth during the early hours of morning. Squeeze out the essence. Apply it externally. Collect healing herbs, extract the juice and mix it with two parts grass juice. The herb juice will provide the specific stimulating vibrations for healing the chosen area or system of the body; whereas, the grass will supply the complete nutrition to build, rejuvenate new cells and insure the healing to be long lasting. The grass vibrations seem to tame some of the undesirable side effects of some of the wild plants when taken inappropriately or in too large of a quantity (see p. 57)

CAUSE OF DISEASE

"Today germs are not our principal enemy. Our chief medical adversary is what I consider a disturbance of the inner balance of the constituents of our tissues, which are built from and maintained by necessary chemicals in the air we breathe, the water we drink and the food we eat."

DR. TOM D. SPIES, late Professor of University Medical School, J.A.M.A June 7, 1955

"Every so-called DISEASE is a crisis of Toxemia; which means that toxins have accumulated in the blood above the toleration point, and the crisis — the so-called disease — is a vicarious elimination. A cold is driven into chronic catarrh, flu may be forced to take on an infected state; pneumonia may end fatally if secretions are checked by drugs."

J.H. TILDEN, M.D., Toxemia Explained

Over-eating and anxiety are the most popular forms of suicide. Toxemia and enervation are the underlying causes of all disease whether acute or chronic. Toxins in the body originate from wrong choice of food, worn-out body cells, drugs, unloving thoughts, polluted air and water. Enervation comes from overactivity, noise, radiation, extreme climate, overeating, sexual excesses, vaccination, toxins, stress or rapid detoxification.

In most degenerative disorders, the body is enzyme-exhausted and nutritionally deficient. Lack of enzymes leads to incomplete metabolism. The undigested food must be eliminated as toxins. Waste accumulates from infancy because of toxemia and enervation, eventually, to a level which may interfere with the functioning of the body.

How long it takes to become sick depends upon the constitution inherited from the parents and how much toxemia and enervation one's lifestyle generates. The stronger the inherent constitution and the more one adheres to the health rules, the longer it takes to pollute the body. The weaker the inherent constitution and the more abuse the body receives, the less time will it take to become sick.

To be "healthy, happy and holy" is a total commitment to a natural lifestyle in a natural environment. Unless one obeys all the health rules (See Appendix) one will eventually become sick.

ACUTE ILLNESS, (colds, mumps, measles, open sores, typhoid, flu . . .) is an attempt of the body to remove accumulated toxins by increased elimination through the skin, lungs, nose, eyes, ears, colon, kidney. If there is sufficient vitality and the eliminative process is not hindered by food or drugs, the body is capable of restoring itself to good health.

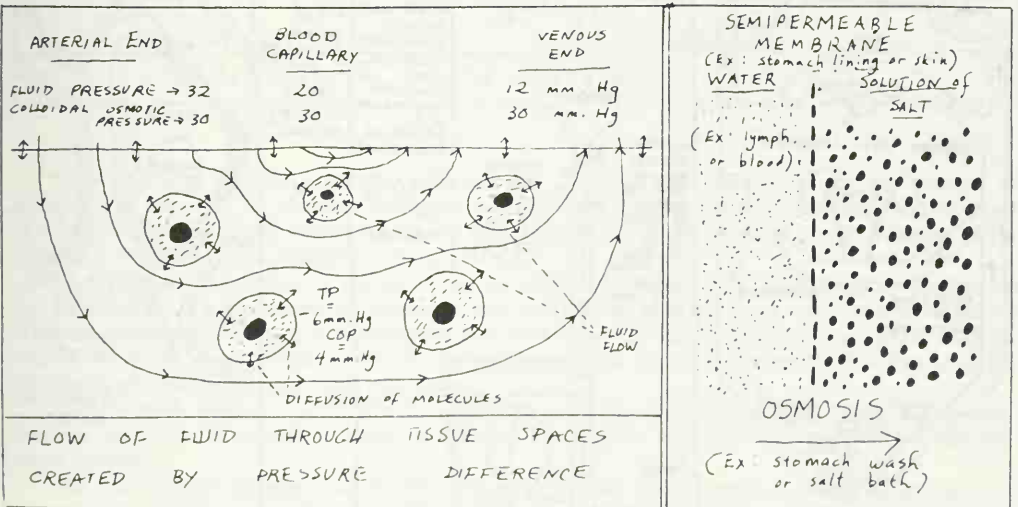
Germs do not cause disease. We have at all times in our body germs of typhoid, tuberculosis and diphtheria. The rapid increase of bacteria during illness is the result of excessive mucus-inducing, incompletely metabolized food which provide the germs with a perfect diet. Also, the congested bloodstream inhibits passage of phagocytes; hence, germs multiply. New germs can be formed every 12 minutes. In 24 hours, several trillion can be created from one germ. Germs secrete many toxins.

Pasteur, in the end, conceded: "Bernard was right: the microbe is nothing; the terrain is everything." The terrain is the body. The germs multiply very rapidly when the body is congested and polluted.

CHRONIC AILMENTS result from repeated suppression of acute cleansing crises. As long as the body is able to eliminate toxins through acute illness, there will be no chronic disease. However, if there is no change in lifestyle, inherent vitality can diminish to the point where an acute, eliminative illness will not occur.

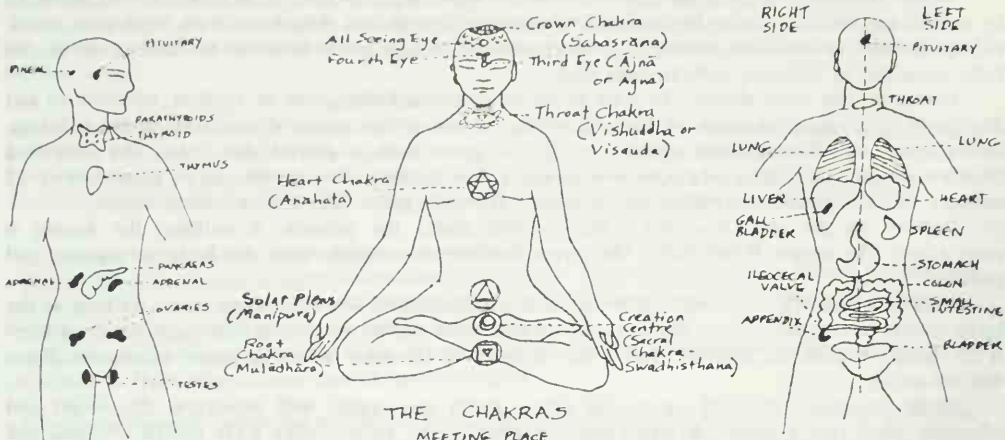
Waste continues to build up in the colon, joints and organs with associated discomfort and offensive odors (see Fasting). A microscopic examination of an unhealthy body reveals uric acid and calcification in many of the cells; accumulation of fatty non-reproductive cells; adherence of excess mucus to the mucous membrane, precipitation of acid crystals into the muscles; degeneration of elastin in connective tissues into collagen which stiffens the body; formation of tumors from cross-linkage of incompletely metabolized protein with free radical molecule (acid salts, insecticides, heavy minerals) and nucleic acids.

When the accumulation becomes extensive enough, an examination will reveal it. The diagnosis will be leukemia, cancer, arthritis, asthma, heart disorder, arteriosclerosis, Bright's disease, rheumatism. The name given to the disease is determined by the quantity and nature of stored toxins, as well as the location of the congestion.



OSMOSIS AND THE ECOLOGY OF DISEASE

Everything in the universe is in a state of dynamic equilibrium which is pulsating with the cosmic rhythm of growth and decay. The same principles operate in astrophysics, microchemistry and cellular biology. The mechanics of cleansing, toxemia and food assimilation are best observed at the cellular level.



ENDOCRINE GLANDS LINKS TO THE SOUL

THE CHAKRAS MEETING PLACE OF BODY AND SOUL

ESSENTIAL ORGANS OF THE BODY

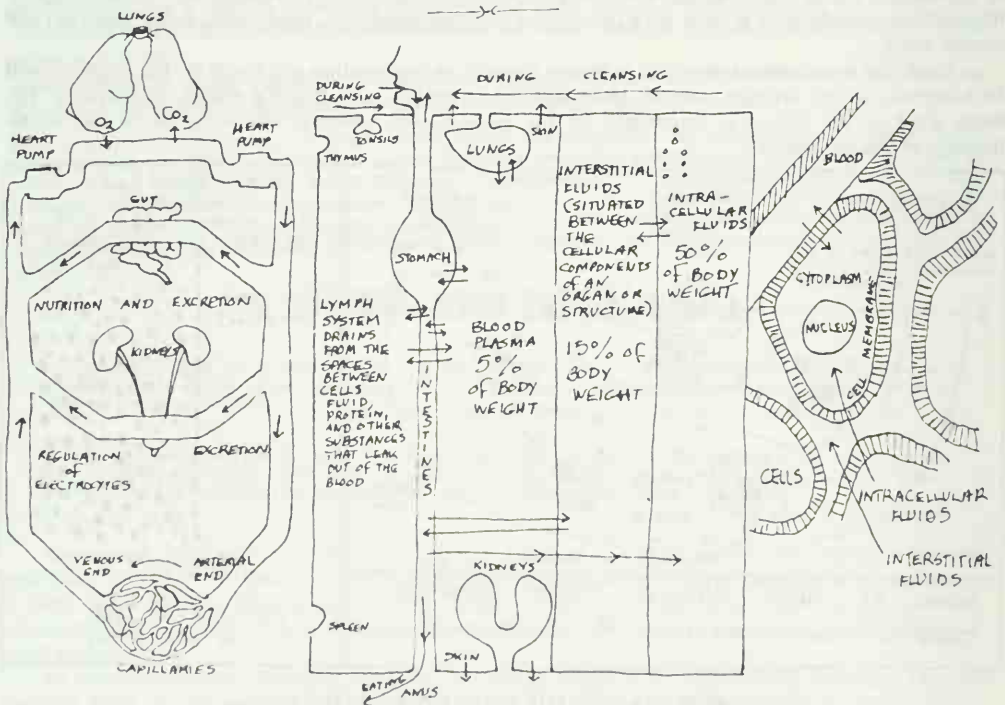
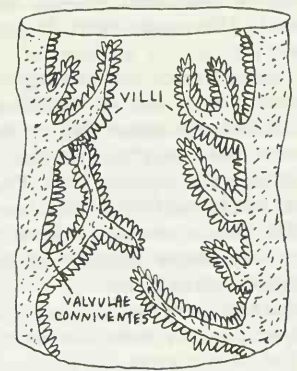
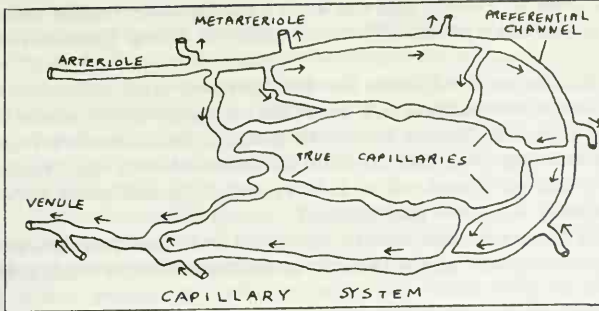
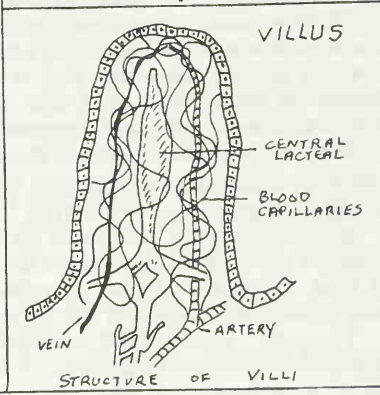
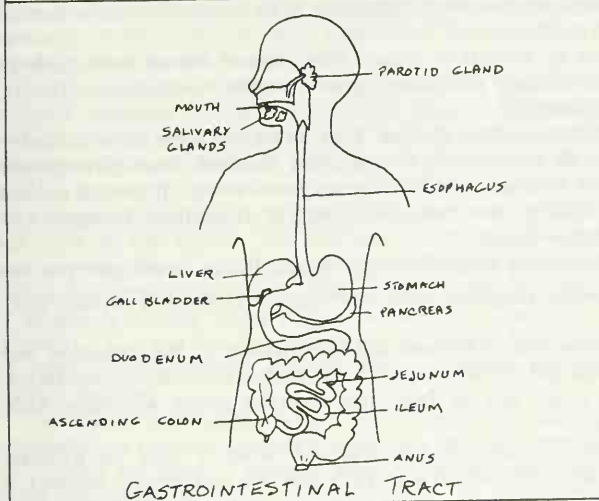


DIAGRAM OF BODY FLUID DISTRIBUTION AND THE FLOW OF TOXINS AND NUTRIENTS



VILLI AND MUCOSAL FOLDS OF INNER SURFACE OF SMALL INTESTINE



NUTRIENT DISTRIBUTION SYSTEM

In any living organism, osmosis, diffusion and filtration are responsible for the transfer of substances in the body to maintain the dynamic equilibrium of life. Factors influencing the movement of substances across the cell membrane are size of molecules, solubility, electrical charge, viscosity of the blood and degree of mucus congestion of the cell wall.

If two solutions (content of digestive tract and blood or lymph system) of different concentrations are separated by a semi-permeable membrane (cell wall) which will pass both water and the dissolved substances, the solute (toxins and nutrients) will pass from the side of higher concentration into the solution of lower concentration, while the solvent (water) will pass in the opposite direction until the solutions have established a dynamic equilibrium.

After a meal, nutrients and toxins flow from the intestinal tract into the blood and lymph system. Through the action of osmotic pressure, the nutrients and toxins next pass into the interior of the cell, the cytoplasm.

All cells have a common feature. The cytoplasm has an alkaline reaction (negative) and the cell nucleus has an acid reaction (positive). This creates an electro-voltage potential between the cytoplasm and the nucleus. The potential determines the vitality of the cell. If the potential is reduced low enough, death takes place. In the bloodstream most toxins have an acid reaction, which eventually neutralizes the alkalinity of the cytoplasm.

If the concentration of the toxins in the bloodstream is higher than in the cells, toxins will continue to flow into the cytoplasm. Eventually the toxins precipitate as crystals. Periodically, during

periods of heightened vitality, the body tries to correct this condition through acute healing crises (disease). After many years, failure to improve one's habits will result in chronic disease (retention of toxins).

During therapy, diet change and fasting the intake of toxins into the digestive tract is reduced to a minimum, hence, also, in the blood and lymph system. In a sick body, the concentration of toxins in the cells is much higher than in the blood or lymph. Because of osmotic pressure, the toxins flow from a concentrated area to one that is less concentrated; that is, they are absorbed into the lymph, bloodstream and digestive tract. Then the toxins are filtered out by kidney, liver, lungs and lymph nodes and are eliminated by way of lungs, skin, kidney and colon (see diagram).

The rate of cleansing will be slowed if the toxins have already crystalized or formed cross-linkages with cell molecules. Enzyme-rich juices from immature greens (such as grasses) and alkaline fluids help to speed the cleansing.

To provide optimum energy for detoxification without additional strain on the eliminative organs, all physical activity should be reduced to a minimum.

The best doctors are those patronized by animals in nature. This team of doctors is available to you: sunshine, pure air, live food, exercise, relaxation, good posture, continence, fasting, God-consciousness, happy heart and loving thoughts.

There are many natural therapies that employ these doctors. They all include some form of dietary restriction. The less food and fluid taken, the more severe the cleansing reactions. Each person, from knowledge of his or her vitality level, should determine the best therapy (see Fasting). Introduce gradual changes. No matter what one's level of vitality, one can always benefit from juice therapy. Any improvement in diet will lead to improvement in health.

Body vitality can be increased through dietary restrictions and natural living. It will give you the strength to follow even more rigorous cleansing programs. Each new stage of purity will increase your strength, youthfulness and joy in living.

Following is a list of diets in ascending order of speed and effectiveness of detoxification and severity of cleansing reactions: diet restriction and nutrient supplements, kosher, macrobiotic, vegetarian, live food, mono diet of raw vegetables, mono diet of fruit, live vegetable juices, wheatgrass juice therapy, fruit juices, water fast and dry fast.

Eventually, whatever diet or therapy you choose, the cells will attain a state of dynamic equilibrium. There will be no more cleansing reactions. If one maintains this equilibrium, the diet is referred to as balanced. It takes some individuals years to reach this stage. In the long run, the juicier the diet, the less food you eat, the cleaner your body will be and the stronger you will feel. You should anticipate periods of weakness until the cleansing is complete. In yoga philosophy, it is said if you become completely pure and strong enough, you can live on fruit, then fluid and finally on solar radiation.

How soon you regenerate your body and regain health and vitality depends on your inherent constitution, karma, nature and quantity of toxins deposited in the cells. Operations, drug therapy and radiation treatments limit your regeneration. The programs suggested will prevent further development of chronic disease and, in most cases, will reverse chronic ailments and improve health.

For a more extensive study of how the human organism uses the eliminative organs, respiratory system, ductless glands, nerve networks, digestion, muscles, liver, blood and lymph to give maximum purity to each cell under toxic conditions due to diet and polluted environment, read books on human anatomy, physiology and metabolism.

Highly recommended: TOXEMIA (Tilden), THE BIBLE, FUNCTION OF THE HUMAN BODY (Guyton), FOOD IS YOUR BEST MEDICINE (Bieler)

CRISIS

"All cures start from within out and from the head down, and in reverse order as the symptoms have appeared."
HERING'S LAW OF CURE

Crisis is a turning point in a disease. There are two kinds. One is forced upon the apparently healthy body by the accumulation of foreign matter beyond the current toleration point. For example, eating more than usual of mucus-inducing foods will generally result in the cleansing process of a "cold" within three days. Another type of crisis develops when, due to hygienic living, vitality increases sufficiently to discharge, partially or totally, stored toxins which cause chronic disease.

All chronic disorders must be brought to an acute state and eliminated from the body through the mechanics of crisis. Every part of your being participates. It is the cooperative effort of the physical, mental and spiritual faculties.

Every eliminative process (healing crisis) which has been suppressed in the past through the use of food, drugs or overwork will have to be relived. Generally, after adopting a cleansing regime, a child reaches a crisis in three to fourteen days. In adults it can take up to three months. You will know when it is near because you will feel wonderful. When dark or black holes in the iris start becoming very white, the crisis is near (see Iridology). Occasionally, temporary lines or swelling of facial features, especially of the lower lip, may appear (see Physiognamy). Zone therapy meridians become sensitive, especially those related to eliminative organs.

Crisis can take the form of open sores which continuously discharge pus of poisoned blood, boils, excessive menstrual discharge, fever in the form of flu, itching (which may persist for months), diarrhea (a beautiful 85 year old lady had it for 6 weeks), coughing, frequent urination, vomiting, extreme exhaustion and symptoms of past ailments. Elimination through eyes or ears can cause the organs to stop functioning for several days.

Emotional purification is part of the general detoxification. Relived hatred, old stress and anxiety will come to the surface. You will have to confront the psychic reasons for your ill health. You will discover why you are addicted to food and why you desire to be sick. Allow yourself to cry, scream, hit objects (not people) to let off steam. Keep a daily diary of your psychic rebirth. You will see increase of lovingness toward others as you become more forgiving and loving toward yourself. Memory will improve — you will have less to hide and to repress. Daily, increase your consciousness through practice of faith, hope, generosity, charity, love, aspiration, patience, sympathy, non-interference, kindness, courage and duty.

A healing crisis usually lasts 3 days. It will come and go as often as necessary until all poisons are removed from the body, provided there is enough vitality to eliminate these poisons.

During the crisis, it could be reassuring to be under the care of a doctor or a friend who is versed in the laws of nature.

The following suggestions will be helpful:

1. Don't eat until fever, pain or inflammation has subsided. If symptoms last longer than 5 days, grass juice implants may be administered. Use Rejuvilac when available.
2. If thirsty, allow as much cold or warm lemonade as desired. If urine is thick and viscous drink water even when not thirsty.
3. Keep warm. Use more covers. Keep windows open for continuous fresh air. Have a tray of wheatgrass next to the bed.
4. If possible, flood the whole body or area causing discomfort with the appropriate color (see Color Therapy).
5. Keep record of temperature. If it goes over 103, rub down body with cold wet towel only until fever reduces to 101-102; it is undesirable to suppress fever. After the fever abates, a warm bath should be taken to wash away released toxins.
6. Do zone therapy to keep vitality high.
7. When the toxic waste, which has caused this acute disease (crisis), has been eliminated, fever disappears and hunger returns; begin drinking dilute citrus juice for the first two days. If digestion is good, you may include pulp with the orange juice.
8. Daily enemas during crisis are suggested. If after three to seven days the bowels have not moved, take a small olive oil enema with a hand bulb syringe. It will prevent laceration in the rectal wall when hard fecal matter is expelled.
9. When you have an opportunity, stay in unpolluted air; take short sun baths.
10. Following a crisis, take an eliminative diet consisting of acid fruit, green juicy raw vegetables; indoor greens.
11. Rest will ensure quick recovery with milder symptoms. You may need to stay in bed 12 to 22 hours daily.
12. If headaches present, do stomach washes first. Do zone therapy on acupressure points related to stomach, liver and kidney.

WARNING: Use the detoxification regime with caution if you are highly toxic and/or if your nervous system, liver, kidneys, lungs or other organs are in a weakened state.

You can easily give yourself a quick examination with the aid of physiognamy and iridology — it will reveal the state of the internal organs. The level of toxicity will be indicated by the markings around the border of the iris (the lymphatic system). The star shaped or circular colored ring around the border of the pupil will reveal the state of the digestive tract and nervous system.

Too rapid detoxification can bring about dramatic loss of calcium from teeth and bones which could take years, if ever, to replace. The eliminative organs can be so overworked that a year of rest may be required to regenerate them.

If you are very toxic and go on a total cleansing regime of juices and/or a low protein diet of fruit, sprouts, and vegetables for longer than three days, you should permit yourself time for unlimited bed rest and several enemas daily.

If you are unable to rest, you should follow a program of slower cleansing. During the day, take about two quarts of fluid (rejuvelac, watermelon and vegetable juices) plus several ounces of juice from indoor greens and sprouts. Daily take one, but no more than one, three ounce portion of seed or seed ferment. Blend all your sprouts and vegetables – Mix no more than three types. Quite often during the day it is good to chew on the indoor greens and spit out the pulp.

The process of recovery can be uncomfortable, but it leads to the health and happiness which come with the joy of well being. You will become more childlike in mind and body, recover a sense of innocence and zest for living. You will know detoxification is complete when you discover that urine and sweat have the fragrance and taste of the fruit just eaten. Your eyes will be clear.

HOW TO KEEP YOUR TEETH PAINLESSLY

Dr. Francis Pottenger, Jr. (73) performed a ten year study involving 900 cats, which demonstrates the effect of cooked food on teeth and bones. A cooked protein diet began to effect an unhealthy condition in the mouth within three to six months. Pregnant cats showed these changes more quickly. "The permanent teeth are, in general, more irregular in size and alignment than the deciduous teeth. Gingivitis persists, gums become spongy, and abscesses gradually develop. It is through this process of secondary infection that most cats on a cooked meat diet lose their teeth."

More than sixty percent of Americans wear dentures, and most children wear braces on their teeth as a consequence of our cooked protein and processed carbohydrate diet.

Tooth decay is the result of overacidity from eating grains, sugar, honey, dried fruit, seed, animal products, cooked and processed food.

When starting on a vegetarian diet, there were many small cavities in my teeth which needed the attention of a dentist. The gums were continuously sore, occasionally bleeding. Some of the teeth were so loose that I could easily move them about. After a year on a vegetarian regime, all these problems vanished. Some of the the exposed nerves were covered with a solid mineral layer, all pain ceased and I could eat acid fruit without discomfort.

A dentist found my teeth to be in excellent shape, in spite of the fact that I brush them only a few times a year, usually when fasting. He said that new cavities were impossible, since my saliva was alkaline.

I resumed eating dried fruit, honey and processed foods; all former problems returned in a few weeks.

Fillings have fallen from two huge cavities. I'm waiting for fillings to drop out of three other teeth. Metals used in fillings are conductors, and can set up a high voltage, through coupling (you can test this with an E-meter or voltage meter). This has been shown to be a factor in mental disorders.

Furthermore, dissolved metal from fillings is circulated in the bloodstream, acting as an irritant, inhibiting the action of vitamins and enzymes. (Read: Super Health From Super Foods, Dr. Bernard).

Fillings can be made from non-toxic porcelain or quartz.

To relieve toothache:

a) Remove food particles with a toothbrush and alkaline paste or sea salt. Use a toothpick daily to clean out the cavities. Never use commercial supermarket toothpaste. It will destroy your gums.

b) For quick relief from toothache: rinse the mouth every ten minutes with sea water or grass juice, apply zone therapy to the knuckles of fingers and toes in the same zone as the aching tooth.

c) Correct the overacid condition of the body: abstain from all food and fluid for one day, especially when toothache is triggered by indigestion. Use several enemas during the day. Follow with a program of alkaline juices, sprouts, sesame seed and sea vegetables. This regime can correct an overacid condition within a few days and in time may reverse decay.

d) I overcame the most extreme pain resulting from overacid body condition and chipped tooth by chewing on grass. The toothache subsided and disappeared in five minutes. Prior to that, I had tried acupuncture, zone therapy, salt mouth wash and enemas without any relief. Over the years I have discovered grass (any kind) is excellent for the relief of all painful problems. Chew the grass, then apply it as poultice on insect bites, lacerations, injuries and blows to the body. The immersion of crushed finger immediately after injury into grass juice for 20 minutes prevented the appearance of pain or black and blue marks. 24 hours later, at the start of pain, I immersed my finger for another 20 minutes into grass juice. Pain was relieved never to return.

Dental decay may be a reversible process in which developing cavities are actually chemically repaired, according to Dr. Stephen Wei of Iowa's College of Dentistry.

He subjected freshly extracted teeth to a weak acid for forty hours to demineralize and soften the outer enamel. He then immersed the teeth in a specially prepared solution for five days.

Cavities in their early stages were almost completely remineralized. Calcium and phosphorus were almost completely recovered in the remineralized enamel, and the end product closely resembled that of normal enamel in chemical composition. The microhardness of the enamel was also partially restored.

It is possible to achieve this result with diet. In my own case, after one year on an alkalizing diet – indoor greens, sesame seed and vegetable juices – soft enamel was restored to hardness.

Dentists studying the primitive Yanomami Indians in Brazil discovered that they have incredibly healthy gums. Dr. Cleber Pereira, head of the expedition, concludes it is because the Indians don't use toothbrushes, depending instead on the cleansing action of the hard fruits and roots they eat.

Newspapers have reported cases of people who, because of a simple natural diet, have grown several new sets of teeth, after the age of fifty, seventy and one hundred: "In Arabia, Dr. Weber noticed an old woman who ate but once a day and then consumed only a few dates. She was a strong woman and Weber thought she was about 40. He was extremely surprised to learn she was 198, despite her miserable diet. She told him that when she was 156 her teeth were renewed for the third time, and all her symptoms of rejuvenation always appeared after a prolonged fast. . . . In 'Believe It or Not' Ripley states that Numas DeCugna of Bengal, India lived to be 370 years old. He grew four new sets of teeth, and his hair turned from black to gray four times. He died in 1566." (Man's Higher Consciousness, Hotema).

REGENERATION OF THE EYES

The eyes are a sensitive barometer of the general health. Indigestion makes the eye painful, especially when slight pressure is applied to the eyeball. Damage done to the internal structure of the body is vividly displayed in the iris. Eyes cannot be healed until the internal organs have been rejuvenated.

The biggest culprit in destruction of the eye is pasteurized dairy products (other mucus-inducing foods also play a role) plus lack of sunshine, smog, salt, and a nutritionally inadequate diet. Encrustation on the eyelashes in the morning is a tell-tale sign of the use of the eyes as an eliminative organ during the night's fast. These excretions can accumulate and eventually harden on the lens to create a cataract. The eyes can be rejuvenated if you make dietary changes, do eye exercises, zone therapy and discontinue the use of eyeglasses. Rejuvenation will take at least four months.

Eye Exercise: To strengthen the eye muscles, do these exercises daily. Follow an imaginary diagonal line without moving your head as far as you can stretch those eye muscles. Do this five times and repeat in the other direction. Do likewise with a horizontal and vertical line. Rotate the eye in a wide circle, clockwise five times, then counterclockwise five times. After each set of five, blink rapidly several times, squeeze the eyes tight shut, then completely relax them. Do not overstrain. Gradually increase each exercise up to fifteen times.

Eyewash: Use wheatgrass juice in the eye cup. Be sure to strain the juice to remove sediments.

Eye Energizer: Apply zone therapy on the feet and hands in areas related to the eyes to break up crystallizations. This will increase nutrient supply to and waste elimination from the eyes.

Mental Exercise: Close the eyes and send energy to them by imagining a red color bathing them. The best time to practice this is during a headstand or shoulderstand or on a slant board while doing deep breathing exercises.

Morning Greetings: Look at the rising sun, briefly, only when it is just appearing red on the horizon. Ask for good eyesight. Think of good reasons why you need it. Also sun your eyes in the daytime, looking into the sun with closed eyes – you will see a red color.

Sun Bathing: Spend as much time as possible in the sun, sand, water, grass. Walk barefoot, wearing as few clothes as the law requires. Use eye glasses only when absolutely necessary. They filter out some essential rays needed for complete health.

WHEN SOMEBODY FAILS TRY GRASS

People often seek the path of natural healing when all else has failed to heal them of arthritis, diabetes, cancer and other symptoms of degeneration. Though we do not treat or "cure" a "disease" once advanced symptoms of toxicity manifest, we may adapt our basic healing techniques to relief of these symptoms.

DAIRY PRODUCTS AND ARTHRITIS

Arthritis is diagnosed at an advanced phase of general deterioration of health. The most visible symptoms are stiffening and/or inflammation of body tissues, especially in joints and tendons.

In 1972, Prof. Nanna Svartz, head of the King Gustav V research Institute in Stockholm, (203) reported that, after thirty years of study, she and her team identified the cause of rheumatoid arthritis as a germ found in milk.

"Tests conducted on people suffering from rheumatoid arthritis have revealed the presence of milk bacteria in eighty percent of cases." She declared the germ was found in pasteurized milk from America, Canada and six European countries.

Though correlation of milk and arthritis is conclusive, the germ is not the causative factor. The germ exists there only because of appropriate mucus from a dead food diet to feed it.

Dr. Francis Pottenger Jr. (73) made a study implicating cooked food and milk in the development of arthritis. "The male cats fed on metabolized Vitamin D. milk (from cattle fed irradiated yeast) and raw meat showed osseous disturbance very like those on pasteurized milk. Young males did not live beyond the second month and adult males died within ten months. The most noticeable fact was that there is a tendency for the calcium phosphorus ratio to become unbalanced, approaching 2.5 to 1 as compared with normal of 2 to 1 . . . The cats fed pasteurized milk as their principal item of diet, and raw meat as a partial diet, showed lessened reproductive efficiency and some skeletal changes. Cats fed evaporated milk showed even more damage. The most marked deficiency occurred in the cats fed sweetened condensed milk." No such problems occurred with cats on a raw food diet.

The underlying cause of arthritis may be overacidity of the body due to toxemia or to long periods of stress. Overacidity causes dissolution of bone calcium. This calcium plus ingested inorganic minerals are carried by the bloodstream and deposited in areas of poor circulation.

Mucus from processed bakery and pasteurized dairy products (wheat gluten and milk casein are used to manufacture some of the most potent water-resistant glue) deposits in tissues, clogs the blood vessels and deposits on vessel walls, decreasing the velocity of the blood.

Cooking or heating converts organic materials in plants into inorganic minerals. Since inorganic minerals are highly insoluble, they enter the bloodstream in unassimilable form and tend to deposit out in areas of slow blood velocity (highly congested tissues).

Organic sodium has the property of increasing the solubility of inorganic calcium. Some of the best sources of organic sodium are lemon, grapefruit, spinach, celery and dandelion. Juice from vegetables may be taken with carrot or wheatgrass juice. Daily one should consume at least one quart of juice. The day may start with a pint of grapefruit juice. Wheatgrass juice will produce quick minimization of pain. Extraneous calcium and other minerals will be filtered out by the kidney and excreted in the urine.

To become and remain free from arthritis, processed foods must be eliminated from the diet. At the initial phase of regeneration, there may be periods of increased pain and stiffness and/or its appearance in new areas due to circulation of an increased amount of minerals released by the dietary regime. Many arthritics have reported freedom from pain after following the live food and juice regime for only a few weeks.

THE SWEET LIFE OF A DIABETIC

Diabetes is due to a deficiency of insulin. Initially, the shortage is nearly always created by excessive demand due to high intake of processed carbohydrates (sugar and starch) and to a mucus-forming diet which clogs the insulin-secreting glands (islets of Langerhans), thus reducing the volume of insulin entering the bloodstream.

Dr. Douglas Coleman, senior staff scientist at Jackson Mammalian Genetics Research Institute, Bar Harbor, Maine, says, ". . . overeating could be the most important factor in individuals with hereditary predisposition to diabetes . . . The second possible cause is high blood sugar causing abnormal insulin secretion that in turn increases appetite."

(Boston Globe, No. 22, 1973)

The secretion of insulin into the bloodstream is an endocrine function of the pancreas. Insulin controls the rate of transfer of glucose through cellular membrane. In the absence of an adequate supply of insulin, the blood glucose is incompletely metabolized, hence unavailable for energy. To supply energy, the body then rapidly metabolizes fats, causing a highly overacid condition leading to coma.

The impossibility of perfect control of insulin through injections brings on excess of cholesterol deposition, this leads to atherosclerosis. This degeneration of capillaries can cause blindness, deafness and hemorrhaging in the extremities. (Clogging of the internal mucous lining and tubings greatly diminishes the entry of all hormone secretions into body fluids. This impairs general health and contributes to all forms of mental disorders.)

If the islets of Langerhans are intact, diabetes can generally be corrected in two to four weeks. Guided by the test for sugar in the urine, the diabetic gradually reduced insulin intake. Generally after the third day of live food diet, there is a sharp reduction in the need for insulin. Every few days thereafter, there is a need to decrease the amount of insulin by about five units. Some individuals who try to detoxify too rapidly, may develop insulin shock. After calling a hospital emergency ward, an attendant should work on the zone in the feet related to the pancreas. Upon recovery from shock, the individual may resume the dietary regime.

THE TIRED HYPOGLYCEMIC

The civilized countries because of stress and increased consumption of processed foods have been producing a weaker species of human each generation. Dr. Warren Guild of the Harvard Medical School states that 97% of all adult Americans fail to pass the minimum physical fitness test.

The "in" diseases have shown deterioration of every organ. Ulcers were "in," heart disease was "in," lower backaches (kidney disorder) was "in;" now, hypoglycemia is the "in" disorder with status. It is a disease of insatiable hunger. One may have a full stomach and not be satisfied. More and more people are afflicted by hypoglycemia because of the continuous use of processed foods.

Hypoglycemia is a disorder of too little blood sugar, which provides the fuel for all the cells. Various authorities have estimated that anywhere from 10 to 100 million persons in America are suffering from this condition. According to Dr. Harry M. Salzer of the University of Cincinnati College of Medicine in Ohio. The following symptoms exist for hypoglycemia:

(1) Psychiatric symptoms: depression, insomnia, anxiety, irritability, lack of concentration, crying spells, phobias, forgetfulness, confusion, asocial and anti-social behavior and suicide tendencies. Might be diagnosed as schizophrenia or manic depressive. (2) Neurological symptoms: headaches, dizziness, trembling, numbness, blurred vision, staggering, fainting or blackouts, muscular twitching. (3) Somatic symptoms: exhaustion, fatigue, bloating, abdominal spasm, muscle and joint pains, headaches, muscle cramps, convulsions.

Since hypoglycemia is a malfunction of the fuel supply, it affects every organ. As the sugar level drops the basic metabolism of every organ is decreased. This is why hypoglycemia can mimic any physiological or neuro-psychiatric disorder.

The most pronounced symptoms of hypoglycemia are hunger of the most insatiable kind, chronic fatigue during the day with uncontrollable yawning and restlessness during the night. These symptoms can be due to indigestion, which is quite common among hypoglycemics, due to frequent eating. This problem can prolong indefinitely the healing of hypoglycemia unless an effort is made to eat slow, small meals, stay away from sweets, chew food thoroughly and follow other of the health rules (see appendix).

The brain is nourished exclusively by glucose and oxygen. A drop in blood sugar reduces concentration bringing about depression, anxiety and irritability.

The sugar level in the bloodstream is monitored by the ductless glands, especially the pituitary (which is a master gland that recognizes body emergencies) and adrenal (which commands the blood sugar level to increase).

The liver increases the availability of the sugar from storage. The heart pumps it to all the cells. The kidney eliminates the waste products and the lungs provide the oxygen for the sugar burning. We can see now why the aging process is greatly speeded up in hypoglycemia, since it produces complications in every organ; the eliminative organs especially become backed up with waste, bringing on chronic diseases.

The physiology of hypoglycemia is most thoroughly investigated by E.M. Abrahamson M.D. He explains the carbohydrate metabolism and how it is related to hypoglycemia and diabetes. Under healthy conditions of digestion, all carbohydrates (starch, sugar) are converted into glucose. During a meal, the increased sugar level causes the Islands of Langerhans to produce insulin. The liver, under the stimulation of insulin, stores glucose as glycogen thus keeping blood sugar to a proper level. After the meal, adrenal cortical hormones monitor the liver on how much sugar to release to satisfy the energy requirements of the body.

In diabetes the liver is unable to remove enough glucose, causing it to overpour into the urine. In hypoglycemia, due to overproduction of insulin, we have the liver converting too much sugar into glycogen resulting in an inadequate sugar supply in the bloodstream. The Islands of Langerhans overproduce the insulin because they have been oversensitized due to stimulating foods, sugar and stress.

Stress can be emotional or physical. Examples are poor diet, infection, pain, overexertion, child bearing, lactation, burns, fractures, business or domestic worries and drugs.

The worst villain in this disease is sugar. On the average an American consumes in a single year over 102 pounds of sugar. Processed starches contribute greatly to the increased blood sugar level. One slice of bread equals about five heaping teaspoons of sugar. Sucrose (commercial cane sugar) is a combination of one molecule of glucose and one of fructose. Very little digestion is needed to break sucrose into glucose. Sucrose produces the high energy rush with associated overstimulation and sensitizing of the Islands of Langerhans.

Too much of this effort to keep the blood glucose level proper will in time exhaust the adrenal glands so that they cannot do their part in bringing the sugar concentration back up to the correct amount. The adrenals are called on to act since the pancreas reacts so fast to the extra glucose load that it secretes excess insulin, thus reducing the blood sugar level too far. Now, weakened adrenals cannot get the blood sugar back up readily and hypoglycemia symptoms result.

Recent research indicates that a common cause of hypoglycemia is adrenal insufficiency. Many infants are born with adrenal glands functioning poorly since the mother has an adrenal problem. She may have had this problem for a long time or may have been under considerable stress during pregnancy or may have eaten a typical American diet high in refined carbohydrates.

Caffein (from coffee, tea, or cola drinks) stimulates the adrenal gland whose hormones induce breakdown of liver glycogen, releasing it as blood sugar which gives you the coffee lift. The increased blood sugar level from coffee's effect on the adrenals is mistaken by the Island of Langerhans as sugar from a meal. The pancreas tries to force the blood sugar to its normal level. Because of this confusion, coffee without sugar gives you a much quicker letdown. Through repeated stimulation, the pancreas becomes oversensitive even to normal food stimulation.

The liver is an important part of our system to maintain proper glucose concentration. It can be damaged in many ways: from excess alcohol, tobacco, smog, infections, toxic substances and meat. Fortunately, if these liver damaging factors are overcome, the regenerating capability of the liver should restore it for the carrying out of its numerous body functions.

Meat and high protein foods indirectly contribute to hypoglycemia. One of the waste products of protein metabolism is uric acid. It is a member of the purine family, just like caffein. Both are stimulants. Both produce the same effect on the body.

Self diagnosis can be done by anyone. The more symptoms of hypoglycemia you have, the more likely you are suffering from this disease. Since it is very likely the liver is affected, one can look for signs of its disorder: yellow color of skin and membranes of the body, accumulation of bile in tissues, little red points on skin with attached fine branching lines, fierce itching, excess fluid in abdomen. Keep a record of symptoms, frequency, what foods and quantity relieve the exhaustion quickly. For those who are medicine oriented, there is the glucose tolerance test to demonstrate the body's ability to handle carbohydrate sugar.

If you feel you have hypoglycemia and follow the suggested diet, it has been observed that within a week or two, the major mental and physiological symptoms disappear. Within a period of several months, you will discover that you can eat less frequently and be more relaxed with the diet without the occurrence of hypoglycemia symptoms again.

The program centers on removing all stimulating foods; this reduces the sensitivity level of the Islands of Langerhans. During the period the diet is planned out in such a way as to prevent the drop in sugar level by having frequent small meals which are low in the quickly absorbed carbohydrates. It is extremely important to eat by the clock.

The high protein diets with fruit and vegetables, although effective in short term results, have undesirable long term effects (see: protein). Instead, it is best to eliminate all foods (sugar, processed starches, alcohol, coffee, high protein meals) which were contributing factors and centralize on diet and lifestyle which will assure both quick recovery and no future complications.

Instead of high protein, the emphasis is on predigested high protein foods which come in the form of amino acids and enzymes, thus eliminating the stimulating effect of uric acid. A similar program is advocated by the Hippocrates Health Institute.

When complete bedrest and supervision is available, I have witnessed some cases of hypoglycemia on a regime of wheatgrass juice and watermelon fast make a complete recovery within a period of 3 to 4 weeks.

For food preparation instructions see index and recipe section of book.

On Arising — Juice from medium ripe orange, half grapefruit or 4 ounces of water with $\frac{1}{4}$ lemon.

Half hour later — (4-6 oz.) Rejuvelac, papaya-mint or comfrey tea.

Breakfast : Melon, subacid or acid fruit — no more than a pound. Or juice: Carrot (5 oz) with apple (5 oz); carrot (10 oz); carrot (8 oz) with beet (2 oz) and optional spinach (2 oz) or dandelion ($\frac{1}{2}$ oz).

1 to 2 hours later: 6 oz of green drink — sprouts, indoor greens, indoor greens and leafy vegetables; and/or wheatgrass juice (1-4 oz) — drink it first.

1 to 2 hours later — sesame sunflower milk (4 oz) or amino acid electrolite broth (12 oz) or seed yogurt & Rejuvilac (8 oz).

Lunch: Indoor greens, sprouts, sea and land vegetables with fermented seed dressing (1-3 oz) or green sauce (4 to 6 oz). Or green sauce meal (6 to 10 oz) or yogurt (3tbs) with rejuvilac (6 oz).

3 hours later — green drink (4 to 6 oz) or 4 oz sesame sunflower milk or amino acid electrolite broth.

1 to 2 hours later — vegetable juice (6-10 oz) and/or wheatgrass; sprout — indoor greens; juice (4 to 6 oz); or amino acid electrolite broth (6-10 oz). Juices are to be at least 30 minutes before dinner whereas broth or seed milk at least 60 minutes before dinner.

Dinner : salad with fermented seed sauce or green sauce.

3 hours after — same as just before dinner.

Every 1 to 2 hours — till bedtime: rejuvelac (4 oz), ½ grapefruit, lemon juice with water (6 oz) or juice from celery and carrot (6 oz).

During the night: lemon with water, piece of grapefruit, comfrey tea, rejuvelac or the amino acid electrolite broth. Choose one item for the night. Take something whenever you wake up. Keep it next to the bed.

All juices should be thoroughly strained with a fine stainless steel strainer or bamboo strainer or cheesecloth. Pulp can be irritating. Drink the juice very slowly; masticate it. Don't eat by appetite—it is not reliable during the early management of hypoglycemia. If you get a headache or other symptoms, take some nourishment, especially the broth and take an enema. Then rest. When traveling or going out, take with you: seed milk, broth, grapefruit and/or apple.

No-Forever Foods

Sugar, flour products, ice cream, dairy products, fried foods, animal protein, coffee, stimulating teas, alcohol, drugs, vinegar.

No-Now Foods

Wheat cereal and all grain products, lentil and chick pea sprouts, honey, molasses, maple syrup, sweet dried fruits, sweet fruit (banana, persimmon, grapes), starchy vegetables.

O.K. Foods

All non-starchy vegetables — raw or slightly steamed; mushroom, sprouts, weeds, indoor greens. Fruit: sub-acid or acid fruit, apple, peach, apricots, berries, melons, avocado (1/6 per serving). Seed or nuts (1 to 3 oz per serving): almonds, sesame, pumpkin, sunflower. Teas: fenugreek, alfalfa, comfrey, mint, papaya. For clearer head, or the occasional need for extra strength, a cup of ginseng or gotu-cola may be used. All sea vegetables are to be used in moderation for seasoning. Foods are o.k. only when properly combined, eaten in small quantity and in a relaxed atmosphere.

CANCER COMES FROM BAD EATING MANNERS

"If I came up with a cure for CANCER tomorrow, half the people at the National Cancer Institute would commit suicide, and the other half would be out chasing me with a machine gun. The jealousy is so great." — A cancer research observer.

"King Cancer" by Philip Nobile, Esquire, 6/1973

"It is possible that, once discovered, the mechanism of carcinogenesis will be shown to be absurdly simple and measures of control will readily follow."
GREENSTEIN

"Those who fail to get treatment for cancer outlive those who go the cut, burn and/or chemical route. (This is according to Dr. Hardin B. Jones, a cancer researcher). Dr. Jones claims that those who get treatment live hardly three years. Those who refuse it live an average of 12.5 years. Dr. Jones, a physiologist with the University of California Department of Medical Physics, has been studying cancer for more than 23 years. Cancer victims are dying at the rate of 1,000 a day."

Acres USA, Oct. 3, 1976

Nobel Prize winner, Alexis Carrel, devoted an entire chapter to the adaptive functions, stating that the body seems to mold itself on events, and "instead of wearing out, it changes." He continues: "Our organs always improvise means of meeting every new situation and these means are such that they tend to give us a maximum duration. The physiological process always inclines in the direction leading to the longest survival of the individual" (Man The Unknown).

The human bio-computer has been precircuited by a divine programmer for maximum survival under all unnatural circumstances. When the bloodstream pollutants exceed the filtrating capacity of the liver, kidney, lymph nodes and lungs, the bio-computer sends out signals to the different centers of the body to start removing the filth from the bloodstream and to store it in preselected areas. The stored matter is called cyst, mole, tumor, cataract, arteriosclerosis, arthritis, rheumatism or cancer. The disease is named according to where the garbage is stored, the amount of garbage, the type of garbage and how fast it is being stored. If the body did not store some of this debris, it would exceed the filtrative ability of the essential organs, which would be destroyed.

The areas selected by the organism for storing excess nutrients and waste are places which have been weakened in some way in the past through bruising, high radiation and/or some area of the body where the level of toxicity is high. The organism, in storing the toxins, hopes that a time will come when the quality and quantity of poisons entering the bloodstream will be lowered so that the stored matter can be dissolved back into the bloodstream and eliminated in a gradual manner through the filtrative and eliminative organs.

Basic to a breakdown in protein metabolism is failure of the pancreas to perform its digestive functions. Environmental pollutants, emotional stress, excess intake of protein and processed foods clog the pancreas with waste. Deficiency of pancreatic enzymes ensues. Failure of the pancreas overburdens the liver with wastes of incomplete protein metabolism.

Dr. Blond (40), who viewed cancer as a general response of the whole organism, concludes from statistics that 98% of all victims of cancer of the internal organs succumb not to the cancer but to the liver disorder."

Dr. Max Gerson (45) says, "The function of the liver cells is so vitally important to the body that it could be compared with the activity of the chlorophyll of the plants. The liver is regarded as so unique biologically that recently it was called the 'balance wheel of life' — but as pollutants persist, and growths increase, the liver eventually gives out.

Cancer is only one of many survival mechanisms present in a live organism. In time the bloodstream of most humans becomes heavily polluted from an unnatural life style, high protein, high starch diet, excessive eating, rancid oils, processed foods,

synthetic food additives, long periods of worry, anxiety and emotional stress, radiation, noise, high power transmission towers (TV, radio), pesticides, air pollution, smoking, medication, chemicals and genetic weaknesses.

Unless there is a breakdown in protein metabolism, cancer will not develop; in the absence of this "triggering" mechanism, which would have started the manufacture of cancerous cells, the body develops other disease symptoms.

The studies relating nutrition and cancer split into two directions. At one extreme, we can find that complex nutrients (especially when processed) — protein, starch and sugar, and fats — in excess, encourage the development and growth of cancer. These nutrients were basically absent from the original diet of the tropical human. As a contrast, certain vitamins, enzymes, amino acids, and minerals reduce the likelihood of the development of cancer, and, when induced, these micronutrients can play an important role in the reversal of the condition of cancer. Such micronutrients are found in the natural food of humans — fruits, sprouts, greens and grasses.

Mr. McCoy believes diet can influence cancer: "Since the neoplasm in the body is dependent upon the host for a supply of amino acids, carbohydrates, fats, minerals and a number of co factors: it is only reasonable that the critical period of tumor development as well as tumor growth can be influenced by the dietary regime and the nutritional status of the host." (53).

Eating a steak may be more dangerous than smoking. One pound of charcoal broiled steak has as much benzopyrene (cancer stimulating agent), as in the smoke of 300 cigarettes (Science 145:53, 1964). Mice when fed benzopyrene developed leukemia and stomach tumors (Texas Reports on Bio. & Med. 25:553, 1967).

Studies of the dietary habits of cancer patients and surveys of life insurance statistics suggest that individuals who overeat and are overweight when past middle age are more likely to die of cancer than are persons of average weight or less (59, 60).

An overweight condition comes from an excess consumption of protein, starch, sugar, or fat, or from water retention due to toxicity (salt, processed foods, chemicals, drugs) in the diet or the breakdown of the hormone system.

A diet adequate in protein, starch and fat, but low in life elements (vitamins, minerals and enzymes) will cause cancer. Dr. Engel and Copeland (55) put test animals on a low mineral, low-vitamin diet of refined foods containing cancer-causing agents. They developed a 90% incidence of cancer within 22 weeks. Control animals put on a diet of natural foodstuffs, unrefined and unprocessed foods, developed no cancer although they received the same amount of cancer causing agents in the same period of time. Mammary tumors occurred in 90% of the animals on refined foods, liver and ear duct tumors in 60% of the animals.

Drs. Engel and Copeland tell you exactly how to induce cancer in animals. Feed them refined foods. They state: "These results emphasize that semi-purified or purified (refined) diets are preferable to diets of natural foodstuffs for the early and consistent production of mammary and other type tumors in young female rats."

The following study (61) shows conclusively the protective virtue of natural diet and sprouts in the history of cancer. The study has its shortcomings, since very powerful drugs were used to induce cancer. Expressed in the words of Hillemann: "Benzperene may be regarded as a massive and unfair insult which, like a lethal dose of snake venom, can cause even the healthiest and best fed animal to succumb." In the experiment three different diets were involved:

"Total of 120 animals were used and divided into 3 equal groups of 40 each. Group C was placed on a deficient diet of celery and enriched white bread. Group B was given a whole diet of 3 whole grains and greens. Group A received a supplemented diet consisting of greens, sprouted grains, whole flours (rye, wheat, oats, buckwheat, yellow corn, soybean), urea, potassium bicarbonate, bone meal, vitamins A, riboflavin, niacin, inositol, betaine, choline, B-12, C and D with naturally occurring associated factors, iron phytate, iron glycerophosphate, colloidal minerals of sea lettuce (dulse) and alfalfa."

Some of the conclusions drawn from the study were:

"(1) Only 37.5% of the animals on the supplement diet developed tumors as against 58.3% and 57.5% in the whole and deficient groups. Thus, group A had a margin of advantage of 20% over group B or C.

(2) The average life span subsequent to neoplasia (from all groups) was 35 days. The tumorous life span was 30 to 122 days, and 1 to 74 days for groups A, B, and C respectively. The average neoplastic life span was 60, 34 and 33 days for Groups A, B and C respectively. Thus a supplement diet appears to have favored Group A in comparison with Groups B and C between which there was no difference. Group A outlived Group B or C by 56%.

(3) At the termination of the experiment, there were only 7.5%, 5% and 1.25% of the animals left as "healthy" survivors in Groups A, B and C respectively.

Thus a diet of natural foods favored greatly the survival period of the animals.

There are many studies which show the relationship between dietary intake of carbohydrates, fats or protein and the development of cancer.

Tannenbaum (74) showed that restriction of caloric intake resulted in a marked decrease in the incidence of every type of tumor studied in mice.

Malignant tumors, in order to grow, need energy. Carbohydrates as well as fats can provide this energy. Dr. Henderson states: "The energy demands of tumors is great, although they do not compare with those of a tissue such as liver, which has a large number of specialized functions" (75).

Sugar can play an essential role in cancer. Cancerous cells (76) have first choice of glucose. When glucose was administered to a tumor bearing mouse, the level of lactic acid (waste product of sugar metabolism) rose in the tumor, but not in normal tissue.

An acid condition of the body reduces vitality and predisposes one to disease. Glucose acidifies your cells, Kahler and Robertson (130) found that the pH of rat hepatoma dropped after the administration of glucose, while the pH of normal liver tissue did not change. Millet (78) found in tumor tissue a much lower pH than in normal tissue.

Fat tissue is a specialized type of connective tissue that has been modified to allow the storage of neutral fat, making up as much as 95% of the fat cell cytoplasm. Cancerous cells seem to have a great affinity for processed unsaturated fats and cholesterol. One might say that cancer cells act as storage units for the excess fats.

Lipide metabolism of tumor bearing animals is greatly disturbed (158, 165). In brief, the lipide content of cancer victims, which is mainly in neutral fat, decreases as the tumor grows, beginning when it reaches about 10% of the total body weight (169, 171). A very high degree of lipemia is present (172, 229). The composition of tumor fatty acids shows a preponderance of highly unsaturated fatty acids (97). Fatty acids are transported in the form of lipoproteins (99).

Haven and Bloor (184) look at the composition of tumor tissue. In general, tumors contain a greater concentration of phospholipid and cholesterol than do the tissue of origin, with a lower neutral fat content. The several kinds of phospholipids found in most tissue — lecithin, cephalin, sphingomyelin, and plasmalogen — are also represented in cancer cells. However, unsaturated fatty acids predominate in tumor phospholipides.

Cancer cells retain the unsaturated fats for long periods of time, unlike the normal tissue (197).

Although dietary wrong choice, or an excess of fat and carbohydrates, can play a major role in cancer, the key to cancer study is protein. The fat and starch can cause blood vessel coatings, bringing about cellular asphyxiation which can result in cancer, so can protein. The fat and starch can supply the energy for tumor growth, so can protein. However, fat and starch cannot provide the amino acids needed for cancer growth, only protein can.

The high protein requirement for cancer growth comes, as a rule, from the dietary intake of animal carcass.

Dr. Szepeswol has shown (204) that the incidence of lymphatic cancer and lung adenocarcinoma is as high in the mice receiving egg white as those receiving egg yolk. "In the animals of both groups the lymphoid system of the abdominal cavity is the first to be effected . . . the adenocarcinomas of the lungs whether caused by egg white or by egg yolk, are very extensive, frequently destroying the whole lungs."

Dr. White in an experiment (205) kept mice on a restricted dietary intake of cystine (a non-essential amino acid found in high concentration in animal protein) such that no body growth was apparent. Within a lifetime of 22 months, no mammary tumors developed. However, the controls which had free access to cystine had an incidence of almost 100% of mammary tumors. Furthermore, the mice on the restricted diet in cystine, when they were treated with stilbestrol (common additive to commercial animal feed), had a tumor incidence of 44%.

Dr. Dunning (206) showed that added dietary tryptophane (an essential amino acid which can be as much as 20 times more concentrated in animal meat than in protein from vegetarian sources) increased the incidence of induced mammary gland and liver cancer and appeared to be a decisive factor in the etiology of bladder cancer.

Dr. Babson (207) observed that on a diet high in casein protein (the major source being the dairy products) some forms of cancer grew five times as fast as other forms. Rous and Sweet (208, 209) observed that wheat gluten, which is low in tryptophan, has been found to retard the growth of several transplanted tumors.

It has been observed that the amino acid content of human leukemia patients increases in whole blood (210) and in plasma (211, 212). Furthermore the general pattern of diet affects leukemia incidence.

Dr. Saxton et al (213) showed, in a study, that normal feeding of a leukemia susceptible strain of mice can produce a 6.5 time higher incidence of leukemia than in mice kept on restricted diet. Furthermore, the length of life of these mice was considerably prolonged by underfeeding.

Dr. Midler et al describes tumors as "traps" for excess nitrogen and/or nitrogen from the body metabolic pool without permitting any appreciable return to the pool.

LePage et al (146) confirmed the nitrogen trap hypothesis. They fasted cancerous rats for ten days. During the next five days of the experiment on animals that were fed, tumor protein increased 345%; whereas in animals that continued to fast the increase was only 160%.

The fasted rats lost 31% in body weight. Further experiment showed that protein metabolism in the tumor was essentially a "one way passage and that protein of the tumor was not available to the host for use during starvation."

Drs. Henderson and LePage (145), in a review of studies related to the nutrition of tumors, show that overnutrition has a definite effect on the development of cancer. "Such growths have a priority on the utilization of dietary components, and when their requirements outgrow this supply, they are able to extract these nutrients from the tissue or the other essential nutrients as well — fatty acids, purines and glucose . . . This may proceed until the neoplasm literally eats itself out of its home."

Dr. Frank C. Madden, F.R.C.S., Professor of Surgery, Egyptian Government School of Medicine, Cairo (214) relates cancer to diet: "I believe that I am right that the consensus of opinion among medical men in Egypt is that cancer — more correctly speaking, carcinoma — is never found in either males or females amongst the black races of that country. These include the Berberines and Sudanese, who are all Mussulmans, and live almost entirely on a vegetarian diet. Cancer is fairly common,

however, amongst the Arabs and Copts, who form the bulk of the white population of the native Egyptians, and who, strangely enough, live and eat much like the Europeans." Europeans, like Americans, are noted for their high protein, processed food diet.

In a national television program, doctors linked the consumption of beef with the development of cancer. Dr. Marvin Schneiderman (215) a statistician with the National Cancer Institute, gave details about cancer incidence of different people in the world and pointed out that Utah, where there is a large Mormon population eating whole foods and restricting smoking and drinking, has the lowest rate of cancer in the USA (Daily News, May 7, 1973, p. 25).

Wall Street Journal reported that American diet of "meat, etc. is now linked with cancer of the colon and rectum." (Oct. 25, 1973)

Not everybody who eats meat will develop cancer. It depends also on the body's inherent vitality, type of work, state of mind, choice of meat, amount of meat and other poisons in diet and environment.

Dr. Otto Warburg (216) a Nobel Prize Winner, Director of the Max Planck Institute for Cell Physiology in Berlin, gave an address in 1966 titled "Concerning The Ultimate Cause and Contributing Causes of Cancer." He reduced the problem to a single primary cause, i.e. because of some harmful chemical stimulation, or radiation or a weakness or error in metabolism, a particular tissue becomes starved for oxygen. As little as a 35% reduction in the oxygen available to the cells, causes them, in an effort to stay alive, to make a fundamental metabolic switch. A cancerous tumor may result.

Dr. John Gainer (217) showed that "slight protein increases reduce oxygen transport by as much as 60% even though the amount of protein in the fluid would be considered within the normal range for human blood."

Thus a high protein diet can reduce the oxygen-carrying capacity of the blood, which produces oxygen starvation, leading to mutation and cancer.

If one has studied chemistry, one will recall that every chemical reaction is reversible. A sequence of chemical activities creates cancer or other diseases. Another sequence of reactions can be used to make these diseases disappear.

While medical cancer "cure" remains "just around the corner," considerable progress has been made in dietary management of cancer.

Dr. Albert Lorincz (218), professor of obstetrics and gynecology at the University of Chicago, starved cancer cells into submission by withholding protein elements essential to their development. The demand of cancer cells for protein is 1.3 to 11 times the level necessary for normal tissues. Preliminary animal experiments by other researchers had shown that diets deficient in phenylalanine and lysine (both essential amino acids) would inhibit the growth of liver and breast cancer in mice. Further investigation revealed that a low phenylalanine diet permits mice to maintain weight, hemoglobin level and plasma proteins essential to life, while inhibiting tumor growth. Experimental patients were put on a strict diet with limited supplements of certain fruits, vegetables, cereals, fats and carbohydrates. Only these patients beyond help of orthodox medical treatment were placed on this program. Furthermore, some synthetic foods were used. The diet was not optimal. However, after weeks to months, some of the cancer regressed; many patients were relieved of pain; some patients were able to resume normal activities.

A macrobiotic diet in conjunction with acupuncture and other energy-building techniques has claimed partial success. If the vitality of the sick person is high enough, quite often just adopting organic foods of reduced protein value, discontinuing the use of sugar and coffee and embracing a quieting universal philosophy can provide the body with nutrients and energy to heal itself. But, since this diet is mucus-forming, low in enzymes and basically acid-forming; it eventually leads to complications.

Dr. Ernst Krebs has developed the use of laetrile to destroy cancer cells. For enduring success, the substance must be used in conjunction with a low protein diet (Control of Cancer, G. Kittler, Cancer Book House, L.A., Cal.).

Fasting is not the most successful method for healing cancer. Because of existing cell starvation and high toxemia such an approach, especially with weak, elderly people, can be dangerous or deadly. It can be used if the individual prepares for it with a detoxifying organic vegetarian diet and juice fasts. It should be conducted only under experienced supervision.

Dr. Duncan Bulkley, a New York Internist, from 1915 to 1922 published several books which described his forty years at the New York Skin and Cancer Hospital where he used a low protein, low sulphur vegetarian diet in the successful treatment of cancer (On Cancer, Its Cause and Treatment; Cancer, Its Non-Surgical Treatment).

"One Answer to Cancer," (Dr. Kelly) presents a nutritional approach (219) to the management of cancer. A vegetarian diet, dietary supplements, animal organ digestive enzymes and fruit/vegetable juices have produced a high rate of success. However, to sprout all the seed and replace grains with juice from their green shoots would remove the seed and grain mucus forming property, thus increase the efficiency of this regime.

Dr. Max Gerson, M.D. (45) used raw juices almost exclusively in his successful treatment of cancer patients.

J. Brandt's "Grape Cure" has reported many cures. The diet is alkalizing, low protein, enzyme rich and highly cleansing. Ann Wigmore uses wheatgrass therapy, sprouts, live food juices and fresh fruit. Her regime is simple, effective and readily available.

A successful program for eliminating cancer must have at least the following tools to work with:

- 1) Something to destroy malignant cells without damaging normal cells.

2) An intensive nutritional program to provide all the raw materials the body needs. The diet should be alkalizing with a good supply of enzymes.

3) An intensive detoxification program to eliminate toxins which interfere with body functions.

4) Elimination of potential causes of cancer.

The rejuvenation regime outlined in this book satisfies each one of these requirements. In addition to the daily schedule, one should have, if available, a colonic irrigation once every week for the first two months and wheatgrass juice implants at least twice a day (total of two cups) for four weeks. In addition, take at least four cups of fresh fruit and vegetable juice daily. Reduce the number of implants to two or more per week for at least six months. In extreme cases, an individual might stay on a grass juice regime for at least four months.

Show up at least twice daily. Scrub the skin thoroughly with a loofah sponge or natural bristle brush or use a mild soap of neutral pH. Wash your hair at least three times a week. If you have surface cancer, cover it with a wheatgrass poultice.

Do not eat after enemas, baths, zone therapy or any kind of treatment. Eat only when hungry. The body can assimilate juice much more readily than salads or fruit.

If protein foods should be desirable to slow the cleansing process, then it is best that they be eaten before 1 PM. It is best to eat seed fermented — sesame, sunflower, almond, sprouted soy beans — not more than a few tablespoons per serving. Limit them to one, but no more than two, servings per day.

On a low protein diet, muscle and fatty tissues are consumed. The cleansing process may require a loss of one third of the body's weight (unless one is very thin) before morbidity disappears.

One will be weakened by the cleansing regime; therefore, he or she should be assured of unlimited, uninterrupted bed rest whenever needed. One should under no circumstances go on a binge, eat processed food or break health rules; it can be lethal. After detoxification, the body will increase in weight in spite of the fact that one is on a low protein diet.

If you have any fillings in your teeth, complete recovery might require their removal. Studies have shown them to be toxic; the effects range from psychic disorders to inactivation of many important enzymes.

Once you recover, you cannot go back to old eating habits. Dead food and high protein diet will bring back the disease.

The real "Answer to Cancer" is a low protein diet of sprouts, vegetables, juices and fruit.

For testimonials of those who healed themselves of cancer, leukemia, diabetes, arthritis, rheumatism, multiple sclerosis, read **BE YOUR OWN DOCTOR** by Dr. Ann Wigmore.

If degeneration has not gone too far, regeneration is possible. Though you may have broken nature's laws for many years, you can start obeying them now and achieve a long, vital life.

For perpetual youth one needs a good genetic structure, a warm climate at high altitude, chastity, spiritual aspiration, a non-polluted environment, a fruit diet, frequent fasting and loving friends.

LETTERS FROM FRIENDS

"Our doubts are traitors and make us lose the good we oft might win by fearing to attempt."

Shakespeare

HISTORY OF SECOND BIRTH

Ms. Amsick is in an advanced state of chronic disease. During her lifetime several disease crises (flu, skin rash, cold, boils, etc.) were suppressed with drugs. Toxic material which was being eliminated was forced back into the organism. Ms. Amsick seems to have been cured but her vitality was lowered. This forced adaptation resulted in degeneration of tissues and certain of her organs became affected with organic lesions. She also noted that her ability to get into deep meditation diminished. It did not worry her for doctors reassured her that all these symptoms were part of the aging process.

Through the years of continued body abuse, Ms. Amsick has tried every kind of medicine to cure herself. In spite of her efforts, she was given up to die within a few months. Not willing to accept this fate, she decided to try nature's way which she heard of through a yogi friend.

The changes that Ms. Amsick has experienced since then are quite similar to the symptoms that are felt by almost everyone who goes on a vegetarian hygienic regime. The symptoms express themselves in varied forms, depending upon the genetic factors and dietary history, plus the overall lifestyle.

Ms. Amsick decided to reform her life entirely. She eliminated one by one all foods, interests and activities which interfered with health and a happy life. She discontinued the use of all processed foods, animal products, smoking, drinking and sexual abuse. She even changed jobs because of the chemicals that were in her place of employment. After a month of improved diet, she started to experiment with juice and water fasts of 3 to 7 days. She eliminated enormous quantities of mucus, hardened fecal matter, bile, acids and toxins through bowels, skin, lungs and kidneys. She never carried the cleansing regime to the end because she was too debilitated and underweight and because business, family and financial conditions did not permit her.

After a water fast, she took several days of acid fruit juices. Occasionally, she did 24 hours of dry fast. When hunger returned, quite often she gained some of her weight, although the weight was composed of healthier tissues. She felt quite well and though she was cured of every disease. To her disappointment, nature wanted her to be completely healed. So more crises.

Usually after a few weeks to several months, additional cleansing crises appear. Ms. Amsick began to lose her appetite, was affected with catarrhal elimination through the mucus membranes lining the respiratory, digestive and genito-urine tract. She broke out with a few skin sores. Her temperature hit 106 degrees F. She became quite sick.

She was losing faith in nature and began to think that her struggle was in vain. This is where contact with a nature cure doctor or other experienced individuals can be invaluable. They can provide reassurance and an explanation of what is taking place during this healing sickness.

The doctor will explain that through natural diet and fasting, her body has increased in "cleansing vitality", stored up an abundant supply of alkaline salts and dissolvers and now has begun a serious process of house cleaning. Instead of being sorry, one should rejoice.

Physical energy is low because it is being used for internal purification — one should stop wasting energy; rest and sleep is crucial. Avoid all stimulants in the form of nonherbal teas, coffee or concentrated foods (see: Crisis). After a few days of discomfort the body will get rid of a good amount of pathogenic matter. The skin sores will disappear without a trace. Temperature returns to normal. Now, the energy will flow with less obstruction and one will feel stronger, look younger and be healthier than before the acute reaction appeared.

