

REMARKABLE RECOVERIES FROM SEVERE HEALTH PROBLEMS

by Dr. Stanley S. Bass

**Information you can use to gain a complete understanding
of how the human body works in health and disease.**

*DRUG-FREE NATURAL HEALING ---- Dr. Stanley S. Bass intends this booklet to
give an introduction to drug-free natural healing.*

What do you know about drug-free healing?

Is it possible to reverse cancer through diet alone?

What recovery method requires bed-rest and is popular in USA?

What recovery method allows you to work and is used in Europe?

Do you know a simple, effective way to improve intelligence?

How is heart disease, ulcers, epilepsy, asthma easily reversed?

What is the secret of multiple sclerosis recovery?

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REMARKABLE RECOVERIES FROM SEVERE HEALTH PROBLEMS THROUGH DETOXICATION, JUICE PROGRAMS AND RAW FOOD

INTRODUCTION

It is with great anticipation and hope that I have gathered together, from more than 40 years of experience, a collection of some of the most remarkable and inspiring cases of recoveries from a large group of diseases, many of which were classified as "incurable". These people, through the use of raw juice programs, have either completely restored their health or greatly improved.

While in America, water fasting has been popular, in Europe the use of raw vegetable juices has been preferred and used in many large medically supervised institutions, While water-fasting requires mostly bed rest, the use of juices allows one to continue working, since the use of juices provides some nutrition interspersed with detoxication, the removal of toxic materials from the body and the simultaneous replacement of minerals, vitamins, enzymes, a limited amount of carbohydrates, proteins, fats, etc.

There is sufficient energy present in most cases and frequently more, since the body is spared from the use of enormous amounts of energy required by the digestive processes. This liberated energy is immediately directed by the body into the healing processes, thus allowing great changes to occur in a limited period of time - months and even years of regeneration will manifest in just weeks of time. And all this can be done at home, with a minimum of expense, so that healing is possible for all who have the will to undertake the process.

There is nothing more inspiring than to look into a mirror every day and to see more youthful changes occurring along with better feelings, so that each day brings more hope and encouragement to continue on till the goal of daily living is reached. Yet, at the same time, the appetite can be reasonably content with the taste of delicious and refreshing juices, taken periodically several times during the day and carried in a thermos wherever you go.

After just 2 or more weeks, other foods such as easily digested proteins and fats may be introduced into the diet, allowing the rebuilding and recasting of the body to proceed after the initial cleansing period has prepared the proper foundation for the reception of higher quality and more vital food materials.

Usually, within a few weeks, people feel much better and in 4 months time, the body becomes stabilized and feels consistently well. And within a period of less than one year, almost all health problems will have disappeared - even large tumors and growths.

Without further ado, I would like to begin with a presentation of some amazing cases of recoveries from all types of illnesses and diseases, collected from some internationally famous institutions under the direction of well-known medical doctors who, by using natural foods and methods alone, were able to successfully cure diseases which today cannot be duplicated, even in the largest hospitals using the most modern medical methods.

Dr. Stanley S. Bass
New York, April 2003

The following pages are from "The Elixir of Life" by Arnold DeVries, by whom I have kindly been given permission to reproduce, based upon extensive research from 81 sources over a period of many years.

THERAPEUTIC PROPERTIES OF RAW FOOD

by Arnold DeVries

SCIENTIFIC CLINICAL WORK

Individual raw food histories are important, but even more so is the applied clinical work in the field of science. Here also we find strong evidence of the value of raw foods. In America this was noted as early as August of 1907, when an announcement was made by the New York Post Graduate Hospital that a cure for long-standing and obstinate cases of consumption was found in certain raw foods. Under the supervision of Dr. John F Russell, eleven patients were given four ounces of raw vegetable juices each day in addition to their regular meals. The juices were extracted from such vegetables as potato, rhubarb, summer squash, beet, turnip, cabbage, celery, carrot, parsnip, radishes, string-beans, and peas. Later fifty additional patients were placed on the same dietary regime. Within seven months the eleven patients were discharged as fit subjects for a life insurance risk, and the fifty patients who started later were described as well on the road to recovery.

TUBERCULOSIS

At a later period, in California, raw vegetable juices were again used in the treatment of tuberculosis. In this instance, Dr. H. E. Kirshner was placed in charge of 200 tuberculosis patients for the county of Los Angeles at the Olive View Sanatorium. Some of the patients had spent as long as nine years on their backs with very little progress towards recovery. The diet was composed largely of spaghetti, macaroni, and other cooked foods. Dr. Kirshner added a glass of "green drink" consisting of the raw juices of alfalfa, spinach, and parsley, to the diet of each of these patients every day. Results were highly favorable, and the course of the patients was changed to recovery. Some of the patients who had been considered hopeless were able to get out of bed in six to eight months. In Dr. Kirshner's private practice, raw carrot juice, addition to the green juice mixture, was included in the diet of tubercular patients, which brought about more rapid recovery than did the green juice alone.

HEART DISEASE, ARTHRITIS, LEUKEMIA

Dr. Kirshner has also reported that other chronic ailments can be treated very successfully with raw vegetable juices, taken in some cases in amounts exceeding two quarts per day. He has cited recoveries from heart disease, prostate gland disease, cancer, neuritis, arthritis, and hemorrhoids through the use of raw juices. In one diabetic case, remarkable improvement was noted within the first 21 days of treatment, and the insulin dosage was reduced from 15 to 5 units per day. The most remarkable case history cited by Dr. Kirshner, however, was that of a severe case of splenic leukemia. The patient in this instance was given raw carrot juice — small quantities at first, with gradual increases to very large quantities — and her weight increased from 65 to 135 lbs. Recovery was complete within 18 months, and at no later time was there any recurrence of the disease.

CANCER

The famous cancer specialist, Dr. Max Gerson, has employed a diet containing large amounts of raw vegetable juices as part of his treatment for cancer. Some of Dr. Gerson's patients are given as much as 16 glasses of raw juice each day, but most of them are given somewhat smaller amounts, including daily doses of 4 glasses of carrot and apple juice, 4 glasses of green leaf juice, 2 to 3 glasses of calf's liver juice and 1 glass of orange juice. About 75 per cent of Dr. Gerson's cancer diet, including all juices, is uncooked; the balance consists of vegetable broths and other foods which are cooked by the least destructive methods. Dr. Gerson has reported gratifying results in about 50 per cent of his cancer cases, with many complete recoveries. Indeed, Dr. Gerson's experience in treating cancer at the Gotham Hospital in New York was so successful that he was called upon to testify before a subcommittee in the U. S. Senate in 1946. In Canada, Dr. Gerson's counterpart may be found in the person of Dr. J. R. Davidson, formerly of the University of Toronto, who has also reported curing a number of cancer patients on diets which consisted of raw foods and foods subjected to a minimum of cooking. Among other foods, Dr. Davidson prescribes rare meats, raw milk, raw vegetables, and raw vegetable juices made from carrots, celery, and lettuce.

RAW JUICES

In Great Britain, physicians have been equally successful in utilizing freshly-extracted raw juices for therapeutic purposes. The Ministry of Health and Public Health Service Laboratory has issued a report pointing out the value of using the juices of cabbage, kale, parsley, and other uncooked vegetables in the treatment of a wide variety of diseased conditions. The report states: "Juices are valuable in relief of hypertension, cardiovascular and kidney diseases and obesity. Good results have also been obtained in rheumatic, degenerative and toxic states. Juices have an all-around protective action. Good results can be obtained in treatment of peptic ulceration, also in treatment of chronic diarrhea, colitis and toxemia of gastro and intestinal origin."

The dental scientist, Dr. Harold F Hawkins, has reported that correct dietary control, with at least half of all foods used in their raw state, is of much value in treating the symptoms of pyorrhea, including infection of the alveolar bone which supports the teeth and gums. According to Dr. Hawkins, in caring for the pyorrhea patient, it is "essential to work out a plan of eating that will include food that can be eaten raw such as raw milk, raw eggs, oysters on the half shell, raw

vegetable salads and raw fruit." Dr. Hawkins states that when an adequate dietary is followed, "the gum tone usually shows a definite improvement in 60 or 90 days, and the X-rays show an improvement in bone density in about a year."

During the years 1929, 1930, and 1931, Dr. Milton T. Hanke, working through the facilities provided by the University of Chicago and the Chicago Dental Research Club, studied hundreds of school children in the city of Mooseheart, Illinois, to determine the effects of adding the uncooked juices of citrus fruits to a conventional diet. During the first year the children were studied as controls; the second year was the test period, and the third the recheck period. Approximately 16 ounces of freshly extracted raw orange juice, plus the raw juice of one lemon, was added to the diet of each of 341 children on each day of the test period. This brought about a sharp increase in growth rate over the control period, as well as a 50 per cent reduction in the incidence of dental caries and the almost complete disappearance of gingivitis. During the recheck period, when the quantity of juice was reduced to three ounces a day, the accelerated growth was maintained, though dental decay again increased and most of the gingivitis reappeared.

