

THE REVELATION OF HEALTH

INTRODUCING A TOTALLY EFFECTIVE HOME HEALTH SYSTEM THAT:

1. Keeps you in vibrant sickness-free health?
2. Supercharges you with energy?
3. Makes diseases a nightmare of the past. It enables you to overcome ailments, even "incurable" ones of long standing.
4. Enables you to have increased brainpower and mental alertness; newfound strength, stamina, vigor and energy; a radiant new complexion and skin tone; and an improved figure and appearance.
5. Enables you to look and feel up to 20 years younger within 30 days!
6. Frees you of the curse of sickness and the fear of disease.



You need not worry about cancer or anything else.

7. Enables you to overcome most digestive problems within 24 hours.
8. Makes health and medical insurance passe.
9. Reduces your medical, hospital, drug and related expenses to zero. You have no need for hospitals, physicians and medications. You'll also be spared the discomforts, aches, pains, agonies and lost time due to illness.
10. Enables you to have thousands of extra dollars for yourself and family every year.
11. Enables you to help others realize the same benefits you realize for yourself.

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(512) 385-2781



A LETTER FROM T.C. FRY



"Not to volunteer aid when unintentional suicide is going on seems nothing less than criminal."

Dr. Edward Hooker Dewey

Dear Friend of Health and Happiness,

That you are giving this presentation your attention is praiseworthy. Your open-mindedness is admirable.

Would you believe me if I told you that unintentional suicide is going on in America? At this time?

After reading the pages that follow I'm sure you'll be convinced this is the case. The fact that nearly 99% of Americans suffer from some debilitating physical derangement, impairment or disease is indicative of the nature of this type of slow suicide.

This year Americans will spend over \$300 billion *on disease*. Almost nothing is being spent or done *constructively* to bring Americans to the state of health which is easily possible.

Why is this so?

America is dominated by commercial interests that have a vested interest in disease and suffering! In effect, they control the media *and our governments!*

Need this continue to be so?

Not in your case! You can be your own liberator.

Would you believe me if I stated that vigorous robust health, *completely disease-free*, is the normal and natural state of human existence through a happy rewarding life *greatly in excess of 100 years?*

Would you believe me if I assured you that ailments, illnesses, discomforts and suffering are not nature's norm? That, in fact, they are abnormal, unnatural and unnecessary?

Would you believe me if I say that *we can* create a condition of general health in America that would relegate aches, pains, maladies and ailments to the ashcan of history?

Would you believe that, through the health plan of Life Science, nearly everyone can have newfound strength and endurance? Bounding new energy, vim and vigor? Increased mental alertness and brainpower? More zest and enthusiasm for life and its keener joys?

Would you believe that you can so improve your health that you can leave behind as an unpleasant memory all physical suffering due to ailments? That you can say goodbye to medical, drug and hospital bills? Wouldn't you like to look forward in life *knowing* that you'll never again face such suffering or expenses?

Would you like to lead a life *free* of such common complaints as colds, headaches, indigestion, heartburn, allergies, lower back pains, constipation, dental cavities, skin problems, in fact, free of all ailments and illnesses?

Would you like to live in the gloriously satisfying *knowledge* that you need never face heart troubles, cancer, high blood pressure, diabetes or even so much as the discomforts of another cold, flu, upset stomach or headache?

Wouldn't you like that kind of certainty in your life?

Would you believe that it's quite possible? And soon?

I know this sounds so incredible that you are given to skepticism. This is understandable. Under the pernicious notions fostered about health and disease by profit-motivated **interests**, we simply cannot persuade ourselves that exuberant good health, *completely disease-free*, is possible for all or even for ourselves!

You now have within your grasp the answer to the mysteries of disease and suffering—you have within your reach the open sesame to a life of joyous fulfillment and wonderful well-being.

I invite you—I urge you—to conscientiously consider the Life Science full life spectrum plan for great health—for your sake—for America's sake!

Yours for health and happiness,

T.C. FRY
For Life Science



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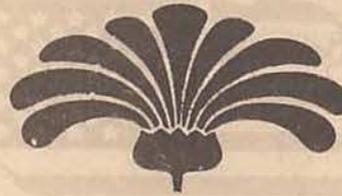
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Editor/Advisor
T.C. Fry

Production Manager
Rebecca Caisse

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THE REVELATION OF HEALTH

by T.C. Fry

If you lived as much as possible in accord with your biological mandate, you'd be vigorous from infancy until a natural death at around 140 to 160 years of age. You'd never suffer sickness or disease. Bounding health is nature's norm for all her creatures.