This explanation inspired Ms. Amsick to persevere. She came to understand that the more toxic matter is removed from the body, the higher in vitality and the less abuse the body will tolerate.

After the crisis, hunger returned. Ms. Amsick noticed she could live on less food, digest it better and do work which she had not been able to do for fifteen years. Her meditation improved and she took up yoga again. She felt younger than she did thirty years ago. Her wrinkles have disappeared to a great extent and her steps have the spring of youth.

Ms. Amsick decided to change her name to Ms. Amhealed. She noticed that her body is now more sensitive and intolerant to those foods which were injurious to her organism.

She has become an enthusiastic disciple of Nature Cure. Initially, because of ego oriented motivations, she tried to force her opinion on others, offered advice where it was not asked for, became a "know it all." This made her lose friends and made her feel undesirable anxiety.

She had to learn how to adjust her differences with society. New relationships had to be developed. After all, just because she changed her diet and saw the effect of nature's laws, this was not enough to give up friends and business associates. Instead of evangelizing, she became an example of health. Instead of trying to convince others of the correctness of nature's laws, she offered advice only when asked for or when it could be well received, as in time of sickness or distress.

She approached each person as an individual. Children were offered stories that invoked the laws of nature which kept a person happy and youthful, filled with power for a life of adventure. She told them bible stories from genesis and how animals don't like to be killed, whether they be cows or pet dogs. Wife and husband were shown the economics of food, health insurance, beauty, vitality and complexion.

At business luncheons, instead of making an issue of food; eat salads, fruit or simple preparations. If offered something else just shrug your shoulders and say you're not in the mood for it, you're experimenting with a bunny diet, you're trying to be ecological by eating primary instead of secondary protein foods, your kid is trying to turn you into a raw food freak, "Oh I'm just trying the new vogue Dr. Viktoras diet." Have fun with your answers. Discussion of diet can become quickly very emotional. It is best to switch to a topic that fits the framework of your companions. Arguments never win battles. Slowly you learn that living is much more than food.

Ms. Amhealed joy for life continued to increase. Her sense of humor increased. She took more fasts ranging from 1 to 40 days, ate more and more uncooked vegetables, sprouts and fruit and abstained entirely from animal food. More healing crises appeared in different forms until she welcomed these crises.

Finally at the end of seven years of improved living, Ms. Amhealed felt and looked many years younger than when she began to follow nature's path. Her family doctor found that all signs of degeneration had disappeared in her body, every vital organ was sound. Her nature doctor examined her eyes and saw that all the marks of degeneration and organic lesions which had been in the region of the iris which pertains to the kidneys, lungs, stomach, liver and intestinal tract had been healed. Ms. Amhealed's constitution was now sounder than when she was 25 years old. She has earned her youth and the future long life.

I CHOOSE SURVIVAL

While in college, I pushed myself to experience as much as possible. Born under the Piseean sky, of delicate constitution, this often proved disastrous. My living and eating habits were deadly.

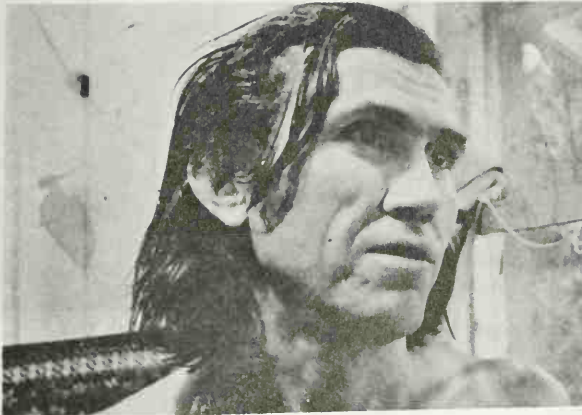
By 1965, I knew all the nurses and doctors at the infirmary. They were very generous with tranquilizers, sleeping pills and pain relievers. These I added to fifteen cups of coffee and two packs of cigarettes per day, plenty of alcohol, chronic over-eating (by age 26 I was a chubby 190 pounds). In spite of many ailments, I always felt that one day I would be healthy.



1964 After Masters Degree Weight 195 pounds



1964 Confussion.



A period of many binges, seasoning and processed foods in 1970. Face lines indicate liver, lung, kidney and circulation problems. Weight 140 pounds.



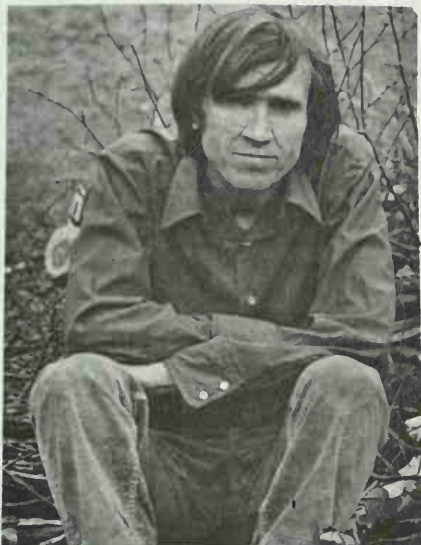
1969 Bad food combinations, lots of bakery products and protein result in tumor on wrist. Very sampaku. Condition disappeared in 1 week of raw food and juices.



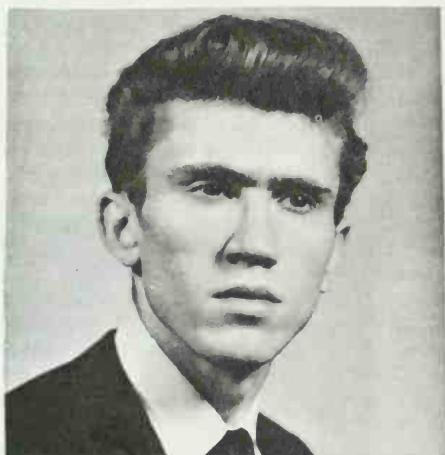
Viktoras and Dr. Ann. V'k is down to 95 pounds in 1969.



1968 Lots of seasoning, vegetarian Liver and lung marks . 100 pounds.



Heavy starch-protein seasoning diet, vegetarian.
Liver backed up. 1971



1958 High School



Fruit Diet, Fla. 1972



Sproutarian 1973.



Two weeks on Fruit Juices with Dick
Gregory on 900 mile run to Wash. D.C.



A frightening experience shook me from this complacency. I was running up the stairs to a class on the fourth floor. Pain constricted my chest, but I made it to the office, poured a cup of black coffee and started to lecture. My hands were shaking, perspiration poured from my face and armpits. I could not focus my thoughts. The pain in my heart was sharp. I did not think I would leave the room alive. By sheer force of will I managed to finish the lecture.

Suddenly I knew what I must do without delay. I purchased some mild tea, fruits and vegetables. Then I drove to my log cabin, stopping to see my landlord. I told him that I was not well; that if I needed help, he would hear a continuous blast from a car horn which I would rig so it could be triggered from my bed. In that event, he should do whatever he thought necessary for me.

Walking up the two hundred foot incline to my cabin, I had to rest several times because of the sharp pain in my chest. My legs felt like lead. My varicose veins were screaming as if ready to burst.

I went to bed, but could not sleep. Since I was giving up coffee, cigarettes, alcohol, meat, milk and sleeping pills; I vaguely anticipated withdrawal symptoms. I lay clutching the car horn alarm for long distance companionship.

By 3 A.M., my nerves were on edge. I felt paralyzed inside my exhausted body. Headache, cramps and sweat came in waves. The palpitation of my heart increased. It started racing. I clocked it fearfully at 130 at which point I passed out.

I woke at 7 AM, surprised and happy to be alive. I felt well enough to go back to school, but this was illusory; soon I felt exhausted. I went for a five-minute walk. All day, I wondered, what will the night be like? Will I survive it? Outside of knowing that drug withdrawal usually takes about three days, I had no knowledge of fasting, nor had I known anyone who had fasted.

For four days I experienced only minor discomfort, but the nights were sheer torture. However, as the days progressed, I began to feel more certain about my future. I increased the length of my daily walks and by the fifth day fell asleep at 11 PM from tiredness. By the seventh day I was running a few minutes and preparing the soil in the garden. I prayed, thankful to be alive to experience the simple delights of living.

During ensuing experimentation with diet, I discovered that my favorite food, milk (supposedly the perfect food) is a major source of colds and a factor in most respiratory disorders.

Pasteurized milk had been the staple in my diet in early childhood. For the first years of my life, doctors predicted my death as a matter of course. The milk diet (I know now) contributed to disorders of the respiratory and lymph system: tonsillitis, flu, pneumonia, diphtheria, colds, measles, mumps, bronchitis. On several occasions, I developed a high fever accompanied by large, running sores and boils (my body's attempt to cleanse itself). For two months I was semiconscious during a bout of typhoid fever. Family love and strong will to live enabled me to survive.

Doctors continued to predict that I would never be healthy. They said my heart was permanently damaged by a triple dose of diphtheria toxoid given me by mistake. It would have killed a normal child, they said.

The poverty in post-war Germany made it difficult to obtain eggs, milk and meat. I spent much time barefoot in the woods gathering berries, mushrooms, nuts and wild fruit to contribute to our largely vegetarian diet. These simple foods restored my health.

During this detoxification period I had frequent colds and difficulty in eating. Once, within a 24 hour period, I developed a fever of 106 deg. F.; my skin became covered with sores. Because I fasted on liquids and rested, the condition disappeared within 3 days. Much of the past dairy induced mucus was eliminated through the skin in the form of boils which grew into the size of plums taking about 3 to 4 weeks followed by opening up and discharge of pus. Within a period of a year I had 5 such events. This finished my basic body cleansing process.

Arriving in America at the age of ten, I embraced its luxuries: ice cream, milk, soda, white bread, hot dogs, candy, canned foods and processed bakery products. Within a year my skin became pimply, I visited the dentist for the first time and developed severe colds. By the age of sixteen I had varicose veins. At nineteen I had a duodenal ulcer and tumors on my hand. I suffered migraine headache at least once a week. One of the outstanding characteristics of my diet was an excessive use of dairy products in the form of milk (up to three quarts a day), ice cream (on occasion I have eaten half a gallon), condensed milk, swiss cheese. I constantly spit sticky mucus.

Even after the healing crisis in my cabin, I continued this habit. Indigestion was sometimes so bad that I had to substitute lemonade for milk. In a few days my digestion would improve; then the desire to return to milk would become so strong I would repeat the pattern.

In the morning, after a few yoga postures, I would eat a breakfast of milk and cereal. Within minutes the great sense of well-being would vanish, replaced by a fuzzy head, runny nose and lung congestion. Initially I supposed that I had not felt so well as I had thought. However, constant repetition convinced me that the culprit was milk.

I decided to resolve the problem. After three days of lemonade, I tried, on successive days, milk, yogurt, cottage cheese, dried milk, condensed milk. Every one of them induced the same reaction.

Though I was working very hard at this time as a computer programmer, my body was sick. I suffered from insomnia, migraine, stomach ulcer, varicose veins, indigestion.

It seemed time to retire (very appropriately, for at the age of 29 I showed all the signs of old age — my hair was graying and I was losing it quite rapidly).

The books of Ehret and Drs. Walker and Warmbrand gave me hope. I wrote to the authors and met some of them personally. Dr. Warmbrand put me on a vegetarian diet and made chiropractic adjustments. Immediately my digestion improved.

One doctor introduced me to Ann Wigmore. At the Mansion I became acquainted with grass juice and sprouts. The meal, served in famine proportions, looked wriggly; but it satisfied my appetite and agreed with my body. I read 'Why Suffer.' It opened visions of peace in the natural world and the power of the healing strength of grasses. I moved into the Mansion about one month later in May, 1968.

During the early stages of transition into vegetarianism, I had periodic bouts of cleansing reaction. Sweating was so profuse that I had to change my socks four times a day. On two occasions open sores discharged toxins stored for years. At times very irritable, I found the best solution to be silence. Cramps were relieved by massage. Pain and headache responded to zone therapy.

With a cleansing diet my weight dropped, in a period of six months, from 160 to ninety-five pounds. As my body started rebuilding I gained weight and now weigh 135 pounds.

Over the years, I have learned much about health and the needs of the body, but, like many busy people, I have neglected to pay enough attention to my bodily requirements.

One of the most important ingredients of health is adequate rest, which I have never obtained. Under city conditions, sunshine and pure air are not available. There never seems enough time for yoga, fasting, relaxation or meditation. My body has regenerated a good deal on the live food diet, in spite of these handicaps.

Now I have reached a time in life when the longing to be in the countryside is strong. Survival in the city is impossible. Next year, if the country is still intact, I plan to pursue the development of communities away from the city, in the north, the tropics and on islands, for surviving the crisis of this planet. We have little time left to prepare ourselves and our shelters.

However, survival into the 21st century is possible if we center our energies and apply the New Age teachings. This is the only task that has any meaning in our time.

Victor Kulvinskas

DO IT NOW! (11 Year Old Vegetarian)



Sam

I was age 11 and I had heard about being a vegetarian because my brother had been a vegetarian for a year or so. So I got to thinking about eating muscles and tissues and stuff like that and I became pretty readily a vegetarian.

My friends said "You need animal protein or you won't grow!" So for the first two years I ate bread and eggs and stuff. Then, at the end of my second year, my brother brought home a book by Arnold Ehret about the mucousless diet. So I started getting into that. "Have to get that mucus out of my body!" Big deposits of mucus started coming out of my nose. It was great!

After reading Love Your Body and getting into raw foods I started drinking a lot of carrot juice and my bad eyes went away. I was wearing glasses. I just chucked them and that was it! One of my favorite drinks is the green juice-carrot-rejuvelac drink you showed me Vik. It's dynamite! I'm heavy on that now.

To continue with my story, I've changed my eating habits entirely. I keep pretty much to a schedule. In the morning, I usually have some kind of fruit. One of my favorites is dried dates or figs with bananas. Or I'll have oranges, organic of course, squeezed and blended with bananas. That really fills me up!

I used to take salads for lunch with me. My Mom would put them in plastic boxes that she used to keep vegetables in the refrigerator; but the salads would get warm and gross and all. So now I take fruit or carrot and celery sticks and sliced cuke with some lemon on them to school about 4 times a week in baggies and a salad once a week. I've made good friends with the school janitor so I can keep my stuff in his refrigerator.

I have to work in this kitchen where the smell of flesh grease is in the air at all times but it's pretty good money at my age: \$2.10. I'm going to quit as soon as I can. But, anyway, when I get home from work the first thing I do is take a shower, then I lay around and listen to the radio for a while; then I'll make myself a carrot juice.

My folks like me to eat with them — I don't because they have flesh and everything — but, anyway, I eat with them and I usually have a sprout and green salad with some carrot and beet thrown in. Four months ago, I was having all vegetable salads. I couldn't get the sprouting together. But, before seeing you at the Mansion I was downing tons of greens, so many I couldn't handle them. Then that died off. I couldn't figure out why. Maybe I got lazy. Anyway, I usually have lemon and oil dressing on my salad with spices — dill weed's one of my favorites, so is parsley. I usually have a piece of fruit before going to bed.

One good thing is my father likes watermelon as much as I do, so once a week we'll go and get one. They're pretty expensive now so that's a pretty all right thing for him to do.

About once a month I do a three to four day juice fast. It makes me feel better. If I touch any fermented seeds or even nuts now I feel all clogged up.

That's the food side of it. As far as my social life goes, everything's changed in the way I see things and the way I am from most of the other fifteen year olds. Most of my friends are into dope, nearly 95% of my friends, which is a real drag; but if I want friends, these are the people I will have to put up with.

I'm not trying to be egotistical, but most of the fifteen year olds who I go to school with don't have any direction in life. They don't care about anything. They're so stoned in the morning they can't wake up until 11:00 A.M. When they wake up, they're all disgusting, drink coffee. That's pretty bad for a fifteen year old kid. I can't understand why someone would want to do that.

I go to sleep when I'm tired, usually around 10:30 and get up at 6:45 A.M. It does take a little bit longer for a vegetarian to make lunch. Other people can slap balony in between two pieces of bread and that's their lunch. It's a little more involved.

A couple of years ago I was a girl chaser like most of the other kids. It was the thing — to have a girlfriend. But now I look around me. At least 95% of the girls in school smoke dope, drink. I have no feeling towards them. One of these days I'll find a girl and she'll be beautiful and she'll be a raw food eater and we'll go off to a farm somewhere and you can figure out the rest.

I wish all eleven year olds would switch over to raw foods the way I did. You have more advantage if you start young than anybody. You've got a lot less junk to get out of you when you're young. For any eleven year olds who want my advice out there it's don't worry and don't rush getting into raw foods once you become vegetarian. Becoming vegetarian is good enough for a start. My message is: DO IT. DO IT. JUST DO IT. It's much better for you.

Hey, Vik, I just dug up this picture from when I was a super big peace freak. I though maybe you'd want to use it with this letter. For three years I used to go every weekend down to the Capital and leaflet and help out. There was this group near where I lived called the Washington Area Peace Action Coalition which organized most of the big, huge demonstrations.

Anyway, I was a real super peace freak and I took a training course to be one of the demonstration marshalls.

They were the people who kept order on the lines, directed people, helped people out who were arrested, fainted, got sick. You had to take double training to be a front of the parade marshall. They made sure people didn't break around the front of the line. All the newspaper people were up there in the front of the line taking pictures.

Anyway, on one of these demonstrations in which I was being a marshall on the front of the line this super far out thing happened.

You might recall the newspaper called the Daily World in New York — it might be called the Daily Worker now. Anyway, they got a picture of me in there. They had this whole big article of the peace movement. So enclosed is the magazine picture of me just marching along. I think the objective was "Hey, man, everybody's getting into it." So I hope you'll be able to use it. It's my favorite picture of me.

Well, I got to go now. Got to do my school work. What a drag. School's got me down so bad teaching all those ridiculous, unnecessary things, I'm never going to use ever in my life. So, take it easy.

LOVE YA, Sam

DETOXIFICATION EXPERIENCE AFTER 500 ACID TRIPS

"Peace be with you,

Here are some notes I have made based on my experiences that might be of interest or even of use for spirits walking around clothed in material bodies. My path toward greater enlightenment has taken me from a suburban American upbringing to getting high on drugs and, more recently, to learning how to stay high naturally.

I became a "vegetarian" during the height of my drug-taking days. At that time, about 5 years ago, I was experimenting quite a bit with LSD, mescaline and psilocybin (over 500 trips) and daily pot smoking. A friend suggested to me the possibility of doing without meat, and shortly, due to his and other stronger influences, I was on a "vegetarian" diet. The reasons had nothing to do with health; for the most part they had to do with becoming a non-killer of animals. At the same time, in order to feed animals

that were kept where I lived, I often purchased other dead animal products. I ate a great deal of eggs, cheese, butter and ice cream.

The first two or three years of vegetarianism featured no meat, hardly any fish and a great deal of junk foods, such as sundaes, cookies, cakes, pies and pizzas. I got sick, about as often as I ever had, including my usual colds per year. I had a chronic cough from smoking literally pounds of grass.

With the coming of more and more alternative foods stores and restaurants, I became exposed to new foods and methods of preparation.

Learning to bake breads was a new fun challenge, but I'd be so stoned that I'd eat half of the loaf almost before I could pop it out of the oven. My taste buds, however, were becoming more sensitive to the natural flavors so that eating things raw or barely sauteed was getting more interesting.

About fourteen months ago, just for the fun of it, a friend and I decided to eat all of our food raw. The notion that foods need not be cooked because the sun bakes everything to perfection felt good to me.

Just feeling, listening, as the body received and adapted to cleaner, more alive food made me feel new every moment. Shortly, I deleted all dairy products from my diet. I ate easier to digest fruits, some nuts and vegetables — all raw. Smoking grass, too, felt different. Instead of stoning me and leaving me feeling high, it zapped my nervous system. It stoned me, but as for feeling high, well, I didn't — only wasted and brought down from clearer, higher sensations. I tried not smoking and it agreed with me fine.

After two or three months of eating raw foods (about the same time we stopped smoking dope) my friend and I both developed sores on our bodies. These sores seemed amazing but fascinating and we listened about poisons that were being released. The sores went away in time, but the changes both physical and spiritual continued.

Inconsistencies with practices and beliefs have resulted in my learning some interesting lessons. For a while, several months ago, I was being treated regularly by the dentist for what I felt to be problems stemming from previous wrong living and eating. What didn't occur to me until after several visits was that no physical weakness can be patched up and made better from without, including teeth and gums. Only better maintenance from within can really produce lasting results.

So, in response to these same dental problems, I thought it would be useful to experiment with cleansing and building my temple. Some kind of a fast was what I had in mind.

The people at the Hippocrates Health Institute in Boston, Massachusetts, had already provided much valuable information on the value of raw food. I received many more vibrations of strength, encouragement and wisdom. All the tools, both material and otherwise, become available for a suitable fasting situation.

The fast itself consisted of taking only liquids, both fruit and vegetable juices. My friend and I underwent a regimen of enemas each morning followed by a wheatgrass juice implant. We both followed this one month. Although we each saw and listened to many changes as our bodies eliminated their stored up poisons, neither of us experienced intense crises. All the same, there is no doubt that this fast, as Arnold Ehret has said: "put us on Nature's operating table." I feel that the constant use of wheatgrass juice in rectal implants deserves much credit for making so much toxic elimination comfortably possible. I took them twice daily using 16 oz. of pure wheatgrass juice each time. In order to have enough juice for our daily implants, we planted three trays a day and harvested on the eighth day. We also grew substantial amounts of sprouts: alfalfa, mung bean and fenugreek. We juiced the sprouts in a juice extractor and I found this drink strength giving. Sometimes we juiced organic apples, or oranges, organically grown, or watermelon from Mexico.

Having been introduced to Bernard Jensen's book on iris diagnosis, I was watchful for changes in the eyes, which hold a record of all past and present bodily disorders. All of the most favorable signs — disappearance of spots, markings, greater clarity and overall color changes — manifested themselves throughout this period of housecleaning. And of course my weakest gum areas and teeth all greatly improved (no pain, redness or swelling).

This past month, following the wheatgrass juice therapy, we have reduced the number of enemas and wheatgrass drinks but have been drinking most of our food. In place of the wheatgrass juice, we have been drinking the juice of buckwheat lettuce and sunflower greens. This green juice added to our sprout juice is remarkably palatable, unlike the wheatgrass juice, while similarly strengthening. In the last two weeks we have resorted less and less to electronic means of juicing and more upon the God-given juicer: our mouths.

This time of cleaning out has been and is (for it is still happening) a fine and enlightening experience. I can't say if it is advisable for you to fast, but I do know that if we all listen to our innermost being, that pure and unchanging total consciousness — we will be on the highest road to truth and loving ways.

The physical changes are remarkable and fascinating but they are only the tools which lead to all other awakenings. The opening up of new frequencies of feelings and listening has inevitably signified the passing of the old. This happens every moment, and, by my remembering and centering on this, I am free to enjoy each moment of the eternal now.

Love what you do, for you and it are one.

JEFF

42 DAY FAST; RECOVERY FROM ARTHRITIS, AGE 68, ATTORNEY

"My name is Martin V. Lesser, age sixty-eight, residing at 305 E. 86th. St., New York City. I am an attorney, licensed to practice in the state of New York but inactive for the past two years.

My inactivity and retirement from my profession resulted from ill health. I was suffering from protein deficiency, arthritis, muscular attrition, liver disturbance and osteoporosis of the cervical spine.

The first physician who treated me was Dr. Benjamin J. Hyman, Professor of Surgery at New York Polyclinic Hospital. Under his auspices I was admitted to New York Polyclinic Hospital on August 27, 1969. I remained there five days and he later treated me privately by prescribing synthetic vitamins and advised me to go on a liberal diet with cooked meats, potatoes, desserts.

I followed this advice but my condition became progressively worse. Dr. Hyman died in May of 1970. I then went to a well-known neurologist, Dr. Lawrence I. Kaplan, residing at 812 Park Avenue, New York City. He advised X-rays of the cervical spine which I had taken at Maimonides Hospital in September, 1970. The X-rays showed osteoporosis of the upper cervical area of the spine. Dr. Kaplan prescribed synthetic vitamins and the relief of pressure in the spine by a weight pulley device. The synthetic vitamins and pulley device did not prove effective and I became progressively worse. I lived on the average American diet: cooked foods, abundances of dairy products such as cheese, cottage cheese, ice cream, sweets, whole wheat bread, cooked vegetables, pasteurized fruit juices.

I began to suffer with restricted and painful movements of my shoulders, neck, upper arms and hands; also, I was experiencing post-nasal drip and throat mucus. I went to another physician, Dr. J. Reuben Budd of Passaic, New Jersey. He gave me a thorough physical examination and then gave me NO ADVICE, JUST THAT I WOULD HAVE TO ACCEPT MY CONDITION AS PART OF THE AGING PROCESS. My condition deteriorated further. I then went to see a nutritionist, Dr. Stanley Bass, of Coney Island Avenue, Brooklyn, New York, a licensed chiropractor, in October of 1970. He prescribed a diet of sprouted mung beans and raw vegetable salads and recommended that I also try to obtain some Wheat Grass. Living in New York City, I found it difficult to grow the Wheat Grass and was not able to obtain organic greens for salads. Dr. Bass gave me a book entitled, BE YOUR OWN DOCTOR by Ann Wigmore. I read it and decided to visit Ann Wigmore's establishment, HIPPOCRATES HEALTH INSTITUTE in Boston. It took me over a year to finally leave New York City and go to Boston. I thought I might stay a week in Boston to see at first hand Ann Wigmore's therapy and way of growing Wheat Grass, Buckwheat Lettuce and Sunflower Lettuce, all indoors according to her book. I took a small valise with enough clothing for a week's stay in Boston on November 8, 1971. It being a mild day, I took a light top-coat. After I arrived at the Hippocrates Health Institute and was there a few hours I knew I had been led to the right place for therapy. Despite my lack of sufficient warm clothing I have remained at the Institute for six weeks and followed the therapy advocated.

The following program was suggested: rectal implants of about 8 ozs. of fresh Wheat Grass juice thrice daily every three hours. I adhered to this for 42 days. Occasionally, I chewed some mung sprouts or alfalfa sprouts together with sunflower lettuce or buckwheat lettuce just swallowing the juice and discarding the pulp. This was to appease psychological hunger since I experienced no real hunger while on the fast.

Having been on this Wheat Grass juice fast for 42 days, I am now ready, on December 21, 1971, to return to New York City.

I have lost 25 pounds, weighing 135 and I am 5'11" and broad-boned. I am thin but I feel vital. The skin feels firm despite the large weight loss. My pains have disappeared; arthritic signs are almost non-existent. My spine is flexible — without pain. I feel at least fifteen years younger. I intend to get a new series of X-rays to see if the X-rays show any changes in the area previously showing osteoporosis.

I expect to adhere to a diet of sprouted living foods such as: mung beans, alfalfa sprouts, lentil sprouts, and partially sprouted whole wheat berries, together with sunflower and unhulled sesame seeds; also, greens grown indoors plus avocado.

The diet suggested by Ann Wigmore eliminates all cooked foods and all refined, canned, processed foods, together with avoidance of all milk products and meat, fish and eggs. No grains except sprouted grains are used. The diet has shown Ann Wigmore and Victor Kulvinskis to be in superb health and I know it will keep me in good health and correct any other latent conditions of ill-health still remaining.

The atmosphere at the Hippocrates Institute evokes blessings and thanks for all those who have been guests and visited and observed what occurs."

MINISTER, DIRECTOR HEALS PROSTATIC BLOCKAGE

I am a Minister of Universal Unity. Before becoming a Minister or a Brother in the work, I was a Motion Picture Director, Actor, Writer, and finally a Production Supervisor of Instructional Aids at one of the foremost publishers in the United States.

The hustle and constant pushing in the business world makes one become quite unaware of many wonderful things that are available. Thus, my "modus operandi" in the business world was like most people that are out there, trying to make an indentation in life.

This kind of nervous living made me completely disorganized in my food habits, intake of much meats, starches, plus the wrong combination of food. A constant tiredness was prevalent during this time, and when I became a Minister, together with my wife, Roberta, we decided to observe better rules of eating and living. We tried very hard to understand by purchasing many

books on better living, foods and vitamins. Still, this did not give us the complete knowledge of the whole truthful spectrum that is needed to know and further revise the body's function by eliminating all toxins.

In 1971 Roberta and I had the good fortune to meet Victor Kulvinskis, who was in N.Y.C. for certain lectures and stopped at our little chapel in the Hotel Ansonia. From him we did learn of a new health program. This program was the program that is being conducted at Ann Wigmore's establishment, the Hippocrates Health Institute in Boston, Mass.

We observed the small literature that Victor left us and discussed it, but like all things we set it aside for a later time.

During this time I had been suffering with a prostate condition and from the many doctor's visits and prescriptions, I was full of pills and antibiotics. This made me more tired and, having to do a duplex job of conducting a temple, writing a magazine and literature and further sitting for enlightenment classes each evening, with groups of people for Spiritual Science and Music Vibrations, plus the day job at the publishers, it became impossible to continue. I was taken sick with unimaginable pains last year. The doctors prescribed more pills, and nothing was ever said about the cause of my illness, nor the way to conduct my life. More pills, more temporary relief and more weakness . . . and more toxins in my body. In the latter part of June, I was stricken with a complete prostatic blockage, which necessitated having a catheter inserted in my bladder. The doctor said . . . "this is it . . . I will send you to a specialist that will observe the whole matter." — This specialist, after putting me through all kinds of agonizing pains . . . finally came to his lucid decision . . . "Operation necessary." This rang a rather sad note. Both Roberta and myself knew that this was out of the question. Our spiritual sense, plus our Spiritual Science studies . . . and our contact with our Master Teachers, immediately placed a large sign in front of us. Dr. Ann Wigmore . . . and the wheat grass therapy was the solution . . . In a few hours we made all arrangements by phone with the Hippocrates Institute and a dear friend drove us into Boston.

I arrived in Boston at the Institute on Tuesday, with the catheter still in me . . . and discussed the whole matter with Ann Wigmore. I was placed on a program of intense therapy, which consisted of NO FOOD! Each morning, a glass of Rejuvelac (the water that the wheat seed had been soaked in). Then, oral intake of 2 ounces of wheat grass juice . . . two or three times daily - plus 8 ounces of rectal implants of grass juice, twice daily. I continued this therapy for 6 days, then I removed the catheter of my free will . . . And the water from the bladder started to pass. And, slowly within two more days, the pain and the discomfort had passed. During this time I lost 30 lbs. I had arrived at the Institute weighing 190 lbs. — and after 12 days my weight was 160 lbs. I was completely cured. I then started to eat some sprouts and continued the wheat grass therapy. Each evening I would sit comfortably at the dinner table at the Institute and eat moderately of the living food of sprouts. Each morning I would drink watermelon rind juice, which in a short time did remove the cloudy quality of my urine. Within a short span of two weeks, I was better . . . no operation was necessary nor will it be necessary, for both Roberta and I have now understood the benefit of the suggested diet of Ann Wigmore which eliminates all cooked foods, all refined, canned and processed foods, together with the avoiding of milk products and meat, fish, eggs, no grains, except sprouted.

We will keep this new regimen — which was given us at the Institute . . . and we will . . . in our walk of life and in our work, suggest this to all.

Our love is perhaps the smallest thing we can give to the people at the Institute . . . who are all working so hard to really bring LIGHT, LOVE and UNDERSTANDING to all humanity, plus saving lives. They did so with mine, with God's help and faith.

For study in color, live food, music and community living please write to me: Charles V. Martignoni, Brothers of Francis of Assisi, 19 Central Ave., Ravena, N.Y.

THE SEARCH FOR HEALTH BY HYPOGLYCEMIC

Dear Victor,

I will begin by saying that I had hepatitis and Anne as a child had many illnesses, appendicitis, chronic infected tonsils, pneumonia, etc., all caused by a combination of drinking contaminated water and eating devitalized foods. Breathing impure air was another factor.

In 1965 I suffered a severe heart attack. At this time Anne started to work in a textile factory; she became very ill and the doctor diagnosed it as hepatitis. The chemicals and fumes had been disastrous for her and she worked until she collapsed. After her recovery (which proved to be partial) she went to work in an office. Some of her co-workers smoked and because there weren't any windows for ventilation there wasn't any fresh air and the effect was very harmful.

Because neither one of us had the good feeling of having healthy bodies we had started to seek ways to help ourselves. We read numerous books written by nutritionists who advocated the natural diet. We purchased whole food, organically grown when possible, and traveled many miles to a Health Food Store. We were faithful to this program. We have believed for many years that people should be healthy in spirit, mind and body. God does not want us to be sick. No matter how diligent we were we couldn't attain the exuberant feeling that comes with good health.

While following the advice of one of the leading nutritionists in the country the results were not as we believed they would be so after reading an article in "Let's Live" magazine about drinking raw carrot juice we decided to purchase a juicer and try it. We felt better and proceeded to follow a raw vegetable and raw food diet as advocated by Dr. Norman Walker.

As it was impossible to have all of our food chemical and pesticide free, we ate oranges that had been sprayed. This was a big factor in our breakdowns. We do not have any professional proof of this but we know it happened. We ate oranges when our energy became low, never suspecting that we were actually taking poison into our systems. I was in a state of collapse and Anne worked under extreme physical stress until she was finally forced to quit.

Before we collapsed we had been seeing a medical doctor regularly and even with repeated tests he would not say it was low-blood sugar or hypoglycemia. I had been in the hospital and had extensive blood tests, gall bladder series, chest X-rays etc. I was released and although I did not have any reserve energy he seemed to ignore this fact. I did not seek another doctor because I vowed I would never go through this testing again. It was horrible!

We were desperate so we inquired to see if there was any place we could go that used the raw juice and raw food therapy. We were given the name of Hidden Valley Health Ranch, Escondido, California.

Dr. Spector who was our doctor at Hidden Valley has degrees in medicine, chiropractic and naturopathic. He was recovering from hypoglycemia and because of his own personal experience recognized what our trouble was very quickly. He questioned me concerning our diet and when I told him about drinking carrot and spinach; carrot, beet and cucumber juice combinations plus raw food he said that we never should have been sick. He believed me without any doubt when I explained about the sprayed oranges. He is the best doctor I have ever consulted.

The important thing was that the doctor (a Naturopath) diagnosed us as having hypoglycemia. He told us to eat bananas because this fruit would bring the blood sugar up slowly, whereas too sweet fruit forces it out. He also advised taking protein before we ate the banana. Yogurt was the choice because we did not eat meat. We could not tolerate cows milk in any form but ate it because he said it was important. We finally told him of the intolerance and were allowed to substitute goat milk instead. He was wonderful to us and helped us to the point that following a stay of one month we returned home. Since we were unable to care for ourselves we went to live with my mother. She lives in the city which was a drawback because we were following this doctor's instructions which included walking and deep breathing. Again the carbon monoxide from automobile exhaust kept us from gaining like we should.

At this time Anne read a leaflet explaining about wheatgrass.

Although weak we started to raise wheatgrass and sprout seeds. About 6 months later we were strong enough to return to our own home . . . we live in the country!

We followed the wheatgrass therapy faithfully for over one year. It was used for implants as well as drinking. We drank rejuvelac, sprouted different seeds, raised buckwheat lettuce, sunflower greens and drank sesame and sunflower seed milk in addition to our other foods. We were gaining but because of going to the city to keep doctor appointments, shopping, etc., the unhealthy fumes were again taking their toll.

Victor, we don't know why we kept subjecting ourselves to carbon monoxide fumes, cigarette smoke etc., except that it meant staying at home, therefore being with family or friends and we didn't make that decision until forced too. It was difficult to give in and admit that our livers were being continuously weakened and could not function. Finally, the only trips we did make were to the Doctor of Chiropractic.

The first part of April of 1972 after such a trip we were caught in intensive carbon monoxide fumes. From then on was a nightmare. We made reservations to go to the Institute for the 25th of April. We were able to take care of ourselves but the ride to the Airport — the wait in the terminal — confinement on the plane — the ride through Boston (all polluted environments) served to be all that our livers could take. It wasn't long while at the Institute until we could not eat any foods except the greens and sprouts. We drank rejuvelac, and wheatgrass juice but these foods were not enough to sustain us, and we became weaker and weaker.

Upon arrival at the Homestead you served us a glass of raw beet and carrot juice . . . organic! This act proved to be our salvation. I said to Anne — "Organic carrot juice — remember Dr. Walker!" And from then on we drank carrot juice; how well you know this, dear friend.

We were so weak that we could not take care of ourselves. I had been caring for Anne at the Mansion but only because I prayed every step of the way. The 25th of May when we knew you would take us to the Homestead came not one moment too soon. I knew I couldn't make those stairs again.

The carrot juice and the green sauces started the cleansing of the body as well as providing the nourishment we needed and we started to improve. Also, cleansing the colon with enemas were helping to rid the body of so many toxins. You know the benefits of zone therapy and deep breathing and Victor do you realize the value of those beautiful green plants and trees around the Homestead? We cannot find words to express our gratitude for the care you, Renee, Ray and others gave us — only God Bless You.

So to the present: what we are doing now is essentially the same as in Stoughton. Our diet is raw, of course; however, if the body craves a cooked food we usually bake some onions which takes care of the craving. This doesn't happen too often. We have 1 pint a day of carrot juice. During the summer months we shall have other vegetable juices. Our blended sauces consist of greens and "weeds" and all other vegetables in season. We use olive oil (1 teaspoon each per vegetable sauce), kelp (¼ teaspoon each per day), dulse (washed well, no salt at all) and pure apple cider vinegar (2 to 3 teaspoons with the meal if desired). Also we

drink distilled water. The fresh fruits are banana, avocado and Delicious apple, the dried fruits (soaked) are fig, peaches, and apricot which we blend either together or with banana. Remember the banana is the sustainer. We tried to eat fermented sesame and sunflower seeds but cannot tolerate it. We also made sauerkraut (without salt) and find it agrees with us.

About two months ago I read in the "Provoker" a recipe for a whole grain, dried fruit cereal; it is mixed in proportion and allowed to soak 24 to 48 hours. It can be eaten as is but we still must blend.

We take 2 high enemas each day and soak our feet at least once. We walk and do a lot of deep breathing. Besides using the slant board we do stretching exercises and some modified yoga postures as our strength allows. We brush our bodies daily with a natural bristle scrub brush and bathe every day. We get at least 8 hours sleep with fresh air circulating in our rooms and also rest when the body requires it throughout the day. We go outdoors as much as possible.

We have made such good progress but are far from being healed. It will require prayer, time and effort. This experience has been very hard and I cannot explain the bodily discomforts, the complete weakness as well as the emotional feelings that have been part of it. Spiritually we have both gained more than words can express. I understand my fellow man as I never dreamed I could.

We are going to garden! My son wants to raise a lot of food this year — all organically of course. Our land has not had a chemical or pesticide put on it for 25 years — only the organic fertilizers that build the soil plus hay, straw, leaves and sawdust for mulch and the trimmings from our fruits and vegetables.

Anne and I work a little while, rest and do some more followed by more rest. The benefits from the air, sun and working in that soil are going to speed our healing.

One last thing Victor, I am sorry we became so bad after we reached the Mansion. We wouldn't have gone there if we had known that we would not have been able to take care of ourselves, but regardless of rules there is always the chance that someone might need the care that Anne and I received. After all — God works in mysterious ways — and everyone who helped us will benefit spiritually.

I have written this the best I know how, but should you have any questions just write or call.

Peace be with you. Love, Vernie & Anne

Dear Vernie and Ann:

You certainly have gained in wisdom and love through your healing experiences. I learned much from you while caring for you during your two month stay at the farm. I know your struggle has been persistent and honest. It will take many years to bring the liver back to health, but your progress is evident.

Some comments about your diet are in order. Although it is superior in choice, it is not optimal. Vinegar is too acidic and for a person with hypoglycemia and on a low protein diet, it is highly undesirable. It can lower the hemoglobin level and keep one feeling weak. A better choice is lemon or lime. Figs are too concentrated in sugar for individuals who have hypoglycemia. Most authorities forbid the use of bananas during the healing period — besides the high sugar, they reduce the rate of body cleansing. The introduction of grains, especially combined with dried fruit, is sure to bring on some indigestion, plus the high sugar complications.

I believe that besides the environmental factors and inorganic foods which further impaired your health some of these dietary misconceptions, in spite of an almost optimal program for healing, is extending the duration of your recovery.

Love, Viktoras

HYPOGLYCEMIA HEALED

My Dear Viktoras,

April 20, 1974

I'm sorry I didn't get a chance to answer your last communication — been real busy. Didn't know where I was going to get the time to write you all that you want to know. So car broke down and I'm grounded for 2 days so that's that. Okay. Here goes.

Hypoglycemia, also referred to as low blood sugar, was triggered off in 1966 by 2 major shocks: one mental, the other physical. The first one, my father died unexpectedly; the other, which took place shortly after, was being hit by a N.Y. cab while riding a scooter.

My symptoms were lightheadness, dizziness, headaches, fatigue, depression and inability to remember instructions on the job, which led to my dismissal.

It was while I was on unemployment I got into yoga practice with Swami Sachidananda at the Integral Yoga Institute in N.Y. It was also at the same time that I began medical therapy supervised by Dr. Sacharan of West 58th St. My therapy consisted of a high protein diet, meat 3 times daily, taking salt to bring the sugar up, large massive doses of vitamins and adrenal cortex shots to restore the functions of the adrenal glands, shots to restore memory & to kill unfriendly bacteria in the blood. I also underwent hypnotherapy, actually self hypnotherapy as instructed by Dr. Geandry to get me out of the depression & the suicidal frame of mind I was in — as can be expected under the circumstances.

All was going well till Swamiji lowered the boom by giving a talk at the Institute on the dangers of drug taking and how it can impair not only your physical body but your spiritual body as well.

After the lecture I presented him with my problem. His advice to me was to get off the medical therapy and become a vegetarian, first by eating fish excluding meat, then exclude fish and just eat vegetables and fruit, nuts, etc. I followed this advice with no ill effects.

Then a man by the name of Sri Ravan came to talk at the Institute as a guest of Swamiji's. He had read Dr. Ann's literature while in England and decided to come here and investigate for himself. Consequently he turned me on to her book WHY SUFFER and together we went off to Prospect Park in Brooklyn to gather some soil for our wheatgrass boxes. Using the old meat grinder as she suggested in her book was o.k. for a start, but my system was just lapping this stuff up and I couldn't get enough so I invested in a long distance call to Boston to ask her if I might not come there and work for my therapy. She agreed that I could as she was terribly short of help. Well I dropped everything, packed my bags and off I went.

Well the first 5 days were really rough. I had never fasted before and here I was fasting on fresh extracted chlorophyll from wheatgrass, which has the highest potency of chlorophyll of any living plant. I stayed on this for 5 days; then for 6 weeks I continued drinking 4 oz. at a time, 4 times a day and eating 2 or 3 meals of grapes in between — and not many at that.

Well! Fantastic things started to happen. After about 6 weeks I became the original 100 pound powerhouse. Prior to that I was not much help to Dr. Ann as I was mostly found in a horizontal position, resembling a yoga posture which I believe is called the Dead Man Pose.

However, after 6 weeks, one day I awoke and I felt I had the strength of 10 lions or I should say elephants; lions don't eat grass. I took over the planting of the wheatgrass which was backbreaking work, especially when it got up to 9 or 12 trays (15 to 30 pounds per tray), carrying them down a block long hallway in the basement of the Mansion getting them into a little narrow elevator and to the 2nd and 3rd floor to put on racks in front of windows to let the little white shoots get the light that was to turn them bright green. I took over the post completely to give Dr. Ann an opportunity to spend more time writing and corresponding with people all over the world.

Then glorious spring came and with the instructions of a 60 yr. old lady, a guest from Wisconsin, I broke the soil and planted a ¼ acre garden out at our summer farm in Stoughton. I opened the farm up and made it liveable for guests after it had not been used for 3 years. I rented a machine and cut down all the hay around the property by hand. Took me from sun up to sun down with just one break for a glass of chlorophyll, nature's green magic.

I planted 13 fruit trees and flower bed, cleaned the house from bow to stern, 2 floors, picked up the guests at the Mansion and supervised them to keep them on the program. When the wheat truck came in I was at the Mansion to put away the 100 pound sacks which meant I would be dragging them through that block long hallway to a storage room on the other end next to the planting room, into the room one by one. Then I'd pick them up to stack them on top of each other — 10 to 15 sacks high. After finishing that, I would sweep & mop down the entire basement, go up and start preparation for dinner which consisted of delicious raw food preparations, or I would get out to the farm to do whatever was needed out there. I did all these things with such joy in my heart. Never did I feel the strain of too much work. I had unlimited strength. Gone were the symptoms of low blood sugar.

After not seeing me for about 2 months my Guru's words to me were, "But my child you are so light." He was of course seeing the inner light that comes from a peaceful body free of disease. That's about it Vik. Hope you can use this.

Take care and God bless you. Bhavani.

I met Bhavani about 1 year after her recovery. She had just returned from Mexico. Over 6 months time was spent on a fruit diet, weeks of fasting, yoga, meditation and clean air. She looked 16 years old, although she was well past the age of 30. As I worked with her, I found her to be a dynamo of power, love, charm and beauty. Wherever she lectured, she had followers. Her clearheadedness was shown in her well organized business activities, travels and social life. Six years after her rejuvenation, she is younger and healthier. Her diet is mostly raw food. At the Mansion, the jobs that she used to do alone, have since that time been taken over by 4 boys.

HYPOGLYCEMIA AND SCHIZOPHRENIA

Dear Victor: The lecture you gave in New Haven was a revelation on diet. The stay at Hippocrates Health Institute has changed my life.

Today, I adhere to a diet of greens, sprouts and plenty of spring water. I cannot eat much protein since this seems to disturb me. I have found it best not to consume sugar in any form, including fruit. If I break this rule, I cannot stop eating.

I have found that air pollution has a very disorganizing effect on hypoglycemia. My liver and lungs don't function well in the city and I become very disorganized.

It's been 2 years and 8 months since I've stopped taking tranquilizers after having taken them for 13-1/2 years. I have had approximately 8 electric shock treatments and every tranquilizer available in the market and none really helped me. As a matter of fact because I am hypoglycemic they had the opposite effect on me.

Today I use Alcoholics Anonymous and Schizophrenics Anonymous plus good diet to stay off tranquilizers and all medication, including aspirin. I have taken no pills for two years.

I am in the process of forming a Hypoglycemic group based on natural therapies to help others. Interested parties please write to me. Your friend, Lynette J. Johnson, Apt. 26, 39 Spring St., Htfd, Conn. 06105 (4/7/74)

Dear Friends,

Today there is so much confusion about mental illness, its cause, symptoms and cures, I feel it worthwhile to share my experiences with others.

I suffered through schizophrenia intensely over a two-year period. I became a patient at five different mental institutes, all to no avail. I was administered somewhere in the neighborhood of 1500 mg. of Thorazine daily during my stays. All of the various drugs, tranquilizers and psychotherapy made the going rougher.

After experiencing extreme nausea, muscle spasms, frightening states of paranoia and suicide, something had to give. Through a loving friend, I was introduced to megavitamin therapy. Alas, I was returned to "normal" functioning within six months. It was very reassuring, though I missed a true feeling of well-being. I dug deeper, and discovered through various tests that I was anemic, had poor digestion, bromide poisoning, weak kidney and pancreas. Good grief! How do I cope with all this? I'd heard of your wheatgrass therapy and sprout diet. It made sense so I gave it a try. After just a few weeks on this cleansing program and implanting the wheatgrass juice, I woke up with a new look at life. It just hit me one day that I was feeling healthier, like what I used to daydream was impossible.

I tried in vain to share this health discovery with my "normal" associates. BAM! It hit me that what is considered "normal" health is actually sickness. Most all were nursing a chronic disease. Analyzing their diets uncovered a heavy intake of sugar and dead foods. What a set-up for conditions of hypoglycemia!

I went into deep reflection of my past diet and realized I'd been on a collision course since birth.

With every new day now, there is an upliftment in my spirit and well-being. I feel regeneration taking place throughout the body. I have alertness and control over emotions and situations that present themselves. What a blessing your work has brought me. Let's tell the world that "good" health is the normal state. One should strive to reach it.

Thank you and God bless you.

GEORGE SCHMALL

CANCER, ENZYMES AND RAW FOODS

Dear Dr. Wigmore,

Thank you for your letter and pamphlets which I find rather educational and interesting.

The article: "Raw Vegetables Seen As Cancer Curbs" by Mr. Snider is not complete because it is known that there are proteolytic enzymes in raw vegetables which are mainly responsible for the reduction of incidents of cancer with people who eat mainly raw vegetables. It is possible to eat or administer the same enzymes in concentrated form and with this even inhibit cancer genesis more than by eating raw vegetables only. Also the formation of metastases can be inhibited to a great extent which was proven here in Europe in a number of clinical study programs. You may read a book: "Enzyme Therapy" by Dr. Max Wolf and myself (Vantage Press Inc., 516 West 34 Street, New York, N.Y., phone 212/736-1767) in which you will find most of the experimental and clinical data of the value of special proteolytic enzymes in inhibition of carcino-genesis and arteriosclerosis. My research-workers and I have published a number of papers further documenting the value of proteolytic enzymes or uncooked food which contains a lot of proteolytic enzymes, whereas in cooked food most of the proteolytic enzymes are destroyed. I think it would pay if you would incorporate some of these findings in your prints.

I shall be in the United States during most of October and lecture in several cancer research institutes and universities. Maybe there is a chance to meet with you.

Dr. Karl Ransberger

MENSTRUATION

Dear Viktoras: What a wonderful gift I received on my 35th birthday, August 7th--a copy of "Survival Into the 21st Century." I spent my birthday on the beach pouring over the contents in a great frenzy to take in as much of it as possible! I was a patient of Dr. Bieler's until his death almost a year ago, so you can imagine my joy in finding you speaking of toxemia. The detoxification regimens and all the principles I either learned from Dr. Bieler or have come to find out about by myself. Your book has answered so many questions I have had about my remaining health and detox problems--problems I had come to believe were just never going to be solved. Anyway, your book has given me a new jolt of confidence to continue with my own purification process and a renewal of enthusiasm over the directions I am following.

The greatest value of your book for me personally was its lifting of my concern and worry about the cessation of my menstrual periods after a year on my Bieler diet. After a few months on the initial detox diet Dr. Bieler set down for me, all usual symptoms accompanying menstruation (tender breasts, fatigue, nervousness, abdominal discomfort and heavy bleeding) stopped. Then my periods came every other month, every 56 days exactly. This happened for six months. Then my last period--January 1975. I haven't menstruated since. Nothing I read, nor anyone I spoke to, had any answer. Dr. Bieler said simply that my body not "had more important things to do" and seemed to indicate that the menstrual function would return when my glands rebalanced themselves. My good friend, Rob, a young doctor just beginning to practice nutritional medicine here in California (I'll tell you more about him later) was convinced the amenorrhea was nutritionally based and gave me supplements guaranteed to work within four months. Nothing happened. That's where I stood when I got your book--and what a relief. I've thrown out those awful supplements and now know I will never menstruate again and that there's nothing wrong with me. My husband is quite intrigued, and even amused, over this whole turn of events...Optimal Health and Peace. Connie (Calif 1976)

SOUL-STIRRING STORIES
of
Spiritual, Mental and Physical Health Betterment
made possible by the
One Hundred Fifty Year Longevity Society
of the
SEICHO-NO-IE
[Home of Infinite Life, Wisdom and Plenty]
78 Onda 3, Shibuya-Ku, Tokyo, Japan

A few months ago, the details of wheatgrass therapy came into my hands. The simplicity of the whole idea appealed to my commonsense and what its use had demonstrated so conclusively with "incurables" in the United States, agreed fundamentally with what my nutritional investigations had brought to light through the years. Grass is generally considered food for farm animals but I firmly believe that wheatgrass holds within itself a mysterious healing power for suffering human beings that is not found in any other vegetation and which defies analysis to single out. Its superiority cannot be ignored and I am vastly pleased that under the competent guidance of Mr. Hikokichi Sugimura, of "One Hundred Fifty Years Longevity Society" of SEICHO-NO-IE, in the City of Toyonaka, Japan, wheatgrass therapy has been brought to suffering humanity on a scale that has enabled an average of thirty persons a day, for many months, to test its effectiveness on their own bodies. So grateful were the participants of this humanitarian enterprise that they voluntarily forwarded to me their individual testimonials set forth herein and which I am sure will be of tremendous benefit to unfortunates throughout the world.

May the blessings of the Almighty be showered upon you and your activities.

Masaharu Taniguchi, Founder
Seicho-No-Ie

CANCER BREAST. STOMACH TROUBLES.

MRS. CHIYOKO NAKATA. Age 47. Nishinomiya, Japan — For the purpose of receiving medical treatment, she was hospitalized and underwent two operations for breast cancer. After leaving the hospital she was not in good health so she returned there regularly to receive further medications. Meanwhile she was taking a glass of wheatgrass manna each day. In a month, her complexion had cleared up, the signs of the cancer had entirely disappeared and she seemed in normal health.

PLEURISY — ACUTE

MR. INOSUKA NAKATA. Age 62. Nishinomiya, Japan — His condition changed rapidly for the worse soon after he was taken ill in the middle of June and he was bedridden for a month suffering from a high fever. He underwent medical treatment to lessen the water in his body and his doctor advised immediate hospitalization to avoid a worsening of his condition. He rejected the idea because he was convinced that the WHEATGRASS JUICE MIGHT HAVE A REJUVENATING EFFECT and took the mannas regularly twice a day. Although the doctor regarded his condition to be serious the sufferer gradually swung around to bettered health. Finally the danger was over and his chest felt normal. He has returned to work but still takes a wheatgrass manna each day he makes from grass grown in his own garden.

PROLAPSE OF ANUS. PILES

MRS. YOSHIKO KUMATANI. Age 50. Amagasaki, Japan — For several years she had suffered intolerable pains when she answered the call of nature. Her doctor, after due consideration, told her that her pains would never cease unless she underwent an operation. Although it was not a question of live or die, he advised strongly that an operation be undertaken. During the weeks she was considering his counsel, she had been dipping a piece of gauze into the pure WHEATGRASS JUICE and had applied it to the affected part, leaving it there as a POUULTICE DURING SLEEP. At the end of about three weeks, the evidence of piles entirely vanished. No operation was deemed necessary.

ECZEMA — WATERY . . . HIGH BLOOD PRESSURE

MR. HACHIRO KUMATANI. Age not given. Nichinomiya, Japan — Although he had suffered every year for a long period with a watery eczema, the wheatgrass pulp which he applied to the upset condition of his skin was very effective. This was done in addition to his taking his regular drinks of the wheatgrass juice.

His high blood pressure was of long standing. He had taken many types of medication for it through the years but it kept coming back. He found that after he had ACQUIRED THE HABIT FOR WHEATGRASS MANNAS, THE BLOOD PRESSURE WAS BACK TO NORMAL. He discontinued it some little time ago, but the blood pressure remains down.

CARBUNCLE

MR. CHITOSE HARADA. Age 45. Osaka, Japan — During the first part of May, a carbuncle, which appeared on the sufferer's right thigh, put him in a high fever and caused acute pains. Although a medical doctor advised an operation, to let out the pus, the PATIENT STAYED AT HOME AND TOOK SEVERAL DRINKS OF WHEATGRASS MANNA EACH DAY. In six days, a large amount of the pus was discharged as the carbuncle opened of itself. In a week's time thereafter he was back at work.

TUBERCULOSIS

MR. ICHIRO NAKAGAMI. Age 45 Hachoji, Japan — Mr. Nakagami has had direct contact with the activities of the Seicho-No-Ie for approximately ten years as his sister works at the Seicho-No-Ie headquarters. He had enjoyed good health and was in high spirits until sometime during the past spring when he became tremendously fatigued, lost seven pounds in weight for no apparent reason and suddenly developed fits of coughing which brought blood to the surface. A reputable doctor declared him to be a victim of tuberculosis. He had assumed a most important post with a company the preceding October and hard work plus deep responsibility had undoubtedly affected his nerves. Being a pious individual, he did much self-analysis and realized his unfortunate physical condition was the direct result of this new employment. He realized that the tuberculosis had been brought on by his constant worry as much as by some deficiency in his nutrition. He felt that a healing could come through faith so when his doctor suggested hospitalization, he flatly rejected the idea. He remained in his home, devoting his time to spiritual enlightenment feeling that a closer association with the Almighty would rectify matters both mentally and physically. But the coughing up of blood did not cease and early this year, his elder sister, Mrs. Ishii, brought him some wheatgrass manna to try. Following her advice, Mr. Nakagami continued to take the WHEATGRASS MANNA FOR A FULL WEEK EVERY MORNING AND EVENING AND, MUCH TO HIS SURPRISE, THE COUGHING UP OF BLOOD CEASED ABRUPTLY. And, as he continued the drinks, his weight began to increase and three months later an X-RAY EXAMINATION COULD DISCLOSE NO SIGN OF THE TUBERCULOSIS. The doctor was much mystified by THE QUICK RECOVERY WHICH HE SAID WAS UNPRECEDENTED IN THE ANNALS OF MEDICINE.

CANCER OF THE LARYNX

NAME — WITHELD — For reasons that will be explained — The man in question holds a high position in a prominent company in Japan and his wife learned secretly, through his doctor, that he was a victim of cancer of the larynx. The mental attitude of the unfortunate at that time prevented the physician from disclosing the truth to the sufferer. The wife had the doctor use all manner of treatments, including cobalt rays, as the "Time Limit" on the life of this victim was somewhere between a "possible three and six months" unless a miracle happened. The wife came to the Seicho-No-Ie to pray and to obtain cooperative prayers. There she was introduced to the wheatgrass manna. She induced her husband to use the drink regularly merely as a possible "health measure" while she continued her prayers for his quick recovery. In short weeks she greeted us with the words "a miraculus nealing!" Still she kept her secret and it later developed that the cobalt rays had caused ulcers to appear on the throat. She applied the pulp of the wheatgrass to these and continued giving her husband the manna drinks. Recovery — complete recovery - seems assured. But his name cannot be divulged because of the very nature of his work.

HIGH BLOOD PRESSURE GRAY HAIR

MR. HISAKI YAMAGATA. Age 77. Tokyo, Japan — While drinking the wheatgrass manna, which he extracted from grass he grew in his garden, his GRAY HAIR BEGAN TO TURN TO BLACK — ITS ORIGINAL COLOR. He also discovered, to his great satisfaction, that his high blood pressure had gone down materially. Now that he had regained his health he wanted to share his knowledge with sufferers around him. He came upon the case of CANCER OF THE STOMACH in a man who held a responsible position in his community. This man was taking medical treatment but was dissatisfied with the slow results. Also he disliked the idea of taking drugs so he consented to try the wheatgrass manna without telling his physician. The results were really miraculous. IN A VERY SHORT TIME, HIS SYMPTOMS DISAPPEARED, THE X-RAY PHOTOGRAPHS SEEMED TO INDICATE A COMPLETE RECOVERY and his physician could not understand the rapid change for the better but gave the credit to his medication which, he admitted, had never before shown such results. We have not as yet the permission of this man to give his name so will include this report in that of his friend.

OLD AGE

MR. ICHIGORO BAN. Age 83. Tokyo, Japan — At the morning services at the Seicho-No-Ie headquarters, generally gather 13 devout human beings who partake the wheatgrass manna as a sort of daily ritual. Among them, the eldest of the group, is Mr. Ban who laughingly proclaims himself in this manner: "See, I am quite young." And he certainly looks the part. HIS HAIR USED TO BE GRAY BUT RECENTLY IT BEGAN TO CHANGE BACK AGAIN INTO ITS ORIGINAL COLOR, BLACK. So far, fully one-third of his hair has lost the ashen hue entirely. This transformation has done much to popularize the wheatgrass manna as the other members of the group have now visual evidences of what it can do physically as well as feel the revitalizing effects in their own bodies.

The other day, a reporter speaking to this little group of 13 gathered together for the morning service made inquiry how the wheatgrass manna seemed to be benefiting the spirituality, the mentality and physical being of each. "OH, FATIGUE WITH ME USED TO BE A TREMENDOUS PROBLEM," said one. "But that is a thing of the past". Another remarked: "MY SKIN HAS RECOVERED THE SMOOTHNESS I THOUGHT WAS LOST FOREVER." And then the reporter noticed that while the group of 13 would have averaged rather high in ages, THEY ALL LOOKED YOUNG, ALERT, HAPPY AND THEIR SPEECH WAS cheery and hopeful. Mr. Ban, according to the reports of those who had known him for many years, was now younger in looks and far more youthful than as they remembered him a full decade before.

OFFENSIVE BODY ODORS. NERVOUSNESS

WEAKNESS

MISS UMEKO KATO. Age 28. Tokyo, Japan — According to the diagnoses of doctors, Miss Kato was a victim of low blood pressure. She was so weak physically that the medical men would not risk giving her a “shot” of drugs. She devoted much attention to the teachings of the Seicho-No-Ie and looked forward for divine healing. This gave her mentality a much needed lift. Her spiritual devotion seemed to have overcome much of her nervousness and she considered herself healed in that particular but the weakness of her muscles remained. Last spring, she began using the wheatgrass therapy BY TAKING ONE DRINK OF THE MANNA EACH DAY AND THE RESULTS WERE MOST SURPRISING AND PLEASING. “The weakness seemed to melt away and the ‘cobwebs’ in my brain vanished as a new alertness made itself felt. The odor of my body, which had been so embarrassing for many years, disappeared and did not return. I found that dipping a piece of cotton in the pure wheatgrass juice and dabbing in under my arms made every bit of perspiration odor vanish. And now let me add something that should interest all women — the wheatgrass drink is easy to take, I like the flavor and it has made my skin soft and velvety.”

WOMB CANCER

MRS. KIMIE ITAKURA. Age 49. Izumo, Japan — It was shortly after her 60 days hospitalization for womb cancer, and following the 30-day treatment of the ailment by cobalt rays, when she began to suffer acutely from pains in her womb. This was augmented by a bleeding which made urination every hour essential. The doctor suggested that the cobalt rays MIGHT have caused an ulcer to form which probably had spread to her rectum. This made evacuations necessary almost every hour. BY TAKING THE WHEATGRASS DRINK EACH MORNING, Mrs. Itakura found that the bowel movements became normal, the desire to frequently urinate ceased and the pains gradually abated in her womb. The bleeding ended and it has been many weeks since that deliverance was accorded her with no sign of a reappearance of the trouble. It might be added here that a young lad, known to Mrs. Itakura, underwent an operation for intestinal ulcer and his body thereafter kept weakening until hope for his life was almost despaired of. THE TAKING OF WHEATGRASS MANNA each morning changed the situation entirely, the recovery was rapid and the boy is now out of danger.

SENILITY

MRS. TERU TAKESADA. Age 84. Tokyo, Japan — She is a senior sister of an artist named Seiei Ogawa, who has an international reputation. Early this year she had been kept in bed because of her senility. Living close to her home was a Mr. Kamegoro Ogata, whom the world might well designate as the senior member of our “One Hundred Fifty Years Longevity Society.” Learning about her condition, Mr. Ogata took her some of the wheatgrass manna and encouraged her to take it as a “medicine”. She tried the flavor, liked it and remarked that IT TASTED LIKE A “GREEN TEA.” SHE COOPERATED WITH THE IDEA THAT THIS MIGHT HELP HER AND INSIDE OF 60 DAYS WAS UP AND around walking on a pair of “getas” — Japanese wooden sandals — which she had longed to do.

LITIASIS IN URETHRA

MR. TOSHIYOSHI HASHIMOTO. Age 44. Osaka, Japan — This sufferer had undergone two operations and still was a victim of acute pains every time urination was necessary. He afterwards tried various types of treatment over the course of many months. In the middle of this June, the calcium in the tubing practically prevented him from urinating at all. The medical doctor advised a third operation but he rejected the idea because of the lack of results from the first two. About this time, the wheatgrass manna was brought to him by a member of the “One Hundred Fifty Years Longevity Society.” TWICE A DAY HE TOOK A GLASS OF THIS LIQUID AND WITHIN THIRTY MINUTES AFTER THE SECOND DRINK ON THE FIRST DAY, HE URINATED FOR THE FIRST TIME 24 HOURS. The swelling in his abdomen went down at once. The two drinks a day for a week seems to have put this trouble to flight.

PYORRHEA

MR. YASUO AOKI, Age 29, Tokyo, Japan — “I have had several back teeth which the dentists had been treating for years and the trouble seemed to be beyond their skill to rectify. Quite recently, however, these bad teeth seemed to have brought on something even worse, pyorrhea in the teeth along the front of my lower jaw. THIS CREATED AN OFFENSIVE BREATH THAT WAS QUITE DISAGREEABLE TO OTHERS, AS IT WAS EMBARRASSING FOR ME. The extraction of these teeth in the lower jaw was advised by the dentist after a futile effort on his part to treat them successfully. As I am young, I was reluctant to have these teeth taken out and false ones put in their places which I knew would be far inferior to the real ones. I utilized prayer each morning in an effort to find healing. Those supplications relieved my tensions, subdued my worries and I felt that I was on the proper road. After one of the morning services at the Seicho-No-Ie, I was provided with a “breakfast” there. Quite accidentally, I was given an opportunity to try the WHEATGRASS MANNA AND THE NEXT MORNING, MUCH TO MY SURPRISE, THE PUS AND BLOOD WHICH GENERALLY WAS IN MY MOUTH WAS ABSENT. This made me consider carefully what had happened so the second morning I again took the manna. Since then, by continuing the wheatgrass manna each morning, the signs of pyorrhea have disappeared, my front teeth are tight once more and all talk of extraction by the dentist has been abandoned.”

TUBERCULOSIS, INFLAMATION OF

THE BACKBONE

MR. NIKUS KANALI. Age 52. Nishinomiya, Japan — After having spent five long years in a tubercular hospital, receiving the usual medical treatments — without making much progress in health — he returned to his home, hoping that “natural methods” might help his serious condition. It was in the middle of May when his family began growing wheatgrass in their garden. HE WAS GIVEN A DRINK OF THE MANNA EACH DAY WITH THE RESULT OF A RAPID IMPROVEMENT IN HIS HEALTH. Following what he had regarded as a complete recovery, he went to the hospital once more for a thorough examination. NO TUBERCULAR BACILLI COULD BE FOUND IN HIS BLOOD. It was the beginning of June, after he had discontinued the wheatgrass, the lower part of his body became afflicted with terrific pains. He lay helpless on his bed for a full half a month as the doctors tried to determine what caused the miseries. Finally it was determined that inflammation around the backbone was the cause. It was at this point, HE MADE THE DECISION TO TRY THE WHEATGRASS MANNAS INSTEAD OF DRUGS. Again he was rewarded with recaptured health. He is continuing the drink regularly now.

FATIGUE . CHRONIC DIARRHEA. FEVER.

MR. TAKUJI SUGIMURA. Age 15. Toyonaka, Japan — In the beginning of April this boy complained of total fatigue. Then cramps and nausea disabled him as his fever rose to a dangerous point. His doctor suggested that he take a chloromycetin tablet every four hours. But the fever continued and the pain in the abdomen was intense. The family nurse, at this point gave the lad a drink of wheatgrass manna which seemed to be just what was needed to still the fever. His temperature quickly returned to normal, the pain left him and during the following week he returned to work. He continues to use the mannas.

WARTS - THREE ON FINGER,

EIGHT ON THIGHS.

MISS MIDROI FUCHIWAKI. Age 14. Tokyo, Japan — At the time she entered the junior high school, the warts were small but they soon began to enlarge rapidly. It was in August of this year when she came bursting into the assembly room at the Seicho-No-Ie bubbling gayly that the WARTS ON HER HIPS HAD VANISHED. In answer to questions, SHE ADMITTED THAT SHE HAD RUBBED THE PULP OF THE WHEATGRASS AGAINST THOSE WARTS FOR SOMETIME — SINCE EARLY MAY. SHE ALSO HAD USED THE PULP ON HER HANDS AT NIGHT WHEN SHE WENT TO BED AND DRANK THE WHEATGRASS MANNAS REGULARLY. Those warts also were gone. Her mother, delighted with the turn of events for her daughter admitted that she, too, had been taking the wheatgrass mannas and that HER CONSTIPATION, OF NEARLY TWENTY YEARS STANDING, WAS NOW OVER AND HER BOWEL MOVEMENTS WERE NORMAL.

