

**GetWell ★  
StayWell,  
America!**  
.....presents.....



**THE  
SALT  
CONSPIRACY**



**From Victoria BidWell**

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**Second Printing ★ 1990**



## DEDICATION

*This book is dedicated to Janet Mussman, my dear new friend. Janet was my roommate at the California Health Sanctuary near Hollister for a brief, few days in November, 1985. I had just finished writing "The Salt Conspiracy" as an article for Healthful Living published by Life Science in Austin, Texas. Janet, whose husband is a member of "The Suffering Class" with high blood pressure, read the article. She felt the article held urgent, even life-or-death information for "Salt-Sufferers" such as her husband. Convinced that this material could best be shared in the form of a small book. Janet became emotionally involved in "The American Natural Hygiene Revolution" at that moment. She urged me during the remainder of her visit to expand the article and make it available to Americans in book form. Mrs. Mussman thus became the inspiring force behind my completing The Salt Conspiracy, as she assured me: "Its message could save lives!" Thank you, Janet Mussman.*



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*"FOOD...FOOD...EVERYWHERE...  
BUT NOT A BITE TO FAST!"*

*The story you are about to read is true.  
The names have not been changed  
to protect the guilty.*

## **CHAPTER ONE**

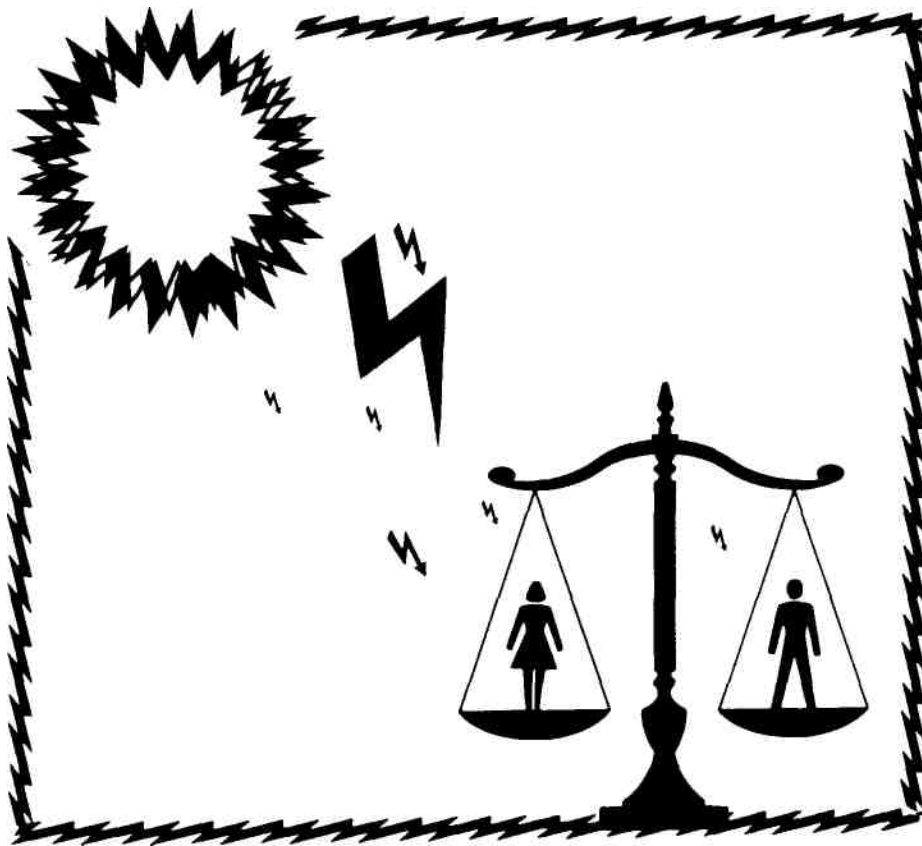
# **The "Suffering-Class" Revolution**

We have all heard the low-keyed warnings. Newspapers and magazine authors, as well as television personalities caution: "Cut back on salt." But few of us have heard the details of exactly *why* we should use less salt. And even fewer of us have been given the step-by-step instructions on how to set up a completely salt-free dietary that is both palatable and possible. So...in a spirit of self-discipline, some of us shake the salt shaker only 3 times over each meal instead of 6, as we lull ourselves into thinking we have "cut back" on our salt use. For we have not yet discovered that an estimated 85% of our salt intake is from processed, prepared foods and that only 15% comes from the saltcellar itself. In the meantime, we live as victims of the "It-Can't-Happen-to-Me Syndrome." And the relentless ravages of daily megadoses of sodium chloride in our cells from The Standard American Diet (SAD) takes its toll. The reality is that we are thoughtlessly, yet systematically, setting ourselves up for a number of debilitating—if not fatal—diseases.

The salt facts have been around for a long time, even though they do have to be searched out. Indeed, the hazards of salt are no well-kept secret. In the final analysis, therefore, each of us is at fault for our own ignorance as to the harm of sodium chloride use. But our "semiconscious health con-

sciousness" has us tricked into thinking that if we never pick up the table salt, we are "paying enough attention" to the salt in our diet. In actuality, we are almost totally unaware of how salted The Standard American Diet is and of just how much damage a steady diet of salted food can do.

*Furthermore, we have no idea whatsoever that a well-planned and sensible, viable and even attractive alternative to the standard American food supply...in all its salt-free glory...is being practiced by tens of thousands of Americans today! These people are members of a movement...The Natural Hygiene Revolution. **Natural Hygiene is The Superlative Alternative Health Care System.** If practiced in its entirety, you will not only be "salt-free." But you will be restored...to your highest possible health potential, taking into account your remaining energy reserves and bodily tissue integrity.*



## **THE BASIC TENETS OF NATURAL HYGIENE**

- 1...NATURAL HYGIENE holds that health is the normal state of all living organisms and that health is maintained through natural, self-initiating, self-healing processes.
- 2...NATURAL HYGIENE holds that the one cause of all disease is the toxic saturation at the cellular level of the bodily tissues, bloodstream, and fluids brought on by the depletion of Nerve Energy reserves through wrong living habits. This state of self-poisoning is alternately termed "Auto-Intoxication," "Toxicosis," and "Toxemia."
- 3...NATURAL HYGIENE views disease as orderly retrograde changes on the cellular level as a result of Toxicosis. In order to prevent these retrograde changes and to forestall morphological changes and degenerations for as long as possible, the body attempts to isolate and/or eliminate abnormal accumulations of metabolic waste and ingested poisons. Such bodily attempted actions of elimination may be called "disease" (acute) and serve to prevent the morphological, degenerative changes.
- 4...Because Toxicosis is "the one cause of all disease," NATURAL HYGIENE refutes the concept that microorganisms or "germs" or "viruses" are the sole, causative factors of disease.
- 5...Because only the body is capable of instituting cleansing and healing processes, NATURAL HYGIENE rejects the ingestion of any substances which the body cannot metabolize and assimilate and which cannot be used in the normal, metabolic processes to thus be appropriated into bodily tissue. Such unnatural substances can only further enervate and poison the body and are not to be considered as "food" or "nutrition," in any way. Both medication and "quasi-food " substances typical of the chemicalized, processed food supply are included in this enervating, poisoning category and are, therefore, considered to be life-threatening.
- 6...NATURAL HYGIENE recommends the following as The Ideal Diet and the only foods fit for the highest level of human health and well-being: whole, raw fruits, vegetables, nuts and seeds; prepared in proper combination and eaten in moderation when in a state of Emotional Balance.
- 7...NATURAL HYGIENE employs fasting, which provides deep physical, physiological, sensory, mental, and emotional rest. This deep and almost total rest provides the body with the ideal conditions necessary for the regeneration of Nerve Energy necessary for the repair of damages and for the elimination of toxins.
- 8...NATURAL HYGIENE maintains that health is the personal responsibility of each individual and that vibrant health is achieved only by the conscientious application of healthful living practices in all areas of one's life.

These Tenets are, of course, in direct opposition to The Stereotype Medical Mentality which thrives on The Germ Theory of disease and the belief that health comes through drugging and doctors. Nevertheless, thousands of people nationwide are living these Tenets with amazing success stories. They tell of coming from the dregs of low energy and/or of being rescued at Death's Doorstep after lifetimes of indulging in The SAD Diet and after mindlessly doing what the doctors demanded, even though they worsened with each office call, prescription, and surgery.

Natural Hygiene encourages you to likewise give up "The Medical Mentality." To turn your backs on conventional medical treatment, doctors, drugs, surgery, chemotherapy, radiation.... This encouragement to reject The Medical Mentality is what makes Natural Hygiene "revolutionary." The "revolt" is based on The Physiological Laws of Life and the simple knowledge that there is only one cause for all disease:



## **THE ONE CAUSE OF ALL DISEASE**

**“TOXEMIA”...**

**...“AUTOINTOXICATION”...**

**...“TOXICOSIS”...**



These 3 terms are almost synonymous for the same concept: the saturation of the bloodstream and/or tissues with toxic waste, caused by insufficient nerve energy to perform basic eliminative tasks.

## THE 2 SOURCES OF TOXEMIA

Hygiene recognizes 2 ways in which we poison ourselves: we create poisons "born within" the body called "endogenous toxins" ("endo" meaning "within" and "gen" meaning "birth"); and we take in poisons "born out of" the body called "exogenous poisons" ("exo" meaning "out of" and "gen" meaning "birth"). These sources of Toxemia are listed as follows:

### ENDOGENOUS TOXINS FROM:

1. Metabolic waste, on-going, toxic byproducts on the cellular level
2. Spent debris from dead cells & cellular activity
3. Emotional/mental distress
4. Physical distress/fatigue (especially overeating)

### EXOGENOUS POISONS FROM:

1. Unnatural food and drink
2. Natural food deranged by cooking/refining/preserving (includes derangement from wrong food combinations)
3. Improper food combinations that result in endogenous toxins
4. Medical/pharmaceutical/herbal drugging
5. Smoking, alcohol, recreational drugging
6. Environmental/commercial/industrial pollutants
7. Impure air and water

It is easy to see that of these 10 secondary sources of self-poisoning, the first 2 sources under Endogenous Toxins are natural, normal events over which we have no control at all. The next 2 sources of emotional distress and physical fatigue can be greatly minimized if we change a few basic eating/living habits. *And virtually all sources of exogenous self-poisoning are under our direct control, especially the first 2 items: "Unnatural food and drink" and "Food deranged by cooking/refining/preserving."* It is with these 2 sources of Exogenous Toxemia that *The Salt Conspiracy* is concerned.



For these pages will clearly establish that salt is toxic and that The Standard American Diet is pickled in salt...which leaves the SAD diner with a miniature ocean of deadly brine for a bloodstream.

To continue with "The Toxemic Connection," do understand that a lifestyle dominated by energy-robbing habits inevitably leads to complete exhaustion—mental, emotional, physical, and spiritual. The body continues to function—but in a state of "enervation": it is "out of nerve energy." And when nerve energy is low, bodily performance of basic metabolic tasks is handicapped. In particular, the elimination of toxic waste at the cellular level is impeded: the body must operate under a toxic overload. Poisons saturate first the bloodstream and then the cells/tissues/organs/systems.

Continued overload of poisons results in waste being stored in "out-of-the-way depots": joints, arteries, fatty tissues, tumors, cysts, and so on. *And—logically enough—where the toxins are deposited is the name of the disease!* However...whereas medical science catalogues over 20,000 names for individual diseases, Natural Hygiene sees one disease: Toxemia. And whereas medical science offers thousands of drugs and numerous therapies all of which have pitiful success rates, Natural Hygiene offers one program with astounding success records. The forte of Natural Hygiene is that it prescribes a systematic process of bodily detoxification on the cellular level that is achieved through abandonment of wrong living practices and the embracement of Right Living Practices. Salt in the diet is one of these "wrong-living practices" to abandon.

And so, while Natural Hygiene points out the toxicity of salt and the dangers of The SAD Diet, this health-care system is much more than simply a diet. Natural Hygiene, that is, teaches a nontoxic way of life. Instead of "burning our candles at both ends," Hygiene advocates an energy-conservative approach. These teachings are neatly summarized by the following comparisons:

# THE ENERGY ENHANCERS



1. Cleanliness – both external & on the level of the bodily tissues & fluids
2. Pure Air
3. Pure Water
4. Adequate Rest & Sleep
5. The Ideal Diet
6. Adequate Sunshine & Natural Light
7. Right Temperatures
8. Regular Exercise
9. Emotional Balance & Freedom from Addictions, with high self-esteem & a purposeful life with meaningful goals
10. Nurturing Relationships



# THE ENERGY ROBBERS

1. Uncleanliness – both external & on the level of the bodily tissues & fluids
2. Unclean Air
3. Impure Water
4. Inadequate Rest & Sleep
5. The SAD Diet
6. Inadequate Sunshine & Natural Light
7. Abnormal Temperatures
8. Lack of Regular Exercise
9. Emotional UnBalance & Slavery to Addictions, with low self-esteem & a purposeless life without meaningful goals
10. Toxic Relationships



While Natural Hygiene stresses the importance of a total health program by embracing all The Energy Enhancers, the emphasis of this book is to get the salt out of your system. For purposes of achieving a salt-free eating plan, therefore, note the boxed, salt-related Energy Enhancers and Energy Robbers items: #1, #4, and #9. For as the following chapters establish, salt is a poison administered in inescapably huge doses to anyone on the Standard American Diet. Furthermore, it is an addiction that poisons the bloodstream and tissues and drains us of nerve energy. Keep in mind, it is the loss of nerve energy that sets us on the downward staircase into Toxemia and disease.



STEP ONE: ENERVATION...Total exhaustion.

STEP TWO: TOXEMIA...Nerve energy is too low to eliminate metabolic waste and ingested poisons. Toxic waste builds up.

STEP THREE: IRRITATION...Toxic buildup causes irritation and feeling ill-at-ease.

STEP FOUR: INFLAMMATION...Toxic buildup causes tissue inflammation. Pain and pathological symptoms occur.

STEP FIVE: ULCERATION...Tissues ulcerate to form an outlet for toxic buildup. Pain intensifies.

STEP SIX: INDURATION...Ulcerated tissues harden or form scar tissue to encapsulate toxic buildup from rest of the body.

STEP SEVEN: CHRONIC DEGENERATION...Whole organs and systems are destroyed. Failure of vital organs results in death..

## **THE PURPOSE OF THIS BOOK**

This book is written with the hope that it is not too long and not too technical and not too tedious to hold your salted attention. If you will follow it to the end, if you invest the hour or two on reading to reach "The Salted Bottom Line" you will share in priceless knowledge...and you will never be the same.

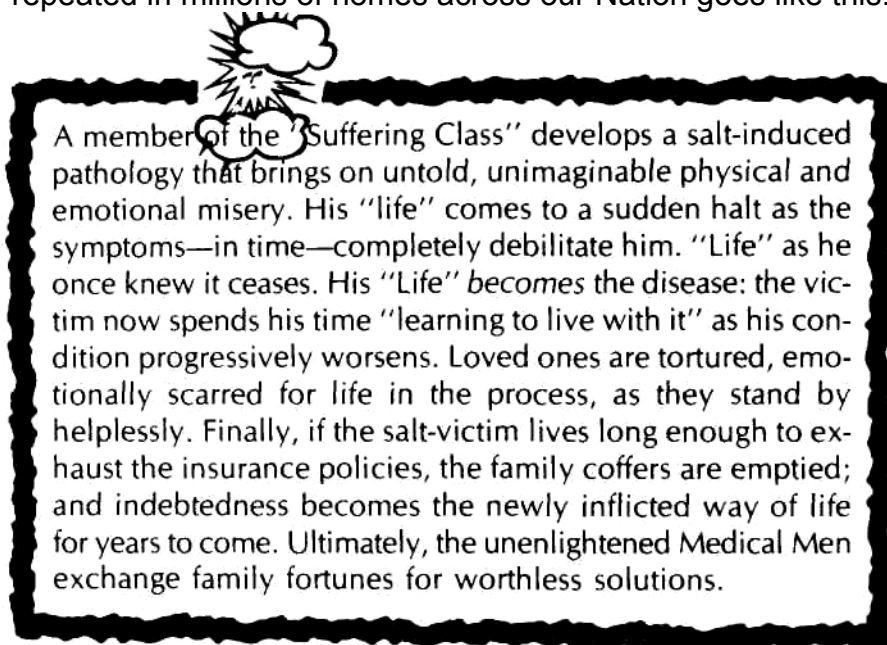
For you will then realize the seriousness of the Salt Pathologies. AND...you will see the evil of Profiteers who conspire to keep the American food supply salted and the American consumer addicted and devoted at the level of the pocketbook. As the facts are laid out, you will marvel at the seemingly inescapable and intricate web these Conspirators have woven to make empires on their addicting, "Can't-Eat-Just-One," processed foods. The Medical Men make fortunes on the Standard American Diet (SAD) pathologies. And the Congressmen make legislation of questionable quality *on our* SAD-drugged mentalities. Finally, in this book, you will be introduced to The Natural Hygiene Revolution and its dietary plan that makes many promises...if you are willing to take personal responsibility for your own Healthful Living Practices. These promises include a restoration to your highest health potential, a return to your highest mental clarity, and a freedom from the addiction and mind-possession of The Salt (commercial/medical/pharmaceutical/governmental) Conspiracy.

It is true that we are all to blame for our own salt use/addiction. And it is undoubtedly true that most of the so-called "Conspirators" themselves are sharing in the national saltaholism right along with the rest of us. But keep in mind that addiction is not a respecter of persons. And it knows no logic. Salt addiction, as we shall see, is not only a matter of tastiness; rather, it occurs on the biochemical, physiological, anatomical levels as well. Most of us became life-long salt addicts on these physical levels in the womb. To make the addiction complete, big business brainwashes us with billion-dollar campaigns to keep us reaching for the salted food. Add to this the social, cultural, familial salt-loving habits...and escape seems impossible.

Withdrawal is neither pleasant nor easy for many. So while it is our own fault when we pick up the saltshaker or lift the salty, processed food to our mouths, remember, we are dealing with an addiction..."cunning, powerful, baffling." And although the proof is now in that a salty diet is "Hazardous to Your Health," this salt addiction is supported by the Food

Men, the Medicine Men, and the Law Men. In fact, in a society where the Doctors and Legislators *could* put controls on what goes into the food supply in the name of "health and the general welfare," instead, we see the vast majority of the members of these two groups quietly condoning or vociferously supporting the Food Giants.

Yes, in the final analysis, each person is to blame for the addictions of his affection. But in the case of salt-related pathologies, it is a high price to pay. The typical scenario repeated in millions of homes across our Nation goes like this:



When all is "said and done," each person *is* to blame for his own self-administered, self-induced salt pathology. Nevertheless, the food industrial/medical/pharmaceutical/governmental powers are not making matters easier for us! They *could* be limiting (if not eliminating) the use of sodium chloride in prepared foods. Additionally, they *could* be requiring that all prepared foods note the salt content on their labels. The point is...these "powers that be" *could* be directly helping the American people instead of consciously, deliberately working against us. And so... even *if you do not believe an actual "Conspiracy" exists in the name of "Uncontrolled Greed and Selfishness" as herein proposed, for*

*the actual effect the actions (or lack thereof) these power groups have on our National food supply and health, it may as well be a Conspiracy!* For these groups are—in effect if not in actuality—working against our constitutional rights of..."LIFE (that is, 'HEALTH'), LIBERTY, AND THE PURSUIT OF HAPPINESS." The point is that without health, life and liberty have little meaning; and pursuit of happiness is only wishful thinking or a daydream in the middle of disease. Yes, each person is ultimately at fault for his own salt-aholism. But a closer examination of the forces that conspire to keep us saltaholics are surely not white and blameless as innocent lambs. For whether "The Salt Conspiracy" is actual or imagined, the salt-poisoned food supply is real! And evil permeates its planning and profits. In the meantime...the rich get richer while the sick get sicker...and poorer. The American Natural Hygiene Revolution calls for an uprising of the sick, addicted, suffering, victimized masses. It calls for an overthrow of The Rich and Powerful and Evil by the "Suffering Class of America."



**THE SALT CONSPIRACY IS, THEREFORE, A DIRECT INDICTMENT:**

Against the Food Capitalists who promote a food supply laced with a known addicting poison in the names of "flavor enhancement," "shelf life/" and "profit."

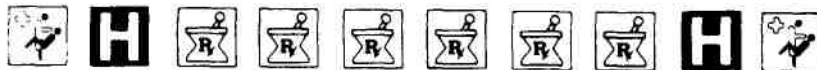
Against the medical and pharmaceutical Businessmen who deliberately withdraw into anonymity or vague statements when their stance against this known health hazard could significantly reduce the National salt epidemic.

Against the Politicians who actively support legislation in favor of salt-lacing.



## THE MEDICAL MENTALITY...(at its worst)

1. **THE MEDICAL MENTALITY** holds that a person can appear "perfectly healthy" one day and then be mysteriously, inexplicably stricken with a dreaded disease virtually overnight.
2. **THE MEDICAL MENTALITY** basically supports a belief in "The Germ Theory" as originally proposed by Louis Pasteur: disease is caused by microorganisms or viruses foreign to the body, which they then invade and use as a host.
3. **THE MEDICAL MENTALITY** holds that there are over 20,000 known diseases, each with its own cause or causes. Years of scientists' time and billions of dollars are spent annually, searching for the external causes of various diseases and their antidotes.
4. **THE MEDICAL MENTALITY** looks at the "disease" process as something which "happens to the body" and, therefore, as something which can — and must — be stopped: the symptoms must be palliated or suppressed; the diseased tissue must be radiated out or cut out or drugged into remission; the body must, in some way be "treated" with some sort of doctor prescribed therapy or other.
5. **THE MEDICAL MENTALITY** teaches you that nearly everybody gets sick of something as they age. Doctors typically state: "You will just have to learn to live with it!" (meaning the pain)...if standard medical treatment cannot help you.
6. **THE MEDICAL MENTALITY** is not interested in promoting dietary nutrition as an integral part of either getting well or staying well, although it may make *minor* concessions such as recommending a reduction in salt or the adoption of a weight-loss program. The attitude, however, is that even if there were something to this "dietary nutrition," people would not change their eating habits anyway.
7. **THE MEDICAL MENTALITY** looks at the practice of fasting to be synonymous with starvation; and it is, therefore, viewed as a form of dangerous extremism.
8. **THE MEDICAL MENTALITY** refuses to acknowledge the evidence that any alternative health care systems have any validity. It does this in the face of vast amounts of evidence and carefully kept records. Any improvement on the part of individuals under these alternative health care systems are attributed to chance or other causes or branded "dangerous" regardless of how much the person has improved.
9. **THE MEDICAL MENTALITY** encourages both a belief in and a dependence on the medical/pharmaceutical complex as the final authority on all health questions and the only real source of individual health. Conditioning in our society is through both subtle cues as well as open intimidation to so believe and depend.
10. **As a victim of THE MEDICAL MENTALITY, you subject yourselves and your loved ones to continued medical treatment, disregarding the reality that you are only getting worse as the treatment continues. Furthermore, you have no desire to search for a workable alternative health care system and no desire to learn how to take personal responsibility for your own health.**





## THE TRUTH



If we, "The Common People" and "Members of the Suffering Class" are to protect ourselves against "Wickedness in High Places," we must first know the truth! The Salt Conspiracy, therefore, instructs us as to the following:

1. Salt (or...sodium chloride) is toxic to human life; sodium, in contrast to salt, is life enhancing.
2. The Standard American Diet (SAD) is highly salted, while The Ideal Diet promoted through Natural Hygiene and High-Energy Methods is sodium sufficient.
3. The appeal of salt in processed foods is due exclusively to its ability to add flavor to tasteless, bland, dead food, and to its ability to addict the user.
4. Salt is a protoplasmic poison that contributes directly to a number of acute and chronic diseases; its use, especially to the "salt-sensitive" individual, contributes to premature aging and early death.
5. The government and medical/drug industries are in a Conspiracy (In effect, if not in reality!) with the food profiteers to salt-lace the food supply.
6. The adoption of the food plan detailed herein by the teachings of "pure" Natural Hygiene and High-Energy Methods allows us to avoid the salt addiction/disease syndrome while making a social/economic/political statement against The Salt Conspiracy.

