

# Natural Weight-Loss Newsletter

*Presenting a principle that enables the overweight to reduce quickly, safely, naturally and permanently!*

Volume I, No. 1

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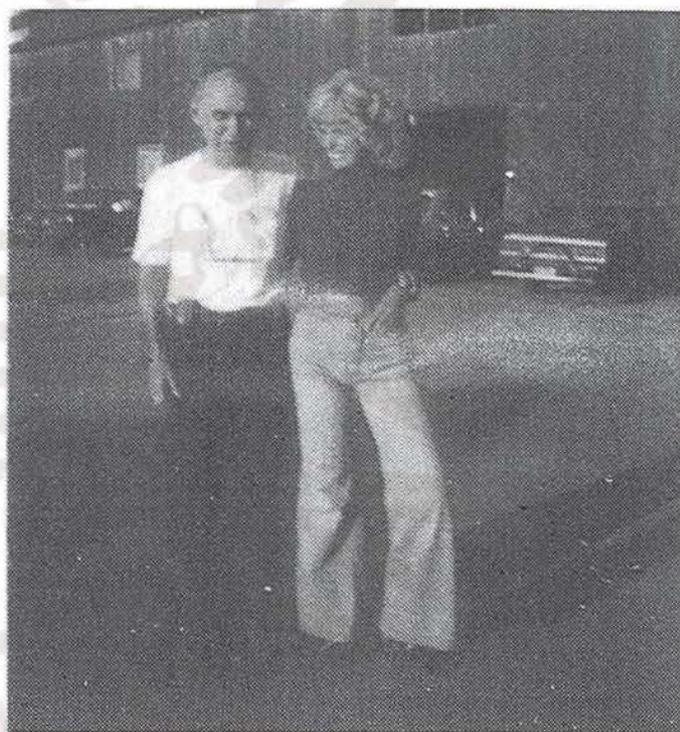
## SUCCESS, AT LAST!



**Before** Vickey Bidwell at 195 pounds

As your *Newsletter* editor, it is fitting to begin the "SUCCESS, AT LAST!" series with mine. Today, at 39 years, I weigh 55 pounds less than my high school graduation night and 80 less than my all-time high. The story dragged on for years and took many times longer than (in retrospect) "necessary". *You* need not mangle and meander, painfully repeating the same mistakes.

After a lifetime of being fat and struggling with the diets and reducing gimmicks, I woke up one November morning in 1980 . . . too fat to bend over and tie my tennis shoes. I forced myself onto the scales: 210 pounds. I knew I had gotten really fat; but I always felt like some benevolent, magical force would never allow ME to go over the 200 mark into the dimension of GROSSLY OBESE! At that moment, I realized there was nothing to stop me: I could



**After** Vickey Bidwell stands with Art Andrews after fast

head for 300 next. There were no fairy godmothers to safekeep me.

My typical breakfast was a package of 8 heated Eggo waffles smothered in butter, peanut butter, syrup, and sour cream, washed down with a quart of milk. The eating continued 'til bedtime. I was working as a group-home mother for emotionally-disturbed teenage boys at the time. One of them commented matter-of-factly one day, "You get fatter every day!" He was right. My eating reflected that I was more "emotionally disturbed" than any of them. I became so depressed, I was beyond thinking about suicide and had begun planning, instead. I ended up at the local mental health clinic, numb to the world. Psychologists and doctors, upon meeting me, worriedly tried to force hospital admission slips and anti-depressant prescrip-

tions on me. That moment marked the high-weight/low state of my "SUCCESS, AT LAST!"

I had learned of Natural Hygiene in 1976, when I had dieted to 150 and fasted 17 days to 120. That 210-pound morning, I knew the return to strict Hygiene was the only way out of my deep, dark hole. I began psychotherapy and Shick Treatment and began eating less junk and more raw, but I was . . . by no means . . . following Hygiene strictly. After about a year, I weighed 180. I continued counselling for two more years, the last of which I stayed weekends at the Religious School of Natural Hygiene, administered by Art Andrews in Hollister, California. For these 2 years, I vacillated between 180 and 160: neurotically, I would lose 20 and gain 19. I never surrendered to the raw food diet totally, always continuing to indulge in cooked, fried, sugared, salted, meaty, poisoned foods . . . and always continuing out-and-out self-destructive binges.

More emotional problems beset me following an unhappy relationship that landed me at the Life Science school in Yorktown, Texas, where I fasted two weeks. At this point, I realized my desire to self-destruct went beyond overeating and—indeed—had become my "unconsciously-self-chosen way of life". I then took a job correcting tests for the Nutritional Course offered by American College of Health Science and began seriously trying to stop my craziness.

For the next year, I yo-yoed from 160 to 150, losing 10 and gaining 9 pounds, over and over. But I still had not given up conventional food, self-hate, self-destructiveness, or binging. Then I renewed the aforementioned relationship and hit another emotional low: in two months I was back up to 170 and horrified. Desperate, I returned to the California Health Sanctuary to talk to Art Andrews: I was humiliated, humbled, and hopeless . . . tired of this thing called "life" (melodramatic as it sounds). After two twenty-day fasts I began a program of eating exclusively raw foods, exercise, early bedtime, sunbaths, meditation, self-honesty and self-determination. I reached a measure of peace within and 135 pounds without. The fasting, diet, and exercise made the difference on the outside. But the inside difference could never have happened without re-programming my whiskey-bent-and-hell-bound, self-destructive compulsiveness to serenity, positivity, and self-love.

Evidently, I was the extreme case. I had to be brought to my knees and laid low by life's experiences before realizing . . . I HAD TO CHANGE . . . and in many, many ways.

