

# YOUR PASSPORT TO HEALTH

From... *Dr. Vivian Virginia Vetrano*

For... Guests at Dr. Tosca Vetrano's  
Revitalization & Rejuvenation Retreat  
P.O. Box 190 • Barksdale • Texas • 78828  
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Dr. Vivian Virginia Vetrano  
& Dr. Tosca Vetrano



Dr. Tosca Vetrano's  
Revitalization & Rejuvenation Retreat

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## **ABSOLUTE REQUISITES FOR THE RECOVERY AND MAINTENANCE OF YOUR HEALTH**

Your body has certain physiological requirements for health. They are sunshine, rest and sleep, exercise, fresh clean air, a diet to which we are biologically adapted, freedom from all poisons, exercise and enjoyable recreation, pure water, equable temperature, cleanliness, emotional poise and other emotional needs, and last but not least congenial, loving friends and family. If the proper quality, and the proper quantity of these are supplied to your body in the proper ratio and proportion one to the other, the result will be superb health. You won't be able to stop the evolution of health if you do those things which bring about health and avoid those things which cause disease. It may take a long time for health to evolve because much pathological degeneration may have taken place as a result of chronic toxemia, but if you persist in correct living, your body will slowly but surely reverse most pathological processes to eventually bring your body back to such a superior state of health, that you will be amazed. In fact you may have felt bad so long that when you do wake up someday feeling good, you'll ask, "What's wrong with me? I'm supposed to feel bad!"

So, while the following simple admonitions may seem unimportant to you, they are not unimportant to the body. A deficiency or excess of any one of the physiological needs of the body, will prevent you from reaching your goal of vigorous health.

Study well the following requisites of health and make sure that you slight none of them, and you shall surely reap all the benefits that follow from living according to the dictates of Nature. If sick, you will become healthy, just like a plant dying from lack of water, quickly revives when supplied this requisite of life. From this example you will have learned a formidable lesson. Remove all causes of disease and supply the requisites of health and you will be healthy.

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### **\*\* FASTING \*\***

Fasting is a normal and regular practice among humans and animals and should not be feared.

All living organisms store all the needed nutrients in their tissues for use in times of emergency and scarcity. This natural capacity explains why fasting is possible. The body's stored reserves are used while fasting. No tissues of vital and necessary organs are used until after many days of fasting when the starvation stage is reached.

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When to break the fast is determined by many things, including the quantity and quality of your stored reserves. However, when pathological processes have been evident for many years, it is hazardous to fast without the guidance of a competent and knowledgeable Hygienic doctor.

1. It will be wise of you to contemplate a fast in the near future. If done properly, the fast affords a complete physical and physiological rest for the body. While fasting, the body's generative, eliminative and restorative capacities are at their zenith. Every one of your conditions will improve with judicious fasting.

2. If you are on medications, request that your physician supervise your withdrawal from them so that you are off all drugs before you begin fasting.

3. Do not fast for more than a day or two on your own. This is an extremely important admonition, especially for those with serious pathological conditions. Some may fast with no problem at all, whereas others, in the short space of a day, may develop very serious crises which they may not be able to handle. Do not take a long fast without supervision as there can be complications and dangers that can manifest with a long fast.

4. It is important to not make a goal of fasting a certain number of days. Instead, let yourself be guided by developments while fasting, and consult your Hygienic doctor regularly and be guided by him or her. If there is a chance of error, let it always be on the safe side.

5. However, do not fear using judicious fasting instinctively. When you are not hungry, or when you are feeling out of sorts, skip a meal or two, until comfort has been restored.

6. Drink only the purest of distilled water when fasting.

7. Do not continue working while fasting.

8. Do not exercise when fasting. Total bed rest is necessary for the most rapid recovery of health.

Glorious stories abound, especially in literature printed in the first half of this century, wherein fasters walk or run great distances, or do other feats of strength or endurance while fasting, in order to dramatize the abilities of the body while abstaining from food. This they do supposedly to gain popularity and acceptance of fasting by exposing the baseless, unreasonable, and unscientific fears of fasting, cultivated by the opponents of Fasting.

Notwithstanding all these wonderful stories about how far the

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limits of the body can be stretched, I must stress that any unnecessary physical activity while fasting is deleterious and will lessen the benefits derived from the fast.

9. Rest completely while fasting. Do nothing but lounge in bed or elsewhere.

10. The post fasting period is just as important to the success of a fast as is the fast itself. Rest for the same number of days after the fast that you fasted, particularly if the fast has been a long one. Do not return to work immediately.

11. In hot weather, you may sunbathe while fasting providing you take it in the early morning or late evening when the sunlight and weather are cool and comfortable. Never sunbathe when it is too hot. The heat is enervating, and may cause fainting, particularly if you over-sunbathe. Likewise, never sunbathe when it is too cold unless heat is provided, or you are protected from the cold winter wind. The object is to always conserve vital energy for the purpose of detoxifying and rejuvenating the body. Cold weather is also enervating and can stop cellular elimination.