# CHAPTER TWO

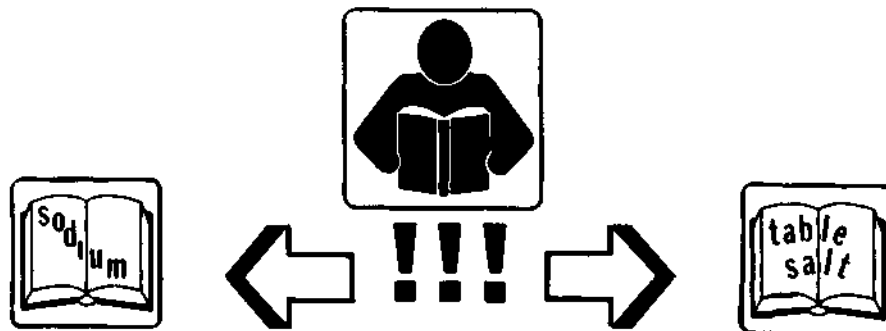
## Sodium Vs.

## Sodium Chloride

## The Ideal Diet Vs.

## The Salty, SAD Diet

To clearly understand these "truths" revealed in this salt expose, it is now necessary to make a crucial distinction: between sodium and sodium chloride. In the literature on the marketplace today, some concerned nutritionists, doctors, scientists do warn us about the hazards of salt. Most of these salt-concerned persons encourage you to cut down to 2,000 milligrams (mg) of salt daily. But in doing so...they do not distinguish between sodium and salt! In fact, "sodium" is used synonymously with "salt" virtually everywhere. To The Natural Hygiene Revolutionary, to The Health Seeker, to "Members of the Suffering Class" plagued with salty, SAD pathologies, the difference between sodium and salt is the choice between well-being or misery...if not between life and death themselves. To fully understand the insidiousness of saltaholism, therefore, the reader must grasp this difference!





## **PLEASE NOTE!!! SODIUM**

Sodium...It is an essential, organic mineral.

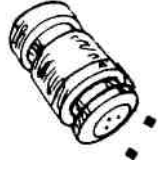
Sodium...It is found naturally occurring in fresh fruit/vegetables/nuts/seeds which have not been tampered with through any form of processing or preserving whatsoever.

Sodium...It is totally usable by the body and in an assimilable form in these "Ideal Foods."

Sodium...It is necessary to the body for optimum health, and it is responsible for:

- \* maintaining fluid balance,
- \* regulating the circulatory system, and
- \* normalizing nerve propagation impulses.

Sodium...The human body needs an estimated 200 to 280 mg of it daily to carry on these essential functions-Sodium...It occurs in adequate, sufficient amounts on The Ideal Diet.



## SEE THE DIFFERENCE!!! SODIUM CHLORIDE

- ◆
  - Sodium chloride...It is a toxic, inorganic
    - ◆ compound formed by the union of the sodium and chlorine. \*
- ◆
  - Sodium chloride...It is found as common "table salt," or the salt crystals are laced-into ("hidden") in processed foods.
- ◆
  - Sodium chloride...It is totally unusable by the body;
    - ◆ and in this unassimilable form, it acts as a Protoplasmic Poison.
- ◆
  - Sodium chloride...It is toxic to the body and is responsible for:
    - ◆
      - upsetting the fluid balance,
      - debilitating the circulatory system, and
      - precipitating and/or aggravating a number of Salt Pathologies.
- ◆
  - Sodium chloride...The human body on The Salty, SAD Diet takes in an estimated 4,000 to 10,000 mg daily.

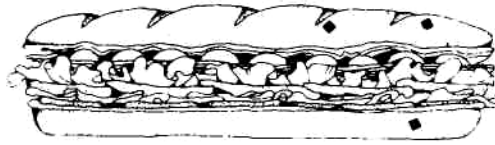
Sodium chloride...It occurs in highly addicting and disease-promoting amounts on The Salty, SAD Diet. •



## PROOF OF THE SALT POISONING

The following "Proof of the Salt Poisoning" is easily seen by scanning the salt content in milligrams from a random sampling of foods in the conventional, SAD diet. The ranges listed below represent variations in particular brand names. Regardless of these ranges, however, note that in many cases, eating just 1 serving of just 1 item below will exceed the 280 mg *of organic* sodium the body needs daily...and this, in the form of inorganic, toxic sodium chloride at that! It's not hard to see just exactly *how* Americans take in 4,000 to even 10,000 mg of salt daily. Surely, here is the proof they" are poisoning us! Here is a blatant, black-and-white demonstration of their deliberate and demonic contamination of the American food supply that leads directly to our addiction and disease.

**BEWARE!**  
**Salt is in**  
**Everything!**



### BEVERAGES

1 can soft drink . . . . . averages . . . . .	50
1 can (10 fluid oz.) diet soda . . . . .	431-550
6 fluid oz. processed vegetable juices .	450-555
6 fluid oz. processed fruit juices . . . . .	0-13

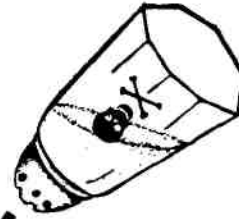


### FLOUR PRODUCTS AND DESSERTS

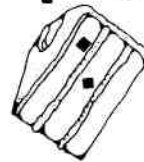
3 waffles (4" in diameter) . . . . .	698-733
2 biscuits or muffins . . . . .	350-605
2 slices bread . . . . .	190-1090
1 oz. stuffing . . . . .	420-635
1 flour tortilla (2 oz.) . . . . .	384-473
1 donut . . . . .	95-200



# FOOD...FOOD EVERYWHERE

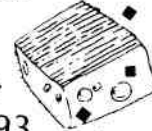


1/12 cake .....	275-450
1/12 cake frosting .....	75-100
1/6 pie .....	130-260
1 cookie .....	38-234
1 cup cereal .....	205-370
1/2 cup prepared jello pudding .....	95-307
1/2 cup ice cream .....	28-122



## CHEESE

1.5 oz. natural cheese .....	113-593
1.5 oz. processed cheese .....	210-743
1.5 oz. cheese spreads .....	143-900



## CONDIMENTS

2 Tbs. barbeque sauce .....	123-600
1 Tbs. ketchup .....	160-180
1 Tbs. mayonnaise .....	80-115
1 Tbs. mustard .....	50-445
10 average-size olives .....	218-868
1 pickle .....	515-645
1 Tbs. soy sauce .....	182-320
1 Tbs. imitation bacon bits .....	687
1 Tbs. salad dressing averages .....	95-333



## SOUPS

10 oz. canned/condensed soup average	675-1547
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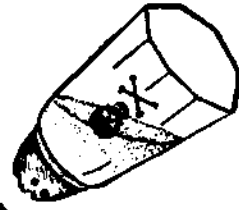


## CANNED FRUIT & VEGETABLES

1/2 cup serving fruit .....	under 10
1/2 cup vegetables .....	265-485
3.3 oz. frozen vegetables .....	4-400
1 cup prepared beans .....	960-1800



# BUT NOT A BITE TO EAT!



## FAST FOOD RESTAURANT FOODS (Averages)

1 typical hamburger	800
1 scrambled eggs & sausage platter	1411
1 serving hot cakes & syrup	530
1 chocolate shake	378
1 hot dog	880
1 fish sandwich with cheese	1035
1 cheeseburger, quarter pounder	1950
1 roast beef sandwich	1093
¼ medium pizza	1100



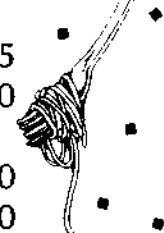
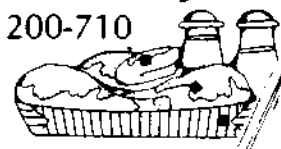
## MEAT AND GRAVY AND SAUCES

3 oz. canned tuna	180-485
4 oz. frozen fish	400-1080
1 frankfurter 2 oz.	400-600
2 slices (2 oz.) bologna	526-687
2 oz. canned meat spread	354-569
2 slices ham (2 oz.)	624-1578
2 links sausage (2 oz.)	374-886
¼ cup gravy	228-428
2 oz. au jus gravy	265-370
¼ cup spaghetti sauce	327-831
4 oz. tomato sauce	200-710



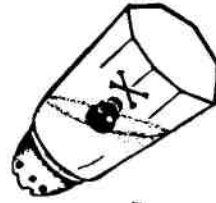
## NOODLES/POTATOES/RICE

½ cup dry noodles prepared in a sauce mix	355-605
½ cup instant mashed potatoes	365-540
½ cup rice & vegetable mix frozen in sauce	400-970
½ cup dry rice prepared in a flavored mix	635-840





# “THEY” are poisoning the food supply!



## CHIPS

1 oz. pork rinds . . . . .	570
1 oz. Dorritos tortilla chips . . . . .	175
1 oz. Fritos corn chips . . . . .	245
1 oz. potato chips . . . . .	300
1 oz. pretzels . . . . .	510
4 cups of buttered/salted popcorn . . . . .	705



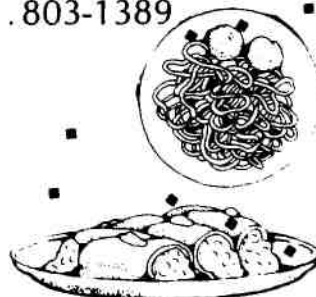
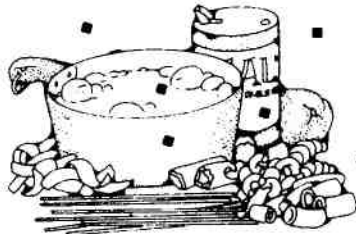
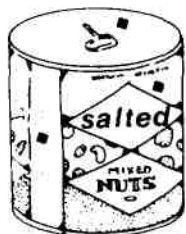
## COMMERCIALLY PREPARED INFANT BABY FOODS

Cereals: 8 oz. prepared . . . . .	4-70
Meat, Poultry, Egg Dishes . . . . .	39-330
Fruit: 7.5 oz. . . . .	2-45
Meals: 6.8 oz. . . . .	537-679
Vegetables: 7.5 oz. . . . .	4-220



## CANNED ENTREES

7.5 oz. Beef Chili with Beans/Lasagne/Macaroni & Cheese/Spaghetti & Meatballs/etc. average of . . . . .	1100
1/5 package of Hamburger Helper + 1/5 lb. hamburger . . . . .	1000
1 typical Frozen Dinner . . . . .	852-1650
1 typical Mexican Frozen dinner . . . . .	910-2300
9 oz. frozen entrees . . . . .	800-1000
1/4 frozen pizza pie . . . . .	803-1389



## CONCLUSION TO "PROOF OF THE SALT-POISONING"

When the aforementioned "salt-aware" health consultants caution their clients and readers to cut their salt down to 2,000 milligrams a day, they also state that the body only needs 200-300 milligrams. Instead of recognizing salt as the poison it is and cautioning a complete withdrawal from all salted foods, they condone an outrageous 2,000 mg toxic dose and rationalize their position with such statements as the following:

"True, the body only needs 200-300 mg of sodium daily, but such a diet is *hard to imagine*."

or

"A diet with as few as 200 mg of salt is *hardly possible*, given the amount of salt in today's foods."

or

"A much higher daily mg salt intake than 200-300 mg is recommended *in order to be realistic*."

These "salt-aware" consultants may be well-intentioned, but they are still on the wrong track! They fail to recognize sodium chloride as the out-and-out poison it is, and they lack the imagination to envision a salt-free diet. Furthermore, their pessimistic attitude reflects a faithlessness in the American people that they could be sufficiently educated and motivated to follow such a diet — even if it did exist! (Which it does!!!)

A very few nutritionists, however, such as Mark F. McCarty do understand the Hygienic viewpoint:

**"The fact that unsalted diets are difficult for most people to achieve under present circumstances is irrelevant to the contention that life-long adherence to a natural, unsalted diet is both safe and protective."**

This is the voice to listen to: well-informed, well-intentioned,

and well-stated. The message should flash on-and-off in our minds: **SALT-FREE...UNSALTED...UNPROCESSED...NATURAL..UNCOOKED...WHOLE SOME...UNSALTED, UNSALTED, UNSALTED!** Such is The Ideal Diet. The truly "salt-aware" individual will not mistakenly and unimaginatively settle for a daily dose of 2,000 mg toxic sodium chloride; rather, he will take The Ideal Foods in favor of the Food Giants' poison every time.

## **SODIUM CONTENT GUIDES**

This "Proof of the Salt Poisoning" is not intended—by any means—to be a complete guide to the sodium chloride content of salty, SAD foods. Such guides have been meticulously prepared and are available at most book stores or can be easily ordered at the book store of your choice. You are urged to get one of these sodium counters into your clutches and continually refresh yourself on the horrifyingly high salt content of all processed foods. It is, after all, the nemesis of the salt-addicted mind, that it **forgets** that the SAD food is salted and that salted food is dangerous.

The goal is to change your vision: To be freed from salt addiction means you view things differently when you walk past people reaching for the salt-laced food in supermarkets and when you watch people devouring the steaming, salted plates of food in restaurants. **Instead of seeing pleasure in the innocent sprinkling of salt, you will see a set-up for sickness...down the road. Instead of seeing tastiness, you will see torture...down the road. You will see through the illusion of salted-food-enticement to the hard, cold, crystal-clear reality of salt pathologies...down the road.** These unnatural foods, deranged by cooking, refining, and chemicalizing...have been...powdered with the addicting, deadly white crystals.

It is the goal of this book to assist in so changing the reader's vision. For when we "see through" the salted illusion to the reality, we are at that moment translated from darkness into light, from death into life. And as long as we can maintain that salt-free level of awareness, that vision of

the food supply the way it **really** is, as long as we don't "forget"...then we can automatically and effortlessly make the right choices.

Following is a list of some of the "salt-count guides" to assist you in maintaining this salt-free vision for your personal life. It's important to keep in mind that these books have been prepared, as has this one, by "salt-concerned" individuals who are hoping their materials will help people understand the dangers of salt-poisoning. Two major differences, however, distinguish the attitude of these authors from mine. To put it in a few words: "It is the Hygienic difference."

#1 . . . First, these authors do not distinguish between sodium and sodium chloride! To read these books correctly, therefore, follow this general rule. When the food is a natural, uncooked, untampered fruit/vegetable/nut/seed, the sodium reading will be all sodium and no sodium chloride. When the food in question is a processed, unnatural food that has been cooked and otherwise altered, in contrast, the sodium reading will be virtually all sodium chloride and very little actual sodium.

#2 . . . Second, these authors encourage you to limit your salt intake to no more than 2,000 mg daily! In fact, they clearly state that 200-280 mg is all the human being needs. Then they go on to say that since this is impossible with the available food supply, you should strive to keep yourself at 2,000 mg level. Of course, if they are limiting the "available food supply" to The Standard American Diet, they are quite correct. As the above readings point out, it is **indeed** quite impossible to stay below 280 mg on even one serving of one food for just one meal! But...as the following pages of this book reveal, staying within 280 mg sodium on The Ideal Diet is easily accomplished. For Ideal Foods are sodium-sufficient. Furthermore, the last chapter herein lays out a systematic, step-by-step program to set up The Ideal Foodplan in your own home.

Regardless of these 2 very important limitations on the part

of the salt-count guide authors, their materials are of great use in educating yourself as to the horrendous megadoses of salt in your once-favored foods. With these qualifications on how to interpret the readings, therefore, these salt guides are recommended. As you go through withdrawal from the SAD diet, you are encouraged to carry one of these salt counters with you to reinforce the "cold salted turkey" process.



## THE GUIDES

Jacobson, Dr. Michael, Bonnie F. Liebman, and Greg Moyer. 1983. *Salt: the Brand Name Guide to Sodium Content*. New York: Workman Publishing. (\$5.95)

Kaufman, William. 1984. *The Sodium Counter*. New York: A Jove Book. (\$2.25)

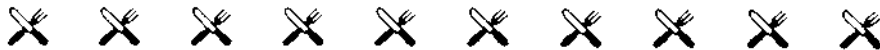
Kraus, Barbara. 1984. *Sodium Guide to Brand Names and Basic Foods*. Illinois: A Signet Book. (\$1.95) Tantum, Dr. Kermit. 1981. *Shake the Salt Habit!*

New York: Ballentine Books. (\$1.95) Vaughan, Dr. William. 1981. *Low Salt Secrets for Your Diet*. New York: Warner Books. (\$2.25)



## THE SODIUM SOLUTION... THE IDEAL DIET

To review...sodium should not be confused with the deadly protoplasmic poison of sodium chloride. Sodium is a mineral essential to human well-being: sodium maintains fluid balance, regulates the circulatory system, and normalizes nerve propagation impulses. **We need—at the most—280 milligrams sodium from dietary sources daily. This is abundantly supplied in a nontoxic, organic, usable form on The Ideal Diet.** The details of implementing The Ideal Diet will be explained in the final chapter. At this point, however, let us give a summary of The Ideal Diet as the foodplan recommended by Natural Hygiene. **This is a completely salt-free foodplan that promises not only freedom from salt addiction and Salt Pathologies...but it promises the attainment of your highest health and energy potential—if complemented by The Energy Enhancers, that is, by Healthful Living Practices in all areas of your day-to-day living.**



### *The Ideal Diet*

*The Ideal Diet for superlative health complements the human anatomy, physiology, and biochemistry...as well as human politics, ethics, aesthetics, and spirituality.*

*The Ideal Diet is formally defined as:*

- ★ *fresh, nontoxic fruits and vegetables, nuts, and seeds*
- ★ *in their uncooked, whole and natural state.*

*These foods are best eaten:*

- ★ *in proper combination,*
- ★ *and modest amounts,*
- ★ *under conditions of nonstress and nonfatigue.*

*Finally, these fresh, wholesome foods are to be eaten in a spirit of reverence.*



## THE SODIUM COUNT IN IDEAL FOODS

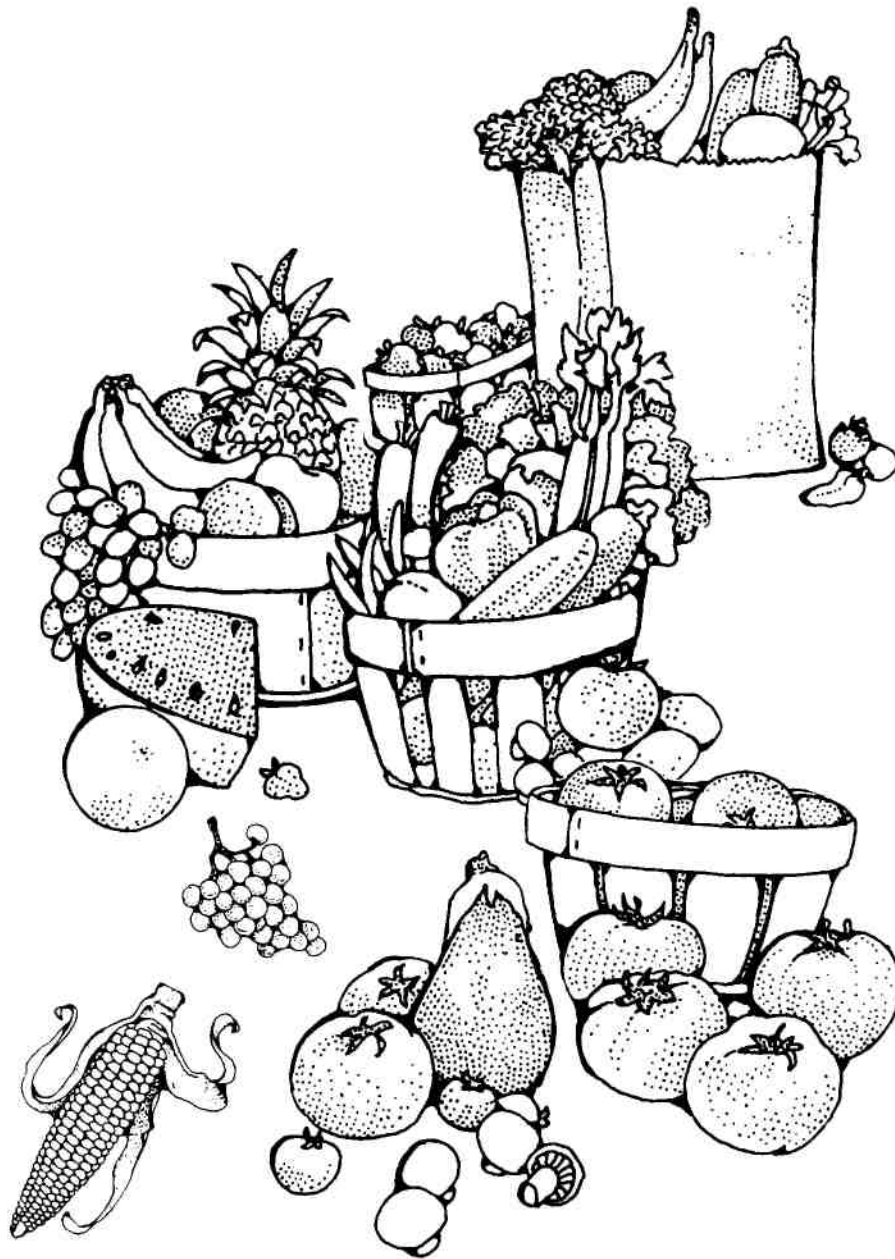
The next table shows clearly how the sodium-sufficient content of Ideal Foods keeps the daily needs between 200-280 milligrams (mg) daily. The servings are all 3y2-ounce portions. The purpose of presenting this list is not to encourage you to start keeping track and counting your sodium intake daily. The purpose is to show you— once and for all—that The Ideal Diet is a sodium-sufficient diet, which does not set us up for the "Salted Pathologies" of The SAD diet. Once the menus are of whole, raw, plant food, the HIGH-ENERGY Seeker need not concern himself with sodium counts any longer!

1/2 oz. FOOD	mg SODIUM	3 1/2 oz. FOOD	mg SODIUM
Apples, fresh.....	1	Chinese Cabbage .....	25
Apples, dried.....	7	Carrots.....	45
Apricots, dried.....	1	Cauliflower .....	15
Apricots, dried.....	25	Celery.....	125
Artichokes.....	45	Celeriac.....	100
Asparagus.....	2	Chard, Swiss.....	145
Avocados.....	4	Chayote.....	5
Bamboo shoots .....	1	Chickpeas,sprouted .....	1
Bananas.....	1	Cherries.....	2
Beans, green snap .....	7	Collards .....	45
Beans, yellow wax.....	7	Corn .....	1
Beans, sprouts.....	5	Crabapples .....	1
Beets.....	60	Cranberries.....	1
Beet greens.....	130	Cranberries.....	2
Berries: all kinds.....	1	Cucumbers .....	6
Broccoli .....	15	Currants.....	3
Brussel sprouts .....	15	Dandelion greens.....	44
Cabbage, white .....	20	Dates, dried .....	1
Cabbage, red.....	22	Eggplant.....	2

Endive .....	15	Mixed nuts. . . . .	under 10
Escarole.....	72	Peanuts .....	6
Figs, fresh .....	2	Pecans .....	trace
Figs, dried .....	35	Pistachios.....	5
Ginger root.....	6	Sesame seeds.....	60
Granadilla.....	28	Sunflower seeds.....	30
Grapefruit.....	1	Walnuts .....	3
Grapes .....	3	Okra.....	3
Guavas .....	4	Oranges.....	1
Jujube.....	3	Papaya.....	3
Kale.....	75	Parsnips.....	10
Kohlrabi.....	8	Peaches, fresh.....	1
Kumquats .....	7	Peaches, dried.....	16
Lemons .....	2	Pears, fresh .....	2
Lettuce, all kinds .....	9	Pears, dried .....	7
Lentils, sprouted .....	2	Peas from pod .....	2
Limes .....	2	Peppers, green .....	13
Mangos .....	7	Peppers, sweet red ....	10
MELONS:		Persimmons, Japanese . . .	6
Cantaloupe .....	12	Persimmons, native .....	1
Casaba.....	12	Pineapple .....	1
Honeydew .....	12	Plums .....	1
Watermelon .....	1	Pomegranate.....	3
Mushrooms .....	15	Potatoes, white .....	4
Mustard greens.....	30	Potatoes, sweet.....	10
Nectarines .....	6	Prickly pears .....	2
NUTS/SEEDS:		Prunes, fresh .....	2
Almonds .....	4	Prunes, dried .....	11
Brazil nuts .....	1	Quinces .....	4
Cashews.....	15	Radishes.....	18
Coconut, fresh.....	25	Raisins.....	27
Hazel nuts .....	2	Rhubarb.....	2
Macadamia nuts.....	5	Rutabagas.....	5



Sapodilla .....	12	Tomatoes.....	3
Spinach .....	70	Turnips .....	49
Squash, all kinds .....	1	Turnip greens .....	17
Sunflower seeds .....	30	Water chestnuts .....	20
Tamarinds.....	51	Watercress .....	50
Tangerines.....	2	Yams .....	30



## **THE IDEAL DIET-VS—THE SALTY, SAD DIET BASIC FOOD GROUPS**

Since we were raised to think in terms of the Basic Four Food Groups *promoted by the food industry, the government, and medical science*, let us next compare this new concept of The Ideal Diet with The Standard American Diet so that we will know *exactly* what we are talking about from here on in:

### **THE IDEAL DIET**

#### **FOOD GROUP NO. 1:**

RAW, FRESH, & DRIED FRUITS:  
(Eat, moderately until satisfied.)

