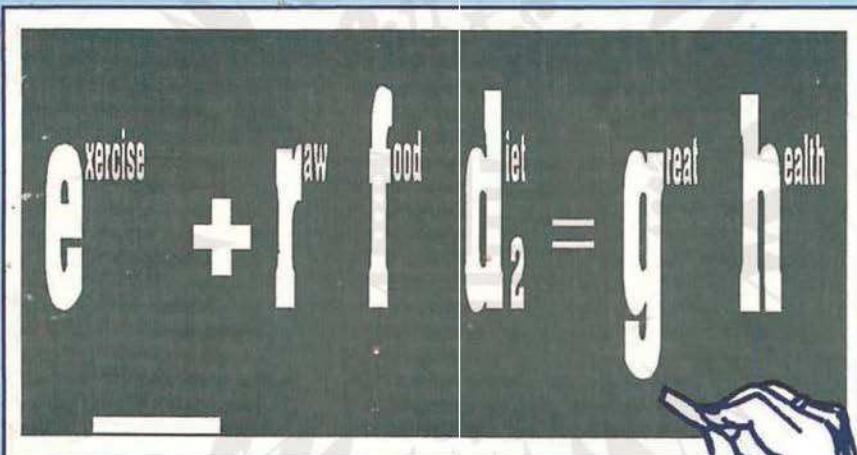


# The Health Formula

by T. C. Fry



How you can overcome problems,  
build great health and be sickness-free.

Introducing a Totally Effective Health System  
and Nature's Program for Dynamic Well-Being.

A Comprehensive Introduction to the Science of Health

Get everything else T. C. Fry ever put into print at [www.Health4TheBillions.org](http://www.Health4TheBillions.org)!

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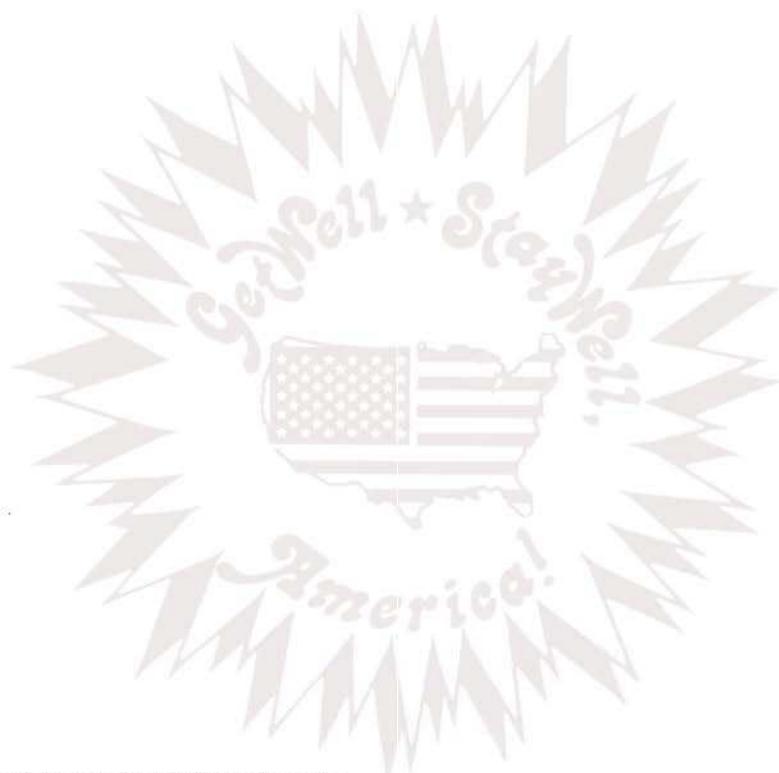
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1108 Regal Row  
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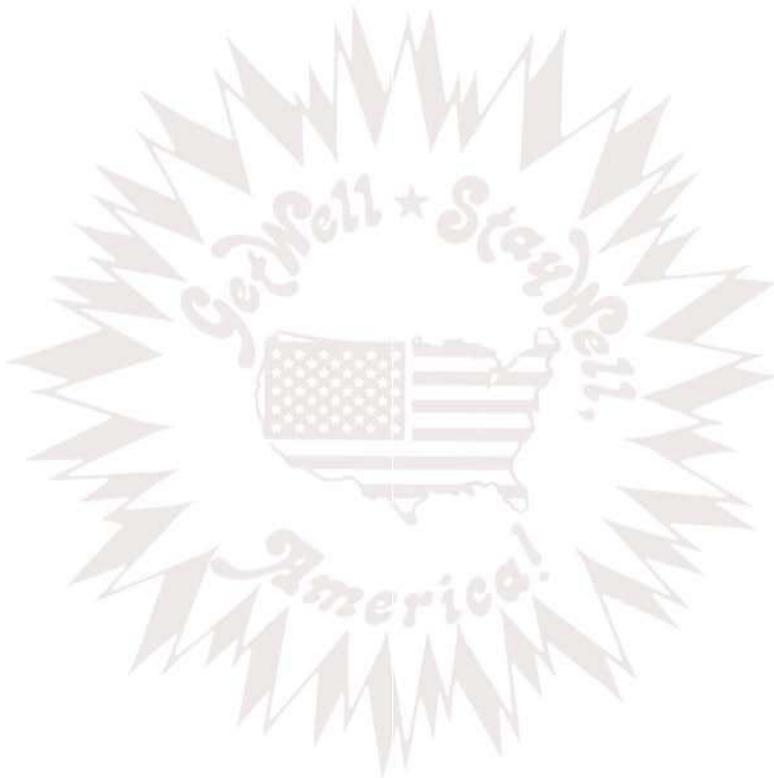
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## **The cornucopia of wonderful benefits you can expect by correctly meeting only two life needs named herein!**