12. While fasting, you may take a daily luke warm shower or bath. It must be done quickly to conserve vital energy. Hot water not only enervates, but damages the skin tissues, and promotes the development of wrinkles.

For more detailed information about fasting, see my special booklet, "How To Fast and Break the Fast."

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**\*\* MEDICATIONS, DIAGNOSTIC PROCEDURES, AND TREATMENTS \*\***

All medications are drugs and all drugs are poisonous, and every new medication is a new poison. The truly informed will not succumb to the false claims of the miracles they effect. Medications remove no causes, do not heal, and cause much damage, by the suppression of symptoms and from their inherent toxicity.

1. Do not permit anyone to x-ray any of your body parts.
2. Do not take chiropractic or osteopathic manipulations.
3. Do not permit the use of acupuncture, or acupressure on you.
4. Do not take colonic irrigations.
5. Do not use enemas or laxatives.



**\* Requisites of Health \***

**\*\* CLEAN, FRESH AIR \*\***

It is necessary for superior health that you breathe clean, fresh-outdoor air all of the time. However, "all" of the time is an impossibility for most people. We must be content with the salubrious effects of fresh clean air "most" of the time.

1. Move to the country if possible, and get as far away as possible from cities, industries, and nuclear power plants.

2. If you have a home in the city, and can't get away, place live plants in every room of your house. Take advantage of your yard by planting an orchard. You don't need to waste a big lawn on grass. You need trees for food and oxygen. Plant grass, or ground-cover between the trees so that you will have the maximum yield possible of oxygen. Make a veritable forest of your front and back yard. You don't have to put large distances between each tree. Crowd them in, like Nature does in the forest. The object is to have some fruit, and a lot of fresh air. An added bonus, is more privacy and the feeling of being in the country away from the stress of city life. You will feel more relaxed and closer to Nature.

3. Refuse to use toxic and harsh chemicals in and around your house. Seek non-toxic alternatives. Conventional cleansers, air fresheners, rug cleaners, insecticides, paint and other toxic building and maintenance materials must be avoided and non toxic substitutes must be used. Most chemicals used in the home and by industry, damage the immune system and in general cause enervation. It is extremely important that you breathe clean, unpolluted, fresh air.

4. Check your house and immediate environment for all machines and objects that create ionizing radiation and eliminate all possible sources. Television and computer monitors produce harmful x-rays and damaging radio-frequency waves. Fluorescent lights also produce ionizing radiation similar to x-rays and are also harmful to your immune system.

5. All machines with brushes pollute with electrical energy of the non-ionizing kind that detrimentally interferes with bodily functions. Use as few electrical gadgets in your kitchen as possible.

6. Do not use electric heating pads or electric blankets.

7. Do not permit people to pollute your air. Do not permit smoking in your home. Politely ask people to not smoke when around you. If they don't comply, politely assert your right and need for clean air.

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**\* Requisites of Health \***

**\*\* WATER \*\***

**Water is the only drink. All other liquids are either food or poison.**

**Pure water is plain hydrogen and oxygen; it is sweet and good tasting without any other constituents, not even minerals. Minerals don't make water taste better; custom only, makes you think so.**

**The minerals in water are inorganic and as such are not utilizable by your body. They are burdens that must be eliminated at great expense to your body. Consequently, they tax and rob your body of nutrients instead of enriching it. You want as pure water as possible.**

**Unfortunately, in this day and age, because of our combined aggravated assault, rapacity, and consequent pollution of our environment, we have chemical wastes in our water that are difficult if not almost impossible to remove. With our rain polluted with radioactive particles, lead, nitric acid, toxic hydro-carbons, etc. and our rivers contaminated with a deluge of toxic chemicals, our water sources can be a serious threat to our well-being. Even our springs and wells, if they haven't run dry yet, are not safe because of so many irresponsible and careless individuals placing toxic or radioactive waste dumps wherever they can get away with it.**

**The quality of water that you imbibe can affect your state of health greatly. Seriously investigate the source of your drinking water to ascertain its true and complete contents. Nowadays, there is most assuredly no clean, pure water anywhere, not even at the North and South poles.**

**If you wish to have the cleanest drinking water possible, you might have to combine several of the best water cleaning methods, so that whatever pollutant isn't removed by one, will be removed by another method. Remember, that regardless of the "salesman's" claims, no one method by itself, completely purifies water.**

**Most distilled water contains certain pollutants that are carried along with the steam during the distillation process and are therefore not removed. The best distiller is one that operates at low temperature and therefore also works slowly. At a low temperature, unlike most fancy water distillers which use electric heaters and therefore high heat, the water has a better chance of leaving behind any pollutant that has a similar boiling point.**

**Likewise, even the best of modern day (water) rock or fiber filters**

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is unable to remove certain soluble pollutants through the filtration process. All filters are inherently subject to clogging and inefficiency in time, more quickly so, commensurate with how dirty the water being filtered is.