#### **FOOD GROUP NO. 2:**

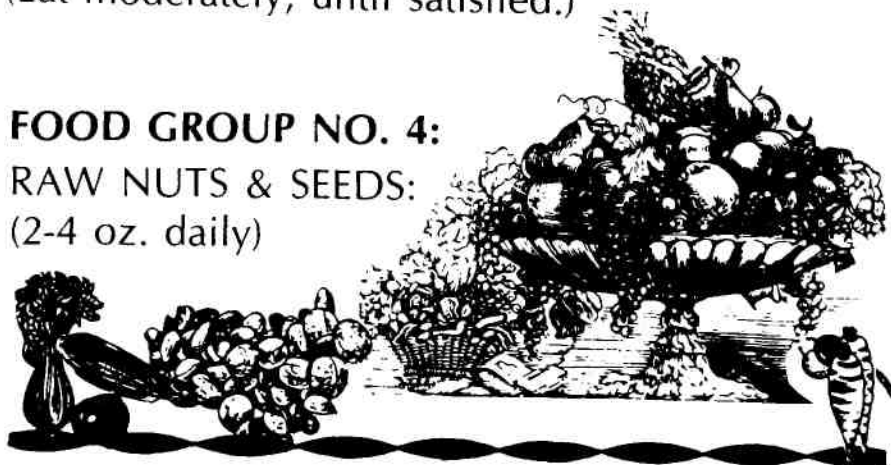
RAW VEGETABLES: exclude toxics: onion, garlic...  
(Eat moderately until satisfied.)

#### **FOOD GROUP NO. 3:**

RAW, SPROUTED NUTS & SEEDS  
(Eat moderately, until satisfied.)

#### **FOOD GROUP NO. 4:**

RAW NUTS & SEEDS:  
(2-4 oz. daily)



## STANDARD AMERICAN DIET

### FOOD GROUP NO. 1:

#### MEAT & MEAT ALTERNATIVES:

(2 servings: 3 oz. of lean meat, seafood, eggs, poultry, dry beans, etc.)

### FOOD GROUP NO. 2:

#### MILK & DAIRY GROUP:

(2 servings: one is 8 oz. of milk or yogurt or 1 slice of cheese.)

### FOOD GROUP NO. 3:

#### BREAD & CEREAL GROUP:

(4 servings: 1 slice of bread or 1 oz. of dry cereal or 2/3 cup cooked cereal.)

### FOOD GROUP NO. 4:

#### FRUIT & VEGETABLE GROUP:

(4 servings: 1/2 cup cooked or 1 medium-sized, raw serving.)

### FOOD GROUP NO. 5:

#### AN INFORMALLY DECLARED 5TH GROUP:

PURE JUNK FOOD (For many, servings from this group make-up to 50% or more of the diet.)

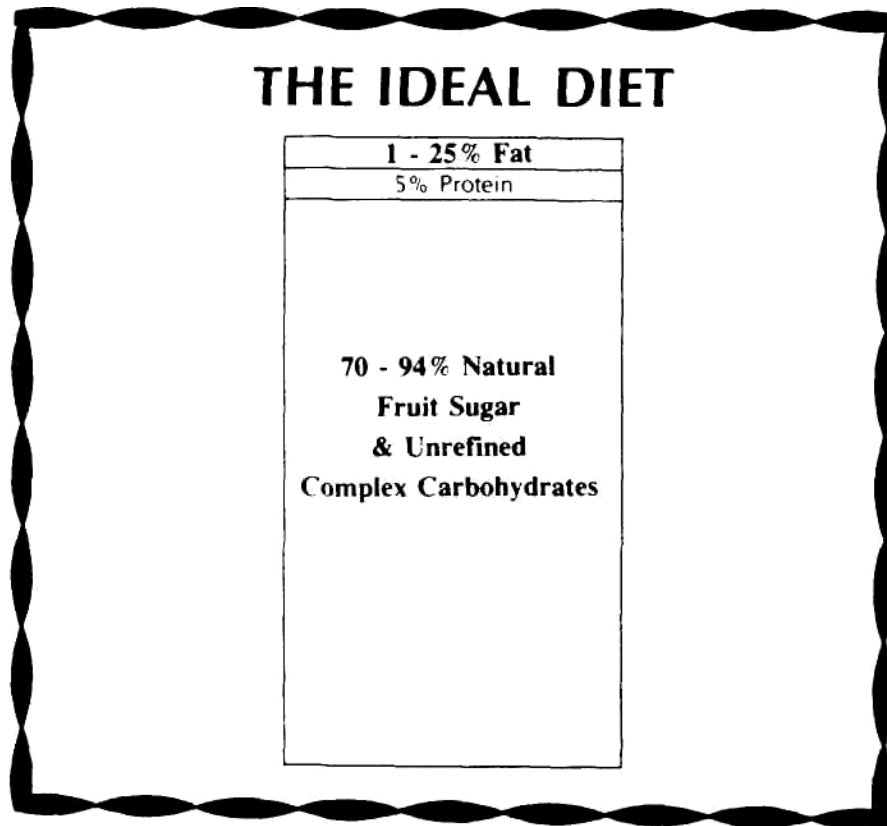


## **THE IDEAL DIET VS. THE SALTY, SAD DIET PERCENTAGES OF FAT, PROTEIN, AND CARBOHYDRATES**

Unless you have been studying nutritional contents of conventional American food, this next chart will — no doubt — amaze you!

Not only is The SAD Diet high in salt, but the fat and sugar content is outrageous! The most incredible comparison is the high fat content of The Standard Diet, most of which is in the form of saturated fats and cholesterol. A high fat intake is associated with cardiovascular disease and cancer, the Nation's Number One and Number Two Killers. By contrast, The Ideal Diet is 5% fat, most of which is low in saturation with virtually no cholesterol. Next, comparison of the protein contents shows the SAD approximately X/i times higher than The Ideal Diet. Moreover, most of the SAD protein is low

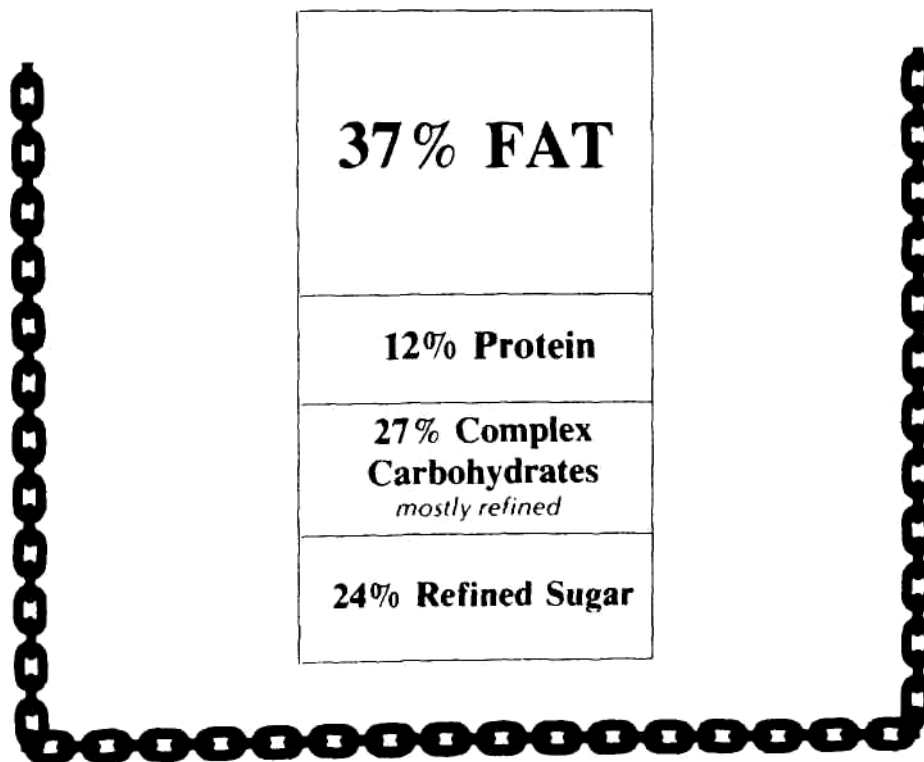
**(Percentages below refer to the caloric value.)**



quality, toxic animal protein. The Ideal Diet, by contrast, contains a high-quality, nontoxic plant protein and does not create a carcinogenic protein overload. Finally, consider carbohydrates. On The SAD Diet, refined sugar — now intimately linked to diabetes, the Nation's Number Three Killer — is heavily used. Additionally, most of the complex carbohydrates are fragmented and cooked. Conversely, The Ideal Diet includes no refined sugar; and the complex carbohydrates have been neither refined nor cooked.

The beauty of The Ideal Diet is in fulfilling the body's energy-conservative fuel requirements: this is best met with easily, efficiently digested natural sugars found in the fruits and vegetables. Unlike refined sugars and grains, natural sugars in natural foods, taken in modest amounts, do not cause metabolic imbalance or rapid, abnormal fluctuations of blood sugar levels. Truly, The Ideal Diet is for health and The Pursuit of Happiness!

## THE STANDARD AMERICAN DIET



# THE IDEAL DIET...VS...THE SALTY, SAD DIET POUND-PER-POUND & OTHER MISCELLANEA

Finally, scan these comparisons between The Ideal (Salt-Free) Diet and The SAD (Salty) Diet:

## THE IDEAL DIET



100%

natural, wholesome food Whole,  
nutrition-sufficient 80-100%

uncooked, LIVE-FOOD

All vitamins intact

All minerals organic

All enzymes "live"

Sufficient in nontoxic plant protein 0

lbs. red meat a year 0 lbs. poultry &

eggs a year 0 lbs. seafood a year 0

lbs. dairy products a year

Averages 4% - 25% unheated fats

Very low in saturation Cholesterol-

free Not carcinogenic

0 lbs. of animal fat a year

0 lbs. grain & cereal a year

0 lbs. of refined sugar a year

0 lbs. additives a year

**0 lbs. sodium chloride a year**

Properly combined

Water-sufficient

Alkaline - maintains calcium reserves

Yields 90% efficiency, at least

## THE STANDARD AMERICAN DIET

Up to 50% or more junk food

Fragmented, nutrition-deficient 80-

90% cooked, DEAD FOOD

Many vitamins destroyed

Many minerals inorganic

All enzymes destroyed

Excessive in toxic animal protein 157

lbs. red meat a year 86 lbs. poultry

& eggs a year 13 lbs. seafood a

year 308 lbs. dairy products a year

Averages 37% - 50% heated fats, which are

High in saturation High in cholesterol

Carcinogenic

50 lbs. of animal fat a year

150 lbs. grain & cereal a year

130 lbs. of refined sugar a year

10-15 lbs. chemical additives a year

**10-15 lbs. of sodium chloride a year**

Poorly combined

Water-deficient

Acidic - leaches calcium reserves

Yields 60% efficiency, at best

**39**



## **PROMISES OF THE IDEAL DIET...VS... THE SALTY, SAD DIET**

Clearly then, The Ideal Diet is more than a "Salt-Free Program": it is, in fact, a "Disease-Free Program" that makes many promises when you combine Healthful Living Practices with The Ideal Diet.

At this point, the reader may be muttering, "No way am I turning into a vegetarian...who eats all his food raw at that!" He may be tempted to read no further, in fact. Surely, this chapter has proven that our food supply is designed for salt

### **THE IDEAL DIET**

1. is nutrition sufficient
2. is nontoxic
3. is non-addicting & therefore encourages moderate eating
4. takes minimal energy to digest
5. eliminates the "food hangover"
6. results in clear thinking
7. enhances positivity & serenity
8. enhances energy, strength & endurance
9. conserves nerve energy & therefore contributes to reversal of toxemia
10. "disease-proofs" the body
11. helps rejuvenate the body & spirit 10—20 years
12. promotes longevity



addiction. Following chapters will reveal the hideous diseases that result from these daily megadosed salt dollops. But instead of focusing on the negative, let us look for a moment at "The Promises of The Ideal Diet" VS "The Curses of The Salted, Sad Diet." Natural Hygiene is offering on its Golden Platter much more than freedom from salt addiction. It is offering, simply by a change in what you eat, coupled with consistently practiced Healthful Living Practices, the experience of you...at your physical/mental/emotional/spiritual best!

## **THE STANDARD AMERICAN DIET**

1. is nutrition deficient
2. is toxic
3. is addicting & therefore encourages overeating
4. takes maximal energy to digest
5. precipitates the "food-hangover"
6. causes unclear thinking
7. leads to negativity & anxiety
8. drains energy, strength & endurance
9. squanders nerve energy & therefore leads to enervation & toxemia
10. precipitates/aggravates acute & chronic disease
11. ages your body & spirit prematurely
12. promotes an early death



*To....Man and Womankind  
Shortly after The Beginning*

*Behold!*

*I have given you every herb  
bearing seed, which is upon the face  
of all the earth, and every tree, in  
which is the fruit of a tree yielding  
seed; to you it shall be for meat.*

*God*

*Genesis 1:29*



# CHAPTER THREE

## The Power of Salt

just as surely as we have been hearing for some time now to "lighten up" on the salt, we have also been hearing that cooking destroys nutrients and that we should *eat* more lightly steamed—if not completely uncooked—foods. The only thing is, we never heard *exactly how bad* salt is for us...or...*exactly how much* nutrition is destroyed with cooking!

### THE KILLINARY ART

Although this book focuses on The Evils of Salt, it is also a treatise on The Evils of Cooking. After all, it is the destruction of nutrition—and therefore of flavor—that drives the cook to pour on the salt in the first place! Cooking thus becomes "The Killinary Art" as the "black artist" reasons: "Even though the fresh and fine flavors of natural foods are lost in the cooking, the white crystals will *at least* add *some* flavor...even if it is just a salty flavor at that."

And so we see the heavy use of salt: **before** the processed food is packaged up, **during** the home heating and preparing of the processed food, and **after** the processed food hits the plate. Typically, the SAD food is salt-poisoned 3 times before it is eaten. Cooking, therefore, goes hand-in-hand with salting as the Nation's Number One and Number Two Enemies to Dietary Health.

Rather than this dependency on salt, let us muse upon the idea of becoming Live-Food Enthusiasts...and not members of The Suffering Class of America! Let us understand how cooking our foods is a pure, sheer act of destruction (not only of flavor but of nutrition, as well!) that is disguised by the addition of salt as a flavor enhancer.

## THE EVILS OF COOKING

1. Wholesale destruction of vital nutrients occurs.
  - a. Some vitamins are destroyed or lost.
  - b. Some minerals are rendered inorganic.
  - c. Proteins are coagulated or deaminized.
  - d. Sugars are caramelized and disorganized.
  - e. Fats are disorganized into carcinogenic *hee* fatty acids, hydrocarbons, and acroleins.
  - f. Some saturated fats become saturated.
  - g. Starches are rendered less digestible.
2. Natural fiber is broken down, increasing transit time of food through the gastrointestinal tract. Increased transit time means sugars ferment, proteins putrefy, and fats turn rancid—loosening toxins for absorption.
3. Carcinogenic charcoal forms during some cooking procedures.
4. Leucocytosis (an increase in white blood cell count and associated with a pathological condition) increases upon ingestion of cooked food.
5. Poor mastication results in decreased saliva and enzyme flow; food is, therefore, poorly prepared for digestion.
6. Decreased dental health is noted.
  - a. Nutrients essential for dental health are lacking.
  - b. Preferred cooked foods are highly acidic and leach calcium reserves from the teeth.
  - c. Cooked foods trapped in the mouth ferment, readily forming plaque.
  - d. Raw fiber, "Nature's Best Toothbrush," is lacking.
  - e. Gums are not given proper stimulation.
  - f. Decreased dental exercise results in dental abnormalities, especially development of crooked teeth.
7. Cooked food is most often fragmented/refined/deficient.
8. Cooked food is most often highly chemicalized.
9. Cooked food is invariably prepared in utensils that give off toxic metal/plastic/paint particles.
10. Cooked food is most often addicting and promotes overeating.
11. Cooked food is toxic and energy expensive to digest.
12. Digestion of cooked food leads to enervation and Toxemia.
13. A STEADY DIET OF COOKED FOODS...ONCE TOXEMIA SETS IN...LEADS TO CHRONIC, DEGENERATIVE DISEASE AND AN EARLY, PAINFUL DEATH.

## THE FIRST POWER OF SALT

This First Power of Salt is its "godlike" nature. It is the apparent omnipotence "to bring back from the dead" the tastiness and nutrition once possessed by natural foods that makes salt so appealing. First the food is "crucified" through refining, chemicalizing, and heating to high temperatures for many minutes. Then the "*Counterfeit* Resurrecting Power," the pure white crystals, are poured on. The result is a *counterfeit* food, with *counterfeit* life, that builds *counterfeit* health. And...no amount of faith (or prayer and fasting, for that matter!) will save The SAD, Salted Food Believer from his fate.

But **why** does salted food taste so good? It is a matter of conditioning at an early age. Research tells us that infants do not have a natural preference for salt...**it is learned**. In time, a habitual salt user relishes only salted foods. And our susceptibility to salt becomes the boon to the Food Giants who conceal flavorless, inferior, even spoiled food with the magical, resurrecting, tiny, white crystals.

### Our Gustatory Sense Organs...The Taste Buds

For the scientific-minded, a bit more can be added to *why* salted food is so very tasty, once the habit has been acquired. A *Basic Textbook of Anatomy and Physiology* by Anthony and Thibodeau explains the nature of our gustatory sense organs as follows:

"The receptors for the taste nerve fibers are known as 'taste buds.' They are located on the tongue. *Taste buds are nervous system tissue of the type called 'chemoreceptors,' for the obvious reasons that chemicals stimulate them.* Only four kinds of taste sensations—sweet, sour, bitter, and *salty*—result from stimulation of taste buds. All the other flavors we sense result from a combination of taste bud and olfactory (sense of smell) receptor stimulation.

On Humankind's Original Diet, eons ago when food was low in sodium and there were *no* cookstoves, these taste buds

well served our ancestors as reliable guides for what was a proper food. They also served to signal the alimentary tract as to what was on its way so that the proper juices would be secreted. And finally, the taste buds served as one of the bodily signals of satiation. That is, when the mild, natural foods no longer "titillated" the taste buds, then—enough was enough! In those days, the buds were not gustatory organs so much as functional in the role of simple nutrition.

All this changed with the advent of crass commercialism and modern food. All these basic functions of the taste buds have been completely perverted by processed, salty, SAD foods. To begin with, the cooked and condimented, modern foods trick the taste buds with chemicals (salt included) that the primitive taste buds cannot even recognize, let alone prepare the alimentary tract for the digestion thereof. Additionally, these chemicals—and especially salt—are so caustic, burning, and powerful in their stimulating *effects* that the taste buds are "turned on" HIGH! The foods are so exciting to these chemoreceptors on the electrochemical level that eating processed foods becomes orgasmic in quality. The turned-on individual eats for the pure pleasure of this sensory arousal. Furthermore, the pleasure provided by this prostituted food crosses the boundary from titillation into excitation. The taste thrills on salty and sugary processed foods are so intense, in fact, that the jaded taste buds eventually come to completely refuse the mild-flavored, natural foods.

So viewed, what the Food Processors have done to our food is an outrageous disservice to Humankind. The only way out of the trickery is to go through salt withdrawal, to get over the years of salt trauma, to stay away from all processed foods. But science tells us there is hope. For it is estimated that the tissues on the surface of the taste buds are renewed every ten days. This means, after ten days on salt-free, Ideal Foods, the mellow, mild, natural, nonstimulating flavors can be appreciated. With perseverance, our integrity can be restored to our taste buds as they resume their rightful function. The first step is to: SAY HALT TO SALT!

Because of his knowledge of The Evils of Cooking, the Hygienist well understands the concept of live food versus dead food. Accordingly, he attempts to eat a whole, raw, plant foodfare of fresh, raw fruits and vegetables, nuts and seeds...*unsalted*. He understands that cooked food is dead food...and that unsalted, cooked food is also tasteless, bland, and boring in comparison to the fresh, sun-ripened foods of his choice. It is easy to see (...Or...should I say, easy to taste?) why the Food Giants pour on the salt! They even openly admit that the food processing removes much, if not all, of the natural flavor (not to mention the nutritional value of food). At least, the addition of salt restores *some* semblance of recognizable taste.



**THE SECOND POWER OF SALT** The Second Power of Salt is its hold over the addict. The salt-user wants more and more salty food. For some, when salt-possession takes the soul...no amount of salted food is ever enough. This is when the overeating compulsion and salt addiction join forces to destroy the salt-eater. The two following chapters clearly establish salt as a "protoplasmic poison": salt is toxic to our cells. And true to all poisons we ingest, the body builds up first a tolerance to and then a dependence on the substance. This means the user needs higher and higher doses to get his original kick. If he wants out, he must go through uncomfortable—if not seemingly unbearable—withdrawal symptoms until the toxins stored within the cells are released and eliminated.

Cocaine and heroine may be dangerous drugs pushed in our society today. But...as the next two chapters reveal...the salty-white crystals insidiously pumped into our food are taking more lives and wrecking more ravage than all the so-called "recreational drugs" put together. **The fact is: salt is in virtually every processed food...in dangerous amounts.** Salt, in conjunction with the high sugar, high fat, high chemical additive content of counterfeit food, is hopelessly addicting every SAD diner, from the cradle to the death bed. Of all the Satanic substances in processed food, the greatest of these is salt.

A recent study reported by *Age and Aging* reveals this addicting quality of salt. It reports that a 25-year-old is *ten times* more salt-sensitive than a 95-year-old. This study included 200 persons, ranging from 10 to 95 years old: male and female; smoker and nonsmoker, alike. Participants tasted a number of tap-water samples from weak to strong in saline content. The results showed that the older the subject, the less he could taste the salt. This study points out the danger of salt abuse: As with all drugs taken over the years, the body builds up a tolerance until the user is automatically dependent on taking stronger and stronger doses to get his "kick." Likewise, with salt, the user has to use more and more in order to even sense the pleasurable effects.



Little wonder Benjamin Franklin warned: Never trust a man who salts his food before even tasting it! Such a person is an addict of the first degree...unthinking and insensitive.

### **THE THIRD POWER OF SALT**

The Third Power of Salt is cultural. The history of salt is long and, in most cases, prestigious. Indeed, a mystique surrounds and protects the individual with The Salt Mentality from reality. Not only is salt deemed necessary for life because it is found in the bloodstream; but it is taunted as a necessary flavor enhancer and preservative, as well. Salt is even bestowed medicinal properties to this very day, despite the mountain of evidence presently contraindicating its use. How is it that The Salt Mentality is impervious to the truth? The answer lies in its Third Power—its role throughout history as a magical, monetary, and/or medicinal commodity. The result is a brainwashed, pickled-in-salt Sufferer.

Let us backtrack and speculate to 15,000 B.C. Maurice Hansen, in *Everything You Wanted to Know about Salt*, maintains that one day someone came upon some dead animal that had accidentally been left in a saltmarsh and had dried. Instead of rotting in the sun, it had been turned to a highly flavorful jerky. Thus, the history of salt as a preservative began.

An understanding of The Original Edenic Diet is crucial at this point. Man and Womankind and all their children were created eons ago to feed on natural, wholesome fruits, vegetables, nuts, and seeds. Since humans need only 280 mg salt daily, these Ideal Foods were then and are today low in sodium but, nevertheless, completely sodium sufficient.

When our ancestors left The Garden of Eden, however, they quickly took up the pursuit of pleasure. Before long, they began cultivating a jaded palate through elaborate food preparations. Gormandizing and gluttonizing developed into favored pastimes. To this very day, the refinement of leisure time into gustatory hedonism continues. Only now, the wiles of science and technology have taken complete mastery over our food supply. Whereas the Edenic foods are low in sodium

and high in potassium as the natural balance of human biochemistry demands for health, the ratio in the corrupt food supply is reversed.