MENSTRUATION

Dear Viktoras: I've just been reading your book, “Survival Into the 21st Century”, and I was really interested in the section on menstruation.

I was a complete vegetarian by the time I was 15 (I'm 18 now). My periods began to come less frequently (about once every 3 months) and then stopped altogether about 2 years ago. My parents were really worried about this, but I felt better than ever so wasn't too concerned. Mom took me to a gynecologist who did blood tests, etc., and said I was “amazingly healthy”. He also said he could put me on the pill and get me started again! NO THANKS!

I was getting around to thinking that since I was feeling so great and not menstruating, perhaps menstruation was a symptom of a “disease” rather than the old “normal, natural process”.

I got to thinking that on my natura diet, I had “de-domesticated” myself and that my body was behaving accordingly. So I tried an experiment about 9 months ago. I ate dairy foods for a few days to see the effect. Sure enough, I got 2 periods after that. Since then I've become increasingly confident that not menstruating is natural and that diet is the key. I eat fresh fruit, raw vegetables and sprouts, some nuts and seeds and very little cooked food except for some occasional grains in the winter. Anyway, thanks for the book. It's inspiring and reassuring. Love, Tracey (Australia 1977)

THOUGHTS ON HEALING

The reader will find useful with very toxic persons or those suffering from bad digestion to use diluted, slightly simmered fresh vegetable juices (or if can tolerate - fresh juices) in conjunction with a diet of lightly cooked, non-starchy, mucusean vegetables, which may be blended with fresh ones. Green juice mixed with tablespoon of seed yogurt will supply a complete meal and slow down cleansing reactions. The cooked foods should be excluded as soon as the person can handle juices, sprouts and vegetables of low roughage.

BOOKS ON HEALING

The many books that are mentioned are for the expansion of knowledge and experience in the field of healing. The author does not necessarily find agreement with all the material contained in the books. If any practice, diet or theory is in conflict with the ideas of “Survival”, the reader should give careful thought, study and experimentation. The author feels that the content of survival will not be contradicted.

RECIPES

WHY SEASONING? Fresh organically grown foods are high in flavor, a delight to the palate. You can learn to enjoy them without seasoning.

Inorganic salt is not a food; it is not utilized by the body. Some of it is retained, causing stiffening of the joints, arthritis, hardening of the arteries and kidney disease. Eating grains encourages the craving for salt. In a high enough concentration it inhibits cell metabolism, eventually causing death of the cells. To reduce the concentration of salt, your body will retain an excess of water in the tissues.

Sea Salt may be substituted for the supermarket variety. It, too, is a chemical; so you should use it sparingly.

During the transition, the fermented oriental seasonings (miso, tamari) can add delightful flavors. However they contain sea salt and should be excluded from the diet as soon as possible.

Vegetable seasoning (sometimes called broth powder) is a substitute for salt. But be careful in choosing — it sometimes contains salt, artificial coloring and flavoring and a filler of brewer's yeast and soybeans which might combine poorly with other foods. It may not be made from organically grown products.

Seaweed is the best choice for salty taste. Kelp is a good protective food; it contains all the trace minerals from the sea and has been shown to prevent absorption of strontium 90 and other poisons into the body. Dulse leaves are delicious. Dulse should be soaked in water (this is true for all sea vegetables) to soften it and to wash away the sea salt. Kelp, wakame, nori, kombu, hiziki can be found in most macrobiotic stores. Sea vegetables are food and seasoning. They contain organic salts in an easily assimilable form.

Herbs used with discrimination can subtly enhance the flavor of food. Pick them fresh from your garden. In winter, grow them in pots on your window sill.

Garlic, onion, cayenne, chili and ginger root are noted for healing qualities when one is eating a cooked food diet. They provide flavor for the transitional diet; however, once the body is detoxified, they can act as irritants to kidneys, liver and the mucous lining of the digestive tract.

COOKED FOOD

Cooking: Use only glass, porcelain, enamel or stainless steel utensils. Cook at a low temperature, only long enough to break down fibre or starch. Avoid cooking any seed, beans, nuts or oil—very hard to digest. Never cook green vegetables more than five to ten minutes. Cooked greens can be gas-forming. Best to cook are potatoes, root vegetables and squash. Never eat hot food; always let it cool to body temperature.

Add sprouts to cooked food only the last minute before serving.

Always use distilled water. Rain is water distilled by the sun. Today, due to atmospheric pollution, rain water is not fit to drink. Water may be partially distilled by freezing. Let it thaw. Pour off the water into another container having the precipitated sediment. Freeze again. Each time the process is repeated, the water becomes purer.

You can make a simple solar distiller. Fill a dark bowl with water and place it inside a clean large polyethylene plastic bag. Tie the end of the bag. The sun will cause the water to evaporate from the heated bowl. The vapors will condense on the plastic lining and collect in the bag into a pool of water. Cooked foods may be used sparingly during the early stage of transition to a better diet.

DUTCH OWEN

IRON POT MEALS A cast iron Dutch Oven with a heavy, tight-fitting lid may be purchased at department stores, new age health food grocers or at a second hand store in a variety of sizes. It is cheaper to operate than a regular oven and emits practically no odors. It is ideal for preparing warm food for the student away from home, the lone roomer, the business girl or the couple living on a meagre pension in small quarters. It eliminates hour of drudgery as it only needs to be brushed out once a week.

To prepare the iron pot for the evening meal, line the bottom with flat stones or a grating to prevent vegetables from burning. Scrub all the vegetables carefully with a vegetable brush as the skins should be eaten. Place vegetables in the pot, place over high heat for five minutes, then turn heat low. Baking times will vary.

One Hour: Large beets, carrots, sweet potatoes, plaintain, rutabaga (small or halved), turnip, potato.

Half Hour: Yellow squash, parsnips, peas, beans, sweet corn (husk will turn black).

No more than two cooked vegetables at a meal. Live food should always be the main dish, with cooked food used as a dessert.

COOKED COMFREY SOUP

Lots of comfrey leaves, include stems and flowers. Chop up fine. Cover with water. Bring to a boil. Simmer for few mintues. Cool. Blend and serve over baked potato or with wakame or dulce.

CHOW MEIN

1 cup mung bean sprouts
1 cup lentil sprouts
2 cups sliced onion

1 cup mushrooms
1 cup chopped celery
¼ cup olive oil
Tamari Sauce and sea kelp

Simmer mushrooms, onions, celery in a little water until soft.

Add oil, sprouts, seasoning. Heat but do not cook. Serve over millet or brown rice.

MILLET SOUP

1 cup millet ½ cup onion, chopped fine
1 cup okra or half cup Irish Moss (optional)
2 tablespoons oil

1 teaspoon sea kelp
3 cups water

Wash millet. Soak overnight in 4 cups water. To cut cooking time, blend. Add onion. Simmer for 30 minutes or until there is no starchy taste. Cool before serving. Add thinly sliced okra, sea kelp, oil and sprouts if desired.

GREEN LIFE SOUP

2 cups buckwheat greens
5 tender leaves comfrey
1 cup zucchini

several tomatoes, or 1 cup carrot juice
or rejuvelac
dash kelp

Blend all ingredients. Recommended during wheatgrass therapy for ease of digestion. May be served twice a day, using one to two cups per meal.

SOY LOAF

2 cups soy bean sprouts (lentil, mung, chick pea)
4 medium carrots
4 celery stalks

3 medium onions
herbs, kelp, or veg. powder

Grate vegetables or run through a meat grinder or grass jucier. Blend soybean (other sprouts should not be blended) sprouts with water to a creamy consistency. Mix all ingredients. Use as a salad dressing, soup, form into patties and cook slightly on a skillet or bake as a loaf at 350 degrees for at least one hour (until brown). Eat sparingly – it is very filling.

SEA STEW

6 large leaves Wakambe
1 large leaf Dulce
1/4 cup chopped agar-agar (optional)

1 cup water
4 medium chopped onions

Let the sea vegetables soak in one cup water for about one hour. Simmer onion in ½ cup water for 5 minutes. Add sea vegetables. Simmer for 10 minutes or until the wakambe starts to turn jelly. Cool it. Add sprouted mung, lentil, wheat and or chick peas. Season it, if you like, with Brewer's Yeast.

VEGETABLE POT

Avoid seasoning. Cook vegetables that taste good without seasoning. Combine any three in desired proportions: carrot, turnip, sweet potatoes, butternut squash, potato, onion. To cook: steam in own juices or bake in oven.

VITAMINS FOR THE THIRD EYE

SALAD — Choose fruits and vegetables locally in season to save money and to get fresh produce. If you have any indigestion or feel tired after a meal it is probably from eating too much or not combining foods correctly. Limit your salad to a few selections. Start learning to think of your salad as a complete meal.

Arrange the salad so it will be tasty and colorful. Vegetable shredding tools introduce variety of texture and reduce the need for lengthy chopping.

A good quality juicer and blender (a \$20 Hoover is one of the best buys) are a must during the dietary transition, especially for those with poor teeth or a weak digestion. A manual juicer for weeds, grass, sprouts and green vegetables can be a tool essential to survival.

A hand-operated grain mill can be used to grind seed (sesame, sunflower) to a relatively fine powder to mix with water for milk, cream, dressing or yogurt. You can make green vegetable puree by adjusting the mill to fine grind. Though not as efficient as a blender, the mill is useful during emergency or non-electricity oriented subsistence living.

Do not use vinegar, lemon or lime in salads. Many authorities claim the acid partially inactivates chlorophyll. It also slows protein digestion by inhibiting the secretion of gastric juice. It interferes with starch digestion by inactivating the secretion of ptyalin in the saliva. (FOOD COMBINING MADE EASY, Shelton)

Delicious flavoring can be created through the use of rejuvelac, sorrel, dandelion, pepper, onion, garlic, parsley. To thicken sauces, you may use avocado, plain or fermented seed, comfrey, agar agar, wakame, okra, purslane, buckwheat greens or oil.

Vegetables such as pepper, onion, cucumber, after removal of the inner portion, may be stuffed with other foods, such as sauces, for variety.

SPROUT SALAD

6 parts mung beans
1 part alfalfa seed

1 part lentils
1 part fenugreek seed

Mix seed in buckets and soak for 16 hours. Transfer to buckets with holes perforated in the bottom. Grow for three days in a warm room, flooding the sprouts with water at least 3 times per day. During rinsing, many of the seed hulls are skimmed off the top of the bucket. This method is for growing a large quantity of seed with minimum labor. Refrigerated, will keep for up to 4 weeks. Serve with Beet Treat or Seed Sauce.

To produce long sweet sprouts from a mixture of mung, it is very important to keep the sprouting seeds in the dark. The seeds should be covered with a wet cloth and a plastic sheet which gives a tight fit (or dish or lid).

BEET TREAT

6 parts sesame or safflower oil
2 parts Biotta beet juice (or 1 lemon and 1 beet)

1 part water
1 part kelp
1 part Dr. Bronner mineral seasoning

Shake thoroughly and serve over Sprout Salad. At health conventions, this combination has been our favorite for introducing people to sprouts and living foods. Everyone calls our booth delicious. (Maybe too delicious. This dressing should be used only during transition to a more pure diet).

COMPLETE MEAL SPROUT SALAD

6 parts mung
1 part lentil
½ part aduki (optional)
1 part buckwheat lettuce

2 parts alfalfa
1 part fenugreek
1 part sunflower greens

The seed may be sprouted in a bucket with holes on bottom. The buckwheat on cotton towels, and the sunflower in jars. Chop the greens. Toss the salad, serve with sesame-sunflower yogurt, which you can dilute with rejuvelac. Add a few sprigs of dulse or a dash of kelp. Note, this meal derives from items that can be stored in quantity for a long period of time. It makes excellent survival food.

GRASSHOPPER SOUP

- | | |
|--------------------------------|--------------------------------------|
| 20 leaves sorrel | 1 flower cluster milkweed (optional) |
| 20 leaves tender comfrey | 1 large tomato (optional) |
| 10 leaves tender lambsquarters | 1 avocado (optional) |
| 3 tender leaves milkweed | 1 clove garlic |
| 1 medium zucchini, chopped | 2 cups rejuvelac (wheat or millet) |

Pour rejuvelac into blender. Add gradually all ingredients. Blend in avocado last.

BEEET SOUP

- | | |
|----------------------|-------------------------------------|
| 1 large beet diced | 1 cup rejuvelac |
| ½ avocado | 1 lemon or lime to taste (optional) |
| 1 to 3 cloves garlic | |

Blend garlic and beet with rejuvelac. Reduce to creamy consistency. Add other ingredients. Blend. Before serving (optional) add two tablespoons homemade sauerkraut. Serve over chopped sunflower greens and a few leaves of dulse.

GREEN FLESH SOUP

- | | |
|--------------------------------|----------------------|
| 1 cup chopped buckwheat greens | ½ avocado |
| 1 cup chopped spinach | 1 to 4 cloves garlic |
| 1 medium tomato | kelp to taste |

Blend and serve.

GUACAMALI

- | | |
|-----------------------|--------------------------|
| 1 ripe avocado | 1 lemon |
| 2 diced tomatoes | 1 diced red pepper |
| Seasoning is optional | onion or garlic to taste |

With a fork, blend avocado to creamy, lumpy consistency. Combine with other ingredients. Sprinkle tomatoes on top. Serve as a raw sandwich on a lettuce leaf or as stuffing for a tomato or pepper. Variations: 1 small diced spanish onion, freshly minced chili pepper, juice of one half clove of garlic. Combine with celery, lettuce, mung bean sprouts for a complete meal. Russian dressing: Add more water and onion, blend.

SEED MILK

- | | |
|----------------------------|---------------------------|
| ½ cup sesame seed (almond) | 2 cups water or rejuvelac |
|----------------------------|---------------------------|

Blend for 1 minute at high speed, ½ cup rejuvelac or water with seed. Gradually blend in remainder of rejuvelac. Strain out pulp. Season to taste with kelp or dulse. Some find the sesame taste too strong, and prefer a 50-50 mixture of sesame and sunflower. You may soak the seeds overnight, then blend. Milk from grains is not recommended. Even after sprouting, they are still rich in starch. After making wheat milk, let it set for five minutes. The glass will be one third filled with white starch sediment. Starch cannot be easily digested in the stomach — it must be thoroughly moistened with saliva. Similarly milk made from mature coconuts can cause indigestion due to the residue of fibre and saturated fat.

COMFREY CREAM SOUP

- | | |
|-------------------|-----------------|
| 15 comfrey leaves | 1 avocado |
| 2 ripe tomatoes | 1 sprig parsley |
| ½ cucumber | 1 clove garlic |
| 1 stalk celery | 1 cup rejuvelac |
| 1 green pepper | 1 tsp kelp |

Blend at high speed all ingredients except avocado. With rejuvelac, reduce to desired consistency. Add avocado. Blend. A complete meal.

COLD COMFREY

- | | |
|----------------|-----------------------|
| comfrey leaves | carrot or other juice |
| avocado | garlic if desired |

Place juice in blender. At medium speed, blend in enough chopped comfrey to make a thick sauce; serve over indoor greens. Or reduce consistency to soup.

RAW SEED SOUP

½ cup seed (sunflower, almond, sesame,
pumpkin or sprouted soybeans) 2 cups warm water or rejuvelac
seasoning

Soak seed overnight (or grind to fine powder). Blend seed with one cup water at high speed for at least one minute. Add more water if needed. Blend in greens (buckwheat, comfrey, zucchini) if desired. For a more spicy tang, add onion, garlic, chili or dry cayenne pepper. By varying consistency, it may be transformed into a sauce or a party dip.

RICH GREEN SOUP

2 cups indoor salad greens ¼ ripe avocado OR
1 cup rejuvelac or water 2 tbs. cold pressed olive oil OR
seasoning to taste ¼ cup ground sesame or sunflower seed
— fresh or yogurt

Blend greens, fluid and seasoning. For thickening, add seed, oil or avocado. Buckwheat is best choice for indoor greens. Serve over sunflower greens.

WINTER SOUP MEAL

1 cup indoor greens onion to taste
1 cup green vegetables cayenne (optional)
½ cup sunflower seed ½ hot water

Blend ingredients to desired consistency. Very tasty when prepared from buckwheat greens and/or comfrey. Pour over sunflower greens, mung sprouts and dulse. A warm satisfying winter meal.

For sauce blend indoor green with only one cup water. Serve over sunflower greens, mung sprouts, a few dulse leaves.

GREEN QUEEN

1 avocado 1 tbs. kelp
1 cup chopped celery juice ½ lemon (optional)
¼ cup radish sprouts ½ cup rejuvelac

Blend ingredients to desired consistency. Serve over sprouts.

GAZPACHO

1 red pepper chopped fine 2 large sliced cucumbers
½ cup sliced celery 3 large tomatoes, cubed
2 mint leaves or fresh ginger root, chives,
onion or garlic if desired. ¼ lemon (optional)
sea kelp

Blend red pepper and celery with small amount water. Season with mint or ginger root (optional). Add lemon juice and follow with cucumbers and tomatoes, blending at slow speed. Do not liquefy—vegetables must be identifiable as cucumber and tomato. Blend in other seasoning if desired.

BORCHT

2 cups chopped beets 2 cups rejuvelac
½ cup almonds ½ lemon (optional)
1 small green onion seasoning

Liquefy to desired consistency. Serve over sprouts.

HOT RED SAUCE

3 medium tomatoes ¼ cup oil
1 cucumber ½ cup water
1 onion or garlic 1 lemon
curry powder and/or cayenne

Blend ingredients. Season to taste. Should be used during transition diet only.

SWEET COMFREY SOUP

15 medium leaves comfrey
1 small chopped zucchini

Blend ingredients and serve.

½ avocado
1 cup carrot juice

FREE COMFREY SOUP

1 small chopped zucchini
½ Avocado (or few leaves of soaked wakambe
or ¼ cup ground sesame)

Blend to desired consistency. Add Avocado last.

6 oz Bista beet juice (or fresh carrot juice)
10 leaves of chopped comfrey

APPLE SAUCE

2 large diced sweet apples
¼ cup raisins

2 teaspoons lemon juice
¼ cup apple juice

Pour juice into the blender. At low speed, work in raisins, followed with apples, and lemon juice. May blend in a little ginger to give it tang. Raisins may be replaced with ½ cup ground sesame seeds, substitute ½ cup water for lemon. A complete meal.

HEAVENLY CITRUS

3 oranges sliced
1 avocado squashed

Mix and serve

2 tangerines slivered
1 cup grapefruit juice

HERMINT

2 super ripe bananas
1 cup rejuvelac

Blend banana and rejuvelac for 15 seconds. Blend in mint to taste.

mint leaves

PARADISE CITRUS

1 cup carrot juice

Blend. In minutes enzyme reaction produces most delicious golden pudding.

½ unripe papaya

PRUNEDATE

5 pitted dates (or figs)
3 large pitted prunes

Blend fruit in cold water to creamy consistency. Blend in hot water and serve over sliced ripe banana.

½ cup cold water

¼ cup hot water

COMFREY TEA

Grow your own comfrey. Gather several dozen leaves cutting near soil. Chop stems (crush with bottom of a glass to release juice) and leaves fine. Cover with distilled water. Place on slow fire until heated, but do not cook. Allow to stand until liquid is dark brown. A very refreshing drink. If not used soon, refrigerate to prevent fermentation. Use it to prepare sauces and soups.

Fresh comfrey juice may be obtained by blending comfrey with water, then straining out the pulp.

REJUVENATION NECTAR

1 Cup Chopped Sunflower Greens
1 Cup Chopped Buckwheat Greens
1 Cup Alfalfa Sprouts (or complete meal sprout salad)
2 tbs. Fenugreek Sprouts
1 Clove Garlic (optional)

4 tbs. Sauerkraut (optional)
1 Stalk Celery
1 Sprig Parsley
½ Cup Chopped Spinach
1 Cup Chopped Favorite Weeds (optional)

Run the vegetables through a manual grass juicer. To get all the juice out, run it through at least 5 times, it has salty very agreeable taste. You may sweeten the drink by adding an appropriate amount of carrot juice.

AMINO ACID ELECTROLITE BROTH

1 qt water
2 tsp brewer's yeast
1/2 tsp Dr. Bronner's Powdered broth seasoning (optional)
1/4 tsp organic mineral salts
1/2 - 1 tsp dark liquid aminos (soy sauce, tamari) or Dr. Bronner's or Bragg's liquid aminos.

Pinch of dry parsley
Add at will: unsalted onion powder, savory, thyme, marjoram, sage, garlic powder etc. Can use as much as desired to taste. Or other dried leafy herbs: basil, a little oregano.
1/4 tsp kelp or dulse powder

Cook at no hotter than 130 degree temperature. Use cooking Thermometer. Strain and sip cool, hot or cold.

Brewers Yeast is a predigested protein, rich in B-complex vitamins. It is much easier to digest than seeds or nuts. Because it is highly concentrated it should be used in moderation. Add 1 tbs to a salad or prepare it in the Amino Acid Broth. When using it, be sure to combine it properly.

CARROT COCOA

Juice the following proportions:

1 oz. dandelion greens (or 1/2 oz. root)
1 oz. Beet root

10 oz. Carrot

If the taste is too bitter add extra carrot juice. Excellent blood builder, liver and kidney cleanser.

MENUS FOR A FAMINE

Breakfast: 8 oz. Rejuvilac, followed 30 minutes later by 3 oz of green juice (weeds, grasses, sprouts, indoor greens).

Lunch: Same as breakfast. Add 2 tbs of fermented seed sauce.

Supper: 1 pound of sprout salad (mung alfalfa, lentils, fenugreek, sunflower & B buckwheat)
1/2 cup of sesame-sunflower yogurt. May delute with rejuvilac. For extra nutrition blend or add the juice (pulp Optional) of comfrey, indoor greens, weeds and sprouts. Season with kelp. (see page 314)

Don't waste anything The pulp, after extraction of juice from sprouts, indoor greens (hard shells removed) should be composted or else converted to a raw vegetarian loaf. The grains in can be made into chapattii - sun baked bread. The rinse and soak water of sprouts should be used to water comfrey, indoor greens. Urine and fecal matter may be composted. When in season dry fruits, vegetables, weeds and other wild food. Soak them before using.

LIVE ORGANICALLY ON 24 CENTS A DAY

At wholesale prices you were able to purchase in Nov. 1974 the following items for survival. 2 pounds of lentils (\$.80), 6poundsmung (\$3.60), 1 pound alfalfa (\$1.80), 1 pound fenugreek (\$.60). This will produce about 40 pounds of sprout mixture at the cost of 17 cents per pound. 1 pound buckwheat or unhulled sunflower cost about \$.30 which produce 8 pounds of greens at the cost of 4 cents per pound. During a day, a person may eat the following amounts: 1 pound of sprout salad at cost \$.17; 1 pound of sunflower-buckwheat mixture @ \$.04; 5 oz grass juice @ \$.03; 16 oz. Rejuvilac @ .02; 1/8 pound of sesame - sunflower @ \$.10 ; 1/3 oz kelp @ \$.01. Total Cost for one day \$.37 The cost may be further reduced if sprout salad is replaced with sunflower-buckwheat indoor greens. Reducing cost to 24 cents per day. Frequent use of weeds and fasting can reduce cost to ten cents per day. (see page 96)

VIKTORAS CITY SURVIVAL DELICIOUS DRINK

1 cup sprout mixture
1 cup chopped sunflower greens
1 cup chopped buckwheat greens
2 tbs homemade sauerkraut
1/2 cucumber (optional)
1 cup leftover salad or grated tubbers (optional)
1 cup greens or weeds to taste (optional)

Grow sprouts long enough (at least 4 days) until starchy taste is gone. The hulls from indoor greens do not have to be removed for juicing. If sauerkraut not available may use Biotta sauerkraut (or beet) juice obtainable at health food store. Or may use instead sorrel or sour grass, or 2 tbs of fermented seed sauce mixed into the drink before serving.

VIKTORAS SURVIVAL SALAD

Mixture of favorite sprouts, half cup seed yogurt, sauerkraut and kelp to taste. If have chewing problem, run sprouts through a juicer with a little rejuvilac. Instead blender, may use the manual grain mill.

RAW SPROUT LOAF

The pulp from juicing sprouts plus hulled indoor greens can be mixed with finely grinded cellery, onion, garlic. Season to taste with vegetable powder, dulce or kelp, brewer's yeast. May add a little oil and hot pepper. Form into loaf. Expose to sun for at least 1 hour. Serve with fermented seed sauce.

INTESTINAL GARDENS

Their lips blossomed with the glowing flowers of youth. Fragrance of budding orchards charged the air; every word they spoke filled the atmosphere with joy of life. Such lovers were the sons and daughters of nature formed from the essence of ripe fruit.

The same fruit fed their beautiful, healthy intestinal flora, first implanted by mother's milk.

Many of today's lovers are not so fortunate. The advertisement media lure us "back to nature" if we buy scented "breath fresheners." They fail to tell us why we need these palliatives.

Bad breath is a sign that the original health-promoting intestinal inhabitants have been crowded out by putrefactive bacteria. These destructive bacteria grow in intestinal soil made too rich in nitrogen from a faulty diet. However, friendly bacteria can be persuaded to return to the intestinal tract if given a diet which permits them to thrive there.

Breast milk contains lactose, a form of sugar which aids utilization of protein and the absorption of calcium. This sugar acts as a bifidus factor. In breast fed baby's intestine we find practically pure *Lactobacillus Bifidus*. *Lactobacillus Bifidus* acts as protection against invading organisms. *L. Bifidus* culture is implanted through mother's breast milk during the first 48 hours of baby's life. This culture is good for a lifetime. However, because of bad eating habits, the *L. Bifidus* is lost to putrefactive bacteria, which generate poisons and offensive odors that leak into the bloodstream; through the years, they injure every gland, organ and tissue of the body.

According to Metchnikoff of the Pasteur Institute, "The presence of a large number of lactic acid bacilli will interfere with the development of putrefactive bacteria."

Ann Wigmore states: "In a healthy person, the enzymes are manufactured by the body. However, when the glands, nerves, muscles, and even blood of an elderly person becomes overdrawn, the body becomes weaker and weaker. The skin wrinkles, the hair thins and turns gray. During my many years with sick folks, I had the great privilege to observe what enzymes can do in health building. I was born sickly and had poor digestion all my life. Yet, I can keep healthy and full of energy, applying the catalyst enzymes in extra form by drinking Rejuvelac, the fermented soak water of wheat. I drink six glasses every day. Life begins with catalysts and continues only through them."

Today doctors are discovering that many diseases and old age are traceable to enzyme deficiency in the food eaten, in the human cells and in the digestive tract. The peoples noted for longevity — Georgians (Ural Mts), Hunzas (Himalayan Mts), and Ecuadorians (Andes Mts) — consume a great deal of nature's predigested foods such as sprouts and fruit, also foods partially digested by bacteria such as yogurt, sour pickles, sour beets, sauerkraut and fermented green vegetables. These people are noted for their good digestion. Other factors considered, the consumption of predigested food still plays a major role in their excellent health.

Dr. Kuhl, a German researcher, has this to say regarding fermented foods: "The natural lactic acid and fermentive enzymes which are produced during the fermentation process have a beneficial effect on the metabolism and a curative effect on disease. Lactic acid destroys harmful intestinal bacteria and contributes to the better digestion and assimilation of nutrients. Fermented foods can be considered predigested foods. They are easily metabolized even by persons with weak digestive organs. Fermented foods cleanse the intestinal tract and provide a proper environment for the body's own vitamin production within the intestines. They also help a person with constipation problems." Furthermore, Dr. Kuhl, as the originator of the lactic acid fermentation diet for cancer, requires that 50 to 75 percent of the diet to be made up of lactic acid fermented foods. (Kuhl, "Checkmate For Cancer," Viadrina Verlag, A. Trowitzch, Brounlag, Harzburger Str. 6, West Germany).

The following letter was received by Ann Wigmore from an independent researcher: "You have opened a Pandora's Box with that Rejuvelac. Its potentials are tremendous. That Rejuvelac sounded like a nutty idea to me and I didn't even want to get into it but you kept hounding me on it so I figured I had better see what gave, I had no idea how even to start but start I did. I used a 2:1 ratio of water to wheat as you recommended and kept it on the top of my hot water heater where the temperature maintained an even 70 degrees F. Each day I poured off the Rejuvelac and ran a series of tests on it. After the second day, there was a slight sour odor which I couldn't quite identify. But after the third day, the odor was unmistakable. It is similar to the odor of milk turning into yogurt (*lactobacilli*) or the odor of beer (beer yeasts called *Saccharomyces cerevisiae*). I ran a bacteria culture on it and it was loaded with *lactobacilli* and yeasts.

"So very much depends upon the temperature at which you make the rejuvelac. The type of bacteria and yeasts depends so much upon the temperature. Too high or too low temperatures might well produce undesirable microflora. As a starter, temperatures should be maintained between 68 deg and 77 deg F.

"There is so much literature on fermentation of grains that I don't know where to start. Dr. Kuhl of Germany has done extensive work with fermenting wheat berries and has designed many of his treatments around the fermentation products. I have much of his literature and the fermentation chamber designed by E.L. David of England to be sure of getting the desired type of fermentation. You could well spend the rest of your life working on the fermentation products of wheat.

"The rejuvelac is undoubtedly rich in protein, carbohydrates, dextrines, saccharines, phosphate, lactobacilli, saccharomyces and Aspergillus oryzae. Amylases are derived from aspergillus oryzae and they have the faculty of breaking down large molecules of glucose, starch and glycogens. That is the reason Rejuvelac is so beneficial to your digestion. Rejuvelac is related to beer, although there is no alcoholic content. It is rich in the B vitamins. It is related to Brewers Yeast and is high in protein.

"Very roughly: Most beer is made from barley. The barley is sprouted to produce amylase which has the property of saccharifying the starch to sugar. The sprouts are then dried. It is then known as malt. When ready to use, the malt is ground up and placed in spring water and fermentation starts. The starch is converted to sugar by the amylase and the sugar to alcohol. After reaching the desired stage, the mix is boiled to stop the enzymatic action and then filtered.

"At what stage your rejuvelac would go to alcohol, I don't know. You play around with it and I am sure you will find out.

"Another idea is to save a little of your 'old' rejuvelac to inoculate the starting rejuvelac. The fermentation would get off to a faster and a cleaner start. You would eventually develop your 'own strain' of fermenting yeast. The Brew Masters all have their own strains of yeast."

"For example, I have made yogurt for years and have developed my own strain of yogurt bacteria. I always save a little yogurt to inoculate my fresh milk with. I would guess you could reduce the 3 day rejuvelac down to two days and have a better product.

"I might add that the 3 day rejuvelac was superior to the 4,5, and 6, and 7 day. The 'spent' wheat could be dried and ground and used as Brewers Yeast." (Harvey Lisle, RD1, Norwalk, Ohio, 44857.)

Most literature on yogurt deals with cow's, goat's or mare's milk and the changes brought about the lactobacillus bulgaricus (or acidophilus) and streptococcus thermophilicus. It has been observed that acidophilus bacilli create an acid medium in the intestine, destroying and unfriendly, disease-producing putrefactive bacteria which are associated with protein. Protein feeds the putrefactive germs but does not nourish the acidophilus bacteria. The good flora subsist, generally, on carbohydrates.

There are, however, many friendly bacteria which predigest RAW protein into amino acids, while creating lactic acids, enzymes and many vitamins, especially vitamin K and members of the B-complex family such as Vitamin B-12, riboflavin, niacin, biotin and folic acid.

Ferments made from seed milk have many advantages over animal milk products. If the seed is organically grown they are free from the pollutants that are often associated with dairy products. DDT, strontium 90, iodine 131, antibiotics, stilbesterol and the toxic by-products of pasteurization.

To make non-dairy ferment, yogurt or cheese, the following seed may be used: unhulled sesame, mixture of unhulled sesame and sunflower, almond, cashew, soaked soybean, sprouted soybean and hulled millet.

To make fermented water or rejuvelac, the following seed may be used: wheat, hulled millet, oat, sweet brown rice, rye, rice, barley, unhulled raw buckwheat. The drink can be made from whole, finely ground or sprouted seed. If seed are sprouted you should blend them when making the rejuvelac.

Seed ferments are lower in concentration of protein and are much easier to digest than the dry seed. They are delicious with sprouts, vegetables and sub-acid fruits (tomatoes, apples). Ferment them only until the mixture tastes slightly tart. Do not permit it to become too sour. If the temperature is too warm, fermentation can turn to putrefaction. If the ferment tastes very sour or smells rotten, don't eat it. Keep the temperature between 68 and 100 degrees F. A 25 watt light bulb or an insulated candle in an enclosed box can provide the desired temperature. Good ferment may be kept a whole week in a refrigerator. If the whey separates out, mix it with a fork.

In making fermented seed preparations it is very crucial that a temperature between 70-100deg. F. is maintained. To get a faster and tastier product, use 1/2 to 1 cup of previously made seed ferment in the new preparation. Keep a lid on to prevent the entry of other bacteria. In the first batch, it is a good practice to use rejuvelac as a starter.

FERMENTED FOODS

REJUVELAC AND FERMENTED DRINKS

1 cup wheat or other seed

2 cups water

Grains: Organic hard or soft wheat, rye, barley, triticale, oat, millet, rice mixture of grain. Use only the highest quality of seed--No old, cracked or rancid.

Washing: Place grain in strainer and rinse thoroughly in a basin of water until wash away dirt, dust, chaff. If leave organic waste the rejuvilas will have off taste and will spoil quickly.

Water: Distilled water is best. If not available add a dozen grass blades to purify the water. With distilled water, I can have a healthy rejuvilac production for at least 6 weeks from same batch of seeds.

Container: Glass is best. Never use plastic jar or cover. Use cloth to cover the jar.

Spice It: Most delicious effects are obtained with dill (fresh or dried), garlic, pickling herb mixture, hops. Strain it.

Spoilage: Can happen because of soaking too long, too hot, bad seeds, contaminated water. A good ferment will taste slightly lemonish and have a sweet sour fragrance. If it doesn't feel right, do not drink it.

Temperature: 60-90 deg F is an o k range. Best around 70 deg F.

Usage: Morning drink, substitute for lemon, starter for seed yogurt, mixer for grass or green juice. If poor quality wheat, pour off to compost or water plants with the first 2 soakings, especially if liquid has a yellowish-brown color.

Method 1: Soak seed for 24 hours (in summer, only 16). Pour water into container. Use wheat for sprouting or planting. Let "soak water" ferment in warm place for 36 to 72 hours; then refrigerate. Shake up the jar before pouring off the

Method 2: After 2 to 3 days of soaking the seed, you may start drinking the ferment. After each drink, refill the jar with water to previous level. This makes a delicious drink, similar to whey. Its high enzyme activity acts as a digestive aid. May use it in all sauce preparations. If produced from high quality wheat with distilled water, Rejuvelac can be active for at least 5 weeks.

If not used continuously, keep refrigerated, periodically, pour off all the water and replace it with fresh distilled water. If Rejuvelac has an offensive odor or bad taste due to spoilage, pour off all the fluid. Rinse. Refill with water and start again. If it continues to smell, compost the whole thing.

Method 3: Grind the wheat (millet or rye). Use method 2. Will give a strong lemon-like flavor. Millet produces a most delicious sweet-sour, lemon-like drink. Discontinue production after 5 days. Use the wheat in making Essene Bread or Chapati or Sun Bread (see O'Mango Recipe books).

Method 4: Sprout wheat for 48 hours. Blend (optional). Let it set for at least 48 hours. Drink only the clear water. After 5 days, use wheat in bread making or compost.

SEED YOGURT

1 cup sunflower seeds

2 cups Rejuvelac

Place into blender (One of the best for the money is Osterizer, obtain with pyrex glass top, the popular stainless steel total juicer blender has weak coupling, and will not last long with seed sauces). Run on high until finely ground. Shut off. With knife loosen the impactions of seeds in blade and bottom of the container. Add 1 cup of rejuvelac; blend on high until sauce thickens (central whirlpool will disappear). Add slowly more liquid, let it thicken again. Use up all of the rejuvelac. Final product should have the consistency of very heavy cream or pancake batter. Be sure the seeds are thoroughly liquified. Until master the blender, a good practice is to pour the sauce through a strainer, or to have the seeds ground in mill before blending. Seed chunks can contribute to putrefaction. **FERMENTATION:** Pour into glass or pyrex container, filling it to about $\frac{3}{4}$. Cover it

with towel or lid. Place in warm area (75 - 95 deg. F.), sun or top of radiator. (Other methods: Warm the cream to 100 deg, warm not painful to finger, pour it into non-plastic thermos bottle, close but do not lock; OR install 15 watt bulb with socket forced through the cover of small (Approx: 12 x 8 x 12) closed cardboard box , will keep an even temperature of about 80 deg.

WHEY & FERMENTS When a liquid whey settles out in the bottom of the fermentation container, one can mix in the liquid (generally after 4 hours) for even fermentation with a more sour taste. If it is fermented too long, the whey may be removed by pressing an opening with a spoon in the solid yogurt and pouring out the whey through it. The whey would give the yogurt much too strong of a taste. Science has established that whey has similar qualities to yogurt and when used regularly it will correct internal sluggishness, gas, bowel putrefaction and constipation. It particularly helps in the absorption of minerals into the system, especially calcium. Seed whey has these same properties. The yogurt may be kept up to 3 days in refrigerator. **WARNING:** If smells or taste bad or too acid, compost it. Some of the reasons for spoilage: bad water, the seeds are old with rancid oil visible, bad rejuvelac, wrong temperature. In spite of the fact it is a predigested food, one should not overeat. Rejuvelac, yogurts, and other fermented foods should be avoided if person has a very acid urine. Under such situation, build up the alkalinity with vegetable and green juices, and use the ferments and acid fruit in moderation.

No Electricity: Adjust manual grain mill to finest grind possible. Mix into it Rejuvelac to a creamy paste. Pour into dish. Cover. Will ferment.

Variations: May add sesame seeds or nuts for variety of flavors. Commercial Tofu may be blended with Rejuvelac and allowed to ferment for 8 to 12 hours. Protein becomes easy to digest and the taste is superb.

Soumess Control: (1) Do not mix in the whey, which is very sur. Just scoop off the yogurt or make a hole on side of yogurt jar and pour off the whey. (2) Soak seeds overnight and ferment for 4 to 6 hours. (3) Sprout seeds for 24 hours and ferment for 2 to 4 hours. Most mild.

Usage: Salad and sprout dressing, very delicious with kelp and other spices. Makes a perfect meal with subacid fruit, apple, papaya. For a very heavy meal, if digestion is good, may mix with super ripe banana. Source of complete protein and Vitamin B-12. Can be used to slow cleansing reaction.

BEST CHEESE

2 cups Sunflower Seeds

1 tbs. miso

2 cups water

Blend in same way as for seed yogurt, blend in 1 tbs. miso. Let it sit for 8-12 hours at 75-85 deg. F. until it reaches desired tartness. Refrigerate for a few hours. Strain off the whey through cheese cloth, either by squeezing the bag or by letting it hang for 2-4 hours, the dryer the better. Refrigerate. Will keep a week. The following batch can be restarted with 2 tbs. of the old cheese.

Variation: Blend 2 small beets, ½ lemon, 2 cloves garlic into the sunflower water combination.

The Best Cheese is my favorite *Least acid and has been liked by all that have tried it. At most 1c./meal.*

Many find the yogurt made from sesame too bitter. Most individuals find a preference for the mixture of one cup sesame with one cup sunflower. A very bland, delicious yogurt can be made from sunflower alone, or from mixture of cashew, almond, soy, pumpkin and/or sesame. After fermentation is finished, if taste is too sour then the fermentation time should be reduced; if not sour enough then increase the temperature and or time of fermentation. If it has the smell of rotten eggs then fermentation was too long or temperature too high or rejuvilac was not used.

SESAME CHEESE

Let sesame ferment or yogurt stand in warm place for 24 to 36 hours. Then place the solids in a cloth bag and hang overnight. Collect the whey, which is a good laxative. When cheese is ready, add chives, green pepper, garlic or caraway seed.

SAUERKRAUT - SALTLESS

To make a big supply for a family: one bushel of white (or mixture of white and red) cabbage; two ounces of juniper berries. Make the sauerkraut in a large 5 gallon earthenware crock, glazed inside. Obtain also a heavy lid and several large clean stones or bricks.

First, rinse and clean the container, lid and other accessories. Wash the cabbage leaves and cut them into very thin shreds, or grate them. Lay the first layer at the bottom of the crock and crush the cabbage with heavy unbreakable bottle, until the juice runs out and froth is formed. Each layer should be pressed down so that the cabbage will be saturated with its own juice.

Sprinkle a few juniper berries and put in the second layer of cabbage, repeating the process until the container is nearly full. Lay a few cabbage leaves on top and cover with a plate. Put the lid on top and weight it with a heavy washed stone. The juice of the cabbage should cover all the cabbage layers. Place the crock in a warm place (70 to 80 deg. F.) so that fermentation starts as quickly as possible. Cover the crock with a clean cloth to protect from dust. After a few days, and then every two to three days, remove all scum. Each time wash the lid and the stone in hot water. When scum no longer rises, the process of fermentation is finished. The sauerkraut will be ready to eat in three to four weeks. Store it in glass jars in refrigerator. Immediately start your next batch. You may add to the cabbage sliced beets, carrots, cauliflower, wakame, onions, green tomatoes, peppers, cucumbers. Serve the fermented vegetables with sprouts or blend them with seed to make delicious salad dressings. Some persons claim they can get a quick batch of sauerkraut by placing several cups of ground wheat (barley or rye) on the bottom of the crock and then covering with large cabbage leaves to prevent the seed from mixing with the vegetables. This increases the rate of fermentation and gives a much more sour taste.

INSTANT SAUERKRAUT

Juice cabbage. Mix juice with pulp. Add other ingredients (optional) - spices, herbs. Press down and cover. Keep at 70 to 85 degree temperature. Ready to eat in 2 to 3 days. Refrigerate. If want sauerkraut (or beet) juice. then ferment without the pulp. Beet relish in 60 hours. Reduce ferment time to 8 hrs. by adding old kraut to fresh batch.

DELICIOUS JUICES

SUN AND SOIL

3 oz. sugar beets

6 oz. Carrots

3 oz yellow or red delicious apples

If beets and carrots are inorganic, peel them. Cut off the ends. The least contaminated are the Canadian ones. Large carrots tend to be much sweeter than small ones. According to some authorities, when vegetables or fruit are juiced, most of the pesticides (which are oil derivatives and not watersoluble) are excreted with the pulp. Buy beets at the end of season in 50 ¢. crates from fruit and vegetable wholesale (look in Yellow Pages) at the cost of 8 cents a pound. 3 oz carrots and 2 oz. beets; or 6 oz. carrots and 6 oz. apples; or 2 oz. beets and 6 oz. apples. When juicing, it is o.k. to mix some of the fruit and vegetables, since no fermentation problem ever develops because there is no pulp and no need for starch or protein digestion.

YOLK OF THE COSMIC EMBRYO

2 apples

2 beets

2 medium carrots

1 clove garlic

1 stalk celery

1/2 green pepper

1/2 small cucumber

1 sprig parsley

Juice all, sip slowly.

MILK OF EDEN

WATERMELON RIND - Chlorophyll rich drink from the fruit family. A very rich source of alkalinizing minerals. Be sure to wash the watermelon before juicing. Cut up the rind and juice. The flesh and seeds may be juiced an hour later. Not overly sweet, just right for summer months. Great kidney cleanser.

MELON SHAKES - Excellent choice is the honeydew, pick the soft, heavy, slightly yellow melon. Peel the skin. Juice the seeds and flesh. One of the most delicious drinks in the world. Cantaloupe is another very tasty melon for juicing.

PROGRAMMING OF HAPPINESS

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Love Everyone Unconditionally—Including Yourself

*The Way to Become
a Living Lover:*

Use the Twelve Pathways to take you to the Higher Consciousness Planes of Unconditional Love and Oneness.

THE TWELVE PATHWAYS

Liberating My Conscious-awareness

1. I am freeing myself from security, sensation, and power addictions that make me try to forcefully control situations in my life, and thus destroy my serenity and keep me from loving myself and others.

2. I am discovering how my consciousness-dominating addictions create my illusory version of the changing world of people and situations around me.

3. I welcome the opportunity (even if painful) that my minute-to-minute experience offers me to become aware of the addictions I must reprogram to be liberated from my robot-like emotional patterns.

Being Here Now

4. I always remember that I have everything I need to enjoy my here and now unless I am letting my consciousness be dominated by demands and expectations based on the dead past or the imagined future.

5. I take full responsibility here and now for everything I experience for it is my own programming and actions that create the reactions of everyone around me.

6. I accept myself completely here and now and consciously experience everything I feel, think, say, and do (including my emotion-backed addictions) as a necessary part of my growth into higher consciousness.

Interacting With Others

7. I open myself genuinely to all people by being willing to fully communicate my deepest feelings since hiding in any degree keeps me stuck in my illusion of separateness from other people.

8. I feel with loving compassion the problems of others without getting caught up emotionally in their predicaments which are offering them messages they need for their growth.

9. I act freely when I am tuned in, centered, and loving, but if possible I avoid acting when I am emotionally upset and depriving myself of the wisdom that flows from love and expanded consciousness.

Realizing Cosmic Consciousness

10. I am continually calming the restless scanning of my rational mind in order to perceive the finer energies that enable me to unively merge with everything around me.

11. I am constantly aware of which of The Seven Centers of Consciousness I am using, and I feel my energy, perceptiveness, love, and inner peace growing as I open all of the Centers of Consciousness.

12. I am perceiving everyone, including myself, as an awakening being who is here to claim his or her birthright of the higher consciousness planes of unconditional love and oneness.

*The Scale for
Knowing Your Level
of Consciousness
at Each Moment:*

The Seven Centers of Consciousness:

- (1) The Security Center
- (2) The Sensation Center
- (3) The Power-Center
- (4) The Love Center
- (5) The Cornucopia Center
- (6) The Self awareness Center
- (7) The Cosmic Consciousness Center

*The Five Methods for
Working on Yourself:*

- (1) Memorize the Twelve Pathways and apply them to your problems.
- (2) Be aware at all times of which Center of Consciousness you are using to perceive your world.
- (3) Become more consciously conscious of the cause effect relationship between your addictions and the resulting unhappiness.
- (4) Use the Catalyst ALL WAYS US LIVING LOVE as a tool for cognitive centering.
- (5) Use the Consciousness Focusing Technique which can enormously accelerate the reprogramming of your addictions.

SEED OF HAPPINESS

We will set forth three types of basic programming for your biocomputer and show the way they operate to produce unhappiness, happiness, or bliss.

DEFINITIONS

First we need three definitions:

1. Unhappiness is a psychological state arising from the more or less continuous disappointment, frustration, and suffering we experience when life repeatedly gives us what we do not want to accept.
2. Happiness is a psychological state arising from more or less continuous pleasure. Pleasure comes from that which we tell ourselves we want to accept.
3. Bliss is a state of continuous happiness.

THREE TYPES OF PROGRAMMING

In the Living Love Way to Higher Consciousness, we think in terms of three types of programs for our biocomputer:

1. **Addictive Programming.** This type of programming is tied in with emotional responses produced in the limbic areas of our biocomputer. The use of this type of circuitry makes us experience varying degrees of emotional tension regarding our fears and desires. When our biocomputer processes the incoming sensory information and finds that it threatens the fulfillment of any one of our addictive programs, our consciousness will be dominated by feelings such as fear, anger, resentment, jealousy, or anxiety. Even when we get what we addictively want, our wanting to keep things that way automatically creates a new addiction! And we are thereby even more deeply enmeshed in an endless network of emotion-backed demands that yield continuous threat, tension, and unhappiness.
2. **Preferential Programming.** When we have Preferential Programming, our biocomputer does not connect the fulfillment or lack of fulfillment with the limbic areas in such a way that emotional responses of fear, anger, jealousy, resentment, etc. are produced. For example, if one has Addictive Programming regarding clear weather during a picnic, he will upset himself if it rains and his "whole day is ruined." If he has Preferential Programming for sunny skies during a picnic, and the rain comes, he just notices that his preference is not being realized. He gathers the things together and continues to enjoy the picnic in the shelter of a gazebo or the car. The flow of the here and now appreciation of life is not upset when you have Preferential Programming.
3. **Bliss Programming.** When a person has escaped from all of his Addictive Programs and has enjoyed the happiness-yielding Preferential Programs for a sufficient period of time, it is possible to work toward what we call Bliss Programming. Bliss Programming permits us to achieve a state of continuous happiness that is not related to any variable life realities. The nature of all life is that we "win" some and we "lose" some. When we unively merge with everything, winning and losing are one. Bliss Programming enables us to totally break our dependence on the actions of people or any external conditions (including our body).

THE MECHANISM OF UNHAPPINESS

Diagram 1 on the next page shows the mechanism of unhappiness that is associated with the first three Centers of Consciousness — Security, Sensation, and Power. This diagram illustrates the problem of finding happiness when our biocomputer is programmed with fears and desires that are backed up by emotional circuitry. Ninety-nine percent of the people in the world today operate their biocomputers with this type of programming that only produces unhappiness in varying degrees. Let's see why.

Let us suppose that you dislike criticism and that your biocomputer is programmed to give you feelings of resentment and anger when someone criticizes you. This may be called "Addictive Dislike Programming" in which you tell yourself, "I dislike criticism." Regardless of our likes or dislikes, the variable life reality is that sometimes we will receive criticism (Condition P — stimulus present) and sometimes we will not receive criticism (Condition N — stimulus not present).

When life gives us Condition P, in which we are criticized, the effect on our consciousness is short-term disappointment, frustration, or suffering. When Condition N occurs and we do not receive criticism, we experience neither disappointment nor pleasure. In other words, it may have no effect on our consciousness. Right now, you are not being criticized, not being beaten up physically, not being starved — and the fact that these things are not happening results in no feeling of either disappointment or pleasure since your consciousness is not preoccupied with the matter. However, if one's consciousness is preoccupied with a situation, Addictive Dislike Programming, Condition N, will bring pleasure. For example, consider the pleasure a man feels who is pardoned from the electric chair!

Now let's see what happens in those instances in which our biocomputer operates with Addictive Desire Programming. Suppose you have the programming "I desire sex." If the variable life reality offers us Condition P in which sex occurs, the effect on our consciousness is to experience a short-term pleasure. However, when we have programmed ourselves to desire sex and life gives us Condition N in which sex does not occur, we experience short-term disappointment and suffering.

If all of the above four conditions are equally probable, our life will have the following pleasure-suffering (see Table 1):

The above assumptions imply that half of our life will be spent in experiencing disappointment, frustration, and suffering, 37.5% of the time we will experience pleasure, and 12.5% will be without either suffering or pleasure. This, of course, is a theoretical model of a single addiction to help us understand the mechanism of happiness and unhappiness. Unfortunately, there is a factor that operates to keep us from experiencing pleasure even 37.5% of the time. We can call this factor "The Mosquito Effect."

DIAGRAM 1 • THE MECHANISM OF UNHAPPINESS

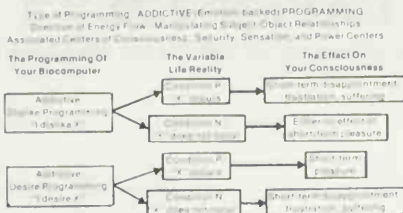


DIAGRAM 2 • THE MECHANISM OF HAPPINESS

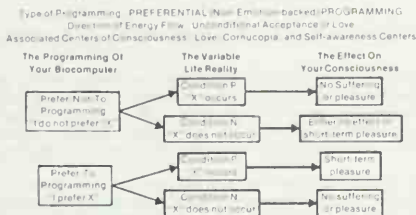


DIAGRAM 3 • THE MECHANISM OF BLISS

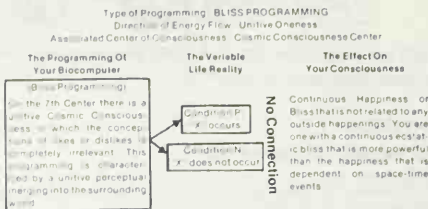


TABLE 1 Suffering Pleasure No Effect

Addictive Dislike Programming, Condition P	25%		
Addictive Dislike Programming, Condition N		12.5%	12.5%
Addictive Desire Programming, Condition P		25.0%	
Addictive Desire Programming, Condition N	25%		
	50%	37.5%	12.5%

TABLE 2 Suffering Pleasure No Effect

Prefer not to Programming, Condition P			25.0%
Prefer not to Programming, Condition N		12.5%	12.5%
Prefer to Programming, Condition P		25.0%	
Prefer to Programming, Condition N	25%		
	0%	37.5%	62.5%

If you are trying to sleep and there are ten mosquitoes whining around your head at night, you may get up and with considerable effort manage to get rid of most of them. But even though you are 90 percent effective in eliminating the mosquitoes, it only takes one mosquito whining around your head and biting you to keep you awake. Similarly, it only takes one dislike or fear or one unfulfilled desire with strong emotional programming to intermittently or even continuously dominate your consciousness. And you have hundreds of such "mosquitoes" buzzing around your head!

When we were born into this world, we were programmed with several simple desires and fears. For example, we had Addictive Dislike Programming about loud noises that startled us, to which we would respond by crying. We had Addictive Desire Programming regarding eating from time to time. Since infancy, we have expanded the half dozen simple demands we place upon our world into literally hundreds of emotion-backed demands or addictions. Many individuals can use Addictive Desire Programming coupled with Condition N to feel frustration and suffering if they cannot afford the latest model automobile that Detroit is offering as a solution to one's security, sex, and power addictions!

Neurosis and psychosis (as well as the garden variety of anxiety, disappointment, frustration, and suffering) are all directly attributable to the very complex addictive emotional circuitry with which we have burdened ourselves. It is remarkable that human biocomputers function even as well as they do when you consider that every second we are processing millions of incoming nerve impulses to ascertain which patterns have furthering or depriving effects on the myriad of likes and dislikes with which we have blithely programmed ourselves.

Even if life gives us 90 percent of what we want and protects us from 90 percent of what we dislike or fear, the remaining 10 percent will nag our consciousness, dominate our perceptions, perpetuate the churning of our rational mind to "solve the problem" and otherwise keep us from experiencing the state of happiness. For the state of happiness is experienced only when we have almost continual feelings of pleasure. Just as one active mosquito in a room can keep us awake at night, it may take only one addiction to keep us from feeling happiness.

THE MECHANISM OF HAPPINESS

A study of Diagram 2 shows that happiness becomes an effective reality in one's life to the degree that we convert our Addictive Programming into Preferential Programming — the kind that does not activate negative emotions. For when we have upleveled our addictions to preferences, we can accept whatever life variables might present themselves without triggering the emotional feelings of disappointment, frustration, and suffering. Suppose, for example, sex is a preference rather than an emotion-backed addition. When sex does not happen, there is no effect on happiness. But when it does happen, there is a feeling of pleasure.

Similarly, if one has Prefer-not-to Programming such as "I prefer not to have a flat tire on my car," one will not suffer frustration when life throws a flat tire at us (Condition P). We simply observe the reality of the flat tire and we immediately start doing whatever we need to do to get it changed. When we have Preferential Programming, the flat tire will give us neither pleasure nor suffering. Since our consciousness will be free of the negative feelings triggered by Addictive Programming, we will be free to enjoy whatever there is to enjoy while we're changing the tire. We may notice things in the world around us that

...and have been otherwise unobserved and thus not enjoyed. Perhaps our consciousness will permit us to appreciate the physical motions we engage in when we efficiently change a tire.

When Condition N occurs coupled with Prefer-not-to Programming, we will experience one of two possible effects depending on whether our consciousness is preoccupied with the matter. If I know air is leaking slowly from a tire and the service station is one block away, I will experience short-term pleasure if the tire takes me to the service station. However, if my consciousness is not at all concerned with the tires, the fact that the tire does not go flat has no effect on my feelings of pleasure or suffering. Hence, Prefer-not-to Programming offers an equal probability of short-term pleasure or no effect on one's feelings.

Diagram 2 shows that no frustration or suffering is possible in a life situation that has Preferential Programming. Prefer-not-to Programming (Condition P) and Prefer-to Programming (Condition N) do not produce either suffering or pleasure. When we enjoy Preferential Programming, all happenings just pass by as part of our here and now — just like birds flying across the sky. Prefer-to Programming with Condition P brings us pleasure.

If all four conditions are equally probable, two of the four will have no effect on our feelings, one of the four will bring us pleasure, and one will bring either no effect or will bring pleasure.

The Addictive Programming shown in Diagram 1 indicates that the likelihood of suffering exceeds that of pleasure if all four conditions are equally probable. With Preferential Programming, we have vastly improved the pleasure-suffering ratios. Happiness, which is more or less continuous pleasure, is now a real possibility. Based on our simplified theoretical model, here are the improved odds you get with each addiction you can upgrade to a preference (see Table 2):

Since Preferential Programming can insulate us from the “downs” in life, we are then free to enjoy only the “ups”. This type of programming is characteristic of the Love Center of Consciousness and the Cornucopia Center of Consciousness. Since a mature adult in these higher consciousness levels will have many preferential circuits, the opportunities for pleasure are continuous or almost continuous. For happiness is the continuous or almost continuous experience of pleasure.

When our biocomputers instantly scan the actions and words of all of the people around us in terms of the degree of threat or assistance to realizing our Addictive Programming, real love is impossible. Real love, of course, flows from the unconditional acceptance of another person. The love that is most common in our culture is the illusion of love in which I can love you only to the extent that you do not threaten my addictions and to the extent that you help me realize my addictive desires. I am trapped in the illusion that I can love you only to the degree that you help me obtain Addictive Desire, Condition P, life situations and help me avoid both Addictive Dislike, Condition P, and Addictive Desire, Condition N, happenings! As soon as you begin to hinder rather than help me with my addictions, this conditional type of love immediately goes out the window!

Real love is possible when I reprogram my biocomputer with Preferential Programming. I can then unconditionally accept everything you do or say — regardless of whether I am willing to do or say the same things myself. For when I have Prefer-to or Prefer-not-to Programming, there is nothing you can do that enables me to make myself feel frustration or suffering. But whenever you happen to play a part in increasing the probability of Condition P when I have Prefer-to Programming, I can regard you as helping me find pleasure in life. In other words, with Preferential Programming, there is no way I can “lose” and there is definitely a way that I can “win”. And the “winning” will occur more and more as my consciousness dwells in the Love Center and in the Cornucopia Center.

When you have Preferential Programming in almost all areas of your life, your programming will create a peaceful loving world for you to live in. The days are past when your Conscious-awareness was dominated by emotion-backed fears or desires. You live in the here and now. You live in a warm Ocean of loving and caring. You have gradually converted your perception of people and things around you from a subject-object basis to a cognitive framework of love and acceptance. By continually living with the programming that yields happiness, contentment, and joy, you open up the possibility for an even further step in consciousness growth.

BLISS PROGRAMMING

The ultimate state in the Living Love Way to Higher Consciousness is generated by “Bliss Programming”. Bliss Programming can make it possible for your consciousness to remain in the Seventh Center (the Cosmic Consciousness Center). The primary characteristic of Bliss Programming is that the feelings of continuous happiness or bliss are not related to any outside happenings. In other words, Condition P (in which the desired or preferred thing does occur), or Condition N (in which a desired or preferred thing does not occur) are irrelevant to one's continuous happiness or bliss.

When your consciousness is in the Self-awareness Center, you witness the drama of your life from a deep calm place within. On the drama level where your body and mind are agreeing with others, disagreeing with others, earning money, making love, etc., you still have Preferential Programming. But this is all seen as “drama”. It is like watching your life on a movie screen. You play your part as an actor in the great cosmic play in which your body and mind and my body and mind (as well as everybody else's) interact on this stage we call the world. But the real you is your Conscious-awareness. So you witness whatever is going on in the drama without fear or desire — without any circuitry that could make you vulnerable to emotional ups and downs. When you go to a movie, you can watch the beautiful happenings or the horrendous happenings — and just enjoy the entire show. If those things were happening to you, you would be on an up-and-down roller-coaster experience of pleasure and suffering. But

when you see them on a movie screen, they're just so much interesting stuff going by for your perception and enjoyment.

In a similar fashion, when your consciousness is on the Sixth Center, you just witness the drama of your life and that of everyone else. When you are in this center on a fairly continuous basis, there arises within you a tremendous feeling of well-being and joy. You are able to brimming with awe and gratitude in the ecstatic knowledge of the inherent goodness of life. Thus the Sixth Center of Consciousness can be regarded as an intermediate stepping stone in which your body and mind may operate as shown in Diagram 1 or 2 — but your Conscious-awareness is enjoying the entire show in a manner that is independent of the variable life realities.

The Sixth Level permits your Conscious-awareness to experience continuous happiness that is not related to anything people do or say or to any of the conditions in the environment around you. Just as the Preferential Programming described in Diagram 2 frees you from the tyranny of the subject-object way of relating your happiness to any variable life realities. When your consciousness has lived for a period of time in a state of continuous happiness (even though your body and mind interact in the drama on Preferential Programming), you may be ready to make the break-through to the highest state of consciousness.

The Seventh Level of Consciousness (the Cosmic Consciousness Center) transcends this dualistic split in which your body and mind operate according to one type of programming and your Conscious-awareness uses another. In this state your consciousness has been continuously removed from subject-object paranoia. You now begin to perceive all people and things in a unitive framework. Your perceptions and your consciousness reach out toward experiencing yourself and everything around you as an identity. Your biocomputer expands its perceptual framework so that every person and every object in your world is felt as if from within. The distinctions between inside and outside (although intellectually clear) are merged in your feelings. All is subject. There is no outside — there is no inside. There is just "us" happening. Us people, us trees, us automobiles, us rocks, us books — everything is experienced in a unitive oneness.

It should be clear that this oneness transcends love or unconditional acceptance. There is no longer anybody or anything to accept. Do you unconditionally accept your arm? It just is. It is the ultimate in love. It is not the act of loving someone outside of you. Both the outside and inside are a part of your being — as one consciousness.

When one's biocomputer functions in the unitive Seventh Level of Cosmic Consciousness, it is capable of utilizing fantastic powers that are not available in the lower levels of consciousness. When our consciousness merges the outside and inside (and everything is intuitively experienced in a unitive way), our biocomputers enable us to perceive the unspoken thoughts of people. For when our consciousness has merged with theirs, there arises an ability to directly perceive their consciousness as one's own.

THE DIRECTION OF ENERGY FLOW

In the Living Love System we have three cognitive frameworks for perceiving and responding to people and things outside of us:

- 1 In a **Subject-object Manner** that is characteristic of the Security, Sensation, and Power Centers of Consciousness.
- 2 In an **Unconditionally Accepting Manner** in which we experience the beauty of unconditional love associated with the Love Center, the Cornucopia Center, and the Self-awareness Center.
- 3 In a **Unitive Perceptual Manner** in which one feels no difference between one's self and all of the people and things outside. The capacity for rational discrimination is completely intact. On the rational level one can still perceive people and objects in their aspect of "separateness." But on the feeling level, there is a complete unitive merging into a oneness. This cognitive framework is associated with the Cosmic Consciousness Center.

The direction of energy flow toward the world is associated with the manner in which we work toward happiness. On the lower three levels of consciousness, we feel uncritically sure that the way to happiness lies in improving our odds in the middle column entitled "The Variable Life Reality". We put a torrent of energy into subject-object manipulation. We concentrate on preventing that which we addictively dislike, and we try to manipulate and control the people and things in the world to bring about the conditions we addictively desire. But the results are never "enough".

When you realize that no amount of powerful striving is sufficient to bring about happiness through subject-object control of the people and things in the world, you are ready to redirect your energy to the reprogramming of your biocomputer. Your energy flow then helps you become more loving and accepting. You realize that this method of producing happiness is within your conscious ability to achieve. However, it is not necessary to completely withdraw from the drama of manipulating the variable realities in your life. You will even have two of the Twelve Pathways to guide you on the "outside trip".

Two of the Twelve Pathways tell you exactly how to interact with the outside world around you — and the remaining ten Pathways tell you exactly how to work on the inside world which is yourself. The Seventh Pathway tells you to openly communicate with everyone so that you no longer feel and think of yourself as separate. The Ninth Pathway says to do anything you want to do provided you are tuned in, centered, and loving. Your actions will always be optimal if your head is in the right place. So **ACT FREELY** — but don't be addicted to the results. By following these two Pathways, you will be enormously more effective in changing the people and situations around you than when you put all your addictive energy into modifying the external conditions of your life. But this increased power to optimize your environment comes to you **ONLY TO THE DEGREE THAT YOU EFFECTIVELY CHANGE YOURSELF USING THE REMAINING TEN PATHWAYS.**

Some of the conventional methods of consciousness growth may require years or decades for substantial results. The Living Love Methods offer the possibility of rapidly reprogramming your biocomputer so that some of the pleasure and joy of Centers

Four and five may sometimes be experienced in a period of months. It all depends on how much energy you are ready to use to eliminating frustration and suffering in your life. How intensely do you want to reprogram your biocomputer to produce pleasure and happiness? How soon will you realize that the only thing you don't have is the direct experience that there is nothing you need that you don't have?

The sixth and seventh levels of consciousness require a fine tuning of your biocomputer that may take a much longer period of time. The sixth level is far easier to experience than the seventh. The Cosmic Consciousness Center represents an ultimate breakthrough that happens when there is a high degree of perfection of the Sixth Center.

You should keep your aims realistic and enjoy taking one step at a time. Once a major part of your consciousness resides in the Love Center, you will experience a happiness and beauty in your life that is "enough". Even if you do not progress beyond this Center, you will have a wisdom and effectiveness in your life that will exceed that of most of the people in the world. The consciousness game is the greatest and most genuine of all life games - that one should not get hung up on the spiritual score board. Just enjoy the eternally beautiful here and now moment that your life continually offers you. At the end of your journey toward awakening, the only thing you will find is your real self.

THE PURPOSE OF YOUR LIFE

A first step in your growth toward higher consciousness is to see clearly the enormous expenditure of fruitless energy that you are now putting into living out your addictive programming. Every addiction you have programmed into your head will separate you and make you suffer to a greater or lesser degree. Your feelings of disappointment, irritability, anger, jealousy or fear are giving you urgent messages: "Here is an addiction that you must reprogram into a preference in order to live an effective and joyous life."

The remarkable thing about growing into higher consciousness is that it is only the release from the emotion backed inner addiction that is required - you do not necessarily need to change your actions. If you are addicted to over-eating chocolate cream puffs, the problem lies not in the act of putting chocolate cream puffs in your mouth - the problem lies wholly in the circuitry of your biocomputer that makes you a slave to this inner desire. When you use the five Living Love Methods for reprogramming your addictions, the outer behavior will then take care of itself. You may from time to time eat chocolate cream puffs, but you are freed from an inner addiction that dominates your consciousness. You will not keep a fresh supply in the house. You will no longer let a large part of your calories be wasted on such relatively "empty" food with unfortunate consequences to your health. When you uplevel this addiction to a preference, you may still enjoy a cream puff from time to time - but you can also enjoy life if you do not eat cream puffs. And so the energy that was previously drained into an addiction can now flow into channels that add to your happiness and joy.

When you reprogram an addiction, you may find that you have no further interest in the external actions that you have been engaging in. Or when you reprogram an addiction and uplevel it to a preference, you may find that there will be no change in your external actions. For example, if you uplevel an addiction for not washing dishes to a preference you may find that you are now able to consciously wash dishes. Your addictive programming will no longer operate to make you unhappy when you are doing this necessary job.

The Living Love Way to Higher Consciousness does not teach you to repress the emotional programming that separates you from other people (for this causes psychosomatic diseases) or to express this duality and alienation (which is the traditional method of psychology and psychiatry). To get into higher consciousness, you must eliminate the cause of all feelings of duality, isolation, and separation that keep you from loving yourself and everyone and everything around you. The Twelve Pathways, the Seven Centers of Consciousness, and the Five Methods enable you to **eliminate the cause of your unhappiness.**

You begin to realize that a direct and rapid way to find happiness is available through using your negative emotional feelings to show you which parts of your biocomputer need reprogramming in order to enjoy every moment of your life. In the past, you have used the majority of your energy trying to control, dominate and change the people and situations in your life. Now this energy can be channeled into the Five Methods to get free of the addictive programming that can bring you down.