The Reverse-Osmosis method of purifying water is dependant on the quality and condition of the membrane through which the water passes. The membrane will pass certain pollutants if their molecular size is small enough and their structure is "slippery" enough to go through. The membrane works under high pressure which makes it vulnerable in time to the passing of larger molecules, other than water molecules, and also to tearing and clogging.

If done properly, De-ionization usually purifies water clean enough for use in Quantitative Analysis (Chemistry), for which the cleanest water is required. De-ionization uses electrode screens to pull ions (mainly pollutants) out of the water. Unfortunately, some pollutants cannot be ionized nor affected by electrical/magnetic fields (like asbestos) and therefore pass through, along with the purified water. The electrode screens are vulnerable to deposition of pollutants on their surface, thus reducing their cleaning efficiency unless the accumulation of pollutants on the screens are periodically removed.

All the above explanations are intended only to a) make you aware of the egregious condition of our water problems; b) help you better understand how seriously environmental pollution threatens health and Life; c) help you choose the best methods available to you; d) help prevent you from falling prey to the pitch of "salesmen" about their particular product that supposedly takes "everything" out of the water. Inform yourself, secure the best water you can, but do not permit awareness of the environmental pollution to excessively frighten, upset nor incapacitate you.

Water for body cleansing, clothes washing, etc., need not be as clean as drinking water since our skin is more resistant and tolerant than our delicate internal tissues. However, within reason, the cleaner the better.

1. Drink only the cleanest, purest, and best tasting water available.

2. Drink only when thirsty. There are exceptions to this rule but these will be specified at the discretion of the Hygienic practitioner and vary according to the circumstances and pathological condition of an individual.

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**\*\* SUNSHINE AND LIGHT \*\***

1. When the sun shines do not fail to take a daily sunbath.
2. If you are not accustomed to the sun, begin with 5 minutes exposure on the front and five minutes on your back and gradually work it up to 30 minutes exposure on each side.
3. Do not roast yourself. The object is not to get a tan. Although a slight tan is nice, it is detrimental to become too dark. The objective of sunbathing is for nutritive purposes and excessive tanning interferes with this.
4. Expose yourself to the sunlight only when it is cool and comfortable. If the midday summer sun is the only time you can take a sunbath then cut your sun time down to ten minutes or less exposure on each side depending upon the temperature. In the winter you may sunbathe longer around midday, providing you are comfortably warm.
5. Do not enervate yourself by sunbathing excessively.
6. Do not stay in the sun long enough to burn.
7. In severe winters, you may take your sunbath indoors by replacing the ordinary glass window panes with a special type of plexiglass that permits the ultraviolet light to enter. If this is too expensive, you may open the window and tape up a piece of clear plastic to prevent the entrance of cold air. We need the ultra-violet rays from sunshine daily. The sun is a natural source of light which we cannot do without. Artificial ultraviolet light is harmful.
8. For natural light and fresh air, after sunning, you may stay outdoors in the shade, in indirect sunlight, for as long as you like. Natural light, containing normal proportions of the spectrum, is essential to health. If you learn to do some of your work or activities out of doors this will be a very pleasant way to secure natural light, and fresh air. Natural light does not strain your eyes as does artificial light and will lessen the chances of the development of eye defects.

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**\*\* REST AND SLEEP \*\***

Increasing your nerve energy is imperative for the recovery and maintenance of superior health. Enervation (a lack of nerve energy) is the remote cause of all disease.

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You can increase your nerve energy only by getting extra rest and sleep. There is no other way. Vitamin pills and medicines won't do it; nor will adjustments, manipulations, or any other treatment.

1. It is important to secure a sufficient amount of rest and sleep to compensate for your daily activities. If you have to work extra hard one day, rest more to make up for it the next day.

2. To obtain extra rest, in the afternoon, after a leisurely lunch, lie down with your eyes closed, or take a nap, for at least two hours--more if possible.

3. If you become tired at any time of the day, lie down with your eyes closed and relax until you feel recuperated.

4. After a rest break you may go back to your regular activities, remembering to rest again when any activity tires you. Learn to sandwich a little rest between work all day long so you won't become tired. If you prevent fatigue during the day, you will sleep better at night, and recuperate your nerve energy more quickly and efficiently.

5. Go to bed at 9 p.m. or earlier. If you must read before going to bed, then begin at 8:00 p.m. or earlier and put the light out by 9:00 p.m. You need a lot of rest and sleep to recover your health and stay well. Active people require an abundance of rest and sleep. Muscles must rest; nerves need the sleep. You achieve both when you go to bed early. If you are so enervated that you barely have energy to go to work, then begin resting as soon as you get home from work.

6. If for any reason you cannot sleep, do not fret, or toss and turn. Do not read at night. Relax and rest with your eyes closed. Do not pace the floor, or get up to eat or do anything, other than go to the bathroom. You will feel refreshed in the morning despite not sleeping if you will only rest in the dark. Light stimulates physiological activities and prevents all restorative processes. Rest is essential for: the recuperation of nerve energy, the elimination of toxins, and for repair and healing.