Once food processors discovered The First and Second Powers of Salt, to restore flavor to dead food and to addict the unsuspecting salt-eater, they immediately capitalized on its Third Power. Their Salt Factories thus began turning out overpriced, salt-encrusted foods. Consequently, the tender balance has been undone: processed foods are cured in sodium chloride (not sodium) dosages that exceed the original Edenic standard by 20 to 30 times, while the potassium levels have taken an opposite turn. Indeed, capitalizing on this magical property of salt to preserve, the Salt Mongers have us right where they want us...standing in supermarket lines and seated in The Salthouses (restaurants)...begging for more. Because of our lack of knowledge that could forewarn us of the incurred or impending Salt Pathologies, The Salt Mongers do—without a doubt—have us by our saline, sickened tastebuds.

To briefly continue with The Third Power of Salt, understand that when religious groups recognized the magical features of salt as a preservative, they further imbued it with spiritual properties, as well. Thus, Jewish mothers rubbed salt on the skin of newborn infants in an act of preservation *and* purification, as if the child's body *and* soul could be protected simultaneously by the magical, spiritual essence in salt. Throughout *The Bible* salt is, in most cases, so exalted. In fact, the very word "salt" is synonymous with "holy food" in the ancient Hebrew language.

As salt was elevated from a preservative to a spiritual substance, it made the quantum leap into invulnerability and impunity. The world embraced salt whole-heartedly and continues to do so to this day. In fact, salt became so precious, it was even used as a money exchange in some societies. It was also used in rituals and rites and covenants. Numerous superstitions and stories and colloquialisms developed around salt use. And in Europe of the Renaissance, salt defined the social status of dinner guests. Guests were seated

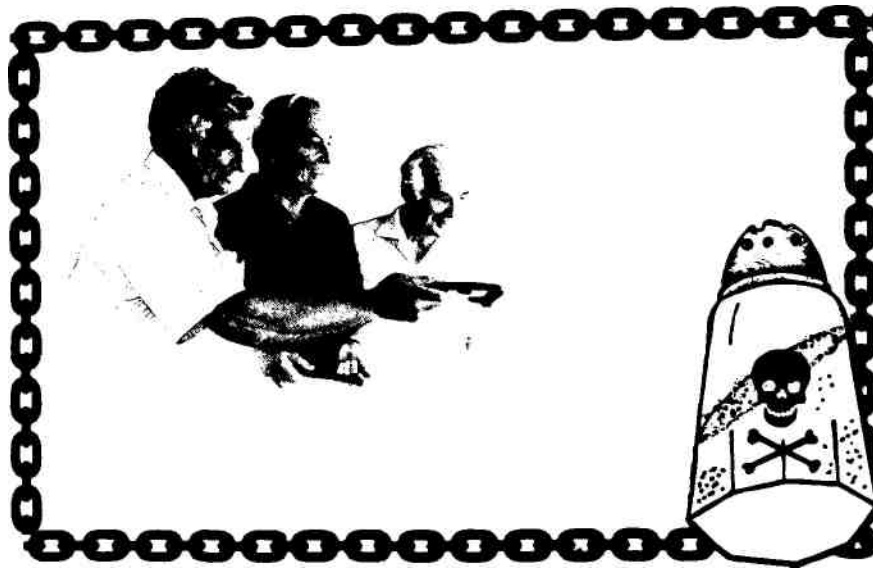
at the long dining tables according to the positioning of the salt: honored guests sat above the salt, while the lesser guests sat below. Yes, worldwide mythology is rich and well-seasoned for the linguistic student who searches out The Third Power of Salt. *The Oxford English Dictionary* alone holds seven pages of salt-related words.

The cultural significance through examples and mythology go on and on about salt. For purposes of understanding how The Salt Conspiracy in present-day America evolved, however, the point is: the use of and belief in salt as a precious, totally beneficent substance has given it an incredible power that has malingered through the ages. This Third Power of Salt possesses the Sufferer of The Salt Mentality even today. This possession manifests as a denial of The Salt Facts...if not a total and aggressive refusal to consider the health hazards of salt...(even though doing so could save their very lives)!



# CHAPTER FOUR

## Sodium Chloride...The Protoplasmic Pleasure Poison



The word poison, stereotyped by the skull and crossbones, may at first seem like a hyperbole, an exaggerated use of figurative language, employed to add color and forcefulness to the recent salt warnings. To others, it may seem a "corny" scare tactic pulled out of the 1930s and used in poor taste. Such is not the case! Please read this seriously...it is not just for *effect* or *emphasis* that salt is branded a "poison" throughout this book. For salt is a poison to the well-being of cellular life just as surely as is arsenic or cyanide. Indeed, salt belongs in the same life-threatening vein of "Protoplasmic Poisons" as alcohol, nicotine, caffeine, and all the other foreign chemicals pumped into the body by the person enamored of the Standard American Program. (SAP!)

In fact, the Protoplasmic Poisons fall into two groups: first, "The Protoplasmic Poisons" we are trained to take for medicinal purposes; and second, "The Protoplasmic

'Pleasure' Poisons" we have learned to take because they add a "pleasant high" or *an* "exciting kick" to *an* otherwise dull, flat moment in one's life. As pointed out in the last chapter, salt falls into this later category and is euphemistically called a "flavor enhancer."

For the scientific-minded, a more technical definition of this euphonic term "Protoplasmic Poison" is surely needed. To put it simply, "protoplasm"—also called "cytoplasm"—is the "stuff" our cells are made of: it is the viscous, grayish, translucent, colloidal substance that makes up every cell in the body. When we look at cells under a high-power microscope, protoplasm is the *matrix* or *background* in which is suspended the nucleus and other cell organelles. The human organism, then, is made up of some estimated 125 trillion cells, each of which is a tiny container *of* protoplasm (nucleus and organelles included) through which, collectively, the individual experiences his existence.

To the extent, therefore, that the individual ingests exclusively pure food, water, and air, he is providing *nontoxic* nutrients that make their way to the protoplasm of his cells. Such nutrition is totally life-supporting and contributes to vibrant health and well-being. To the extent that the individual ingests *toxic* "non-nutrients," however, he is poisoning himself on the protoplasmic level. Low levels of energy and disease symptoms that lead to premature aging and early death are the inevitable results of a lifestyle of protoplasmic poisoning.

An understanding of exactly how salt bestows these poisonous, debilitating symptoms on its user at the level of his 125 trillion cells is essential. For it is this knowledge that then becomes the prime motivating factor to get *off* The Salty, American Diet. Now...the study of biochemistry, neurology, and physiology is very technical stuff that takes years of schooling to grasp in its finer details. So...without getting too technical, the details of "Salt as Poison" follow.

When a teaspoon of table salt is stirred into a glass of water, the crystals disappear; and the water takes on a salty taste. This same thing happens when salt enters the body. The

sodium is still loosely "attached" to the chlorine, only the bonding is not nearly as stable as when in its crystalline form. This dissolved sodium chloride—especially in megadose amounts—begins to wreck its ravage. The May/June, 1984, issue of *Healthful Living* ran a most explicit article by Andrew and Cheryl Zupko entitled "The Hazards of Salt." The actual scenario of salt-poisoning on the cellular level is detailed herein:

"Whenever a particle of salt enters the body, there is an instant recognition of an invasion by a deadly foreign substance. The salty brine is stored between the cells throughout the body—and especially, it is stored in the extremities. In the meantime, the salt causes a caustic, burning sensation and an irritation wherever it is stored. In an attempt to isolate the salt, the body accumulates water in the affected areas to protect surrounding cells and tissues.

"What happens next is the beginning of cell degeneration: Water accumulates to dull and dilute the irritant. One must remember that the body is 68% percent water. *Pure water is demanded for optimum health and can only be gotten by the distillation process or through eating succulent fruits and vegetables.* The body, that is, is not suited to live in an ocean of brine! Any buildup of salt cannot be tolerated for any length of time. Tissues and cells lose water to the interstitial spaces in order to dilute the harsh salt poison. Consequently, these dehydrated tissues and cells lose elasticity and begin to constrict. When this occurs, the molecular structure of the inner cell is altered, and the essential element potassium is quickly lost in the urine. "Low potassium means low blood sugar levels. Low blood sugar leads to fatigue and irritability, triggering even more stress; and more potassium is excreted. As long as salt ingestion continues, the cycle is never-ending. The greater the potassium loss, the more sodium penetrates into the inner cell membrane; and correspondingly, even more potassium is eroded. When

the potassium/sodium ratio in the body is altered to increase on the sodium side, a rapid body degeneration occurs. Disease sets in.

[Herein lies one of the great imbalances of The SAD Diet inflicted upon us by the Food Processors: Man and Womankind's original diet was high in potassium and relatively low in sodium. Our previously Ideal Diet reflected a potassium-sodium ratio of 8 parts potassium to 1 part sodium. In contrast, today's SAD Diet shows most potassium lost in the cooking/refining/preserving. And the foods are 20—30 times high in sodium (actually, sodium chloride) than the human being was ever intended to handle. This ratio of 8:1 has been reversed to 1:1 in the names of "flavor-enhancing," "shelf-life," and—of course—"The All Mighty Dollar." Consequently, a steady diet with the potassium/sodium ratio askew has precipitated and/or aggravated a number of salty, SAD sicknesses.]

"Constricted blood vessels cause high blood pressure and eventual strokes. Oxygen-starved blood vessels are the forerunners of anemia and atrophy of the lungs. Acne, stomach ulcers, glaucoma, psoriasis, nerve degeneration, cancerous tumors, and edema have all been linked to excessive salt intake. Add to this an inflamed, jaundiced liver and a tired, overworked pair of kidneys. The picture we see is one of total body degeneration.

"The worst is yet to come. The greatest harm done by the presence of salt in the body is to the cardiovascular system. A severe enough potassium deficiency caused by excessive salt intake will shrink, calcify, scar, and destroy the muscles, valves, and arteries along the entire coronary route. This finally culminates in congestive heart failure. It is no wonder succumbing to heart disease is the leading cause of death in the United States today." Mike Benton in *The Life Science Health System* further identifies "Salt as Poison" while he takes the student on a

somewhat animated journey-"The Salt Hiway"-from ingestion to excretion:

"As salt enters the mouth in food or drink (or as a deadly salt 'pill'), the cells of the lips and lining of the mouth (including gums and tongue) are severely irritated, with many killed, and the rest seriously weakened.

"In a healthy body, the first line of defense will be instantly activated with a severe and intolerable stinging and burning sensation. Tissue cells are destroyed, and irritation and distress are imposed upon nerve cells. The natural response to such a sensation is to spit out the salty substance responsible so that destruction will not continue. A weak, unhealthy, salt-addicted, and taste-perversed individual is so depraved and depressed in his defensive capabilities, however, that he not only tolerates, but also craves more of the very thing that is doing him in!

"As the irritant moves into the stomach, the body's second line of defense goes into action. A healthy body will instantly signal a sensation of nausea and trigger violent contractions of the stomach to cause vomiting and prompt elimination of the salt. A weak, unhealthy body, in contrast, will tolerate the irritation and permit it to continue its journey as some is absorbed through the mucous membrane tissues and into the bloodstream. The rest is emptied into the small intestines.

"Upon reaching the duodenum, cellular distress is repeated. Since the trap door from the stomach has closed, the only way for prompt discharge of the salt poison is through the intestines and out the bowel. A healthy body will respond with violent contractions. The intestinal muscles will produce a profuse flow of fluid from the mucous membranes to dilute the salt irritation. These same muscles will create a rapid propulsion of the salt solution and everything suspended in it or ahead of it, through the intestines for a violent



and watery discharge out of the anus, resulting in diarrhea. A weak, unhealthy body will, of course, fail to actively respond to the salt in this manner. The salt solution and partially digested food will, instead, be further broken down and absorbed through the intestinal walls to enter the bloodstream. The bloodstream is, thus, 'The Highway for Protoplasmic Poisoning.'

"At this point the healthy body has rid itself of the salt irritant by spitting it out, vomiting it up, and/or excreting it as diarrhea. The weak, unhealthy body, on the other hand, has dully accepted the poison and passed it through the stomach and intestinal lining, destroying and injuring cells as it goes. Ultimately, all body cells suffer."

Mr. Benton's description of the "Destructive Voyage" salt takes in the body adds to the classical definition of the term "Protoplasmic Poison": it is addicting. And true to "The Addiction Syndrome," the body builds up a tolerance to and then a dependence on the addicting substance. Furthermore, the body goes through predictable withdrawal symptoms when the substance is withheld. Repeatedly, Benton's article compares the response of a salt-free individual with that of a salt addict to show the radical differences the mere ingestion of dietary sodium chloride would have on each. **A POISON IS A POISON IS A POISON**



Recall from Chapter One, under "The Basic Tenets of Natural Hygiene and High Energy," Tenet Number 6 points out that the only proper nutrition for Humankind is fresh, sun-cooked fruits and vegetables, nuts and seeds. This is to be supplemented with pure air and water. Natural Hygiene holds that anything else we take into our bodies is a toxin and adds to the toxic buildup that leads to Enervation and Toxemia. And since salt does not occur in these natural, wholesome foods, it is—by Hygienic definition—a poison.

Now, The Medical Mentality will tells us that sodium chloride is essential to health, but that it must be taken in

"specified" quantities. Here is where The Hygienic Thinking and The Medical Mentality are at odds time and time again. Hygiene does not engage in this illogical double-talk about salt or any other poison promoted by profiteers. IF A SUBSTANCE IS A POISON, IT'S A POISON...REGARDLESS OF THE DOSAGE!

Surely, the foregoing has established that salt is not "essential to life"; rather, the bodily reactions to the ingestion of salt are typical symptoms of toxic poisoning. Finally, consider these irrefutable arguments declaring "Salt as Poison":

- ▶ In China, people traditionally choose to commit suicide by drinking a pint of water saturated with common salt.
- ▶ In Birghamton, New York, several babies were killed when fed a formula in which salt had been mistakenly added in place of sugar.

Understand, that it is not correct to say that salt is a poison "under some circumstances." A substance is either a poison or it is not—circumstances are not involved. **Any substance when taken into the body is either a food or a poison. That's it!** Whether it is one or the other depends on if the body can take it and transform it into healthy tissue or secretions. Common table salt, sodium chloride, is at all times and under all circumstances unusable. It is a poison. That it doesn't kill us while we eat the Standard American Diet is simply due to the fact that the daily 4,000 to 10,000 milligram dollop is not a full fatal dosage.

Of course, if The Medical Mentality were to agree with this sensible "a poison is a poison is a poison" logic, the Medicine Men would not be able to sell their pharmaceutical wares. After all, they call their pills and potions "beneficial drugs" when taken in prescribed amounts, while in reality, they are "fatal poisons" when taken in larger quantities. The so-called "healing" effects of these poisons are due to their ability to stimulate the body, to suppress symptoms, to paralyze nerve centers momentarily. The Medical Mentality palliates the symptoms because it does not know how to remove the cause.

**Well, it's about time...the truth is out!** Through the efforts of the long-established organizations in support of Natural Hygiene and, most notably, with the advent of *The Health Seekers' YearBook* published by GetWell in 1990, Pure Natural Hygiene lives again! And with it, the TRUTH of the Hygienic Tenets will eventually prevail. Naturally, if a substance is toxic enough to kill, it is poisonous to human well-being...in any amount. Rather than viewing salt as "essential to life," the Hygienist views "salt as essential to avoid"!

## **BUT...WHAT ABOUT THE SALT LICKS & CIVILIZATIONS?**

At this point in the reading, your past love/conditioning for your grandma's homemade salt-sprinkled pretzels on up to your favorite crystal-covered potato chips may be causing your mind to balk. "How can salt be a poison?" you ask. "What about all the salt licks that wild animals seek out? And what about all the civilizations throughout history who have salted their food?" Good questions.

Let us examine the salt-lick question through Dr. Herbert M. Shelton, this century's most outspoken advocate for The Natural Hygiene Revolution. Shelton succumbed at age 90 in 1985. His teachings, however, will live on to lead the American Health Revolution. Clearly, this statement appearing in *Dr. Shelton's Hygienic Review* exposes The Salt Conspiracy for what it is, a SADly mistaken institution designed for disease and profit. First, he deals with the salt-lick question and then continues to warn us of The Salt Conspiracy:

"Naturalists inform us that in some parts of the earth, certain animals do frequent and lick certain places. Analyses of these 'licks' show that sodium chloride (common table salt) is frequently lacking in them. The different licks' contain different minerals, such as phosphorus, manganese, copper, sulphate, magnesium, nickel, and iron. As the 'licking' process is not universal, but is confined to a few restricted places in the

'licks/ the licking habit, where observed, is **probably** in the nature of a perversion. I have been assured **that** deer sometimes lick the salt flats of Utah; but here, also, the salt in these flats is not all sodium chloride. As the flats are certainly not within reach of all the animal population and, as 'licks' are not made available to all animals, we need not take seriously the myth that all animals must supply their alleged need for salt by visiting 'salt licks.'

"We cannot determine the normal needs of animal life by recourse to the rare practices of a few animals in those extremely infrequent places where mineral outcroppings exist. We do know, however, that animals do not mine salt and do not ship it great distances to supply their alleged need, as do we. **Science is the ever-subservient handmaiden of commercialism; and we should not be surprised by the fact that the scientists can find and have found justification, even if only fictional, for all the practices that are fostered by the commercial world for profit.**

"The mountain of facts of contemporary animal life and of the history of man, which prove beyond the shadow of a doubt that salt-eating is not essential to life, even that the eating of this inorganic mineral is definitely injurious, are ignored by our so-called *scientists* who continue to urge us to take this substance with our foods. Only in a few states of disease are 'salt-free' diets advised by physicians, and not all physicians are agreed that such diets are even beneficial.

"Once a mistake becomes a part of established *science*, it is next to impossible to weed it out. *Science* does not like to admit its mistakes; it does not like to surrender its pet illusions. It is as cocksure that we need sodium chloride in the form of ordinary table salt as it is that we must have flesh foods. People who desire to live rationally will simply have to ignore the decrepit old hag *of science* and go on ahead of her" (taking The Path of Health)!

As you can see, Dr. Shelton does not mince words. His accusations against The Establishment that conspires to poison us made him very unpopular among straight thinkers and those hopelessly trapped in The Medical Mentality. For those of The Suffering Class, however, who have had enough of the toxic lifestyle so greedily promoted by the money-minded, Herbert M. Shelton has become a Great Beacon of Light shining in the diseased darkness. He has given many of us the inspiration to say: "I'm mad as hell...and I'm not going to take it anymore!"

Next, let us briefly address ourselves to the earlier question: "What about all the civilizations throughout history who have salted their food?" Keep in mind, these "What about...?" questions are being asked as a feeble, last-ditch attempt to reject the "Salt-as-Poison" reality. And little wonder. Salt has a most prestigious history. How could it **really** be bad for us after all its glorious history?

Like wine and tobacco and opium and flesh eating, salt does have a long and laudable history. But so, too, do Man and Womankind have a long history of perversion, addiction, and sickness. As pointed out in "The Third Power of Salt" in Chapter Three, salt has at various times in history held magical, medicinal, and monetary powers. Nevertheless, just because salt has been around since time immemorial and just because our ancestors used it abundantly does not mean that salt is essential to human life or—more importantly—that salt is not a poison.

That whole civilizations and groups of people have existed and do exist in superior health—**salt-free**—ought to be enough proof to dispell this myth that salt is essential to life. The fact is that salt-eating has never been a universal practice. Salt-eating is, instead, an acquired habit that whole groups *of* people have either never been exposed to or who have deliberately shunned. Some of these salt-free groups are listed:

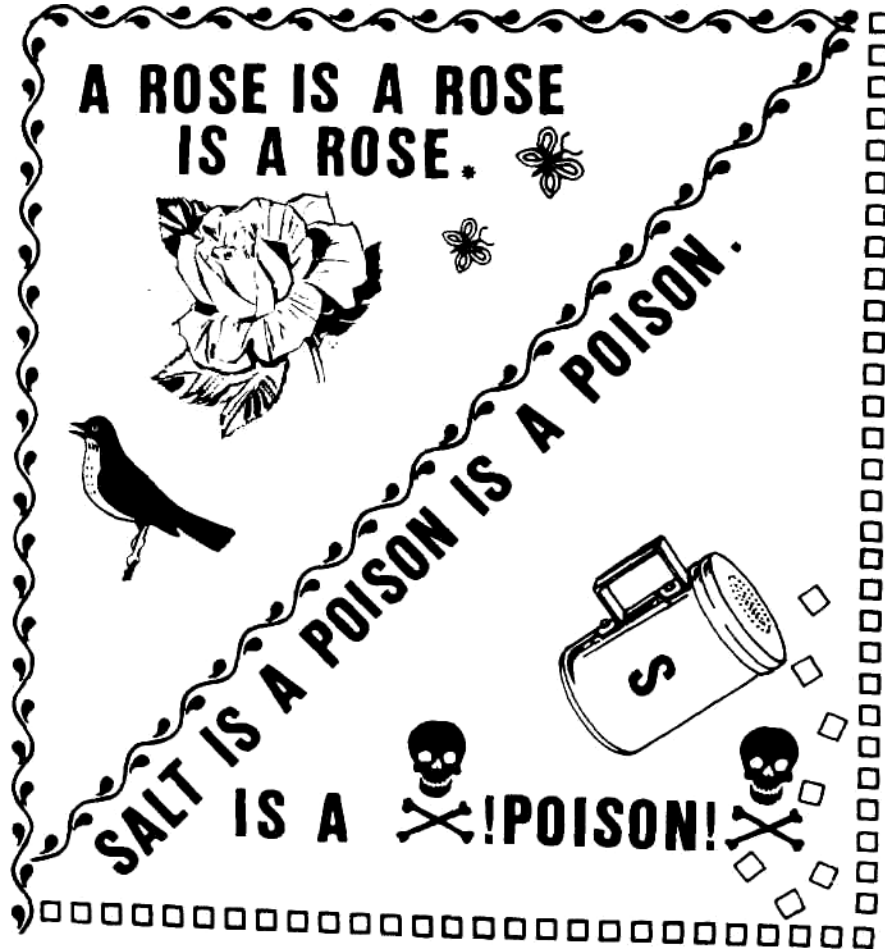
- Certain American Indian tribes
- Primitive Eskimos (Explorer Stefansson states: "After you have been a month or so without salt,

you cease to long *for* it. And after 6 months, I found the taste of salt distinctly disagreeable.)

- Chinese of the interior regions
- Natives of the Pacific Marshall Islands
- **Natural Hygienists throughout the world**

Documented studies of salt-free people break the myth once and for all that salt is essential to life.

In summary, a "Protoplasmic Poison" is any substance which threatens the functioning of human life at the cellular level. Clearly, from the Zupko and Benton articles, salt is just such a poison. The following chapter details "The Salt Pathologies" by overviewing the diseases directly relating to ingestion of sodium chloride when one feasts on The Salty American Diet.





# CHAPTER FIVE



## The Sad, Salt Pathologies

- HOW WE SUFFER AND DROWN
- IN OUR SALTED BODY FLUIDS

For persons just receiving their basic and detailed salt education in this book, the following statement will seem incredible. It is, nonetheless, true: **1 OUNCE OF INGESTED SALT HOLDS 3 QUARTS OF WATER—OR 6 POUNDS OF EXCESS BODILY WATER AND FLUIDS—IN SUSPENSION. CONSIDER...AN OUNCE OF SALT IN THE BODY WILL SEIZE AND HOLD THREE QUARTS OF WATER! THIS MEANS...SALT HOLDS 96 TIMES ITS WEIGHT IN WATER!!!** It is this "water-retaining" characteristic of salt and the resultant additional fluid pressure on the delicate tissues of the human body that are the culprits in the "Salt Pathologies." For the "salt-sensitive" victim hooked on the salty, SAD food, therefore, it is not so very far from wrong to say that..."The water-logged Sufferer is drowning in his own saline bodily fluids!"

Without taking the time to study and understand all of the intricacies and technicalities of biochemistry, let us simply examine this astounding "water-holding" property of salt. Due to the unique molecular structure of the sodium chloride molecule, it has the unusual electro-chemical ability to attract water molecules en masse. This attraction occurs on two levels:

1. First, the  $+$  and  $-$  charges of the sodium chloride attract the  $+$  and  $-$  charges of the water molecules, only many water molecules are held in this "hydration sphere" encircling the sodium and chlorine ions.

2. Secondly, water is drawn to sodium when ingested by a living being through the Law of Osmosis. "Osmosis" is the name for a physical law of life whereby water moves through the semi-permeable cell membrane to bring about a pressure balance between the fluid within the cells and

the fluid in the spaces between the cells (called "interstitial" or "intercellular" spaces). When the body takes in huge amounts of salt typical in The Salty, SAD Diet, the sodium accumulates in the interstitial fluid, creating a disruption in the fluid balance. That is, there is more pressure in the interstitial fluid holding the salt than normal. But because the body is self-regulating, it always strives to maintain a biochemical homeostasis. So...through the Law of Osmosis, the surrounding capillaries and cells will release water to dilute the briny intercellular fluid; and these intercellular spaces then swell while the cells and capillaries dehydrate and constrict.