Other fruits and juices also have therapeutic qualities. The "grape cure" is well known in parts of Europe and has found extensive employment in the sanitariums and resorts of Merano, Italy, parts of France, and southern Germany. The patients of these institutions are fed almost exclusively upon raw grapes for four to six weeks at a time, starting with about a pound a day and gradually increasing the amount to five to eight pounds a day. Johanna Brandt reported a number of cures from cancer through the employment of the raw grape diet, and others have used it successfully in the treatment of constipation, rheumatism, catarrh, gallstones, eczema, jaundice, malaria, hemorrhages, and other ailments. Grape cures are even recommended in certain mental disturbances and in weakened conditions of the entire muscular system, including the heart.

Raw cabbage juice has been used with remarkable success in treating ulcers. Dr. Garnett Chaney at Stanford University treated 63 ulcer patients with one quart of raw cabbage juice per day, and 60 of these showed pronounced healing. In most cases, the pain disappeared within a few days and recovery was complete within three weeks or less. Six patients with "huge" ulcers required 56 days of treatment. The three patients who failed to respond had dense scar tissue in the stomach and liver damage before treatment started. Dr. Chaney's experience was almost duplicated by Dr. William Shive and his colleagues at the University of Texas. Dr. Shive found that raw cabbage juice — as well as the juices of some other vegetables — tends to prevent ulcers and to cure them. He studied 100 cases in which the ulcerous condition was so severe that the use of the bland diet and anti-ulcer drugs had failed. But the drinking of one quart of fresh, raw cabbage juice per day by these patients brought about marked beneficial results. The use of raw cabbage juice in amounts less than one quart per day promotes less rapid recovery than does the full quota but it is of definite value, and even a glass of juice per day tends to reduce or eliminate the pain in some cases. The raw cabbage juice is also an important aid to normal elimination and it improves the general health of the ulcer patient as well as promoting recovery of his primary affliction.

SCRAPED APPLE DIET

The "scraped apple" diet is an old German folk remedy for both diarrhea and constipation. Modern scientists have employed raw apple in the treatment of these same conditions with very good effects. T. L. Birnberg treated diarrhea in children with raw, grated apple and obtained completely successful results in 88 per cent of all cases. He noted relief from abdominal pain achieved almost immediately, normal stools achieved in 24 hours, reduction of fever within 48 hours, and disappearance of mucus in 60 hours. The beneficial effects of raw apple in these cases are attributed to the presence of "hydrophilic colloids" in the food which absorb excessive water and furnish bulk to control peristalsis.

RAW HONEY

Of particular interest is the therapeutic value of raw honey. This food has long been known as a "folk medicine" for hay fever and asthma, and recent experimental studies conducted at the William Beaumont General Hospital in El Paso, Texas have shown that raw honey containing the pollen of the offending grasses or weeds builds up a natural resistance to these agents in the body, thereby offering relief to the hay fever victims. Studies made by P. E. Weesen of the Frauenfelder Sanitarium of Europe showed that patients given raw honey exceeded all others both in strength and healthy appearance. Dr. Paula Emrich tested 100 children, and found that those given raw honey achieved a 12 per cent increase in hemoglobin content of their blood over the others. Dr. Rolleder gave a smaller quantity of raw honey to 58 children of an Austrian orphanage and noted a hemoglobin increase of 8 1/2 per cent. Dr. Schacht of Wiesbaden claimed to have cured many supposedly hopeless cases of gastric and intestinal ulcers with raw honey, and the celebrated Father Sebastian Kneipp remarked that "smaller ulcers in the stomach are quickly contracted, broken and healed by it." Surprisingly, raw honey has even been given to treat diabetes. Dr. A. Y. Davidov of Russia noted that it tended to prevent acetonemia, and in spite of its high sugar content, its use was associated with the actual reduction of sugar in the urine. The American physicians, Dr. L. R. Emerick of Eaton, Ohio, and the late Dr. R. J. Goss of Middlebury, Vermont, have treated hundreds of diabetic patients with raw honey, achieving remarkable success and vast improvement in the weight, strength, and appearance of many patients.

RAW LIVER

The value of raw liver in treating pernicious anemia is now well known. As early as 1926 Drs. Murphy and Minot were

curing severe cases of this disease with raw liver, and they claimed there was some unidentified factor in the food which stimulated the growth of red corpuscles. At first this was called the "red blood vitamin." It is now known that there are two such factors, folic acid and vitamin B12, both of which are destroyed by heat. Thus, whereas well-cooked liver is practically useless in these cases, raw liver brings about consistent and rapid recovery. For perhaps the same reason raw liver, given to weak and undersized children, has been reported to increase vigor and improve the rate of growth.

RAW MEAT PRODUCTS

Other raw meat products are also of unquestioned therapeutic importance. When tuberculosis was still a common disease in this country, frail and consumptive people would be seen going to slaughterhouses to obtain draughts of fresh blood, which were believed to be of great value in such cases. In countries where tuberculosis remains prevalent, this practice is still followed, with reportedly good results. On a clinical basis the celebrated French physiologist, Prof. Charles Richet, was among the first to use raw beef juice in the treatment of tuberculosis, and he reported excellent results in this practice. More recently other European physicians are following this same method, and they apply the term, "zomotherapy" to designate treatment of disease with raw meat or raw meat-juice. They claim success with zomotherapy in treating many conditions, including anemia, neurasthenia, debility, convalescence, and latent, incipient, or active tuberculosis.

RAW SEEDS

Few raw foods have been as highly recommended as sunflower seeds, squash seeds, pumpkin seeds, and watermelon seeds in the treatment of disease. Several years ago, J. I. Rodale noticed that sunflower seeds, when used in their raw state, effected a remarkable cure for some cases of bleeding gums. After his report on this subject was published, new evidence accumulated which indicated that raw sunflower seeds were also useful in treating sores, dermatitis, rheumatism, rheumatic fever, arthritis, and kidney disease. The teeth were said to improve under the sunflower seed treatment, as was the condition of the eyes. Raw squash and pumpkin seeds have been recommended as worm expellents. An infusion made by soaking dried watermelon seeds in water was an old Indian folk treatment for kidney and bladder infections, and many in modern life have also testified as to the efficiency of this treatment. The watermelon seeds may also be eaten in their fresh state with good results. While much of the evidence in favor of these uncooked seed foods is in the form of testimonials rather than clinical data, it is too extensive to be ignored. Whether we consider the seeds as effective "folk medicine" or just good food, they are doubtless of much value in modern nutrition.

IMPROVED INTELLIGENCE

Raw foods have even been used to improve the intelligence quotients and mental attitudes of backward children. In Germany, Dr. Lottner reported an experiment in which 33 children, having low intelligent quotients and attending a school for backward children, were given a raw breakfast each morning. This was in the form of "muesli" an uncooked porridge made from oat flakes, milk, fruits, nuts, and honey. The children given the raw breakfasts rapidly improved over all the others. They did better work in dictation, arithmetic, letter-canceling, and drawing completion tests. They were also less restless, did not become tired as rapidly as before, and showed better concentration in accomplishing their daily work.

CLINICAL APPLICATION OF THE RAW FOOD DIET

IN CALIFORNIA

If the simple addition of certain raw foods to a normal diet produces such startling changes in human health, it may be expected that a diet composed entirely, or nearly so, of raw foods would be much more beneficial and achieve more rapid and far-reaching results. This has been shown to be true at the Pottenger Sanitarium in California, where a large variety of raw foods has been employed for therapeutic purposes.

Dr. Pottenger writes that "the highest grade of raw milk, raw meat, raw vegetables and fruit products obtainable" are used in the clinical work. He points out that "we have been able to improve the physiologic response of children who have previously been developing in a deficient manner" similar to the experimental animals which were fed upon heat-processed foods. Even defective facial growth has been improved, and Pottenger states that "when additional growth stimulation is applied to certain deficient children at the right time, before they have attained facial growth, material changes in the contour of the face can be brought about without the application of surgical appliances."

IN EUROPE

In Europe a diet composed primarily of raw foods was employed in the treatment of disease as early as the latter part of the nineteenth century. At that time the "Jungborn" a health resort located in the Hartz mountain region between Isenburg and Hartzburg of Germany, was opened. The director of this institution was Adolph Just, a philosopher and naturalist, who concluded from his observations of wild and domestic animal life that only raw foods were capable of building the health, strength, and vigor that are normal in nature. At his resort, Mr. Just provided sun and air baths, special water baths, and earth compresses as treatment in addition to raw foods. The diet consisted in the main of

fruits, berries, nuts, and milk in the uncooked state.