If you adopt the naturally mandated practices outlined herein, you can expect sensational improvements! By following this little-known biologically sound system in the conduct of your life, you can:

1. Overcome once and for all time occasional illnesses and pesky ailments. Whether it be indigestion, mucus expectoration, colds, headaches, backaches, or even such "incurable" problems as acne, allergy, arthritis, asthma, heart disease, psoriasis, tumors, or whatever, this system enables you to overcome all simply by discontinuing and removing easily recognized causes, and establishing conditions that build great health.
2. Because you'll discontinue and avoid causes, you need not suffer even so much as another case of indigestion, aches and pains, fever ("itis"), cough or cold. Vibrant health keeps you free of miseries and suffering for life.
3. Eliminate physicians, hospitals, drugs and nostrums from your and your family's lives. You'll also be spared their astronomical costs as well as the discomforts, aches, pains, agonies, and lost time.
4. Save thousands of dollars for your household in food, energy, medical, hospital, drug, labor, insurance, and other outlays!
5. Energize yourself! You'll observe energy-gaining practices and discontinue energy-draining practices. You'll get more done because your activity capability goes up when your energy levels rise. Your personality becomes more charming and dynamic with increased energy.
6. Increase your brainpower and mental alertness. Your thinking power will be sharper, clearer and easier to focus.
7. Have newfound strength, stamina, vigor, and vitality.

8. Enjoy radiant new skin tone with a clearer complexion.
9. Speak with an improved voice that tends to bell clearness.
10. Look and feel up to 20 years younger within one to three months.
11. Eliminate most digestive problems within 24 hours!
12. Improve your productivity and work performance, thus upping your earnings power appreciably.



## Superstitions Die Hard

Beliefs are just that -- beliefs! Neither hoary age nor billions of believers make them true.

Long practice does not transform error into truth.

Truth does not require belief. We do not use the word **believe** in setting forth what we know.

For untold eons of time, humans believed the earth to be flat and millions held this belief -- false though it was.

Neither age nor numerous believers flattened the earth.

Truth is not something that is verified by popular vote.

Acknowledged superstitions of today were science yesteryear. Much of today's "science" will be found to be superstitious folly in the years to come.

Despite the continuing widespread belief in evil spirits, the enlightened among us know these beliefs to be humbug.

But many superstitions and fallacious beliefs persist among us, even among enlightened and scientific communities.

The drug superstition has been with us for over 2500 years. The belief in curative substances and cures is even older.

Truths exist today that could salvage the whole human race from the mire of disease and suffering. The educated and the ignorant alike reject these truths, clinging steadfastly to traditional beliefs, superstitions, and myths circulated in the name of science.