This dehydration results in extreme stress to the cells and capillary tissues, which prematurely ages them. Meanwhile the interstitial spaces bloat with a somewhat less briny fluid. At this point—when the cellular contents and the blood volume of the capillaries as well as the capillary tissues themselves dehydrate in order to osmotically dilute the intercellular fluids— the salt-eater experiences an overpowering sense of thirst. He satisfies this thirst by drinking inordinate amounts of water. HERE IS WHERE THE TRUE EVIL OF SALT-EATING APPEARS: AS THE SALT—ADDICT DRINKS IN ALL THIS EXCESS WATER, HIS BODY SHIFTS TO A PATHOLOGICAL MODE OF FUNCTIONING. FIRST, INTERSTITIAL FLUID VOLUME INCREASES...THEN BLOOD VOLUME INCREASES...AND CELLULAR VOLUME INCREASES. Virtually every one of the 125 trillion bodily cells and the spaces between them ultimately swells. This means the heart is forced to exert more force to pump the blood. The cardiovascular system thus ages prematurely, along with every cell in the body.

Finally, add to these two physical laws a "salt-sensitive" individual whose circulation is not normal and whose kidneys are sluggish and whose tissue is predisposed genetically to "salt-sensitivity" to begin with. This person would "seize and hold" another several pounds of water within the body that in a healthier individual would be excreted along with much of the salt.



These 2 forces—the hydration sphere phenomenon and the osmotic pressure phenomenon—work against the "salt-sensitive" individual. These 2 forces, that is, join together with The Salty, SAD Diet to set up a myriad of Salt Pathologies.

## HOW THE BODY ACTS UPON SALT

Before examining the Salt Sicknesses, however, one important qualification of terms must be made. It is convenient to use the terms "water-retention" and "water-attracting" and "water-holding" to describe the unique properties of salt. It is convenient because everyone can grasp this idea...we have all heard the warnings: "Cut back on salt because salt retains water."

Yet in Hygienic terms, this is not **exactly** what happens in the body. To grasp the **exact** understanding, recall in Chapter 4: under "A Poison Is a Poison Is a Poison," it was established that a substance is either a food or a poison; it is either nurturing or threatening to cellular life. Recall also, that upon the ingestion of a given substance, the body either uses it as nutrition or rejects it as poison. That is, the food or poison does not act upon the body. Rather, the body acts upon the food or poison. And...the way the body acts upon salt, in particular, is to dilute bodily fluids so that the salt occurs in less damaging, less irritating, less caustic concentrations. It is a subtle distinction, indeed. But to be correct, physiologically and biochemically speaking, understand that only the body as a living organism *can* act upon an inert substance. (An "inert" substance, by definition, cannot act upon anything!) In the case of salt taken into a living being, the body recognizes the salt as poison and acts through the Law of Osmosis to protect itself: first, by diluting the highly irritating sodium chloride and then, by getting rid of it as quickly as possible. If the salt-eater is too enervated to get rid of the salt, however, the body will shunt the diluted irritants to less active storage spots in the body.

That salt is an irritant has been clearly established in Chapter Four. One has only to sprinkle the caustic crystals

in an open wound to experience how the body itself reacts internally when salt is taken in his food. The only difference is that the nerve endings are less exposed in the digestive tract and less numerous so that the burning sensation is only vaguely experienced. Remember also, as Mike Benton pointed out: a healthy body, that is, a body high in nerve energy, would respond to salt-eating with vomiting and/or diarrhea to get rid of it immediately. If salt is ingested by an unhealthy, enervated body, however, there is not sufficient nerve energy to eliminate the sodium chloride. The weakened body must retain the salt. And the salt must "retain" the water.

Even though the salt is "retained", so to speak, the life-preserving mechanisms to maintain homeostasis are in full operation. Since this is the crux of all Salt Pathologies, it bears repeating: **The body adapts to salt-eating by diluting the poison and then by getting it out of harm's way. The dissolved salt grains, therefore, that accumulate in the body are surrounded with a superfluous quantity of water to dilute the retained sodium. The body thus defends itself against this irritant. This is a basic explanation of why we have been hearing the warnings: "Cut back on salt." Because for those of us with "salt-sensitivity" in our cells, this retained water can make us miserable with "swelling sicknesses"...or the extra water burden can overtax exhausted organs/systems and kill!**



## **THE "GOOD NEWS" OF THE IDEAL (SALT-FREE) FOODS!**

The Medical Mentality has a number of names for the Salt Pathologies. This does not alter the facts: salt in the diet is a poison, it is enervating to the body, and it precipitates and/or aggravates the flooding—if not the drowning—of "salt-sensitive" Sufferers. *The Salt Conspiracy* calls for a Revolution in your own life. It begs you to get off The Salty, SAD Diet and onto The Ideal Diet. You will experience—for yourself (!)—the truth of Natural Hygiene as the flood within your salted veins subsides and the symptoms surcease.

Let us not forget the new way of thinking presented in Chapter One: under "The One Cause of All Disease." Let us keep in mind that The Medical Mentality delineates some 20,000 names for disease and prescribes thousands upon thousands of drugs to suppress the pain and pathological symptoms. Natural Hygiene, in contrast, identifies one cause of all disease: enervation of the body that leads to toxic build-up of endogenous and exogenous poisons. Hygiene demonstrates that the so-called "disease" (that is, the set of "dis-ease" symptoms) will be arrested, then reversed, and will then disappear if the sources of toxic poisoning are discontinued and if Healthful Living Practices—in total—are embraced. Only when the disease process has entered into the state of chronic degeneration of tissues, only when whole organs and systems have been destroyed will reversal be impossible. In such cases of degeneracy, however, arrest of the pathology can usually be achieved. Fortunately, most people are not in this final and fatal condition. They can, with commitment to the Energy Enhancers, with diligence and perseverance to Right Living Practices, be free of all dis-ease symptoms.

**As we read on and discover in detail the symptoms of Salt Sicknesses, forever understand that these pathological conditions can be reversed and—depending on our nerve energy reserve—they can be cleared up completely if we choose to discontinue the exogenous poisoning of salt-laced**

**foods typical in The Salty, SAD Diet.** This is the "Good News" of *The Salt Conspiracy!* Furthermore, by turning to The Ideal Diet, we not only become "salt-free." As spelled out in Chapter Two, we also turn to a low-fat, no-cholesterol, chemical-free, refined sugar-free, toxic protein-free, fiber-rich plan that will greatly contribute to the bodily elimination of virtually every disease known to man, woman and child.

### **HEALTHFUL LIVING PRACTICES**

Before delineating the Salt Sicknesses, it is necessary to underline the importance—once again—of *Healthful Living Practices*—in total. Getting off all dietary sodium chloride will greatly alleviate—if not completely clear up—many of the Salt Pathologies detailed herein. However, for a total health program, Natural Hygiene emphasizes the importance of a nontoxic lifestyle in *all* areas of one's life. In fact, now-famous studies have proven conclusively that all the cardiovascular symptoms are significantly reduced when a person stops smoking, stops drinking alcohol, stops recreational drugging...and when he starts regular exercise, starts achieving more emotional poise, and maintains an ideal weight. **The point is, that while Natural Hygiene urges you to adopt The Ideal (salt-free!) Diet, it also urges you to adopt health as a complete way of life.**

That is not to say...all of the pathologies discussed will miraculously disappear when you go without a speck of salt. This is not to say you will be miraculously restored to the vigor of your 17th year the day you stop eating salted foods. BUT...it *is* to say that the salt-induced symptoms of that particular pathology will *immediately* subside! (Although it is true that many, many people report feeling better than they have in years...or than they ever have felt, once they are living Natural Hygiene in total.) It is to say, additionally, that the rewards of eating healthfully are there...and it is not a long wait to reap them! To repeat: simply eating Ideal Foods exclusively—without salt—will in many cases be enough for the disease syndrome in question to disappear entirely. For others, however, whose state of tissue degeneration is more

advanced, the Sufferer will need to embrace the other Energy Enhancers as well.

Let us not get off the point here. This book exposes The Evils of The Salty, SAD Diet: it proposes The Ideal (salt-free) Diet in its place. BUT...this is not to minimize the need for turning to *Healthful Living Practices* in total. Surely the heart attack sufferer must do more than get onto the saltless foods in order to best deal with his tissue degeneration. Likewise, surely the obese Sufferer must do more than select unsalted foods to reach his ideal weight. And so on. With this qualification ever in mind—that ideal health takes Ideal Foods plus healthful living—the following Salt Pathologies *are* presented. **The point is, even if you do not engage in all the Healthful Living Practices in total and immediately, the immediate withdrawal from The Salty, SAD Diet to The Ideal (salt-free) Diet will bring immediate relief from the symptoms detailed herein.**

### **THE SWELLING SICKNESSES...AND SALT**

This water-retaining consequence of the body on a steady diet of SAD, salty food contributes directly to 3 circulatory pathologies that affect the outward appearance as well as the internal structures of "salt-sensitive" individuals. **They swell up!** Hygienic theory explains that the human body stores in the less vital tissues the waste and poisons it lacks energy to expel. Since these poisons cannot, in a state of on-going enervation, be excreted, they are deposited in those tissues in which they would do least harm: connective tissues, fatty tissues, subcutaneous tissues.

That this theory is indeed truth is demonstrated without fail when a swelled, fleshy Sufferer from The Salty, SAD Diet undertakes a fast. Within 2 to 3 days, he loses as much as 10 to 20 pounds, most of which is water weight. Even if he does not have the wherewithal to fast and simply goes 100% on The Salt-Free Ideal Diet for 5 days (!)—his swelling is **greatly** reduced. The Sufferers of edema, obesity, *and/or* anasarca—without exception—find immediate, joyful relief by turning to Hygiene.

Arthur Andrews, former Director of the now closed California Health Sanctuary, pointed out the danger of returning to the salty, SAD foods once students left. Typically, all students undertook a fast from a few days to 40 and then stayed on The Ideal Diet for several days or weeks before leaving. They became salt-free. Here was his deep-felt warning as it appeared in Volume II, No. 5 of The School's newsletter, *Naturally, The Hygienic Way*:

"The person who leaves here is not the same person who came. Once your fast is over, your body-bodily processes and body chemistry—are changed...improved. Your body will no longer tolerate poisons! Certain things that you used to eat and handle without noticeable trouble will now bring you uncomfortable, undesirable signs and symptoms if you make the mistake of eating them.

*"Avoid at all costs the intake of salt or anything that has salt in it! YOU HAVE BEEN WARNED!* Salt and all those other salted condiments actually are not foods. They really are poisons and irritants and harmful to your health. Your body and its systems, now that you have fasted and have been eating your ideal food, are cleaned out, healed and rejuvenated. Putting these substances into your body can be compared to rubbing poison ivy all over your face and skin.

"Salt, for a certainty, will cause your body to demand and then hold water. You will **SWELL**. Usually the feet and ankles swell first. Depending on how sensitive you have become to salt and how much you have eaten, the swelling will proceed. Some people swell until their eyes are closed slits in their heads. Their entire bodies look like puff balls. They cannot bend their fingers. They truly have poisoned themselves. It takes a long time for this swelling to leave, even if you fast. Other things can happen: blurred vision, dizziness, cramps, diarrhea, headaches, spasms, vomiting, to name a few.

"Remember, through the fast and on the Hygienic

diet, you have given your body a chance to clean itself out; and it wants to remain clean, efficient and healthy no matter what you foolishly do. The swelling and symptoms are the body's way of notifying you of the wrongness of your actions. Remember, you have been on an ideal diet. At the cellular level, your body is at least as vital and energetic as it has been in years. Do your best to perpetuate this state and to accelerate the weight loss. **This is one of the reasons you came in the first place — to regain the optimal health available to you."**

### **SWELLING SICKNESS #1...EDEMA**

**First of the "swelling sicknesses" is painful edema...or swelling.** Edema is characterized particularly by localized swelling. Water-engorged hands and feet, ankles and legs are most common. Skeletal features and tendons are often lost in the soft, watery tissues. Puffiness in the face and especially the eyes may result in a roundness that obscures facial features. Pain, tightness, stretched and shiny skin, and feeling "out of touch" or "out of it" is the frequent subjective experience. In some individuals, the edema is termed "hidden": that is, the swelling is not noticeable. With hidden edema, the salt water is held internally. It pools around various organs and may be salt related. Few people realize that the average person can carry a gallon and a half of water (15 pounds) in salt solution without the body showing it. The edema with outward swelling, by contrast, is SAD-ly noticeable and is almost invariably a Salt Pathology. Whether the edema is hidden or observable, however, the swelled tissues present an extra burden on the entire cardiovascular system.

In the old days, the term for "edema" was "dropsy." "Ship Dropsy" occurred when people were at sea for lengthy

voyages eating salted meats and salted hardtack. "Prison Dropsy" was the term applied to the same condition when it developed in prison inmates on a similar diet. "Famine Dropsy" referred to malnutritional edema developing in famine victims, whose diet was also loaded with salt. Today, little do we know, that "SAD Dropsy" has stricken nearly every American *on* conventional food. And if it hasn't hit Mr. and Ms. America yet, in time as the salt continues to wear on their tissues, they will join the ranks of the salt-sensitive Suffering Class. Although SAD Dropsy is not directly fatal, the symptoms are demoralizing, painful, and uncomfortable. But more importantly...in time...SAD Dropsy contributes to and/or complicates the more serious cardiovascular conditions to be considered forthwith.



## SWELLING SICKNESS #2...OBESITY

**Second of the "swelling sicknesses" is obesity...or severe swelling.** Obesity is defined medically as weighing 20% more than your ideal. 1 out of every 2 Americans under the age of 60 is either borderline or plainly obese, while 2 out of 3 over the age of 60 is "clinically obese." The same bloating effect operating in the edematous individual most certainly plays a role in obesity, as well. That is, when excess bodily fat combines with SAD Dropsy, the inevitable fate is obesity. And as you may have heard, the chances of recovery for an obese person to his former slim self are pitifully poor. Far better to never develop the disease than to try to recover from it. Statistics show that only 1 person in 200 who sets out on a weight loss program then loses the desired weight and keeps it off for three years. More generous statistics disclose 5 chances in 100. Not very encouraging.

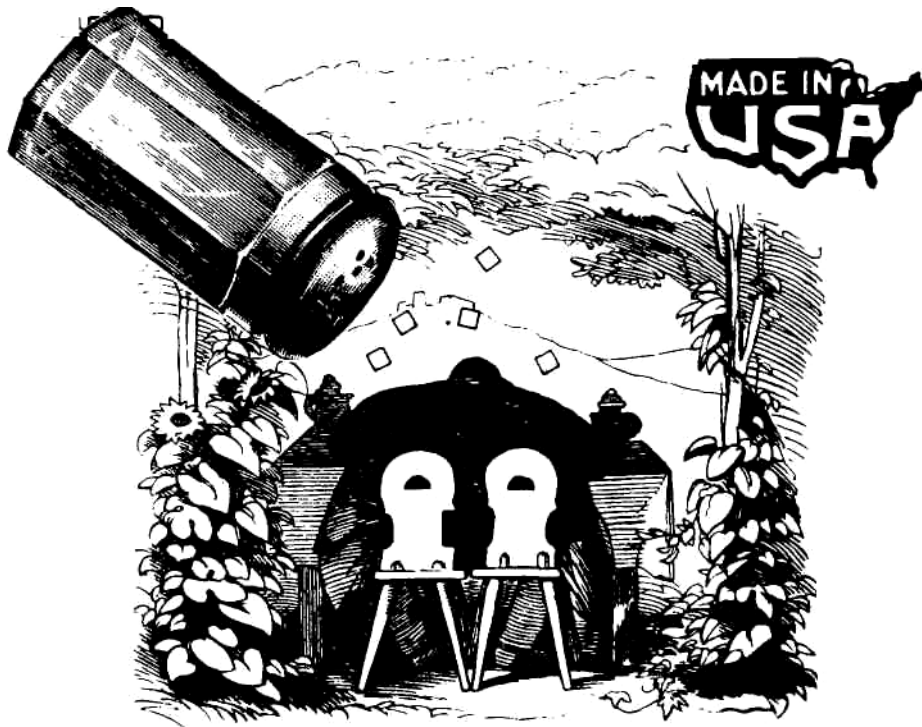


Why are there so many fat people? Why is it so very hard to lose the fat once it appears? And...what role does The So Very Salty, SAD Diet play in the misnamed melodrama of the so-called "Jolly, Fat Person"? By now, you can answer these questions yourself.

\* **First...**Fat people are everywhere because everyone is eating a high-fat, high-sugar, high-salt diet, designed by the food engineers for food addiction (and obesity)!

\* **Second...**The fat is nearly impossible to get rid of because people are trying to lose weight on variations of The Salty, SAD Diet, which is designed for addiction and which made them fat in the first place!

\* **And Third...**The role salt plays in the fat person's tragi-comedy is two-fold: first, salt jades his palate so that he is hopelessly addicted to the salt taste; and secondly, salt poisons his biochemistry, physiology, and anatomy so that his body builds up first a tolerance to and then a dependence on continual ingestion of



**The salty, SAD fact is that every overweight person is carrying around 10 or more pounds (even 20 or 30!) of pure brine!** Such a person's body weight is composed of a considerable amount of water, rather than healthy flesh. Recall from Chapter Two under "The Ideal Diet...VS...The Salty, SAD Diet" that **24% of The SAD Diet is highly-caloric refined sugar!!! and that 42% is even-more-highly-calorific fat!!! No wonder he gets fat! And no wonder he can't lose the weight on a watered-down version of the very same addicting, fattening diet that made him fat in the first place!** (That would be like expecting an alcoholic to "dry out" while he gets 3 shots of Jack Daniels a day!) Indeed, not only does the overweight Sufferer have bulging fat cells from the overeating on sugar and fat, but his interstitial fluid (fluid between the cells) is saturated with salt and bulging with retained water. Meanwhile, the overweight Sufferer is "The Picture of Un-Health." In fact, despite apparent robustness and jolliness, there is no such thing as "A Jolly, Fat, Healthy Person."

Obesity is recognized today as a most serious and progressive physical disease with accompanying mental/emotional disorder that can reduce a person to insanity or suicide. The eating disorders of Compulsive Overeating and Bulimia frequently accompany obesity. Psychiatry has admittedly little to offer these Sufferers to relieve their physical/mental/emotional torture.

The most noteworthy features of The Ideal Diet for the overweight Sufferer are detailed in the Life Science home study course entitled *The Natural Weight-Loss System* and written by myself. This program offers real hope by:

- #1...offering a detailed salt-free foodplan that is non-stimulating, non-addicting, and non-fattening
- #2...offering a full introduction of Natural Hygiene as a complete health care system with step-by-step guidance for its implementation in one's personal life
- #3...offering intense help for the person with an eating disorder.

This detailed course comes with 26 Lessons and 26 Newsletters, teaching all of Natural Hygiene, but with a weight-loss slant. Following is a distillation of the highly useful *Natural Weight-Loss System*:



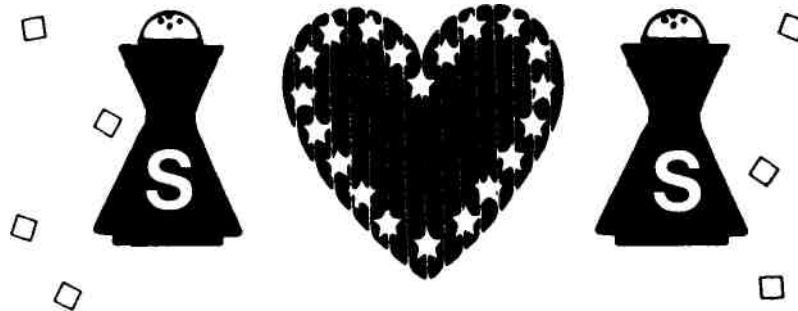
### **The Natural Weight-Loss System**

1. Change to The Ideal Diet.
2. Minimize sweet fruits.
3. Minimize dried fruits.
4. Emphasize vegetables.
5. Minimize nuts/seeds.
6. Minimize avocados.
7. Eat only 2 meals a day.
8. Avoid after-dinner snacks.
9. Eat monomeals occasionally.
10. Fast one day a week.
11. Juice diet for a few days on lower calorie fruits and vegetables, taken sparingly and always freshly-made.
12. Dine with Reverence and use the Slow-Down Behaviors.
13. Keep a food journal and a "personal thoughts diary."
14. Add a regular exercise program.
15. Exercise instead of having breakfast.
16. When tired, rest—don't eat for stimulation.
17. Join a support group that does not center on the SAD diet, such as Overeaters Anonymous or Natural Hygiene.
18. Create a family/friends support system.
19. Practice visualizing yourself at your normal weight and feeling wonderful.
20. Write out and say aloud affirmations such as "I deserve a slender, healthy body and HIGH ENERGY."

### SWELLING SICKNESS #3...ANASARCA

Third of the "swelling sicknesses" is anasarca...or extreme swelling. A third pathology connected to the water-retaining properties of salt-laced food is less well-known: anasarca. This disorder hits the "super-salt-sensitive" individual. It is characterized by severe, generalized edema whereby the sufferer gains as much as 15 to 25 pounds "almost overnight." More women than men experience anasarca as cyclic weight gain with monthly menstruation: they are forced to endure a radically-altered body image ten days out of every 30. Men, however, are also known to endure the distress and disorientation that accompany this body distortion.

Edema, obesity, and anasarca are all serious, indeed. The high-salt diet has, however, a far more threatening, potentially life-or-death "stranglehold" on each of us.



### THE CARDIOVASCULAR SICKNESSES... AND SALT

Remember, the Zupko article noted that salt-intake does damage to the muscles, valves, and arteries along the entire coronary-vascular route? There is more to the story. The "highly-salted person" is literally "pickled in brine," retaining as much as 10 to 20 to 30 pounds of saline solution. This bloat may be unsightly and uncomfortable...as in edema, obesity, or anasarca. Or it may be deadly...as in the cardiovascular diseases. This extra 10 to 30 pound burden of circulating exceedingly salted fluids throughout the entire physiology is—quite simply—more than the so-called "salt-sensitive" individual can bear indefinitely. His "fearfully and

wonderfully made" body takes the abuse, but it is worn down in the process. He ages prematurely. Eventually, symptoms of his adaptation to the bloated condition brought on by The Salty, SAD Diet appear. The adaptation is through a process known as "disease." And depending on the Salt Sufferer's inherited predisposition and systemic toxicity and existing nerve energy supplies, this bodily adaptation to salt-eating is given by The Medical Mentality one of several names: high blood pressure, coronary heart disease, stroke, congestive heart failure, kidney failure.

According to Natural Hygiene, the name of the disease is simply the name of the symptoms for a toxic system that is low in nerve energy and is breaking down. Likewise, there is only one way to treat the Sufferer: by removing the cause of the dis-ease and by providing all the conditions for health. The Medical Mentality, on the other hand, wants to either suppress symptoms with drugs (poisons) or to start in with rounds *of* surgery (butchering). In either case, the causes are not addressed. And so while standard medical treatment may affect temporary alleviation of symptoms, if cause is not removed and if Healthful Living Practices are not instituted, the final outcome is an inevitable return of the symptoms in full force.

**THE FACT THAT THE AMERICAN PEOPLE ARE EATING THE SALTY, SUGARY, FATTY STANDARD AMERICAN DIET AND THEN TURNING TO THE DRUGS AND SURGERIES WHEN THIS DIET DOES THEM IN EXPLAINS WHY CARDIOVASCULAR-RELATED DISEASE IS THIS NATION'S NUMBER ONE KILLER. First, we poison ourselves with the food; then, we poison ourselves with the drugs. It is our own national addiction to SAD food and our own Medical Mentalities that are causing this incredible carnage of the American people. This year...1 out of every 2 Americans who dies is a victim of his own eating/living/medical/pharmaceutical habits. His body adapted to these habits by developing cardiovascular disease.**

**THINK OF IT!!!**  
**THE NATION'S NUMBER 1 KILLER!!!**

This is why The Standard American Diet is truly "The SAD Diet." There is no end to the SAD-ness **poured into the lives** of those who follow it. The SAD Diet has no redeeming qualities, except in a most evil, perverse sense. It **does** keep the Food Processors and Restaurateurs and Advertisers and Medicine Men busy. It **does** keep the working class employed in the production and transport of the foods and drugs. And it **does** occasionally keep the Congressmen's pockets tinkling with Food Lobbyists' tokens of appreciation. But what does The Sad Diet **do** for the American Sufferer?

