

COMMON SENSE RESTORATION OF HEALTH

PERFACE

The ideas incorporated in this booklet may be said to be, in capsule form, the basic teaching of five of the most progressive and individual doctors of the past one-hundred years : Isaac Jennings, M.D.; Sylvester Graham; Russel Thacker Trall, M.D.; John H. Tilden, M.D.' and Herbert M. Shelton, M.D.' These were truly doctors (Teachers), for they wrote and taught their learning and discoveries. Not being GOOD FOR BUSINESS the books of these great teachers are not in general circulation.

People we have known, 'never sick a day in their lives', have suddenly passed on while the author lived a life of illness for 48 years. Is it not possible that there be something topsy-turvy in our conception of disease when the 'Disease-ridden' live on and on, while the 'Disease-free' drop dead? Will a re-examination of our information on health reveal errors, or have we reached perfection and know all? The author invites the thinking adult to a common sense inquiry into the true nature of disease, and offers a common-sense program, employable by anyone, for a rapid restoration of genuine health.

There are scores of 'health books' written by people who have recovered health in which their 'Cure' is described. Though these books have at times helped others to a 'Cure their failure are legion. Cures and Curing are a bit of voodoo invented by the ancient Medicine-man, and have no place in the rational and enlightened mind today even when presented in modern dress.

Perhaps our greatest present-day delusion regarding disease is the 'Cure' that sometimes 'Cures' and sometimes doesn't 'Cure'.

HOW WRONG CAN YOU GET? A thing either IS, or IS NOT. Sometimes is and sometimes isn't is a mighty poor foundation, for a method of cure for a sufferer.

A true science of health based upon primary principles is not a sometimes thing. A common-sense method of care, properly grounded on the universal laws that govern all life results in early improvement in all cases.

THERE ARE NO FAILURES

To Dr. Maria Mills, whose kind interest and guidance in my darkest hours made possible my survival to write it, I gratefully dedicate this booklet.

The Author

Man is living in a world of delusion. But do not tell him so. He will not believe you, and will resent it. His exploiters use a subtle flattery of his genius and acumen to milk him.

He knows that not long since his fore fathers were an ignorant and deluded lot. They believed in the divine rights of kings, in ghosts, witches, were-wolves, univorns, evil eyes and evil spirit. They had faith in sorcerers, magicians, shamans, witch-doctors, high-priests and medicine men who drive evil spirits from the bodies of the sick and thereby cured them. They believed in myriads of utterly silly things; in fact, history has established that there were but few wise men, the rest were completely deluded' all that they believed was in error.

But that is all changed now. WE ARE SUPPOSEDLY EDUCATED NOW AND MORE ENLIGHTENED THAN EVEN BEFORE. Science is in the saddle, and promises to solve all our problems; EVENTUALLY OR WIPE US OUT.

Our daily news is full of the miracles that science performs for the lame, the halt and the blind. But these things happen to others far away, not to us and ours. Millions of people in America are ill, pain-wracked, and suffering from the common ailments for which there are no miracles. For these multitudes whom science has failed, and is failing, this common-sense is written.

THEY NEED NOT SUFFER, THE TRUTH WILL MAKE THEM FREE.

In Ignorance of aesthetic values does the bull throw his weight about in the china-shop?

PART ONE

LIFE-AT-WORK

The inside of the body is a busy workshop. In its many departments, a multiplicity of marvellous operations are continually in process for the sole purpose of keeping intact and living - nature's highest animal creation. There are departments busily engaged in receiving raw materials and processing and reconstituting them into substances that can be converted almost instantaneously into dozens of tissue forms, as may be required upon the shortest of notice. Other departments are manufacturing, producing, moistening, mixing, blending, drying, heating, cooling, pressurizing, converting and reconvertng, cleaning, heating, purifying, eliminating etc. etc.

The conveying system that moves materials through the various departments of this workshop offers a breath-taking example of the marvels of the human organism. The heart, a hollow muscle about the size of the fist, regulates and aids the flow of approximately five-thousand gallons of liquid blood every twenty-four hours, through a network of tiny, elastic pipelines, the lining of which is so wonderous smooth that the person of the body is unaware of (does not feel) the terrific flow.

More marvellous still, perhaps, is the fact that this entire workshop was at one time contained within a microscopic seed; its building and expansion to full development was accomplished by its own efforts, **WITHOUT ASSISTANCE**, excepting the nature supplied the materials required: air, water, food, sunshine, etc.

In man's ages-old search for knowledge of the human body and its life-force, perhaps the most dependable conclusion derived at, is the most important truths that he seeks, are secrets, forever to be held from his understanding. Not the least of these mysteries is that of the sources of the body's energy or vitality. It is well to remember here that all theories regarding this phenomena remain **JUST THEORIES**. Somewhere among the many operations of the busy workshop, tremendous amounts of vitality - life-force is acquired. Vitality that energizes the workshop, and also that energy consumed by man in his multiple activities. More than three thousand years of recorded research has not provided the answer to : from where originates the body's vitality, nor why it is suddenly gone and its source forever stilled?