If you adhere to all the laws of life, combined with extra rest and sleep whenever tired or sleepy, you can often get well even without fasting.

7. Rest completely one day a week. Do not exercise on your rest day. Do nothing but lounge around, indoors in the winter and outdoors in the shade when the weather permits. Reserve this day for you, and no one else. Do no work whatsoever. One day a week should be devoted to complete physical and mental rest. You may occasionally fast on your rest day.

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8. When fatigued, go to bed and rest, or get to bed as soon as possible if you absolutely must work or have something to do you can't postpone. Do not stimulate yourself with food or beverage to keep going. If you must work or be active when tired, then struggle through the day without eating or drinking stimulating substances and get to bed as soon as possible. Try to avoid this situation, by retiring early and always securing adequate rest and sleep. It is definitely not healthful to have to work or be active when tired.

9. I wish to stress that it is of extreme importance that you retire for the night very early. Going to bed late at night prevents you from fully recuperating your nerve energy and from repairing damages and replenishing your cells. When you go to bed exhausted, your cells are too tired to begin the elimination processes immediately; they must first rest. By morning, if your body has not had time to completely renew its energies and eliminate all the metabolic wastes formed the previous day, these will be retained and will prevent you from recovering your health. Retained metabolic wastes and environmental toxins which accumulate from insufficient rest and sleep, will produce disease slowly but relentlessly.

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**\*\* FOOD AND FEEDING \*\***

1. Eat strictly according to your Vivifying Diet, unless for pathological reasons it must be changed.
2. If you stray from the Vivifying Diet, skip a meal or two, or wait for natural hunger to return, and begin over correctly again.
3. Always eat your foods in simple and compatible combinations. If you desire to learn to compose your own meals, I suggest the booklet by Herbert M. Shelton, entitled Food Combining Made Easy.
4. Avoid eating after six or six-thirty p.m. Eating too late interferes with sound sleep. This rule is especially important for those who have digestive, kidney, prostatic or other pathological problems.
5. Eat all uncooked foods. Cooked foods cause a waste of nerve energy. The body has to eliminate the toxins produced in foods as a result of cooking.
6. Take no animal foods. This means eat no flesh, fish, fowl, eggs, cheese, milk, honey or butter. All your vital organs, especially the organs of elimination and purification will function more

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efficiently if not stressed by animal foods.

**7. Use raw unsalted nuts and seeds for your protein.**

**8. Eat only when truly hungry. Genuine hunger is a mouth and throat sensation and not an emptiness, or a gnawing in the stomach region, or weakness, fatigue, or a headache. There are a few exceptions to this rule, which are brought about by pathological conditions, and your hygienic practitioner should be able to guide you in this area.**

**9. Do not eat between your meals. Snacking interferes with the digestion of the previous meal. Additionally, the snack itself is not properly digested when there is food still being digested in the duodenum, and when the duodenum is not yet ready to receive more food. Hunger must be your only indication as to when to eat.**

**10. Avoid ALL kinds of table salt. Abstain from sea salt, and the various salt substitutes sold in health food stores. Even dried or powdered vegetable bases contain kelp or dulce, both of which are loaded with inorganic salt.**

**11. Do not use spices or condiments of any kind. In addition to containing natural irritants, spices are irradiated and should be avoided for both reasons.**

**12. If you must have butter occasionally, do not use salted butter. Do not use oils unless you make your own. Even natural, so-called "cold-pressed" oils have been heated and changed chemically to become causes of cancer.**

**13. Do not use herbs or other seasonings on raw or cooked foods. In other words, use only natural fresh produce and do not season it.**

**Condiments such as salt, pepper, herbs, and spices irritate the lining of arteries and veins and predispose to phlebitis, and arteriosclerosis.**

**14. Do not become angry if you should eat something you shouldn't. Anger will cause you to go astray again. Forgive yourself, and resolve to do better next time. Request my article on "How To Recondition Yourself To New Dietary Habits" if you need help in this area.**

**15. Eat only the carbohydrates listed on your diet sheet. Never eat unwholesome carbohydrates made of white flour, white sugar, artificial flavorings, hydrogenated fats, and preservatives, such as pies, cakes, and candy, etc.**

**16. With few exceptions, eat your protein meal at noon. This will**

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prevent hunger and fatigue in the afternoon. Protein, especially nuts, keeps you from wanting sugary snacks.

17. Do not fear the fats in nuts. They prevent hunger for refined carbohydrates and help keep you from eating between meals. Nuts should be eaten uncooked. Cooked fats become carcinogenic (cancer producing) substances. The fats in nuts are mainly unsaturated and will not be deposited in your arteries. Contrary to popular opinion, when properly combined, nuts are easily digested.

