

Current Events - The Heathful Living International Point Of View
By Dr. Robert Sniadach
January 2000

As health seekers who are tuned in to Natural Hygiene principles and philosophy, we have a deep and unique understanding of health and disease processes. Once understood, the simple facts of Natural Hygiene that teach us how to live to be healthy, and how to recover if ill, seem so obvious that it is incredible how terribly screwed up are society's conventional health care practices. I find it a wonderful blessing to know what I know, and to put that knowledge into practice. The rewards are priceless.

I will be creating this regular column for the HLI Newsletter, entitled Current Events - The HLI Point Of View. I will report on a bit of health news of the day, and will compare its recommendations and underlying assumptions to our own Hygienic understanding. This, I hope, will serve to improve our ability to "read between the lines" of these news items, to extract any genuine nuggets of good information, and also to send the rest of the recommendations to the trashcan, where they belong.

Prevention Is A Good Thing - Right?

No! Preventing disease is a waste of time and money. You have better things to do with your life.

Health seekers today are continually assaulted by screaming headlines that tell us about the different foods or chemicals in foods that will prevent cancer, alleviate infections, reverse aging, avoid cavities and maintain erections. These stories are usually reporting on medical studies showing that diseases can be prevented by eating this or that food; by taking this or that supplement or prescription drug. While at times it is nice to have some minor confirmation that normal, natural foods do indeed provide the raw materials for our body to keep itself healthy, we must understand that the attitude bias behind these studies do not encourage proper thinking and action for healthy living. This distinction is an important one.

First let's look at four recent headlines:

Chemicals In Broccoli Can Cut Lung Cancer Risk Friday September 22, 2000

New evidence from a large study in China suggests that chemicals *contained in broccoli, cabbage, or bok choy can help protect people from developing lung cancer*. The study of more than 18,000 men found that people with detectable *amounts of chemicals known as isothiocyanates in their bodies had a 36% lower chance of developing lung cancer over 10 years than those without the chemicals. The chemicals are found in broccoli and other so called ``cruciferous" vegetables*. Isothiocyanates are not commercially available in pill form. But even if *they were, researchers have no way of knowing how the more than 20 different isothiocyanates interact with each other and with the body to lower cancer risk*. Previous studies with pill forms of cancer-fighting chemicals—including *beta-carotene—have found that doses higher than those found in foods may actually increase cancer risk*. The lesson from that is to 'just eat the vegetables'. Source: The Lancet 2000;356:724-729.

Tomatoes May Help Fight Cancer And Heart Disease Wednesday Sept 20, 2000

Two Canadian researchers say the pigment that gives tomatoes their red colour may help protect people from several big killers, including cancer and heart disease. The pigment, called lycopene, is one of the most potent anti-oxidants known. Cell damage caused by oxidation is believed to be an important part of the processes that lead to several chronic diseases. The pigment may have a role in regulating some gene functions, and hormone and immune responses. It may also regulate metabolism, lowering the risk of chronic disease. The literature they reviewed included one U.S. study that showed prostate cancer was 35 per cent lower in those who consumed 10 or more servings of tomatoes every week. Researchers found a total of 35 large studies that provide evidence showing that eating tomatoes reduces the risk of cancer. Despite the evidence, the scientists say they still don't know what lycopene does to make cancer rates go down. Products that contains high levels of the pigment include tomato sauce, spaghetti sauce, chili sauce, pizza and tomato soup. This study appears in the Canadian Medical Association Journal.

Exercise May Help Fight Depression
Wednesday September 20, 2000

Exercise works at least as well as a popular prescription drug in treating clinical depression and keeping the condition from returning, researchers say. Scientists at Duke University Medical Center tested exercise against Zoloft, an anti-depressant drug, and found the ability of either - or a combination of the two - to reduce or eliminate symptoms were about the same. But they found exercise seemed to do a better job of keeping symptoms from coming back after the depression lifted. It will take more research to discover why exercise should work better than prescription drug use. But it's possible that exercisers gained a sense of control over their lives that drug-takers could not match. It's also unclear why combination therapy did not work better than either alone.

Gelatin Fights Pain, Stiffness In Arthritic Knees
Friday September 22, 2000

Daily doses of gelatin may help ease the pain and disability associated with osteoarthritis of the knee, according to researchers. "We found significant improvements in strength" in people taking gelatin versus those who were not, explained exercise physiologist Sean McCarthy, of the Rippe Lifestyle Institute, an independent research facility in Shrewsbury, Massachusetts.

Joint osteoarthritis—caused by a gradual breakdown in cartilage and bone—can lead to pain and serious restrictions in daily functioning, especially in the elderly. While many patients turn to various medications to ease their pain, an increasing number are turning to 'natural' remedies such as glucosamine chondroitin to help maintain healthy joint function. McCarthy is quick to point out that gelatin supplementation is probably not rebuilding lost cartilage. Instead, amino acids present in gelatin may be "maintaining cartilage health, so that it slows down or even stops the breakdown that's happening."