To preserve the human organism for the full term of its natural life, it is necessary that it be maintained in the condition to which we apply, the term Good Health. Therefore it is reasonable to suppose that good health is the normal state. In other words the natural, or the normal state of the body is in the condition of good health. This very important fact must be borne in mind if we are to understand how health is to be recovered. What then is good health? Webster's Standard Dictionary states : "Health is freedom from bodily pain or disease, Vigour of mind, Moral purity." For our purpose a wider interpretation is desirable, such as "Health: A state of well-being, free of all disease, aches, pains, discomforts, and worries. "Yes - free of worries. Also may be added; Any desires so demanding or compelling as to be needs or compulsions. In other words - a person who 'needs' this or that external thing or condition to be happy is not a well person. In full health people need only action, the expending of vitality, to be happy; to 'feel great'. This is best observed in healthy children with whom absolutely nothing is needed to be joyous but ordinary comfort and freedom to romp about. All people but the very old should desire to "be about," and just moving about should be sufficient to fill our lives with satisfaction*

This conception of health we must bear in mind is **THE NORMAL CONDITION OF THE BODY. THE NORMAL CONDITION THAT THE BUSY WORKSHOP IS WORKING TO MAINTAIN EVERY SINGLE MINUTE OF EVERY DAY AS LONG AS LIFE LASTS.**

We come now to the consideration of the intelligence that governs the workshop, and also the question of whether the body can or will do that which is wrong. Can or does the body on occasions make mistakes and act to break down health instead of build it? The guidance of the workshop, the functions of our internal organs are not subject to our voluntary control. We cannot will our liver to do so and so, or will our heart to pump thus and so, etc. **THE WORKSHOP IS CONTROLLED BY UNIVERSAL INTELLIGENCE. THAT INTELLIGENCE WHICH GOVERNS ALL LIVING IMPULSE, THAT AWAKENS THE ACORN TO GROWTH IN THE SPRING.** Thus directed, the workshop cannot digress from its single purpose and direction. Regardless of what may appear to us. aches, pains, disease, etc. these are all lawful moves toward health; the body can do naught else. The direction of the

body's function toward health is fixed by universal law as unchanging as the law of gravity. **THE BODY WILL NOT, CANNOT CAUSE DISEASE.**

**It is recognized by the author that these ideas concerning health are open to much argument. However, I will not resort to argument to sustain them or any other ideas expressed in this booklet. I would here remind the reader that this is not a thesis of technical exactitude, 'scientific'. It is strictly a common-sense approach to the problems encountered in the restoration of health. I insist that here I stand on the same solid ground as did Sister Kenny, whose techniques were common-sense, not 'scientific,' and likewise as did Sister Kenny. I offer these ideas to the ill and suffering whom 'science' has failed.*

Our next consideration regards the capacity of the workshop. Has it ability, or capacity to maintain full health? Indeed, the various departments of the body, all of them, are capable of producing results far in excess of any normal demand for their services. This is amply demonstrated in the behavior pattern of the kidneys. Should one be damaged or removed the other immediately assumes the duties of both, even growing larger to carry the additional requirements. Further examples of this phenomenon should be unnecessary as this fact is well known to all readers.

THIS IS BASIC. The body has the ability to produce far beyond all normal requirements, and is thoroughly capable of maintaining itself in a normal condition - full health:

SUMMARY:

- (1) Every department of the human organism functions for just one single purpose: To keep healthy and alive.
- (2) The various organs, or departments of the body, (productive, regulatory, etc.) are self-created, self-healing, self-regenerating; and are capable of functioning far beyond the normal requirements of the body.
- (3) We live because the body is constantly creating life. Life for expansion, repair, healing and the continuance of life. **CREATION (GOD OR NATURE, AS YOU PLEASE),** made the building of life an **INTERNAL FUNCTION** of all living things. Nothing outside the living body can do for it.
- (4) Living organs will reverse their functions, and infect or disease themselves when apples fall upward. **THAT EVERY FUNCTION OF THE BODY IS ONLY IN THE DIRECTION OF HEALTH, i.e. UNIVERSAL LAW OF LIFE AS FIXED AS THE LAW OF GRAVITY.**
- (5) Man's knowledge is puny indeed, his ignorance profound regarding life-at-work, and we may well expect it to remain so.

Likewise do fools throw their weight around in the human workshop to 'fight disease, undeterred by their acknowledged ignorance its functions.

*The idea has been widely promoted that some superior intellect, or some superior scientific training is required to understand the function or physiology of the body. No person with a mature mind will be taken in with this obvious fiction **NATURE HAS MADE HER LAWS OF LIFE SIMPLE ENOUGH FOR ALL HER CREATURES TO INSTINCTIVELY OBEY, AND ALL NORMAL HUMAN BEINGS TO UNDERSTAND.***

PART TWO

CAUSE OF DISEASE

If it be true that the body has capacity plus to maintain health, then why the widespread illness and suffering? Are germs and viruses to blame? Medical men and bacteriologists are practically a unit in declaring that germs cannot secure a foothold in a healthy body, but that a 'suitable soil' is necessary. **THE PERSON WITH A HIGH DEGREE OF VITALITY IS IMMUNE TO GERMS.** If the natural immunity to disease must be broken down for germs to gain a foothold then the germs are not the **PRIMARY CAUSE.**

Common-sense dictates that inquiry which goes only half way back to primary cause, can result in only half-way understanding. In view of the fact that the workshop of the body purifies, heals, repairs, and builds health and life in excess of the normal needs, we must recognize that so long as power, (nerve energy), is present in quantity sufficient to operate the workshop efficiently -**THEN ILLNESS OR DISEASE IS IMPOSSIBLE,** Thus it is clearly

seen that a lack of power, or nerve energy, or that condition of depleted vitality to which Dr. Tilden applied the term - ENERVATION' is the PRIMARY CAUSE OF ALL DISEASE.*

Dr. Shelton describes it thus" 'Nerve energy is functioning power. When this is abundant, function is efficient and excretion keeps the bloodstream pure when nerve energy is low, excretion is inhibited and TOXEMIA (blood poisoning arising out of retention and accumulation of metabolites) develops. Nerve energy is lowered in many ways - overwork, overeating, sexual and all other excesses, stimulation, emotional irritations, lack of rest and sleep etc. etc. Impaired health from avoidable exhaustion of the nervous system fills homes with despair, hospitals with the sick, asylums with the insane, jails and prisons with criminals, and the cemeteries with prematurely dead.