Instead of being moved to learn and practice the simple ways of health, our fellow countrymen proceed as if diseases are inevitable and that health is an elusive condition of life. They believe that disease will be conquered and health established by big breakthroughs from our laboratories and researchers. No matter what they do that is pathogenic, they believe that disease is accidental, something that has beset us unfairly; a bit of unfortunate bad luck.

Our populace does not seem to realize that health is normal and is assured only to those who live healthfully and that disease is abnormal and occurs only in those who have lived unhealthfully.

## About your quest for self-excellence

Dear Reader,

Welcome to a world of higher levels of excellence! And congratulations on your decision to read this book. This may be one of the wisest decisions you've ever made. Your key to vibrant sickness-free well-being follows.

Before you is the possibility of being able to achieve levels of energy, happiness, well-being and performance that leaves behind forever the nightmare of sickness, suffering, stress, lethargy, loneliness, and boredom.

Of first importance for accomplishing your ambitions is mental and physical excellence. This book gives you all the guidelines necessary to transform yourself into a more highly admired, respected, appreciated and loved individual. You can develop into a dynamic and charismatic person because of the great increases in energy levels you'll experience. And you can develop into a better performer at whatever you undertake.

This book is repetitive at times. Please forgive this. To properly present some perspectives, it was necessary to use some of the thoughts of other perspectives. I'm sure you'll be reinforced all the more. Despite this, I've tried to keep this book never less than interesting and engaging.

In commanding this book to you, I assure you that the health system it presents works! Because the system works, it is scientific! I urge you to give it a trial. You'll marvel at the wonderful results! Of course I urge you to read the chapter, "What Symptoms to Expect When You Start Improving Yourself." You may at times seem to be getting worse. Detoxification is sometimes called "withdrawal symptoms." Sometimes detoxification processes may be unpleasant. Understand how your body operates, what your body is endeavoring to accomplish, and cooperate with it fully.

Some unique contributions of this volume are in setting forth our instinctive foods in unmistakable scientific terms: your own senses!

Another is the position that disease is a biological process of the body to achieve physiological objectives, that is, body cleansing and repair. The idea of "curing" disease is in grievous error. Disease is, in itself, the "curing" process. Anything done to "cure" a "cure" harmfully interferes

with the body's vitality and gives rise to a chronic condition. The effect of "cures," "remedies," drugs and herbs is to suppress vital disease processes temporarily.

Yet another discovery of Natural Hygiene is that a "health care" profession does not exist. Moreover, it is impossible that there be such a profession. Health is completely a do-it-yourself affair for humans just as it is for animals in nature. You'll find out why further along.

After reading about the wonderful potential for vibrant health, you may proclaim, like many, that it's all "too good to be true." That is understandable when disease seems the norm of existence in our society. Always keep in mind that all good proceeds only from that which is true. Health is normal and natural for humans just as it is for animals in nature.

Further, many pass us off as "too radical" or "too rigid" or "too extreme." Please recognize that the most extreme, rigid and radical thing in the world is the simple truth. Truth bends for no one. Our commitment is to the truth in all matters and the course which it decrees.

Because you may dismiss us as "purists" does not mean you shouldn't take this message seriously. The truth about our biological disposition is told herein. That is obvious or self-evident. There is no way you can be healthy if you fail to meet your needs as enumerated herein. If you flaunt these biological needs, you bring grave perils upon yourself. There are no dispensations and no forgiveness of transgressions in nature. Every indiscretion exacts its toll upon your well-being.

When about 95% of Americans over four have plaqued arteries and cannot pass a minimum physical fitness test, there's only one conclusion: America is a very unhealthy country.

I close by asking that you undertake the meeting of your biological needs in as ideal a manner as you can. To the extent that you improve your practices, to that extent will you improve in every sphere of your being.

Yours for a Loving, Caring,  
Happy and Healthy World,  
T. C. FRY

## Why this book was written

If you had the know-how to save a friend from disaster, would you offer your help?

What if you had the know-how to rescue your fellow countrymen from suffering, misery, debilitating diseases and the train of degeneration thereby begotten?

Would you not consider it your duty to help your fellow countrymen?