While this book is an open condemnation of The SAD Diet as it appears in its present form, this writing is not a total condemnation of medical technology en total. This is not to say that medical science has not lengthened the lives of many cardiovascular patients by using drugs and surgery. For indeed it has. Many, many Americans would have died on the spot without the drugs and/or surgeries to prolong their agonies. But these people were on their "last legs" at this crucial moment of medicating and triple by-passing. And most lived only semi-productive and/or short, fearful lives after such medical attention. The treatment may have extended the life, but a true reversal of the condition is seldom achieved.

*The point is, rather, that Natural Hygiene is The Superlative, Alternative Health Care System. Natural Hygiene teaches preventative measures that will bring about the body's reversal of disease symptoms...all disease symptoms...and, in particular...cardiovascular symptoms.* The issue here—and in relationship to dietary salt—is that turning to The Salt-Free Ideal Diet and the practicing of Right Living Practices as systematically explained by Natural Hygiene will bring about a reversal of the disease process and a renewal of health on the cellular level. Once understood, this can only be seen as a route far superior to the poisoning and butchering, which are the only alternatives offered by The Medical Mentality.

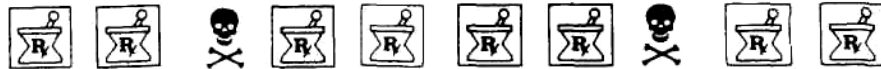
It is interesting to note that while hardly anyone likes the idea of his body being cut open and "worked on," virtually everyone is sold on the idea of taking drugs to deal with cardiovascular symptoms. Hygienically speaking, both modalities fall into the same category: enervating habits that lead to reduced nerve energy and Toxemia. Both modalities serve only as a "band-aide" to mask symptoms. Neither drugs nor surgery remove causes.

## **THE DIURETIC QUESTION**

The most popular drugs (poisons) prescribed for cardiovascular diseases are the diuretics. The theory is that the body is retaining water which dangerously overloads the heart and vascular system. The treatment is to reduce the water load by administering a drug, in the form of a diuretic, that will occasion excessive urination. The cause of the overload—The Salty, SAD Diet—is seldom discussed, except as an off-handed suggestion to "Cut back on the salt." For to administer a basic salt education crash-course would take time. Furthermore, it would take a basic education in nutrition, which doctors do not have and, therefore, cannot give. The fact is that in all the years of medical training, doctors are required to take very few—if any—nutritional science courses. They simply don't have a basic salt education to impart! But they do know the 20,000 names for diseases, and they surely do know what drugs to prescribe. And because the diuretics do suppress the swelling/cardiovascular symptoms for awhile, the doctors capitalize on our Medical Mentalities while we poison ourselves deeper into disease.

For example, take a drug commonly prescribed to palliate cardiovascular symptoms: "Hydropress Tablets," whose "active ingredients" are hydrochlorothiazide (a diuretic) and reserpine (a tranquilizer). *The Physician's Desk Reference* has a full 6" by 10 " page of tiny print detailing the contraindications, warnings, precautions, and adverse reactions to this drug. Foremost among all these reasons not to take Hydropress, just as an example of all such medications, are possible occurrence of the following:

gastric irritation, nausea, vomiting, cramping, diarrhea, constipation, jaundice, pancreatitis, dizziness, vertigo, headache, rash, fever, respiratory distress, pulmonary edema, muscle spasm, weakness, restlessness, transient blurred vision, mental depression, nightmares, nervousness, anxiety, deafness, glaucoma, optic atrophy, nasal congestion, angina pectoris, irregular heart beat, dryness of mouth, enhanced susceptibility to colds, muscular aches, weight gain, impotence...(AND 50 MORE NAMES FOR DISEASES TOO DIFFICULT TO PRONOUNCE!)



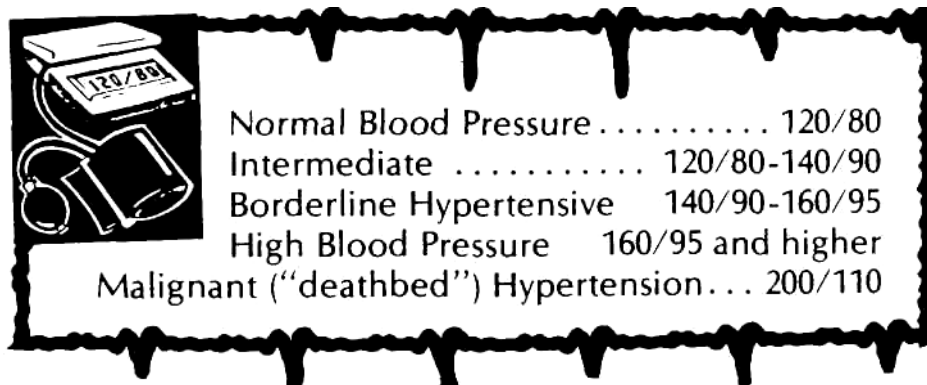
**Every Sufferer presently taking medication is urged to get a copy of *The Physician's Desk Reference* in his hands and read what illnesses the taking of your presently prescribed poisons are setting up for you...in time.** Really and truly, after studying the side-effects of the medications we are presently taking, are we so badly brainwashed by our own Medical Mentalities to be able to say that we believe that the drug of our doctor's choice is the **best** alternative to our Salt Pathologies? Can we really and truly hold onto this belief even when presented a salt-free dietary that not only frees us from Salt Sicknesses but from the pathologies of fiberless food, refined sugar, fatty food, chemicalized food, and animal food?

With the Promising Hygienic View in our mind's eye, therefore, that cardiovascular symptoms of dis-ease can be greatly alleviated if not completely and forever reversed through a drug-free/surgery-free program of Healthful Eating and Living Practices, let us examine the role salt plays as a weapon in the hands of America's Most Voracious Mass Murderer...Cardiovascular Disease.



## # 1...CONSIDER...HIGH BLOOD PRESSURE OR HYPERTENSION

Blood pressure is typically taken with a sphygmomanometer. This device holds a gauge connected by tubes to an inflatable arm cuff which is pumped up to a somewhat uncomfortable tightness, while blood flow is temporarily cut off. The person taking the reading then watches the gauge, and he listens with a stethoscope for two faint sounds as he slowly releases the pressure around the cuff. The first sound is the pressure exerted on blood vessel walls when the heart takes a beat; the last sound is the pressure so exerted when the heart relaxes between beats. Blood pressure is thus measured by two figures: first is the systolic; second is the diastolic. The "systolic" reading refers to the pressure the blood exerts against the arterial walls when the heart contracts. The "diastolic" reading refers to the pressure the blood exerts against the arterial walls when the heart is at rest. The standard blood pressure readings are as follows:



Normal Blood Pressure . . . . .	120/80
Intermediate . . . . .	120/80-140/90
Borderline Hypertensive . . . . .	140/90-160/95
High Blood Pressure . . . . .	160/95 and higher
Malignant ("deathbed") Hypertension . . . . .	200/110

*"High" blood pressure, then, occurs when a constant, high-throttled pumping of blood occurs. In time, this results in a premature wearing out of the heart and arteries. And if the bodily fluid system is swelled with the saline overload from the salty foods, the heart is forced to exert inordinate pressure to pump the excess fluid through the arterial system. Furthermore, for those addicted to The SAD Diet, this is a vascular pathway already pathologically narrowed through plaque buildup called "arteriosclerosis." So...the heart works beyond its normal capability and blood pressure soars.*

## THE "SILENT" KILLER

High blood pressure has been called "The Silent Killer" because few people notice any glaring signs of the condition until it is well advanced. **In fact, 1 in 4 are totally unaware of their dangerously high blood pressure.** They live the standard American life, totally oblivious to the great force with which their blood presses against delicate blood vessel walls. Headaches and dizziness are sometimes noted. A few more aware victims note fatigue, shortness of breath, ringing in the ears, excessive sweating, heart palpitations, irritability and mental foginess. But because these symptoms describe the (more-or-less) "normal" state-of-being commonly accepted among our fellow toxic-and-poisoned Americans anyway, we invent and then blame a so-called "Silent Killer." Rather than holding high health standards for ourselves and rather than accepting personal responsibility for keeping in close communication with our bodily alarm signals, we conjure up and then blame an outside "Murderer."

Statistics show that 1 out of 2 (some sources estimate a generous 1 out of 3) Americans dies prematurely from a cardiovascularly-related disease, aggravated by this "Silent Killer." The **real** "silent" Killer, however, from a Hygienic viewpoint, is the person himself who has led such a reckless lifestyle that he has worn out his cardio-circulatory system prematurely. Additionally, this person is so insensitive to his own bodily cues and so far away from knowing what "feeling good" should actually feel like that he has no idea how really sick he is becoming. Had he stayed "in tune" and "listened" to the bodily warnings, had he followed Healthful Living Practices, he would not have cut himself off from the con-



tinual communication his body had to offer. By contrast, the moment a person living the program of Natural Hygiene begins to feel run down, enervated, dizzy, irritable, or whatever other subtle symptoms of High Blood Pressure, he would stop immediately and examine his eating/living habits and make the necessary adjustments to restore his unusually high state of vigor. From this more responsible, Hygienic viewpoint, the real "Killer" is not "Silent" High Blood Pressure...but the "Deaf" individual himself.

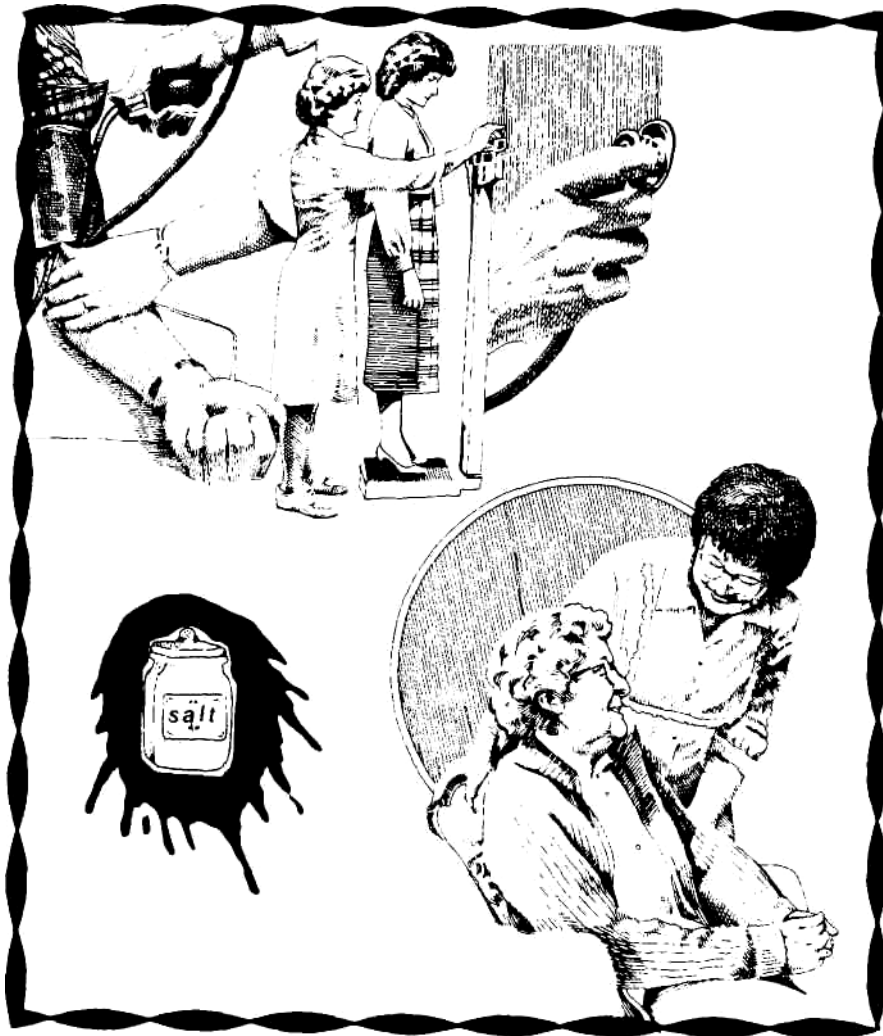
## **THE TWO TYPES OF HYPERTENSION**

Most of the 60 million Americans with Definite and Borderline High Blood Pressure have "Essential Hypertension": this means the medical doctors cannot find a degenerative cause for their High Blood Pressure. That is, physicians can find no obvious pathological breakdown in the arteries, heart, kidneys, or elsewhere...yet. Of course, the Hygienist sees the one basic cause of all disease as Toxemia and, therefore, knows the cause of the hypertension is induced by auto-intoxication, no doubt from a combination of both endogenous and exogenous sources. **And in the case of Borderline and High Blood Pressure, a primary toxin, irritant, and hypertensiogenic is dietary salt. Indeed, salt—in combination with the high fat Standard American Diet—is greatly contributing to the death of all of us.**

When the so-called "Essential" High Blood Pressure has developed to the point that organic breakdown is evident, the doctors can then point to a particular organ or system as the cause of the high readings. The patient is then declared to have "Malignant Hypertension." To The Medical Mentality, the difference between Intermediate Blood Pressure and Malignant is one of quality—not quantity. Lost in the mentality that seeks to identify and name symptoms, the doctors see Intermediate Blood Pressure as different from Malignant.

To the Hygienist, however, who views disease as an orderly progression by which the body attempts to adapt to chronic self-poisoning on the cellular level, the Malignant Sufferer

has simply had the symptoms for a greater period of time so that he begins to break down. The Malignant Sufferer is The Intermediate Sufferer...only he is further down the road and his organs are demonstrably affected by the wear and tear. Likewise, The Intermediate Sufferer is the person with a normal blood pressure reading whose biochemistry, physiology, and anatomy have not yet been ostensibly changed by the abuse that the salty, SAD foods will—one day-occasion. When one's life is viewed as a continuum, instead of a lone moment in space and time, the insidiousness of salt-eating (and all other toxic habits, for that matter) is clearly understood.



## THE REAL MEANING OF "SALT-SENSITIVE"

Throughout this writing, the descriptive word "salt-sensitive" has been used repeatedly; and it has been put in quotes to indicate a special use of this term. Clarification of this special term "salt-sensitive" nicely ties together this idea of our lives as a continuum and how The Salt Conspirators figure into how healthfully we find ourselves at the far end of life's continuum.

Throughout the hours researching for this book, I continually came across The Conspirators' main argument against salt-labeling for the unrestricted salt-curing of the American food supply. It was just this: "ONLY A MINORITY OF THE AMERICAN PEOPLE ARE, IN FACT, "SALT-SENSITIVE"... AND WHY, THEREFORE, SHOULD THE REST OF THE PEOPLE HAVE TO SUFFER WITH A BLAND DIET IN THE NAME OF THOSE FEW?" After all, in this country we run by "the majority rule." Salt-lacing the food, therefore, is an upholding of The American Constitution itself!



As I read more and more about the Salt Pathologies and the studies among salt-eating populations and salt-free people, this became such a very pitiful (or very stupid or very insulting!) line. For when we view the life of each American on a continuum from youth to old age, we find that a steady diet of salty, SAD food induces one or more of the Salt Pathologies in approximately 100% of the American people before they die! This is easily figured by the fact that, as previously stated, 1 out of 2 Americans under the age of 60 is afflicted with the salt-induced sickness and is obese; moreover 2 out of 3 over the age of 60 is obese. THAT THE "SALT-SENSITIVE" PERSONS ARE IN A MINORITY IS A LIE! This lie is further exposed with the blood pressure figures: 2 out of 3 Americans—by the time they reach 65—will have High Blood Pressure. Taking just 2 of the Salt Pathologies, therefore, and viewing them over one's lifetime continuum,

**THE GREAT MAJORITY-IF NOT A FULL 100%-OF THE AMERICANS ARE INDEED SALT-SENSITIVE!** This completely blows apart the main argument used by The Salt Conspirators. The truth is not that they *are* interested in preserving the American ideal of "the majority rules"; rather, they are persevering in the perversion of American capitalism which puts money before human life every time. Let us not, therefore, be tricked by this plaintive ploy of the liars any longer. We **are** the "salt-sensitive" Sufferers...or soon will be. And we are in the majority.

Even if the "salt-sensitive" Sufferers **were** a minority (which they most certainly are not!), does the American government not take special precautionary and safety measures for the minority? Surely the institution of ramps and extra wide doorways for the wheelchair handicapped, as well as the provision of signers for the hearing impaired are examples of the benevolence bestowed on the minority. Do not those in the middle of their Salt Pathologies deserve the same considerate attention? Only 33% of the population may be experiencing dangerously High Blood Pressure symptoms at this moment; but—as has been pointed out—we are all slated for the Salt Sicknesses in time. Could not the salt be legislated out of all foods—for the sake of these immediate Sufferers as well as for our sakes, as potential Sufferers?

After all, studies show conclusively that the elimination of sodium chloride poses no threat to health. **TO THE CONTRARY! STUDIES CLEARLY PROVE THAT A SALT-FREE DIET MAY BE ALL THAT IS NECESSARY TO RESTORE BLOOD PRESSURE TO A NORMAL LEVEL FOR THE VAST MAJORITY OF HIGH BLOOD PRESSURE SUFFERERS!**

The beauty of The American Suffering Class Revolution is that we don't even have to fight for our rights. We just need to understand what has been going on and then turn our backs on the salt-encrusted products offered up by The Conspirators. Once we go through withdrawal and are firmly committed to The Ideal Diet, the battle is won. Not an easy battle it will be for some. But the rewards are well worth the struggle into freedom.

## **THE HIGH BLOOD PRESSURE ODDS**

- **35 million Americans have Definite High Blood Pressure (160/95).** They run:

- 8 times the average risk of stroke
- 3 times the average risk of heart attack
- 5 times the average risk of congestive heart failure

- **25 million Americans have Borderline High Blood Pressure.** They run:

- 2 times the average risk of suffering a cardiovascular disease.

- **15 million Americans with Intermediate Blood Pressure run higher than average risks of developing cardiovascular diseases.** According to their genetic background and SAD lifestyle, they run higher than average risks of contracting cardiovascular disease.

## **A FEW MORE HYPERTENSIVE FACTS AND FINDINGS**

Overweight, also a Salt Pathology, increases the chances of hypertension.

Blacks are 2-3 times as likely to contract hypertension as whites.

Black women over 54 are 3 times more likely to develop High Blood Pressure than their white counterparts.

Black men under 55 are 2 times more likely to die from a circulatory disease accompanied by High Blood Pressure than their white counterparts.

**FURTHERMORE...1 OUT OF 2 AMERICANS OVER THE AGE OF 65 HAS HIGH BLOOD PRESSURE! IN OTHER WORDS...HALF OF ALL US AMERICANS ARE GOING TO SUFFER WITH HIGH BLOOD PRESSURE IN OUR OLD AGE. AND REMEMBER, "HIGH BLOOD PRESSURE" IS JUST A NAME FOR THE SYMPTOMS THAT TYPICALLY ACCOMPANY ALL CARDIOVASCULAR DISEASES.**

The vast majority of these people have high blood pressure simply because they are using the salt shaker and reaching for salt-laden foods. For research has now convincingly linked a salty diet to hypertension...without a doubt. They have indicated high blood pressure as the most important contributing factor to over 1,300 cases of stroke daily in the United States. Furthermore, high blood pressure is considered a major factor in a large portion of the 1,250,000 heart attacks yearly.

(These statistics are taken from Dr. Michael Jacobson's research at the Center for Science in the Public Interest.)

## #2...COINSIDER...COROIMARY HEART DISEASE (CHD)

The term "Coronary Heart Disease" is the designation for three types of cardiac pathologies all resulting from insufficient blood flow to the heart. These 3 pathologies are differentiated as follows:



**ARTERIOSCLEROTIC HEART DISEASE:** is characterized by plaque build-up of the coronary arteries, if not of the entire arterial pathway, and by consequent atrophy and fibrosis of the heart tissues themselves. Research has identified the culprit in the buildup as fatty streaks that develop on artery walls which develop into a plaque or sludge formed by fats such as cholesterol and triglycerides. Some scientists maintain that the high sugar diet is plaque-forming, others that the inorganic calcium in the diet is the cause. More likely, it is a combination of all the poor, SAD dietary habits. In any case, the final result is clear to see in any arteriosclerotic autopsy. The common term for this condition is "hardening of the arteries." A graphic rendition of this statement follows from an article appearing in a recent *Healthful Living* magazine published by Life Science in Austin, Texas:



## **DISEASE—The Seventh Stage: Hard Arteries**

*by Victoria Bidwell*

Several years ago, I enrolled in a graduate anatomy course, which included lab. The most dramatic event occurred one spring day. Seventy Chiropractic students met for lab. Ten groups (of seven students each) had just finished dissecting the thoracic cavity and were about to begin a round-robin, whereby each group would receive a tour of the 10 human cadavers. All cadavers had been elderly men and women. Some had been donated by the state; some had donated their lives prior to death. All received funeral rights at the end.

The round-robins were exciting, since there was so much variation in body type and condition. Today, however, proved special—when our balding, potbellied professor started waving and yelling, "Come take a look at this!" Seventy students quickly gathered around our wise, old mentor.

First, he asked what we had found upon examining the main arteries. Nearly everyone retorted: "Hardening of the arteries." Now, *there* is a term common in modern society. Wasn't this, after all, the inevitable condition over age 50? It's connected with the nation's number one killer—heart disease. Hardening of the arteries or "arteriosclerosis" is characterized by hardened fatty and/or mineral deposits lining the arterial walls so that the blood has less space through which to pass. As a consequence, the heart is chronically overworked to pump its normal volume of blood; and blood pressure rises, causing further strain on an already weakened system. The pathology is often fatal. This commonplace, somewhat abstract knowledge hardly brings chills to one's spine.

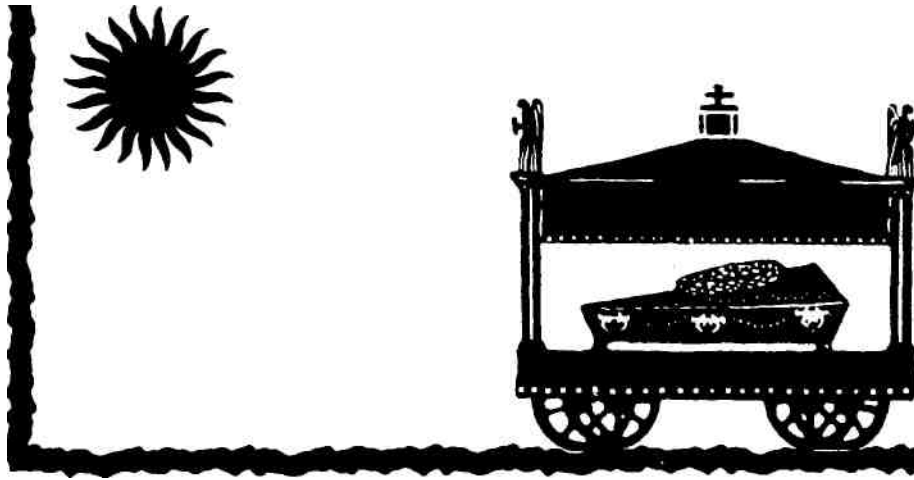
But, let me tell you what arteriosclerosis looks like on a cadaver. First, keep in mind that the major arteries

range from one inch in diameter (the aorta) to 1/16th inch—at which point the smaller branches become arterioles and finally microscopic capillary beds. More importantly, the normal artery will feel soft and rubbery, like the fingers on a soft, rubber Playtex glove. Such was the case: I cut into the aorta and had that "soft, rubber glove" sensation. And then...I hit—ROCK. How could that be? I remember scraping my knife and hearing the sound of metal scraping a cement sidewalk. Still incredulous, I jabbed at this cemented substance—little pieces crumbled off. A sense of dread flushed through me. I cut open the rubber aorta covering for several inches and peeled it back. There, in the space through which blood was supposed to flow, lay a perfectly cylindrical piece of...ROCK. I picked up some crumbings—hard, sharp pebbles. I broke off a piece of the "rock-pipe" and found a passageway, only 1/4 the diameter of the aorta. Lesser arteries displayed the same "rocky" abnormality, some more so than others. This "concrete" reality is "hardening of the arteries." When this condition of toxic build-up sets in, the heart wears out trying to push blood through absurdly small passages; or artery walls burst with strain. This condition is what causes people to gather at funerals and grieve for the loss of a friend, or relative—or you.

