

*TRANSFORMATION  
INSTITUTE*



*School of  
NATURAL  
HYGIENE*

# ESSENTIAL NATURAL HYGIENE HOME STUDY COURSE

## Part 1 The Foundations of Life Lesson ENH01 Natural Hygiene – The Way of All Life



# LESSON ENH01

## Natural Hygiene – The Way Of All Life

### THEME:

Natural Hygiene as a  
True Philosophy of Life

### COROLLARY

THEME:  
Health is Normal  
and Natural



## **PURPOSE**

This first lesson presents Natural Hygiene, the health system based soundly on the principles and practices that are in accord with our biological heritage.

The message of this lesson is essentially this: Optimum health will exist if our living practices are correct. From optimal health flow goodness and virtues, harmony and happiness. Good health is a necessary condition for the enjoyment of life.

The key to a healthy life is balance. Once the simple needs of health are determined, then one moves into applying those needs in an ever more balanced fashion. This is the art of life; the mastery of life.

As a setting for our studies, this lesson establishes some of the basic principles of health and sets the philosophical tone.

## **OBJECTIVES**

The purpose of this lesson is to introduce you to the philosophy, principles and practices of Natural Hygiene and to this course.

The primary concept of Natural Hygiene is that health is normal and natural. And, further, that perfect health results from observing in practice the causes of health. This implies that disease is abnormal, unnatural and, therefore, unnecessary.

Upon completion of this lesson you should know:

1. Why health is normal and natural;
2. Why the science of healthful living is to be found in the study of nature rather than in laboratory research, but that there too, the basis for healthful living are frequently confirmed;
3. The fundamental essentials that build and maintain health;
4. The basic causes of disease and suffering;
5. That all healing is self-healing;
6. How Natural Hygiene holds individual prerogatives in esteem;
7. That the words “cure” and “medicine” convey meanings that simply do not exist in nature;
8. The boundless possibilities for human happiness and progress if we again observe the mandate and dictates of our pristine legacy.

## **DEFINITIONS**

Definitions of uncommon words and new ideas introduced appear below in alphabetical order. Also listed are common words that are used with a broader or different meaning.

**CURE** – To heal or make well. Commonly understood to imply healing by the use of external devices or substances.

**ENDOGENOUS** - Originating within the body. Literal meaning: generated inside.

**EXOGENOUS** - Originating from or due to external causes. Occasioned by a factor as food or an agent from outside the organism. Of, relating to or produced by the metabolism of nitrogenous substances obtained from food. Literal meaning: generated outside.

**HEALTH** - A condition wherein we have complete function of all our faculties. A condition of perfect development. A state of wholeness and harmonious operation of all body organs.

**HYGIENE** - The science of health. The word is derived from Hygeia, the goddess of health. Synonymous with Natural Hygiene.

**NATURAL HYGIENE** - The science of human well-being. Deals with everything that bears upon human welfare. Synonymous with Hygiene or Natural Hygiene.

**NATURAL** - That to which we are biologically adapted, i.e., the sum total of our heritage from nature.

**NATURAL HERITAGE** - Identical in meaning to natural.

**NATURAL HYGIENE** - Hygiene, the science of health, with the prefix modification of natural to delineate it from the limited application of the term hygiene in common usage. Identical to Natural Hygiene.

**NORMAL** - That which is established by usage and adaptation as being consonant with our best welfare and usual to our existence within the context of our natural adaptations. The word normal in contemporary society refers to standards that are based on general pathology.

**PALLIATIVE** - To alleviate pain without removing the cause.

**SYMBIOSIS** - Harmonious cooperation of dissimilar organisms for their mutual benefit. Living together harmoniously and performing complementary services.

**THERAPY** – The treatment of disease by the application of some kind of artificial force (whether mechanical, chemical, thermal, electrical or other) to the body to alter its structure or function.

**TOXIN(s)** - Any substance produced by a plant, animal or organism that is not usable by the body to form cells or tissues. The body will continually strive to eliminate all toxic material from the body.

## KEY CONCEPTS

- ♦ Natural Hygiene is a way of living that is in accord with our natural heritage. The term conveys the art and science of living healthfully.
- ♦ Natural Hygiene, the science of life, embodies those principles which guide us to correct living practices.
- ♦ Our biological adaptations, i.e., the make-up (structure and function) of our bodies, determine our needs and how we should meet them.
- ♦ Health is normal and natural. Disease is abnormal, unnatural and unnecessary.
- ♦ Health is the result of healthful living and that only. Nothing else has the capacity or power to produce health.
- ♦ Using treatments, drugs, herbs, or anything else abnormal and unnatural to the body can interfere with healthful body functions but, under no circumstances can these agencies heal the body. Because these devitalizing agencies depress and suppress symptoms (evidences) of body healing efforts— because the body discontinues vital activities to contend with these agencies, which makes the symptoms disappear, the anti-vital effects of drugs and treatments are mistaken for healing effects.
- ♦ Changes from our natural needs in our external environment do not alter our internal makeup and needs.
- ♦ The inherent mechanisms of life all tend to maintain high level health and function. All concerted actions within the body are organic functions directed by the master control mechanism, the brain. Toxins inside the body are harmful. However, body actions (such as fever) that enable the body to eject or eliminate the toxins are not harmful.
- ♦ Natural Hygiene is about enhancing physical, emotional and mental well-being through education. It provides us with a simple, straightforward system for regaining and maintaining superb human health and beauty. Hygiene is personally empowering and liberating. It teaches independence and rational action. It banishes fear and ignorance regarding human health and how to keep it. Ultimately it is about freedom.

## **IMPORTANT FACTS**

- ♦ In presenting the concept that health is normal and natural, Life Scientists emphatically refute the idea that disease is inevitable in our lives. We contend that disease will not occur unless there is sufficient cause.
- ♦ Health maintenance is an unceasing process in every organism. When the organism is overwhelmed by toxic substances beyond its ability to eliminate them in normal course, the body institutes emergency action to effect expulsion of the toxic burden. This crisis is called sickness or disease. Toxic materials accumulate in the body from two sources: 1) from unexpelled body wastes that are endogenously generated as a normal part of our metabolism, and 2) from exogenous materials ingested and partially or wholly retained due to inability to cope with the eliminative load.
- ♦ Disease is instituted by the body itself as an emergency measure to purify and repair itself.
- ♦ Modalities (artificial treatments or therapies that involve drugs, herbs, manipulations, or other infringements upon the vital domain) do not healthfully assist the body. On the contrary, they interfere with vital body purification and reparative functions and normal body functions as well.
- ♦ Such interference poses additional problems for the body to cope with, thereby further lowering the overall body vitality. Body vitality may be lowered so much by the greater danger presented by the drugs or modalities that the original disease effort, which is actually an effort to purify the body, is discontinued in favor of devoting available energies to the more virulent enemy, the drugs within. That is why medical physicians are called allopaths. Allopath literally means opposite disease. In theory they strive to displace the original disease by creating a heteropathic or opposite disease. Actually all physicians succeed in doing is to create additional disease. The original problem remains while the body must redirect its energies partly or wholly to removing the more dangerous drugs, herbs, or so-called medicines. Thus symptoms of the original disease may disappear because the necessary energy and vitality to further conduct the disease is now lacking.
- ♦ Yet the body is in graver danger than before it was treated from both the uneliminated toxic accumulations and the added toxicity of drugs or other substances administered.
- ♦ The best way to help the body in disease is to “intelligently do nothing” and simultaneously establish conditions of health—conditions that enable the body to devote all its vitality to the healing crisis. A thoroughgoing rest under tranquil circumstances consti-

tutes a healing environment, for it permits full devotion of body energies to the emergency task.

- ♦ The body is always “doing its thing” intelligently and correctly. The body is ALWAYS acting appropriately based on the conditions with which it must contend. We can interfere with its operations, but we cannot possibly help it other than by furnishing the normal needs of life consonant with existing body conditions.

## **OUTLINE OF LESSON ENH01**

- I) What is Natural Hygiene?
- II) An Introduction to Natural Hygiene
  - A) Natural Hygiene as a philosophy of life
  - B) How Natural Hygiene began in this modern era
  - C) Natural Hygiene as a new concept of healthful living
  - D) Natural Hygiene as a broad-based science of life
- III) An Inquiry into the philosophy, principles, and practices of Natural Hygiene:
  - A) Innate individual worth
  - B) Happiness and ideal health
  - C) Self-government in all organisms.
  - D) Self-healing
  - E) Individual sovereignty
- IV) Discussion of the medical approach to health and disease:
  - A) The false notion of "cure"
  - B) “Cures” do not deal with causes
  - C) “Cures” destroy body vitality
  - D) Medical and "healing art" approaches are destructive
- V) What health really is
  - A) Delineation and description of health
  - B) Beauty as reflecting health
  - C) Fullness of function as a barometer of health
  - D) The possibility of perfect health for humans
  - E) Proof that health is normal and natural



## Part I: The Foundations of Natural Hygiene

Welcome! It is my privilege to introduce you to the world's foremost science and practice of achieving superlative health. It is known by the descriptive term "Natural Hygiene." It is also known as health science, Hygiene, and other terms.

### What is Natural Hygiene?

At the outset it is wise to delineate just what Natural Hygiene is--just what grounds it covers.

First, the definitions:

**Natural** - Of, relating to, or concerning nature.

**Hygiene** - Practices and conditions for the promotion of health and the prevention of disease.

Life as we know it is possible and became possible because certain favorable conditions are and were present. Life inherently possesses considerable strength and flexibility; yet life will only exist within fairly narrow conditions. Some of these conditions include favorable temperature, presence of oxygen and other gases and minerals, presence of water, absence of lethal substances, etc. Natural Hygiene is the study of all the conditions which make life possible.

Because present-day life seems to be losing touch with those conditions which made life possible, Natural Hygiene brings us "back to the garden," so to speak. We should strive to meet life's requirements, and to smoothly balance them in all aspects so that we can easily lead a joyous and fulfilling existence.

