

# MODERN LIVE JUICE THERAPY

by Johnny Lovewisdom

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## FOREWORD

This work was begun in 1962 and finished in 1964, which included my moving from the cool damp 8,000 foot altitude “temperate” climate at my place on the river near Otavalo, north Ecuador, to the warm dry 6,800 foot “tropical” climate of my new home at “Paradise” Vilcabamba, south Ecuador. The first chapter begins with my mind drowned in diseased condition of body, fighting kidney failure constantly only 3 or 4 days from death, a lack of circulation in the lower extremities, pale and discouraged: Someone was saying “Physician, heal thyself”. Finishing this book, after a year at my new found Paradise I forgot to mention my own condition, praising the health work of others thru live juice therapy.

When people ask me if it is true that Vilcabamba is an “Isle of Immunity”, I tell them, not only does it heal cardiovascular ailments, arthritis, rheumatism, asthma, etc. but I don’t know of a condition that Vilcabamba’s location could not help! “But what about the plague of anemia and some kidney trouble the inhabitants complain about?” But look here, I reply, everyone is remarking how pale I arrived and how rosy and healthier appearance I have gained, healing my anemia. The only difference vital here being that I drink fennel juice every day, eat fruit and a little salad, while the town’s inhabitants abuse the eating of pork and greasy food, escaping effects thru the immunity factor of the location as to heart trouble, but thus pay by excess uric acid burdening the kidneys, beside an otherwise mineral-deficient diet of polished rice, commercial cane sugar and lack of green vegetables, which also destroys their teeth. It shows that three factors are involved: The warm dry climate, almost unbelievable as to influence considering only a 1,200 ft. change, still remaining in a high altitude and the cardiovascular immunity fact due to Vilcabamba’s, unique magnetospheric location unaffected by the solar cosmochromic radiation from magnetic tempest activity which is only known of one other location on earth (in Tien Shan region of Asia), brought circulation back to my legs, relieving the burden in waste elimination thru perspiration, and since I exist on living liquids with plenty of iron, etc., I was favored over town’s folk avoiding anemia altho they have a record in longevity.

A German-American friend loves to dissect me, telling me how wrong I am in everything I do, sends me a \$5 check in damages and charges. In last letter he took our Botanic Medicine teaching to task comparing to mastering a new tongue,—you purchase a dictionary in two parts: one is Spanish-English and the other is English-Spanish for instance to learn the language, and “the possession of a dictionary with first the herbs and disease they heal and then the diseases-with-the-healing-herbs listed makes you a Chinese herbalist or a Doctor of Botanic Medicine. Congratulations!”

He refers me to another German, who is an M.D., who has spoken about regular 7 or 8 year University study required of specialists, compared to our 4 year course completed in 3, but that doctor had not spoke disrespectfully in mentioning that a Botanic Medicine course in Germany was identical to Homeopathy and they were indicated with Dr. Bot. Med. and Dr. Hom. Med. before one's name, and he should remember that in parts of U.S. a 4 year course in homeopathy obtains an M.D. degree, as well as N.D., D.C. and D.O. healing credential taking 4 years study. But in spite of the mystical impression in grandeur that orthodox medicine presents with its modernistic paraphernalia, it all reduces to the same thing: The "Textbook of Materia Medica Pharmacology" gives a list of the types of symptomatic changes or reactions desired (hematics, stimulants, depressants, vaccines, etc.) with drugs recommended, — with no pretence of knowing cause or restoring health, just the symptomatic remedy, — to which yearly there appear new additions from the lists of "Miracle" products marketed by the "Journal of the A.M.A."

This is rightly called Palliation of Painful Symptoms, not healing, by drugless doctors, but many have come up with "whale income" systems, saying that all you need is to fast, a spinal adjustment, the water cure, etc. and you will heal anything. But Chiropractors and Osteopaths by experience found there is more to healing than bone adjustments, and fasting can be dangerous in wasting disease as in tuberculosis,—and not an ideal healer since natural earth water has given me edema, aggravated kidney failure, hardens the arteries and generally deposits inorganic minerals, —while heated distilled water was found to produce leukocytosis of the blood, —except thru our tinctured water Aquarian fasting regimen in which a bit of fruit juice neutralizes this condition. Fruits and vegetable juices are absorbed directly into the blood without burdening the digestive organs and provide living water for which reason we prefer them, in the healing process to the forced penance by fasting on earth water.

The Vitarian Science of Health teaches the same thing for health as for a diseased condition. It is absurd that a poison can heal or that for health we give the sick what will make a healthy person ill.

Man was put in Paradise to live on a juicy fruit diet which produces Health, Everlasting Life and Happiness. If you are sick you need the Paradise location where the air is comfortable without heavy clothes and fruit picked tree ripe can be eaten thru-out the year. Give up eating what is wrong, —natural hunger and thirst for fruit, and a few raw vegetables when you need them, will come by nature, — but you must forget your sick-nature or disease-habit which craves poisonous stimulants. In the healthy environment you cannot help but be happy all the time, unhappiness coming to the Paradisiacal climates only thru the civilized toxic foods and other unnatural things man invented in his venture into freezing cold climates where only flesh was to be found for food part of the year. Paradise is located by the fruits thereof!

Those who are seriously interested in Live Juice Therapy are recommended to consult Walker, Lust and Kirschner as to the New or NEO-BOTANIC MEDICINE DICTIONARY of juices-ailments and ailments-juices may I jest to suggest!

Here are some “Juice Prescriptions” often suggested:

Acne: Carrot alone, Carrot 10 oz. - Spinach 6 oz.  
Adenoids: (same as Acne)  
Albuminuria: Carrot 10 - Beet 3 - Cucumber 3 ozs.  
Allergies: Carrot 8 - Celery 8 ozs.  
Anemia: Carrot 8, Beet 2, Celery 6 ozs.  
Angina Pectoris: Carrot 6, Beet 5, Cucumber 5 ozs.  
Arthritis: Carrot 8, Celery 8 ozs. Grapefruit alone  
Asthma: Carrot 8, Celery 8 ozs. Grapefruit alone.  
Blood Pressure (High): Carrot 8 oz., pod of garlic.  
Bright’s Disease: Carrot 8, Celery 6, Parsley 2 ozs.  
Cancer: Carrot quart daily. Carrot 12, Cabbage 4 ozs.  
Colitis: Carrot 8, apple 8 ozs.  
Constipation: Carrot 8, Celery 4, apple 4 ozs.  
Coronary Thrombosis: Carrot 8, garlic 2 ozs.  
Dermatitis: Carrot 6, Beet 5, Cucumber 5 ozs.  
Diabetes: Carrot 6, Celery 5, Endive 2, Parsley 2 ozs.  
Diarrhea: Carrot 6, Celery 5, Apple 5 ozs.  
Fever: Choice of apple, pineapple, grape, orange.  
Gallstones: Carrot 6, Beet 5, Cucumber 5 ozs.  
Hay Fever: Carrot 8, Celery 8 ozs.  
Hernia: Carrot 6, Celery 6, Spinach 2, Parsley 2 ozs.  
Influenza: Carrot 8, Celery 8 ozs.  
Nephritis: Carrot 8, Celery 6, Parsley 2 ozs.  
Nervous Disorders: Carrot 8, Celery 6, Parsley 2 ozs.  
Peptic Ulcers: Cabbage 16; Celery 16; Cabbage alone.  
Rheumatism: Carrot 8, Celery 8 ozs.  
Scurvy: Oranges 8, Grapefruit 8 ozs.  
Tumors: Carrot 8, Beet 8 ounces in combination.

Special properties of Juices:

Apple: healer of internal inflammation, digestive.  
Beet: Cancer-tumor healer, blood-builder.  
Cucumber: Alkalizes, mineralizes.  
Cabbage: Vitamin U, healer of ulcers.  
Carrot: Best balanced in vitamins and minerals.  
Celery: Nature’s nerve tonic, alkalinizes.  
Dandelion: Organic magnesium, for teeth, tonic.  
Endive: Alkalinizes, rich in minerals and vitamins.  
Kale: Vitamins A, B, C, rich in calcium.  
Lemon: Richest in bio-flavonoids, lemon cure.  
Parsley: helps glands, nerves, blood coagulation, eyes.  
Tomato: Fruit, richest in minerals.  
Orange: Rich in calcium, Phos., Vitamins C, A, sugar.

## CHAPTER I

The greatest and yet most beneficial change in natural botanic medicine or healing was only recently brought about by the invention of juicers and liquefiers enabling the sick to partake of the true living waters from the fruits of the tree of life and healing herbs. Unfortunately, it does sound like my mind was set in selling you a juicer or at least a liquefier with such an introductory pitch, but this is the farthest from my intentions, only that living water from plants for the healing of body is my message or general prescription, even if you have to obtain them pressing out the juice on a wooden press, stone, simple glass citrus juicer — or the shiny expensive electric machine. The modern electric juicers and liquefiers have put healing living water of fruits and vegetables into the modern kitchens of U.S. homes, whereas over 40 years ago such was practically unknown even for medicinal uses. I'll admit that the vitamin, mineral, etc., pill industry has made a great surge ahead, but this is because people seek the easy way out, reaching for a pill rather than contemplating the work of juicing and cleaning the juicer for instance, while the most beneficial healing properties of botanic medicine (herb and fruit remedies) are in the living water or juice. No vitamin, mineral or enzyme, chemical or drug, has ever done or will do what the complete quality of liquid life can do for the living bloodstream of the human body.

This being written by someone who spent nearly 30 years in the study of natural therapeutics but whose progress in perfection of health had the misfortune of being arrested or ruined by Parathion poisoning on a California farm and then by force hospitalized by the State to worsen the condition to a complete paralysis of body with Penicillin and other drugs and whose health at the moment of this writing is only a matter of hours from death if there should be any interruption from the bodily sustenance of living liquids, a 90% water diet of fruit, vegetables and their juices. This I bring out because here we have, not only the information obtained by self-realized experience, but from this point of wavering between life and death. I can tell you exactly the ingredients essential for truly perpetuating life indefinitely and thus why the body dies, the latter path of which you might take up to a century to realize but could end me in a 100 hours.