ENERVATION (NERVOUS FATIGUE) IS THE CAUSE OF INHIBITED ELIMINATION. It also inhibits secretion so that digestion and nutrition are impaired. Toxemia ebbs and flows as nerve energy rises and falls. When the blood is supersaturated with retained waste the totality of symptoms that result from this poisoning may sum up to a complex to which the name of arthritis has been given, or it may be named hayfever, asthma, gastritis, colitis, gastric, ulcer, cancer etc. etc.

** External injuries, wounds and poisonings are of course, excepted; but there is no denying that injuries are repaired and heal rapidly when the body is clean and uncongested, the bloodstream pure, and the workshop efficient; whereas healing is slow, or not at all when the body is enervated and power lacking.*

Back to our workshop again we see that each department, each organ of the body has a guiding intelligence that controls its operation. Then there is the central intelligence of the body. The overall intelligence that co-ordinates the work of the various departments. If, because of the enervation of the body, power is lacking for full and continuous operation of all the departments; intelligence will ration power. Naturally such important organs, as the heart, lungs, and brain, must at all times receive power sufficient for full function or life would be immediately endangered. Therefore power will be withheld from functions which can be slowed, or temporarily suspended. The two such, with which we are primarily interested are digestion and elimination.

Elimination checked or suspended by enervation: Toxemia develops (blood poisoning). This is AUTO-INFECTION without the assistance of BUGS. The blood stream - toxic and acidy of impurities - instead of cleansing and nourishing the tissues of the body, now infect, congest and irritate them. Food taken into the body, when vitality is low due to enervation or fatigue, will not be properly digested, and the resulting ferment will add to the impurities and troubles.

When the toxic condition reaches the point that the body will no longer tolerate, the workshop will start a house cleaning. When sufficiently irritated, and with enough energy at hand for the job, it will be a violent house cleaning, an upheaval, a rapid throwing off of impurities by way of diarrhea, fever, vomiting, a rapid throwing off of impurities by way of diarrhea, fever, vomiting mucous, discharge, rashes and eruptions, foul gases through the lungs, etc. This violent house cleaning we label 'ACUTE ILLNESS'. When the body does not have sufficient energy for this acute cleaning, because of long standing enervation, and there is a continuous slow, feeble, never fully effective housing cleaning, with its attendant steady discomforts, this we label 'CHRONIC ILLNESS'.

Food taken into the body, when digestion is suspended, as in extreme fatigue and in acute illness, is a form of wanton abuse of the organism. Organic food substances placed in a temperature of 96 degree, without digestive treatment, very rapidly ferment and decompose into poisonous matter. As elimination is also suspended at this time, the bloodstream is very soon polluted to such an extent that death is often the result. Life is very tenacious. We do not die easily. When we do before real old age, some such drastic abuse is responsible. Common sense would also tell us at this point that if food, taken into the body under these conditions, turns poisonous, then drugs, being already poisons - taken into the body with impaired elimination become lethal. It is also proper to consider at this point that whereas the body is constantly at work manufacturing new cells (building blocks), those made in a toxic shop and where nutrition is suspended are poor blocks indeed.

SUMMARY :

(1) GERMS - VIRUSES - CANNOT SUCCESSFULLY 'ATTACK' AN ENERGETIC BODY.

- (2) ENERVATION (DEPLETED VITALITY) IS THE PRIMARY CAUSE OF ALL DISEASES. Because of the excess capacity of all the body's departments, if energy is present to operate efficiently - DISEASE IS IMPOSSIBLE.
- (3) When energy is lacking for full performance of the body's function, the central intelligence that controls operations will ration power. Digestion and elimination are checked or suspended.
- (4) Retention of toxins due to checked or suspended elimination cause TOXEMIA - AUTO INFECTION - BLOOD POISONING. Impure bloodstream instead of nourishing, purifying and healing the body's tissues, infects and irritates them.
- (5) When a degree of poisoning, beyond which the body will tolerate, is reached - the body will start a house cleaning through secondary eliminative process. (Observe the excretion during a 'cold')

ACUTE DISEASE : A rapid violent cleaning of bodily impurities, where the body still has sufficient energy for such action.

CHRONIC DISEASE : A slow continuous action against bodily impurities, where the enervated body cannot get ahead of the causative pollution, and the toxic condition persist.

THREE FUNDAMENTAL TYPES OF DISEASE :

- (1) Deficiency : Lack of proper nutrition, which is lack of proper material for the manufacture of new cell, etc. The building blocks of the body are lacking in the substances of health. In checked digestion, nutrition fails even if the best foods are available.
- (2) THE 'ITIS' DISEASES : It means inflammation. All those of discomforts caused by irritation and inflammation of the body's tissues and organs by an acidity, impure blood stream.
- (3) THE PURIFYING, INCLUDING THE SO-CALLED 'POXES'. The body's elimination of wastes, toxins and putrescence by diarrhea, vomiting, mucous elimination (labelled colds - infections), fevers, eruptions etc.

PART THREE CAUSE OF DISEASE CONTINUED

We have thus far considered, generally, the basic causes of disease in the human body. When these are known we can recognize that the many, and various discomforts, which we label 'disease' very definitely are cleaning, healing and reparative actions of the body. 'Disease', these cleansing and healing actions (toxins) to an extent to threaten its integrity or endanger life. Dr. Shelton at a lecture in New York recently made a point of the fact that "without inflammation a wound cannot heal". Inflammation is very definitely a part of the healing action, and to relieve or modify the inflammation is to definitely hinder action. Thus we can see that "Fighting or Curing disease" is to insanely oppose and suppress the means by which the body maintains its health and life. In the words of Russel Thacker Trall, M.D.; "To CURE-is lock the causes of disease within the system, and to induce chronic and worse disease.