Natural Hygiene always refers to nature as its mentor and teacher. The systematic study of nature is called science. The knowledge gained by the scientific method is considerable and very useful. However, the methods used in the pursuit of scientific knowledge are by necessity fractured, fragmented and incomplete. When wholistic, comprehensive understanding is required, one must refer back to nature in her pristine majesty as the final authority.

***Natural Hygiene is the study of all conditions which make life possible***

Science is not the cold dispassionate pursuit many of us have been led to believe. Rather, it is personal and relevant to all that we are involved in. When we turn our studies upon ourselves so that we may have a very personal science, we begin to arrive at the essence of Natural Hygiene.

Natural Hygiene is the exploration of all the elements and influences upon health we can examine to improve our lives. Certain truths and natural laws apply to all humanity. Other aspects may be considered flexible guidelines which should be modified to best suit each individual. Studying and systemizing these natural laws and guidelines, so that we can be intelligently guided by them..... This is our aim.



*Inquire. Discern. Keep an open mind!*

That which gives correct results is scientific. That which gives wrong results is unscientific.

Natural Hygiene concerns itself with those principles and truths applicable to human life so that we may wisely apply them to our lives. We are of the firm conviction that only by hygienic living can we realize the loftiest joys, peace of mind and blissful connection with all of creation which is our birthright.

Animals in nature are creatures of instinct. Following the guidance of instinct, they are correctly self-directed to meet their needs. They thrive optimally in accord with their environmental and genetic possibilities. Inborn guidance is, in effect, Natural Hygiene or

a science of life for nature's creatures.

Humans have infinite potential for happiness and goodness. We are endowed with wonderful and sophisticated faculties. These en-



dowments can keep us in a state of euphoria during a long and healthy life.

Natural Hygiene is for humans what inborn direction is for animals. We, too, have instincts, but we are far more than these basic impulses of life.

Unfortunately, we not only fail to follow our instincts but we often reject them in our living practices. Our instincts have been hidden and perverted by unwholesome conditioning in a world that is quite berserk by sane standards. When

***When humans act contrary to their instincts they are acting destructively. When their practices are in harmony with their instincts - with their inherent biological needs - they are living constructively. Natural Hygiene is as simple as that.***

humans act contrary to their instincts they are acting destructively. When their practices are in harmony with their instincts--with their inherent biological needs--they are living constructively. Natural Hygiene is as simple as that.

Discovering and obeying our natural instincts is part and parcel of Natural Hygiene. Our inborn guiding instincts always tend toward healthful and constructive living, when they are unclouded and given proper attention. It is ignorance of

our instincts and the laws of life that creates our sickness and suffering.

Unlike wild animals in nature, most of us in this modern world cannot immediately rely on our instincts, for we have lost touch with them. We must first relearn the basics of what it takes to regain and maintain superb health. In like kind, we must also eliminate the dead weight of false knowledge and ideas that we carry with us each moment. With careful observation, we can determine what is good and what is bad for us. We can become profound enough in our knowledge to construct a science and practice of life

that will guide us to realize the happiness and the destiny that should be ours.

Natural Hygiene is, therefore, a way of life that rightfully concerns itself with every facet of human life and human well-being.

## **Natural Hygiene as a Philosophy of Life**

In introducing Natural Hygiene as a true philosophy of life, the question arises as to how its validity was determined. The surest way of assessing the correctness of any system is to put it to the test. Does it work? If it works, and continues to work, it must be deemed valid. If it does not work, or only works temporarily, then it must be invalid and unscientific.

Natural Hygiene began with success. From its beginnings as a new, but not yet complete healing science, it developed until today it is a full-blown scientific and philosophical system touching upon everything that relates to human well-being. That it is valid is beyond doubt-- Natural Hygiene works beautifully!

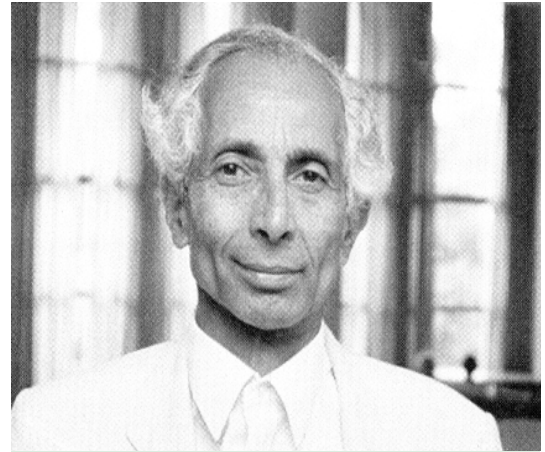
To capture the essence of the science of healthful living, I feel it appropriate to quote from a most notable hygienist, Dr. Keki Sidhwa. He's been a Hygienic practitioner in Great Britain for several decades.

Dr. Sidhwa says, "In spite of all the great advances in many branches of science, we are still in a period of prehistory, a dark age, in our thinking about health, disease and healing. What the world sorely needs is a new, advanced and progressive concept of health. A different orientation of thoughts, words and deeds than we have been led to accept for umpteen generations is now urgently called for.

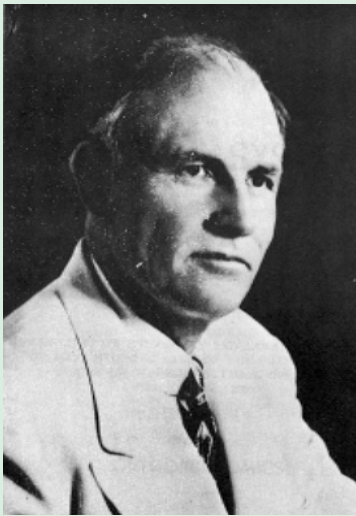
Before the science of physiology developed, the rules of Life were instinctive, traditional, and empirical. Today these rules are based on the growing knowledge of physiology and biology. If we had perfect knowledge of the laws of life and applied them in a perfect system of Hygiene, disease would be impossible and never occur. In this sense Hygiene is the science of intelligent and healthful living."

Dr. Herbert Shelton describes the revolutionary attitude that burns in the hearts of all who desire to see humankind live happy and healthful lives.

Dr. Shelton exclaims, "Natural Hygiene is that branch of biology which investigates and applies the conditions upon which life and



***Dr. Keki Sidhwa***



**Dr. Herbert Shelton**

health depend, and the means by which all health is sustained in all its virtue and purity, and restored when it has been lost.....Natural Hygiene is NOT a system of therapeutics. It professes to build health in all forms of diseased states by the employment of hygienic agents alone and without the employment of poisons or resort to enervating palliatives or therapies of any nature. In the class of hygienic agencies can be included only the actual necessities of life - food, air, water, sunlight, rest, sleep, relaxation, exercise, play, warmth, cleanliness, hope, faith, courage - and the means of securing these. Constructive surgery forms the only non-hygienic measure endorsed by the Natural Hygienist.

"The truth should be self-evident that any method or system that destroys the independence and autonomy of the individual and makes one forever dependent upon another person or class of people is not natural. Any system that of itself creates a privileged class who can, by law or otherwise, lord it over their fellow people destroys true freedom and personal autonomy. Any system that teaches the sick that they can get well only through the exercise of the skill of someone else, or through the operation of something else, and that they remain alive only through the tender mercies of the privileged class, has no place in Nature's scheme of things, and the sooner it is abolished, the better will humankind be. It was no more a part of the original scheme of things that people should be a supplicate at the feet of the healers than

***A hygienist is a guide, a teacher. We do not treat symptoms. We always first look for the cause. The hygienist does not use the word cure.***

that lions or cod-fish should be. It matters not whether a person is dependent on the physician, the osteopath, the chiropractor or the psychoanalyst, that person is a slave to that class upon which one depends. Therapeutics makes slaves of men and women. This is an evil and cannot endure. A pure Natural Hygiene uses no treatments.....none. A hygienist is a guide, a teacher. I'm not a treatment peddler. We do not treat symptoms. We always first look for the cause. The hygienist does not use the word cure.

"The healing principle is always in the living system itself. All living organisms are self-constructing, self-defending and self-repairing. Teach men and women to prevent disease by avoiding its causes, rather than attempt to cure disease by administering the causes of other diseases [drugs & therapies] - then health and happiness will abound everywhere. We are convinced that mankind

can be educated in correct principles and trained in right practices so that sickness will cease to trouble us. It is our business to teach people how to prevent disease and not merely how to take care of themselves when ill. I am well aware of the revolutionary character of the principles I have presented.....but I am convinced that the physical salvation of the human race depends upon their acceptance."

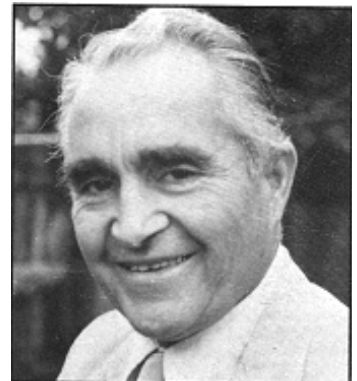
As you are beginning to see, Natural Hygiene is a completely new and different way of understanding and experiencing health and disease. Once you deeply grasp this profound knowledge, your life will be forever changed for the better. Not only will you get better, but you will know exactly how and why it happened. And you will have achieved it all by yourself. Without any need for pills, potions, treatments or therapies.

These first steps in your journey toward mastery of yourself will lead you down a golden road of joy, wisdom and adventure. You will find that the principles that you will learn here, as they relate to physical health, are also directly applicable to the understanding of all other aspects of human well being – mental, emotional and spiritual - for the same patterns of creative activity apply in all spheres of existence.

The following is a concise statement of the philosophy, principles and practices of Natural Hygiene, as conceived by the eminent health teacher T. C. Fry:

## **Natural Hygiene Philosophy**

- Natural Hygiene holds that life should be meaningful and filled with beauty, goodness and happiness.
- Natural Hygiene holds that humans are inherently good, righteous, and virtuous, and that their exalted character will be realized under ideal life conditions.
- Natural Hygiene holds that superlative well-being is normal to human existence and necessary to the realization of the highest human ideals.
- Natural Hygiene holds that supreme human excellence can be realized only in those who embrace those precepts and practices which are productive of well-being.
- Natural Hygiene, which encompasses all that bears upon human



*T. C. Fry*

well-being, constitutes the only way to realize the highest possible order of human existence.