You can confirm this by observing deer in nature. They live their full life span without a day of sickness. A deer only days before natural death is as active and athletic as the younger members of its herd. Health is as natural as birth. Death is as natural as life. Suffering does not normally attend creatures in nature in life or death.



mark, for diseases are not inevitable. In view that diseases will not occur unless caused, all we need do is discontinue the causes and adopt healthful practices.

Equipped with countless thousands of physiological faculties and mechanisms for maintaining perfect health, there is no reason why the human body should ever suffer a single day of sickness through a long euphoric life of about 150 years. Only when the body is overwhelmed by pathogenic influences and substances beyond its multitudinous abilities to cope does disease and impairment result.

For you this brochure reveals possibilities of health that are fully in accord with our biological mandate. With our thousands of innate guardian angels—control and defensive mechanisms that adjust to cope with every conceivable condition in nature, there is no reason why anyone cannot realize their full life potential of 140 to 160 disease-free years.

When we assault our bodies with unnatural influences and substances—when we subject our bodies to abnormal conditions, then our bodies are stressed and distressed. The result is failure of the body to meet its normal eliminative tasks in face of the extraordinary impositions upon it. Accumulations of uneliminated endogenous wastes and toxic substances taken in from outside impair function and threaten life itself. When these conditions reach a critical point, the body will institute an emergency purification and repair crisis. Energies normally available for digestion and activities are redirected to “housecleaning” chores and restoration of cells and tissues that have been damaged or destroyed by the toxic accumulation. These crises constitute our illnesses, diseases or ailments.

Disease results when the body is burdened with pathogenic substances. Disease results, not because of some supposed entities referred to as viruses nor are they caused by bacteria which are our symbiotic partners in nature, but because we have indulged or subjected ourselves to pathogenic influences and substances.

The idea of preventing diseases is thus wide of the

One of the grand plans of self-preservation in nature is self-healing. All organisms are self-restorative if impaired. Under the condition of a body-initiated emergency—a healing crisis—a condition we label as sickness, malady, ailment or disease, the body will purge itself of accumulated toxic materials which are the sole basic causes of sickness. Put upon a healthful regime sufferers of such affections as asthma, acne, arthritis, epilepsy, tumors, allergies, diabetes and a multitude of other “incurable” conditions disappear in a few days to a few months. When the causes of disease are discontinued and the conditions of health established, the body will restore itself to normalcy to the extent irremedial organic damage has not been sustained.

No matter what your age, you can realize renewed health to the extent of potential which is quite great in most of us. As long as there is residual vitality left the body will restore itself. The marvelous power within that developed our bodies and brains from a fertilized ovum is all the power needed to rebuild us. This great power remains resident as long as life is within. Nothing else can substitute for the powers of life.

As long as we have life there is the possibility for wonderful health and well-being. This is the great revelation! Health is normal and natural. When impairing influences and practices have caused illnesses and chronic suffering, the discontinuance of their causes and the concomitant establishment of the conditions of health will result in greatly improved health and even euphoric well-being. □

SOME URGENT HUMANITARIAN REASONS WHY YOU SHOULD ADOPT THE LIFE SCIENCE HOME HEALTH PLAN AND HIGHLIGHT IT TO OTHERS

America is a terribly sick country! Nearly 99% of its inhabitants suffer in some manner. Untold millions endure excruciating pains. Each year millions of people will for the first time suffer the throes of cancer, arthritis, asthma, and other debilitating maladies. Yet our medical fraternity, into whose laps we must lay a great deal of the responsibility for this tragedy, has the temerity to boast that America is the best-fed and among the healthiest nations and that our "health-care" is unexcelled anywhere in the world.

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 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 membership in the Life Science Home Health Plan—in asking you to consider learning the health system of Life Science so that you can help others and even pursue a career in the health field, we appeal to your innate humaneness as well as your wish to be of meaningful service to others.

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 3,400,000 of our over 230,000,000 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 everyone over thirty has some form of heart disease.

Autopsies of our most fit young men who died on the Korean battlefields showed that 77 percent of them already had heart disease! Biologists state that a healthy heart should serve the organism for at least 300 years.

You will see as a Life Scientist those who have diseased hearts and circulatory systems restored to functional levels as high as their potentials will permit. Many hearts are so scarred that really high-level function cannot again be attained but most can be restored to near normal.

3. About 1,000,000,000 visits are made to physicians annually in the U.S.A.! Another 250,000,000 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 of drugs are perfumed language for POISON EFFECTS! All drugs or "medicines" are inherently poisonous and dangerous. Breaking your clientele of all drug habits will be one of your most commendable services.
5. An estimated 20,000,000 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! Eighty percent of these people will die and their death will be attributed to cancer.
7. Cancer is the number one cause of death among our children. Why? In many countries

almost no cancer exists. For you as a health oriented individual, rescuing people from the scourge of cancer and the medically pronounced sentence of cancer (when actually it is not) will be one of your most salutary services. Ninety-five percent of cancer/medical victims can be restored to a fairly livable level of health.