In 1896, Mr. Just issued a number of case history records illustrating the results of his raw food and natural treatment therapy. Among the diseases reported cured or benefited were inflammatory rheumatism, consumption of the spinal cord, tuberculosis of the bones, dropsy, incipient dropsy, fistula of the rectum, cancer, nervous spasms, deafness, and various digestive ailments and sexual disorders. Recoveries were often rapid as well as complete. Recovery from severe nervous disorders was achieved in ten weeks, from deafness in eight weeks, from inflammatory rheumatism in nine days, and from incipient dropsy in less than a week. Great improvement in cases of different forms of consumption was noted during the first two weeks of treatment. In almost all cases treated at the "Jungborn" some benefit was reported, and the general success was attributed largely to the use of raw foods.

BIRCHER-BENNER

During the year, 1897, another great raw food institution was opened in Europe, this being the famous Bircher-Benner clinic and sanitarium in Zurich, Switzerland, which continues operation in the present day. Here extensive use has been made of raw foods, and some patients have been placed on an exclusive raw diet for a limited period of time when this was deemed necessary. The late founder of the institution, Dr. Bircher-Benner, stated that "raw vegetable food is the most potent healing factor that exists" which is able "to bring healing to very many widely spread disorders of health and serious diseases, in quite astonishing fashion, where all other curative measures have failed." He called raw food "sunlight food" and referred to his delicious preparations of fruits, vegetables, nuts, honey, milk and other foods, all in their raw state, as "sunlight dishes." The success of this sanitarium has been so phenomenal that it has attracted patients from all over the world. It is best known for its treatment of digestive diseases. So astonishing was the recovery, on a strictly raw diet, of one supposedly incurable patient suffering from the Herter-Heubner disease that it attracted the attention of the children's hospital in Zurich, which in turn introduced a raw diet for its coeliac patients. The medical director of the hospital at the time published a monograph giving an account of the "staggering success" thus achieved.

Today Dr. Ralph E. Bircher carries on the important work of his father at the clinic and sanitarium, with equally satisfactory results. He describes raw food in relation to "the five zones of its influence." In the first zone the effects are noticeable within a few days, with the "return of appetite, rapid fading of unnatural thirst" and "much better digestion." In the second zone, embracing weeks of time, the circulatory system responds to the curative effects of raw food. The third zone "needs months to become effective," though some improvement may be noticed almost immediately. It covers the endocrine glands and metabolism. The fourth zone, embracing the capillary system and secondary effects on all parts of the organism, is reported by Dr. Bircher to require one to three years, sometimes less, "to show the effects of its domain." The entire four-fold action, according to Dr. Bircher, "generally brings about a complete change in obstinate cases of many chronic conditions such as stomatitis and ulcers, spine, amoebic dysentery, lambliosis and malaria, kidney troubles, jaundice, eczemas and urticaria, headaches, and schizophrenias, also in cases of varicose, thrombophlebitis and many other conditions." The fifth zone applies to the constitution itself, from which our diseases and infections originate. It means a fundamental change in the physiological efficiency of the entire body, with new vitality and vigorous health.

At the First Medical Clinic of the University of Vienna, two scientists, Eppinger and Kaunitz, tested the Bircher-Benner raw food diet as a means of improving the interchange of energies and substances between the ends of the blood vessels (capillaries) and the tissue cells of the body. Under normal conditions of life, the blood gives up its nutritive substances, and the cells give up their waste substances in this interchange through two fine membranes and a narrow dividing interstice. Often, however, the cells lose a part of their "selective capacity" because of salt penetrating the cell wall, distortion and spasms of the capillaries, a sticky coating of blood globules, waste products being scattered around the cells, and reduction of the chemical, physical, and electrical tensions which promote the nutritive interchange. When this happens, cells cannot rejuvenate fast enough; bacteria tend to multiply too rapidly, and the general cause of many clinical symptoms of disease is in existence. Eppinger and Kaunitz studied this condition and tried every possible means of restoring normal selective power in the cells once this had been lost. Only one measure was found to be successful. This was the application of an exclusive raw food diet "exactly according to the prescriptions of Dr. Bircher-Benner." Under the influence of this diet, the life-giving tensions between capillaries and cells grew and the capillaries were slowly restored to a normal, vigorous condition.

HUMLEGAARDEN

In Denmark an exclusive raw diet consisting of fruits, vegetables, nuts, cornmeal, sprouted grains and legumes, honey, and milk is given for all patients who visit the "Humlegaarden" a sanitarium located near Humlebek. Dr. Kristine Nolfi, medical director of this sanitarium, was formerly associated in medicine and surgery with the Communal Hospital in Copenhagen and also with the State Hospital in Pediatrics. During her years of hospital training she suffered from weak digestion and catarrh of the stomach, and in the winter of 1940 and 1941 she observed the symptoms of cancer. A trial microscopy taken at the Radium Centre in Copenhagen was positive, indicating there were cancer cells. Dr. I. Nolfi treated herself with an exclusive raw diet and recovered excellent health. This success prompted her to open the "Humlegaarden" where not only all patients, but even members of the hospital staff, live entirely upon foods which have not been treated by heating. About one thousand patients annually visit this sanitarium, and doctors from

Denmark and foreign countries also visit the place and make observations which are later utilized in their practice.

The therapeutic successes attained at the "Humlegaarden" are said to be phenomenal. Dr. Nolfi attributes this to the consumption of raw foods, and in particular to the use of raw garlic and raw potatoes. Patients at this sanitarium recover from all manner of diseases, including cancer, sterility, obesity, diabetes, heart debilitation, high blood pressure, rheumatism, epilepsy, asthma, and many others. In some cases even grey hair darkens in color. According to Dr. Nolfi, the raw diet "has a curative effect not only for a particular disease and on an individual organ, but on the organism as a whole. It cures not only the diseases contracted during our short span of life, but also those determined by hereditary predispositions."

OTHERS

Dr. K. Eimer, of the University Medical Clinic at Marburg-Lahn, has employed the raw diet in the treatment of many different diseases. He reports that no gastric disturbances occur on the diet and that the relatively large amounts of cellulose in the raw vegetable foods appear to aid peristalsis. He found the raw diet to be especially suitable in cases of renal or cardiac oedema or the oedema of obesity, with the elimination of superfluous water and salt being rapidly achieved. In diseases of the circulatory system, the diet was found to usefully supplement other treatment, and high blood pressure and diabetes were found to be benefited through the use of raw food. The blood was improved on the raw diet, and the alkali reserve was raised an average of 20 per cent among the patients. Dr. Eimer also reported that the refractive index of the serum increased through the use of raw foods.

Of equal importance is the experience of Dr. Joseph Evers in Germany, who has treated 600 cases of multiple sclerosis with diets containing no refined foods, and consisting chiefly of raw fruits, raw nuts, raw vegetable roots, raw honey, raw grain sprouts, uncooked coarse rolled oats, wholemeal bread, raw ham, raw bacon, and raw chopped beef. Dr. Evers's dietary treatment was set up under the controls of recognized scientists and tested in different universities, clinics, hospitals, and sanatoriums. Results were surprisingly good, and 42 per cent of all patients showed improvement or complete recovery. This percentage might appear to be low, but for multiple sclerosis, which consistently fails to yield to orthodox medical treatment, a single recovery is worthy of mention. In the city of Munich, the German physicians, Friedrich and Peters, employed a raw diet consisting chiefly of fruits and vegetables, and small amounts of meat. Many very severe cases of liver cirrhosis, with ascites were treated. Results, surprisingly, were quite successful, and a number of most striking cases have been cited by the physicians to show the value of raw foods in the treatment of this disease.

Other physicians and scientists who have studied the raw diet in relation to therapeutic uses are D. C. Hare, J. F. Kinderheilk, W. Heupe, I. Kanai, and M. Kuratsune. Dr. Hare, of the Royal Free Hospital in England, placed arthritic patients on an exclusive raw diet for two weeks followed by a predominantly raw diet for several weeks. Most of the patients began to feel better within one to four weeks, with marked improvement continuing thereafter. Kinderheilk found the raw diet to be of value in avitaminosis, nephritis, diabetes, and chronic constipation. In cases of cardiac disease he noted that it promoted the excretion of superfluous water and was thus helpful to the patients. Dr. Heupe, working at the University Medical Polyclinic in Frankfurt, reported the diet to aid in the treatment of diarrhea of children, in heart and kidney diseases, and in obesity and diabetes. Kanai of the University of Berlin, studied the effect of raw and cooked vegetarian diets on the oxidation of the body. He noted that oxidation was impaired by cooked vegetarian foods. On the raw diet the urinary output of nitrogen was greater, indicating better absorption, and the weight increase was better. Dr. Kuratsune, of Kyushu University, Japan, also tested raw and vegetarian diets, and reported results were decidedly better on the raw regime. Heated vegetables tended to produce anemia, which was cured when raw vegetables were eaten. Other diseases, which had failed to yield to conventional medical care, responded favorably to the raw diet.

