

# Arnold Ehret's



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THE DEFINITE CURE OF

## CHRONIC CONSTIPATION

A Method of Overcoming Constipation Naturally

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ARNOLD EHRET LITERATURE

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THE DEFINITE CURE OF  
**CHRONIC  
CONSTIPATION**

ALSO

**OVERCOMING  
CONSTIPATION  
NATURALLY**

*The Internal Uncleanliness of Man...*

*The Effect of Laxatives...*

*The Real Cause of Constipation...*

*Nourishing and Curing "Laxatives"...*

*Conclusion...*



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## Introduction

A little over twenty-two years ago the author of this booklet was declared "incurable" of Bright's Disease by orthodox medical physicians.

After four years of exacting study and dangerous experimenting on his own body—for many times he brought himself almost to the brink of death—he discovered the following truth: Disease is Nature's effort to rid the body of disease matters and eliminate waste from the system.

No matter how desperately ill you may become, Nature continually tries to save you. The goal of evolution is quality and not quantity and the weak and degenerate are wiped out when Nature's laws are violated.

Instinctively the voice of Nature comes to man in the same manner as it does to animals, "Don't eat!—rest—be quiet!" Fortunately for those of us who are acquainted with Professor Arnold Ehret's teachings, this warning of Nature has been made clear and need no longer be unheeded by man on the plea of ignorance.

Fasting and fruit-diet loosen and stir up the masses of bodily filth, and poisons are consequently carried into the blood-stream with disastrous effects. A thorough knowledge of proper procedure is, therefore, absolutely necessary before anyone should attempt to undertake a cure. After having suffered for years through lack of this knowledge, Prof. Ehret successfully solved the problem and evolved a scientifically correct system, known as **THE MUCUSLESS DIET HEALING SYSTEM**.

The object of this booklet is to give a comprehensive statement of the deeper causes of constipation and how it can be **DEFINITELY** cured and not **MERELY RELIEVED**.

# **The Definite Cure of Chronic Constipation**

BY PROF. ARNOLD EHRET

## **The Internal Uncleanliness of Man**

Chronic constipation is the worst and most common crime against life and mankind—a crime unconsciously committed, and one whose full enormity is not yet fully realized. It stands accused of being one of the principal causative factors of all physical and mental diseases. I know as a fact, from my practical experience with thousands of chronically diseased, that the life of man, and the extent of his mental and spiritual capabilities are largely influenced by the condition of the alimentary tract. It is certainly very important that the brain and nerves of man are supplied with pure blood, and are not dependent on blood, polluted with impurities, arising from an unclean alimentary canal. "Unclean" is too mild a word, when we are dealing with the worst kind of a filthy condition.

It is a fact that man, the product of the present "civilized" society of this much vaunted "advanced" twentieth century, is born unhealthy, because his mother, during pregnancy, is almost invariably suffering from constipation. And I say further, that while in this state, she usually eats two to three times as much as is necessary. This causes the so-called normal, more or less healthy man, to be somewhat encumbered from infancy. And to a much greater extent, is the constipated one—who is loaded with such a mass of internal filth, that it can only be called "indescribable."

His alimentary tract, reaching up from the mouth of the anus to his throat, is filled with a morbid mucus—undigested, decayed and retained food-substances, all of which are in a state of fermentation and putrefaction. His intestines have never had a perfect cleansing during his entire life. At the conclusion of each discharge, the anus must be artificially cleansed, which shows that the internal walls of the intestines must also retain, after each passage, quantities of this same filth.

A physician of Berlin, whose life work was the performing of autopsies, stated that 60 per cent of all the corpses contained in the alimentary canal various foreign matter—worms and putrefied feces—and he further stated that in nearly all cases the walls of the intestines and colon were lined with a crust of hardened feces, making it evident that these organs had degenerated to a state of utter inefficiency. Progressive American physicians are rapidly awakening to the fact that retained fecal matter is one of the chief causes of disease. Autopsies are constantly revealing indescribable filthy astounding conditions. One physician publishes the following:

“I have found a prototype of the cause of all diseases of the human body, the foundation of premature old age and death. Surprising as it may seem, out of two hundred and eighty-four cases of autopsy held, but twenty-eight colons were found to be free from hardened feces and in a normal and healthy state. The others, as described above, were to a more or less extent incrustated with hardened, rotten, rejected food material. Many were distended to twice their natural size throughout their whole length with a small hole through the center and almost universally these last cases

mentioned had regular bowel evacuations daily. Some of them contained large worms from four to six inches in length.

“My experience from day to day developed startling discoveries in the form of worms and nests of eggs, that we daily get from patients, accompanied by blood and pus. As I stood looking at the colon and reservoir of death, I expressed myself in wonder that any one can live a week, much less for years, with such a cesspool of death and contagion always with him. The absorption of the deadly poison back into the circulation cannot help but cause all the contagious diseases. The recent treatment of hemorrhage of the bowels in typhoid fever has shown it to be caused by maggots and worms eating into the sensitive membrane and tapping a vein or artery. In fact, my experience during the past ten years has proven, by the rapid recovery of all diseases after the colon was cleansed, that in the colon itself lies the basic cause of almost all human ailments.”

That this revolting and indescribable condition arises from the almost universal ignorance of right selection of food, reveals why the “Mucusless Diet Healing System” is such an important discovery and development for the regeneration of mankind.

On the outside, the man of today is carefully groomed, perhaps unnecessarily and over carefully clean; while inside he is dirtier than the dirtiest animal—whose anus is as clean as its mouth, provided said animal has not been “domesticated” by “civilized” man.

Long ago Naturopathy proved, that in every disease there is a constitutional encumbrance of foreign matter,

a clogging-up of the system. That statement of fact is not sufficiently explicit. The encumbering matters, substances which would become dangerous if they were foreign to the body, and of no use to the system, consist of masses of accumulated feces, undigested food, morbid mucus, and retained superfluous water, all in a state of fermentation and decomposition. Truly, chronically constipated man constantly carries in his intestines a veritable cesspool, by which the blood stream is continually polluted and poisoned, a fact which only a skilled observer can at once detect by facial diagnosis. Official medical science and the inexperienced layman do not suspect "constipation" when the individual consumes from three to five meals a day, while he is having one so-called, good bowel movement. Man imagines that his "comfortable fatted" body is a sign of health; at the same time he is as much in fear of a cold wind and "germs" as he is of the devil. When such a "well-fed" man who is usually constipated, takes a fast or is put on a "mucus-less diet"—as I have advised hundreds as their last resort—he will discharge masses of putrescent filth, fetid urine loaded with mucus, salt, uric acid, fat, drugs, albumen and pus, according to his disease.

The most surprising effect of these treatments is the immense quantity of the discharged feces and the fetid exhalation from both the mouth and skin. But the most important "discharge" is the elimination through the circulation into the urine. The urine of everybody will then show a sediment of mucus as soon as he fasts a little or reduces the quantity of his food, or makes a change toward natural, mucusless foods. Doctors call it "disease" and it is in fact a self-cleansing process of the body.

This self-elimination through the circulation is the body's most wonderful healing work of every disease. To control this process by food and food quantities is the only true, natural and most perfect therapeutic art of healing and is in no other "treatment" so successfully accomplished as in the "Mucusless Diet Healing System."