8. Arthritis and rheumatic complaints will affect 77 percent of our adult population! Currently there are approximately 24,000,000 sufferers from arthritis. However, arthritis is reversible where irreparable organic damage has not occurred. Helping arthritics restore themselves to unimpaired function will be significant in your role as a health aware person.
9. About 80,000,000 Americans suffer from so-called allergies. Most allergies can be overcome in a week or two.
10. Over 60 percent of the American population suffer defective vision. Glasses are the usual "remedy" which, in reality, worsen 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. 114,000,000 Americans (49%) suffer from AT LEAST one chronic disease.
13. Over 40,000,000 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! You'll be instrumental in helping those sufferers around you to overcome these conditions.
15. Over 50 percent 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, about 200,000,000 suffer from clogged colons. Many times in our experiences with the application of Hygienic measures, we've seen many with constipation of long standing, up to 30 years, again have natural bowel movements.
17. Americans will suffer about 800,000,000 colds this year! The average child under four will suffer eight colds a year! Why? You'll learn the cause of this enigmatic respiratory ailment. Your clients will reach such fine health under your guidance that they will suffer few if any colds. Colds will be one more nightmare of bygone days.
18. About a billion dollars is 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. You can guide your patrons to such internally clean bodies that they will be pleasant smelling without any chemicals whatever, not even soap!
19. Some 320 billion dollars will be spent in 1982 on health care (that's what they call it—actually it's what Americans will spend on diseases)! The average American has an annual disease bill of over \$1400! Health is cheap. Disease is expensive. You'll enable your patrons to eliminate the bugaboo of disease from their lives and save them thousands of dollars.
20. There are about 10,000,000 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. Most diabetics can recover in 15 to 20 days. Except where severe atrophy of pancreatic faculties has occurred, almost all diabetes can be restored to fairly normal lives without insulin or drugs.
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. Over 600 billion cigarettes are smoked annually in the U.S.A. That is roughly 2,700 cigarettes for every man, woman and child.
25. There are over 215,000,000 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 125 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 deadly 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 commonly sold nostrums they've bought themselves, notably the analgesics, opium based drugs (cough medicines), 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. Our tasks as Life Scientists is to correct this disastrous situation.
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."
31. America's worst drug offenders are physicians! The number of physicians on so-called hard drugs (heroin, opium, cocaine, etc.) is about 19 times *greater* than the number addicted to the same drugs among the general population, according to a series of articles printed in the *New York Times* in mid-1975.
32. An estimated 42,000,000 Americans suffer high blood pressure (hypertension). Under the Life Science regimen, you'll learn how to guide people with high blood pressure to a normal blood pressure within a few weeks to a few months.
33. Over 8,000,000 children are "mentally retarded," disturbed, defective or otherwise seriously handicapped because of brain problems. Most mental deficiencies 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 22,000,000 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! What an opportunity for service exists!
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 86 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 America suffers. 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. Life Science adherents do not suffer from this forerunner of serious bodily crises.
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 child-bearing age suffer with bloodletting concomitant with sloughing off of 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. Tranquilizers are a way of life for tens of millions of Americans.
47. Nearly 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. In 1975, 705,000 women submitted to hysterectomies.
49. Murders, suicides, juvenile delinquency, narcotic addiction and other forms of crime

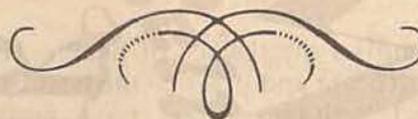
are rife and increasing. Truly, sick people make a sick nation.

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

I could go on with a seemingly 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. Almost daily we see such statistics published in newspapers, magazines and periodicals.

I hope that you're convinced that good health in America is a myth, that 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 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.



HELP US SPREAD THE TRUTH

Those who do not know the truth form a body of stagnant minds that brings about human degeneration.

Progress demands that the truth be recognized and observed.

Truth has never come from the masses. It has come from one or a few who were willing to be ostracized or martyred for their steadfast devotion to it. The masses ever remain fixed in the ruts their forebearers have fashioned. They remain so until an army of dissenters, revolutionists and brave men and women gradually move them off dead center.

To think and act constructively is man's highest function. To remain contented in the ruts of accepted thinking is a herd characteristic that will leave humanity mired in the miseries of its errors.

Humankind is presently being engulfed in suffering because of unawareness of life's sterling truths.

Once you have the glimmer of truth it is your duty to invest it in your life and to make it known to those around you in inoffensive and unobnoxious ways.

You should help spread truth with every resource at your command. Do what you can.