And then a most remarkable thing happens. When you reprogram your addictions, you will find that you can love everyone unconditionally - including yourself. As long as people were **objects to be manipulated** to help you achieve your addictions, real love (unconditional acceptance of another person) was impossible. You now find that you can love in a profoundly beautiful way that you never knew existed before.

This new dimension of love produces a miracle in your life. For it now makes you open to new experiences, new people and new activities. When you begin to live in the Fourth Level of Consciousness, you no longer experience any person or any situation as a threat. You find that you now have everything you need to be happy.

You will continually marvel at the way that the people and situations in your life are harmoniously functioning to meet your real needs. And your consciousness may go back to the day when you first discovered the Living Love book that helped to show you the way to bring about this miracle in your life. But did you discover it? Wasn't it the people and conditions of your life that offered it to you - because of your openness? Trace the major things that have happened to you since the day you first began your conscious growth toward becoming a more receptive, effective, and wiser being. You will find that you have interacted with

the people and conditions of your life to help you make wiser and wiser choices that have accelerated your continuing growth into higher consciousness.

It feels so unbelievably great to be liberated from the consciousness-dominating barrage of desires, demands, expectations, inflexible patterns, models of how the world should treat you — addictions of every kind. Anyone watching you might see you doing more or less the same things you used to do, but there is a **NEW YOU** doing them. You still go the grocery store to buy food, but you do it with a biocomputer that now permits you to enjoy every minute of the experience. No matter how many items you can't find, or no matter how long you have to wait in line, you can no longer make yourself feel frustrated, disappointed, or create suffering of any sort.

Your trip to a grocery store becomes a turned-on experience. And your smiles, your helpfulness, and your vibrations of love affect those around you. Your new non-addictive being changes the path of your daily doings from a tiresome drudgery into an energy-producing delightful panorama that passes before your eyes. You find that you have discovered that all of the people in the grocery store are awakening beings who are there to help you in your journey toward higher consciousness. And you have the deep satisfaction of knowing that by living a high consciousness life, you are also doing the most (without any striving) to help other beings in their growth toward higher consciousness.

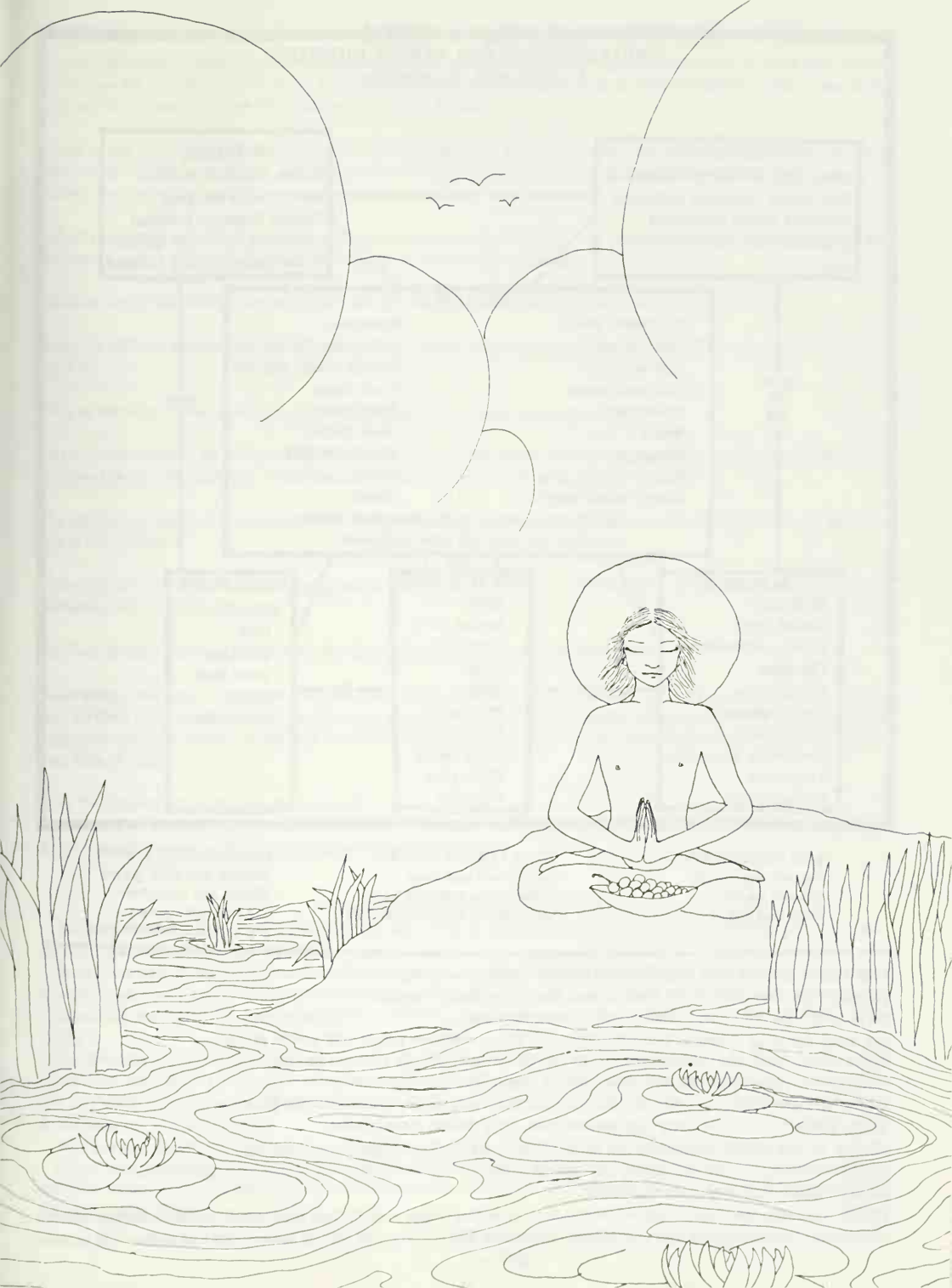
A beautiful thing about higher consciousness is that what is best for you is best for everyone else. When you begin to live on the Fourth or higher Levels, your radiant inner being creatively changes the feelings and actions of the people and the vibrations of the situations that you come in contact with. You give them the greatest gift of all — you tune in to them at the beautiful place that is behind their lower-consciousness games. You flow harmoniously with them at the place on the Fourth Level where they are pure love. And this can even be done with nothing more than a loving eye-to-eye contact or smile. By relating to that place in them where they are love, you temporarily put their consciousness into a higher place. This way of being, more than anything you could ever achieve externally in life, becomes the source of that feeling of conscious satisfaction about the “rightness” and the meaningfulness of your life.

A wonderful thing about the Living Love Way is that you can do it “alone” if need be. You can regard others as actors on the Cosmic stage who are here to make you aware of your addictions. They are helping you by creating situations in which your emotions reveal the hiding places of your addictions. Regardless of whether they know of the inner work that you are doing, everything they do or say helps you grow into higher consciousness. Even though they may be driven by addictive programming that makes them irritated or hostile, you can use all of their actions, emotional expressions, and words to help you become free of your addictions. And as you reprogram your biocomputer and liberate yourself, they will begin to notice the extraordinary joy, freedom and love that radiates from you irrespective of what they do or say. This transformation will be so unexpected and amazing to them that they will want to know what is happening inside of you. And when they ask, you can then joyously share the keys that you discovered for unlocking happiness.

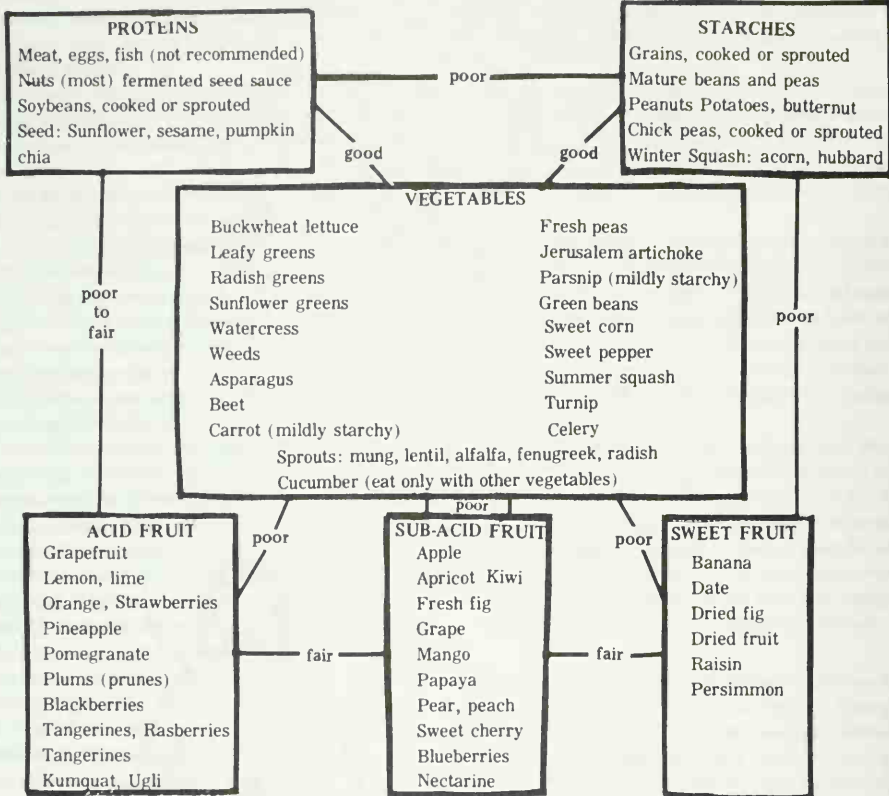
You can show them how it is all found inside — independent of the changing world of people, objects and situations. And if they are ready to hear, they will be amazed at the simplicity of the method for growing into higher consciousness. It simply means upleveling all their addictions into preferences. It will take them a while to really understand the awesome vastness of their addictions. But the results in increased happiness and ability to love will arrive so rapidly that they will know they have at last found the answer to “making it” in life. And by helping themselves, they have now helped you grow even more rapidly toward the higher levels of consciousness. You will have been given the opportunity to explain it, and you will have discovered additional insights you need for your growth. Their vibrations of growing love and expanded consciousness are helping you live in a more beautiful world. They help you liberate even more energy for your own journey.

And so, hand in hand, we journey down the river of our lives toward the vast ocean of Oneness that is our source and our destiny. At last we have the profound joy of knowing:

THE PURPOSE OF OUR LIVES
IS TO FREE OUR CONSCIOUS-AWARENESS
FROM ALL ADDICTIVE TRAPS SO THAT WE
MAY BECOME
ONE WITH THE OCEAN OF LIVING LOVE



FOOD COMBINING FOR FASYSR DIGESTION EATING FOR HAPPINESS



BAD COMBINATIONS

Protein and starch
Oil and starch
Fruit and starch

POOR COMBINATIONS

Protein and acid fruit
Leafy greens and acid fruit
Leafy greens and subacid fruit

GOOD COMBINATIONS

Protein and leafy greens
Starch and vegetables
Oil and leafy greens
Oil and acid subacid fruit

ONE FOOD per meal FOR BEST DIGESTION. Or combine according to chart.

DO NOT MIX more than FOUR foods or food from more than 2 classifications.

Serve ONE PROTEIN food or ONE STARCH food per meal.

OIL slows digestion. Combines best with fruit, vegetables; combines poorly with starch, protein.

TOMATO combines best with avocado, green vegetables. MELON (all kinds): Eat alone.

AVOCADO combines best with acid fruit, sprouts, vegetables. Use in moderation.

WHEATGRASS: Take on empty stomach. May mix juice with carrot, green vegetable juice.

SEED YOGURT: Goes well with ripe sub-acid fruit, leafy greens, sprouts, alone.

HONEY or MOLASSES: Best avoid. Eat alone on an empty stomach to prevent fermentation.

PEANUTS are high in protein, starch, fat; difficult to digest.

DAIRY PRODUCTS: Best avoid. Eat alone.

FRUIT: Try eating one type at a time or combine them according to type of seed. Stone fruit (peach, nectarine, apricot, cherry) citrus fruit, core fruit (apples, pear), dried fruit, melon fruit. Papaya goes well with all sub-acid fruit, as well as with banana.

SPIRITUAL FRONTIERS

The spiritual healing powers in an individual are magnified hundreds of times on a frugal live food diet. It would be interesting to see whether the teachers who take on the karma of others would be free from disease on a live food diet if all their students also switched to live food. In a pure body there is no place for disease.

Do not let any negative thoughts linger in your mind. Maintain faith, a desire for health, and good reasons for living. Review in the evening your desire for health and good reasons for living. Review in the evening your daily activities. Keep a diary. Be critical, discriminating, loving; every day try to improve.

Detoxify your body to the level possible in a chosen environment. Personal pollution is much worse than external pollution. For spiritual discipline you need a flexible, healthy body, its vital force centered in the upper chakras.

Cultivate the virtues of non-injury to and love for all living things, truthfulness and selfless service.

Study the works of esoteric teachers. If need be, find a living teacher for guidance. (Nature will provide you with teachers anyway).

Work to take care of your needs. Learn to differentiate between need and desire. Do not waste.

Do not create uselessly. Do no more than is needed for yourself and others. The fun house is inside you; the admission price is devotion to truth and simplicity. Wealth consists of minimal needs — let us detach ourselves.

The ultimate adventure of this age is the inner trip to universal consciousness which destroys the illusion of time and space and brings compassion.

Perfection is found on the road of discrimination — by the self; deny the unnecessary. If you desire perfection, think perfection — it will come into being.

Air, then thoughts, then sun, then water, then frugal diet is Nature's path to endless health.

Move away from city. Our needs are small when we live in nature. In many areas, heat, shelter and food are provided by God. Be there to receive them. Solar vibrations and unpolluted air provide the major nutrients to a fruitarian in a tropical high altitude environment. There you will have time for meditation, fasting, rest, study, intellectual growth. Find your family. Build your tribe in nature.

Wear the simplest cotton clothing or none at all.

Know yourself. Heaven is within you. To know yourself is to know all.

NATURAL LAWS OF HEALTH

There is no disease. There is only a polluted body. The road to health is detoxification of the bloodstream with pure air, water, fasting, live food and spiritual discipline.

GermS cannot harm you. They can only multiply rapidly in a congested devitalized body. They are the scavengers that feed on dead food and mucus. In a detoxified bloodstream, germS that enter through a cut, digestive or respiratory tract are quickly eliminated through the body's defense mechanisms. However, chemicals or medication introduced into a detoxified body can be deadly.

The discomforts of a healing crisis lead to health. The aches and pains of unattended disease lead to death. Each crisis of elimination will make you stronger. Do not expect robust health in a month. It may take years to become younger and healthier. For best health, use your sense of humor. Do not argue. Smile and say "yes". Chant Om. Be a wise fool. Questions are answered in the soul, not with arguments.

Only you can change the condition of your health by changing your habits. There are no instant cures.

Do not wear sunglasses; they disturb the endocrine system. Choose clothing colors with care. Avoid television due to the radiation hazard. Radiation pollution from electronic sources — x-ray, radio, TV stations, motors - can cause cell mutation and speed the aging process.

Don't keep persistent company with smokers. They will pollute your lungs.

Adopt a natural life-style.

The younger you start, the longer you will know youth and health.

During therapy, to conserve your energy, practice chastity.

If you have all the essential organs, live foods will eventually rebuild them. If you use drugs, you will be able to gradually take smaller dosages and, as your health improves, eventually eliminate the use of medication.

If organs have stopped functioning, have been removed, were absent at birth and you require the use of a hormone, digestive or enzyme supplement, consider withdrawal from this medication only under a doctor's guidance.

There are stages in every disease in which an irreversible process has been reached. However there have always been exceptions. One never knows until one tries.

If you cannot give up your addiction to cooked food, at least give your children raw food.

Maintain health through diet, yoga, walking, exercise and meditation. Do not subject yourself or your children to any vaccination or medication. In case of accident or broken bones, seek natural methods such as zone therapy and the aid of a doctor to correct the condition and obtain relief.

Fast on distilled water at least 36 hours a week. Such a fast will eliminate DDT and other toxins from food and environment. Fast at least twice a year, especially during seasonal changes, for at least 7 days. Dry fast (no water) for 12 to 36 hours once a month. For headache or indigestion, dry fast (no more than 36 hours) until nature invites you to dine. Have one day of silence each week.

Initially, let a chiropractor check your vertebral alignment at least twice a month, especially after any shock to the body.

Zone therapy, reflexology, acupuncture, iridology are useful for diagnosis and to improve health.

Become an example of health and you will gain followers.

WHAT TO EAT

Organic live food is your best medicare, your ticket to prolonged youth. Eat natural food which appeals to you most. Advance your diet according to the dictates of your body and the type of work you do.

Avoid all animal, processed, or cooked food, strong condiments, spices. Do not use the teeth to crush hard food. If hard to masticate, it is forbidden.

Grow your own food in your garden: vegetables, fruit, sprouts, 7 day greens. In a natural environment, eventually eat fruit only. Be thrifty; eat what your own area can provide organically grown.

Eat no more than 16 ounces at a single meal. Never eat a large meal just before doing hard work. Before a difficult physical or mental task, center you energy; fast on juice or water.

WHEN TO EAT

Eat only when hungry, after the previous meal is digested. No snacks between meals. Some individuals have within the digestive tract three or more meals in a semi-digested, putrefactive state.

A day will not be wasted on a small (or no) breakfast.

Eat the biggest meal at noon when sun activity is strongest. Solar vibrations aid digestion. Eat a small meal before sunset for a longer night of fasting.

Never eat when in pain, emotionally upset, extremely tired or immediately after hard work.

Rest or relax after a meal for 45 minutes. For those with a delicate digestion lie down for at least 10 minutes before a meal.

After retiring for the night do not eat or drink.

HOW TO EAT

Begin with a name of God. Be grateful, ask for control in appetite. Bring a tranquil mind to meals. Do not argue or rush. Enjoy the music of birds and brook, the silence of the sky. Enjoy your food.

Eat slowly and chew each mouthful thoroughly reducing it to fluid before swallowing. Breathe long and deep with each mouthful. Do not drink (or eat) cold or hot (beyond 104 degrees) substances.

No liquids with meals. Drink at least thirty minutes before or three hours after a meal.

Eat one food at a meal, or combine food correctly for best digestion. Eat juicy foods prior to concentrated foods. Eat raw foods before cooked foods. Stop eating before you feel full.

CHEMISTRY OF FOODS

ACID ASH: All grain (except millet) all meat, butter, cream, eggs, cheese, animal fats, sea foods, most nuts, dry peas, dry beans, most oils, lentils, peanuts, hulled sesame.

MUCUS-INDUCING FOODS: All acid ash foods. All dairy products. Sprouted grains, chick peas, lentils, seed, nuts, potato yam. Slightly: Squash (acorn, butternut, hubbard).

ALKALINE ASH: Most dried fruit, indoor greens, all grasses, dandelion, soybean sprouts, cucumber, almond, unhulled sesame, avocado, carrot, onion, tomato, peach, plum, celery, fruit and most vegetables, olive oil, sprouts from most legumes.

ACID pH FRUIT: Currant, grapefruit, kumquat, lemon, lime, loganberry, loquat, orange, pineapple, pomegranate, strawberry, tamarind, tangerine, tangelo, tomato. When ripe all fruit produce alkaline effect on the bloodstream.

Overacid condition can be generated in the stomach regions, affecting your whole body, from the intake of ascorbic acid (vit C), Nicotonic Acid, or any of the acidic vitamins, just as well as from eating unripe tomatoes, citrus or pineapple. Symptoms: dizziness, fainting, pressure on the eyes, headache, burning sensation in stomach, bleeding of the gums.

SUB-ACID FRUIT: Apple, apricot, blackberry, cactus fruit, cherimoya, cherry, elderberry, gooseberry, grape, guava, huckleberry, jujube, mango, nectarine, papaya, papaw, peach, pear, persimmon, plum, kiwi, raspberry, sapodilla, sapote.

SWEET FRUIT: Banana, breadfruit, date, dried (date, apple, apricot, banana, fig, grape, peach, pear, plum), fig, plantain.

MELON: Banana, cantaloupe, casaba, christmas, crenshaw, honeydew, persian, watermelon.

ACID FRUIT: Most berries, pineapple and pomegranate leave the bloodstream more acid. When badly combined, or eaten in large quantity most food can leave the body more acid.

ALKALINE FRUIT: Citrus, tomatoes, most sweet fruit and those fruit listed in sub-acid column leave the body more alkaline.

SOAKED DRIED FRUIT such as figs, apples, apricots, peaches, dates and pears leave the body more alkaline. However, too much or too frequent or badly combined can cause fermentation and acidity the bloodstream.

VEGETABLE FRUIT: cubes, cucumber, green, red and yellow pepper, winter and summer squash.

GREEN VEGETABLES: Cabbage, asparagus, broccoli, green pepper, zucchini, string beans, peas. Non-mucus.

COLORED VEGETABLES: beets, carrots, red cabbage, cauliflower, corn, eggplant, kohlrabi, parsnip, rutabags, squashes, turnips, slightly mucus inducing.

COOKED VEGETABLES: During transition to raw foods all starchy foods can be cooked. Eventually, lightly steam or bake the vegetables listed as fruit, green or colored. To slow down a rapid cleansing reaction slightly cooked vegetables may be used. Under such circumstance, you might want to blend together some raw and some cooked vegetable.

DRINK YOURSELF TO A HEALTH ATTACK

Make juices pulp free by pouring them through, a fine stainless strainer or cheese cloth. For best digestion, sip slowly.

Here are some "Juice Prescriptions" often suggested:

Acne: Carrot alone; Carrot 10 oz. Spinach 6 oz.

Big carrots have the best flavor.

Adenoids: (same as acne)

Albuminuria: Carrot 10, Beet 3, Cucumber 3 oz.

Allergies: Carrot 8, Celery 6 oz.

Anemia: Carrot 8, Beet 2, Celery 6 oz.

Angina Pectoris: Carrot 6, Beet 5, Cucumber 5 oz.

Arthritis: Carrot 8, Celery 8 oz.; Grapefruit alone

Asthma: Carrot 8, Celery 8 oz.; Grapefruit alone

Blood Pressure (high): Carrot 8 oz. pod of garlic

Bright's Disease: Carrot 8, Celery 6, Parsley 2 oz.

Cancer: Carrot, quart daily. Carrot 12, cabbage 4 oz.

Colitis: Carrot 8, Apple 8 oz.

Constipation: Carrot 8, Celery 4, Apple 4 oz.

Coronary Thrombosis: Carrot 8, Garlic 2 oz.

Dermatitis: Carrot 6, Beet 5, Cucumber 5 oz.

Diabetes: Carrot 6, Celery 5, Endive 2, Parsley 2 oz.

Diarrhea: Carrot 6, Celery 5, Apple 5 oz.

Fever: Choice of Apple, Pineapple, Grape, Orange

Gallstones: Carrot 6, Beet 5, Cucumber 5 oz.

Hay Fever: Carrot 8, Celery 8 oz.

Hernia: Carrot 6, Celery 6, Spinach 2, Parsley 2 oz.

Influenza: Carrot 8, Celery 8 oz.

Nephrosis: Carrot 8, Celery 6, Parsley 2 oz.

Nervous Disorders: Carrot 8, Celery 6, Parsley 2 oz.

Peptic Ulcers: Cabbage 16, Celery 16; Cabbage alone.

Rheumatism: Carrot 8, Celery 8 oz.

Scurvy: Orange 8, Grapefruit 8 oz.

Tumors: Carrot 12, Beet 3 oz.

Special Properties of Juices:

Apple: Healer of internal inflammation, digestant

Beet: Cancer-tumor healer, blood-builder

Cucumber: Alkalinizer, mineralizer.

Cabbage: Vitamin U, healer of ulcers

Carrot: Best balanced in vitamins and minerals.

Celery: Nature's nerve tonic, alkalinizer.

Dandelion: Organic magnesium, for teeth, tonic, diuretic, kidney-liver cleanser or blood builder.

Endive: Alkalinizer, rich in minerals and vitamins.

Kale: Vitamins A,B,C, rich in calcium.

Lemon: Richest in bio-flavonoids.

Parsley: Helps glands, nerves, blood coagulation, eyes.

Tomato: Fruit richest in minerals.

Orange: Rich in calcium, Phos., Vitamins C,A.

Watermelon: Alkalinizer, kidney activator and cleanser.

For additional study on the healing properties of live juices, consult Walker, Lust, Kirschner, Wigmore and Lovewisdom.

HOW TO BUILD A \$200 DISTILLER FOR \$12

Materials:

9-1/4" stainless steel bowl	10" x 30" tin or aluminum sheet
9 1/2" stainless steel table insert cover	2" silver colored, heat resistant adhesive tape
6-8" cooking pot	caulking compound
Above ingredients from Wholesale Restaurant Supply Equipment (Look in Yellow Pages)	Above ingredients at Hardware Store

Roll the metal sheet into a cylinder 9" in diameter with edges over-lapping. Tape inside and outside of seam, covering smoothly and completely.

Place the cylinder on top of the bowl. With adhesive, join the base of cylinder to the bowl.

The tape should be placed such that the distilled water (which appears in the table insert cover gully) does not come into contact with the tape. So, place the tape about 1/3 inch above the bowl rim.

Fill the gully formed inside of cylinder and bowl with caulking compound to a depth of half an inch. Fill cylinder with water. If there are leaks, remove the water and add more caulking compound. Let it harden for two days.

Instead of tape, you may want to use DEVCON St-50, liquid steel paste (from Hardware store). Fill both sides of the cylinder and use it to join the seams. After it hardens test with water. Plug up leaks with caulking compound.

An optional feature for increasing the efficiency is to plug up the steam table cover hole (in the gully) with thin steel plate and St-50. Purchase a thin 5 inch long steel pipe. Drill a 1/4 inch hole into metal plate and install the pipe into hole with the St-50.

With an electric drill and saw or hammer and chisel, cut a 3 to 4 inch hole in center of the steel cover. You can have this job done at a machine shop.

Thoroughly clean the interior of bowl and steam table cover. Setting Up The Distiller:

Place pot of water on stove. Place the steam table cover on top of pot. The circumference of the cylinder should rest in the gully of the cover. Fill cylinder with cold (iced) water. Place a glass container underneath the hole in gully.

Total cost is about \$10.00 — with an electric stove turned to medium high, you can produce 6 gallons of water in 24 hours. This is equivalent in performance to a \$200.00 commercial distiller.

Another Alternative

From an automobile parts store, purchase a streamlined 15" chrome hubcap — it will have a gully at outer circumference.

Cut a hole in center. Invert a 13-14 1/2" stainless steel or porcelain pot on the hubcap. Place another pot on top of inverted pot. Fill it with cold water. Set the whole unit on top of a pot containing boiling water.

Cost of this unit (hubcap, \$4.00) — other parts from your kitchen.

Third Method

Purchase 12" diameter steam table insert bowl and cover. Cost \$12, cut a 4" diameter hole in center of cover. Place a 5-8 inch diameter pot of water on stove. Place steam table cover on top. Place steam bowl into the cover. Fill a pot with cold water. Place it on top of the steam bowl. Place a glass container underneath the hole in gully. Will produce 4 gallons in 24 hours.

Fourth Method

Instead of a hubcap, use an angel food cake mold. Arrange the same way as for the hubcap distiller. Water will collect in the rim of the mold.

For emergency use, it is a good idea to keep on hand a compact portable water purifier: it can be obtained from most camping equipment supply stores.

SPROUTARIAN CHAIN RESTAURANT

There is a need for many organic food restaurants as an alternative to hot dog, hamburger and coffee joints. They should serve inexpensive, fundamental, tasty foods; and they should be profitable.

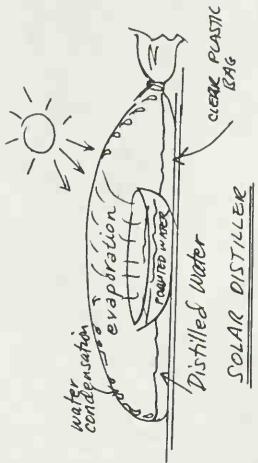
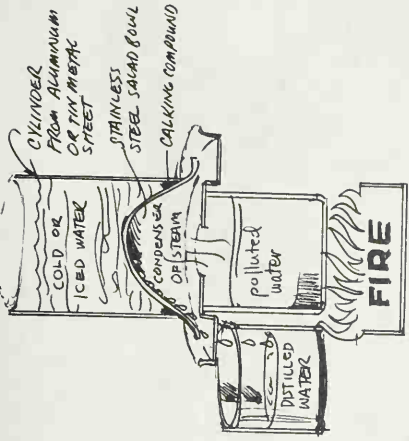
The operation should be set up in a concentrated business area where there is heavy pedestrian traffic. Initially, it should be small, involving minimal investment.

Most of the food served could be grown and produced on the premises: sprouts, indoor greens, rejuvelac, seed yogurt, sauerkraut, fermented seed chapatti. The following menu could be served: 1. Mixed sprout salad served with: a) plain or fermented seed sauce appropriately seasoned; b) oil, strong, sour rejuvelac, garlic, seasoning; c) avocado, garlic, indoor greens, seasoning; or d) as a sandwich with an appropriate dressing. 2. Soups: seed milk or yogurt, heated appropriately seasoned. 3. Drinks: juice from indoor greens and sprouts or from carrots and indoor greens; coffee substitute with ginseng (on an empty stomach it will produce a stimulating effect similar to coffee without poisoning one); seed milks — fermented or plain, seasoned with apple or banana; herb teas; fruit—fresh or dried blends during the season.

Make available educational literature and classes on natural foods and survival. Let people know why the food eaten at the restaurant is good for them.

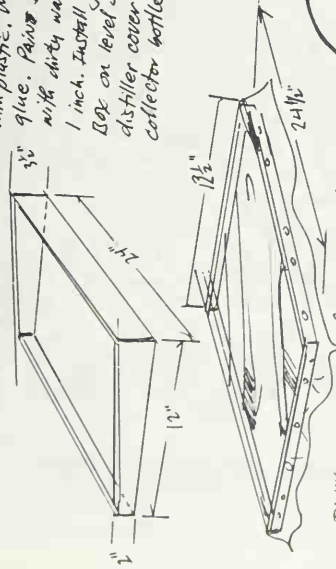
We have tested this program in many cities and have found it well received by the public.

\$12.00 WATER DISTILLER

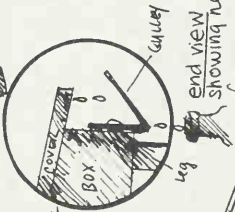


ONE DOLLAR DISTILLER

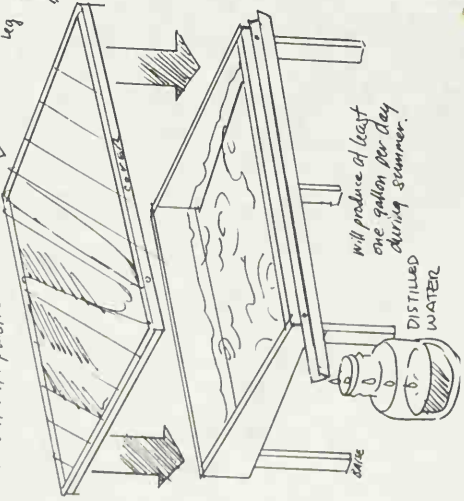
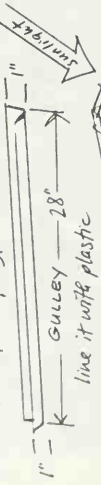
Build box. Line it with plastic. Waterproof with glue. Paint BLACK. Fill with dirty water to about 1 inch. Install gully. Place box on level surface. Add distiller cover and water collector bottle.



SEE CIRCLE END VIEW

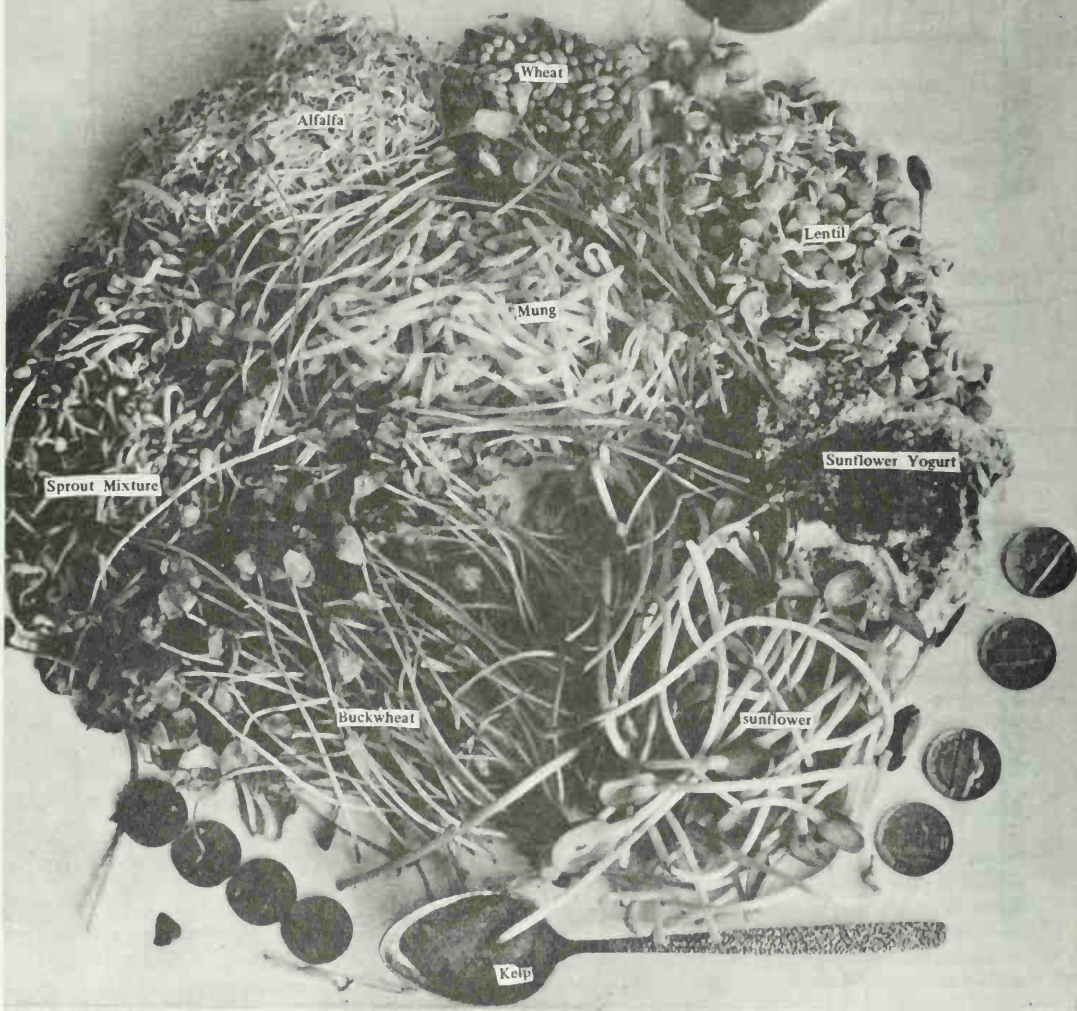


Distiller cover: Build frame. Cover top with plastic. (You may use glass).



FEAST FOR FAMINE

Chlorophyll Enzyme Green Drink



Wheat

Alfalfa

Lentil

Mung

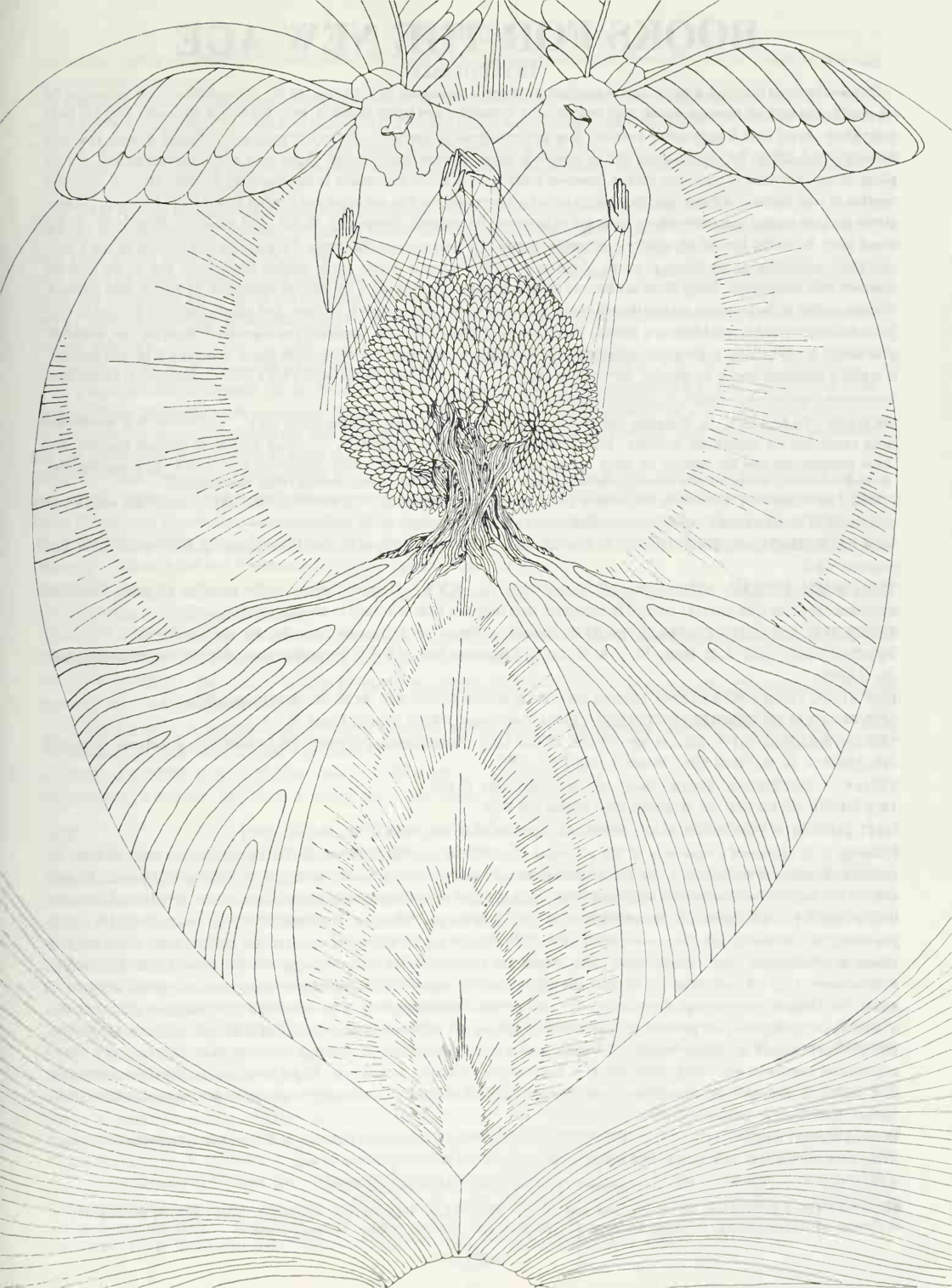
Sunflower Yogurt

Sprout Mixture

Buckwheat

sunflower

Kelp



BOOKS FOR THE NEW AGE

PSYCHOLOGY

Go placidly amid the noise & haste, and remember what peace there may be in silence. As far as possible without surrender be on good terms with all persons. Speak your truth quietly & clearly; and listen to others, even the dull & ignorant; they too have their story. Avoid loud & aggressive persons, they are vexations to the spirit. If you compare yourself with others, you may become vain & bitter; for always there will be greater & lesser persons than yourself. Enjoy your achievements as well as your plans. Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time. Exercise caution in your business affairs; for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals; and everywhere life is full of heroism. Be yourself. Especially, do not feign affection. Neither be cynical about love; for in the face of all aridity & disenchantment it is perennial as the grass. Take kindly the counsel of the years, gracefully surrendering the things of youth. Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with imaginings. Many fears are born of fatigue & loneliness. Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe, no less than the trees & the stars; you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should. Therefore be at peace with God, whatever you conceive Him to be, and whatever your labors & aspirations, in the noisy confusion of life keep peace with your soul. With all its sham, drudgery & broken dreams, it is still a beautiful world. Be careful. Strive to be happy.

Found in old Saint Paul's Church, Baltimore; Dated 1692

3 authors whose books have been very helpful to me are Roy Masters, Baba Ram Dass, and Ken Kesey Jr.

BEYOND TELEPATHY, A. Puharish (\$2.50, Anchor Press/Double Day, Garden City, NY). Author is a neurologist who expanded his traditional training after publishing *The Sacred Mushroom*. Many stories of normal humans who have experienced the far reaches of their minds. Contains the most fascinating interpretation of law of consciousness. A very scientific study of dry fasting, starvation and higher states of consciousness. Well documented.

LOVE, Lao Russell (4, University of Science and Philosophy, Swannanoa, Waynesboro, Virginia). A scientific and living philosophy of love and sex by one of the greatest, most versatile geniuses of our times.

HOW YOUR MIND CAN KEEP YOU WELL, Roy Masters, (\$4.00, Foundation of Human Understanding, 8780 Venice Blvd., Los Angeles, Ca.).

THE PRIMAL SCREAM, Arthur Janov, (\$3.00, Dell Pub. Co., N.Y.C.). Primal Therapy — the cure for neurosis. Practical approach for those who are real enough to recognize that they are sick and want to become healthy.

EMOTIONAL FIRST AID, Charles Sturge (\$5.00, Exposition Press Inc. 50 Jericho Turnpike, Jerico, New York).

PSYCHOCYBERNETICS, M. Maltz, M.D. (\$1.00, Simon & Schuster Inc., N.Y.C.). Techniques to center you toward honesty and joy of living.

HOW TO BE YOUR OWN FRIEND, Mildred Newman & Bernard Berkowitz (\$4.95, Random House, N.Y.C.).

MENTAL HEALTH THROUGH NUTRITION, Judge Tom Blaine, (\$6.00, Citadel Press, N.Y.C.).

THE IMPERSONAL LIFE (\$3) and **THE DIVINE WORD** (25c) (World Healing Crusade, 476 Lytham Rd., Blackpool, England)

ON CARING, M. Mayeroff (95c, Harper & Row Pub. NYC).

I'M O.K. — YOU'RE O.K. Thomas Harris (\$2.00, Avon Books, N.Y.C.).

LET THERE BE LIGHT, Dr. Wigmore (25c, Rising Sun Pub.).

DO IT YOURSELF PSYCHOTHERAPY BOOK, M. Shepard, M.D. (\$6, Peter W. Wyden Inc., 1973)

“The following is Dr. Shepard's summary of the principal of self-healing rules of his book: Learn to interpret your anxiety as excitement instead of nervousness. Don't do anything you can't share and be prepared to discuss everything that you do. Expect nothing and you will have no one and nothing to blame. Assume that everything that happens to you is your own doing. If you are truly yourself, you will eventually find people who love and respect you. When you are dissatisfied, ask yourself what it is that you really feel like doing right now — and try to do it. It is better to ask for what you want and get a “No,” than never ask and ensure no gratification. Touch people more often. People are responsible for their own orgasms. Whenever you feel in conflict with someone, play out both sides and become the person you are angry with. Remember — grownups are merely children in aging skin. Destroy your concept of normality. The only person who can go crazy is one who has a preconception of what sanity is. One way to go beyond your present act is to explore roles you are reluctant to play. Listening to people can be as stimulating and intelligent an act as talking to them. You don't need a friend along to do those things you want to do. A meaningful job is essential for emotional well-being. Treat others in the way you wish them to treat you. To get people to confide in you, you must first confide in them. Always remember to say what you feel. Meditate on death daily to give your life more meaning. (J.R. Turner, East West Journal.)

HOW I FOUND FREEDOM IN AN UNFREE WORLD, H. Browne (\$8, MacMillan Pub. Co., N.Y.C.). How to have the freedom of living your life the way you want to live without changing the world or people around you.

WHO'S THE MATTER WITH ME, A. Steadman (\$3, CSA Press, Lakemont, Georgia).

RELAXATION RESPONSE, Dr. H. Benson and Dr. D. White (A.A. Distributors, Holbrook, Mass) Use of meditation in treatment of hypertension. Includes history of Christian and Western origins of meditation.

SPIRITUAL

- THE SIGNIFICANCE OF FINDERHORN (Finderhorn trust, 27 Finderhorn Bay, Carawan Park, Forres, Moray, Scotland) D. Spangler. You shall know them by their deeds.
- THE PATH OF THE MASTERS (Weekly, 4600 conn ave., N.W. 309, Wash. D.C.) The basic truths as taught by all masters.
- THE LAZY MAN'S GUIDE TO ENLIGHTENMENT, T. Golas (\$1.50, Seed Center, Palo Alto, Cal.).
- EDGAR CAYCE'S STORY OF JESUS, J. Furst (\$.95, Berkeley Pub. Corp. N.Y.C.).
- THE ESSENES, JOSEPHUS AND HIS CONTEMPORARIES, Szekely (\$1.50, Academy of Creative Living) life of the Essenes as described by the historians of the period.
- SPIRITUALITY (\$3.00, Sant Bani Press Ashram, Franklin, N.H.). Introduction to the spiritual.
- OCCULT ANATOMY AND THE BIBLE, Corrine Heline (\$.50, Rosicrucian Fellowship Press, P.O. Box 713, Oceanside, Ca.).
- THE LAST 100,000 YEARS OF MAN'S UNKNOWN HISTORY, Charroux (\$1.00, Berkeley Pub. Co., N.Y.C.).
- THE SONG OF GOD, BHAGAVAD-GITA, translated by Swami Prabhava Nanda and C. Isherwood (\$2.50, Vedanta Soc. of S. California, Hollywood, Ca.). One of the religious classics of the world.
- SRI AUROBINDO OR THE ADVENTURES OF CONSCIOUSNESS, Satprem (\$3 Sri Aurobindo Center, Crescent Moon Ranch, Sedona, Arizona).
- ECKANKAR (\$1.25, Lancer books, NYC) Paul Twitchell. The step by step aids to god consciousness, soul travel, perfect knowledge
- LONG PILGRIMAGE, J. Bennett (\$.50, St. Paul's House, 8/12 Warwick Lane, London, England 6.4) Life and teaching of St. Shivapuri Baba. He spent over 20 years in the isolation of a jungle living on fruit and heavenly bliss. Photo at youthful age of 112. His interpretation of world scriptures are very appropriate to this age of confusion. He provides a path of simplicity, surrender, diet and spiritual guides for people to reach their true home.
- JOURNEY, THE TRANSFORMATION: DR. RICHARD ALPERT Ph.D. INTO BABA RAM DASS, FROM BINDU TO OJAS, the story of life, COOKBOOK FOR A SACRED LIFE, manual for conscious being, PRINTED CAKES, books to get a holy high (\$3.00, Lama Foundation, Box 444, San Cristobal, New Mexico). A book to bring you together in the single-purposedness of life.
- MAN THE UNKNOWN, Alexis Carrel (\$7.50, Sam Weiser, N.Y.C.). Nobel Prize in medical research. Discusses the adaptive nature of humans to diet and environment. Spiritual nature of the human being.
- KUNDALINI, Gopi Krishna (\$.30, Shambala Pub, 1409 5th St, Berkeley, Cal). Autobiographical account of what happens to mind and body when the Kundalini is aroused.
- KINDRED SOULS, M. Krok (\$.40, Essence of Health Pub.) Teachings of eternal truths based on Ancient principles, natural healing, dwellings, beds, community, temple, God, dangers of civilization.
- TO LIVE WITHIN, L. Raymond (Penquin Metaphysical Library, Baltimore, Md). Five years with Himalayan guru and his synthesis of Eastern religious thought.
- SUFI BOOKS, VOL. II, Spiritual science of light and sound; Vol. III, Human Relationships, personality, child bearing. (Sufism re-oriented Inc., 1290 Sutter St., San Francisco, Ca.).
- OAHSPE, A KOSMON BIBLE (\$.50, Shambala, 2482 Telegraph Ave., Berkley, Cal.).
- ASTROLOGY, A COSMIC SCIENCE, I. Hickey (\$.80, Altieri Press, Bridgeport, Conn.).

HEALING AND NUTRITION

- CANCER, FACTS AND FALLACIES, Rodale Staff (\$.70, Rodale Press).
- BIOLOGICAL TRANSMUTATIONS, Louis Kervan (\$.75, Tao Books, 29 Farnsworth St., Boston, Mass.). The author has compiled hundreds of examples of phenomena explainable only by transmutation of one element into another. Atoms are concentrated structural patterns of cyclic energy that permeate all of space. Atoms can be re-patterned under action of appropriate electro magnetic field, as might be found in biological enzyme system.
- SOIL, GRASS AND CANCER, A. Voisin (\$.60, Cancer Victims and Friends). Shows how variations in soil elements bring about pathological states: tetanus, diarrhea, anemia, tuberculosis, goitre, thrombosis, diabetes and cancer.
- TERRACIDE, Ron Linton (Little Brown and Co., Boston, Mass.).
- ADVERSE REACTIONS TO FOOD ADDITIVES, Ben F. Feingold M.D. (Chief Emeritus, Department of Allergy, Kaiser-Permanente Medical Center, San Francisco, Calif.). There are over 2,764 chemicals added to your food. It poisons your body in many strange ways.
- POISONED POWER, John Gofman & Arthur Tamplin (\$.30, Rodale Press, Emmaus, Penn.). A case against nuclear power plants. Exposure to nuclear radiation can cause cancer, birth of mentally and physically deformed babies, heart disease. Exposes a massive scientific hoax. Nuclear power is the greater threat to life on earth.
- THE TOOTH TRIP, T. McGuire, D.D.S. (\$.40, Bookwork Books, 1409 Fifth St., Berkeley, Calif.). Preventive dentistry through diet, self examinations and home care. Believes ideal diet is raw food which will prevent teeth disorders. States: "Even natural raw sugars found in many fruits are not harmful to the teeth, as the size of the natural sugar molecule is still much too large for the decay-causing germs to eat."
- BE YOUR OWN DOCTOR, Ann Wigmore (Rising Sun Pub., Boston). Healing with natural methods.

A DICTIONARY OF SYMPTOMS, Dr. Joan Gomez (\$1.95, Bantam Books, N.Y.C.). A quick and easy reference book.

ACHIEVING SUPERIOR NUTRITION THROUGH 7 PROGRESSIVE WEEKLY DIETS, Stanley Bass, N.D. (\$2, 3119 Coney Island Ave., B'klyn, N.Y.). Become a vegetarian in 7 weeks. Good food combinations and proper sequence of eating foods. Includes: The nutritionally oriented doctor and patient, what symptoms to expect when you improve diet, how to eat correctly when invited out, how to help others diplomatically.

YOUR RIGHT TO REFUSE IMMUNIZATION IN TRAVEL, (25c, N.H.F., 211 West Colorado Blvd. Monrovia, Ca.). Polio immunization certificate \$.25. The foreign quarantine regulations of the USA Dept. of H.E.W., Public Health Service, Part 71, Title 42, Code of Federal Regulations as amended Jan. 10, 1955, states: "No. 71.86b, Any person subject to vaccination under this section (arriving in U.S.) shall be offered vaccination; if he is not vaccinated (that is if he refuses) he may be placed under surveillance (not quarantine)." Section 71.86c states you can be isolated if you refuse vaccination only if you have visited an infected area with 14 days. Vaccination is never compulsory to enter U.S.A.

FROM EDEN TO AQUARIUS, Greg Brodsky (\$2, Bantam Books, 666 5th Ave, NYC). Book of natural healing. A blend of philosophy, massage, diet, herbs, martial arts, kundalini, meditation.

FUNDS RAISED BY NINE HEALING AGENCIES

AGENCY	[And Amounts Allocated to Research]	FUNDS RAISED	ALLOCATED TO RESEARCH
National Foundation for Infantile Paralysis		\$18,669,299	\$2,479,617
National Tuberculosis Association		48,665,524	Unknown
American Cancer Society		13,211,069	3,300,000
American Heart Association		2,502,176	250,000
Arthritis and Rheumatism Foundation		222,606	None
National Committee for Mental Hygiene		217,624	45,237
National Multiple Sclerosis Society		147,967	62,368
American Diabetes Association		91,366	300
National Association to Control Epilepsy		33,373	8,182

HEALTH RESEARCH, Mokelumne Hill, Calif.

DIET, DISEASE AND POISONS

DIET AND DISEASE, E. Cheraskin, M.D., et al (\$8, Rodale Press, Emmaus, Pa.). Analyzes role of American diet in diseases which are crippling and killing.

TOXICANTS OCCURRING NATURALLY IN FOOD, Washington National Academy of Science. (\$6., National Research Council, Washington, DC) 1966. Research clearly shows that food contains naturally occurring toxins, fruit the least amount, which leads one to conclude the human being was to be a fruitarian or breatharian.

ARE YOU RADIOACTIVE, HOW TO PROTECT YOURSELF, L. Clark (\$2.75, Devin-Adair Co., Old Greenwich, Conn.). Some of the protective foods are organic leafy greens, smooth skinned fruits and vegetables, sprouted seed, beet juice, wheatgrass and sea vegetables.

DON'T GET SICK IN AMERICA, D. Schoor. Introduction by Senator E. Kennedy. (Aurora Pub., Nashville, Tenn.). 1970. In U.S.A. health care is the biggest (\$63 billion) growing business built on failure.

THE MAKING OF A PSYCHIATRIST, D. Viscott, M.D. (Arbor House Pub. Co.). Reveals that 90% of psychiatrists are men who do not know what they are talking about. Many psychiatric horror stories especially regarding electro shock therapy and lobotomy.

CANADIAN WHOLE EARTH ALMANAC ON HEALING, (\$3., C.W.E.R.F., 341 Bloor St., W. Toronto, Canada). Vol. 2, No. 3. A summary of the resources available in the natural art of healing.

FOOD IS YOUR BEST MEDICINE, H. Bieler, M.D. (\$1.50, Random House, N.Y.C.). Describes function of each organ in health and disease. A unique practical interpretation of the endocrine system and how it orchestrates the body's eliminative and defense mechanism for maximum survival. Toxemia as the cause of disease. Covers children's and women's disorders.

WHY SUFFER? Ann Wigmore (\$4.95, Hippocrates Health Institute, Boston). Covers neglected source of nutrition available to everyone. Autobiography of a woman who has triumphed over tragedy. A spiritually inspired work on the healing forces of nature.

A CANCER THERAPY, Max Gerson, M.D. (\$8, Dura Books Inc., N.Y.C.) 1958. Emphasis on use of juices and supplements to overcome toxemia. Mechanics of cancer.

NEW HOPE FOR CANCER VICTIMS, Kelly (\$1, Kelly Research Foundation, P.O. Box 89, Grapeville, Texas, 76051).

RAW FOOD THERAPY FOR CANCER, Kristine Nolfi (\$.50, Health Research).

LAETRILE, THE ANTICANCER DRUG, Glenn Kittler (\$1, Paperback Library N.Y.C.). The story of two generations in cancer research by the Krebs medical team which resulted in the development of a non-toxic cancer therapy.

CHLORINATION AND CANCER (Boston Sunday Globe, Nov 3, 1974, p. 3) "uproar on part of public ... with regard to the demonstration of known carcinogens in public drinking water." (EPA) "chlorination may be producing suspected cancer causing chemicals in drinking water" (EPA).

TOXEMIA EXPLAINED, J.H. Tilden, M.D. (\$2., Health Research, 70 Lafayette St., Mokelumme Hill, Ca). Classic in etiology of disease: Pollution of the bloodstream. Disease named according to area of accumulation or avenue of elimination of pollutants.

THERAPEUTIC NIGHTMARE, Morton Mintz (\$7., Houghton Mifflin Co., Boston). A report on the role of the US Food and Drug Administration, the American Medical Association, Pharmaceutical Manufacturers and others in connection with the irrational and massive use of prescription drugs that may be worthless, injurious and even lethal. Bibliography. 1965

HUMAN GUINEA PIGS, M.H. Pappworth, M.D., 1967 (\$2., Beacon Press, Boston). Every time you subject yourself to the care of a doctor you risk being a subject for experimentation without consent.

THE AMERICAN HEALTH EMPIRE, Report from Health-Pac, (Barbara and John Ehrenreich) \$8., Random House, New York. Exposes the economics of and malpractice in the medical profession.

THE POISONED NEEDLE, E. McBean (\$3.25, Health Research). Describes the poisoning of the human race with useless serums, vaccines and inoculations. Documented from medical literature.

HUMAN ECOLOGY AND SUSCEPTIBILITY TO CHEMICAL ENVIRONMENT, Theron Randolph, M.D., (Charles C. Thomas Pub., Springfield, Illinois). Shows how present environment is contributing to chronic illnesses.

THE CASE FOR UNORTHODOX MEDICINE, Brian Inglis (\$95, Berkley Publishing Corp. 200 Madison Ave., NYC).

CONSUMER BEWARE, B.T. Hunter (\$2., Simon and Schuster, NY). Your food and what's being done to it.

FASTING

ABOUT SCIENTIFIC FASTING, Linda Hazzard (\$1, Benedict Lust Pub., Beaumont, Ca.).

FASTING AND SCHIZOPHRENIA, Allan Cott, N.D. and Uri Nickolayev (Publication: "Schizophrenia," first quarter 1971; found in medical library). Successful treatment of mental sickness with 20 to 30 day fast followed by total abstinence from all animal products.

FASTING CAN SAVE YOUR LIVE, H. Shelton (\$1.00, Shelton's Health School).

THERAPEUTIC FASTING, Arnold De Vries (Chandler Book Co., Box 75923, Los Angeles, Ca.). One of the best books on fasting.

RATIONAL FASTING, Prof. Ehret (\$1.00, Health Food Store). One of the best books on the subject.

ABOUT SCIENTIFIC FASTING, Linda Hazzard (Benedict Lust Pub., N.Y.C.).

RAW VEGETABLE JUICES, N. Walker (\$1, Pyramid Comm., 919 3rd ave, NYC) One of the most important books on the successful use of juices for continuous health and healing.

TREATMENT OF OBESITY BY TOTAL FASTING FOR UP TO 249 DAYS, By Dr. T.J. Thomson et al ("The Lancet," Sep. 5, 1966, page 992-996).

FACTS ABOUT FASTING, Dr. H. Shelton (35c, Shangri La, Bonita Springs, Florida). The experience of 40,000 fasts.

THE PHYSIOLOGY OF STARVATION, V. Young and N. Scrimshaw (Scientific American, Oct. 1971, pp 14-21). Study of Fasting.

YOGA PERSONAL HYGIENE, Shri Yogendra (\$1, Nutri-books, Denver, Colo) How to wash your innners: stomach...

COLOR THERAPY

HEALTH AND LIGHT, J. Ott (\$7.50, Devin-Adair Co., 1 Park Ave., Old Greenwich, Conn.). The effects of natural and artificial light on humans and other living things.

HEALING AND REGENERATION THROUGH COLOR, Corinne Heline (\$1.50, J.F. Rowny Press, Santa Barbara, Ca.).

COLOR THERAPY, R.B. Amber (\$7.50, Sam Weiser Bookshop, N.Y.C.). Meditation on chakras for healing enlightenment. Significance of colors in health.

MY IVORY CELLAR, John Ott (\$4, Twentieth Century Press, 40 S. Clinton S., Chicago 6, Ill.). Story of time-lapse photography. The effect of color on cell metabolism.

EYESIGHT WITHOUT GLASSES, H.M. Peppard (\$4.00, Garden City Books, N.Y.C.).

ART OF SEEING, Aldous Huxley, (\$4, Harper & Brothers Pub., N.Y.C.). Exercise to correct eye vision.

THE BEAUTIFUL BODY

DICK GREGORY'S NATURAL DIET FOR FOLKS WHO EAT, Dick Gregory (Harper and Row Pub., NYC) tells you how to rebuild body in simple language, how to be a fruitarian.

PHYSIOLOGY OF THE BODY, Arthur Guyton, M.D. (\$8.50, W.B. Saunders Co., Philadelphia, Penn. Pub.). 475 pages. Complete text on facts, theory, beauty and functions of human temple. Many illustrations and photos.

THE BLOODSTREAM, Isaac Asimov (\$.95 Collier-MacMillan, Canada Ltd., Toronto, Ontario).

BE WELL, Arthur Hay M.D. (\$1.65, Croton Press, Nevada Ave., Island Park, N.Y.)

THERE IS A CURE FOR ARTHRITIS, P.O. Arila, N.D. (\$.245, Parker Pub. Co., W. Nyack, N.Y.).

AN ANTHOLOGY OF NATURAL HEALTH WISDOM (\$2, Rising Sun Pub., 25 Exeter St., Boston, Mass.). Collected and arranged by Edith Custard from the lives and teachings of 20 great natural life style teachers.

STRUCTURAL INTEGRATION, Ida Rolf (\$1, R. Feitis, 420 W. 24th St. 176, NYC). How to restructure your body.

THE SEA INSIDE US, Stenard Brooks (Meredith Press, N.Y.). In layman's language, the story of composition and functions of body fluids.

FACE READING, B. De Mente (35c, Del Pub. Co., NYC) Human face reveals personality, intelligence, character, emotions.

THE SEA OF LIFE, William Snively Jr., M.D. (David McKay Co., NYC). Story of human body fluids from birth in the ocean to the present. Library textbook.

EXPERIMENTS AND OBSERVATIONS ON THE GASTRIC JUICE. William Beaumont, M.D. (Dover Publications, Inc., N.Y.C.). Demonstrates damaging effects of the typical American diet. Library textbook.

THE WISDOM OF THE BODY, Walter Cannon, M.D. (W.W. Norton & Co., Inc., NYC). Explains how the human body stabilizes under any circumstances.

THE YOUTH DOCTORS, Patrick McGrady Jr. (Coward-McCann, Inc., NYC). The story of the search for youth.

EXTENDED YOUTH, Robert Prenoda (G.P. Putman & Sons, NYC). Study of reversing the aging process.

WHAT TO EAT AND WHY, James Empringham (Porter Health Service, 536 No. Glenoaks Blvd., Burbank, Ca. or Health Education Society, 530 South Alexandria, Los Angeles, Ca.). Study on acidophilus and the colon flora.

ALEXANDER TECHNIQUE, METHODS FOR CHANGING STEREOTYPED RESPONSE PATTERNS BY THE INHIBITION OF CERTAIN POSTURAL SETS, Dr. Frank Jones (Psycho Review Vol. 72, No. 3, May 1965). How to straighten the spine.

HUMAN STRUCTURAL DYNAMICS, Rev. Arthur Burks. (\$3.00, CSA Press, Lakemond, Ca.). The method of Ida Rolf — deep massage technique for restructuring the body.

BODY, MIND AND SUGAR, E.M. Abrahamson, M.D., A.W. Pezet (95c, Holt, Rinehart and Winston, NYC). Sugar is a factor in most chronic ailments. Library textbook.

BEING OF THE SUN, Alicia Bay Laurel (\$4, Harper and Row, NYC). Beautifully illustrated book to aid your return back to the natural.

ANIMAL PHOTOPERIODISM, Stanley Beck (Holt, Rinehart and Winston, Inc., N.Y.C.). Relationship of day length to animal growth, development and behavior. Library textbook.

A BIPOLAR THEORY OF LIVING PROCESSES, George Crile, M.D. (Lee Foundation for Nutritional Research, Milwaukee, Wis.).

HOMEOPATHY FOR THE FIRST AIDER, Dorothy Shepard (Health Science Press, Grayshott, Hindhead, Surrey, England).

ESOTERIC HEALING, Alice Bailey (\$4.75, Lucis Publ. Co., NYC).

PRIMITIVE HUMANS, DIET AND HEALTH

PRIMITIVE MAN AND HIS FOOD, Arnold De Vries (Chandler Book Co., Chicago).

NUTRITION AND PHYSICAL DEGENERATION, Weston A. Price, D.D.S. (Lee Foundation for Nutritional Research, Milwaukee, Wis.). Comparison of primitive and modern diets and their effects.

THE HEALTHY HUNZAS, J.I. Rodale (Rodale Press).

A GIFT OF LOVE, Jack Trop (\$7.00, Shangri La). The story of 60 children who were reared as vegetarians. Medical profession calls them the healthiest children in the world. Over 400 pages which includes 20 pages of photos.

HUNZA, LOST KINGDOM OF THE HIMALAYAS, John Clark (Funk and Wagnalls Co., NYC).

STUDIES IN DEFICIENCY DISEASES, Robert McCarrison, M.D. (Lee Foundation for Nutritional Research).

CANCER: DISEASE OF CIVILIZATION, V. Stefansson (Hill and Wang, NYC).

SEX, PREGNANCY, CHILDBIRTH AND CHILDREN

THE HYGIENIC CARE OF CHILDREN, H. Shelton, (\$2.00, Shelton's Health School).

HEALTHY CHILDREN, Ann Wigmore, N.D., (\$2., Rising Sun Publications). The experience with living foods and natural child care. When feeding a baby be sure never to feed the child grains, sprouted wheat, wheat milk, bakery products or starchy vegetables. Be very strict on following good food combinations for producing the best digestion.

NATURAL WAY TO SEXUAL HEALTH, Bieler MD (Charles Publ, Los Angeles, Cal).

NUTRITIONAL SEX CONTROL AND REJUVENATION, Dr. Raymond Bernard (\$2, Health Research).

SCIENCE DISCOVERS THE PHYSIOLOGICAL VALUE OF CONTINENCE, R. Bernard, (\$2., Health Research). Internal secretions of the sex glands are one of the most important body ingredients for physical and mental vitality.

CREATION OF THE SUPERMAN, Dr. R. Bernard (\$4, Health Research).

THE SECRET OF LIFE, George Lekowski (\$5., Health Research).

DISEASES OF WOMAN AND EASY CHILDBIRTH, J.H. Tilden, M.D., (\$3., Health Research).

PREGNANCY, CHILDBIRTH AND THE NEWBORN, (\$1.25, Ninos Heroes, 139 Mexico 7, D.F. Mexico and Whole Earth). A manual for the rural midwife.

NATUREVILLE (1122 Beach 12th Far Rockaway, NY 11691) Homebirth courses in person or correspondence.

WHY AM I AFRAID TO LOVE? Powell, John. (Argus Communications Co. 7440 Natchez Ave., Niles, Ill. 60648) 1972.

“ ‘Suppose,’ I said, ‘you try to earn your neighbor’s love and s/he just won’t give it?’

‘In that case, stop trying,’ said Dr. Seyle promptly. ‘If a person won’t respond, you shouldn’t continue to struggle to placate him or her. It’s frustrating and stressful. After all you can’t make a porcupine caressable.’ ” (“Earn Thy Neighbor’s Love . . .” Reader’s Digest, Feb. ’74)

I.C.E.A. (P.O. Box 5852, Milwaukee, Wisconsin). Helps you find a hospital, obstetrician, and teacher familiar with Lamaze method, ask for local address.

CHILDBIRTH IS ECSTASY, Cohn and Walzer, (\$4.00, Book People, 2940 Seventh St., Berkeley, Ca.). The poetry of birth, with beautiful photos at each stage of entrance of soul into the world.

A CONCISE TEXT BOOK FOR MIDWIVES, D. Clynne (\$3.55, Faber and Faber, LTD, 3 Queen Square, London, England).

NATURAL BIRTH CONTROL \$3.00 Aquarian Research Foundation, 5620 Morton St., Phil., Pa. Astra Research Center for Natural Birth Control, Nitra, Czechoslovakia, endorsed by Science Bureau of Czechoslovakia, was published in British Weekly GP (1970), a publication for family doctors. His method, based on tests with 4,000 women volunteers, proved 98% effective in regulating childbirth. It requires exact knowledge of birth time.

THE NATURAL CHILDBIRTH PRIMER, Grantly Dick Road, M.P. (Harper & Brothers, NYC 1950).

NATURAL CHILDBIRTH, F.W. Goodrich Jr., M.D. (Prentice-Hall Inc. NYC, 1956)

NATURAL FAMILY PLANNING, THE OVULATION METHOD, John Billings, M.D. (\$2.50, The Liturgical Press. Collegeville Minnesota.)

FRONTIER NURSING SERVICE (Hyden, Kentucky). Midwife training.

NATURAL BIRTH CONTROL (D. McNeil, 118 Church St., Weston-Toronto, Ontario, Canada). Safe and fertile periods calculated for 1 year. \$5.