- Natural Hygiene, alone, is in harmony with nature, in accord with the principles of vital organic existence, correct in science, sound in philosophy and ethics, in agreement with common sense, and successful in practice and a blessing to humankind.
- Natural Hygiene recognizes that the human body is a fully self-sufficient organism, that it is self-directing, self-constructing, self-preserving and self-healing, and that it is capable of maintaining itself in superb functioning order, completely free of disease, if its inherent needs are met. Foremost among these needs are fresh air, pure water, rest and sleep, wholesome foods, cleanliness, comfortable temperature, sunshine, exercise, constructive work, emotional poise, self-mastery, recreation and pleasant environment.
- Natural Hygiene recognizes that humans are constitutionally adapted to a diet of fruits, vegetables, nuts, and seeds eaten in compatible combinations while in the fresh, raw, natural state.
- Natural Hygiene recognizes that diseases are caused by improper life practices, especially dietary indiscretions. Illness proceeds from reduced vital energy and the consequent toxicosis (cell and tissue poisoning). Insufficient vital energy arises from dissipation, stress, overindulgence, excess or deficiency of the normal essentials of life, or pollution of the body with substances not normal to it. Accordingly, recovery from sickness can be achieved only by discontinuing its causes and supplying conditions favorable to healing.
- Natural Hygiene recognizes that a thoroughgoing rest, which includes fasting, is the most favorable condition under which an ailing body can purify and repair itself.
- Natural Hygiene, which teaches that exalted well-being can be attained and maintained only through biologically correct living practices, is not in any sense a healing art or a curing cult. The idea that diseases can be prevented or overcome by substances or therapies abnormal to our natural being is completely mistaken. Consequently, Natural Hygiene emphatically rejects drugs, medications, vaccinations and treatments (except in rare, extenuating circumstances) because they undermine health by interfering with or destroying vital body processes and tissues.

- Therefore, Natural Hygiene regards the body and mind as the inviolable sanctuary of an individual's being. Natural Hygiene holds that everyone has an inalienable right to have a pure and uncontaminated body, to be free of abnormal compulsions and restraints, and to be free to meet his/her needs as a responsible member of society.

## **The Philosophy, Principles and Practices of Natural Hygiene**

### **Innate Individual Worth**

Natural Hygiene holds that we are born naturally innocent and naturally good. The first two paragraphs of the concise statement previously listed in Natural Hygiene's philosophy, principles, and practices states this.

Scientific studies of babies and youngsters have pointed to one inescapable conclusion. As gregarious creatures, humans are naturally empathetic, altruistic and moral, i.e., humans are naturally righteous toward one another in keeping with their gregarious instinct.



Humans are woefully perverted by unnatural conditions within the context of civilization. They are made vicious by inhumane influences such as deceptive practices, exploitation, insecurity, and other baneful conditions in a society gone mad.

Individuals usually strive to present the appearance of upright character to others. This bespeaks our innate urge and conviction that we should be righteous. Natural Hygiene holds that if a society of assurance exists these innate virtues will assert themselves naturally.

***Happiness and health flow naturally from ideal life conditions.***

### **Happiness and Health as Normal**

Natural Hygiene holds that life was created to be a long joyous event from birth until a natural death.

Happiness and health flow from ideal life conditions. Ideal life

conditions are normal in the environments of our development. However, such is the human intelligence that it has made almost all environments over the face of the globe inhabitable. Many arts, artifices, and artificial environments have been created to satisfactorily supplant the wonders, beauties, and beneficence of a natural environment in many habitats though, in truth, such artifices are never completely wholesome substitutes.

Natural Hygiene holds that humans developed to their high state because they adapted so well to the environment and its possibilities. This means that health is normal and natural when the conditions to which we are adapted are met. Superb excellence in humans flows from ideal life conditions and the superlative health begotten of them.



### **Self-Government In All Organisms**

Simple observation of the development of complex organisms from the union of sperm and ovum is indicative that the powers of life reside within. Without anything from the

outside other than needed raw materials, the organism has the inner direction to fashion itself from a fertilized ovum into a mature adult.

This implies an inherent character that embraces the following capabilities:

- Organisms are self-programmed.
- Organisms are self-directing or self-governing.
- Organisms are self-sufficient when their material requisites are available.
- Organisms are self-constructing in accord with their genetic blueprint.
- Organisms are self-defensive and preservative, defending themselves against all internal and external threats.
- Organisms are self-repairing or self-healing and possess solely and exclusively the faculties and powers to accomplish ultimate restoration in event of damage or derangement.

These faculties and powers are self-evident upon the simplest observation of yourself or other organisms. This concept and its axioms should ever be borne in mind when dealing with clients. The confidence needed in dealing with your own problems should you

have any, or with the problems of your clients, can be derived and reinforced by referring to these self-evident truths.

### **Natural Hygiene as a New Concept of Healthful Living**

Natural Hygiene may be said to be a reassertion of the conditions best suited to human life. In pristine nature, humans lived what we now call Natural Hygiene because of primal urges--on the instinctual level. They lived as gatherers of fruits, berries, nuts and roots from vine, stalk, and tree.

With the development of intellect, humans became ever more versatile

in dealing with the forces of nature. But this eventually led to human alienation from both nature and our biological heritage. Though most humans observed much of their pristine endowment well into the civilization of the Christian era, the dark ages of medieval times brought on the renunciation of nature and earthly considerations. Humans became poorer in the observation of the elementary needs of life. Human needs on earth were contravened in the name of religion and salvation.

Fortunately, the dark ages did not wipe out humankind. Near the end of the dark ages the unnatural and inhumane conditions under which European civilization lived decimated the population with plagues. The primary contagion in the times of the bubonic and black plagues was widespread modes of death-dealing living practices.

Hygiene or Natural Hygiene as a philosophy and outlook survived the dark ages when the twin human scourges of medical and religious superstition saddled most of what we refer to smugly as the civilized world. In many parts of the world our biological mandate was fairly well maintained, notably in tropical cultures of the Far East and in isolated pockets here and there. It was preserved among many traditions and cultures in part.





Well before the Christian era Pythagoras elaborated a rather extensive philosophy of living on all planes of life. Among them was perhaps the best formulated statement of Hygienic living until this time. While the Greeks, of whom Pythagoras was one, were heavy on fruitarianism, they were also heavy into the incipient practices that begot the modern goliath of medicine.

The philosophy of Pythagoras gave rise to Appolonius and the Essenes, an ascetic culture that was vegetarian/frutarian in practice. Much of Essenian philosophy and practices were preserved in the New Testament and is quoted in the teachings of Christ. The thin thread of Hygienic philosophy survived and received a modern impetus from the greatest universal genius of all times, Leonardo da Vinci, who was a vegetarian/frutarian.

Though medical beliefs remained relatively unscathed while the areas of religious domination were receding during the Renaissance, some elements of the Hygienic philosophy survived.

I reiterate that our natural heritage was largely unaffected by the medical outlook in many areas of the world, notably in the Far East. But healthful living as a philosophy of life in the Western Culture did not exist as such.

It was not until the time of Dr. Isaac Jennings in 1822 that Hygiene as a formalized philosophy of life had its beginnings. Not until the consummate genius of Drs. Graham, Trall, Dewey, Tilden, and Shelton did the philosophy and science of health become fully ascertained.

Natural Hygiene is not new from many perspectives, although it is relatively new to what we call civilization. But it is totally new for most who learn it the first time. It is ironic that every living thing, since the beginning of time, automatically practices its own specific "Natural Hygiene", for these are the principles that beget and sustain all life on Earth. In fact, every human being also practices Natural Hygiene..... The question is "To what degree?" Every living thing must breath, eat, rest, etc., as must every human. How well that is done, as suited to that species, is what determines the

level of health that will be enjoyed. Of course, animals don't question this, they just simply follow their instincts. Humans are the first to consciously (unconsciously?) do otherwise.

Intellectual understanding of Natural Hygiene is alien to our culture because of its relative rarity. At this time Natural Hygiene, even though in accord with our pristine being, is in relative obscurity because of medical thinking and a commerce that trades and profits upon diseased thinking and action.

It is our hope to teach enough dedicated individuals this science and practice of health to assure that humanity thrives in health and enlightenment. In pursuing this course you are asked to be the torchbearers of a way of life whose time has come.

***Every living thing automatically practices the life sustaining principles defined in Natural Hygiene.***

## **Natural Hygiene as a Broad-Based Science of Life**

By no means is Natural Hygiene confined to dietary principles as you might gather from association with many of today's Hygienists. Few involve themselves with the expansive aspects of Natural Hygiene as a philosophy embracing *every facet* of human well-being.

Dietary concerns are but one area of Natural Hygiene's dominion. It also includes mental and emotional well-being, as well as social and economic well-being. It includes environmental factors or ecology and is co-extensive with all factors that touch upon human welfare. Nutrition is but one part of the all-encompassing philosophy of Natural Hygiene.