I have developed a rather extensive knowledge of the conditions of health. I feel it is my duty to inform my fellow countrymen of these touchstones for ailment-free well-being, for it is as much my duty to help my fellow Americans as it is my duty to help a friend.

America is a terribly sick country! Nearly 99% of its inhabitants suffer a plethora of diseases and their train of miseries and suffering.

Each year about a million Americans will suffer a "heart attack" or stroke because of cardiovascular blockage. Chances are about 95% that you have plaque in your arteries and about 50% that you will die from this disease, unless, of course, you head off the grim reaper by cleaning up your act while there is still time.

### THE MYTH OF HEALTH IN AMERICA

That the medical pretense of a healthy America is patently false is attested by the statistics that follow. The much publicized ballyhoo of good health in America is a downright myth! Contrary to what the medical profession, the press, radio and TV--in short, the involved commercial interests--would have us believe, health in America is in a woeful state. Americans are among the least fit peoples on earth! Americans are the creatures of an all-pervading, life-sapping drug culture. We Americans realize less than half our life potential, and much of our shortened life is plagued with economic insecurity, tormenting chronic diseases, general suffering, and vain hopes of surcease.

In imploring you to consider learning the health system of Life Science/Natural Hygiene so that you can help yourself and others, we

appeal to your innate humaneness.

Lest you underestimate the gravity of the problem or the extent of suffering amongst Americans because of deadly life practices, please consider these distressing facts:

1. The U.S. Public Health Service recognizes a mere 3,600,000 of over 240,000,000 people as being healthy! This is only one and one-half percent.
2. Nearly 50 percent of Americans die of heart disease or cardiovascular problems. Over 50,000,000 Americans suffer from severe heart disease. Autopsies have indicated that almost every child over the age of four already has incipient to severe cardiac problems; heart specialists say nearly everyone over thirty has some form of heart disease. Heart specialists themselves are more likely to die of cardiovascular problems than the general population.
3. About 1,250,000,000 visits are made to physicians annually in the U.S.A.! Another 250 billion are made to hospital emergency rooms and clinics.
4. About 5,000,000 people each year are so seriously poisoned by their physicians as to be hospitalized! Tens of thousands die! The so-called side effects or adverse reactions to drugs are perfumed language for POISON EFFECTS! All drugs or "medicines" are inherently poisonous and dangerous.
5. An estimated 30,000,000 Americans suffer from genital herpes, formerly called syphilis. As this disease is nothing more than a body-conducted form of eliminating extraordinary wastes through the genital area, the condition can be cleared up in a few days to a week or two upon the adoption of healthful practices. You can help others overcome the disease and the stigma that accompanies it.
6. Three out of every ten Americans will have cancer! When these people will die, 80% will have their death attributed to cancer. There will be 500,000 cancer deaths in 1990. This is up from 350,000 annual deaths when the "war on cancer" began in 1971.
7. Cancer is the number one cause of death among our children. Why? In most countries almost no children die of cancer.
8. Arthritis and rheumatic complaints will affect 77 percent of our adult population! Currently, there are approximately 35,000,000

- sufferers from arthritis. However, arthritis is reversible where irreparable organic damage has not occurred.
- 9. About 80,000,000 Americans suffer from so-called allergies. Most true allergies can be overcome in a week or two.
  - 10. Over 60 percent of the American population suffers defective vision. Glasses are the usual "remedy" which, in reality, worsens the problem. You, as a health practitioner, can be instrumental in helping hundreds, even thousands, in regaining normal or near-normal vision.
  - 11. Over 80,000,000 Americans are obese. Yet, nearly all Americans are malnourished in one way or another despite gross overeating.
  - 12. 126,000,000 Americans (51%) suffer from AT LEAST one chronic disease.
  - 13. Over 60,000,000 Americans will spend some time in a hospital each year! Hospitals are health-destroying ordeals for most who must undergo their rigors. Needless to say, hospitalization is a horrendous financial experience as well.
  - 14. About 10,000,000 Americans suffer from the dread and ugly skin disease psoriasis. Another estimated 150,000,000 suffer less severe forms of skin disease such as acne, eczema, warts, moles, rashes, blotches, etc. With proper health guidance, most of these sufferers can be restored to radiant health with glowing skin!
  - 15. Over 50% of Americans suffer from chronic digestive disorders. You can overcome these once and for all within a day or two of undertaking the Life Science/Natural Hygiene regimen. Digestive problems arise out of wrong diet and poor dietary practices.
  - 16. Constipation is the national disease. Nine out of ten Americans suffer from clogged colons. Many times in our experiences with the application of Hygienic measures, we've seen those with constipation of long standing--up to 30 years--again have natural bowel movements.
  - 17. Americans will suffer about 1,000,000,000 colds this year! The average child under four will suffer eight colds a year! Why? In 2,500 years, the medical system has not come up with a "cure" for this simple malady. If you live healthfully, you will no longer suffer colds.
  - 18. More than two billion dollars are spent annually on deodorants, not to mention what will be wasted on perfumes, colognes,