LA LECHE LEAGUE INTERNATIONAL (Mrs. John Froelich, 9616 Minneapolis Ave., Franklin Park, Ill.). Breast feeding and natural birth information centers around the country. Read: The Womanly Art of Breastfeeding (\$3) and Six Practical Lessons For Easier Childbirth (\$1)

CHILDBIRTH EDUCATION OPPORTUNITIES IN NEW ENGLAND (Preston-Mrs. Donald, 22 Valentine St., Agawam, Mass.)

A.S.P.O. HEADQUARTERS (164 West 79th St., NYC 10024; TR 74100). Teaches the methods of painless childbirth. Request for local center address.

ANIMALS AND PETS

OUR PRECIOUS PETS, Ann Wigmore D.D. (\$5, National Humane League Inc., 25 Exeter St., Boston, Mass.). Introduction by late president Eisenhower. Details of proper care, feeding and understanding of all God guided creatures. Testimonials. Healing suggestions. Astrology. Delightful stories.

DICK GREGORY’S NATURAL DIET FOR FOLKS WHO EAT, Dick Gregory (Harper & Row Pub. N.Y.C.). Besides being an excellent book for humans, it has a chapter on natural raw vegetarian diet for pets including juices and fasting.

ANIMALS, MEN AND MORALS, Godivitch and Harris (\$6.50, Taplinger Press, 1973).

MEN, BEASTS AND GODS, Gerald Carson (\$8.95, Scribner’s & Sons, N.Y.C.).

CRIMES AGAINST CREATION, Marie Dreyfus (\$4, American Vegan Society, Box H, Malaga, N.J. 08328).

SURVIVAL

WILD FOOD TRAILGUIDE Alan Hall (\$3.45, Holt, Rinehart and Winston Pub., NYC) Completely illustrated makes plant identification safe, easy and clear

HOW TO BUILD SOLAR DISTILLER (25c, Vita Green Farms, P.O. Box 878, Vista, Calif).

FIRST-TIME FARMER’S GUIDE B. Haysing, (Straight Arrow Books, 625 Third St., San Francisco, Cal)

PLOWMAN’S FOLLY, E. H. Faulkner (University of Oklahoma Press, 1005 Asp Ave., Norman, Oklahoma)

THERMAL SPRINGS OF THE WESTERN UNITED STATES, G. Waring (\$2.75, Paradise Pub, Box 5372, Santa Barbara, Cal)

INSTANT WEATHER FORCASTING, Alan Watts (Dodd and Mead, NYC) clouds tell the story of weather.

STORING SURVIVAL FOODS AND SOLAR STILL (\$1.50, Mother Earth News, p.o. box 70, Hendersonville, N.C.). Nov 74 issue. Write for their master index to past issues.

CITY SURVIVAL DURING THE FAMINE TO COME (\$4. Fry, 879 Park ave, Perris, Ca). Other excellent books from same publisher: “Guide to Survival” (\$1.25); Becoming a Healer (\$2); “How to Survive the Coming Depression and other Hard Times” (\$5); includes 250 sources of vital data and materials; “Vonu Life” (\$1.25) - on escaping the big brother. Send for brochure.

- EARTH CHANGES — PRESENT, PAST AND FUTURE**, (\$1.50, A.R.E., Virginia Beach, Va.) Edgar Cayce readings interpreted by a geologist on what has happened and what will happen to this planet.
- ECOLOGICAL LIVING HANDBOOK** (\$1.00, Center for Ecological Living, 246 Center Ave., Pacheco, Ca.)
- ESCAPE FROM DESTRUCTION**, R. Bernard (\$2.00, Health Research). Offers possible solution to radioactive poisoning and destruction.
- FAMINE: CAN WE SURVIVE IT?** (\$1.00, Ambassador College Press. P.O. Box 111, Pasadena, Ca. 91109) Bibliography. Request a free copy of book "World Crisis in Agriculture."
- FATHER GIVE US ANOTHER CHANCE**, E. Szekely (\$5.50, Academy of Creative Living, 3085 Raynard Way, San Diego, Ca.) The ethics of leaving the city while others perish: A realistic study of the decline of civilization and the rebirth of a new culture. Guide to individual solution.
- THE HISTORY OF NATURISTIC TROPICAL COLONIZATION** (\$1.50, Johnny Lovewisdom. Casilla H., Loja, Ecuador).
- HOW TO GET OUT OF THE RAT RACE AND LIVE ON 10 DOLLARS PER MONTH**, Herbert (\$4.50, Resurgence Book Dept., Pennington, Minn.)
- LIVING THE GOOD LIFE**, S. Nearing (\$4.00, Forest Farm, Harborside, Maine). Homesteading in Maine and Vermont. Practical advice from 40 years' experience.
- LIVING ON THE EARTH**, Alicia Bay Laurel (\$5.00, Bookworks, 2010 7th St., Berkeley, Ca.) Backpacking, Ceramics, Gardening, Shelter, Crafts, Looms, Weaving.
- PASSPORT TO SURVIVAL**, Dickey (\$3.50, Bookcraft Pub., 1848 W. 2300 S. Salt Lake City, Utah). Food preparation, preservation and storage.
- GATEWAY TO SURVIVAL IS STORAGE**, W. Batchelor (.50c, 61 Beacon St. Layton, Utah). Mormon experience with food
- GRAIN STORAGE** (Bill Charles, 1485 W. 800 North, Salt Lake City, Utah) Diatomaceous earth is a protector against insects. Non-toxic. Last indefinitely. Send \$2 for treating 1 ton.
- ILL FARES THE LAND**, Dan Van Gorder (.75c Western Island, Belmont, Mass.) The famine planned for America.
- THE IMMINENT SHIFT OF THE EARTH'S AXIS**, E. Sepic (\$1.00, 251 Harrison Ave., Eureka, Calif.). Shows conclusively that earth's axis is not permanently oriented. Good guide for safe areas to live.
- FARM IMPLEMENTS FOR ARID AND TROPICAL REGIONS** (\$2.50, NAIP, 317 E. 34th St., NYC)
- THE FARMERS GUIDE** (\$4., Jarnacia AGRI SOC, North Parade, Kingston, W. Jamaica 1962) Encyclopedia of detailed practical information on tropical agriculture.
- FRUIT AND VEGETABLES IN WEST AFRICA** (\$2.50, NAIP, 317 E. 34th St., NYC.) Applicable to all tropical regions.
- MEAT EATERS ARE THREATENED**, Tom McClure (\$1.25, Pyramid Books, N.Y.C.). The story of "supermarket flu" — cramps, nausea, vomiting or diarrhea — from eating insanitary, slimy, repackaged, scrubbed cadavers O.K.'d by bribed inspectors. A tale of nitrites, botulism, hepatitis, salmonella, shigella, dysentery, trichinosis, typhoid. Eating the dead can make you sick or dead.
- LOW-LEVEL RADIATION**, Ernest Sternglass (\$4.00 Earth Gland LTD., 56 Doughty St., London WCIN 2 LS). Author, professor of radiation physics, shows that radiation levels raised by nuclear bomb tests and nuclear reactors are responsible factors in the increase of cancer, leukemia, genetic damage and heart and lung disorders. He was one of the first pioneers in observing these dangers.
- THE INSIDER'S REPORT ON TRAVEL BARGAINS** (\$3.25, Consumer Awareness, 581 Fifth Ave., N.Y.C.). Travel bargains in USA and Europe.
- PEOPLE'S CHINA IN 1973, A GROUP REPORT — Nearings, et al** (\$1., China Books and Periodicals, 2929 24th St., S.F., Cal) A nation of communes, happy & healthy people, organic farmers. A very important booklet.

TYRANY AND ECONOMICAL SURVIVAL

HOW TO PREPARE FOR THE COMING CRASH, Robert Preston (\$2, Hawkes Pub., Box 15711, Salt Lake City, Utah). We will witness by 1975 the greatest crash and depression, shows you why, when and what will happen and how to prepare for it. "The major metropolitan areas will become totally without law and order. Gangs will break windows and loot. Water, sewer, power, gas and communication lines will be blown up . . . The cities will begin to be infernos of terror as bombs explode, gas lines erupt and spew uncontrolled fire everywhere. Doctors and other medical aid will soon become unavailable. Cities will burn in uncontrolled fire and the drafts created by the heat will create fire storms forcing the fire to whip across the city at several miles per hour. The weak, the old, the sick, the very young, the defenseless will be assaulted for whatever they possess . . . with a total breakdown of law and order; madmen will come creeping out of the ground to kill, to maim, to torture . . . long before things become terrible the president will have declared martial law . . . The food supply in all stores and warehouses combined cannot feed the city for more than one week."

HOW I TURNED ORDINARY COMPLAINTS INTO THOUSANDS OF DOLLARS, R. Charell (\$6.95, Stein & Day). Consumer can complain and make more than \$75,000.

THE CREDIT GAME (, Michael Holiday, P.O. Box 3183, Ogden, Utah). File your own bankruptcy. Obtain credit cards readily. Free yourself from debt.

TAX REVOLT: U.S.A. Dr. M.A. Larson (\$5, Liberty Lobby, 300 Independence Ave., S.E., Washington D.C.) Explains the Federal Reserve System and how it serves the banking interests and oppresses ordinary citizens. How to use the Bill of Rights and Constitution to stage a tax strike. Gives the up-to-date story of successful tax protestors — the court decisions and legal citations which are being used by former taxpayers. Exposes the fraud of Social Security. How the international super-billionaires use the Fed System to make vast profits from deficit spending.

REFUSE INCOME TAXES (\$1., No - Tax, Box 2016, Blasdell, N.Y.). Employer, employee, rich or poor can legally stop all tax payment.

DICTOCRATS, O. Garrison (\$1.25, Books for Today LTD. Pub. Chicago). Bureaucrats destroy freedom of thought, speech and personal belief.

NONE DARE CALL IT CONSPIRACY (\$1., Concord Press, PO Box 2686, Seal Beach, Ca.). How international bankers control USA economy, create depressions, indebted US Citizens to over 200 billion and force Americans to pay yearly 22 billion dollars just in interest. What can you do about it?

HOW YOU CAN PROFIT FROM THE COMING DEVALUATION, Harry Browne (\$1.25, Avon Books, Hearst Corp., 959-8 Ave., NYC). A top investment counselor shows how you can survive the coming financial collapse.

CRISWELL PREDICTS YOUR NEXT TEN YEARS (\$1, Grosset & Dunlap, NYC). A national black friday when many will suffocate from air pollution, the spread of cannibalism; suicide of Am. president; concentration camps; cannibal cookbook, best seller of the 1970's.

GARDENING, WILD PLANTS AND HERBS

THE SECRET LIFE OF PLANTS, Peter Tompkins (\$2, Avon books, NYC) One of the most important influences in successful agriculture as well as childraising is ones attitude: "To love where I was, love who I was with and love WHAT I was doing." Book of theory with excellent documentation. Includes the practical experience at Findhorn.

FERMENTATION (po box 239 Astor Station, Boston, Mass) Manny Mond. How to grow and feed intestinal bacteria for good digestion, vitamin B-12, enzymes and amino acids. \$1.

CUCUMBERS IN A FLOWER POT, Alice Shelsey (\$2.45, Workman Publishing Co., Inc., 231 E. 51st, N.Y.C.). Easy to read book for the city farmer. Over 20 vegetables and other plants grown in your house or apartment.

ENCYCLOPEDIA OF ORGANIC GARDENING, Rodale Staff (\$10.00, Rodale Press, Emmaus, Pa.). Also available in paperback (\$1.25).

GROW YOUR OWN, Jean Darlington (\$1.75, Bookworks, Berkeley, Ca.). Gardening on 10 x 10 feet.

VEGETABLE/SEED STORAGE, US DEPT. AGRIC/TECH BULL. No. 97, 1948, Washington, D.C.

CITY PEOPLE BOOK ON RAISING FOOD (Rodale Press) Olkowski.

A GUIDE TO MEDICAL PLANTS OF APPALACHIA (\$1.75, USDA Forest Service, NE 138, Northeastern Forest Experimental Station, Upper Darby, Pa.). Includes photographs of wild plants for easy identification.

EDIBLE WILD PLANTS OF EASTERN NORTH AMERICA, Fernald and Kinsey, (\$10.00). Excellent illustration.

FIELD GUIDE TO EDIBLE AND USEFUL WILD PLANTS OF NORTH AMERICA, (\$2.50, Nasha Institute of Survival, Box 5286, Station A, Toronto, Ontario, Canada).

STALKING THE WILD ASPARAGUS, E. Gibbons (\$2.75, David McKay Co., N.Y.C.). Field guide edition on weeds and wild fruit. Tells you where to look. Good illustrations.

BACK TO EDEN (\$3.00, Lust Pub., 1390 E. Sixth St., P.O. Box 368, Beaumont, Ca.). Herbs and fruit for health, regeneration

ORGANIC SOIL, Dr. Earp-Thomas and Ann Wigmore, New Concepts in old time agriculture.

NATURAL AGRICULTURE, Michio Kushi (Free, E.W.J., 31 Fransworth St., Boston, Mass.).

GROWING MIDGET VEGETABLES AT HOME, Gilmore (\$2, Lancer Books, N.Y.C.).

DRY IT, Gen MacManiman (\$3, Living Foods Dehydrators, P.O. Box 546, Fall City, Wash.) A book about dehydrating foods, building your own dehydrator. Skip the recipes.

KILL BUGS (Farm Journal, May 1974). A single unit will eliminate most insects within 40 acres. 12 1/2 inch circular tube ultra-violet black light is hung a few inches above a flat tank that opens across the entire top. One inch of water goes into the bottom of the pan and then it's filled with diesel oil. The gleaming, dancing reflection of "black light" attracts the night-flying insects. The oil and insects float on top of the water. Use a strainer once a week to clean out the insects.

WEED EDIBILITY TEST (PLANT DECK, Lake Oswego, Oregon). Many weeds are poisonous. Best to eat weeds only when positively identified as edible. Otherwise, test a teaspoonful. Chew it and hold in mouth for at least 5 minutes. If it is not too bitter or pungent, or produce no nauseating or burning sensation, then swallow it and wait 8 hours. If no ill effects — diarrhea, nausea, cramps, sweat — eat handful, wait 8 hours. If no adverse effect, consider it edible. Note: Many commonly eaten foods, such as strawberries and onions, may cause allergic response with some people. Avoid collecting food in sprayed areas. Not all food eaten by animals is safe for humans. All grasses are safe. However, to avoid ergot poisoning don't use grain heads having black fungus spurs in place of normal seed grains.

FOOD

THE GERMINATION OF SEED, A.M. Mayer and A. Poljakoff-Mayber (Oxford Press, Oxford, England; or Pergamon Press, 44-01 21st Street, Long Is. City, N.Y.). The most detailed, documented study of the seed.

COMPOSITION AND FACTS ABOUT FOOD (\$5.00, Health Research)

AMINO ACID COMPOSITION OF FOODS (70c, Supt. Documents, Washington, DC). Also **Composition of Foods** (\$3.00).

CHROMATOGRAPHY APPLIED TO QUALITY TESTING, Pfeiffer (\$1.50, Bio-Organic Farming and Gardening Assoc., Inc., RD 1, Stroutsburg, Pa.). You can prove with a few dollars worth of equipment the superiority of live food. Test for nutrients difficult to isolate: vitamins, enzymes and proteins.

METABOLISM, Altman P. and D. Ditter. (Federation of Amer. Soc. for Experimental Biol. Pub., Bethesda, Maryland). Excellent book of tables on Nutritional evaluation of food and how the human body works. Available in college libraries.

DIET FOR A SMALL PLANET, F. Lappe (\$1.25, Ballentine Books, NYC). Exposes cultural manipulation to inculcate belief in the need for animal protein in diet. Lucid presentation, charts, tables. Presents an alternative, very conventional high protein diet.

GINSENG AND OTHER MEDICINAL PLANTS, Harding (\$4, Tao Publ., Boston.).

BIO-DYNAMICS, Pfeiffer E.E., "Protein changes during germination and earliest leaf growth." (47:2, 1958. Pfeiffer, R.D. 1, Chester, N.Y.).

EATING FOR LIFE, Nathaniel Altman (\$2.45, The Theosophical Publishing House, Wheaton, Ill.). A book about vegetarianism. Analysis of material from the scientific, moral and humane point of view. Well documented. One of the clearest presentations for the vegetarian. A true "Diet For a Small Planet."

GARLIC, A COMPILATION (\$2.50, Health Research Pub.). A powerful, general, healing herb.

BOOKS AVAILABLE FROM OMANGOD PRESS

SECRET OF REGENERATION Prof. Hilton Hotema One of the greatest contributions to anthropology, archeology, history and religion that has been made in modern times.

"Each lessons of this marvelous course grows more and more interesting. It is a most remarkable and revolutionary body of information. The following facts are revealed.

"1. That people did not evolve from the ape, but degenerated from a previous race of Gods.

"2. That the Gods of antiquity were a race of superior human beings who were our remote ancestors; and that the "children of God" represented a more inferior race which degenerated from the previous race of Gods. The present race of humans represents a still greater degeneration.

"3. That originally there was only one sex, not two and that these superior, fruitful beings reproduced parthenogenetically, by virgin birth in other words, the virgin birth was the normal method of reproduction in the early days of the race. Through degeneration, the male sex appeared, and then came sexual generation, with sexual debauchery.

"4. Woman still possess latent capacity for virgin birth, manifesting in the development of 'dermoid cysts', or malformed embryos, in virgins, which is recognized by the medical world.

"5. Originally the embryo is hermaphroditic. Through degeneration, imperfect males and imperfect females come into being. The perfect person that once existed before the race degenerated, was like the embryo in its early stages of development. Only through degeneration did the two imperfect sexes arise."

If the time should be when parthenogenesis is the rule of propagation, Blood and War, unrighteousness and wickedness, fornication and female slavery (Gen. 6:2-5), will come to the final end. There will be only happy, harmonious, friendly, fruitful beings, in whom the quality of sexual consciousness, by reason of non-use, will again lapse into dormancy, and the race will rise from its Edenic Fall. Then the quality called love will have no more relation to the organs of generation- than it had in the case of Jesus and in others of that exalted class (Chapters 163-4). This is the heaven described by the Ancient Masters (Rom. 14:17).

Under the law of parthenogenesis there will be no separation of the sexes, no differentiation of type. The organism is then of the fruitful kind, having been regenerated and resurrected from its previous sterile or semi-sterile state. This fact of Nature is proven by the experiments of modern biologists. Dr. Gregory Pincus of Harvard proved it in the case of rabbits.

At a recent Washington meeting of the American Society for Experimental Biology, states the press of April 5, 1936, Dr. Pincus presented a paper in which he disclosed his more recent work in this mysterious field. He put the ovum of a female rabbit in salt solution, and lo, the egg, when transplanted into a female rabbit, grew into an embryo. He found that even the salt solution could be discarded. High temperature (113 degree F.) was sufficient.

Pincus made another discovery that proves our philosophy: He found that Asexual Reproduction in mammals resulted always in the production of females. He says, "WITHOUT THE SPERM OF THE MALE, HUMAN SOCIETY WOULD CONSIST OF FEMALES."

And so Dr. Causey is not exactly crazy in his assertion that a "twilight is settling over masculinity in the animal world, and that the male of all species is slowly becoming extinct." He says that there is evidence, "THAT WE ARE SWINGING BACK TO THE TIME WHEN LIFE WAS PERPETUATED WITHOUT THE BENEFIT OF MASCULINE SUPPORT." He indicates that there was a time in human history when the Immaculate Conception and the Virgin Birth were the regular order of human generation (Is. 7:14) and that the race even now shows signs of swinging back to those former days.

Modern man and woman are both degenerates. But the fact that woman is still fruitful while man is sterile, is conclusive evidence of greater degeneration in the male organism. Were it not for woman's productive capacity, the race would end with the end of the present generation.

MAN'S HIGHER CONSCIOUSNESS by Prof. Hotema. This work shows why the radio-television mechanism in the human skull fails to respond fully to cosmic radiation as it did twenty-thousand years ago when the Ancients accumulated their wisdom of creation, life and the human being and then recorded it in fiction and fable for interpretation for those who proved by test they were worthy to receive the same.

The great schools in which the worthy ones were taught these secrets of creation were known as "The Ancient Mysteries." Their requirements for admission were so high that the time came when, within the realms of despotic rulers, people had sunk so low they could not meet them. In the fourth century with the founding of Christianity the people attempted to destroy "The Temples of Ancient Mysteries."

Those who escaped death fled to India where their ages are said to range from 500 to 1,500 years of age.

This work explores every aspect of diet, air, sex and climate and the roles they play in longevity and spiritual development. In depth study of fruitarianism in history, shows how to excel in longevity and vitality. Book may be returned within two weeks if it is undamaged and you don't feel it is the most revealing book written. 260 pages. 8 x 6 in., \$6.50.

CREATION OF SUPERMAN by Dr. R. Bernard. Takes in all the factors necessary to create a superior spiritually, mentally and physically balanced being. In a systematic manner all the facets such as sex life in marriage, abortion, contraception, eugenics and natural obstetrics are covered. The author proves "The possibility of a woman living in chastity of procreate at will makes her unquestionably the superior sex."

Some of the chapter headings: the Sexual regeneration of the human being; The cause and cure of seminal emission; Cure of menstruation and prevention of menopause; Hygienic and natural methods of birth control; Vegetarianism foundation for race regeneration; The cure of cancer; Parthenogenesis (Virgin Birth) and the Superman; Jesus — a eugenic superhuman; The ancient Hebrew and Hindu doctrine of Immaculate Conception; Preparation for Immaculate Conception; The prenatal influences and the effect of maternal chastity upon the brain development of the embryo; Painless childbirth through hygienic living during gestation; Natural lactation — from 2½ to 3 years; The Eugenic marriage.

The creation of the Superman was the original ideal behind all the great religions of the world before they were perverted and degenerated into ecclesiasticism. Among the universal doctrines are Ahimsa (non-violence), Vegetarianism, Pacifism, Continence, Parthenogenesis and so forth. The author elucidates these basic doctrines of human regenerations. \$4.00.

PHYSIOLOGICAL ENIGMA OF WOMEN by Dr. Bernard. This unique manuscript contains an abridgement of Dr. George Starr White's book Emancipation of Women; Dr. Herbert M. Shelton's book, Menstruation, Its Cause and Cure; and the chapter Female Degeneration from Dr. G. R. Clement's Postgraduate Course (which sold at one time for \$85.00 and is now out of print). The authors claim that a perfectly healthy woman should not menstruate. You have the concepts of four different doctors on the subject (from books which are now out of print). Illustrated Covers.

REJUVENATION THROUGH DIETETIC SEX CONTROL by Raymond Bernard. Generally speaking, no recognition has been given to the effects which food has on the health, emotions and passions.

This knowledge is especially needed today at a time when people are ignorantly using drugs and stimulants of many kinds to improve their health, calm their emotions and heighten their passions.

Raymond Bernard who has spent a lifetime in dietetic and medical research shows why man should adopt a low protein diet consisting mostly of fruits and vegetables if we are to become the master of the "serpent power."

The appendix which is added clearly demonstrates that when a person knows the secret of keeping the mind under control, he or she is in possession of knowledge which will keep the body youthful and free of those ailments which affect us today.

The yogis, already centuries ago, had observed that when the body is not unduly irritated or stimulated, the body begins to store up energy or as they called it "Shakti". This of course will not occur unless one gains absolute mastery of the sexual instinct.

"Seminal fluid is potential power. When preserved it is indirectly metamorphosed into a subtle form called Ojuh and stored in the brains as so much mental energy to nourish the nervous system and to be formed into spiritual life."

This has been the traditional teachings of Eastern lore for countless years, and has a definite natural explanation. For instance, the noted mystic, Sri Ramakrishna said:

"Try to gain absolute mastery over your sexual instinct. If one succeeds in doing this a physiological change is produced in the body by the development of hitherto rudimentary nerve known by the name of "Medha" whose function it is to transmute the lower energies into the higher. The knowledge of the higher self is gained after the development of this Medha Nerve."

MODERN LIVE JUICE THERAPY return to true botanic medicine by Dr. Johnny Lovewisdom. Living the life of the first Christian hermit in a 13,000 foot high extinct volcano in the Andes, Lovewisdom became known to hundreds of millions of people through photoillustrated magazine stories calling him the "Hermit, St. of the Andes". More stories followed when he did two of the longest fasts in history - 1953, completing 7 months and 7 days and 1954, achieving 6 months and 17 days on 99% pure water in California. When the medical authorities found out in 1955 about these facts, being, in their opinion, against all laws of human nutritional necessities; Lovewisdom suffered virtual martyrdom.

This is the greatest indepth study of the libertarian diet for body regeneration and spiritual enlightenment. Shows the inadequacy of the hygienist theory on juices. 18 pages, 8½ x 11, \$1.50

SECRET OF THE ANDES by Brother Phillip. Essenes in the land of the Incas. History and work of those at the Monastery of the Brotherhood of the Seven Rays situated high in the Andes mountains on the northern Peruvian side of Lake Titicaca. In this Mystery School is secret knowledge which has been hidden away for thousands of years until the children of Earth have progressed enough spiritually to be allowed to use it once again. In this Monastery Dive Truths dating back to the times of Lemuria and Atlantis are stored.

Chapters include: The Origin of the Brotherhood of the Seven Rays, The Golden Sun Disc of Mu, The Elder Race, The New World Focus of Illumination, The Ancient Amethystine Order, The Abbey: Lord Muru's Primary Outer Retreat, The Order of the Red Hand, Lost Worlds and the coming of the Space Mystery, Transcripts of the Hierarchy, including: Saint Kumara, Master Kuthumi, Brother John, Master Hilarion and Lord Aramu-Muru. 151 pages. (p) \$2.00

FRUIT THE FOOD AND MEDICINE OF MAN by Morris Krok. This unique book shows a simple and direct method whereby through fruitarianism the system is nourished in such a manner that the body remains youthful and supple. Fruit supplies the necessary sugars and acids which prevent the hardening of the arteries, bones and muscles. Actual cases show the amazing health and rejuvenating results obtained when fruit is used as a food and medicine.

Centuries ago the yogis said that one should eat sweet and cooling foods (juicy fruits). It is shown that if it were possible for people to live according to fruitarianism, disease, wars, famine and the evils of civilization would be banished.

"Human salvation will never be found in cults such as Christian Science, Theosophy, hypnotism, prayer and meditation groups or by periodic fasts if afterwards concentrated foods, cooked foods, spiced, salted, and fancy dishes are eaten in large quantity. No matter how long you sit in meditation in the so called search for God, if God's (Nature's) living foods are debased and the natural laws ignored," no progress will be long standing.

For a person considering a fruit diet, this book is a must. It provides reassurance and practical advice on the body/mind changes that will occur. Includes: What fruits are suitable, how fruit must be eaten, therapeutic value of juicy fruit, the seven tests which a fruitarian must meet, fruitarian letters, the natural climate of the human being, fruitarian experience with other foods, the fruit system compared with other therapies. \$4.50

SURVIVAL OF MANKIND by Bruno Schubert. A fruitarian of 20 years duration presents a plan. Survival through natural food of the human being, abolishing of all unearned income and conservation of natural resources, presents the problem in historic fashion and shows people a way out. \$2.00

SPIRITUALIZED DIETETICS, VITARIANISM Dr. Johnny Lovewisdom. This is the most advanced text in the poetic-scientific study of the nature of the human being. Discusses fruitarian body chemistry, Kundalini ecstasy, six month fasts, breatharians, tropical colonization, study of the Ancients, low protein diet.

The "forbidden food" in the midst of fruit and herbs (Garden of Eden) is seed which is eaten. It destroys the purpose of reproduction and makes men and women "go to seed" or approach death through the acceleration of the egg production of the human body and the stimulation of the passions. This is the moral of Genesis.

Guide to Vitarian foods which have less than 2% protein and are like mothers' milk in many ways. Teaches the way to eat for strength and consciousness expansion instead of stimulation thus creating the foundation for spirituality. Answers the question why different foods affect different people different ways, what the regenerative hormones are and how they can be used to keep you young at 90, 120 and 360. Describes physiology of hormone sublimation. The earlier you start the longer you will know the body of youth which will not age as long as you keep Nature's laws. Eventually the Dietetics can be spiritualized to become life and spirit without the need of tangible foods.

The Vitarian Way of Life has its origin in the Paradise God created and in the first scriptural God given commandment. Lovewisdom restates the way to Christ life in Vitarianism.

Common food is habit forming dope which is not life giving. People still live by God consciousness and solar light energy (which may be obtained by food) — to lose this circuit is to die. Famous cases of Catholic foodless living and how Christ's transubstantiation from Communion sustains saints. Non-eating Yoga traditions and how high protein diet causes reproductive tumors. Lemurian Genesis, Helieivora that did not eat, tincture water fast chart, preface to Universal Bible. 74 pages. 8 x 11. \$5.00

THE ESSENE GOSPEL OF PEACE (Twelfth Edition) This ancient Aramaic manuscript reveals Jesus' teachings concerning the natural healing forces of sun, air, water and live foods, and throws light on the values and terminology of early Christianity and those of the Essene brotherhoods and communities of the first and second centuries before Christ. \$1.00



SURVIVAL RESOURCES AND NEW AGE EDUCATION

I have included in the appendix many places that operate on principles far from the ideals set out in this book. I feel they are sincere and honest in their presentation, they are seekers outside the orthodox system, and with loving sharing they can be brought to the path of this New Age Consciousness.

When writing to any of the addresses, write clearly, come to the point, mention that you found them listed in *Survival* (OMango d'Press, 06109), include a self addressed stamped envelope ok. For foreign mail, include a postal air mail coupon obtainable from your local postoffice.

Do not plan to visit any centers or individuals without having previously made arrangement with them.

In order to help others to maximize the search time for places and things, a response on content of the book would be greatly appreciated. Tell us what you have found at places visited, services provided by listed organizations, praise them if you can, let us know if some of them are new age rip-offs, give us details in praise and criticism. The directory is continuously growing, so please send future entries and suggestions on how to improve the usefulness of the content. We plan to have a new one by the end of 1977. Address your letters to DIRECTORY, P.O. Box 255, Wethersfield, Conn 06109.

VIKTORAS \$6 JUICER

It weights only 8 oz. I take it with me on every journey. Dick Gregory is using it in his current fast. Free of electrical power. Gives you a juice without any pulp residue, oxidation and removed from most chemical contaminants. Taste just like it came from Norwalk juicer. It compares in performance very well against any \$180 centrifugal juicer.

My juicer took 2 minutes to juice 1 pound mixture of beets and apples into 10 oz. of liquid. The centrifugal produces also 10 oz. in 1.5 minutes, but it took 1.5 minutes to clean up, whereas my juicer only 30 seconds. My juicer was free from oxydized foam, the other unit produced a large head (which had to be skimmed off). On carrots, the centrifugal gave about 20 percent more juice.

My juicer consisted of Dr. Bircher stainless steel grater, 16 by 16 inch. cotton cloth--can purchase cotton iron board cover and cut it into 3 juicer cloths and a cotton work glove (optional to prevent possible grating of knuckles). Shred the fruit or vegetables into large salad bowl, dish, top of counter or onto juicer cloth. Place the produce into cloth. Lift it by the 4 corners, make a neck and squeeze it well until no more juice can be obtained.

Wash the cloth thoroughly. Dry it in sun. If cloth has mould smell, boil it.

The Grater is available post paid for \$6 from Juice Suite (P.O. Box 16, Woodstock Valley, Ct. 06282).

It will juice successfully cucumber, carrot, beet, squashes, watermelon and rind, pineapple, apple, pear and many other fruit and vegetables.

The produce should be hard, not overripe. The grated vegetables are also excellent to use in salads or in the making of instant sauerkraut.

DIRECTORY INDEX

Vegetarian Resources
Vegetarian Organizations
Vegetarian Magazines and Research
Friends of Animals
Vegetarian Teachers
Healing Directories
Referral Services
Healing Centers
North America
New York
Florida
California
Southern US
Mexico
Europe
Asia
Others

Frunitarian Resources
Suggestions for Fruit Festival
Instant Holiness by Degree
Aids to the Study of Healing
Healing Study Referral Services
Live Food Plus
Herbology
Naturopathy
Chiropraxy
Homeopathy
Individuals and New Groups
Sex Education
Establishment Schools

Massage and Energy Balance
Radiation Study
Body Tests
Services and Study
New Age Centers
Coops and Product Organizations
Seed and Plant Sources
Fruit and Farm
Back to Land
Community Living
Recreation
Publishers
New Age Periodicals
Scientific Nutritional Journals
New Age Products

VEGETARIAN RESOURCES

VEGETARIAN ACTIVIST COLLECTIVE (Connie Salamone, 616 Sixth St., Brooklyn, N.Y. 11215). Educational source, publisher and home of vegetarian lemmings. Send \$2 for a kit.

HEALERS DIRECTORY (P.O. Box 255 Wethersfield, Conn 06109). Resources are being collected for future printing. Individuals who are raw foodists and are willing to help others to make transition and instruct them in meditation, indoor gardening and healing, send in a brief description of how you can serve.

SLIDES, TAPES AND MOVIES (Hippocrates Health Institute, 25 Exeter St., Boston, Mass.). Deals with education in survival, live food nutrition, sprouting, indoor gardening, spiritual disciplines. Write for details. Ideal for schools, educational television.

TOLL FREE > IDEA (c/o Ed Kugler, 215 N. Desplaines St., Chicago, Ill. 60606). Can call person to person collect at 312-787-7210 (24 hr.) but ask to leave name and number if he's not there. Working on a system of vegetarian resources—land, activity, food, farmers, healing, survival, crafts, study, research. For more information, send 24¢ large envelope.

VEGETARIAN DIRECTORY FOR HUMANE INDIVIDUALS, Robert Amer (\$4, 83 Willow Ave., Somerville, Mass., 02144; 82 pages, 8 x 11). One of the most extensive listings of vegetarian resources. Well organized.

PATHWAYS TO WHOLENESS (\$4, Clear Life Publications, P.O. Box 9188, Berkeley, CA 94709). A beautifully illustrated paperback with alternative healing practices that expresses the unity of our Minds—Emotions—Bodies—Spirit. It is a compilation and description (mostly from the west coast) of healers, health seekers, writers, researchers, energy centers, and organizations.

EDUCATION (Withrise Productions, 3742 Seahorn Dr., Malibu, CA 90265 213-459-2630). Has produced a film on vegetarianism as an introduction to the subject for schools, aimed at teens. Contact them for details on obtaining it.

INDOOR GARDENING AT HIPPOCRATES (H.H.I., 25 Exeter St., Boston, Mass. 02116) 20 min. 16 mm film on the happenings in food and healing. Educational.

VEGETARIAN DOCTORS LIST (V-World, Suite 216, 8235 Santa Monica Blvd., L.A. CA 90046). Medical, naturopathic, or otherwise—who will treat patients on request with natural vegetarian methods. Contribution to the list welcome and an indication of speciality or dietary orientation would be helpful.

REVIEW & HERALD PUBLISHING ASS. (Box 4353, Washington, D.C. 20012). Source of well documented, inexpensive literature for the vegetarian position.

CABL (Columbia Union College, Takoma Park, Maryland 20012). You Wouldn't Do This... Christian sources of healthy, happy vegetarian way of life. Free.

QUIT IS A FOUR LETTER WORD, Captain Alan Jones (Free, Qtrs. C-3, Marine Corps Base, Quantico VA 22134). A book for those who find giving up flesh eating beyond ones power of will. Captain has broken many records.

MEET MARKET (V.W. Suite 216, 8235 Santa Monica Blvd., L.A., CA 90046). Personal messages. Girl meets boy. Vegetarian.

THE ORGANIC TRAVELER (\$3.35, Grasshopper Press, P.O. Box 331, Dewitt, N.Y. 13214). Over 500 vegetarian and organic restaurants, annotated.

GUIDES. NATURAL FOOD GUIDE TO EUROPE; THE EXCITING WORLD OF VEGETARIAN AND NATURAL FOOD RESTAURANTS IN SOUTHERN CALIFORNIA; INTERNATIONAL VEGETARIAN HEALTH FOOD HANDBOOK. Books may be obtained from your local health food store, or by writing to Vegetarian World (8235 Santa Monica Blvd., L.A., CA) or Nuern Books (Box 5793, Denver, CO 80217).

THE VEGETABLE PASSION, Janet Barkas (59, Nutri Bowks, P.O. Box 5795, Denver, CO 80217). History of the vegetarian state of mind. Includes a discussion of various vegetarian diets and their relationship to a philosophy of non violence

AMERICAN VEGETARIAN (Box 32323, Wash., D.C. 20007, (703) 524-6646). One of the most active public relations organizations. Is looking for helpers and donors. Send 20¢ stamps for "how to" articles to promote the vegetarian position. Will show you how to get on the air, get TV spots, start a local group

VEGETARIAN ORGANIZATIONS

Write to union or society to find a local chapter to join

INTERNATIONAL VEGETARIAN UNION (Bradjule, 120 Knockan Rd., Broughshane, nr Ballymena, Co Antrim, N. Ireland, U.K., BT 43 7LE)

NORTH AMERICAN VEGETARIAN SOCIETY (501 Old Harding Highway, Malaga, New Jersey 08328)

AMERICAN NATURAL HYGIENE SOCIETY (1920 Irving Pl. Rd., Chic., Ill. 60613) 24 chapters

ROCHESTER VEGET. SOC. (c/o Kemtner 25 Meadowbrook Rd., Roch., NY 14260)

BOONE COUNTY VEGET. SOC. (c/o Peterson, 913 Broadhead, Columbus, Missouri 65201)

WASH. D.C. NAT'L. HYGIENE (7135 Georgia Ave., N.W. 20012, (202) 829-5176)

THE VEGETARIAN SOCIETY OF NY (1133 B'way, Rm. 321, NY 10010). Monthly meetings.

MILLENNIUM GUILD (c/o Pigeon Fitzgerald, 40 Central Pl., So. N.Y.C., NY 10019)

THE NATURALISTS (c/o Boesl 15 Gr. Hill Rd., Pittsford, NY 14534). Veget. Group

YOUNGSTOWN VEGET. SOC. (c/o Lemon Prod. Int'l), Bx 115, Youngstown, Ohio 44501)

VEGETARIAN SOC. OF NY (Edith Scheiber, 711 Brighton Court, Bklyn, NY 94-0367)

GENESEE CO-OP (713 Monroe Av., Rochester, NY). Veg. Restaurant and Community Co-Op

VEGETARIAN SOC. OF WASH. D.C. (c/o Masters, 311 Ladsen Rd., Silver Sp., Md. 20901)

DETROIT VEGETARIAN SOC. (c/o Zuraw 5464 Springwells, Detroit, Mich. 48210)

JEWISH VEGETARIAN SOC. (c/o Kimmel, 227 Corbin Pl., Bklyn, NY 11235)

VEGETARIAN SOC. OF LA (c/o Rotondi, 1916 Vista Del Mar Av., Hollywood, Calif.)

VEGAN (c/o Werner Shroder, 4 Dusseldorf Neckarstr., 32 Germany)

VEGAN (c/o Peace, 23 Springleigh Ave., Mt. Albert Auckland 3 New Zealand)

VEGAN (c/o Green, 4060 Rose Ave., San Jose, Calif.)

VEGETARIAN SOCIETY (Erick Frank, 26 Linenck Rd., Kenmore, Krugersdorp 1740, Transvaal, South Africa)

NATIONAL VEGETARIANS (c/o Heck, Box 146, Grosve Lie, Mich. 48138)

SOUTHERN CALIFORNIA VEGETARIANS (Box 5688, Santa Monica, CA 90405)

INTERNATIONAL VEGETARIAN SOCIETY (Suite 900, 22 W. Madison St., Chicago, Ill 60601)

YOUNG VEGAN GROUP (47 Highlands Rd., Leatherhead, Surrey, England)

THE VEGETARIAN SOC. OF UNITED KINGDOM (Aldrincham, Cheshire, England)

TORONTO VEGETARIAN ASSOC. (c/o Jackson, 28 Walker Ave., Toronto, Ontario)

MONTREAL VEGETARIAN SOC. (Box 583, Outremont, Quebec, Canada)

THE VEGAN SOCIETY (8 Basterfield House, Golden Lane London, ICI On, Eng.). They have a lengthy article and book list, free! Send for it. Youth section

VEGAN ACTION (c/o Cunliffe, 1 Spring Bank, Salisbury Blackburn Lams. EB 1 9 EV Eng.)

VEGANIC ASSOC. (Convener Christopher Pettig, 28 Cambridge Terr. Dunn Lalorie Dublin, Ireland). Leaflets, economics of veganism, recipes.

VEGAN (S. Dogan, Rehov Shita, 41 Beer Sheva 84843 Israel).

VEGAN (c/p Spencer, Scithead New So. Wales 2447, Australia)

VEGAN (c/o Hartog, Wierdweg 1, Epse, Holland)

ERNST KEUSEN (K93 Birmsendorf Zur. Switzerland Scharenstre).

DE NEDERLANSE VEGET. (Amsterdam Zuid Postgrio 9266 Tennaame Van Nederlands)

RESTAURANT CHAKRA (55 Rue Ste Croix De La Bretonnerie 75 Paris 4 France).

JEWISH VEGETARIAN SOCIETY (Judah Grossberg, 68-38 Yellowstone Blvd., Forest Hills, NY, 11375, (212) 459-1014). Biblical sources of vegetarianism, publishes a magazine entitled The Jewish Vegetarian. Main center is at Bet Veia, 855 Finchley Rd., London NW 11 8 LX, United Kingdom.

HOLISTIC HEALTH (David Bezanon, 6053 Mrgan Ave. S., Mpls. MN). List of Vegetarian groups, purpose and opportunities

VEGETARIAN CULTURAL CENTER AND RESTAURANT (4461 Univ. Ave., San Diego, CA) The following colleges have vegetarian co-ops: Grinnell, Iowa BX 194, Kent State, Ohio; Antioch, Ohio; Yale, New Haven, Conn.; Beloit, Wis.; Earlham, Ind. Demand a vegetarian diet at school, start a co-op

THE VEGETARIAN CTR. (53 Mrlces Rd., Kensington London W, 8 6LD).

VEGETARIAN MAGAZINES AND RESEARCH

THE VEGAN QUARTERLY MAG., THE VEGETARIAN (47 Highlands Rd., Leatherhead, Surrey, England). National tabloid since 1848, \$2 yr. monthly

THE BRITISH VEGETARIAN, BI-MONTHLY JOURNAL (Bank Sq. Wilmslow, England)

AHIMSA (Am. Vegan Soc. Malaga, N.J. 08328)

CONTARDI (7301 Ridge Blvd., Chicago, Ill. 60645). Free bk list, sources of clothes, food

REVIEW & HERALD (Takoma Pl., Wash. D.C. 20012) 7th Day Adventists, Food Facts

WORLD FORUM (JH Greaves Ltd. 106/110 Lordship La. London SE 22)

ARGUS ARCHIVES (228 E. 49th St., N.Y.C., N.Y.) Veget. research & statistics

HUMANE INFORMATION SERVICES RESEARCH (51, 41 21 4th St., So. St. Pet'bg, Fla.)

HEALTH RESEARCH (70 Lafayette, Mokolunne Hill, Cal. 95245). Book: Meat Eating: A cause of disease by Dr. Bernard. Other good bks. on diet & nutrition. Send \$2 for listings, reviews of books on raw foods, fasting, vegetarianism

CAPE VEGET. Soc. (c/o Ruck, 23 Quendon Rd., Seapoint Capetown, So. Africa). Newslet

N.EARTH FOUNDATION (P.O. Box 5668, Pasadena, CA 91107). An attempt to bring together the educational, political and religious philosophies of the world for the good of all humanity. Has newsletter and text. Send stamps for info

BLINDGEGAN DEN' MINNSRAUCH TIERE (EV 8 München 23, Viktor-Scheffel Germany). Mag/Lit

HYGIENIC REVIEW (Box 1277, San Antonio, Texas). Based on the teachings of Dr. H. Shelton. LETS LIVE (44 Larchmont Blvd., L.A., CA). A popular health magazine with a vegetarian emphasis. \$6/year

NATURAMA HEALTH CARE (H.H.L., 25 Exeter St., Boston, Mass. 02116). Home study course on basic vegetarianism. Also, quarterly magazine *HEALTH DIGEST* \$1 per copy. Studies on live food and healing.

THE PROVOKER (St. Catharines, Ontario, L2R7C9, Canada). Bi-monthly \$1 per copy

RAW FOOD AND FRUIT NEWSLETTER (M. Smith, 1411 Schoolhouse Rd., Santa Barbara, CA). \$5.00 copy

VEGETARIAN HEALTH REVIEW & DIGEST (Box 221, Haverford, PA. 19041) Quarterly \$2/yr

VEGETARIAN TIMES (P.O. Box A3104, Chicago, Ill. 60690) Every 6 wks., \$5/yr. Good reading

VEGETARIAN VOICE (501 Old Hnding Hwy., Malaga, N.J. 08328). Middle of the road. \$3/yr

VEGETARIAN WORLD (Suite 216, 8235 Santa Monica Blvd., L.A., CA 90046). A must reading Quarterly. Vegetarian bookclub, includes a free copy of Meat On the Menu. Who Needs It? \$2/yr

SCHOOL OF MEDICINE (Loma Linda Univ., Loma Linda, CA.) Old school of thought. They are ready for live food. Some papers on nutrition, non flesh dietaries, vitamin B-12. Much of the material needs updating

LIVING OFF THE LAND (P.O. Box 2131, Melbourne, Fla. 32901) Bimonthly, \$3.50 yr. Sub-triweekly Newsletter. Each issue contains listing of books, seed sources and places to visit

AGRICULTURE: THE ONLY RIGHT APPROACH, P.H. HAINSWORTH (\$12.50, Lets Live, 444 N. Larchmont Blvd., L.A., Ca.) Offers scientifically proven data why the organic method is superior

KATHY'S FARM, INC. (Frankfort, West Virginia Phone 304-497-2040) Dr. Lincoln Equia, director of large research oriented complex, is in the process of moving the entire operation in the direction of eco-agriculture methods

PEST CONTROL (Jeff Cox, Organic Gardening and Farming Magazine, Emmaus, Penn. 18049). Collect about 1/2 lbs of insects per 100 acres. Blend the insects in water. Spray helds in diluted form. For more details read Oct 76 issue of the magazine

RUDOLF STEINER CANCER RESEARCH FOUNDATION (c/o Messrs. Barfield & Barfield, Danes Inn House, 285 Strand, London W.C. 2) Research work on cancer remedy prepared from mistletoe

CIRCLE OF LOVE AND PRAYER (P.O. Box 1791, Reno, Nevada 89505) Publishers of Sweet Sweet Melody of Love—beautiful book of poems and prose on fasting, simple foods, meditation and love bliss. Send \$1. They also publish a spiritual journal

WHY I WON'T EAT EGGS (Carley Leacyen, 510 Taft Ave., Charleston, Ill. 61920) For free copy, send 2 stamps, 9 in. self addressed envelope

MUCUSLESS DIET (One East 42nd St., Suite 805, N.Y., N.Y. 10017) Place for sharing experiences on such diet

FRIENDS OF ANIMALS

ANIMAL LIBERATION MOVEMENT (Martin, 37 Stanley Ave., Staten Island, NY). Animals & Their Rights—about slaughter laws.

BOMBAY HUMANITARIAN LEA (Daya Mandir 25/27, Mumhadevi Rd. Bombay 3, India).

ALL INDIA ANIMAL WELFARE ASSOC (16 Dadabhai Manzil Congress' se Bombay 4, India)

ANIMAL'S FRIEND (Pambari Rd. Deli 33 India)

ADITI (799 B'way, N Y C., NY 10003). Non-animal beauty aids, no animal experiments.

BEAUTY WITHOUT CRUELTY (175 W. 12 St. N Y C., NY 10011). Compassion—Source of non-animal clothing, cosmetics.

AMERICAN HUMANE ASSOC (Box 1266, Denver, Colo. 80201).

ANIMAL LIB MOVEMENT (c/o Martin, P.O. Box 192, Staten Is., NY 10301).

VEGETARIAN DIRECTORY (\$4, Amer, 83 Willow Ave, Somerville, Mass 02144) includes over 70 animal welfare organizations.

DEFENDERS OF ANIMAL RIGHTS INC (Box 4786, Baltimore, MD 21211) A new organization.

UNITED ACTION FOR ANIMALS (c/o Leeds, 616 6th, Brooklyn, NY) Information on how to eliminate the use of animals in research. Good alternatives offered.

VEGETARIAN TEACHERS

ORGANIC LECTURERS (Carole Turko, OGF, Rodale Press, Emmaus, Pa. 18049) Compiling a list of people who would be willing to talk to groups on their experience in gardening

DAVID JONES NUTRITIONAL ENTERPRISES (3519 Forest Park Ave, Baltimore, Maryland 21216, 301-823-0398) Student of HHL, into long fasts, live foods, restaurant. Supervised Mohammed Ali's diet before the last fight. Available for lectures.

EDMOND DOUCETTE (Box 1454, Redondo Beach, CA 90278, phone 881-9755) Workshops on healing through color and sound

ANN WIGMORE EHHI, 25 Exeter St, Boston, Mass 02116) Available for lectures on live food Beginning Aug 1977, she will be travelling around the world to share her experiences in healing. For lecture arrangements and schedule contact the institute

ELLIOT POSTOL (101 W. 78th St, N Y C. 10024, 212-595-2301) Chinese healing arts, acupuncture, holistic methods and live foods

HIPPOCRATES HEALTH INSTITUTE (25 Exeter St., Boston, Mass. 02116) Live Food, Survival and Education.

JOHN LITTLETON (1005 Park Towne, 220 Parkway, Phil., Pa. 19130) Composes music about animal cruelty as does Karen Messer and Jim Berenholz of this collective

JANET BARKAS (53 Irving Pl., Apt. 4-H, N Y C.). Book Course, Hist Veget., New School.

LINDALOU SUMONJA (4638 W. Schubert, Chic., Ill. 60639). Vegetarian Poetry

R. JONES (Apartado Aereo 888, Popayán, Colombia) \$2 Rope-soled shoes with woven cotton tops

STEVE WEAVER (Tangerine Park, Lt 220, 1616 21st St., St. Petersburg, Fla. 33712). A food movement mimeographed pamphlet

GEO. MYSELS (345 58 St., N Y C. 10019) Vegetarian Poetry.

VEGETARIAN POSTCARDS (V. Press, 1764 Gilpin, Denver, CO 80218) \$1 for a set of 8

HAZEL RICHARDS (6350 E. Greenlake W., Seattle, Wash 98103). Studied 3 yrs at Hippocrates, been in health food business for over 20 years. 70 yr youth. Will travel to lecture

RAY & DWAL A ELDRIDGE (Box 15189 L V., Nev. 89114) 25 years veget lecturing

DOLF WALDMEIR (Swiss Alp Tours, Ch 1807 Blonay, S. Vevey, Lake Geneva, Switzerland) Raw food lecturer.

PETER POTTER POLARITY (47 Lake Shore Dr., Littleton, Mass.) Teacher, healer, and polarity practitioner. He operates part of the year on west coast. Formerly of Hippocrates Health Inst. (H.H.I.)

REV. ROBERT BELL (Ministry of Life Church, P.O. Drawer 2243, Daytona Beach, Fla. 32015 and P.O. Drawer 190, Waterbury, Conn. 06720) Formerly of H.H.I., lecture and workshop in live food and healing

WINTER GREENS INDOOR FARMS (Chapel of the Open Door, Long Lake, Minn. 55356) Complete training in indoor farming on small scale for homes or large scale for schools and communities. Students in a "learn-by-doin'" environment help grow wheatgrass for sale to help finance the workshops. Wheatgrass chlorophyll is sold to members of the IACVF and The Healing Center at St. Patricia's. Send 30¢ in stamps or cash for more information

HEALING DIRECTORIES

NATIONAL COUNCIL ON WHOLISTIC THERAPEUTICS AND MEDICINE (P.O. Box H, Brooklyn, N.Y., (212)789-0112). A directory to be published by Doubleday. Will list with annotation groups, individuals, centers, schools, books. To be supplemented every two years, rewritten every five. Available Autumn 1977

NUTRITION-MINDED PHYSICIANS IN U.S. AND CANADA (Alacer Corp, Box 6448, Buena Park, CA 90622). Send 25¢ for booklet NP 1. Includes M.D., D.O., D.C. and Dentist who pay attention to the nutritional needs of their patients

DIRECTORY (International Academy of Biological Medicine, P.O. Box 31313, Phoenix, AZ 85046). List of nutritionally oriented Doctors in U.S., Canada, Mexico, Europe, Clinics, Spas endorsed by the Academy—Dr. Pasvo Airole. Send a large, 24¢ stamped, self addressed envelope

O.T.G.F. (390 Cobblestone Dr., Dallas, TX 75229). Directory of nutritional doctors, local events.

THE HEALTH SPAS (53 07, I A C V F Inc, 151 Silver Lake Rd., Suite 1, St. Paul, Minn 55112) World guide to some of the more expensive health spas, mineral baths and nature cure centers.

REFERRAL SERVICES

Send a self-addressed, stamped envelope. State your problem in few words, make the requests specific. Can take several weeks to receive a reply. Don't request for a national list

ALAN NITTER M.D. (1830 Commercial Way, Santa Cruz, CA 95060) Offers referral service for persons who are looking for a nutritionally oriented physician. His book, A New Breed of Doctors (Pyramid Communications Inc., NYC), is an important contribution on what to expect from an M.D. who is into nutritional therapy

SOCIETY FOR THE PROTECTION OF THE UNBORN THROUGH NUTRITION (17 N. Wabash, Suite 603, Chicago, Ill 60602) Obstetrician referral.

INTERNATIONAL ACADEMY METABOLOGY, INC., (2236 Suree Ellen Lane, Altadena, CA 91001)

ACADEMY OF ORTHOMOLECULAR PSYCHIATRY (North Nassau Mental Health Center, 1691 Northern Blvd., Manhasset, Long Island, N.Y. 11030)

INTERNATIONAL COLLEGE OF APPLIED NUTRITION (Box 386, La Habra, CA 90631)

INTERNATIONAL ACADEMY OF PREVENTIVE MEDICINE (871 Frostwood Drive, Houston, Texas 77024)

AAMP MEDICAL LIBRARY (39435 Elna Way, Cathedral City, CA 92234) Referral to physicians into chelation therapy

HEALTH RESORTS

This list is for your convenience. I do not know enough about most of these places to recommend them visited by individuals would be appreciated by the staff of OMangod Press. We can share this information in a forth coming annotated directory. Please send entries.

Though many of the health resorts, or some of the new age healing practitioners are not perfect, still they offer you a thousand times better alternative than the AMA club. Natural methods cannot harm you. In the past, many of the health resorts got started by individuals who had a health improvement experience through natural methods and decided to serve humanity by sharing their discoveries. However, as the back-to-nature movement gains momentum, we will see many new centers appear, with only one intention, i.e., making the practitioner rich, quick.

Choose one that some reliable source has suggested to you. When you are at the resort, follow the practices that make good sense, make extra contributions only if you truly believe in the humanitarian intentions of the organization. While there, enjoy yourself. Often you will meet there some of the nicest people, seekers like yourself. From the guests you might learn just as much as from the resort.

NORTH AMERICA

HIPPOCRATES HEALTH INSTITUTE (25 Exeter St., Boston, Mass. 02116) Has a 3 month healing training program. Live food, offers training to open up new centers. Probably, the best place in the world to get an honest, simple, new age education

REV. ROBERT PARKER (7343 Concord Blvd., East, Inver Grove Heights, Minn. 55125)

NEW AGE ENTERPRISES (P.O. Box 231, Custer, S. Dakota 57730). Clinic, community, school, industry

SCHOOL OF YOGA (629 W. Main St., Grand Junction, CO. 81501, (303)245-0502) Yoga and therapies—live food, sprouts, juice, wheatgrass

DURANGO CHIROPRACTIC HEALTH CENTER (College Plaza, 599 8th Ave, Durango, Colo. 81301) Phone 259-0968) Into Survival

You may write directly to them and request their descriptive literature. Letters of evaluation of places visited by individuals would be appreciated by the staff of OMangod Press. We can share this information in a forth coming annotated directory. Please send entries.

Though many of the health resorts, or some of the new age healing practitioners are not perfect, still they offer you a thousand times better alternative than the AMA club. Natural methods cannot harm you. In the past, many of the health resorts got started by individuals who had a health improvement experience through natural methods and decided to serve humanity by sharing their discoveries. However, as the back-to-nature movement gains momentum, we will see many new centers appear, with only one intention, i.e., making the practitioner rich, quick.

Choose one that some reliable source has suggested to you. When you are at the resort, follow the practices that make good sense, make extra contributions only if you truly believe in the humanitarian intentions of the organization. While there, enjoy yourself. Often you will meet there some of the nicest people, seekers like yourself. From the guests you might learn just as much as from the resort.

KRIPALU YOGA CLINIC (2210-D White Oaks Drive, Speedway, Indiana 46224; 317-244-2724) Into Survival

DR. R. WOOD (9731 Pine Ave, Gary, Indiana) Natural Therapeutics. Uses Survival methods

MOTHER NATURE AND SON (213 3rd St. S.W., Albuquerque, N.M. 87102) Restaurant, community, wholesale store, sprout distributors. Healing center is being started

SALEM CHILDREN TRUST (5923 Johnson Ave., Bethesda, Maryland 20834, (301)530-7963) Has branches in Germany, Israel, England, Greece. Home for socially and mentally handicapped children. Has over 4000 photocopies of scientific publications on tissue culture experiments which are an alternative to animal experimentation. Organic vegetarian diet. Could use help in sprouts and indoor greens

ANDREW McNAUGHTON, THE McNAUGHTON FOUNDATION (3220 Ridgewood Ave., Suite 401, Montreal, Quebec, Canada)

"THE SPRINGS" (Russell Boyd, Carlisle Springs, Ontario, Canada)

FORT HEALTH MANOR (2201 Comox Ave., Comox, British Columbia, V9N4B2, Canada)

GERSON NUTRITION CENTER (25419 State Rd. #2, South Bend, Indiana 46619, (219)287-4070)

HUXLEY INSTITUTE OF BIOSOCIAL RESEARCH (312 Carpenter Rd., Defiance, Ohio 43512)

GOURMETS' GALLEY (Rt. 1, Box 48E, Friday Harbor, Wash.)

ANDROMEDA NEW AGE ENERGY CENTER (Long Lake, NM 55356) In addition to Sunday services, spiritual jazz sessions, natural healing sessions, yoga classes, body reflexology, indoor farming, whole foods catering, psychic readings, and spiritual awareness classes are offered.

ALBERT FREEDMAN (411 Bedford St. (Rt. 18), E. Bridgewater, Mass. 02333, (617)378-3946). Dr. Ream Saliva Urine Test \$30.

ROBERT CORNER (171 Peekskill Ave., Springfield, Mass.). Dr. Reams saliva/urine test @ \$75.

HAZEL RICHARDS (6350 E. Greenlake W., Seattle, Wash. 98103). Raw foods, wheatgrass, sprouts.

NEW ENGLAND HEALTH CONSERVATORY (Magnolia Manor, Magnolia, Mass. and Revere, Mass.)

BONOG SATCHIDANANDA ASHRAM, Dr. Sandra McLambon-Swami Amritananda M.D. (Box 108, Pomfret Center, Conn., (203)928-3802).

BEATRICE TRUM HUNTER (RD.), Hillsboro, New Hampshire).

DR. WILLIAM KELLY HEALTH CENTER (Winthrop, Wash 98862) Plans to open in 1977.

MANCHESTER HYGIENE & HEALTH INSTITUTE (52 N. Adams St, Manchester, N.H., 03104) Into the Survival program.

SCOTT'S NATURAL HEALTH INSTITUTE (Box 8919, Cleveland, Ohio).

BEECHWALD CLINIC (Dr. Shearer, 4191 N. High, Columbus, Ohio).

ANDREW IVY, M.D. IVY CANCER RESEARCH FOUNDATION (622 W. Diversey Parkway, Chicago, Illinois).

JULIAN HOTEL (Corvallis, Oregon).

PEACEFUL MEADOWS (Rev. H. Kroefer, 7075 Valmont Drive, Boulder, Colorado).

SIVANANDA YOGA CAMP RETREAT (Pococnos Rt. 3, Stroudsburg, Penn.)

TEMPLE BEAUTIFUL (Steve & Helen Hass, 812 N. 63rd St, Phil. Pa 19151) Raw foods, juice, trained at BHI

CLYMER HEALTH CLINIC (R.D. #1 Clymer Rd, Quakertown, Pa 18951 215-536-1900) Offers diagnostic and naturally oriented treatment.

N. HOWE LANE (Creswell, Oregon 97426, (503)895-4967).

GRAY LEDGES (Grantham, N.H. 03753) Christian, informal, lectures, raw foods.

NEW YORK

VEGETARIAN HOTEL (Box 457, Woodridge, N.Y., (914) 434-4455).

SUNCREST (American Vegan Society, Malaga, N.J.)

PAWLING HEALTH MANOR (Route 9, Staatsburg, Hyde Park, N.Y. 12538).

NEW AGE BEAUTY AND HEALTH FARM (Box 584, Suffern, N.Y.).

SUN CREST (Box H Malaga, N.J.)

HIGH CLIFF RESORT (Phone 212-596-7268 or 914-434-8147) 95 miles from NYC, \$60/week, 2 meals, 22 cabins.

SANDY ELMER (Box 89, River Farm, Athens, N.Y.). Place for gatherings. Organic vegetarian farmer. Holds children camp.

MRS. CHARLOTTE STRAUS (Dr. Gerson's Daughter and Clinic Associate, 71-40 112th St., Forest Hills, New York.)

VEGETARIAN RECREATIONAL COMMITTEE (81-20 Kent Street, Jamaica, New York 11432).

WITTENBERG SPA (Mt. Tremper, New York)

AWOSTING RETREAT (P.O. Box 367, Parkville, N.Y., 12768) Has vegetarian and transition diet. Offers workshops of new age teachings.

STANLEY BASS (3119 Coney Island Ave, Brooklyn, N.Y. 11235) Has a city natural hygiene and chiropractic practice and a fasting center 50 miles from NYC.

VEGETARIAN GROWTH CENTER (Rt. 17, Exitt 112, R.D.#1, Box 369, Wurtsboro, N.Y. 12780).

VICTOR PIXLEY, Natural Hygiene Unfermented Gospel (30-44 14th St., Long Island City, N.Y. 11102, (212)278-1409).

HUXLEY INSTITUTE (Mailing addresses: E. A. Plante RN, 1209 California Rd., Eastchester N.Y. and First Baptist Church, Bryant Ave. & North St., White Plains, N.Y.)

ELLIOTT POSTOL (101 W-78th St., N.Y.C. 10024) Healing, acupuncture

TREE OF LIFE (101 W 125 St, NYC 1002 F). Herbalist, healer, book store, community

DR. C. GIAN-CURSO (10 Bunker Rd., Lido Beach, N.Y., (516)432-3062).

FLORIDA

ORANGE GROVE HEALTH RESORT (Box 316, Route 4, Arcadia, Fla. 33821).

NEW LIFE ORGANIC FARM (19380 Bauer Drive, Homestead, Florida)

ROBERT'S STUDIO (Rt. 4, Highway 177, Bonifay, Fla.)

FLORIDA SPA (3500 McCoy Rd., Orlando, Fla.)

SHANGRI-LA (Bonita Springs, Fla.)

DR. J. M. BROSIUSO HYGIENIC HOME (18207-09 Gulf Blvd, St. Petersburg, Fla. 33708)

ESSER HYGIENIC REST RANCH (Box 161, Lake Worth, Fla. 33460)

DOROTHY KELLEY (2214 Ponce de Leon, W. Palm Beach, Fla. 33407). Has 500 acres on Cat Island in Bahamas which is to be converted in near future to a health resort

RUTH ROGERS M.D. (121 Fairview Ave., Daytona Beach, Fla.) Herbs, yoga, live food.

CALIFORNIA

HIPPOCRATES HEALTH INSTITUTE OF SAN DIEGO (2176 Valley View, El Cajon, Ca 92021 Phone: 444-9900) Trained in Wheatgrass healing

JENSEN'S HEALTH RANCH (Rt. 4, Box 822, Esccondido, Calif.)

ESCONDIDO CANYON RETREAT (3660 Lango Canyon Rd., Malibu CA)

HOPE FOUNDATION (Box 15316, San Diego, Cal. 92115). Has new health ranch in Tecate, Mexico.

JACUMBA HOT SPRINGS SPA (Box 466, Jacumba, California)

ENGELSBERGER (350 Rancho Santa Fe Road, Encinitas, California, 92073)

ERNST T. KREBS, JR., JOHN BEAR MEMORIAL FOUNDATION (P.O. Box 685, San Francisco, California)

MEADOWLARK (26126 Fairview Ave., Hemet, Calif. 92343).

VITA DEL SPA (13495 Pal Dr., Desert Hot Springs, Cal.)

HOLIDAY LODGE MOTEL (672 E. San Ysidro Blvd., San Ysidro, California 92073).

INT. ASSOC. OF CANCER VICTIMS & FRIENDS, INC. (155-D So. Highway 101, Solana Beach, Calif.) Send donation for list of Health Resorts and natural therapies for what ails you

EL TOREADOR MOTEL (631 E. San Ysidro Blvd., San Ysidro, California 92073).

VEGETARIAN PARADISE 40 min from L.A., 22 mountain acres. Call Helen English (213)899-5817 about recreation and guidance in organic gardening

DR. R. YANEY (2919 Main St., Suite A, Santa Monica, CA 90405). 3000 ft mountain overlooking ocean, 100,000 acres wilderness, \$50/week, meals at cost.

SANDRA GRAEME (3865 Willowcrest Ave., Apt. 9, Studio City, CA 91604, (213)980-6251). Learn principals of natural healing

MOORS HEALTH SPA (12673 Reposo Way, Desert Hot Springs, CA 92240)

SIVANANDA CENTER (115 N. Larchmont Blvd., L.A., CA)

RARE EARTH (Box 9147, Berkeley, CA 94709). A real estate company specializing in locating retreats.

ACER-VITA-DELL SPA (13495 Palm Dr., Desert Hot Springs, CA 92240).

ESSENCE YOGA TEMPLE (Big Geysers Resort, Cloverdale, CA 95425). Raw Foods.

MICHEL POWERS CENTER, F. Acquaviva D.D.S. (2830 Cabrillo Hwy. N., Suite D, Half Moon Bay, CA, 726-5514).

CURTIS BLEYLEY (P.O. Box 287, Forest Knolls, CA 94933). Is creating a holistic health center and community

MARK MUSICANT M.D. (511 Brookside, Redland, CA 92373, (714)824-1750). Studied at H.H.I., use of live food.

SAN ANDREAS HEALTH COUNCIL (128 Churchill Ave., Palo Alto, CA. 94301). Has students of H.H.I., M.D., Herbalist, Iridologist

DR. G. BENESH (1450 Mission Rd., San Marcos, Cal 92069, (714)744-0118).

DR. E. CONTERAS (P.O. Box 3793, San Ysidro, CA 92073).

W. BAPTISTE HEALTH CENTER (1 Clement St., San Francisco, CA 94118).

DR. R. YANEY (450 N. Bedford Dr., Beverly Hills, CA)

JIM SAVINO, Silverseed Transpon (P.O. 457, Cotati, CA 94928). Needs help in getting a healing center started.

M. & D. COLE (P.O. Box 22, Paramount, CA 90723). Are purchasing Solvang Castle in Solvang to set up life energy center.

SAN DIEGO NATURAL HEALTH CLINIC (2815 Fourth Ave., San Diego, CA)

CORBETT BATES VISION TRAINING, Goodrich 15359 Natick, Van Nuys, CA 91401).

SUN AND MOON FARM (2083 Ocean Street Extension, Santa Cruz, CA 95060). Herbs, sprouts and wheatgrass. Also Sproutarian restaurant.

SOUTHERN AMERICA

REV. CARR, House of Prayer (Coolidge, AZ 85228). Work with desert natives, sharing the live food healing methods.

VERNAL EQUINOX (P.O. Box 3456, Tucson, AZ 85722, (602)881-0816). Healing center information.

HEALING WATERS, Richard Hestad (Eden, AZ 85535, (602)485-2008). Raw food. Hot springs, orchard, commune, mansion, clean air. Need help to operate.