18. As long as you have good teeth, eat your food whole. Your body will digest and absorb it better.

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**\*\* EXERCISE \*\***

No one can have vigorous health without exercise. Body parts are not well nourished without exercise. Exercise not only prevents atrophy (loss of normal functioning cells) of muscles, but of other tissues as well. Thus, exercise helps prevent osteoporosis. Those who exercise are less prone to arteriosclerosis and a host of other degenerative diseases.

1. Do not fail to exercise regularly.
2. Exercise six days a week. Rest completely one day a week.
3. Do bodybuilding exercises three times a week on nonconsecutive days, and light exercises such as jogging, calisthenics, dancing, cycling, the martial arts, etc. on the other three nonconsecutive days.
4. It is important to avoid overexercising. If you are excessively tired after exercise and it takes you a day or two to recuperate, then rest as many days as necessary until fully recuperated. When you resume exercising again, cut the exercises or exercise time down to one-half and gradually increase.

On the days you do weight training, do no other exercise. On the days of vigorous light exercise, do no other type of exercise, unless you cut the time you spend doing each type down or in half to avoid excessive exercise. Some exercises and activities may have to be confined to one day a week only until you have recuperated more nerve energy.

5. Do not exercise when fasting. Total bed rest is necessary for the most rapid recovery of health.

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**\*\* CLEANLINESS \*\***

Cleanliness is essential to high level health. It is well appreciated and understood that disease runs rampant in areas of filth. Why? Not because dirt or bacteria cause disease, but because the chemicals produced by decaying wastes are irritants and toxic and cause enervation. Bacteria are naturally everywhere and in everything and have never been and are not now the cause of disease.

Microorganisms quickly succumb when prevented from escaping from their own waste products. Yeasts die in the waste product they produce, which is alcohol. When the alcohol becomes so concentrated that it interferes with their metabolic processes, and prevents them from nourishing themselves, they simply sicken and die. Likewise, humans suffer from disease when their own wastes are retained within and without. It was not until the early 1800's, when Hygienists taught people the value of cleanliness, both inside and outside, did the serious widespread epidemics of the past subside.

Cleanliness is divided into two categories, internal and external. Internal cleanliness is maintained by living in accord with Natural law. Internally, we become unclean, or polluted by endogenously produced and exogenously produced toxins.

Endogenous toxins are those formed by the body in it's everyday metabolic activities. As long as you eat properly, get a sufficient amount of rest and sleep, and all the other requisites of physiology, your own body will eliminate all the metabolic wastes formed within, that is those wastes formed endogenously thus maintaining internal cleanliness. Your body cells, will be kept free and clean of their own waste products and they will happily thrive, whereas, when these cellular wastes are retained your body cells degenerate and die just like yeast cells when forced to live amidst their waste products.

Exogenous toxins, are those that are taken into our body via the air, food, and water. Polluted air, and water, and foods that have been irradiated or those full of conditioners, insecticides, herbicides, coloring agents, preservatives, emulsifiers, etc., are examples of exogenous toxins which when we breathe, drink, and feed on them, are direct and indirect causes of disease depending upon the quantity ingested.

External cleanliness is classified into 1) personal cleanliness, 2) cleanliness of your immediate surroundings, 3) City or community cleanliness, and 4) world cleanliness. As adults we are in charge of our own personal cleanliness, and of our immediate

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surroundings. We are remotely concerned and responsible for city or community cleanliness but we can do very little with regard to world cleanliness, as is demonstrated by the pollution of our environment with life threatening radioactive wastes. Try as we might, these polluters have refused to cease the pollution. These and other exogenous wastes are sources of irritation and cause disease.

Uncleanliness is defined as matter out of place. At first glance, this definition may not seem correct, but followed to it's ultimate end, the truthfulness is evident. For example, sweat serves the purpose of cooling the body. It is in the proper place at the time your body produced it, but when its function has been served, the waste products that were excreted with it remain on the body and become matter out of place, i.e. unclean. The excreted wastes are good food for bacteria. If not washed off, bacteria perform their symbiotic duties and decompose it, while on you, into other, even more toxic substances. This is good for it insures that all matter on earth gets used and recycled, but this process should be done somewhere else and not so much on your body.

If you take a daily bath, your sweat and the waste products excreted by the bacteria feeding on your sweat will not be able to accumulate to a large enough quantity to smell bad or irritate your skin. The daily bath is even more important if you are toxic because your sweat itself then becomes more toxic. The bacteria in turn, feeding on highly toxic sweat will themselves produce more highly irritable waste products. The increased toxicity of your sweat and the bacterial decomposition products will irritate your skin if not washed off within a reasonable time. Were you not to take a bath, you would be wallowing in your own excretions, the same as yeast organisms in a distillery, and you will be harmed proportionately to the filth on your own body.

The same must be said for exogenously produced substances that adhere to your skin. Many of them are cancer producing and must be washed off as soon as possible. Some industrial pollutants are of a character that can be easily absorbed, especially through diseased and damaged skin. Therefore, bathing is extra essential to health in a polluted environment.