The sum total of all human experience with raw foods has thus been remarkably successful. As in the case with animals, the efficiency of physiological function within the body, as well as the proportion of both infectious and degenerative diseases, appears to correspond to a large degree with the relative quantity of raw and cooked foods in the diet. In the case of raw and heated milk the evidence is especially conclusive, particularly with reference to the growth and bone and dental development of children. In the clinics and sanitariums of the world, where a raw food diet has been employed, evidence of the value of all types of raw foods has been obtained, and the raw diet is found to be of definite therapeutic value in the treatment of many common diseases. Its value in this capacity is most pronounced, as it is associated with no adverse side-effects, which so frequently follow the use of conventional medical treatments.

THE POTTENGER EXPERIMENTS

Perhaps the most important of all the animal experiments with raw and cooked foods are those of Dr. Francis Pottenger, Jr., one of the world's great physicians and food scientists. These were conducted at the long established Pottenger Sanitarium in Monrovia, California, and covered a ten-year period. Both white rats and cats were employed. Rats given heated milk suffered from many kinds of deterioration, and the change in trabeculation of the bones was particularly noticeable. With the cats the experiments were reported in great detail and covered a large number of

animals. A total of 900 cats were studied, and complete records were kept of nearly 600 of them. Through generation after generation the animals were studied, and Dr. Pottenger has issued the detailed results of the experiments as they apply to growth, reproduction, and all phases of the animals' health.

In these tests the animals were fed upon meat-scrap (including the muscle, bone, and viscera), milk, and cod liver oil. The animals were divided into various groups, depending upon the condition, whether heated or unheated, in which their foods were given. Some of the cats were fed entirely upon raw meat and raw milk; others were given two-thirds cooked meat and one-third raw milk. In some cases raw meat and pasteurized milk were used. A number of cats were also fed sweetened condensed milk, evaporated milk, or raw metabolized vitamin D milk with raw meat. Cod liver oil was used by all animal groups.

The cats fed entirely upon raw meat and raw milk remained in excellent health in all cases. Physical development was virtually perfect and the cats reproduced in homogeneity from one generation to the next, maintaining large skulls and thoraxes, broad faces with prominent malar and orbital arches, broad and well-formed dental arches, adequate nasal cavities, and large and long bodies. The cats were quite free from vermin, infections, and parasites. The membranes were firm and of good pink color. All evidence of degeneration was absent. Abortion occurred very seldom; the size of the average litter was five, and all of the mother cats nursed their young in a normal manner. The cats possessed excellent equilibrium. Organic development was complete and normal physical and mental function was the general rule. Death resulted only from old age or injuries sustained in fighting. None of the cats died from disease.

Cats which were fed the cooked-meat scraps were defective in many respects. They were smaller in build and the bones were smaller in diameter. In some cases the bones would grow out of proportion, with the hind legs being much longer than the forelegs. The animals did not reproduce in homogeneity, each kitten being of a different skeletal pattern. There were variations of facial structure similar to those of human beings. Configuration of the skulls was different in each individual cat. Often there would be marked failure in the development of the upper lip and in some cases a mandibular protrusion.

Dental conditions would usually remain fairly good in the first generation, though gingivitis occasionally developed. Second generation animals usually had much smaller primary teeth than normal and there was irregular spacing of teeth. Bleeding of gums would increase considerably. Some teeth would be lost. In the third generation loss of most of the teeth through decalcification and pyorrhea would be common. Dental development was generally so irregular that the development of the whole face was interfered with.

There was severe impairment of bone composition in all cases. The calcium content would fall from the normal 12 to 18 per cent of bone weight in healthy animals to 8 to 12 per cent in the first generation, 3 1/2 to 7 per cent in the second generation, and finally 1 1/2 to 3 per cent in the third generation. The phosphorus content also became progressively less, and in the third generation the bones would be very porous and similar to rubber. This resulted in bowlegs, distorted spines, and other deformities.

Reproductive efficiency was greatly lowered. Abortion ran from 25 per cent in the first generation to as high as 70 per cent in the second generation. Deliveries were very difficult and many cats died in labor. Often the mother was unable to lactate. The mortality rate of the kittens was very high, many of them being even too frail to nurse. In a number of cases the mother would steadily decline in health following birth of the kittens and die about three months later. Others had increasing difficulty with subsequent pregnancies and some failed to become pregnant. In the males there was disturbance of genital development and descent of the testes. Sterility was so common that raw-food males had to be used for all breeding purposes.

Development of the secondary sexual characteristics was incomplete. The degree of masculinity and femininity was lessened and cats of both sexes tended to become more neutral in appearance. For instance, X-ray pictures showed that skulls of third generation cooked-fed animals had neutral profiles for both sexes, as contrasted to the difference in raw-fed animals. At the same time sex interest was very slack; in many cases it was perverted, with some cats developing into true homosexuals.

Most of the cats fed cooked meat were very irritable and would occasionally viciously bite the keeper. Intestinal parasites and vermin were very common. Skin lesions and allergies became worse from one generation to the next. Pneumonia and empyema were the most common causes of death in the adult stock; a great number died from diarrhea followed by pneumonia. No cats survived the sixth month of life in the third generation. Among the diseased conditions that were found upon autopsy were: osteomyelitis, cardiac lesions, hyperopia, thyroid disease, hepatitis, nephritis, paralysis, meningitis, cystitis, arthritis, rickets, enlarged colon, bronchitis, fatty infiltration of the muscles, rachitic rosary of the ribs, and enlarged bladder.

Cats fed upon a combination of two-thirds pasteurized milk and one-third raw meat presented much of the same deterioration as the other animals. Reproductive efficiency was lowered; skeletal structures were severely impaired; dental irregularity and gingivitis were common, and all kittens showed some form of deficiency in development. Cats fed evaporated milk were damaged even more, and sweetened condensed milk produced the most marked

deficiencies of all. Even the raw metabolized vitamin D milk (from cattle fed irradiated yeast) proved harmful. The males showed osseous disturbances following its use, and the adult males died within 10 months, with the young males failing to live beyond even the second month.

In some instances cats which had been fed either cooked meat or one of the forms of heated or vitamin D milk would be placed upon a completely raw diet, which would be continued in subsequent generations. Improvement in resistance to disease was noticed in the first and second generations in the "regenerating" animals, though there were still allergic manifestations and reproduction was erratic. In the third generation there was considerable further improvement, and by the fourth generation some of the animals returned to completely normal skeletal and tissue form.

From these experiments as well as all others which have been reported, results of feeding raw and cooked foods under laboratory conditions become readily apparent. It follows that, almost without exception, experimental animals thrive well upon an exclusive diet of raw foods. With general uniformity they immediately suffer from various forms of deterioration — physical, sexual, and mental — when given various forms of cooked foods. It has indeed been shown that members of certain animal species fail to reach maturity and reproduce if sufficient cooked foods are included in their diet. The degree of damage may vary to some degree with different animals, but in no instance have large quantities of heat-processed foods been consumed over a long period of time without some harm being observed. The contrast is clearly observed in all cases, and the many different animals used in the experiments show that the results do not apply to only certain kinds of experimental animals, but may be accepted as a general principle in all such nutritional work.

The following article which I wrote many years ago, and was published in "Dr. Shelton's Hygienic Review" entitled "What to Expect When You Improve Your Diet" will give you a preview of what most probably will be in store for you as you begin your journey to a new and more beautiful life. (A shorter version of the article is available at www.drbass.com)

WHAT SYMPTOMS TO EXPECT WHEN YOU IMPROVE YOUR DIET

(original version)

by Stanley S. Bass

If I were asked "which is the area of greatest misunderstanding and confusion in the field of nutrition?", I would immediately be forced to reply, "It is the failure to properly understand and interpret the symptoms and changes which follow the beginning of a better nutritional program."

What is meant by a better nutritional program? It is the introduction of foods of higher quality in place of lower quality ones.

For example - if a person replaces a protein rich food such a pork with beef, the beef may be considered the superior of the two - due to its easier digestibility, lower and less saturated fat content, etc. Similarly chicken is superior to beef, and fish is superior to chicken because of its more rapid digestibility and lower saturated fat content. Lima beans, lentils or chick peas, which are eaten at the same meal with vegetables, are superior in all the nutrients needed to rebuild health than those already mentioned.

As we go higher on the scale of quality, we begin to include protein rich food which may be eaten in the unfired (raw) state, such as cheese which is made from raw milk and unsalted.

Then we ascend to the nuts and seeds which are eaten in the natural state (raw and unsalted).

To summarize - the closer the food comes to the natural state in which it occurs, or the closer we come to its raw, unfired (raw) form, the higher the quality is.

In this condition, all the enzymes are found intact. The amino acids are in their finest form. The minerals, vitamins, trace elements, carbohydrates and life force are present. This life force, in turn, is capable of reproducing tissue which is full of life and longer lasting in structure.