The least result of fighting disease is to prolong the discomfort, at its worst horrible agony and death. Our newspapers give us many dramatic accounts of brave, brave people who kept fighting right up to their last breath. Yes fighting until dead.

THE INEVITABLE RESULT OF FIGHTING DISEASE IS PREMATURE DEATH. We have considered the basic causes of disease but this will not satisfy. We are educated and conditioned to idolize specifics.

SPECIFICALLY : MORE THAN 95% OF OUR ILLNESS ARE CAUSED BY OUR EATING HABITS. Well aware of the fact that I place myself up for the shooting target for all who profess to know about health; I repeat, Let me shout it from the housetops; **MORE THAN 95% OF THE ILLNESS IN THE UNITED STATES TODAY IS CAUSED BY WHAT AND HOW WE EAT. WE ARE A PEOPLE WHO ARE ENERVATED, AND IN THE STATE OF 'LIVING DECAY' CAUSED BY OVEREATING OF NON-NUTRITIOUS FOODS.**

I do not fail to recognize the possibly hundreds of disease producing factors surrounding us, from the 'tensions of modern life' so harped upon by the 'mental healers' to the poisonous air of our cities so harped upon by the fresh

airs fiends - ad infinitum, but it requires no genius to see that the body has the ability to adjust and adapt itself, and maintain its health under most modern adverse conditions, if not enevated, if due nutritional deficiency, it does not lack sufficient vitality to 'Operate the workshop efficiently'*

*See Chapter 6, 'Man the Unknown' by Alexis Carrel.
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When enjoying a fair degree of health, it may be well enough for man to 'Kid himself' that the stuff he eats is good food, that concerning food his mother 'knew', that the 'experts', who so learnedly talk, 'know' that the people, who are ill, are so because of germs, viruses, tensions, nerves, etc. etc. But when he becomes ill himself it is time to 'Straighten up and fly right.' It then has become time to THINK, NOW BELIEVE. Time to get down to facts and recognize his responsibility for his illness, and the plain common-sense that he must remove cause to get well again.

Let me state again most emphatically :

MAN IS SICK BECAUSE OF WHAT AND HOW HE EATS.

If he continues to eat the same he will become more sick. Temporary Relief, Treatments and Tricks, regardless of scientific pretensions, will not delay his collapse and dissolution. Indeed they will hasten it. He must recognize in his illness the warning of Nature that his eating habits are wrong. He must make a change, for if he continues the same he will suffer more and more until premature death ends his foolish program.

What then, is wrong with man's eating that makes him so ill? Much simpler to ask and answer; What is right with his eating? Practically nothing. Consider the simple proposition Who would be foolish enough to gather grass and cook it into a soup or stew for a valuable horse? Nature, or God, if you please, has provided READY-TO-EAT FOOD for all of the 700,000 species of living creatures on Earth. How come that man, the 'highest' creature of them all is so neglected that he must prepare his food. Cook the food for your horse; he will not die immediately. He will ail and suffer for long perhaps before premature death will end his troubles, even as man who eats cooked food usually suffers long years before the end I will show the common-sense way of it, so hold your pressure and proceed.

LET ME STATE IT AGAIN, AND AGAIN, AND AGAIN AND AGAIN - Any so-called food that needs any preparation, cooking or otherwise to make it palatable or digestible - is not really fit to be put into the human body cannot help to maintain growth or health, indeed, will eventually cause broken health.

You may dispute this statement, you may choose to join the 97,000,000 chronically ill sufferers in the United States who consume 400 tons of sleeping pills annually, and thousands of tons of indigestion remedies and other relief poisons. You may join these multitudes, you may be convinced that my statements are not supported by 'Scientific evidence,' but that will not alter facts... Food that must be cooked to be digestible, will eventually break your health, and keep it broken.

FOOD THAT IS IN ANY MANNER PROCESSED IS NO LONGER A NATURAL FOOD, AND CANNOT MAINTAIN NATURAL HEALTH.

Any special diets or combination of such stuff will not add to its nutritional value; it is common-sense to waste no time on them.

SUMMARY :

With due recognition that modern life imposes upon us many disease producing factors; we must also recognise that the body has the ability to adjust and adapt itself to many hostile factors and adverse environment. It is capable of maintaining healthy despite most of these conditions requiring only sufficient vitality to operate its entire workshop (functions) efficiently. In as-much-as our modern eating practises are such that our so-called foods not only fail to nourish us properly, but the strain that they place upon our digestive and eliminative functions, deplete our bodies of vitality, sorely needed to sustain them against other debilitating influences.

Thus, what we eat and how we eat it, is specially responsible for at least 95% of all the unhealthy conditions in our boeies, any where from head to toes, the ailments, aches, pains eruptions, growth, inflammations, infections, seizures, attacks, etc. etc. regardless of 'by what pretentious label they may be designated.'

Consuming cooked or otherwise processed food, by their preparation being denatured and devitalized, will keep it broken. Food supplements, and vitamin pills cannot alter this fact regardless of all the smooth manners and slick lies of the peddlers of such trash.

Health is the natural result of common-sense, healthful living. It can be restored no other way. Nature has eternally decreed: No substitutes. Not one bit of it can ever be purchased. Not a speck of it ever spooned, pumped, or treated into you.

There are 100,000,000 miserable, misshapen, half-alive proofs of this around you.