When we students hurriedly gathered around the professor, he showed us the aorta of a female specimen. It was soft and rubbery. He cut it open: it was normal. Unlike the other nine examples in various stages of plaqued, calcified, hardened pathology, this one exhibited the condition of a healthy, 16-year-old girl. The professor looked sternly at each of us—the dramatic pause chilled our bodies. He began to make his point, "Thirty years ago, I used to call everyone over, just like this, to see the one example in ten that had hardening of the arteries—so they would know what it looked like, so they could feel the deadly "cemented pipes." He paused; we were frozen in morbid fascination. "Now,

I am lucky to have one example in ten where I can call everyone over to see what the normal condition looks like." Another pause. "In just 30 years, the ratio has completely reversed itself...and do you know why? Suddenly his anger blamed us. "It's because of the foods we eat! The fat, the meat, the salt, sugar, chemicals—all the junk!"

He promptly called a break; and we stumbled into the light of that sun-filled day.



**MYOCARDIAL INFARCTION:** is characterized by heart muscle tissue so deprived of its blood/oxygen supply that it infarcts; that is, a significant portion of the heart tissues dies. This form of CHD is frequently fatal and is invariably associated with severe arteriosclerosis. The common term for this event is a "heart attack."

Heart attack victims fall between two fates: 50% die with their first attack immediately or within a 6 week "grace period"; the remaining 50% have a life expectancy of only 5 to 7 years. The "survivors" become cardiac cripples with recurring chest pain because not enough heart muscle has survived to efficiently pump blood throughout the body.

Heart attack hits 1,250,000 Americans yearly. Of the 625,000 who survive: 38% resume normal lives, 42% are "limited" in normal resumption of their lifestyles, and 20% are incapacitated and require care.

**ANGINA PECTORIS:** is characterized as a set of symptoms that indicate the heart is not receiving sufficient blood/oxygen supply; however, by definition, myocardial infarction has not occurred. In other words, an anginal event is the heart attack minus the irreparable death of heart tissues as seen in myocardial infarction. The symptoms of angina typically include: sudden and intense chest pain, a pain that feels like indigestion, and/or an aching in the arms. Angina usually arises whenever the heart requires more oxygen than narrowed, hardened arteries can provide—for example, after a sudden exertion. That is, underlying angina pectoris is almost always marked coronary arteriosclerosis.

Obviously, much overlap of these varieties of Cardiac Heart Disease exist. Keeping in mind the Hygienic paradigm *of* disease as a progressive attempt *of* an enervated, toxic body to deal with continual self-poisoning and energy-draining living habits, it becomes clear how a Sufferer of arteriosclerosis experiences repeated attacks of anginal pain before finally succumbing to a deadly heart attack.

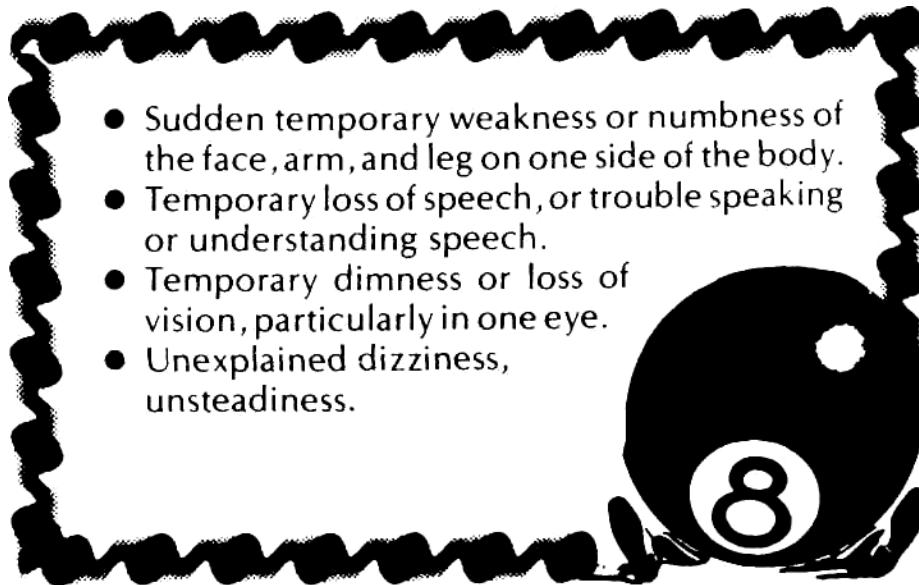
**Whether Coronary Heart Disease is arteriosclerosis, myocardial infarction, or angina pectoris, the condition is greatly aggravated by salt in the diet.** The added pressure the heart must exert to pump the swelled, salty bodily fluids is—quite simply—more than many a deteriorated Sufferer can take. In the final analysis...he trades the taste of salt on the tongue for years and years of his life.



### #3...CONSIDER...STROKED

Whereas a heart attack occurs when the blood/oxygen fails to feed the heart tissues, a stroke occurs when that same supply fails to feed the brain tissues. A stroke, then, is an interruption of the blood supply to the brain, resulting in death of brain tissues. It most commonly occurs when a clot forms inside an artery that supplies blood to the brain, called "cerebral thrombosis" or when a wandering clot becomes lodged in a cerebral artery, called "cerebral embolism." The stroke occurs when the clot either cuts off the blood/oxygen supply or when the artery is pressured to burst and hemorrhage. Regardless of the type of stroke, brain damage occurs due to oxygen and nutrient starvation.

In many instances, the Stroke Sufferer will experience a number of "Little Strokes" long before the "Big Stroke" comes. Unfortunately, Americans are tuned into the crass excitement that T.V. and national sports and the soap operas bring...much more than they are tuned into the subtler warnings their enervated, toxic bodies so softly yet clearly broadcast. In the aftermath, Stroke Sufferers often tell of having had many of these "mini-strokes" and of having paid no attention to them. The symptoms are summarized in the American Heart Association's book *Heart Facts*:



**Stroke victims typically hold high blood pressure readings. As with Coronary Heart Disease victims, the SAD diet clogged their arteries; and the salt aggravated the blood pressure to unbearable degrees.** Of the 500,000 strokes yearly in the United States, 338,000 die immediately or within a few weeks. Of the remaining: 10% remain unimpaired, 40% are "mildly disabled," 40% require special nursing, and 10% must be institutionalized and cared for until they die.

The Stroke statistics are dismal. Better to have embraced Healthful Living Practices early in one's life and to have followed The Ideal (salt-free) Diet as a stroke preventative measure than to try to beat the odds in this game.

#### **#4...CONSIDER...CONGESTIVE HEART FAILURE (CHF)**

The result of some CHD Sufferers' adaptation to the ravages of unhealthful eating/living practices and high blood pressure is to develop an "enlarged heart" leading to congestive heart failure. Simply put, the heart enlarges (hypertrophies) in order to adapt to the great demands put upon it. Through compensatory mechanisms, the heart muscles stretch, and the heart grows larger. Beyond a certain point of stretching (enlargement), however, the heart becomes less effective as a pump...the heart begins to fail.

The compensatory mechanisms can only stand being overloaded for so long. Decompensation of the heart thus sets in which only serves to overburden an organ already taken to its limit. In addition to the abnormal heart action, one typically experiences shortness of breath, fluid retention, and pulmonary edema. This condition affects approximately 1,500,000 American Sufferers today. This most serious form of CHD, is also called "cardiac failure" or "cardiac decompensation." According to Stanley Robbins in *Pathologic Basis of Disease*: "CHF occurs either because of a decreased myocardial capacity to contract or because an increased pressure-volume load is imposed on the heart." This "increased pressure-volume load/" of course, is primarily salt-induced.

When a diseased heart is unable to pump enough blood to the kidneys, they fail to excrete the body's surplus fluid. The Congestive Heart Sufferer, therefore, often develops an edematous condition. Without a strong heart to keep bodily fluids moving, blood accumulates in the tiny arteries and veins, especially of the legs. Pressure rises in these strained capillary beds, allowing the clear, watery part of the blood to seep out into the body's tissues. This surplus congests bodily tissues as it pools in feet, legs, and ankles. Worse yet, a gallon or more may accumulate in abdomen *or* chest, literally **drowning the Sufferer**. The habit of salt-eating which is responsible for excess fluids retained in the body greatly aggravates this congested condition.

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### **5...CONSIDER...KIDNEY (or "renal") FAILURE**

The kidneys are vital organs in the body's detoxification system: they filter the blood, and remove waste and toxins while producing urine. When they are enervated through wrong eating/living practices, they breakdown. Very often, kidney failure is precipitated by previous breakdowns in the cardiovascular system. Additionally, the swelled bodily tissues from a high salt diet overwork the kidneys. They simply age before their time. As kidneys fail (filtration rate falls), a renal retention of salt and water occurs. Salt and water retention is further enhanced by increased secretion of certain hormones under these stressed conditions. The effect is a vicious cycle: the cardiovascular overload overworks the kidneys which causes them to retain salt water which further overworks the heart.

And the Salty, SAD Saga is repeated for the renal victim just as for the other Salt-Sensitive Sufferers. The message of Natural Hygiene is essential to the reversal of this and all Salty, SAD pathologies: **Get off the salted food supply and onto The Ideal Diet...and embrace The Energy Enhancers of Healthful Living Practices.**

## ALL THE OTHER SALT PATHOLOGIES

Of particular importance to women is the relief of complaints currently abbreviated "PMS" or premenstrual syndrome. These symptoms commonly include severe mood swings into depression, tissue swelling with weight gain, painful cramping in the abdominal area, and headaches. After understanding that a salty diet results in water retention, it is not difficult to see how these symptoms are induced. The inordinate retention of water in the body's tissues and vascular system cause pressure throughout the body. When undue pressure is applied to cerebral vascular pathways, the symptoms of mental disorder can result.

Dr. Fieve in *Moodswing, the Third Revolution in Psychiatry* underlines the depressing effects of the salty diet as follows:

"In manic depression, mood shifts are accompanied by shifts in body chemistry, particularly in the amounts of salt and fluid in and around the cells" Depressed patient studies have consistently shown that they retain salt and fluid during their depressed phase."

While women may have long accepted The Mythology of the Monthly Curse and its concomitant irrational emotionalism, we may now clearly understand these moods and pains are brought on by excess fluids in the body. Marietta Whittlesy explains the hormonal machinations of the body during the menses and the subsequent water retention as follows:



"Estrogen and progesterone, two of the principle hormones active in the menstrual cycle, are in an intricate balance throughout the month. When one is at its peak in the body, the other is then at its lowest. (This crucial cycle is regulated by our pituitary gland.) After ovulation, after the ripened egg is released, the levels of estrogen begin to taper off; and progesterone begins to increase. Now, recent research suggests that of these two hormones, progesterone has the most influence on our sodium-fluid balance. *Any* salt taken into the body at this time will be, therefore, more easily reabsorbed by the kidneys. Due to the influence of the progesterone, we will then find ourselves retaining higher amounts of fluid."

**For the woman suffering from PMS on a regular basis, however, The Ideal Diet has far more to offer than the alleviation of retaining these "higher amounts of fluid." For if she chooses to follow the nontoxic eating plan described herein, she will, as her body detoxifies over a period of months, eventually experience a decreased menstrual flow with no cramping or mood swings whatsoever.** The more toxic the diet, the heavier the flow and the greater the pain. The less toxic the diet, the lighter the flow until all PMS symptoms disappear. This is more of "The Good News" that Natural Hygiene has to offer. Women can free themselves from "The Curse "...forever! Women Hygienists have experienced that PMS is a pathology of The SAD Diet and of unhealthful living practices in general. This statement can be easily proven ' "Everywoman" for herself!



A number of less threatening, but nevertheless serious, diseases besides the foregoing are precipitated and/or aggravated by sodium chloride in the food supply. From personal experience in her hospital research, Marietta Whittlesy in her inflammatory book *Killer Salt* adds kidney malfunction, unusual female menstrual discomfort, mental/emotional disorder, varicose veins, and gout to the list of salt-pathologies. In her opening statement of rage, she both exposes and attacks the Salt Conspirators:

"Today, millions upon millions of Americans are suffering from the effects of salt in their diets. This national epidemic includes people from all walks of life: old people, young people, children, and even infants. Of the countless who are suffering because of salt, only a few will be able to help themselves. Why? Because only a small percentage of those who suffer from salt abuse realize what a crucial —and **deadly**—role salt plays in their life...How could it be that something so 'common' as salt could be for so many a deadly poison? And if what we are learning about salt is true—that it is a chemical whose devastating effects are literally **frightening** to realize—how is it that salt is so commonly used and available? In other words, **WHY WEREN'T WE TOLD?**" Ms. Whittlesy continues: "The great institutions upon which we have learned to rely—government, industry, and even medical science—have done very little to alert and protect us."

Long term Hygienic Practitioner Dr. Keki Sidhwa adds many more notches on the Salted Gunbelt: pneumonia, pleurisy, Bright's disease, typhoid fever, jaundice, cirrhosis of the liver, scarlet fever, smallpox. He explains that in these conditions, the kidneys fail to remove salt at the normal rate, and that in all these diseases, salt in any shape or form in the diet is to be withheld.

A review of other Natural Hygiene practitioners throughout the abundance of Hygienic literature point out additional salt-related symptoms: lupis vulgaris, insomnia, headaches, migraines, premature aging of the skin, indigestion, arthritis, fatigue, deafness, sinusitis, hives, epilepsy, rheumatic swelling, and nervous tension.

Space does not allow a pathology-by-pathology explanation of how all of the other aforementioned diseases are precipitated and/or aggravated by salt. Generally speaking, it is the poisonous nature of salt in the body as previously described that so adversely affects each and every one of us. And it is the unique biochemical individuality, inherited predisposition, and existing state of toxicity, and nerve energy vitality that will determine which set of symptoms will be manifested in our own bodies when we don't learn to leave the salt alone...once and for all!



# CHAPTER SIX

## "Wickedness in High Places"

Food Giants,  
Medicine  
Men, and

Politicians



*Salt: The Brand Name Guide to Sodium Content* by Dr. Michael Jacobsen, Bonnie Liebman, and Greg Moyer is published by the Center for Science in the Public Interest (CPSI). It lists the sodium levels in more than 5,000 supermarket foods, fast foods, and natural foods. The foregoing "Proof of the Salt Poisoning" is a random sampling of favored American foods and their sodium content taken from this guide. Actually, the milligram readings are of sodium chloride content (and not sodium); but most nutrition-minded writers are yet to make that important distinction.

### THE SALTED BOTTOM LINE

The authors have written *The Guide* in direct protest of the capitalistic/political/medical conspiracy. Their book clearly reveals the "Salted Bottom Line" that motivates these special interest groups. Like so many of us, they see an undermining of the common good by profiteers who plot...

#1: to keep consumers in the dark about exactly how much salt is laced into the processed foods

and

#2: to keep us addicted to the "salt kick" in otherwise tasteless and overpriced foods.

**Following is a dateline depicting the successful salt conspiracy as provided by Jacobson, Liebman, and Mover in this well-researched book**

**1**

**904:** Two scientists announced their suspicion that salt raises blood pressure. Since then, the Surgeon General, the U.S. Food & Drug Administration, the U.S. Department of Agriculture, the U.S. Department of Health and Human Services, the National Academy of Sciences, and the American Heart Association have all agreed: Americans should cut back their intake of salt.

**July, 1978:** Center for Science in the Public Interest petitions the FDA to label and limit salt in processed foods. Those calling for salt-labeling: 24 senators, 50 representatives, many hypertensive experts, and 22 health organizations.

**January, 1979:** The FDA says any move to limit sodium must follow a report on salt by the Select Committee.

**July, 1979:** The Select Committee concludes that salt is "not *generally recognized as safe*," recommending that the FDA develop "restrictions on the amount of salt in processed foods."

**August, 1979:** The U.S. Surgeon General reports: "Americans would be healthier, as a whole, if they consumed...less salt."

**February, 1980:** The National Academy of Sciences publishes the 1980 edition of RDAs, advising the public to reduce salt intake to between 1,100 and 3,300 milligrams per day. Also, the U.S. Department of Health and Human Services and the U.S. Department of Agriculture release *Dietary Guidelines: for Health Americans*, advising people to "avoid excess salt."

**February, 1981:** CSPI submits to the FDA petitions from 5,769 health professionals, calling on the agency to limit and label the sodium content of processed foods. For the next 6 months, over 100 representatives signed on as co-sponsors of the proposed legislation. The American Medical Association testified that labeling sodium content was an important

first step in enabling consumers to avoid excess sodium. The American College of Cardiology, the American Association of Retired Persons, The American College of Preventive Medicine, and the American Heart Association added enthusiastic support to the bill.

**February, 1982:** The bill is withdrawn from the agenda of the House Subcommittee on Health and Environment. During the year, food industry trade associations had refused to testify at hearings and would not support the bill. Congressmen and representatives were literally wined and dined by food producers, which led to complete about-face maneuvers. Even the AMA disappeared from the scene, in the name of opposition to "Big Brother" tactics (more correctly..."Big Bucks" tactics).

**August, 1982:** The FDA formally responds to the CSPI's original 1978 petitions. The request for mandatory labeling and limiting of sodium content of processed foods is denied.

## Salt level still high in packaged foods

A FOUR-year federal program to encourage food companies to reduce the salt content of their processed products has accomplished "next to nothing," a consumer advocacy group says.

The Center for Science in the Public Interest, a Washington-based group, said its recent annual survey of 100 packaged foods found that more than 60 of the items analyzed in 1986 had the same sodium content as in 1984. Only 23 lowered the amount of salt, while 14 raised the level. The U.S. Food and Drug Administration started a program in 1982 to persuade the food industry to lower salt content in foods.

*(Reprinted from...San Jose Mercury News...Wednesday, March 12, 1986)*

**As of today:** The Bush Administration strives to avoid regulating industry. Nevertheless, due to a response to growing salt-conscious Americans, the Food Giants presently include salt labeling on about *Vi* of all processed products. This reluctant compliance, however, is no great concession to the Food Men's part. They are not, after all, cutting back one iota on the amount of salt-poisoning. They are only adding the "sodium" — that is, "sodium chloride" — content on the labels of about half their foods. And after all, seriously, what percentage of our salt-addicted souls are going to read the labels as they reach for their favorite salted kick? And of them, how many will know the difference in their individual biochemistry between a 2,000 and 10,000 mg dosage, any way?

**EVEN IF...**legislation were enacted during their writing and the salt content were to suddenly appear overnight on all processed food in milligrams per serving, the effectiveness of The Salt Conspiracy would be little affected. *For it is not in the labeling of the salt amounts but in the actual salt amounts pumped into the food that is inducing the Salt Pathologies.* If such legislation were miraculously enacted as this book is being printed, therefore, it would benefit only the salt-aware shopper. Only the person who has been clearly educated as to the health hazards of salt will conscientiously read the label on each salt-glazed item. **The point is...that it is not just labeling that is needed but the cessation of the salt-poisoning altogether!**

Furthermore, **EVEN IF...**legislation were enacted to eliminate the use of sodium chloride in all supermarket food, what about **all** the salt-poisoning going on in The Salthouses of America ? How could the prohibition of salt abuse be enforced in fast food joints and restaurants? Americans typically eat 1/3 or more of their meals in the salthouses, and would consequently, never be free from the ravages of saltaholism.

**It is in the consideration of these highly unlikely events that Natural Hygiene proposes The Ideal Salt-Free Diet. For in turning our backs on The Salt Factories of America and**

in shopping for fresh, wholesome, fruits and vegetables, nuts and seeds exclusively, we not only avoid the Salt Pathologies...we avoid *all* the pathologies related to the SAD food supply. In fact, The Ideal Diet, practiced in conjunction with The Energy Enhancers presented in "Chapter Two" comes as close to "disease-proofing" the body as a Health Seeker can get!

## **THE SALTED BOTTOM LINE** (one more time 'lor GetWell measure")

Food Giants and Profiteers may argue against sodium labeling on ideological or cost grounds. But the truth of the matter and The Salted Bottom Line, once again, is this:

**#1: The highly processed, overcooked food would be tasteless and bland ... if now downright repulsive...if left unsalted.**

and

**#2: Salt is addicting. Salt-laced food keeps the masses sick and addicted, and it keeps the Profiteers' pocket-books full.**





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## WHO ARE THE SALT CONSPIRATORS"?



The True Conspirators are those who are making the most money off the salt campaign. Keep in mind, the "Profiteers" include not only the Food Giants and the Advertising Men. Those profiting from our salt downfall include *all* the people connected with conventional medical treatment. True, the country's top bypass Surgeon profits more directly than the lowly Nurse's Aide...but they are all making a "goodly" part of their living off our salt demise. And let us not forget the Politician, who gets wined and dined and bribed with money and status and power for making decisions in favor of our salt addiction.

The final truth and The Salted Bottom Line to The Salt Conspiracy is yet another rendition of "The Uncontrolled Greed & Selfishness Story":



Millions and millions of Americans are suffering from edema, weight-gain, anasarca, menstrual disorder, kidney malfunction, gout, varicose veins, and countless other pathologies from the poisoned food supply designed for profit. And millions more are dying prematurely due to hypertension-related diseases, complicated by addiction to The Highly Salted, SAD Diet.

## **IGNORANCE IN LOW PLACES... YOU AND I AND THE LITTLE GUY**

And finally, we have the lesser Conspirators, most of whom are ignorant pawns in The Great Salt Game. Brainwashed by the propaganda from The Basic 4 Food Groups, these unsuspecting Slaves to the Conspiracy doggedly teach in the Nation's classrooms from kindergarten to college. They use glossy, full-color charts provided at-no-cost by the Food Giant Family and distributed by the government. They teach the Nation to eat a diet that, if followed as clearly as they teach it, chances are it will kill you off with cardiovascular disease, cancer, or diabetes by the age of 65.

Also included among the unsuspecting are all those involved in food preparation at restaurants, in food sales at supermarkets, in food distribution behind the wheels of semi trucks, and in salt-shaker assembly lines at factories. Taken to its logical and ridiculous end...**We are all Salt Conspirators! I have seen The Enemy and found it to be... almost everyone!**

Still, it matters not who is really to blame when the tragedy hits. Regardless of who are the greater and the lesser Conspirators, the story has such a SAD ending. For so very many of us...we suffer needlessly and then..."die for lack of knowledge." Such is the plight of The Suffering Class in America.

## **THE "LOW-SALT"—"NO-SALT" TRAP**

It is true—and seemingly promising—that supermarket shelves are stocked more frequently with "low-salt" and "no-salt" items. Our "cry in the wilderness" has made that much of an impact, at least. The problem is that these no-salt cans of chili beans and low-salt cups of chicken noodle soup are going to taste like punishment compared to the well-remembered, jazzed-up, salted-up version. The "would-be salt-free" slave is bound to—in a moment of weakness (salt withdrawal)—backslide into his addiction (lust) for salt. If we "fallen angels" tease ourselves with these unsalted replicas

of The Original Salted, Sinful Foods, we are lost.

The Ideal Diet, in contrast, does no such teasing. It returns our taste to its "State of Pristine Purity." There were, after all, no salt shakers in the Garden of Eden. The Book of Genesis, 1:29 spelled it out in one simple sentence! Only fresh, succulent, health-giving fruits and vegetables, nuts and seeds...uncooked and unsalted.

This is why Natural Hygiene and High Energy Methods teaches a natural diet *exclusively!* If you will go through the complete withdrawal for several days (or weeks, at the most) and if you stay on the all whole, all raw, all plant, all salt-free diet...your biochemistry will begin to normalize, and your taste buds will have a chance to recapture their state of "Pristine Purity." You will then be able to relish and savor the simple, mellow, nonstimulating, nonaddicting flavors of natural, Ideal Foods—and experience sensations of True Hunger and how it differs from The Jaded Appetite.

## **WHAT IF... THE CONSPIRATORS QUIT CONSPIRING? JUST IMAGINE**

If The Ideal Diet and the practices of Natural Hygiene were to suddenly be practiced in every home throughout the Nation...tomorrow...what would happen? With rose-colored glasses on, let us...just imagine...for a moment, the prospects.