This elimination—especially that of the sick man after a long period of misery, suffering and unsuccessful medical treatment—is man's "greatest event." He now realizes what he had never thought of—and what only a few physicians in the world have ever understood as I did, through thousands of cases—that mostly all civilized men are walking, living cesspools, due to chronic constipation.

All his former unsuccessful treatments now appear to him in a tragic-comical light. He now knows exactly where the source of his suffering is to be found, no matter what the name of the disease may be. He now understands that he was wrongly and ignorantly treated by the doctors who "suppressed the disease," without eliminating the filth, which was retained in his entire system, especially in his alimentary canal, since childhood, and which condition constituted the principal causative factor of the disease.

## **The Effect of Laxatives**

I believe that neither physicians nor laymen really know or understand how and why the body performs the laxative effect of these different remedies. Official medical science knows very little about the "why" of the drugs. Their application is based upon the experience only that each one has "a special effect."



All laxatives contain more or less poisons, that is, to enter the circulation in a concentrated form. The protective instinct of the body reacts instantly by a greater water supply into the stomach from the blood in order to dissolve and weaken the dangerous substance; the intestines are stimulated for increased and quickened activity, and so the "solution" is discharged, only taking parts of the feces along. This is the physiological explanation, and you can see that the effect is an abnormal stimulation of vitality in general, and of the intestinal nerves in particular. It is an open secret that all laxatives finally fail, because the constantly overloaded intestines are being over-stimulated by the laxatives and thereby slowly paralyzed. To continually increase the laxatives year after year, instead of changing the diet, means SUICIDE—slow, but sure.

## **The Real and Deeper Cause of Constipation**

Constipation itself is a disease, and a really "severe" one, at that, because in severe cases it burdens the system with a heavy load of filth, sometimes weighing as much as ten pounds or more. Disease as such is an abnormal, unnatural condition; even "orthodox" physicians agree on that. We should expire slowly and painlessly, when vitality is exhausted, had we not lived with disease and suffering. That cases of "natural death" are becoming more infrequent nowadays is further proof of the depths we have sunken into in the "swamps of civilization."

Constipation—this most common disease—has not

decreased or improved in spite of thousands of remedies for sale on the market, and in spite of so-called medical science; simply, because the "diet of civilization" is unnatural. The human intestines are not organized at all for this unnatural food to either digest it perfectly, or to expel the unused residue.

Very little is known about foods that are constipating, and those of the opposite kind. What I wrote and proved in my book, "Rational Fasting and Regeneration Diet," regarding the fundamental causative factors of all diseases, constitutes the deepest insight known into the nature of chronic constipation.

Don't you know that bookbinder's paste is made of fine white flour, rice or potatoes? That glue is made from flesh, gristle and bones? Don't you know how sticky these substances are? Don't you know that skimmed milk, buttermilk and cream are the best ingredients to furnish sticky base for colors for painting? That the white of eggs will stick paper or cloths so perfectly that it resists dissolution in water? Every housewife and cook knows how oils and fats stick to the sides of a pan. At least 90 per cent of the "diet of civilization" contains these sticky foods and man stuffs himself daily with awful mixtures of them. Thus the digestive tract is not only clogged up through constipation, but literally glued together with sticky mucus and feces.

Herewith the "mystery" of chronic constipation is unveiled and the story told of the fundamental causative factor of all diseases. Disease is but internal uncleanness—this simply states a true but woeful fact. Fruits, green leaf and starchless vegetables do not contain these pasty, gluey mucus substances and are natural

foods—yet little credit has been given them by doctors or laymen. I will lift the veil and show why they fail to understand. Fruit acids and mineral-rich vegetable juices dissolve the pasty mucus encumbrances. Fruit sugar causes and develops their fermentation and forms gases. This so greatly feared fermentation of the inside filth is another necessary stirring up “process” to prepare them for elimination. Acid and fermented starch and glue lose their sticky ability as soon as they ferment. If an average meat eater or a child fed mostly on starchy foods accidentally eats too freely of good, sweet fruits, a “revolution” in the alimentary canal, with diarrhea usually sets in, and fever is caused through the increased fermentation.

In severe cases, if a doctor stops the diarrhea and feeds, as is usually the procedure, the patient dies, because Nature was kept from accomplishing the cleansing process. The partly dissolved poisons remain in the system, causing death.

The patient literally suffocates in his own mire of filth, accumulated during his life from wrong food material and over-eating. If he does not die, his case ordinarily becomes chronic, which means: Nature is continually trying to expel poisonous mucus and gases, in spite of all obstructions and counteracting remedies. The constipation merely aggravates the process. Instead of eating less, and then only loosening foods, the chronic patient stuffs himself more and more with wrong foods, becomes fatter every day and even takes pleasure in his increased weight. In fact, this over-weight, called health by the misguided ones, is mostly accumulated feces—water—and various kinds of filth. In most cases of tuberculosis, these conditions are

typical. Five to six meals a day and one bowel movement or even less—no wonder he takes on weight, looks “full of vigor”—but can never be cured.

## **Nourishing and Curing Laxatives**

No advance physician will deny the relation between any disease and constipation. But today people are far away from Nature and the truth, and they are kept more and more in darkness—when taken sick they do just the opposite of what they should do. The slightest indisposition, a little headache or cold, which is the result of insufficient bowel movement, is treated with more, and so-called better eating—in spite of a decreased appetite. This is the main reason why Influenza, the “Flu,” became a fatal disease. Formerly “Flu” was as easy to cure as the harmless “Grippe”—a self-cleansing process of the body, mostly prevalent in springtime. Knowing nothing of “scientific medicine,” germs, etc., the patient instinctively followed his lack of appetite, took a mild laxative and very rapidly recovered; usually he felt much better after than before the “healing” disease. Today, he is falsely taught that a germ is responsible—and not his dangerous unhygienic habits. He eats too much, which is against the law of Nature, instead of fasting the way every ailing animal cures itself. But the amount of internal impurities and auto-toxins of man exceed those of any diseased animal. A long fast, therefore, would kill the majority of sick men; however, they would not die by starvation, but would become suffocated from their own poisonous filth. As an authority in fasting I know full well the

reason why a fast is so feared by most people, and that it has been misapplied by laymen. It is a crime to advise a constipated patient to fast until his tongue is clean, before removing the "deposits of poisons" from his intestines. I could only succeed in curing very old, severe cases of chronic constipation by relatively long fasts. Man, in regard to health, is more degenerated than any kind of animal. He lost his reason, so to say, about matters of which he thinks the animal has none at all. Yet! his intelligence places him far above the animal and enables him to assist Nature to overcome obstructions and difficulties that could become dangerous. That is the philosophical sense of the Art of Naturopathy.

Therefore, if you want to cure chronic constipation perfectly and without any harm, you must change your diet, and instead of using foods which produce disease and constipation, eat really nourishing foods which loosen up, dissolve and cure. But people are ignorant regarding this truth just as they are about fasting, and they try to do things without previous experience or knowledge, and failure is ususally the result. What I call "Mucusless Diet" consists of fresh, ripe fruits and starchless vegetables, for they are the ideal foods, and the fundamental remedies for all diseases. Of course, the application must be intelligently advised by a practitioner graduated from my school of the Mucusless Diet Healing System, or a personal knowledge can be received through the study of my book, the "Mucusless Diet Healing System."\*

It is an "eating-your-way-to-health" treatment, and consequently the most reasonable method of curing, because wrong eating is the causative factor in all diseases.

