

## CHAPTER 12

### HEALTH - THE ONLY IMMUNITY!

*"Those who disregard the Laws of Heaven and Earth have a lifetime of calamities, while those who follow the Laws remain free from dangerous illnesses".*

Old Chinese Proverb

For those who have read and understood the chapters on 'Toxemia', and 'The True Nature of Sickness', then it will be apparent that there can be only one form of protection against infectious disease, and one form only - HEALTH.

True health, on a physical level, is a state in which the insides of our bodies are clean and hygienic, and under such conditions, infectious disease cannot and will not arise. No matter how many 'germs' one is exposed to, one will not experience sickness unless those germs have a medium in which to flourish. This medium must consist of decaying organic matter along with other toxic wastes. Without that medium, germs have nothing to feed on and cannot thrive.

Therefore, the real key to protection against infectious disease lies, not in creating artificial immunity to supposedly disease carrying germs, but in preventing the development of toxemia which is what gives rise to disease in the first place. As toxemia is brought about by unhealthy living, eg malnourishment, poor diet, unhealthy living conditions, overwork, etc, then the only way to avoid toxemia is in the adoption of healthy living habits, eg, correct diet, healthy environment, fresh air, sunshine etc. Let me provide some expert testimony which supports this view.

In his book, *Natural Therapeutics* (Vol I Philosophy, 1924), Dr Henry Lindlahr asks:

*"Which is more rational and sensible? The endeavour to produce immunity to disease by making the human body a swillpot for the collection of all sorts of disease, taints and poisonous antiseptics and germicides, or to create natural immunity by building up the blood on a normal basis, purifying the body of morbid matter and poisons, correcting mechanical lesions and cultivating the right mental attitude? Which one of these is more likely to be disease building - which more healthy building?"*

Herbert Shelton tells us:

*"The true prevention of disease has nothing to do with vaccines, serums, antitoxins, drugs, operations, and the like. True prevention involves adequate food, pure air, an abundance of sunshine, proper exercise, sufficient rest and sleep, cleanliness, mental poise and the absence of all devitalising habits and ruinous excesses".*

In Britain, the Howey Foundation has published a leaflet on "True Immunity" in which they state:

*"We believe that the building-up of positive health by a good diet and healthy living provide adequate protection against disease .... Acute episodes are opportunities for the body to remove excess toxic wastes, the accumulation of which allow bacteria to multiply unduly in the first place. Vaccines ... may have disastrous long term effects, and make no positive contribution to the health of the individual .... Those who lead healthy lives in hygienic surroundings should think twice before submitting themselves or their children to the purposeful introduction of a disease into their bodies".*

Natural Hygienist, Dr Virginia Vetrano says:

*"We may avoid disease only by maintaining a high state of health. Germs and viruses to which healthy people may be exposed will not produce disease, not only because their bodies resist invasion by microorganisms and can exterminate them as rapidly as they may enter, but also because a healthy body that functions normally does not accumulate metabolic waste which is the basic cause of disease ...."*

Even the World Health Organisation has stated that *"the best vaccine against infectious disease is adequate nutrition"*.

What it all boils down to is this - if you truly desire health, and freedom from disease, then you must be prepared and willing to live your lives in accordance with the laws of nature. These laws involve correct nutrition, getting plenty of fresh air and sunshine, resting and sleeping when necessary, keeping the mind happy and fulfilled. Those cultures who adhere to these laws in their daily lives, for example the Vilcabambans in Ecuador or the Hunzas in Northern Pakistan, have a high degree of health and longevity with a virtual absence of the infectious and degenerative diseases that afflict our own society.

