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REVERSING ARTHRITIS

**T. C. Fry
Dr. Herbert M. Shelton
and Others**

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Demonstrating That Arthritis and Related Problems, Gout, Rheumatism, Back Problems and Bursitis Can Often be Successfully Resolved

- * Revealing the causes of arthritis and related problems
- * What arthritis and related problems really are
- * Why standard treatments make arthritis worse
- * Steps to overcome arthritis
- * How to avoid arthritis and related problems
- * Testimonials from ex-arthritics
- * Introducing a totally effective health system

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**REVERSING ARTHRITIS,
GOUT, RHEUMATISM, BACKACHE, BURSITIS
AND RELATED PROBLEMS**

by

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REVERSING ARTHRITIS AND RELATED PROBLEMS

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T.C. Fry

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NOTICE

The purpose of this book is educational. We assume no liability or responsibility for the reader's application of the philosophy, principles and practices presented herein. We stand by the accuracy of the information given. We think you'll benefit wonderfully by following the guidance in this book. If you aren't happy with this book, you may return it for a full refund.

ABOUT THE AUTHORS

Dr. Herbert M. Shelton was born in 1895 near Greenville, Texas. He grew up on a dairy farm. He became acquainted with Natural Hygiene in 1911 at age 16. He pursued this outlook on life for 73 years before his death in 1985. Natural Hygiene has touched the lives of an estimated seventy million people throughout the world because of his steadfast devotion to its principles and the mighty legacy which he bequeathed to posterity. He was truly the master of us all!

Dr. V. Virginia Vetrano, was a student of Dr. Shelton's. At this time she is writing extensively on Natural Hygiene, especially about the over 15,000 fasts she conducted in a period of twenty years. She is still young and vital in her sixties and presently resides in Barksdale, Texas.

Dr. Alec Burton was born and educated primarily in England. He presently resides in Arcadia, Australia, where he conducts a fasting institution. Dr. Burton is a gifted speaker. He possesses perhaps the profoundest knowledge of Natural Hygiene of any Hygienist living today.

T. C. Fry was born in Bennington, Oklahoma, in 1926. He discovered Natural Hygiene in 1970 through Dr. Shelton's great book, **SUPERIOR NUTRITION**. He has been a health educator since. He created the most comprehensive course in Natural Hygiene ever published. He has reached millions of Americans through his direct mail efforts. He still writes extensively and remains active on the health scene. He is the mentor to Harvey and Marilyn Diamond who wrote **FIT FOR LIFE**.

Dr. Ralph Cinque was born in Brooklyn, New York. He was educated in UCLA and Western Chiropractic College where he obtained his doctorate. He presently operates Hygeia Health Retreat in Yorktown, Texas. He was a student of Dr. Shelton, Dr. Vetrano and Dr. Alec Burton.

Dr. Susan Hazard was born in Buffalo, New York. She adopted Natural Hygiene as her way of life while in her 20's. Now in her early 40's, she has quite a life of accomplishment on the health front. She was for several years the director of fasting at the Shangri-la Health Resort in Bonita Springs, Florida. She is now an educator who presents workshops around the U.S.A.

Dr. Robert Gross was born in New Jersey. He was a boxer before he discovered the truths about health. He started the Pawling Health Manor which overlooks the Hudson near Hyde Park, New York. He has contributed heavily to the literature on Natural Hygiene.

Harriet Amar is an active Natural Hygienist of long standing who lives and writes in New South Bremen, New York.

DEDICATION

Dedicated to the 40 million Americans who suffer arthritis, gout, rheumatism, bursitis and backaches due to arthritic conditions of the back.

May this book prove to be your salvation from the tortures begotten of transgressing life's laws.

May you hereafter learn and obey life's laws.

Dedicated to my Aunt, Opal Keene, of Sallisaw, Oklahoma, who suffered crippling arthritis for over 30 years until she became bedridden.

May you avert the tragedies of wrong living by following the wisdom of the health masters presented herein.

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INTRODUCTION TO OVERCOMING ARTHRITIS

by T.C. Fry

"Arthritis, learn about your problems! You have nothing to lose but your suffering!" In paraphrasing an old admonishment, I hope to impress you with the need for learning about the causes of your suffering. Once you know about the causes, you'll most certainly discontinue them.

On the other side of the ledger is reversing your painful condition. This book reveals through case histories and articles the steps to be taken to enable the body to autolyze bony buildups that are, according to location, called arthritis, gout, rheumatism, rheumatoid arthritis, osteoarthritis, bursitis, bone spurs, and back problems.