DR. JOHN BREHM (918 W. Culver St., Phoenix, AZ 85007, (602)253-1888).

PAT HUGHES (Apache Wells, 2243 N. 56th St., Mesa, AZ 85205). Setting up a total health center. Live food program.

HILLTOP (Clara Benson, RT3, Green Forest, Arizona).

LUKATS RESORT (RT #1, Box 955, Suffolk, AZ).

TPM CO (423 N. Country Club Dr., Suite 26, Mesa, AZ 85201, 602-964-1665).

J AND A SUNSHINE (1065 W. Fairway Dr., Mesa, AZ 85201, Phone 964-0230).

DU-WAYNE MITCHELL, M.D. (P.O. Box 160, Anderson, TX 77830. 713-873-2162) Works with Love Your Body diet, oriental healing methods.

FELLOWSHIP OF THE INNER LIGHT (P.O. Box 206, Virginia Beach, Virginia 23458). P. Solomon, who reportedly goes into Akashic, similarly to Cayce, is preparing a hospital and natural clinic.

ALLEN METABOLIC & GENETIC INSTITUTE (Dr. Mary Allen, Richmond, Virginia, Phone 703-358-6502).

TODAY CHURCH (5002 W. Lovers Lane, Dallas, TX 75209). Raw food.

LOMA VISTA (100 Southway, Kerrville, Texas).

SHELTON'S HEALTH SCHOOL (RT 10, Box 174E, San Antonio, Texas 78216, (512)697-3613).

PHILADELPHIA INSTITUTE INC. (401 Patterson St., Sulphur Springs, Arkansas, 72768, (501)298-3362). Voluntary contributions, or reasonable fee upon request by individual. Through nutritional restoration to enjoy a better world soon to be established by Jesus.

YUCCA LODGE & BATH (Truth or Consequences, N.M. 87901). Hot Springs.

MEXICO

RANCHO LA PUERTA (Tecate, Mexico).

PORT OF HEALTH (Hotel El Dorado, San Patricio, Jalisco, Mexico).

VILLA VEGETARIANA (Box 1228, Cuernavaca, Mexico).

RANCHO RIO CALIENTE (Box 1187, Guadaluajara, Mexico).

DR. EDWARD CARL (Madero 342, Coahuila, Mexico).

ERNESTO CONTRERAS, M.D. (#20 Paseo de Tijuana, Playas de Tijuana, Mexico).

WYNN DAVIS, MANAGER LETY APTS (311 Ensenada Ave., Playas de Tijuana, Mexico).

INSTITUTE OF REGENERATION (P.O. Box 1822, Ensenada, B.C., Mexico).

ANTON SCHENK, M.D. (Tapachula #7, Tijuana, Mexico).

FIRE RIVER SPA (APDO 1-1187, Guadaluajara, Mexico).

PUERTO SALUD (San Patricio, Jalisco, Mexico).

PORT OF HEALTH (Apdo 5-46, Guadaluajara 5, Jalisco, Mex.).

CENTRO DE DETECCION Y TRATAMIENTO (Apartado Postal 3437, Tijuana, B.C. Mexico and P.O. Box 4290, San Ysidro, CA. 92073).

DR. LYTTON BERNARD (Apdo 1187, Guadaluajara, Jalisco, Mexico).

EUROPE

PRIVAT-KLINIK BIRCHER-BENNER (Kellerstr. 48-CH 8044, Zurich, Switzerland).

RINGBERG-KLINIK (Dr. Josef Issels, 8183 Rotlach-Egern/Tegernsee, West Germany).

KLINIK PROF. WERNER ZABEL (824 Berchtesgaden/Bayern, West Germany).

KURHEIM (Dr. Trumpf, 8959 Hopfen am See, Switzerland).

DIATKURHEIM WINTER (7744 Königfeld/Burgberg, Switzerland).

FASTEN SANATORIUM (Dr. Otto Buchinger (Sen.) Uherlingen am Rodensee, West Germany).

ABTEILUNG FÜR NATURHEIL VERFAHREN (Allgemeines Krankenhaus, Dr. Fritz Oelze, Hamburg-Ochsenzoll, West Germany).

KURHEIM, DR. ERNST MEYER-CAMBERG (8124 Seeshaupt am Starnberger See, West Germany).

WESERBERGLAND-KLINIK (Pfo. Dr. Lampert, Hoster/Weser, West Germany).

PARACELUSUS HAUS, DR. W. BUHLER (7621 Unterlengenhardt, Schwarzwald, West Germany).

BIOLOGISCHES SANATORIUM (Haus der Gesundheit, Dr. E. V. Weckbecker, 8788 Bruckenaubayern, West Germany).

GERMAN NATIONAL TOURIST ASSN. (500 Fifth Ave., N.Y.C.). Free color brochure on German spas.

HANS NIEPER, M.D. (Silbersee Clinic, Sedan St. #21, Hanover Den, Germany).

SHALIMAR HEALTH HOME (2 Merlin Gardens, Brickhill, Bedford, England).

SANOSTA CLINIC (Wilhelm-Dahl-Street 16, 87 Wuerzburg, West Germany).

ED STONE NATURE CURE RESORT (Wootton Wawen, Warwickshire, Station, Bearley Halt, Claverdon 2327, England).

BUCHINGER KLINIK (am Rodensee, 777 Ueberlingen, Lake Constance, West Germany).

DR. ALBERT MOSSERI (Ex. Hotel Bel Air, 10 Rigny La Nonneuse Aube, France).

CLINICA BUCHINGER (Marbella, SA., Marbella (Malaga), Spain).

TAMARA (Temisas, Gam-Canaria, Spain).

DR. PANAYOTIS COUMENTAKIS (Poleoia Polemiston, Giayfada, Attica, Greece).

BRANDALS HALSOHEM (Alma Nissen, Pershagen, Sweden).

VITA NOVA (Dr. Lars-Erik Essen, Molle, Sweden).

BJORKAGARDEN HALSOHEM (Ingrid Oye-Carlson, Djuras, Sweden).

KURHEMMET (Dr. Jeru Hamberg, Alfva, Sweden).

KILHOLMS HALSOHEM (Harry Andersson, Sodertalje, Sweden).

INDIA

AROGYA MANDIR, Gorakhpur (U.P.).

AROGYA NIKETAN, Dalganj, Lucknow (U.P.).

DR. S. J. SINGH, 52 Gwyne rd, Lucknow, (U.P.).

NATURE CURE COMMITTEE, Gandhi Smarak Nidhi, Rajghat, New Delhi-1.

YOGA SANSTHAM, Padma Nibunj, B-19, Chomu House, Sardar Patel Marg, Jaipur-1 (Raj.).

PRAKRITIK CHIKISALAYA, Jasidih, Dr. Sanhal Pargana, Binhar.

NATURE CURE HOSPITAL, Begumpet, Hyderabad, -16, (A.P.).

PRAKRITIK JEEVAN MANDAL, Natural Life Society, Karuna Mandir, Valsad 396001 (Gujrat).

DR. M. M. BHAMGARA, 16 Bharat Mahal, 86, Marine Drive, Bombay, 400002.

SARMA NATURE CURE SANATORIUM, Ganeshnagar, Padukottai, 622001 (T.N.).

C.T. HOSPITAL (J.D. Narula, Azad Market, Delhi, India).

MIXTURE

CARLYLE KOCH JOHNSON CLINIC (P.O. Box 458, Koloa Kauai, HI 96756).

SEICHO-NO-TE (Home of Infinite Life, Wisdom and Plenty, 78 Onden 3, Shibuya-ku, Tokyo, Japan).

MANUEL NAVARRO, M.D. (3553 Sining, Morningside Terrace, Santa Mesa, Manila, Philippines).

SIVANANDA ASHRAM YOGA RETREAT (P.O. Box 7550, Nassau, Bahamas).

ORGANIC LIVING (Ruthven Home, RFD3, Biranwood, West Indies).

RENAISSANCE REVITALIZATION CENTER (Dr. Elliot Goldwag, Nassau, Bahamas).

DR. CARLOS ARGUELLO (Apartado 2199, San Salvador, El Salvador, Central America).

CORMILLOT CLINIC (Paraguay, 3358, Buenos Aires, Argentina).

KAWANA (Dr. Arcadia 2159, Australia).

MT KOO YONG CON-VALESCENT CHALET (Pon Dwiglas, Australia).

DR. CARLOS ARGUELLO JR. (Apdo. 2294, San Jose, Costa Rica, Central America).

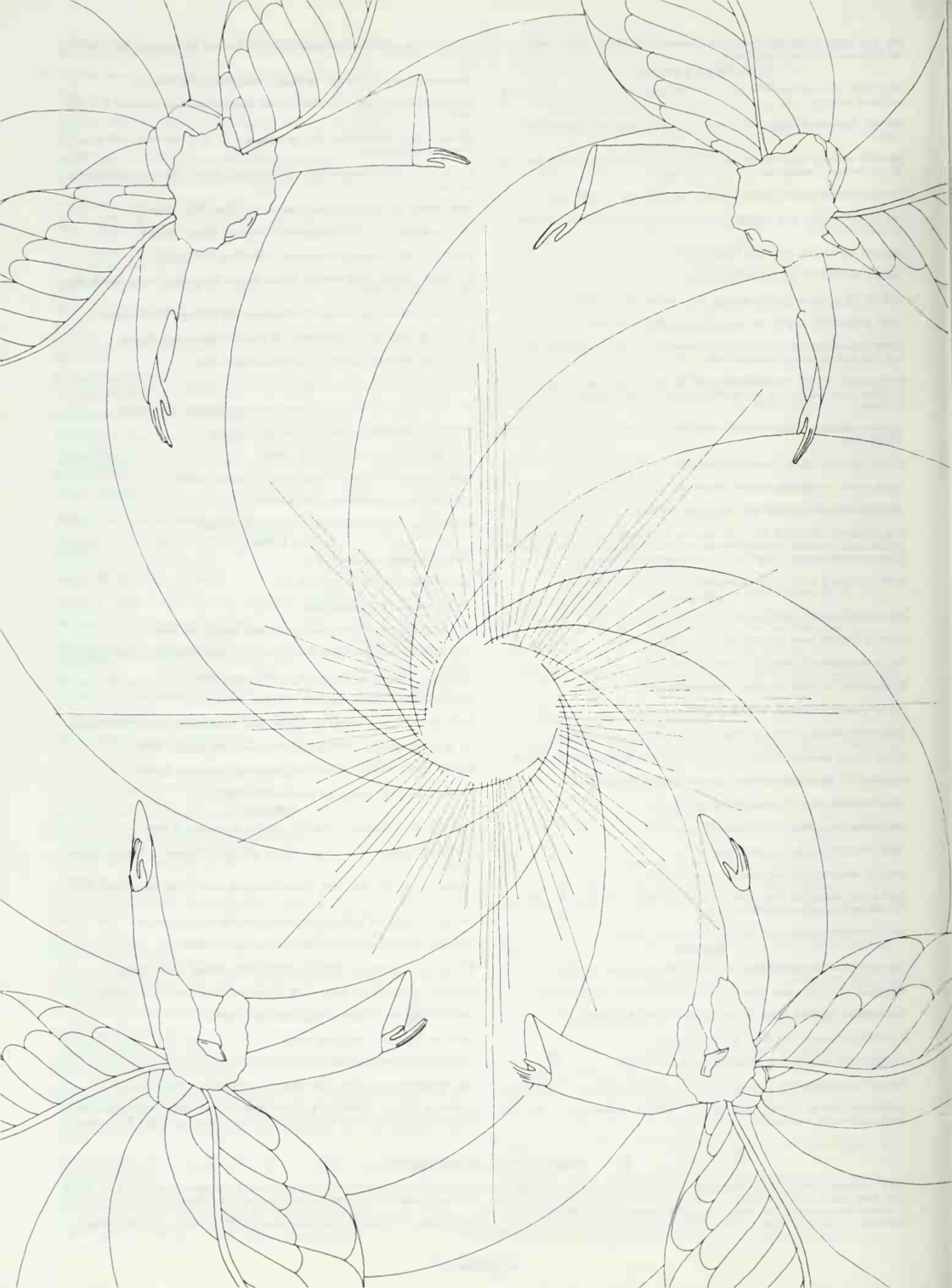
FAIRFIELD MEDICAL CENTER (J.R. Lenon, Metabolics Inc., 3030 S. Dixie Highway West Palm Beach, Fla. 33405) U.S.A. representative for the center located in Montego Bay, Jamaica.

FRUITARIAN RESOURCES

FRUIT AND FRUIT TECHNOLOGY RESEARCH INSTITUTE (Private Bag X5013, Stellenbosch 7600, South Africa) Information bulletin No. 300, Aug 1975, contains the experience of Mrs. E. Honihall who has been a fruitarian for 15 years. This is a well documented journal put out by the Department of Agricultural Technical Services. Send \$3.

CALIFORNIA RARE FRUIT GROWERS (Star Route, Box P, Bonsall, CA 92003) \$3/yr. One of the finest magazines on the growing of tropical and semi-tropical fruit.

JOHN RILEY (3370 Princeton Court, Santa Clara, CA 95051) Tropical fruit seed exchange and sale.



HEALING STUDY REFERRAL SERVICES

WELL BEING (Box 7455, San Diego, CA 92107). Besides being a good magazine on healing, it provides a monthly directory on herb walks, herb plant and seed sources, herb shops, natural healing schools.

COMMUNITY RESEARCH AND ACTION (7 Boulevard Carl Vogt, Geneva, Switzerland). Operates cafe-restaurant, shop, publications. Research on alternative living. Information on existing healing establishments.

ANOTHER PLACE (R.D. 103, Greenville, N.H., 03048, (603) 878-1510). Conference and retreat center that is developing networks of people involved in personal and social healing throughout New England.

NATIONAL FEDERATION OF SPIRITUAL HEALERS SHORTACRES (Church Hill Loughton, Essex, England). Healing classes, annual workshops, correspondence course by Harry Edwards.

THE NATUROPATH (1920 North Kilpatrick St., Portland, Oregon). Has listing of teachers and schools.

RELIGIOUS HEALING CENTERS (Rev. Robert Parker, 7343 Concord Blvd. E. Imver Grove Heights, Minn.).

HIPPOCRATES HEALTH INSTITUTE (25 Exeter St., Boston, Mass. 02116). Live food and grass therapy for chronic ailments. Study substance, survival diet. Indoor gardening. New age disciplines. A complete home study course—Naturama. Send 32 cents stamps for free literature. Will help you set up chartered branches. Offers a 3 month residency, apprentice program in new age healing, polarity therapy, interpersonal relationships, yoga, managing an institute etc.

DR. SHELTON'S HEALTH SCHOOL (San Antonio, Texas). Fasting and hygienic living.

ED SMITH (4 Center St., Cambridge, Mass. 02139). Natural healing practitioner. Has studied and worked with many top healers in the world. Worked at HHI as well as with Dr. Christopher, Director of the Holistic Healing Center. He is available for nutritional programs, consultation and lectures.

UCLA—TREE OF LIFE (101 W. 125th St., N.Y.C. 10027). University of healing, herbology and the occult. Active in live food movement, fruitarianism and Hstema.

DR. CHRISTOPHER (Herb Shop, P.O. Box 352, Provo, Utah 84601). One of the few herbalists to use musclexan raw food diet and wheatgrass. Has home study course to be available by end '76. Distributed on East coast by OMango d'Press. He is often on the road, has workshops on herbs and indology. Will start school in 1977.

DOMINION HERBAL COLLEGE (7527 Kingsway, Burnaby 3, B.C. Canada). Correspondence Course. Oldex and the original school of herbs in N. Am.

FACULTY OF HERBAL MEDICINE ("Merlyn" 93 Eaw Ave., Boumemouth, BH3 7BX Dorset, England). Herbal medicine, homeopathy, naturopathy, osteopathy, psychotherapy, hypnotherapy.

LIVE FOOD—LUS

HERBOLOGY

ZONE THERAPY. EUNICE INGHAM (P.O. Box 948, Rochester, N.Y.). Conducts classes in major cities. Referral service.

KELLEY SNODGRASS (Box 6285, Spartanburg, S.C., 29304). Provides index of resources on chiropractic. Send stamp.

THE A. J. BROWN INFORMATION CENTER (P.O. Box 251, Fort Belvoir, Virginia). Cancer.

INTERNATIONAL CHIROPRACTIC REVIEW (741 Braddy St., Davenport, Iowa). Professional journal.

NEW ENGLAND JOURNAL OF CHIROPRACTY (12 Norman Ave., Magnolia, Mass.).

PROFESSIONAL DIRECTORY OF NATUROPATHIC PHYSICIANS (1920 N. Kilpatrick, Portland, Oregon).

AMERICAN FOUNDATION OF HOMEOPATHY (Barr Building, Suite 428, 910 17th St., N.W., Wash., D.C.).

EDUCATOR'S PRESS (P.O. Box 4286, Phil., PA. 19144). Puts out a journal that lists non-traditional Educational opportunities, \$3.50. A newsletter available free.

LUELLA AND JOHN HAMILTON (Rd 1, Sabinsville, Penn.). Osteopath experienced in juice therapy, reflexology and detoxification. Will accept few students. Facility in process of being built.

MARY EFFINGTON (P.O. Box 2362, Phil., PA 19103). Teaches and publishes a newsletter. Has written an excellent booklet on how to conduct indoor gardening and live food workshop.

INSTITUTE OF HERBAL PHILOSOPHY (Box 968, Glendora, CA 91740). Correspondence.

KWI TSI TSA LAS HERBAL COLLEGE (P.O. Box 46506, Vancouver Postal Station G British Columbia V6R 4G7). Seminars, apprenticeships, correspondence course.

ADVANCED SCHOOL OF HERBOLOGY (710-12 12th St., Dept. J, Sacramento, CA 95814). Correspondence course.

HERBAL COLLEGE (Box 46506 station G, Vancouver, BC).

HERBALIST INSTITUTE (Box 968, Glendora, Cal.).

CHURCH OF THE TREE OF LIFE (451 Columbus Ave., San Francisco, Calif.). Herbal.

GREEN VALE HERBAL COLLEGE (801 1st Ave., Cumberland, B.C., Canada).

SUN AND MOON HERB FARM (71212, Santa Cruz, CA 95960). Offers herb and indology seminars.

NATUROPATHIC

NATIONAL COLLEGE OF NATUROPATHIC MEDICINE (3100 McCormick Ave., Wichita, KS 67213). The only residential college in N. Am. granting N.D. Prepares one to sit for the medical boards in Naturopathy in those states which license naturopaths.

SUSSEX COLLEGE OF TECHNOLOGY (Highfield, Dane Hill, Haywards Heath, Sussex, England). The school exists for dissemination of knowledge, dealing with the Natural Healing Sciences, metaphysics and spiritual subjects. Post graduate awards include homeopathy, psychology and philosophy. Correspondence only. Questionable material. Good for honorary N.D.

ANGLO-AMERICAN INSTITUTE OF DRUGLESS THERAPY (20 Talbot Avenue, Bournemouth, Hants, Great Britain). Offers an N.D. diploma upon completion of their correspondence course. N.D. graduates are eligible for D.O., homeopathic and other AAIDD courses. Regional office: P.O. Box 415, Lowell, Mass. 01853. Questionable. Good for honorary N.D.

BRITISH COLLEGE OF NATUROPATHY AND OSTEOPATHY (6 Nethehall 6 DNS Hampstead, London, NW3, U.K.).

NATURE CURE MEDICAL COLLEGE (c/o B.J. Medical College, 11-nd Floor, Ahmedabad-16, India).

LAMP (Instituto Naturista "Adventista" Aparado 228, Antigua, Guatemala). 7 Day Adventist School in Natural healing. Heavy, strict Christianity, anti-fruit position.

THE NATIONAL COLLEGE OF NATUROPATHIC MEDICINE (1326 N 45th St., Seattle, Wash.).

INTERNATIONAL COLLEGE (Apdo 5-46, Guadalajara 5, Jalisco, Mexico). Study of healing without drugs or surgery.

HONORIUMS INTERNATIONAL UNIVERSITY (P.O. Box 205, Los Altos, Cal.).

DR. JAY SCHERE (229 McKenzie, Santa Fe, New Mexico). Massage and naturopathy.

BERNADEAN UNIVERSITY (Las Vegas, Nev.). A 4 year senior university that includes a college of naturopathy.

CHICAGO NATIONAL COLLEGE OF NATUROPATHY (3330 North Milwaukee Ave., Chicago, Ill.).

DR. BERNARD JENSEN HOME STUDY COURSE (Box J, Escondido, Calif.).

INTERNATIONAL UNIVERSITY (Casulla H. Loja, Ecuador, S. America). University degree by correspondence. Fruitarian, spiritual. Good place for honorary N.D.

FLAHERTY (1000 E. Walnut Number 199, Pasadena, CA). How to become a nutritional consultant.

INSTITUT NATUROPATHIQUE (6892 rue Saint Denis, Montreal, P.Q., Canada). All lectures are in French. Has an English sister—Anthony University, Missour.

CHRISTOS SNOEPP-SCHULE (P.O. Box 1503, Taos, New Mexico 87571).

SEBASTIAN-SCHULE (D-8199 Bad Worshofen, Postfach 180 West Germany). Lectures are in German.

NEUROPRAXIC INSTITUTE (435 So. Wellwood Ave., Lindenhurst, L.I., N.Y. 11757). Neuropractic, residential and correspondence.

SERENITY HEALTH EDUCATION CENTER (P.O. Box 4886, Vancouver, B.C. B6B 4A6). Classes and correspondence in courses about natural health.

BERNADEAN UNIVERSITY (3519 Thom Blvd., Las Vegas, Nevada 89106). Naturopathic Correspondence Course.

SNOWDOL COLLEGE OF NATURAL HEALTH (4645 Bourret, Apt. 90, Montreal 252 Que., Canada).

COLLEGE OF NATURAL THERAPEUTIC (1434 Fremont Ave., Los Altos, CA 94022). Mail order naturopathic and homeopathic courses.

AMERICAN COLLEGE OF NATURAL HEALING (Mesa, Az 85201, 602-969-5293).

AMERICAN COLLEGE (P.O. Box 101, Highland Heights, K. 41706). Natural healing methods.

CHIROPRACTIC-OSTEOPATHIC SCHOOLS

BRITISH SCHOOL OF OSTEOPATHY (16 Buckingham Gate London, W1, England).

NATIONAL COLLEGE OF CHIROPRACTIC (200 E. Roosevelt Rd. Lombard, Ill. 60148).

GROYDON SCHOOL OF OSTEOPATHY AND PHYSIOTHERAPY (105 Park Lane Croydon, Surrey, England).

CHICAGO COLLEGE OF OSTEOPATHY (5200 S. Ellis, Chicago, Ill. 60615).

MISSOURI COLLEGE OF OSTEOPATHIC MEDICINE AND SURGERY (West Jefferson, Kirksville, Missouri).

PHILADELPHIA COLLEGE OF OSTEOPATHY (415 City Line, Philadelphia, Penn.).

LONDON SCHOOL OF MANIPULATIVE THERAPIES (89 Vale, London, W. 3, England).

LIFE CHIROPRACTIC COLLEGE (1269 Barclay Circle, Marietta, Ga. 30062).

SHERMAN COLLEGE OF CHIROPRACTIC (Box 5502 Springfield Rd., Spartanburg, S.C. 29301).

PALMER COLLEGE (Brady, Davenport, Iowa) Chiropractic study.

L.A. COLLEGE OF CHIROPRACTICE (920 E. Broadway, Glendale, Ca. 91205)

LOGAN COLLEGE (Schoettler, St. Louis, Missouri) Chiropractic study.

NORTHWESTERN COLLEGE OF CHIROPRACTIC (1834 S. Mississippi River Blvd., St. Paul, Minn. 55110)

CHIROPRACTIC COLUMBIA INST. (261 W. 71st, N. Y. C. 10023)

HOMEOPATHY

NATIONAL CENTER FOR HOMEOPATHY (6231 Leesburg Pike, Falls Church, VA. 22044). Information of professional courses for M.D.'s, publications and information.

NATIONAL CENTER OF HOMEOPATHY (Suite 506, 6231 Leesburg Pike, Falls Church, VA.). Free directory of homeopathic physicians.

ROYAL LONDON HOMEOPATHIC HOSPITAL (Great Ormond St., London, W. C. 1).

THE FACULTY OF HOMEOPATHY (The Royal London Homeopathic Hospital, Great Ormond Street, London, WC1N 3HR, England).

BRITISH HOMEOPATHIC ASSOC. (27a Devonshire St. London, England).

EHRHART & KARL INC. (17 N. Wabash Ave., Chicago, Ill.). Homeopathic preparations.

AMERICAN INSTITUTE OF HOMEOPATHY (1011 Arch St., Phil., Penn.).

INTERNATIONAL HOMEOPATHIC RESEARCH COUNCIL (3 E. 85th St., N. Y. C.).

INDIVIDUALS AND NEW GROUPS

HEAL (I-Box 5688, Santa Monica, Ca. 90405, 213-392-7955) Health education association. Holds seminars.

MARCIA COHN (Organic Food & Gardens, 2655 Commerce Way, L.A. CA 90040, 213-652-4471). Teaches indoor gardening, wheatgrass, sprout, healing.

INTERNATIONAL HEALTH INSTITUTE (669 Belmont Ave., Southampton, PA 18966). Educating people in alternative ways of natural healing.

CENTER OF UNIVERSAL WISDOM (156-04 Brinkmoff Ave., Jamaica, N.Y.). Program in nutrition and exercise. Encourages eating plants while they are rooted in soil.

MARY EFFINGTON (P.O. Box 2362, Philadelphia, Penn. 19103). Runs weekly live food workshop. She'll show you how to set up similar programs in your city.

RAW VEGETABLE FOUNDATION (Dr. N. W. Walker, P.O. Box 13206, Phoenix, Ariz.).

MICHAEL O BREAN (P.O. Box 2463, Laguna Hills, CA). Fruitarian available for lectures on muscous diet.

HAZEL RICHARDS (School of Survival and Christian Service, 6530 E. Greenlake, N. Seattle, WA 98103, 743-758). Teaches healing, nutrition, indoor and outdoor gardening, operates a healing center, sprout business. Live food student (74) from HHII.

JASHUA LANE (Here's To Your Health, 714A S. Dixie Hwy., Hallandale, Fla.). Lectures on raw food, indoor gardening, healing.

NEW AGE COMMUNICATIONS (Box 10110, Cleveland, Ohio 44110). Bob Zuraw and Bob Lewanski—lecturers and authors. Have tapes as well as books.

LEONARD MEHLMAYER, N. D. (San Diego School of Natural Medicine, 4618 Muir Ave., San Diego, CA 92107, 225-8298). Iridologist, teacher and healer.

TRUTH AND LIFE CENTER (742 Hyde St., San Francisco, Calif.). Mail order study in Iridology.

JOY TO THE WORLD (138 Hillside, San Rafael, Ca. 94901). Iridology school.

THE HOLISTIC LIFE UNIVERSITY (1627 Tenth Ave., San Francisco, Ca. 94122). Healing, living sciences, birth, kundalini, yoga, life-death transition.

IRIDODOLOGY (Dr. H. Rudolph Ahlslen, 710 N. Euclid Ave., Anaheim, Ca 92801 714-776-9770). Combined optical scanner, computer and iris photos to prove iridology as an accurate, valuable diagnostic tool.

HAZEL LIFE SEMINARS (1627 Tenth Ave., San Francisco, Ca 94122). Health, nature, child-birth, yoga, meditation. Send \$1 with enquiry.

SEX EDUCATION

BIRTH CENTER (600 Park Ave., Arcata, Ca.). LaMaze method. Study of prenatal care.

NATURVILLE (P.O. Box 59, Lawrence, N.Y.). Homebirth training by mail.

PEOPLES SCHOOL OF HEALTH (P.O. Box 4525, Arcata, Ca. 95521). Midwifery, nutrition, clinical embryology and herbolgy.

IDHBB INC., (P.O. Drawer D, Cresline, Ca. 92325). Manual for Natural Childbirth at home, \$6.

HOLISTIC CHILD BIRTH INSTITUTE (1627 Tenth Ave., S.F., Ca. 94122). (415) 664-1119.

MOTHERING (Box 184, Ridgway, Colo. 81432). Magazine. Single issue \$3.25, 200 pages. One year \$6.

THE FARM (Sumertown, Tenn. 38483). Natural childbirth. Vegetarian community.

COUPLE TO COUPLE LEAGUE (2911 Werk Rd., Cincinnati, OH 45211). Natural contraception.

NATURAL FAMILY PLANNING FEDERATION OF AMERICA (1221 Mass. Ave. N.W., Wash., D.C. 20005). Natural contraception.

CIRCLE INST. (P.O. Box 3113, Halifax, N.S., Canada). Natural birth control.

FRE (P.O. Box 298, Dacono, Colo. 80514). Astrological birth control plotting.

DR. PILSNER (709 Ogden Ave., Las Vegas, Nev. 89101). \$5 Natural Childbirth and Child Care course.

PLYMOUTH PRESS (P.O. Box 390205, Miami, Fla. 33139). \$6.50. Warning, Sex May be Hazardous to Your Health, Dr. Flatto.

LA LECHE LEAGUE (9616 Minneapolis Ave., Franklin Park, Ill. 60131). Research on breast feeding and information service. Write for local chapter address.

AMERICAN COLLEGE OF MIDWIVES (#500, 1000 Vermont Ave., N.W., Washington DC 20005).

FEEDING VEGAN BABIES (35c, American Vegan Soc., Box H, Malaga, N.J. 08328). Middle of the road diet that has many useful suggestions and experiences.

ESTABLISHMENT SCHOOLS

NEWMAN COLLEGE (Naturopathy School, Wichita, Kansas). A Catholic college.

UNIVERSITY WITHOUT WALLS (Roger Williams College, 35 Richmond St., Providence, R.I., or Antioch college, Yellow Springs, Ohio). Allows you to design a program to pursue a degree in natural healing and nutrition. It provides the traditional certification for non-traditional learning.

MEDICAL EMERGENCY EDUCATION (Civil Defense Director of every local community). The U.S. Public Health Service and Office of Civil Defense sponsors a 16 hour Medical Self-Help Training Course which covers the basic Red Cross plus dealing with such emergency situations as birth of baby, water purifying, food storage, garbage disposal, heart attack.

LOMA LINDA SCHOOL OF MEDICINE (Green Bay University, Wisconsin). Courses in nutrition—M.D. Degree

RODALE PRESS (Emmaus, Penn.). \$3, has available a college directory of schools involved in new age consciousness study and research.

ANTHONY UNIVERSITY (c/o Mrs. H. Jenner, 5749 Tholozan, Saint Louis, Missouri 63109 or for catalogue send \$2 to Educator Press, P.O. Box 4286, Phil., Pa. 19144). For students whose needs and interests are not satisfied by traditional institutions, students can study and work wherever they are able to meet the requirements for their degree. Credit for life experiences, school has great inter-cuigenics (Herald of Health, Mr 1976).

MESSAGE AND ENERGY BALANCE

HIPPOCRATES HEALTH INSTITUTE (25 Exeter St., Boston, Mass. 02116). Polarity and live food therapy.

RICHARD ZUKOWSKI (Hoshina Therapy Clinic, 90 W. Spanish River Blvd., Boca Raton, Fla. 33432). Treatment and study. Tchiatsu Specialist in arthritis. One of the best.

PETER POTTER POLARITY PRESS (47 Lake Shore Dr., Littleton, Mass.). Teacher and practitioner.

BOULDER SCHOOL OF MESSAGE (885 Arapahoe Ave., Boulder, Colo. 80302). Includes acupuncture, nutrition, physiology.

LINDSEY HOPKINS EDUCATION CENTER (1450 N.E. 2nd Ave., Miami, Fla. 33132) State massage, colonic school. One of the best in USA. Cost \$45 for 750 hours study. 6 hrs. per day class time.

NORTH AMERICAN COLLEGE OF ACUPUNCTURE (P.O. Box 24624, 4584 Fraser St., Vancouver 10, B.C., Canada). Correspondence courses.

INTERNATIONAL POLARITY HEALTH INSTITUTE (One Palomar Arcade #135, Santa Cruz, Ca 95060) Conducted by Alan Jay, N.D. A holistic approach towards healing.

NATIONAL REFLEXOLOGY ASS INC (414 25th St., Virginia Beach, Virginia 23458 804-422-9090) Institute of reflex science and clinic.

SWEDISH INSTITUTE (160 W. 71st, N.Y. 10023) An alliance of students and practitioners of medical massage and related therapies.

ACUPUNCTURE ASSOCIATION OF GREATER NEW YORK (S. Elliott Postol, 101 W. 78th St., N.Y.C. 10024, 212-595-2301).

ANANDA ASHRAM (R.D. 2, Box 212, Mouton, N.Y.). Acupuncture, live food, massage.

EAST WEST FOUNDATION (359 Boylston St., Boston, Mass. 02116) Yin-Yang principle, physiognomy, diagnosis, herbs, natural farming, macrobiotic principles, acupuncture.

FUNG (Box 219W, Toronto, Canada, M6M 4Z2). Home study program in acupuncture.

SHIZUKO YAMA MOTO (23 W. 73 St., N.Y.C.) Theory of acupuncture and classes in Teiatsu.

ANDERSON SCHOOL OF SCIENTIFIC MASSAGE AND PHYSICAL THERAPY (534 S. Main St., Princeton, Ill.) Home study. Accredited diploma. Around \$100.

INSTITUTE OF ADVANCED THINKING (P.O. Box 606, Pacific Palisades, Calif.). Self adjusting spine movements.

COLORADO SCHOOL OF MASSAGE (Rt. 1, Ridgeway, Colo.)

NATURAL THERAPEUTICS COLLEGE (5800 E. Main St., Mesa, Arizona) 3 month temporary license, 12 month advanced.

MAGGIE AND THE BEAUTIFUL MACHINE (Box 236, MIT Branch, Cambridge, MA 02139) Free list of exercise sheets and publications as shown on the educational TV.

EAST WEST ACADEMY OF HEALTH PRACTICE (2710 NE Broadway, Portland, Oregon 97232) Massage, applied kinesiology, and polarity therapy.

TOUCH FOR HEALTH (1174 North Lake Ave. Pasadena, CA 91106) Instructor training course.

RICHARD GORDON (243 N. Layton Dr., L.A., CA 90049). Will come to your community—covers polarity, nutrition, iridology, psychic healing.

NORTHERN INSTITUTE OF MASSAGE (6 Crocker Square, Blackpool, FY1 1RY, England)

ANDERSON SCHOOL OF SCIENTIFIC MASSAGE & PHYSICAL THERAPY (936 No. Main St. Princeton, Ill. 61356) Massage, Physical Therapy Technician. Correspondence.

CENTER FOR CHINESE MEDICINE (Box 32072, L.A., CA 90032) Acupuncture.

DR. F. M. HOUSTON (Pine Valley or Quatay, Cal.) Contact healing through laying of the hands on energy centers of the body.

ALLEGHENY SCHOOL OF MASSAGE (3402 5th Ave., Pitt., Penn.)

NORTH AMERICAN COLLEGE OF ACUPUNCTURE (4584 Fraser Street, Vancouver 10, B.C., Canada) Correspondence course.

DETROIT SCHOOL OF SWEDISH MASSAGE (15139 Grand River, Detroit, Mich.)

EWAHA (33 Ora Way, S.F., CA 94131, (415)285-9400) Healing study.

NATURAL HEALING SCHOOLS (Box 294, Mesa, AZ 85201, (602)969-5293) Massage therapy, nationally accredited school.

NEW ENGLAND SCH. OF ACUPUNCTURE (1330 Beacon St., Brookline, Mass. 02146)

COLLEGE OF CHINESE ACUPUNCTURE (Kenilworth, Coventry, United Kingdom) Residence school.

POLARITY HEALTH INSTITUTE (Fall River Mills, CA 96028 (916)336-5141)

POLARITY CENTER OF BOULDER CREEK (15940 Forest Hill Dr., Boulder Creek, CA 95060)

RADIATION STUDY

ENVIRONMENTAL HEALTH AND LIGHT RESEARCH INSTITUTE (1873 Hillview St., Sarasota, Fla.)

TEMPLE OF DIVINE ORDER (19 Central Ave., Ravena, N.Y.) Color, music and live food.

BRUCE COPEIN (Highfield, Dane Hill, Haywards Heath, Sussex, RH17 7EX, England) School and Supplies. Send \$2 for 60 page booklet.

UNIVERSITY OF BIOMAGNETICS (6 St., D-14, Bonneville Heights, Caguas, Puerto Rico 00625) Use of magnetism in healing.

COLLEGE OF UNIVERSAL WISDOM INC (P.O. Box 458, Yuca Valley, CA 92284) The development and application of electrostatic magnetic generator for basic research and rejuvenation. Puts out a "Proceedings", mag.

CHEOPS PYRAMID CO. (4183 EW. Big Bend, Webster Groves, MO 63119) Listing of over 30 pyramidal related books and products, send 2 stamps.

ASTRO-CARTOGRAPHY (P.O. Box 22293, S.F., CA 94122) Information about the electromagnetic structure of the earth.

BODY TESTS

HAIR ANALYSIS (Chemistry Dept. U. Mich., Ann Arbor, Mich.) Free.

ALBION CLINICAL LABS (P.O. Box 3, Clearfield, Utah 84015) Hair analysis. About \$30.

MILLER PHARMACAL (245 Roosevelt Rd., W. Chicago, Ill.) Hair analysis.

PULSE TEST (51 70, Arc. Bores, 219 Park Ave. S., N.Y.C. 10003) Test and discover what foods and inhalants one is allergic to.

NUTRITIONAL RESEARCH SERVICE (Dr. W. D. Kelley, P.O. Box 100, Grapevine, TX 76051) For those who feel the need of traditional support and would like to get into technological hand holding this organization provides a computer printout booklet, based on previously answered extensive questionnaire. The doctor can review the booklet and make additional changes before turning it over to the patient. This in depth personalized nutritional program centers on lots of supplements, balanced nutrition, timing, lifestyle. The service and the diet are expensive, but it is a much better choice than following the traditional answer to cancer. The program is available to any physician.

DR. CAREY REAMS (Interfaith Christian Church, Rt. 2, Box 67, Blue Ridge, GA 30513) Urine and saliva test. Has a national organization of trained individuals. Write for one in your locale. Test fee—\$30 to \$100.

Comments: The diagnosis assumes that acid urine/saliva is necessary for health. However, the pH is related to the food eaten. A detoxified person on a predigested low protein mucusteam diet will have an alkaline urine/saliva and will be very healthy.

SERVICES AND STUDY

JEAN WHITE (c/o Omagnum Press, P.O. Box 255, Weeh. Conn. 06109) Freelance artist. Will work with new age publishers and authors.

PLANETS IN ASPECT, R. Pelletier (\$10, Para Research Inc., 964 Wash. St., Gloucester, Mass.) Over 25 years experience as teacher and counselor. Easy to read, personal, yet objective.

ARTHUR HARVEY (Greenleaf Harvesters, S. Acworth, New Hampshire) Harvest blueberries and apple. Prune trees.

DIRECTORY OF WASHINGTON INTERNSHIP OPPORTUNITIES (Center for Washington Learning Opportunities, Mt. Vernon College, 2100 Foshall Rd. N.W., Wash. D.C.) Newsletter. Alternative education opportunities.

THE SMALLHOLDER (General Delivery, Argenta, B.C. Canada) Homesteading paper, good list of on-the-job training.

DICK GAINOR (Gays Mills, Wisconsin) Apple picking.

Some of the diagnosis might shock a person into sickness, too much emphasis on supplements; Failure to understand problems related with omnivorous diet, belief in Lenson as the only alkalizing food. In spite of some of the shortcomings, the tests do give you an indication of existent problems, as well as those to anticipate. It reflects the results of a 30 year search by the hypochondriac Dr. Carey Reams for a diagnostic tool. His program and test, I recommend to individuals who are oriented toward medical approach, and are looking for a middle of the road healing program. To find a local practitioner of Dr. Reams' method, send a stamped envelope to Interfaith Christian Church. Two excellent articles on his position may be obtained for \$2. Covers heart condition, cancer, diabetes and hypoglycemia—from Healthview Newsletter, 2677 State Hwy. 70, Manassas, N.J. 08736.

PACIFIC RESEARCH SYSTEMS (2222 Conth Ave., Los Angeles, CA 90064) Computerized nutritional, health and activity profile. On basis of a questionnaire you receive a 12 page printout. Might be useful for those that are not willing to take a serious look at themselves.

CLINICAL TESTS may be obtained from any good medical laboratory. When requesting a blood test, be sure the following variables are included: CBC, Sedimentation rate, Electrolytes, SMA-12 (should include cholesterol, BUN, Uric acid, Bilirubin, as well as the usual minerals, glucose and enzymes). You will need the help of some sort of a doctor to interpret the results. Many natural practitioners use this form of diagnosis in structuring an effective program for healing. It is useful tool for documenting positive effect one obtained from a diet change.

U.S. YOUTH CONSERVATION CORPS (Box 2975, Wash. D.C.) Summer employment in parks, forests and waterways.

PEOPLE'S TRANSIT INC (408 S.W. 2nd Ave., Portland, O 97204, (800) 547-0933) Rides by car, boat, plane \$10/yr membership.

EQUUS, INC. (47 Marlboro St., Keene, N.H. 03431, (603) 739-1270) Rides for \$70 across U.S. Many other services. \$7 membership.

RESOURCES (Box 134, Harvard Square, Cambridge, MA 02138) Has a newsletter. Also a directory, over 5000 groups and organizations listed \$4. Represents alternative life styles.

SCHOOLS: Waldorf Institute of Detroit (2555 Burns St., Detroit, Mich 48214) or GREEN MEADOW SCHOOL (Hungry Hollow Rd., Spring Valley, NY 10677) Spiritual oriented elementary schools.

TOLL FREE U IDEA (Ed Kugler, 215 N. Des Plaines St., Chicago, Ill. 60606, (312) 782-7210) Antipiate to have a computerized system access to local produce, craftsmen, natural food restaurants, coops, travel, healing.

GETTING SKILLED (\$4, Bookpeople, 2940 7th, Berkeley CA) Guide to private trade and technical schools.

CMBW 76 NOTEBOOK (1735 Neil Ave., Columbus, O. 43210) \$15 Commercial beekeeping notebook workshop

OHIO UNIVERSITY BEEKEEPING CORRESPONDENCE COURSE (Extension Entomology, 1735 Neil Ave., Columbus, O. 43210). Degree

ANANDA APIARIES (Box 805, Monroe, N. Y. 10950) 80 hr intensive in beekeeping.

DR. H. HOLZER (140 Riverside Dr. N. Y. C. 10024) Conducting a study on how to improve the quality of health food services. Plans for national chato store

BIBLE STUDY (Ambassador College, Correspondence Course, Pasadena, Ca 91123) Free Receive a monthly 16 page lesson

SELF REALIZATION FELLOWSHIP (3800 San Rafael Ave. L. A., Ca 90065) Home study course of Paramahansa Yogananda for the realization of god in our lives.

ANTI-VACCINATION (Howey Foundation, 2a Lehanon Rd, Croydon Road, Surrey, Great Britain, CRO 6UR)

CHROMATOGRAPHY TEST (William Briton, Wood Ends Farm, E. Sullivan, Maine 04607) Very inexpensive method of comparing biological life factors in food and soil.

BIO-DYNAMIC LITERATURE (Box 253, Wyoming, Rhode Island 02898) Manual on Chromatography testing and biodynamic farming

INSTITUTE FOR LOCAL SELF-RELIANCE (1717-18th St. N. W., Wash., D. C. 20009) \$1 Booklet on Large Scale Sprouting as a Cottage Industry. For additional methods write to OMango d'Pres.

EARTHBOOKS LENDING LIBRARY (Sweet, ID 83670)

LENDING LIBRARY (6420 Estes St., Arvada, CO 80004)

HELEN ENGLISH (Box 571, San Fernando, CA 92133) 899-5817. Looking for vegetarian teachers who are accredited in CA, organic gardeners, vegetarian chefs. Omni-ed Teaching system, 40 minutes from E. A., on 10 acres with trees and streams, to study

FARALLONES INSTITUTE (Helga Olkowski, 1516 Fifth St, Berkeley, CA 94710) Associated with Antioch College/West. Accepts apprentices. Self-reliant lifestyle training for city survival

FRANCONIA COLLEGE (Franconia, N.H. 03580)

SCHOOL LUNCH ACTION GUIDE (506, Center for Science in Public Interest, 1757 S St. NW, Wash. D.C. 20009) How to get the junk food out of the schools.

VACCINATIONS (Sheltrano Hygean Paradise, Inc., 899 X Keystone Rd., Pearsull, Tx., 78061) \$2. Don't Get Snuck. Hannah Allen. Excellent book on why not to take the needle and how to get away with it. Other books and articles are obtainable from National Health Federation, and Health Research

NEW AGE CENTERS

RELAX FOR SURVIVAL FOUNDATION INC (P.O. Box 13506, Phil., PA) Offers seminars of about 30 hours for \$30. Blend T.M., Silva Mind, Barry and many cups of meditation, served over a salad of consciousness. One of the most important events in Phil

INSTITUTE FOR LOCAL SELF-RELIANCE (1717 18th St. N.W., Wash., D.C. 20009) Survival study in densely populated area. Many inexpensive valuable publications.

SERVICE OF THE GREAT ONES (9 Framington Ave, Allston, Mass 02134) Issues a newsletter. Shares the ongoing events in Mass to reflect the cosmic drama in the sky. Group meditation and communal meals.

ASSOCIATION FOR RESEARCH AND ENLIGHTENMENT INC (P.O. Box 595, Virginia Beach, VA 23451) E Casey center. Youth camps. Research, Books, Extensive brochure.

KEN TRIPLETT (Monday-Brohhard Rd., Mac Farlan, W. Virginia) Send \$2 addressed stamped envelope for 73 free camping areas in Fla

CITIZENS FOR TRUTH IN NUTRITION INC (1004 Main St., Asbury Park, N. J.) Instead of lobbying, it uses legal action to get results on the oppressions of nutritional front. Educational.

ACRES OF LIGHT, INC (Box 593, Bay Springs, Mississippi). Research in fruitarian diet, spiritual studies.

HEALTH FEDERATION (212 WM Foothill Blvd., Monrovia, Cal.). Keeps citizens informed on legal battles in ecology and nutrition

NATIONAL ASSOCIATION TO AID FAT AMERICANS (44 Lakeview Dr., Andover, Conn.) They need vegetarian help

PRICE POTTINGER FNDN (2961 Wilshire Blvd., Santa Monica, Calif.) The continuation of the work in raw foods on cats and the study of health in primitive people

LEE FOUNDATION FOR NUTRITIONAL RESEARCH (2023 Wisconsin Blvd., Milwaukee, Wis.) Many old nutrition papers.

SCIENTOLOGY (49 W 32nd, N. Y. C.) Philosophy, techniques and drills for increasing personal ability

INTERNATIONAL INDEPENDENCE INSTITUTE (R.F.D. 1 Box 197 B, Voluntown, Conn. 06084) Pacific center. Works toward changing the economic structure of the system

INSTITUTO NEO PITAGORIA (P.O.B. 1347-Coritiba, Panama, Brazil, S.A.) Fraternal Instito

SCHOLARSHIP SEARCH (1775 Broadway, N.Y. 10019) Send \$1 for application form. Return with \$39 fee. Search is made through a computer which matches with all the qualifiers for scholarships and grants. Guarantee at least five sources beyond government loans.

OAHSPF FOUNDATION (2425 Siskiyou Blvd., Ashland, Ore., 97520) Essene teachings. Lot of land. Needs help.

COMMUNITYTYPE (454 Willamette, Eugene, OR 97401) Non-profit service in typesetting. Research in regional information library, computerized, national typesetting on line systems.

SOURCE COLLECTIVE (P.O. Box 21006, Washington, DC 20009) Resources directories on alternative organizations dealing with communications, housing, health care, women, etc

YES! INC (1015 31st Street, NW, Washington, DC 20007) Just released a comprehensive catalogue. Books for Inner Development. 383, 8 x 11 in. pages, illustrated profusely, excerpts and reviews of well over 8,000 books from 748 publishers (addresses included). A classic book about books worth reading.

BIG ROCK CANDY MOUNTAIN (Portola Institute, 558 Santa Cruz, Menlo Park, CA) Resources for new age education

CANADIAN WHOLE EARTH ALMANAC (341 Bloor St., West Box 6, Toronto 181, Ontario, Canada).

VOCATIONS FOR SOCIAL CHANGE (Box 13, Canyon, Cal. 94514) Decentralized clearing house for alternatives.

NATIONAL FOOD STORAGE INFORMATION (5806 114th N.E., Kirkland, Wash.)

PEOPLE'S YELLOW PAGES (VFS, Box 13, Canyon, Cal.) Directory of God helpers and things made from love and the earth

SEXTON DENTAL CLINIC (Florence, S. Carolina) Denture set for \$40, tooth filled for \$2

NASHA INSTITUTE FOR SURVIVAL (Box 5286, Station A, Toronto 1, Ontario, Canada) Tools for survival

UNIVERSAL LINK (P.O. Box 13, 4140, Borup, Denmark) Puts you in contact with important events

CANCER BOOK HOUSE (2043 N. Berendo St., Los Angeles, CA) Books, magazines and information on the latest in orthodox and unorthodox cancer therapy

EVERYBODY'S MONEY (P.O. Box 431, Madison, Wis. 53701) \$1. Complaint Directory for Consumers

SYNERJY (Box 4790, Grand Central Station, N.Y. 10017) \$3.50 Alternate Energy Directories.

CHEAP LAND (52, Boggle Books, 9 East 17 St., N.Y.C.) 5 sheets of useful information on getting land in USA

PUBLIC MEDIA CENTER (2751 Hyde St., S.F. CA 94109) Handbook on Free access to the media. A no-holds-barred book, can be great help in sharing vegetarianism.

tion devoted to the development of superior faculties of the human being. Has school and courses in philosophy and pythagoreanism

THE PSYCHIC REGISTER INTERNATIONAL (P.O. Box 11288, Phoenix, Arizona) Who's who in the psychic world

ARICA INSTITUTE (24 W 57th St., N.Y.C.) Weekend workshops and intensive programs utilizing eastern and western techniques for developing consciousness expansion

ESALEN INSTITUTE (1776 Union Street, San Francisco) Rolling, massage, growth center

SCHIZOPHRENIC ANONYMOUS (1209 California Rd., Eastchester, N.Y.) Bio-chemical nutritional and fasting approach to mental disorders. Also articles on alcoholism, learning disabilities, low blood sugar. A package of articles suitable to doctors and lay people is available for \$3.00

EUNIC BABIN (117 Brookside, Libertyville, Ill.) Travel inexpensively, exchange your apartment or home

E. INGHAM (P.O. Box 894, Rochester 3, N.Y.) Will provide you with names of local foot massage practitioners

DMAX (230 Park Ave., N.Y.C., N.Y.) Will supply forms for the removal of your name from the junk mail list

AM-SCHIZOPHRENIA ASS (56 W-4th St., Suite 805, N.Y.C.) Ortho-molecular therapy

SPIRITUAL RESEARCH FELLOWSHIP (326 Tunxis Ave, Bloomfield, Conn. 06002 203-242-4593) Newsletter, meetings and research. Excellent work in Kirlian photography

PYRAMIDOLGY (8143 EW Big Bend, Webster Groves, Mo 63119) Send 2 stamps for a free listing of pyramid related books and products

URANTIA FOUNDATION (533 Diversey Parkway, Chicago, Ill 60614) Offers a very revealing book for the new age

HUMANITY BENEFACTORS FOUNDATION (2011 Park Ave, Detroit, Mich 48226) Started by Lawson, one of the greatest inventors of our times. Many useful solutions to the current economic problems

UNIVERSITY OF THE TREE (P.O. Box 1014, Boulder, Co 95006) Offers a book—Meditating With Children—and helps others to start similar groups

STEELE GROUP (Cabery, Ill 60619) Offers a book *Ultimate Frontier* (\$1.50). Establishing a new age, survival city. For residency information write to Steele Group Admissions, P.O. Box 5900, Chicago, Ill 60680.

NATURAL FOOD ASSOCIATES (P.O. Box 210, Atlanta, Texas). Plans are set for 1977 to have a university operating for study of natural sciences.

STAFF HDQ (Rt. 1, Box 621, Weslaco, TX 78766). Ecology, body purification and higher consciousness, survival 26¢ info.

TASK FORCE AGAINST NUCLEAR POLLUTION (153 E. St. S.E., Wash., D.C. 20003). Aiming for million signatures against N. Power.

CHILDRENS VILLAGE (Tim Ashner, P.O. Box 44, Balfour, N. Carolina. Phone 704-692-0111). Household for troubled youngsters from broken homes ages 9-14. Short term arrangements may be made by parents on travel or vacation.

PEACE PILGRIM (Cologne, N.J.). Will walk for peace. Lectures.

NEW ENGLAND COALITION ON NUCLEAR POLLUTION (Box 637, Brattleboro, Vt.).

DURATEST CORP (N. Bergen, N.J.). Via Lite which produces sunlight for home use. 201-867-7000.

CANCER CONTROL SOCIETY (2043 N. Berendo St., L.A., Cal.). Purpose is to educate the public on the relationship between nutrition and cancer.

DAVID JONES (En Facale, Cordier Hill, Guernsey, Channel Islands, England). Trying to give away his millions to help humanity. Suggest to him to give money to raw foodist cause as expressed in survival.

INTERNATIONAL ASSOCIATION OF CANCER VICTIMS AND FRIENDS (Box 3718, Beverly Hills, CA 90212).

NEW ALCHEMY INSTITUTE (Woodshole, Mass. & Palo Alto, Calif.). Team of scientists doing some very advanced, revolutionary research in food, healing, virgin birth. Send them ideas and request their papers.

LANGLEY PORTER NEUROPSYCHIATRIC INSTITUTE (401 Paramus Ave., San Francisco, CA). Cnr. for the exchange of information in meditation, yoga and parapsychology. Request "The Psychology and Physiology of Meditation and Related Phenomena." Contains a Bibliography, 326 references. 1970.

LOCATING LOW COST LAND (Sunflower Land, R.R. 2, Sherin, Minn.). Send \$1 00.

GEORGE FAWCETT (607 North Main St., Mount Airy, N.C.). Report any new or old UFO sightings.

WHOLE LIFE CATALOG (Rt. 2, Cloverdale, Surrey, B.C., Canada).

NEW EARTH DISPATCHER (P.O. Box 192, Hiram, Ohio). Permanent mailing address service so we can always find each other.

NATIONAL PARK CAMPING (Order No. 2405-0205 5.25, U.S. Government Printing Office, Public Documents Dept., Washington, D.C.). Lists all park sites, fees, facilities, seasons, reservations and regulations.

FRIENDS OF THE EARTH FOUNDATION (529 Commercial St., San Francisco, CA). Information on perils of the peaceful atom.

WORLD GOODWILL (866 United Nations Plaza, Suite 566, N.Y.C.).

MASSACHUSETTS FARM BULLETIN (80 School St., Acton, Mass 01720) Biweekly, \$8 yr. List of resources in Mass for country living as well as organic produce.

ORGANIC PRODUCE CENTER (Gene Fialkoff, Ashburnham, Mass 01430) Organized for year round supply of organic food.

RESEARCH (Bob LeRoy, 414 W. 120th St., #003, N.Y.C. 10027, 212-663-5463) Short and long range projects on direct marketing of farmers crops, publicizing of sprouting within the coop movement. Working on a masters in nutrition and public health.

DISCOUNT CAMPING GOODS (L.R. sales, 1033 East 6th St., Tucson, Ariz., 85719).

ASSOCIATION OF ECOLOGICAL AGRICULTURE INC. (315 W. Gorham, Madison, Wash 51703). Establish minimal standards, clearing house, research, promote.

SMALL FARMERS ASS. (Eliot Coleman, Harborside, Maine). A successful organic commercial farmer who can help others with similar goals.

ECO DIRECTORY (Acres, Box 9547, Raytown, Missouri 64133). Firms that supply products which are non-toxic to nature.

HENRY DOUBLEDAY RESEARCH ASSN (20 Convent Lane, Bocking, Braintree, Essex, England). Comfrey research organization. Newsletter \$10. His book \$5.50.

FOOD COOP DIRECTORY (Loop College, 64 E. Lake St., Chicago, Ill 60601) \$1. Covers all states.

DAVID MOORE (427 Roosevelt Ave., Syracuse, N.Y. 13210). Coop News—resources, service maximizing, 12\$53.

ON THE MARKET (327 Norman Ave., #3, Chico, CA 95926) N. CAL. newsletter, sheet, list source of organic produce \$3.

FOOD COOPS FOR SMALL GROUPS (51 Bookpeople, 2940 7th St., Berkeley, CA 94710). A primer on starting, operating a coop.

FOOD COOP HANDBOOK, H. Mifflin Co., 2 Park St., Boston, 02107. \$9.75. Another expensive how to save.

CLOVER CLUB (Box 2036, Seal Beach, Cal.). Meet via mail health-minded people. Send 25¢

CONSUMER ADVISORY SERVICE (310 Franklin, Suite 159, Boston, Mass.) For 510 yearly, you will get personal advice to insure fairness from big business. Will help you win legal battles.

NEW LIFE ENVIRONMENTAL DESIGNS INSTITUTE (Box 648, Kalamazoo, Michigan). Publishes "Access Catalog." Alternative means of providing life's necessities.

COSOLARGY (Bill Dailey, Apartado 6-975, Mexico City, D.F. Mexico). Cosmic Solar Science. A mail order study course based on the works of George Savoy, an archeologist, explorer and author, who made an extensive study of the Amazon. A study of sun religions and the development of occult forces.

MACROBIOTIC (George Ohnawa, Macrobiotic Foundation, 1471 10th Ave., San Francisco, Calif.).

COSMOS ESSENE AQUARIAN CHURCH (213 Iowa Ave., Iowa City, Iowa). Good source of wheatgrass and live food.

ENERGY CYCLE (Nancy Bailey, Rodale Press, Emmaus, Pa.). Plans for bicycle power.

FILMS FOR NEW AGE (Harley Prod., Car Rock Rd., Co. Coh, Conn 06807).

THE PROPHET VEGETARIAN RESTAURANTS (4461 University Ave., San Diego, CA). One of the most beautifully, imaginatively conceived food and culture centers. The food and juices, including grass, are excellent.

FAT VEGETARIANS (Veg-a-weight, P.O. Box 918, Battle Creek, MI 49016). Has a skinny correspondence course.

CARL STOUGH (Institute of Breathing Coordination, 54 W. 16th St., N.Y.C.). Has a book, *Dr. Breath*, shows you how to breath like a child.

COMMUNITY NUTRITION INSTITUTE (2029 K St. N.W., Wash., D.C. 20006, (202) 833-1730). To combat hunger among the poor. Develop service programs, publish newsletter.

INSIGHT AND MEDITATION SOC (Pleasant St. Barre, Mass 01005). Buddhist meditation. Seminars.

DOMESTIC WEST (P.O. Box 4817, Aspen, Colo.). Use of technological resources for humanistic goals.

NAROPA (1441 Broadway, Boulder, Co 80302). Application of Eastern tradition to western mentality. Summer study.

CENTER FOR SCIENCE IN THE PUBLIC INTEREST (1779 Church St., Wash. D.C.). Request information on live food therapy.

INTERNATIONAL SOCIETY FOR RESEARCH AND NUTRITION IN VITAL SUBSTANCES (Max Orlens, 128 Harley St., London W1, England). Holds yearly conferences. Over 400 top name scientists involved.

OVEREATERS ANONYMOUS (2365 Westwood Blvd., No. 25, L.A., Calif.). Have a spiritual, psychological and physical program for attacking the problem.

ALTERNATIVE SOURCE OF ENERGY (Donal Marier, 300 South Taylor Ave., Oak Park, Illinois). Bi-monthly \$1.00 or more. Solar, wind or water power.

HIMALAYAN ACADEMY (Virginia City, Nevada). Esoteric Studies and Prayer Power.

SCHOOL OF LIGHT AND REALIZATION (Swannanoa, Waynesboro, Virginia). High up in the mountains founded by Dr. Russell—philosopher, author, scientist, sculptor, composer. Home study course available.

COOPS AND PRODUCE ORGANIZATIONS

NORTHWEST TRADE DIRECTORY (118 N. Bowdoin Place, Seattle, Wash. 98102). \$3.10. A food locator, listing growers, natural food sources, coops.

ACA OUTREACH (1501 S. 4th St., Mpls. 55454). Provides lectures and consultants for setting up coops.

NEFCO (8 Bedford St., Acton, Mass.). Central information and purchasing network of N.E. coops. Publish a monthly magazine.

GUIDE TO ORGANIC FOOD SHOPPING AND ORGANIC LIVING (Rodale Press, Emmaus, Pa.). Listing for United States and Canada. Organic Food Sources, fertilizer, ecology action groups and Organic Gardening Clubs of America.

STARTING A FOOD COOP (C. Turko, OFG, Emmaus, Penn.). Receive kit. Send large self addressed stamped envelope. How to do it. Organic food sources.

FOOD COOPERATIVE DIRECTORY (51. Food Coop Project, Loop College, 64 E. Lake St., Chicago, Ill 60601) Has a national list.

FOOD COOP LIST (Midwest Organic Producers Ass, P.O. Box 405, Walthill, Neb. 68067) For midwest area only. Enclose 2 stamps.

INTENSIVE GARDENING (Deonne Ovis, White Oak RR 4, Pana, Ill 62557). 8 weeks at Richland Community College.

LORNA JOHNSON (9076 Central Rd., Apple Valley, CA 92307). A growers organization to help gardeners in high desert area.

MASS ORGANIC FARMERS ASS (Peter Wartianen Jr., Old Hardwick Rd., Barre, Mass., 01005).

BUY CHEAPLY. When buying inorganic produce, look up in yellow pages fruit wholesale dealers. Buy fruit and vegetables in season (write to USDA, Wash. D.C. for info.). At the end of any specific fruit season, the fruit will more likely be tree ripened of superior quality and taste but of short shelf life. The dealer will sell them at dramatically reduced prices. Examine the produce with at least several dealers, check the price and quality. Taste the fruit, examine the whole box, barrier. Avoid all purchases which have a chemical feel, taste or smell. Friday is the best day for shopping, you can get up to 70% reduction. At supermarkets, produce which are ripe, full color or damaged can be

bought cheaply by requesting a price reduction. In 1976, I purchased avocado at 20 cents a piece; banana, tangerine, grapefruit, apple, carrot, beet, cabbage, watermelon at 8 to 13 cents a pound. In August 76, I was purchasing at the end of the season ripe, soft, 6 pound super sweet honeydew

melons at \$ 25 a piece (which I refrigerated and juiced every day for 2 weeks); large persimmons at 7 cents a piece; mangoes at 10 cents a piece; pears 8 cents a pound, grapes at 20 cents a pound.

SEED & PLANT SOURCES

SEED WORLD MAGAZINE (Wilklumb Pub., 434 S. Wabash, Chicago, Ill.).

ORGANIC GARDENING (Emmaus, Penn.). The monthly magazines contain advertisement from most seed co's. The catalogues generally are free.

JOHNNY SELECTED SEEDS (Albion, ME 04910). Organic. Sub-arctic tomato. Catalogue 50¢. Many short season seeds.

THOMPSON SEED (P.O. Box 24, Somerdale, N.J. 08083). Low oxalic Spinach, Monnopa.

W. DAM SEED CO (Hwy 8, W. Flamboro, Ontario, Canada LOR 2K0). Untreated seed. 25¢ cat.

J. E. MILLER NURSERIES (Canandaigua, N.Y.). Excellent variety, no plant drugs used.

N. CENTRAL COMFREY (Box 195, Glidden, Wisconsin). Comfrey roots. Literature.

TRUE SEED EXCHANGE (C. Cunningham, R.R. 2, Princeton, MD. 66673 or Kent Whealy, R.R. 2, Wellington, KS. 67152). Raise and trade non-hybrid food seeds. Membership 50¢.

OHIO COMFREY GROWERS (Route #1 Box 289, Millersport, Ohio 43046).

GLECKLERS SEEDMAN (Metamora, Ohio 43540). Unusual selection, like tomatoes for arid zones. 50¢ cat.

VITA GREEN FARMS INC. (P.O. Box 878, Vista, CA). Best selection of non-hybrid seeds.

GRACE GARDENS (Autumn Lane, Hackettstown, N.J. 07840). Specialize in seed for rare and gigantic garden crops. If you can get bigger than 4.25# tomato, 197# watermelon, 378# squash, 21.458 ft sunflower... contact her for \$250 price money. 25¢ cat.

NATURAL VEGETABLE CO (Brainbridge, Pa.). Organic vegetable seed. 25¢ cat.

GOTU COLA J. Holmstrom, 1336 Oak Grove Ave., San Marino, CA or Kent Taylor, 1535 Lane Oak Rd., Vista, CA 92083 or Jack Governors Grand Ave. Rd., Carthage, MO 64836). Gotu Cola is a perennial herb-vegetable plant with a long life. Propagates rapidly with runners. Juiced or saladed. Blood purifier, memory stimulant, energizer. 35¢ cat.

ORGANIC FOOD & GARDENS (2655 Commerce Way, L.A., CA 90040). Sprouting seeds, olive oil, inexpensive kelp and bee pollen. OMango d'Press books.

JAFFE BROS (Valley Center, CA 92082). Bulk seed, oil, etc. free cat.

POV (210 Fifth Ave., N.Y.C. 10010). Bird seed, sunflower seed.

PIONEER SPECIALTY FOOD (P.O. Box 427, Fargo, N.D.). Sunflower & buckwheat (sprouting), wheat, alfalfa. Organic.

GEORGE CRANE (Creek Rd., Craftsbery, Vermont 05826). Organic buckwheat, sunflower, seeds, carrots (20#/#), cabbage as well as seasonal and tropical vegetables and fruit. Pure organic Greek olive oil. 802-586-2811.

BERRIES (Central Experimental Farm, Ottawa, Canada) Currants, gooseberries etc.

CARNEGIE SEED (Box 911, Carnegie City, Okla. 73015, (405)654-1888. Wholesale only. Wheat, alfalfa, mung, sunflower seed.

PALECK MILLS (112 E. Market, Enid, Oklahoma). Wholesale. Mung, alfalfa.

ECKROAT & SONS (1108 N. Eastern, Oklahoma City, Oklahoma, (405)427-2484). Wholesale mung, alfalfa.

FRUIT & FARMS

GOLDEN FLOWER (Rt. 1, Box 105, Babson Park, Fla. 33827) Organic Tropical Fruit & Vegetables. Air shipped. Low prices (813)-638-2370.

ADLER (993-771 Highway 111, P.O. Box 726, Mecca, CA). Super dates, grapefruit.

PIONEER FRUIT DIST. (231 S.E. Alder St., Portland, OR 97214).

PAVONE RANCH (Rt. 4, Box 472-P, Escondido, CA 92025).

EARTH STATION ONE (1830 Rincon Ave., Escondido, CA, 743-3400). Organic Avocado. Community.

EUGENE COOMBIN FARM (Rt. 9, Troy, ME, (207)948-5895). Biodynamic beet and carrot. Looking for a distributor.

TIMBER CREST FARM (4791 Dry Creek Rd., Healdsburg, CA 95448). Dried fruit.

ORGANIC AVOCADO CO (Box 1431, Fallbrook, CA 92028).

A. P. THOMPSON (Golden Acres Orchard, Front Royal Rt. 2, Front Royal, VA 22630).

LANG APIARIES (8448 RT. 77, Gasport, N.Y. 14067).

BRIDGEWATER FARMS (1624 Munatuck, Bay Shore, N.Y. 11706).

A. J. BRODERSON (Rt. 2, Box 490, Merritt Is., FL. 32952).

LOVE APPLE FARM (Christian Loken, Ghent, NY, 518-528-5048). Prime and seconds. Excellent apple. Sometimes sprayed with natural insecticide.

SUNRISE FARMS (17650 Torrence Ave., Lansing, Ill. 60438).

PLANTATION PARADISE (Box 1204, Lake Placid, FL). Pineapple

WALNUT ACRES (Penns Creek, PA). Complete line of seed, nuts. Retail, wholesale. Excellent olive oil, tasty corn germ oil. Will ship.