Were we living in a warm climate, with no radiation or other pollutants in the air or water, and were we to wear fewer clothes, the sloughing off of our dead skin cells would be sufficient to keep us clean. As it is however, great harm can result from not washing off environmental pollutants.

So, when you look at the problem of cleanliness in depth, no matter what it is, if it is out of its proper place, it is considered unwholesome. For example: when one has an untidy house, with things

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scattered all over, and nothing in place, even when there is very little actual dirt, the house is unwholesome to live in. It lacks aesthetic value and promotes confusion, emotional distress, and is enervating and a cause of toxemia.

Consequently the following rules regarding cleanliness are extremely important.

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**\*\* PERSONAL CLEANLINESS \*\***

1. Take a daily shower or bath in luke warm water. Take neither hot nor cold baths. Extremes of temperatures are enervating and hot water carries away with it most of the natural and necessary skin oils which protect the integument and keep it from drying and cracking. Hot water damages the elastin producing cells and can cause skin to sag.

2. Avoid the use of soap. Scrub yourself moderately vigorously, only with a clean wash cloth or very soft brush. Soap is an alkali that also removes your body's natural oils and exposes your skin to drying and cracking.

Those who work with paints and greasy substances, may use a cold pressed, unrefined vegetable oil, such as sunflower, olive, or safflower oil to dissolve the grease, grime, or paint. Then bathe normally with lukewarm water and washcloth.

Do not soak in the water. After washing yourself, get out of the water. Prolonged time spent in the water, especially if it is hot, damages the skin. It causes a loss of its impermeability to bacteria, and environmental toxic substances.

3. It is preferable to bathe in the evening after work. By doing this, you will be cleaner and free from environmental pollutants longer than if you were to bathe in the morning. Additionally, it is so pleasant to be free from all external body wastes and go to bed clean, that once you are in the habit of evening bathing you will want to continue the practice. Remember, the less time spent enveloped in exogenous toxins, the better for you.

4. Do not use deodorants. Deodorants interfere with normal body functions. Most of them contain highly toxic substances such as chlorinated-hydrocarbons and many are dangerously penetrating. The anti-perspirants are deleterious because they inhibit sweating. Anything which interferes with the body's functioning is deleterious.

If you should become odoriferous in the mid afternoon, just go to

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any rest room, if away from home, and wash under your arms. If you realize that you are still toxic and are likely to have underarm odor when away from home, carry a wash cloth with you in a plastic bag. In an emergency, use the paper towels in a rest room wherever you find yourself. This may sound "kookie" to you but it is better than poisoning your body with deodorants. Once your body has detoxified you won't smell offensively under the arms and you are less likely to sweat nervously.

5. Those who are still toxic and eliminating greatly under the arms and in the pubic region, may use a little mild soap in these areas. Rinse yourself well.

6. Wash your hair with plain warm water under the shower. You do not need shampoo, especially if you have soft water. Just get under the running water and scrub as if you were using shampoo. Pure water is one of Nature's most abundant and best solvents, and it is efficacious in removing dirt, dead skin and excess oil.

If your water is extremely hard, and if your hair is oily, you may wash your hair with lemon juice (made with a whole strained liquified lemon, peeling and all). Make the temperature of the water a little warmer. For a lasting pleasant aroma, you may add real vanilla to the lemon juice. For a change of perfume you may add a drop or two of any natural oil to the lemon juice. Everytime you wash, you can have a different aroma if you choose.

After your hair has dried, brush it well with a natural bristle brush. Because of the tiny side bristles on every individual natural bristle fiber, the exfoliated skin and dust can be easily brushed out of the hair. Brush your hair daily, morning and night. This will keep radioactive particles and other toxic dusts out of your hair.

You may wash your hair daily if you do not use shampoo. Purified or distilled water is best if affordable.

Hair conditioners are not really necessary and they could be harmful. If you want more body to your hair you may saturate it with a blended egg for five to ten minutes, then wash it with a mixture of lemon juice and vanilla. Hair conditioners make good flea killers so this makes me question their salubriousness. After washing your dog put a generous amount of conditioner on it and watch the fleas jump off and die!

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**\*\* ENVIRONMENTAL CLEANLINESS \*\***

1. Keep your house, garage, and yard neat and clean.
2. Rid yourself of things not being used. If you can't keep things repaired or well organized and available for use when needed, then you are storing what is junk to you. Keep only what you can use. Sell the rest.
3. Rugs are dirty, no matter how clean you may try to keep them. Wall to wall carpeting is worse. It is much easier and cleaner to have floors of tile, terrazo, or congoleum with a few scatter rugs here and there, that you can wash, have cleaned frequently, or at least vacuum and clean under them.
4. Keep shoes and boxes off the closet floor so it can be cleaned well. Keep the closet door shut to prevent dust from entering.
5. Sterility is not necessary. Just ordinary cleanliness. Most of the time mild soap and a little elbow grease will do.

