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[http://www.1-costaricalink.com/costa\\_rica\\_books/fasting\\_physical\\_purification/fasting\\_physical\\_purification\\_14.htm](http://www.1-costaricalink.com/costa_rica_books/fasting_physical_purification/fasting_physical_purification_14.htm) Chapter I

### Causes of Disease, Premature Old Age and Short Span of Life

In order to obtain a clearer understanding of the marvellous process of fasting for the purification of the body, resulting in the prevention and relief of untold suffering, the preservation of the vigour of youth and the prolongation of the span of life, it will be of great importance to give a brief account of how disease is built in the living organism. After we know how disease is built and what is the nature of it, we shall easily understand why fasting produces such amazingly good results in the cure of disease, the preservation of youth and the prolongation of the span of life.

As we shall see, in the last analysis the following thirteen causes of disease are comprised in one comprehensive cause ----violation of the Laws of Life. Hence the superlative importance of learning how to live in accordance with the requirements of these laws. When this has been accomplished we have automatically supplied those environmental conditions upon which perpetual health, youthful vigour and long life would become possible and inevitable. But in order to learn how to live in accordance and harmony with the Laws of Life it is indispensable to first learn how these Laws operate in the living organism and make it function, either normally (health) or abnormally (disease). Students of Psycho-Physiopathy who have learned in "Book One" how the Laws of Life make the body function will more easily understand the

importance of the study of these laws in the prevention of disease, the purification of the body and the prolongation of the span of life.

As far as space permits I shall now explain how the thirteen enemies of human life come into existence thru violations of the Laws of Life. Here follows an enumeration of the thirteen enemies of Human Life in the order in which they came into man's existence :

1. Intense Cold
2. Defective Elimination
3. Unnatural and denatured Food
4. Irritating Spices and Condiments
6. Alkaloids and Alcoholic Beverages
7. Drugs, Serums and Vaccines
8. Impure Water
9. Impure, Polluted Air
10. Demineralization of the Soil
11. Poisonous Spraying of Foods
12. Misuse and Abuse of the Sex Function
13. Fear and Worry

### Man's Natural Environment

Science, Philosophy and Sacred History teach that man is a native of the tropical regions of the earth; that he came into existence in a warm climate of perpetual spring; where he did not need either clothing or housing to protect him; and where his natural food (fruits, oleaginous seeds and tender vegetables) grew spontaneously and abundantly. In as much as man came to this world nude, at a time when there were no clothes, no houses and no fire to protect him, it was an absolute necessity that he came into existence in a tropical environment. Otherwise he could not have survived.

Therefore, it is logical to believe that the body of man became adapted

to the warm tropical climate from the beginning of his existence. Hence, in consequence of the warm sunshine, fresh air and rain, alternatively playing on his uncovered body, a large volume of blood circulated near the surface of the body. It was in this way that the skin, with its millions of pores, became the most powerful organ of elimination.

As long as man was eating his natural food and living in his natural environment his skin and other organs of elimination easily disposed of any excess of metabolic waste products. Hence man lived a long life, free from disease and frailties of premature old age. But when either knowingly or ignorantly man left his natural home of warm sunshine and migrated to the land of ice and snow, he came in contact with his first enemy:

#### Intense Cold

Intense cold awakened a protective, vital reaction of the organism, resulting in contraction of the peripheral muscles and the closing of the pores of the skin. The result was congestion of blood in the internal organs and retention of a certain amount of harmful waste products which eventually the other organs of elimination could not dispose of. This brought about the second enemy of human life:

#### Defective Elimination

Defective elimination became the second factor in the production of disease, since the waste products, which gradually accumulated in the cellular tissues deteriorated them and interfered with the normal function of the organism. Then came man's most powerful enemy:

#### Unnatural Food

In as much as man's natural food decreased in proportion to the distance he travelled away from his tropical home, he was forced by

hunger to seek and get certain unnatural foods which he could eat during the cold, long winter months, in order to prevent starvation. It was in this way that he became a hunter and an agriculturist and became adapted to a diet of flesh and grains, which gradually would play havoc on his organism. In this way the third enemy of human life was introduced into the life of man.

### Devitalized Food

Dire necessity awakened in man's inventive genius the desire to find ways and means to invent how to make fire to warm himself during the cold months, and to cook his unnatural food in order to make it pleasant to the taste and easier to eat. Temporarily the use of fire enabled man to survive, since in this way he could store grains for winter use, thus preventing starvation. But although the use of fire may have saved man's life and enabled him to live with more or less comfort in his unnatural, cold environment, the excessive heat applied to food during the cooking process, disintegrated the natural composition of foods, destroyed entirely some of the vitamins, reduced the energizing power of others and deprived man's food of its life element, as proved by the fact that seeds that have been cooked, do not germinate when planted ----they are dead. Hence, cooked food cannot very well sustain the life of the body. Eventually, thinking that he was improving his food, man ignorantly committed another dietetic error when he began to denature his foods by removing the exterior coat of grains, thereby removing most of the precious organic mineral salts and vitamins, resulting in demineralization and devitamination of the body, thus greatly contributing to chronic disease, premature old age and early death.

### Irritating Spices and Condiments

In order to impart flavour to his unnatural and dead food man resorted to the use of salt and condiments which by their irritating nature

awakened an unnatural appetite, urging man to overeat of his dead and decomposing food, thus adding insult to injury by becoming a glutton, which lead him to saturate his organism with toxic waste products resulting from an excessive amount of his unnatural food.

### Alkaloids and Alcoholic Beverages

The unnatural diet, almost entirely consisting of lifeless food, saturated the cellular tissues with waste products to the point that Vital Force could not freely into and thru the organism.

The result was low vitality and a sensation of weakness. In order to overcome this weakness, man has resorted to stimulants such as alcoholic beverages and coffee which, by causing a temporary sensation of stimulation leads man to believe that stimulants give him strength, while the fact is that they cause that sensation of vigour and well being by consuming the reserve energy which the body already had. Hence the reason why when this reserve energy is used the drunkard feels much weaker than he was before.

### Drugs, Serum and Vaccines

Gradually man reaches that pathological state where not only weakness but pain result. Hence, to relieve it he blindly resorts to poisonous drugs, serums and vaccines which further poison him, either gradually and without his knowledge or immediately as in so many cases of sudden or almost sudden death following the administration of foreign matter into the blood stream, either via the mouth, thru vaccination or by means of serum injections, the latter the most diabolical and injurious of all a worthy relic of ignorant, primitive savage man rather than of modern, so-called civilized medical doctors.

### Impure Water

This has been another great factor in the degeneration of the human organism. For, according to Doctor Robotham and other English physicians, even what we call clean city or spring water contains so much carbonate and sulphate of lime that it is calculated that a person, drinking an average quantity daily would, in 40 years, have taken into his body as much calcareous matter as would make a pillar of solid chalk as large as a good-sized man. This calcareous matter plus the chlorine added to city drinking water would choke up the system before the age of 20 years were it not that the kidneys and skin continually throw it off in large quantity. But some of it gradually accumulates in the body, resulting in hardening of the arteries and muscular tissues, thus being a prolific cause of rheumatism and premature old age.

By eating cereals, legumes and meat, well seasoned with salt and hot spices, man creates an artificial thirst inducing him to drink large quantities of water which aids to bring about artery-sclerosis, rheumatism and premature old age. The natural fruit-vegetarian diet does away with the necessity of drinking large quantities of water, thus saving the body from this calcareous source of premature old age. In fact, experience demonstrates that those who adopt the natural diet, can live in a healthful condition without drinking water. Or, at most drinking a small amount now and then, since natural foods contain an average of 85 to 90 per cent of water, pure and distilled in the laboratory of Mother Nature.

### Impure Air

If common drinking water saturates our body with calcareous deposits, impure air saturates us with highly poisonous carbon dioxide and carbon monoxide, smoke, soot and ashes, poisoning our blood stream and bringing on us various affections of the respiratory organs which shorten our lives and bring to us untold suffering.

## Demineralization of The Soil

This enemy of human life is very dangerous, since it eats away the foundations upon which the nourishment of our food depends. Demineralization of the soil by the constant production of crops as well as by erosion of the soil by rains robs our foods of those precious minerals which are indispensable in the nutrition of the body. The use of chemical fertilizers usually makes a bad situation worse, in as much as they add to the soil too much of the growth-promoting element (nitrogen) and not enough of the precious mineral salts, thus further unbalancing the chemistry of the soil. At the same time chemical fertilizers kill man's friendly organisms -the earthworms- which till the soil by burrowing deep into the earth, pulverizing and aerating it and preparing it for the absorption of rain water, and facilitating the spreading of the roots of plants.

Another function of the humble earthworm consists in swallowing earth and mixing it with its digestive secretions as it passes through his body as castings. These castings contribute to the formation of the top soil, thus enriching it greatly. Hence the reason why chemical fertilizers are doubly harmful.

## Poisonous Spraying Of Foods

Demineralization of the soil results in sickly plants which are attacked and more or less destroyed by insects and plant diseases, just as ill-nourished children and adults grow weak and sickly and are prey to pathogenic micro organisms. Trying to save our food from utter destruction by insects and micro organisms our chemists have compounded poisonous sprays which more or less destroy harmful insects and micro organisms, thus saving our crops of food. This apparently worthy effort of our chemists produces disastrous results eventually, since beneficial bacteria is also killed by poisonous sprays and the poisoned food gradually poisons man who eats it.

## Seminal Losses

The above eleven enemies of human life gradually degenerate the human organism, weakening it and bringing about numerous organic disorders among which is depletion of the seminal fluid, either by voluntary use and abuse of the sexual function or involuntarily through seminal night emissions and spermatorrhea. When this is taking place, as is often the case, these victims travel fast along the road to vital exhaustion, premature old age and death when they should be in the prime of life. How depleting of vital force seminal losses are, can be judged by the fact that the loss of one ounce of seminal fluid is equivalent to the loss of 40 ounces of blood.

### Fear a Powerful Enemy of Human Life

Finally, the previous twelve enemies of human life convert man into a nervous wreck, full of aches and pains, living a miserable life, afraid of everything. Physically, man fears the multiple forms of disease: tuberculosis, heart and kidney disease, arteriosclerosis, cancer, premature old age and death. Socially, man fears gossip, slander, burglary, crime, revolution and war. Economically, he fears to lose his job, or his business or his home, which would result in poverty, starvation and misery. Hence, sick, weakened, ailing man is finally rushed to the grave by the thirteenth enemy of human life --- Fear.

Psycho-Physiopathy teaches how to prevent or overcome the disastrous effects of these thirteen enemies of human life. In this book we shall deal only with Nature's Greatest Remedy: Fasting to overcome the deleterious effects caused by these thirteen enemies.

### Nature of Disease

As I explained in the previous chapter the numerous causes of disease are comprised in one great cause-violation of the Laws of Life. As a



result of these violations certain pathological changes take place in the living organism which bring about:

- 1) Enervation: a state of low vitality, resulting in defective elimination of waste products.
- 2) Retention of foreign matter.
- 3) Abnormal composition of blood and lymph.
- 4) Degeneration-pathological changes in the tissues and organs of the body.

The pathological changes in the tissues of the body form organic lesions of more or less permanent nature, while the retention of waste products form deposits of foreign matter which obstruct the circulation of blood and lymph and interfere with the normal inflow of Vital Force into and thru the organism. The result is weakness, irritation, nervousness, congestion, aches and pains- disease, brought about by

- 1) Violations of the Laws of Life.
- 2) Deposits of waste products and foreign matter.
- 3) DegeneratThese waste products and foreign matter enter the body with

- 1) The carbon dioxide, carbon monoxide, smoke, soot, dust and gases in the impure air we breathe.

- 2) The inorganic mineral matter ever present in the water we drink and the addition thereto of harmful chemicals for the purpose of destroying harmful bacteria and micro organisms.

3) The harmful drugs, serums and vaccines thrust into the body under the wrong supposition that such harmful substances can cure disease-nullify the effects of the Laws of Life.

4) The wrong kind of food we eat decaying flesh of dead animals, denatured food products, such as white flour, polished rice and refined sugar, and even by eating too much of the right kind of food.

We shall now make a brief study of the principal types of degeneration of the body tissues brought about by (1) violations of the Laws of Life and (2) retention of foreign matter.

#### Degeneration ----The Immediate Cause of Premature Old Age and Death

What is the difference between the body of a child and that of an old man? It is only a difference in the proportions of its chemical constituents. For instance, in the child the percentage of water is 70, while in the old man it is only about 55. And as old age supervenes, in proportion to the decrease of water is the increase of certain inorganic salts and certain waste products that accumulate in the tissues, hardening them, making them stiff, interfering with their functions and finally causing the paralization of the human organism. As we shall see later on, these inorganic salts are the carbonates of sodium, calcium, magnesium, urates, and various other substances that alter and degenerate the cellular tissues.

ion of the tissues and organs of the body.

By degeneration of the tissues of the living body we mean an *alteration of the structures of the organism* which modifies the normal morphological and chemical composition, of the cells and interferes

with their normal functions. This alteration results in a derangement and destruction of the vital cell and in their replacement by inferior non-vital cells --- cells incapable of reproducing themselves; hence, short-lived cells, making a short-lived organism.

### Fatty Degeneration (Adipose)

Definition : Fatty degeneration consists in an abnormal deposit of fat in the protoplasm of the cells. All tissues possess adipose capacity, but those which contain fat in a normal state are more easily impregnated by fat. Such tissues are: the subcutaneous tissues, per visceral tissues, hepatic (liver) tissue, and neoplasm's, such as tumours.

Contributing Causes: An excessive consumption of carbohydrates and hydrocarbons (starches, sugars and fats) (2) Fatty degeneration may also occur when the production of fat is normal, but due to excessive rest the flow of blood to the cells is diminished, thus decreasing combustion and oxidation of fat. Examples of this are those who lead a sedentary life. (3) It may also occur when the volume of oxygen in the blood has been greatly diminished. In this case we have the fatty liver of those suffering with tuberculosis, due to the decrease of breathing surface in the deteriorated lung tissue. (4) It may also result when the haemoglobin of the blood, which is the oxygen carrier to the cells, is greatly diminished, due to lack of iron and other salts in the diet. Examples of these cases are those who suffer with anaemia, leucothemia, enlargement of the spleen or the Lymphatic glands and malnutrition. (5) Finally, it may be also caused by acute poisoning by administered drugs, such as phosphorus, which poison acts by diminishing the introduction of oxygen and by inhibiting the expulsion of carbonic acid gas thru the lungs. In this case we find the phosphoric adiposity of the liver.

Effects: This form of degeneration begins in the interior of the cells in the form of little droplets of this jellylike substance which gradually

push the protoplasm and nucleus to the periphery and ends by the destruction of the cells when degeneration is advanced. This colloidal matter is remarkable for its resistance to all reactions.