However, patients should not rush to toss out their regular arthritis medications in favor of daily gelatin, since further study needs to be done to determine whether the improvements noted in the study last over the long term.

The independent study received funding from the Nabisco company, a maker of gelatin supplements.

Here we have four different health news stories, and to the average person they seem to be

wonderful additions to our growing treasure chest of health tidbits. But as Natural Hygienists, we can easily spot many errors of fact, misguided intentions and outright prejudice.

Can you find the errors? Let's pick the articles apart and see what we can come up with...

The first story concerns certain chemicals in broccoli and cancer risk.

First question: Do isothiocyanates kill cancer cells or decrease cancer risk?

NO. The body proactively *uses* isothiocyanates, along with thousands of other chemical compounds to deal with renegade (cancer) cells. Isothiocyanates, in and of themselves, *do nothing* except bond with other chemicals. These chemical compounds are inert substances – they are not alive and therefore they cannot 'act'. They do not have the power of acting intentionally. Isothiocyanates do not *act*; they *are acted upon by the body* and used for body-directed purposes. Only the magnificent intelligence of the living body has the knowledge, wisdom and control to act appropriately within its domain. Only the body has the intelligent ability to identify renegade cancer cells and to determine how best to neutralize them. The raw materials that abound in our natural diet, such as isothiocyanates, are skillfully used by the body in this continual process of health creation and maintenance.

Second question: Should I take these isothiocyanates in supplement form?

NO. This article correctly points out that artificially extracted chemicals from foods, even the so-called "good chemicals," can very easily do damage to your health when in supplement form. You can correctly apply this same understanding to *all* artificially extracted supplements.

Third question: Should I eat more cruciferous vegetables in order to prevent cancer?

NO. You should eat cruciferous vegetables because you enjoy them and find them to be a pleasant addition to your healthy, raw and natural diet. By eating the foods to which we are naturally adapted and inclined to eat, we supply our body with everything it needs to stay healthy and prevent disease. There is no need to *prevent* cancer, heart attacks or diabetes. *These and all other diseases are automatically prevented simply by living correctly.* There is never any need to worry about preventing disease.

How about the article dealing with tomatoes, cancer and heart disease?

First question: Do lycopenes in tomatoes protect people from cancer and heart disease?

NO. I repeat: The body proactively *uses* lycopenes, along with thousands of other chemical compounds, to deal with renegade (cancer) cells and to keep the cardiovascular system in good health. The body also uses lycopenes for hundreds of other health-maintaining functions. Lycopenes, in and of themselves, do *nothing* except bond with other chemicals. Lycopenes cannot act. Only the body has the intelligent ability to identify cancerous cells and diseased cardiovascular tissues, and to determine how to best correct the situation. The raw materials that abound in our natural diet, such as lycopenes, are naturally used in the continual process of health creation in our bodies.

Second question: According to the article, lycopenes have a role in regulating some gene functions, hormone and immune responses. They may also regulate metabolism, lowering the risk

of chronic disease. Is this true and is it important?

YES and NO. Lycopenes no doubt are used by the body in a myriad of functions in health maintenance. Science will very likely never come to know all that this particular chemical compound is used for in the body. But regardless of what functions are discovered, it doesn't even matter. As we eat our proper foods, and live healthfully every day, all these metabolic functions are *automatically taken care of for us*. We do not need to know anything about it. In fact, the more we know about the arcane details, the less we are apt to remain aware of the bigger picture of life and proper maintenance of our health.

Third question: Should I do like the article says and eat more tomato sauce, spaghetti sauce, chili sauce, pizza and tomato soup?

NO. All of these foods (tomato sauce, spaghetti sauce, chili sauce, pizza and tomato soup) will do their part to destroy your health. All these foods are cooked, processed and devitalized to an extreme degree. They should not even be called foods. They have been destroyed. They are junk. The lycopenes and other wonderful nutrients contained in the raw, ripe luscious tomato are largely mutated or destroyed by all the processing and cooking. Even if some lycopene does survive the boiling, cooking, mashing and crushing, the beautiful natural balance of nutrients in the poor little ripe, raw tomato has been decimated beyond all recognition. When you eat these 'foods', your body is thrown into great turmoil, trying to figure out how to deal with all the toxic garbage that has been created by the cooking and processing of the tomato.

The next article deals with exercise and depression.

First question: Does exercise 'fight' depression?

NO. Exercise 'fights' nothing. By exercising (moving) we challenge our body to handle increasing amounts of stress to our organs and systems. Fitness is our ability to withstand stress. Intelligently and naturally keeping ourselves fit, supple and spry results in an overall fine-tuned sense of well-being. Exercise, as a part of our healthy lifestyle, automatically helps us to remain balanced, serene and loving people. Depression will rarely if ever become a problem in our life. If depression does rear its head, for whatever reason, continuing our healthy lifestyle will enable our body to rebalance the situation in the most effective manner possible. Using exercise as a "therapy" to "fight depression" is an unhealthy and imbalanced way to understand and apply exercise.

Second question: Should I use drugs, such as Zoloft, to cure depression?

