

**Natural Body Intelligence:  
Unlocking the Body's Natural Wisdom**

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# Introduction to Natural Body Intelligence

## Definition of Natural Body Intelligence

**Natural Body Intelligence** (also known as Natural Hygiene) refers to the body's inherent wisdom and its capacity to maintain and restore health through natural means. This concept is based on the idea that the human body is intrinsically equipped with mechanisms and processes that promote self-healing and homeostasis without the need for external interventions. This intelligence is evident in various bodily functions, such as the immune response, cellular regeneration, and the maintenance of internal balance (homeostasis).

Natural Body Intelligence emphasises trusting the body's ability to regulate itself when given the appropriate conditions, such as proper nutrition, adequate rest, and a toxin-free environment. It challenges the conventional approach that often relies heavily on pharmaceuticals and medical interventions, advocating instead for a holistic and natural approach to health and wellness.

For centuries, the focus of medical study has been on disease. Each symptom and complex of symptoms displayed by the diseased human body has been meticulously examined on both living and dead bodies. This has led to significant advancements in pathology, which has become a cornerstone of medical science. The advent of the microscope propelled pathology to the forefront, making it the primary subject of medical students. Disciplines such as physiology, anatomy, histology, and biology have all been subordinated to the study of pathology. The fascination with disease has captivated medical students for ages.

In stark contrast, the study of health has been largely neglected. Surprisingly, health has been considered of such little importance that it has not warranted extensive investigation. No educational institutions have historically focused on teaching health. Instead, medical schools have been dedicated to educating students about diseases and their cures. To this day, no institutions prioritise the education of health conditions and their maintenance. The principles of a healthy life are poorly understood by the medical profession and even less so by the general public. Health is not traditionally within the professional purview of physicians.

Nature appears to have designed all living beings for robust and continuous health. She has endowed them with remarkable physical stamina and energy. This suggests that there should be no need for sickness or any state other than good health, much like breathing, seeing, or eating are natural states. Under natural conditions, health is as certain as the rise and fall of the tides. Living beings remain healthy if the conditions of health are maintained, making it easier to be healthy than unhealthy.

All organic life, whether animal or plant, inherently tends towards health. Every organ and tissue in a living body continuously strives to maintain itself in an optimal state. This drive for perfection is a universal principle of life, evident in the natural inclination towards health. The phrase "It is as natural to be healthy as it is to be born" captures this essence.

Generally, a person's health is influenced by inherited characteristics and personal actions related to that inheritance. While some may be born with structural weaknesses that are hard to overcome, there exists a profound harmony and interdependence among all parts of the body. Each part affects and supports every other part, meaning that if one part is impaired, the entire body is affected to some extent.

It's essential to remember that the human body is not a collection of disconnected parts but a unified whole. No part of the body functions in isolation; every organ and system is interrelated. This interconnectedness means that the health of one part of the body influences the health of the entire organism.

Each organ in the body has a specific function to perform, yet no organ can operate independently of the others, and no organ can sustain itself by its own function alone. For example, the alimentary canal digests food for the whole system, the lungs supply oxygen and expel carbon dioxide, the skin and kidneys excrete waste and toxins, and the heart and vascular system circulate blood. The dependence of each organ on the whole system and of the whole system on each organ means that impairment of any single organ affects the entire body. The body is a unified community of interdependent organs, each essential for overall health and vitality.

The whole body relies heavily on some of its parts, such as the brain, lungs, and heart, so much so that if these parts fail, death is immediate. Sound health and vigorous body function depend on the proper development and harmonious operation of all parts, not just the strong performance of one or two organs. The body functions best as an integrated whole rather than as a collection of independent parts.

If the laws of life are followed and the conditions for healthy living are met, there is no force that can prevent a person from achieving optimal health. If these conditions are absent, the body will only be as healthy as the current conditions allow. When health is

already compromised, adhering to the laws and conditions of a healthy lifestyle will facilitate the body's return to normal health, unless the damage to vital parts or depletion of vital energy has gone beyond the body's ability to repair and recover. The body's movement towards health is as natural and inevitable as a cork rising to the surface of water once the weight holding it down is removed.

Present-day medical specialisation often treats each part of the body as though it operates independently, with little regard for its role in the overall system. This leads to practices such as removing organs under the assumption that their loss will not significantly affect the rest of the body. However, there are no unnecessary organs; every part has a purpose, and removing any part disrupts the body's balance and can lead to serious consequences. Perfect health requires the harmonious functioning of the entire body.

A fact often overlooked by both physicians and laypeople is that the body performs all its functions with utmost promptness, regularity, and efficiency, given the prevailing circumstances, to ensure its safety and well-being. Whether in a state of disease or health, as long as life persists, every organ and tissue in the body is prepared and disposed to carry out its specific role to the best of its ability. Organs perform optimally when they have the necessary power and, when lacking, still strive to do their best. They cannot act wrongly. Just as we would never expect the laws of gravity to fail and water to flow uphill on its own, we should not expect the body's vital laws to allow its organs to function incorrectly.

All authorities agree that diseases such as measles, smallpox, scarlet fever, mumps, and whooping cough were unknown to Native Americans before their way of life was altered by European settlers. The infant mortality rate among them was almost negligible.

In contrast, modern civilizations face numerous deformities and defects in both genders. Strength, beauty, and symmetry are often lacking. Today's society is increasingly characterised by baldness, artificial teeth, glass eyes, and prosthetic limbs. People rely heavily on the cosmetic and fashion industries to create an illusion of health and beauty. Both men and women in these societies often seem content with imitating these ideals. It could be said that they have become caricatures of humanity, with superficial beauty that doesn't withstand close scrutiny.

Women are increasingly struggling with fertility and the ability to nurse their children. Pregnancy has become medicalized, often treated as a disease requiring surgical intervention. Men are not faring any better, as revealed by the poor health standards

uncovered during military drafts, highlighting the low level of health among the male population in civilised life.

This prevalence of deformity and declining function suggests that humanity has deviated far from its natural health standards. The health of so-called "savages" and wild animals is often superior to that of civilised humans. Observing a thousand codfish or antelope reveals no such widespread defects, underscoring how modern living has impacted human health.

## The Concept of the Body's Inherent Wisdom

The body's inherent wisdom is the foundation of Natural Body Intelligence. This concept suggests that the body can heal and regulate itself if we understand and respect its natural processes. The body's self-healing mechanisms include:

- **Threat Response:** The body detects and eliminates toxins, protecting the body from inflammation and diseases.
- **Homeostasis:** The body maintains a stable internal environment, regulating temperature, pH levels, and other vital conditions.
- **Cellular Regeneration:** Cells have the ability to repair and regenerate, ensuring the continuity and health of tissues and organs.

By providing the body with the right conditions—such as a balanced diet, clean water, sufficient sleep, and stress management—we can support these natural processes and promote overall health and well-being.

The human body operates as a self-regulating system, responding to any disruption of its normal functions by counteracting the cause of the disturbance. For instance, if caustic potash irritates the palate's nerves, the salivary glands increase their secretion to expel it. Similarly, the eye produces tears to wash away irritants, and larger amounts of the same substance, if ingested, are met with resistance from the throat and are eventually expelled by the digestive system. The bronchial tubes react swiftly to blockages caused by foreign substances. An insect sting triggers an automatic twitch in the skin, while a thorn or splinter prompts suppuration to facilitate its removal. When the stomach is overloaded with food, it responds by rejecting further intake.

Each part of the body influences and is influenced by the other parts. The body is a unified system where each organ has a specific role, but none can function independently of the others. Every organ relies on the cooperative effort of the entire



body to perform its tasks effectively. For example, the digestive system processes food, but it needs the support of other organs to do so efficiently.

*“It is always a much easier task to educate uneducated people than to re-educate the mis-educated.”*

— **Herbert M. Shelton, Getting Well**

## The Principles of Natural Body Intelligence

### Overview of Natural Hygiene (Orthopathy)

Natural Hygiene, also known as Orthopathy, is a health philosophy that emphasises living in accordance with natural laws to achieve and maintain optimal health. This approach is based on the belief that health is the natural state of the body and that disease is a result of violating these natural laws. Natural Hygiene advocates for a lifestyle that aligns with nature, focusing on preventive health measures rather than treating symptoms after they appear.

Orthopathy means "correct suffering," suggesting that proper living habits can prevent and correct health issues. The principles of Natural Hygiene include:

- Consuming a diet of whole, unprocessed foods
- Engaging in regular physical activity
- Ensuring adequate rest and sleep
- Maintaining mental and emotional balance
- Avoiding harmful substances such as drugs, alcohol, and processed foods

*“Healing is a biological process, not an art. It is as much a function of the living organism as respiration, digestion, circulation, excretion, cell proliferation, or nerve activity. It is a ceaseless process, as constant as the turning of the earth on its axis. Man can neither duplicate nor imitate nor provide a substitute for the process. All schools of healing are frauds.”*

— **Herbert M. Shelton**



## Historical Background and Key Figures

The Natural Hygiene movement has a rich history, shaped by contributions from several key figures who have significantly influenced its development and popularisation. Among these figures is TC Fry, a prominent advocate who played a crucial role in promoting Natural Body Intelligence principles.

### TC Fry

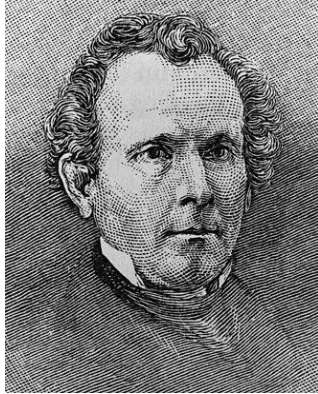
TC Fry was a leading figure in the Natural Hygiene movement during the 20th century. He authored numerous books and articles on the subject, emphasising the importance of diet, fasting, and natural living in achieving optimal health. Fry's work helped to revive and modernise the principles of Natural Body Intelligence, making them accessible to a broader audience.



- **Contributions:** Fry was known for his extensive writings on Natural Hygiene, which included practical advice on diet, fasting, and lifestyle changes to support the body's natural healing processes. He advocated for a raw food diet and regular fasting as essential components of health maintenance and disease prevention.
- **Legacy:** Fry's efforts to educate the public and spread the principles of Natural Hygiene have left a lasting impact. His teachings continue to inspire health practitioners and individuals seeking natural methods to achieve optimal health.

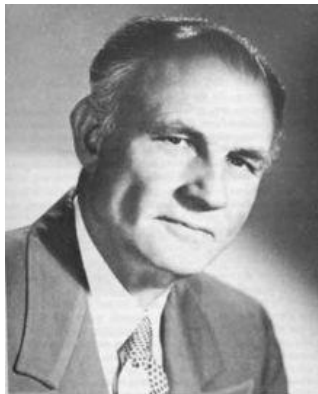
## Other Notable Figures

### Sylvester Graham



- **Overview:** Sylvester Graham, a 19th-century health reformer, is best known for the Graham cracker, which was originally developed as a health food.
- **Contributions:** Graham promoted a vegetarian diet, whole grains, and temperance. He believed that dietary choices directly impacted health and moral character. His advocacy for natural, unprocessed foods and a simple lifestyle laid the groundwork for many principles of Natural Hygiene.
- **Legacy:** Graham's emphasis on whole foods and a plant-based diet remains influential in modern holistic health movements. His ideas were ahead of his time, prefiguring the current interest in clean eating and plant-based nutrition.

### Herbert M. Shelton



- **Overview:** Herbert M. Shelton was an influential figure in the 20th century who significantly advanced the principles and practices of Natural Hygiene.
- **Contributions:** Shelton authored numerous works on Natural Hygiene, covering topics such as fasting, diet, and the body's self-healing capabilities. He founded

health institutions dedicated to teaching and applying Natural Hygiene principles, offering supervised fasting programs and educational courses.

- **Legacy:** Shelton's extensive writings and practical applications of Natural Hygiene principles have made him a central figure in the movement. His work has educated generations of practitioners and laypeople on the benefits of natural health practices.

## Florence Nightingale



- **Overview:** Florence Nightingale is primarily known for her contributions to modern nursing, but she also held strong views on natural health and hygiene.
- **Contributions:** Nightingale emphasised the importance of a clean environment, proper nutrition, and natural healing processes in patient care. Her work in promoting hygiene and sanitary conditions laid a foundation for understanding the relationship between environment and health.
- **Legacy:** Nightingale's holistic approach to health care, which included advocating for natural hygiene principles, continues to influence modern health practices, highlighting the importance of cleanliness, fresh air, and proper nutrition in maintaining health.

## Mary Gove Nichols



- **Overview:** Mary Gove Nichols was an early advocate for women's health and a proponent of Natural Hygiene principles in the 19th century.
- **Contributions:** Gove promoted hydrotherapy, proper diet, and exercise as essential components of health. She wrote extensively on these topics and ran health retreats that emphasised natural living and hygiene.
- **Legacy:** Nichols' work in advocating for natural health practices, particularly for women, has had a lasting impact on the promotion of holistic health and the integration of natural hygiene principles into modern wellness practices.

These pioneers and their teachings have significantly influenced the principles and practices of Natural Hygiene, making it a vital movement in holistic health. Their collective contributions have helped to establish a foundation for understanding and applying natural methods to achieve and maintain optimal health.

# Core Principles and Philosophies

Natural Body Intelligence is built on several core principles and philosophies that guide its approach to health and wellness. These principles include:

- **Proper Nutrition:** Emphasising a diet rich in fresh fruits, vegetables, nuts, seeds, and whole grains. Raw and unprocessed foods are preferred to maximise nutrient intake and support digestion and overall health.
- **Adequate Rest:** Recognizing the importance of sufficient sleep and rest to allow the body to recover, repair, and rejuvenate. Quality sleep is essential for maintaining energy levels, mental clarity, and overall health.
- **Regular Exercise:** Promoting regular physical activity to improve cardiovascular health, strengthen muscles, and enhance flexibility. Exercise supports the body's natural detoxification processes and contributes to mental well-being.
- **Hydration:** Ensuring adequate water intake to support all bodily functions, including digestion, nutrient absorption, and detoxification.
- **Mental and Emotional Balance:** Encouraging practices such as mindfulness, meditation, and stress management to maintain mental and emotional health. A balanced mind supports a healthy body.
- **Avoidance of Toxins:** Recommending the avoidance of harmful substances, including processed foods, drugs, alcohol, and environmental toxins. Minimising exposure to these substances helps the body function optimally.

By adhering to these principles, individuals can align with the body's natural rhythms and processes, promoting optimal health and longevity. The philosophy of Natural Hygiene empowers individuals to take responsibility for their health by making conscious, informed choices that support the body's innate ability to heal and thrive.

## The 7 Stages of Disease

Understanding the progression of disease is essential for adopting preventive measures and promoting healing. The concept of the 7 stages of disease offers a comprehensive framework for recognizing how illnesses develop and how the body responds at each stage. This chapter provides a detailed explanation of each stage, offering insights into the natural healing process.

### Stage 1: Enervation

**Definition:** Enervation is the initial stage where the body experiences a decrease in energy levels, often due to factors such as poor diet, lack of sleep, stress, and inadequate physical activity.

**Explanation:** When the body is enervated, it is less capable of maintaining optimal function. Energy that should be available for daily activities and bodily processes is depleted, leading to fatigue and a sense of general weakness. Enervation is a warning sign that lifestyle adjustments are necessary to restore vitality.