First, the diet. I finally understand that I can't eat even one bite from the Standard American Diet without setting up cravings that can lead to uncontrollable binging on junk. My only salvation, proven time and again through four years of binging, fasting fanaticism, and willfully trying to combine raw food and junk as a viable weight-loss system, is to commit myself exclusively to the raw fruits, vegetables, nuts, and seeds . . . and NOTHING ELSE! So—I CHANGED . . . my diet. I CHANGED . . . my exercise habits. I CHANGED . . . my "sense of life": I am no longer an angry, young woman living in a hostile and meaningless Universe. (I try, as best I can, to stop controlling and manipulating; this dissipates anger.) Instead, I see myself as a loving, positive person living in a

world where order and purpose abound. Concomitant with the change in my "sense of life" came a change in my physiological functioning . . . from the chronic "fight-or-flight response" that generates compulsiveness to the "relaxation response" that promotes serenity.

Because of these consciously-instituted changes, supported by a belief in the power of eating natural foods and of embracing love instead of fear, I have maintained my weight loss with less dramatic fluctuations. I hope to lose 20 more pounds and begin a moderate body-building program. Then, I shall be the outward form of my body's highest potential.

I am indebted to three institutions for my growth: first, the American College of Health Science and T. C. Fry for the knowledge that ONLY THE RAW FOOD DIET WILL BRING WEIGHT NORMALCY; second, the Religious School of Natural Hygiene for the love and patient guidance that allowed me to breathe deeply, relax and let love and self-worth in; and third, the Overeaters Anonymous Organization for the tools and fellowship that have given me, one-day-at-a-time, freedom from food addiction.

But . . . the coast is still not clear. The self-destruct trigger has been "on" most of my life—not only in overeating, but in cigarettes, alcohol, drugs, dangerous driving, temper outbursts, deceitfulness, sick sex, reckless spending, and so on. Because I know the depth and strength of this addiction to hurt myself, I also know how tenuous and precarious these changes are at this fragile point. *Changing an eating disorder takes time and conviction and persistence and self-love . . . and the right diet.* In a moment of extreme stress and self-pity, I could be back eating chocolate donuts by the dozen. This is where the "Attitude of Gratitude" for how far you've come is essential for recovery.

The American College of Health Science—through this *Newsletter*, through the *Healthful Living* magazine, through our High-Energy Methods mini-course or our Nutritional Science expanded course—offers you the support and inspiration necessary to make the journey to health and Slenderland more direct and swift than mine. Perhaps—you can forego the stubbornness that causes 20- to 30-pound, year-after-year fluctuations. IF you can surrender yourself at the outset to the all-raw fruit and vegetable diet, IF you can leave conventional food alone long enough to be convinced, IF you can give away negativity and live with a positive vision of yourself and your perfect place in the immense design of things . . . THEN, YOU CAN LEAVE THE FAT BEHIND. *May your journey be swift. And may you pass the gift of your experience on to others . . . who are "still doin' time" in their self-made prisons.* □



## FROM THE KITCHEN...

One of the greatest joys of eating Hygienically is the ease of food preparation and clean-up time. Before long, the person in the kitchen will not miss the roasting carcass of a dead animal or the crusty pots, greasy pans, and grimy kitchen walls. Just think! All those hours spent cooking were not only destroying food value—but actually causing sickness! The Cook, in reality, is a Grim Reaper, digging early graves for family members. And usually the more elaborate the preparation, the more deadly the concoction.

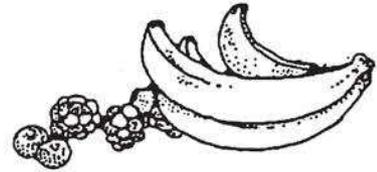
NOW . . . knowledge of the proper diet for man and woman liberates us from endless hours of kitchen cooking and clean up. NOW . . . mealtime involves simple washing, cutting, slicing, and occasional blending or grinding. FINALLY . . . the pleasing arrangement of wholesome, colorful foods completes the task of love and health. In contrast to the Grim Reaper, the "Cook" in an Hygienic kitchen is the Goddess of well-being and long-living.

A switch to the raw food diet requires a sense of adventure and creativity. The dedicated novice will want to explore ALL the fruits and vegetables, edible and available, at the local fruit stand and grocery store. From this availability, the menu ensues, dependent—of course—on your imagination. The Life Science organization has a number of "no-cook" books to spur on the cook's creative bent. Furthermore, we welcome your sharing any tasty raw food recipes you discover.

The following recipes are taken from *116 Favorite, Antalizing, Good-Health Recipes* by Marti Wheeler, 1984, available through the Life Science library.

### Banana Sandwiches

Lettuce  
Bananas  
Raisins or dates



1. Wash and dry lettuce leaves; peel and halve bananas; and slice banana halves lengthwise.
2. Place banana slices down the middle of lettuce leaves and top with soaked or dry raisins and/or pitted dates.
3. Add a fruit dressing, sauce, or pudding, if you wish.
4. Fold over each slice and eat like a sandwich. This requires manual dexterity, but the results are delicious!

### Revelous Raisin Pudding

Monukka or Thompson raisins  
Bananas

1. Soak raisins overnight or several hours in distilled water; then blend raisins, soak water, and bananas together until well blended.
2. Turn blender off and on a few times to facilitate thorough blending; or, if necessary, turn off blender, stir, and blend again, repeating this one or more times as needed.
3. Serve plain or with the soaked raisins and/or sliced bananas on top. Marvelous!