***Dietary concerns are but one area of Natural Hygiene's dominion. Involve yourself with the expansive aspects of Natural Hygiene as a philosophy embracing every facet of human well-being.***

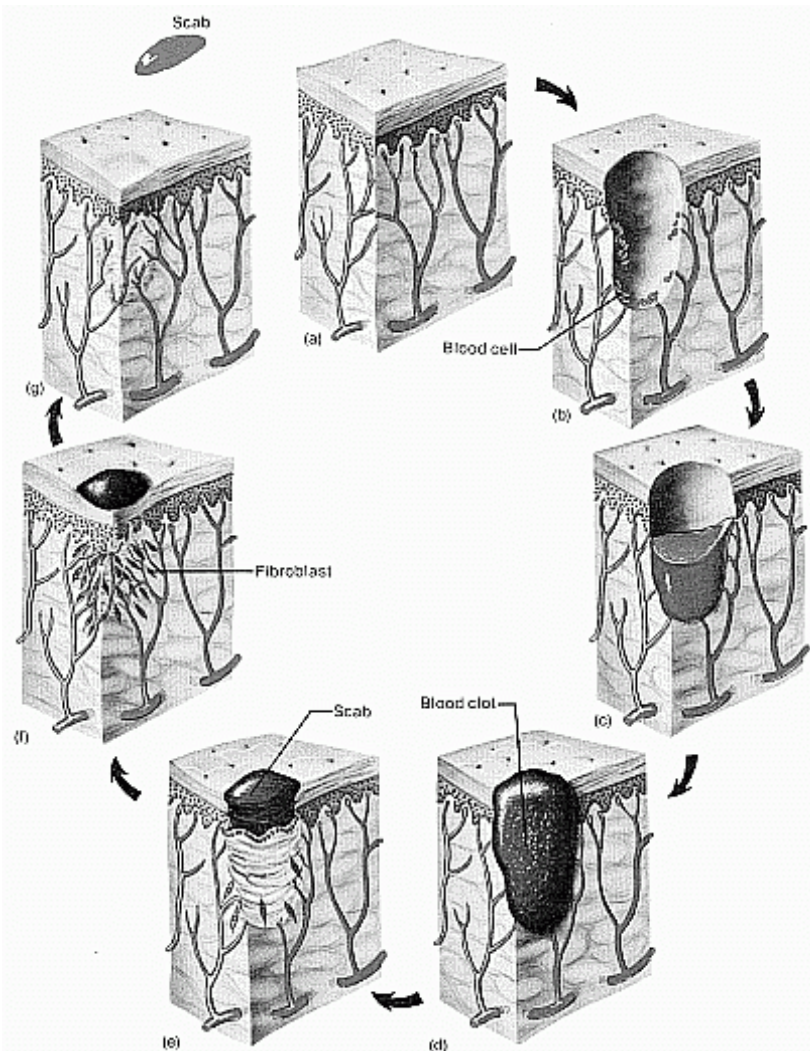
### **Self-Healing or Self-Repair**

Self-healing is the only healing. Throughout nature we see animals with cuts, bruises, broken bones, and other injuries undergo healing. Obviously this healing is effected by internal faculties and powers, for in nature, animals seek out a quiet secluded spot and rest. They undergo almost no activity. They partake of no food. Instinctively an injured animal will abstain from anything that detracts from the full devotion of the body's energies to the reparative/restorative process. Humans can and should do likewise, for this is the way to maximize healing quality and minimize healing time.

## ***Self-healing is the only healing.***

Healing is always a biological process. Our task is to establish the conditions so that the body may conduct the process more quickly and efficiently. The inherent programming, intelligence, and power that developed a fertilized egg into a wonderfully and beautifully built creature is all the healing power that is needed. How can it be otherwise? Conditions favorable to the exercise of these powers can be established. As a health practitioner/teacher, it will be your role to know and apply these conditions for your self and for your clients.

Much suffering and grief result from the idea that the body can be helped by the application of substances, conditions, and treatments abnormal to the body. It will be your role to rescue the victims from harmful practices as well as set them on a right course for health recovery and maintenance.



***Simple wound healing process***

## **Individual Sovereignty**

Natural Hygiene holds that everyone is a sovereign entity unto himself or herself.

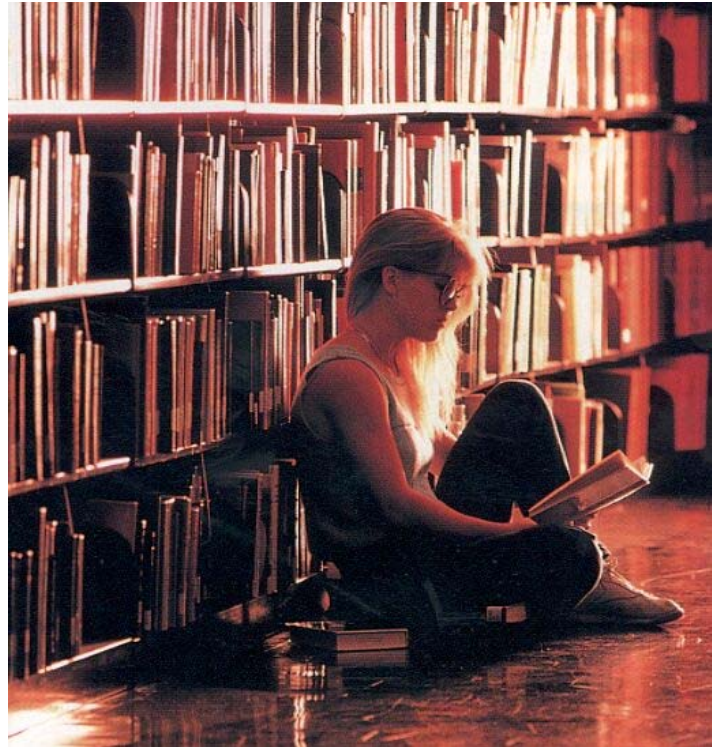
Everyone should be entirely free - fettered in no way within the context of enlightened self-interest. Everyone should be free to do whatever they choose to do, so long as their actions do not impinge on the equal rights of others. Forceful aggression of one person upon another cannot be tolerated, except in the case of self defense. Along with our inherent birthright of freedom comes the requirement of self-responsibility for our actions.

Every man and woman must be regarded as capable of carrying on life's affairs for himself or herself. It is

not our role to judge or impose ourselves on others but simply to help if our aid is sought. We should not impose ourselves on anyone no matter how wise or unwise, or how good or bad such imposition is or would be. The most we can do is teach by word and by example. The power of persuasion is the main tool in our toolkit. We must give to everyone the prerogative of leading their lives as is their desire and capability so long as their pursuits do not impinge upon the equal rights of others. This golden rule should be our rule of conduct.

While it may seem unwise to grant the same privileges and prerogatives to both the genius and the relatively unlettered, nevertheless a society is not free in which either are denied their right to *pursue* life, liberty, property and happiness on an equal footing. With focused thinking and perseverance, the capable are bound to succeed and should offer aid to their biologically crippled or less favored brethren.

We must always respect everyone as supremely sovereign. Whatever they do or decide, however good or bad their acts or decisions, we must pursue a role of non-interference. We may, by example, seek to inspire and motivate. But to impose ourselves and our ideas on others is reprehensible.



## **Discussion of the Medical Approach to Health and Disease**

### **The Erroneous Notion of "Cure"**

The idea behind medicine is more than 2,500 years old and, like most ideas from behind the dark ages, it's very unscientific. It is also quite unnatural. The premise is that the body is like a machine that can be repaired by outside agencies. The machine goes wrong because of invading entities. In ancient times these entities were evil spirits, demons, and devils which had to be exorcised. By and by these evil spirits became known as little beasties called microbes, germs, miasms, bacteria, viruses, and others.

Medicine today, as since recorded history, has all its emphasis on the concept of "cure," a word that has been perverted from the original word "care."

***There are no cures....***

Medicine itself means a curative or healing substance. The idea behind the use of medicine is that the "medicine" acts of its own accord within the organism... that it seeks out the trouble, routs the invaders and effects the necessary healing. The medical concept of the modus operandi of drugs, which they call medicines, is very hazy at best. But medicine as a whole is basically all the harmful practices that people do to try to help other ailing people.

***Unless the cause of disease is discontinued, the problem will always develop again, or worse***

People go to physicians for medical intervention. They want to get "fixed up." They are ill and feeling pain. Something must be done lest they suffer grave consequences or death. Medical practitioners often take advantage of the

clients – consciously or unconsciously - they play upon their fears. They applaud their clients for coming to them when they did. They flatter them for this bit of "wisdom" and assure them that, if they had not done something soon, they would have put themselves in grave danger. The medical man always has a course of treatment to suggest, invariably a prescription of tests and drugs and therapies. The idea is that the tests will reveal what is wrong and thereby determine what drugs to prescribe or what steps to take, as in surgery.

That their beliefs and practices are, on the whole, precisely contrary to biological science seems never to enter their minds. We'll treat medical concepts in depth at a later time but here, suffice it to say, there is no healing other than self-healing. All modalities can interfere with healing but none can heal.

### **"Cures " Do Not Deal With Causes**

Can you imagine trying to develop a drug to "cure" drunkenness without going to the root of the whole matter, i.e., the drunkard's drinking habit? How can we deal with drunkenness if the drunkard continues to drink?



This is what happens with the medical approach. They try to fix symptoms without dealing with causes. In reality they drug, butcher, and purge while almost totally ignoring the basic causes of physiological and psychological problems. They resort to crippling treatments and surgery running into the tens of thousands of dollars when the problems can be simply and inexpensively solved by a change in life practices.

You'll learn that nothing happens without sufficient cause. You'll

learn that all afflictions of the body must be caused and the cause is almost always initiated by the sufferer. You'll learn that unless the cause is discontinued the problem will always redevelop again, ever more serious.

***Medical practitioners often take advantage of the clients. Consciously or unconsciously, they play upon their fears.....***

In learning Natural Hygiene you're basically learning to do two things:

1. to remove causes of problems, and
2. to establish the conditions of health.

These two steps are so very easy overall. If you've mastered the understanding of cause and effect in nutrition and health - that diseases are suffered because the sufferer has indulged in or been subjected to destructive causes and that health results when healthy activities are dominant - you'll be a mountain among a throng of mole hills called health care professionals.

***In learning nutritional and health science you're basically learning to do two things:***

- 1. To remove causes of problems, and***
- 2. To establish the conditions of health.***

### **"Cures" Do Not Furnish the Needs of Life**

To be returned to health the body must be provided with its requirements. First, those substances, influences, and practices which create illnesses and disease must be discontinued. Secondly, it is necessary to bring to the client the essentials of health. Very simply these are pure air, pure water, correct diet, sunshine, exercise or wholesome activity, adequate rest and sleep, emotional poise, security of life and its means and so on.

If you reflect upon medical procedures, it is obvious they do not try to ascertain the cause of diseases. They do what an auto mechanic does: they try to find out which cylinder is missing and then proceed as if the body can be repaired much in the manner of a vehicle. They rarely advise about practices and beliefs which actually cause problems. And it is also clear that the financial incentive is backwards. The medical industry only exists if people are sick. If correct living habits were taught, patients would become well, and most of the medical industry would be out of business.