This is because with all the drugging, “antibiotics” (life-destroyers by definition), not only was my sense of balance destroyed affecting my walking even if natural methods overcame the hopeless paralysis, but the poison neutralizing function of the kidneys were destroyed. In an ordinary person kidney failure means death in three days, yet my case is unusual in that I have discovered how to live with kidney failures, hours from death quite often. Of course, I have no clinical record of this because the very confinement of a hospital forcing one to eat the ordinary diet of their patients would mean death in a few days, but anyone might observe this pathology of wavering physically between life and death by someone who nevertheless mentally lives in a world of paradisiacal deathlessness! I have known possibly only one other case so serious which was of a young lady I met in Florida whom I had the experience of levitation with, and who when in a “coma” (with spiritual experiences) slept one year and was found to assimilate no other food except orange juice during this trance state.

My kidney condition began with an excess of animal proteins as a child on a rich farm-diet, the first event of kidney failure coming when I took small doses of quinine in the tropics, later suffering albuminuria and mucous colitis in moving to a high land climate. In my system of diet I recommend only the lightest low protein dietetic ingredients, and when going back on cooked foods by habit or necessity, I find potatoes the best alkaline starch to use with salads, which also satisfies most vegetarians unless they possess a highly acid makeup which compellingly craves only the heavier acid-forming grains, etc. However with good assimilative powers one can attain to excess nutrition on such a light diet, which in my case was enough to overburden the kidneys at present by overeating on potatoes and being unable to throw off the excess brought on albuminuria and mucous colitis. My latest kidney failure followed a spell of bronchitis to which I blamed my weakened condition, so as to revert to eating potatoes from an all raw diet with the excuse of gaining lost strength and weight, but this only went from bad to worse. All night diarrheas from the occasioned kidney failure “enjoying potatoes twice a day” became nearly fatal from weakness, but the presence of living water of fruits in the diet and God’s will always saves me unlike others. And worse, at this point, quite absurd to my dietetic principles, I decided to try fried potatoes. Sure enough, the objectional oil saturated indigestible food mitigated the diarrhea and I had a night rest with strength back in the morning. Fried food is not assimilated, nor even digested because the digestive juices can’t get to the food cells thru the oil or grease, as is the case with preferred baked potato, so the blood and kidneys were not burdened with excess albuminous protein, and the kidney failure was relieved.

However, this was only an illustration of a “medical cure” switching the symptoms of one ailment to another! And I knew next to my kidneys, my liver was a weak link, —from kidney failure I arrived at “liver failure” with the fried food: On the third day I lost appetite going back to fruit eating but not eating only the orange juice and bit of melon I had eaten that day, but the fried potatoes with salad which still remained undigested in the stomach from the night before, were vomited all at once after midday, —so resembling the regular stool! Horror of horrors. Finally I had realized the worst in experiments to make me ready to give up cooked food experiments forever! How the body had protested, rejecting the dead food violently, and yet a slavish creature of habit I was forcing it where it was unwanted. My “gift” of a good appetite and inability usually to vomit, gave more intensity to the unaesthetic ugly impression against my sensitive soul nature, beside the reminder of an old eastern proverb about those like a dog returning to consume their vomit.

I was at the crossroads, in a life and death predicament but very fortunately my own physician, self being the only physician that can “heal thyself”. The reader may observe from other writings that all foods were progressively given up instinctively or rationally as soon as their deadly effects were noted on my delicate body, cutting out meat and animal substances, then bread and grains that one first abuses on a vegetarian diet, and finally after long suffering innocent—appearing greens had to be given up due to oxaluria and the low protein potatoes condemned for kidney abuse, leaving no further cooked food escape! I can praise the Lord for that; how I have suffered because of my self.

Back to Paradise, back to the herbs and fruit diet without their seed, 90% living water in their substance God’s prescribed diet for man. I have tried all the escapes, experimented with all nature of diseases on my own flesh and body, realizing just what eating abuses bring them about, and yet I can still show you the way out because I have the Master Key to them all. Lives are said to be saved at ordinarily fatal crisis by human blood transfusions, life only coming from life. I found the living blood of fruits and many vegetable juices a much purer life-giving, naturally prepared directly assimilable blood transfusion than can be expected from tired, worn-out, diseased blood of ordinary civilized humans. Nature’s living plant blood transfusion is available at any moment and certainly the indicated emergency botanic medicine, rather than the carry-over of the old medicine man’s superstitions as to a need to revert to gruesome bloodshed and cannibalism for the sake of saving human lives in the fad of human blood transfusions.

More, not only am I differing with orthodox medicine, but also with regular botanic medicine and other drugless schools. It is enough to observe how botanic or herbal medicines are prepared; The layman is most familiar with dehydrated herbs or even fresh ones which are made into a tea or decoction,—destroying the life, and thus the life-giving elements therein. The commercial botanic medicines are usually concentrated extracts of plants preserved with equal quantities of alcohol so they will not loose the elements that cooking or heating destroys, quite unconcerned about the poisonous effect (like the preserving of laboratory specimens of insects, animals, etc.) this has on life and the life-giving properties therein.

Vivid memories come to me of high school classes of Biology when we discussed books like 20 million “Guinea Pigs” exposing Patent Medicines of the botanic variety containing harmless herb extracts of healing properties equal to placebo bread pills (which can be psychologically quite powerful) and a quantity of preserving spirits often giving the illusion of relieving pain or ailments, especially in older women who would not try a drink otherwise! I am not arguing that herbal practitioners do not get remarkable results from their plant remedies, but rather that they have slighted the most essential part of healing, — the “transfusion” or transference of life, from highly healthy cells to our weakened cells in need of vitality or life’s electrical force, solar radiation, Prana, etc.

My own life has been saved by living water, not letting the life-property go unobserved, so I have all the reasons in the world to “go up to the house tops” to preach the doctrine of the latest therapy methods in the re-establishment of health in thousands including all kinds of incurables. I refer to Live Juices.

As the author of “Healing with Water”, Hartley Hennessy brought out, the dead earth waters that people drink and prepare their food with everyday (and even used in therapeutic fasting), containing much chalk and other earth minerals, make the blood increased ten times the acidity planned by Nature, which is only 7%. The use of earth waters with their strong alkalis requires strong acidity of blood, 10 times what nature intended, to neutralize it just as baking soda and other “alkalizers” increase progressively the stomach acidity by continued use and thus give man the strong craving for acid-forming foods such as grains, meat, and other heavy animal and seed proteins. Vegetarians including Shaw, Gandhi, etc., have affirmed that the cause of mass slaughter of war was in killing to have flesh food. But the craving instinct for flesh foods and an acid-forming diet quite probably is the dead earth waters that are replacing food and drink intended by nature in the living water of fruits and vegetables. For this, these part way solutions, one-track ideals attempting to reform man hanging on to present habits outside of one “pet” exception, has met with failure for centuries since the beginning of recorded history. From dead earth water giving the cravings for the acid forming dead carcasses of animals, the vicious cycle continues to the craving of fermented liquors (extreme of strong alkaloids) as Gen. Booth established: the early Salvation Army recruits being saved by a change to a vegetarian diet, while today without diet reform this “army” is only a society for perpetuating boozehounds. The whole gamut of man’s unnatural destructive habits is so linked in seeking relief to cravings, quenching one fire with another greater one and so on. Science sophisticatedly tries to justify it, and everybody wants to be normal practicing the ways of the world as tho popularity proved practicality or there worth of anything.

Another of the great differences that make the living water of fruits and vegetables so much better than dead earth waters is the germicide quality of live juices. Earth waters are polluted to no end with the advance of civilization. “Examining and analyzing water from cisterns in Schlesswig, Holstein, Germany, in 1959, it was found that the tolerance limit of 80 piccurie/litre is very often exceeded in many cases by up to 400 piccurie/litre. Now in February 1962 an increase of up to 6,000 piccurie/litre has been established when measuring rain water”,—Dr. Med. Siegmund Schmidt. Beside radioactive materials, all kinds of toxic chemicals are dumped into rivers, etc., from factories and to purify water from germs, kill all that lives, including humans, step by step. But living water is a powerful germicide without harm to human cells. Instead of spreading typhoid fever as impure, city water does often, the juice of a lemon alone can sterilize a glass of water from such germs as well as cholera germs. Naturists who drench their salads with lemon, lime juice or garlic or onions using no cooked foods are not troubled with dysentery amoeba even, while coming in first contact with tropical climates where there is no killing frosts, while the cooked food conventional eaters are usually set in for some bothersome illness.

Dr. Albert Schweitzer used garlic for typhus and cholera. Germs that can stand some boiling are nevertheless overcome by garlic. The latest reports from Russia (April 1962 Northern Neighbors) show USSR Medicine using raw garlic for its “phytocides” or germ-killing properties in the treatment of chronic infection of the lungs, bronchitis, stubborn infections of the middle ear and nose, dysentery, high blood pressure, etc. In the lung etc. treatment the garlic vapor is inhaled. Quite a few other plants have these phytocides. Actually it is believed that the fruit acids (citric, malic, etc.), Vitamins A and C, and other elements give anti-infection and bactericidal qualities, but cooking or toxic drugs destroy these properties so in the treatment of bodily ailments as long as Medicine insists these are their commercial support in germ-killing,— the natural ones are made ineffective. Natural and Pharmaceutical Medicines do not mix. Drugs kill germs and destroy human tissue. Phytocides, plant germicides, kill germs and impart healing solar-vitamin radiations of life to the cells they come in contact with.

Everyone of us has suffered many attacks of pneumonia, tuberculosis and nearly all the other diseases but we have overcome these attacks before they became serious thru the natural disease destroying property inherent in living things, plants as well as our bodies. Life is life-giving and thus it heals of its own accord. That is what distinguishes Hygiene from Medicine.....any dictionary will tell you Hygiene is the Science of Health and Medicine is the Science of healing diseases. Hygiene recognizes the natural Health measures it can “praise the Lord” for the order of everything God created and makes live to this moment. Medicine recognizes that things are out of order and that man is trying to correct God’s work, as if he could. As the Practitioners of Natural Hygiene claim, there is nothing that can actually heal from the outside, or that the self-healing property inherent in all of us is the only Healer. Life is its own life-giver. Otherwise we could apply a healing herb to a dead stick of wood and it would grow, or adjust the spine or cut out the appendix of a dead man and he would live, since these are said to heal. But along with this inherent healing force, we have to have sense enough not to get in its way and to furnish its necessities of life,—and these co-workers have thus become the healers of even natural healing or natural medicine.