LLAMA, TONCON & CROW (Bartlettboro, VT, (800)451-4151). Seeds, etc. Stores, COOP's, Mail Order.

SHADOWFAX (25 N. Depot St., Binghamton, NY 13901). Wholesale.

SHEP AND LINNETTE ERHART (Franklin, ME). Order early. Inexpensive, limited stock sea vegetable. 25¢ cat. Mailorder.

EREWHON (33 Farnsworth, Boston, MA). Wholesale. Seed etc.

GALLANT HERB (R.D. 2, Albion, Penn.). Organic Garlic.

MACROBIOTIC HEALTH FOOD CENTER OF CANADA (7490 Hubert St., Montreal, Quebec).

WHOLE EARTH NATURAL FOODS (160 McCaul St., Toronto, Canada).

NEW LIFE ORGANICS (Prairie Farm, Wisc. 54762).

THE BEAN SPROUT TRADITIONAL FOODS (1709 Barrington St., Halifax, Nova Scotia).

T'AI NATURAL FOOD FLOW (510 Hempstead Ave. W., Hempstead, N.Y.).

EDEN FOODS (330 Maynard St., Ann Arbor, Mich.).

LAUREL BROOK FOODS (P.O. Box 47, Bel Air, Maryland).

KOSMIC GARDENS (Phoenix, AZ). Wholesale, retail.

WONDER NATURAL FOODS (11711 Redwood Hwy., Wonder, Oregon). Wholesale, retail.

LAURELBROOK FOODS (Box 47, Bel Air, Maryland 21014).

SHUN ORGANIC FOODS (4366 Main Street, Vancouver, B.C., Canada).

WHOLLY FOODS (2999 Shanuck Ave., Berkeley, CA).

THE WELL (Phil Parenti, 795 W. Hedding St., San Jose, Cal.).

THE FOOD CHAKRA (415 S. Topanga Cyn., Blvd., Topanga, Cal.).

HILLSIDE GARDENS LTD (Bradford, Ontario, Canada) Large, super sweet carrots.

VALLEY COVE RANCH (P.O. Box 603, Springville, Cal.).

GERIOKES ORGANIC FARM (2876 Arthur Hill Road, Staten Island, NY).

NATURAL ORGANIC FARMERS ASS. (RFD #1, Plainfield, Vt.). Will help to put you in touch with local organic growers.

ARROW HEAD MILLS (Box 866, Hereford, TX). Wheat etc.

ALL FAITH FELLOWSHIP (P.O. Box 4187, Tyler, Texas). Vacuum packed sproutable seeds. Good for ten years.

CINAGRO FARMS (Belding, Mich.). Apple

ALVIN FILSINGER (Rt. 9, Aytton, Ontario). Apples, produce.

ORGANIC TREE FRUIT FARM (RT. 2, Box 432, Salem, Oregon). Apples.

FITZGERALDS FRUIT FARM (Stephanville, Texas). Persimmons.

F. RESNIK FARMS (Drawer X, Pearsall, Tx 78061, 512-334-8471) 1000 acres of forest and organic produce. Looking for investors and produce sale.

SAM KING (1757 Alvarado St., Fallbrook, Calif.). Persimmons, citrus.

CAROTHERS LABS (P.O. Box 289, Red Bank, New Jersey). Raw olive oil.

SMITH MOUNTAIN FARMS (15766 E. Belmont, Sanger, Calif.).

JANUS NATURAL FOODS INC. (712 7th Ave. S., Seattle, Wash.) Wholesale and retail.

ENLEHARTS ORGANIC FRUIT PARADISE (Rt. 4, Box 405L, Escondido, Calif.).

L. P. DeWOLFF (R.F.D. 1, Box 10, Crescent City, Fla.). Pick your own organic citrus at \$2.50/55#

HAL BLEIB ORCHARD (McNabb, Ill. 61335).

RADIANT SOURCE FARM (Box 97, Shasta, CA) Herbs, comfrey, fertilizer.

LIVING FARMS (200 Third St., Tracy, MN 56175). Organic produce marketplace.

BLACKMAR ORGANIC GARDEN (Cataula, CA 31804).

ORGANIC-VILLE (4177 W. 3rd St., L.A., CA). Organic produce.



ORGANIC ACRES (7469 W. Zayante Rd., Felton, CA 95018, 335 5920).

JAY ANTHONY (Donna, Texas) Organic fruit. Will ship.

AUSTIN COMMUNITY PRODUCE (608 Oakland Ave., Austin, Texas) Organic Citrus Coop.

HAWAII BOUND SCHOOL (P.O. Box 1500, Kailua, HI 96734) Year round courses. Explore the islands and culture. Free brochure.

FRANCONIA COLLEGE (Franconia, N.H. 03580) Organic approach to education.

FRONTIER COLLEGE (31 Jackes Ave., Toronto, Ontario, Canada M4T 1E2) No degree. Sends skilled community developers to live and work with local people.

THREEFOLD FARM (Spring Valley, N.Y. 10977) Study bio-dynamic agriculture.

MAC DONALD COLLEGE (McGill University, Quebec, Canada) Dr. S. Hill gives organic gardening classes.

LIVE AND LEARN ORGANICALLY (High Mowing School, Wilton, N.H.) Co-ed school, boarding grades 9-12, day 7-12.

RUDOLF STEINER INSTITUTE (2405 Rosconber Lane, Baltimore, Md. 21209). Phone: (302)664-5442 & WALNUT HILL SCHOOL (112 Highland St., Natick, Mass. 01760). Phone: (617)653-4312. Study of organic agriculture, nutrition and philosophy of Steiner.

AMBASSADOR COLLEGE (Big Sandy, Texas) Offers a degree in organic agriculture, called agrbusiness.

NORTH TEXAS HORSESHOEING INSTITUTE (Grapevine, TX) School.

BUREAU OF APPRENTICESHIP AND TRAINING (Federal Bldg., 6th and Arch., Phil., Pa.) Learn a trade.

SIX RIVER RANCH AND SCHOOL (Star Route, Zentia, CA 95495) Stresses the interdependency of all living things. Grants High School diploma.

BUILDING FOUNDATION (Box 683, Hollis, ME 04042, (207)929-3951) Course in design and construction of low-cost owner-built home.

SPRINGTREE COMMUNITY (Rt. 2, Box 50, Scottsville, VA 24590) Offers college students academic and practical skills—gardening, welding, auto repair.

GOOD MEDICINE (Box 9E, Cambridgeport, VT 05414) Tipi making workshops.

ELLIOT COLEMAN (Harborside, Maine) Organic farming workshops and summer intensives.

HELEN ENGLISH, (231)899-5817 Grades K-6 designed for health minded and vegetarian child.

MOUNTAIN GROVE (Barton Rd., Glendale, OR 97442) Intensives in healing and homesteading.

RURAL RESOURCES STUDY CENTER (Craftsbury Common, Vermont) Offers a series of 12 day workshops in organic living.

TOTAL ENVIRONMENTAL ACTION (Church Hill, Harrisville, N.H.) Build solar energy systems.

DIRECT RELIEF FOUNDATION (Agricultural Training Program, 27 E. Canon Perdido, Santa Barbara, CA 93101). Ten month course in intensive small-scale garden farming. Covers: biological control, companion planting, herbs, fruit and berry cultivation, disease prevention and composting. Teaching assignments in less-developed countries.

AHMSA CHURCH (Box 81, Bodega Bay, CA) How to get open land.

SIERRA HOMESTEAD SCHOOL (Ken Kern, Sierra Route, Okahurst, Calif.)

SHELTER INSTITUTE (Bath, ME) Environmentally conscious home building course.

GODDARD COLLEGE (Plainfield, VT) Courses in organic agriculture and alternative energy.

Before you decide to visit any of the centers, write for an invitation. When writing, include stamped envelope for domestic and an air mail postal coupon for foreign mail.

COMMUNITIES (Box 426, Louisa, VA 23093) \$1.50 Directory.

MODERN UTOPIAN (Alternatives Foundation, 1526 Gravenstein Highway, North Sebastopol, Cal., (707) 823-6168). Send \$1.00 for complete list of city and country communes.

A PILGRIM'S GUIDE TO PLANET EARTH (\$4.85, Spiritual Community Publ., P.O. Box 1080, San Rafael, CA) The needed information to explore planet earth, inner soul and the planets beyond. A nice reading for an Earthbeing.

SPIRITUAL COMMUNITY GUIDE (Box 1080, San Rafael, CA 94902, 415) 457 2940). Teaching for a new age. Community directory for America. Publishers, Publications, Films. 1975-1976, \$5.50.

LON CUMMINGS (Box 206, Antigua, Guatemala, Central America) Christian fruitarian community.

HEALING WATERS (Eden, AZ 85515, Richard Heiland, 602-485-2008) Much land, isolated, making transition into raw food.

NEW LIFE CHIROPRACTIC CLINIC (S. Schery, Route 2, Box 215, Wilburton, Okla 74578) Looking for young families to join others in a holistic life on a self-sufficient homestead.

HAPPY THOUGHT ARK (Box 75, Nimbin, 3484, Australia) Started macrobiotic, now into raw

STEPHEN PAVICH & SONS (Delano, CA). Union organic Ribber grapes. Available on commercial market.

THE BROTHERHOOD OF THE SUN. SUNBURST ORCHARDS (808 E. Cota, Santa Barbara, CA 93102) Delicious fruit and juice.

BACK TO THE LAND

KOINONIA FOUNDATION (Valley Rd., Near Spring Ave., Baltimore, Md.) Semirural estate has residence course in organic and bio-dynamic gardening.

SCHOOL OF LIVING (Heathcote Center, Freeland, Md.) Conferences for back to land skills.

TIM AND GRACE LEFEVER (Sonnemwald Homestead, Spring Grove, Pa.) Beekeeping, solar & wind energy, organic gardening.

P-N-W ORGANIC TRAINING FARM (Middlebourne, W. Va.) Over 100 acres. Learn homesteading, gardening, machine repair.

AMBASSADOR COLLEGE (Big Sandy, TX) 4000 acre experimental farm, organic.

CHRISTIAN HOMESTEADING MOVEMENT (Oxford, NY 12849) Seminars on herbs, wild foods, goats, bees, sleep under the stars, cabin building, childbirth. Send 36¢ stamps.

COLORADO OUTDOOR LIVING CENTER (Rt. 1, Box 88, Hotchkiss, CO 81419) For 14-18 yr olds guidance to self sufficiency.

YOUR ENGINEERED HOUSE, Rex Roberts (\$9, Lifestyle, P. O. Box 2300, Hendersonsville, N.C.) 237 pages of money saving, home building ideas.

FEDERATION (1412 16th St., N.W., Wash. D.C. 20036) How to turn any property into a miniature wildlife refuge.

WARMS (Organic Gardening, Emmaus, PA 18049) Classifieds have an extensive directory of warm breeders.

AMERICAN VILLAGE INSTITUTE (Rt. 3, Box 3486, Selah, Wash. 98942) Products, plans, kits 25¢ Newsletter, \$7/yr \$2 cat.

OLD SOUTHERN GIANT BULLFROG FARM (5607 Booker Rd., Evansville, Ind.) Farming equipment, bullfrog raising.

SUNNY LAWN FARM (R.R.H. Steward, Ill.) Soil conditioner.

P. B. OHRSTROM & SON (P.O. Box 964, Arlington Heights, Ill.) Fertilizer, sea kelp.

BUREAU OF LANDS (Wash. D.C.) \$2.50 Publication of how to buy gov. land at low \$/Acre.

UNITED FARM AGENCY (612 W. 47 St., Kansas City, Missouri 64112). Free cat. for U.S.

B & R ORGANIC (P.O. 21734, Phoenix, AZ 85036). Diatomaceous products for seed storage, insecticides.

STROUT REALTY (Plaza Tower, Springfield, MO 65804) Big book. Free. All U.S.

CHILDREN GARDENS (Brooklyn Botanic Garden, 1000 Wash. Ave., Brooklyn, NY) Provides garden space for city children. Teaches working with soil.

ALFREDO (Apartado 8380), Medellin, Colombia, S. America) \$1. Air mail list of land in South Am. 10 new lists every month.

CAPRA PRESS (631 State St., Santa Barbara, CA 93101). Great Hot Springs of the West, beautiful book. \$5.

HERB GOLDSTEIN (Downhill Farm, Rt. 1, Box 177, Hancock, MD 21750) \$2.50. A Compendium of Legal Documents Relating to Land Trusts. How to draw up papers for communities.

SAFE BUY (2405 Gaines St., Little Rock, Ark 72203) Free catalogue of farms, ranches. Covers USA.

COMMUNITY LIVING

foods, sprouts and juices and a loving spirit. Neatly tropical, very mountainous, fertile, volcanic soil. Many communes, involving many thousands, mostly young people. Visions of setting up a city-state, independent of the system.

THE ESSENE WAY (\$6, 3085 Reynard Way, San Diego, Cal.) A booklet with good guidelines for a community. Has summer workshop.

LIOS (P.O. Box 30017, Mayville 4058, Natal, South Africa) Survival oriented community.

FREE STATE OF THE ARK (P.O. Box 1198, Stowe, Vt.) Has a revolutionary home on 350 acres of a mountain.

A NEW AGE COMMUNITY Located in a valley 4000 ft. high. The highest standards and New Age teaching. (Rev. Wayne H. Taylor, Box 243, Columbus, N.M. 88029).

KRIYA YOGA ASHRAM (Calle 70A No. 10,82, Bogota, Colombia, S.A.)

DANIEL HOVERSTONE (Rt. 1, Box 622, Weslaco, Texas).

NANCY CATHERINE (3240 Gordin Ave. Ft. Worth, Texas).

SHRI AROBINDO ASHRAM (Majum, Mt. Tremper, N.Y.) A city in India of human unity.

COMMUNITIES (Earth Garden, P.O. Box 111, Bulman, Australia). Send \$1 for info.

HEATHCOTE CENTER (Freeland, Maryland). Homesteading, ecology, natural health, spiritual disciplines. Publishing.

LIGHTHOUSE (c/o 19th St. S., Eureka, CA or Morningstar Box 129, Smartsville, CA.) Frutitarian commune. Self-supporting organic fruit distributors. The goal is a spiritual disciplined commune in a tropical mountain setting.

FINDHORN TRUST (27 Findhorn Bay, Caravan Park, Forres, Murray, Scotland.) A new approach to living in harmony with god and the whole of life

JOSEPH DUNSMOORE (c/o General Delivery, San Ignacio, Carjo Disbre, British Honduras.)

AQUARIAN ESTATE (P.O. Box 2, Thurville Jct., Natal, S. Africa) Frutitarian group

BRIAN TRENTHIAN (c/o Apartado 852, San Jose, Costa Rica) Forming fruit group

RAINBOW ISLAND (P.O. Box 1157, Laguna Beach, CA 92651) Fruit group

STOREFRONT (P.O. Box 1174, S.E., CA 94101) Communal living cross matching service. \$1 questionnaire etc.

RARE EARTH (Box 9147, Berkeley, CA.) Real estate co. locates remote retreats.

J. LOVEWISDOM (see Publishers) Essene, new age tradition. Live food, 25,000 acre community. For literature & details send \$2 wrapped in dark paper or money order.

DHARMA YOGA (Essene Christ Temple, Big Geysers Resort, Cloverdale, CA 95425) 640 acres, hot sulfur baths, fruit, vegetable. Have 2 big grounds. Only raw foods, no smoke or drugs.

LORENZO KATA Y FELICE (Apartado 32, Naranjo de Alajuela, Costa Rica, C.A.), 350 Acres at 5,000 feet. Isolated. Raw Foods. Building a dehydration plant for fruit. Needs help.

THEOSOPHICAL SOCIETY (Star Route 113, Dulzura, CA) Raw food inclined, very isolated, mountain, spiritual community. Have herb store and restaurant in San Diego

COOPERATIVE COMMUNITIES (Swami Kriyananda, \$3, Ananda Publ., Allegheny Star Route, Nevada City, CA 95959). How to start them & why.

FRUITARIAN COMMUNITY is looking for additional brothers and sisters who would be interested in the purchase or possession of land to develop Essene communities in warm parts of Am., Hi., and Central Am. Combine one at sea level for growing fruit and others at 5,000 feet for living. Must be pollution free, access to water, long growing season. Purpose: Survival, eugenics, spiritual growth, healing. A newsletter (Available in 1977) is being compiled with the following considerations.

RAW FOODS CONNECTION: for sharing experiences, joys, problems, community development, directory of raw foodies. Send experiences, resources, places to live cheaply, accessible land, housing for transition, and \$1.00 to help with costs. Manual sent as soon as ready. Also, join Traveler's Directory: send name, address, and phone, and specify offers of hospitality to others passing through. —overnight accommodations, camping area, organic fruit, vegetables, sprouts, wheat grass, etc. Traveler's Directory sent to listees for \$1.00. In preparation: Tropical Handbook. Send your experiences in traveling and living in the tropics — places, prices, land, climate, people, governments, food growing, fruit, etc. Send contributions to Omangod Press, Grapevine, P.O. Box 255, Wethersfield, CT 06109.

BASIC PHILOSOPHY—The consciousness we now experience is in a life form known as a human being. We believe that this form and all other forms of life throughout the Universe is the intended religious experience as God wishes it to be.

Of any two extremes, we may call either good or bad, positive or negative, holy or evil; we see it as comfortable or uncomfortable, thus as a life form we seek comfort physically, mentally and spiritually as a progressive process.

PURPOSE—Our purpose is to experience, transmit and propagate the concepts of Love, Truth, Kindness and other positive expressions that result in the spiritual health and comfort of "us", (Earth People, Universal People and all Life). A protector of Life through the realization of Organic Vitality and Life Forces.

OBJECTIVES—To establish Life Sanctuaries throughout the World based on fasting and meditation and the study of natural self-healing, especially in the Southern Hemisphere, particularly South America.

To gather people interested in natural transportation methods such as walking and sailing as considered in the light of self-preservation and survival of our life form.

PROJECT—Save the Seeds—Seeds are the babies of the green life but we continually break the eco-cycle of these life forms by fire and chemicals the waste of ignorance. We must eat the flesh of living fruits and save the seeds from man's wasteful deeds and teach our brothers and sisters how to live without this ecological interference of this planet's life cycle. Who knows perhaps some day seeds will be more valuable than money.

UNIVERSAL LIFE FRUITARIAN BROTHERHOOD—Proposes to establish a complex of organic farm, health institute, school and ashram with an isolated community in the interior, all for the purpose of researching, teaching practicing and demonstrating the highest knowledge concerning the physical and spiritual qualities and relations regarding food.

The area chosen for this spiritual community settlement is Tumulac Humac, a geographical location near the equator on the east coast of South America which provides the cleanest air, water and total environment most free of pollution in every form.

It is the desire of the U. L. F. B. to establish organic fruit farms for self support and provide some dried fruits for future local and export use. We wish to experiment with various fruits uncommon to the Tumulac Humac Range as they believe the mountains could possibly produce grapes, apples, pears, peaches and a variety of nuts and berries. Settlers will initially bring supplies of food and will be able to live off a variety of melons, tomatoes, fruits and vegetables and greens produced from the seeds they have planted in three months. In a few years the orchards should be producing oranges, grapefruit, limes, lemons, pompano, mangoes, avocados and many other that can be dried and stored for future use and export later on.

The organic farm will supply food to the health institute and will serve as demonstration and practice work for the students of the school.

The equator is most free from foul gases and other particles of pollution due to the rising air from heating of the sun. This zone separates the northern hemisphere from the southern hemisphere with little exchange of atmosphere from one to the other. The sun charges the atmosphere and purifies while providing the largest amount of "prana", the electromagnetic food so necessary for life, inhaled by all living creatures.

During the transition many of the future fruitarians are seeking locations of pure air in mountain communities to experience life in the fullest, and to work indirectly to help brothers and sisters everywhere to take the steps of purification, spiritual unfoldment and consciousness growth through the message of love.

LORENZO KATA Y FELICE (Apartado 32 Naranjo de Alajuela, Costa Rica). 5000 ft alt., 400 acres. Dec—March. Include international air postal stamp.

HEAD EAST (51 So., Head Guide Pub., Box 414, W. Somerville, Mass.). Practical guide to cheap travel, food, teachers, Himalayan Trek & Nomads.

LOUISE WELLER (1851 Woodhill Ave., Louisville, KY 40205) Suñ Summer Camp

FAMILY PASTIMES (R.R. 4, Penh, Ontario, Canada) KTH 3C6 Noncompetitive games.

HELEN STORY (River Farm, Four Mile Point Rd., Athens, N.Y. 12015) A vegetarian camp directory, is being compiled, send names. For info, send stamps.

BOVEY FARM (Box 683, Hollis Center, Hollis, Me.) 30 acre weekend retreat. Vegetarian.

NEW AGE ENTERPRISES (P.O. Box 231, Custer S.D. 55730) Send for free brochure on vacation.

DESERT DANCE (Box 77, Terlingua, Tx. 79852) Wilderness experience for personal evolution.

OMANGOD PRESS (P.O. Box 255, Wethersfield, Conn.) Frutitarian, grass, sprouts, breatharianism, natural birth control.

NUTRI BOOKS (2006 Lawrence St., Denver, Colorado) Complete line of books for the health food stores.

RAGGED MOUNTAIN FARM (Rt. 1, Box 61, Sperryville, Va.)

SADHANA FOUNDATION (32100 Page Mill Road, Los Altos, California) Listing of hot springs for U.S.A. Working toward creating spiritual communities.

DIVINE REVELATION (Retreat of the Sangraal, P.O. Box 187, Urbana, Va.)

LIVE IN KOSMUNITY (P.O. Box 764, Carmichael, Calif. 95608) Yoga, Metaphysics, Organical: Arts toward a New Order of Peace and Attainment

MAYA ENLIGHTENMENT (Benque Viejo, Belize, C.A.)

FAMILY OF MYSTIC ARTS (Box 546, Sunny Valley, Oregon)

STEVE BLOOMSTEIN (29 Chauncy St, Cambridge, Mass 02138) Venezuela, land

REV. JOSEPHINE ROSSI (Rossi Foundation, P.O. Box 34, San Sebastian, Puerto Rico)

ACRES OF LIGHT (Dr. McCoy & May Drago, Hay Spring, Miss.)

LIVING LOVE CENTER (1730 La Loma Ave., Berkeley, California). Founded to help one realize one's full potential for living a creative, effective, and joyous life within the eternal now. Provides weekend intensives, 3 month resident training program.

SHELTRAND HYEYAN PARADISE (Drawer 2x, Pearsall, Tex.). Organic community, school and resort. 5 Tex. 1500 acres.

ECOLOGOS (80 Martin Rd., Milton, Mass.) Is an intentional community designed for survival, spiritual growth and healing. Raw foods.

GILLI MATHEWS (General Delivery, Belmopan, Belize, C.A.)

DAVID BRENNER (Apartado 8-6750, San Jose, Costa Rica). Will assist you with contacts in C.R.

RECREATION

VASUDEUADAS (Rt. 4, Box 265, Bedford, VA 24523) Summer spiritual retreat for family.

VILLAGE OZ (P.O. Box 86, Point Arena, CA 95468) Growth center for kids. Extensive program to please all. Brochure.

CAMP (Box 1187, Mendocino, CA 95460) Humanistic family camp.

HOLISTIC LIFE FOUNDATION (1627 Ten Ave. S.F., CA) Seminars and Retreats.

CASTLE PARK (Roberts Studio, Rt. 4, Bonifay, Fla. 32425, 547-2165) 151 acres for camping. Freedom from man's contamination, membership.

WE CARE (Box 321, Pineland, Fla.) Campsite in Belize, former British Honduras—Jungle, beach, mountains—\$15 per week.

WE CARE LTD. (Punta Gorda, Belize, Central Am.) Info on homes in Belize. Send \$1.

WILDERNESS CAMPING (Box 1186, Scotia, N.Y.) Where to go, how to do it.

VAGABOND PRESS LTD (P.O. Box 83, Laguna Beach, Cal.) Hitchhikers handbook \$2.

WORLD COMMUNITY (Route 4, Box 465, Bedford, Virginia 24523) Prema Dharmasala year-round retreat.

PUBLISHERS

BANYEN BOOKS (2715 W. 4th Ave., Vancouver, B.C., Canada) Send \$1.190 p. catalogue. Review of new age books plus many stories and articles.

JOHNNY LOVEWISDOM (International University of Natural Living, Vichamba, Loja, Ecuador, S. America) Frutitarian.

RISING SUN PUBLISHER (25 Exeter St., Boston, Mass.). Health, live food, wheatgrass therapy, gardening and spiritual.

BOOK PEOPLE (2940 7th St., Berkeley, CA) New Age books.

ESSENCE OF HEALTH PUB CO. (P.O. Box 180, Westville, Natal, S. Africa). Fritarianism and spiritual disciplines.

RODALE PRESS (Emmaus, Penn. 18049). Gardening, ecology, health

HEALTH RESEARCH (P.O. Box 70, Mokelumne Hill, Cal.). Send \$2 for review of occult, fritarian and health books.

THERE IS LIGHT (P.O. Box 15041, Pitt., Penn.). Color Therapy and New Age books.

ACADEMY OF CREATIVE LIVING (3085 Raynard Way, San Diego, Cal.). Publishers of Essene teachings, ancient teachers and natural healing.

TAO BOOKS AND PUBLICATIONS, INC. (31 Farnsworth St., Boston, Mass.). Macrobiotic, ecology, health, new age.

CSA PRESS (Box 7, Lakemont, Georgia). Spiritual.

THE THEOSOPHICAL PUB HOUSE (P.O. Box 270, Wheaton, Ill.). Theosophical and occult.

TOBE'S (St. Catherine, Ontario, Canada). Health books.

PROF. TEOFILE DE LATORRE (Apartado 2650, San Jose, Costa Rica, S.A.). Much good information on frutitarian diet.

DEVORSS & CO (P.O. Box 550, Marina Del Ray CA 90291). Wholesale. Occult, health, yoga.

SCROLL PRESS (76 Miller Ave., N. Babylon, L.I., N.Y.). Basic wisdom of the ages.

VONU LIFE (\$1, P.O. 248, Paradise, Cal. 95969). Discusses nomadic, completely libertarian lifestyle.

BROTHERHOOD OF LIFE (110 Dartmouth S.E., Albuquerque, N.M. 87106). Books and records.

WONDER NATURE FOODS (11711 Redwood Hgwy., Wonder, Oregon).

ASLAN PUBLICATIONS (P.O. Box 1858, Boulder, CO 80302)

LIVING LOVE CENTER (1730 La Loma Ave., Berkeley, CA 94709). Works of Ken Keyes, Holistic workshops. Communitie

R.B.C.C. (P.O. Box 1615, Santa Cruz, CA 95061). Fritarian, consciousness. Bouklets.

NEW AGE PERIODICALS

ACRES U.S.A. (10227 East 61st St., Raytown, Missouri). One of the finest organic agriculture magazines.

FAMILIA (Rt. 6, Box 73, Kingston, N.Y.). Deals with all aspects of a liberated family and serves as a communications network to bring together all of us who want to meet each other.

RISING SUN (25 Exeter St., Boston, MA 02116). Spiritual lifestyle and health in city. Advocates a total organic, live food diet. Topics: Indoor gardening, organic gardening, composting, astrology, communes, yoga, meditation, spiritual disciplines.

COMMUNITIES (Box 426, Louisa, VA 23093). J. of Cooperative Living \$1.25 Directory.

VEGETARIAN WORLD (Suite 216, 8235 Santa Monica Blvd., L.A., Cal.). \$2 for 4 consecutive issues. The best on the subject.

RAIN (2270 NW Irving, Portland, Oregon 97210). Alternative, low energy impact technologies, values and institutions. Monthly. \$5/yr.

AUDUBON (Audubon Society, 1130 5th Ave., N.Y.C.). Conservation and appreciation of wildlife and wilderness, natural resources and natural beauty.

GREEN REVOLUTION (School of Living, Heathcote Center, Freeland, Maryland). Advocates freeing the land, decentralization, homesteading, natural living, self sufficiency. Has weekly seminars on today's lifestyle subjects. Monthly list of international communes. One of the first back-to-land magazines. \$6/yr.

NATIONAL HEALTH FEDERATION (211 W. Colorado Blvd., Monrovia, CA). Keeps members informed on central issues on food, ecology and health. Very active on congressional level. Let's Live subscription is free with 8th membership.

LOVING (Living Love Center, 1730 La Loma Ave., Berkeley, CA 94709). Articles and stories dealing with the application of the Living Love Methods of Ken Keyes Jr. Beautifully illustrated. \$1 per issue.

JOURNAL OF ARTS, SCIENCE AND HUMANITY (\$3.50, Educators Press, P.O. Box 4286, Philadelphia, Pa 19144). Oct 75, special issue on the nontraditional education. Should be read by anyone who is considering college. Academic accreditation of life experience.

AQUARIAN RESEARCH FOUNDATION NEWSLETTER (5620 Morton St. Phil., Pa 19144). Monthly, \$10. yr.

HUMAN DIMENSION (4380 Main St., Buffalo, N.Y. 14226). Extremely well done magazine that explores in depth phenomena of universal value. Quarterly, \$6.50 yr.

PYRAMID GUIDE (El Carrio Publ., P.O. Box 30305, Santa Barbara, Ca 93105). Covers pyramid research and other related phenomena. Bi-monthly, \$6 yr.

THE BUDGET (Sugarcreek, Ohio, 44681). Amish and Mennonites have become some of the most independent people through a religious devotion in sharing and basing their life on the gifts earned from the labor in the soil. A refreshing look at life of land people.

NATURAL FOOD & FARMING (P.O. Box 210, Atlanta, TX 75551).

TOTAL LIFESTYLE (P.O. Box 1137, Harrison, Ark. 72601). Monthly alternative, contacts, homestead, energy, spiritual. 12/\$10. \$1 sample.

UNITED FOCUS JOURNAL (P.O. Box 5019, Seattle, WA 98105). Holistic living using the best of healing, science, agriculture and business.

HEROLD OF HEALTH (P.O. Box 552, Mount Ayr, Iowa 50852). Guide to natural healthful living. Good information, not documented. Monthly \$5/yr.

PLAIN TRUTH (P.O. Box 111, Pasadena, CA 91123). Biblical. Good coverage of news. Free, also free many books on famine, agriculture.

HEALTH FOOD BUSINESS (225 W. 34th St., N.Y.C.). For the retailer info on new and existent products.

PLAIN DIRT (Box 86, Cobham, VA 22929). Counter-culture cheap advertisement. \$1.25 sample copy.

SOURCE (Pathways Foundation, Wrightwood, CA 92397). Free alternative newspaper.

VEGETARIAN HEALTH REVIEW AND DIGEST (Box 211, Haverford, PA 19041). Quarterly \$2/yr.

GUIDE TO ALTERNATIVE PERIODICALS (\$2, Sunpark Press, Box 6341, St. Pete, Fla 33736) over 200, described and categorized.

UTOPIAN EYES (P.O. Box 1174, S.F. Ca 94101). 4 for \$5. Deals with problems, joys of living together. Good articles. WHEN (P.O. 1, Palm Springs, CA 92262) 7 for \$3.

THE SURVIVOR (P.O. Box 438, Eureka, CA 95501) 12 for \$6. Not a news publication. Deals with methods, ideas, contacts.

NEW AGE COMMUNITY (1962 W. 4th Ave., Vancouver, B.C., Canada) Monthly \$2.50/yr. Healing and spiritual new age interest.

AHIMSA (501 Old Harding Hwy., Malaga, NJ, 08238). Am. Vegan Soc. Bimonthly

JOURNAL OF NEW ALCHEMY (P.O. Box 432, Woods Hole, MA 02543). \$6 Yearly write up on discoveries on life-support systems that go easy on earth's resources. Their models though tend to be expensive to recreate.

ORGANIC WORLD NEWSLETTER (4413 N. Manhattan Ave., Tampa, Fla. 33614). In depth study of issues, 50¢ sample.

1000 SPIRITUAL CENTERS (\$3.25, Prajna Family, P.O. Box 17, Stoneridge, N.Y.). A bimonthly calendar listing of events, lectures, seminars, retreats, and celebrations.

DOING IT (Box 303, Worthington, Ohio 43085). Practical alternatives for humanized city life \$10/yr. Sample \$2.

THE NORTH COUNTRY STAR (P.O. Box 24081, Oakland, CA 94623). How to go back to the land and survive comfortably. Monthly.

SOUTHERN APPALACHIAN MOUNTAINS (Box 743, Whitesburg, KY 41858). 4/55.

HOMEOPATHIC DIGEST (Bio-Natural Health, Inc., 109 Croton Ave., Ossining, N.Y. 10562) 4/510.

ALTERNATIVE CANCER THERAPY (P.O. Box HH, Old Chelsea Station, N.Y., NY, 10011) 50¢ sample.

SOLAR AGE (Rt. 515, Box 288, Vernon, N.J. 07462). Monthly \$20/yr.

WIND POWER (Jester Press, 54468 CR31, Bristol, Ind., 46507) 4/56.

NUTRITION ACTION (1757 S. St. N.W., Wash. D.C. 20009). Deals with consumer and environmental problems. \$10/yr.

OVER THE GARDEN FENCE (3960 Cobblestone Dr. Dallas, TX 75229). Quarterly dedicated to the good life. Sample 50¢.

NEWSLETTER ON LIVE FOOD (P.O. Box 2362, Phil., PA 19103) Sample 35¢.

THE MOVEMENT (P.O. Box 67441, L.A., CA 90067). The events, people and life in the spiritual community. 12/\$3.50.

EAST WEST JOURNAL (233 Harvard St. Brookline, MA 02146). Keeps one informed on the macrobiotic society and New Age Natural Lifestyles. Excellent.

AMERICAN HYGIENE SOCIETY (Box 1277, San Antonio, Texas). The works of Dr. Herbert Shelton.

PREVENTION Magazine and ORGANIC FARMING & GARDENING Magazine (Emmaus, Pa.). Two excellent magazines.

SIERRA CLUB BULLETIN (220 Bush St., San Francisco, CA). Branches all over the country. Works effectively for conservation, and improvement of environment.

THE ANSWER (2618 E. 54th St., Huntington Park, CA). Advocates frutitarian diet, elimination of taxes, interest and rent.

THE ASTRAL PROJECTION, (P.O. Box 4383, Albuquerque, New Mexico)

NEW ENGLAND COALITION ON NUCLEAR POLLUTION (Box 637, Brattleboro, Ver.)

PSYCHIC OBSERVER (ESPress, Inc., P.O. Box 8606, Wash. D.C.) Journal of Spiritual Science.

MOTHER EARTH NEWS (P.O. Box 70, Hendersonville, N.C. 28739). An excellent magazine of back to nature and homesteading. Good place for ads, land search, meeting people. The magazine is

slowly gravitating toward the vegetarian position, instead of the cruel, hard work, complicated animal raising homestead.

WELL BEING (Box 7455, San Diego, CA 92107, (714) 234-2211) Journal of balanced living. Includes directories, healing schools, holistic medicine. Every 6 wks, \$5/yr. A must.

ORGANIC WORLD (Aubrey Nature Labs, 4410 N. Lois Ave., Tampa, Fla.) \$3. Bimonthly newsletter.

EARTH GARDEN (P.O. Box 111, Balmain 2041, Australia). Australia's lifestyle magazine.

RAW FOOD AND FRUIT NEWSLETTER (Mark Smith, 1411 Schoolhouse Rd., Santa Barbara, Cal.). Pool the information that is contributed by readers. Write for detailed plan of purpose. Send \$6 for sample.

THE BEACON (L.P.C., 866, United Nation Plaza, Suite 566-7, N.Y.C.). Alice Bailey and esoteric philosophy.

LETS LIVE (444 N. Larchmont Blv., L.A. Cal.) A popular health magazine with vegetarian and raw food section.

VONULIFE (P.O. Box 248, Paradise, CA 95969) \$1 for 3 single mail or 6/\$4. Communication among nomads. Excellent.

PUBLISHERS CLEARING HOUSE (382 Channel Dr. Port Washington, N.Y. 11050). Can get magazines at discount. For example Let's Live \$4.97 instead of \$7.50, others Mother Earth News.

NEW AGE JOURNAL (P.O. Box 4921, Manchester, N.H. 03105) 12/59. Covers matter in depth related to holistic life. Calendar of events. One of the best magazines.

HERBALIST (Bi-World Publ., P.O. Box 62, Provo, Utah 84601) 12/\$6.

THE SURVIVOR (P.O. Box 2923, Culver City, CA 90230). General news related to living. 12/\$12.

LION (Petigrew, AR 72752). Living in the Ozarks. \$5/yr.

VEGETARIAN TIMES (P.O. Box A3104, Chicago, Ill., 60690) \$5/yr.

YOGA JOURNAL (1627 10th Ave., S.F., CA 94122). Application of yoga to modern living. 6/\$5.

MAINE ORGANIC FARMER (Box 373, Kennebunkport, ME 04046). Bimonthly, 25¢ each.

NATURAL LIFE (Alematic Press, Box 640, Jarvis, Ontario, Canada). Quarterly \$6/12.

RESOURCE NEWSLETTER (Box 134, Harvard Square, Cambridge, MA 02138) 12/\$5. Products, organizations, publications.

MOTHERING (P.O. Box 184, Ridgway, Colo 81432). Quarterly.

COUNTRY LADY'S DAYBOOK (P.O. Box 7527, Oakland, CA 94601). Monthly homesteading news. \$5/yr.

NATIONAL SURVIVAL NEWSLETTER (p. Krumpel, 2429 Anacapa, Santa Barbara, Calif.).

ALTERNATIVES (1626 Greenstein Hwy., N. Sebastopol, CA). Free. Schools \$11, Personal Growth \$11, Social Change \$11.

MODERN UTOPIAN (2441 Le Conte, Berkeley, CA). Communal Directory \$2.

SCIENTIFIC NUTRITIONAL JOURNALS

NUTRITION ABSTRACTS AND REVIEWS (Commonwealth Bureau of Animal Nutrition, Bucksburn, Aberdeen, AB2 9SB, Scotland).

JOURNAL INTERNATIONAL ACADEMY OF APPLIED NUTRITION (International College of Applied Nutrition, Box 286, La Habra, CA 90631). Research.

NUTRITION TODAY (Enloe, Stalvey & Ass., Inc., 1140 Connecticut Ave., N.W., Washington, D.C. 20036). Applied.

AMERICAN JOURNAL OF CLINICAL NUTRITION (9650 Rockville Pike, Bethesda, Maryland 20014). Research.

HEALTHVIEW (2677 State Hwy 70, Manasquan, N.J. 08736). Views of experts in holistic healing. \$18/12.

ALTERNATIVE NUTRITION MAGAZINE (Box 1230, Hampshire College, Amherst, MA 01002). A forum of research relevant to new age nutrition. Well documented. \$1.50 sample.

CANCER CONTROL JOURNAL (2043 N. Berendo, L.A., CA 90027). Well documented. Topic oriented. Bi-monthly. Excellent past issues on light, M.S., Lactinfil. \$1 sample.

CSM (Box 584, Wilmette, Ill 60091). Publishes abstracts of research related to cryonics and immortality. \$1 sample.

PREVENTION (Rodale Press, Emmaus, Pa. 18049). Applied.

NEW AGE PRODUCTS

JUICE SUITE (P.O. Box 16, Woodstock Valley, CT 06282). Manual and electric grass juicer, stainless steel distiller, grass powder enzymes, juicers (Acme, Champion, Phoenix), manual gnscers, send \$0¢ for catalogue.

DHAMMA DSTBTRS (Box 269, Christina Lake, B.C., V0H 1E0, Canada). Retail & wholesale health products, cotton clothing, books. Mail order.

UNITY RECORDS (Box 12, Corte Madera, CA 94925). Music which raises the consciousness, heals, and instills a more gentle, transcendental approach to living. Free catalogue of records and cassettes.

SUPERIOR SANDAL CO (448 Tennessee St., Redlands, CA 92373, 714-793-3011). Non-profit corporation works to raise funds for the various ecology education and action groups. Developing a factory in Mexico, profits would be going toward research and development of tropical agriculture. Set up a chain of health food stores and education centers in USA.

THOFRA (P.O. Box 748, Corte Madera, CA 94925). Puts out beautiful cards. Aquaria, Storm Road. 75¢ each.

AUSTRALIAN HEALTH INSTITUTE (1971 Pine Ave., Gary, IN 46403). For building a colonic irrigator.

AMORLITE LENS CO (130 N. Bingham, San Marcos, CA 92069). Ultraviolet transmitting spectacle lens.

ULTRAVIOLET TRANSMITTING PLASTIC. Look in yellow pages under Plastics. Find dealer for Rohm and Haas Co., and ask for ultraviolet Transmuting Plexiglass, or American Cyanamid Co., ask for ultraviolet Transmuting Acrylite.

NEWWEARTH STRUCTURES (P.O. Box 1393, Novato, CA 94947). Very inexpensive kits of polywax coated fibreglass geodesic dome homes. Assemble in 4 hrs. by 2. Max height 10 ft., floor space 160 sq.

LOW IMPACT TECHNOLOGY (73 Molewson St., Wadebridge, Cornwall, United Kingdom). Periodical on simple technology and fruit agriculture.

AHIMSA IMPORTS (9 Creeks Lane, Mill Valley, CA 94941, (415) 383-4980). Hand loom cotton and/or silk clothing. 25¢ cat.

HERITAGE STORE (P.O. Box 444, Virginia Beach, VA 23458). Retail, wholesale, mail. Edgar Caley and related products.

ASTROLOGICAL BUREAU OF IDEAS (P.O. Box 251, Wethersfield, Conn 06109, 203-289-6150). Complete computerized service. Including some of the best personal readings and guidance.

D & C SUPPLEMENTS CO (4531 1/2 Van Nuys Bl., Sherman Oaks, CA 91403). Portable home colonic. Under \$25. Can be used directly on toilet. More effective laying down.

BETTER LIVING LABS (2873 Director's Cove, Memphis, TN 38131). Portable water purifier for emergencies \$30.00.

P.M.S. INC (P.O. Box 62562, Virginia Beach, VA 23462). Items from E. Casey readings.

COZY QUIP (P.O. Box 1631, Santa Fe, NM 87501, (505) 988-1070). Foam sleeping bag - 40 degrees at 560.

KITS (8665 W 13-L, Denver, Colo 80215). Build dulcimers, mandolins, harps. Cat free.

DEVI (Box 1335, Fallbrook, CA 92028). Non toxic vegetable based hair colorings.

SODBUSTER (Rt. 5, Stevens Gap, Crossville, Tenn 38555). Large size kraut cutter, presses, mills.

SPROUTING LIDS (Dharma, Bima Ind, P.O. 22067, Seattle Wash 98122). Will fit large mouth mason jars.

BIKEPOWER (Homestead Industries, Anada Village, Nevada City, CA 95959). Plans to convert bike power to electric power.

SMALL MACHINES (\$5, Chuo Boeki Goshi Kaisha, Ibaraki City, Osaka Pref., Japan). Guide Book for Rural Cottage and Small and Medium Scale Industries—Paddy Rice Cultivation. Has 158 pages of machinery and devices for use in all sorts of rural activities. Some individuals who tried ordering from them never received a reply.

WINDOW GREENHOUSE PLANS (Stanley Tools, New Britain, Conn 06050). Send 29¢ for complete plans.

HARBOR SCIENTIFIC (P.O. Box 2129, Costa Mesa, Calif.). SOLAR DISTILLER—\$2.50. Includes book and detailed instructions on desert survival.

GREENHOUSE (Box 3133, Shell Beach, Cal.). Kit 10x12x7 feet for \$22.

DOCTOR'S SUPPLY (24028 Union, Dearborn, Mich.). Acupuncture supplies.

JERRY FRIENDBERG (Arrakis Volkswagen, Box 531, Point Arena, Calif.). Propane fuel gas converting kit \$80.

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INDEX

Aboriginal children, 26
 Acetamin, 129
 Acid, 101
 Acidity, 23
 Acidosis, 93, 103, 228
 Active, 35
 Acute, 92, 216, 220
 Acne, 181
 Acupuncture, 200
 Addiction, 21, 92, 35
 Adema, 41, 48
 Adoption, 111
 Adrenal, 37
 Adventure, 35
 Aging, 26, 113, 268, 316
 Aikachi, 131
 Alchemists, 120
 Alfalfa, 227
 Alimentary, 116
 Alkaline, 54, 101, 138, 218, 315
 Allergies, 181, 180, 270, 30, 31
 membrane irritation, 214
 Altitude, 107
 AMA, 188
 Ambivorous, 36
 Amino acids, 46
 Amino acid broth, 254
 Amorous, 166
 Anatomy comparative, 28
 Andes, 37, 285
 Anemia, 48, 52, 104
 Anemia, pernicious, 24
 Angels, 93
 Anger, 259-265
 Anthropology, 28, 29
 Antihist, 13
 Antidote, 52, 57
 Anoxia, 137
 Anus, 244
 Anxiety, 33, 35
 Apocryphic, 165, 31, 69
 Apoptosis, 10
 Appetite, 100, 212, 35
 2002 false, 21
 Apples, 89
 Aquarian, 111
 Archetype, 137
 Arnold Ehret, 103, 174
 Arteriosclerosis, 27, 30, 53, 92, 180, 183
 Arthritis, 13, 80, 92, 216, 223, 238, 60, 29, 31, 212
 Asanas, 88
 Asparagus (cancer), 310
 Asthma, 27, 79, 270
 Astral, 129, 147, 154, 157
 Astrology, 21, 177, 315
 Astrigenis, 213
 Attention, 131
 Aura, 121, 129, 131, 147
 Australian, 174
 Aurabindo, 123
 Avocado, 89, 103
 Awareness, 101
 Awakening, 115

B12, 23
 Baby, 116, 181, 183, 184
 Backache, 202, 205, 247
 Bacteria, 22, 24, 28, 48, 54, 29, 113, 255, 256
 Bad breath, 255
 Balance, 210
 Banana, 89
 Baptism, 60
 Bass, Dr S., 103
 Beach Boys, 200
 Beans, 177
 Beauty, 92
 Beer, 256
 Behavior, 132
 Being, 256
 Bhagavad Gita, 151
 Bhakti Yoga, 154
 Birth, 97
 Bibliography, 306-310
 Bike Power, 297
 Bile, 30, 213
 Binge, 22, 36, 104
 Bladder, 90
 Bleeding, 213
 Blemishes, 57
 Blood builder, 94
 cleanser, 213
 pressure, 90, 94, 244, 245

Blows, 57
 B.O., 246
 Boils, 113, 181, 214
 Bones, 31
 Books, 274-291

Bowel pain, 93, 213
 Brain, 53, 165, 180
 Bread, 38
 Breakfast, 93, 95
 Breast cancer, 228
 Brezhanarum, 116-123, 284, 285, 29
 research, 313
 Breathing, 58, 88, 100, 107, 137, 139, 140, 315
 Breath of Fire, 140
 Brewers Yeast, 50
 Bronchitis, 92, 214
 Buckwheat, 71, 76
 Buddha, 142
 Buddhist, 133
 Burns, 52

Calcium, 38, 165, 169, 223
 Calores, 30, 36, 37
 Cancer, 216, 183, 71, 226, 229, 230, 243, 244, 246, 276, 277, 279, 294
 avocado, 89
 caffeine, 12
 chlorophyll, 41, 48, 54, 93, 71
 colon, 26
 cyclamate, 12
 immunity, 26, 71
 lactic diet, 255
 protein, 181
 skin, 23, 24
 tryptophane, 26, 28
 Carbon Monoxide, 88, 104
 Carbohydrates, 244
 Caruncle, 104
 Carnivorous, 29
 Cataract, 30
 Castration, 165, 166
 Cataract, 214
 Catheter, 61
 Cats, 48
 Cayenne pepper, 210
 Celiac, 43
 Cell, 58, 218
 Cellulose, 31, 32
 Chakra, 148, 151, 209
 Changes, rapid, 88
 Chaos, 132
 Character, 129
 Chastity, 111, 174
 Cheese, 177, 257
 Chelating, 316
 Child, 22, 33, 100, 113, 186
 Children, 40, 41, 113, 181, 182, 280, 26, 95
 stories, 185
 China, 281
 Chlorophyll, 24, 52, 54, 88, 103, 121, 226
 Chlorine, 31
 Cholesterol, 26, 228
 Chronic, 22, 212, 216
 Circulation, 211, 138
 Citrus, 90, 104, 213
 City, 57, 88
 Clairvoyant, 147
 Cleansing, 32, 105, 138, 210, 215, 221
 stop, 182
 Cocoa, 31
 Coconut, 89
 Coffee, 31, 166, 225
 Cotius, 182
 Cold, 92, 234, 101
 Colitis, 181
 Colon, 60, 166, 229, 210
 Colony, 94
 Color, 121, 210, 315
 food, 19, 22
 Comfrey, 79
 Communism, 186
 Compassion, 135
 Conception, 113
 Consciousness, 128
 cell, 58
 cosmic, 101, 259-265
 Constipation, 60, 166, 194, 202, 206, 215
 Continence, 165, 83, 279
 Control, 112
 Cooking, 216, 29-48
 meat, 24
 Cornucopia, 262
 Crafts, 88
 Crash, 281
 Cramps, 210
 Craving, 36
 Creative, 35
 Creator, 35
 Credit, 228
 Crisis, 93, 219
 Crucifixion, 124
 Cruelty, 185
 Crystals, 218
 Cure, 36
 Cuis, 57

Dairy food, 30
 Danger, 35
 Darwin, 28, 168
 Dead Sea Scroll, 113
 Deaf, 41
 Death, 156, 157, 158, 218
 Deficiency, 165
 Defecation, 166
 Dehydration (storage), 86
 intestinal, 32
 Delusion, 135
 Demulcents, 213
 Dental, 22, 208
 Depression, 10, 211
 Desire, 95, 100, 129, 254-265
 Diabetes, 93, 103, 104, 223
 Diagnosis, 189, 190, 191, 197, 202, 220
 Diarrhea, 184, 247
 Digestion, 25, 31, 38, 191, 101, 211
 tract, 43, 61
 Direct knowledge, 182
 Directorates, 296
 Disease (cause), 58, 166, 215
 Distiller, 271, 280
 Diuretic, 213
 Divinity degree, 300
 Doctors, 219
 Domesticated, 169
 Douche, 57
 Drama, 262
 Dried fruit, 215, 221
 Drink, mineral, 94
 Dropsy, 213
 Drought, 10
 Drugs, 94
 Dry Ice, 86
 Dryfast, 22, 101, 219, 315
 Drying, 282
 Dry skin, 30
 Dualistic, 264, 48
 Dysentery, 113
 Dyspepsia, 103
 Ear infection, 57
 Ear lobes, 193
 Earthquake, 281
 Eating, 269
 Eclampsia, 41, 177
 Economic Survival, 281
 Eczema, 27, 244
 Edema, 41, 48
 Efficiency, 30
 Egg, 228, 80
 Electric Ray, 210
 Elimination, 32, 45, 58, 60, 93, 219
 Emotional
 nature, 131
 purification, 220
 Empathy, 58
 Endocrine, 37, 165, 191
 Endurance, 37
 Enema, 59, 60
 Energy, 30, 31, 55, 111, 137, 315
 Enervation, 215
 Enzymes, 43, 45
 digestive, 23, 40, 48, 215, 315
 pancreatic, 22

Epilepsy, 185
 Esoteric, 100
 Evenses, 113, 86, 91, 97
 Ethical, 121, 129
 Ether, 161
 Evolution, 93, 135, 160
 Evil, 35, 149, 153, 158
 Excretion, 93
 Exercise, 135, 183
 Exhaustion, 224
 Expectations, 259, 265
 Expectorant, 214
 Experience, 133, 259, 263
 Expression, 263
 Eyes, 210, 222

Face, 138
 Failure, 35
 Family, 111, 168
 Famine, 10, 138, 254
 Fat, 13, 39, 165, 183, 228
 Fasting, 19, 27, 36, 92-100, 219, 228, 237, 278, 315
 breaking, 93, 97, 95
 childhood, 182
 dry, 22
 Fatigue, 88, 129, 247
 Fear, 180, 259-265
 Feasting, 35
 Feat, 92
 Fermentation, 23, 24, 100, 104, 225, 317
 Fever, 210, 220, 247
 Fig, 100
 Fingernails, 196
 Fish, 305

Fluoridation, 31, 55
 Food, 16, 22
 analysis, 283
 cheap, 305
 cooked, 174
 chemistry, 270
 combining, 101, 267
 hber, 88
 hot, 43
 storage, 85, 86
 protective, 88
 undigested, 100

Free will, 131
 Fruit, 89, 104, 105, 107, 109, 111
 books, 284-286
 child, 113, 180
 communities, 299
 festival, 300
 digestion, 101
 dried, 104
 longevity, 126
 rpe, 103
 strength, 31, 103
 Frustration, 210, 259, 285
 Fund Raising, 277

Gall Bladder, 37, 89, 90, 202
 Gall Stones, 27, 29
 Games, 263
 Gardens, 76, 282
 Garlic, 57
 Garlic, 113, 283
 Gas, 93, 183, 184, 210, 213
 Germination, 283
 Germs, 92, 216, 268
 Ginger, 93, 214
 Ginseng, 35, 215, 283
 Glands, 37
 Glutinous, 88
 God, 128, 133, 163
 Gotu Cola, 215
 Gout, 24, 212
 Grains, 29, 31, 49, 101, 104
 Grapes, 89
 Grass, 24, 50, 88, 276, 286
 amino acids, 36
 dose, 59
 dry bus, 56
 failure, 67
 growing, 65
 juice, 30
 juicer, 302
 nausea, 59
 supplement, 36, 25, 55, 56

Gravity, 137
 Greece, 100
 Greenhouse, 78
 Gregory, Dick, 97
 Grey hair, 26, 30, 31, 245
 Group, 35
 Gums, 53, 59, 104
 Gurs, 133, 186

Habits, 131
 Hairline, 105
 Hair, 31, 198, 245
 Happiness, 135, 162
 Harmony, 132, 210
 Haha Yoga, 135
 Hated, 135
 Hay Fever, 270
 Headache, 200, 202, 204, 206, 274, 315
 Healing, 57, 147, 228, 191, 199, 219, 276
 schools, 219, 291
 crisis, 30
 Health Research, 288
 Health Resorts, 291, 316
 Heart, 27, 30, 41, 48, 138
 Heat, 171
 Heaven, 186
 within, 100
 Hemorrhagic Anemia, 52
 Hepatitis, 13, 92
 Herbs, 78, 211
 specific, 213
 High Blood Pressure, 168, 180, 244, 245
 Homeopathic dose, 59
 Homeopathy, 43
 Honey, 41, 100
 Hops, 93, 213-214
 Hospitalization, 57
 Humility, 161
 Humors, 268
 Hunger, 206, 224
 hidden, 36
 real, 21
 Hunzas, 37, 69, 71, 174, 279
 Hydrochloric Acid, 38
 Hypatia, 169
 Hypertension, 27
 Hypoglycemia, 230-243

- Identity, 132, 135, 264
 Ignorance, 132
 Illusion, 135
 Immunization, 277
 Implants, 54, 59, 61-64, 94
 Income, 135, 38
 Indecision, 57, 166, 194
 Index, 311-314
 India, 316
 Inertia, 132
 Infection, 113, 182
 Inflamed, 213, 210
 Initiation, 97
 Insomnia, 206
 Insulin, 104, 223
 Intellect, 97, 132
 Intuition, 133
 Ion, 137
 Iridology, 32, 197, 199, 220, 237
 Irritable, 103, 104
 Itching, 202, 220

 Jealousy, 259, 265
 Jesus, 124
 Judge, 185
 Juice, 285, 315
 sprout, 103
 Juicer, 302
 Juicing, 32, 37, 50, 65, 100-101
 Junk food, 22
 Joy, 93, 95

 Karezza, 111
 Karma, 21, 22, 135, 151, 100, 177, 219
 Karmaless, 101
 Karmic, 186
 Kauchakoff, 316
 Kidney, 24, 28, 29, 31, 48, 55, 90, 92,
 193, 213, 214, 202, 316
 Kohler, Dr., 24, 97
 Koran, 182
 Kuhl, Dr., 255
 Kondatini, 111, 137, 140, 151, 160, 294

 Labor, 182
 Lactic acid bacilli, 255
 Lactation, 183
 Lactrile, 71, 229, 277
 LaLeche, 180, 280
 Leukemia, 224
 Law, 188
 Laxative, 103, 215
 Laya Yoga, 148, 151
 Lecithin, 169, 183
 Legumes, 104
 Lemon, 210
 Letters, 230
 Leukemia, 13, 27, 100, 181, 216, 227, 228
 Leukocytosis, 43, 45, 100, 174, 316
 Library, 286
 Li Ching Yun, 125
 Lighting, 80
 Lime, 90
 Lion & Lamb, 56
 Lipack, 183
 Liquid diet, 61, 97, 100, 237, 238
 Litisas, 246
 Live food, 48
 Liver, 13, 55, 24-26, 30, 89, 103, 113,
 172, 210, 224, 226, 238
 Logical, 132
 Lofaspa, 37, 104
 Loneliness, 211
 Longevity, 26, 28, 37, 58, 100, 124-126,
 165, 168, 183, 245, 279, 284, 316
 Lorus, 186
 Love, 6, 21, 22, 35, 147, 93, 153, 162,
 185, 262
 Love Your Body, 286
 Loyalty, 185
 Lungs, 88, 138, 210, 214
 Lymphatic, 32, 199
 metabolic nutrient pool, 22, 29

 Macrobiotic, 40, 41, 103, 189, 219, 229
 Macrobiotic Yoga, 151
 Malabsorption, 43
 Marriage, 37, 186
 Massage, 206-209
 Metformin, 166
 Matriarchal, 168
 Matter, 129, 156, 160
 Materialism, 6, 7, 9
 Maturation, 33
 Meat, 13, 24, 27, 29, 38, 177, 225, 228
 Medical Art, 124
 Medicare, 269
 Medicine, 86
 Meditation, 88, 132, 137, 142, 144, 145,
 148, 153, 160
 Megavitamin, 24
 Mellons, 90
 Memory, 129, 131

 Menopause, 175
 Menstrual, 13, 113, 210, 214, 284
 Menstruation, 168, 169, 171, 183
 Menial, 129, 131
 Menobolism, 27, 30, 31, 45, 137, 215
 Middleage, 45
 Midwife, 180
 Migraine, 204, 205
 Milk, 24, 50, 228
 animal, 28, 38, 177
 human, 28, 100, 180, 255, 256,
 nursing, 184
 pasteurized, 184, 222, 223, 234,
 310,
 soy, 23
 Millet, 249
 Mineral drink, 94
 Minerals, 29, 38, 24, 132, 222, 316
 deficiency, 165
 Miscarriages, 182
 Mistakes, 160
 Moles, 57
 Moods, 129
 Moore, Henry, 100
 Morning sickness, 173
 Mother, 175; Nursing, 184
 Mountain, 95, 107, 117, 280
 Mouth, 59
 Moving, 88, 109
 Mucus, 25, 30, 32, 38, 45, 92, 111, 138,
 214, 223
 Mung sprouts, superior, 75
 Music, 149, 186

 Natural childbirth, 113, 280
 Natural food, 166
 Natural High, 315
 Needs, 33, 142
 Nerve, 165
 Nerves, 210, 214, 315
 Nervousness, 95
 Nervous weakness, 246
 Neuritis, 60
 Neurosis, 166
 Newton, 132, 135
 Nitritolades, 71
 Nose, 210
 Nuclear, 276
 Nudist, 88
 Nursing mothers, 184
 Nutritional Fallacies, 22
 Nuts, 107, 184

 Obese, 105
 Observer, 135
 Occult, 100, 111
 Oil, 30
 Old Age, 26, 30, 31, 35, 58, 60, 245
 Olive, 30, 37, 38
 Orange, 28
 Ordination, 300
 Organic, 16
 Orgasm, 113, 166, 182
 Osmosis, 218, 219
 Osteoarthritis, 93
 Osteoporosis, 40, 238
 Ovaries, 165
 Overacid, 25, 64, 223
 Overeating, 23, 30, 33-37, 42, 49, 104,
 202, 227
 Overfeeding, 183
 Overweight, 177
 Oxidation, 100
 Oxygen, 210

 Pain, 23, 57, 163, 180, 202, 263
 Palmistry, 189
 Pancreas, 22, 103, 104
 Paralysis, 72, 204
 Parasites, 212
 Pasteur, 216
 Past lives, 157
 Pathology, 23
 Pavlov, 165
 Peace, 133, 162, 210
 Peas, 177
 Perception, 125
 Perfecion, 100
 Periodicals, 297
 Pernicious Anemia, 24, 52
 Perspiration, 210, 215
 Perverted, 48
 Peter Max, 103
 Pets, 280
 pH, 46, 54, 228
 Phosphorus, 183
 Physiognomy, 104, 193, 220
 Physiology, 279
 Piles, 238, 244
 Pinnal, 210
 Pinocaps, 90, 104
 Pink, 211
 Plan, 5 yr., 35
 Pleurisy, 238, 244

 Poison in Food, 12
 Poisoning, 57
 Polarity Therapy, 59, 209
 Pollution, 88, 104, 107
 Polio, 181
 Politics, 57, 214
 Potatoes, 97, 104
 Pneumonia, 92
 Practice, 185
 Prana, 121, 315
 Pranayama, 137-139
 Pregnancy, 177, 182, 196
 toxemia, 25, 41, 173
 Prenatal birth, 183
 Prophecy, 10
 Prosperity, 211
 Prostatic Blockage, 238
 Protein, 256
 cooking, 24, 46, 48
 deficiency, 24, 52, 238
 digestion, 23, 26, 31, 226
 low, 26, 28, 29, 48, 125, 165, 177
 overdose, 25, 228, 277, 316
 plant, 28, 32
 requirements, 24, 27, 29, 37
 sprout, 316
 toxemia, 183, 316
 Psychic healing, 58
 Psychics, 135
 Psychology, 113, 275
 Psychosis, 166
 Psyllium, 32, 205
 Puberty, 165
 Publishers, 298
 Pumpkin, 212
 Punishment, 185
 Purity, 23, 26, 54
 Pyorrhea, 53, 246
 Pythagorean, 97, 169

 Racing, 37, 97, 100
 Radiation, 54, 277
 Radical revolution, 68
 Raja Yoga, 135
 Rational, 132
 Raw food, 45
 Recipes, 248-254
 Recycling (cells), 22
 Red, 185
 Red bulb, 184
 Regime, spoutarian daily, 59, 88
 Reincarnation, 157
 Rejuvenation, 55, 57, 105, 117, 166, 222,
 279, 283, 284
 Rejuvelac, 255, 257
 Relaxation, 210
 Release, 263
 Repression, 263
 Respiration, 181, 191
 Respiratory disorders, 30
 Rest, 142, 144, 190, 221, 220
 Restaurant, 271
 Revival, 68
 Rheumatism, 24, 31, 213, 216, 223
 Roughage, 88, 97
 Rut, 171
 Rutin, 71

 Salt, 30, 37, 38, 41, 42, 58, 248
 bath, 58
 Salvation, 124
 Sarcasm, 185
 Sauerkraut, 258
 Scarecrow, 19
 Scars, 88
 Schizophrenia, 27, 242, 278
 Schools, 294
 Seasoning, 248
 Seaweed, 249
 Secret life of plants, 49
 Seed, 25, 184
 storage, 18, 83, 85, 86
 soup, 252
 milk, 184, 251
 Self-image, 33, 138
 Semen, 113, 165, 166
 Semi-permeable membrane, 218
 Senility, 246
 Sensitivity, 107
 Service, 100
 Seth, 100
 Sex, 31, 101, 111, 156, 279
 Shiatsu, 202
 Shoulder Pain, 202
 Sickle Cell, 23
 Silence, 58
 Sin, 93, 101, 104
 Sins, 41, 92, 109, 111, 116
 Skeleton, 191, 209
 Skin, 24, 58, 117, 131, 121, 138, 191, 196
 dry, 30
 growth, 57, 214
 soften, 214

 Skinny, 33, 37
 Slavery, 168
 Sleep, 32, 100, 117, 142, 158, 185, 210,
 316
 Sleeplessness, 95
 Sling, 27, 222
 Soilless grass, 66
 Solar Plexus, 137
 Solar System, 148
 Solitude, 35
 Solvents, 210
 Soothing, 210
 Sores, 214, 57, 103, 113
 Soul, 132
 Soy bean, 24, 46, 71, 249
 Specific juices, 270
 Spermatorrhea, 166
 Spices, 210
 Spire adjustment, 191, 192
 Spiritual, 35, 276
 Spontaneous, 35
 Sprout, 55, 67, 250, 286
 errors, 76
 fertility, 69
 how, 74
 juice, 103
 mixture, 16
 protein, 32, 316
 seeds, 73, 227
 virility, 69
 Sproutarian, 86
 Starch, 41, 49, 184, 227
 digestion, 22
 Stimulants, 30, 31, 138, 215
 Stings, 57
 Stomach, 41, 89, 211
 Stomach Wash, 57, 94, 206, 317
 Stones, 28, 212
 Storage, 18, 28, 83, 85, 86
 Stress, 35, 137, 153
 Study healing
 matrorder, 219, 291
 Suffering, 135, 116
 Sugar, 38, 46, 225, 227, 279
 Suicide, 215
 Sunbaths, 23, 58
 Sunshine, 88
 Surgery, 93, 100
 Survival, 18, 57, 254, 280, 285
 Swollen lips, 104

 Talmud, 182
 Tamed Pigeon, 43
 Tantra Yoga, 156
 Tapeworm, 212
 Taste, 22
 Tea, 31
 Teacher, 133
 Technology, 133
 Teenage vegetarian, 234
 Teeth, 41, 48, 57, 59, 103, 104, 221, 237,
 276, 31
 Temperature, 43, 45
 Temple body, 101, 186
 Tension, 33, 206, 202
 Tetany, 166
 Thinkers, 40, 42
 Third eye, 145, 147
 Throat, 214
 Thyroid, 48
 Tiredness, 92, 103
 Tobacco, 126
 Tonic, 53, 210, 212
 Tonulins, 92
 Toothache, 202, 221
 Tops (Vege), 80
 Toxemia, 177
 Toxic, 213, 220
 herbs, 88
 Toxicity, 23, 24, 92, 95, 116, 197, 215,
 278
 Toys, 185
 Tranquillize, 214
 Traveling, 184
 Transition
 breatharian, 116, 117
 frutitarian, 101
 grass, 59
 kosher, 38
 liquid, 11, 100, 237
 raw, 49
 nutrition, 88
 spoutarian, 22
 taste, 21
 vegetarian, 42
 warning, 315
 Transmutation, biological, 22, 120
 Tree of Life, 101
 Trobe, 186
 Trichinosis, 13
 Trypanosoma, 26, 27, 228, 316
 Tuberculosis, 245, 247

Tumors, 26, 27, 58, 94
TV, 12, 185

Ulcer, 32, 53, 54
Ultraviolet, 107, 137
Underfeeding, 33
Uric acid, 24, 25, 27, 31, 71, 174
Urnation, 95
Urine, 95, 166
Urine Test, 172, 175

Vaccination, 182
Vaginitis, 57
Varicose Vein, 54, 117
Vegetarian, 14, 27, 40, 288
 teenage, 234
 who's who, 40, 42
 deficiency, 55
Viktory Gardens, 76
Violence, 185
Viragoes, 169
Virgin birth, 283, 284

Virility, 69
Virus, 92
Vishnu, 37
Vision, 57, 115
Vitality, 210, 216, 129, 228
Vitamin, 23, 25
 B, 12, 24, 56, 79
 B-17, 71
 C, 92
 D, 181
 E, 71, 210
 astrology, 56
 loss, 45, 48
 sun, 24
 supplement, 23
 synthetic, 181
Vomit, 210, 213
War, 129, 154, 162
Warts, 214, 247
Water
 distilled, 31, 95, 271, 272

fast, 93, 95, 100
 loss, 37
 purification, 55
Watermelon, 90, 94
Weaning, 182
Weather, 12, 19
Weed, 82
 test, 282
 sprouts, 73
Weight loss, 37, 137, 238
Wheatgerm, 46, 50
Wheatgrass, 57, 58
 fast, 93, 94
White Cells, 27
White light, 121
Wholesale catalog, 302, 305
Who's who
 breatharian, 117, 123
 fruitarian, 125
 longevity, 124
 vegetarian, 40, 42
Will power, 33

Wine, 126
Wisdom, 105
Withdrawal, 30, 31, 35, 234, 236
Wits, 92, 93
Work, 151, 153, 163, 177
Worms, 212
Woman, 168, 175
Womb, 172
Womb cancer, 246
Wounds, 214
Wrinkles, 105

Yin, 315
Yoga, 128, 164
 fruit, 103
 haifa, 135
 Laya, 148, 151
 raja, 135, 142
 mantra, 151
 tantra, 156
Yogurt, 256, 257, 23
Youth renewed, 55, 92



6 Day Sunflower Sprout

LAST MINUTE ADDITIONS.