### **"Cures" Destroy Body Vitality**

Dr. Herbert M. Shelton must be proclaimed the greatest oracle of Hygienic philosophy, principles, and practices unto this day. He has noted that now we have more medical discoveries than ever be-

***Now we have more medical discoveries than ever before; we have more medical practitioners than ever before; medical men enjoy more respect than ever before (at least until recent years) and yet, for all this, we also have more disease and suffering than ever before.***

***Why is this so?***

In other words, it is decided whether this substance belongs in the body or not. *If it is not useful for rebuilding and repair, it is toxic*

***Artificial stimulation produces temporary heightened activity that may be perceived as “extra energy” or euphoria. Immediately afterward, however, there proceeds the mandatory depression of activity in order to repair damage and recuperate. The organism is always weakened in the process.***

fore; we have more medical practitioners than ever before; medical men enjoy more respect than ever before (at least until recent years) and yet, for all this, we also have more disease and suffering than ever before.

Why is this so?

Because, very simply, drugs destroy. They never build. It is not within the province of drugs to create cells and replace body tissue. Medical men would be the first to tell you this for they've studied physiology too. But yet they act as if their drugs perform some kind of magic that will effect healing.

It must be understood that the body very quickly determines whatever it is that is being put into it. Immediately it is decided whether this substance is useful for repairing and rebuilding cells and tissues.

In other words, it is decided whether this substance belongs in the body or not. *If it is not useful for rebuilding and repair, it is toxic and it must be eliminated.* Obviously, some toxins are worse than others, but they all must be eliminated nonetheless.

What do drugs, when administered, really do?

In truth, drugs do nothing other than form chemical unions with body compounds and fluids. When these chemical unions occur, the body suffers distress. When the substance is determined as being harmful to cells or tissues, the body goes into a frenzy. We call this frenzy "being stimulated." Artificial stimulation produces temporary heightened activity that may be *perceived* as extra energy or euphoria. Immediately afterward, however, there proceeds the mandatory depression of activity (the "crash") in order to repair the damage caused by the drug.

Then the body must take time to recuperate.

The body is always weakened in this process.

Sometimes the body has a reaction of depression in which case it is sedated or narcotized. This means that function has been inhibited.

ited or paralyzed. In both cases the reaction is one of self-protection against an unwelcome intruder, in this case it is a poison even though it is called a medicine.

A quick look at the Physician's Desk Reference (a book describing current drug medications available for physicians), in order to learn about the mode of action for various drugs, will nearly always include terms such as "blocks"... "alters"... "inhibits"... "prevents"... "modulates"... "stimulates"... "slows"... "destroys." By far the most often cited phrase is "Not completely understood." ALL drugs are toxic and destructive. That is inherent. Note the many "side" effects of all drugs.

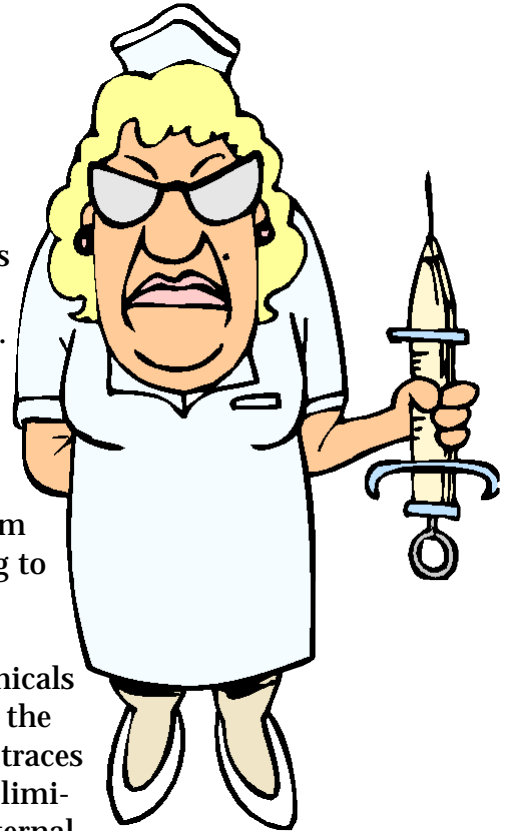
Giving a drug to a healthy person will make them



sick. Giving a drug to a sick person will make them well?

Drugs are all chemicals that are foreign to the body. As such, all traces of them must be eliminated from the internal domain in order to regain health.

A common saying goes like this, "If drugs made people healthy, then he who takes the most drugs should be healthiest."



In causing an emergency in the body, drugs are harmful. The body must redirect its energies from the healing process which it is conducting. The symptoms for which the drugs or medicines are administered are actually evidence of the body's self-conducted healing process. When drugs are ingested or injected, the body must leave off, partially or wholly, the cleansing/healing efforts and attend to the greater threat which the drugs represent. When healing efforts are discontinued the symptoms disappear. Physicians interpret the disappearance of symptoms as a "cure" or a healed condition. Thus they mistake drug or poison effects for healing effects.

In reality the body has more problems than before. Now it has, in addition to its prior problems, the problem of expelling a destruc-

***ALL drugs are toxic. That is inherent. Note the many "side" effects of all drugs. Giving a drug to a healthy person will make them sick. Giving a drug to a sick person will make them well?***

tive poison, too.

## Understanding Therapies and Treatments



What about "alternative" therapies and treatments? First we should establish a good working definition of the word therapy. Dr. Ralph Cinque defines it as:

"Therapy - The treatment of disease by the application of some kind of force (whether mechanical, chemical, thermal, electrical or other) to the body to alter its structure or function. The key word in the definition of therapy is force.

Therapy forces change upon the body. The force applied may be harsh or gentle; it may be pleasant or painful; it may be applied internally or externally; but without force there is no therapy. With therapy, there is always the possibility of producing adverse effects, and sometimes this is a certainty. This is because the essence of therapy is often not merely force, but outright violence against the body's structure or function."



**Dr. Ralph Cinque**

The best way to illustrate the proper place for these treatments and therapies is to ask a few basic questions. Let us imagine that we are experiencing a pounding headache.

Is it due to an aspirin deficiency in the body?

Is it caused by a lack of neck vertebral manipulations?

Is it due to the absence of needles at certain acupuncture points?

Are we missing specific herbal tinctures, homeopathic remedies or crystal stones?

Of course not. None of these therapies or substances provide anything that is usable by the body to build or maintain its cells and tissues. Most serve to further weaken the body by forcing it to waste energy on the effects of these toxic materials and therapies.

***The essence of therapy is often not merely force, but outright violence against the body's structure or function."***

It is paramount that we understand the basic law of cause and effect. *The headache is an effect, and it has a definite cause (usually multiple causes). The cause is **not** a lack or deficiency of therapies, drugs, remedies,*

*manipulations, and so on.* How can you have a deficiency of aspirin?

If we actually required these artificial things to stay well, then

we would need permanent intravenous tubes going into our arms delivering aspirin, herbal potions, multiple vitamins and homeopathic remedies in order to perpetually 'prevent' the headaches. At the same time, we would need to be careful not to dislodge the multitude of acupuncture needles strategically placed in our ears, head, hands, neck and other body parts, especially while the chiropractor is contorting our body in order to deliver his manipulations.

It is clear that all these approaches are palliative and temporary, as long as natural laws continue to be violated. They do nothing but distract the body from its necessary and vital healing work, which it is already doing to the absolute best of its ability.

Pain is our warning alarm. Pain is a potent motivator. *Pain is there to teach us that something is definitely wrong and that changes must be made.* Otherwise, disease and pain will reappear and intensify. Sometimes, but very rarely, it is better to relieve pain by whatever means available, especially when the suffering is causing unacceptable emotional turmoil. However, compassion in the form of "tough love" has the most powerful role to play.

Anyone familiar with the pain of addiction knows that the turning point back toward health and sanity comes when the sufferer "hits the bottom". And each of us must experience our own "bottom". This understanding also highlights the insidious nature of pain-killing therapies. These pain killers allow us to postpone true and permanent corrective action while we rely on false cures. Dr. Anne Wilson Schaef describes the nature of good-intentioned but destructive intervention:



***Is a headache caused by an aspirin deficiency in the body?***  
***No.***



***...One way of looking at much of medicine (as it is now practiced) is as the systematic enabling of addictions; as what allows and supports addicts as they continue to abuse themselves until their deterioration is so far progressed that there is no hope of physical recovery... Medicine and its therapies have taken the edge off just enough so that [people] can indulge in and play with [their] addictions...***

"Medicine, indeed, does help relieve some of the physical painful effects of the addictive process, and I therefore question strongly the role of medicine in enabling the addictive process. For example, medicine often heroically rushes in to try to save people from the consequences of indulging in their addiction (smoking, drinking, overworking or poor eating) while steadfastly refusing to confront the addictive process as the root cause of the disease.....Yet, one way of looking at much of medicine (as it is now practiced) is as the systematic enabling of addictions; as what allows and supports addicts to continue to indulge until their deterioration is so far progressed that there is no hope of physical recovery.....the doctors and their drugs have taken the edge off just

enough so that the person can indulge in and play with their addictive process. The field of psychotherapy has been especially guilty in this respect."

If we absolutely must use a drug or therapy of some sort, the responsible and honest thing to do is to let the sufferer know that the treatment and/or therapy being used is in fact only palliative (suppresses symptoms), and that the true cause has not been addressed. As such, the same or worse symptoms will reappear later unless the cause is addressed and eliminated. Dr. Keki Sidhwa explains:

"So what price this remedy mentality? Patients undergoing treatments and therapies are at a great disadvantage. The patient blindly assumes that the therapy he is receiving will 'cure' him and hence makes no effort to self-recovering from his disability

"This sort of remedy mentality perpetuates from one generation to another the wrong idea that disease is due to chance and that the only recourse is how to drastically reduce the signs and symptoms (warning alarms) of diseases as soon as possible. Such a mentality is a breeding ground for physical, intellectual, moral, emotional and spiritual decadence.

“Instead of being made aware of his own immediate responsibilities, he is lulled into a comforting assumption of childlike innocence and ineffectuality. He is lulled into a false



sense of security. He is not in any way to blame for the unwholesome state he finds himself; he cannot be expected to face the tasks of self-repair and readjustment. These burdens he hands over to the remedy.