It would be true to say that civilized or orthodox living is not natural living but unnatural living. Our eating habits are poor and consist of too much 'dead' and denatured food, we are basically sedentary, we get little fresh air and sunshine and when we do, for most of us it is in a polluted environment, our sleep patterns are erratic and unsettled, and our minds are often restless and dissatisfied. Dr Max Bircher-Benner who established his famous health clinic still operating in Switzerland today summed it up so well, when he said:

*"No people in history ever lived so entirely wrong in so many directions as do the majority of civilized nations today."*

The adoption of a more natural way of living does not mean abandoning all the comforts of home. It does not mean leaving your city, moving to the country and growing alfalfa sprouts. It does not mean rising every morning at 4.00am and doing 2 hours of yoga and meditation. And it does not mean abandoning those occasional treats and pleasures that add a little spice to your life. It is not what you do 10% of the time that determines your health, but what you do 90% of the time.

The adoption of a more natural way of living does mean, however, that certain orthodox living habits be abandoned, or at the very least, curtailed. And in no other area could this be so essential than in the area of - EATING! Our orthodox eating habits are a major factor in the development of infectious disease as well as most other diseases in our society. This is because our diets are too high in animal, dairy and refined processed foods. Not only are these foods unsuitable to the body, but they also contain a large amount of toxic wastes in the form of drugs, hormones, chemicals, pollutants, insecticides and other harmful substances. To make things worse, we do not just eat these foods, we over-eat them.

The truth is that the nutritional needs of the body are exceedingly simple and are best satisfied on a diet of fresh fruit and vegetables. A small amount of grain, seeds and nuts are permissible to enhance the palatability of the diet. Contrary to orthodox opinion, we are not meat eaters, but fruit eaters as evidenced by the science of Comparative Anatomy. One of the most famous Anatomists, Professor Baron Cuvier in his 'Lecon d'Anatomie Comparative' says:

*"Comparative anatomy teaches us that man resembles the frugivorous animals in everything, the carnivorous in nothing .... It is only by softening and disguising dead flesh by culinary preparations that it is rendered susceptible to mastication or digestion, and that the sight of its bloody juices and raw horror does not excite loathing and disgust ...."*

*"Man resembles no carnivorous animal. There is no exception unless man be one, to the rule of herbivorous animals having cellulated colon. The orang-outang is the most anthropomorphous (man like) of the ape tribe, all of whom are strictly frugivorous. There is no other species of animals which live on different foods in which this analogy exists".*

Fruit contains an abundance of nutrients as well as the important amino acids essential for the growth of our bodies. It is worth noting that protein content for fruit ranges between .4 and 2.2 percent, which approximates the protein content of human mothers' milk which is between 1.0 and 2.4 percent. The strongest animals - the ox, elephant and horse - can maintain their size and strength on a diet of nothing more than grass. The gorilla whose digestive system and physiological characteristics are similar to man's, can maintain its enormous strength and size on a diet of oranges, bananas and mangoes.

Now all this is not to suggest that you need to become a fruitarian, but to simply impress upon you the importance of 'fruit' in our diets, and at the same time the fallacy that meat and dairy products are essential foods for man. These latter foods are totally unsuitable for the body in that they are too high in fat, protein and cholesterol, totally devoid of fibre and many essential nutrients, and create in the body a residue of poisonous waste which provides the ideal soil for germs to flourish. The retention of this waste ultimately causes cellular degeneration leading to such conditions as arthritis, rheumatism, diabetes, kidney disease and even cancer.

If you can accept this viewpoint, and are prepared to adjust your diet to a more natural way of eating, then the place to start with is 'quantity', followed by 'quality'. Start by reducing the consumption of animal, dairy and refined foods and substituting them with fresh fruits and vegetables. There needs to be a gradual change to enable your taste buds and body to adjust. Your goal should be a diet in which 80% consists of fruits and vegetables and the remaining 20% consisting of grains, legumes, nuts and seeds. Animal and dairy products should be kept to an absolute minimum, if at all.

When it comes to children, the same rules apply. A diet high in fresh fruit and vegetables will provide them with all the necessary protein and other essential nutrients needed for the growth and development of their bodies. At the same time this diet contains only a minimum of toxic residue (pesticides and insecticides, unless you can get organically grown fruit/vegetables), thus ensuring that toxemia does not develop. We should realise that the body can eliminate a certain amount of chemical residue from the diet. It is only when it becomes excessive through over-eating and eating the wrong foods that toxemia, and hence sickness results. The story of the 'Hopewood' children serves well to demonstrate the value of this diet for children.