\* See page 45

These mucusless, nourishing and "laxative," that is dissolving foods, form new blood; the best blood that has ever run through your veins—and at once start the so-called constitutional cure of the body. The circulation of the new blood, permeating every part of the system, dissolves and eliminates the morbid mucus, which is clogging up the entire human organism; it especially loosens the deep-seated impurities in the intestines and renovates the whole system. This, then is the great enlightening fact—why constipation not only can be perfectly cured, but why the "Mucusless Diet" cures when all other treatments have failed.

In severe cases of chronic constipation it is advisable in the beginning, to use as a help, a harmless laxative, to remove the solid obstructions of feces in the intestines; in other words, to eject the worst filth out of a clogged-up pipe system. Enemas consisting of clear, warm water are also a good help in the beginning.

Among numerous laxatives on the market those of botanical origin are the least harmful. After many years of experience, I have prepared a "special mixture" of this kind. It has the advantage of removing the old, solid feces, obstructions and mucus, from the intestines, without causing the usual diarrhea and constipation as an after effect. It is to be used in the beginning only, as an aid, and will not have to be used continually. As soon as the intestines are cleansed from the retained masses of feces and other obstructions and the mucusless or mucus-lean diet is taken up, you will realize the truth of the previously stated facts. You will then perceive with both your eyes and with your nose that I have not exaggerated. And you will become convinced that the state of obstruction was not only localized in your

intestines, but that all passages of your entire system were obstructed and constipated with mucus, from your head to your toes.

You will then experience the formerly unbelievable fact—that any kind of disease—even those considered incurable by all doctors—under my treatment soon begin to improve and are finally cured, if a cure is at all possible, simply because the source of poisoning of the system—the chronic constipation—is eliminated. Then the new blood, derived from natural food, circulates “unpoisoned” through the entire system and dissolves and eliminates every local symptom, even in the most deep-seated cases; and it removes the impurities of the entire system, which were mainly supplied from the deposits of poisons and morbid mucus in the intestines, which condition is called Chronic Constipation.

## **Conclusion**

“Life is a tragedy of nutrition” is a statement I made many years ago. Everyone knows we dig our graves with our teeth, but the saddest of all is the present-day superstition of 99 per cent of the people—the most highly educated and the ignorant—the healthy as well as sick—the rich and the poor—that we must eat more concentrated food when weak or sick. Concentrated food, high protein and starchy foods are the most constipating which, as shown in this booklet, accumulate in the form of waste in the alimentary canal. The so-called “good stool” daily is in reality constipation and you may now see that constipation is the main source of every disease and that the average person suffering from constipation can only be healed perfectly

by a diet, free from **STICKY—GLUEY—PASTY** properties and that is a **MUCUSLESS DIET**.

You may improve your elimination temporarily through laxative remedies—special physical exercises—vibration, massages and various other methods, but you cannot clean out the old obstructions from the alimentary canal and regenerate and cleanse the whole system as long as you eat the same mucus and toxic-forming foods which have caused and continue causing your constipation and all other ailments of the human body.



# Overcoming Constipation Naturally

By DR. BENEDICT LUST


Neither time nor money has been spared by the best talents known to the Medical profession in an attempt to unravel the mystery of constipation, its causes and cure. No drug has as yet been compounded capable of *permanently* overcoming intestinal stasis. The problem of constipation remains a "problem" after thousands of years!

Arnold Ehret in his book "Mucusless Diet Healing System" describes it : "Constipation results from a congestion of the capillary circulation brought about through excessive mucus and impurities (foreign waste matter) clogging up the blood stream and tissue system, to the extent that circulation is impeded causing inability to discharge the natural flow of fecal matter normally." In other words, loss of proper peristaltic movement of the intestines causes failure of the bowels to evacuate the un-wanted waste fecal matter normally.

It would almost appear repetitive to further describe just what constipation is—or how in so many different ways it can harmfully affect the human body, but only through constant reiteration will full enlightenment bring the necessary knowledge of this most important subject. The various painful afflictions resulting from constipation have been given many "scientific names" descriptive of the actual organ or particular part of the body affected. Constipation is a blocking-up of the human "sewerage system" and makes of man a "walking cesspool!" Can you think of anything more repulsive than forced retention within the body of

putrid, decaying, germ-laden "sewerage?" Would you willingly reside beside an open cesspool? *Most certainly NOT!* And yet this is exactly what the constipated individual is doing. We use perfumed soaps to counteract body odors and resort to a "mouth-wash" to "kill" bad breath. Just so long as the type of food you eats starts decaying and putrefying if allowed to remain impacted between the teeth, then "Brush your teeth after every meal" is a must. It seems unbelievable that we persist in eating these very foods in the unmistakably false belief that they are essential to life! What further proof is needed that they are the direct cause of our ailments!

Within this wonderful body of ours is contained a natural, miraculous ability to overcome intestinal sluggishness and the many other various ailments to which man is prey. All that is necessary on your part is to provide the proper kind of food Nature demands to restore normal bowel activity. The method of correction is extremely simple, but neglect through ignorance or otherwise, to heed Nature's warning will eventually result in a complete "breakdown." There can be no compromise; you have violated Nature's laws and a plea of "innocent" is unacceptable; you must now pay the penalty. Either prompt removal of all "surplus garbage" or else! The bowels are overloaded, and this "blockage" cannot be tolerated. The necessary vitality needed to carry on, is lacking.

A complete cessation of the causes is the only possible hope. Stimulating bowel action through use of violent purgatives is equal to attempting to spur on an already exhausted horse to further effort.  Only through complete cooperation can you hope for a "pardon."

What a surprising "relief" results in your physical condition through following this rational health regime.

### **The One-ness of Disease**

There is only one disease, although its manifestations are various, and there is but one cause, and that is retention of waste matters.

Presumably you are in earnest and desire to attain virile, vital, normal good health—otherwise you would not be reading this article. Good health requires dedication of purpose and unwavering observance of all Health rules. "Wishful thinking" must be replaced with "Positive thinking;" half-way measures bring only half-way results. Is gluttony your supreme source of pleasure in life, and if so, are you willing to exchange it for other more worth-while enjoyments? Your acquired "taste-buds" will soon be replaced with natural desires and you will soon find yourself enjoying pleasure in eating as formerly. Social activities might change but new friends will be found to take the place of those who might misunderstand. Your desire to remain young, energetic and vivaciously healthy must prevail. When this takes place vital forces are restored to a normal balance and mental and physical alertness returns. Every mouthful of food is delicious to the taste, and life takes on an entirely new meaning of joyful activity.

### **Physical Exercises**

Strengthening your flaccid abdominal muscles is most important since proper bowel function requires strong abdominal muscular ability. Use of the "slanting board" is particularly helpful in building abdominal muscular strength without overtaxing your strength. Lie flat on your back and with hands clasped behind the head try and bring the body to a sitting position. You may at first find it necessary to have your legs and feet

held down until the abdominal muscles become stronger. Walking is one of the very best exercises and a daily walk of not less than fifteen minutes should become a **MUST**. Walking opens up new avenues of blood circulation in dormant areas. You can easily combine breathing exercises with walking. Inhale sharply through the nose on four counts—then hold the breath four counts; now exhale completely for four counts, and again hold the breath four counts—then start all over again. Use pure sparkling water if available—otherwise distilled water with the addition of a few drops of fresh lemon juice to replace the lost minerals caused by distillation; drink as much as you desire between meals—but no liquids with meals. Water is an excellent laxative! We must learn how to restore lost health in order to retain good health indefinitely.