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**\*\* CLIMATE AND TEMPERATURE \*\***

Humans require an equable or uniform temperature. Quick changes in temperature are enervating as are both prolonged cold or prolonged hot weather. Changes in temperature do not cause disease, they only enervate. If the individual is already enervated and toxic, the added stress of adjusting to too cold or too hot of temperature, often checks cellular elimination (which is different from voiding) sufficiently to cause a crisis of toxemia. Consequently, the enervated and toxic individual when exposed to cold, or wet weather, or prolonged exposure to heat, etc. will develop a cold, influenza, pneumonia, or any other type of acute disease. The body institutes an acute disease to bring the toxic load back down toward normal. An individual who is healthy and has plenty of nerve energy will not develop a crisis with each little change in temperature.

Live Hygienically and you will be foolproof to changes in temperature. Nevertheless, prolonged cold or prolonged heat waste nerve energy because of the adjustments the body must constantly make to maintain normal body temperature. It is preferable to live in a warm climate. Cold weather is more of a stress than warm, and there is the added benefit of more sunshine in warmer climates.

1. Do not overclothe yourself but wear sufficient clothing to maintain warmth in cold climates.

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2. Do not take cold showers, nor go swimming in extremely cold water. Some mistakenly believe they are toughening their bodies by swimming in cold or even icy water. In fact, cold/icy water causes the depletion of vast sums of nerve energy in order to maintain normal body temperature. The euphoria resulting from being subjected to extremely cold water, is in truth "stimulation". The stimulation itself is the manifestation of bodily processes at work trying to maintain an equable temperature so necessary for normal function and survival of your body cells. The great fatigue that invariably follows such stimulation attests to the depletion of vital energy by such practices. A high price is paid for the evanescent euphoria. Read my article "The Principles of Natural Hygiene" to better understand this basic law regarding the expenditure of energy and how energy is perceived only in it's expenditure.

3. Do not swim for long periods at a time. Even a half hour is excess. Prolonged swimming, not only damages the skin, but wastes nerve energy, in excess of the benefits of the mild exercise. Swimming or bathing in water that is too hot, prevents the body from sweating and cooling itself down to a normal temperature. This is enervating. Swimming in water that is too cold causes the body to work too hard to maintain it's normal warm temperature and because of this, a great deal of nerve energy is wasted. If this habit is long continued, toxemia and disease result.

4. It is not necessary to wipe off sweat when exercising. When you are working or exercising and your body begins to sweat, you are cooled slowly at the proper rate as the sweat evaporates.

5. You will feel cool or warm, sometimes according to fatigue. When you are tired, as in the evening, you are more likely to feel cold. Rest and apply hot water bottles (not electrical heating pads) to your feet and hands. Some people can stand colder weather better than others. Exercise improves circulation and helps one withstand colder temperatures.

6. Do not expect everyone to react to cold or heat just like you do. Each individual must adjust to the temperature according to his or her own bodily needs. If you are too hot, place a fan by you. If you are too cold put the heater on and dress warmer.

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**\*\* YOUR EMOTIONS \*\***

It is a known fact that no one can last long if he or she is continually wasting nerve energy in detrimental emotions.

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A lack of emotional poise often causes disease and prevents recovery.

"You are either poised or poisoned," said Dr. Weger, Hygienist of the past. Emotions, that are not disciplined, and are permitted to run wild, upset and disturb physiological processes to such an extent that they are as detrimental as the taking of drug medications.

1. Maintain emotional poise at all times. Do not permit detrimental emotions to overwhelm you. Such emotions as fear, anger, hatred, anxiety, worry, jealousy, grief, greed, and especially self-pity, should not be tolerated.

2. With purpose and strong determination, change your thoughts when you find any detrimental emotion entering your mind. Strongly concentrate on happy situations, or something pleasant or beautiful. Concentrating on good and beautiful ideas forces out all negative and detrimental emotions and your bodily functions will not be affected by the detrimental emotion.

3. Always keep a positive frame of mind.

4. It is also important to keep cheerful all the time. Do not permit the "doldrums" (depression) to take over. Analyze deeply to determine the cause of your apparent depression. Ask yourself pertinent questions to find out what is wrong. Needless to say, be honest with yourself; many people have learned the unconscious defense mechanism of lying to themselves as a negative and inferior way of coping with life. Ferret (search out) in every corner of your physical and emotional being to find out what the matter is, and correct it if possible, otherwise cope (forget it temporarily) as best as possible until you can remedy the situation, and remember that every situation can be remedied or understood with time and effort.

a--Don't mistake yourself as being "sad" when in reality you are only fatigued or because you need a change of pace or activity.

(1) If in your self-analysis, you find out that you are tired, take a nap or rest.

(2) If you are losing interest in one activity change to another.

b--Don't let other's values be the sole basis for your evaluation of yourself; they could be wrong!!

(1) Use other's values as a system of "checks and balances"

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(comparison) of your own values.