The Father of Medicine (Hippocrates) recognized that food is the only medicine allowing healing and that drugs poison life. Famous physician Alexis Carrell still acknowledged it, “The dietitian of today will be the doctor of tomorrow”. Precisely it is botanic medicine, or plant healing of man, that will impart the most rewarding health virtues in abundance of life.

Orthodox Medicine, other than Medical Evangelists and a growing number of M.D.’s that are breaking away from the dictatorship of the drug-houses, makes a futile search into every avenue of escape from the eating and living habits of man, spending untold billions of taxpayers money and accepted charities and philanthropies in vain useless research. As if that were not enough, the pharmaceutical trust servants spend great amounts to inform people that there is no cure for cancer and many other diseases, except drugs and surgery, and to warn people about food fads, diet fanaticism and fake cures.

Let us take what we were discussing earlier, kidney failure, for example. There would be no point in a patient going to a hospital with kidney failure because the very thing that causes the trouble, beside diet, is the only treatment drug-doctors have to offer. How often have I heard the story like I heard last week of a young lady's mother being sent to a hospital for a minor ailment, to be drugged and fed flesh foods contrary to her vegetarian diet, resulting in the body becoming bloated, swelling with excess salt and uric acid in diet beside very toxic drugs which destroyed the kidney functions and with the ruin of the kidney elimination it is 3 days unto death. In my own case it was the same, except for some mysterious reason I was spared death,—perhaps my long penance in fasting purification or as a Naturopath said, I was too sound in basic health to be killed like the rest. But the Medics refuse to be ashamed for not having an answer to kidney disease.

At the University of Washington Hospital “Kidney Center” this year (January 1962) a complicated expensive apparatus called an “Artificial Kidney” was put into function. Impressive enough, only very special qualifications allow one to get the privileged treatment. Mr. F. being elected to live, eat, read, sleep and work with two treatments a week; was chosen out of 4, three others that died shortly from like case to his. Chronic cases must spend the rest of life with the machine, and it is hoped that the mechanism can sustain the life of a patient for two or more years. (A year after writing this chapter finds my health greatly improved due to new warm climate and live liquids in diet, working toward complete recovery.)

In contrast were I to reveal to them that the whole complicated process could be eliminated by filtering out the toxic substances in the food consumed by nature and selecting food substances directly assimilable by the blood to avoid products of toxic digestion, putting the patient on a diet of papayas, fresh fruit and vegetable juices, or other tree-ripened organic fruits from the history of Natural Medicine in recent times we know it would be refused with ridicule. It would be too romantic for a respectable University to venture off into a “Search for Paradise”!

No, the patient must be punctured with long needles, and for at least 18 or 20 hours his blood must be pumped thru plastic filters by the force of the patient's own heart in repeated filtrations. No cure seems acceptable except if it has the gruesome human vivisection within nowadays. When I first got out of the hospital, and soon unable to get living water of fruits, nor even distilled water, I put a part of the above process into practice by passing all the earth water I used thru plastic filters containing resin crystals, which have the property of attracting the minerals in the water and are used to prevent the coating or clogging of stream irons with this sediment in ordinary water by laundries and cleaners. Likewise all the toxins in the blood might be eventually filtered out with substances attracting or neutralizing them, but with great expense and complicated mechanisms. Oh, what marvels of Omnipotent God are seen in Nature even in the tiny kidney which a big University laboratory cannot duplicate!

Now, the whole healing process of the body is dependent on what we have observed here. Disease is autointoxication or self-poisoning of the body thru the intake of toxic substances, to which germs, bacteria, virus, etc., are street-cleaners or scavengers helping eliminate the toxic wastes present in the sick only because of their natural beneficial need and not the cause of any illness. Destroying the scavengers with poisonous drugs also poisons life in the body, but more destroys poison-consuming agents that eliminate disease naturally, without the effects of a natural healing crisis and tho the appearance of symptoms may cease, the general health is much worse for it. Blessed are our diseases, for in them is manifest the Omnipotent natural self-healing power of the human body. Destroying disease, we destroy the means by which Nature restores health to the body.

I had the good fortune of being greatly impressed in my high school Biology classes by the best seller book “Man the Unknown” written by Dr. Alex Carrel, Nobel Prize winner in Physiology and Medicine and co-developer of the mechanical heart with Col. Lindberg, who seems to have also lifted up scientific reasoning to where now U.S. and U.S.S.R. researchers are working on “physical immortality”. “The cell is immortal. It is merely the fluid in which it floats that degenerates. Renew this fluid at proper intervals and give the cell nourishment upon which to feed, and so far as we know, the pulsation of life may go on forever. Why not with man? Why not purge the body of the worn out fluids, develop a similar technique for renewing them, and so win immortality?”,—Dr. Carrel. Rather than the mechanical kidney, in the manner of his mechanical heart he saw the impracticality and impossibility of man improving on nature, and thus as to renewing the fluids that perpetuate the life of living cells, he indicated by what principles: “The elimination of waste products by fasting increases longevity..., and “The dietician of today will be the doctor of tomorrow!” The top authority in Medicine came to the same conclusion as the Sacred History and the Doctrine of Religion,—that sickness, old age and death came about thru eating forbidden foods! However it remained with Vitarian Science, our Life Science or Vitalogy, to definitely establish that this process of “fasting” or taking in no toxic substances and yet nourishing with the same fluid that purges worn-out fluids can only be derived from a dietetic source restricted to natural ripe fruit, and possibly some succulent herbs, or a 90% fluid or water diet.

The truly great men of Medicine, not only have acknowledged the worthlessness of drugs but as the noted M.D., Dr. Alonzo Shadman states, admit that: “Orthodox Medicine is killing more people yearly than war and disease combined”! Instead of heart ailments being the No. 1 killer, it is kidney failure brought about by toxic drug treatment in the hospitals, that really kills after a person starts taking treatment for various other diseases!

Some of the patients survive with these chemicals or cheminosis manifest in edema, diarrhea, and varying complaints or lack of well-being, but if the disease can be labelled under the famed “fatal” ones, the physician states that the patient died from what he took treatment, since he was “too far gone”,—instead of “kidney failure”,—which kills in 3 days,—unable to throw off both the toxins of the disease and the even more destructive drug treatment. They cannot reveal it, and dare not investigate it since in it is hidden the cause of death and medical failure, that would destroy the very principle that drugs cure disease ruining the Pharmaceutical industry. Kidney stoppage, stops the renewal of the fluids on which life perpetuation depends.

In my opinion Kidney Failure is the No. 1 Killer, the attributed one,—heart failure,—originates in the same food mostly,—animal substances. The first from excess of uric acid and other protein wastes, and the other from excess of cholesterol deposits from feeding on animal fats. Cancer is likewise attributed to acid blood irritation occasioned by flesh eating and chemical poisons now introduced into all U.S. foods which fatally aggravate all three: Cancer, Heart and Kidney Failure. All come from a lack of living water or life-fluids in the diet and moribund feeding.

Thus we have established that any Botanic Medicine, to restore the healthy life process, must restore purity in life fluids first and then the Vitagens.

## CHAPTER II

The outstanding feature of our presentation of studies in healing is the advantage of a human toximeter to verify the theories of the toxicity of the various types of foods: that is the kidney failure and liver dysfunction mentioned in the last (and first) chapter seriously amplify certain effects, benign or adverse, in my health, and show up what passes unobserved by other people as to the toxicity of what most people eat. We noted how the mere cooking of food caused the coagulation of protein and rendered inactive its various enzymes, so that the most acceptable of cooked foods, potatoes were found a burden to my body demanding an “all-raw” diet. This was all right as long as I had a variety of vegetables organically grown in my garden in Otavalo, but moving to my new locations in spite of better climate, lack of a garden of my own resulted in notable retrogression in my health. Ordinarily vegetarians have a hard time telling if foods have been sprayed, but my use of the tomatoes and mangos which are sprayed here brought on immediate destruction of nerve tissue with its painful symptoms. Due to the lack of care in feeding fruit trees properly, there is a plague of disease that makes the local fruit unpalatable, and the ease with which even bananas produce in lands rich in humus on west side of Andes favors their purchase (but sprayed) locally here at Vilcabamba abandoning local production of its needs.

The lack of garden also tempted me into another experiment to determine whether or not uncooked seeds were really worse than using cooked potatoes. Oleaginous seeds in uncooked state have the natural enzymes that might aid the kidney function, but in a few days were found to overburden the blood with an excess of acidity giving edema and paralysis to leg and arm muscles to a helpless status, quite absent when the alkaline low-protein of potatoes were used. The seeds used were peanuts eaten with lettuce in hopes of obtaining a acid-alkaline balance which still produced many symptoms of acidity. Florence fennel, comfrey and turnip greens juice with fruit juices were used to rectify the condition simply for reason of being available.

However these experiments in a condition that the slightest toxicity will be noticed in such benign effects as produced with naturally-grown fruit and vegetable juices, and adverse effects from animal and seed substances, cooked, chemically contaminated with agricultural chemicals, salted, etc. have convinced me that we have a system of aid to nature that will re-establish health in the most hopeless conditions which other healers would abandon all hope. Of course I understand that all healing comes from within, but also I have felt the power of healing that living herbs and fruit impart to the body and their direct utility to the blood, while other substances are stimulants only, because they are irritants and are unable to maintain life for lacking it themselves. More, plants can be alive but still carry in themselves poisons that will destroy human nerve tissue, just as humans may be alive but nevertheless contain toxins that will destroy their life in a short time, by which we mean first modern chemical agricultural poisons and then the toxic waste resulting from cell decomposition.

Living liquids do not need much blood for their digestion. Solids demand large quantities of blood for their digestion and when digestion fails the life-fluid of the body, the blood, is no longer produced from the foods eaten. It should be clear that the living fluids of the body can come only from fluids and not from solids. All the solids end up in the toilet bowl. The reason live juice cures accomplish such outstanding results in chronic and degenerative diseases is because they do not consume large amounts of blood for their digestion as is the case with solid foods which use up more blood for their digestion than the weakened patient can provide. The living fruit and vegetable juices alone are absorbed by the blood within 15 minutes after ingestion. In turn solids, such as the vegetables with their fibres, as well as meat and grains, require 4 to 6 hours for digestion preparatory to assimilation into the blood. In fact the solids have caused the accumulation of impurities in the body's cells, if anything, and the liquids are the cleansers beside restorer of living cells.