#### **White Blood-Corpuscle and Anemic Paleness**

Man today is pathologically sick. The anemic paleness and pallid white skin are visual indications that all is not well! Health authorities agree that serious recognition must be given the matter of complete and thorough bowel elimination. Ehret states in his book the "Mucusless Diet Healing System"—"Over-eating of starchy foods such as wheat and grain products, breads, cakes, pastries and pies, and the dairy products: butter, cheese, eggs and pasteurized milk, (acid forming foods) tend to produce an excess of white blood corpuscles, mucus and similar waste encumbrances, all of which, directly and indirectly contribute to chronic constipation. To restore a ruddy natural skin color with its vibrant healthy glow, the "red corpuscles" must predominate.

How often have you delayed answering Nature's first call because you were "too busy," or the time was

**“inopportune,” and many other reasons? “House-broke” pets become constipated from this same “delaying habit.” Don’t fail to answer Nature’s call immediately upon the very first warning! Retention or delay for too long a period can result in reabsorption of the semi-liquid poisonous wastes in the intestines, directly into the circulation through the blood stream; the remaining feces become dry, elimination is more difficult and an impaction of the bowels results. The simple-headache, nervous tensions, muscular aches and pains, dizziness, lack of vitality and many of the common types of ailments, are directly traceable to constipation. Cellular degeneration causing serious ailments eventually follow, and unless we can re-establish healthy natural bowel movements through a thorough cleansing, disease becomes rampant. Here in a nutshell, lies the secret of disease.**

**With a clogged bowel system, illness is bound to be present. Despite the repeated assurance that “aspirin type” remedies are harmless, we are bluntly informed by the manufacturer that “relief” is “temporary” at best. Yes, indeed, it will require a lot of COURAGE, PATIENCE, PERSEVERANCE, AND FAITH on your part—before the elusive Fountain of Youth is attained.**

**The ancient Greeks made a practice of “sleeping off” all types of illness. Their hospitals were known as “Temples of Sleep” and the patient was kept sleeping during the entire convalescent period. Actually what took place was that the body was receiving the “fasting cure” and all of the digestive organs enjoyed a much needed rest. Our hard working kidneys, liver, stomach, in fact the entire intestinal tract require this occasional rest just as do the involuntary muscles of the body.**

Under normal conditions Nature takes care of this "rest period" during a sound undisturbed sleep. Going without food for a few days provides the physiological rest required by the digestive organs. Here's an easy experiment well worth trying. Upon arising drink a full glass of hot water to which a teaspoonful of honey and the juice of one-half fresh lemon has been added. For your noon meal the next three or four days eat only an apple with dried figs. Nothing else! The evening meal may consist of a green leaf salad to which grated carrots and sliced celery has been added. Such a series of short fasts of 2 or 3 days each, if followed over a period of two or three months, will prove most beneficial. Your sleep will be restful, you will awaken in the morning with zest; more vitality will be noted and your mental attitude toward the rest of the world might even improve. Eliminating "waste materials" is just as essential as sufficient food intake. Retention of waste affects the system through re-absorption and deleterious harm results.

### **The Habit of Over-Eating**

Overcoming a life long habit of "over-eating" is a difficult problem for the habitually constipated; "Habit is the motivating desire to eat rather than "normal hunger." An average "good eater" often consumes five times more food than necessary. Valuable energy is needlessly wasted digesting the surplus food which remains in the intestines in an undigested mass of decaying, decomposing "garbage." Nature's method of saving the individual's life from self-poisoning is to store this surplus waste in the tissue system awaiting a more opportune time. These poisonous wastes are re-absorbed over again, polluting the blood stream. The source of supply of these disease-breeding wastes must

be stopped. Every effort to remedy the condition must be initiated, aiding nature to cleanse the tissues and help bring about a normal healthy condition of regularity.

The use of chemical fertilizers and poisonous sprays have come into popularity because of their ability to increase crop yield. But sad to say—it has been proven that fruits and vegetables grown in chemically treated soil lack the proper vital mineral content and they can also create an additional health hazard. Be as selective as possible when buying your vegetables at the “super-marts” and when possible select those grown in organically treated soils. Many modern Health Food Stores now supply organically grown fruits and vegetables that meet these requirements.

#### **Who Are the Constipated?**

“Constipation is one of the most frequent conditions that the physician is called upon to treat, yet there is probably no other common disorder which is so often and so badly managed,” observed Dr. H. L. Cockus, M.D. in “Gastroenterology” Vol. 11. Dr. Jerome Marks, M.D. writes in “Dietetics for the Clinician,” “Constipation exists when an individual does not spontaneously evacuate the bowel at least once in twenty-four hours.” This condition also called “Intestinal sluggishness” is the result of wrong living according to Dr. Robert G. Jackson, M.D. and we find in his book, “How to be Always Well,” “The bacteria of putrefaction multiply with numerous rapidity. They not only produce poisons that pass into the blood and burden the organs of elimination, but they locally irritate and could set up an inflammatory state in the lining of the bowel, known to the physician as colitis.”

A gradual process of elimination depending entirely

on the individual's physical condition is the proper procedure. Avoid trying to "rush" Nature for it may become dangerous to stir-up the "poisonous wastes" too rapidly!

We are not attempting to predict the end of civilization in claiming that if man is to survive—he must soon make a decision between returning to natural foods or continuing on today's accepted diet of demineralized and devitalized "foodless—foods;" with its certainty of sickness, painful ailments and a shortened life. All you need do is read the labels on any food package! The manufacturer adds certain preservatives to make his food-product a good "shelf-item," i.e., one with good keeping qualities. Artificial coloring and artificial sweetening makes the item more appetizing and the chemical additives are used for various purposes many of which are trade secrets known only to the manufacturer. Through a recent discovery a chemical spray has been perfected making it possible to keep vegetables, such as lettuce and other greens, as crisp and fresh—for weeks—as when first harvested! The time is rapidly approaching if our present civilization is to survive when we must take action. We owe it to the unborn generation who will follow us. The poisonous chemicals used for "crop-dusting" and for spraying trees have succeeded in not only destroying the unfriendly insects but friendly ones as well. Our "good earth" contains many friendly earthworms and bacteria, intended by Nature to fertilize and purify the soil, and they have become innocent victims of chemical poisoning! We are rapidly reaching the point where the soil can no longer supply the fruits and vegetables with the necessary minerals and vitamins required for our



existence. How much longer can life continue. Or perhaps, a better question would be—"How much longer will we allow this to continue?"

Many books on this subject have been written sounding their note of warning, and are readily available at any public library, but they go practically unheeded. Is it too much to hope that sooner or later through increased experience our health authorities will accept this knowledge which is the only salvation for more abundant healthful life?