NO. Depression is not caused by a Zoloft deficiency in the bloodstream. Zoloft will not cure anything. Neither will any other drug. Whatever disease you are dealing with is never due to a prescription drug deficiency in your body. *There is no drug that even belongs in your body*. They are all artificially synthesized, concentrated, toxic chemicals that provide no raw materials for your body to use in cell and tissue creation, repair or maintenance. If you are dealing with depression, you must understand that there is an imbalance somewhere in your body and mind that results in these feelings and symptoms. Root out the cause of that imbalance. Health will automatically return. Of course, this may be more easily said than done, but nevertheless, it is the only permanent and healthy way to go about it.

Lastly, we have an article that considers gelatin and arthritis symptoms.

First question: What is gelatin?

Gelatin is made of boiled bones, skin and tendons from dead animals.

Second question: Do the boiled bones, skin and tendons from dead animals belong in my body?

NO, of course not.

Third question: Does gelatin help eliminate my osteoarthritis pain?

MAYBE, temporarily, but it most definitely is not the cure for the problem. There is no cure for arthritis, or any other disease. Cures do not come from outside the body. And there is absolutely no doubt that gelatin will create many other problems in the body, for gelatin does not belong in the body in the first place. Osteoarthritis is not caused by a gelatin deficiency in the body. The body will automatically heal, to the best of its ability, any problems it has when the cause(s) of the problem is determined and removed, along with resuming normal, natural healthy living practices. If you re-engage in eating and lifestyle practices that cause osteoarthritis, then osteoarthritis will return.

Fourth question: Why is it stated that "patients should not rush to toss out their regular arthritis medications in favor of daily gelatin capsules"?

Because a whole lot of money, time and effort has been put in to develop toxic, poisonous, destructive arthritis drugs that are pretty good at suppressing arthritis symptoms, while not doing anything about the actual disease itself. At the same time, they cause a host of terrible 'side-effects' that destroy other tissues and cells. In order to recoup the huge amounts of money spent to develop and market these drugs, it is very important that doctors keep prescribing them, and that patients continue to swallow them, preferably for the rest of their lives. There should be no mention of correcting the problem in a healthy and natural way. If healthy, natural advice for the patient somehow slips out, the patient should immediately be warned to keep taking the prescribed drugs. Additionally, governments should be aggressively lobbied to pass laws to steal more money from the citizens (taxes) in order to pay for more prescription drugs to give to the 'unfortunate victims'.

Fifth question: Am I being cynical?

YES.

And am I also telling you the truth?

YES. You can see this for yourself in the last sentence of the article - "This 'independent' study received funding from the Nabisco company, a maker of gelatin supplements."

Are you beginning to learn how to accurately decipher the hidden messages in these 'health' articles? Do you see how it is overtly and covertly suggested that you must rely on scientific experts to unravel the mysteries of Nature in order for you to have any slim chance of 'curing' yourself from disease? Do you see how it is implied that you should not trust in the eternal workings of Nature for your health? Do you see how you are counseled not to trust in healthful living as the answer for your diseases? Do you see how processed, extracted, cooked, artificial substances – drugs and bad food – are always encouraged... that they will somehow magically

bring you health? Do you see how you are encouraged to keep thinking in this subservient way... that you must make great effort to read every one of these studies as they become available in order to 'prevent' every disease known... that you should be ever hopeful and donate whatever you can to research so that scientists may someday 'find the cure'?

You cannot cure a disease by taking a pill. The only way to cure a disease is to stop causing it. Live healthfully and your disease will disappear. Living healthfully causes health. Simple.

Likewise, prevention of disease is completely unnecessary, for as long as you live healthfully, according to Natural Hygiene principles and practices, health comes to you automatically.

If you believe you should strive to prevent disease, here is what you would have to do:

1. Make yourself a huge list of every known disease. There are many thousands of them.
2. Next to each disease, write down all the different 'Things You Must Do' and 'Things You Must Not Do' in order to prevent it. This will require that you do at least one thing each day to prevent each different disease. Since there are thousands of diseases, there will be thousands of substances that you must take, and thousands of things you must do, every day, to complete your list. And, there are thousands of substances that you had better not take, and things you'd better not do, in order to prevent all the possible diseases.
3. Spend all day frantically scurrying about to actually complete your list of Things You Must Do and Things You Must Not Do. Otherwise you will surely come down with a dreaded disease! Heaven forbid if you forget something on your list! Your daily worry and anxiety level would be horrendous (which, of course, creates even more diseases.
4. Forget about actually living your life. Every waking moment will be spent trying to prevent everything.

Fortunately for us, we understand that living by the principles of Natural Hygiene will automatically, spontaneously and easily prevent disease from occurring. Every day, all day. No problem.

There is *no need to even think about preventing anything*. This is no great mystery. In fact, this simple and timeless knowledge is and has been available to every human being on Earth since the beginning of Time.

My advice? Go forth and live magnificently! Nature has made every provision for a healthy, wonderful life. The study and practice of these natural laws is called Natural Hygiene. Apply this truthful wisdom to your life - immediately.

What a relief!