

Natural Hygiene

NATURE'S WAY TO NORMAL HEALTH



ARE YOU TIRED OF BEING SICK?
SICK OF BEING TIRED?
OVERWEIGHT OR UNDERWEIGHT?
WORRIED AND UNHAPPY?



THEN LEARN ABOUT NATURAL HYGIENE.
IT HAS HELPED EVERYONE WHO
HAS GIVEN IT A FAIR TRIAL.

“Give men health and goodness will flow from that condition as naturally as water flows down stream. Unless we believe that man was originally created an evil being, we must accept that statement as axiomatic. The nearer man can be brought to approach the high standard of his pristine perfection the better may we expect him to be. The farther away from that standard he strays the more evil and corrupt must he become. We cannot reasonably hope for any other results.”

“ . . . mankind is sick. Man must first be healed and instructed how to remain well and then all other reforms will be of easy accomplishment.”

Herbert M. Shelton,

THE HYGIENIC SYSTEM, Vol. IV

NATURAL HYGIENE is a way of life that allows those with health to keep it . . . those who have lost health to regain it . . . and those who never have had health to experience it.

NATURAL HYGIENE defines *health* as having the most strength and endurance that one can build, as "feeling good" all the time, as being efficient and useful throughout a long and happy life.

The practice of NATURAL HYGIENE includes a balance of these things usually included in any conventional health program, such as fresh air, pure water, sunshine, sleep, exercise, relaxation, and mental and emotional poise.

However, NATURAL HYGIENE departs from the conventional by advocating (1) A diet made up exclusively of fruits, nuts and green leafy vegetables, organically grown and eaten raw. (2) Rejecting as harmful all medicines, treatments and cures customarily employed in dealing with illness. (3) Suggesting fasting (total abstinence from all food except water) as a proper practice when well (if desired) and as an essential practice in (most) sickness and disease.

"Economy alone should cause people to adopt the *Hygienic System*. Its universal adoption by the people of the United States would save in physicians' bills, nursing bills, hospital bills, etc. alone, several hundred millions of dollars a year. An equal sum would be saved by avoiding loss of time from work or business. The enormous tax burden that the people bear to maintain public health organizations would be lifted from their shoulders. This enormous saving of money is small compared to the saving from suffering its adoption would assure."

Herbert M. Shelton,

**THE HISTORY OF NATURAL
HYGIENE**

NATURAL HYGIENE bases its position in regard to diet on two principles: (1) Man is acknowledged to be the highest form of animal life. In terms of his physical body man belongs to a group of animals known as primates which includes monkeys, chimpanzees and gorillas. These animals, as they become more man-like in appearance, tend to live more exclusively on fruits, nuts and green leafy vegetables raw, and less on other foods. Man also is in a class known as the mammals who are warm-blooded, hair-covered, live-bearing, milk-producing animals, and eat special foods in keeping with their makeup. Dogs, cats and bears are meat eaters. Cows, horses, sheep, deer, camels and goats are grain, grass and cereal eaters. Pigs and other swine are scavengers and eat almost anything. (2) Cooking and processing destroy and degrade nutritional values in foods.

NATURAL HYGIENE denies that germs and viruses cause disease. It believes instead that man builds disease through wrong living. This includes improper eating, inactivity and over-activity, over-stimulation and other forms of indulgences which raise the body's toxicity level while lowering its fund of vital nerve energy.

“ . . . the doctor has become one of the major causes of contemporary death and illness. He has become the unseemly carrier of doctor-caused, or “iatrogenic,” disease.”

“How widespread is iatrogenic disease?” . . . “five percent of all admissions (to New York Hospital-Cornell Medical Center) were caused by drug-induced illness . . . ”

“Many patients and physicians have been led to believe that if “bad” drugs could be eliminated from our pharmaceutical armamentarium, safety in drug therapy could be achieved.