### **Physical Suffering and Mental Unrest**

More illness, nervous breakdowns and suffering from mental unrest has been caused through eating wrong foods than through any other source. It is fairly safe to say that the average person eats what he likes, when he likes, and as much as he likes without giving too much consideration to what the end results might be. So in searching for the probable cause of physical or mental breakdown, even in individuals who have lived more or less faultless lives "dietetically speaking" we still find food to be the chief offender! It is of course essential that the individual recognize this fact and is self convinced, and willingly corrects his or her dietetic short-comings. While stressing the importance of food, we must not overlook other important factors such as the need of a happy mental attitude, nor sufficient sleep, nor healthy working habits. Sickness is much less likely to obtain a foothold when all of these facts are given their due consideration. Modern food preservatives and chemical additives were unknown when Grandma was a child and "gout" was a sign of wealth. It is unreasonable to assume that we prepare our meals of today just as mankind has existed on for thousands

of years past. Our forefathers' foods were much simpler. The present day art of food preparation is a recent discovery. The Bible mentions the longevity of biblical characters—but with the coming of more densely populated towns, disease became rampant. They learned the "hard way" the lesson that "Cleanliness is next to Godliness." After the European and middle-east plagues that threatened to destroy all mankind, the very streets were scrubbed immaculately clean. Modern sanitation, filtered water, sanitary plumbing and public sewerage systems are presently a must in Western civilization,—but we still fail to recognize the essential necessity of "internal cleanliness" for man himself, and the average individual carries around as much as ten pounds of uneliminated fecal matter in his body, falsely considering this extra poundage as being "healthy." Our Government Food & Drug authorities are graduates of the same colleges as the Scientists in the employ of the large commercial chemical concerns who through Research and Development in their respective laboratories concoct the chemical food additives. The Government maintains at considerable public expense, large testing laboratories of their own. Admittedly acknowledging that artificial coloring, chemically produced sweetening and similar food additives known to be harmful in large dosage, and have been proven to produce many ailments, are permissible—"acceptable" because only *small portions* are used in the food product and are therefore supposedly harmless.

We have more than sufficient and ample proof of the constipating effects of man-made "foodless-foods" yet hardly a day goes by but some highly-ranked Scientist issues a startling announcement of having perfected a

**“patented” chemical concoction capable of supplying as much food concentrate as required to feed the entire present population of the world at practically no cost what-so-ever! While possibly on the same date, another equally well known Scientist warns that over 50% of the “under-privileged” in the United States are dying from “mal-nutrition!” If only they could get together! The individual can no longer find proper nourishment in the foods they must now accept. Our insistence in urging the discontinuance of poisonous sprays and chemical fertilizers is categorically in the interest of food preservation. Try and imagine, if you can, the tremendous quantity of poisonous pollutants,—millions of tons of poison-dusts released daily by planes, automobiles, motor trucks, oil refineries, steel mills and factories belching forth waste gases and poisons into the air we are forced to breathe. The health of every individual, man, woman and child is threatened. Every living creature, both on land and sea—yes every living plant; all are faced with eventual extinction, unless this most serious situation is corrected—and soon. Scientists report that in making an analysis of the purest snow known to man—taken at the extreme point of the South Pole, it contained traces of “atomic fall-out.” Contamination of our Water and Air must not be tolerated at any cost. What percentage of the causes of constipation can be blamed on the chlorine and other chemicals now being added to the water supplies of all large metropolitan areas? And the Dental profession has joined the ranks favoring compulsory “fluoridation” of our drinking water on the basis of “fewer cavities” for the children. These chemicals are so destructive that they require “special containers” since**

chlorine can eat through a steel tank.

### **Mental Unrest**

Constipation when caused through "over-eating" and improper food preparations is a prime contributor to the condition known as "mental unrest" and "nervous breakdowns." Our Health authorities are aware of these facts and recognize that the human nervous system is poisoned by impurities from the waste products of constipation which enter the blood stream. Nature has provided many "safety devices" to insure that only the "purest" blood feeds the brain cells—but often Nature is unable to cope with the situation. Impurities in the blood supply to the brain, makes normal functioning of that most important organ inefficient and befuddled. Prof. Ehret in his writings tells of many mental cases that came under his observation. Most of them responded favorably to fasting and proper diet. The "mental" patient in a majority of cases, has eaten foods especially rich in protein for many years previous to his "break-down." With the total discontinuance of protein foods such as meat, eggs, milk and cheese excellent results were obtained. Even some mental cases caused through physical injuries or sudden shock—uncontrollable grief or severe fright—have been known to respond to a fruitarian and starch-free diet.

### **Medical Examinations**

The value of medical examinations is not to be under-estimated—but in a majority of cases, results and not cause is given most consideration by the examining physician. Nature has provided a self-diagnosis which Ehret named the "Magic Mirror." Expensive laboratory equipment is unnecessary to safely diagnose your

latent disease. The coated tongue, foul breath, clouded urine, putrid fecal matter, puffiness under the eyes, excessive release of phlegm (mucus) through the nose and expectoration; swollen ankles, offensive odors from both underarms and feet, inflamed eyes,—to mention but a few, are visible signs that herald in advance your failing physical condition. Perhaps you are one of the thousands of well-meaning individuals, who have dutifully undergone a series of physical tests, spent your good time and money for a “complete physical,” and upon receiving the Doctor’s report and being told that a corrective diet was essentially necessary; you “attempted”—although rather feebly, to do your part and follow the Doctor’s good advice;—but through lack of “will power” “faulty” eating habits were resumed and you were soon back; “enjoying poor health.” Very often, unfortunately, full realization comes too late. Hopefully you still have time, for “where there is life there is hope.” But Nature must be given the opportunity and *you must cooperate.*

### **Longevity Obtainable**

Man has undoubtedly shortened his normal span of life through excessive food intake and improper living habits. Modern sanitation corrected the past scourges of pestilences—Typhoid, Cholera, Bubonic plague, Yellow fever and Scarlet fever. Hundreds of thousands of lives were lost and entire cities wiped out yet man permits the contamination of his precious life-giving “blood stream” to continue unheeded. Medical practitioners now accept the possibility of man’s life-expectancy increasing to as much as 200 years. While their claims are based primarily on the efficacy of modern surgery, transplantation of vital organs, the willingness on their

part to admit that the human machine is capable of continuing for this added length of time is quite a concession. Naturopathic practitioners on the other hand based longevity through a return to simplicity in our eating habits—especially the avoidance of over-eating. All doctors agree that the majority over-eat as much as five times more food than the body requires. Based on this presumption, we use five times more “vitality” than we normally should, in disposing of food surplus. The Hunza people are a living example of what “simple” natural living will do for longevity. Women who have reached the age of 150 years give birth to children sired by husbands the same age and even older.

One suggested method of reducing food consumption is to follow a non-breakfast plan. We have health advocates recommending the first meal at 10:00 a.m. and the next at 4:30 or 5:00 p.m. Prof. Ehret,—a ‘two-meal per day’ advocate, suggested the first meal be noon-day and the evening meal at six p.m. Here is the plan ; upon arising, a full glass of hot water to which a teaspoon of honey and the juice of half a lemon has been added. This helps cleanse the alimentary canal. Many ardent health disciples prefer a “one-meal-a-day plan” eaten at about 4:30 p.m.; it practically means a daily fast. No foods are taken, although pure water or fruit juice is permissible. Whatever plan you follow, you will notice that the reduction in quantity of food-intake will bring about a gradual improvement in your health and constipation disappears. The sufferer from chronic constipation must seek *permanent* relief through his choice of foods from the vegetable kingdom, fruits and green leaf starchless vegetables, since he has no other

alternative. All vegetables are rich in valuable mineral content, iron, calcium, sodium, magnesium, carbohydrates, vitamins and especially, Vitamins - A, B and C. Fresh fruits and starchless vegetables are alkaline or "mucusless" whereas grains and cereals are "acid forming" and definitely "mucus-forming." Dairy products come under the classification of "acid-forming." When preparing edible "starchy" vegetables it is suggested that they be thoroughly baked, making them more easily digested. Cole-slaw is prepared by slicing the cabbage finely, then adding lemon juice, a little olive oil (cabbage is often gas forming, and the lemon juice lessens this tendency), and chopped celery to the mix. You will find it to be tasty and an excellent "cleanser." Cooked spinach, beet tops and baked beets finely chopped, can be mixed by adding sliced onions and chopped celery braised in pure olive oil and baked after mixing for another thirty minutes before serving, makes a most satisfying meal, which will also prove "laxative." You will find many similar Ehret's recipes in his book "Mucusless Diet Healing System."