When your pep begins to wane, you get burps, and aches and pains, you catch colds, and almond-eyed flus; the plain truth is: 'Your health is on the skids.' The skids are full of sharp splinters, and at the bottom is premature death. It is not the time for Vitamins and 'shots,' or Colonblasters if you're over 35. It is not the time to listen to the hucksters; the liars and thieves who peddle health and treatment. It is time to stiffen up the back and get thinking for your self. Time to "Straighten up and fly right." IT IS LATER THAN YOU THINK.

GET RIGHT AND STAY RIGHT, RIGHT NOW.

"THIS IS THE TRUE HEALING ART - nor GOD nor NATURE has provided any other, nor can SUPREME ARCHITECT permit any other without reversing all the laws of the universe, and annulling every one of his attributes."

Russel Thacker Trall, M.D.

PART FOUR RESTORATION OF HEALTH

Man's obstinate clinging to his deluded beliefs that the stuff he eats is food, and that he needs to eat it; makes it extremely difficult to aid him to recover his health. Though aware that we are a nation of full-fed, but deficiency sick people, even to our very top and best protected leaders, he stubbornly evades recognizing that his denatured foods cannot support health. He allows Big Business to tell him what to believe, prepare his diets. 'Improve' them with chemicals, suppress his subsequent discomforts with relief poisons, and 'Fight his diseases.' Until Big Business has assisted him down the road of broken health and poverty to the point of no return. ONE THING IS QUITE CERTAIN: If believing the things you do, and doing the things you believes in - has resulted in impaired health : then continuing along that line will result drastic illness: early death. TO CHANGE DIRECTION REQUIRES CHANGING BELIEFS.

To straighten up and fly right first straighten up and think right. This means; "Be an adult, think for yourself. Believe no-one. Decline the soft-soap, insist on hard facts." Do not accept assertion from anyone, demand demonstration. INVESTIGATE ALL YOUR INFORMERS.

CONSIDER THIS : The planning boards of all the major institutions that deal with our ills, the hospital, mental institutions, prisons, clinics, schools of the healing, arts, drug manufacturers; and the minds of all the lesser fry; manipulators, nature curers, faith healers, etc. are all of them planning for EXPANSION in the next ten years.

The preparations are for treating more illness. The future is clear for you to see. If you go along believing-the preparation is for YOU - You can expect in the next ten years to have more illness, more pain and more suffering, and pay more money for the joy of being sick than in the last ten years. Because you must make a choice whether you like it or not -let us consider the facts of common-sense health restoration. Here again - "Donot believe. Study these facts with me, if they are not self-evident insist on evidence or simple trial by which you can prove their worth; then decide for yourself." From here on, we are strictly on our own. Many of the facts here presented, have, so far as I can determine, never been written before. You can find them nowhere else, at least not in a concise, plain, understandable presentation. Do not just read here : STUDY, THINK. If these be truths - they are the most important health information you have ever received. You have not, and I venture to say, cannot obtain anything approximating them any where else.

It is almost universally believed that it is necessary to adopt certain procedures for the maintenance of health. NOT TRUE. There are no particular programs, diets, treatments, tests, bakings, shocks frenzied activities, or gadgets necessary to maintain health. Healthy is natural, normal as breath, and ever-present as the constant product of the

unremitting function of the body's workshop, until destroyed. It requires no doing, it is a gift of nature, needing no earning. Having health requires only that it be not destroyed more rapidly than it is being unceasingly produced. **IT IS DESTROYING HEALTH SUFFICIENTLY TO MAINTAIN ILLNESS THAT REQUIRES DOING.** It requires a constant program of suppressing natural function, dissipating energy and clogging the channels of the body with waste products to support illness. And we do the doing, yes, we do it. It is a colossal lie that our illnesses are caused by outside influences. Sobriety needs no doing. Sobriety is normal and present until action is instituted to establish drunkenness. It is drunkenness that requires doing constant drinking, you cannot stay drunk.

Stop causing illness - ANY ILLNESS, you cannot remain ill. I challenge anyone; anywhere - to get indigestion except by eating something indigestible at the time. I challenge them to continue to suffer indigestion without continuing to eat indigestibles.

Do nothing a cut or other injury will heal. To prevent healing it is necessary to continue to cut or injure.

THE SAME IS TRUE WITHIN THE BODY. DO NOTHING, THE BODY WILL CLEANSE AND HEAL ITS DISORDERS AND RE-ESTABLISH HEALTH.

It requires a lot of intoxicating liquor to stun a robust person into a drunken stupor. It requires but a single drink to maintain that drunk stupor in the alcoholic wreck.

It is not easy to produce illness in the robust body. It takes a lot of continued abuse to wreck health. It requires a lot of wrong eating to wreck the digestion of the robust, but only a mouthful to maintain the invalid's invalidism.

Yes : a single mouthful of unnatural food a day is sufficient to maintain pain wracked disease in the weakened invalid month in and month out for years. Think, **THINK THINK** about this. Add to this. Add to this denatured food a little of this or that poison drug for 'relief', then only premature death can end the victim's suffering, and woes.

When people maintain indigestion : when at the end of day's eating thirty feet of intestinal tract is a seething, reeking cesspool of half-digested, fermenting, and putrifying stuff that a conscienceless commercialism produces as food, when this condition is continued for months, even years, when this self-poisoning turns the soothing, healing, purifying blood into a stream of acid, when they swallow any kind of poison that offers 'quick relief, when they blame their troubles on germs and viruses and attacks, and spend fortunes on Cures and Cuttings; when they sneer upon and ridicule anyone who tries to or talk differently. **I SAY THAT THESE PEOPLE ARE FOOLS, AND COWARDS, AND DESERVE TO SUFFER.** Their premature death is no-one's loss.