breath sweeteners, etc. Body odors and foul smells are evidence of foul body conditions. What terrible stenches Americans try to hide and camouflage.

19. Some 650 billion dollars will be spent in 1990 on health care (that's what they call it--actually it's what Americans will spend vainly trying to overcome their diseases)! The average American has an annual disease bill of over \$2,600! Disease is expensive! Health is inexpensive!
20. There are about 12,000,000 asthmatics in this country. Most can be freed of their suffering in from five to fifteen days. Their health will be completely restored within three to four weeks. Only asthmatics with emotional disorders require recovery periods longer than this. You can assist many asthmatics in recovering normal health.
21. There are some 15,000,000 diabetics or near-diabetics in America. Except where severe atrophy of pancreatic faculties has occurred, almost all diabetics can be restored to fairly normal lives without insulin.
22. There are about 50,000,000 insomniacs in America. Most sleeplessness is caused by our myriad of drug and condiment habits.
23. Over 100,000,000 Americans drink alcohol, a narcotic drug, and over 15,000,000 are chronic alcoholics.
24. Approximately 60,000,000 Americans narcotize themselves with tobacco. Nicotine is a deadly narcotic, being but one of some 18 poisons taken into the system by smokers.
25. There are over 230,000,000 sugar addicts in America. This is about 95 percent of our populace. While we naturally have a sweet tooth, refined sugar is a very pernicious product. Americans eat an average of 147 pounds each year. Sugar has been indicted as one of the chief culprits in heart disease, indigestion, bad teeth and a host of other serious complaints.
26. Americans consume 250 billion cups of coffee a year. Caffeine is another debilitating drug to which most Americans are addicted.
27. Hardly an American alive has not at some time been subjected to narcotic drugs by their physicians or to commonly sold nostrums they've bought themselves, notably the analgesic, opium based drugs such as codeine, amphetamines, barbituates, tranquilizers,

- aspirins, etc.
- 28. Almost every baby born in America has already been drugged before birth, either by physicians or by drugs in the mother's bloodstream when she is drugged (which is often!) But, at birth, drugging of children is routine.
  - 29. One out of five Americans under the age of 17 already has a permanent (chronic) disabling disease. While most of these are reversible with a change to healthful habits, the great majority of the victims will never know what healthful habits are.
  - 30. Surveys, tests, and health evaluation programs reveal that America's medical professionals (physicians) are sicker and more diseased than the average American! Is it not revealing to find "heart specialists" succumbing to so-called heart attacks in their relative youth, that is, in their forties and fifties? You, as a practicing Life Scientist, will first make yourself a superb example of health. We take seriously the admonishment "Physician, heal thyself." Be exemplary of that which you advocate.
  - 31. America's worst drug offenders are physicians! The number of physicians on so-called hard drugs (heroin, opium, cocaine, etc.) was about 17 times greater than the number among the general population, according to a series of articles printed in the *New York Times* in mid 1975. Today, the addiction rate is said to be 44 times as great.
  - 32. An estimated 60,000,000 Americans suffer high blood pressure (hypertension). Under the Life Science regime, you'll learn how to reduce high blood pressure to a normal blood pressure within a few weeks to a few months.
  - 33. Over 12,000,000 children are "mentally retarded," disturbed, defective or otherwise seriously handicapped because of brain problems. Most mental defects result from the child being drugged via the mother during pregnancy.
  - 34. Most of our population (98.5%) have bad teeth! Thirty-one million have no teeth of their own. Fillings, dental cavities, decayed and deformed teeth are so prevalent that they are considered normal. The *Washington Post* has stated that despite thousands of tons of toothpaste, mouthwashes, fluoridated water, etc., the American mouth is a disaster area. The average American child has six cavities by school age. Bad teeth are symptomatic of