**Key Points:**

- Caused by lifestyle factors like poor diet, stress, and lack of sleep
- Results in decreased energy levels and fatigue
- Indicates the need for lifestyle improvements

## Stage 2: Toxaemia

**Definition:** Toxemia occurs when the body accumulates more toxins than it can eliminate, leading to a build-up of waste products in the bloodstream and tissues.

**Explanation:** In the state of enervation, the body's detoxification processes slow down, causing toxins to accumulate. These toxins can come from external sources such as pollutants and processed foods or internal sources like metabolic waste. Toxemia can lead to various symptoms, including headaches, irritability, and digestive issues.

**Key Points:**

- Accumulation of toxins due to slowed detoxification
- Can cause symptoms like headaches and digestive problems
- Requires detoxification efforts to alleviate symptoms

## Stage 3: Irritation

**Definition:** Irritation is the body's response to the presence of accumulated toxins, leading to inflammation and discomfort in various tissues and organs.

**Explanation:** As toxins build up, they irritate tissues and organs, causing inflammation and discomfort. This stage often manifests as minor symptoms like skin rashes, sore throats, and mild digestive disturbances. Irritation is the body's way of signalling that it is struggling to cope with the toxic load.

**Key Points:**

- Toxins cause inflammation and discomfort
- Symptoms include rashes, sore throats, and digestive issues
- Indicates the need for detoxification and lifestyle changes



## Stage 4: Inflammation

**Definition:** Inflammation is the body's attempt to isolate and remove toxins, resulting in more pronounced symptoms like fever, swelling, and pain.

**Explanation:** During inflammation, the body increases blood flow to affected areas to isolate and eliminate toxins. This response can cause symptoms such as fever, swelling, and pain. Inflammation is a natural defence mechanism, but if the underlying causes are not addressed, it can lead to more severe health issues.

### Key Points:

- Body's attempt to isolate and remove toxins
- Symptoms include fever, swelling, and pain
- Requires addressing underlying causes to prevent progression

## Stage 5: Ulceration

**Definition:** Ulceration occurs when the body's tissues start to break down, leading to the formation of ulcers and sores as it attempts to expel toxins.

**Explanation:** At this stage, the body's efforts to expel toxins result in the breakdown of tissues, forming ulcers and sores. This can occur in various parts of the body, including the skin, digestive tract, and mucous membranes. Ulceration indicates that the body is under significant stress and struggling to heal.

### Key Points:

- Breakdown of tissues leads to ulcers and sores
- Can occur in skin, digestive tract, and mucous membranes
- Indicates severe stress and need for healing support

## Stage 6: Induration

**Definition:** Induration is the hardening and scarring of tissues as the body tries to isolate toxins that it cannot expel, leading to the formation of fibrous tissue.

**Explanation:** When the body cannot expel toxins, it isolates them by forming hard, fibrous tissue around them. This process, known as induration, leads to the hardening and scarring of affected tissues. Common examples include the formation of cysts and fibroids. Induration signals a chronic condition that requires significant intervention.

**Key Points:**

- Hardening and scarring of tissues to isolate toxins
- Leads to the formation of fibrous tissue, cysts, and fibroids
- Indicates a chronic condition needing significant intervention

**Stage 7: Cancer**

**Definition:** Cancer is the final stage of disease progression, characterised by uncontrolled cell growth and the formation of malignant tumours as the body's natural defences fail to manage the toxic load.

**Explanation:** In the final stage, the body's defence mechanisms are overwhelmed, leading to uncontrolled cell growth and the development of cancerous tumours. This stage represents a severe failure of the body's ability to manage toxins and maintain healthy tissue function. Cancer requires comprehensive treatment and lifestyle changes to address the root causes.

**Key Points:**

- Uncontrolled cell growth and malignant tumours
- Indicates severe failure of the body's defences
- Requires comprehensive treatment and lifestyle changes

**Conclusion**

The 7 stages of disease provide a framework for understanding how illnesses develop and progress. By recognizing and addressing the early stages, individuals can take proactive steps to prevent the progression of disease and support the body's natural healing processes. Emphasising a healthy lifestyle, detoxification, and early intervention can significantly improve health outcomes and enhance overall well-being.

# The Body's Self-Regulating Mechanisms

## The Cell

### The Cell: A Self-Regulating and Self-Contained Life Form

Cells are the fundamental building blocks of all living organisms, embodying the essence of life in its simplest form. Despite their microscopic size, each cell functions as a self-regulating, self-contained unit, performing all necessary processes to sustain life.

#### Self-Regulating Systems

Cells possess an intricate network of regulatory mechanisms that maintain homeostasis, ensuring a stable internal environment. This self-regulation is achieved through a series of feedback loops and signalling pathways that respond to changes in the cell's internal and external conditions.

1. **Homeostasis:** Cells constantly monitor and adjust their internal conditions, such as pH, temperature, and ion concentrations, to maintain optimal functioning. This balance is crucial for enzyme activity and overall cellular processes.
2. **Feedback Mechanisms:** Cells use negative feedback loops to counteract deviations from normal states. For example, if the internal pH becomes too acidic, the cell activates mechanisms to neutralise the excess acid and restore balance.
3. **Cell Signalling:** Cells communicate through chemical signals, allowing them to respond to environmental changes and coordinate activities with other cells. Signal transduction pathways enable cells to adapt to new stimuli and ensure appropriate responses to maintain homeostasis.

#### Self-Contained Life Form

Each cell operates as an independent unit, capable of performing all functions necessary for life. This self-sufficiency is evident in several key cellular activities:

1. **Energy Production:** Cells generate energy through processes like cellular respiration and photosynthesis. Mitochondria, often referred to as the powerhouses of the cell, convert nutrients into ATP, the energy currency of the cell, enabling various cellular functions.
2. **Metabolism:** Cells carry out complex metabolic reactions, breaking down nutrients to produce energy and synthesising essential molecules. Enzymes within the cell catalyse these reactions, ensuring efficiency and regulation.

3. **Growth and Reproduction:** Cells have the ability to grow, divide, and reproduce. Through the process of mitosis, a single cell can divide to form two identical daughter cells, ensuring the continuation of life. In multicellular organisms, this process contributes to growth, development, and tissue repair.
4. **Waste Management:** Cells manage waste products through excretion mechanisms. Lysosomes within the cell break down cellular debris, and waste materials are expelled through the cell membrane, maintaining internal cleanliness and functionality.
5. **Adaptation and Evolution:** Cells can adapt to changing environments through genetic regulation and mutation. This adaptability allows for evolution over time, contributing to the survival and diversity of life forms.

Cells are marvels of biological engineering, embodying both autonomy and regulation. Their ability to maintain homeostasis, produce energy, grow, reproduce, and adapt, all while functioning as self-contained units, underscores the complexity and efficiency of life at its most fundamental level. Understanding cellular mechanisms offers profound insights into the intricacies of life, health, and disease, highlighting the remarkable capabilities of these tiny yet powerful units of life.

## Regulation of Bacteria and Inflammation

### How the Body Regulates Bacteria

The human body has developed sophisticated mechanisms to regulate bacterial populations and maintain a healthy balance. This regulation is crucial for preventing infections and supporting overall health.

#### Physical Barriers

- **Skin and Mucous Membranes:** These are the body's first line of defence against harmful bacteria. The skin acts as a physical barrier, preventing pathogens from entering the body. Mucous membranes lining the respiratory, digestive, and urogenital tracts trap and expel bacteria through the production of mucus and the action of cilia.

#### Microbiome Balance

- **Beneficial Bacteria:** The body hosts a vast community of beneficial bacteria, especially in the gut. These beneficial microbes outcompete harmful bacteria for

resources and space, thereby preventing pathogenic bacteria from establishing themselves and causing infections.

- **Symbiotic Relationships:** The gut microbiome plays a crucial role in digestion, nutrient absorption, and the synthesis of essential vitamins. A balanced microbiome supports the overall health of the host by regulating bacterial populations and contributing to the body's defence mechanisms.

Maintaining a healthy microbiome involves consuming a diet rich in fibre, prebiotics, and probiotics, which nourish beneficial bacteria and promote their growth.

## Mechanisms of Managing Inflammation

Inflammation is an essential part of the body's healing process. It serves to isolate and repair damaged tissues following injury or infection.

Inflammation, as well as fever, is the effort of the vital powers to protect the organism from injurious mechanical, chemical, or vital irritants, or to expel morbid materials. This is proved by the phenomena of a multitude of morbid conditions. When a part of the body becomes gangrenous or dead, the living parts, provided there is sufficient vitality remaining in them, immediately form a line of demarcation, and the dead portion is soon separated from the living; this process is called sloughing. When a chemical or mechanical body is embedded in the flesh too firmly to be removed by absorption, as a bullet or a splinter, purulent matter is formed around it, and its further action on the parts is partially or wholly prevented by inclosing it in an abscess. When a grain of calomel gets into the lacteal vessels, the mesenteric glands, which may be regarded as organic inspection officers, receive an increased determination of blood, swell up, or inflame, and thus retard the contraband article, until it can be more or less modified or destroyed by the vital powers.

When a structure is divided, as by an incised wound, coagulable lymph is poured into the wound, forming, as it were, a bed for the newly formed vessels to reunite the part—a process called adhesive inflammation. And when a portion of flesh is torn away by violence, or decomposed by corrosives, or burned out with fire, a covering of purulent matter is thrown over the exposed surface, beneath which granulations—a new growth of substances—gradually fills up the cavity.

Emmett Densmore in "How Nature Cures," (1892), p. 5, after describing the processes of healing a cut, a broken bone and of expelling a sliver that has become imbedded in the flesh, says:—

"These everyday occurrences are as familiar to the layman as to the physician; but the strange part of it is the fact that almost no one—layman or physicians—seems to understand that these and like processes of nature are all the healing force there is."

The inflammatory response involves several key mechanisms:

### **Acute Inflammation**

- **Immediate Response:** Acute inflammation is the body's rapid response to injury or infection. This process involves the dilation of blood vessels, increased blood flow to the affected area, and the recruitment of immune cells such as neutrophils and macrophages. These immune cells help to remove debris and pathogens from the site of injury.
- **Chemical Mediators:** Histamines, cytokines, and prostaglandins are released at the site of inflammation, causing redness, heat, swelling, and pain. These mediators increase the permeability of blood vessels, allowing cells and nutrients to reach the affected tissues more efficiently.

### **Chronic Inflammation**

- **Persistent Inflammation:** When the inflammatory response fails to resolve the underlying issue, it can become chronic. Chronic inflammation is characterised by the continuous presence of inflammatory cells and mediators, leading to tissue damage and the development of chronic diseases such as arthritis, heart disease, and diabetes.
- **Regulatory Mechanisms:** The body has mechanisms to control and resolve inflammation. Anti-inflammatory cytokines and regulatory T-cells help to dampen the inflammatory response and promote tissue repair. Failure of these regulatory mechanisms can result in prolonged inflammation and subsequent tissue damage.

**Different types of inflammation are categorised by their most prominent features, as follows:**

**Catarrhal or Mucous Inflammation:** This type of inflammation, also known as catarrh, occurs on mucous surfaces throughout the body that are lined with this membrane. Examples include conditions such as bronchitis, coryza, diarrhoea, gastritis, and more. This inflammation is characterised by an increased secretion of mucus, which has an altered composition.

**Fibrinous (Croupous) Inflammation:** This form of inflammation develops particularly on the serous surfaces of the body. It is observed in conditions like peritonitis and sometimes within the tissues. For instance, it can occur in the corium (layer of the skin) during severe erysipelas, or in the larynx and bronchi during acute diseases like smallpox, typhoid, pyemia, and pneumonia. Fibrinous inflammation is marked by a thick deposit of fibrin on the inflamed area.

**Diphtheric Inflammation:** This is a more severe form of fibrinous inflammation, characterised by the necrosis (death) of the mucous membrane.

**Serous Inflammation:** This type involves the serous membranes of the body and is marked by the effusion of serous fluid into tissues and cavities, as seen in joint inflammation, pleuritis, or peritonitis.

**Purulent Inflammation:** Associated with pus formation, purulent inflammation is seen in septic infections like those following vaccination. Under poor systemic conditions, simple inflammations can become purulent.

These types of inflammation can combine to form conditions such as seropurulent, mucopurulent, or serofibrinous inflammations.

**Parenchymatous Inflammation:** This refers to inflammation of the functioning cells of an organ, as seen in parenchymatous nephritis, often accompanied by the destruction of active cells within the organ.

**Interstitial Inflammation:** This type involves inflammation of the supporting framework of an organ, such as in interstitial nephritis. Repeated attacks can lead to the overgrowth of connective tissue, resulting in conditions like cirrhosis, fibrosis, or induration.

It's important to note that the cardinal symptoms of inflammation and the essential changes and activations occurring in blood vessels and tissues are consistent across all types of inflammation. The process and purpose of these reactions are fundamentally the same.

Understanding and supporting the body's natural inflammatory responses are crucial for enhancing healing and preventing chronic inflammatory conditions. This involves adopting lifestyle practices that reduce chronic inflammation, such as maintaining a healthy diet, regular physical activity, and stress management.

# Natural Detoxification Process

The body's natural detoxification process is a fundamental concept in Natural Body Intelligence, emphasising the body's intrinsic ability to cleanse itself of toxins and maintain health. Understanding how this process works can help us better support our bodies through lifestyle choices and natural remedies.

## Colds and Flu as Detox Events

Colds and flu are not infections but the body's method of detoxifying. These illnesses trigger a series of symptoms that facilitate the elimination of toxins from the body.

### Fever

- **Mechanism:** Fever is a common symptom of colds and flu, characterised by an elevated body temperature. This increase in temperature creates an inhospitable environment for many pathogens, slowing their growth and making it easier for the body to fight off the infection.
- **Benefits:** Fever enhances immune function by stimulating the production of white blood cells, which are essential for combating pathogens. It also increases metabolic rate, which can accelerate the detoxification process.

### Mucus Production

- **Mechanism:** During a cold or flu, the body produces excess mucus, which lines the respiratory tract. This mucus traps pathogens, dust, and other particles.
- **Benefits:** The trapped particles and toxins are then expelled from the body through coughing and sneezing. This process not only helps to clear the respiratory passages but also removes toxins and irritants from the body.

### Increased Urination and Sweating

- **Mechanism:** Illness often leads to increased urination and sweating, both of which are natural detoxification pathways.
- **Benefits:** Urination helps to flush out toxins and waste products filtered by the kidneys, while sweating eliminates toxins through the skin. These processes reduce the toxic load on the body, facilitating recovery and promoting overall health.

These symptoms, while uncomfortable, are indicative of the body actively working to cleanse and heal itself. Supporting these natural processes rather than suppressing them can aid in quicker and more effective recovery.



## Role of the Liver, Kidneys, and Other Organs

The body's primary detoxification organs are the liver and kidneys, but the lungs, skin, and lymphatic system also play crucial roles in maintaining internal cleanliness and health.

### Liver

- **Function:** The liver is the body's main detoxification organ. It processes toxins, drugs, and other harmful substances, converting them into less harmful compounds that can be excreted.
- **Detox Pathways:** The liver uses various enzymes to metabolise toxins, making them water-soluble and easier for the kidneys to filter out of the blood. Bile produced by the liver also helps to excrete fat-soluble toxins via the digestive tract.