### Pineapple Sherbet

Pineapple, fresh and removed from husk  
Fresh strawberries, washed, de-stemmed and sliced

1. Blend pineapple until smooth and pour into a freezer container.
2. Freeze until semi-hard and then stir well and fold in sliced strawberries.
3. Freeze overnight.

## FROM THE MAILBOX AN INVITATION

Dear Reader,

The NATURAL WEIGHT-LOSS NEWSLETTER greets you. We welcome questions, suggestions, pictures, information from articles or books, news from other programs, and especially—how you are doing. In the event that we publish your letter, please indicate whether you would like your name "withheld by request" or not. Also letters not published but requesting a reply will be answered personally.



The Natural Weight-Loss Program is an exciting adventure, and your ideas should be passed on. Your successes, your problems, your questions, and sharings could inspire fellow readers. So, please write and share with us.

Healthfully yours,

*Vickey Bidwell*

Vickey Bidwell



**Remember:**  
*Refined sugar that passes through the lips—  
Remains on the hips!*



## FACTS AND FINDINGS

### TALKING AND WRITING HELP

A group of doctors conducted an experiment with 250 patients who met daily in small groups to discuss the question: "How does it feel to be fat?" Typical testimonies are reflected in the following: "It's miserable . . . It's feeling lumps when you sit . . . It's not being able to cross your legs . . . It's hating yourself . . . It's hating others . . . It's wanting, wanting, wanting to wear pretty clothes." The patients were also asked to keep journals in which they wrote daily their feelings about their present body image and their ideal. Although this may sound like depressing topics for conversation and writing, the doctors saw great value in the process and even went so far as to state that these locked-up negative feelings *must be brought out into the open and shared with others in a supportive environment before the obese can effectively lose weight.*

After only three weeks of discussion groups and journal keeping, the doctors noted among the participants . . . "enhanced motivation of weight loss, ventilation of long-held negative attitudes, increased self-concept, self-worth, and self-esteem . . . and a closer, more honest relationship with loved ones."

**COMMENTARY:** This study strongly supports our whole purpose of the *Natural Weight-Loss Newsletter*. As stated in the study: "Only an obese individual can truly understand the agony suffered by another." By facing—*instead of feeding*—our eating disorder, by sharing with compassionate friends, and by daily self-honesty recorded in our journals, we can make the journey to Slenderland less lonely and less difficult. In fact, if we surrender to the total program of raw foods exclusively, exercise daily, and observe the Laws of Healthful Living, the journey can become our **GREATEST JOY!** □

(*Obesity and Bariatric Medicine*. Oct.-Dec. 1982.)

### DIET PILLS CAUSE WEIGHT GAIN

Researchers in both Venezuela and the United States conducted studies in 1984 that indicate the use of amphetamines actually causes an *increase* in body weight and chronic obesity once their use is discontinued. In their experiments, large doses of amphetamines were injected into the abdominal cavities of rats; eating patterns and weight fluctuations were then recorded. Initially, a significant drop in body weight occurred; however, 5 days following the disuse of the drug, rats began binging and quickly exhibited obesity.

The researchers concluded: Amphetamines act ". . . both to suppress and, in excessive doses, to stimulate feeding." Conclusions to this study support the common and discouraging occurrence we have seen among "pill-pop-

ing" dieters: after they stop taking the drug, they regain not only the original weight—but more!

**COMMENTARY:** This study illustrates a principle of Natural Hygiene called "The Law of Dual Effect": for every action made upon the body there is an opposite and equal reaction. In this case, the appetite was drugged into suppression; once the drugging stopped, a rebound effect of binging inevitably occurred.

Amphetamines were the national panacea for the overweight in the 1960s and 70s. Today, few doctors will ever prescribe them, as miserable failings through studies like these have uncovered the "diet pill hoax". The body runs according to Laws of Nature. If we strictly observe these laws in our daily life, total health and weight normalization will occur. This means a program of not only natural foods—but exercise, adequate rest and sleep, along with emotional poise, self-mastery, meaningful work, and creative pursuits . . . will normalize weight. **FORGET THE PILLS!** □

(*Federation of American Societies for Experimental Biology Feature Service*. Jan. 1984.)

### TAKE A WALK TODAY!

A national survey questioned serious runners who run at least three times a week from between one and twenty-five miles. They wanted to know the answer to: "What motivates you to run?" Participants were allowed to check more than one answer and responded as follows in the three categories below:

#### PHYSICAL BENEFITS

- 70%—firmer and stronger bodies
- 70%—more endurance from cardiovascular effects
- 66%—more energy
- 40%—faster metabolism

#### DIETARY IMPROVEMENTS

- 47%—more concern about diet and use of more natural wholesome foods
- 44%—less consumption of junk foods

#### PSYCHOLOGICAL BENEFITS

- 68%—more positive attitude in all situations
- 64%—better able to handle stress

(*Get Fit*. April 1984.)

**COMMENTARY:** Although few of us can imagine running 25 miles a week at this point, we CAN probably picture walking at least a half mile or even a mile without too much trouble. The aforementioned physical, dietary, and psychological benefits of exercise are not exclusive to runners. In fact, studies show that walking has the same benefits as running—it just takes longer to go the same distance. The point is—that by getting outside, moving the body, taking in fresh air, getting a new perspective, pushing oneself a bit . . . changes begin to happen . . . subtly at first. With regular walking *of even a mile a day*, the body grows stronger and the spirits reach higher. Don't wait until tomorrow . . . **TAKE A WALK TODAY!** □

# LESSON NO. ONE

## NATURAL WEIGHT-LOSS SYSTEM

### WELCOME . . .

Welcome to the first lesson of the Life Science NATURAL WEIGHT-LOSS SYSTEM. We at Life Science are proud and pleased to have you join our many thousands of students and subscribers seeking optimum health and happiness: we hope to be of inspiration and help on your personal journey toward weight normalcy.