According to Taber's Encyclopaedic Medical Dictionary, colloid is a glue-like, gelatinous substance developing in colloid degeneration and carcinoma-cancer. Hence, when we take into consideration the fact that colloid substance is derived from consumption of albuminous foods, (meat, fish, eggs and dairy products) we see why peoples who are great consumers of these animal foods develop cancer, while, peoples who are vegetarians are almost entirely free from this terrible disease. In as much as colloidal deposits are resistant to all reactions it is not possible to dissolve them in the organic liquids. Hence, they constitute permanent lesions. But though they are not soluble in the organic liquids and cannot be eliminated thru the natural channels, Mother Nature in her infinite wisdom manages to expel them from the body by means of boils, carbuncles, tumours, open ulcers, and forcing them out thru the mucous membranes, provided that the vitality of the patient is increased by purificative and regenerative treatment and by a removal of the cause. As it is thoroughly explained in "Man's Return To His Garden Of Eden" at certain phases of the regenerative treatment healing crises and regenerative crises appear during which these normally insoluble deposits are dislodged and forced out of the body.

### Mucous Degeneration

Definition : This is a process characterized by the presence in the cells and tissues of an albuminoid substance called mucin which imparts to the various mucous secretions their sticky, ropy, viscous consistency.

Although mucus degeneration is produced by the same causes that produce colloidal degeneration (meat, fish, eggs and dairy products) the chemical characteristics of this mucous substance or mucin, possess

different properties, since its well in water and is soluble in organic liquids, provided that they are alkaline.

A certain amount of mucous secretion is normal in all mucous membranes. It serves to protect against undue irritation certain organs such as those of the respiratory system. The genital-urinary and the intestinal tracts. But thru an excessive consumption of albuminous foods, such as eggs, meat and fish the mucous secretion is increased beyond the power of elimination. When this is the case, the blood, lymph, and the body tissues become saturated with mucin, that viscous, ropy substance popularly known as mucus. This mucous saturation increases the viscosity of the blood and other body fluids, making them abnormally thick and sticky, thus retarding the circulation of the blood thru the capillaries. The result is colds, catarrhal affections, and tuberculosis when the condition becomes chronic. Some neoplasm's, such as tumours, undergo this form of degeneration.

**Pathological Effects:** The deposits of mucin are present in two forms: (1) In globes situated within the cells and (2) diffused in the interstitial substance of connective tissue. Both tend to transform the healthy cellular tissue into a gummous, viscous, semi-solid substance that results in softening of the tissues and cartilages.

**Chemical Characteristics :** Mucin is an albuminous substance characterized by its remarkable property to swell greatly in water, forming a jelly-like consistency. It is soluble in organic liquids, provided that they are alkaline. But as soon as the organic liquids become acidified the mucin is precipitated. Among the agents who precipitate this mucous substance are alcohol and acetic acid. Hence, those suffering with catarrhal conditions should abstain from the use of alcoholic beverages and acetic acid (vinegar). For these substances, by precipitating the mucin, prevent its elimination thru the natural channels.

The Remedy: In view of these facts it is evident that in order to prevent and cure catarrhal conditions it is necessary (1) to reduce or entirely eliminate temporarily from the diet mucus-forming foods, such as meat, fish, fowl, eggs and dairy products and (2) to dissolve the mucous accumulations by means of an eliminating diet of alkaline organic liquids such as the juices of fresh celery, turnips, cabbage, lettuce, carrots, etc., and alternate with hot broth made from those and other vegetables adding a generous amount of garlic.

Great relief will be obtained also by the use of hot teas made from herbs of the group of Depuratives and Expectorants as these herbs greatly aid to dissolve and eliminate these mucous substances. When this regimen is aided by the production of artificial fever by the application of the purification bath as explained in Book Four of the Study Course on Psycho-Physiopathy, the dislodgement and elimination of mucous deposits is much faster still.

### Calcareous Infiltration

Definition: This form of degeneration consists in the infiltration and deposit of calcium phosphate, calcium carbonate and also some magnesium salts, sometimes in the cells, sometimes in the fundamental substance or in both.

Effects : This pathological deposit is found specially in the internal coat of the arteries which have undergone fatty degeneration. It is also found in fibrous and cartilaginous tissues; in foreign bodies tolerated by the organism; in necrotized (dead) parts which have not been absorbed; in fibrous tumours and dead foetuses. In the latter cases calcification serves a useful purpose to separate dead matter or injurious substances from healthy tissue, thus preventing its contamination and destruction. But when the calcareous deposits are situated in active, elastic tissues, such as the voluntary muscles and in

the coat of the arteries, then these calcareous deposits harden and eventually petrify them, thus destroying their elasticity and impairing their functions. Calcification of the arteries is known as artery-sclerosis and results in high blood pressure and in all the numerous dangers it entails.

Genetic Conditions : In the causation of calcareous degeneration and premature old age we have various contributing factors. Since they are of such vital importance to us we shall make a somewhat lengthy study of them from the writings of various medical authorities.

In his work on "Causes of Death from Old Age" Dr. S. Robotham, an English surgeon, says: "Let it not be said that the life of man cannot be prolonged to many times the present period of existence, because it is not so". Then he proceeds as follows: "The solid earthy matter which by gradual accumulation in the body brings on ossification, rigidity, decrepitude, and death, is principally phosphate of lime or bone matter; carbonate of lime or common chalk, and sulphate of lime or plaster of Paris, with occasionally magnesia and other earthy substances. We have seen that a process of consolidation begins at the earliest period of existence, and continues without interruption until the body is changed from a comparatively fluid, elastic, and energetic state, to a solid, earthy, rigid, inactive condition which terminates in death, that infancy, adulthood and old age are different conditions of the body or stages of the process of consolidation or ossification that the only difference in the body between old age and youth, is the greater density, toughness and rigidity, and the greater proportion of calcareous matter which enters into its composition".

An important question arises now: "What is the source of the calcareous earthy matter which accumulates in the tissues of the body making them rigid and prematurely old? The answer will be self-evident

if we consider that the body can only be a composition of what we eat, drink and inject as drugs, serums and vaccines.

### First Cause of Calcareous Degeneration

The first cause of calcareous degeneration we shall know by the name of "Water of Death"; for hard spring water, as well as the water we drink in our cities, is impregnated with those very earthy substances which greatly contribute to ossification of the body tissues. According to Dr. Robotham: "Spring water contains an amount of earthy ingredients which is fearful to contemplate. It certainly differs very much in different districts and at various depths. But as we have already seen, water of an average quality contains so much carbonate and other compounds of lime, that a person drinking an average quantity each day, will, in forty years, have taken into the body as much as would form a pillar of solid chalk or marble as large as a good size man.

So great is the amount of lime in spring water, that the quantity taken daily would alone be enough to choke up the system, so as to bring on decrepitude and death long before we arrive at twenty years of age, were it not for the kidneys, and other secreting organs throwing it off in considerable quantities".

But the secreting organs (the kidneys and the pores of the skin) finally become weakened, falter in their function and allow a certain percentage of calcareous matter to be gradually deposited in the body tissues, reducing their activity and gradually changing the flexibility of childhood into the enfeebled rigidity of old age. If we observe how a tea kettle or a steam boiler becomes plastered at the bottom and on the sides with incrustations of a hard, stony matter from the water boiled therein, then we shall have an idea of how the internal coat of the blood vessels and other tissues become hardened by the incrustations of earthy matter gradually being deposited in them.



In his "MATERIA MEDICA", Dr. Thompson says that hard spring water is the cause of gravel and calculus complaints which Dr. Percival and others have observed to be common in places where hard water is drunk. This should be sufficient about hard water being a great contributing cause of calcification and premature old age. Let us now add a few paragraphs about a possible remedy for this calcification. To do this let me quote from "Vital Secrets of Health and Youth".

### The Water of Life

Instead of drinking the hard water of springs or the hard chlorinated water of the cities it will be to our advantage to drink distilled water or clean rainwater, when possible. But there is still a better way to prevent calcification of the body and regain and retain the vigour of youth and prolong the span of life. This better way consists in drinking as little water as possible. By this I mean that we can and should supply our cells with Living Water, with the Elixir of Life as found in the delicious juices of fruits and vegetables.

Fruit juices are the best and the only natural source of water for the body. It is proved by the fact that the desire to drink water disappears in those who purify their bodies and then live on the natural food of man. I never feel a desire to drink water. Those who have followed this system also have invariably lost their desire to drink water. If in very hot weather or when extremely active the body needs more liquid, "Instinct" calls for fruit and vegetable juices, never for water, this leads one to believe that, under normal conditions, man is a non-drinking animal. We can and should obtain our supply of water from the vegetable kingdom. In other words, as it is held in fruits and vegetables, pure and organized, and containing in solution the organic mineral acids, sugar, and vitamins. This is the only way in which pure, chemically balanced water (water which is really alive). As I mentioned before, there is in fruits and vegetables all the water we need. If we feel

thirsty, either before, after or during meals, it is proof that we are not eating the kind of food which Nature had predetermined for us, even before the first human being appeared on earth. For it is but logical to suppose that the right food for the maintenance of man had necessarily to precede his advent; otherwise man could not have evolved or continued to exist.

All kinds of water which have not been vitalized by the vegetable kingdom are dead and gradually poison us. As the minerals of the soil are inorganic until the roots of the plant have absorbed and organized them into living vegetable matter, just so water is inorganic, dead, until the plant has absorbed and organized it into the fruit and vegetable juices. This is the only live water there is, for Nature has distilled it and filtered it in her marvellous laboratory.

Let us then take plenty of this pure, organized, living water in the form of juicy fruits and vegetables, for this water is the vehicle of life. Well has a great scientist defined life in these words: "Life is a flame burning in water".

Let us then cease eating decaying animal food; let us supply our living cells with the PLASM of LIFE as found in live, juicy fruits and vegetables, and we shall enjoy the blessings of a happier and more youthful and longer life".

### The Second Cause of Calcareous Degeneration

The second cause of calcareous degeneration lies in the excessive consumption of those foods which contain a large amount of earthy matter. *According to Dr. Robotham, these foods are the cereals. It will also be interesting to know that the so-called earthy foods (the cereals) are also acid-forming foods. They also are the foods that require the longest time to cook and the largest amount of salt to make them*

*palatable.*

While investigating the causes of calcareous deposits and premature old age, Dr. Robotham, thru self-experimentation and observation in others, discovered that the amount of earthy matter in the blood and in the excretions of the body was greatly increased while on a diet of cereals and potatoes, and that it was greatly, decreased while on a diet of fruits, vegetables and nuts. Dairy products and animal foods are half-way between the extremely high earthy mineral content of the cereals and the low earthy mineral content of the natural foods, that is, the fruits, nuts and tender vegetables.

Numerous experiments made on animals and on human beings invariably proved that *to the extent to which cereals were used in the diet, to that extent did the calcareous deposits increase in the blood, urine, faeces and upon the surface of the body, clogging the pores, thru which part of the calcareous matter is eliminated.*

### Third Cause of Calcareous Degeneration

Besides hard water and earthy foods as contributing causes of calcareous degeneration we have another prolific cause: sodium chloride and the salts of soda, magnesia, lime and potash; these latter ones entering the body as medicines, the former as seasoning of cooked foods.

In lesson XVII of the study course of Psycho-Physiopathy it has been extensively explained about the harmful effects of sodium chloride and potassium salts. We shall here introduce further evidence.

According to Dr. Holbrook: "Potash is a very remarkable material; phosphate of potash is an essential constituent of the muscles, and also of the blood corpuscles. In the serum of the blood however, it is an abnormal constituent, causing paralysis of the heart and frequently

sudden death. One may, without special danger, take chlorate or carbonate of potash through the stomach. The same dose or even a less one, however, introduced directly into the circulation, causes death. We find here a riddle. How is it that this material is a necessary constituent of the firm material but so deadly in the serum of our blood? Dr. Bunge suggests that *the potash and soda salts decompose each other, as is the case when mixed in the laboratory and allowed to crystallize, new compounds being formed, one being chloride of potassium and the other carbonate of soda*".

Now if we take into consideration that it is only the animals and humans who live on starchy foods (cereals and legumes) that feel a craving for salt, while those animals, and humans who live on non-starchy foods (fruits, nuts and fresh tender vegetables) do not feel that craving for salt, we feel that there must be a reason. Now if as we find out that those foods which call for the addition of large quantities of salt contain the largest proportion of potash, and if we further remember that, according to Dr. Holbrook, an excess of potash in the serum of the blood is deadly, and that, according to Dr. Ranke, *potash is a substance which, if it accumulates in the flesh cells, causes irritation of the muscles and paralysis of the nerves, and then remember what Dr. Bunge says about potash and soda salts decomposing each other*, we come to the conclusion that starch-eating animals and men crave sodium chloride (salt) so that the organism may use the sodium chloride to decompose the harmful salts of potassium.

By these facts about the injurious 'effects of excessive amounts of potassium salts in the foods we eat, we see that starchy foods are harmful for three reason: (1) because they contain a large amount of calcareous matter (earthy salts) (2) because they contain an injurious amount of potassium salts, and (3) because they require the addition of another harmful substance-sodium chloride. A fourth reason could be added: starch foods seasoned with salt call for a large amount of water,

which unless it is very soft or distilled water, further contributes to calcification of the body, owing to the mineral salts it contains.

A good sized book could be written to present all the important facts about this subject; but this will suffice to indicate the harmfulness of a vegetarian diet where cooked starches and legumes, well seasoned with salt comprise the largest portion of the diet and where fruits and vegetable salads are used but sparingly.

### Uratic Infiltration

This is a form of petrification of certain tissues, characterized by a deposit of urates of sodium and a certain amount of carbonates and phosphates. Urates are normally found in the urine, but in pathological conditions urates are deposited in cartilages, ligaments and articular membranes.

The places preferred by this form of petrification are the articulations of the fingers and toes, especially the big toe. Less frequent incrustations of urates occur in the skin, in the endocardium (internal lining membrane of the heart), in the arteries and the kidneys. The most voluminous concretions are observed in the urinary bladder and are called uratic calculi or stones. This form of degeneration is the immediate cause of rheumatism, gout and arthritis.

**Chemical Character:** Uratic concretions are principally formed by the urates (salts of uric acid) of sodium, magnesium and calcium, with some quantity of sodium chloride, carbonate and phosphate of calcium, and hypuric acid. In order to neutralize uric acid, blood is robbed of soda and lime which, by combining with uric acid, form urates.

**Causes Of Uratic Infiltration:** The principal cause lies in the ingestion of excessive amounts of foods which produce uric acid, such as meat, fish and fowl.

The Remedy : The first step is to reduce or temporarily eliminate from the diet those foods that produce large amounts of uric acid, such as flesh foods. The second step is to take measures to dissolve and eliminate the uric acid crystals. According to Dr. Cajal, uratic concretions are dissolved if treated with acids, which convert them into uric acid crystals which can be dissolved and then eliminated thru the kidneys with the urine. Hence, uratic deposits can be dissolved and eliminated by means of a special diet of acid fruits, such as lemons, grapefruit, pineapples, grapes, etc., aided by the use of distilled water or pure rain water.