This same classification of quality which we analyzed in relation to protein rich foods applies to the carbohydrates (the starches and sugar-rich foods), the fats and the mineral-rich foods (vegetables), etc.

The quality of a nutritional program is dramatically improved by OMITTING toxic substances such, as coffee, tea, chocolate, tobacco, salt, pepper, etc.

What is the relation of quality of foods to recovery from illness?

It is this in a nutshell - the HIGHER the quality of food we eat, the QUICKER we recover from disease - provided we are able to properly digest and assimilate the quality-level

To this must be added the knowledge of

1. proper food-combining

2. proper order of eating the different kinds of food at a meal (e.g. the most easily digested food should be eaten first, the more complex one second, and the most concentrated item last)
3. the correct quantity of food to be consumed (of each type) in the meal
4. the correct time for eating (when hungry, and not by the clock)

WHEN DIET IMPROVES THE BODY CASTS OUT ACCUMULATED TOXINS AND UNFIT TISSUES

Now - what happens when a person follows these rules and makes a decided improvement in the quality of food consumed?

Remarkable things begin to happen to the body (as well as the mind). The amazing intelligence present in every cell of the body and the wisdom of the body in its operation, immediately becomes manifest.

The rule may be stated thusly: When the quality of the food coming into the body is of higher quality than the tissues which the body is made of, the body begins to discard the lower grade materials and tissues, to make room for the superior materials which it uses to make new and healthier tissue.

This is the plan of Nature - of evolution. The body is very selective and *always* aims for improvement - for better health. The body *always* tries to produce health and *always* will, unless our interference is too great. Only then do we fail to recover and degenerate further into disease.

The remedial nature of many conditions such as colds, fevers, cuts, swellings, injuries, etc., furnish endless examples of how the body tends towards health - *always* - unless we do something to stop the process.

“WITHDRAWAL” SYMPTOMS FOLLOW USE OF IMPROVED DIET

What are the symptoms or signs which become evident when we first begin to omit the lower grade foods and instead introduce superior foods - those which are most alive, more natural than we are accustomed to?

When the use of toxic stimulant such as coffee, tea or cocoa is suddenly stopped, headaches are common and a let-down occurs. This is due to the discard by the body of the toxins called caffeine and theobromine which are removed from the tissues and transported through the blood stream to the eliminating organs. When the blood circulates through the brain during its many bodily rounds before the noxious agents reach their final destination for elimination, these irritants register in our consciousness as pain - in other words, headache. The let-down is due to the slower action of the heart - the resting phase which follows the stimulation or more rapid heart action forced upon the body by certain poisons called stimulants. The more rapid heart beat (or pulse) produces a feeling of exhilaration and the slower action produces a depressed state of mind.

Usually within three days, the symptoms vanish and we feel stronger due to the recuperation which follows.

To a lesser extent the same process occurs when we abandon lower quality foods and replace them with better foods. Lower quality foods have undergone more preparation. Spices, salt and other ingredients have been added, as they tend to be more "stimulating" than less prepared and more natural foods. Animal foods such as meat, fowl, fish etc. are more stimulating than cheese, nuts and vegetable proteins.

Consequently the withdrawal of stimulation which follows the abandonment of animal food produces a slower heart action - a resting phase - which registers in the mind as relaxation or a decrease of energy. This initial letdown lasts about ten days or slightly longer, and is followed by an increase of strength, a feeling of diminishing stress and greater well-being.

DON'T JUDGE RESULTS PREMATURELY

Now let us return to the symptoms which occur in the process of regeneration.

The person who starts a better diet, stays on it for three days to a week and then quits will say, "Oh, I felt better on the old diet - the new one makes me feel weak." He failed because he didn't give his body a chance to adjust and complete its first phase of action - recuperation. If he had waited a while longer, he would have begun to feel better than before he started.

During the initial stage (lasting about ten days on the average to several weeks in others), the vital energies which are usually in the periphery or external part of the body such as the muscles and skin, begin to move to the vital internal organs and start reconstruction.

This shunting of much of the power to the internal region produces a feeling of less energy in the muscles, which the mind interprets as some weakness. Actually, the power is increased, but most of it is being used for rebuilding the more important organs and less of it is available for muscular work.

Any weakness which is felt here is not true weakness, but merely a re-deploying of forces to the more important internal parts.

Here it is important for the person to stop wasting energy, and to rest and sleep more. *This is a crucial phase*, and if the person resorts to stimulants of any kind, he will abort and defeat the regenerative intent of the body. It is important that he have patience and faith here and just wait it out, and after a while he will get increasing strength which will

exceed by far what he felt before he began the new program.

Success in recovery or improvement of health hinges upon the correct understanding of this point - *realizing* that the body is using its main energies in more important internal work and not wasting it in external work involving muscle movements. Be wise - take it easy here and relax. Just coast in your work and social obligations until you're out of the woods.

As one continues on the improved diet and gradually raises the food quality, interesting symptoms begin to appear. The body begins a process called "retracing."

The cellular intelligence reasons something like this - "Oh! Look at all these fine materials coming in. How wonderful - now we have a chance to get rid of this old garbage and build a beautiful new house. Let's get started immediately. Let's get this excess bile out of the liver and gall bladder and send it to the intestines for elimination. Let's get the sludge moving out of the arteries, veins and capillaries. These smelly, gassy, brain-stupefying masses have been here too long - out with them! These arthritic deposits in the joints need cleaning up! Let's get these irritating food preservatives, aspirins, sleeping pills and drugs out of the way, along with these other masses of fat which have made life so burdensome for us for so long. Let's get going till the job is done - till we have a beautiful house - and from there on we'll keep it a beautiful ideal model house."

THE THREE PHASES OF METABOLISM (SUM TOTAL OF BODY FUNCTIONS)

5. During the first phase - called *Catabolism* - the accent is on elimination, or breaking down of tissue. The body begins to clean house - to remove the garbage deposited in all the tissues - everywhere. During this period the body removes the ashes from the furnace preparatory to getting a better fire. Here the accentuation is on removal of the gross and immediate body obstructions. Wastes are discarded more rapidly than new tissue is made from the new food. This becomes evident as weight loss.
6. This persists for awhile and is then followed by the second phase - called *Stabilization*. Here the weight remains more or less stable. During this phase, the amount of waste material being discarded daily is equal to the amount of tissue which is being formed and replaced by the newer, more vital food. This occurs after the excess of obstructing material in the tissues has been removed.
7. This stage persists for a while and is then followed by a third phase - a building-up period called *Anabolism*, wherein weight starts to go up, even though the diet is lower in calories than it was before. At this point, much or most of the interfering wastes have already been discarded - the tissues which have been formed since the diet was raised in quality are more durable and do not break down easily. Also new tissues are now being formed faster. This is due to the improved assimilation and increase of enzyme efficiency which resulted from the recuperation of the digestive mechanism - made possible by the ceasing of wrong food-combining. The body's need for the usual amounts of food decreases, and we are able to maintain our weight and increased energies with less food. Many are able to function very efficiently on two meals a day, and eventually even on one meal a day.

As the body progressively increases in efficiency and decreases in tissue breakdown under exercise, so do we gradually need less and less food to maintain life.

The higher the percentage of raw food one lives on, the slower the rate of tissue deterioration which one evolves into. A sick body requires a gradual carefully worked-out entry into this stage - where one is able to live on a 100% unfired (raw) diet.

Returning to the symptoms which occur on a superior nutritional program - people who have had tendencies in the past to recurring skin rashes or eruptions will frequently tend to eliminate poisons and harmful drugs through the skin with new rashes or eruptions. If they go to a physician now who is not familiar with this aspect of nutrition, he will diagnose it as an allergy.

They ask, "How come I'm eating better now than I ever did before, and instead I'm getting worse?" They don't understand that the body is "retracing".

The skin is getting more alive and active. It's throwing out more poisons more rapidly now that the body is building more power which is saved from those hard-to-ingest meals which have been discontinued.

These toxins being discarded are saving you from more serious disease which will result if you keep them in your body too much longer - possibly hepatitis, kidney disorders, blood disease, heart disease, arthritis, nerve degenerations or even cancer - depending upon your structural weaknesses. Be happy you're paying your bills now on an easy-payment plan.

With some, colds which haven't appeared for a long time may occur, or even fevers. *This is nature's way of housecleaning*. Understand that these actions are *constructive*, even though unpleasant at the moment. *Don't*, but *don't*, try to stop these symptoms by the use of certain drugs, or even massive doses of vitamins, which will act as

drugs in huge concentration.

These symptoms are part of a remedial process. Don't try to "cure" the remedial process! These are *not* deficiency conditions or allergic manifestations - *not* if you're eating properly in quality, quantity, combination and sequence. Here is where experienced advice is of great value. Unfortunately, there are few books present today which give full guidance to the average reader. Try to find guidance through a doctor or teacher who has the requisite experience in this most confusing of all subjects - Nutrition in relation to health and disease.