The NATURAL WEIGHT-LOSS lessons will routinely cover the gamut of healthful living—with emphasis on eating a natural diet, improving exercise, and reducing stress/compulsion levels. That is, since obesity is now commonly recognized as a “disease” with both physical and mental disorders, some of our lessons focus on what we can do to detoxify the body and restore physiological order; and other lessons focus on what we can do to defuse the overeating compulsion and restore psychological order.

The biggest step on the journey, you have already taken by admitting to the problem and deciding to seek a sensible solution. By good fortune, you have FINALLY found the natural, lasting answer: a program of educating yourself to the truths of health and well-being. During the course of this year, we will teach the ins and outs of *the only correct diet* of humans. A biologically-correct diet promotes BOTH health and slimness. And we will teach the attitudes and habits that promote the slim mentality as a way of life.

For example, let’s assume you are 195 pounds and have 78 to lose. Mathematically, by the end of the year’s lessons, at 1½ pounds a week lost, you will be slim and will have learned the slimming-mentality and practiced the slimming habits that allow automatic maintenance of your new body. Our lessons begin, therefore, assuming that our typical reader is eating too much of the wrong food, obsessing too often about food, exercising too little and taking on too much. This person is, in all probability, discouraged and exhausted with a life that sometimes seems unmanageable. This opening lesson, therefore, will take you from your beginning low point—emotionally and physically—to the highest levels of health, fitness, and well-being *you will have ever known*. The later lessons will focus on weight maintenance and on developing a life-long program for exercise, stress management, and overall healthful living.

If you are in the fortunate position of having only 10 or 20 pounds to lose, your journey will most likely be less awesome. But . . . let’s face it—whether we have 20 or 200

pounds to lose—if losing weight were easy, we would have done it long ago. With the wrong diet, however, it was never even a possibility to get the fat off permanently. Even *with* the correct diet, this journey will not be easy for many. Indeed, because of the years of overeating and wrong eating habits practiced repeatedly, change is downright difficult AND . . . FOR SOME, THIS WILL BE THE HARDEST THING THEY EVER DO! Forget the vast fortunes acquired, the degrees earned, the fine family raised. These accomplishments pale in the light of the glory that an obese sufferer radiates after having finally reached and maintained a normal weight. Don’t begin by minimizing the difficulty of this journey. But let us also not lose sight of the REWARDS: freedom from food obsession, a light body, fitness, freedom from disease, positive thinking, a more loving attitude toward yourself and others and finally—the knowledge throughout the Life Science program of how to maintain all of these rewards and teach them to others.

So, let us begin—ONE DAY AT A TIME . . . ONE POUND AT A TIME . . . ONE GOOD HABIT AT A TIME. . .

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## RATIONALE

Lesson One establishes the basis for success on the Natural Weight-Loss System: the ideal diet for human beings is *exclusively* raw fruits in abundance, with raw vegetables and unroasted nuts and seeds in moderation. This diet—AND ONLY THIS DIET—promotes optimum health, emotional well-being, mental clarity, and weight normalcy.

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## OBJECTIVES OF LESSON ONE

1. To reconfirm the Distress/Obesity Principle and how a poisoned diet results in abnormal weight gain, sickness, and premature aging
2. To focus on the first two of the five forms of poisoning that trigger the Distress/Obesity Principle: poisons ingested in *unnatural* and *cooked* foods
  - a. To point out man’s physiological and anatomical dietary character as being a frugivore

- b. To urge following the **NATURAL WEIGHT-LOSS DIET** to the exclusion of all man-prepared foods
  - c. To explain how man-prepared (junk) is addictive
3. To detail the Criteria of the Ideal Food for Human Beings as presented in the Life Science Nutritional Correspondence Course

4. To inspire the student to begin a program of "more movement" prior to establishment of a regular exercise routine
5. To present the efficacy of keeping a written journal in the **HOMEWORK ASSIGNMENT**

## PART I: THE IDEAL DIET

Upon enrolling in the **NATURAL WEIGHT-LOSS COURSE**, you received a publication: "*The Biological Principles of Weight Loss and Weight Gain*. An article in this publication introduced the "Distress/Obesity Principle: the body has natural defensive and survival mechanisms when under extreme stress and high anxiety which result—for many—in the physiological response to overeat and take on inordinate amounts of fat, which predisposes to sickness and premature aging. Furthermore, the conditions that constitute "extreme stress" and "high anxiety" were delineated in the following broad categories:

1. poisons ingested in unnatural foods
2. foods rendered poisonous by cooking
3. environmental pollutants
4. drugging by medicines and/or herbs
5. physiological disorders that accompany emotional trauma

The focus in this first lesson is the Number One Form of Poisoning on the list . . . unnatural foods. It is important to underline the inevitability of weight gain and the futility of weight loss as a permanent reality while the overweight individual is systematically feeding on a poisoned diet! Continual doses of cooked, toxic food can only result in one biological response syndrome: extreme distress, inordinate weight gain, fatigue accompanied by general malaise, and finally disease followed by early death. Future lessons will deal in detail with all forms of poisoning presented in the above list. For the first lesson, however, **THE IDEAL DIET** for health and normal weight maintenance is the emphasis.