“With them go at least part of his most valuable assets - self-respect and self-reliance. Man cannot live imprudently with impunity.”

The Universe is extremely fair in that it metes out disease and suffering in direct proportion to the degree that its laws are violated. Some call it karma, others realize that we are reaping what we have sown. Better that we grow in the understanding and practice of Natural Hygiene so that we may eliminate the causes of our diseases once and for all.

This, in a nutshell, is what goes on with most sickness and disease. The more we intuitively understand these simple processes of nutrition and elimination, action and rest, the quicker we can rid ourselves of nearly all common diseases, permanently.

***Such a mentality [faith and belief in cures] is a breeding ground for physical, intellectual, moral, emotional and spiritual decadence.***

***Health may be defined as having fullness of function.***

***Health means complete well-being, inner and outer harmony, vigor, strength, mental acuity, in short, total fitness.***

## **What Health Really Is**

### **Delineation and Description of Health**

Can we define health?

Yes, we can. Conventionally, a lack of obvious disease is regarded as a state of health. In actuality about 99% of our brothers and sisters are diseased in some manner, regardless of outward appearances.

Health may be defined as having fullness of function. Health means complete well-being, inner and outer harmony, vigor, strength, mental acuity, in short, total fitness.

Perhaps no better statement of health has ever been made than that of Dr. Herbert M. Shelton. I'm happy to quote his definition:



"Health is a condition of perfect development, a state of wholeness and harmonious development and growth, an adaptation of part to part of the organism, or organ to organ, with no part stunted and no part in excess.

"In this state of organic development lies the perfection and symmetry of beauty. Beauty is simply the reflection of wholeness, of health. It is easy to demonstrate that the forms and proportions of humans and every animal and plant which are in their highest and most useful state are the most beautiful and therefore the most healthy.

"When every bone is of the best form and size for its service in the body, there is perfect proportion. When every muscle is fully and proportionally developed, with just enough of fat and the cellular tissues to round out the muscles, we have the highest beauty of form. When the texture of the skin is finest, when the circulation of the blood most vigor-

ous, the blood well-nourished and freed of all waste, there is the glow and charm of the finest complexion.

"The highest beauty is the expression of the highest health. Partial beauty, fading beauty or decaying beauty--these are but expressions of partial, fading or decaying health."

When we suffer any impairment or impediment we cannot be

***The ability to appreciate beauty is highest in humans. And humans would normally be the epitome of beauty if they lived in keeping with their birthright, that is, their biological mandate.***

said to be in a state of health. We can be in a relatively high state of health but to the extent we do not enjoy perfection of body function, we are not completely healthy.

We live in a nation where disease is the norm of life rather than a rarity. In taking up a health career it is our duty to make health the norm and disease a relative rarity.

### **Beauty as Reflecting Health**

Though our standards of beauty are rather low today, they still, nevertheless, take note of the exceptionally beautiful. Beauty, as a reflection of health and well-being, should be the norm, not the exception. How many women have we seen whom are so lovely and beau-

tiful that we are drawn to them as a magnet? How many men are so wholesome, so fit and handsome that they, likewise, are irre-

sistible to their female counterparts? I daresay such men and women constitute less than 1% of our peoples.

The ability to appreciate beauty is highest in humans. And humans would normally be the epitome of beauty if they lived in keeping with their birthright, that is, their biological mandate. We readily recognize beauty in birds, flowers, and other life in nature. But our fellow humans, whether aged or young, whether nice or disagreeable, are, for the most part, in some way unappealing to our sense of beauty. Over fifty percent of our population are obese. This is but one impact of the unattractiveness that characterizes an unhealthy population. Such people are transformed as if by magic upon undergoing as little as a month's Hygienic care.

One of the "miracles" you can hold forth to your would-be clients is that of handsomeness or beauty. That quality will be tremendously enhanced in those whom you help to achieve a high level of health.

### **Fullness of Function as a Barometer of Health**

While it is not always true that athletes are superbly healthy, it is true that all in superb health are quite athletic. Suppleness, agility, stamina, strength, and vigor are qualities essential to a state of health.

Physiological function will be ideal in every respect to someone in full health. A sense of euphoria, of joy, and of total well-being is a condition of health. Healthy people usually wear smiles and pleasant countenances. Glumness and a downcast disposition personify inner unhealthfulness. Nothing sabotages beauty, function, happiness, and well-being as a body shot through with the poisons or toxins borne of bad living practices.

### **The Possibility of Perfect Health for Humans**

Natural Hygiene holds that perfect health is the norm of life. We hold that



***Natural Hygiene is truly a science of life for it is based soundly and scientifically upon our biological requirements for thriving in perfect health. Perfect health is possible if the conditions of health are ideal. With our intelligence and extensive technology we can create the conditions for healthful living practically anywhere.***

all creatures in nature adapted perfectly to the conditions of life under which they developed. They adapted to cope with their environment and their food supplies.

In nature, excellent health is the norm of existence. Animals have no knowledge or concept about healthful living. They live healthfully naturally by doing only what their instincts direct them to do.

It would seem that with a technological society at the apex of development human health would have kept pace and be better now than ever. However, the opposite is true. Humans are probably unhealthier now than at any time except the immediate past, that is, the last ten to twenty centuries. In the Dark Ages and Medieval times health was at an overall low.

Technological progress builds upon itself, and it is a credit to the human heritage that we still have, even though in a degenerated state, sufficient intelligence to develop a highly technological society. Even though affected by physical degeneracy, the brain is always the least affected of organs in famine, disease, starvation, and physical debilitation.

Perfect health is possible if the conditions of health are ideal. With our intelligence and extensive technology we can create the conditions for healthful living practically anywhere in the world where humans live.

### **Health Is Normal and Natural**

Over eons of time, organisms have developed to cope with changed environmental conditions and food supplies that varied environments produced. Environments range from the ideal to the impossible for every creature on earth, even microbial forms of life. Perfection arises from adaptation--from coping with conditions. Adjusting to every nuance of nature resulted in organisms that functioned perfectly in that environment.

In humans and animals we witness what is obvious: health is normal and natural. We see animals in nature being born, living their natural life spans and dying naturally. And for all our modern pathogenic practices still we see humans more or less well most of the time. In view of my Hygienic experience and by my observation of hundreds of others who remain sickness-free under the Hygienic regime, there is but one inescapable conclusion: health is a normal condition of life. It is our birthright.

Natural Hygiene is truly a science of life for it is based soundly and scientifically upon our biological requirements for thriving in perfect health.

This is the outlook which you are studying in this course and being asked to advocate and follow in your professional career.

## SUMMARY OF LESSON ENH01

This first lesson has introduced Natural Hygiene and the fundamental concepts it embodies.

Foremost of these concepts is that health is normal to all life, that organisms flourish when their needs are correctly furnished and that they suffer when their needs are not met or wrongly met. The science of Natural Hygiene is the determination of the true needs of life. The art of Natural Hygiene is in the application of those needs in a very balanced fashion.

Another concept is that the individual is sacred and of great worth

Natural Hygiene believes in the dignity of every individual and strives to create the biological bases in human practices that assure humans the realization of their exalted potential.

Another premise is that life is to be enjoyed and that enjoyment must have, as its foundation, physiological well-being or health.

We have learned that organisms are independent entities capable of sustaining health when all their natural needs are furnished.

We have learned that healing is a biological process and only a biological process. We have learned that the process can be helped in no way other than the establishment of the conditions favorable to rest, relaxation, and quietude.

Also we have learned that the whole current concept of cure is erroneous and fraught with terrible consequences for those who are subjected to the various schools of cure.

We have learned what health is and had a glimpse of the essential conditions and practices of health.

And finally we have learned that perfect health is normal to humans as with other animals and that we can realize it merely by regulating ourselves and our environments to meet its requirements.

## QUESTIONS ABOUT THE LESSON

QUESTION: What do the words Natural, Unnatural, Normal, and Abnormal really mean?

INSTRUCTOR: From the human being's point of view, natural or normal is that to which we became adapted and accustomed to while living in a pristine state of nature. That which is contrary to our adaptations, that is, to our biological heritage, is abnormal and unnatural.

Keep in mind, however, that these words are used erroneously very often in our day to day speech. For example, it is considered

"normal" to have one to four "colds" a year, as well as a bout of influenza. But there is absolutely nothing normal about that. High-level health is what is normal. Suffering from colds and influenza is abnormal. We may think of this disease-ridden current state of affairs as being "average", "common" or "typical", but it is not in any way normal or natural.

**QUESTION:** What are biological adaptations?

**INSTRUCTOR:** Biological adaptations is a term to describe the faculties that an organism has developed to meet its requirements in the environment in which its growth has occurred. What is natural to an organism depends on its environmental adaptations.

**QUESTION:** Would you say carnivores are biologically adapted to meat-eating because of the structure of their teeth and other body structures?

**INSTRUCTOR:** Yes, I'd say that. Animals that live primarily upon meat have developed the tools for securing their food supply and best digesting it for their physiological needs. Animals that have claws and fangs are usually carnivores.

**QUESTION:** Are we adapting to our present environment?

**INSTRUCTOR:** Probably, but not perceptibly. A social adaptation or accommodation is not physiological and anatomical adaptation. Biological adaptations are slow and often seem to require hundreds of thousands of years to come about. For example, when humans started eating meat, they did not during all their meat-eating days over a period of several thousand years develop fangs, claws, or the concentrated hydrochloric acid solution that characterizes meat-eating animals. You need but look at Eskimos to see confirmation of this. Animals adapt very slowly to changed conditions. On the other hand if there is a failure to adapt or the change is too quick, the danger of extinction exists.

**QUESTION:** In nature there are checks and balances. Isn't something like the black plague a natural check on the population?

**INSTRUCTOR:** No. In nature there are no such things as checks and balances in that context. In normal circumstances there are periods of famine and periods of feast. When there's famine, death overtakes many of the organisms that are victims of the scarcity. When there's a feast, a rapid multiplication occurs.

