

# THE BIOLOGICAL PRINCIPLES OF WEIGHT LOSS AND WEIGHT GAIN

*Presenting Startling,  
New Discoveries About  
the Causes of Abnormal  
Weight Gain and Loss*

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# Fat-A Harbinger of Disease

by Gerald Benesh, N.D.

Obesity is a state of disease, for fat people are poor blooded and subject to a variety of diseases related to corpulent individuals. This malady is the result of a never-ending series of minor disorders of the general economy of the human system.

Oftentimes it has been said that fat people are jolly people, and very seldom argumentative, aggressive, or offensive. They have no alternative, for they have found out that they must make the best of the situation and laugh the matter off. As a matter of fact, an overweight person lacks the vitality of a lean and healthy individual who has a normal bloodstream, and therefore, possesses a vigorous body.

These overweight individuals suffer from many drawbacks, for fat diminishes the space necessary for normal heart action and circulation of the blood, resulting in restriction of the movements of the respiratory organs, impeding and lessening oxidation, both internal and external. Corpulence also obstructs the function of the liver, stomach, spleen, and other vital organs.

Obesity not only impedes the functions of organs important to the maintenance of life, but causes fatty degeneration of many of these essential organs. The impaired circulation brought on by obesity very often leads to cerebral hemorrhages; for these hemorrhages are due to the unusual rise in blood pressure caused by the congested fat throughout the body. Another irregularity in the distribution of the blood is that return flow from the lower parts of the body (which is towards the heart and against the pull of gravity) is impaired by the reduction of space due to fat in the abdominal cavity. This causes lassitude and heaviness in the legs, and is very often a great contributing factor towards the formation of varicose veins.

Fat also induces dropsical swelling of the legs due to the abnormal retention of water. A hampered circulation in

the lower part of the body frequently manifests in painful and bothersome hemorrhoidal complaints.

An impeded circulation, which is common in obese people, is the reason why they are incapable of heavy work; for an active muscular action requires 80% more blood than a person at rest. Increased activity, therefore, necessitates an alteration in circulation to which fat operates as a hindrance and robs the structures of the necessary blood needed to carry on the additional activity.

The power of contraction of a muscle diminishes in the same ratio as the granules of fat increase in number and size. The same holds true in any other structure of the body, including the brain, and that is why fat people become sluggish in their thinking. Fatty degeneration of the brain is one of the most frequent causes of imbecility and mental aberration.

Fat is the only tissue in the body (if I may call it that) that is not supplied with blood vessels. It is a residue—a substance to be used as fuel when needed. In excess of the normal requirements for the maintenance of the integrity of the body, fat is very detrimental to the normal functions listed above, not only because it forms obstructions and congestions, but due to its acid components. The fatty acids have an irritating, stimulating, and enervating effect on the structures or organs in which the fat is imbedded or adhered to.

From the foregoing, it can readily be seen that anyone wishing to preserve and maintain health should keep strict watch as to whether any deposit of fat is going on in the body.

Individuals who adhere to the Natural Hygienic principles prescribed in the remainder of this publication need have little concern in this regard, for obesity does not exist where the principles are put into effect. □

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## The Burden of Fat

by Dr. Herbert M. Shelton

Overweight individuals' lives are such efforts. They sweat and mop in the summer and freeze in the winter. They puff and pant when they walk, and with most of them, running is not possible. Every move of an obese person requires more exertion than the same move by one who is thin. Just getting around calls for a large expenditure of energy. Moving their great weight from place to place, even at a slow rate of motion, is an effort.

Climbing the stairs, walking up a hill, climbing a ladder, getting into and out of a car—these are all actions that are accomplished, if at all, with great difficulty by the person who is burdened with a large accumulation of unrendered fat.

Some time ago I saw a cartoon showing a very fat woman who complained to another woman, "It's my arches! Nobody knows the trouble I've seen!" Her friend

suggests, "Maybe they're overloaded." Under the cartoon are these words: "Any competent engineer should be able to calculate the safe load any arches will support."

A particular arch can support only so much weight. In building arches, the engineer must construct these to sustain the weight that is to be placed upon them. The arches of the foot are not different from arches of steel or concrete. They can support only so much weight, and when compelled to support more than this, they collapse.

All of my readers must have noticed the tendency of the feet of extremely obese people to spread out and their arches to break down. But, perhaps, they often fail to note that this injury to the arches and the resulting impairment of the ability to walk is not the only evil that results from the accumulation of a great excess of fat.

These are but a few examples of the physical burden that fat becomes as it continues to increase. Physical efficiency