DIETARY TRANSITION WARNING

After many years observing individuals making diet changes on their own or under the guidance of a nutritionist, I feel some warnings have to be made to prevent undesirable side effects and discouragement.

Those persons who have followed traditional highly processed diet of high protein intake should observe some caution, especially if they are over 30. Use the diagnosis techniques to determine the state of your health as well as complete blood analysis - if that should be your inclination. Such toxic individuals would benefit from pursuing the gradual transition as suggested in the text, as well as in Love Your Body. Otherwise, extreme skin blemishes or sores, extensive hair loss, fatigue, as well as other symptoms may develop. All due to the overloading of the eliminative organs. These symptoms eventually clear up.

If rapid transition is desirable then the individual should have as needed unlimited rest, enemas, implants, salt baths, juices and fasting, preferably in a pollution free environment. For assured guidance, such a program should be under the supervision of an experienced natural food healer.

WET AND DRY DAYS IN FASTING

Juice diet will produce the most dramatic results when one proceeds to alternate between dry and wet fast days. On dry days limit the fluid (distilled water) to 3 or less ounces at each drinking time. Drink only when extreme thirst has developed. Drink slowly. On wet days drink 8 to 16 ounces of juices every few hours. Choose the juice (or distilled water) according to color and the desired effect. In a single day, one can drink 3 to 4 quarts of juice.

The alternating dry and wet days will draw mucus, extraneous acids, drugs and environmental poisons out of cells and tissues, and flush it out of the system. A rebirth process.

After experimenting with one dry day followed by one wet day for several weeks, one can try longer dry periods with a decreased fluid intake, followed by one wet day. Use enemas as needed.

This method is not recommended during transition or for very toxic individuals. It is a good preparation for those who are going to try the natural high.

NATURAL HIGH

To exist and travel in the many planes of consciousness requires a high energy body. The brain structure is an unexplored unlimited potential which never functions or exposes the individual to its many powers because it does not have the needed energy to execute its functions.

To increase the bodies energy requires the increased alkalizing of the bloodstream. The cells are batteries with an alkaline cytoplasm and an acid nucleus. The higher is the alkalinity of the bloodstream, the higher will be the alkalinity of the cytoplasm. With this higher charge at each of the poles of the cell, we will have a higher voltage potential generated by each of the cells. Trillions of these cells determine the power that is available for use by the nervous system under the management of the soul consciousness.

Breathing exercises (especially when fasting) increases the CO2 expulsion, which reduces carbonic acid in the blood, at the same time charging the nervous system with the alkaline prana, thus producing a powerful bloodstream alkalinity. Meditation removes tension, with its physiological expression of acidity, thus alkalize the body, at the same time activates the energy centers bringing to consciousness the experiences that are at each energy plane.

A common technique used by the natural folks for entering states of bliss, god consciousness, soul travel, as well as resolving

personal problems was to go to a natural environment -mountain, forest, desert, sea shore - which has an immediate alkalizing effect on the bloodstream - for fasting and meditation.

Modern humans should prepare themselves for such an adventure through the initial purification of diet. Prior to leaving one should do at least one week of fruit juices.

At the chosen isolated natural setting, do at least 6 days of water fast. Follow this with 2 to 3 days of dry fast. Every day continue to decrease the number of hours one sleeps. Last few days, depending on the individual, should be without sleep. Be silent. Rest and do relaxation exercise as needed. Meditate most of the time. Visions will come.

It can be one of the most beautiful experiences. Have a companion during the first journey. Break the fast with water, then juices of fruit. Very little. Slowly, if you have to, return to civilization. Do it slow to prevent a consciousness shock to your whole system.

THE COLOR IN YOUR DIET, by Peter the Healer.

BOODY

RED FOOD - Speeds up your circulation when your hands and feet get cold, or for mucus and phlegm in your throat. Acts as a catalyst for ionization and breaks up the ferric salt crystals. Egocentric, brings your consciousness back into yourself. Promotes growth. Physical, alkaline, heat, yang, fire, life. Tomatoes, cherry, yam, eggplant, red cabbage, watermelon, strawberry, cranberry, radish, soybean, whole wheat and rye.

ORANGE FOOD - Anti-spasmodic, for pains and cramps of any kind. Rebuilds lung cell membrane tissues. Good for lungs in polluted areas. It may help to heal malignant growths as well as tumors. -Provides new ideas for mental concepts. Strengthens the etheric body, the energy around you. Provides elasticity for skin and bones. Gives you joy, gaiety, warmth. Stimulates milk production for breast feeding. Vitality. Orange, carrot, calcium, sesame, pumpkin, dates, walnut, apricot.

NERVES

YELLOW FOOD - motor stimulant, it gets you going faster than coffee. Provides positive magnetic currents. Makes you happy. Strengthen the nerves and aids the brain. Good for digestion and constipation. Apples, peach, banana, papaya, mango, corn, butter, yellow squash, grapefruit.

LEMON - is a cleanser, half yellow, half green. Lemon, lime, pineapple.

GREEN FOOD A cleanser. Bactericide. A natural tranquilizer, it mellow one out. Controls the metabolism, the growth and destruction of the body. Dilates the capillaries, provides a sensation of warmth. For headcold and gray hair. Neutral. Wisdom. Millet, brown rice, green vegetables, weeds, grasses, brewer's yeast B-complex vitamins, avocados.

HEAD

BLUE FOOD - for mental work. For headaches, stiff necks, sore throats. Builds antibodies to fight infections. Spiritual. Yin. Acid. Cool. Makes you consciousness oriented. Blueberry, plum, grapes, potatoe, celery, parsnip, asparagus, nuts, peanut.

ASTROLOGY AND DIET

Different signs need different amounts of sun and food colors. It does not mean one needs only the named color in food, but more of it than the other signs.

ARIES - red food; medium sun.

TAURUS - yellow food; medium to a lot of sun.

GEMINI - yellow, blue food; lot of sun.

CANCER - green food; lot of sun.

LEO - yellow, orange food; lot of sun.

VIRGO -yellow, green, blue, violet food; lot of sun.

LIBRA - red, yellow, green food; medium sun.

SCORPIO - orange food; little to medium sun.

SAGITTARIUS - red, yellow, green food; little sun.

CAPRICORN - green food; little sun.

ACQUARIUS - blue, white food; little sun.

PISCES - green, juicy food; little to medium sun.

CHELATED MINERALS

The health field is giving more recognition to the value of minerals in the *bloodstream*. It is being recognized that inorganic minerals are poorly absorbed. A good example is iron. Normal (unhealthy) individual requires daily 18 mg. of iron, which is commonly administered in the form of ferrous sulfate. If you took the 18 mg. dose, because of poor absorption through the intestinal tract, you can expect as little as 4% of the dose entering the bloodstream.

The alternative is to use nature's method of mineral transport. In this case the mineral is hooked up to an amino acid, sometimes, also, a vitamin. Today's literature calls these arrangements chelated minerals. However this is just another name for many of the enzymes

Cooking inactivates enzymes as well as chelated minerals by breaking up the arrangement as well as causing structural changes to the amino acid. Hence you lose the amino acid as well as the transport potential of the mineral.

Raw foods are your best, cheapest source of chelated minerals. Such minerals by entering the bloodstream in volume and quickly produce dramatic healing results.

LEUCOCYTOSIS OF DIGESTION CAUSED BY COOKING

A study by Paul Kauchakoff (Suisse) M.D. of the Institute of Clinical Chemistry, Lausanne, Switzerland, revealed:

"After over 300 experiments on ten individuals of different age and sex, we have come to the following conclusion:

1. *The augmentation of the number of white corpuscles and the alteration of the correlation of the percentage between them which takes place after every consumption of food, and which was considered until now as a physiological phenomena, is, in reality, a pathological one. It is called forth by the introduction into the system of foodstuff altered by means of high temperatures, and by complicated treatments of ordinary products produced by nature.*

2. *After the consumption of fresh raw foodstuff, produced by nature, our blood formula does not change in any lapse of time, nor in consequence of any combination."*

The critical temperature is not the same for all raw foodstuff. It varies within a range of ten degrees. The lowest critical temperature for water is 191; milk 191; cereal, tomatoes, cabbage, banana 192; pear, meat 193; butter 196; apple, orange 197; potatoe 200; carrot, strawberry, fig 206 (all in Fahrenheit degrees). (from the Proceedings: First International Congress of Macrobiology, Paris 1930. Translated by Lee Foundation for Nutritional Research)

HIGH PROTEIN DIET CAUSES AGING

I.M. Spector of the Institute of Traumatology in Russia reported: "In terms of lifespan there is a negative correlation between the longevity of animals and their protein turnover rate." Thus the faster the turnover, the shorter the life. Or, the more protein an animal eats, the shorter is the lifespan. (Animal Longevity and Protein Turnover Rate; Nature; 249, 66, 3 may 74) From previous studies (see Longevity) we know that the conclusions follow for humans as well as for other mammals.

MEAT CAN MAKE YOU UNCONSCIOUS

Dr. Ernest Hartman, Boston sleep researcher, showed in his experiments that tryptophan, and essential amino acid, where flesh and processed dairy products have the highest concentration, *up to 20 times higher than in fruit*, is the dietary factor which produces drowsiness after a meal. (Arch. Gen. Psychiatry, Sep. 1974, vol 31, no. 3, p. 394) This is why meat eaters feel drowsy after the heavy protein meal and need the stimulation of coffee. Excess of tryptophan poisons the bloodstream and starts making one unconscious.

KIDNEY AND HIGH PROTEIN DIET

"The kidney of adult rats responded in even one week to a high protein level in diet. After removing one kidney from rats found the other to be 5% enlarged after 3 days and 48% after 150 days. This increase is proportional to the protein level in diet." (Smith and Moise, J. Exp. Med; 46, 27, 1927). Considering that most forms of death is due to over-acid condition of the body, low level protein diet, when properly chosen, would be conducive to a healthy kidney which would prevent acidity.

NATURE CURE AND STUDY CENTERS IN INDIA

AROGYA MANDIR, Gorakhpur (U.P.)

AROGYA NIKETAN, Daliganj, Lucknow (U.P.)

DR. S.J. SINGH, 52 Gwynne rd, Lucknow, (U.P.)

NATURE CURE COMMITTEE, Gandhi Smarak Nidhi, Rajghat, New Delhi - 1

YOGA SANSTHAM, Padma Nihunj, B-19, Chomu House,

Sardar Patel Marg, Jaipur - 1 (Raj.)

PRAKRITIK CHIKISALAYA, Jasidih, Dt. Santhal Pargana, Binhar

NATURE CURE HOSPITAL, Begumpet, Hyderabad, -16, (A.P.)

PRAKRITIK JEEVAN MANDAL, Natural Life Society, Karuna

Mandir, Valsad 396001 (Gujrat)

DR. M.M. BHAMGARAR, 16 Bharat Mahal, 86, Marine Drive,

Bombay, 400002

SARMA NATURE CURE SANATORIUM, Ganeshnagar, Pudukkottai, 622001 (T.N.)

SPROUT A COMPLETE PROTEIN

There are two ways to establish whether a food item supplies a complete protein. First through biological studies using animals (or by observing cultural diet patterns of humans) who eat a controlled diet. If adequate protein is present, then the researchers expect a normal growth rate, absence of classical protein deficiency diseases, longevity pattern of that species and healthy reproduction for at least several generations. Second, through chemical analysis.

By the first method, Dr. Francis Pottenger Jr. (175) had found "sprouted grain to be a complete protein in an animal test, completely servicing the reproduction program through generations (p. 40) ... he had found sprouted legumes and grains to contribute enough first quality protein to be classed as complete (p. 295)." Likewise, Dr. C. F. Schnabel (168) showed grass is adequate in providing all needed nutrients, including protein, in animal experiments.

To establish by the second method one has to take the indirect approach because of lack of nutritional data on sprouts.

From the study of germination process, Drs. Mayer and Poljakoff-Mayber (Germination of Seed, Pergamon Press, 1963) of the Botany Dept. Hebrew University, Jerusalem, observed: "Nitrogen (protein) appears to be very carefully conserved. In place of the protein broken down there appears free amino acids and amides." That is, in germination, the amino acids are freed (not destroyed) from their protein structure. Hence, if a seed contains a complete protein (of lower density due to the diluting effect of water) containing all the amino acids that were in the original seed protein.

From the following table (Amino Acid Content of Food, Orr and Watt, U.S.D.A., Wash., D.C.) we see that the listed seeds contain a complete protein. Hence the sprouts of the seeds are also complete proteins.

The table values are for raw produce. Pasteurized dairy produce, cooked eggs and meat do not have the amino acids listed in the table when they are served in the cooked form. Without any other considerations, if one is to choose a food item that would supply a complete protein source, one would choose raw sprouted seeds.

	corn	lentil	mung	soy	wheat	buck wheat	sun flower	soy sprout	buck sprout	soy sprout	human milk	date	egg	sesame		
tryptophan	0.170	0.216	0.180	0.526	0.173	1.7	0.343	0.017	0.3	0.6	0.220	103	0.58	0.6	211	33
threonine	0.739	0.896	0.765	1.504	0.403	3.6	0.911	0.159	0.9	1.5	0.830	284	2.57	0.6	637	71
isoleucine	1.195	1.316	1.351	2.054	0.607	4.4	1.276	0.225	0.9	2.1	0.984	344	2.40	0.7	830	95
leucine	1.538	1.740	2.202	2.946	0.939	6.8	1.736	0.265	1.5	3.0	1.540	567	4.75	0.8	1126	177
lysine	1.434	1.528	1.667	2.414	0.384	6.9	0.868	0.211	1.6	1.2	1.642	413	3.53	0.7	819	5.8
methionine	0.276	0.180	0.265	0.513	0.214	2.1	0.443	0.045	0.4	0.7	0.486	128	0.51	0.3	401	6.4
phenylalanine	1.012	1.104	1.167	1.889	0.691	1.4	1.220	0.186	0.9	2.0	0.713	272	1.42	0.6	739	1.5
valine	1.025	1.360	1.440	2.005	0.648	6.1	1.354	0.225	1.2	2.1	1.048	391	2.83	0.9	950	8.9
arginine	1.551	1.908	1.370	2.763	0.670	9.3	2.370	0.113	1.9	3.0	2.12	253	1.72	0.5	840	1.9
histidine	0.559	0.548	0.543	0.911	0.286	2.6	0.586	0.05	0.5	0.9	0.653	138	0.61	0.5	307	4.4
total protein	28%	25%	24.4%	35%	14%	12%	23%	6%	2%	4%	19%	1.4%	8%	2.2%	13%	19%

ALFALFA CAN'T CAUSE CANCER

(a) approximations

Dr. Leo Wattenberg, working at the University of Minnesota School of Medicine, discovered that rats fed a balanced, highly purified diet containing all known vitamins and nutrients were not able to make certain enzymes (biological catalysts) in the liver which inactivate cancer-causing chemicals. However, when the rats were fed a crude diet containing alfalfa they were able to produce the enzymes. And when alfalfa alone was added to the purified diet this caused the enzyme to be made. Other experiments showed that this enzyme increased protection against cancer even when cancer-carrying chemicals were added to their diet. Dr. Wattenberg found that cabbage, brussels sprouts, turnips, broccoli, cauliflower, spinach, dill, and celery caused the enzyme to be made but varied in effectiveness according to their freshness and the soil in which they were grown.

Dr. Wattenberg identified the actual chemicals in the vegetables which cause the protective enzymes to be formed. They belong to a well known family of organic chemicals called indoles. He also found that citrus fruits contain chemicals called flavonoids which have the same effect as indoles. Beans and seeds are rich in plant proteins called lectins which have been found to protect animals against cancer in laboratory experiments.

Sunday Times (London)-New Clues to Cancer, Oliver Gillie (Medical Correspondent), Ja. 1977, p. 14, Atlas World Press Review.

On the last day of the preparatory fast, use watery cathartic, stomach wash and or enema as needed. A clean intestinal tract, free from cellulose or dietary sediments is very important for a successful dry or water fast.

Instead of fruit juices, one can do an alternate day fast for two weeks. Eat one meal, every other day at noon time. On this day have no liquid till at least 3 hours after the meal. On the other day drink all the fluid desired. Follow hygienic rules. On the fast day, be sure to empty the intestinal tract, even if it requires a mild laxative. Be physically active - do tension exercise, Tai Chi, yoga - old cells must be broken down, flabby tissues, lines and old age sign will be removed. Activate



After having read Survival Into 21st Century, if you feel the message is important and should be made available to others please help us. Here is what you can do to increase the circulation of it:

- 1). Call all the New Age bookstores and health food stores listed in your city. Put in a request for a copy of Love Your Body and Survival Into 21st Century. Tell them why you think they are good books. Have friends and members of your family call the same stores several times a week. Store owners order books that are asked for by their customers.
- 2). Whenever you are at any of the stores request to see a copy of the books.
- 3). Call up radio talk shows and discuss the concepts in book.
- 4). Send us the names of bookstores in your area so that we will be able to contact them with our regular promotional literature.
- 5). Purchase the books in bulk, at discount, give them as

the rejuvenation centers of ductless glands with therapy. Be optimistic - read books on positive thinking, happiness, spiritual texts, meditate and be silent. The soul will be purified, higher consciousness achieved, joy and bliss will take over the emotions. Everything will be possible.

FERMENTED FOODS should be used with reservation by all those suffering from overacidity and sour stomach. If desire extra protein, use green drinks, small quantities of seeds, bee pollen, brewer's yeast and sprouts. Instead of Rejuvital, use lemon water, which produces an alkaline effect on the bloodstream, until the blood is normalized. No acid fruit-pineapple, tomato or orange. One may use during the day several grapefruits, and at most one orange.

gifts to others.

- 6). Introduce the book to school and college bookstores, as well as request it at libraries. Contact the home economics or nutrition departments. Offer to lecture on some of the topics in the books.
- 7). Become a lecturer; you know more about health than others. Advertise your service as a lecturer in the free classifieds, underground press, free community bulletins on radio and t.v.. At home, once a week, give free classes in nutrition zone therapy, sprouting and spiritual health. Request a small donation for a vegetarian meal which can be served at the end of the meeting.
- 8). Send letters to the author telling of your personal experience in healing and diet. Be detailed. This can be invaluable assistance to others who are also trying to make a dietary change, as well as heal themselves.

SHATTERED DISK, PARALYSIS, SURGERY IS FOLLOWED BY GRASS JUICE FAST SPROUTS AND COMPLETE RECOVERY WITH LOVE.

Dear Viktoras,

I just completed a 43-day fast in the desert. I've been eating sprouts and wheatgrass for 21 days and helping some interested people in the course of transition from meat/grain diets to raw/fruit ones. I had written to Viktoras over a year ago telling him of my paralysis and totally non-functioning elimination system, etc. He wrote back to me suggesting a few avenues, all of which cost money. I had none. He suggested I fast at home, which I did then for 50 days or more, and told me I'd soon be healing in a river of love. True, true. Brothers and Sisters! Last Sept. 2, I had spinal surgery to remove bone chips from inside my spinal column, which were severing my motor nerve and causing great trauma to the sensory nerves. The 4th lumbar vertebra was shaved down, since a bony tumor or deposit had collected there and was blocking off all functions in the area. The shattered disc was removed, which took the pressure off the sciatic nerve and straightened my spine, which was slanting crazily, anteriorly toward the right in the sacral caudal region.

I was advised after surgery of all the things I could never do again. I lived in a hospital bed for about 2 more months doing the most shallow breathing exercises, mental hatha yoga and meditation. By February I was on my way to the Anza Borrego desert, where I walked, with an angel brother who helped me, for 3 days to an isolated spot and fasted. I walked out strong and supple after 43 days of camping above the 1/2-mile long staircase of the enchanted tiger, by the river of love.

Today I begin a new 50-day fast and I am well, perfectly so. Thanks for your real and gentle encouragement, Viktoras, when it was coming from nowhere else but inside me and needed reinforcement. One ashram I wrote to ask permission to last there had told me they couldn't handle the intensity of a person lasting as I had described, among them, etc. Some were dense around me, so . . . I'm able to do mayurasana again for 2 mins. and salabhasana for 60 seconds and other hatha yoga asanas, e.g., Ardhamatsyendrasana. I can grab and hold the opposite ankle comfortably indefinitely. I was told I'd never do these anymore. By now I should be able to be painfully carefully lift a few lbs. In the desert I had to carry 80 and 90 lb. rocks to put inside my tent to fasten it down in the 100 mph winds . . . even handstands. **Surgeons' knives can't touch chatras.**

Know what my cats love sprouts and eat my wheatgrass pulp every day. When available they love watermelon pulp.

Maureen Madden

WHY ORGANIC FOODS?

"I calculate that in the U.S. the yearly use of toxic genetic chemicals (herbicides, insecticides, hormones, steroids...) causes damage equal to atomic fallout from 145 H-bombs of 14 megatons each, or - in terms of atomic bombs - from 72,500 atomic bombs of the Hiroshima type ... For this reason in the United States in the last ten years diseases of all kinds, births of mentally retarded babies have increased tremendously. The damage to plants, crops and soil fertility and water pollution are practically uncalculable. If use of these toxic genetic chemicals persist in agriculture and on food, this will cause destruction of the American people."

Dr. Americo Mosca, famous chemistry prize winner of the Brussels World Fair who discovered why toxic genetic chemicals used in agriculture are more dangerous than atomic fallout. The experiments, facts and theory is explained in his book "Atom in Agriculture." (Acres U.S.A. Oct 74)

This is the beginning of the end. Fill your hearts with God consciousness, be joyous through service and sharing, happiness is the way and the goal. Receive and give only love. Be free, give free, love free - the new age is as old as the heart, and is being build out of the free. The way of God, happiness, love, you in us, is the way of what is free.

A SEASON OF CHANGES

As an introduction, I would like to share some of the messages from one of the most spiritually practical guidelines on how to respond to the Seasons of Change.*

The readings stress that we must not respond in fear, that the changes are only a preparation for a new age, and that it is central for us to realign ourselves with one's spiritual origin and with nature. The readings offer suggestions for changes of diet.

And you may say: "Yes, but it does not matter what you put into the body so much as what you say; or you can pray, and raise the vibration of the food." But if you have a vehicle that is dirty, how can you expect something of a clean and pure expression to be made through it? If the tuner on your radio is broken, how can you find the station? It is a question of balance, proper balance."

It makes it clear that one should gravitate towards a living food diet and away from meat and grains:

Contrary to popular belief, meat is not necessary in these structures, if the proper body building processes have been allowed to form, and the proper attitude and spiritual development has taken place in the individual practicing such measures. Starches are also not needed in the body, for they are not used for nourishing. It is well to drink many fresh juices of the vegetable, of the fruits, and much water. And when there are particular cravings in the body, that they might also be satisfied.

Such a diet will eventually take you out of the realms of addictions and cravings:

But with the custom of such a diet, if the body is sufficiently purified, proper cravings would come, rather than the improper ones. However, proper cleansing would have to have taken place before this would be the case. For I do not even see that this day man cannot get his meats, and his breads are threatened. If he only knew that they are not so necessary. The only bread that man needs is that of Heaven, and his meat also shall come from the Lord. (52:6)

It strongly emphasizes the time has come that we should be leaving the concrete city and live in spiritual communities:

Surrounding self by that healing force which nature will automatically bring about a great deal of healing and balance within the physical body, let alone the emotional and mental structures of that body, then enabling, better, the spirit to become an expression, using the tool of mind and body... being out of doors, having the exercise, the sunshine, even experiencing rain, and being barefoot upon the ground, and being in loving exchange and rapport with nature.

Gradual steps should be taken. Selling home, moving to apartment, group purchase of a homestead away from city, eventual relocation of one's lifestyle and work to the countryside, simplifying all of our life, gaining spiritual insight through devotion diet and service. The readings go on to explain the necessity of holding a clear and positive image:

Try to convey that it is not the purpose to lament what is coming, to lament those things that might befall thee, to lament those things which shall be lost by thee, whether it be another body, as a friend (for a friend is not lost), or whether it be the possessions in any form. Let them go! These mean nothing! They last but a moment. And you, the spirit of what you are, is forever. There is nothing impossible unto thee. And yet, man has taken on incredible limitations as to his understanding, as to his actions, as to his very existence.

This needs to be known. That it is the expression of love, love, the expression of love, that is the meaning and essence of every living thing. Far without this, every form will die. Far love is the very essence of creativeness. Without it, there is no creation. This is what man needs to again know.

*Season of Change, by Association of the Light Morning, from Survival Foundation.

In the oncoming years of turmoil with the foreboding of earthquakes, floods and drought, the most important work we can do is to become centered and peaceful. One will have to learn to be comfortable, to live without comforts and expect to accept what might seem to be unacceptable.

This need not be. This needs desperately to be changed. And it shall be. There can come, and there will come, light out of darkness, dawn after the night.

Our culture is rapidly changing. The radical ideas found in "Survival Into 21st Century" and other New Age books, have become common knowledge within an ever increasing number of our population. More folks are leaving traditional lifestyles for the life in Nature and communion with the spirit seeking life-professions that reflect this new awareness. Those who continue to live in cities are viewing dramatic changes in the consciousness of the power structure.

When the head chef of the McDonald dynasty requests Brother Ron, chef of the St. Paschal Friary, to design a vegetarian burger for the mass market, we know we are winning. Brother Chef Ron will be representing the vegetarian culinary skills at the 1980 Chef Olympics. Burger King just opened the biggest Health Food Supermarket on the east coast in New Jersey with a full line of fresh produce and my books. Wall Street Journal announced that the Health Food trade is the biggest growth industry. It would not surprise me at all if significant amounts of the chemical industry's capital is being invested in development and marketing of the new "health junk food" — chips, candy, ice cream, instant meals.

The fastest growing minority in USA is the vegetarians. Their increased numbers is reflected in the use of vegetarians in commercials and comedy. Rodale Press, which has the biggest influence on the consciousness of the health food industry (as well as the general population through its evangelistic media work) is going full force advocating vegetarianism and raw food. This is quite a change from a former position which advocated meat and high protein diet.

Health is becoming a marketable money making commodity, quite often a very superficial diet and feeding upon the innocent. Fad diets, magic supplements, exercise gimmicks, sweat pants, \$20 sprouting units, and many other creations are flooding the market. It is becoming fashionable to weekend at highly advertised expensive retreats. Just to jog in style can mean a \$100 wardrobe.

External cleanliness has been stressed in our media, without ever telling the folks that the smells stem from the filthy state of the intestines created by one's diet. A changing trend is visible when People Magazine, from the grocery shelves, reveals the health practices of some of the famous who use good diet, regular enemas, colonics and juice fasts. Mae West had her first enema 50 years ago, which made her feel so good and has done it ever since. She attributes a lot of her youthfulness to the daily enemas.

For some of the folks in the New Age Enterprises the motivating factors are still the old world capitalist greed, power and fear, instead of providing a loving service and conscious effort to prepare the planet for the New Age dance. The false motivation will be dissolved if spiritual disciplines are consistently practiced, and we will see the spiritualized materialism evolve into the growth industry of love consciousness.

Today, we have many folks working hard to midwife the New Age. In the great contributors is Dr. Ann Wigmore. In India, after extensive testing on humans of the living food program by medical doctors, they have been left convinced of its merit. India is totally behind the program and will advance these concepts into all schools and government social agencies. She presently has at her disposal the largest medical research center of India to establish in a systematic way the science of live foods. Three palaces and 200 acres were donated to her to develop teachers, orphange and an ideal community. After such grandiose beginnings we can expect the live food therapy being aired on national and world news by 1980. I can see the Rockefeller's, the Morgans, the Kennedys all coming for cures. The program is so cheap that it is for all people even the rich can afford. Dr. Ann represents one of the great hopes for humanity.

From Harvard University, over a decade ago, we heard of the first research into "grass" and psychic powers. Today, they are studying wheatgrass and the healing powers within. At Anderson Hospital Tumor Institute a study is in progress of the use of wheat grass juice in colon cancer therapy. Dr. Chu Nan Lai has shown that wheatgrass chlorophyll has prevented the activation of carcinogens (all these studies will be reproduced in the Survival Quarterly). Dr. Linus Pauling's Medical Research Institute in Menlo Park, CA is doing live food research in collaboration with the Orthomolecular Research Institute on human volunteers. Dr. Pauling has shown that the neurochemistry of the brain depends on raw food enzymes. So for a brainstorm — an electrochemical chain reaction of connecting synapses — reach for a live food cocktail and change the course of history.

More live food and holistic health centers are being started. Some of the founders are quite unprepared and untrained in the live food therapy, because they are not living it themselves, and using it just as a new fadist money making scheme. I feel that already this is becoming evident in the wholistic health field (which is becoming overcomplex with increasing number of cure formulas) the appearance of New Age quacks with secret formulas and magic rituals sold at high prices promising "instant cures." Be wary of these folks. The laws of nature which have a healing effect on the physical, mental and spiritual nature of one's being are simple. The true methods take time, perseverance and often some hardships.

No matter in what form we see the surface expression of the underlying drama it still is an uncontrollable response to the energy of the Zodiac. All is well. All is positive. Have faith in the perfect manifestation of the eventual realization of the universe of love.

NEW AGE RESOURCES is a gift everyone can use. It consist of exerts from some of the most important books on longevity, healing, live foods, fruitarianism, sex and esoteric. Many essays. How to manage diet on the road, vegetarian sources of protein, fasting, fruitarianism. Also, clear instructions on indoor gardening, sprouting, seed yogurt, dressings and respies. Addresses where to get seeds in USA & raw olive oil. Many helpful organizations for other supplies. 32 pages, 8x11 at 50¢; 5 copies at \$2; 10 copies at \$3.50.

WHEAT GRASS JUICE STOPS CANCER

University of Texas System Cancer Center
M.D. Anderson Hospital and Tumor Institute

Many years ago I met Dr. Chiu-Nan Lai at one of my weekly seminars at Hippocrates Health Institute. She was then a biology graduate student at Massachusetts Institute of Technology. We talked about the need for research to prove the therapeutic value of wheat grass juice and live foods to the scientific and conventional community.

In 1978 it was a great joy to reestablish acquaintance with Lai and to discover that wheat grass juice is being tested by researchers on rats and bacteria to bear out the results obtained at Hippocrates.

She has discovered that extracts of wheat grass, alfalfa sprouts, carrot and parsley display a powerful action against chemical mutagenesis in bacteria tests. Presently, the extracts are being examined for cancer—preventing potential in mice, according to the American Chemical Society.

The following study was reported by Dr. Chiu-Nan Lai, PhD, in the Report To The Physicians of Texas Newsletter, JI-Aug, 1978.

Recent experiments with wheat plants here at MDAH have shown that extracts of wheat sprouts exhibit antagonistic activity toward known carcinogens in vitro, as measured by the Ames test. The test, which measures the production of histidine-independent revertants in specially constructed mutants of *Salmonella typhimurium*, is a direct mutagenesis assay with apparent good predictive value for carcinogenesis.

Untreated wheat from Arrow Mill, Texas, was soaked overnight in water, spread over a container that allowed drainage, and allowed to sprout. The sprouts were harvested when 4 to 5 inches tall (approximately 7 to 14 days). Extracts were prepared from the roots and leaves of the plants by first pounding them with a pestle in a mortar over ice and mechanically pressing out the juice. The undiluted juice was then centrifuged for 30 minutes at 30,000 × g at 4°C. The clear liquid was sterilized by filtration through Millipore filters (0.45 µm).

Several potent carcinogens that require metabolic activation, as well as some that do not, were tested for mutagenicity by the Ames test. The compound 2-acetylaminofluorene (2-AAF) and its derivatives, N-hydroxy-2-acetylaminofluorene (N-OH-AAF) and N-hydroxy-aminofluorene (2-AF), with and without wheat extracts, were preincubated with the bacteria at 37°C for 30 minutes before plating with top agar. Others, such as benz (a) pyrene (BP) and 3-methylcholanthrene (3-MC), were tested by

direct plate incorporation. Additionally, BP was tested for levels of metabolite production in the presence and absence of wheat extract by high-pressure liquid chromatography.

Results from the mutagenic assay were surprising. Extracts from both leaves and roots of wheat sprouts selectively inhibited the mutagenic effects of compounds that require metabolic activation. No inhibition was observed for those carcinogens not ordinarily requiring metabolic activation (2-nitrofluorene, ethyl-methanesulfonate, and N-methyl-N-nitro-N-nitrosoguanidine). The extracts were most active in altering the primary metabolic pathway of 2-AAF, and less active in inhibiting its derivatives N-OH-AAF and 2-AF. These results agree with the in vitro inhibitory action of selenium in a similar mutagenic assay.

Alteration of the formation of BP metabolites was observed in the high-pressure liquid chromatography profile. The wheat extracts selectively reduced the formation of metabolites of carcinogens, especially dihydrodiols. Hydroxides also were reduced somewhat. Extracts from roots were more effective than extracts from leaves in suppressing dihydrodiol formation.

These results are of interest for two main reasons: (1) The inhibition of metabolic activation of potent carcinogens is quite high for low levels of extract, and (2) wheat-sprout extract is non-toxic, whereas most known inhibitors of carcinogens are toxic at high levels of concentration. Trace elements such as arsenic, iodine, platinum, copper, and particularly selenium in a certain oxidation state, have shown antineoplastic effects.

The inhibition of carcinogen metabolism by wheat extract, however, cannot be explained by the action of selenium or any other metals. Analysis for selenium in wheat extract performed in our laboratory yielded less than 0.5 ppm in the leaf extract. This is slightly less than 0.05 µg per plate, which is equivalent to 1/300 of the selenium level required to produce 20% inhibition of 2-AAF. Synergistic potentiation between metals is possible, however, and trace metals also may be functioning with vitamins in this instance. Alternatively, the plant extracts may contain other antioxidants or enzymes that direct the formation of nonmutagens from promutagens. Finally, wheat sprouts were not unique in inhibiting carcinogenic activity in the in vitro assay. Extracts from carrots and parsley also inhibited carcinogenic activity, but were not as potent as wheat-sprout extract.

*Department of Biology, MDAH. (Physicians requiring more information on this topic should contact the author—ED)

REVIEWS OF SURVIVAL INTO 21st CENTURY

Survival Into the 21st Century, subtitled "Planetary Healer's Manual," is a big book. It includes philosophy, brief descriptions of the different types of Yoga, and detailed discussions of nutrition, pregnancy, disease and healing. The last two sections of the book contain references to New Age publications, healing education and survival centers. Emphasis is placed on such diagnostic procedures as physiognomy and astrology, and the treatments discussed, in addition to detoxification through diet, include acupuncture, acupuncture zone therapy, foot massage, reflexology and similar techniques. **Doing It Journal**, Humanizing City Life.

New Age Journal... this is probably the most comprehensive book on natural living ever done... full of interesting excerpts from the Harvard Medical Library that there is something mind-boggling on every page. The book is full of so much data and wisdom that it is bound to be useful or those concerned about the survival of themselves, their fellow beings, and the planet.

"Dear Viktor — Survival is the greatest! I'm working on reviews of it for her paper (Vegetarian World) — prospective card or poster publishers symposium on longevity — interviews for East/West and New Age journals — new age bookstores — college bookstores — major New Age spokesmen like Aninda Rozanski (who just got into the natural diet), Tom Laughlin (Billy Jack movies), etc. Love and thanks, Scott. **VEGETARIAN WORLD**, Los Angeles, California

ULTERNATIVES JOURNAL: "Much space is dedicated to healing, everything from enemies to ideology. Heal yourself, heal friends. It's adventure and it's soul satisfying. SURVIVAL tells about more than just massage. There's the danger of haircuts, learning to live off only pure air and sunlight, and how to survive a nuclear holocaust. This book is entertaining and authoritative, presenting New Age lifestyles, scientific reasoning, love and understanding, biological supremacy of women, and more. SURVIVAL is clear and easy to understand. I enjoyed its completeness and usefulness as a manual, and have consulted of often. It has listed addresses of health resorts, etc."

"Hi Brother — Thanks for "Survival." It's time for things to be more accepted in the South. Still a lot of educating needs to happen — and it will. In our publication we might do articles on cancer, meat, and menstruation as spoken of in your book — trying to interest a lot of folks. So many people are ready to learn of the benefits of raw foods. D.D. **Well Being**, San Diego, Calif.

"He actually vibrated, as if he were plugged in to some high voltage current, and, publicly, he seemed a little mad. In private he was rather engaging, and, while single handedly preparing a raw banquet for some 200 people, he mentioned to me that he had a book in the works — **Survival Into the Twenty-First Century and Beyond**. And that was all he would tell me at the time. The meal, however, was unexpectedly good. His book — rich in all the things one probably needs to survive — a kind of blueprint for Aquarian living. **Natural Life Styles Magazine**

Professional Weight Control, Overland Park, Kansas 66211 "We have recently acquired a copy of your book entitled "Love Your Body," by Viktoras Kubliskas. As you probably have already noticed by our stationery, we are a weight control clinic and we have found your book to be very interesting and could possibly be of great benefit to our patients.

Reduce food costs. Health program. Recipes snappy, enjoyable meal times. Life free of colds and digestive troubles. Details tell you how! 100 page book, introduction by Dick Gregory. If you care, you will buy now! "Love Your Body."

"Love Your Body" — a recipe book for our synthetic age. It is written for survival. The emphasis here is upon preparing, from live food, tasty simple colorful combinations in harmony with the physiological limitations of the body. **Eat West Journal**

"Dear Viktoras — An enormous THANKS from our entire community for your generosity in sharing with us your unique contribution for every one's welfare. Congratulations for the excellent performance I thank God for giving you with such unique potential. Your book is receiving wide Franciscan circulation. Many sense the vibrations of pride in your performance. Gratefully, Sister Felice, St. Francis Catholic Convent.

"A TRIBUTE TO VIKTOR Kubliskas was extended from a group of American chiropractors attending the Steiner Clinic in Las Vegas recently. Stephen Kashuba, D.O. from Mt. Carmel, reviewed Viktor's "Survival" book for a half hour to the 130 attending the seminar on kinesiology. The after the meeting response from 90 per cent of the group was tremendously positive and quite a few planned to order the book (it's \$8.00) — like 6 books in one!"

"Dear Viktoras — I am absolutely thrilled with "Survival" — which I will circulate at SOUTHERN CALIFORNIA VEGETARIANS. God bless you! Blanche Leonard, Santa Monica, California

"My Mother reads a lot of your books. We are fruit guys. We just love fruit. I'm 10 years old, but I'm not very tall. I work on the farm with my Mother and Father. We love it. We have sown grass and wheatgrass and wild radish. My father an't into this. I love for him though. We, you are a important man. We were agreed to get a letter from you. We don't eat meat because it's too much and it clogs us all up. I love you. Dawn Butler.

"I write from Washington State Penitentiary. Recently, I purchased your book and you sent it to me charge with the others. We have begun sprouting (most of us are vegetarian or semi-vegetarian). Your timing was good as it arrived mid a six day fast for me. Hence I was really open to it. I have since been in continual circulation and high demand with a waiting list. It's really, really, a great book that offers a lot for us on the path here. Ron

TESTIMONIALS

Survival Into 21st Century

Dear Vik

I write from Washington State Penitentiary.

Recently, I requested your book and you sent it no charge with the others; "Love Your Body", "Unity Consciousness", "Instant Apt Farming", "The Sacred Science of Love Wisdom".

On behalf of myself and the group here at our Prison Ashram I want to say THANKS!

We have begun sprouting (most of us are vegetarian or semi vegetarian). Your timing was good as it arrived midst a six day fast for me, hence I was really open to it.

It has since been in continual circulation and high demand with a waiting list. It's really, really, really a great book that offers a lot for us on the path here.

I am so excited about this book that I super want to share it with my people on the outside for xmas. There are 4 families which at \$8 each is out of my reach as a convict making 25 cents a day.

Have a good day. Ron

Dear Vik -- Want you to know that Survival arrived today bringing sunlight into this subzero weather. Thank you, Kate B., Woodstock, Illinois.

Dearest Viktor -- We are deeply touched and grateful for the time, love, effort and spirit of truth that has gone into your book Survival into the 21st Century. Thank you so much. It is truly the answer to many prayers. With love, Virginia R., Jamul, California.

Dear Viktoras -- Can't resist commenting again on "Survival." The more I read, the more I am awed by the magnitude of the compilation necessary to produce that book. I am just SO grateful for it. Love, Joyce.

Dear Viktoras -- Your book shines with the light of a strong love. I'm so happy to have it as an aid, an ally, in my study of nutrition, healing, and of nature. Hopefully your sales in the Midwest will be enhanced by my friends who see the copies you sent, and want their own copy This just can't wait! Two days after starting to chew wheatgrass, a sore from my friend's radiation treatment in his mouth disappeared! Nice to have immediate results to help build his confidence in the healing properties of chlorophyll. His proper attitude and increased sprout intake has enabled him to have the first unassisted bowel movement in months. . . . The Walker Community Video group in Minneapolis is interested in making a 30-minute video tape for the instruction and general education on the art of indoor gardening. If I have your permission, I'd like to use a lot of the material from Survival. . . . Phillip B., Northfield, Minn.

Viktor -- Book is fascinating! Wonderful collection! Congratulations for the tremendous effort! Love you, brother -- you are a gift to us all. All our faith in you. Love, Ed and Ro, Alameda, California.

Dear Viktoras -- I thout I would rit you a little letter. I'm Dawn Butler, Donald's twin sister -- the one how rot you a letter the first time. My Mother reads a lot of your books. We are fruit givs. We just love fruit. I'me 10 years old, but I'm not very tall. I work on the farme with my Mother and father. We love it. We have sower grass and wheat grass and wild radish. My father isn't into this. I feel for him though. Vik, you ate a inportant man. We were sprised to get a letter from you. You are so bizz. We have other brothers and sisters in Michigan. They are not into this ether, but I'm thankful we are. And you are too. We are in home school and our Mother teches us. We don't eat nuts because it's too much and it clogs us all up. Well, Vik, you're a good man. I'll go now. I love you. Dawn Butler.

Hi Brother -- Thanks for "Survival." It's time for things to be more accepted in the South. Still a lot of educating needs to happen -- and it will. In our publication we might do articles on cancer, meat, and menstruation as spoken of in your book -- trying to interest a lot of folks. . . so many people are ready to learn of the benefits of raw food. D., Well-Being, San Diego, Calif.

Viktoras -- your name's symbolic effect is more evident after reading your book. Your book is a bible. 3,000 things occur to me to do after reading it. One, the most important, is to get it out in paragraph seed form through public service announcements. I'm going to write Mildred in Summertown, Tennessee, today about doing the same thing. They have video tape facilities there and can change the world there with their 500 vegans. Donald C., Washington, D. C.

Dear Viktoras -- Don has been security guarding and every night he reads your book. He has started sprouting. I've been trying to go the complete fruitarian route -- without sprouts. . . . Washington, D. C. (American Vegetarians)

Dear Viktoras -- I've read Survival through 3 times now. It's great -- in every way. What else can I say? I finally made it through. I'm gaining weight on oranges and sapotes. I think back on avocados like dope or cigarettes. Now I'm off to the high desert near Yuma for the best tangelos I've ever tasted. . . . In 2-1/2 years my eyes went from dark brown to mostly green. Time will tell what my true colors are. Much love and good luck. Steve D., Santa Barbara, California.

Dear Viktoras -- I was very impressed with your book, and I've been spreading the word about it to everyone. I was especially pleasantly surprised to see Just's and Eugene's photos. We were also at the gathering, but when you were there, they were working at the Orange Grove Health Ranch in Arcadia. . . . spent the summer in Texas, then to the Kona Coast in Hawaii. . . . I'm writing a paper entitled, "Fruit is the best food there is." Here are some sayings I'd like to share with you:
"Elimination is a waste of time."
"Death is a forced fast."
"Life is one big elimination."
"Be where you are, not where you think you should be."
"We don't need two-ply toilet paper anymore."
"Copulation brings population." Here are some others by some of my favorite writers: "Lay down your stones, bring it home."
"Let my life be your love song."
"I think the best is yet to come, cause where I'm from is also where I'm going."
"Don't you see, that the purpose of living is to love and be loved, again and again." Burk S. Escondido, California.

Greetings from your Millennial A. T. A. Base: Am thankful to see that you have gone to such an extent into your work "Survival." It is "warming to the heart." You have many of the answers that it will take in order to survive. Continue to seek your awareness -- there is no end. Sincerely, Duncan P., New Age Center, Weslaco, Texas.

Viktoras -- To the beautiful things you're doing! You're unreal, you're beautiful in body, mind and soul. I've felt I've known you for always. I would truly like to belong to the book club. Words I read from you are living breathing life -- they make me burst with excitement, knowing there are others like me! Love and peace, Vivian A., Phoenix, Ariz.

Viktor -- Love you for coming to help the people of our earth. "Survival" should be lots of fun with you making those wonderful blueprints for how-to. It's fantastic. It's poetic. Thanks for the book, your guidance and inspiration, Divine Light Mission, Denver, Colo.

Dear Viktoras -- I have found "Survival" a most inspiring incentive in my life and by far the most sensible and rational approach to changing one's diet and one's outlook on life. Would you believe -- I had to go all the way to Mexico to find that book? Picked it up at the vegetarian restaurant in Cuernavaca!

Dear dear Viktoras -- You are the reincarnations of many beautiful souls! How else could one write of love as you do. As I read your "Survival," breathing came slower. I was floating. You are pure. . . . Oneonta, N. Y.

Dear Victor.

Mr & Mrs. Irons are very much impressed with your book "Survival". Will you quote a price on a minimum of 10 books? Please let me know and we will place the order - with check - from this office. Many thanks. C.W. Dahlin.

Dear Viktor -- "Survival" is the greatest! I'm working on reviews of it for the paper (Vegetarian World)... prospective card or poster publishers... symposium on longevity... interviews for East/West and New Age journals... new age book stores... college bookstores... major New Age spokesmen like Airola, Rozsak (who just got into the natural diet), Tom Laughlin (Billy Jack movies), etc. Love and thanks, Scott, VEGETARIAN WORLD, Los Angeles, California.

Dear Viktoras -- Was greatly impressed as well as pleased with the information and format of "Survival." Many thanks for bringing this book into being for the service of man. Michael M., Mesa, Arizona.

Dear Viktoras -- I have read "Survival" cover to cover and now want all of my friends and relatives to learn about the right way to live also. Thank you, Barbara B, N. Miami.

Dear Victoras -- Thanks for your love and light. Your new book is really beautiful... if you need any assistance in the future, call or write. All love in the light. Elliott McL., Banyen Bookshop, Vancouver, B. C.

Dear Victor -- Your "Survival" is most stimulating, encyclopedic and a bold attempt at a whole integrated look at Man and the Universe. Keep up the good work. I'm recommending it to patients. Stanley Bass, D. C., Brooklyn, N. Y.

Viktoras -- The book is beautiful. My love opened and flowed out to you, Norma Lusk

Viktoras -- Thank you for sending me "Survival." It is a marvelous masterpiece by a witty, clever fellow. I'm happy the Great Spirit gave us Friend Viktoras, the Mathematician and Piscean Poet. Peace, John G., Green Bay, Wisc.

Dear Viktoras -- An enormous THANKS from our entire community for your generosity in sharing with us your unique contribution for everyone's welfare. Congratulations for the excellent performance! I thank God for gifting you with such unique potential. Your book is receiving wide Franciscan circulation. May you sense the vibrations of pride in your performance! Gratefully, Sister Felice, St. Francis Catholic Convent.

Dear Viktoras -- "Survival" is a most useful and inspirational book. It was certainly a labor of love on your part to compile and write it... a wonderful production. Not only is it useful in pointing out pitfalls in undertaking a fruitarian regimen and in dealing with these, but has a fund of other useful information. A very beautiful book, well worth waiting for. J. Henev, Rosindale, Massachusetts.

Dear Victor -- "Survival" is a classic gem and should be placed alongside the Bible in every home as a complete guide to better health, inspirational living, and a new world order. In fact, I would say that this book could well replace all the books found in the Library of Congress! Sam D., Pittsburgh.

Dear Viktoras -- "Survival" is great! I find myself just sort of awestruck by the completeness of it all and the feeling of all the work that went into it. It's really almost-perfect as far as content goes. For years I have longed for such a compilation of knowledge, practicality, details, clear account of the cleansing process in all aspects, plus the record of what the scientific community is doing in research to back up the intuitions for those people who can't yet let go of the need for "proof." . . . Love, Mary Sacks.

Dear Victor,

Cleansing from last Christmas spree is making me see how much God loves through his Son, if we will only let him come. Want to let you know your splendid book "Survival Into The 21st Century" and The Bible are my guide lights for survival after February's bout with penicillin and pneumonia!

Can still read and write, never could remember well, nor spell. Thanks for being you and helping me become Be-er - through Jesus Christ -- Loveyou, Mary D. Latane (86 YEAR YOUTH), Baltimore, MD

Dear OMangod People,

As I make my way around Geneva I meet people talking of "Survival Into The 21st Century" and of going on wheatgrass juice fast. So I borrowed copy for the weekend. OH WOW! And it fits just into the line I am searching these days. I was just on my own realizing how powerful a psycho therapy food eating could be and guy comes along talking of eating food according to energy and vibrations higher and your book falls in my hands. Please send copy AIR MAIL. Spyros Root, Switzerland

A TRIBUTE TO VIKTOR Kulvinkas was extended from a group of American chiropractors attending the Stoner Clinic in Las Vegas recently. Stephen Kashuba, D.O. from Mt. Carmel, reviewed Viktor's "Survival..." book for a half hour to the 130 attending the seminar on kinesiology. The after-the-meeting response from 90 per cent of the group was tremendously positive & quite a few planned to order the book (it's \$8.00 -- like 6 books in 1). Says Kashuba, "Much of the material I have somewhere in my research papers at home -- but Viktor put them all together for me. Plus." (Note: The Stoner Chiropractic Research Foundation, PO Box 15208, Las Vegas, NV 89109 offers a 4-day course for approx. \$285, plus lodging, 4 times a year, next one in May. Incidentally, Viktor's book contains current research from Harvard Medical Library and MIT which is not yet available through outside sources.)

Dear Viktoras -- I have been reading, and re-reading the flyer of "Survival" -- re-reading it because I have not read for modern times so moving a manifesto of love. It is as if you are cradling your readers in your arms, crooning to them loving words of comfort and security. I have for a long time now so pictured Spirit, holding us in loving arms, showering love upon us, whether or not we knew it. _____, San Francisco

Dear Vik -- "Survival" is fantastic. I feel it's one of the most important books I've ever read. A true manual and guide for the New Age. It has so much in it that is of value to me that I'm reading only a few pages each day. This book will be my dietary bible. I hope to continue my purification and one day, hopefully soon, live in a warmer climate where I can detoxify further and go on a fruitarian diet.

Dear Viktor -- What a holy, holy book you have written. The world says thank you. Words fail us, but it is so beautifully done -- the Bible for the Aquarian Age. Truly, you have created something the earth has been crying for. Bosley and Ea Hiss.

Dear Viktoras -- My admiration of your spiritual depth is boundless. Your writing is pure poetry.

Viktoras -- "Survival" is wonderful! Thank you!! Shalom -- Joe and Cathy, Ferraro's Pure Carrot Juice, Monrovia, Calif.

Dear Viktoras -- "Survival" is a masterpiece! A collection of much needed information for the whole world. It really falls into the category of "The Bible of Human Survival." I do hope that you can get it reviewed, televised, etc., etc, promoted nationwide, not only in the realm of nutrition, but as a text for all humans, whether young or old. This much-needed publication should be sent to every library in the nation, and made available in all bookstores. This no longer must be kept as a fad but as a necessity of human knowledge and enlightenment. The brothers of St. Francis of Assisi, Ravenna, New York

Dear Viktoras -- I am absolutely thrilled with "Survival" -- which I will circulate at my newly-formed SOUTHERN CALIFORNIA VEGETARIANS. God bless you! Blanche Leonard, Santa Monica, California.

Dr Viktoras Kulvinskas
OMango d'Press
P O Box 255
Wethersfield, Conn 06109

Dear Dr Kulvinskas:

10 August 1977

Many, many thanks for: "Nutritional Evaluation of Sprouts and Grasses";
"Love your Body"; and, " Survival into the 21st Century"

You are to be congratulated for your very valuable contributions to the literature of nutrition and physiology. I shall review the above books for at least several journals. I consider them a valuable addition to my library. They also have the virtue of being an excellent reference source to literature that one might otherwise fail to discover.

My best personal regards,

Cordially,



Ernst T Krebs, Jr, D Sc

JOHN BEARD MEMORIAL FOUNDATION



ERNST T. KREBS, Jr., is a prominent bio-chemist from San Francisco. He is widely recognized as the co-discoverer with his father of Vitamin B17 or nitriloside, commonly known as Laetrile, for the control of cancer. Also with his father, he discovered another of the B vitamins - B15 or pangamic acid. In the 1930's and 1940's he studied and expanded the use and knowledge of pancreatic enzymes, particularly chymotrypsin, in the treatment of cancer as originated by Dr. John Beard at the Univ. of Edinburgh, nearly 70 years ago. In 1945 he was instrumental in founding the John Beard Memorial Foundation to develop and apply the Beardian thesis of cancer on which his work with both the pancreatic enzymes and Laetrile has been based.

In 1950 he perceived that the cyanide that was safely bound in the molecules of Laetrile should be released by enzymes present at the site of malignant cells; the free cyanide should then destroy the cancer. Now he could understand why his father Ernst T. Krebs, Sr., M.D., had had some good results on cancer with an apricot kernal extract more than 20 years earlier because he knew that apricot kernels contained Laetrile.

Ernst Krebs, Jr. was born in Carson City, Nevada. From 1938 to '41 he was a student of the Hahnemann Medical College in Philadelphia, Pa. He received his A.B. degree from the Univ. of Illinois in 1942. He was a graduate student at the Univ. of California in Berkeley from 1943 to 1945 and did research work in pharmacy from 1942 to 1945.

Among the works he has authored are the "Unitarian or Trophoblastic Thesis of Cancer" and "The Nitrilosides (Vitamin B17) - Their Nature, Occurrence and Metabolic Significance (Antineoplastic Vitamin B17)".

"No chronic or metabolic disease in the history of medicine has ever been prevented or cured, except by factors normal to the diet or normal to the animal economy. There have been many erstwhile fatal devastating diseases that now have become virtually unknown. They have been prevented and cured by ingesting the dietary factors and thereby preventing the deficiencies, which accounted for these diseases . . . such as Scurvy, Pernicious Anemia and Pellagra."

SURVIVAL FOUNDATION

(Membership Information)

Survival Foundation is a non-profit organization with tax exempt status. The founders view health in a holistic light, the result of the life style, determined by the total effect of body, mind, emotions and spirit disciplines. We believe the natural state of life is harmony, energy, health, love and bliss.

The Foundation's activities are to include original research and publishing in specific alternatives in food, shelter, health care and education. The foundation will focus on alternative nutritional sources for people of the country especially the poorer areas and alternative shelter as the initial program areas. The need for new sources in protein and wiser nutrition has been outlined by the federal government, the World Health Organization and many other agencies and organizations throughout the world. The main thrust of the work of the foundation will be to find and authenticate alternative low cost vegetable protein sources and B-12 sources and easily assimilable food sources.

Since the start of the Foundation in 1977, we have compiled the New Age Directory (now available), contributed our research findings to journals such as Health Street Journal, Vegetarian Voice, Vegetarian World, Alternatives; participated in conducting workshops and attended nutritional and preventative medicine conferences; computerized a mailing list of many vegetarian organizations to assist communication and service.

In a 1977 meeting with Dr. Harold Manner (Loyola University), V. Kulvinkas discussed the prospects of having live foods (sprouts, grasses and greens) tested to show preventative, protective and therapeutic value in cancer studies. This was followed by presentation of a paper to Dr. Manner which showed that the wheatgrass sprout diet has laetmle, Vitamin A and C and enzymes, the factors he used to defeat cancer and get national coverage. In October 1978, during a phone conversation, Dr. Manner agreed to carry out the live food research which would require a \$3000 for pilot program and another \$12,000 to make it conclusive for scientific publication. Please send in donations made out to Dr. H. Manner. Funds will be held in escrow until \$3,000 is collected. Once this goal is achieved, funds will be turned over to Dr. Manner to start the project.

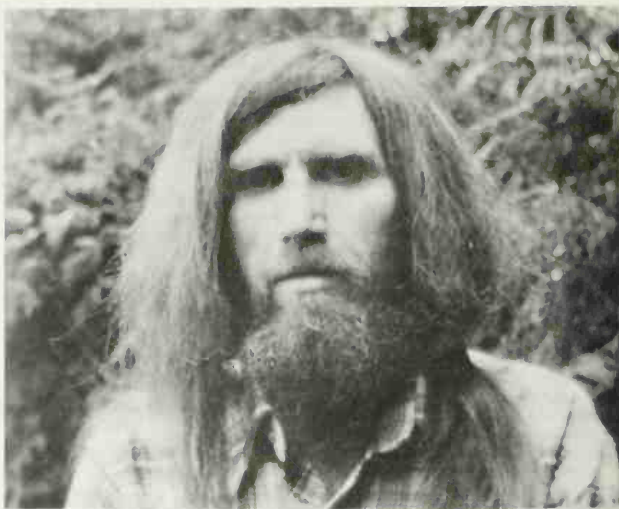
Another study, directly managed by the Foundation is the 6 month ovulation project (start February 1979). The results will be published in a book, "Is Menstruation Necessary for Health and Fertility?" A third project is the CASE STUDY and RAW FOOD COMMUNITY QUESTIONNAIRE, a scientific compilation, which will establish characteristics and benefits of live food diet.

A very important service provided will be to assist the individuals in their search for alternatives to city life through development and cooperation with others in the return to nature and spiritual live food communities. We plan to have a bimonthly report available free to all just by SASE to MOTHER EARTH, P.O. Box 255, Wethersfield, CT 06109. All those interested in being listed please submit details about your group and how folks could contact you.

The Survival Foundation is open to membership participation for the support of the advancement of spiritual holistic life style, establish the virtue of live food and the essence of love. Some of the specific benefits to members will be:

1. Quarterly (Association For Life) Journal
2. 20% discount off retail value on books published by members. Doesn't apply to specials or discounted prices
3. Free copy of "Sprout For the Love of Everybody"
4. Option to receive New Age Directory (\$275) for \$1 donation
5. 10% discount on juicer, distiller, supplement and detox agents from JUICE SUITE with membership card

Feb. 23, 1939 (2 am), Upland, Lithuania USSR



Viktoras Kulvinkas, born in Lithuania under a Piscean sky, received his M.S. degree in pure mathematics from UConn where he later taught math. For 6 years he was a computer consultant for Harvard University, M.I.T., Smithsonian Astrophysical Observatory, Apollo Project, ect. He is a member of the Physics honor society Sigma Pi Sigma. He was co-founder, with Dr. Ann Wigmore, of the Hippocrates Health Institute in Boston and was the Director of Research. As a nutritionist, he was personal health consultant to Dick Gregory during his 900 mile run. He has been awarded an honorary Ph.D. from the International University of Natural Living, Vilcambamba, Ecuador

Presently, Viktoras is the director of the Survival Foundation and head of the Nutrition Department at the Pacific College of Naturopathy. He is author of 4 books, editor of Association For Life Quarterly & contributor of articles to many new age journals - Veg Voice, Veg Times, Veg World, Health Street J., Alternatives. He travels extensively and has given seminars with the Humanity Symposium in Canada and Australia - with a cable tv audience of over ten million; at the '79 National Health Federation Convention, according to V.E. Irons, he drew the largest audience of all the speakers. In the past, he has lectured at the new earth Expo, Diet Show, Whole earth Festival, Brown Annual Cancer Convention, World Vegetarian Congress, Cancer Victims and Friends Convention and other. He has given over 5000 hours of lectures around the country.

SURVIVAL QUARTERLY will be issued four times a year during the equinox and solstices to reflect the changing and evolving consciousness of our planet. Our research and pursuits will continue to be in the frontiers of the live food lifestyles dealing with healing, survival, communities and spiritual evolution.

The 1979 Spring Equinox issue will include most of the following topics and coverages:
We are looking for contributions of articles, research poetry, stories, news of local or national group activities. New Age businesses, publications or activities (no advertisement). We will centralize more on the RAW FOOD projects and include other material as space allows. We are in need of contributing editors to assist in writing and rewriting. If you wish to volunteer your service, please let us know what you would like in trade. In the future we will be needing gardeners, carpenters, graphic designers, editors, typist. Please share with us the skills when the work is ready. The 1979 Spring Equinox issue will include most of the following topics and coverages

- Live food healing stories
 - Report from 3 live food resorts charging as low as \$30 per week
 - Dry and liquid fasts for consciousness evolution
 - Wheatgrass research in medical centers
 - Flatulence and the final answer on vitamin B 12
 - Live food therapy in holistic healing
 - Raw food communes in USA, Venezuela, Surinam, Guatemala, Ecuador, Costa Rica, Jamaica
 - Fifteen years on fruit diet
 - British research discovers vegetarians getting protein from air
 - Liguatanean lady of 3 years duration
 - How to promote vegetarianism and fruitarian news by Nellie Shnver
 - Dr. Lovewisdom talks about diet, communities and spiritual path
 - Viktoras' New Age Community report
 - Children's stories
 - New recipes
 - Report about the 15,000 folks at Rainbow Tribe gathering of '78 and the one planned for July 1979 in Arizona, a truly live food free healing experience.
 - Wheatgrass studies with negative ion, pyramid and magnetic effect through Kirlian photo graphy
 - Philip Hiss reports on his 3 month sailing journey through Canbbean in search of paradise
 - How to choose the best juicer for you. How to construct a manual juicer for all nongreen vegetables or fruit for under \$7. How to electrolyse a grass juicer for as little as \$20.
 - How to be high forever on greens. Study on Kundalini energy.
 - Short stories, humor, poetry, art
 - Spoutarian and raw foodist athletes
 - Why eat enzymes — complete story of rejuvenation
 - Sex and wheatgrass — Dr. Szekely
 - Are coffee enemas harmful — update research
 - How to start a health resort — Stan Kalsou
 - 3 months in India with Dr. Ann
 - Build a Noah's Ark for survival
 - Raw food yoga
 - Raw foodist 5 bus caravan teaching grass consciousness across USA
 - Much more
- 96 page, 8 1/2 by 11. Single issue \$4 or free with membership to Survival Foundation. The publisher and editors will not be responsible for unsolicited material. Manuscripts and photographs must be accompanied by a self-addressed stamped envelope.

NEW AGE HOLISTIC HEALTH DIRECTORY

Includes 2500 ethnics, divided into 40 categories; cross indexed for ease on subject, key words, states and alphabetic names. The Directory will help to organize your travel, put you in touch with local new age healers and holistic M.D.'s, will help you to plan a career or change profession in tune with current realities. It will save you money. For example:

\$30 a week health resort - room, board, classes
\$6 per hour computerized typesetting (vs \$30)

\$50 per year 100 acre park campsite for health folks
\$400 per month vegetarian retirement resort.

\$3 per week grow at home organic diet in 7 days.
\$2 hour. tapes of lectures and music, spiritual.

Complete Health Resort list, as well as Cancer Cure Clinics, schools for the study of Natural Healing, Sproutarian and Live Food health practitioners. The world is changing, the directory will help one to focus on what is important and help one to find the path within the new age consciousness. **\$3.95**

LIGHT EATING FOR SURVIVAL

BY MARCIA MADHURI ACCIARDO

Introduction by Swami Satchidanandaji Maharaj

Art by Peter Max

Preface by Viktoras Kulvinskis

NO MEAT, FISH, EGGS OR DAIRY HERE!

OVER 450 RAW FOOD RECIPES FOR:

Appetizers
Spices
Appetizers
Breads Butters
Cakes, Croquettes, Candy
Cereals Cheese, Cookies
Drinks Dips Dressings
Eggnog
Juices from grasses, sprouts
Fruits, Weeds & Vegetables

Ketchup
Liver Flushees, Loaves
Mayonnaise, Mils, Mannade
Nut Creams
Pizza, Pudding
Soups, Spreads, Suncheeses
Sauerkrauts, Sauces
Taco Tofu
Yogurt

CREATED FROM:

Flowers
Weeds
Sprouts
Indoor Greens
Nuts
Sea Weeds
Seeds
Grains
Herbs
Spices
Olive Oil
Yeast
Dehydrates
Algae
Vegetables
Fruit
And lots of
LOVE

6" x 9", 112 Pages
SPIRAL - BOUND

\$5.95

Congratulations on Light Eating. It is an extremely good book in a field where few books are even adequate. Your work fills a gap with much-needed message. Jeff Cox, Managing Editor, Organic gardening, **Rodale Press**

Light Eating For Survival... finest practical book that I have seen on food consciousness. Prepared with sensitivity and love, its simplicity makes it easy to assimilate. Gregory Vladis, 10/78, **Alternatives Journal**

Marcia Acciardo's book, Light Eating For Survival, exceeds my highest expectations. I witnessed her magic performances in many salad bars as she transformed a few simple ingredients into a melody of rainbow colors, heightened by herbal fragrance, which delighted the palate and provided optimal nutrition. Her recipes are the meals from our future. **Viktoras Kulvinskis**

"This reviewer was in despair for a really extensive and excellent vegan recipe book - then I found Light Eating For Survival, and its a raw food book to boot. Vicki Smith, 1978, **Vegetarian World Quarterly**

SURVIVAL INTO THE 21st CENTURY

Includes Wheatgrass and Live Food Therapy

Body Ecology, Spiritual Alchemy and Aquarian Eugenics. A planetary healers manual. Some call it **New Age Encyclopedia**. Prepares you to be alive in 1984, be just as young in 2000, and through discipline live on into 2100 and possibly 2200. Shows you how to become healthy everyday, starting today.

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Write A Letter

Dr. David Steinberg, N.Y.C. informed **The Survival Foundation** that a patient recently wrote to Mike Wallace, moderator of the TV show "60 Minutes" and asked if he would be interested in a program on **Live Foods and Indoor Gardening**. Mr. Wallace replied that if enough interest is shown, Wheatgrass therapy would be covered.

If all interested in Wheatgrass and Live Food would write a letter requesting a program on the subject, this simple form of preventive and healing nutrition program might get some fantastic coverage! We suggest the letters be very short and to the point. Please address them to:

Mike Wallace, 60 Minutes, CBS News Division
c/o **Survival Foundation, Inc.**
P.O. Box 77
Woodstock Valley, CT 06282

This is an important endeavor in promoting Wheatgrass nationwide. We will personally forward all letters to the executive producer of this fine television show to ensure the success of this effort.

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LIFE IN THE 21st CENTURY, compiled and edited by Viktoras will be available by March 1980. Prepublish price is \$5

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SURVIVAL FOUNDATION INC. P.O. Box 77, Woodstock Valley, CT 06282, has produced a series of holistic healing video cassette tapes for home, school and cable television. Subjects covered by Viktoras include healing, indoor gardening, detoxification, Thanksgiving Retreat and other activities. Write for rental and purchase arrangements.



HIPPOCRATES HEALTH INSTITUTE, 25 Exeter St, Boston, Mass 02116



VIKTORAS Pisceas Kulvinskas, M.S., N.D. D.D. retired in 1968, age 29, from teaching college mathematics and computer consulting to pursue the study of healing arts. Stopping to find out what life was all about, he created an opening at Hippocrates Health Institute – became janitor, buyer, electrician, plumber, love-laborer... Last few years has been lecturing and teaching, at the institute as well as at other centers, the survival arts. Viktoras, has been over the years acting as co-director, consultant and director of research and education at the institute presently he is on the Board of Advisors of Essene School of Thought, on Faculty of Pacific College of Naturopathy, and Co-founder and Director of The Survival Foundation, Inc. a tax exempt charitable foundation.