There are several other kinds of degeneration but for our purpose those which have been discussed will suffice. Those who have the five text books of the study course on Phycho-Physiopathy should read Book Two again in order to refresh their minds relative to the disastrous consequences of "The Thirteen Enemies Of Human Life". It is a most important subject which we should always keep in mind so that we may be better able to prevent these forms of degeneration which end in premature old age and short life span.

### Chapter III

Once we have discovered the causes of disease and premature old age we are in a position to apply the proper remedy-removal of those causes. When we have done this, we have supplied those conditions upon which nature can begin the work of purification and regeneration of the organism. From then on it will be a matter of time to purify the body and restore it to health. But if we leave it to nature alone that period of time may be very long in cases where the body is badly saturated with waste products and has reached a high degree of degeneration. In such cases, the period of purification can be immensely shortened by periodic fasting. In fact, persons who would

need years to purify their bodies may accomplish their purification in a few months of alternative fasting and natural dieting. Still there are other cases in which fasting becomes indispensable. This is especially true in diseases of the digestive organs when digestion of even natural food is impossible. But in all cases fasting is the shortest road to purification of the body, the attainment of a high degree of health and vigour, the preservation of youth and the prolongation of the span life.

### The Seven Postulates of Natural Healing

Among many other marvelous things, the science and philosophy of Psycho-Physiopathy teaches :

- 1) That the Universal Intelligence that created the body is the same intelligence that makes it function and heals it when wounded and cures it when sick.
- 2) That there is no curative virtue in anything outside of the body, as in drugs, serums and vaccines.
- 3) That the healing always comes from within thru the agency of Vital Force.
- 4) That even natural food, pure air and water do not have curative virtue.
- 5) That these things simply supply the Universal Intelligence with the required building materials for the regeneration of cells, for the repair of deteriorated tissue and for the production of heat.
- 6) That the quickest, and some times the only way, to heal and cure the body is (incredible as it may seem to the uninitiated) by depriving it of all food (except water and air) for a certain period or periods of time).
- 7) That the truth of this statement is corroborated by the fact that the same Universal Intelligence instinctively guides the animals to fast when wounded or sick.

This Universal Intelligence which operates the involuntary functions of

living bodies is manifested as the Instinct of Self-preservation. From the moment of our conception to the moment of our death this Universal Intelligence is continually striving to maintain the body in as healthful and as youthful a condition as it is possible under the circumstances and to prolong individual life to the physiological limit. If the acquired environmental conditions could be provided, the Instinct of Self-preservation would inevitably maintain the living body in a state of perpetual health and youth. For the triune purpose of life is (1) to produce living beings, (2) to perfect these beings, and (3) to perpetuate these beings.

Fasting is the basis of Natural Dietetics. For without proper purification of the body thru fasting, the best diet cannot be properly digested and assimilated. In fact, when the body is saturated with foreign matter from internal and external waste products the best combined and balanced diet of natural foods will fail to agree with the patient and bring health to him. On the other hand, after the body has been purified thru proper fasting, any kind of food and diet will agree with the patient. Therefore, in this chapter I shall introduce some amazing facts about the wonders of fasting.

Many health enthusiasts who have not made a thorough and scientific study of Natural Dietetics think that in order to regain health and prolong their life all they have to do is to stop eating flesh foods and adopt the vegetarian diet. In some cases that is exactly what is needed. But in the majority of cases, the new converts to Natural Dietetics have their cellular tissues saturated with pounds of waste products and morbid matter which is interfering with the inflow of Vital Force and obstructing the normal function of the organism. They are suffering with long-standing chronic disease and advanced degeneration of one or more vital organs.



In these cases, not much can be accomplished by natural diet alone. It is necessary to purify the body before it is in the proper condition to digest and assimilate the natural foods. For it is a law of physics that "two bodies cannot occupy the same space at the same time". Therefore, it will be impossible to renew the body with new cells unless the old cells, disease cells, uric acid, calcareous deposits and any other pathogenic substances are eliminated from the organism. Before we can rebuild the body it is necessary to gradually tear down the old, diseased structure. *The process of purification must precede the process of regeneration. When purification has been satisfactorily accomplished, the organism has the capacity for speedy self-rejuvenation,* provided that purification is followed by a properly balanced diet of natural foods. In view of these facts, those who are unable to regain their health by diet alone will see the necessity to resort to the process of purification, through fasting. There are various processes of purification but fasting is the most efficient, rapid, and sometimes the only one, although the most radical of all.

Fasting is Nature's greatest remedy to maintain and preserve and prolong the life of living beings. The impulse to fast is ingrained by nature in every living cell and every living being. Instinctively, every living being resorts to fasting whenever Mother Nature deprives them of natural hunger, except misguided civilized man who fears that if he does not eat, even when hunger is absent, he will exhaust his vitality and die in a short time.

Nothing could be further from the actual truth. The author knows this to be a fact. During the past 40 years he has been in the habit of fasting two to four times per year. First to save his life and regain his health, back in 1917 to 1924, when he had been given up to die within three months, now, to maintain a high degree of health and vigour, preserve his youth and prolong his span of life. From a walking skeleton of 98 pounds in 1917 he built his body to a normal weight of 140 pounds by

means of scientific fasting and the natural diet of man. Hence, to him, fasting is not a mere belief or a beautiful theory. It is a scientific fact, repeatedly demonstrated in him and others who have come under his observation.

Hence, he is sure that by means of periodic fasting, followed by a properly balanced diet of natural foods, proper development of lung capacity and vital organs by a suitable system of exercise plus natural hygiene, it is possible to remain in a high state of health and vigour and prolong the span of life far beyond one hundred years.

#### How Fasting Purifies and Rejuvenates The Body

We can compare the body to a huge sponge which is saturated with filthy water. If we want to cleanse and purify a sponge we succeed in doing so by: (1) squeezing the sponge so that the dirty filthy water is pressed out. This corresponds to the process of fasting. During the fast the human sponge is being squeezed, thus forcing out of the body calcareous deposits, toxins, uric acid and other waste products. (2) Then, after the sponge has been squeezed and part of its filth forced out, if we submerge it in clean, pure water, the sponge will absorb some of this water and become saturated with a cleaner and purer fluid. But it may take several processes of squeezing the dirty water out of the sponge and letting it absorb clean water before we can succeed in removing all the filth from the sponge.

*Just so it requires several processes of fasting, followed by reabsorption, of pure food, water and air, before the human sponge can be completely purified, health restored and immunity to disease acquired.*

Physiological chemists have analyzed the bodies of animal and human beings who have died from starvation. Their discoveries throw a new light on the physiological process of fasting. According to Sterling's

"Principles of Human Physiology", a person who has starved to death has lost of his body tissues in the following proportions: Fat, 97%; spleen, 63%; liver, 57%; muscle, 30%; kidneys, 21 %; lungs, 19%; heart, 3%; brain and cord, 0%.

By these figures we see that when the body is deprived of food it does not consume the tissues of the body in equal proportions to maintain the body heat and physiological function. Nor do the more active tissues wear out faster, as it might be expected. The opposite is true; that is, the most active tissues are the ones that lose the least weight during the fast. The intelligence of the body, when deprived of food, oxidizes the least useful and useless tissue first and keeps intact the most vital tissues to the last.

Thus we see that fatty tissue, being the least useful, is the one that is consumed first and in larger proportion, its loss amounting to 97%; while nerve tissue, being the most vitally important, is left intact even in persons who have starved to death. This shows that the nerves and brain are the least dependent on food to maintain their normal functions, as indicated by the fact that nerves and brain are left intact up to the time of death from starvation, as well as by the fact that fasting persons preserve their clearness of mind to the time of death.

### Two Marvellous Experiments in Prolongation of Life and Rejuvenation

Well conducted fasts serve three important purposes: (1) elimination of pathogenic substances; (2) restoration of chemical balance of the body tissues; and (3) purification, regeneration and rejuvenation of the body. During the fast the body get rid of waste products and diseased cells. Then when feeding is resumed on the Diet of Regeneration, the body is greatly renewed and rebuilt with new flesh ----flesh as new as that of a child. However, the regeneration of tissue will be more or less complete in proportion to the elimination of waste and diseased tissue that took

place during the fast as well as according to the degree of vitality in the organism. If the elimination has been incomplete, the regeneration after the fast will be incomplete also. Usually, one needs a series of fasts to obtain complete elimination of pathogenic substances.

In order to demonstrate in a practical manner how the fast purifies, regenerates and rejuvenates the body, I am going to relate the wonderful experiments made by Professor Huxley of England and Professor Child of Chicago University.

Professor Huxley took a family of earth worms and proceeded to feed them as they usually eat. However, in order to make the experiment, he made this exception: he took a member of the family of worms, separated it from the group and fed it in the same manner but with this exception. Prof. Huxley submitted this particular worm to short periods of fasting, followed by periods of feeding on the same kind of food given to its brother worms.

The results obtained were remarkable, amazing, almost miraculous. Much more so if we take into consideration the seemingly unimportant difference to which the one worm was submitted, that is, periodic fasting; otherwise, all the worms were living under the same identical conditions.

Professor Huxley was very much surprised to see that the single worm submitted to the fast began to shrink in size and grow very small as the fast proceeded. But as soon as feeding was resumed the worm began to grow very rapidly, not as an old worm but as a young worm. But the most amazing fact was that by means of periodic fasts, Prof. Huxley succeeded in maintaining the life of the worm 19 times longer than that of his brothers. Imagine the importance of this discovery. Nineteen generations springing up from his brother worms had come into being, procreated, declined and died, while this particular worm (thru periodic

fasting) had been rejuvenated again and was very much alive when Huxley stopped the experiment.

Now let us see what result Professor Child obtained from a similar experiment, with flat worms. He observed that flat worms or any other kind of worms, animals and even men *if they have plenty of food to eat and not work to do, overfeed themselves, become lazy, fat, infirm, rigid, and grow prematurely old.* Professor Child took these lazy worms and fasted them for a long time. Watch them in your imagination! They grow smaller and smaller every day as their bodies are consuming the food stored up in their tissues! They keep decreasing in size until they look like tiny newly born worms! But they do not die. On the contrary, when feeding is resumed, they begin to grow again. They grow and grow, not as old worms, but as new worms, just as if they had been born again.

#### Amazing Effects Taking Place during the Fast

The same law operates in man during the purification and regeneration process of fasting. During the fast the human body also becomes smaller (except in stature, since the long bones which hold the body erect do not shorten). The weakened, dilated organs get rid of waste products and have a chance to contract and return to their normal size and position. This is especially true of the over dilate digestive organs.

The dilated stomach and intestines shrink. And as they shrink their walls become thicker and stronger, just as the rubber walls of a balloon get thicker and stronger as the inside air escapes. Through years of living on cooked and unnatural food the gastric and intestinal wall have distended to several times their normal size. During the fast they shrink, and as they shrink they become thicker and stronger, ready to digest the food more efficiently than before, when the fast is broken and natural feeding is resumed. The colon walls, which in the average civilized man are distended to two or three times their normal capacity,

contract during the fast to one-half or one-fourth their former capacity, as evidenced by the thin size of the stools after the fast.

### Two Vital Discoveries About Fasting

By these experiments two important discoveries were made: First, that the basic cause of premature old age and death is due to accumulations of calcareous deposits, acids and filth in the tissues, which in the body (1) with the foul air we breathe; (2) the hard and chlorinated water we drink; (3) with the unnatural, cooked food we eat, especially when eaten beyond the digestive and assimilative capacity, and (4) with the drugs and serums we take.

The second and very important discovery consists in the fact that if thru fasting and natural diet we reverse the process, the accumulation of foreign matter, which is obstructing the channels of life, will be eliminated, the flexibility, pliability and elasticity of the tissues will be restored, and youthful vigour and long life will become a reality, but only to the extent that we conform to the requirements of the Laws of Life.

### Vital Questions on the Prolongation of Life Thru Fasting

If thru fasting, the life of worms can be prolonged 19 times beyond their natural term, *why cannot man do the same with his life-span?* Is the worm better adapted to survive than man? Science says, no. Science teaches that the more complex an animal is, the better adapted he is to survive. *Man is the most complex animal.*

*Therefore, he should be better adapted to survive.* What would be the result if man, thru fasting, feeding on natural food and living a natural life in a natural environment (physically, mentally and spiritually) should learn to live in conformity with the Laws of Life, as in the case of the worm? *The result might be (within the proper time) the*

*prolongation of his life span at least 19 times, as in the case of the worm.* In that event (which might take many generations to completely regenerate the human organism) a man who now dies at the average age of 50 years ----could prolong his life 19 times 50 or 950 years---- or the life span of Noah. Why not? There is plenty of food for thought in these discoveries which indicate the possibility of prolonging the span of life of present and future man. Meditate on these facts. Although we may be far from prolonging our span of life to hundreds of years at present, if we learn the Laws of Life as taught in this science and then supply the proper environment to the body, a higher degree of health and lasting vigour for human beings will become a reality.

### Is It Difficult And A Hardship To Fast?

Under the accustomed method of fasting, during which only water is allowed the fasting patient, fasting is a hardship and requires strong will power to continue the fast when hunger is present during the first three or four days. This is especially true in nervous patients and those who suffer from irritation of the gastric membranes, in which case they are nervous and awake at night and always feel that they are in need of nourishment. However, in other cases, after the first three or four days, hunger disappears and they feel fairly well during the day but more or less nervous during the night because of the difficulty of sleeping during the fast. Only when the fast is started after hunger has disappeared, as in cases of acute disease, where fever is present, does the patient find it easier to fast from the first day. It is this state of nervousness, lack of sleep, low vitality and great loss of weight during the water fast, that has scared many people and prevented them from going thru with the process of purification which might restore their health and prolong their life.

Progressive Scientist Rediscover Ancient Truths About Fasting

Modern scientists are gradually rediscovering the wonderful regenerative and rejuvenate power of fasting. Among them is Max Kuczinski, Professor in the University of Imsk, Russia. In his search for the causes of premature old age and death, he discovered that the nomadic Kirghis of the Siberian steppes suffered with premature artery-sclerosis and that even men of 30 years of age had the arcus senilis strongly marked in the cornea of their eyes. (The arcus senilis is a grey, concentric clouding at the upper margin of the cornea. It is produced by layers of fatty substances identified with cholesterol, a substance present in considerable amount in animal products, especially in fatty meat). These people were old at the age of 30 or 32. Kuczinski attributes their premature old age to a diet too rich in cholesterol and uric acid (animal foods). He sums up the causes of their premature senility and death as follows: "Lethargy, excess of animal foods and disorders of the stomach".