### Kidneys

- **Function:** The kidneys filter blood to remove waste products and excess substances, excreting them as urine. This process is crucial for maintaining the body's chemical balance and removing toxins.
- **Detox Pathways:** The kidneys filter out metabolic waste products, drugs, and toxins from the blood, ensuring that these harmful substances do not accumulate in the body.

### Lungs

- **Function:** The lungs play a key role in expelling volatile toxins and carbon dioxide through respiration.
- **Detox Pathways:** By breathing in fresh air and expelling carbon dioxide and other volatile compounds, the lungs help to detoxify the blood and maintain the acid-base balance in the body.

### Skin

- **Function:** The skin is the body's largest organ and plays a significant role in detoxification through sweating.
- **Detox Pathways:** Sweat glands in the skin excrete waste products and toxins, helping to regulate body temperature and remove impurities.

## Lymphatic System

- **Function:** The lymphatic system transports waste products from tissues to the bloodstream for removal.
- **Detox Pathways:** Lymphatic fluid collects and transports metabolic waste products, dead cells, and other debris to the lymph nodes, where they are filtered and eventually excreted.

## Supporting Natural Detoxification

To enhance the body's natural detoxification processes, consider adopting the following lifestyle and dietary practices:

### Proper Nutrition

- **Whole Foods:** Emphasise a diet rich in whole, unprocessed foods, including fruits, vegetables, nuts, and seeds. These foods provide essential nutrients and antioxidants that support detoxification.
- **Hydration:** Drink plenty of water to facilitate kidney function and help flush out toxins. Fruit juices can also contribute to hydration.

### Exercise and Movement

- **Physical Activity:** Regular exercise promotes circulation and sweating, both of which support detoxification. Activities like walking, jogging, yoga, and other forms of exercise can enhance these processes.

### Adequate Rest

- **Sleep:** Ensure sufficient sleep to allow the body time to repair and regenerate. During sleep, the body performs many detoxification and healing processes.

### Stress Management

- **Relaxation Techniques:** Practices such as meditation, deep breathing, and mindfulness can reduce stress, which in turn supports the body's detoxification and overall health.

### Natural Detox Practices

- **Fasting:** Periodic fasting can give the digestive system a rest and allow the body to focus on detoxification and repair.

By supporting these natural processes through proper nutrition, hydration, and lifestyle choices, we can enhance the body's ability to detoxify and maintain optimal health.

# Role of Symptoms in the Healing Process

## Symptoms as Healing Mechanisms

Symptoms such as fever, inflammation, and mucus production are crucial components of the body's natural defence and healing processes. These responses are not mere signs of illness but are indicative of the body actively working to restore balance and health.

### Fever

- **Mechanism:** Fever is an increase in body temperature that occurs in response to infection or injury. It is controlled by the hypothalamus, which adjusts the body's set point for temperature.
- **Benefits:** Elevated body temperature hinders the growth of bacteria and burns off toxic waste. Fever stimulates the production and activity of white blood cells, accelerates tissue repair, and increases the production of interferons. Fever also aids in the detoxification process by promoting sweating, which helps eliminate toxins through the skin.

### Inflammation

- **Mechanism:** Inflammation is the body's immediate response to injury or infection, characterised by redness, heat, swelling, and pain. It involves the release of histamines and other chemical mediators that increase blood flow and the permeability of blood vessels at the site of injury.
- **Benefits:** Inflammation helps to isolate the affected area, preventing the spread of infection. It brings immune cells, nutrients, and oxygen to the site of damage, facilitating the removal of pathogens and dead cells, and promoting tissue repair. The pain associated with inflammation often encourages rest, which is essential for healing.

### Mucus Production

- **Mechanism:** Mucus is produced by the mucous membranes lining the respiratory, digestive, and other tracts. It traps pathogens, dust, and other particles.
- **Benefits:** Mucus production captures and neutralises pathogens and debris, aiding their removal from the body through coughing, sneezing, and swallowing. This mechanism helps keep the respiratory and digestive tracts clear of irritants and infections, supporting the overall health of these systems.

These responses are crucial for effective healing and indicate that the body is working to restore balance and health. Understanding these processes allows us to appreciate the body's wisdom and support its natural healing efforts.

### **Misinterpretation of Symptoms**

Conventional medicine often views symptoms as problems to be suppressed. However, from a Natural Hygiene perspective, these symptoms are essential healing processes.

### **Suppressive Treatments**

- **Conventional Approach:** Medications such as antipyretics (fever reducers), anti-inflammatories, and decongestants are commonly used to suppress symptoms. While these treatments can provide immediate relief, they do not address the underlying cause of the symptoms and can hinder the body's natural healing processes.
- **Risks:** Suppressing symptoms can lead to chronic health issues by interfering with the body's natural defence mechanisms. For example, reducing fever can slow down the healing response, and using anti-inflammatory drugs long-term stops the healing process and can cause gastrointestinal problems and other side effects.

### **Natural Perspective**

- **Supportive Care:** Recognizing symptoms as healing mechanisms allows us to support the body's processes rather than interfere with them. This might involve rest, hydration, and proper nutrition to aid recovery.
- **Holistic Approach:** Natural Body Intelligence promotes a holistic approach to health, emphasising the importance of understanding and respecting the body's signals. By providing the right conditions, such as a nutrient-rich diet, clean water, adequate rest, and stress management, we can enhance the body's ability to heal itself.

### **Practical Applications**

- **Fever Management:** Instead of immediately reducing a fever, it can be more beneficial to monitor it and ensure the person stays hydrated and comfortable. Cool compresses and tepid baths can help manage high fever without drastically interfering with the body's natural process.
- **Inflammation Management:** Supporting inflammation through rest, elevation of the affected area, but never applying natural anti-inflammatory agents like turmeric and ginger which can stop the body healing.

- **Mucus Management:** Hydration, steam inhalation, but avoid natural expectorants like honey and eucalyptus that interfere with mucus production, which is needed in supporting the body's efforts to clear the respiratory passages.

By understanding and respecting the body's signals, we can better support its innate healing abilities and promote long-term health. This approach aligns with the principles of Natural Body Intelligence, which emphasise the importance of natural, non-invasive methods in supporting the body's self-healing processes.

# The Role of Nutrition in Healing

## Importance of Raw Foods and Fruits

### Nutrient Density of Raw vs. Cooked Foods

Raw foods, particularly fruits and vegetables, are packed with essential nutrients that support overall health and healing. The process of cooking can often reduce the nutritional value of these foods, making raw options a preferable choice for maximising nutrient intake.

- **Vitamins and Minerals:** Raw fruits and vegetables are rich in vitamins and minerals. For example, raw spinach contains significantly higher levels of vitamin C and folate compared to cooked spinach. However baby spinach should be preferred as it contains less oxalates which are poison to the body. A study published in the *Journal of Agricultural and Food Chemistry* found that steaming broccoli resulted in a 33% reduction in glucosinolates, which are compounds with potential anti-cancer properties .
- **Enzymes:** Raw foods contain natural enzymes that aid in digestion and enhance nutrient absorption. Cooking can destroy these enzymes, reducing the digestive efficiency and overall nutritional benefits of the food.
- **Phytochemicals:** Raw vegetables are high in phytochemicals such as flavonoids, carotenoids, and polyphenols. These compounds have antioxidant properties that help protect the body from oxidative stress and inflammation, supporting overall health and reducing the risk of chronic diseases.

## Benefits of a Diet Rich in Raw Foods

A diet high in raw foods can provide numerous health benefits:

- **Improved Digestion:** The natural enzymes in raw foods help break down food more efficiently, reducing the burden on the digestive system.
- **Enhanced Nutrient Absorption:** Consuming raw fruits and vegetables ensures that the body receives maximum vitamins, minerals, and antioxidants.
- **Increased Energy Levels:** Many individuals report higher energy levels and better overall vitality when they switch to a diet rich in raw foods.
- **Reduced Risk of Chronic Diseases:** A diet rich in raw fruits and vegetables has been linked to a lower risk of chronic diseases such as diabetes, heart disease, and certain cancers. According to the World Health Organization, insufficient fruit

and vegetable intake is estimated to cause around 14% of gastrointestinal cancer deaths, 11% of ischemic heart disease deaths, and 9% of stroke deaths globally .

## Eliminating Toxic Foods

### Common Toxic Foods to Avoid

Certain foods are considered toxic and should be avoided to promote optimal health:

- **Processed Foods:** High in preservatives, artificial colours, and flavour enhancers, which can burden the liver and kidneys and lead to inflammation and other health issues.
- **Refined Sugars:** Excessive consumption of refined sugars is linked to obesity, diabetes, and cardiovascular diseases. Sugar can also suppress the immune system and promote inflammation.
- **Trans Fats:** Found in many processed and fried foods, trans fats are associated with an increased risk of heart disease and other chronic conditions.
- **Gluten & Grains:** Gluten and grains can cause inflammation and digestive issues. They can also contain anti-nutrients like phytic acid, which may inhibit the absorption of essential minerals and nutrients, impacting overall health.

### How Removing Toxic Foods Promotes Healing

Eliminating toxic foods from the diet can have profound health benefits:

- **Reduced Inflammation:** Removing inflammatory foods, such as those high in refined sugars and unhealthy fats, can significantly reduce overall inflammation in the body.
- **Improved Detoxification:** A diet free from toxic foods supports the body's natural detoxification processes, allowing the liver and kidneys to function more efficiently.
- **Enhanced Nutrient Absorption:** Eliminating processed foods makes room for more nutrient-dense options, improving overall nutrient intake and supporting the body's healing processes.

## Hydration and Its Importance

### The Necessity of Proper Water Intake

Water is essential for life, playing a critical role in nearly every bodily function. Proper hydration is necessary to maintain health and support the body's natural processes.



- **Cellular Function:** Water is a major component of cells and is involved in biochemical reactions, nutrient transport, and waste removal.
- **Temperature Regulation:** Through sweating and respiration, water helps regulate body temperature, preventing overheating and maintaining homeostasis.
- **Joint Lubrication:** Water is a key component of synovial fluid, which lubricates and cushions joints, reducing friction and wear.
- **Digestion:** Water aids in the digestion and absorption of nutrients, facilitating the breakdown of food and the transport of nutrients across cell membranes.

## How Hydration Supports the Body's Healing Processes

Proper hydration is vital for the body's ability to heal and recover from illness or injury.

- **Cellular Repair and Growth:** Water is essential for transporting vitamins, minerals, and other nutrients to cells, providing the necessary components for cellular repair and growth.
- **Toxin Removal:** Adequate hydration ensures efficient removal of metabolic waste products and toxins through urine, reducing the burden on the kidneys and liver and preventing the accumulation of harmful substances.
- **Immune Function:** Hydration supports the lymphatic system, which is critical for immune function. The lymphatic system transports immune cells throughout the body to detect and fight infections.
- **Wound Healing:** Hydrated skin is more resilient and elastic, which helps in faster recovery from wounds and reduces the risk of infections.

## Conditions Linked to Poor Nutrition and Hydration

Several chronic conditions are closely linked to poor nutrition and hydration habits:

- **Diabetes:** Poor dietary habits, particularly high intake of refined sugars and processed foods, are major risk factors for type 2 diabetes. According to the Centers for Disease Control and Prevention (CDC), more than 34 million Americans have diabetes, and poor diet is a significant contributing factor .
- **Chronic Fatigue:** Inadequate nutrition and dehydration can lead to chronic fatigue syndrome, a condition characterised by extreme tiredness that doesn't improve with rest. Ensuring adequate intake of nutrients and water can help manage and reduce symptoms.
- **Cardiovascular Diseases:** Diets high in trans fats, refined sugars, and processed foods contribute to the development of cardiovascular diseases. The American Heart Association reports that nearly half of American adults have some form of cardiovascular disease, often linked to poor dietary choices .

By understanding and implementing these principles of nutrition and hydration, individuals can significantly enhance their overall health, support their body's natural healing processes, and reduce the risk of chronic diseases.

# Fasting: Accelerating Detoxification

## Introduction to Fasting

During fasting or starvation, the body prioritises fat consumption first, followed by other tissues in reverse order of their usefulness and importance. Even in cases of extreme starvation, the nervous system suffers minimal loss, as rest and sleep help maintain nerve tissue without significant damage, even during extended fasts.

Fasting facilitates the breakdown and absorption of diseased tissues. Deposits, exudates, effusions, infiltrations, and even growths are either repurposed as nutrients or expelled from the body. Numerous small tumours have been completely absorbed during fasts, with larger tumours significantly reduced.

## Definition and Benefits of Fasting

**Definition:** Fasting involves the voluntary abstention from food and sometimes drinks for a specified period. It is a practice that has been used for centuries for religious, cultural, and health reasons.

### Benefits:

- **Detoxification:** Fasting allows the body to divert energy from digestion to other processes, including the removal of toxins from cells and tissues. This can enhance the body's natural detoxification pathways.
- **Cellular Repair:** During fasting, the body initiates autophagy, a process where damaged cells are broken down and recycled. This helps in cellular repair and regeneration, promoting overall health.
- **Weight Loss and Metabolic Health:** Fasting can lead to weight loss by reducing caloric intake and improving metabolic health. It can help lower insulin levels, increase insulin sensitivity, and promote fat burning.
- **Mental Clarity and Emotional Well-being:** Many individuals report increased mental clarity and emotional well-being during fasting periods. This may be due to the stabilisation of blood sugar levels and the reduction of inflammation.

## Types of Fasting

**Intermittent Fasting:** Intermittent fasting involves cycling between periods of eating and fasting. Popular methods include:

- **16/8 Method:** This method involves fasting for 16 hours each day and eating all meals within an 8-hour window. For example, one might eat between 12 PM and 8 PM and fast from 8 PM to 12 PM the next day.
- **5:2 Method:** In this approach, individuals eat normally for five days of the week and consume a very limited number of calories (about 500-600) on the remaining two days.
- **Alternate-Day Fasting:** This involves alternating between days of normal eating and days of fasting or very low-calorie intake.

**Extended Fasting:** Extended fasting refers to fasting for periods longer than 24 hours. Common forms include:

- **24-Hour Fast:** Fasting from one meal to the same meal the next day (e.g., dinner to dinner).
- **48-Hour Fast:** Extending the fasting period to two full days, allowing for deeper detoxification and metabolic benefits.
- **72-Hour Fast and Beyond:** Fasting for three or more days, often used for more profound health benefits and should be approached with caution and possibly under medical supervision.

## Guidelines for Safe Fasting

### Preparation and Best Practices:

- **Consult a Healthcare Professional:** Before starting any fasting regimen, especially extended fasting, it is advisable to consult with a healthcare professional to ensure it is safe for your individual health conditions.
- **Gradual Introduction:** Begin with shorter fasting periods and gradually increase the duration to allow the body to adapt. For example, start with intermittent fasting before attempting extended fasting.
- **Stay Hydrated:** Drink plenty of water during the fasting period to stay hydrated.
- **Electrolyte Balance:** Consider consuming electrolytes from celery during longer fasts to maintain electrolyte balance and prevent dehydration and muscle cramps.

## Breaking the Fast Safely

Breaking a fast according to Natural Body Intelligence principles involves a gentle and mindful approach to reintroducing food, focusing on natural, whole, and easily digestible foods. This process supports the body's transition back to normal eating patterns without overwhelming the digestive system.