Absolutely right you are Dr. Shelton when you say : **"THE SICK DESERVE NO SYMPATHY - THEY SHOULD BE PUNISHED"**.

And still the question comes up - what do we do to get well?

I have told it. I tell it again, and again - **DO NOTHING.**

Does that mean for what is wrong with me?

Yes - that is for what is wrong with anybody. Just so soon as cause of illness is stopped - improvement will begin. Improvement toward health begins immediately when cause of disease is removed even though not immediately apparent. Usually there is for a short period some added discomfort as the function of the workshop speeds up, as it breaks up congestion, and stirs up the body's poisons to expel them.

BUT HOW DO WE REMOVE CAUSE IF WE DO NOT KNOW THE CAUSE? YOU DO NOT HAVE TO KNOW THE CAUSE. IF YOU GO TO BED AND DO ABSOLUTELY NOTHING - THEN YOU HAVE STOPPED WHAT YOU WERE DOING. THAT WAS THE CAUSE.

Read that over again. Read it ten times. You have never read a more important or profound truth. The stark-naked simplicity of this logic is **PURE SCIENCE.**

So what do you do in illness? You stop, **STOP, STOP,** You go to bed and stop everything else. **EVERYTHING. PRIMARILY YOU STOP TAKING ANYTHING INTO THE BODY IN ANY MANNER, OR IN ANY FORM,** with the possible exception of a little **PURE** water, if the body calls for it. Secondly - you listen to no-one who advises anything else regardless of how smart they are, what degrees they may hold, or how rich they may have

become by advising the dead. The dead who took their advice when they were only sick. Yes, you stop everything. You stop eating, knocking yourself out in the stupid rat-race, reading or listening to the news, or silly television. Stop fearing, stop hating, stop envying, stop lusting, stop conniving how next to cheat your neighbours in whatever your business may be STOP EVERYTHING.

But for the benefit of those who are always inclined to overdo - you do not stop breathing.

A few words about fear. Man has been so filled with fearsome ideas by his thieving exploiters, that all too many are convinced that they must constantly be saved from imminent horror, or death, by resorting to the high-priced devices of their exploiters. FOOLS AND COWARDS. Here is where believing must end, and real thinking begin. WAKE UP, GROW UP, STIFFEN UP THE BACKBONE, AND THINK, You are going to live until you die, and no-one in the wide world can add a single minute to your life but you, yourself, ALL OTHERS HAVE ONLY THE ABILITY TO SHORTEN IT.

Should you be fearful that illness threatens to end your life. There is only one sure way to save yourself. REST, IMMEDIATE REST. Get into bed and do absolutely nothing. Nothing means; no examinations, tests, picture taking, tricks or testments, cures or cuttings, no miracles; no preachers, prayers or helpful relatives and advisors; Above all; not further feeding of the good nourishing food that wrecked the health, nor any poisonous drugs to sandbag the nerves into sensibility for 'Relief'. NOTHING MEANS: ABSOLUTELY NOTHING.

WHAT IS THERE TO FEAR IF THIS COMMON-SENSE PROCEDURE IS ADOPTED?

RESTING, QUIET RELAXATION, CONSERVING ALL EXIST VITALITY, IS THE SUREST WAY TO GET THE CRITICALLY ILL OUT OF DANGER, TO IMMEDIATELY CEASE ALL EFFORT AND STRAIN IS THE ONLY POSSIBLE WAY TO STAY INCIPIENT 'HEART ATTACKS', STROKES, OR OTHER SUDDEN COLLAPSE THAT MAY TERMINATE LIFE.

With all conserved energy turned over to the workshop, and all interference removed; the body's functions are immediately stepped up to open the channels of elimination, purify the bloodstream, break up congestion, relieve pressure on nerve centres, soothing and healing inflamed and irritated tissues, repairing the ulcerated, dissolving tumors, deposits, and other morbid accumulations, etc. etc.

WHAT MORE COULD BE DONE, OR DESIRED?

Here where common-sense reigns is real health restoration. Here GOD'S WORK IS IN PROGRESS - UNHINDERED, Man's blundering, money dirtied hands are not needed here. No tricks no treatments needed, nor even prayers.

There perhaps will always be few cases that have progressed to the point beyond recovery before common-sense is applied. However, if you are yet able to sit up and read this, you can hardly be one of them. Those, who cannot hope to recover health again, will nevertheless remain when the body's function is removed. Furthermore - if the body is put at complete rest and nothing taken into it between 12 and at extreme the most about 72 hours all extreme pain or suffering from any illness whatever should cease, and not return again unless of course the cause is foolishly resumed again.*

THERE IT IS: If 100,000 more volumes are written on health no more basic facts can be added to what have been here presented. Here then another question arises. You cannot, of course, continue to do nothing. You must resume eating. You must get up and resume money-making.

BUT NOTE HERE PLEASE THAT IN-AS-MUCH AS IN THIS SCIENTIFIC CARE OF THE ILL, THERE ARE NO BILLS TO PAY, EVERYBODY CONCERNED CAN AFFORD TO RELAX A GOOD DEAL MORE.

Let us summarize this part of our study, think it over well, and then we will proceed on to part five and our conclusion, where in we will consider the specific procedures to most speedily get you back to your money making.

*Unfortunately, as things are, sufficient experience to positively confirm this about pain ceasing, has not been available, and I offer it only as a firm conviction, rather than a positive fact.