**THE IDEAL DIET** for human health, slimness, and emotional well-being is based on sound, scientific principles of anatomy and physiology. Just as each species of animal has a proper food on which it best thrives, likewise, do humans have a proper food. The human anatomical and physiological equipment points to a diet of primarily fruits (supplemented with vegetables, nuts, and seeds). When these foods are eaten in their whole, natural, raw state, the human being thrives. When the diet is perverted, however, through animal foods, through the deadly processing, refining, cooking, and preserving . . . **MANMADE FOOD BECOMES POISONED FOOD**. Man can still eat his "modern food" and exist . . . but only through the adaptive process known as "disease" and—for many—abnormal weight gain.

The human being adapted eons ago to thrive on a clean, pure, water-and-fiber sufficient fuel that promotes high energy, normal body weight, and emotional well-being. We never adapted to eat flesh and dairy products. And we certainly never adapted to eat from the myriad of junk on the supermarket shelves. From T-bones to Twinkies, we adapt, but only through the processes of sickness and weight gain.

The Life Science Educational Foundation, like a clear and sane voice in the midst of an insane commercial wilderness, calls to you. It must be recognized: it's not only **WHY** you eat and **HOW** you eat, but **WHAT YOU EAT** that must be examined. Our natural diet as "frugivores" or "fruit eaters" is fresh, raw fruit, sparingly supplemented with nontoxic vegetables, nuts and seeds . . . eaten in proper combination . . . under conditions of nonstress and nonfatigue. *All* other foods must be excluded if optimum benefits are to be realized. **IF** it's not a fruit or a vegetable, a nut or a seed . . . **IF** it's not raw . . . **IF** it's not just as it came from nature . . . **THEN LEAVE IT ALONE**. It is not a proper food for man; rather, it is a poison.

Have you ever wondered why—when eating junk food like potato chips or cookies, "you can't eat just one"? Poisoned food is, by definition, addicting . . . due to its stimulating effect. When typical junk food with its high-sugar, high-fat, high-salt, high-spiced and/or chemical content is ingested, the body reacts to this nutrient-deficient, stimulating, poisoned food through the classical Addiction Syndrome. **FIRST**, there is stimulation, as the body tries to eliminate the toxins. **THEN**, depression is experienced as nerve energy is depleted in the eliminative process. **NEXT**, the body builds up a tolerance or "accommodation" to this poisoned diet as the bodily state becomes saturated with a toxic overload. **FINALLY**, if the addictive substances are withheld, the body goes through withdrawal symptoms; and the junk fooder suppresses the symptoms with higher intake. Simply put, that's why "you can't eat just one"! By now, the person on the Conventional American Diet is formally "addicted", in the classical sense of the word. Despite general malaise, weight gain, and a variety of other symptoms, he continues to indulge in the very cause of his problems with even more fervence . . . because no matter how much he eats, the poisoned food never satisfies . . . and he just craves more.

The two ensuing lessons introduce you to all the dietary ideas alluded to herein, including lessons detailing: man as a frugivore, the principles of Food Combining, the hazards of salt, the dangers of the Conventional American Diet, exactly how heat destroys nutrition, food preparation, and so on. For now, suffice it to say . . . that to reverse the Distress/Obesity Principle, the overweight individual must **STOP INDULGING IN THE DIET THAT CAUSES THE DISTRESS**. Whole, raw, plant foods will allow the body to begin normalization of all physiological functioning—including appetite and weight.



## PART II: FROM THE COURSE . . . CRITERIA OF THE IDEAL FOOD FOR HUMAN BEINGS

The Life Science Foundation offers a 124-lesson Nutritional Science Correspondence Course that issues a degree for working as a Hygienic health practitioner. Lesson one will be supplemented with the following material FROM THE COURSE . . .

In Part One, we learned that THE IDEAL DIET is natural: consisting primarily of fruits, with some vegetables, nuts, and seeds. It is THE IDEAL DIET because it is nontoxic. That is, these foods are *not* poisoned and will *not* set the mind/body up for the Distress/Obesity and Addiction Syndromes. By virtue of its NONTOXICITY, that is, a natural diet of uncooked foods *is* THE IDEAL DIET FOR HUMAN BEINGS. For complete understanding, however, several other reasons why these foods are ideal for human health and normal weight must be appreciated. To grasp the FULL VALUE of this new and "radical" diet of whole, raw foods, the student must, then, familiarize himself with THE CRITERIA OF THE IDEAL FOOD:

1. IDEAL FOODS MUST BE NONTOXIC: Toxic substances are those which are anti-vital, anti-life, that is . . . downright poisonous. The body cannot use toxic food for optimum nutrition. Ingested toxins in unnatural foods are the primary basis for future disease. Only fruits are completely toxin-free, as are some vegetables.
2. IDEAL FOODS MUST BE EDIBLE IN THE RAW STATE. If a food cannot be eaten with relish in its raw state and made a tasty meal thereof, then it is not an ideal food for humans. All fruits and most vegetables are best eaten raw.
3. IDEAL FOODS MUST HAVE SENSORY APPEAL. Our ideal food delights the eye, gives enticing aromas, and provides a gustatory treat to the taste buds. Fruits, primarily, and some vegetables meet this criteria.
4. IDEAL FOODS MUST BE EASILY DIGESTED WHEN EATEN ALONE (or in proper combination). Ideal foods undergo easy digestion without pathological debris setting in. The foods are easily digested and readily assimilated. The simple sugars in fruits are absorbed in less than an hour, which makes them the most easily-digested food of all. With a generous meal of fruits, the digestive system is not heavily loaded down with a complicated, toxic mixture that defies the human capacity to process.
5. IDEAL FOODS MUST BE EFFICIENTLY DIGESTED. The ratio of energy obtained from a given food relative to energy expenditure for its digestion determines the ratio of efficiency. Fruits, with their abundance of simple sugars which require virtually no digestive expenditure, have the highest efficiency ratio by far (95%), while grains and other complex starches digest with 65% efficiency, and proteins such as meat and nuts with only 30% efficiency.