### **Basic Rules for a Disease Free Healthy Life**

Constipation need no longer be a "mystery." You have now been informed of all the measures necessary to overcome the most stubborn cases. Recognition of internal uncleanness as disease producing should make you desirous of overcoming your constipation, and the few following basic rules are submitted for further consideration. Distress that frequently follows eating is unfortunately too well known. The pathological effects are not thoroughly understood at present by the great majority.

1)—TO LENGTHEN YOUR LIFE SHORTEN

**YOUR MEALS.** Eat slowly and relish your food, for food must be appetizing and thoroughly masticated in order to digest properly. The first stage of digestion takes place in the mouth; hence the necessity of thorough mastication. To avoid over-eating it is a good rule to leave the table while still hungry. Avoid eating between meals.

2)—Avoid drinking any liquids with meals. This includes water, tea, milk, coffee, fruit juices and even soups. Wait at least fifteen minutes after drinking before you start eating solid foods. And wait at least the same length of time after eating solids before you drink liquids. Liquids interfere with digestion of your food when taken together.

3)—Avoid all harsh condiments and spices. This includes salt, pepper, mustard, catsup, vinegar, pickles, etc. They may stimulate jaded appetites but digestion is retarded.

4)—Avoid using butter, margarine and most cooking oils. Use pure olive oil where necessary to prevent sticking to baking dish. Starchy vegetables should be boiled until soft enough to insert fork easily, then baked for a least thirty minutes or until thoroughly dextrinized. You will find that the flavor has been increased through baking and the food becomes more easily digestible.

5)—Avoid all denatured and over-processed foods such as white flour and ready to use cake mixes. Prepared "TV" frozen dinners should also be avoided. All nourishing content has been dissipated through the processor's use of food preservatives and chemical additives. A more nutritional meal would consist of a salad of fresh greens, cottage-cheese, tomatoes and one



or two cooked vegetables. Or better still a fruit salad with Yogurt or cottage-cheese. Dried figs, dates, apricots or raisins eaten with a few nuts and thoroughly masticated furnish protein the body requires. Avocados have a high protein content and are rich in poly-unsaturated fat.

6)—Avoid constipating foods such as mashed potatoes with gravy, hot buns, cakes and pastries and cereals of all kinds and dairy products—eggs, milk, cheese and butter. They are constipating and form toxic waste poisons in the body.

7)—Avoid all desserts such as ice-creams, sherbets, etc. Frozen desserts “shock” the digestive apparatus, and have a high acid content. They rob the system of valuable Vitality. The liberal use of eggs and milk cause putrefaction in the digestive tract, normal functioning is impeded and poisons which should have been eliminated are retained.

8)—Since man is “creature of habit” it is wise to take advantage of this fact. Make it a daily “habit” to visit the bathroom the very first thing in the morning or immediately after eating. Allow yourself ample time; concentrate on elimination taking place. Be willing to spend fifteen or twenty minutes if necessary—during the experimental stage. It may require as long as two months before Nature accepts the suggestion. You may use a syringe—warm, not hot water, when necessary, retaining the water at least ten minutes before rejecting. You will eventually be rewarded with permanent regularity, particularly if a corrective diet, proper physical exercises and deep breathing have been followed.

## **The Cleansing Diet**

Constipation is a direct invitation to disease. Constipation causes a depletion in energy, and Prof. Ehret makes this clear in his book "Mucusless Diet Healing System" in Lesson 5. Ehret's explanation of how vital energy becomes lost through excessive "obstruction" is understandable. "Weight is disease" he states, "and you will lose weight at first through following a natural food diet especially through use of fruit juices recommended on the "cleansing diet"—but this 'weight' consisting of 'waste encumbrances' is the direct cause of your illness and misery." There are many excellent, moderate priced juicing machines now available for making vegetable juices, at home. Apple or prune juice can be purchased at all Super-markets. Fresh orange and grapefruit juice are easily made at home. Certain juices will be found more laxative than others, and are therefore preferable in the "cleansing diet." Prune juice is always available and is an excellent "laxative" and fresh coconut juice can be mixed with fresh (not canned) carrot juice for a delicious tasty drink with laxative qualities. Both the fresh orange and grapefruit juice have definite cleansing ability. Remaining on a fruit and vegetable juice diet for three to five days is not difficult, since there is no limitation to the quantity you may drink. Drink as much pure water as you care to, and by adding a few drops of fresh lemon juice to each glassful of distilled water the lost minerals are replaced. This could be considered a Fast since no solid foods are eaten. When completing the experiment make sure that the first meal is a "laxative" one. Ehret recommended sauer-kraut eaten with fresh celery stalks. Canned sauer-kraut can be used—by first draining off

the liquid; add water and bring to a boil, then add one or two green pippin cooking apples, also a few dried prunes. Stew for a least an hour. It can be eaten either hot or cold. You should experience a bowel movement within three or four hours after eating. An evacuation before retiring, using an enema if found necessary, is important since poisons loosened during the juice fast should be completely eliminated as soon as possible. May we suggest that you re-read Ehret's "Mucusless Diet" book wherein he tells what is taking place during the cleansing diet and just what to expect.

The average individual is unable to properly digest an ordinary meat-meal without putrefaction occurring. Needless to say that poisonous putrefaction occurring in the digestive tract may develop such ailments as: Brights disease, pernicious anemia, goiter, scurvy and even tuberculosis. There is little doubt that man's health would be greatly improved if meat is left off the diet.

The formation of our teeth and the length of our intestines prove that man is not Omnivorous, yet he follows the same omnivoral diet of the hog, and other omnivorous animals. Will-power to resist the perverted habits to which we have become accustomed, and the adoption of frugivorous diet will bring about a recognizable regeneration in your physical and mental well being within a few short months.