(2) Form your own set of values using the Golden Rule and your own intelligence and instincts, and then constantly re-evaluate and analyze your values so as to eventually remove error.

Remember that we are designed in such a way that we need periodical changes of pace and activity. It is only dominative and parasitical societies that have created the unnatural and stressful "automaton" image for us to emulate so that we will serve their needs in deference to our own. Then when we don't measure up to this unnaturally mechanical image, we unconsciously feel inadequate, therefore inferior, and consequently unhappy.

So as not to fall prey to our subconscious urges to "busy" or prove ourselves, we must recognize that our society's unnatural, contra-instinctual, unceasing, unreasonable, and excessive demands are detrimental to our well-being and are primary causes of our supposed "inadequacy" or "inferiority". You are not and never were inadequate nor inferior. Realize that you do not feel inadequate or inferior until someone makes you feel that way. So stop partaking in the detrimental games people play on you.

Get to KNOW and love (appreciate) yourself, and you will finally be free of the depression-rat race cycle.

5. Do not eat when frustrated, or bored, or when emotionally upset. A well rested person has more control over his or her emotions.

You can often avoid frustration, and emotional upheavals by going to bed and sleeping if possible, or, if you can't sleep, just rest with your eyes closed. Extra rest often prevents frustration and emotional upheavals. Going for a walk or getting outside helps relieve boredom and emotional stress.

6. It is simple, yet it helps tremendously to: Count your blessings when you start feeling sorry for yourself.

7. The key to emotional happiness is The Golden Rule: Do Unto Others As You Would Have Them Do Unto You. Always give out love, kindness, and sweetness to all, expecting and demanding that such fine behaviour be expressed back to you. Be assertive in a firm but nice way with all your interpersonal relations. Inform others of your needs; they cannot read your mind.

Sow Love, kindness, and sweetness and you can't help but receive these good things back from intelligent and knowledgeable people.

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8. The expecting and demanding part comes into play when you refuse to accept bad behaviour in return for your good behaviour. To those who have shown through their ignorance and carelessness to not appreciate the finer attributes of life, the other side of the coin of the Golden Rule should and must be applied. This is the "rough" or disciplinary side of the Golden Rule which is figuratively explained in the Bible with the words "an eye for an eye, and a tooth for a tooth". This rough side of the Golden Rule is not understood by most of the "good" people and ignored by the "bad". In this way the "good" are rewarding and fostering the growth of the "bad"!!

9. It is a well known and acknowledged fact that in the raising of children and animals, good behaviour must be encouraged and bad behaviour punished, even by a simple reprimand, but never ignored. If bad behaviour is not punished then in effect it is rewarded!!

Ignorance of whether behaviour is good or bad is not excused by Nature. This is clearly demonstrated to us when we fail to obey Nature's dictates. We can misbehave for a long time and not realize it because God (Nature) has left a lot of leeway for ignorance, self-indulgence, and life's exigencies. Ultimately however, failure to obey Nature's rules of behaviour, even when innocently done through lack of knowledge, is punished with pain, disease, misery, and death. At any point of this process, the degradation could be stopped by 1) recognizing the ever increasing pain and misery as God's (Nature's) voice telling you to stop the wrong doing, and 2) stopping the erroneous behaviour that was producing the pain, and 3) deciding that it is to our best interest, as far as health and happiness, to hear and obey all of God's (Nature's) dictates. It can be said that God's (Nature's) Will is made painfully clear if we don't follow it.

If you learn, understand, and apply, the Golden Rule, you will be able to face any of life's tribulations with equanimity because you will know that (God's) natural law and justice prevail over all.

Read my article titled "Mental Gymnastics To Achieve Equanimity" for a more complete understanding of your emotions.

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**\*\* THE KEY TO SUPERIOR HEALTH \*\***

As important as it is to delete the poison habits from our lives, equally as important is the recognition that our excesses and deficiencies of the normal needs of life can also cause disease.

Do not go to excess in any of the normal needs of life, such as eating, water drinking, sex, bathing, sunshine, exercise, etc. All

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**excesses produce enervation and are remote causes of disease.**

**Your needs for sunshine, the proper diet, rest and sleep, exercise and activity, equable temperature, emotional poise, a congenial environment and friends, cleanliness, pure water, and fresh clean air, must be met. However, supplying more than you need of any one of them, or supplying them in improper proportions one to the other will produce disease just as surely as eating and drinking conventionally. More of a good thing is not always better.**

**A deficiency of any of the normal needs of life is just as deleterious to health as an excess. According to the needs of your body at the time, supply yourself with sufficient amounts of each of the requisites of normal physiology, but no more.**

**So Nature's KEY TO HEALTH is:**

**SUPPLY ALL THE NORMAL NEEDS OF PHYSIOLOGY IN KEEPING WITH THE BODY'S CAPACITY TO USE THEM AT THE TIME, AND REMOVE ALL CAUSES OF DISEASE AND SUPERIOR HEALTH WILL EVOLVE AND BE MAINTAINED.**

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