SUMMARY :

- (1) Continuing to believe in the things that have failed us in the past cannot bring us success in the future. Continuing to believe in the practices that have established a sick world will not restore it to health. To start in the right direction, old beliefs must be cast off and truth and knowledge sought and adopted.
- (2) Health is the normal condition of the body. It is the constant result of the ordinary function of the body, and does not require to be maintained by special programs. Disease, illness, pain and abnormal are present only when caused abnormally. They will begin to end as soon as cause is removed.
- (3) Though it requires much wrong living and abuse of the body to bring about a condition of broken health, when disease is established, and vitality lowered, it requires only a small amount of continued wrong living to maintain the condition of illness. Single mouthful of food that the invalid's digestion cannot handle will ferment enough to maintain disease sustaining toxicity.
- (4) NO EXAMINATIONS, TESTS, PICTURES, RESEARCH OR OTHER VITALITY ROBBING PROGRAMS ARE NECESSARY TO DETERMINE CAUSE, OR TO ESTABLISH EXACTLY WHICH NAME IS PROPER FOR THE SYMPTOM COMPLEX BEFORE INSTITUTING PROPER CARE. GO TO BED AND STOP EVERYTHING... EVERYTHING STOPPED; THE CAUSE IS STOPPED... THE DOWNWARD COURSE OF EVENTS TO FURTHER ILLNESS IS IMMEDIATELY REDIRECTED UPWARD TOWARD THE RESTORATION OF WELLBEING.
- (5) The only truly scientific remedy for all abnormalities of the body is COMPLETE REST, ONLY IN REST CAN VITALITY BE INCREASED. Without sufficient vitality to energize the body's healing functions, recovery of health is impossible. And let us remember that with sufficient energy to operate the workshop efficiently - Disease is impossible.
- (6) The more complete the rest and the sooner instituted, the more rapid the recovery of health.

PART FIVE RESTORATION ON HEALTH, CONTINUED

There is a mighty big difference between gaining 'Relief,' and restoring well being. A greater difference between 'Treating Disease', and Restoring Health. We are concerned with restoring and keeping the degree of well-being that makes of life a joyous experience.

(1) Get into bed for complete rest, and stop everything, EVERYTHING. Symptoms and discomforts may increase some severe headache and possibly nausea may develop as the body takes advantages of this rare situation and starts a real house cleaning. Here is where some real backbone is needed. Remember: the body must first clean out obstructive waste, breakup congestion and stagnation in all the tissues concerned; for a free circulation, before it can repair and heal. 'SWEAT IT OUT' STOP BEING SCARED INTO 'DOING SOMETHING'. Nothing needs to be done; it is SAFER to do nothing. Here is real health restoration being accomplished, new life being established. Not discomfort being suppressed, not gaining immediate temporary 'Relief' by measures that build the ultimate fatal heart-attack, stroke, sclerosis, pneumonia, cancer etc.

TAKE NOTHING INTO THE BODY PURE WATER, AND WATER ONLY IF THERE IS THIRST.

(2) When symptoms, pains and discomforts, subside in 2 to 5 days,** feeding may be resumed as follows. Six ounces of fresh fruit juice, preferably orange or grapefruit should be sipped and consumed slowly. This will satisfy

the hunger completely. Repeat with six ounces of fresh fruit juices each two hours until six p.m. If feeding is started in the evening take six ounces of fruit juice just once and rest until the following morning and then resume the juices for the day.

IMPORTANT : Never eat heavy foods after resting the stomach for a while. On the second day the meals should be whole oranges, grapefruit, grapes, apples, cherries, watermelon, tomatoes, or other light and watery fresh fruits, BUT never more than one kind of fruit should make the meal. Stay on this real food for a few days or a week, the longer the better, and the less food the better.

****** Do not go without eating for more than 5 days until you have learned more of the working of the body. Start to eat again in any case in 5 or 6 days and if more rest is required after eating real food for a few days, then rest a few days more. Now is the time to learn all you should know about keeping your precious body in sound health. Nothing can be more foolish than trusting your health to those whose business requires your **POOR HEALTH**.

Get over the "Food-energy Delusion." Food is not energy, and there is little evidence that we derive our energy from food. We may feel weak, when we don't eat for a while, but on the other hand there is nothing that will knock you out quicker or more completely than a great big 'balanced meal' of 'good nourishing food'.

(3) It is hardly acceptable today to advocate living entirely in wholesome manner. Addictions, gluttony, indulgences of many kinds are considered essential to happiness in this cock-eyed world. If you cannot live right always, at least do so for a few days when you have made yourself ill, and so recover quickly and without cost. So after living on real food for a while, when you begin to feel real good again, and you have vitality for the body to again cope with abuse. You can again indulge in some modern living; but be sure to cut the amount of abuse at least in half. **LIVE SANELY AND RETAIN HEALTH.**

Probably the chief request is sane eating. Just what is sane or right eating? First is necessary to eat natural foods to accomplish natural results, or natural health. Natural foods are not those processed by man. Nay food that has been altered in any manner than that in which it came from the plant, tree, or vine is no longer in its natural state. Food that has been cooked in any manner is denatured; its nutritious qualities all but completely destroyed. To attempt to live on processed or cooked foods is to try to maintain life in violation of the fundamental laws of life and constitutes a method of slow suicide.

MAN'S ONLY NATURAL AND PROPER FOODS ARE RAW FRUITS AND NUTS WITH A SMALL ADDITION OF TENDER VEGETABLE SHOOTS.

If you want to argue this matter you will have to find someone else to argue with. I cannot be bothered. I have long since proved this to my thorough satisfaction and you can easily do the same. All you need to do is rest the stomach and clean it thoroughly by completely abstaining from all food for two to five days. Then live on nothing but the above listed natural foods for one month. Thus simply can you learn what no school in the world can teach, vastly improve your health, and save money too. One more fact in connection with food. Man is the only living creature that mixes foods, or for that matter mixes food and drink. Your digestive system is a one track affair. Your diet should be a mono-diet, a mono-diet, **JUST ONE SINGLE FOOD AT A MEAL**, I say this is what it is. The wise one will cut down the varieties eaten to as near this ideal as possible, and be much happier for so doing.