## Gentle Reintroduction

### Start with Small, Easily Digestible Foods:

- **Fruits and Vegetables:** Begin with hydrating and easy-to-digest fruits like watermelon, oranges, and grapes, as well as soft vegetables such as cucumbers and zucchini. These foods are high in water content and rich in vitamins and minerals, aiding rehydration and gentle nourishment.
- **Fresh Juices:** Freshly squeezed fruit and vegetable juices (without added sugars or preservatives) can provide immediate hydration and a concentrated dose of nutrients. Citrus juices, carrot juice, and green juices are particularly beneficial.
- **Mono-Meals:** Consuming a single type of fruit or vegetable per meal can simplify digestion. For example, eating only melons for one meal allows the body to focus on digesting one type of food.

### Avoid Heavy, Fatty, or Processed Foods:

- **Heavy Meals:** Avoid foods high in fats and proteins initially, as they require more digestive effort. This includes meats, dairy products, and fried foods.
- **Processed Foods:** Processed foods often contain additives and preservatives that can burden the digestive system. Stick to fresh, whole foods to maintain the benefits of the fast.

## Balanced Meals

### Gradually Return to a Balanced Diet:

- **Nutrient Variety:** After initial reintroduction, incorporate a mix of raw fruits, vegetables, nuts, and seeds. Gradually include raw leafy greens like baby spinach, iceberg, romaine, green leaf, red Leaf, boston, bibb and arugula.
- **Small Portions:** Start with small portions and gradually increase the quantity. For example, begin with a few slices of fruit, then progress to a larger fruit salad over a few days.

### Nutrient-Dense Foods:

- **Whole Foods:** Focus on whole, unprocessed foods. Nuts and seeds can be reintroduced slowly, beginning with small amounts of soaked nuts like almonds or sunflower seeds.
- **Hydration:** Continue drinking plenty of water and include hydrating foods like cucumbers and melons.

## Monitor Your Body's Response

### Pay Attention to How Your Body Reacts:

- **Eat Slowly and Mindfully:** Chew food thoroughly and eat slowly to aid digestion and allow the body to signal when it is full. This prevents overeating and digestive discomfort.
- **Recognize Signs of Discomfort:** If you experience any signs of digestive discomfort such as bloating or gas, simplify your diet further and allow more time for reintroduction.

### Adjust Based on Feedback:

- **Listen to Your Body:** Everyone's body is different. Adjust your reintroduction plan based on how you feel. If a particular food causes discomfort, consider eliminating it and trying again later.
- **Be Patient:** The reintroduction phase is critical for maintaining the benefits of fasting. Give your body time to adjust, and focus on whole, natural foods to support long-term health and well-being.

By following these guidelines, you can break your fast in a way that aligns with Natural Body Intelligence principles, supporting your body's natural healing processes and promoting lasting health.

By understanding and implementing these principles of fasting, individuals can effectively use this powerful tool to enhance their body's detoxification processes, support cellular repair, and improve overall health.

# Misconceptions About Medicine and Healing

## Natural Body Intelligence's Stance on Herbs and Medicines

**Why Herbs and Medicines Are Avoided:** Natural Body Intelligence emphasises living in harmony with natural laws and the body's innate ability to heal itself. From this perspective, external substances, including pharmaceutical drugs and even certain herbs, are generally avoided for several reasons:

- **Interference with Natural Processes:** Medicines and herbs can interfere with the body's natural healing processes. Natural Body Intelligence advocates for allowing the body to address imbalances and heal without external intervention. The philosophy asserts that introducing foreign substances can disrupt the body's inherent mechanisms for maintaining health.
- **Focus on Symptoms, Not Causes:** Conventional medicine often focuses on alleviating symptoms rather than addressing the root causes of illness. Natural Body Intelligence encourages identifying and correcting the underlying lifestyle and environmental factors contributing to health issues.

**The Impact of Toxins from Medications:** Pharmaceutical drugs and some herbs can introduce toxins into the body, leading to various negative effects:

- **Side Effects:** Many medications come with a range of side effects that can further burden the body. For instance, nonsteroidal anti-inflammatory drugs (NSAIDs) can cause gastrointestinal issues, while antibiotics can disrupt the gut microbiome, leading to digestive problems and weakened immune function.
- **Toxic Load:** Continuous use of medications can increase the body's toxic load, making it harder for organs like the liver and kidneys to detoxify effectively. This can lead to a buildup of harmful substances in the body, potentially causing long-term health problems.
- **Herb Interactions and Toxins:** Even some natural herbs can have toxic properties or interact negatively with other medications and bodily functions. For example, certain herbs used for liver detoxification can overload the liver if not used correctly, leading to liver damage.

## Understanding the Body's True Healing Signals

**Recognizing and Interpreting Natural Symptoms:** From a Natural Body Intelligence perspective, symptoms are not merely problems to be suppressed but signals from the

body indicating that it is actively working to heal itself. Understanding these signals can help in supporting the body's natural healing processes.

- **Fever:** Fever is a natural response to infection, raising the body temperature to create an environment less hospitable to pathogens and to enhance immune function. Instead of suppressing a fever, it can be managed with rest and hydration.
- **Inflammation:** Inflammation is the body's way of isolating and repairing damaged tissue. Swelling, redness, and pain are signs that the body is bringing resources to the site of injury or infection to facilitate healing.
- **Mucus Production:** Increased mucus production helps to trap and expel pathogens and debris from the respiratory system. It is a protective mechanism rather than a condition to be immediately suppressed with medication.

**Supporting the Body's Natural Healing Process:** To support the body's intrinsic healing mechanisms, Natural Body Intelligence recommends several strategies:

- **Rest and Sleep:** Adequate rest and sleep are essential for the body's repair and regeneration processes. During sleep, the body performs critical maintenance tasks, including detoxification and tissue repair.
- **Proper Nutrition:** A diet rich in raw fruits and vegetables provides the nutrients and enzymes necessary for optimal bodily function and healing. Avoiding processed and toxic foods helps reduce the body's burden and supports overall health.
- **Hydration:** Sufficient water intake is crucial for maintaining cellular functions, aiding digestion, and supporting detoxification processes.
- **Stress Management:** Chronic stress can impede the body's healing processes. Techniques such as meditation, deep breathing exercises, and spending time in nature can help manage stress and support overall health.
- **Physical Activity:** Regular, moderate exercise promotes circulation, enhances lymphatic drainage, and supports overall vitality. Activities like walking, yoga, and swimming are particularly beneficial.

By understanding and respecting the body's signals, we can better support its natural healing abilities and promote long-term health. This approach aligns with the principles of Natural Body Intelligence, which emphasise the importance of natural, non-invasive methods in supporting the body's self-healing processes.



# Feeding the Body Essential Nutrients

All parts and products of the body are derived from the blood, and all bodily functions depend on the blood for material supplies. Blood is produced from air, water, food, and sunshine. These elements are essential for the production of healthy blood, tissues, organs, and overall functional outcomes. Here, we focus mainly on two of these components: food and water. This chapter will not cover the details of food composition, digestion, or absorption. For those not familiar with these topics, it is recommended to refer to the author's work on Food and Feeding or any other reputable sources on diet.

Amino acids, or proteins, are often referred to as the building blocks of the body, as they, next to water, constitute the largest component of body tissues. Proteins and certain salts, such as calcium salts, and a few others, form the materials from which the body is constructed. These are needed in greater quantities during periods of rapid growth than when the body is merely maintaining equilibrium. However, the traditional protein standard has been shown to be excessively high, even for growing children. Nature has long indicated this through the composition of milk, which is relatively low in protein compared to meat and eggs. Eggs are specifically adapted to meet the needs of rapidly growing bird embryos.

The diet for growth must meet the following requirements:

1. It must provide a sufficient amount of the appropriate proteins to both maintain repairs and support growth needs.
2. It must include a sufficient amount of food factors, which have been identified as vitamins and other essential nutrients, to meet the growth requirements.
3. It must include a sufficient amount of minerals, to supply the body with enough to go about its daily function of secretion and excretion, to maintain normal blood alkalinity, and to provide material for tissue growth and repair.
4. It must include enough carbohydrates and fats to maintain heat and provide energy.

In general, it can be said that if we consume natural foods—those to which humans are constitutionally adapted—and eat them as nature provides without alteration or adulteration, our nutritional needs will be met with ease. Fresh fruits and green vegetables provide all the organic salts, acids, vitamins, and other nutrients the body requires. Vegetables, fruits, and nuts offer all the necessary proteins. Carbohydrates and fats, the so-called heat and energy foods, are also abundantly available in these natural foods. The primary issues in modern dietetics arise from the tampering with these foods through manufacturing processes such as preserving, canning, pickling, cooking, bleaching, colouring, and flavouring.

The most discussed and emphasised element of food is protein. There are numerous proteins in both plant and animal foods. While some proteins effectively support life and growth, others are inadequate. However, because no one consumes only one type of food (at least not after being weaned), it is unlikely that anyone would lack sufficient proteins.

There is a common assertion among experimenters that animal proteins are superior to plant proteins for growth promotion. This belief is based on the observation that animal proteins are more similar to the proteins found in the human body, potentially making them easier to utilise for bodily functions. However, this assumption overlooks the comprehensive benefits of plant proteins, which include not only protein content but also a range of vitamins, minerals, and fibre that are essential for overall health.

Lean meat alone does not provide adequate support for life and growth. Predatory animals consume not only the muscle and fat but also the blood, bones, cartilage, and organs of their prey, ensuring that none of the essential mineral elements are lost, and they consume it raw.

Milk is naturally designed to meet the needs of a rapidly growing animal and is perfectly adapted to the young of the species that produce it, changing composition with the needs of the growing animal. Human milk, specifically designed by nature for human infants, is far superior to cow's milk or any other animal milk for infants. Considering just two of many factors, human milk is much more easily digested by infants than cow's milk and, while it has a lower total protein content, it contains higher levels of certain amino acids like cysteine and tryptophan, making its protein more suitable and superior for human infants compared to cow's milk protein.

There are two key aspects to nutrition: one focuses on building up the body and creating secretions, while the other is concerned with eliminating waste from the blood and tissues. The latter is achieved through food substances that don't integrate into the body but remain in the blood. Protein wastes from cells are transported to the liver, where they are combined with positive organic mineral elements, converting them into soluble salts. These salts are then easily expelled by the kidneys and skin.

The kidneys, as organs of elimination, primarily excrete the end-products of protein metabolism. These end-products are various, highly irritating, and toxic acids when they exit the cells. Another source of toxins is the gastrointestinal decomposition of proteins, leading to nitrogenous byproducts from bacterial breakdown.

The kidneys, in their role of elimination, handle substances prepared for excretion by the lymph glands, liver, and muscles. Toxins, whether they result from normal cellular

activities or bacterial decomposition in the digestive system, are ultimately eliminated by the kidneys.

To eliminate toxins efficiently and without damaging the kidney cells, these toxins must first be neutralised by combining them with other elements. Kidney diseases often result from poisons delivered to them by the blood for elimination. Proper neutralisation or detoxification prevents these poisons from injuring the kidney cells and causing disease.

Detoxifying organic poisons primarily occurs in the lymph glands and liver, with the liver playing a significant role. When the lymph glands and liver function efficiently, they protect the kidneys from damage, except in cases involving drug poisons.

The detoxification process involves combining poisonous acids with alkaline mineral elements. This combination produces salts and additional acids, which are usually only slightly irritating and not significantly harmful. These compounds affect the kidneys but do not destroy kidney tissue.

Alkaline mineral elements, crucial for this detoxification process, must be sourced from the food we eat, as they cannot be obtained from other sources. If the diet provides these elements in sufficient quantities, the lymph glands and liver can effectively perform their detoxifying roles. If dietary intake is insufficient, the body extracts these minerals from its own tissues, initially depleting the hair, nails, and teeth, and subsequently affecting more vital tissues. While the body suffers as a whole from this depletion, the liver and glands remain functional but less efficient without an adequate internal supply of alkaline elements.

If the supply of alkaline minerals becomes insufficient to meet the body's physiological needs, the liver and glands will falter in their detoxifying functions. As a result, the blood carries unmetabolized toxins to the kidneys, leading to the destruction of kidney cells.

Moreover, liver cells without adequate detoxifying elements to neutralise toxins from cells and the intestines will themselves be damaged. This dual damage often leads to liver and kidney diseases, both of which stem from a lack of alkaline mineral elements in the diet.

This issue extends beyond the liver and kidneys. Other organs and tissues also lose their mineral elements and suffer from the harmful effects of toxins. This widespread degeneration affects the entire body to varying degrees. For example, the pancreas may be destroyed, causing diabetes, or the lungs may be impaired, leading to conditions like tuberculosis. Any chronic disease can develop under these circumstances, particularly in organs already weakened by previous mineral depletion.

Normally, blood has a slightly alkaline reaction. If waste from cells, which is acidic, is not neutralised and eliminated, it reduces the blood's alkalinity, leading to a condition known as analkalinity.

There is only one source from which to obtain the minerals or organic salts the body needs: food. If there is a deficiency, the body draws on its own reserves from the blood and tissues to neutralise or detoxify toxins. Over time, this depletes and weakens the tissues. Conventional science classifies foods based on their content of nitrogenous, carbohydrate, and hydrocarbon substances, labelling them as proteins, carbohydrates, or hydrocarbons. Fruits and vegetables, rich in vital organic acids and salts, are often relegated to the "ash" category and largely ignored for their vitalizing properties.

Many people, due to their dietary habits, accumulate an excess of proteins, carbohydrates, and fats, which can lead to poisoning by surplus nutrients. To reduce this surplus effectively, it's essential to reduce intake. If the intake matches or surpasses the body's needs, the accumulated surplus cannot be cleared. An effective eliminating diet should meet the following criteria:

1. **Light Diet:** The food intake should be minimal to ensure that the body's combustion and excretion of materials exceed the amount of new material consumed.
2. **Low in Acid-Forming Foods:** The diet should be nearly devoid of acid-forming proteins and carbohydrates.
3. **Rich in Alkaline Elements:** The diet should be high in base-forming or alkaline elements.

Such a diet might consist entirely or partially of acidic fruits or green leafy vegetables. It could also be a combination of fruits and vegetables. Examples include the orange diet, orange juice diet, grapefruit diet, grape diet, and other similar fruit diets. Fresh fruits and berries (except bananas) are suitable for an eliminating diet, and melons can also be used.

Vegetables that are particularly effective in this regard include celery, lettuce, cabbage, spinach, dandelion, endive, chard, kale, mustard greens, turnip greens, beet greens, cress, field lettuce, romaine, and radish tops. These vegetables can be consumed raw or cooked, though if cooked, they should be prepared in their own juices without adding water.

In a fruit diet, the most commonly used fruits are oranges, lemons, grapefruits, and grapes. The selected fruit is consumed at regular intervals throughout the day, with quantities adjusted to the individual's specific needs.

These fruits are rich in organic salts, which are released during digestion and supply the body with essential elements for neutralising and chemicalizing toxins before their elimination. They are low in proteins and carbohydrates, making them ideal for curative purposes. There is no basis for the old medical belief that acid fruits should not be consumed in "acid diseases." While acid fruits can increase stomach discomfort in cases of hyperacidity, this condition is not related to "acid blood," and the organic acids from fruits do not enter the bloodstream as acids.