BODY PURIFICATION CAN BE A LONG DRAWN OUT PROCESS

You may be eating perfectly in regard to quantity, quality and observing all the correct rules, and still symptoms will occur. Those who have lived better lives in the past - who have eaten better foods and who have abused their bodies less with overeating will have reactions ranging from almost none at all or very mild symptoms which may be uncomfortable or acute.

Those who have lived worse lives and poisoned themselves more will experience more severe symptoms - if their liver, kidneys, or other important eliminating organs have been damaged. When they have been renovated to the point of fair working order, they will no longer produce symptoms.

Headaches may occur at the beginning. Fever, colds, the skin may break out, a short interval of bowel sluggishness, occasional diarrhea, feelings of tiredness and weakness, disinclination to exercise, nervousness, irritability, negativity or mental depression, frequent urination, also may occur.

However, the great majority of people find their reactions tolerable and are encouraged to bear with them, because of the many improvements which have already occurred and are becoming more evident with each day. This acts as an inspirational force to them.

The symptoms will vary according to the materials being discarded, the condition of the organs involved in the elimination and the amount of energy you have available. The more you rest and sleep when symptoms are present, the milder they are and the more quickly they are terminated. Be happy you are having symptoms.

Realize deeply that your body is becoming younger and healthier every day, because you are throwing off more and more wastes which would eventually have brought pain, disease and much suffering.

Those who have the worst symptom-reactions and follow through to their successful termination are thus avoiding some of the worst diseases which would eventually have developed had they continued their careless eating habits.

BLISSFUL STATE OF HEALTH COMES EVENTUALLY

Don't expect to go on an ascending scale of quality, that improving your diet will make you feel better and better each day until you reach perfection. The body is cyclical in nature. and health returns in a series of gradually diminishing cycles.

For example - you start a better diet and for a while you feel much better. After some time, a symptom occurs - you feel nauseous for a day and have diarrhea with a foul-smelling stool. After one day you feel even better than before and it goes fine for awhile. Then you suddenly develop a cold, feel chills and lose your appetite. After about two or three days (assuming you don't take drugs or do anything else about it), you suddenly recover and feel better than you did for years.

Let us say this wellbeing continues for two months, when you suddenly develop an itch or rash. You don't take anything special for it. This rash flares up, gets worse and continues for ten days, and suddenly subsides. Immediately after this you find that your hepatitis is gone and your energy has increased more than ever before. The rash became an outlet for the poisons in the liver which produced the hepatitis.

This is how recovery occurs - like the cycles in the Dow-Jones Average at the beginning of a bull market recovery. You feel better, a reaction occurs and you don't feel as well for a short while. You recover and go even higher.

And so it goes, each reaction milder than the last as the body becomes purer, each becoming shorter in duration, feeling better than ever before, until you reach a level plateau of vibrant health.

Here you become relatively disease-free and are filled with ever-increasing joy, life and the happiness which comes from sheer well-being. The mind opens up and expands to ever-higher horizons and your soul will shout for joy. You begin to love the world, the universe and everything in it. This is the natural state of the mind - blissful, joyful and at peace with the universe - and it can only be attained by alignment with biological laws.

The first laws we must learn to obey are the laws of Nature. We must learn to eat simple pure and natural foods, properly prepared and combined, and our bodies in return will cast off all the evil we have taken in during our lives. Nowhere is the principle of forgiveness of sins more manifest than here - in our own bodies - when we forsake our evil and destructive ways of eating (the defiling of the temple of the soul). God (or Nature, if you please) gives us a whole new chance for a new glorious life.

All repentance must begin here in the body, through pure diet and natural foods. Then, just have faith, sit back and watch what happens. Before your own eyes, you will daily see signs that will cause you to wonder at this vast intelligence in operation that staggers the comprehension.

The mysteries of the body, the operations of Nature, the vital forces working in Nature and the Cosmos are far beyond what our minds are prepared to understand at present.

Every great physician or scientist who ever lived marveled in awe and humility at the wonders of nature. Yes - we are "Fearfully and Wonderfully Made."

Let us give ourselves a chance to experience what it means to be really healthy and fully ALIVE - to feel the joy of living by aligning ourselves to (God's) Nature's laws as intended for man, through the eating of natural (normal) foods. This indeed is the prime prerequisite in man's physical, mental and spiritual unfoldment.

Stanley S. Bass, 1973

Published in Dr. Shelton's Hygienic Review, January 1973

(NOTE: The above article is written to explain the process of body regeneration, thanks to improved diet using natural foods, and is not to be associated with the recommendation of any specific product offered for sale.)

Finally, I would like to include a brief case-history of a most impressive recovery from "How I Overcame Inoperable Cancer" by a Naturopath, Wong Hon Sun, N.D. It is also included as Appendix B in "Discovery of the Ultimate Diet."

A MOST INTERESTING CASE OF RECOVERY FROM CANCER ON ONE MEAL A DAY ON A RAW FOOD REGIMEN

by Wong Hon Sun

The following is from the book ***How I Overcame Inoperable Cancer*** by Wong Hon Sun, ND, with a forward by Dr. Ralph Bircher (Exposition Press, Hicksville, N.Y. 1975).

At the age of 32, Wong Hon Sun found himself to be a victim of a critical form (anaplastic epidermoid carcinoma) of nose and throat cancer, large and inoperable, in 1960, and by employing principles of natural healing on his own initiative, made an unexpected complete recovery (as confirmed by medical checkups), with no recurrence of any symptoms of the disease for the past 14 years.

Before he began his self-care, he had a lump at the back of his throat which began to interfere with both his speech and swallowing. He was constitutionally anemic, had chronic nasal catarrh with intermittent nose bleeds, was extremely emaciated and undernourished. He had radiation treatment five times a week for two weeks. This was followed by a biopsy. After the radiation, an agonizing parchedness of his mouth and throat followed by nausea caused him to go on nothing but occasional sips of coconut water after which his weight dropped to 75 lbs. His nausea ended after a three day water fast after which he began drinking fresh squeezed pineapple juice alternating with liver extract every four hours.

He soon recovered his strength. He began daily walking to induce sweating for "detoxication purposes." When he returned at noon-time, he drank large quantities of the liver extract (made by steaming the liver) and fresh pineapple juice. In order to completely eliminate the toxemia in his system, he believed that short of complete fasting the cancer patient may have to restrict himself to one meal a day. "This *Single Meal Routine* acted as the best natural safeguard against excessive nutrient intake, while providing the minimum quantity necessary for normal physiological function."

"It is also tantamount to a 24-hour fast in its therapeutic effects, can be carried on indefinitely, because it vitalizes (provided that the ensuing diet is of high nutritive value), rather than weakens as prolonged fasting does." The body adapts itself to a reduced daily food intake by lowering the basal metabolic rate, which, within limits, is favorable to early recovery from cancer, provided vitality is maintained. The resulting conservation of energy enhances the body's intrinsic healing power for the fight against cancer.

On the Single Meal Routine, he took solid liver, about 100 grams of raw liver, 3 1/2 oz. in weight, equal to approximately 30 grams of protein) which he felt he needed for his anemia and sub-normal blood count. Also, he was unable to digest cheese, nuts, or pulses without gastric discomfort, thus necessitating the use of liver for tissue building protein and iron. Then, too, the use of 100% raw foods, both animal and vegetable, provided hormones, enzymes, and other vital elements needed for regeneration.

To make the raw liver palatable, he immersed it in scalding water for several minutes, which made it taste enjoyably good. He gradually reduced the scalding time to a few seconds and was able to eat it with relish. This he alternated with raw eggs of various species, but mostly hen's. One day liver and the next day some eggs. Since he couldn't handle the leafy vegetables, tubers, or nuts, he used fresh, ripe, and uncooked fruits of a softer variety. He was able to maintain his nitrogen balance on some eggs one day and 3 1/2 oz. of liver the following day. This was rather remarkable, since when he felt unwell, he always fasted on water, so that he took much less than 100 grams of liver on the average, on the alternative liver days. The balance of the diet was made up of fresh fruits which formed its main

basis. To ensure an adequate supply of sugar, he took a few spoonfuls of honey or molasses as a dessert. On the raw liver (or raw egg) and fruit diet, he found that he was able, not only to maintain, but gradually to increase, his vitality. And one day he felt energetic enough to indulge in running exercises in the open fields (more than three months after the cessation of the radiation treatments).

He ran daily to sweat out the toxins – rested in the afternoon – and then in the evenings he went on a hike. Then working up a great thirst he would stop at stalls and have a hot beverage of boiled juices of certain melons and herbaceous plants (leaves boiled and diluted with water). At night he took a warm bath followed by a brisk rubdown. He gradually increased the running to one, two, and three miles, and the tumor gradually regressed, and the breathing became easier.