Organisms in nature live in symbiosis with each other and a balance exists amongst them according to the food chain. For instance, if you study and witness insect hordes, you'll learn that when they are thriving on abundant vegetation there is a corre-

sponding increase in their predators, that is, birds and other animals that feed upon insects. When the insect population is practically wiped out the predators decline in numbers. These are the only kinds of checks and balances that exist in nature. Nothing can exceed its possibilities.

What you call calamities cannot be in any sense referred to as natural. A plague or any sickness or disease is not natural. It happens because an organism has lived contrary to the laws or principles that apply to its life. When we contravene the laws of our existence, we will incur disease. Diseases or plagues are in no sense checks and balances. If humans live think and act in pathogenic ways they'll develop diseases and die, even while living amidst relative paradise.

QUESTION: What is your opinion of holistic health?

INSTRUCTOR: Those who are striving for something better than the medical system with which they've become disillusioned must be admired for both their insight and their courage in undertaking an independent course. We Hygienists may not agree with the course or courses they've chosen as an alternative, but we hold they have every right to pursue it as is their bent and persuasion. It is always wonderful to see another mind break free!

The word "holistic" derives from the word "health" which, again, means "whole," "complete," or possessing fullness of function. The word "holy" also derives from the word whole or healthy, although we have lost sight of this.

What we call "holistic health" in current society is a catchall of all modalities. The term is a tautology. It's like saying "healthy health." But the holistic movement involves M.D.s, homeopaths, chiropractors, osteopaths, naturopaths, herbologists, acupuncturists, polarity therapists, foot reflexologists, and just about anything else that attaches itself to the movement. The holistic health movement embraces anyone who wants to join it.

Hygienists who bring their philosophy with them are not accepted in the holistic movement. To be accepted into the movement you must be of a "curing" frame of mind, that is, basically medically oriented. This movement is therapy-oriented rather than health-oriented. However, some of the practitioners in the movement, notably the naturopaths and chiropractors, do recognize that we must remove the causes of disease in order to establish a basis for health. There are, in fact, practitioners in all schools that recognize the real needs of the human organism and advise their clients of these needs.

We call ourselves wholistic. To us this means that we embrace every facet or condition that touches upon human welfare. In the

sense that we recognize that health is realized only by the length and breadth of the living regime, we're wholistic. But we do not identify with the current movement that calls itself holistic.

QUESTION: I think you're wrong about all healing being self-healing. I've personally seen a woman who had a leg ulcer for over a year. Topical application of comfrey poultices healed it in less than ten days. How can you deny that?

INSTRUCTOR: I do not deny that the leg ulcer healed, and I do not deny that the comfrey poultice was the agency that precipitated the healing process of the leg ulcer. But the body is probably worse, not better for the treatment.

What happens physiologically to cause the ulcer in the first place? Why do they sometimes persist only to heal later? What happens when the agency of toxic materials such as in garlic, aloe, comfrey, or in pharmacological preparations are applied and the ulcer is healed?

The comfrey poultice neither caused nor healed the ulcer. The body created the ulcer in the first place just as it creates a boil, fever, pimple, or other so-called infection. The body creates these conditions as outlets for an extraordinary load of toxic materials. As long as the body is burdened with toxicity that it cannot eliminate through normal channels, it will utilize vicarious outlets, i.e., outlets other than normal. As long as the practices introduce toxic materials into the body and the sufferer's habits are such as to cause the body to retain its own metabolic wastes, then the body will protect itself against a death-dealing situation by getting rid of its problems any way it can.

An ulcer is created in two ways. First, a lesion can be created by the body through self-autolysis of its tissues. The body causes the self-digestion of a hole to the surface in the case of a boil or pimple. It is the body that forces toxic materials into the hole it has created to the surface. It is the body that creates the tremendous pressure necessary to keep the pus and debris near the surface in the form of a boil until drainage or expulsion occurs.

Just so it is the body that causes the ulcer in one way or another. Probably the leg ulcer was caused by the body's collection and concentration of poisons in a given area until the cells and tissues of the area were totally destroyed. Then the body utilizes the open sore as a drainage outlet much as a teakettle will discharge its steam through a blown hole after the hole is blown. When aloe vera, comfrey, or certain pharmaceutical preparations are applied, they do not solve the body's problems. Herbs and drugs have not the intelligence or power to create cells and new tissue to bridge the chasm that constitutes the ulcer or lesion.

What happens is that the poultice or drug application applied to an open sore poses a new danger. Absorption of poisons from the outside causes the body to change strategy. Where it had been exuding poisons to keep them low, the body is now absorbing poisons there. To stop this new threat the body closes up the ulcerous dumping ground and seals it off from the outside by scarring it over.

Though the body healed the ulcer, it is now worse off than before. It is retaining the toxic material previously expelled through the open sore or ulcer. Either it must now create a new extraordinary outlet or suffer the retention of the toxic materials it previously expelled through the ulcer.

Had the ulcer sufferer fasted, the ulcer would have healed more quickly than with the application of a poultice. Moreover, the body would, under the fasting condition, be free of the input of toxic materials and toxigenesis due to enervating habits. Under this condition it can accelerate expulsion of toxic materials through regular channels. Once the level of toxicity has been reduced below a certain tolerance level, the body will promptly proceed to heal the ulcer. Healing takes place much more quickly under the fasting condition than any other. While fasting, the body can concentrate its energies and its material resources to the healing process, thus affecting healing much more speedily.

So, the comfrey poultice did not do anything other than become a source of irritation. The body "closed up shop," so to speak, at the ulcer site and did business elsewhere. Keep in mind that all healing is a body process and never that of drugs. And let us not mistake the drug nature of comfrey. It contains pyrrholizidine and allantoin, two quite toxic alkaloids or glycosides.

QUESTION: Are you telling us we'd get along better without doctors and healers? Does not nature furnish natural remedies for our problems?

INSTRUCTOR: I just furnished an example of the physiological *modus operandi* of the body under the influence of toxic materials.

Yes, we would be better off without physicians, miscalled doctors, and so-called healers. We DO need Teachers to help people see their errors concerning health. We need Teachers to get our brothers and sisters on the right track so they can lead healthy and happy lives.

Nature never developed humans or other animals so that remedies are needed in the first place, and it never created remedies in the second place. These interpretations errant humans have ascribed to disease and healing phenomena are based on illusory appearances. The only remedy for any ailment is the capacity of the

body to right itself once the assault upon it has been discontinued.

QUESTION: Aren't diseases caused by germs and viruses? Surely you can't mean that millions of physicians the world over are wrong about this?

INSTRUCTOR: We'll get into the depths of these matters in subsequent lessons. But the answer is no: germs do not primarily cause disease. They can, at worst, complicate them secondarily. Bacteria are our symbiotic partners in life. Partners accommodate each other for mutual benefit. Viruses as an entitative existence, i.e. an independent life form, are a medical myth. If diseases are caused by uneliminated metabolic debris, which is probably what viruses are, then the medics have a point. Their accumulation can precipitate a healing crisis in the body. When this occurs, the body is likely to transport bacteria to the scene to aid it in cleaning up the mess, but the bacteria did not cause the problem. The habits and practices of the sufferer must be looked to as the real culprits. Once these deleterious habits and practices are discontinued, there will be no further toxic accumulations and thus the need for disease or healing crises will cease to exist. Sickness-free health will exist thereafter.

QUESTION: You say that disease is abnormal. Everyone has been sick at some time or other. Haven't you ever been sick? If everyone gets sick, wouldn't you say getting sick is a rather normal thing?

INSTRUCTOR: Yes, it is undeniable that disease and sickness are common in our society. That is one reason there's a great need for enlightened Professional Natural Hygienists to be on the scene. We can put an end to this misery. Let us not, however, confuse what is normal in nature and what is common in a degenerating society. Disease is a appropriate and beneficial body response to an abnormal toxic condition. But the toxic condition is, let us recognize, abnormal.

QUESTION: You talk about Natural Hygiene as a cure-all. Aspirin will cure a headache, at least for a while. Can Natural Hygiene cure a headache?

INSTRUCTOR: Those practices which, aggregately, we term Natural Hygiene, are, indeed, a panacea, a cure-all. Correct diet and health practices build health, not disease. Aspirin does not "cure a headache." The problem remains as before plus we now have the added toxic presence of the aspirin itself. Aspirin merely induces our body to paralyze or incapacitate the nervous system. Just because you remove thermometer does not alter the temperature. The fact that the body finally expels the aspirin from its domain and reinstitutes the cleansing processes that give rise to yet another

headache is ample indication that drugs solve no problems.

To understand this further, you can ask yourself, "Is a headache due to an aspirin deficiency?" Of course not. Our body is not meant to have a poison called aspirin running through its bloodstream at any time. Therefore there can be no aspirin deficiency.

Likewise you may ask, "Is a headache due to an herbal drug deficiency? A homeopathic tincture deficiency? A lack of acupuncture needles? Not enough manipulations?"

Under the Natural Hygiene regime all causes of headaches are removed. Causes of health are instituted. This is the ultimate solution to the problem of disease and suffering. When there are no causes there can be no disease. When only the causes of health are indulged, only health can result.

## WORKSHEET--Lesson ENH01

### Fill In The Blank Section

Fill in the blank or blanks with the appropriate word or words.

- 1) All affections of the body must be \_\_\_\_\_.
- 2) The Natural Hygiene health system is based on the principles and practices that are in accord with our \_\_\_\_\_.
- 3) Dr. Isaac Jennings discovered that his patients fared better under \_\_\_\_\_.
- 4) Our biological adaptations resulted from how our bodies developed in a \_\_\_\_\_ state of nature. They determine our needs and how we should meet them.
- 5) The key to exalted well-being is biologically correct \_\_\_\_\_ practices.
- 6) Sickness and disease are eliminative \_\_\_\_\_.
- 7) A \_\_\_\_\_ is a thoroughgoing rest.
- 8) The best way to help the body in disease is to intelligently \_\_\_\_\_ and simultaneously establish the \_\_\_\_\_ of health.
- 9) Therapies very often have \_\_\_\_\_ effects and are sometimes even fatal.
- 10) \_\_\_\_\_ is caused by improper life practices, especially dietary indiscretions.
- 11) Natural Hygiene is to humans as \_\_\_\_\_ are to other animals.