The proper fruit diet involves the exclusive consumption of any juicy or acid fruit. Oranges, due to their taste, are particularly popular. Grapefruits are also favoured by some. Typically, between three to sixteen oranges (or an equivalent quantity of another juicy fruit) are consumed daily. These should be eaten at regular intervals, such as one orange every hour or two oranges every two hours. In some cases, where fewer oranges are available, they can be eaten every two to six hours. The general benefits of such a diet include:

1. The digestive system gets a chance to rest.
2. The body is supplied with easily digestible nutrients.
3. The elimination of toxins is facilitated.

This approach emphasises the restorative and detoxifying effects of a fruit-based diet.

# Rest and Sleep: The Body's Natural Rejuvenators

## Introduction to Rest and Sleep

Rest and sleep are fundamental to maintaining optimal health and well-being. These natural processes allow the body to rejuvenate, repair, and prepare for the demands of daily life. Without adequate rest and sleep, physical and mental health can deteriorate, leading to a myriad of health issues.

## The Science of Sleep

Understanding the science of sleep involves exploring sleep cycles and their functions. Sleep is divided into several stages, including REM (Rapid Eye Movement) and non-REM sleep, each playing a critical role in physical restoration, memory consolidation, and emotional regulation. Quality sleep is essential for maintaining cognitive function, emotional stability, and overall physical health.

## Creating a Restful Environment

Improving sleep quality often starts with creating a conducive sleep environment. Tips for achieving this include maintaining a cool, dark, and quiet bedroom, investing in a comfortable mattress and pillows, and establishing a regular sleep schedule. Eliminating distractions, such as electronic devices, can also significantly enhance sleep quality.

## Restorative Practices

Restorative practices like napping and relaxation techniques can complement nighttime sleep. Short naps can boost mood, increase alertness, and improve performance. Relaxation techniques, such as deep breathing, meditation, and progressive muscle relaxation, can reduce stress and promote a sense of calm, aiding in better sleep.

## Common Sleep Disorders

Identifying and addressing sleep disorders is crucial for improving sleep health. Common sleep issues include insomnia, sleep apnea, restless leg syndrome, and narcolepsy. Natural remedies, such as maintaining a consistent sleep schedule, reducing caffeine intake, and using relaxation techniques, can help alleviate these disorders.

## The Role of Nutrition in Sleep

Nutrition plays a significant role in sleep quality. Consuming foods rich in tryptophan, magnesium, and melatonin, such as turkey, almonds, and cherries, can promote restful sleep. Conversely, avoiding sleep-disruptive foods and beverages, like caffeine, alcohol, and heavy meals before bedtime, is essential for maintaining healthy sleep patterns.

## Overcoming Rest and Sleep Challenges

Addressing common obstacles to rest and sleep is key to developing healthy habits. Challenges such as stress, irregular schedules, and environmental factors can be managed with practical strategies. Tips for maintaining healthy sleep habits include sticking to a sleep schedule, creating a bedtime routine, and managing stress through relaxation techniques.

## Summary and Key Takeaways

Recapping the principles of rest and sleep underscores their benefits for health and well-being. Prioritising rest and sleep is crucial for physical, mental, and emotional health. Embracing these natural rejuvenators can lead to improved quality of life and overall health.

# Exercise and Movement for Natural Health

## Introduction to Physical Activity

Physical activity is a cornerstone of natural health, essential for maintaining overall well-being. Movement supports bodily functions, enhances mental health, and promotes longevity. Historically, exercise has been a part of human life, from ancient practices like yoga to the development of modern fitness routines, all emphasizing the importance of staying active.

## Types of Beneficial Exercises

Understanding the different types of exercises is key to creating a well-rounded fitness regimen. Cardiovascular exercises, such as running, cycling, and swimming, improve heart health and endurance. Strength training, including weight lifting and bodyweight exercises, builds muscle mass and bone density. Flexibility and balance exercises, like stretching and balance drills, enhance mobility and prevent injuries.

## Natural Movement Practices

Engaging in natural movement practices can make exercise more enjoyable and sustainable. Walking, running, and outdoor activities connect us with nature and provide cardiovascular benefits. Holistic practices like yoga and tai chi promote flexibility, balance, and mental tranquillity, integrating physical activity with mindfulness.

## Creating an Exercise Routine

Building a balanced exercise routine involves incorporating various types of exercises to address all aspects of fitness. Tips for creating an effective plan include setting realistic goals, scheduling regular workouts, and varying activities to prevent boredom. Example routines can be tailored to different fitness levels, ensuring accessibility for beginners and challenges for advanced practitioners.

## The Role of Exercise in Detoxification

Exercise plays a significant role in the body's detoxification processes. Physical activity stimulates circulation and supports the lymphatic system, helping to remove toxins from the body. Specific exercises, like rebounding or yoga twists, can enhance lymphatic drainage and promote overall detoxification.





## The Mind-Body Connection in Exercise

Physical activity not only benefits the body but also enhances mental and emotional health. Exercise reduces stress, improves mood, and boosts cognitive function. Techniques for mindful movement, such as focusing on breath and body sensations during exercise, can deepen the mind-body connection and enhance the overall experience.

## Overcoming Exercise Challenges

Common obstacles to regular exercise, such as time constraints, lack of motivation, and physical limitations, can be addressed with practical strategies. Tips for staying motivated include setting clear goals, finding an exercise buddy, and celebrating progress. Consistency can be maintained by integrating movement into daily routines and making exercise enjoyable.

## Summary and Key Takeaways

Recapping the principles of exercise highlights the numerous benefits of staying active. Regular physical activity supports physical, mental, and emotional health, contributing to a holistic approach to well-being. Encouragement to incorporate movement into daily life emphasises the importance of making exercise a consistent and enjoyable part of one's lifestyle.

# Emotional Wellness and Healing

## Introduction to Emotional Health

Emotional health is deeply intertwined with physical health, influencing overall well-being. Understanding the historical perspectives on emotional wellness helps us appreciate the long-standing recognition of the mind-body connection. Emotions play a critical role in maintaining health, and addressing emotional well-being is essential for holistic health.

## Understanding Stress and Its Impact

Stress affects the body in profound ways, triggering physiological responses that can lead to health issues if not managed properly. The physiology of stress involves the release of hormones like cortisol and adrenaline, which prepare the body for "fight or flight" responses. Chronic stress can negatively impact the immune system, cardiovascular health, and mental clarity.

## Techniques for Emotional Regulation

Regulating emotions is crucial for maintaining emotional health. Mindfulness and meditation practices help cultivate present-moment awareness and reduce stress. Breathing exercises, such as deep breathing and progressive relaxation techniques, can calm the nervous system and promote relaxation. These practices are effective tools for managing stress and fostering emotional balance.

## The Role of Social Connections

Social connections are vital for emotional well-being. Supportive relationships provide a sense of belonging, reduce feelings of isolation, and enhance resilience. Building a strong social support network involves nurturing existing relationships and seeking new connections that offer emotional support and positive interaction.

## Healing Emotional Wounds

Healing from emotional wounds requires identifying and addressing past traumas. Techniques for emotional healing include therapy, journaling, and expressive arts. These methods help individuals process and release emotional pain, fostering a sense of peace and wholeness.



## The Mind-Body Connection

Emotions have a direct impact on physical health. Positive emotions can enhance immune function, reduce stress hormones, and promote overall health. Techniques for fostering positive emotions include gratitude practices, positive affirmations, and engaging in activities that bring joy and fulfilment.

## Overcoming Emotional Challenges

Common obstacles to emotional wellness, such as stress, past traumas, and negative thought patterns, can be overcome with practical strategies. Tips for maintaining emotional well-being include developing healthy coping mechanisms, seeking professional support when needed, and engaging in regular self-care practices.

## Summary and Key Takeaways

Recapping the principles of emotional wellness highlights their importance for overall health. Emotional health is crucial for physical, mental, and social well-being. Prioritising emotional wellness involves integrating techniques like mindfulness, building supportive relationships, and healing past traumas. Encouragement to maintain emotional health underscores its role in achieving a balanced and fulfilling life.

## Emotional Poise: Cultivating Balance and Resilience

Emotional poise is the state of maintaining balance and composure, especially during stressful or challenging situations. It involves a harmonious interplay between emotions, thoughts, and actions, allowing individuals to navigate life's ups and downs with grace and stability. Cultivating emotional poise is essential for overall well-being and plays a crucial role in mental, physical, and social health.

## Understanding Emotional Poise

Emotional poise is not about suppressing emotions or maintaining a façade of calm at all times. Instead, it is about recognizing and understanding one's emotions, responding to them appropriately, and maintaining inner equilibrium. This balance helps in making thoughtful decisions, fostering healthy relationships, and achieving personal growth.

1. **Emotional Awareness:** Being aware of one's emotions is the first step towards emotional poise. This involves recognizing what you feel, understanding the triggers, and acknowledging the impact of these emotions on your thoughts and behaviours.

2. **Emotional Regulation:** Once aware, the next step is to regulate these emotions. This doesn't mean suppressing them but managing them in a way that they do not overwhelm you. Techniques like deep breathing, mindfulness, and cognitive reframing can help in emotional regulation.
3. **Resilience:** Emotional poise is closely linked to resilience—the ability to bounce back from adversity. Resilient individuals can maintain their poise even in difficult circumstances, learning and growing from these experiences rather than being defeated by them.

## The Importance of Emotional Poise

Emotional poise has far-reaching benefits that extend beyond emotional health. It impacts various aspects of life, including physical health, relationships, and professional success.

1. **Mental Health:** Maintaining emotional balance reduces stress, anxiety, and the risk of depression. It promotes a positive outlook on life and enhances mental clarity.
2. **Physical Health:** Chronic stress and negative emotions can take a toll on physical health, leading to issues like hypertension, heart disease, and weakened immunity. Emotional poise helps in mitigating these risks by reducing stress and promoting a state of calm.
3. **Relationships:** Emotional poise fosters healthier and more fulfilling relationships. It enables effective communication, empathy, and conflict resolution, creating a supportive and understanding environment.
4. **Professional Success:** In the professional realm, emotional poise contributes to better decision-making, leadership, and teamwork. It enhances one's ability to handle pressure, navigate workplace dynamics, and achieve career goals.

## Cultivating Emotional Poise

Developing emotional poise is an ongoing process that requires self-reflection, practice, and commitment. Here are some strategies to cultivate emotional balance and resilience:

1. **Mindfulness and Meditation:** These practices help in becoming more aware of your emotions and thoughts, allowing you to respond rather than react to situations. Regular meditation can enhance emotional regulation and reduce stress.

2. **Breathing Exercises:** Deep breathing techniques can calm the nervous system and reduce the intensity of emotional reactions. Practices like diaphragmatic breathing and the 4-7-8 technique can be particularly effective.
3. **Cognitive Behavioral Techniques:** Cognitive Behavioral Therapy (CBT) techniques can help in identifying and challenging negative thought patterns that contribute to emotional distress. Replacing these with more balanced and constructive thoughts promotes emotional poise.
4. **Physical Activity:** Regular exercise is a powerful tool for managing emotions. It releases endorphins, reduces stress hormones, and promotes overall well-being.
5. **Healthy Lifestyle Choices:** Adequate sleep, a balanced diet, and avoiding substances like alcohol and drugs that can affect mood are crucial for maintaining emotional poise.
6. **Social Support:** Building a strong network of supportive relationships provides a safety net during challenging times. Sharing your feelings with trusted friends or family members can provide comfort and perspective.
7. **Self-Compassion:** Being kind to yourself, especially during setbacks, is essential for emotional resilience. Self-compassion involves recognizing your imperfections and treating yourself with the same kindness and understanding as you would a friend.

## Case Studies and Success Stories

### Case Study 1: Emma's Journey to Emotional Poise

Emma, a high-powered executive, struggled with stress and anxiety due to her demanding job. Through mindfulness meditation and regular physical exercise, she learned to manage her stress effectively. Emma's ability to maintain emotional poise not only improved her mental health but also enhanced her performance at work and strengthened her relationships.

### Case Study 2: John's Path to Resilience

John faced significant personal and professional challenges, including a major career setback and health issues. By practising cognitive behavioural techniques and seeking support from a therapist, John developed resilience and emotional balance. His journey highlights the power of emotional poise in overcoming adversity and achieving personal growth.

### Overcoming Emotional Challenges

Common obstacles to maintaining emotional poise include chronic stress, unresolved trauma, and negative self-talk. Addressing these challenges involves seeking

professional help when needed, practising self-care, and continuously working on emotional awareness and regulation.

### **Summary and Key Takeaways**

Emotional poise is a vital component of overall well-being, enabling individuals to handle life's challenges with grace and resilience. By cultivating emotional awareness, regulation, and resilience, one can achieve a balanced and fulfilling life. Encouragement to prioritise emotional poise underscores its importance in personal growth, relationships, and professional success.

Embracing the journey towards emotional poise requires commitment and practice, but the rewards of a balanced, resilient, and harmonious life are well worth the effort.



# The Role of Sunlight and Fresh Air

## Introduction to Sunlight and Fresh Air

Natural elements like sunlight and fresh air are essential for maintaining optimal health. Historically, sunlight and fresh air have been recognized for their healing properties, and they continue to play a crucial role in holistic health practices. These elements support both physical and mental well-being, reinforcing the connection between nature and health.

## Benefits of Sunlight

Sunlight is vital for both physical and mental health. It aids in the production of vitamin D, which is essential for bone health, immune function, and overall vitality. Sunlight also helps regulate circadian rhythms, which are critical for maintaining a healthy sleep-wake cycle. Exposure to natural light can improve mood, reduce the risk of depression, and enhance overall mental clarity.

## Safe Sun Exposure

While sunlight offers numerous health benefits, it is important to enjoy it safely. Guidelines for healthy sun exposure include spending time in the sun during non-peak hours, typically early morning or late afternoon, and wearing protective clothing and sunscreen. These practices help prevent sunburn and minimise the risk of skin damage and long-term health issues such as skin cancer.

## Importance of Fresh Air

Fresh air is crucial for supporting the body's systems. It enhances oxygen intake, which is essential for cellular function and energy production. Spending time outdoors in fresh air can improve respiratory health, boost the immune system, and enhance mental well-being. The natural environment also encourages physical activity, further promoting health.

## Incorporating Sunlight and Fresh Air into Daily Life

Maximising exposure to sunlight and fresh air can be achieved through simple daily practices. Tips for incorporating these elements into your routine include taking regular outdoor breaks, exercising outside, and creating inviting outdoor spaces for relaxation

and leisure activities. These practices can help integrate the benefits of nature into your daily life.

## Overcoming Challenges to Sunlight and Air Exposure

Common obstacles to regular exposure to sunlight and fresh air include busy schedules, urban living, and inclement weather. Addressing these challenges involves finding creative solutions, such as taking short walks during lunch breaks, seeking out local parks, and dressing appropriately for different weather conditions. Maintaining healthy habits can ensure consistent benefits from these natural elements.

## Summary and Key Takeaways

Recapping the principles of benefiting from sunlight and fresh air emphasises their importance for overall health. Natural elements play a vital role in supporting physical and mental well-being, and integrating them into daily life can lead to significant health improvements. Encouragement to prioritise sunlight and fresh air underscores their essential role in a holistic approach to health.