In contrast with the premature aging of the Siberian Kirghis, who are heavy eaters of flesh foods, Prof. Kuczinski observed that Russian peasants, who live mostly on a vegetarian diet, are free from artery-sclerosis and premature senility even in extreme old age. He found old men of youthful appearance, whose hair was still thick and untouched with grey and whose sexual function was still alive. Different from the Kirghis, the Russian peasants are hard workers in the open fields and eat sparingly of only vegetarian foods. Hence, Prof. Kuczinski came to the conclusion :

- 1) That depositions of cholesterol, urates and calcium salts in the walls of the blood vessels and other tissues is a prolific cause of artery-sclerosis and premature old age.
- 2) That the greatest source of cholesterol, uric acid and calcareous deposits are flesh foods, dairy products and cereals.



3) That the preconditions for longevity are: a) Abstinence from those foods that are rich in cholesterol, uric acid and calcareous matter, b) active excretion of the waste products, and c) periodic states of hunger (fasting).

It is encouraging to see that great scientists are coming to the same conclusion which we have arrived at since long ago, that is, that health, vigour, freedom from premature old age, and long span of life depend on proper food, exercise and in elimination of accumulated waste products by periods of hunger, fasting.

#### Fasting ----Nature's Oldest And Best Remedy

Fasting is an idea as old as the hills. This is to be seen in the Ramadan or Lenten season of the Mohammedans; while innumerable instances of it are furnished in the Bible. There is no doubt that many people are cured of chronic ailments thru fasting. Many persons who have suffered severely from minor ailments have found them disappear after an acute disease, during which the body had time to regain its balance. The same thing frequently occurs after a sea voyage; the stomach is so thoroughly shaken up and emptied by retching that the individual practically puts in a time of compulsory fasting, and Nature has time to burn up the waste matters of the body. The more you feed a sick body, the sicker you make it. Conversely the less the body is fed, the healthier it becomes". Daniel S. Sager, M.D., in the "The Art of Living in Good Health".

Fasting is not only the oldest cure for disease, but the best and quickest of all remedies as well. It is the most natural, original process of healing. The instinct that leads us to fast when the body is sick or wounded, resides in the cells of every living being. This is the reason why sick or wounded animals refuse to eat. The instinct of self-preservation takes away their hunger so that they shall not eat. In this way the vital energy, (which would otherwise have to be used in the

digestion of food) is concentrated at the seat of injury to remove waste products and to heal the wound. The fasting instinct is so powerful and of such vital importance that, even though civilized man has strayed from the natural path, he still is greatly influenced by this saving scheme of nature. And if he would obey the silent voice of this infallible instinct and stop eating when natural hunger has been withdrawn, he would soon get well if he is sick, and would never get sick, once he recovered his health, provided that he ate natural food and lived in a natural environment.

In as much as the infallible intelligence of the living organism withdraws the sensation of hunger when we have eaten an excessive amount of food, or when the body has been wounded, fasting began at that early period of man's existence when human beings got wounded or began to eat excessive amounts of food. Therefore, fasting is as old as man himself. It was the first and most effective remedial measure of Nature to relieve suffering, cure disease and prolong the span of life. It is still the quickest and best remedy today.

Hence, we read in ancient history that fasting was practiced since immemorial times by the religions of the East and by ancient civilizations. They practiced fasting, not only for the recovery of health and the preservation of youth, but for spiritual illumination as well. Accordingly, we learn that the great philosopher, Pythagoras, required that his disciples would undertake a fast of 40 days, before they could be initiated into the mysteries of their occult philosophical teachings. He claimed, that only thru a forty day fast could the minds of his disciples be sufficiently purified and clarified to understand the profound teachings of the mysteries of life.

We know that in ancient times the Patriarchs of the Bible fasted frequently. Moses, Elijah, David and other fasted 40 days. We know that Christ fasted forty days before he began to teach the great truths

of life.

That fasting is the greatest remedial agent is corroborated by recent discoveries of modern science, as well as by the teachings of the Great Masters. We further read in the Bible that the Disciples of Christ returned to him with this complaint: "Master, how is it that we have failed to cast out a devil from a patient?" By casting out devils it is understood (in modern language) to overcome hysteria and other nervous disorders. Christ answered them in these words: "This kinds of devils go not out but by prayer and fasting". He meant that certain kinds of physical disorders caused by retention of toxic wastes (devils) cannot be cured but through fasting and faith (prayer).

In as much as since ancient times man has been a glutton, thus saturating his blood and cellular tissues with toxic waste products, it became necessary to submit man to the process of purification thru fasting. Hence, one of the principal religious precepts was fasting usually for a period of 40 days.

Why Jesus and the prophets fasted for a period of exactly 40 days we are not told, but there must be a mystic significance in the number 40. It is regrettable that many of our religious organizations no longer teach nor practice the body-purifying and health-preserving process of fasting. We have, therefore, read with great joy the following article about fasting, published in "Our Sunday Visitor" Here follows this important article, titled.

#### History Of Fasting ----Abstinance

Has it ever occurred to you that the First Commandment Almighty God ever gave was one of abstinence? He forbade Adam and Eve to eat of the fruit of a certain tree. Has it occurred to you that the first example Christ set in the world, before He began His public ministry, was a period of 40 days of fast and abstinence? St. Gregory tells us Christ's

acts were precepts for His followers.

Christ claimed that He came to fulfil "the law and the prophets" (Matt. 5: 17).

There seems to be some mysterious significance to "40 days". It rained 40 days and 40 nights during the deluge. The Israelites were detained in Egypt for 40 years. Moses, Elias and Jesus fasted 40 days. Christ remained on earth 40 days after His Resurrection. The 40 days fast and abstinence preceding Easter, which we call Lent, go back to apostolic times. Lent was instituted to induce Christ's followers to imitate His example. In the Old Law penance in the form of fasting and of abstinence was very common, but most Protestants claim that there is no need for fasting and abstaining, no needs of works of penance at all, since Christ took on His shoulders the weight of the sins of all mankind and atoned for them. Yet nothing was more common in the primitive Church, or in earliest Christianity, than fasting. There is no greater modern heresy than that which teaches that God makes practically nothing of the sins of believers in Christ; than that which teaches that when the believer takes Christ as his personal Saviour he has little to worry about in relation to his own sins. Luther drew that inference from a few utterances of St. Paul, but these utterances must be interpreted in the light of other utterances of the same Apostle.

Certainly Paul was a firm believer in Christ, accepted Him as his personal Saviour, yet he tells us in very clear terms that as long as his life endured there was possibility of his becoming a castaway. On that account he said, "I chastise my body and keep it under subjection" (1 Cor. 9-27). He did not trust solely in his belief.

St. Jerome, St. Leo the Great, St. Cyril of Alexandria, St. Isidora of Seville, and other early Christian writers tell that Lent, or a long period of fast and abstinence was instituted by the Apostles themselves. In the

Old Law there were three sorts of penance imposed on people, namely prayer, fasting and alms-giving.

The nature of fasting as a penance is seen in the practices of most pagan nations. Individuals and particularly leaders of colonial people, have shown their resentment towards certain laws imposed on them by going on a long fast.

During the 2,000 years preceding the deluge, people were permitted by God's law to eat nothing except fruits of the trees and the vegetables of the earth. Yet during that period it was common for people to live for several hundred years.

Understand that neither the Bishops of any country nor the Pope can do way with the law of PENANCE. That law binds every sinner.

I am in complete agreement with the above article. The Law of Penance is the Law of Retribution. No one can forgive our sins or suffer vicarious punishment for the sins of others. The Law of Retribution decrees that the sinner himself must purge his sins thru suffering. For only thru suffering can we evolve our souls.

#### Chapter IV

The great majority of vegetarians have become such in order to regain their health after many years of suffering; perhaps after they were told by their medical doctors that their diseases were incurable and they had only a short time to live, as was the case with the author. They begin to read books on the vegetarian diet and acquire only a partial knowledge about the natural science of living and healing. Hence, they only succeed in getting a partial cure for their ills, by the dietetic information they can get. These persons, who are suffering with chronic disease and degeneration of vital organs find it most difficult to regain

their health by diet only. In as much of as their cellular tissues are saturated with encumbrance of waste products and morbid matter, which is interfering with the normal function of their organism, it becomes necessary to resort to fasting to stop the process of digestion and absorption and give nature a chance to continue with the process of elimination of waste.

### Before We Can Rebuild We Must Tear down the Old Structure

Hence, these accumulations of waste products must be eliminated from the body before its functions can become normal and health is restored. It is a law of physics that "two bodies cannot occupy the same space at the same time". Therefore, in accordance with this law, it will be impossible to regenerate the body with new cells unless the old, diseased cells, calcareous deposits, uric acid and other pathogenic substances are eliminated from the organism.

Before we can rebuild the body it is necessary to tear down the old structure. The process of purification must precede the process of regeneration. When purification has been accomplished, the organism has the capacity for speedy and efficient self-regeneration and rejuvenation, provided that purification is followed by a scientifically balanced diet of natural foods.

In view of this important fact, those who have not been able to regain their health by diet alone, will see the necessity of resort to the process of purification. There are various methods of body purification. But in this book I shall present only the most efficient and rapid, although the most radical of all, that is, Scientific Fasting ----Nature's Greatest Remedy. It is the remedy that has cured thousands of supposed incurable patients even after every other remedy has been tried and had failed. It is possible to accomplish more in a few months of fasting alternated by the Regeneration Diet than in years of just dieting and natural treatments. I myself owe my life and my high degree of health

to fasting. As already stated, during the past 40 years I have fasted numerous times and conducted fasts on others, always with surprising, marvellous, beneficial results.

Hence, in this book I shall endeavour to bring to you information of vital importance gained thru trial and error along many years of self-experimentation and in conducting fasts on others. As closely as it is possible I shall give you all the essential knowledge I have acquired concerning the philosophy and practice of fasting.

Many of my readers who have requested and have been waiting for this book on fasting will rejoice that we have finally reached that point on our way to physical regeneration where we can introduce this marvellous process of purification of the organism which, if followed by the Diet of Regeneration, produces such marvellous, almost miraculous results, as are illustrated with pictures taken before and after the process of purification, some of which pictures many of you have seen in the new book "Man's Return to His Garden of Eden" and in the study course on Psycho-Physiopathy.

In this chapter I shall present one of these wonderful cures and include that of the author. The following two accompanying pictures present one of the many marvellous results which can be obtained thru scientific fasting and regeneration diet, aided, when necessary, by natural methods of treatment.

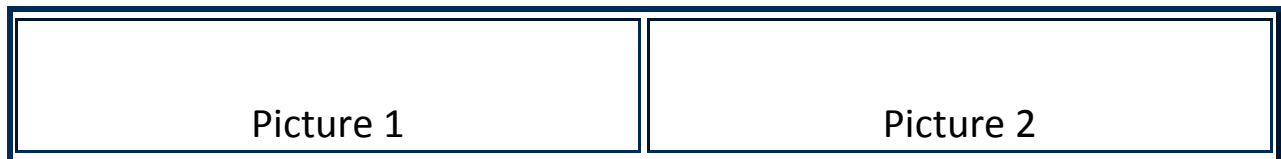
In this book it will be my endeavour to explain the conditions which stop the process of degeneration and premature old age, and how by instituting the process of purification and regeneration of the organism it is possible, each according to his vitality, to regenerate the body to a great extent and thus to push back the hands of the dock of Father Time many years, provided that there is left in the body sufficient Vital Force to regenerate it, and that we have not waited until vital organs

have degenerated beyond the power of regeneration. This is the reason why we can say that there are no incurable diseases but that there are incurable patients ----those who have waited too long. However, while there is life there is hope. For the power of Nature to purify and regenerate the body is marvellous when the required conditions are supplied. We have again and again seen patients who had been given up to die in a short time, recover under natural methods of purification and regeneration. Nevertheless. it is not possible to save every one. For if we could do that we would automatically make people immortal.

There is no doubt that the above are strong and strange statements. Hence. those who have not had actual experience the practice of these teachings will think that this is a beautiful philosophy of life but that is too good to be true. Therefore, in order to give you actual convincing proof. I am going to introduce in this chapter two cases of purification and regeneration, accompanied by pictures, showing the condition of the patients before and after the purification and regeneration process. These pictures tell the actual story.

#### Mr. E. P. Wickstrom's Case Of Regeneration

One of the most astounding cases of regeneration which I have ever seen, was that of Mr'. E. P. Wickstrom. This took place about 23 years ago.



Picture 1 shows how Mr. Wicktrom's leg was when the above picture was taken on September 26, 1934. The dark, deep shadows represent the deep, ugly ulcers which had been eating into his flesh for 15 years. The lump at the middle of the calf was about to burst open and form another ulcer. For 15 years these ulcers had been discharging pus and



had refused to heal, despite all the various remedies which doctors had applied. Gradually these ulcers grew larger and sank deeper into the tissues until amputation of the leg seemed necessary to save his life.

It was in that condition that he came to see the author, hoping against hope that Nature could still heal his leg. He did not hope in vain. For by putting in practice the natural methods of purification and regeneration Nature' performed a marvellous cure in the short period of four months.

Picture 2 was taken just a few months after Picture 1. It shows the actual condition of Mr. Wickstrom's leg after the ulcers had entirely healed. Notice how the deep, ugly ulcers from which was oozing pus and rotten blood have disappeared and the deep depressions have been filled in with healthy flesh. It was a rapid, marvellous cure that nature effected, especially if we consider that it took place in the short period of four months. Marvellous is Nature's power of purification of the body when we learn to live in accordance with the Laws of Life. I believe that having inherited a strong constitution, Mr. Wickstrom will be able to add 30 more years to his life, if he continues putting into practice the same teachings which made possible the healing of his ulcerated leg.

One day this gentleman of about 70 years of age came into my office. He was strongly built and, apparently, had inherited a strong constitution. It was owing to his constitution that he survived, in spite of a serious case of degeneration which he had developed through wrong habits of living. He walked into my office by the aid of a clutch. After a brief introduction of himself he sat down (rolled up his right pant leg, removed the bandage and exposed to my eyes one of the most loathsome and frightful sights I have ever seen. His leg, from the middle of the calf to below the ankle bone was covered with deep, ugly ulcers which were oozing pus and rotten blood. Partly by the ointments

he had been using, partly by decomposition, there was discoloration of the ulcerated flesh, showing spots of green, yellow, red and blue. It gave me the impression that the flesh of his leg was in a state of putrefaction and decomposition falling away in pieces.

In a few words he told me that the ulcerations in his leg began 15 years before, gradually spreading to a larger area and getting deeper and deeper into the flesh, in spite of all the remedies which doctors had applied. Finally, just before coming to see me he had been told that his leg had to be amputated to save his life. It was then that he heard of the natural way of living and healing and he decided to come to see me, as a last resort. See picture 1, page 47.