First, the truly evil businesses would go bankrupt: tobacco, alcohol, drug groups. Simultaneously, most of the agricultural/food industries *as we know them today* would be forced to make a rapid adaptation. In their stead, would flourish farmlands and orchards and super fruit stands. The canning/food processing factories would be turned into food-drying factories. Supermarkets would turn into super-produce-markets. Likewise, the medical/pharmaceutical/hospital institutions *as we know them today* would die. The hospitals would be turned into fasting retreats and health spas and Natural Hygiene Colleges. And the doctors would be trained as Hygienic practitioners and teachers of Healthful Living Practices. Moreover, the bars would be turned into

Recreation and Community Centers specializing in fresh-made juices during their "Healthy Hours." The restaurants would offer smorgasbords of live-food recipes and salad bars. The advertising industry would make major changes as they adjusted to honest advertisements that promoted healthful living products. Mental health would sweep the Nation. And all institutions dedicated to sick sex and pornography would fall. In like manner, all groups dedicated to health and spiritual progress would flourish. The animals would breathe freely. Millions more trees and gardens would be planted. The Earth would experience a reoxygenation revolution, and the soil a compost-inspired remineralization. And finally, the government representatives would work diligently toward legislation aimed at implementing "A HEALTHY LIFE, LIBERTY, and THE PURSUIT OF HAPPINESS"...FOR ALL.

On the home level, the family food bill would be cut in half. The medical expenses would reduce to zero. The television sets would gather dust from disuse as family members share intimate time instead of prime time. Individual biochemistry would be normalized on this program so that family members would feel energetic, giving, and loving...instead of tired, toxic and irritable. Food preparation time would be cut to a tenth. There would be no more dirty pots and pans to scrub—ever again! After the initial period of bodily detoxification on Hygiene, no one in the family would ever experience chronic, degenerative disease. Those already very ill would see an arrest in their sickness, if not a total reversal of their symptoms. In this most ideal of Hygienic worlds, The Suffering Class Revolution would turn its attention to the Reconstruction Era of America. The Ideal Diet coupled with a total program of Healthful Living Practices would inspire the dawning of The American Dream, at last.





*Our Beloved Statue of Liberty  
also stands for  
Health and High Energy!*

# CHAPTER SEVEN

## The Sodium Solution

### Natural Hygiene through High Energy Methods

The moral of "The Sinister Salt Story" (otherwise known as "The Salt Conspiracy") is not only plain to see...but plain to taste. Virtually all food from The SAD Diet is megadosed with salt that sets us up for addiction, disease, and premature death. The human body needs—at the very most—300 milligrams of organic sodium...as it naturally occurs in un-tampered, raw, fruits/vegetables/nuts/seeds. *And, as stated previously, even while salt-concerned doctors and government officials are warning us not to exceed 2,000 mg of salt intake daily, they admit this is totally impossible on The Standard American Diet.* Only one workable solution remains to this dilemma: turn to a completely sodium chloride-free, sodium-sufficient diet and never look back longingly to the SAD food...lest you be turned into a pillar of salt!

The study of Natural Hygiene supplies us with the knowledge necessary to make this change. And in so doing, we are also making a social/economic/political statement against all the "Salt Conspirators." We now see what "they" are up to. Salt is not the innocent, snow-white, crystalline flavor-enhancer it masquerades as. It is, rather, The Number One Enemy of Health, high energy, and happiness. In reality, salt may one day be seen as more deadly and more insidious than refined sugar. For although we see all too many sugar-addicts, keep in mind...**SALT IS IN EVERYTHING.** And that means salt-addicts are everywhere, in need of our help.

We will never know how deep the saline seduction surging in our veins is, however, until we go through salt withdrawal. But remember, because salt is in everything, we will not only be going "cold turkey" off salt...but we will be going "cold turkey" off **all** food from the restaurants, fast-

food joints, supermarket shelves, and SAD friends' and family's dinner tables. This may make us "Strangers in a Strange Land"...but the truth is, it will also make us "Healthy in a Sick Land."

We do need to adopt the attitude, however, that we are not giving up anything but chronic, degenerative disease that leads to an early grave...we are not giving up anything but the act of being the brainwashed pawns of the Profiteers. Indeed, by turning to the diet intended for man and womankind, we have the rare opportunity to experience our highest health potential...and to become aware of our most glorious purpose for being: to take care of this dear Planet Earth and of our fellow beings...in a spirit of love.

The remainder of this book is devoted to helping you implement The Ideal Diet in your personal life. Hundreds of thousands have done it. So can you. Following, then, are individual lectures from my home-study course *High Energy Methods Lecture Notes*. May they help in your quest for freedom from SAD salt slavery.

## **SETTING UP THE LIVE-FOOD KITCHEN**

Recall from Chapter One, of all the sources of toxic poisoning that enervate the body and lead to Toxemia and into chronic, degenerative disease, the most infamous and notorious are of exogenous origin. That means they are toxins we pick up and put into our bodies. At the top of the list of Exogenous Toxins are "Unnatural food and drink" and "Food deranged by cooking/refining/preserving." **Don't forget...virtually all of this "Unnatural food and drink" is heavily salted and salt is the most favored condiment in food that has been cooked/refined/preserved. We just can't be salt-free on The SAD Diet!**

It follows, therefore, that since at least half the meals we take in any given week are served at home, if we have a nontoxic, unsalted food supply—and *only a nontoxic, unsalted food supply*—available in our homes, then we can cut the salty, SAD food-poisoning to a fraction of its original dimension—instantly. With this reasoning, therefore, the

HIGH ENERGY Seeker is urged to set up his very own "Live-Food Kitchen" on the home front.

## **10 Steps to a Live-Food Kitchen**

**Take up: every packaged, plastic-wrapped, canned, frozen, jarred, tin-foiled, boxed SAD food item from every cupboard, pantry, freezer, refrigerator, counter, jar in the kitchen.** Dump or donate these items...and vow never to restock your kitchen with them again!

**Gather: all cooking, waffling, toasting, rotisserieing, deep-frying, electric-skilleting, crock-potting, coffee-making, microwaving, barbecuing kitchen utensils designed for rendering food toxic and you sick...and get rid of them!** At least box them up and get them out of the Live-Food Kitchen. Come to recognize these items as symbols of obesity and heart disease and cancer and all the "SAD food diseases." Realize: you have been magnificently tricked by a tremendously powerful and complex economic/political/cultural/social system that keeps us addicted to and buying these disease-promoting props and the foods to go with them.

**Save out all the utensils that can be converted into Live-Food usefulness.** For instance: pots and pans for making juice and nut butter or for storage, the flour sifter for a colander, the tea kettle for heating distilled water, the rolling pin for rolling out a raw cashew-date cookie dough, the egg slicer for an avocado slicer and so on. If the item in question can't be converted... get it out of the kitchen!

**Secure a variety of instructional aides to help in the transition: especially "live-food" (uncook) recipe books and food combining materials. Next: Gather up all the SAD food cook books and get rid of them!** If by accident they did carry a few wholesome, raw recipes, tear them out and start a new file for live-food dishes. But if thumbing through those pages is going to make you nostalgic or bring on an attack of self-pity, then forget the thumbing and get on with transforming the kitchen.



**Go shopping for the correct and ideal foods for which we were created.** Locate the best produce. Find the grandest fruit stands...or search out the supermarkets or food co-ops with the best food. Make friends with the produce people in these places. They may save bargains for you or let you know when the freshest shipments are scheduled.

**If money allows, invest in what will become necessities to easy, delight-filled food preparation in the Live-Food Kitchen.** These items are symbols of your commitment to health and your vow to get off the addicting, energy-robbing foods. These new kitchen helps include: a Champion juicer, a good blender, a food processor for slicing/shredding/pulverizing, a large cutting board, a citrus juicer, and a good set of kitchen knives. These new, live-food items are not part of the downward pull into addiction and disease and loss of self. These new items will not send out a low vibration and will not invite you to prepare dead food designed for disease. Indeed, walking into a live-food kitchen where the juicer, blender, food-processor are ready and waiting and where only "live-food" awaits is a "high," a powerful reminder of a commitment to health. Some of the lesser expensive, lesser immediate essentials that, nevertheless, add to the ease and joy of live-food preparation include: a nut grinder, colanders, strainers, sprout jars, tiny-sized ice cube trays, nut crackers, a melon-ball scoop, an ice cream scoop, and a variety of refrigerator-storing containers.

**Again, if money allows and if you are so inclined, invest also in a variety of serving materials that will add visual, aesthetic appeal and interest to the meals, as well as to the ease of serving.** Suggested are: a good set of serving knives, tall spoons, straws, special serving dishes and trays, a variety of wood plates and bowls, cloth napkins and a lovely table cloth and candles for special occasions...and so on. The idea is that we need to be creative and go out of our way to make the uncooked food a delight. These items are certainly not necessities, but you will find that they do add a lift to your spirits as you eat less but enjoy it more.

**If you are married and your spouse is in agreement with the Live-Food Kitchen...and if you have children: kindly and firmly announce your commitment to HIGH ENERGY METHODS and to The Ideal Diet.** Explain that SAD food will be neither served nor allowed in the home any longer. Furthermore, do not supplement your child's allowance so that he may purchase SAD food.

**If you are married and if your spouse is...as yet...not a total convert to The Ideal Diet, you will have to make compromises with which you both can live.** Nevertheless, as you live on a day-to-day basis shopping for, preparing, and enjoying *your* healthful foods and feeling better and better as time goes by, your spouse will undoubtedly take an interest and be willing to try your tastiest recipes. Simply share your live-food and be patient.

**Kindly explain to all friends and relatives who come to visit that yours is now a "Live-Food Home."** This means that if they want to bring treats, as is their custom, that only "live-food" will be welcome. Be enthusiastic as you share with them The Ideal Diet. Give them an "uncook" book and point out favorite recipes amenable to house calls. Furthermore, explain that when invited to dinner, they may expect the very best cuisine, reflecting your finest culinary efforts in raw food preparation. (Likewise, if some "friends" decide to test you with your once-favored batch of fudge, don't even let it across the home threshold!) **Again, patience and love and a sense of peaceful commitment will arouse the interest of many friends and relatives...and in time...you will experience the greatest reward of HIGH ENERGY METHODS: witnessing your loved ones strive for their highest health potential along with you!**

## **WHEN CHEWING RAW FOODS IS DIFFICULT**

Once you have set up "The Live-Food Kitchen" and are in The Spirit, you may find that your dental/denture handicaps make staying on the raw foods appear difficult (unless you are on a steady diet of well-ripened banana, that is). If

you have dental problems, hold on! Do not use this as an excuse to return to the salted, SAD food! As always, where there's a will...there is a way. Following are special food preparation procedures to help:

O The most obvious strategy is to select only the softer of The Ideal Foods, emphasizing fruits and vegetables which require little or no chewing when fully ripened. Likewise, the hard and fibrous foods can be avoided. Adequate nutrition is still fully possible using this plan.

A blender is recommended for making blended vegetable salads and blended fruit dishes from foods that present chewing problems.

You can use a food processor to shred, grind, pulverize, and otherwise partially masticate the selected fruits and vegetables into a variety of delightful shapes and sizes. Unless one is unable to chew at all, the food processor will prepare foods so that the person with limited chewing can still enjoy these harder foods.

A Champion Juicer is recommended for its versatility, its quality, and its price. The Champion has several features attractive to those who find chewing the raw foods difficult:

- a. It juices any fruit or vegetable you would ever want to drink, completely separating the pulp from the juice.
- b. It purees the fruit or vegetable, leaving a mash with all the food's "juice" fully retained by the pulverized pulp.
- c. It purees frozen fruits and yields an ice cream or sherbet identical in texture and superior in flavor to commercial, chemical, frozen desserts.
- d. It turns nuts into nut butters: nuts so taken are no chewing problem whatsoever.

A nut grinder is recommended for grinding nuts into edible form. This is a relatively inexpensive gadget: it coarsely grinds the nuts/seeds, leaving a meal somewhat coarser than the nut butters.

Soaking some of the "less-chewable" foods is recommended. For example, most of the nuts/seeds can be soaked overnight or until slightly soft. Also, dried fruits can be soaked and then blended into a delicious pudding, sauce,



The student is encouraged to view the salted, Standard American Diet as counterfeit food...unnatural food, unnaturally prepared. The highly-salted meats, grains, dairy foods, produce, and junk are quite simply not food fit for human consumption and will not bring health. The body adapts to these foods, as we now understand, through toxic build-up and a process known as "disease." The student is encouraged, rather, to view the fresh, colorful fruits/vegetables/nuts/seeds as presented in The Ideal Diet as the only food fit for Man and Womankind. Once this vision is firmly established, you will no longer be interested in—let alone tempted by—the salted, sickening, SAD foods of your previous addiction.

One way to speedily develop this new vision of The Ideal Foods as the only "real foods" fit for life is to practice "Dining with Reverence" at each meal. This "Attitude of Gratitude" helps keep us in touch with the specialness, the grace, the favor we are receiving through the program of Natural Hygiene. Following are the simple steps to Dine in Reverence:



Becoming a Live-Food Enthusiast is a real challenge. Two factors are working against us: first, a corrupt food supply, designed for addiction and overindulgence; and second, the learned habit of compulsive overeating, where..."We don't know when to stop!" Adoption of The Ideal Diet eliminates the addiction factor. Adoption of a reverent attitude while eating and practice of slowing-down the actual eating process eliminates the compulsive factor.

View...with gratitude...the fresh, raw fruits and vegetables, nuts and seeds as *living nourishment*. These are the ideal foods for which Man and Womankind were created. See these "LIVE FOODS"as "HEALTH"and "HIGH ENERGY" incarnate. Appreciate that these living foods will not contribute to illness, suffering, and untimely death.

Visually feast on nature's meal. Appreciate the blossoming and ripening, picking, shipping, preparing of these foods...all just for your HIGH ENERGY and health.

Before actually beginning: close the eyes in silence, less. Come to a state of quiet inner calm...grace...appreciation. Refuse to start the meal taking if under stress, or feeling tense and compulsive.

Take small portions with each bite, then let go of the utensils or food. Chew slowly, thoroughly—until the food totally disappears. As you chew, truly savor the food. Again...appreciate its flavor, texture, and aroma. Stay aware...alert.

Avoid engaging in stressful conversation or thought habits that detract from this special state of "Graceful Gratitude."

After eating, again close your eyes a few moments. Gently remind yourself that food is for nourishment so that we may fulfill "higher purposes and higher missions" as we give love and service to others. Then gently make the transition to your next activity.\*

## *The Serenity Prayer*

*God,*

*Grant me the Serenity  
to accept the things*

*I cannot change...*

*the Courage to change*

*the things I can...*

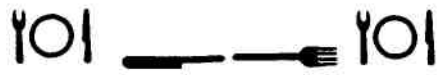
*and...the Wisdom*

*to know the difference.*

*Thank you.*

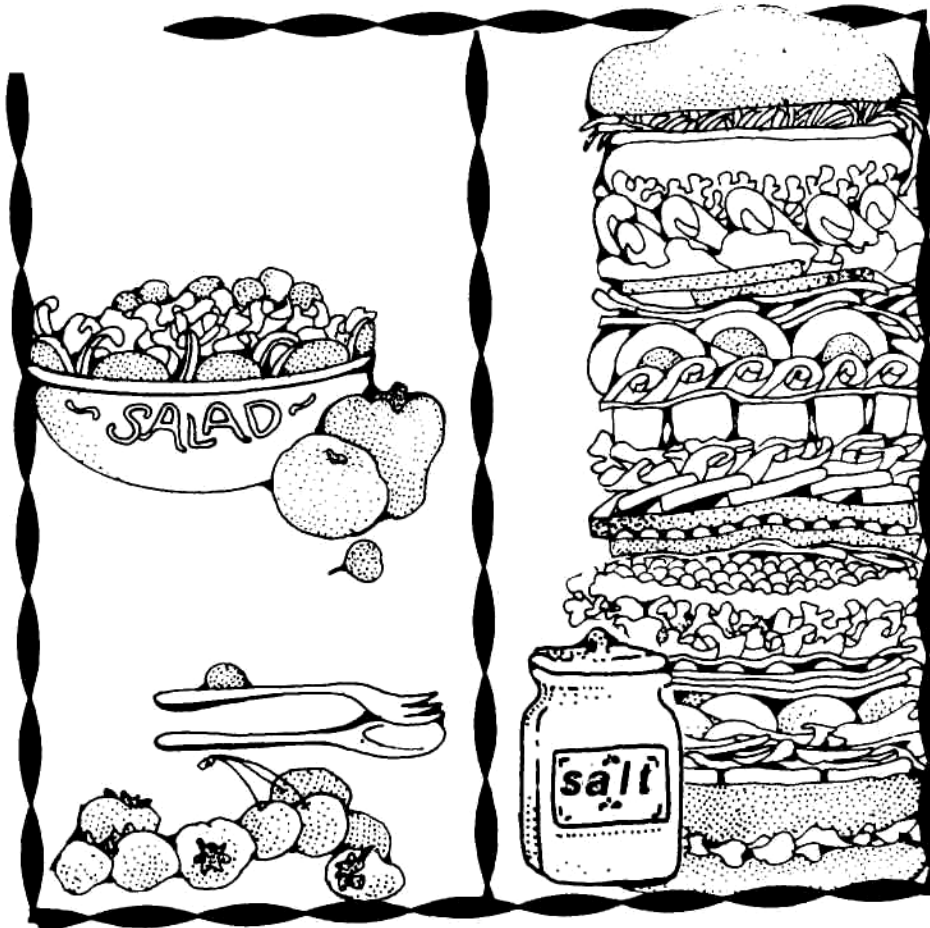


# TRUE HUNGER ...VS... THE JADED



## APPETITE

As you take yourself off the jazzed-up, stimulated, salted processed foods designed for compulsive overeating, your perverted taste buds are given a rest and a chance to become accustomed to natural, mild-flavored foods on The Ideal Diet. In time, you will find yourself truly savoring and relishing these delicious, fresh foods. Consistently "Dining with Reverence" will, of course, heighten this experience. Ultimately...in time...you will no longer be haunted by The Jaded Appetite. You will stop craving salt and spices and the stimulating variety of SAD foods. The following comparison of "True Hunger VS The Jaded Appetite" previews the normal, healthy relationship with food that Natural Hygiene nurtures.



## TRUE HUNGER



-is a pleasant mouth & throat sensation sometimes accompanied by a watering of the mouth.

-reflects an unperverted sense of taste and desires simple foods in their natural state.

-is easily satisfied with a modest amount.

-is a genuine demand for food based on actual physiological needs of the body.

-arises spontaneously without cues from external factors or from internal emotional states.

-is halted by an unperverted satiety mechanism that takes approximately 20 minutes from the onset of eating.

-expresses our true bodily needs as the cell-world calls for nutrients.

is a free response.

-REPRESENTS HEALTH...as the individual secures the nutrition true to his biological nature.





## THE JADED APPETITE

- X -is an unpleasant feeling of weakness, trembling; & stomach contractions, gastric grumblings or gnawing emptiness.
- X -reflects a perverted sense of taste conditioned to exciting, *salted*, stimulating, denatured foods that dull delicate sensibilities for simple foods in their natural state.
- X -is only temporarily relieved by eating.
- X -is oftentimes totally insatiable.
- X -often ends in uncontrollable gluttony.
- X -is a counterfeit hunger...a false craving, based on emotional needs that food cannot possibly fulfill.
- X -is stimulated by external cues such as arrival of the habitual mealtime or the sight/smell or the thought/mention of food.
- X -is stimulated by a perverted appetat such that satiety may only come with overeating that leads to actual pain.
- X -expresses our self-indulgent desires, as the imagination runs riot.
- X -is slavery to a habit, trained by forced/emotional overfeeding.
- X -REPRESENTS SICKNESS...as the individual is compulsively absorbed in eating for the sake of addiction to salty foods.



## **AIM FOR PERFECTION... BE PLEASED WITH PROGRESS**

**Now that we know The Truth about salt and The Salt Conspiracy, let us turn our attention away from the counterfeit foods and turn to The Ideal Foods and to Healthful Living.**

- **First and foremost—throw away the salt shaker!**
- **Then...never pick up another salt shaker wherever you go!**
- **Finally...strive toward The Ideal Diet to the best of your ability.** (It is not called "The Ideal Diet" for nothing, you know!)

High Energy Methods is teaching an "ideal." By definition, ideals are hard to live up to. It is no easy matter to reject The Standard American Way of Life with all its energy-draining, energy-robbing influences. As we embrace The Energy Enhancers, however, on a day-to-day basis, we will be striving for The True American Dream...health, high energy, and happiness.

Understand, that Natural Hygiene is not a destination at which you arrive. Rather, it is a path, "The Road Less-Travelled" actually, that makes this journey called "life" its most pleasurable and rewarding. Some people find the transition to Hygiene effortless, immediate, and joyful. Others struggle, only to realize the depths of their addiction to The Salty, SAD Diet and their attraction to energy-robbing activities. One may also have to undergo uncomfortable "detoxification symptoms" as his toxic body unloads its waste along the way to optimum health. Or he may have to suffer through days of unrequited cravings for the salty, SAD food. Nevertheless, it is an odyssey worth your embarking.

Whatever the addiction and detoxification to be endured, if any, the continuing array of benefits from morning to night—in physical well-being, mental clarity, emotional poise, and spiritual fulfillment—are well worth it! The key is to make progress, always holding

The Ideal before you and striving to reach it. But be sure to avoid The Pitfall of the Perfectionist. This person uses his backsliding into the old ways as a rationalization to give up entirely as he sinks back into the "comfort" of his addictions and "forgets" The Promises of The Ideal Diet.

This SAD-free, salt-free, revolutionary attitude that frees us from the clutches of the Salt Conspirators requires a special spirit:

## **THE ENGAGING SPIRIT OF THE LIVE FOOD ENTHUSIAST**

1. THE LIVE-FOOD ENTHUSIAST sees health, HIGH ENERGY, a youthful appearance and mentality, emotional health, and a long, rewarding life when he views live-foods from The Ideal Diet. Likewise, he sees Enervation, Toxemia, premature aging and an embittered mentality, emotional illness, and a shortened lifespan ended by untimely death when he views salted, conventional food from the SAD supply.

2. THE LIVE-FOOD ENTHUSIAST, because of this vision, is committed to The Ideal Diet...to the best of his ability. His former addiction to The Salty, SAD Diet may cause occasional backsliding. But his Live-Food commitment causes him to self-correct immediately.

3. THE LIVE-FOOD ENTHUSIAST does not feel he is giving up anything by turning to The Live-Food Diet. He does not have an attitude or facial expression or body language that indicates he feels deprived or punished or that he is sacrificing anything beloved. He is never heard complaining and moaning and groaning that he cannot partake of sickening, salty, SAD food.

4. THE LIVE-FOOD ENTHUSIAST does not feel a need to be defensive about his Ideal Food Choice, nor does he degrade the salty, SAD dietary choice of his friends. Furthermore, THE LIVE-FOOD ENTHUSIAST does not

push The Ideal Diet on others. It does, however, fill him with SAD-ness to see fellows poisoning themselves unwittingly as they partake of the toxic food supply.

5. THE LIVE-FOOD ENTHUSIAST knows he has discovered the ideal way of eating that is adding untold richness to his life. In this spirit, therefore, he feels privileged—indeed, blessed (!)—to have discovered The Ideal Foods.

6. THE LIVE-FOOD ENTHUSIAST feels so privileged and blessed, in fact, that his enthusiasm is not only apparent for all to see; but it is contagious! When dining with others, consequently, this joyful spirit causes others to take interest in his way of eating. THE LIVE-FOOD ENTHUSIAST, therefore, frequently finds himself inviting others to Live-Food picnics and dinners, as well as loaning out his Live-Food recipe books and giving food preparation demonstrations and informal lectures. That is, he becomes a teacher.

7. THE LIVE-FOOD ENTHUSIAST sees The Ideal Diet as only part of his total health program. He is committed to a nontoxic lifestyle...in totality. He embraces all The Energy Enhancers in his striving for his highest health and energy potentials.

8. THE LIVE-FOOD ENTHUSIAST values his own health and well-being. He is not programmed with low self-esteem and is not set on a "self-destruct" mode of operating. Ultimately, THE LIVE-FOOD ENTHUSIAST has a purposeful life with far-reaching goals. He sees taking care of himself as a means to better enable him to serve and to be of use to other human beings, to animal life, and to the Planet Earth.

9. In summary, THE LIVE-FOOD ENTHUSIAST sees fresh, sun-cooked fruits and vegetables, nuts and seeds as part of the Hygienic way of life that contributes to his physical, mental, emotional, and spiritual growth.



ARISE YE PRISONERS  
OF SALT ADDICTION...  
ARISE YE SUFFERERS  
OF THE EARTH...  
A BETTER LIFE IS IN BIRTH!



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*The Health Seekers' YearBook — A Revolutionist's Hand Book for Getting Well & Staying Well without The Medicine Men* from Victoria BidWell and edited by Dr. Viviana Virginia Vetrano, 1990.

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*The Salt Conspiracy* from Victoria BidWell, 1986.

*The Natural Weight-Loss System* from Victoria BidWell.

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