So we bring our study to conclusion with another profound fact that also can be found expressed nowhere else.

Back in part two we have a definition of chronic disease as follows: "A slow continuous action of the body to expel impurities, where the enervated body cannot get ahead of the causative possession, and the toxic condition persists." A good definition. A simple commonsense study of this chronic disease situation, brings forth some startling, almost unbelievable facts. The 97,000,000 chronically ill people in this country are maintaining their suffering only because they do not realize that they are and have not learned how unnecessary it is to be ill, and how easily they can restore health.

A drunk maintains drunkenness by drinking just a little more than the body can handle (cope with). A lot more than the body can handle would soon kill, a little less than the body can handle and the body would sober up even while drinking.

The person with chronic indigestion maintains it with just a little more indigestible stuff than the body can handle; a lot more would soon kill, a little less and the indigestion would soon cease to be even though still eating indigestibles.

The amounts of abuse necessary to maintain an abnormal condition of any nature in the body depends upon the amount of vitality present at any time to overcome abusive substances. As stated before, a single spoonful of unnatural foodstuff a day sufficient to maintain pain wracked disease in the invalid.

To expand this idea for better understanding let us use for an allgory the operation of a car generator and battery. Supponing that the generator is capable of generating 20 amps. when in good condition but with lights, radio etc. all operating the consumption is 22 amps. There would be a gradual decline in the energy stored in the battery. Just a little more consumption than output capacity to cause a gradual decline. If the starter was to be used excessively with its tremendous drain, the battery would very soon be 'killed', but with tremendous drain being less, the decline in energy is slower, but the eventual outcome is the same; a dead battery. It is not necessary to shut off all use to recharge the battery. Cutting off the radio, for instance, that might consume 3 amps. would cut consumption below capacity of output, consumption of 19, and capacity to produce 20, so now we have stayed the depletion, and have started to slowly increase the strength of the battery. Shutting off all consumption would be best way to bring the battery back to full 'health' but if this is not possible, it can be done while the car is in use. Should the generator from any cause be in poor condition and its capacity reduced, say to 15 amps, then naturally to achieve the recharge, consumption must be controlled to conform to the lessend capacity. So in the human body.

We must live within the scope of capacity of the body to produce energy at the present time. There is no substitute method to charge our human battery.

When the body not longer vitalizes itself it is through. It is tragic delusion that health can be spooned, pumped or treat into the body.

If you are lacking in full health, regardless of the area of distress, the type of symptoms or disorder, or the name attached to the condition then : THE BATTERY IS LOW. The shortest, least expensive, and of course the most sensible road to recovery is immediate complete rest, should this be impossible, really impossible, then cut consumption below output and gradually incline your health.

If the reader will think this out for himself, he will soon understand the reason for the recoveries he has seen.

ALL RECOVERIES OF HEALTH OR WELL-BEING ARE DUE TO ELIMINATION OF A SUFFICIENT AMOUNT OF THE CAUSE OF TROUBLE TO WITHIN THE CAPACITY OF THE BODY TO CONTROL.

If you cannot get into bed for complete rest, then slow up. As 95% of the cause is usually our food habits, cut down consumption, replace the manufactured 'stuff' with God's own natural foods. Eliminate some meals, or at least make some of your meals just of one kind of fruit. Do so right now. TODAY.

IN CONCLUSION

There is an idea that is very hard to dispel from the minds of those who come to study these matters. It is the idea that there are times when the body, possibly in desperate illness, requires help. Be sure that when there is danger to the body, it will exert every bit of energy it has to give to the job of healing and repairing, or in other words to protecting itself, has the intelligence and ability to properly protect itself. All so-called help, treatments, etc. are in the nature of applying a whip to force the body to further action. In as much as they supply no viality, they merely exhaust the body's vitality so much sooner, thereby destroying the healing action and often life itself.

I have placed in your hands the means to get well and stay well. From now on, disease suffering and the expense therefrom are inexcusable. Only a most determinedly closed mind can prevent you from benefitting. Nothing could be simpler to apply, no method could cost less, the value of no plan or care could be more easily determined. With very rare exceptions you can prove its worth within four days, even in desperated illnesses.

And I would again remind you of Dr. Shelton's words 'The sick deserve no sympathy - they should be punished.' Don't let the sick impose on you. Don't let them squander the family resources to 'Wallow in Sickness.' Let them also 'Straighten up and fly right.'

It has taken nine years of study and one and a half years of writing to create this booklet. One or two hundred pages would have been much simpler to do. to put so much in so little has taxed my limited talents no end, but it has remained my conviction that the shouter it is many morte can read and benefit. Naturally I could no more than list the bare facts and conclusions. You need dnow no more to keep illness and its expense to a minimum, but it is desirable that you should know the details of these facts, and the evidence that supports them. Make a point to spend at least one hour a week (how little) reading and studyin the proper books to learn thoroughly the facts of your body and health. Stop leaving well-being in the hands of those who must make a business of it. I will read this booklet over, and over, and over to ever keep a fresh in my mind these truths that I have labored so long to uncover, and to prove in experience, and which have gained me such priceless relief from physical misery, fear, worry and expense. I shall read it again and again and again. I sincerely hope that you will too.

FELIX O. STREIT
Bridgehampton, N.Y.
March 18, 1958

Keep this booklet in your possession. You will need it for constant refence to again the most from it. To lend it, will result in losing it. You will do your friends sufficient service to inform them of it. If they pay for their own copy they will be more likely to read it thoroughly and derive the greatest benefit.