6. IDEAL FOODS MUST HAVE PROTEIN ADEQUACY. Because the body recycles approximately  $\frac{2}{3}$  of its proteinaceous waste, the body needs only 25 to 30 grams of protein daily. The meat and dairy industries conspire to brainwash Americans into thinking we need three times this amount! Such high consumption results in protein poisoning and contributes to a variety of chronic, degenerative diseases. A diet of fruits, vegetables, nuts, and seeds, on the other hand, is about 4% protein by dry weight, which is ample to supply human needs.
7. IDEAL FOODS MUST BE ADEQUATE IN VITAMIN CONTENT. Whole, raw fruits and vegetables, because they have not undergone fragmentation of nutrients through processing, refining or preserving, are vitamin rich. When the natural diet is eaten in its raw form, therefore, supplementation is totally unnecessary. In fact, the supplements themselves are toxic.
8. IDEAL FOODS MUST BE ADEQUATE IN MINERAL SALTS. In the natural diet of human biological adaptation, the minerals remain organic in form, since they come from whole, raw foods directly. Cooking/processing renders many minerals in foods inorganic through chemical alteration, evaporation, and leaching. Such altered minerals are not only totally unusable by the body, but they are toxic as well. Likewise, mineral supplementation introduces inorganic (that is, toxic) minerals into the system.
9. IDEAL FOODS MUST SUPPLY NEEDS FOR ESSENTIAL FATTY ACIDS. The three essential fatty acids which the body requires but cannot synthesize are linoleic, linolenic, and arachidonic. These occur in fruits and vegetables abundantly. We need very little actual FAT to begin with! Studies estimate that Conventional American diets are 45% fat, most of which is saturated and high in cholesterol. Raw fruits and vegetables, by contrast, are only 1 to 4% fat, low in saturation, with no cholesterol.
10. IDEAL FOODS MUST SUPPLY OUR CALORIC NEEDS. Man's greatest and most immediate need from foods is for fuel. The most readily-usable fuel form is food high in carbohydrates of simple sugar form. Only fruits, of all other food known to man, best meets this need.
11. IDEAL FOODS ARE WATER SUFFICIENT. The purest of water is found in fruits and vegetables, which are 78 to 95% water in the uncooked form. A diet of such foods will eliminate the need to drink liquid at all, except, perhaps, under conditions of extended and vigorous exercise.
12. IDEAL FOODS ARE ALKALINE IN METABOLIC REACTION. We require foods alkaline (also called "base forming") when metabolized, so that the body is not leached of its alkaline minerals, particularly calcium from bones and teeth. Acid-forming foods leach these alkaline minerals and include meat, dairy products, grains, and refined sugar. Fruits and vegetables, by contrast, are on the alkaline side of the scale and insure the proper acid/base balance for health.

Such are the CRITERIA OF THE IDEAL FOODS

natural to the human dietary. **ONLY FRUITS MEET ALL THESE CRITERIA IN EVERY DETAIL.**

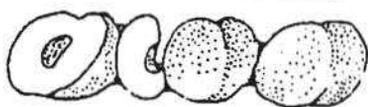
Chances are we did not gain excess weight on the foods that meet the above criteria. Odds are much higher we gained by eating pastas, sauces, butter, breads, hamburgers, French fries, steaks, fried chicken . . . not to mention cheesecake, apple pie, and chocolate chip cookies.

The **NATURAL WEIGHT-LOSS SYSTEM** teaches: **FIRST**—the overweight person can both lose weight and maintain that weight loss *relatively* effortlessly **ONLY BY TURNING HIS BACK ON** The Conventional American Diet and by turning to scientific methodology for his nutrition. **THEN**—the **SYSTEM** examines those foods most ideal to human biological character. **FINALLY**—once the proper food for human dietary is determined, the **SYSTEM** examines the **FORM** in which these foods are best prepared to meet our nutritional, aesthetic, and physiological needs. The Life Science Foundation is dedicated to this examination and has found . . . in every way . . . that **FRUIT IN ITS RAW FORM IS THE IDEAL FOOD FOR HEALTH AND WELL-BEING.** Fruit, supplemented by most vegetables, nuts, and seeds, complete the correct dietary regime.

Obesity is a diseased bodily condition. Like all other diseased conditions, obesity can be reversed if the overweight person **STOPS INDULGING IN THE CAUSES** and provides the conditions for health, instead. Stop eating the wrong food and begin a strict diet of fresh, raw fruits, vegetables, nuts, and seeds. Then begin practicing healthful living practices—referred to by Life Science as the **“ESSENTIALS OF LIFE”**. Weight loss and normal weight maintenance are guaranteed.