Hence, with doubt in his mind he asked me whether I thought there still could be hope that nature could heal his leg. Having seen the condition of his leg, my first thought was to be sincere with the gentleman and tell him that I thought there could not be any hope that his leg could heal. But I did not want to be cruel to him. It was my duty to encourage the patient. For as long as there is life there is hope of recovery. At least there would be no harm in trying the natural methods. Even if a cure could not be accomplished, some good would be obtained thereby. Who could tell? I remembered that when the right conditions are supplied Nature works wonders, sometimes even miracles in apparently incurable cases. Could Nature perform a seeming miracle in this case? I did not think so but it was my duty to try it. I gave Mr. Wickstrom the necessary instructions: he took with him a copy of the study course and went to his home in another town to put into practice the processes of purification and regeneration. As I usually do before he left I took a picture of his ulcerated leg in order to compare it with another future picture of the same leg when and if it healed, should nature still be able to accomplish the cure.

Mr. Wickstrom went home with a ray of hope in his mind. When he left he promised to write to me whenever he needed further instructions. But days went by, then weeks and months without hearing from him. "Of course", I thought, "he did not obtain any benefit and gave up in despair. Perhaps, fearing death, he had consented to have his leg amputated". But just the same I wanted to hear from him and wrote to him a letter, offering further aid.

Imagine my great surprise when a few days later I received a letter from him in which he said: "I did not write because I wanted to surprise you. I wanted to walk into your office without the aid of my clutch. My leg is entirely healed. I shall see you soon".

E. P. WICKSTROM

A few days later he did come into my office, unaided by his clutch, as he had said. And after embracing me and crying from joy, he lifted up the pant of his right leg and exhibited to my eyes the apparent miracle; his leg was entirely healed, as may be seen by Picture 2, page 47.

After Mr. Wickstrom returned home he wrote to me the following letter of gratefulness :

Dear Doctor T. de la Torre:

"I want to tell you how grateful I feel for the good you have done for me. As you already know, in October 1919, shortly after an accident, in which I hurt my back, dislocated my hip bone and I became incapable to walk, I began to notice the formation of a lump near the ankle joint. This lump began to smart as if it had been scalded and it gradually increased to the size of a hen's egg. Eventually the lump broke open and began to discharge pus. I resorted to various doctors and applied various kinds of medicine but without any success. Finally, more ulcers

appeared from the ankle to the middle of the calf of the leg and each one in turn began to discharge a large quantity of pus.

The open sores or running ulcers refused to heal and were gradually eating their way into the flesh until there were deep depressions or pits in the places where the lumps had first appeared. Years and years passed and all my efforts to heal the leg were in vain. Finally my leg was almost a continuous sore from the ankle to the middle of the calf and was continually oozing pus and rotten blood.

Now, when there seemed to be no hope for me I had the good fortune of reading your articles about the natural method of living and healing. I came to you, bought the study course and, by following your instructions, the seeming impossible became possible, and because four months after I began putting in practice those teachings my leg became entirely healed. It is a great relief to again enjoy health and be able to walk again with comfort after 15 years of continuous suffering. I thank God that he led me to you. Most gratefully yours, E. P.

WICKSTROM

NOTE: The healing of Mr. Wickstrom's leg took place during the summer of 1934. Shortly after that I went to Central America. Upon my return to California two years later I wrote to Mr. Wickstrom to inquire about his health. He replied, saying that his health was very good and that his leg was still healed. Unfortunately, after he regained his health he again began to eat meat, denatured cereals, drink coffee and follow the same way of living which had finally led to the ulceration of his leg. The reaction was inevitable; like causes always produce like effects. Hence, one day several years later Mr. Wickstrom visited me again, rolled up the pant of his right leg, as he had done several years before, and showed me a new ulcer in his leg. He told me that everything had been alright until one day a pointed piece of wood stuck into his leg while he was loading old pieces of board in a wagon. The wound

refused to heal, finally becoming an ulcer as it had many years before. On asking him whether he had returned to his 'old ways of living and whether he had failed to continue putting in practice the teachings of the study course, he lowered his head and said: "Yes, doctor. I have returned to my old ways "Of living". My advice was that given by the Great Master: "Go and sin no more". He went back to his home, with a firm resolution to again return to the way of living which had enabled Mother Nature to previously effect the healing of the leg. I have not heard from Mr. Wickstrom since. I believe his leg was healed the second time for if that had not been the case, I should have heard from him again.

### Fasting To Retain Youth, Not Only To Restore Health

Some readers of EDENIA, who have read my occasional articles about my periods of fasting have written to me saying that my diet must be wrong in order for me to become ill and have to resort to fasting to regain my health. This is not so. As a rule, I do not fast because I am sick but to prevent disease, preserve my youthful vigour and prolong my life. There is no greater preventive of disease than fasting. Fasting will even make acute healing crises unnecessary. Whenever I have had healing crises it has been after one or more years have gone by without my resorting to fasting. Other readers have said that these teachings are so intriguing that they fall in the category of "too good to be true". Hence they ask me if I live what I preach ----if I do take my own medicine---- if I have obtained some of the results I write about. They express their desire to see recent pictures of myself, in order that they may be convinced that some of the wonderful results of these teachings have taken place in my own body. Hence, in order to comply with their requests I shall include in this chapter four pictures of myself, showing how I looked when I began the natural method of living and

healing in 1917 and how I looked 30 years after the first picture was taken.

### How Nature Purifies And Regenerates Thru Acute Disease ----Healing Crises

Those who have read the new book "Man's Return To His Garden Of Eden" may also remember that during the author's excursion to Central America in 1935 to 1937 he underwent a most severe regeneration crisis in the form of typhoid fever and double pneumonia, by means of which his body reached a higher degree of purification and vitality than he had ever had. Here I shall include two of the four pictures in that chapter on "Marvellous Power Of Rejuvenation After Crises Of Regeneration" in order to show the extremely emaciated and pitiful condition in which he was left after 21 days of continuous typhoid fever, pneumonia and fasting. Those pictures also show the rapid re-development of his emaciated muscles and rejuvenated appearance in only 36 days on a well-balanced natural diet.

<p>Picture 1 (At the beginning of the practice of these teachings, 1917)</p>	<p>Picture 2 (30 years after practicing these teachings, 1947)</p>
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Now, in as much as I dislike to have to write about myself, please allow me to write this important story in the third person, thus making it less objectionable to you and to me.

Fourty years of experience have convinced the author that fasting is the nearest thing to a panacea.

He firmly believes that he owes his life and his high degree of health and vitality to fasting more than to all other methods combined.

Without fasting he could not have been able to eliminate from his frail body the large amount of waste products and drugs which had been accumulating in his body from the first years of his life. In 1916 he had reached that degree of degeneration where his lungs were diseased, his Digestive organs prolapsed and extremely irritated, he suffered from obstinate constipation and was unable to digest any kind of food. It was only through the purification and physiological rest given them during periods of fasting that they returned to their normal position, irritation subsided, normal chemistry of the digestive juices was restored, constipation was overcome and digestion normalized.

During the first six years of natural living and healing he used to undergo a fast of from 7 to 10 days every three or four months. At first he found fasting indispensable whenever a crisis came, hunger disappeared and he could not digest any food. Later, after his health was satisfactory, he continued periodic fast because he had discovered that it was the quickest and best way to purify the body, retain his youthful vigour, attain a higher and higher degree of health and prolong his span of life. Hence, he resorted occasionally to fasting even after all his suffering had disappeared.

How the Author looked at the end of a fast and regeneration crisis, as well as 36 days after	
Picture 1 - May 5th, 1937	Picture 2 - June 10th, 1937

Many of those who are not acquainted with the philosophy and science of this natural way of living and healing will doubt that such regeneration of diseased tissue can take place. Hence, in order to present some palpable and convincing evidence I have decided to present two pictures of the author. Picture 1 shows the pitiful and

extremely emaciated condition of the author's body after a regeneration crisis which he underwent in Central America in 1937.

As it has been explained in great detail in the book "Man's Return To His Garden Of Eden" the end of that crisis the author's weight had been reduced to 110 pounds and his extremely emaciated body was frightful to contemplate. Apparently, it looked as if he could not survive. His friends were sorrowfully preparing for his death. Only the author, having mastered this philosophy of life had confidence in his recovery. He was not mistaken; for Picture 2 shows the marvellous improvement that took place in the short period of 36 days. Picture 1 was taken on May 5, 1937, at the end of the regeneration crisis and before he was shaved. Picture 2 was taken on June 10, 1937 when he had regained his normal weight and his health and vigour had risen to a higher degree than ever before. These two pictures tell an important story about the wonderful power of regeneration of the human body when the Laws of Life are understood and we comply with their requirements before it is too late".

I mention these crises and fasting of several years ago for the following reasons :

- 1) To make it known that scientific fasting is the shortest road to health and longevity.
- 2) To show that even after one has been free from pain and disease for a period of years there still remain accumulations of foreign matter to be eliminated and pathological tissue to be regenerated.
- 3) And to explain that the final process of purification and regeneration is brought about through "Regeneration Crises" or acute disease.

In this connection those who have the new book, "Man's Return To His



Garden Of Eden" should read Chapter XXIV en "Crises of Regeneration and Rejuvenation vs. Crises of Disease and Death".

After a regeneration crisis properly handled the vitality of the body rises several degrees in the "vitometer of human life", one looks younger, enjoys a higher degree of health and posses a higher immunity to disease.

In accordance with these teachings, the author felt so well and so invigorated after that regeneration crisis in 1937 that he did not resort to fasting again from the time he returned to California, U.S.A., until he made his second excursion to Central America nearly ten years later. He enjoyed during these years the longest and highest period of good health in his life. But though unnoticed during these years the hostile environment in which he was living in San Francisco, California, caused a gradual accumulation of foreign matter in his body despite the fact that his diet was as natural as could be obtained in the large cities of civilization. So toward the end of his stay in San Francisco the author felt that his usually good vitality was ebbing, his digestive capacity decreasing, and his bowels becoming sluggish. He knew that he needed to resort to fasting again. But as he was returning to Central America he thought it would be better to undergo the purification process in man's natural, tropical environment. Therefore, he waited until he returned there. But hardly had he arrived in Nicaragua that he was again overcome by symptoms similar lo those of the crisis he had undergone there in 1937. Acute reaction soon comes to the surface in the tropical sun of man's natural environment. One afternoon in the month of March 1946 his temperature rose to 103 degrees F. and his bronchial tubes became congested and painful. It was evident that a healing crisis had come and that it was necessary to fast until Nature had completed her work of purification. This was the proper time to start the fast which the author wanted to undertake; he was glad that nature had initiated the process of purification. However, had the author fasted

before he left San Francisco, this crisis would never have come, since the fast would have purified his body.

To make a long but important story short I shall only say that the fever disappeared on the 12th day, instead of continuing until the 21st day as in 1937 and the symptoms were much milder. But though the fever ended on the 12th day the fast was continued until the 21st day because the congestion and elimination of phlegm from the bronchial tubes had not subsided. Even on the 21st day large amounts of phlegm were being constantly expectorated. The fast should have been continued but as it was necessary to return to California the fast was broken before the purification process had ended, feeding was resumed in the proper way, and sufficient strength was recuperated in three weeks to undertake the long and troublesome trip to U.S. in his automobile.

Upon his arrival in San Francisco, the author resumed his natural diet and regained his normal weight (140 pounds) in three weeks, the elimination of phlegm through the lungs ceased and he thought all would be well again. But it was not so. The fresh air, the tropical sunshine of Central America, and the eliminating diet of tropical fruits had loosened and stirred up in his body much more waste products than he had time to eliminate. The resumption of feeding before elimination was completed suppressed part of the elimination process and, as a consequence, the healing crisis had to erupt again. So a complete and final crisis appeared two months after his arrival, which ended the work of elimination apparently for a long time to come. The work of purification which nature had started in the tropics came to be completed in the temperate zone. This crisis was to be the finishing touch which would complete the purification of his organism and leave him free from pathological encumbrance and immune to disease for many years to come.

## Enormous Capacity of the Body to Retain Waste Products

But, in view of these facts you may ask: "Where could such quantities of mucus and other waste products come from? They come from the tissues of the body. *Those who have put this purification process in practice know that the living organism has a tremendous capacity to tolerate and store up in and between the cells an enormous amount of mucus and other deposits of foreign matter. Yes, pounds of them, even in the bodies of those civilized men who look and feel healthy and strong. The truth of this statement becomes evident when we undergo a long fast or when we are undergoing a healing, well conducted crisis not suppressed by drugs or improper methods of treatment.*

When the proper time comes, these pathologic deposits are dislodged, dissolved, and eliminated through the mucous membranes lining the lungs and bronchial tubes, the nose and throat, and the alimentary and genital-urinary tracts. *It is astounding to see the large quantity of waste products which even an apparently healthy person of our civilization eliminates during the process of fasting and during an unsuppressed healing crisis.*

After this explanation it will not be so surprising to learn that though the author had already eliminated large quantities of phlegm during that long crisis and 21 days of fasting in Nicaragua, there still remained in his body the largest amount of foreign matter yet to be eliminated during another crisis and fast of 21 days. I want to emphasize the above facts in order to show that diet alone, however important it may be, is not sufficient to bring about the purification of the organism and the restoration of enduring health and vigour, once the body has been badly degenerated.

This is the most universal, most ancient, and most dependable remedy for the cure and prevention of human suffering. It is the first remedy

resorted to by animals when they are sick or hurt, as well as by the great teachers of religious and occult teachings. Now, before I proceed I wish to emphasize the following seven important facts:

#### The Seven Basic Principles Of Purification, Rejuvenation and Longevity

- 1) That under the "Law of Adaptation" the body of civilized man (living in a hostile environment) has developed the capacity to store in his tissues a prodigious amount of foreign matter, even before pain and disease makes its appearance.
- 2) That even after discomfort and pain has disappeared and health is apparently restored, there still remains in the cells and between the cells large quantities of waste products, as well as diseased and degenerated cells which have to be disintegrated and eliminated in the form of mucus, pus, acids, calcareous deposits, etc., before real, permanent health can be attained.
- 3) That these accumulations of foreign matter *do not come only from eating the wrong kind of food, but also come from impure air, impure water, from drugs, vaccines and serums, and even from the right kind of food if it is eaten excessively or is not properly digested, either through physical or mental disturbances.*
- 4) That nature has a three-fold purpose: (a) to create forms, (b) to perfect those forms, and (c) to perpetuate those forms. Hence, the intelligent vital force of the body is constantly endeavouring to maintain the organism in the highest state of health possible under prevailing conditions.
- 5) That whenever environmental conditions permit, the vital intelligence of the body will undertake the process of purification by means of acute reactions (crises), during which accumulated foreign matter is eliminated in proportion to the integrity of the eliminating

organs and to the degree of vitality of the organism.

6) That by means of these crises of purification the vitality and integrity of the organism is increased in succeeding degrees, resulting in superior health, higher vitality, greater immunity to disease, and longer span of life.