That all these problems, and many others, generally have a few simple, easily ascertainable causes is not told to Americans. The medical establishment, an arm of the cartel that dictates our lives, does not tell physicians about causes. They're miseducated and lied to, just like the rest of us. They're trained like seals to peddle drugs, not get people well. The cartel, through the medical system which it largely owns and totally controls, has a vested interest in sick and suffering people. Their exploitation of the sick and suffering through a profession of deluded dupes—miscalled doctors—is criminal!

HAVEN'T YOU SUFFERED ENOUGH? Do you seriously believe you can be poisoned into health with drugs

prescribed to you as “medicines?”

Undoubtedly, you’ve suffered problems other than arthritic complaints. No matter what the problem or problems, you’re bade “to see your doctor” as if he is the repository of scientific savvy about your problems. Your physician, trained like a chimp and accorded a high status as an establishment drug pusher by the press, TV, radio, educational media, and other cartel mates, invariably prescribes drugs. And because of our brainwashing by the communications and educational media, we submit like sheep to the drug peddling profession.

Under medical treatment from a profession which has been more indoctrinated than you that drugs are the answer to everything, you get progressively worse, not only in arthritic conditions but in every other disease.

Celebrate! Today is the day you wake up and learn how you’ve been had! Today is the first day of a new light in your life—a light illuminating freedom from sickness, ailments, and suffering.

You’re going to learn about something the establishment strives to quash and discredit at every turn, a totally effective health system.

This health system is 100% in accord with our natural disposition as determined by our inherent faculties and instincts! This health system teaches you to learn about the causes of your problems. It teaches you the steps you can take that will enable your body to heal itself. It teaches you to learn healthful practices. It asks you to learn your natural needs and to meet them appropriately.

With humans, just as with animals, Nature had everything right to start with. Health is natural and normal for

Reversing Arthritis

us too! Disease and suffering are unnatural and unnecessary.

Because you've been lied to and misguided in all health matters, you may react, "Too good to be true." Of course, all things that are good are true. And all things that are bad are either erroneous or foisted upon you in the name of science! But this "pipe dream" approach in bad-mouthing everything other than medical dogma is set up by the medical establishment so you'll be content to continue undergoing their life-sapping treatments. Needless to say this yields them enormous profits from their drugs, hospitals, insurance, and other related schemes calculated to cruelly drain us all.

Today is the day you wake up and declare personal freedom for yourself! Today is your day of liberation! Today is the day that you assume complete responsibility for your well-being.

This book guides you to simple and easy ways to overcome arthritis and, in fact, all ailments and sicknesses that have not gone beyond the rare, but crucial brink of irremediable.

NOTE: As this goes to press in 1992, one Arthritis Foundation is telling us there are nearly 40 million suffering this crippling disease. That this Foundation claimed there were 35 million sufferers a mere five years ago bespeaks progress doesn't it? Isn't this evidence that neither the Foundation nor the medical profession have any answers?

Think!

Perhaps both groups have a vested interest in the disease!

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OVERCOMING ARTHRITIS AND DEPRESSION

by John Hamilton
Yorktown, Virginia

The changes in my life have been nothing less than dramatic. In the first 26 years of my life, I rarely ate any vegetables and almost never any fruit. Instead, I ate lots of meat and junk foods, most of it cooked and processed.

After nearly a year on raw foods, mostly fruits with nuts and seeds and occasionally salads and vegetables--my improvements read like a list of miracles!

My acne is gone, and my skin is very clear! My nails, which used to be chipped and yellow are now a translucent pink color. The same for my toenails, although some are still yellow in spots. My clothes used to turn yellowish, with a strong body odor, after one day of wearing. Now they remain fresh, clean and white the whole day through. Because of my body odor, I took up to three showers a day. One does me nicely now.

I used to be a compulsive hand washer. No more. My stomach used to bulge--now it's flat! I have no more love handles. My exercise program pays off big. My eyes have clear whites, and they sparkle. My emotional outlook is positive for the first time in years. I'm just not moody or depressed anymore. I was a psychology major, but have now deferred that.

Their methods now seem so silly and counter-productive. How could we be so blind as not to see that good mental health goes with good physical health?

Reversing Arthritis

My allergies and sinus problems are gone. Allergy shots, pills, no matter what the treatments were, things only got worse. I used to get terrible headaches. No more!

For me, the icing on the cake is the fact that the pains of arthritis are now gone! I suffered excruciating joint points. I was fast becoming a drug addict with the treatment. My fingers were so painful, the doctor put special gloves on them to prevent use. And for my knees, I sometimes had shin splints on to limit their movements. Now I can use my fingers with dexterity and move my knees painlessly. They are much stronger now too.

I can now see the golf ball from the tee all the way to landing. I now realize just how saturated my body was with toxic materials. I want to write about this. I want the world to know what they're missing. I only wish people would realize how foolish they are and quit laughing at "naturalists."