Of course you know all about the harmful qualities of "cholesterol" and how our digestive organs find it impossible to properly dispose of any superfluous quantity. Cholesterol not only clogs the lining of the intestinal tract but can affect many of the vital organs of the body and Cholesterol undoubtedly plays a considerable part in causing constipation. Every

housewife knows how grease and fats cling to the sidewalls of cooking utensils; especially pots and pans used in cooking meats. It is no easy matter to remove these fatty substances and a lot of scouring is required. Yet, without giving it serious thought the innocent housewife feeds these harmful foods to her loved ones! Ample evidence exists proving the inability of the human digestive organs to digest or assimilate saturated fats and greases. The mistaken fallacy that meats are needed to supply necessary proteins to maintain a normal health balance, makes it almost "sacrilegious" to oppose this belief. However, many physicians bravely admit that dairy products (milk, butter, cheese and eggs), directly contribute to a large percentage of heart-ailments because of their high cholesterol content. Prof. Arnold Ehret, considered all fatty foods as being harmful and extremely constipating; clogging up the intestinal tract causing the entire system to become overloaded with their toxic waste. As we grow older the body's vital energy is depleted; through faulty diet, elimination is practically stopped; the digestive organs are immobilized and unable to function; toxic, putrefactive wastes are retained; nerve energy is dissipated; and we become seriously ill. Improved habits of living, eating only non-constipating foods capable of "cleansing" the digestive tract, fresh fruits and starchless vegetables, become the proper procedure for regaining health. It is safe to say that 70% of the colons of the average person are impacted—some exceptionally so. "Grape sugar" is recognized as the energy producing food element by many nutritionists and all fruits and starchless vegetables are rich in this life sustaining substance. The German chemist, Ragnar

Berg in his book on "Food Chemistry," classifies all vegetables and fruits as alkaline calling them "acid-binding" and grains and cereals; wheat, barley, oats, rice and corn as "acid-forming." In almost every instance, Chemist Berg's "acid-binding" foods are identical to those listed by Ehret as "Mucusless" and Berg's "acid-forming" foods correspond with Ehret's "Mucus forming" foods. Chemist Berg found such dairy foods as eggs, butter, cheese and 'pasteurized milk' to be "acid-forming" and constipating. Doctors recognize them as harmful because of their high "cholesterol" content.

### **Positive Healing Forces**

We can only hope to attain the blessings of "Positive Healing Forces" through following proven health rules. Natural foods, physical exercises, deep breathing—PLUS a cheerful mental attitude. We human beings, in common with all other animals possess the instinct of self-preservation. An inborn fear of losing our lives is strongly ingrained in our sub-conscious. How to avoid becoming ill should be an automatic procedure. Unfortunately we no longer seem to possess this natural ability. When will our schools teach the essential information regarding foods that are injurious to our health and therefore to be avoided?

While we recognize proteins are essential in the human diet, we contend that Nature supplies sufficient proteins in natural fruits and vegetables and nuts to fulfill our needs. Many physicians acknowledge this fact but their voices are completely drowned out by those who still consider meats, fish and dairy products as a main source of protein. This conclusion may be traced to the fact that animal proteins leave very little residue.

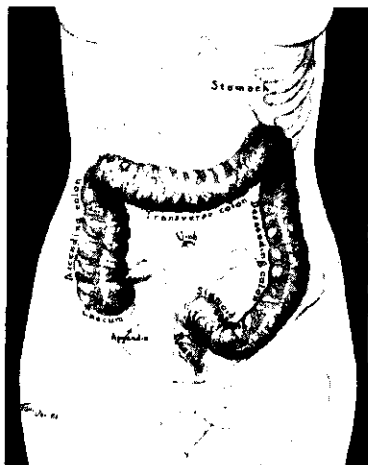
On the other side of the picture—we find that residue from fruits and vegetables is considerably more. This is just as Nature would have it. The large bowel requires “bulk” before “mass action” or “evacuation” can take place. The residue from the meat, fish and dairy products, being insufficient to produce a bowel action must first putrefy and then be absorbed by the circulation for elimination—while most of this poisonous waste remains in the blood stream or is deposited in the tissues. The ‘bulk-residue’ from fruits and vegetables is properly evacuated since the main function of the large bowel is to rid the body of all waste products. If this process is turned over to the circulation, diseases which cause body-wasting and resulting weakness can be expected to occur. Physics and purgatives cause constant irritation and over-stimulation through their use which ultimately prove injurious. While “regularity” must be observed, to do so through means of a violent purgative is often worse than the disease itself.

Foul breath, coated tongue, mental depressions, loss of appetite, dull listless feeling, headaches, ringing in the ears, dizziness, skin-eruptions, indigestion, belching, gas-bloat often accompanied by cramp-like pains, ulcers and many kindred ailments are all the result of a long-standing constipation. Pimples, boils and other skin injuries are directly brought about through Nature’s use of the skin as a secondary eliminative organ.

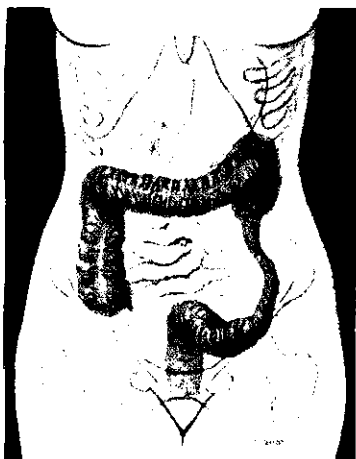
#### **Man—a “Scavenger”**

Tracing man’s history back thousands of years we find that he has long been a “scavenger” in his eating habits. He would voraciously stuff himself with the

The Large Bowel or Colon illustrated on the right is classically correct in its anatomical position and scale. Considerable variation occurs in the normal colon depending on the type of individual.



The Ideal Colon



**Spastic Constipation**  
Pinching down of the Descending Colon

#### **SPASTIC CONSTIPATION**

Spastic constipation presents a history of flatulence and griping pains in the lower abdomen. Physicians have looked for this type in patients with a highly nervous temperament. The bowel muscles are pinched down and contraction waves are too severe.

dead carcass of birds and animals that he had learned to slaughter even in his primitive stage. Not knowing where or when his next meal was coming from, he would gorge himself on the food available. His life in Paradise ended when he changed from his fruitarian existence to meat-eating! He has turned his intestinal tract into a "burial place" for putrefying, decaying animal foods. The recent innovation of chemical "retardants" used to prevent "spoilation" in preserved foods, both bottled and canned, increase their "shelf-life." Even green vegetables are grown for acceptance in the market-place rather than for their nutritional value. The search for greater financial profits supersedes consideration of food values. We pasteurize, homogenize, dehydrate, adulterate, emulsify and devitalize our food with cheap fillers, coal tar dyes, chemical bleaches, "U.S. certified" artificial coloring—(whatever that might mean) and even "formaldehyde" which everyone knows as an embalming fluid. Our leading manufacturers use "half truths" in their advertising, and very often even outright lies are told in advertising many of today's leading food products. We accept these food substitutes as "pure, wholesome food." Take time to read the label on the next loaf of bread you buy—or any of the bakery products for that matter. The Pure Food Laws require listing of all artificial ingredients—yet the use of "artificial flavors," "propyl paraben" and other chemicals used to retard "spoilation" is legal. The effect these "retardants" have on the delicate mucus membrane and the lining of our intestinal tract has not as yet been divulged—but you may be sure that they play an important part in the cause of constipation. Next time you are shopping—



pass up the enticingly illustrated frozen T.V. dinners and the patented "moist" cake recipes so easy to prepare. Stop cheating your body of the essential life giving foods. Every mouthful of fried, greasy food is a mouthful too much. Failure to pay proper attention to the desire for a bowel movement or to devote sufficient time to it,—leads first to a retarded movement and later to constipation. Every individual living today is faced with the possibility of suffering either mental or physical break-down or both, through some unexpected, disabling, painful disease. These almost certain results are directly attributable to present day living,—surely not a pleasing outlook. Increasing evidence has been found that habitual environmental distress, repressed anxiety, grief, envy, hate, fear, worry and frustrations of all kinds cause constipation and often result in physical break-down, through organic changes.