# Embracing a Holistic Lifestyle

## Integrating Natural Body Intelligence Principles into Daily Life

**Practical Steps for Incorporating Natural Body Intelligence Principles:** Integrating Natural Body Intelligence principles into daily life involves adopting habits that align with the body's natural processes and support overall well-being. Here are actionable steps to get started:

- **Prioritise Whole, Plant-Based Foods:** Focus on consuming a diet rich in fresh fruits, vegetables, nuts, seeds, and whole grains. These foods provide essential nutrients, fibre, and antioxidants. Aim to include a variety of colours and types of produce to ensure a broad range of nutrients.
- **Stay Hydrated:** Drink plenty of water throughout the day. Aim for at least 8 glasses of water daily, more if you are active or in a hot climate.
- **Get Adequate Rest:** Ensure you get 7-9 hours of sleep each night. Establish a regular sleep schedule and create a bedtime routine to improve sleep quality.
- **Exercise Regularly:** Engage in moderate physical activity, such as walking, yoga, swimming, or cycling, for at least 30 minutes a day. Exercise supports cardiovascular health, muscle strength, and mental well-being.
- **Manage Stress:** Incorporate stress-reducing practices into your daily routine, such as meditation, deep breathing exercises, or spending time in nature. Finding healthy ways to cope with stress can improve overall health.

**Creating Routines that Support Health:** Establishing daily routines can help make healthy habits a natural part of your life. Here's how to create routines that support health and well-being:

- **Morning Routine:** Start your day with a glass of water and a healthy breakfast, such as a smoothie with fresh fruits and leafy greens. Incorporate some light exercise, such as stretching or a short walk, to energise your body.
- **Meal Planning:** Plan and prepare meals ahead of time to ensure you have healthy options available. Include plenty of raw and minimally processed foods in your diet. Consider having regular meals and snacks to maintain steady energy levels throughout the day.
- **Evening Routine:** Wind down with relaxing activities such as reading, taking a warm bath, or practising mindfulness meditation. Avoid screens and heavy meals close to bedtime to improve sleep quality.

# Creating a Supportive Environment for Healing

**Designing a Home Environment that Promotes Health:** Your home environment plays a significant role in your overall health. Here are tips for creating a space conducive to healing and well-being:

- **Indoor Air Quality:** Ensure good ventilation and use air purifiers to reduce indoor pollutants. Houseplants can also improve air quality by filtering toxins and adding oxygen to the air.
- **Natural Light:** Maximise exposure to natural light by opening curtains and using mirrors to reflect light. Natural light helps regulate circadian rhythms, improving sleep and mood.
- **Non-Toxic Products:** Use natural cleaning products and avoid chemicals in personal care products. Look for items that are free from synthetic fragrances, dyes, and other harmful substances.

**The Importance of Nature and Natural Light:** Spending time in nature and getting adequate natural light have numerous benefits for physical and mental health:

- **Boosts Mood:** Exposure to natural light increases the production of serotonin, a hormone that improves mood and helps with relaxation. Spending time outdoors can reduce symptoms of depression and anxiety.
- **Supports Vitamin D Production:** Natural sunlight is a primary source of vitamin D, essential for bone health, immune function, and mood regulation. Aim for about 15-30 minutes of sunlight exposure on your skin several times a week.
- **Enhances Physical Health:** Activities like walking, hiking, and gardening provide physical exercise, which can improve cardiovascular health, muscle strength, and overall fitness.
- **Promotes Relaxation:** Being in nature reduces stress levels and promotes a sense of calm and well-being. Activities such as forest bathing (shinrin-yoku) have been shown to lower cortisol levels and reduce stress.

By integrating these Natural Body Intelligence principles into your daily life and creating a supportive environment, you can enhance your health and well-being, aligning your lifestyle with the body's natural processes. This holistic approach helps promote healing, prevent illness, and improve overall quality of life.

# Preparing for Deeper Exploration

## Setting Goals for Implementing Natural Hygiene

Implementing Natural Hygiene principles into your lifestyle can be a transformative journey. Setting achievable health goals is essential for making steady progress and staying motivated. Here's how to create effective goals:

### Identify Specific Areas for Improvement:

- **Nutrition:** Focus on incorporating more raw fruits and vegetables into your diet. Set a goal to add a new raw meal each week or to replace processed snacks with fresh produce.
- **Hydration:** Aim to increase your daily water intake. Start by tracking your current intake and setting a goal to drink an extra glass of water each day until you reach the recommended amount.
- **Physical Activity:** Establish a regular exercise routine that includes activities you enjoy, such as walking, yoga, or swimming. Set specific goals, like walking 10,000 steps a day or attending a yoga class twice a week.
- **Sleep:** Prioritise getting 7-9 hours of sleep each night. Create a bedtime routine that promotes relaxation and improves sleep quality.

### Set SMART Goals:

- **Specific:** Clearly define what you want to achieve. For example, "I will eat at least five servings of raw fruits and vegetables each day."
- **Measurable:** Ensure your goal can be tracked. For instance, "I will drink 64 ounces of water daily."
- **Achievable:** Set realistic goals that are within your reach. Start with small changes that can be gradually increased.
- **Relevant:** Make sure your goals align with your overall health objectives and Natural Hygiene principles.
- **Time-bound:** Set a deadline for achieving your goals. For example, "I will establish a regular exercise routine within the next three months."

### Monitor Progress and Adjust Goals:

- **Track Your Progress:** Keep a journal or use an app to record your daily habits and progress towards your goals. This can help you stay accountable and motivated.

- **Adjust as Needed:** Be flexible and willing to adjust your goals based on your progress and any challenges you encounter. If a particular goal isn't working, modify it to better suit your needs.

### **Resources for Further Learning and Support**

Exploring Natural Hygiene and holistic health practices further can provide valuable knowledge and support. Here are some resources to help you on your journey:

#### **Books:**

- **"The Science and Fine Art of Food and Nutrition" by Arnold Ehret:** A foundational text on the principles of Natural Hygiene and the benefits of a raw food diet.
- **"Natural Hygiene: The Pristine Way of Life" by Herbert M. Shelton**
- **"Fit for Life" by Harvey Diamond and Marilyn Diamond:** Explores the benefits of a raw food diet and Natural Hygiene principles in a practical, easy-to-understand format.

#### **Websites:**

- **Natural Hygiene Society ([naturalhygienesociety.org](http://naturalhygienesociety.org)):** Offers articles, resources, and support for those interested in Natural Hygiene practices.
- **Raw Food Life ([rawfoodlife.com](http://rawfoodlife.com)):** Provides information on the benefits of raw foods, recipes, and success stories.
- **The Detox Specialist Blog ([thedetoxspecialist.com/blog](http://thedetoxspecialist.com/blog)):** Features articles on detoxification, raw foods, and natural health practices.

#### **Support Groups and Communities:**

- **Online Forums:** Join online communities such as the Raw Food Talk forum or the Natural Hygiene group on Facebook to connect with others who share your interest in Natural Hygiene.
- **Local Meetups:** Look for local health and wellness meetups or raw food potlucks to meet like-minded individuals in your area.
- **Workshops and Retreats:** Attend workshops and retreats focused on Natural Hygiene, detoxification, and raw food nutrition to deepen your knowledge and experience hands-on learning.

### **Professional Support:**

- **Holistic Health Coaches:** Consider working with a certified holistic health coach who can provide personalised guidance and support as you implement Natural Hygiene principles.
- **Naturopathic Doctors:** Consult with a naturopathic doctor who understands Natural Hygiene and can offer professional advice tailored to your health needs.

By setting clear goals and utilising available resources, you can deepen your understanding of Natural Hygiene and effectively integrate its principles into your daily life, promoting long-term health and well-being.

# Overcoming Obstacles in Natural Healing

## Introduction to Healing Obstacles

Natural healing can present various challenges that require resilience and persistence to overcome. Recognizing and addressing these obstacles is crucial for maintaining progress and achieving health goals. Understanding common hurdles helps in preparing and developing strategies to navigate them effectively.

## Identifying Personal Obstacles

Recognizing personal obstacles involves understanding physical, emotional, and environmental barriers that may impede natural healing. Self-assessment techniques, such as journaling and reflective practices, can help identify specific challenges and areas needing attention.

## Developing a Positive Mindset

Cultivating a resilient and positive outlook is essential for overcoming obstacles. Strategies include practising affirmations, visualisation, and mindfulness. These techniques help build mental strength, foster optimism, and maintain motivation during difficult times.

## Practical Solutions for Common Challenges

Addressing dietary and lifestyle hurdles involves practical solutions tailored to individual needs. Tips for overcoming cravings include finding healthy alternatives, practising mindful eating, and keeping a food journal. Adopting new, healthier habits gradually can make the transition smoother.

## Emotional and Mental Roadblocks

Managing stress, anxiety, and emotional setbacks is critical for natural healing. Techniques such as deep breathing exercises, meditation, and therapy can help manage emotional health. Recognizing the importance of emotional healing ensures a holistic approach to overcoming obstacles.

## Creating a Plan for Success



Setting realistic goals and milestones provides a clear roadmap for addressing obstacles. Developing a step-by-step plan involves breaking down large goals into manageable tasks, setting timelines, and celebrating small victories along the way. This structured approach keeps the healing journey on track.

## Building a Support Network

Leveraging social support can significantly aid in overcoming challenges. Finding accountability partners, mentors, or joining support groups provides encouragement, advice, and shared experiences. A strong support network fosters a sense of community and motivation.

## Summary and Key Takeaways

Recapping the strategies for overcoming healing obstacles emphasises the importance of resilience, positive mindset, practical solutions, emotional health, planning, and support networks. Encouragement to persist and adapt reinforces the idea that the journey to natural healing is continuous and requires dedication. Embracing these principles can help navigate obstacles and achieve lasting health improvements.

# Case Studies /Questions/Testimonials

## Real-Life Examples

### **Case Study 1: John's Journey to Overcoming Chronic Fatigue**

John, a 45-year-old man, struggled with chronic fatigue for over a decade. Traditional medicine offered little relief, leading him to explore Natural Body Intelligence. By adopting a raw food diet, incorporating regular fasting, and prioritising adequate sleep and exercise, John experienced a significant improvement in his energy levels within six months. His story highlights the transformative power of Natural Body Intelligence principles.

### **Case Study 2: Sarah's Battle with Digestive Issues**

Sarah, a 32-year-old woman, suffered from severe digestive issues, including IBS. After years of medications with minimal relief, she turned to Natural Body Intelligence. By eliminating processed foods, focusing on raw fruits and vegetables, and practising intermittent fasting, Sarah's symptoms drastically improved. Her case demonstrates the impact of dietary changes and natural detoxification on gut health.

### **Case Study 3: Mark's Weight Loss Success**

Mark, a 50-year-old man, faced obesity and related health issues. Through Natural Body Intelligence, he embraced a diet rich in fresh fruits and vegetables, consistent exercise, and regular hydration. Over the course of a year, Mark lost 70 pounds and saw improvements in his overall health markers, including blood pressure and cholesterol levels. His journey underscores the effectiveness of a holistic approach to weight management.

## Common Questions and Answers

### **Q1: What is the fundamental principle of Natural Body Intelligence?**

**A1:** Natural Body Intelligence is based on the principle that the body has an intrinsic ability to heal and regulate itself when provided with the right conditions, such as proper diet, rest, exercise, and avoidance of harmful substances.

### **Q2: Can Natural Body Intelligence principles be applied alongside conventional medicine?**

**A2:** While some people choose to integrate Natural Body Intelligence with conventional medicine, it's essential to consult with healthcare professionals to ensure safety and effectiveness. Natural Body Intelligence often emphasises minimising external interventions, focusing instead on natural healing processes.

**Q3: What are the most important foods in a Natural Body Intelligence diet?**

**A3:** The diet prioritises raw fruits and vegetables, nuts, seeds, and minimal processing to maintain nutrient density. Avoiding processed foods, refined sugars, and artificial additives is crucial.

**Q4: How does fasting benefit the body in Natural Body Intelligence?**

**A4:** Fasting supports the body's natural detoxification processes, giving the digestive system a rest and allowing the body to focus on healing and repair.

**Q5: What role does hydration play in Natural Body Intelligence?**

**A5:** Proper hydration is vital for maintaining bodily functions, supporting detoxification, and promoting overall health. Drinking clean, pure water is emphasised.

## Personal Reflections and Testimonials

**Reflection from Emily:**

*"Adopting Natural Body Intelligence transformed my life. I went from constant fatigue and digestive issues to feeling vibrant and healthy. The support of the Natural Body Intelligence community has been invaluable."*

**Testimonial from Alex:**

*"Natural Body Intelligence principles helped me lose weight and regain my health. The simplicity and effectiveness of focusing on natural foods and regular fasting made all the difference."*

**Testimonial from Debbie:**

*"For a long long time I had severe 'allergies'... runny nose, congestion, tearing etc almost daily practically weekly for 7 years straight. I figured out the biggest trigger was going barefoot and high histamine foods and junk food. So I wore socks for 2 years straight while intermittent fasting a shit ton and cleaning up my diet. All my allergies went away almost instantly."*

*I don't have to wear socks anymore and I do feel allergies come around if I'm eating like crap, that includes being more sensitive to dust. I remember fasting a ton and cleaning out wicked dusty closets and I was completely fine. If I did that 5 years ago, my face would be in tears, puffy and I would be congested for days.”*

## Quotes

“It is always a much easier task to educate uneducated people than to re-educate the mis-educated.”

— Herbert M. Shelton, **Getting Well**

“Surgeons can cut out everything except the cause.”

— Herbert M. Shelton

“You are free to choose your own way of life, but you are not free to choose the results.”

— Herbert M. Shelton, **Getting Well**

“You don't need treatment. The fever, inflammation, coughing, etc., constitute the healing process. Just get out of their way and permit them to complete their work. Don't try to 'aid' nature. She doesn't need your puny aid—she only asks that you cease interfering.”

— Herbert M. Shelton, **Getting Well**

“Health and disease are the same thing—vital action intended to preserve, maintain, and protect the body. There is no more reason for treating disease than there is for treating health.”

— Herbert M. Shelton

“What the sick need is teachers not treaters, health schools not hospitals, instruction not treatment, education in right living not training the sick habit. Both they and their advisors must get rid of the curing idea and the practices built up thereon.”

— **Herbert M. Shelton, Getting Well**

“Healing is a biological process, not an art. It is as much a function of the living organism as respiration, digestion, circulation, excretion, cell proliferation, or nerve activity. It is a ceaseless process, as constant as the turning of the earth on its axis. Man can neither duplicate nor imitate nor provide a substitute for the process. All schools of healing are frauds.”

— **Herbert M. Shelton, Fasting for Renewal of Life**

“To starve is to die; to fast is to live.”

— **Herbert M. Shelton, Fasting and Sun Bathing**

“Cutting out bad habits is far more effective than cutting out organs.”

— **Herbert M. Shelton, Fasting for Renewal of Life**

"We are all warned to read labels. The salutary truth is that we shouldn't be eating anything that has a label on it!"

— **T.C. Fry (The Health Formula)**

"What are called viruses are always dead and incapable of any acts whatsoever. Dead matter may be acted upon but never acts of itself."

— **T.C. Fry (The Great AIDS Hoax)**

"Salt is wholly innutritious; it affords no nourishment to any structure or substance of the human body. It is utterly indigestible, entering and going the rounds of the general circulation and leaving the body as an unassimilated mineral substance."

— **Sylvester Graham**

## Encouragement for Continued Growth

Staying committed to Natural Body Intelligence requires motivation and dedication. Remember that health is an ongoing journey, and embracing natural body intelligence means continuously learning and adapting. Celebrate small victories and stay inspired by the transformative power of natural healing.