7) That scientific fasting applied at the proper time and for a sufficiently long period will purify the organism so fast and so well that healing crises finally become unnecessary; and that if they have to come, fasting will destroy their severity, shorten their course, and hasten the elimination of foreign matter.

#### When Vitality Is High, Crises Come Until The Body Is Purified

Let me now give a description of the author's latest 21 days fast and crisis which was a resumption of the crisis he had suffered while in Nicaragua.

Two short months after his return, when he had regained his normal weight and was feeling well and strong, suddenly and without any warning he was seized with chills and soreness of the voluntary muscles all over his body. He tested his blood pressure and found it to be 25 degrees above normal. By past experience he knew that fever was coming again. Hence, he made preparations to undergo another fast until the acute symptoms subsided. This happened on September 3, 1946.

In a short time the chills disappeared and a fever of 102 degrees F. started. The lungs became congested and an annoying cough ensued. It was the same kind of crisis he had undergone twice in Central America in 1937 and 1946.

The same symptoms but in a less severe form, owing to the more advanced state of purification of his organism. This time the fever was lower and lasted for only 6 days, while before it rose to 103-104 degrees and lasted 12 and 21 days respectively. *The severity and length of acute reactions is in proportion to the toxæmic encumbrance and to the degree of vitality in the patients body. The higher the vitality and the greater the encumbrance, the more violent must be the effort to remove the toxins and obstructions from the organism.*

Returning to the author's fast, the fever disappeared on the sixth day. But the inflammation of the bronchial tubes increased in severity and large amounts of phlegm were being forced out through paroxysms of coughing. However, different from the similar crisis in Nicaragua, now there was no pain in his lungs; while, then excruciating pains accompanied the paroxysm of cough.

Though fever disappeared on the sixth day, the author decided to continue the fast until the congestion in the lungs had cleared and expectoration of phlegm ceased. He thought that it would be a matter of two or three days longer, coming to an end possibly on the 10th day. But the 10th and the 12th and the 15th day passed without any decrease in the severity of the elimination of phlegm. Finally, on the 21st day of the fast elimination subsided, hunger became very acute and he broke the fast.

His weight was reduced from normal (140) to 120 pounds. Then he resumed the natural feeding system and, once more, he proved what orthodox teachings would think impossible, to wit: *on one-half the amount of protein considered to be indispensable as the physiological minimum (35 grams), the author's body began to gain weight and strength; and in the short period of 40 days his weight was restored to normal. The most important fact being that he gained that weight on an uncooked diet of natural foods - fruits, vegetables, and nuts -*

*scientifically balanced according to the composition of human milk.*

These are facts of transcendental importance for the regeneration of the human race and for the prevention of disease and for the prolongation of the span of life. We are confronted with the paradox, that *we can become healthier and stronger by first making ourselves sicker.*

## Chapter V

Our repeated experience in this amazing, transcendental new discovery in body purification has led us to the conclusion that in this new method of fasting we have found the way to a higher degree of health, longer period of youth and a lengthened span of life. Let me begin by explaining how this discovery was made.

It is said that necessity is the mother of invention. As we know by experience, this is very true. Without necessity as an impelling force we are not impelled into that state of profound thinking which excites and spurs us to concentrate our thoughts on the problem we want to solve, resulting in an inspired solution of our problems. Without necessity man follows the easier way of life ----always down hill toward early decay, and early death. Only those who are urged by necessity to relieve their physical and mental discomfort and pain usually try the harder way after all the remedies for temporary and ephemeral relief of their suffering have been tried without success. Only those who cast their glance to the summit of the High Mountain of Life and decide to climb to its highest peaks will eventually find thereupon the sought relief for their physical and mental suffering and the solution for their intricate problems of life.

It was during one of these periods of necessity to relieve his suffering and prevent threatening evil that the author of "The Easy And Efficient

Way To Fast" was forced to concentrate his mind on a perplexing health problem and make the most important discovery in his 37 years of study and research on the Science of Health and Longevity ----an easy more efficient method to purify the body through abstinence from all kinds of foods, taking only a certain water extract, apparently without food value but transmitting to the fasting body an amazing amount of energy.

As you will see, this discovery was rather accidental, since the author did not look for not expect the wonderful results obtained by this discovery.

About six years ago, after a long period of physical and mental overwork, lack of sufficient sleep, rest and recreation, sorrow and affliction due to the tragic death of his beloved wife, nature forced the author into one of those purification reactions which we know as healing crises. Fever appeared, hunger was absent and he was forced to fast at a time when his numerous tasks required his work the most. The acute symptoms of his healing crisis disappeared within a few days of fasting, but absence of hunger and profuse elimination indicated that the fast should not be broken by any means.

Therefore, he continued fasting until the 12th day. By this time he had lost 18 pounds of body weight, looked very thin and pale, his vitality was at a very low point, his systolic blood pressure had fallen from his normal of 105 to 80 and he was feeling too weak to be able to continue with the accustomed excessive amount of work which he was doing before the fast. Hence, he would have to break the fast if he wanted to attend to all his pressing work at home and in the city. But the purification process was still going on at full force and it was contra-indicated (even harmful) to break the fast at that time.

Therefore, necessity forced him to concentrate his mind on his dilemma



--- that in order to continue attending to his pressing duties he had to break the fast, and that breaking the fast under acute elimination was wrong and harmful ----the thought came to him that he should make a distilled-water extract from certain vegetables and herbs and drink of that extract instead of the accustomed plain water during the fast. He was inspired by the idea that, perhaps, this extract of tinted transparent water (with the organic minerals, vitamins and colouring chlorophyll substance of the vegetables and herbs in solution and needing no digestion at all might increase his vitality and enable him to continue his fast and his activities until Mother Nature had ended the purification process she had started.

So he proceeded to prepare the first day's ration of the water extract and drank an 8-ounce glass of it every two or three hours or as often as he felt a desire for liquid during the day. *The effect was remarkable, amazing!* When he began to use the extract in the morning of the 13th day of the fast his pulse was very weak (only 62 pulsations per minute), systolic blood pressure was 78, diastolic 62, pulse pressure 16, his heart action was very weak, his bowels would not move without the enema and his weight had come down from 140 to 122 pounds. In fact under such condition of weakness he always broke the fast in himself and others. *But on the evening of that same day the following remarkable improvement had taken place:* Systolic blood pressure, 90; diastolic, 64; pulse pressure, 26, Pulsations had increased to 70 and the pulse was fun and strong. Those who understand and can read blood pressure will better understand what it means a rise of pulse pressure from the very low of 16 (meaning extreme weakness and danger to life) to 26 (meaning fair vitality and freedom from danger of death by exhaustion). *But the most wonderful result was that that night he slept very well all night*, while during the water fast one can sleep very little and feels nervous during the night.

In order to make a long story short let me say that he continued with

the extracts, with ever increasing beneficial results. After two or three days the blood pressure rose nearly to normal (about 105 in his case), his heart action became strong, he continued sleeping soundly at night and, most important, *his bowels began to move almost every-day --- a soft evacuation, consisting mostly of thick bile and mucus. But the most amazing experience of an was that the loss of weight almost entirely ceased when the extracts began to be used.* From 122 pounds at the beginning of the use of the extracts his weight came down to only 120 pounds in 11 days (from the 13 to the 24th) and during the last four days there was no loss of weight at all. The author felt so well that it was with deep sorrow that he broke the fast. He felt like continuing it indefinitely. But in as much as he had to attend to so many things at home and in the city of San José, and in view of the fact that acute elimination had come to an end he decided to break the fast on the 24th day.

During the past six years the author has used in himself, his family and in many others the water extracts during the fast, always with the same excellent results. And as he writes this he is ending another 17-days fast. It has produced the same results as his previous fasts under the new method. At the beginning of this present fast his weight was 138 pounds. On the sixth day his weight had dropped to 130 pounds. It remained at 130 pounds during 9 days, finally dropping to 128 pounds on the 17th day. It seems that under this new method of fasting the body is capable of retaining the vital cellular tissues intact for a long period of time after having undergone the first rapid loss of 5 to 10 pounds during the first few days. This first, rapid loss does not consist of cellular tissue but of faecal matter and water. For instance, the average person has in his intestinal tract an average of 4 to 8 pounds of residue from the previous meals. One also has in his blood, lymph and cellular tissues an average of 3 to 4 pounds of excess water which is holding in physiological solution the sodium chloride (salt) which he has introduced with his food. It is a physiological fact that for each ounce of

salt the body retains an average of 3 pounds of liquid to maintain that salt in physiological solution, thus preventing its injurious effects. When the use of salt is discontinued during the fast, this salt is soon eliminated thru the kidneys, and with this salt is voided the water that was holding it in physiological solution. At the same time, if by the use of the enema during the first three days of the fast we remove the residue from the previous meals we see that four days after the fast we may have lost 5 to 10 pounds of weight without having lost any cellular tissue. After the body gets rid of this surplus waste at the beginning of the fast, it is capable of maintaining what we might call its physiological weight, for many days, simply by the use of the water extracts, the alkaline minerals and vitamins of which keep the cells continually bathed in a physiological serum. The insignificant loss of weight during the water extract fast, makes it possible for weak and thin persons to undergo a satisfactorily long fast with comparative comfort.

However, although the clear water extracts enable thin people to fast in comparative comfort and small loss of weight when the body is partially purified, this is not the case when obese persons are concerned. For those who are overweight and those who have stored in their cellular tissues a large amount of waste products and decaying cells lose weight fast even while taking the extracts.

Hence, the water extracts make an excellent system of purification for thin persons as well as for fat ones. In either case, the water extracts make fasting easier, safer, and efficient for everyone. However, those who want to lose weight faster can dilute the extracts and take them modified. *Even in those cases where the thyroid gland is degenerated and loss of weight is difficult, even with complete abstinence, the use of diluted water extracts will continue the purification of the body until the inactive thyroid gland is revitalized and the secretion of thyroxin again supplies the means for the oxidation of morbid waste products and especially of fatty tissue, thus enabling obese persons to lose their*

*abnormal weight, which becomes difficult to lose when their thyroid gland does not secrete thyroxin.*

As we are going to see in the few typical cases that can be given in this limited space, the new method of water extracts fasting always produces the following similar good results:

1) Small loss of weight: As a rule, after the initial loss of 5 to 10 pounds of weight during the first 4 to 6 days, little loss of weight takes place for a period of 6 or 8 days, finally there coming a loss of one pound, then retaining the new weight for a few days. *The rate of loss of weight during the fast is in proportion to (1) the amount of morbid waste products to be eliminated and (2) to the vitality of the organism. The greater the amount of foreign matter and the higher the vitality is, the faster will be the loss of weight.*

2) Sound sleep during the night: This is made possible by absence of nervous irritability, owing to neutralization of acids by the high content of organic alkaline salts in the water extracts.

3) A feel of wellbeing and desire to be active during the fast.

4) Bowel action without the use of the enema.

5) Quicker recuperation of the normal weight loss during the fast.

6) Higher degree of health and vigour.

#### How the Vegetable Water Extracts Are Made

It was not an easy thing at first to prepare the proper vegetable water extracts to be used during the fast. For in order for the extracts to be of value they would have to comply with the triune law of Natural

Dietetics. They would have to be

- 1) Pleasant to the taste
- 2) Pleasant to the sight and
- 3) Pleasant to the smell

Besides, the water extracts

- 1) Should be free from nourishment in order to prevent return of hunger.
- 2) Should not have the Vital Principle destroyed by the evoking process in order that they may revitalize the body.
- 3) Should not interfere with the process of elimination of waste products during the fast.

As you will see, it was necessary to experiment with various kinds of vegetables and herbs to find out which ones would make a water extract that would be pleasant to the taste, to the sight and to the smell and that would energize the body without interfering with elimination nor awake hunger. Fortunately, after some thought I almost immediately found the vegetables, herbs and fruits that would meet the above requirements. They make a delicious beverage which one does not get tired of it although one usually takes five to eight glasses during the day. I made various combinations of vegetables but the following gave the most satisfactory results :

Formula for Making the Water Extracts

Carrots	6 oz.
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Beets	4 oz.
Peppermint	2 leaves
Celery	2 oz.

Since it is important that no nourishment enters into the extract, the vegetables should not be ground nor crushed, in order to prevent their juices from being pressed out. Hence, the vegetables must be simply cut in pieces. Proceed as follows: Thoroughly wash, but do not peel, the carrots and the beets and cut in small pieces with a sharp knife. The celery should be well washed and cut in small pieces also. When this is done, put all the above ingredients into a wide-mouthed glass jar and fill it with six 8-ounce glasses of distilled water or pure clean rain water. The distilled or rain water, being free from minerals possesses a strong affinity for mineral salts. Hence, the organic mineral salts in the vegetables, herbs, fruits, etc., pass into the water and saturate it with valuable alkaline organic salts together with some vitamins and pre-digested sugar and possibly with other not-yet-discovered vital elements, resulting in a delicious and energizing beverage. Let the vegetables seep in the distilled water at least for three hours before using. They may be allowed to seep as long as 6 hours or all night, and they may be allowed to stay in the jar until all the extract is used. Stir the vegetables with a spoon once or twice while they are seeping so that the water will get more richly charged with the organic minerals, vitamins and chlorophyll. And when only one or two glasses are left in the jar, add another glass of distilled water, since the last part will be too rich. When ready, strain out a glass of extract at a time just before drinking it. Whenever the weather is cold and whenever the vitality is low, the extract should be heated before drinking it.

Keep the glass jar with the extract in a cool place or in the refrigerator if you have one, in order to prevent fermentation of the extract. If you do not have refrigerator it is better to make the extract at least twice a day

to prevent fermentation. In that case, make only two or three glasses at a time, using only one third or one-half of the ingredients called for in the formula for the extracts.

**Quantity To Be Taken :** Of this extract take a glassful every two hours during the day. The fasting patient should drink from four to seven glasses of extract during the day. The quantity will vary according to the heat of the weather and the desire of the fasting patient for liquids. One should drink a larger quantity if there is a desire for it and it is agreeing with him. But the amount should be decreased or diluted with more water if one feels bloated or if it is unpleasant in any way.

**Overcoming Possible Difficulties :** As a rule, the water extracts are well tolerated by the fasting patient and he goes on enjoying the extracts all along the fast. But it may happen that obstruction occurs in the intestinal tract in which case the bile enters the stomach and causes nausea. When this is the case, a little lemon juice should be added to the glass of extract just before drinking it and the amount of peppermint leaves in the extract should be increased to 4 or 6. This modification of the extract is of great importance to relieve nausea or discomfort if it appears. And if you should dislike the flavour of one of the ingredients of the formula for the extracts you may leave it out or substitute it for another vegetable that imparts a pleasant flavour to your taste.