Water is the basic substance out of which all living things are made, which is to say the characteristic of life is water. "When we come to the individual needs for water it is readily realized that water certainly is our most precious mineral. It is the most essential of all minerals for our bodies. An animal can lose all its fat, about half its protein, but if it loses as much as one-tenth of its water it will die"—Dr. Johnathan Forman. As Lord Byron wrote, "Till taught by pain, men really know not water's worth",—or in other words, the cause and cure of man's ills in a sense is lack of pure cleansing water. When Father Kneipp developed his water cure, alleviating pain and cleansing the body externally, he only touched on part of the utility of water, which combined with its internal use in its living form, would complete the "Water Cure" to a capacity of universal healer of diseases.

The so-called "Father of Medicine", Hippocrates acknowledged the antiquity of the principles of Modern Nature Cure. The first of these is the Unity of all Ailments in Cause, or all forms of disease are due to the same cause. "Certain ancient physicians did not ignore the various categories of diseases and the multiplicity of their divisions. But they became confused when they wanted to elaborate a detailed classification. In fact what is most important is not so much in giving each disease a name and separate it from others for the little it differs from them, but to show that all diseases are the same altho they have different names. The nature of diseases is the same. If they appear to have great diversity it is because there is a diversity of parts where they manifest. In effect, their essence is one: the cause that produces them is one... "Diseases are the crisis of cell purification, organic cleansing and the elimination of toxins. The symptoms, are natural defenses. How often the symptoms appear as the disease, when they are no more than the remedy of the diseases."

Moreover Hippocrates also gave the second and third principle of Nature Cure in his aphorisms which are that the body is always striving for the good of the individual, many illnesses being caused by the interference or suppression of elimination of toxic materials by drugs and other orthodox medicines and that the body contains a self healing agent within itself. "Within the body there exists an unknown agent that works for the whole and for the parts, which is at the same time one and many. It is nature that heals our illnesses and finds the means necessary to do this, without any need of guidance by man's intelligence. It teaches us how to open and close our eyes, how to move our tongue and the majority of the acts that are essential to life. Nature is sufficient, in all, for all It is Natural Medicatrix that protects, immunizes and heals ...Let your food be your medicine and your medicine be your food. In its economy there is only one end, one effort in which the whole body participates: it acts with universal sympathy."

Hippocrates evidently obtained his knowledge from wise natural healers before him, so he could repeat these words of wisdom that have become the foundation of the contemporary nature-curists of the past century, altho in practice he used drugs, animal extracts and other absurdities similar to the modern medics.

No matter what disease you have, there is in man's nature, within, a self-healing agent that will restore health provided there is Sun-Warmed water to cleanse the body externally and living water to purify the body internally. By this I include injury in accidents, cuts and bruises being healed without a scar if treated daily by bathing in sun-water, broken bones once set correctly knit together solid rapidly if treated with sun-water or with poultices of healing herbs such as Comfrey, etc., bruises, aches and other pains respond with alleviation, and the best treatment for burns of minor and major gravity is hydrotherapy. Man with his desire to commercialized everything has misguided humans from the blessings of nature that even the so-called "dumb" animals enjoy to alleviate their pains and illness.

The whole concept comes out of the stupidity that poison is the remedy for everything, and that germs, insects and other scavengers are the cause and not just a symptom of the trouble. Down here we have plagues of rats that destroy the farms harvests. U.S. aid provides sanitary agents that come around and put out poison in the places the animals frequent telling you that be very careful, "For this there is no remedy" emphasizing the toxicity of the poison. But the plague gets worse,-these animals instinctively sense food that has been poisoned even if the poison is odorless, and they seem to resist effects from it so that the former cat and dog population that controlled the rat population is killed off when they attack the rats, leaving them with no "natural" enemy.

The same principle operates in the insecticides, the soil and trees are made sterile with the deadly poison destroying everything from friendly bacteria in the soil, worms that elaborated fertilizer to the insects, birds or other animal life that formerly destroyed the present enemy to the farmer, leaving his land unproductive and increasing the insects which have a manner of becoming immune to the deadliest poisons. And finally this is what happens with the acceptance of the "germ theory" of disease.

Each year stronger and stronger poisons are developed to kill off the germs or viruses that are supposed to cause diseases, but each year the diseases get more fatal, the germs become immune to the poisons while the human victims lose their natural defenses to the germs, the poisons destroy the vital functions, the digestive capacity, the liver and kidney operation and manifest with the numerous side-effects attributed to drugs.

The trouble is in both the wealthy chemical industry that deliberately hides the facts from the public on how these poison-solutions are a menace to the public increasing their troubles and the ignorant public which only wants to accept an easy “pill” solution for everything, unwilling to face the need of a complete reform in the way of life and labor in human society. I am surprised at the great number of people at this moment going around searching for anything else but the orthodox medical treatment, because after repeated visits and various doctors, they have found neither agreement in their diagnosis nor further prospect for healing. Yet with the restrictions against free practice of healing, and the common wage-slavery of mankind preventing medical missionary efforts, there remains no one to enlighten the public.

The public is lulled into a false sense of security thinking that when they get sick all they have to do is get a prescription for some modern “wonder drug”. Colds, skin eruptions, boils, diarrheas, inflammations, fevers, children’s ailments, etc., are nature’s attempt to cleanse the body of toxins and impurities, but these acute ailments are suppressed by the orthodox medical practitioner so as to cumulate these poisons until they manifest chronic diseases of very serious nature such as heart disease, kidney and liver dysfunction, asthma, diabetes, cancer, rheumatism, tuberculosis, etc. Disease is a self-healing process, a blessing and not an enemy to man. The medical man develops considerable mystery and a feeling of impossible complexity for the average person to understand by naming sickness by thousands of symptoms as tho each symptom were another disease, but the drugless healer finds simplicity in explaining the cause of disease and treating it as one disease but with many possible avenues of manifestation depending on where the weak links are found in the body. And even the money-making methods exploiting the public could be overlooked, but much worse is the spreading of sickness and destruction of human life with their drugs.

William Howard Hay, M. D., thought that over a third of the population of the U.S. had ceased to depend on regular physicians for advice or treatment. He told how Dr. Cabot of Harvard admitted that the post mortem findings of Massachusetts General Hospital proved that the diagnosis had been wrong in over half the cases showing that the medics had not known what they were treating in the first place. This can be confirmed very rapidly just talking with anyone who has made the rounds to a number of doctors, possibly with a different diagnosis each time.

The error of the medical profession was admitted by the very “Father of the germ theory”, Rudolf Virchow,—“If I could live my life over again, I would devote it to proving that germs seek their natural habitat...Diseased tissues, rather than being the cause of diseased tissue: e.g., mosquitoes seek the stagnant water, but do not cause the pool to become stagnant”. In other words, germs do not cause disease, but diseases cause germs. By means of germs, nature cleanses diseased tissue of its toxic wastes, actually participating in the healing process. Destroying the healing process with drugs, the toxins accumulate till chronic disease manifests.

The use of fruits and vegetable juices in the treatment of diseases should not be regarded as a remedy or “medicine”, but rather these substances are the natural diet required by the very nature of the human body. Our religious scriptures confirm that man was to live in a garden of fruits and succulent herbs and our physiologists are in agreement that man’s anatomy indicates by the length of intestines, shape of teeth, sweat glands, etc., that man is a frugivorous “animal”. That man’s food must come from plants was emphasized by the famous European physician Dr. Bircher-Benner,—“Absorption and organization of sunlight, the essence of life, takes place almost exclusively within the plants. The organs of the plant are therefore a kind of biological accumulation of light. These are the basis of what we call food, whence animal and human bodies derive their substance and energy. The nutritional energy may thus be, termed organized sunlight energy. Hence sunlight is the driving force of the cells of our body.”

For many years I have recommended fruits as the true food for man and the only other substance that approaches the nature of fruits is vegetable juice. This has been best expressed by Hans Anderson in “The New Food Therapy”. “Some practical experiments were described in the American-Journal of Physiology showing that raw vegetables require no digestion in the stomach compared to cooked food stuffs and that they remain in the stomach but a short time, similar to fruits. Raw vegetables moreover pass thru the system largely as bulk and are not fermentative as are cooked foodstuffs, including vegetables. From such raw materials we receive Live Food minerals and vitamins unchanged by heating. Live vegetable juices, similar to those extracted from fresh fruits, require no work on the part of digestion, but are absorbed directly into the blood and utilized by the weakest stomach.

Dr. M. Bircher Benner has stated that raw juices are far superior to milk. Milk is a modification of the cow’s blood sometimes containing whole blood and like other blood transfusions can be responsible for the transmission of diseases. Considering that plant juices are obtained second hand thru the cow they can never be considered to contain their original solar nutritional healing power as compared to fresh plant juices. If the public received as much propaganda support for drinking raw plant juices as there has been made from milk drinking, the people would have grown much healthier.

For many years the public interest in “Raw Vegetable Juices” was promoted by a book of this name by N. W. Walker, D.Sc. and R. D. Pope, M. D., altho it was not as effective as it could have been if it were not for the fact that one felt that Walker was trying to sell everyone the juicers he manufactured. Today, the author of “best seller” health books who is leading the U.S. health folk into a climax of Live Juices as the major “nature cure” is a physician who himself has to be operated on while in Medical College so as to require a personal interest in the search for health. I am speaking of Dr. H. E. Kirschner, M.D., who like Dr. Trall, Dr. Kellogg, Dr. Lindlahr and Dr. Tilden, have abandoned the drug therapy of the orthodox medics for natural therapeutics helping a great many people avoid a great deal of suffering at the hands of their former colleagues.