## Final Thoughts and Inspiration

Natural Body Intelligence offers a holistic approach to health, emphasising the body's inherent wisdom and natural healing capabilities. By aligning our lifestyles with natural principles, we can achieve and maintain optimal health. Embrace this journey with an open heart and mind, and inspire others to explore the benefits of Natural Body Intelligence.

# Questions from Doctors and the General Public

**I was under the impression that the primary nutrient humans need is protein for the maintenance of body cells. You say carbohydrates are our primary nutrient need.**

**Why this discrepancy?**

The discrepancy exists because our protein need has been overemphasised and our carbohydrates need has been underemphasized. In the field of nutrition, as in other fields, fads come and go. The excessive concern about obtaining adequate protein has so permeated the minds of most people that it has become a very dangerous preoccupation. It is dangerous because too much protein in the diet is very harmful and is the cause of much of the disease and suffering so many people are experiencing.

**Why has our need for protein become so exaggerated? Why is our need for carbohydrates underestimated?**

The meat and dairy industries, with the support of the government, are largely responsible for the “protein fashion.” Their message has become a part of the public education systems, its textbooks, its universities, everything it teaches. They want us to believe that those foods which are the most unhealthy, such as meat, fish, eggs, milk and cheese are the most important part of our diet. Secondly, carbohydrates from grains and breads are promoted mostly for the benefit of the refining and baking concerns that bring us Wonder Bread, Cheerios, Pop Tarts, etc.

Fruits and vegetables are given very low priority, as the money to be made from marketing these foods is much less than from the nonperishable “foods” and the animal products.

Why have carbohydrates been underemphasized? For one thing, most people, being naturally attracted to sweet things (we are natural biological fruit eaters), manage to get more than enough carbohydrates in their daily diets. This is especially so when we consider the quantity of sugar (refined sugar cane or beets) in the average diet. Desserts, breads, pastas and cereals are quite popular, though these kinds of carbohydrates cause disease because of their nutritional lack of vitamins, minerals, fibre, water, etc., and for other reasons.



Also, a large number of people in our country are weight conscious, and carbohydrates have been named as the culprit. But excessive proteins are even worse than excessive carbohydrates! While weight may be lost on a high-protein/low-carbohydrate diet, the harm being done to the organism is more than the harm from keeping the excess fat. The key is to consume natural carbohydrates in the form of fresh fruits rather than processed products. Anyone desiring to lose weight can easily do so on an all-fruit or mostly-fruit diet and gain excellent health while doing so. It's the quality of the carbohydrates consumed that makes the difference. Fresh fruits just don't cause people to gain weight, even if large amounts are eaten.

One more note on this subject: One physiology text condones the high-protein diet, even though it states in the same chapter that carbohydrates are the most efficient fuel foods. The reasoning for this is that "adequate nutrition is possible ...if the need for calories, essential food factors, vitamins and minerals is met."

Of course, they are referring to the body's ability to utilise proteins as carbohydrates if the intake of carbohydrates is insufficient. As you know, this is an extremely inefficient, wasteful process that is also harmful. The harm caused by excess protein and animal foods will be discussed in more depth in later lessons.

**You spoke of losing weight on a fruit diet, but isn't it true that a person will gain weight on any kind of diet as long as the calories taken in are greater than the energy expended?**

Yes, it is definitely true that a person will gain weight if they consume more calories than they expend. However, anyone who is serious about losing weight must pursue an exercise program of some sort. While a person can lose weight by dieting (or fasting) alone, the loss of excess fat must be accompanied by an improvement in overall health if it is to be worthwhile and an exercise program is essential to good health, even if it's taken up after a fast.

Because fresh fruits contain much more water than other sources of carbohydrates, they provide satisfaction and a feeling of fullness after relatively few calories are consumed. (Of course, this is not true of dates or dried fruits, which should either be excluded from a weight loss diet or taken in moderation.) It is almost impossible to consume more calories than you expend on a fresh fruit diet assuming you are active and get daily exercise.

### **Is it possible for a person to gain weight on the diet you advocate?**

Yes. Except in rare (relatively) cases where emaciation has occurred, gaining fat is usually not desirable. Many studies have shown that exceptionally lean people have longer lifespans and fewer diseases than people we would consider of “normal” weight. As a rule, lean is best. The important factor is the building of muscle, which can be done with the use of weights, along with a well-rounded exercise program (stretching exercises and aerobic exercises) or to a lesser degree without the use of weights.

Body muscle can be developed in any number of ways from swimming or running (or both) to callisthenics or tennis. Ideally, your program should include some resistance exercises (weights, push-ups, pull-ups, situps, etc.), some aerobic activities and some stretching exercises, and should work all the body muscles.

A truly attractive body is not one with five or ten pounds of extra fat, but one that is firm and filled out by normal musculature. For those people who are emaciated and do need to gain fat, this should not be rushed. In addition to obtaining generous amounts of exercise (as outlined briefly above), the excessively thin person should make sure his or her life is not too stressful. Also, he or she should consider a fast if there is a chance that adequate calories have been consumed but the body is unable to use them. A physiological rest may be needed more than tremendous amounts of food in this case.

When it comes to eating, people of all body weights should eat normal amounts of healthful foods. Weight gain or loss is a body activity that will occur naturally if we provide the normal and proper conditions of life. Gaining or losing weight is not something we do; rather, it is something the body does. We just provide our needs, and the organism will normalise itself.

**Feeding the people in the United States and in the world would not be possible without the food processing industries. There wouldn't be enough fresh fruits to feed everyone. The diet you propose is totally impractical. How do you answer to This?**

I'm glad you asked that question! The food processing industries are not in business to see that a larger amount of food is available to the world's people. Rather, they are in

business to make money. Everyone would be better fed, even on a diet of grains, which is very inferior to the fruit diet, if they were consumed in their whole form rather than processed. Foods are more nutritious before they are processed, so people would be healthier if it weren't for these industries. The food processing industries do not increase the quantity of food available, either. It is the food growers (farmers and orchardists) who ensure that people get enough food. Fruit culture and organic gardening could feed the world's population more than adequately if the money and labour now used for food processing (destruction) was instead used for growing fruits and vegetables by organic means. This would, of course, have to happen at least somewhat gradually, but it is possible if enough people agreed to it. The whole world could become The Garden! Wouldn't orchards and vineyards of fruit and nut trees be more appealing to the senses in every way than food refining plants and factories?

People's health could improve so much that the drug industry could also divert its money and labour to healthful endeavours. Hospitals could be turned into schools, hotels, gyms! As you can see, the possibilities are enormous and exciting! No, our natural diet is far from impractical. The earth is perfectly equipped for the growing of fruit and nut trees and vegetables. Food could also be supplied to those areas where little or no food can be grown in some seasons by using money and manpower for effective food distribution. Nuts, seeds, dates, dried fruits and seeds and beans for sprouting all ship and store relatively well.

**I and many other people have more regular bowel movements because we include bran in our diet. Would you consider this a fairly wholesome part of some people's diet because of its anti-constipation effect?**

Absolutely not! Bran is a food fragment; that is, it is only part of the wholewheat berry. It has many sharp edges which irritate and cut the delicate tissues within the gastrointestinal tract. Humans require their carbohydrate in the form of usable sugars not in the form of indigestible cellulose. As far as regular bowel movements go, you will definitely have them on a diet consisting primarily of the foods of our biological adaptation fresh fruits. It is not for you, me or anyone else to decide how large or how frequent our bowel movements should be; this is strictly a body process that should remain entirely on a subconscious level. We should never have to think about it at all, let alone talk about it. And on the proper diet, you can be sure that everything is happening as it should within your body, for, as you know, the inherent intelligence of your body is great. Our only responsibility is to provide the normal needs of life and then just live. The body will take care of its own needs.

**I'm hypoglycemic. There's no way I could ever go on the fruit diet you advocate. I can get my carbohydrates from starch foods, can't I?**

Yes, you can get your carbohydrates from starch foods. Because of the special problems of such starches as grains (phytic acid; their acid effect), beets (oxalic acid, which binds calcium) and beans (also contain much protein, which makes them digest very poorly), you should stick to lightly-steamed potatoes, yams, cauliflower, carrots and sweet potatoes rather than using grains, beans or beets. They Can also be eaten raw or juiced if you like. You may include sprouted seeds and beans, such as chickpeas (garbanzos), dry peas, mung beans, alfalfa seeds, etc., as well as lots of vegetables and non-sweet fruits and some nuts, seeds and avocados in your diet.

However, do not overdo the oily foods (nuts, seeds, avocados). Rice and millet are the best of the grains, and can be used in moderation, especially with large raw vegetable salads that contain vegetables such as lettuce, broccoli, cabbage, kale, celery, etc., but that does not contain nuts, seeds, avocados, tomatoes or starch foods. (The rice or millet is sufficient starch for one meal.)

Other relatively wholesome starch foods you may want to consider to insure more variety (if variety is important to you) are winter squashes, pumpkins, caladium roots, taro roots, cassava roots and Jerusalem artichokes. Rutabaga and salsify are also wholesome starch foods. (You may not be able to obtain some of the foods listed above, but keep your eyes and ears open.)

Keep in mind that starches are not ideal foods for humans, even hypoglycemic humans. Starches remain second-rate sources of carbohydrates. For best results in using them, use just one kind of starch food at a given meal and follow correct food combining rules (as briefly explained in this section, but to be discussed in greater depth in a later lesson) and chew your food well.

Also, refrain from drinking anything during or within 2-3 hours after your meals. Understand that you cannot obtain optimum health on a diet consisting of cooked starches as your primary source of carbohydrates.

I recommend that, as soon as possible, you take a supervised fast. Hypoglycemics can and do fast and with excellent results. Many can return to a normal diet that includes lots of fruits. Most or all can include fruits as a substantial part of their diet, though their intake of the very sweet fruits such as dates, dried fruits and persimmons may be restricted. Some fruits contain much less sugar than others and can be tolerated well by "recovering hypoglycemics."

Whether you fast or not, if you begin living and eating more healthfully, you will be able to eat some fruits, at least in moderation, right away or very soon. As your body begins to normalise and gets rid of stored up toxins that contribute to our problem, you will be able to consume a larger and larger proportion of fruits in your diet. A hypoglycemic does not have to remain hypoglycemic forever. Health Results from healthful living so live healthfully and you will get well.

### **Are indigestion and acidosis diseases or just passing little crises?**

These are diseases even though usually of short duration. Anything that puts us at unease is disease. While there is no such thing as acidosis because we'd die long before our body fluids reached the acid stage, there is such a thing as hypo-alkalinity. A reduction in alkalinity from a pH of 7.40 to as little as 7.35 is enough to bring on coma and another five to ten points lower may cause death. Indigestion and what is called acidosis are usually caused by eating foods in incompatible digestive combinations and in eating a predominantly acid-forming diet. These are the primary causes of these complaints.

### **You said that diseases are not contagious. If so, how do you explain away venereal disease? That's proven to be contagious.**

I've responded to this in a way before but I'll go over these grounds again. Conventional thinking has it that gonococcus and spirochetes are transferred from one person to another during the sexual act. The "infected" person will then develop either gonorrhoea or syphilis.

Even the medical profession is deserting this long held belief today in favour of the herpes virus as causing what is called venereal disease. First, syphilis is a figment of the medical imagination. Most of what is described as syphilis in the books of yesteryear were effects of mercury and sulfa drugs which the profession administered so liberally. What is described as gonorrhoea is no more serious than the canker sores of the mouth. Both are eliminative steps by the body. The ulceration and suppuration represent the fifth stage of the evolution of disease. The so-called contagious factors, bacteria, are there because of the disease, not the cause of it. In fact something like 20% of those who suffer venereal diseases have neither gonococcus nor spirochetes.

Saying that a pimple, ulcer or pustule in the sexual area is caused by either bacteria or viruses is like saying boils are caused by the same when it is generally agreed that boils

are a result of filth in the body. Both are the same processes but occur in different areas of the body. Besides, it must be recognized that the autolysis of tissue and the creation of inflammations and boils are body actions, not bacterial or viral actions. It is not true that venereal diseases are contagious.

The U.S. Navy conducted experiments wherein it was shown that so-called infected persons could not infect healthy persons. When I was with a vice squad in Japan we had cases of so-called infected prostitutes who had been with dozens of GI's, none of whom contracted the disease. On the other hand there are many who have infections in the sexual area who have not been in contact with anyone, especially in small children who do sometimes have infections in the sexual area. The concept of contagion is unproven despite appearances.

It is a medical scareword that stampedes customers into the offices of medical practitioners. It's much like insurance companies who like to see fires and pay off for that makes it all the easier to sell insurance. It seems rather impudent of you to say millions of scientists, doctors, researchers and teachers of medical science are all wrong.

**Isn't it just possible that you're wrong about disease being body action instead of bacterial or viral action? Isn't it just possible that the medical people who've been around so long are really right?**

Old myths die hard, don't they? The older and more revered the myth, the harder it is to dispel. Your question would have done well nearly five hundred years ago when Copernicus presented his heliocentric theory of the solar system. It's just difficult to believe that everyone can be wrong. But I insist that the whole profession operates on a wrong premise. The fact that fasting will enable an organism to heal quickly in injury or illness and drugging will defer or prevent healing altogether is some indication of the error of the medical school of thought. The very word medicine is a misnomer. The word means healing agent or substance. There is not such an agent or substance. Healing is always the sole prerogative of the affected organism. There's not enough intelligence and 'know how' in the collective knowledge of the world to affect the knitting of a bone within an organism. Healing is, I repeat, entirely a body process.

The impudence lies not with me but with those who deny the obvious and plainly evident truth. Age does not make beliefs true, and truth never changes with age. The belief that the world was flat was accepted by millions over nearly two thousand years but that did not flatten the world. Likewise if the masses of our people do not accept obvious truths, truths that account for everything in health and disease and are

demonstrable when put to the test, then it is those who deny the obvious that are impudent.

Should I repeat an old refrain: "I'd rather be right with a persecuted few than wrong with many."

**I know about the swine flu hoax but is the measles vaccination really a hoax too? If children are exposed to the measles they get it; but if they have been vaccinated they don't get it, right?**

It's general knowledge that the swine flu vaccination was a hoax. It is only a question of time before people will learn of the tetanus hoax, the rabies hoax, the whooping cough hoax, the measles hoax and other medical hoaxes. If children are exposed to others who have the measles they don't "catch" it. It is not something that is contagious.

What is "contagious" are the food habits that cause it (any unhealthy living habits, wrong food combinations, stress, etc.). But children usually do not have measles if their system is too drugged and devitalized. And that's what happens when they're vaccinated. They cannot conduct the simple eliminative crisis called measles. If they cannot have measles they'll sooner or later have something worse like cancer! Measles is a body instituted and conducted crisis to get rid of toxic accumulations. Vaccinal interference destroys the vitality necessary to have measles. Measles is helpful, not hurtful. The body creates the measles and keeps the process in force until body cleansing has been completed. Contrary to medical myth, the body will not harm itself by conducting this or any other crisis. This is more than can be said for the vaccines, which are poisonous in themselves. The harm said to be derived from measles is actually from the "heroic" drugging and treatment administered by the medical profession. Measles and other acute diseases are helpful body functions; the body is grappling with an overload of toxic materials. Vaccinations and drugging add to these toxic materials. They are never a "preventive" or an antidote. They can make matters worse but they have no intelligence or ability to help under any circumstances.