In 1940, the founder of the Australian Natural Health Society, Mr Leslie Owen Bailey, accepted guardianship of 85 children who were to become well known as the 'Hopewood' children. He refused to vaccinate these children and raised them on a meatless diet which

consisted entirely of unrefined foods, primarily fruits and vegetables. None of these children acquired any of the diseases against which they would have been vaccinated against. Furthermore, their dental records revealed that they had 16 times less decay than other Sydney children the same age. In 1947 the Institute of Dental Research, under the guidance of Dr N E Goldsworthy, produced a brochure: "Every Doctor a Dietician" which told of the world dental record attained by the Hopewood children. They were credited with having a higher standard of dental health than any other group ever studied, including New Guinea native children who were supposed to have the best teeth in the world. Even the medical profession took an interest with Sir Lorimer Dodds and Dr Clements of the Health Department monitoring the children's health over nine years. According to Natural Health, November/December 1990, *"They examined tonsils and adenoids and said they had never seen a group so free of trouble as the Hopewood children, yet they still could not accept that this was the result of diet and natural way of living"*. Is it any wonder that they fail to see the connection? Most doctors receive little training in the Health Sciences. For example, the renowned Harvard Medical University conducted a basic nutrition test for doctors in which 80% of them failed!

Whilst correct diet is of fundamental importance to human health, it is not the only factor. It must be accompanied by all the other factors previously mentioned which include fresh air and sunshine, regular enjoyable physical activity, rest and sleep and generally a happy outlook on life. The mental state is no less important than the physical state. It also requires proper nourishment in the form of joy, laughter, cheerfulness, and all the other positive emotions. The negative emotions of fear, depression, anxiety, worry, etc, do as much to create sickness as do bad diet and lack of exercise. How many people carrying the AIDS virus are perfectly healthy until the day they are told they are infected? There can be no greater factor in the development of disease than the emotion of fear.

There is a story of a cholera plague heading towards Baghdad, and on its way it passed an Arabian caravan. One of the Arabs asked where it was heading, to which it replied, *"I'm on my way to Baghdad to kill 5,000 people"*. A short time later a cholera epidemic struck Baghdad in which 45,000 people died. On its return, the cholera plague passed the same caravan and the Arab said to it, *"You lied to me, you said you were going to kill only 5,000 people"*, to which the cholera plague answered, *"I did, the rest died of fear!"*.

Fear, fuelled by ignorance, is probably the greatest single factor in the development of disease in that it literally freezes the vitality of the body, the very power that is responsible for every metabolic activity within our system. It can be likened to cutting off the electricity supply to the household, everything comes to a stop. When this occurs in the body, there is an immediate increase in metabolic waste, thus triggering any latent bacterial or viral illness into immediate activity.

Only by understanding the true nature of sickness and how it develops within our bodies can we overcome our fear of disease. If your body is not healthy because of bad eating, lack of exercise, negative emotions etc and you experience acute disease ie, mumps, measles, influenza, viral outbreak such as herpes, then all that is happening, is your body is taking the opportunity to offload excess toxic waste. It is not something to fear, but something to 'rejoice' over for it shows that your body is still strong enough to activate such a cleansing process.

Once you understand this, you will realise that attempts to protect ourselves from disease by such means as vaccines and serums are ludicrous, for the simple reason that these diseases are not harmful, but beneficial, and in reality, are designed to protect us! Disease is not something that attacks us from without, but is something that develops from within.

Our only means of prevention is to ensure that the conditions which give rise to disease - toxemia - do not develop in the first place. Much to the dismay of the vaccine enthusiasts, I believe there to be no other way.

**"If humanity is to pass safely through its present crisis on earth, it will be because a majority of individuals are now doing their own thinking".**