Dr. Kirschner was placed in charge of Olive View Sanatorium. Los Angeles County, with 200 tuberculosis patients, who lived under the conditions of lamentable ignorance the medical profession shows as to diet, consisting of mainly macaroni and spaghetti, overcooked starches. In a matter of months he had patients considered hopeless rise from their beds with a return of health, due to the daily use of a “green drink” made of alfalfa, parsley, spinach and other greens. Of special interest to me was the case of his famous “carrot juice woman” who gained 70 pounds in 18 months on a diet of carrot juice alone without all the protein medicine claims is necessary for health and more was healed of leukemia, arthritic pains and other complaints after medicine had given her up, under the care of a woman M. D. who herself claimed she had been cured of Cancer with the use of carrot and other vegetable juices when medicine had failed. I have fasted only a year and half altogether, including the 7 month 7 day and 6 month 17 day fasts on tinctured water 99% pure taking a gallon a day but loosing 7 lbs. a month, but she taking a gallon of carrot juice a day put on nearly 4 lbs. of weight per month. This completely disproves medical theories that one needs “proteins” beyond that which all living cells, including fruits and vegetables, naturally contain. More, the many marvelous recoveries of health on just fruit and vegetable juices proves further that a low-protein diet, instead of the orthodox medically prescribed high protein diets, has healing virtues,—as has been the teaching of Vitarian Science for many years with its exclusion of all protein foods, seeds and animal substances from the diet. That medical doctors are guided by the evil habits in the use of narcotics and gluttonous appetites, rather than good sense, in giving out advice, is well illustrated here.

Dr. Kirschner lists 43 common diseases and recommended for every one of them is carrot juice,—a sort of foundation in juice therapy. Celery juice seems to rate second being recommended for allergies, anemia, angina pectoris, asthma, biliousness, bladder disease, bronchitis, cancer, catarrh, colds, colitis, constipation, dermatitis, diarrhea, eye disease, gout, halitosis, hay fever, headache, heart trouble, high blood pressure, influenza, insomnia, kidney trouble, malaise, migraine, mucous membrane, nerve disorders, overweight, peptic ulcers, pregnancy, rheumatism, rickets, scurvy, teeth, tonsillitis, toxemia, and arthritis.

Cabbage juice is a recognized specific for healing stomach ulcers because of its Vitamin U content. He advises pea pod juice to aid the function of the pancreas, the same as pineapple juice. Potato juice and strawberry juice are recommended as potent skin cleansers. In addition to this orange juice prevents rickets being rich in calcium and phosphorous. No longer is juice therapy a fancy theory but it has been tested on every disease, with plenty of testimonials to show that it can cure anything.

As to why the commercial juicers justifies such beneficial recommendation from practitioners we must consider that the healthiest individuals can assimilate 35% of the precious elements the solid raw vegetables contain, usually much less being the case, but in the form of juices the same individuals assimilate 92% of the elements. It has been my opinion that most of the diet people eat is discarded as useless by the body, and the more of it that is assimilated the more it fills the blood with toxins, the food serving as an irritant and thus a stimulant to a false glandular feeling of strength.

The British Ministry of Health and Public Health Service Laboratory released the following statement:

“The sources of essential amino acids, the cell building factors, are destroyed by heat and processing and not obtainable in foods thus prepared: juices are the only means practical to get these rebuilding factors. Juices are valuable in the relief of hypertension, cardiovascular and kidney disease and obesity. Good results have also been obtained in rheumatic, degenerative and toxic states. Juices have an all around protective action. Good results can be obtained in large amounts up to one litre daily in treatment of peptic ulceration, also in treatment of chronic diarrhea, colitis and toxemia of gastro and intestinal origin.”

E.L. David, Biological Researcher of London writes: Studies by Dr. A. Ferenczi (Nobel Prize Winner) concerning the anti-tumor effect of beet root juice were published in 1965, 1959, and 1961. He explains the effect on cancer patients of the red color substance identical to the chemical structure of flavones. The anti-tumor effect of the beet root juice may be explained by its high iron content, which acts as a regenerator and activator on red blood corpuscles. By their regeneration these corpuscles supply cancer cells with more oxygen, thus improving the impaired cell respiration and also activating respiratory ferments (Warburg theory). As a result of these happenings, hypertrophies breakdown and the tissues take up their natural structures, if the disease is not too far advanced.” He also tells of use of beet root juice in leukemia, X-ray and radioactive damage, anemia, acute fever, illnesses, etc. Other sources have recommended beet root juice as superior to a blood transfusion for its rapid assimilation.

Needless to say, all the above treatments infer naturally grown vegetables as the source of the juice without the poisons of modern agricultural insecticides and fertilizers which are additional causes of cancer, poliomyelitis, kidney ailments, etc., quite unknown to the public.

The practitioner will encounter two difficulties in putting patients in the juice therapy regimen. The first is that the public has scarcely become aware that juices are palatable and medicinal, often looking on raw juices as poisonous because of their unfamiliar taste. For this reason carrot juice has become most popular because of its palatability. Other juices can be mixed with carrot juice or fruit juices. Personally I have found Florence Fennel of an agreeable licorice flavor and with about the same vitamin properties as carrots. Various vegetables such as beet root and celery combine to become palatable altho alone as live juices they are less agreeable. One eventually learns to like these plant juices till they have a fresh appetizing appeal, so that cow's milk smells filthy or manure-flavored in comparison.

The second difficulty may come when distress is encountered. After the body has been living on what is nutritionally no more than garbage for years there can be many unpleasant symptoms as the accumulated poisons are eliminated. Actually, in what is called the healing crisis the patient seems worse than when he started the regimen, and as the various leading practitioners have shown difficult cases may take a year and a half or two if not more to recover. However, with the "cure" there are no hopeless cases, every patient being a potential recovery, unlike medical treatment. Many cases respond rapidly even within hours or days. In time live juices overcome the desire for harmful foods and restore health to the body.

## CHAPTER III

Auspiciously at the commencement of this chapter's writing was at the time of the 1963 Convention of Natural Hygienists at San Diego California, who at this time also are debating Juice Therapy and drinking against drinking water only when thirsty. I have quite an equal view as to the Naturopaths who promote juices and Natural Hygienists who drink only water neither have ever permitted any article on Vitarianism or the author's radical views on fasting to appear in any of their publications! I think I can point to a few errors that the Hygienists are assuming in Dr. Shelton's Hygienic Review, April 1963, against "Juicy Profits from Juices and Juicers.

Both Dr. Gehman, N.D. and Art Andrews, N.H. are arguing for their own type of special anti-natural conveniences, it seems to me, Art destroying his food value by keeping things refrigerated instead of tree ripe or plant picked foods of full vitamin content, beside destroying part of his living body with drawing concentrations of minerals by shaving, against Dr. G.'s profit-making juicers than can leave juices to oxidize in the glass and yet are called of therapeutic value. Art finishes by saying, "But when it comes to food....Let me have it whole and raw the way it grows, as fresh and uncontaminated as possible. I view one kind of processing as undesirable, improper and detrimental as another be it canning, freezing or juicing. So when I'm thirsty I'll drink "whole" water. When I'm hungry I'll eat 'whole' food."

May I propose that both are wrong and right to a point. "Juice sucking" to put it bluntly, instead of the argued "sipping" or refusing to sip, is a fully NATURAL way of satisfying thirst. Juice extraction is natural, altho the means may be artificial since man is a dental cripple and must use machinery to do it in cases. We also extract a head of bananas from a tree, a cabbage from its trunk, leaves from herbs, tubers from Jerusalem artichokes and they still remain "whole foods", extraction not being the evil. Drinking juices as fast as they are made solves the oxidation of vitamins problem as does sucking.

But living in civilized U.S. with your soft physique producing conveniences you can't contemplate what is natural in man. Here in the Andes, juice for thirst is of everyday importance. You see the happy faces of thousands returning from a day's work sweating in the sugar cane or corn fields chewing either sugar cane or corn cane for thirst, and none of them. As long as they have the natural means for juicing, will exchange cane juice for stream water. When my workman is thirsty he asks for an orange not water as long as fruit is as easy to obtain as water almost, and he doesn't eat it,—he sucks it. Century plant juice is not only enjoyed as a beverage but heals rheumatism by counteracting blood acidity. The wise town's people here where longevity is exceptional tell me, "don't use the piped potable water, get the river water that has been dashed on the rocks." (The "potable" water is heavy in lime compared to sun-water of river.)

Even on a hot day people in the U.S. eat water-melon for its juice, drink oranges out of glass or out of their peeling, and so many things are consumed for juice and for thirst, not hunger or appetite. From the first day of birth nature teaches humans to suck or drink nourishing and thirst-quenching liquid, mother's milk, that is, to extract juice and biting or chewing is permitted only where warranted. Vitarianism, —eating fruits and vegetables—advocates an 85 to 90% water diet, making drinking along with chewing a process of food-taking. But eating nuts, 95% dry material and 5% water, the body is choking for water, as is the case when dried fruit (old sun-wilted devitaminized food) is used.

After living for years on a fruit diet it is difficult to drink earth water, giving as disagreeable a reaction as formic acid in honey. The minerals in earth water are so harmful that even Medical Doctors have to eliminate it for distilled water, and it is known to contribute to the hardening of the body tissues and aging, so as to require prohibition in certain ailments.

We are in agreement with Hygienists that enemas are not natural, and that forcing water backward against the intestinal valves may do injury. But we are against letting the food last eaten and other decomposing tissue wastes, remain in the intestines, producing dangerous toxins that are absorbed by the blood, to produce headaches—heart-palpitations, toxic muscular incapacity, mental block, coated tongue, and other pathological symptoms in the therapy of fasting. My Aquarian Regimen of tinctured water fasting completely eliminates the toxic condition of the intestines during fasting, by an enema in the natural direction thru the digestive tract completely washing and cleansing it of mucous and toxins, using natural germicide or detergent, but leaving the digestive organs at rest without the flow of digestive juices as accompanied with the eating of food. Natural distilled water from rain today is too contaminated with radioactivity to be recommended so one must use distilled water from a still or water with minerals filtered out with resin, etc. Ordinary earth water is 90% pure. Instead of contaminating our bodies with inorganic toxic earth minerals the body cannot tolerate when fasting we use water 99% pure but with an organic mineral content too minute to excite digestive juice flow, and yet serving a purpose in loosening mucous, neutralizing toxins and destroying only harmful germs, derived from the addition of small quantities of acid fruit juice to the distilled water. Since fruit juice is 9/10ths water, a 99 %, pure water would have one cup juice to every ten cups water, or in case of tomato juice, 95% water, one cup to five cups was used. One can live for months without proteins, etc. and without the pathology in toxicity and muscular incapacity of fasting on earth water, thru my tinctured water regimen, which the late Dr. T. de la Torre copied a year after my fasts without the full effect and results since he used vegetable juice extracts to prepare his fasting water. In 1952-53, I went 7 months 7 days on tinctured water but using spring water causing a swelling of legs at end of fast but in 1953-54, I realized the true 6 months 7 day water fast with the purest distilled water usually tinctured with tomato juice to the organic mineral content equal to earth content of spring water,—99% pure, without pathological results of any kind.