- bad health. Good teeth can possibly serve the human organism for several centuries if properly nourished by a healthy body.
- 35. Over 24,000,000 Americans suffer from "mental illness." If we Life Scientists had charge of the mentally disturbed, we could have most of them back to mental health in a few months!
  - 36. Life expectancy of a one-year-old is no more today than it was in 1900! Life expectancy is actually declining in the U.S.A. today when this is taken into consideration. Healthy people live happy lives far longer than 100 years.
  - 37. Today, 92 percent of America's children cannot pass a minimum physical fitness test! That compares with 58.6 percent in 1954. This is a tragedy that we Life Scientists must strive to change.
  - 38. About 90,000,000 aspirins are taken daily in the U.S.A. This amounts to about 72,000,000 pounds (36,000 tons) of aspirin yearly. What a king-sized headache Americans suffer. You'll learn how to free yourself and others of headaches once and for all by healthful living.
  - 39. Nearly all Americans (almost 100 percent) suffer from digestive leukocytosis and a pathologically high heartbeat. These conditions are largely the result of a pathogenic diet of cooked, processed, preserved and improper foods, drug habits and lack of healthful practices.
  - 40. Over 200,000,000 Americans are hooked on one or more drug habits! The most frequently used drugs are caffeine (in coffee and soft drinks), salt and other condiments, nicotine, alcohol, aspirin, theine (in tea), theobromine (in cocoa and chocolate) and vinegar.
  - 41. Nearly 100 percent of American women of childbearing age suffer with bloodletting concomitant with sloughing off the menses. Unfortunately, this is regarded as normal. This disease, incorrectly called menstruation, is not to be confused with ovulation, a normal, healthy process. Nature did not institute a scheme of bloodletting or pain for either women, men or other creatures.
  - 42. Some 16,000,000 Americans suffer from ulcers. Ulcers heal quickly under Hygienic care.
  - 43. An estimated 36,000,000 Americans suffer from tinnitus or "ringing in the ears." This problem disappears when Hygienic

measures are employed.

44. Over 5 billion sleeping pills are consumed annually.
45. An estimated 13 billion barbituate and amphetamine pills are taken annually by Americans.
46. Tranquillizers are a way of life for 15,000,000 Americans.  
Tranquillizers are synthetic narcotics.
47. Over 25,000,000 Americans submit to the surgeon's knife each year. Surgery removes the results of wrong living, but it cannot correct our unhealthful habits.
48. About 700,000 women submit to hysterectomies each year.
49. Murders, suicides, juvenile delinquency, narcotic addictions and other forms of crime are rife and increasing. Truly, sick people make a sick nation.
50. 41,000,000 Americans suffer from hemorrhoids.
51. The death rate decreases from 35% to 60% when physicians go on strike. This indicates just how deadly the drugging craft is.
52. About 98% of Americans suffer digestive upsets. No wonder Tagamet, antacids and other so-called digestive aids are multibillion dollar sellers.
53. 10% of Americans suffer mental defects.
54. More than 20% of births are mentally and/or physically defective.
55. About a third of Americans have neuroses and, at any given time, another third are in the throes of depression.

Tell me, does this describe a healthy or a happy nation?

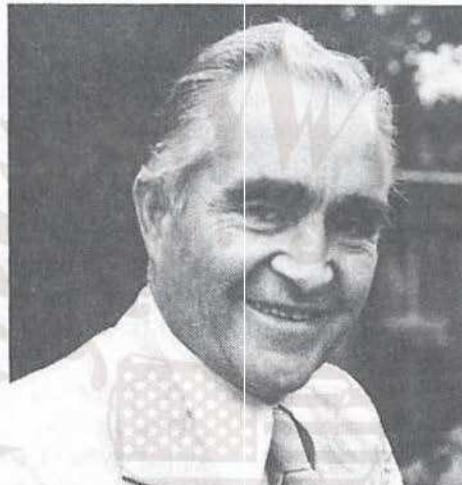
I could go on with an endless resume of such statistics, but why do so? The National Center for Health Statistics of the U.S. Public Health Service publishes volumes that reflect the widespread pathology of Americans. Daily we see such statistics published in newspapers, magazines and periodicals.