**If vaccinations don't give us immunity, how about the antibodies vaccinated organisms produce? Don't antibodies really defend against a virus as in the case of measles?**

The truth is that the body does not create new defensive faculties in response to a poison. Rather it has its defensive faculties destroyed. Putting a question that way is like

saying that the body creates antibodies to defend against tar and nicotine in cigarette smoking because the body can tolerate ever greater quantities without the same ill effects as with the first cigarette of life. The body can't tolerate smoke any better after a thousand smokes than after one. The body no longer defends against the pathogenic poisons of cigarette smoke simply because its defences have been destroyed, not built up. Medical researchers will tell you that "antibodies" are merely presumed and not something actually demonstrable in the laboratory as a new body faculty. They are presumed because, when vaccines are administered, most recipients no longer get the disease. This is because the body's defensive faculties are destroyed, not enhanced. The body's ability to conduct the simple cleansing crisis known as measles is so debilitated by the vaccinal poison that it retains what would normally be expelled. It's no accident that cancer is now the number one killer of our children. When simple cleansing cannot occur, the body all the more quickly evolves to the next and succeeding stages of disease. Antibodies are, I repeat, a medical myth, a figment of the medical imagination.

**Well, you've just admitted that vaccines lower the incidence of measles. Isn't that a good thing since measles can cause brain damage?**

How can I get this across that measles are not a bane but a boon. If the body is filthy inside, a cleansing is a good thing. Measles are a cleansing process. The body conducts the crisis called measles and it is doing so to help itself, not hurt itself. The body never injures itself except where injury is necessary as the lesser of two evils. Brain damage does not occur from a cleansing crisis. Rather, it is the drugs that are administered in such a crisis that are responsible for the damage. Physicians damage many people with their drugs and conveniently place all blame on the body's noble reparative efforts rather than take responsibility.

**How can you prove that a sickness is caused by toxicity rather than germs? Do you base your statement on laboratory proof or on empirical observations?**

Were germs the cause of disease there would be no remission. If they had the power to successfully attack living tissue and proliferate enough to lay a person low as is commonly supposed, then the results would be like the effects of rotten apples amidst good ones; they'd all soon be bad. Humans simply would not survive the ordeal and there would be no human race. Should we fast people who were laid low with a germ-caused disease the fasting would not kill off the germs. Just as a rotten apple can spoil the good ones so, too, the germ proliferation would continue whether we are



eating or fasting. Actually people who fast recover health rapidly whereas, if they continue to eat and take drugs, they recover slowly if at all.

Actually there have been fasts conducted under laboratory conditions in many hospitals and university medical centres with controls. It has been proven beyond doubt that the body cleanses itself under the condition of fasting and heals two or three times faster when fasting than in alimentation and/or drug therapy.

Medical experimentation with fasting has been conducted at the University of Illinois in Chicago and the University of Pennsylvania in Philadelphia. You won't have to delve much into the literature on fasting to come up with the results observed. All medical research has proven the truth of the toxemia causation of disease regardless of the misinterpretations of the researchers. Researchers usually interpret their data to suit those who are paying for the experimentation, usually drug companies or drug beneficiaries. If the experiments are too contrary to the ends sought they are usually buried quietly. Both laboratory evidence and empirical observations substantiate that disease is a body reaction to intoxication rather than germs.

### **How can we convince our clientele that they're responsible for their diseases and that it is not just a bit of bad luck that has befallen them?**

Fortunately, you don't have to lay the load of responsibility on your clients' shoulders. Your clients will at first be "cure-minded" and want a way out of the dilemma. You can point out the positive way back to health without getting into culpability. You can have them fill out an extensive questionnaire which we've developed and the answers to which are advance weighted so that you can suggest changes in the customer's living regime. You can make the process one of adventure and exploration by holding forth the benefits to be obtained by doing this and this and not doing that and that anymore. Dr. Jennings had people fasting under a deception. He gave them bread and sugar pills, what we'd call placebos, and instructed them to take water with them four or five times daily. With that he advised bed rest, fresh air, etc. He cautioned against taking anything with the pills other than water, otherwise they would not work. The results his clients realised were nothing short of miraculous. His patients were recovering 100% while his medical colleagues who were into heroic drugging lost patients in epidemic numbers. You can impute health magic to certain foods or limited diets, even a distilled water diet. But you can assure a healthful outcome only within certain parameters. Hence the client will likely go along with you in the matter of his welfare just as he or she goes along with every charlatan in the medical or other fields of the so-called healing arts. I reiterate that you can make a game of this, i.e., make it an interesting adventure rather than an

onerous chore. The education and wherefore can follow the results. People are interested in results and you are there to show them how. People believe in the magic of nutrition and we're going to teach it to you as it really is. We'll teach it to you so that you can guide your clients back to health most speedily, not only in matters of diet but diet within the context of a thoroughgoing health regimen. You can always give instructions that are completely appropriate and straightforward that will enable the client to quickly regain health. Yet you can do it in such a manner as to make it an exciting enterprise. You'll cultivate this confident manner of knowing just what is called for by sympathetic and empathic consideration of your client's problems as related to you through questionnaire and verbal complaint.

**I find no fault with the toxemia explanation of disease but it seems too utterly simple to be for real. Do you think our clients will go for this?**

I must repeat that your clients aren't interested in theories or explanations. They're looking for results, a magic carpet from a state of disease to a state of health. Just wave the magic wand of nutritional salvation before them within the context of a thoroughgoing health regime and they'll usually follow it religiously. Your expertise will awe them and once word of mouth has gotten around about the miraculous results your guidance makes possible, clients will flock to you.

**With the catalogue of things you've listed I feel uptight even considering using a bar of soap around the house. Isn't there anything we can use that is non-polluting with which to clean the house, floors, clothes, dishes and our bodies?**

Yes, there are products that are relatively non-polluting and which yield excellent results. For cleaning clothes you should consider Basic-L from Shaklee products. For cleaning floors, dishes and even cars a solution of Shaklee's Basic-H will do wonders. Amway and other companies also produce similar non-polluting biodegradable products. For your body you need no soap or cleanser. A good fibre brush or washcloth is all you need while under a shower or in a bathtub. If you want to use a cleaner on your body, Shaklee's Basic-H is fine.

**Can't we use any cosmetics at all?**

Of course you can use cosmetics, but keep in mind that not one is healthy. Moreover they are unneeded by a healthy person. They detract rather than add to beauty. And they only compound skin problems for an unhealthy person. Beauty is natural. When in health your eyes and skin radiate their condition, just as they look sallow, pallid and in poor tone when unhealthy. We advise against the use of cosmetics under all conditions. Also, skin creams and oils of all sorts, including suntan oils and lotions only complicate the problem they are used for and cripple the body's oil producing ability.

**I have a friend who smokes a pack and a half of cigarettes daily, drinks beer and eats junk food. He appears to be in excellent health and is quite active. By all that you've said he should be a corpse. How can you explain something like this?**

*How old is your friend? 34.*

Your friend is still, obviously, only a babe relative to potential and is still living on youthful capital. He might continue this pattern for another five, ten or even twenty years, but the penalty for not meeting life's needs correctly must sooner or later be suffered. When you read the disease statistics and see the human wreckage resulting from the tobacco, alcohol and junk food habits, you'll know that most humans exhaust their endowments rather quickly, even in their thirties, and succumb to cardiovascular problems, chronic cough, cancer or other degenerative diseases. Most smokers know the dangers of their habits but feel themselves to be exempt from them. It's something that always happens to the other person. All sins against our bodies must be paid. There is no dispensation in nature.

**You've condemned deodorants. Are they very harmful? What is a person to do to control body odour? Deodorants are poisonous.**

Their toxic effects cause the skin pores at points of application to close up so as to exclude their chemicals from the inner sanctum. This prevents body perspiration and exudation. They are properly called antiperspirants for this reason. A person who has body odour should strive to go to the source of the problem. Body odour is not natural. Healthy persons do not have body odours. Foul smells are produced by a foul system. Clean up the body and it ceases to exude unpleasant smells. Do you mean that people who have body odours, bad breath and so on are really sick inside? That is the case. Healthy cells, tissues, fluids and organs do not smell rotten or foul. Obnoxious odours come from decomposing materials.

**Just the other day I read that distilled water, because it's heated in the distillation process, causes leukocytosis just as cooked food does. As you advocate distilled water, what do you say to this?**

This is untrue. Leukocytosis, the proliferation of white blood corpuscles, results from poisons entering the bloodstream. The inorganic debris resulting from cooked foods will cause this malady, but distilled water causes no decomposition or poisonous substances. The distilled water was water before, during and after the process of distilling. It was not changed except that impurities it held before distilling have been left behind. The truth is that mineralized water causes leukocytosis. The inorganic minerals of water are toxic and cause a toxic reaction by the body. Leukocytosis is but one of the body's defensive mechanisms against toxic materials. Those who employ this argument are trying to defend the use of mineralized waters, but there is no defence for using impure waters.

**I've heard it said that distilled water will cause heart attacks. In fact, this claim was made as a result of a scientific study in England. Do you deny this?**

Yes, investigators of the report found that, in a certain English city whose people drank hard (heavily-mineralized) water, the death rate from heart attack per 100,000 was 436 per year. The death rate in a nearby city that had soft water (water with fewer minerals) was 448 per year, just 12 deaths more. This implies that perhaps soft water causes heart attacks and minerals in solution prevents them. But these investigators found the following significant omissions from the report: The soft water drinkers had a lead pipe system throughout the city whereas the hard water drinkers had a copper pipe system for the most part. Lead is much more toxic than copper.

**Does fluoridation really make teeth stronger and healthier?**

Absolutely not! Fluorides in an inorganic form are toxic. Ingested fluorides have an affinity for calcium. Insofar as they unite with calcium they destroy bone and teeth. The body defends against fluorides by, at first, hardening the bones and teeth. Then they become brittle and break down under ordinary eating. St. David's, Arizona, has natural fluorides to the extent of about eight parts per million of its drinking water. Perhaps there is no worse example of poor teeth in America than there. About 50% of America's drinking water has been fluoridated for some 30 years. For all that, America's collective

mouth is still the biggest disaster area of the body! Nearly 99% of Americans have bad teeth. One in every seven have no teeth at all. Inasmuch as almost all of these are adults, that means one in every five adults have no natural teeth.

### **What are our real protein needs and how can we possibly get these from fruits?**

Fruits aren't protein foods. Tests conducted by Professor Chittenden of Yale and others indicate that an average man requires about 25 grams of protein daily. There are people in some South Pacific Islands and elsewhere that live primarily on starch foods, especially cassavas. Their diet is low in protein—only about 15 grams daily. Yet these people are reported to be in excellent health. The body has the capability to recycle most of its protein wastes. Cassava, the main starch food eaten by these South Pacific people, has only about 1/5th of 1% protein, about one sixth of that of bananas. Moreover, these people cook their cassava. They are said to eat six to ten pounds of this food daily. Our real protein needs are about 25 grams daily. The average fruit contains 1% protein. We should eat 2,500 grams of fruits daily, about five and a half pounds with water content. For an average man, this is not a tremendous amount of food. The average American consumes about seven pounds of food daily and ingests 94 grams of protein. Moreover, this diet is so heavy in fat that about 44% of America's caloric intake is derived from that source. True, fruits aren't protein foods. But neither are we protein eaters as are carnivores. But look at those who do eat protein foods such as meats, cheese, etc. They are a diseased lot. In fact, most Americans are sick and the fact that they daily take in about four times their protein requirements is a contributing factor. Fruits, we repeat, furnish us amply with our protein needs in an easily used form. This is particularly true if you include avocados and/or nuts, both of which are technically fruits.

**You've never had one good word to say about drugs. In fact, you've knocked them so much and carried the definition so far as to make almost everyone a drug addict of one kind or another. If they were so harmful, surely we'd all be long since dead.**

Humans are a hardy lot. They represent an aggregation of some hundred trillion cells with thousands of guardian angels. The impulse to life is great. We have a tremendous capacity for eliminating poisons. Despite this, most of us are diseased. How many assaults of food poisoning from condiments and cooked foods can we withstand? Most Americans have 50,000 to 70,000 bouts of leukocytosis before they die from it in the form of some degenerative disease, usually cancer or cardio-vascular problems. We

cut our life potential in half. If drugs had any value in the organism they would be foods, not drugs. Drugs are one and all poisonous regardless of their source. Almost every American is hooked on drugs of some kind.

**Don't certain types of foods help you get well? Juices and fruits help you clean out. Garlic is well known to help high blood pressure cases. Aloes helps heal wounds and ulcers.**

Can you imagine a fruit or a fruit juice with an inborn intelligence and will such that, when consumed, instead of being digested, it goes into the bloodstream and promptly starts rounding up toxic materials and putting them out of the body? Let's emphasise again and again that foods do not act in the body, that all the action is from the organism. Chemical actions may occur from chemicals in ingesta, yes, but any actions other than body actions are toxic actions. However, fruits and juices are so easily digested and used and introduce so little food debris into our bodies that they do leave the body with extra energy to perform its duties. When freed of the burdens of eliminating toxins from polluting foods and digesting unsuitable foods, the body devotes itself to extraordinary cleansing with the extra energies available. Garlic does not help high blood pressure. In the presence of allicin and mustard oil, two of the toxic substances in garlic, the organism dilates its blood vessels to more quickly circulate blood and expel these toxins. The heart beats faster and leukocytosis occurs, sure signs of the toxicity of allicin and mustard oil. These substances freely permeate all body cells and tissues. They are not digested and used but excreted through the kidneys, bowels, skin and lungs. After expulsion the blood pressure will be just as high as before if the same regime that caused it remains in effect. The garlic has helped nothing. Rather, it has complicated an already diseased situation. The drug effects of garlic are mistaken for beneficial effects. The problem is not solved by garlic, and high blood pressure is not the problem. Rather, it is but a symptom of the problem. The problem remained even though the symptom was lessened or suppressed. Aloes applied to ulcers and wounds do not heal them. The toxic material in aloes, aloin, is absorbed by the body when applied to the skin and to open sores (which the body uses as an ejection site for toxic wastes and ingesta). When the poisons begin coming in from the outside the body closes the wound promptly, shutting down eliminative operations at the site. While the poisonous aloes have been the occasion for the body closing the wound, they have not healed the wound but were a source of a poisonous alkaloid. The body does the healing.

### **How can we get vitamin B-12 from fruits?**

Vegetarians are warned about the lack of vitamin B-12 in vegetables and certainly fruits have none of this vitamin. There's no vitamin B-12 in grass either, yet cattle have plenty of vitamin B-12. Almost no food in nature has vitamin B-12 in it. We get our vitamin B-12 needs the same as other creatures in nature. We were not cheated in this regard. We do not have to eat animal products as the meat and dairy industries urge us to do. The bacteria of our intestines create vitamin B-12 which we absorb just as with other animals. Almost all cases of anaemia and B-12 deficiency occur in meat-eaters, not in vegetarians, which, if it happens, is given publicity like you wouldn't believe

### **When I stop eating high-protein foods I feel weak. Doesn't this prove we need these foods?**

Actually, just the opposite. High-protein foods create an enormous amount of toxins in the body. When we stop eating those foods for a period of time, the body has an opportunity to eliminate those toxins. It is the elimination of the poisons from the body caused by a previous high-protein diet that causes this weakness, not a lack of protein. It is best to fast (for short periods of time or one longer fast) and allow the body to rid itself of these toxins. Then, you will feel quite strong eating those foods normally thought to be low in protein.