### **Foodless Foods**

A great majority of the people residing in the United States are raised on refined white flour products, refined and imitation sugars, artificial flavoring and coloring extracts, all of which are unnatural foods totally unacceptable to the human body. The discovery through illness in later life,—that only natural foods are intended for the human body seems to come as a distinct "shock" and total acceptance is not an easy matter. Adapting natural living methods will bring worthwhile results and this great boon of health and happiness is within your reach; grasp it firmly and hold tightly. Civilization, with all of its perverse habits has brought about the present decadence of mankind, proving conclusively the complete inability of the human body

to adjust to an artificial, sophisticated manner of living. Palliative measures are not the answer—for only through living in harmony with Nature's teachings can these destructive disorders be corrected. Fresh fruits and vegetables remain generally undesirable to the average individual, thru hidden fear of possible harmful results. The teachings of Arnold Ehret have brought about an understanding of why and how the very foods actually "cleansing" the blood stream were wrongly condemned, tabooed and discontinued. Thru the teachings of this great benefactor of humanity, untold thousands now know the blessing of joyous "good health." Dr. J. H. Kellogg of Battle Creek fame wrote,—“Our health is made or unmade at the table. Your natural appetite will demand the foods your body requires, and it will be found that the easiest way is to consume food in its natural state. Whenever we eat “wrong-foods”—even though but once a month—our dormant diseased cells grasp the opportunity to resuscitate themselves and only through total abstinence from these “wrong-foods” can you expect to completely free yourself from illness.”

Arnold Ehret's Mucusless Diet System teaches that “constipation is a clogging-up of the entire human ‘pipe-system.’ Nature wisely stores the undigested, toxic wastes “temporarily” in the tissues, awaiting an early opportunity to dispose of these poisons. Sickness is such an opportunity—“acute disease” is Nature's attempt to eliminate the stored-up “sewerage” and the “healing process” differs accordingly to the physical condition of each individual.” Most emphatically—we cannot afford to ignore constipation as a minor ailment. The very secret of Vitality lies in the ability of the body to eliminate these waste materials clogging the tissues and

the intestinal tract. It is your duty to *aid* Nature's efforts through eating natural foods to keep yourself free from disease.

### **More Causes of Constipation**

Eating a large breakfast of indigestible proteins, such as "hot cakes," waffles, French toast, oat-meal, bacon and eggs—washed down with a large cup of hot coffee—rushing to work immediately upon rising—often with insufficient sleep—makes it practically impossible for the digestive organs to function at all. And the final result is a deep-rooted constipated condition. Add to all this the combination of sedentary habits, plus a "one-sided" heavy bread, meat and potato diet. Constipation, being basic to every disease known to man-kind, from the simple cold to pneumonia—makes it difficult to understand how the average individual still believes in a "cure" merely through taking a "4-way pill," an "anti-cold" tablet or some "patent" medicine. We quote from a recent newspaper article:

"Millions of Americans falsely assume that there are easy ways to stay well and youthful looking, and resist the necessary arduous and disciplinary requirements of really caring for the complex, finely tuned, vulnerable body each of us inherits. Instead they turn, among other things, to diet fads, patent medicines, a countless variety of pills, tobacco, alcohol and inadequate exercise. Our affluence has reduced physical exertion and increased "over-eating," excess drinking, smoking, late hours and drug consumption. A false sense of well-being leads many people to assume that illness cannot strike them, or that cures are to be taken for

granted, laboring under the illusion that miracles of medicine will keep them well.”

### **The Simplest Meals Are Best**

Starting with today—instead of your customary meal of “meat, bread and mashed potatoes” try eating a crisp, fresh green leaf salad, using grated carrots and chopped celery, plus the addition of one or two cooked vegetables (such as peas, or string beans, squash or beets, etc.) with a few slices of fresh tomatoes added. Yogurt can be substituted for mayonnaise. If bread is used it should be thoroughly toasted and eaten dry. Drink no liquid of any kind with the meal. If your preference is for fresh tree-ripened fruit (when in season) make the entire meal consist of crisp lettuce leaves and the fruits you desire. All fruits blend harmoniously. No starches (bread or cakes) should be eaten with fruit salad. After a few days of this type of food you will be delighted to note that worth-while results are already being experienced. Unless you are actually hungry—DON'T eat!

Dr. Jonathan Forman, M.D., an English physician writes: “If we were to use the knowledge regarding foods that is now available to us, sickness could be wiped out in one generation.”

You should by now be fully conversant with the life-giving foods meant for human consumption; foods that are best for you—fit to eat—foods that produce good health, strength and vitality. But we cannot stress too frequently the dangers of over-eating—of even the best foods. There is much more danger in eating too much—than of eating too little.

**AVOID OVER-EATING.**

## **Retain Good Health Indefinitely**

We have always maintained that the condition known as "constipation" is a direct invitation for disease. The individual is deliberately seeking illness—just so long as he permits constipation to exist. There is only one disease although it has various manifestations. There is only one cause—waste toxic matters retained in the system. During every moment of life, waste is being formed by the destruction of tissue, which must be promptly removed to insure good health. You will find it necessary to call upon your Will Power and Determination to follow through and overcome Constipation—but you will find the reward well worth the effort.

Eating natural foods will bring improvement in both your physical and mental health. You may expect to experience slight abdominal pains occasionally and possible "gassy bloating" accompanied by belching. Should the pains become annoying try drinking a full glass of pure, warm or hot water. If the pains continue, discontinue all fresh fruits restricting your diet to cooked vegetables only,—until the pains have subsided, before returning to the fruit diet. The aggressive elimination of the fresh fruits stir up poisons, while cooked vegetables are much less "aggressive" in their cleansing ability.

### **In Conclusion**

Our colon is the seat of all disease and therefore the preservation and restoration of health is solely dependent upon Internal Cleanliness. Life itself consists of a continual process of tearing down and building anew.

The average individual carries around as much as ten

pounds of uneliminated feces. Continually carrying this mass of filth—day after day during his entire life, reabsorbing its poisons back into the circulation is surely a detriment to health. The engorged intestines, reeking with filth and putrefaction, poison the blood stream which feeds every vital organ. These poisons are steadily being reabsorbed into the circulation while in a semi-liquid state. A constant circulation takes place between the fluid content of the bowel causing every portion of this poisonous blood to pass several times during a twenty-four hour period,—into the alimentary canal.

**CVISION**  
TECHNOLOGIES

The so-called “daily bowel movement” is no assurance that the individual is not the victim of costiveness, since the age-old, solid encrustations clinging to the intestinal walls permit passage of fecal matter through a small aperture of the intestines and daily bowel functioning takes place. An unnatural distension of the colon to several times its size results; and this impacted colon is a veritable hot-bed for breeding disease germs and poisonous toxins. An exclusive diet of natural food—(fruits and starchless vegetables) purifies and cleanses the colon.

Health is an inestimable blessing; never fully appreciated until it has slipped from our grasp. Perfect health is the spice of life, and may those who enjoy this blessing retain it indefinitely. May those who have lost it regain it soon so that they may realize the joy of living. Nothing worthwhile comes easily.

Nature alone heals and only through complete acceptance of Nature’s teachings can the survival of civilization be assured. **FAITH, PERSISTENCE, PERSEVERANCE,** and **WILL POWER** contain the

**necessary ingredients to bring about GOOD health and the ability to OVERCOME CONSTIPATION NATURALLY.**

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