“My diet of raw liver, eggs, and fresh fruits provided me with a good supply of B complex containing B 6 , vitamin C, iron and lecithin, and I further took some honey, red palm oil, brewer’s yeast, and wheat germ as nutritive supplements.” It took more than six months for the inflammation on his face to subside completely and more than a year for his features to become normal. The irradiated areas eventually healed, but some permanent scars remained. “I had to depend upon eggs and fish liver for my supply of vitamin D.” Fish liver also contains some calcium and phosphorus, but these two minerals occur in greater quantities in egg, which also contain vitamins A and D.

RAW VEGETABLE THERAPY

With gradual digestive improvement, he was able to add raw tomatoes and cucumbers and by dipping lettuce, celery, and cabbage in boiling water for only a few seconds, they were made palatable. He juiced hard raw vegetables like carrots.

With advancing years, he reduced his intake of liver, totally excluding other animal flesh. He accustomed himself to some cheese in addition to eggs, getting a good supply of essential amino acids. He then added plant proteins such as soybean in the form of easily digestible curds, adding a dressing of ground nut oil. Also added were legumes, ground nuts, lotus seeds, and natural supplements like wheat germ and yeast. As his anemic condition improved, he took liver once a week or two weeks and relied mainly on sugar cane, beans, spinach, and other iron-rich plant foods. Thus, he gradually learned to maintain his nitrogen equilibrium without having to take meat every day.

On his almost meatless and low starch diet, he was constantly on guard against the development of hypoproteinemia and hypoglycemia. On some occasions he did experience mild symptoms of these conditions, but by repeatedly adjusting his menu, he was gradually able to assess his daily requirements of protein and sugar. He always made allowance for vital food factors as yet undiscovered, so he followed no fixed menu based on known nutrients, but constantly altered his menu.

“Raw vegetable therapy, when judiciously carried out, could be a great help to the cancer patient in his fight for survival, but for the therapy to be successful, a sound knowledge of the nutrients – particularly of essential amino acids – present in various types of food is essential.”

Wong was convinced of the importance of auto-psychotherapy, wherein the patient understood that the human body is self-healing and the natural tendency in illness is always towards recovery (called homeostasis), provided that the causation of the illness is removed. Faith and determination in one’s recovery are essential, and if the physician can instill in the patient the faith in the intrinsic power of the body to fight off the disease, and assure him of the chances of a final victory, the best chances of success are then possible. Add to this the inspiration and confidence which comes when the patient sees progressive improvement in his condition, the gradual abatement and regression of his cancerous growth, as well as the steady increase in strength and vigor, and success is assured.

In his recovery from cancer, all his chronic afflictions which existed prior to his developing cancer disappeared – viz. colds, sore throat, sinusitis, gingivitis, hay fever, indigestion, and insomnia. His sense of smell and taste gradually returned, the tumor continued to regress slowly but surely, and within eight months he was completely cleared of nasal obstruction. He was carefully examined at a hospital and the doctor stated, “You seem to be all right. There’s no trace of the tumor.”

He learned to avoid the cancer recurrence which he so greatly feared, by constant vigilance. By his 35th birthday, he was so improved in health and vigor that he was able to jog for hours without feeling unduly tired. “And all the while I had adhered to the Single Meal Routine – a diet which gave me little more than 1000 calories of energy daily. On the Single Meal Routine I have been able to maintain my body weight constant at 100 lbs. – not an abnormally low weight for an Asian of average height. This amounts to a loss of only about 10 lbs. compared to my body weight in early youth, when I was eating three or four meals a day. But paradoxically, my reduction in weight was compensated by increased vigor, a keen appetite, and – most important of all – a gradual abatement of all my chronic ailments and complete eradication of cancer.”

For the past 14 years since his biopsy, free from colds, hay fever, and catarrhal troubles and in recent years, with further improvement in health and vigor, he was able to indulge in strenuous sports like badminton, judo, and weight lifting in addition to running.

“I must add that, despite my increasing daily expenditure of energy, I haven’t increased substantially the quantity of food eaten daily. Yet, during the past few years, I have been able to gain a few pounds in weight. The mechanism of human metabolism is certainly more complex than can be simply explained in terms of calorie requirements.”

The treatment for cancer does not end with the cure – the cure is just the beginning of the treatment. It is appalling to think of the number of supposedly “cured” cancer patients who continue to die needlessly because they won’t make any personal effort to guard against recurrence of the disease! “My recovery from cancer is in no way extraordinary or unique. The recuperative power of the human body from illness to health can only be described as little short of amazing. The cure for cancer must ultimately lie with the patient himself, and the reward of recovering is only for those who are prepared to undergo with fortitude some degree of self-denial.

“It is one of the most remarkable attributes of the human body that it can adapt itself to changes in habits of eating and living with extreme flexibility. My Single Meal Routine, initially employed as a desperate measure to check a fatal disease, has now become to me an established habit, inasmuch as I have come to look upon the three-meal-a-day routine as something bothersome and tedious. I still adhere – though it is no longer necessary to do so with rigidity – to the raw food diet, as I consider it a natural preventative against cancer recurrence.

“My daily solo running has lost its initial boredom and become a pleasing habit. It has helped me build up a satisfactory level of health; it has helped me, in my late forties, to maintain my blood pressure at around 120 mm (systolic) and to regain and relive a youth long lost to ill health and disease.

“To those cancer sufferers whose prospects of recovery seem dim, I would say ‘as long as there is still breath in the body and the will to live, there is always hope... there will always be hope’.”

The recuperative power of the human body from illness to health can only be described as little short of amazing.

Excerpts from ORTHOPATHY by Herbert M. Shelton

HAY FEVER

Definition: This is an acute, usually recurrent, and distinctly seasonal inflammation of the nasal mucous membrane sometimes extending to the conjunctiva of the eye, and the membranes of the pharynx, bronchial tubes and Eustachian tubes.

Symptoms: While defined as an acute inflammation which is subject to recurrent and seasonal acute exacerbations, the catarrh is continuous but is peculiarly subject to, pronounced increase in severity of symptoms in the months of May, June, July and August. In the South it may last all the year. Nasal obstruction with rhinorrhea and much sneezing are accompanied by congestion of the conjunctive, watering of the eyes, itching of the eyelids, nose and palate. There is headache and lassitude and, occasionally, paroxysms of asthma. It may be described as a severe cold running on day after day, with no let-up, and often growing worse, for the longer it persists in the acute stage, the more sensitive the mucous membrane becomes.

Etiology: Hay fever, being seasonal, develops largely in the spring (rose-cold) and in the autumn (autumnal catarrh) and is said to be excited or evoked by inhaling the pollens of certain plants and grasses — ragweed, goldenrod, cedar, timothy grass, etc. The condition of hypersensitiveness to the toxalbumin of pollen is called anaphylaxis or allergy. Since, however, allergy does not cause itself this theory of cause does not go deep enough. It fails to account for the local hypersensitiveness to normal elements of man's natural environment.

Although it is true that dust, pollen, emanations from horses, cats, dogs, birds, etc., and even cold air, will drive hay-fever sufferers into intolerable suffering, this does not prove them to be causes of hay fever. Anything that irritates a sensitive mucous membrane occasions a rush of blood to the point of irritation and the pouring out of an exudation to flush away the irritant.

Within recent years enterprising doctors have discovered that some hay fever subjects are allergic to their sweet-hearts and suffer an exacerbation (aggravation) of symptoms every time they visit their lovers. In a few instances the source of irritation was found in the lip-stick, rouge, and face powder, or even in the perfume, but in other instances emanations from the lover's hair were blamed.

The mistake has been made of considering normal elements in man's environment — pollen, and emanations from animals — as causes of hay fever; whereas, the true cause, the basic cause, is the cause of the sensitization of membranes which normally are not sensitive to pollens, etc.

Hay fever is simply a peculiar type of chronic catarrh, which only a small percentage of catarrhal subjects develop. Two people have catarrh to the same extent; one develops hay fever, the other does not. The sensitive individual is neurotic, the other is not. Hay fever is chronic catarrh in a neurotic subject.

The non-neurotic sufferer from catarrh will be influenced little or none by the inhalation of dust, pollen, smoke, pungent

odors, or cold air. "Hot dogs" are the only dogs of which I know that may help to cause hay fever. Hay fever rests on a basis of enervation and toxemia. The hay fever sufferer is made highly toxic by his enervating habits, which inhibit full elimination of normal body waste. The subject builds his disease daily by keeping his stomach deranged with his meats, potatoes, breads, pies, cakes, pastries, butter, breakfast foods, and even with his luscious fruits covered with cream and sugar. These things over-stimulate him and produce a toxic state of his blood, which further adds to his enervation and produces nervousness and sensitiveness as well as catarrh.

Prognosis: Complete recovery may be expected in six weeks or less in the vast majority of cases. A few cases persist longer than this time.