**The Enema During The Fast:** Of great importance to prevent possible entrance of bile into the stomach, resulting in nausea, is the use of the enema two or three times during the first three days of the fast. This will evacuate the contents of the lower part of the intestinal tract and leave there a vacuum into which food residue and waste matter in the upper part of the intestines will rush, thus preventing possible regurgitation of bile into the stomach, as well as re-absorption of gases and toxins. However, after the colon is emptied during the first three

days, the enema should not be used again, since, as a rule, the extracts will make the bowels function.

**Modification Of The Water Extracts:** During the water fast a great deal of discomfort was caused by the generation of acetones and other acids, which, not being neutralized or oxidized, caused a good deal of trouble. Acetone acid is the greatest offender during the fast, it arises when the supply of sugar in the body' is exhausted. Then this acid circulates in the blood and is partly forced out of the body thru the kidneys, making urine acid and irritating the nerves. Hence, in order to prevent this kind of acidosis it is necessary to introduce into the body a certain amount of fruit sugar to oxidize acetone acid as it arises.

Therefore after the storage of blood sugar in the body is exhausted after the first two days of fasting, a teaspoonful of honey or fruit sugar should be added to every glass of vegetable water extract drunk during the day. This will supply the means for the oxidation of acetone and other acids, while the organic alkaline salts in the extracts will neutralize acid and render it easy of elimination. By these means, the body is in a high state of alkalinity during the fast, as manifested by alkaline urine and calmness of the nerves.

**What Shall We Do When One Or More Of The Ingredients For The Water Extractives Is Not Available In The Market:** Should it happen that you live in a place where one or more of the vegetables for the extract are not available in the public markets you can substitute other vegetables for the one or ones not available. The important thing to take into consideration is that the vegetables you substitute impart a pleasant flavour to the extract. If you take this into consideration you may use any other vegetable instead of beets and carrots or celery when these are not available. Even clean common lawn grass can be used. However, whenever beets and carrots are available they are to be preferred to others because they contain precious minerals, vitamins,



sugar and carotene not found in such ideal combination in other foods, however good they may be in absence of beets and carrots.

Is It Indispensable To Use Distilled Or Rain Water To Make The Extracts?: Whenever possible rain or distilled water should be used for the extracts: But when neither of these is available it is possible to obtain quite good results by using spring or well water for the extracts. I have done so in occasions when neither rain nor distilled water was available and I have obtained very good results. Even city water can be used if it is not treated with chlorine and fluorine. But whenever possible, use only rain or distilled water and you will obtain much better results.

## Chapter VI

The rules for fasting are of superlative value to those who want to fast at home without expert supervision. I shall, therefore, endeavour to give in this chapter what I believe to be adequate instructions to conduct your own fasting. Without these instructions fasting at home without expert supervision might end in failure or, at least, you might not derive the expected good results from this process of purification. Hence, I shall in this chapter deal with the following important questions :

- 1) Who needs to fast?
- 2) Is it safe to fast?
- 3) How long should a person fast?
- 4) How should the fast be conducted?
- 5) When should the fast be broken?
- 6) How should the fast be broken?

I shall now endeavour to give an adequate answer to each one of the above important questions in the way they are enumerated.

## Who Needs To Fast

Specifically, every person who has saturated his body with morbid waste products to the extent that he is suffering discomfort, anguish or pain is in need of undergoing purification of the organism through fasting. Generally, even persons who do not feel discomfort or pain may also be in need of fasting. It is possible for a person to be saturated with pathologic matter to the extent of being on the verge of a dangerous acute disease or even sudden death, without feeling discomfort or pain until the crises arrive.

In fact every one of us knows of such sudden crises and death of supposed healthy men and women who, to all appearance were the picture of health. How then can we tell if we need a fast? This important vital question is answered promptly and efficiently by depriving yourself of food for two to four days. If you do so you will discover that after the second or third day you will find that your abnormal desire for food (appetite) disappears and you may even feel nauseated at the sight or food. This should prove that what we are accustomed to call hunger is only an abnormal craving, appetite.

And the large quantity of mucus and more or less poisonous filth which the body is eliminating during the fast should prove to you that even though you may not feel ill, may even appear to be healthy and have a good appetite, there are deposited in your cellular tissues several pounds of waste products and you need a fast. In fact, in our civilization practically everybody needs a fast and everybody would be greatly benefited by fasting at least twice every year. By doing so they would be able to attain a higher degree of health and vigour, prevent disease, prolong their youth for a much longer time and lengthen their spans of life.

Again, if you begin to fast and then observe the disappearance of your

abnormal hunger, the heavily coated tongue, the bad taste in the mouth, the cadaver stench emitted by your breath and thru the pores of your skin, the large amount of waste eliminated through the bowels, kidneys, liver and pores, and then take notice of the higher degree of vitality, the general improvement of your health and the rejuvenated appearance of your body after one or more properly conducted fasts --- -this experience would leave no doubt in your mind that the fast was needed and that it accomplishes marvellous good results.

### Whoever Has Feasted Needs Fasting

All the facts lead one to believe that it is logical and beneficial to begin to fast, even though your appetite be present. I know by repeated experiences that our abnormal craving for food will disappear if you do not satisfy it. I know also that after the fast you will enjoy much better health than before you fasted.

Hence, according to these rules, we find out that every one who lives in an inimical environment in our artificial civilization needs to fast, as proved by the fact that appetite disappears and elimination of poisonous waste products begins a few days after we stop eating.

In another work, titled "How Man Eats His Way To Death" I have shown that man is a glutton by nature. He overeats whenever he has the opportunity. Overeating, especially of the wrong kind of concentrated foods, results in accumulations of waste products in the cellular tissues, which harden them, degenerate them and interfere with the flow of vital force thru the organism. Fasting gives the body an opportunity to dissolve and eliminate these pathogenic accumulations and restores the chemical balance of the body. The need for fasting to preserve and regain health and youthful vigour, will be evident, by studying the philosophy of fasting. Many think that only those who are sick and suffering need and will be benefited by fasting. This is not so. Every one needs and will be benefited by scientific fasting undergone at certain

times. The following letter I received from a lady who had read one of my articles on fasting comes to the point. She wrote: "Your article on "Fasting - A Process Of Purification", published in "How To Live" magazine, has kept me thinking because I had planned to go on a fast for the purpose of reducing my weight which is now over 90 pounds in excess. You said that experiments on healthy animals who do not need fasting is not criteria by which we can judge whether fasting is injurious or beneficial. As I feel well and have too good an appetite I wonder if I need to fast. Please let me know whether it would be injurious in my case".

Here is a lady who is 90 pounds above normal weight and still doubts that she needs a fast. Any person who carries in his body such excessive weight is bound to suffer sooner or later with serious ailments. A fast, before nature institutes a healing or disease crisis would prevent serious suffering and restore the body to its normal health and shape. If the lady in question would undertake a fast and conduct it in the proper way she would soon discover that she really needed a fast. If she continued the fast to the sixth, thirteenth or twentieth day she would no longer doubt that she need it. For the large quantity of bile, mixed with fermenting and putrefying excrement matter evacuated via the rectum; the thick cloudy and acid urine, and the cadaver stench emanating from her breath and the pores of her skin would leave no doubt in her mind nor in the minds of her assistants, that she really needed a fast and needed it badly.

In fact, every one who lives in a hostile environment and has lived on the diet of civilization needs a fast and everybody would derive great benefit from periodic fasting and by so doing every one would prevent much suffering, would prolong the period of youth and extend his span of life many years. I know this to be a fact from personal experience.

## Fasting to Retain Youth

I myself need an occasional fast, even though I have learned to live and do live on a well-balanced diet of natural foods and follow other natural healing methods. Even as I am writing this book on "The New Way of Fasting" I am undergoing a fast in Costa Rica, Central America. Today is the 10th day of the fast. Yet, my mind is as clear and as active as before I began the fast. In fact, it is clearer and more active. I believe in taking my own medicine. It is true that it is not pleasant to take. But just the same I take it at least two times a year, not because I am ill but because I have experienced the marvellous regenerating and rejuvenating effect which scientific fasting has produced in my body as well as in the bodies of those who have come under my supervision. I fast to preserve my youthful vigour, to prevent disease, to develop my mental faculties, to prolong my life and for the greater joy of living which I feel after I have submitted to the process of purification.

After the fasts, when my body was in a state of purification and my natural instinct was reawakened, I have conducted self experiments with natural foods, in order to find their natural reaction in a cleansed body. Some of the discoveries have been marvellous. As we shall see, they upset our theories in regard to the number of calories and grams of protein required in the daily diet. With one fourth the amount of protein and calories, supposed to be needed daily, the cleansed body begins to gain weight very fast. This proves that man is grossly overeating his way to death. Scientific fasting rids the body of morbid waste products.

## How Long Should One Fast

The length of the fast depends on several factors, such as: the nature of the disease, the seat of the disease, the progress of the disease and the vitality and weight of the patient.

The last two are of superlative importance when we have to consider the length of the fast. When the patient has a good supply of overweight he naturally can fast much longer than one who is under normal weight. And one who still possesses a high degree of vitality will be able to fast much longer than one whose vitality is low. Hence, it is wrong to say: "I am going to fast 30 or 40 days". It may happen that before the twentieth day your vitality is so low that there is danger in continuing the fast. On the other hand, one may say that he is going to fast only for a week or ten days. But, as usually happens, just at the end of that short fast the patient is undergoing a crisis of elimination, his digestive juices are absent and his digestive tube is busy handling waste products constantly being poured into the intestinal tract for elimination. To break the fast under these conditions is wrong and even harmful. We shall deal with this subject under the heading "When to Break the Fast".

As a rule, the majority of persons can fast an average of 21 days without any danger. This is specially so under the new method of fasting. By using the water extracts from vegetables and herbs it becomes quite easy to fast 20 to 30 days. Further on I shall explain how to find out when it becomes harmful and even dangerous to continue the fast. In view of the above facts we see that we cannot very well tell how long an unknown person should fast. Ten days may be too long for a certain person, while 60 days may not be enough for another person. Every one has to judge by himself the length of the fast by following certain rules.

It is true that by seeing and examining the patient we can judge the approximate length of the fast. But even then we may be mistaken. Low vitality may make it necessary to break the fast long before we had planned or a healing crisis may make it necessary to continue the fast beyond the time we had planned. Hence, when some one asks me:

"How long should I fast?" I reply: "Let us leave it to Nature. She knows better and will indicate to us when the fast should come to an end".

### Six Rules on How to Fast

For the benefit of the fasting patient I shall enumerate the following rules :

1) The first and the second day of the fast take a full enema to empty the colon of faecal matter which usually remains therein when the patient begins to fast and the peristaltic movements of the intestines decrease or entirely cease. Failure to cleanse the colon the first two or three days will result in the putrefaction of the contents of the colon and the absorption of foul liquid and gases, leaving in the colon a solid, hardened mass of faecal matter, which, in many cases, becomes too difficult to eliminate. Failure to cleanse the colon at the beginning of the fast usually results in headache, nervousness and even nausea if the intestines are filled with faecal matter and gas, in which case the bile flows back into the stomach. After the residue from the last meals has been removed from the intestines by the enema during the first two or three days of the fast the enema should be discontinued and not used again unless seven or ten days pass by without any bowel movement, in which case it is wise to use an enema again.

2) Under the new method of fasting, instead of drinking plain distilled water during the fast one should drink, during the day, four to seven 8-ounce glasses of water extract of vegetables prepared as per instructions in the chapter on the New and Easy Way to Fast. As you will see, these water extracts will make fasting comparatively easy and, according to my experience, much more beneficial and without certain inconveniences and even danger under certain conditions. During the first two days of fasting take the extracts plain without the addition of anything. After the first two days it is advisable to add to each glass of

extract a little honey at the time of drinking it. The pre-digested sugar in honey will be used in the body to oxidize the acetone which is formed during fasting. Acetone is produced when the supply of sugar in the body is exhausted. For without sugar the body cannot oxidize the fats that are daily being disintegrated into fatty acids during the fast. *The greater discomfort felt during the water fast is due to lack of sugar to oxidize in the body the acetones and other acids.* These acids, if not oxidized or neutralized by means of sugar and alkaline mineral salts, irritate the nerves prevent sleep and make fasting most uncomfortable.

Hence the vegetable water extracts, being rich in alkaline mineral salts and sugar, supply the organism with the proper elements for the oxidation and neutralization of acids formed during the fast. It is for this reason that *The New and Easy Way to Fast* makes fasting much easier and beneficial.

3) As a rule, under the new method of fasting, one does not have that feeling of depression and tiredness which is usually present during the old method of water fasting. Hence, you will feel like to be up and around during the day and in many occasions you will feel like to do some work. As I write this I am on the fourteenth day of fasting and I have been writing pages for this book since 6 a.m. It is now 3 p.m. and I feel as strong and as well as when I began to write this morning. Being in a hurry to finish this book I shall continue writing until I go to bed at 8 p.m. I know I shall feel as well as now at that hour, since I have been doing this all along during this and other fasts. My wife, who had never been a vegetarian until she married me, is also fasting. She was not sick at all but she says that she wants to fast to preserve her youthfulness and vigour. She is now on the 15th day of the fast. Under the *New Method of Fasting* she has found it easy, has felt well and strong and has attended to all her home duties just as well as when she was eating. If there is time before this book goes to press there will be



another chapter with pictures of her and a report of her experiences.

*However, although you may feel comparatively well and strong during this new method of fasting, it is advisable not to do any strenuous work. It is important during the fast to save all your energy to be used by nature to dislodge, disintegrate, dissolve and eliminate waste products from the organism. Hence, save as much energy as you can during the fast. You will have still better results.*

4) During the fast it is well to bathe at least every other day with hot water, using soap to remove from the pores of the skin waste products which nature is forcing out through them.

5) Under the New Method of Fasting one usually sleeps very well, sometimes even better than when one was eating. This is especially true when the fasting patient was suffering with digestive or other troubles. Such patients feel better and happier during the fast than they have been for many years. Inclination to sleep, is a characteristic of the New Method of Fasting, while with the old method of water fasting one is irritated by the circulating acids and has difficulty to sleep, sometimes one passes the night without being able to sleep at all. This was the greatest horror of the water fast. I always dreaded nights. The new method has vanished this scarecrow of fasting. *But even if some time you cannot sleep all night long, do not worry but remain quite, knowing that you are accumulating vital energy during rest and elimination.*

6) If you have nothing to attend to during the fast you may read books on the philosophy and science of health and longevity but do not read fiction books, nor detective stories, nor anything which will be unpleasant, irritate you and waste nervous energy. Instead, think that you are going thru an unusual experience of body purification which

can prevent and relieve much suffering, prolong your period of youth and add much life to your years and years to your life.