### Multiple Choice Section

Choose the one best answer.

- 1) The human organism is:

- a) self-governing.
  - b) self-repairing.
  - c) self-constructing.
  - d) self-defensive.
  - e) all of the above.
- 2) Who was the most notable Hygienist of the 20th century?
- a) Hereward Carrington.
  - b) Isaac Jennings.
  - c) Herbert Shelton.
  - d) Sylvester Graham.
- 3) Illness results from:
- a) invasion by bacteria and viruses.
  - b) not getting frequent check-ups.
  - c) reduced vital energy and consequent toxicosis.
  - d) lack of vitamin and mineral supplements.
  - e) all of the above.
- 4) Natural Hygiene is:
- a) a philosophy of life.
  - b) a way of life.
  - c) an intellectual endeavor.
  - d) a scientific way of living.
  - e) all of the above.
- 5) Drugs, treatments and herbs:
- a) can help in overcoming diseases.
  - b) create additional disease.
  - c) establish the conditions of health.
  - d) are necessary to overcome infections.
  - e) all of the above.
- 6) Why do medications sometimes stop or suppress disease symptoms?
- a) Because they cure the condition.
  - b) Because the body diverts its energies to expelling the medication instead.
  - c) Because they restore body normalcy.
  - d) Because they kill or render harmless the microorganisms responsible for the symptoms.
  - e) all of the above.
- 7) Our eating practices should be determined by:
- a) our physiological adaptations.
  - b) our social conditions.
  - c) the foods in our environment.
  - d) our body type.
  - e) our taste preferences.
  - f) all of the above.
- 8) Health is:

- a) the absence of sickness.
  - b) not only being free from illnesses and aches and pains, but also feeling really good.
  - c) a condition of perfect development and function where all body organs operate in harmony.
  - d) harmonious cooperation of dissimilar organisms for their mutual benefit.
  - e) the science that deals with human well-being, everything that bears on human welfare.
  - f) all of the above.
- 9) Health can be produced by:
- a) certain medications, in some cases.
  - b) restoring the flow of vital energy.
  - c) getting plenty of exercise.
  - d) getting the proper diagnosis so the proper treatment can be employed.
  - e) healthful living and nothing else.
  - f) all of the above.

### **True or False Section**

Answer the following statements with a T for true or F for false.

- 1) In the field of health the word normal is commonly misused to mean average.
- 2) In nutrition natural means that it comes from a plant or other sources in nature.
- 3) The science of life, also known as Natural Hygiene, is based on scientific principles.
- 4) Disease symptoms are evidences of body healing.
- 5) Changes in our external environment alter our internal needs.
- 6) Fevers are not harmful. In fact, they are produced by the body itself to aid in purification.
- 7) Diseases are bound to occur if they are not prevented or avoided.
- 8) Herbs interfere with vital body purification and reparative functions and normal body functions as well.
- 9) Drugs and medications sometimes increase or improve body vitality.
- 10) The body is self-healing.
- 11) Sickness and disease are not inevitable in people's lives.
- 12) There is really no such thing as a medicine as a curative substance because all healing is self-healing.

### **Short Answer Section**

Answer each question briefly.

- 1) Name the two sources of body toxins and briefly define each.
- 2) As a health professional, you will learn to do two basic things in

dealing with ailing clients. Name them.

3) List ten of the foremost needs of the human organism.

4) What is the effect of vaccinations, drugs, medications and treatments on the body?

5) List the three basic kinds of foods humans are constitutionally adapted to eat.

6) How is recovery from sickness properly and most effectively achieved?

## **Answers to the Worksheet**

### **Fill-In-The-Blank Section**

1) caused. Affections or diseases result only from causes which the sufferer embraces in his or her life practices.

2) biological heritage. Physiological adaptations, natural mandate, and other similar responses will do too.

3) less drugging. He found that no drugs at all worked best while the client, given placebos for psychological reasons, was actually put on a fasting regime.

4) pristine. needs. For pristine the terms wild or primitive would do equally as well. For needs the term requirements also means the same.

5) living.

6) crises. Processes and other words meaning the same will also do. Diseases are body instituted and conducted processes to expel an accumulation of morbid matters and repair damages.

7) fast. Abstaining from food is but one aspect of a fast. Abstaining from emotional, sensory and physical activities are important aspects of fasting also.

8) do nothing..... conditions. (requirements, needs or requisites). Knowing that the body is self-sufficient in all matters leaves us no choice but to leave it alone. We can interfere but we cannot help.

9) Adverse. Harmful or Unintended also are correct.

10) Disease. (sickness, suffering, illness, ailments, maladies, etc., will also do)

11) Instincts. Following inborn instincts is a 100% effective health system for animals in their natural habitat.

### **Multiple Choice**

1) e.

2) c. Only Drs. Carrington and Shelton are from the 20th century, and the work of Dr. Shelton far outweighs in quantity, insight and depth the fine works of Hereward Carrington.

3) c. Bacteria do not cause diseases, but are brought onto the scene

as symbiotic scavengers by the body to help in cleanups of toxic debris. Viruses as living entities simply do not exist. What is labeled "viruses" is the debris of spent cells, and is toxic in the body if not eliminated.

4) e.

5) b. Drugs, treatments, herbs and other adventitious modalities interfere with the body process of disease, but cannot possibly help it. Instead they pose additional problems or additional disease. "Infection" is one of the body's methods of expelling toxic materials, decomposed cells, etc. Drugs, herbs and modalities inhibit the body expulsive process called infection.

6) b. Under no circumstances have drugs, herbs, etc., the intelligence and the power to correct body problems. They do not furnish any of its needs. The body's healing energies must be redirected to drug or herbal expulsion; hence the symptoms recede or disappear. Even though drugs and herbs kill off bacterial flora in the stomach and at the sites of the affected organs and tissues, the bacteria are not responsible for the disease condition.

7) a. Inasmuch as our physiological adaptations are in accord with our biological needs, this is the correct answer. Social conditions are often a determinant of what we eat, but that's not the way it should be. Likewise we must often eat the foods available to us from our environment, whether or not they are suitable. Our body type is the human kind, and the human kind is frugivorous or fruit-eating. Variations in human body types have no bearing on this whatsoever, just as all bees, regardless of variations, consume, in nature, nectar and pollen. Our taste preferences in our pristine habitat were in accord with our instinctive diet; that is, mostly sweet fruits. Taste is no guide within the context of taste perversions that have been cultivated.

8) c. The absence of visible pathology or symptoms is no criterion of health. Feeling really good in the absence of symptoms is not the criterion either, though in a state of health, we have an absence of sickness and feel good. Answer (d) applies to symbiosis. Health is not a science but a condition of wholeness.

9) e. Medications, being poisonous, cannot produce health. Restoring the flow of vital energy does not cause healing. It takes an ample flow of vital energy to institute and conduct the disease process in the first place. It is a rank and absurd assumption that vital energy exists but cannot flow because of blockages. The truth is that vital energy is insufficient due to a shortage of generation, or due to requirements far in advance of normal supply. While getting plenty of exercise is essential to a health regime, it will not of itself produce health. All the diagnoses and treatments ever made and devised cannot produce an iota of health-- these have only the possi-

bility of impairing health. Only healthful living produces health. Healthful living consists of meeting the needs of the organism within the context of its conditions.

### **True And False Section**

- 1) True. The word normal means what is natural to the human organism. This has nothing to do with what is the norm in a perverted society.
- 2) False. The word natural means that the foodstuff meets our biological needs and adaptations. Tobacco, belladonna, foxglove, and thousands of other plants and fruits grow in nature and are therefore natural, but are deadly poisonous to humans. The word natural applies only insofar as it is natural to us.
- 3) True. That system which accounts for all the needs of life is scientific.
- 4) True. When the body pre-emptively redirects energies from normal channels and redirects them to cleansing and repair, these are ample evidences of the processes which are called symptoms.
- 5) False. The body must maintain internal balance regardless of external conditions.
- 6) True. The body never harms itself. Fevers are intense inflammations produced by the body to accelerate purification and healing processes.
- 7) False. Diseases are not inevitable. They will not occur unless they are caused. The only cause is toxemia.
- 8) True. Herbs are drugs at their source. They are toxic like any other drug in the drugstore.
- 9) False. Drugs at all times and under all conditions are poisonous. They cause the body to lose, not gain vitality. The accelerated expenditure they occasion in the body because of the expulsive effort is exhausting of body energies and destructive of body faculties.
- 10) True.
- 11) True. Sickness and disease occur only where the sufferer has, by his or her practices, caused a buildup of uneliminated toxic matters.
- 12) True. Medicine as a "curative or healing agent" is pure illusion. It is absurd to believe that anything from outside the body has the intelligence, the faculties, and the power to troubleshoot body problems, cleanse and repair them.

### **Short Question Answers**

- 1) Sources:
  - (1) Exogenous sources--Toxins from the outside are ingested in junk foods, drinks, condiments, drugs, cooked foods, etc., and, due to insufficient vital energy to cope, remain uneliminated from the

body.

(2) Endogenous sources--Due to insufficient vital energy because of inadequate generation or extraordinary expenditure, body wastes are not eliminated. The uneliminated wastes of body metabolism are toxic.

2) As a health professional you'll learn to guide your clients to two fundamental steps in restoring health:

(1) causes of body toxicity must be discontinued, and

(2) the conditions of health must be established.

3) There are 19 essential factors of life listed in the Program for perfect health. Foremost among them are pure air, pure water, foods to which we're biologically adapted, sunshine, comfortable temperature, rest, sleep, exercise or activity, emotional equilibrium, security of life and its means, belonging to a circle, group, family or other consortium of humans, expression of the reproductive faculties, direction and motivation, creative useful work, etc.

4) Any alien substance introduced into the body interferes with body functions, thus destroying or pathologically modifying them.

5) (1) fruits, (2) vegetables and (3) nuts and seeds.

6) By discontinuing its causes and supplying conditions favorable to healing. Fasting is the most efficacious condition under which the body can speedily restore itself to normal operating condition.