I hope you're convinced that good health in America is a myth--matters are in a terrible state and getting worse. I hope that you will undertake to do something constructive about the situation. Life Science is an aggressive crusading organization that wants you to learn about healthful ways of living. We want you to master them so that you can become exemplary of exalted well-being and, of course, to effectively pass them on to others.

So ominous are the problems that beset America that I urge you to adopt and practice the sane program of Life Science (Natural Hygiene) forthwith for your own sake! It is with a deep sense of purpose and commitment that I ask you to do what you can to help spread and perpetuate the message of good health in America.

# 1

## The author introduces himself and the concept



I am T. C. FRY.

I'm known as one of the world's foremost health educators, having developed the only comprehensive course in the world that covers the spectrum of the health sciences. It has been translated into German, Spanish, Italian, French and now, Portuguese.

I was the mentor to Harvey and Marilyn Diamond who wrote the best-selling health book of all time, **FIT' FOR LIFE**.

Twenty years ago I made the momentous health discovery that I'm happy to share with you in this book.

The essence of this discovery is summed up as follows:

- \* When you do what you always should have been doing, you'll begin being what you always should have been. If you start doing right, you'll start being right.
- \* Health is normal and natural to humans just as it is to animals in nature.
- \* Disease and suffering are abnormal and unnatural, thus

unnecessary.

- \* Health is produced ONLY by healthful living.
- \* Sickness and its miseries are the results only of unhealthful practices.
- \* You don't have to get caught up in vainly trying to prevent diseases. They simply will not occur unless you cause them! And, if you're indulging their causes, there's no way you can prevent them.

There is a totally effective health system for ailment-free well-being. Employing the biologically sound health system presented herein, you and about everyone else can overcome periodic or chronic problems and enjoy vibrant illness-free health!

I was born on July 26, 1926 in Bennington, Oklahoma. I lived and worked on a farm for the first 16 years of my life.

I dropped out of high school in the fall of 1942 while in the 11th grade. Very simply, I ran away from home and worked in war industries to support myself. Because I was very shy, I spent most of my time in libraries as a "bookworm." My subjects of interest were mostly comparative religion, philosophy, economics, biology, psychology, the sciences, anthropology, great thinkers and their works, and history.

From youth I was using as signoffs: "Truth is my handmaiden. Wherever she leads, there will I go" and "Yours in the cause that truth ordains."

Early on I realized that most of us were still living in the dark ages in the most significant areas of our lives. By age 19 I became aware that a giant cartel was behind the deliberate miseducation of all of us. I was aware that what is called science in many areas was very unscientific. Our commercial masters foisted all their dirty tricks upon us while invoking the name of science.

In 1952 I started in business and created a multi-million dollar sales operation within two years. In 1961 I dropped out of merchandising when volume was \$10 million per annum. In that year I started Musical Heritage Society and remained with it for 15 years. Today it is one of the largest mail order record clubs in the world in the field of Medieval, Renaissance, Baroque and Classical music.

In 1970 I made my discovery of the totally effective health system presented herein.

Since that occasion I've devoted practically all my time and endeavors to the spread of health knowledge in America--indeed, the world. I

quickly realized that America is one of the sicker countries on earth while we have been led to believe we have the best "health care" on earth. In truth, this country has no health care at all! Even those called "health care" professionals know so little about health that they're sicker than the population at large.

I have authored numerous books, tracts, articles, lessons and newsletters. I have made TV appearances, been on radio, and lectured before tens of thousands in this country and abroad.

Today, at 64, I am in good health and very active in the movement to bring the message of healthful living and personal excellence to our fellow countrymen. I am physically fit and can perform much better now than I could at 44 when I was a roly-poly fellow of 200 pounds (I'm just over 5'5").

I hope that you will apply in your life the principles and practices that your biological mandate decrees. I'm sure that you'll enjoy the same wonderful rewards as I have enjoyed, and as I continue to enjoy. And I hope you'll join me in helping bring this truly natural way of life to others.

Yours for human excellence,  
T. C. FRY