The following year 1955, I was paralyzed completely by forced medication of drugs in punishment for my fasts, after injuries suffered from insecticides. I agree with the Hygienists that the first thing necessary to restore health is fasting in most ailments.

As to the oxidation of food elements caused by juicing this can be reduced to a minimum by using botanic foods direct from the garden and immediately drinking the juice after a rapid extraction with a modern luxury machine. Art eats salads no doubt like other Hygienists. First, the time to juice food is usually much shorter than regular preparation and slow chewing required for a salad, and second the area of air-exposure is less in a glass of fruit or vegetable juice, since it is only the top surface, while in a salad of grated and chopped vegetables the top surface is exposed in addition to a vast interior surface on every tiny bit of vegetable thru-out the salad bowl since the air is not sealed out as in the case of juice liquid.

I would be only too glad if some Hygienists and Naturopaths took some interest in my new and easy system of fasting since I believe that eliminating the violent crises in toxicity and the requirement that one becomes a confined bed-patient due to toxic muscular paralysis in ordinary fasting, much more help could be given to restore health in the dozens of ailments that come from toxic waste deposits. Ordinary earth water is a source of such deposits.

The aim of fasting is to rest the body so the self-healing faculties can use all the body's nervous energies for cleansing and repair of the body. The Tinctured Water System provides greater cleanliness simply by washing the body internally with a whole gallon of water instead of a glass or two: did you ever try to bath yourself with a glass of water? A gallon is a true baptism, bathing actually while a glass drunk on ordinary fasting is a mere ritual in comparison- You wash out the whole elementary tract, not injuring the intestinal valves forcing water backward as done with enemas and colonies, and thus one doesn't forego the pathology of auto-intoxication, headaches, muscular paralysis, tongue coating, etc., caused by wastes putrefying in the intestinal tract- A special advantage in distilled water tinctured to 99% purity is that the minute quantity of fruit acid loosens the sticky mucous and waste deposits, as a detergent, and yet the Vitamins A, C, and D are not of chemical importance in the body so as to require digestion, but do carry a high charge of solar energy that electrocutes destructive germs and energizes the nervous system with what Oriental Yoga calls "Prana" force. In reality the Aquarian fasting technique is a part of a system of Natural Pranayama (absorption of solar forces), in which the fruit diet excels, altho the Orientals prefer forced artificial breathing exercises on a cooked grains diet to store up the breath of life, I believe overlooking natural "live foods for life" in concentrating the life forces, giving us a new "Super Yoga" health and spiritual science. People surprised by my over-six-months fasts have this explanation of my Tinctured Water being purer and used in greater abundance, but having the solar light energy concentrations captured in the Vitamins which replaced the inorganic mineral of stream, spring or well water which are unable to store solar concentrations,—which proves my teaching that the muscles are moved electrical nerve force of a solar photoelectric origin and not by chemical combustion as nutritional science claims, since I remained active thru-out the Aquarian fasts instead of being incapacitated physically in bed as on a 40 day fast on well water at Lake Quilotoa.

The above presentation reveals a fuller application of Natural Hygiene in cleansing the body thru a greater washing effort, that avoids auto-intoxication which the past teachers of hygiene preached against but did not have a technique for avoidance in practice when fasting with drinking water or even distilled water. Beside the Aquarian tinctured- water fast, Vitarian (Life) Science offers Natural Hygiene a secret that the leaders to the present are unable to fathom,—that their so-called “natural foods” people still have sex excesses, pollutions and menstruation, quite a filthy condition that should not be expected from true hygiene, which Vitarianism shows to be in the eating of nuts, seeds, avocados and other raw foods (beside cooked seeds and animal substances) that hygienists recommend, fearing our moral teaching of chastity possibly for its religious implication. Health and Hygiene are nevertheless moral concepts, the Fount of Religion!

If the body had been living on juicy fruits, no need for fasting could have arisen in the first place,—the Law of Paradise equals everlasting life and youth or health. The cold northern climate influenced this violation of man’s dietetic needs, fruit not being available picked tree-ripe everyday as it is here in the warm tropics, the store of climatic change being clearly exhibited in Adam being cast out of a fruit paradise into barren grain country where the wearing of skins was taken up beside smoky housing along with the bread and meat diet, provisions that became tolerated thru cooking and salting which even spread to the tropics, giving man such physical inferiority to his jungle cousin the gorilla and no monkey would abuse his fellow beings and commit the mass atrocities that modern men formulate!

Botanic Medicine or specifically Herbalism claims to be the “oldest healing art”, the “Sumerian Herbal” is dated between 2201-2177 B.C. or “practised 5,000 years with success”, and only in the 19th and 20th centuries has inorganic substances become the vogue. This means that Medicine has been BOTANIC five millenniums or more, with remedies coming basically from botanic or plant sources, which is instinctive to carnivorous animals also in their search of grass when ill, along with fasting. Outside of fasting, or “doing nothing for the sick” as the best medicine when ill, as the great Hippocrates stated, “our food should be our medicine and our medicine should be our food”, taking in what is known as Botanic in worth as Preventive Medicine in regular diet, and flavored or tinctured water used in fasting for illness or regeneration. My experience with kidney failure has demonstrated time after time that the harmful inorganic matter in ordinary well, spring or stream water can be overcome with the addition of raw herb juices,—just as raw herb or fruit juices will prevent the “hungry, water” effects of distilled water that leaches calcium and other minerals out of the body (similar to white cane sugar and white flour) in our scientific easy way of fasting on tinctured water. Dr. Ann Wigmore D.B.M., D.D. of Boston has been achieving marvels with the toxin-neutralizing property that live botanic materials have with the use of wheat grass juice in all phases of hygiene.

Thru-out the world because of a medical blackout against information on natural methods, humans are attempting “to learn to live with their disease”. This includes over 99% of the earths population! They take it for granted that man’s pathological status is “normal”, tho it is not natural, moral nor providential but the result of an all around degenerate way of life, or way of death better told! Our living “blood is the life of the body” but in that blood pathological conditions manifest each day of civilized man’s life: it shows us that disease is lurking in the body due to anti-life or destructive living habits, altho the body is still able to fight off a greater evidence of illness.

“Leukocytosis” is the name that medical pathology gives to an excessive augment of white corpuscles in the blood. Donders discovered this phenomena in 1846 and Virchow classified “digestive leukocytosis” as “normal” since everyone seemed to suffer of it. This was upset over three decades ago by the findings of Dr. Paul Koutchakoff, M.D. who showed that food in its natural uncooked state did not produce leukocytosis, or actually the cooking of food was a cause of leukocytosis. The white corpuscles are the defense organisms of the blood that prevent infection and intoxication of the blood,—and in any pathological condition, including the intoxication of the digestive system with cooked food or other toxic materials, these white cells augment from 5 or 6 thousand per cubic millimeter to 7, 8 or 9 thousand per cu. m.m. Dr. Koutchakoff found that he could divide his findings on leukocytosis in four distinct groups according to reactions in the blood: 1—Raw food produced no augment in white cells of the blood; 2—Common cooked foods produced leukocytosis; 3—Pressure cooked foods produced greater leucocytosis than non-pressure cooked foods; 4—Manufactured foods are the most offensive, such as wine, vinegar, white sugar, ham, etc. Koutchakoff was no vegetarian yet his findings show that flesh would have to be eaten raw to avoid leukocytosis which would be unpalatable to humans, but prepared meat (cooked, smoked, salted, etc.) brought on the most violent reaction, equivalent to the leukocytosis count manifest in poisoning. This Koutchakoff finding on how phagocytes, the scavengers of the bloodstream, increase after a cooked meal gives evidence of why raw foods so rapidly heal both acute and chronic ailments.

Instinct tells man to fast: Hunger leaves one when sick and naturally he fasts,-the self-healing faculty speaks intuitively and physiologically,—but if he consults others, they give advice contrary to this, justifying the sensual pleasure they have in food. Man is led astray by this false teaming, letting others do one’s own thinking instead of “know-thy-self” self-knowledge.

At the most the sick might compare notes, tho the final decision depends on understanding nature's wisdom, and not the dictates of active seekers of degenerative sense pleasures. The sick are not strengthened by food, and worse toxic meat extracts, concentrated in waste products, obstruct the body's self healing purification, tho they falsely stimulate sensual appetites acting like drugs for habitual meat-eaters. Resting the body lets it heal itself, and when naturally the appetite asks for fruit one knows he is on the road to health again. As a child being overfed on the rich farm diet, a cold was acquired once each winter with the "sick-all-over" feeling, which with my full avoidance of doctors, allowed me to start my first intuitive-therapy ideals in which I refused to eat anything except fruit, cherries or peaches (home canned for lack of fresh) with which I was well in a couple of days with no complications. I am well in agreement with the principle that the doctor that does the least for his patient, does the most, and thus if the patient were left dependent on his own self-resourcefulness there would be hope of human race regeneration. Dependence on doctors compels ignorance.

Vegetarianism is the basis of medicine or healing. Healing must be both Botanic (plant) and Preventive (hygienic) Medicine, physiologically and psychologically. It is so easy to attack Medicine, Vegetarianism, etc. as separate causes, but now let us guide them to superior light in Natural Hygiene and Vitarianism so we see them positively for what they should mean and not as a drugging system, meatless steak and soyaburger diets, etc. respectively.

We cannot even convince the M.D.'s to stop smoking, drinking or meat-eating, much less the public by scientific education. The children imitate adults and elder folk are not easily moved from bad habits even when death threatens, except a few who learn by experience. Most great health teachers were once hopeless incurables. Vegetarian youths voicing themselves in various publications have stated that they were not convinced nor converted by facts against meat-eating or scientific arguments. Who cares about health when they are healthy. Especially sickening to gastronomists must be sick folk who can't eat things on account of their health that preach health. Propaganda against cigarettes did not ruin tobacco sales.