Foremost among our ascertainable needs are these simple requisites:

1. Pure air
2. Pure water
3. Comfortable temperature
4. Cleanliness of body, **BOTH** inside and out.
5. Adequate sleep.
6. Foods of our biological adaptation
7. Vigorous and strenuous activity
8. Sunshine and natural light
9. Rest and relaxation
10. Play and recreation, physical and mental in nature
11. Emotional poise
12. Security of life and its means
13. Pleasant environment
14. Creative useful work
15. Self-mastery
16. Belonging to a group or social circle
17. Inspiration, motivation, purpose, and commitment
18. Expression of the reproductive instincts
19. Love, appreciation, and esteem
20. Satisfaction of the aesthetic senses
21. Interaction with peers about feelings, matters of intellectual moment, life's affairs, and problems
22. A sense of self-reliance and self-worth



## **PART III: THE WORKOUT**

### **MAKE A COMMITMENT—START MOVING**

Everyone enters the **NATURAL WEIGHT-LOSS PROGRAM** at a different weight and level of fitness. You may be as little as five to ten pounds or as much as 200 to 300 pounds overweight. You may be of normal weight and are subscribing to the *Newsletter* to help family, friends, or clients. At this beginning point, however, no matter into which category you fall, we urge you to make a total commitment from your next meal onward to reject all conventionally-prepared food and to eat only fresh, raw fruits in abundance and vegetables, nuts, and seeds in modest amounts. On this, there need not be a gradual transition or “breaking in”. On this, the switch—the commitment—can and should be immediate and total.

Pregnant and nursing women are exceptions, because the symptoms of withdrawal can affect fetal growth and milk production. For them, transition should be gradual.

The subject of exercise, on the other hand, is another matter entirely. At this beginning point, it makes a great deal of difference into which of the aforementioned categories you fall. A person of normal weight or only five to ten pounds over can, generally, begin a program of regular and vigorous exercise **TODAY**. Others will have to learn their limits and work well within them to avoid discomfort or injury. For example, the first time I tried to jog at 210 pounds, I could not make it—literally—from one telephone pole to the next. It was humiliating and humbling. Four years later, I can go five miles in an hour, neither winded nor tired when finished.

The ability to go from the distance between two telephone poles to five miles was not immediate, unlike the switch to an all-raw diet from one meal to the next can be. The point is: many of us cannot begin with “regular exercise” when we are barely capable of “simple moving”. We truly must be able to walk before we can run. For the first couple weeks program, therefore, remember: **IT'S NOT SO IMPORTANT WHAT YOU MOVE OR HOW YOU MOVE, BUT THAT YOU MOVE.** At this starting point, we ask only for your **COMMITMENT TO START MOVING!** Take on the philosophy: **LIFE IS MOVEMENT!**

Many of us have not worked up an honest half hour's sweat in years. Many of us are not capable of walking a city block, let alone a mile. Many of us cannot even bend over. And yes, some others of us are *very* active, capable of swimming a mile and running five—in spite of excess weight. Although “movement” by no means qualifies as “exercise”, per se, for most of us, making a **COMMITMENT TO START MOVING** must precede the commitment to a regular exercise program.

If you are already in an active routine or daily workout—**GREAT! KEEP AT IT! STEP IT UP!** But, if you have been sedentary, then, the push is to **MAKE A COMMITMENT TO START MOVING** *beyond your* pre-healthful living program. Think: **“MOVEMENT”**. Live: **“MOVEMENT”**. Even if it's just rolling your neck in wide circles . . . even if it's just shrugging your shoulders while watching TV . . . even if it's just parking your car a

block away from your destination or taking the stairs instead of the elevator . . . EVEN if it's just using the hand can opener instead of the electric!!! The possibilities for additional movement in our soft and sedentary life ARE endless . . . if you **MAKE A COMMITMENT TO START MOVING** and then think creatively.

Future lessons will detail calorie expenditures, forms of exercise, benefits of exercise, setting up a program and so on. **JUST FOR TODAY**, however, start moving: walk, bend, squat, lift, trot, wiggle, jiggle, twist, turn, jump, skip, hop, go in and out, up and down, out of your way. **LIFE IS MOVEMENT . . . START MOVING!!!**

## PART IV: THE BEFORE PHOTO

The overweight person typically avoids cameras at all costs. If unavoidable, s/he is usually caught hiding under big coats or behind others, forcing a smile. After all, the overweight victim is not happy about appearances and hates to see the awful truth revealed on the glossies. Indeed, an obese sufferer is often absent for whole decades from the family album . . . as though long since dead and gone. And, in a sense, this is so. The former slim self has disappeared from the scene; and the new, fat self is by no means photogenic.

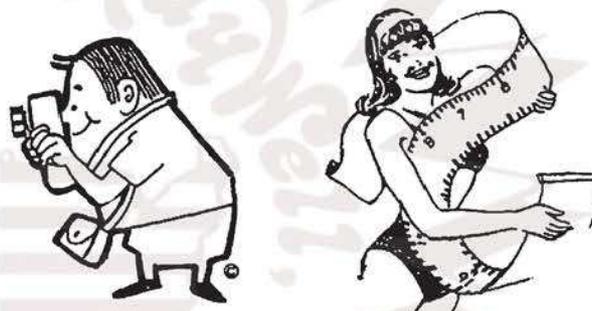
I know the feeling well. During eight years of gross obesity, I have—hidden away—only half a dozen pictures. The pain in the artificial smiles and the puffed up body clearly portray misery. **NOW**—I kick myself for the misplaced shame, humiliation, and vanity. I would dearly like to have a photograph at my highest, a clear image of my worst weight as a reminder of the progress and to share with others. You are urged not to make this mistake. If you were to take a roll of photos at this . . . the beginning of the end of the fat . . . you will be able to put them to use both during the journey and at its end. Having the camera aimed at you may be unpleasant, and seeing the glossies a few days later may be depressing. But you are on the way down **FOR THE LAST TIME**. On the Life Science program, you are going to reach your ideal weight, your ideal muscle tone, your ideal skin glow, and your ideal emotional state.