### When To Break The Fast

Whenever possible the fast should be continued at least until the 21st day. The complete fast is continued until hunger returns. However, few persons can fast until real hunger returns. In the majority of cases real hunger does not return until the major quantity of foreign matter that was causing obstruction to the circulation of the blood and to the flow of nerve energy has been eliminated. In the majority of cases, the encumbrance of morbid matter is so large and the cellular tissues of certain organs have deteriorated to such an extent that in order to undergo complete purification and repair during one fast it would be necessary to lose practically all muscular and adipose tissue.

This would leave the fasting patient practically in the skeleton condition. This is as unnecessary as it is dangerous to the patient. Such patients who fast until hunger returns lose so much muscular tissue that their digestive organs find it most difficult to resume their functional activity. Such patients, although they survive, take many months to regain their normal weight and strength. Hence, complete fasts until hunger returns should not be taken by those who are under normal weight, nor by those with low vitality.

Short fasts are safer and more beneficial in the long run. One can repeat the fast as often as necessary, keeping on increasing its length as one becomes stronger and much of the encumbrance has been removed by previous fasts. The only time when a fast longer than twenty one days is advisable is in diseases of the digestive organs, and genital-urinary tract, such as degeneration and tumorous growths in the stomach, intestines, liver, kidneys and bladder. In such cases a long fast is indispensable to give the diseased organs a chance to heal.

## Precautions To Be Taken With Breaking The Fast

In conclusion, the length of the short fast should be between 10 and 21 days duration. Less than 10 days will do little good, in as much as by the time Nature is beginning elimination in full force, feeding is resumed at a time when there are no digestive juices available and the stomach and intestinal tract are being used as a sewerage to cast away a large quantity of the morbid matter being dissolved and removed from the body. Real elimination does not really start until the sixth day of the fast. It subsides about the 10th day to increase again in the 13th day. After the sixth day, every seven days usually comes a crisis. The fast should not be broken during crisis days. The very short fast should be broken between the 7th and the eleventh day. If continued it should be broken between the fifteenth and the seventeenth day. If fasting still a longer time it should be continued until the 21st day at least. It will be better to continue it to the 24th day.

One should never break the fast on those days when one is feeling ill, especially if one is feeling nauseated or with disturbances of the digestive organs. One should wait for one of those days when one feels well.

And what is very important to keep in mind; should your mouth be dry, your tongue heavily coated, with bad taste in the mouth and absence of hunger at the time you had decided to break your fast, do not break it at all. Under those conditions it is necessary to wait one or more days until the crisis is over and you feel more like to take some juices.

But above all, should it happen that you feel ill during a fast, do not by any means call a medical doctor. He does not understand the philosophy of fasting. And seeing you emaciated and your stomach empty, he will proceed to feed you either via the mouth or hypodermically with serums, perhaps with the wrong kind of food,

which in that occasion you are unable to digest. Such intervention might end in death, as it has happened in such cases.

Fasting patients are usually affected by dizziness when getting up suddenly from the lying position. Get to the standing position gradually. And should you get dizzy some time, close your eyes and sit down or lie down for a few moments. It will pass immediately. No danger in those dizzy spells, except you fall down and hurt yourself.

### Is It Safe To Fast?

A lady here in Costa Rica after reading one of my books decided to go on a fast all by herself. She did not even tell me she was going to fast. When I went for the book I had loaned to her she told me she was on the 13th day of the fast. She continued with great success to the 60th day. She did not have a sick day during that time. This was an unusual case. She did not fast because she was sick. She was well and strong and still a young and beautiful married woman. She weighed 228 pounds (about 90 pounds overweight). Although she was beautiful the excess fat made her look old. She was only 28 and looked like 40. The 60 days of fasting dissolved and eliminated most of her excess of fat and left her looking like a girl of 20. (She reduced her weight to 155 pounds).

If one begins with short fasts, there is no danger to fast at home. With a fraction of the knowledge given in this book I began a series of fasts alone in my own room when I weighed only 98 pounds and had been told by my medical doctor that I could not survive longer than three months. It was through fasting, followed by certain special diets and the use of the enema to relieve chronic, obstinate constipation that I saved my life way back in 1917.

I know numerous persons who have fasted at home without any ill effects. All one needs is the necessary knowledge and some

understanding soul to extend a helping hand should it be necessary during the fast. It will be difficult to fast among persons who do not understand the philosophy of fasting and are opposed to your undertaking a fast. If that is the case it might be better not to fast in their presence.

Whenever possible, it will be better to fast under expert supervision and away from home and people who do not understand the process of fasting and are opposed to your undergoing a fast. If possible, fast in a place where there is warm sunshine, pure air and an abundance of fresh fruits and vegetables and oleaginous seeds to be able to supply your body with the diet of regeneration after the fast.

But when expert supervision and a harmonious environment cannot be had, it is possible to undergo shorter fasts at home without any danger, provided that the patient has the necessary knowledge about how to conduct the fast, how to break the fast and how to apply the diet of regeneration after the fast.

#### No Danger In Fasting If You Know How To Fast

The following letter is another typical example. Let me quote the following paragraphs :

I have been reading the two books I got from you. I think they are the best I ever read... Now I have to tell you a little about myself. The first time my troubles began was in 1926 when I found out I got prostate disorders. At about the same time my feet got hurt in the saw mill and became sore and inflamed. I went to see a foot specialist who sold me arch supports, from which I got no benefit.

My feet continued sore. I had to discard the arch supports and go on crutches for eight months, as my legs swelled up as far as my back and I could hardly put on my cloths. So, wondering what was going to

happen next I decided to go on a fast. I told my wife that she needs to cook no more for me because I was going to take a fast of 40 to 50 days. My wife laughed and said that I could not fast that long. But I started my fast and fasted 42 days. Now mind you! I was going on crutches when I started the fast, but laid them away and have never used them again. Since then I have fasted many times. When my legs would swell I would take a fast of a few days, after which my legs would be pretty good for five or six months... Now, if you can give me more information on health I will be thankful.."-M.

The above letter gives further proof of the wonderful effects of fasting. However, in this case there were relapses, due to dietetic errors committed after the fast. The benefits derived from fasting can be permanent, only when the body is supplied with living cells with which to build up sound tissue after the fast. A properly balanced diet of natural foods eaten in their natural state is indispensable after the fast. If we fail to supply those requirements, the benefits of fasting may be of short duration. After a certain time the same old aches and pains may return. Here again we see the great importance of the advice given by the Great Master to the adulterous woman: "Go and sin no more", meaning that to avoid disease we must remove the causes.

### How To Break The Fast

Under the old method of water fasting, and especially when the fast was longer than 10 days, one had to be very careful in breaking the fast in the proper way. Hunger was absent, digestive juices were not available and the intestinal tract was more or less saturated with sticky mucus, bile and morbid matter which nature was pouring in during the fast. Hence, it was dangerous to put into such human sewerage any kind of solid food. It was necessary to begin to feed the patient gradually and only with diluted acid fruit juices for a few days until

digestive juices were manufactured, as manifested by an abundant flow of saliva and the sensation of hunger.

Those who ignorantly failed to follow this precaution and ate solid food when digestive juices were absent paid for this indiscretion - some underwent digestive disturbances for a few days and were forced to renew their fast; others even lost their life. In fasting literature there is an account of one who broke a long fast by eating a big beefsteak. This indiscretion ended in death after excruciating pain.

I know of a fine gentleman who underwent a fast of 50 days for the removal of a large tumour in the intestines which was obstructing the passage of food and was about to cause death when the tumour closed it entirely. In as much as the tumour was inoperable he decided to fast as a last resort. The size of the tumour gradually decreased as the fast advanced. At the end of the fast there were no signs of tumour left. It had been a most successful fast. But it was now necessary to begin feeding with acid fruit juices until nature reawakened the digestive function and digestive juices were available. Then it would be necessary to feed the patient on fresh fruits, then on tender vegetables and their juices. Finally, add the proper amount of protein foods to supply building material for the reconstruction of new cellular tissue badly lost during the long fast of 50 days. Then continue with the natural food diet to prevent a re-growth of the tumour.

#### Dangers To Be Avoided In Breaking The Fast

Unfortunately, this fine gentleman of about 72 years of age had two daughters who were medical nurses. They did not know anything about the philosophy of fasting, were biased against fasting and did not approve of their father's decision to fast, but they could not prevent it. Their father had his own strong mind and he overcame all opposition. His faith in a possible cure thru fasting was great, if he had not waited too long. As we have seen, it was yet time. Nature had done a

marvellous work in dissolving and eliminating his tumorous growth via the rectum - occasionally, pieces of decomposed flesh from the tumour were passed with the water of the enema. His two daughters went to see their father quite often during his fast and wondered at the wonderful work of Nature and were very pleased with the results.

But instead of allowing their father to remain in the health resort until the fast had been properly broken and feeding resumed in the natural way, they convinced their father that he should now go home where they would feed him back to health and strength. Hence, they took him home and, instead of feeding him on juices for a few days and then on the natural uncooked food diet as they had been advised by the good naturopathic physician, they followed their own way and began to feed their father meat broths, milk, eggs, cereal mashes and give him injections. Under this forced feeding method the gentleman increased in weight rapidly and felt well and strong. But in as much as like causes produce like effects, the overfeeding on high calorie animal foods rapidly filled his bones with morbid flesh and caused the re-growth of the tumour to such an extent that it soon obstructed the passage of faecal matter and the poor gentleman died in terrible suffering.

Here was another case in which the patient was killed by overfeeding on animal flesh foods, eggs, milk and cereals after he had been saved by fasting. Let his death be a warning to you. In view of these facts the breaking of a fast longer than seven days should be gradual and on the proper liquids and solid foods. However, under the new method of fasting on water extracts from vegetables no such danger is present. The extracts supply an abundance of organic salts and vitamins and possible other precious, not yet known vital substances which impart to the body vital energy and make one comparatively strong all along the days of fasting.

### Five Important Rules To Break The Fast



The following rules should be followed for breaking the fast :

1) In as much as in the first part of the day the stomach of a fasting person is in the worst condition to take food, the fast should be broken in the afternoon instead of in the morning. If the fast has been of only seven or ten days duration, you do not have to be as careful as when

#### t\_Liquid Mixture to Break the Fast

Half a glass of orange juice  
One teaspoonful of lemon juice  
One teaspoonful of honey and  
Enough water to fill an 8-ounce glass.

Take a glassful of this mixture at intervals of two to four hours during the day. The amount taken should depend upon the desire and ability to tolerate the liquid without discomfort. If the weather is hot and you feel a desire to take the juice, you may take it every two hours during the day. If the weather is cold or if you feel bloated, decrease the amount and take it only every four hours, or none at all until bloating and discomfort disappears. Then resume the taking of the beverage. Break the fast with this beverage at noon, instead of in the morning. Continue with this diluted juice until there is a desire for other more substantial food, which will be one to several days according to the condition of the patient.

However, keeping in mind the importance of complying with the requirements of the Law of Alternation in Diet, as explained in Book Four on Psycho-Physiopathy, it will be of great benefit to alternate the acid fruit beverage with the following stimulating and invigorating alkaline vegetable hot broth.

Formula For Vitality Broth To Be Used While Breaking The Fast

Carrots	4 ounces
Beets	6 ounces
Parsley	2 ounces
Celery	4 ounces
Garlic	2 or 3 cloves
Tomatoes	8 ounces
Water	4 glasses

he fast has been extended to 17, 21 or more days. But when the fast has been long and the mouth is dry, the tongue heavily coated, with bad taste in the mouth and there is no desire for food, break the fast with the following mixture of juices and water:

Wash the vegetables thoroughly, but do not peel the beets and carrots, cutting off only bad parts. Cut in small pieces. Now, if you have an electric liquefier liquefy the above ingredients as follows; pour one glass of water in the liquefier cup, turn on the motor and gradually drop in the cup about one-fourth of the above ingredients. Let it run until they are well liquefied. Then pour the liquefied portion into a cooking vessel. Pour another glass of water in the liquefier cup, start the motor and add another fourth part of the vegetables as you did before. Liquefy them the same way. Repeat the process until finished. When all the liquefied ingredients are in the cooking vessel, season it with celery salt to taste.

When all is ready, put the cooking vessel on the stove and let it stay there until it has boiled for about five minutes. Then strain out the liquid part thru a fine strainer and drink one or more glasses of this energizing broth. Drink it hot but not so hot that it will scald your

mouth. Alternate this hot broth with the acid fruit juice whenever there is a desire for something hot and stimulating. You will find this broth of great value to stimulate the digestive function and bring about a sensation of wellbeing. It introduces into the body a rich supply of easily absorbed and utilized vitamins and organic mineral salts.

Note: Those who do not have an electric liquefier may grind the ingredients with a "Corona Corn Mill" or with a meat grinder or by grating the vegetables; which latter way is slower and does not extract from the vegetables as much juices as the liquefier.

3) As a rule, one to four days on this liquid regimen is sufficient to give the body the materials for the manufacture of digestive juices and one will begin to feel that one can take more substantial food. Hence you may now eat oranges or grapefruit for breakfast, grapes, pears, peaches, figs, at noon, melon in the middle of the afternoon (if more food is needed) and a salad of lettuce, grated carrot, beet and apple in the evening. This can be seasoned with lemon, olive oil and honey.

A cup of hot herb tea should be taken after the salad meal. Those who have the study course may make Carmino herb tea according to formula. Those who do not have those books may make a tea from the following herbs:

#### Carminative Herb Tea

Chamomile	Fennel Seed
Peppermint	Aniseed

Grind finely the aniseed and the fennel seeds and cut up in small pieces the peppermint and chamomile herbs and mix together. If there is an herb store in your city you may be able to buy the fennel seed and the aniseed ground. But if you have a grinder it is better to buy the whole seeds. The nutritive and medicinal value will be better preserved when you buy the whole seeds and herbs and grind them at home. Put one or more cups of cold water in a sauce pan and add just sufficient of this mixture of herbs and seeds to make a light tea of an amber colour. Let it come to a boil and take it from the stove and let it settle for a few minutes well covered. Then strain thru a fine wire strainer, sweeten with honey and drink hot after the salad meal, or after any other meal, afterward. This tea greatly aids digestion and supplies certain valuable medicinal substances. Take it after the meals instead of other beverages.

4) In a few days on fresh fruits and vegetables the digestive juices will be secreted in normal quantity and will be of the right quality and the peristaltic movements will be sufficiently strong to propel the food along the intestinal tract and produce normal evacuations of faecal matter. Should it happen that no bowel movement takes place within 3 days after you begin to eat fruit and salads you may help nature by an enema when necessary.

But if digestion is good you may now begin to add protein to your diet in order to begin to rebuild your tissues on a firm foundation. To this end you may add to your fruits and salad meals liquefied oleaginous seeds. The most satisfactory ones are the following: Almonds, Brazil nuts, pine nuts, pecans, sesame seeds and sunflower seeds. At the beginning these oleaginous seeds should be finely liquefied in an electric mixer and added to the salads or to be drunk as a milk beverage after the meal.