However people do listen to their conscience. It is always with one, not easily discarded like a health article or advice. There are five million vegetarians in the U.S. in spite of public teaching that meat protein is essential to human health. Tell people about the ugly inhumanity against animals and especially the young uncallous ears will hear you. Children become interested in health in defense of following their conscience and physiological repugnance against killing, as do women in general, so that it is the working man that feels right in defending slaughter which he thinks gives him strength. I know this from experience personally, beside from life stories of hundreds of vegetarians that gave up meat because of conscience. Vegetarian Morality thus is the basis of Preventive Medicine or Hygienic Living, it is the Inner Light, the contact with True Self, Truth or God, that inspires health measures.

If the conscience were not against health destroying practices, there would be no point in health conservation, since “modern science” is based on greater pleasure, ease and sensually wise principles, and opposed to Moral Science which integrates man with Theology, Religion or other forms of God-Quest spiritually. Both the inspiration and the practice of Health are Natural or Intuitional within “Homo Sapiens” in their true sense of being inherently “wise”, or thinkers,—as long as they use this faculty that makes them superior to apes and other beasts to its plenitude, tho civilization has sought and succeeded in degenerating it to levels inferior to animals. History has proven that the “Greatest Thinkers” have been vegetarians.

More, the recent racial justice decisions are one of the greatest boost vegetarianism and pacifism has gotten, thru the public conscience against violence. It was the first time that Civil-Disobedience and Non-Violence were freely taught world-wide on “military happy” Voice of America radio by Martin L. King, of an unseen significance supporting world vegetarianism. Here is the proposition: If the Negroes are not to be discriminated against due to their color of skin, the same conscience tells us that animals are not to be discriminated against because of shape. The drug induced legless or armless babies do not become less “human” or qualified for justice and thus, that an animal is not shaped equal, to be able to walk, talk, and live like man does not mean they are less deserving of God’s mercy and love. St. Francis of Assisi recognized animals as the “brothers” and “sisters” of human-beings, and Jesus stated “Whosoever shall do the will of God, he is my brother and my sister”,—from which we see that a gorilla keeps the-first Law of life better than man, living on a fruit diet, and the cow and sheep keep God’s commandment against not killing on herbs, for which human injustice slaughters them. Many animals are superior to man in obedience to the laws of God, superior in conscience and man has only shown us superiority in cunningness in greater ability to destroy life and avoid the laws of the Creator in Nature or the “will of God”! Mere “free choice” has not in most cases made man superior to animals in God’s laws, and his concepts of God and superior intelligence are laughably anthropomorphic (reflections of his own sensual image). Everywhere conscience is looked upon as inferior to cunningness, —but Christ gave his life in the way of the Lamb, altho “Christians have taken up the habitual diet of wolves and tigers” as St. John Chrysostom complained.

If we can awaken the public against injustice, killing or violence, to other beings in both color and shape, but no less deserving and surely suffering pain as humans, the health problem of the nations shall be on the road to salvation, because Paradise-on-earth requires both soul and body, mind and action. Most every person who is a vegetarian, taking up health measures for conscience sake, likewise finds it both easier and compelling that they give up tobacco, alcohol and other drugs, since meat eating creates the craving for tobacco and alcohol, and inspired to avoid degeneration making the body a fitting temple of God one naturally gives up evil. In fact, once on the reform road, instead of competition and prestige in evil, soon there is competition to be more God-like, selfless and exemplary in the hygiene of God’s indwelling.

## CHAPTER IV

Can or will man excel his Maker? The question is sacrilegious in its essence, but all the evidence available shows that nearly every human being, in practice, believes that man can surpass his Maker! In fact, all of man's activities are organized upon this assumption,—that man is more omnipotent, omniscient and even replaces God's omnipresence since He is referred to as someone way off in the clouds, and all our progress is based on overcoming the laws of the Creator, to make man the "master of Nature". Science is doomed tragically when it violates God's eternal laws, creating great suffering on earth at this moment, and not in future punishment only.

To get at the cause we have to go back to the origin. Science has produced no better example and explanation of man's degeneration than the Legend of Paradise, a fact intuitive to all without reading the Bible. Even the sectarian argument of symbolic meaning could not exist for the story of Genesis since before it there was nothing that could be taken as a symbol,—it is the original literal truth.

When God created man He consecrated a Divine Design or Paradise Plan as the way of life that would bring man everlasting health, happiness and life. In this plan of heavenly life, God blessed a certain kind of food, tree fruits, as the only consecrated food for man, but with the distinction that fruits and vegetables that yield their seed could be eaten as God-Given food, so that the forbidden fruits of the tree of knowledge is readily understood to be seeds which were created for reproducing their kind and not for feeding and increasing other species. Man was deprived of Paradise when he took up the grain seed diet. "In the sweat of thy face shalt thou eat bread till thou return to earth out of which thou wast taken for dust thou art and into dust thou shalt return". Nothing is clearer in the Bible than the fact that bread eating gave death to man: Nutritionists have shown that cooking takes the "life" out of foods which is actually equal to "soul" in foods since otherwise only earth is left, and violation of God's law on eating seed instead of fruit (in the purpose inherent in his food) also cut man from eternity thru sin. The Bible begins by showing "You are what you eat"—if you eat cooked food (bread), dead as dust, to dust you shall return. Aging is characterized by the stiffening and petrifying of the body in earth.

The Paradise of pleasure on earth was never condemned and with Adam's sin, the tree of life and its living fruits remained consecrated by God to those who are able to eat thereof and "live forever" (Gen. 3:22), altho Adam was sent away from this climate that produced "all fruits pleasant to eat" to cold temperate grain-producing regions where skins were necessary garments instead of the nude life of the warm tropics. They lived in a state of complete earthly happiness because God gave them full knowledge befitting their position!

They were in no way disturbed by evil inclinations of their bodily desires for pleasures of food and sex, they were free from all bodily suffering and hardships and would never die” wrote Archbishop John F. Noll of the Paradisiacal status, “Has it ever occurred to you that the First Commandment God Almighty ever gave was of abstinence? He forbade Adam and Eve to eat of the fruit of a certain tree.....During the 2.000 years preceding the deluge, people were permitted by God’s law to eat nothing except fruit of trees and the vegetables of the earth. Yet during that period it was common for people to live for several hundred years.” I think on the authority of Archbishop Noll a Roman Catholic acceptance of my literal interpretation of Genesis and the virtue of Vitarian abstinence has been established. We hope to spread its acceptance.

The Center of Catholic worship, the Holy Eucharist, for nearly two millenniums has been preparing mankind for the return of the Son of God and His Paradisiacal Kingdom, where Christ again promised He shall drink of the fruit of the vine fresh with us. The Master Jesus re-established the Law of Life given in Paradise and the reward of everlasting life on earth for those who keep His commandments. The old testament was dedicated with the blood of victims, so Jesus dedicated His model sacrifice with wine as “my blood of the new testament”, mystically “blood” but an unbloody sacrifice” in physical attributes in the Holy Eucharist. Bread and wine were not indicated as food of the inhabitants of Eternity or Paradise, no more than flesh foods, but consecrated in-place-of slaughtered food. The First Christians abstained from eating meat the first three centuries, we are assured by Pliny St. John Chrysostom and others, and they consecrated their bread and wine, offering it up as the body and blood of Christ in common worship, From this we see that flesh-food is unlawful. Even the Jews who dedicated sacrifices with victim’s blood, with the example of the First Christians were forced to abandon bloody sacrifices. Bread and wine are allowed in the transition of mankind from meat-eating to fruitarianism, but the fact that we are required to bless our daily bread reminds us that seed or bread-eating robbed man of Paradise, and likewise “It is not good to eat flesh nor drink mine” (Rom. 14) still gives testimony that juicy tree fruits are the only existing food eternally consecrated by God without the need of human sacrifice, naturally delicious and good because it is the Law of Life.

Thus the history of man on the authority of the Holy Bible is the history of man’s violation of food laws established by God, and the compromises the Prophets established to mitigate God’s wrath on man! FIRST: Cast out of Eden for violating the fruit diet, man is allowed to eat seeds, wheat, lentils, etc.

SECOND: Destroying a sinful population of brutes next man is allowed to eat clean meats after the flood.

THIRD: With the Advent of Christ, meat-eating is unlawful for Christians and the Lord’s Supper is preached and celebrated thru-out the world as the exemplary unbloody offering to God.

FINALLY: One-third of the world is destroyed by fire (Apoc., 8:7, 9:15, 18:8, 18) or nuclear radiation purifying the earth for the return of Paradise and Christ’s government, in which both seeds and animal substance become unlawful in the original Law of Life of God’s Design among men. Whenever I make these colossal declarations showing that the Return of God’s Paradise on Earth pivots with all its weight on the Lovewisdom Message on Vitarian Diet I feel the world full of scepticism against the magnanimity of such a simple, common and unassuming practice as fruit-eating but it is the unique detail upon which rested the happiness, health and very life of man in God’s Eternal Law of Life. Man sacrificed Paradise for bread, so now he must sacrifice bread for Paradise’s return!

The Masters or Prophets have guided mankind in the same Cosmic Order with which the Creator maintains the Universe, preparing the progress of man's regeneration: they foretold the coming of Jesus just as they have prepared us for the new world to come on earth. Our northern Civilization guided by the "merchants" as the "great men of the earth" have let loose their chemical and nuclear fire of destruction, now that they "have been made rich by the power of her delicacies. Go out from her, my people: that you be not partakers of her sins, and that you receive not of her plagues". (Apoc. 18:3 ) There is no point living on "living water" from the "tree of life" in the American "Babylon" partaking of the merchants poisons, but as I did you must flee the northern nuclear fire centers, to the tropical nuclear-free zones, to survive and there live on fruit to know Paradise.

Read the Apocalypse and every detail is pointed out to be seen about the U.S. Civilization's fall, the chemical nuclear and disease plagues and the corrupt life of the rich exported world-wide as abomination to man.