“This medical simplicity has been challenged by newer information, which explains that **drugs themselves are intrinsically toxic.**”

**THE DOCTORS, Martin L. Gross,
Random House, New York, 1966**

NATURAL HYGIENE abhors any indulgence in tobacco, alcohol, coffee, tea, drugs, narcotics and all other physiological and psychological practices disturbing and detrimental to life and health. It likewise abhors over-indulgence (gluttony) in those practices usually considered normal and essential to life and health. Prime examples are over-eating, over-exposure to sun and sexual excess.

NATURAL HYGIENE rejects the use of drugs, medicines, inoculations, vaccines, x-rays, blood transfusions, vitamin pills, food supplements, and all other "treatments" as being of any use in restoring the body to a state of health. NATURAL HYGIENE views these things as interfering and harmful to life and health.

As alternatives NATURAL HYGIENE offers supervised bed rest and fasting in a calm, quiet environment as the most effective, efficient, sensible means of dealing with (most) illness and disease.

It is obvious and provable that healing (getting well) is a normal activity of the body. When you burn, bruise or cut yourself or when a surgeon operates or sets a broken bone, it is the body that heals itself. Not the

'Harmless' Drug Use Can Cause Addiction

NEW YORK — Tranquilizers, pain-killers and other drugs not related to narcotics or barbiturates can cause addiction and dangerous withdrawal symptoms. This can happen when

Drug Upsets Genetic Code

NEW YORK (SS)—Streptomycin, a well-known antibiotic whose mode of action in fighting disease has been unknown up to now, is believed to upset the genetic code, Dr. Luigi Gorini of Harvard University Medical School, Boston, told the Sixth International Congress of Biochemistry here. The genetic code is the term given to the chemical means by which hereditary information is passed from cell to cell.

Blood Disorders Linked To Drugs

From The Washington Post

WASHINGTON — Doctors at Children's Hospital here have uncovered four cases of blood disorders in newborn babies whose mothers took certain drugs during their pregnancies.

Drug Linked To Deaths Called In

WASHINGTON (UPI) — The Food and Drug Administration (FDA) said Wednesday night that a drug used to aid X-ray of internal organs had been taken off the market after being linked with more than a dozen deaths.

Anti-Depression Drug -- Tied to 15 Deaths

salve, bandage, merthiolate, stitches, cast nor the surgeon. Healing is a normal body process which goes on all the time in relation to the amount of energy available for it.

The body has only so much energy available to do all the things it has to do. The amount of energy consumed in physical movement each day is significant. The amount of energy used in eating, digesting, absorbing and assimilating food is tremendous. Bed rest and fasting allow the body to save all this energy and use it to repair tissue, restore function and "clean house" in general.

NATURAL HYGIENE is prepared to substantiate its premises and promises through logic, statistics, available research and experimentation and testimonials. However, NATURAL HYGIENE suggests that real proof for YOU can be had best by learning more about this unusual and rewarding way of life by living it. A short program of self-experimentation, say for the next 30 days, will thrill and amaze you. It could change the course of your whole life. You might never be the same. Surely you will be richer, healthier and wiser for having investigated and tried "Nature's Way to Normal Living."

This booklet is published by the American Natural Hygiene Society Inc., a national non-profit membership organization, with headquarters at 205 W. Wacker Drive, Chicago, Ill. 60606.

The Society was founded in 1949 to actively promote the knowledge of natural hygiene. The educational program is carried on by means of literature, printed matter, annual public education conventions and public education meetings.

Local chapters which carry on the promotional work of the Society are set up in the following cities: Chicago and Highland Pk. Ill., San Francisco, Los Angeles, San Diego, Ft. Lauderdale, Miami Beach, Indianapolis, Boston, Detroit, St. Louis, Newark, New York City, Buffalo, Syracuse, Cincinnati, Cleveland, Youngstown, Pittsburgh, Washington, D. C. and Toronto, Canada. To contact a chapter, write the Society office for information.

Financial support comes from members and sponsors. We invite your participation to help carry on the vital work. An application form is on the right.

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