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*School of
NATURAL
HYGIENE*

ESSENTIAL NATURAL HYGIENE

HOME STUDY COURSE



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ESSENTIAL NATURAL HYGIENE

HOME STUDY COURSE

Hello!!!

I am most pleased to welcome you aboard. I'm also very excited that you have taken this bold step towards better health, better thinking, better feeling, greater beauty, greater poise, higher fitness, increasing wonder, awe, respect and love for nature, life and all of creation.

Does that seem like too strong a statement? I can assure you it is not too strong, for you will achieve all those things and many more, if you study well. And, more importantly, if you diligently apply your education to your daily life... to the utmost of your ability. I have done it and so can you. You will not be disappointed with your results.

Over 20 years ago I decided to take a course in Natural Hygiene similar to this one. I had previously become acquainted with Natural Hygiene through books by Shelton, Fry, Esser and others. I had no sooner devoured two or three of these books when I asked myself, "This is really something... I love this stuff! It all makes perfect sense. Natural Hygiene is exactly what I have been looking for. But where can I get a full, rounded and complete study of all the basics of Natural Hygiene in one place?"

Just about that time I heard of a home study course that was soon to become available. As soon as I could, I enrolled. It took me nearly two years to complete all the studies, since I was involved in other work and projects. But as my studies continued, my eyes were opened to all manner of new information... new ways to recover my health and improve it dramatically; new ways to help and teach others to turn their lives around for the better; new understandings of how our world operates - for better and for worse; and new respect for the infinite power and wisdom of nature that operates within all life on the Earth.

I was completely overwhelmed. And I was completely thrilled, for I had the distinct feeling that I was now much closer to the truth of health and happiness.

If you are a newcomer to Natural Hygiene, the revelations to come in future lessons may at first seem quite astounding. This information will likely be very different from what you have been taught throughout much of your life. You will read about very new ideas, encounter challenging concepts and continue to more deeply examine many conventional 'facts' that you assume to be true. You will never be the same!

The facts that you will learn, the thinking skills that you will gain, the inner guidance that you will come to follow... you will see that it is all so utterly simple. Truth is like that.

Truth is always universal and thus belongs to everyone. It is not the exclusive property of any authority, professional or group. Thus, truth is the "cause for being" of this course. You, the student, must be charged, not for the knowledge, which is already your birthright, but for the expenses involved in producing, printing, distributing, and administering this course.

Home-study requires that you rely on our own thinking, not that of professionals. This is the right road to true education. If you think independently and control your

own thinking, you can arouse your inner powers to create an expanding, healthier and happier existence.

Transformation Institute can become part of Hygiene's tomorrow—indeed, of the world's tomorrow. You can become a prominent part of this wonderful world of tomorrow—you can help build it by applying yourself persistently to the teachings of Natural Hygiene. The 21st Century may well become the century or age of self-study.

Along the lines of self-study, you will find that your studies will go much more smoothly if you keep an Anatomy & Physiology textbook (a used recent textbook is fine), a regular dictionary, and a medical dictionary close at hand while you proceed through your reading assignments. Refer to these books often as you go along. If you take the time to make sure that you understand all of the terminology being presented, it will all make much more sense to you. Your overall understanding will benefit greatly.

As you begin your studies, you will notice that the information is presented in a logical scientific, as well as common sense manner. The intent within the lessons is to encourage a practical and logical understanding as you go. To best comprehend the 'nuts and bolts' of Natural Hygiene, especially for the novice, advanced concepts and terminology have been reserved for deeper study in the Advanced Courses. For example, deeper study of the mental, emotional and spiritual aspects of healthful living, along with special cases (infants, elderly, handicapped), the seriously ill, philosophy, sociology, pathology, agriculture, business and legal considerations, and so on, will be presented in the appropriate Advanced Courses.

Though I have put in a tremendous amount of effort to bring this course up to date, and have attempted to make it readable and enjoyable, I also feel that it is important to make the tuition as inexpensive as possible, so that most everyone can discover and benefit from the wisdom contained in this Essential Course. I sincerely hope and expect that many, many thousands of people can use this information to dramatically turn their lives around, and also help all of their loved ones to do the same.

For those of you who wish to go further... to put forth your best efforts into making a part or full time career in teaching and counseling in Natural Hygiene, or even simply just to dive much, much deeper into the various aspects of truly healthful living, I will be happy to assist you as you complete this Essential Course and move into the Advanced Courses.

It really is a grand, wonderful journey, and I trust that you will be infinitely pleased with your results.

All The Best To You!
Dr. Robert Sniadach, DNH, DC



Acknowledgements

This has been, and continues to be a tremendous labor of love. I get a great thrill and inner satisfaction when I am able to assist people in improving their life and their health in any way, and I especially enjoy teaching these Natural Hygiene concepts to all who are interested.

This Essential Course is a complete update and overhaul of a previous course developed and compiled by T.C. Fry, whom I greatly respect for his unswerving efforts to teach these same principles and philosophy to tens of thousands of people during his lifetime.

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