"And I John saw the holy city, the new Jerusalem coming down out of the heaven.....death shall be no more....I am the beginning and the end. To him that thirsteth I will give the fountain of the water of life freely. I saw no temple therein..... for the Lord God Almighty is the temple thereof and the Lamp. He showed me a river of the water of life and the tree of life bearing twelve fruits yielding its fruits every month and the leaves of the tree were for the healing of the nations.....And he that thirtieth let him come and he that will, let him take of the living water freely".

I am calling your attention to our subject matter the "fountain of living water" to be found in the fruit of the "tree of life" and whose leaves are botanic medicine. Cancer, polio, heart-ailments, and all kinds of horrible diseases increase with all this nuclear and chemical poisoning, living water foods being the only things that counteract and heal these incurable illnesses,—but the merchant dictatorships medicine-men forbid the claim that natural food heals, only the dictators drugs may be used and health-teachers are imprisoned and tortured like criminals: Armageddon!

Thru-out the world because of a medical blackout against information on natural methods, humans are attempting “to learn to live with their disease”. This includes over 99% of the earth’s population! They take it for granted that man’s pathological status is “normal”, tho it is not natural, moral or providential but the result of an all around degenerate way of life, or way of death better told! Our living “blood is the life of the body” but in that blood pathological conditions manifest each day of civilized man’s life: it shows us that disease is lurking in the body due to anti-life or destructive living habits, altho the body is still able to fight off a greater evidence of illness.

“Leukocytosis” is the name that medical pathology gives to an excessive augment of white corpuscles in the blood. Donders discovered this phenomena in 1846 and Virchow classified “digestive leukocytosis” as “normal” since everyone seemed to suffer of it. This was upset over three decades ago by the findings of Dr. Paul Koutchakoff, M.D. who showed that food in its natural uncooked state did not produce leukocytosis, or actually the cooking of food was a cause of leukocytosis. The white corpuscles are the defense organisms of the blood that prevent infection and intoxication of the blood, - and in any pathological condition, including the intoxication of the digestive system with cooked food or other toxic materials, these white cells augment from 5 or 6 thousand per cubic millimeter to 7, 8 or 9 thousand per cu. m.m. Dr. Koutchakoff found that he could divide his findings on leukocytosis in four distinct groups according to reactions in the blood; 1. Raw food produced no augment in white cells of the blood: 2. Common cooked foods produced leukocytosis; 3. Pressure cooked foods produced greater leucocytosis than non-pressure cooked foods; 4. Manufactured foods are the most offensive, such as wine, vinegar, white sugar, ham, etc. Koutchakoff was no vegetarian yet his findings show that flesh would have to be eaten raw to avoid leukocytosis which would be unpalatable to humans, but prepared meat (cooked, smoked, salted, etc.) brought on the most violent reaction, equivalent to the leukocytosis count manifest in poisoning. This Koutchakoff finding on how phagocytes, the scavengers of the blood-stream, increase after a cooked meal gives evidence of why raw foods so rapidly heal both acute and chronic ailments, simply reducing the tremendous overload of toxic substances and germs that the blood has to fight, eating cooked, processed and especially cooked animal substances. As to the critical temperatures at which food became “pathological” giving the symptoms of leukocytosis, these varied with the food, carrots at 206 deg. F., potatoes at 200 deg. F. and even water heated above 191 deg. F. Considering that water causes such a toxic reaction when heated should discard the use of herb teas from Botanic Medicine, in favor of live juices of greater biochemical potency beside anti-leukocytosis properties.

Many of the intuitive and experimentally evident factors upon which my early teachings of Vitarianism were founded were confirmed by Koutchakoff's laboratory experiments. For instance, Koutchakoff found that the use of a little cooked food with a diet of most raw food will neutralize the adverse effect of the cooked food so as not to give leukocytosis. In this I had favored an 80% live foods diet with 20% cooked food in the form of baked potatoes as a transition to an all raw diet and general health diet for most people. In fact by natural appetite I am unable to enjoy any cooked food unless it is accompanied with raw food,—to the point of eating baked potatoes with raw potato salad when marooned.

The live food principle is based largely on the “elements of life” in food named “Vitamins” and “Enzymes”. A vitamin is not a vitamin (element of life) when it does not contain life. Vitamins are not absorbed by the body like mineral substances, but rather carry a charge with a certain rate of solar energy effecting great changes in the body by photoelectric forces but the identical chemical of the vitamin is eliminated in the feces. Factory made vitamins may duplicate vitamin chemicals, but without the solar photoelectric force are equal to vitamins discarded in feces, worthless.

The field of enzymic action is unstudied by medicine. This is because enzymes are destroyed by fragmentation, heating and processing of foods which pays for medical experimentation. Enzymes are living proteins essential to life, but with this living-protein starvation, people are forced to accept medical aid of toxic concentrated cooked animal proteins that poison rather than nourish.

Vitarian Science is identified especially with the “Low Protein School Nutritions” maintaining the 20% level. Animal proteins are not only toxic to the human blood, but are laden with transmissible disease,—undulant fever, salmonellosis, trichinosis, etc. We have published lists of Olympic and world champions showing vegetarians excelled in strength and velocity, leaving little argument as a need for animal protein. Johnny Weissmuller, 3 Gold Medal Champion in Olympic Swimming and famous “Tarzan” actor of Hollywood movies, found that he could beat his records made on a “vegetarian” diet by eliminating even milk from his diet, illustrating the toxicity of animal protein in muscle-fatigue. Otto Carque indicated that at the time of most rapid growth of an infant in the 6th month of nursing, his mother's milk shows only 1.07% protein which would mean full grown humans need even less. Fruits are the only food that naturally supply this very low non-toxic amount of protein and nearest, equal in mineral composition. Medical Doctors argue that we need foods with 20 to 30 times as much protein,—they claim the Author of Nature was not as wise as their “modern medical science” —at least the “old man in the sky” didn't have to defend a love for beefsteak, ham and eggs in His declarations!

Due to their high mineral, vitamin and enzyme content and large percentage of purifying water, in contrast to its very low protein content, makes fruit the most health and life-food highly protective against illness, “immunizing” against disease and restoring health in sickness. Not only does it satisfy hunger but a fruit-eater will not thirst. Water and drinks interfere with meals, but fruitarians, not craving concentrated food stimulants nor liquids to dilute or neutralize them, seek neither special drinks or dry foods, their hunger and thirst being synchronized naturally. Most people eat too much food and get too little water. Fruitarians to appear to eat plenty since their food contains the abundant water that perfect health requires.

Bodily health depends on healthy blood obtained on the fruit diet, but even more so, the mental, moral and consequently social health or the peace of individuals and mankind. The world is alarmed at the prospect of a six billion population in the next 30 years, and at this rate soon there won't be room to lie down, standing room only on our planet. Vitarian diet is a specific for this case,—we have illustrated often with the history of Paradise and described the result of students taking up the fruit diet, that as long as juicy fruit is eaten there is no seed production, but with the use of seeds, cooked food, and animal substances, the excesses in reproductive fluids return. There is no other practical natural method by which sex pleasure is in itself controlled, without degenerative effects of losses in both sexes, nor with constant need for pregnancy or nursing on the part of the female with excess of population, except the original fruit diet.

What Vitarian Science advocates is “Living Water” Natural Live Juices found naturally in the ideal diet for modern man, and not just as a health drink or “bitter medicine”. Juices, fruit and succulent vegetable salads are 80-95% distilled water whether one liquefies them with natural teeth or artificially, they are living water, more than they are anything else, so that they can rightfully be included as part of Modern Live Juice Therapy.

Continuing the mention of celebrities who used Live Juice Therapy, we must mention Dr. Max Gerson, M.D. (New York),—called “one of the most eminent medical geniuses in the history of medicine” by Dr. A. Schweitzer, -healed cancer patients on raw juices and a fruit and vegetable low protein diet avoiding all processed foods. Gerson obtained great results in tuberculosis too. His patients drink fruit and vegetable juices, up to a glass every hour, producing frequent urination. His diets were without salt, low protein, alternating from all raw to raw foods with cooked greens and potatoes. Not being a strict moral vegetarian he recommended liver juice.

Also of New York, is the son of U.S. “Father of Naturopathy”,—Dr. John B. Lust whose book, “Raw Juice Therapy” is a good handbook on the subject, states: “Raw juices taken on an empty stomach will be absorbed by the blood stream and glands within 15 minutes after ingestion”. Consider the rapidity of 100% safe ...treatment of the blood with benign natural germicides, nutrients and non-toxic botanic medicine, and the quick terrorizing needle-happy therapy of drug-doctors with the dangers of shock, intoxication, uncertainty that any nutrient ever served useful purpose, hundreds of toxic reactions, biological complications, and that the high mortality of general hospitals all around the world gives testimony of, and you should agree that it is a pity that such Natural Methods reach so few to show their efficacy, and these, those given up by drug-therapy!

Dr. Benedict Lust years ago affirmed: “There is something more behind these health, raw juice cocktails than simply satisfying the palate.—They satisfy and nourish the twenty-six thousand billion cells of the body. When people form the health cocktail habit, they put liquid life into their bodies!” As far back as 1935, Paul Bragg said, “The continuous and persistent practice of getting the liquid life of fruits and vegetables into the system is one of the secrets of keeping young.” Bragg, Benj., Gaylord Hauser, etc. popularized juices with Hollywood stars and general public thru their lectures.

Dr. Ann Wigmore, D.B.M., D. D. (25 Exeter St., Boston. MA 02116, U.S.A.) who published “The Rising Sun” review has produced a household modern botanical: anyone can grow wheatgrass in their kitchen, and the live juice she extracts heals cancer, and many incurable ailments if other dietary precautions are taken. Wheat is low in mineral content,—1.4% compared with barley 2.1 % and oats 2.9% beside acid-forming as a grain but as grass it is healing, doing away with toxic chemical poisons, radiation, drugs, etc. “Wheat grass Manna” has a mission for the general public which is ignorant to hygienic principles and are grabbing anything to save them, many of them have been sadly deluded by drugs and surgery.

Our food should be our medicine, that is our regular diet should prevent disease in the first place, and more as medicine there is only the same hygiene. Our food, if it be wholesome, will allow the self-healing power of the body to heal itself. Toxic food actually prevents the healing of the body and a sick body more than food needs rest.

May your food be that which God blessed in the law of Life Everlasting, a Holy Communion with Our Creator,—rather than that which degenerated mankind hastening man’s return to earth—in Design Divine.

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