Care of the Patient: Running away from the external sources of irritation is merely a palliative measure. Going to dustless, pollenless, ragweedless, catless, horseless, chickenless, gooseless, sweetheartless and senseless resorts does not correct the underlying constitutional perversion — toxemia and its resulting catarrh. Hoping for the hurried coming of the old charlatan, practicing without a license, Jack Frost, to put an end to pollens, wastes a lot of valuable time and causes the sufferer to endure a lot of misery. Searing the nose, wearing air-filters, staying all summer long in air-conditioned rooms, going on sea voyages, etc., do not remove cause. Most of these palliatives are for the well-to-do only.

A fast for the removal of toxemia will end the catarrh in a very short time and remove all sensitiveness to pollen, dust, sweetheart, etc. Rest for the nervous system and a healthful mode of living will build up a high degree of health and prevent all future recurrence of hay fever. Following the elimination of toxemia, restoration of normal nerve energy and correction of the mode of living, the evolution into good health is sure and rapid. *(Note: Raw juices can be used instead of - or alternating with - water fasting to also achieve detoxification.)*

GASTRIC ULCER

Definition: A circumscribed loss of tissue in the stomach, usually involving both the mucous membrane and the deeper structures. An ulcer differs from a wound in the following ways: A wound arises from some external source; an ulcer has its cause within the body. A wound is always idiopathic; an ulcer is always symptomatic. The tendency of the wound is to heal because its cause is removed: the cause acted but momentarily. An ulcer persists and often enlarges, because its cause persists and often increases. The healing of an ulcer therefore depends primarily upon the removal and correction of the internal condition of which it is but a symptom. This done, the ulcer quickly heals.

Symptoms: Pain, usually paroxysmal, severe and localized, though it may radiate to the back or sides, is usually present. In many cases taking food induces or aggravates the pain and this lasts until the stomach is emptied, either by vomiting or by emptying into the intestine. Localized tenderness is often felt. Vomiting, usually of undigested food and acid fluid, which is quite frequent, usually comes on from one-half hour to two hours after eating. Hemorrhage into the stomach with vomiting of blood occurs in more than half the cases and, is said to cause death in about twenty per cent of all fatal cases of ulcer. There is an excessive secretion of hydrochloric acid (hyperacidity). Symptoms of indigestion (dyspepsia) precede most cases, though in some cases there are few symptoms until sudden perforation into the peritoneum, pleura, pericardium, or intestine, with hemorrhage, occurs.

Etiology: As gastric catarrh evolves, the catarrh passes to inflammation, from inflammation to induration (hardening), and from induration to ulceration. Stomach ulcer is the end of a chain of stomach disorders beginning with irritation — indigestion from imprudent eating or drinking — which, when very severe, or oft repeated causes inflammation (catarrh); and when the abuse of the stomach is continued, ulceration follows, or induration (hardening), then cancer. Decidedly nervous individuals who consume much starch — bread, cake and pastry — are more inclined to develop ulcer. Where there is a decided acidity of the secretion, inflammation and ulceration are almost sure to develop. Discomfort and often great pain accompany this condition.

Prognosis: This is very favorable in all early cases. Many persist for years, then recover. Relapses, so common under regular care, are due to failure to remove causes. Advanced cases, in the profoundly enervated may end fatally in spite of the best of care.

Care of the Patient: The palliative treatments in vogue are so unsatisfactory that a noted American surgeon recommends that ulcers be removed after they have been cured nine times. As in all other troubles, the first necessity is the removal of the causes — immediate and remote — of the trouble. All enervating habits must be discontinued and sufficient rest in bed secured to permit of restoration of full nerve energy. A fast, both to hasten elimination of toxemia and to give the stomach an opportunity to heal, is essential. Chronic provocation by food, indigestion and drugs prevent healing. Food also keeps up the excessive gastric secretion. ... Every health building agent — sunshine, exercise, etc. — should be employed as early as possible. Operations are notoriously unsatisfactory in ulcers. First, the operation does not remove the cause of the ulcer. Second, the ulcer is in a field of inflammation in the mucous membrane, which inflammatory field may be quite limited or may involve much of the gastric mucosa, and an operation will remove the ulcer, but there is always quite an area of

inflamed mucous membrane left after the ulcer is removed and this inflamed membrane tends to ulcerate. Two, three, four, five and even more operations are performed for the removal of ulcers, as these persist in developing. There is nothing to restore an inflamed mucous membrane to health when the causes of the inflammation are left operative.

Interview with Dr. Bass

What problems can people run into during natural healing?

When sick people begin to heal and detoxify they often seem to get even sicker. They may get new disease symptoms, like headaches, colds, skin breakouts, fevers. This can cause some to panic and seek help from medical doctors, who will prescribe drugs. Not a good idea, since drugs have an immediate effect of stopping the ongoing detox. So using drugs is a serious mistake. By avoiding necessary inner cleansing, people only prolong their disease, or even make it worse. By allowing the detox, they will get well maximally fast.

Is it possible to avoid detoxification symptoms?

Orthopathic doctors can either design the natural recovery to be short and efficient with strong symptoms, if they think the patient can handle it. Or design a really slow detox with very few, if any, symptoms.

An example: As a young doctor I had a woman in her 60's who consulted me for high blood pressure. I noticed her fingers seemed crooked from rheumatism, but didn't ask about it. I gave her an easy-to-follow diet of 3 meals per day - two raw and one mixed cooked/raw. No water fasting. I adjusted the diet every month or 2 weeks when she came to visit. This was such a slow detox that she didn't get detoxification symptoms. Her blood pressure improved steadily. When she came to visit the 8th month I noticed that her fingers looked straight, and asked her about it. Yes, she said, my fingers have straightened out - and by the way, the diabetes I was suffering from is gone as well. I was elated, this was the first time I had seen an example of how our bodies heal all our diseases if given a chance.

Can you give an example of detox symptoms?

Currently I have a patient who has been using a walker for many years. His legs used to be normal, but were so severely damaged by poisonous salves that he lost his ability to walk. The salves were prescribed by doctors for a parasitic infection. A very difficult case to solve.

After going on a strict diet, his body started breaking out in severe blisters all over, which is a sign of detoxification via the skin. Since this was very uncomfortable he was on the verge of giving up. It took three 21-day water fasts and a strict diet during 9 months before the blisters disappeared. By now he has recovered most of his walking ability, and is well on his way to full recovery.

For more examples of detox symptoms, read "What Symptoms to Expect When You Improve Your Diet."

Does it often take months to recover?

It depends on the patient, and on what method is used, what combination of strict diet and fasting. This summer I have had a patient in his 30's who was in terrible shape. When he came to me he feared he would die soon. He had many tumors and a chronic backache, and had been to multiple doctors but only gotten worse. I asked him 2 questions: Are you willing to go on a strict diet? Are you willing to have a short water fast? He was, and the result was a real miracle, in his own words. In less than 2 months his back ache is gone, his blood pressure is down, his tumors have almost disappeared, and he has lost 40 lb of weight.

What other methods or therapies do you use?

I only use the most efficient methods available, which also are as close to nature as possible, in essence a combination of high-quality diets and fasting. Together with general advice about improved lifestyle, e.g. sleep, rest, meditation, exercise, breathing, sunshine, etc. E.g. to get rid of pain in shortest possible time, fasting is the best choice. Drugs, herbs and similar, even products that claim to be detoxification-enhancing, only delay healing and must be avoided.

Have you had any remarkable recoveries?

Of the over 30,000 patients I have taken care of I would call almost all remarkable, and many miraculous. Especially since people usually come to me in very serious condition, often as a last resort after having tried everything else for years, but only getting worse. The more toxic people are due to dangerous drugs taken during many years, the more necessary correct detoxification is.

This interview was made 9-2005 by the Natural Hygiene Network of Houston, a non-profit organization.



Dr. Stanley S. Bass in 2002

**Find articles and free booklets about drug-free natural healing at www.drbass.com
and www.naturalhygienesociety.org**

2014 - DO IT YOURSELF IDEAS – FOR OPTIMAL HEALING:

- 1. correct nutrition (investigate paleo & ketogenic diets) – do not overeat, minimize carbs / sugars**
- 2. minimize toxins of all kinds (e.g. drugs & herbs waste energy and will hinder healing)**
- 3. to save emotional energy, and redirect this energy to healing - learn EFT/Faster-EFT tapping (e.g. YouTube)**
- 4. rest & sleep & be patient, drink water, eat mainly raw, observe the various detox (disease) / healing symptoms without fear, meditate**

*NOTE: For the latest understanding of Paleo diets, paleolithic nutrition, Dr. Bass recommends the blog of Michael Eades:
<http://www.proteinpower.com/drmike/> (2014)*

NOTE: Also learn everything you can about ketogenic diets (2015)

booklet created by Natural Hygiene Network web assistance