The primary value of **THE BEFORE PHOTO**, therefore, is to remind you from whence you came. It instills the "Attitude of Gratitude" which is essential to maintaining weight loss. Many a time when spirits are low, even though weight loss is high, quiet contemplation of **THE BEFORE PHOTO** inspires your progress. Let's say you begin the 10-20-30-40 pound or more loss. For whatever reason, you are feeling "blue" and want to overeat on wrong food. Taking out **THE BEFORE PHOTO** for calm consideration jars you back to the **NOW**. *You have come a long way*—both poundwise and emotionwise. **THE BEFORE PHOTO** rightly overwhelms you with gratitude and brings you back to the **PRESENT**.

The second value in keeping before snapshots is both selfish and unselfish. Once you have begun the downward trip on the bathroom scales, once you reach the ideal weight, you can serve others by example. Over and over and over again, you will be asked: "Do you have some

pictures of when you were fat?" As a means to inspire others, I have shared my 195-pound photos. These people stare at the photo for long minutes in silence, first looking at the photo, then at me. What are their thoughts? No amount of lecturing or admonishing or preaching could accomplish what those few minutes of silent comparing can do. You will witness the slow, quiet birth of Hope within them. It's a shivering, gratifying moment to see Hope come alive where formerly there was none. Then . . . you can share the "what to eat" and the "how to eat" presented in these **NATURAL WEIGHT-LOSS LESSONS**. Then . . . they are ready to hear the details of this living program. But without accurate **BEFORE PHOTOS** at your highest weight, you will lack this powerful tool to inspire.

So—if the thought of standing in front of that camera today is just too horrible, think unselfishly. **POSE NOW** for the sake of helping others later. By the same token, **POSE** for selfish reasons, as well. Don't cheat yourself out of the joy of inspiring yourself during a "blue moment" . . . and don't cheat yourself out of the joy of helping others. **BE BRAVE**. You'll be thankful when all is said and lost.



## PART V: POUNDS AND INCHES

Like taking **BEFORE PHOTOS**, you are urged to record you weight and measurements. These beginning pounds and inches, like the "fat photos", serve as inspirational tools—beyond compare.

I remember walking into the conference room of the Shick Weight-Loss Clinic where they kept five pounds of pig-fat, formaldehyde-preserved, in a one-gallon jug. Five pounds of pig fat rolled around and around, and it filled the jar to the top. Now—although pig fat and people fat are not identical, they are similar in density and appearance. Just imagine—a huge bulge of fat . . . enough to fill a one-gallon jug . . . distributed **ALL OVER YOUR BODY**, usually unevenly and concentrated on the hips! The realization? Five pounds is a lot of fat! Once we become obese, we tend to disregard a mere five pounds. After all, what's five pounds added to 250? The jar image shatters this tendency to minimize.

To dramatize the difference five pounds can make, take measurements at five-pound loss intervals. Keeping this record, for quiet contemplation and the renewal of gratitude, like taking out the "fat photos", serves to inspire during the many moments of blues and weakness along the way. The chart with your progress recorded in black and white can pull you out of self pity and a "What the heck, I may as well binge!" mood and put you back into the "Attitude of Gratitude" where you belong.

Of course, when gradual weight loss continues, the fat melts all over. You lose neck size, shoe size, ring size. Even the fat in the cheeks goes, as your true facial features emerge. In addition, the record allows you to actually SEE where the fat is deposited and which deposits are the first and last to go. It's fascinating.

SO . . . again . . . **BE BRAVE.** Face the self-honest fact of overweight with self acceptance and self love. The

before photos, the scale, and the tape measure are valuable tools to help uncover the perfect physical you. The real you, the eternal you is perfect just as you are this very moment. And once the detoxification and de-stressing process on the Life Science raw foods diet and healthful living program is completed, your physical self will be perfect, as well!

## PART VI: HOMEWORK ASSIGNMENT

Now that you have completed our first lesson and have become a *serious student* of Life Science, we offer THE HOMEWORK ASSIGNMENT. These exercises will sharpen your awareness. *And awarness is the key to expeditious weight loss and self-mastery.*

A standard-sized, three-ring notebook with paper and several dividers is needed. The dividers can be inserted, forming three sections: Special Assignments, Food Journal, Daily Thoughts. More sections will be formed

later. This, then, becomes a personal and private place to review the unconscious blurr of the day's whirlwind of activities and makes the patterns of thinking, feeling, and doing more consciously accessible. Such a recording of our thoughts makes us more aware. **AND AWARENESS IS THE BASIS FOR CHANGE.**

The following four assignments take only a few minutes a day. The student is urged to take these few brief moments. Like many others who practice Journal Keeping, you may find you make the most progress when you keep up the daily entries.

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### SPECIAL ASSIGNMENT NUMBER 1: THE BEFORE PHOTO

Find a recent photo or series of photos of you at your highest weight and tape it (or them) into this section. Then record your thoughts.

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### SPECIAL ASSIGNMENT NUMBER 2: POUNDS AND INCHES

Record your present weight. Record your present measurements for the following: neck, underarm, bust or chest, waist, abdomen, hips, thigh bulge, thigh, knee, calf, ankle, arm, and wrist. Then record your thoughts.

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### THE FOOD JOURNAL

Keep a daily record of your eating pattern. Recommended is the following format:

TIME OF DAY	WHAT & HOW MUCH FOOD	WHERE	OTHER ACTIVITIES WHILE EATING	WITH WHOM	MOOD OR FEELINGS

### DAILY THOUGHTS

This is a place to record daily, the thoughts/feelings you deem important to your eating patterns and/or weight loss. Such conscious transference of thoughts onto paper helps one see patterns in his relationship with food. This promotes much deeper understanding. **AND UNDERSTANDING PROMOTES CHANGE.**