

I LOST 120 POUNDS

(AND KEPT IT OFF)

YOU CAN TOO



Using The SEVEN PAINS
And SEVEN PLEASURES

By Margie Garrison

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(AND KEPT IT OFF)
YOU CAN TOO**

By MARGIE GARRISON

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Table Of Contents

Navigate this ebook by clicking on the page number here or, open Bookmarks and click on the chapter.

FOREWORD	4
DEDICATION	5
CHAPTER 1 - WHY I WROTE THIS BOOK	7
CHAPTER 2 - MOTIVATION	18
CHAPTER 3 - CHANGING PATTERNS.....	48
CHAPTER 4 - BENEFITS BESIDES LOSING WEIGHT	66
CHAPTER 5 - OUR RELATIONSHIPS.....	75
CHAPTER 6 - FASTING.....	79
CHAPTER 7 - IDEAL EATING	88
CHAPTER 8 - VITAMINS	95
CHAPTER 9 - SOME OF MY FAVORITE RECIPES	103
CHAPTER 10 - EXERCISES.....	112
CHAPTER 11 - BOOKS TO READ	125
CHAPTER 12 - LAST MINUTE THOUGHTS.....	128
CHAPTER 13 – TESTIMONIALS.....	131
CHAPTER 14 - LINKS OF INTEREST	134

FOREWORD

Dear Reader,

This book is the story of my personal struggle with losing 120 pounds. The directions in this book are in no way to be considered a substitute for consultation with a duly licensed doctor. It is a guide to help you and your doctor.

Best of Health,

Margie Garrison - The Arthritis Lady

DEDICATION

I dedicate this book to the FAT people out there who are desperately looking for a solution.

This book will do for you what it did for me, when you take it to heart and realize losing weight is not a question of counting calories...starving yourself and going on strange diets.

It is a process of re-learning... how to choose... how to make the choice between being FAT and wanting to be thin.

It is dedicated, of course, to my family. They loved me through thin and thick... and back to thin.

It is dedicated to Warren, my husband of more than 28 years, who was there to spur me on, even when I did not want to be spurred.

It is dedicated to T. C. Frye and Paul Bragg for having written the truth about what we eat and who were proud to do so.

Finally, it is dedicated to Anthony Robbins. I am sure, that without his tapes, I would have just gained back the weight I first lost, and I would still be **THE FATTEST PERSON IN THE ROOM.**

Then, there would have been no book, and I would still be with the millions of other Fatties... trying to find a way out.

Thanks again, you showed me the way.

LET ME SHARE WITH YOU
THE SEVEN PAINS AND SEVEN PLEASURES

Our potential is unlimited.

CHAPTER 1 - WHY I WROTE THIS BOOK

HI... Because you are reading this book, I know you are where I was...

OVERWEIGHT... FRUSTRATED... AND FAT.

You are desperately looking for a solution. You have tried many diets looking for a solution. You have tried many diets over and over... I know... I was there.



**FOR TWENTY –THREE YEARS I WAS FAT.
I AM NOT FAT
ANYMORE.**

I know it s a hard journey. It is hard, but not impossible. When you decide to really lose that unsightly fat, follow me to a new... beautiful you. How do you like the new thin me? Isn't this a great change from the picture over it? It sure is. I have lost 120 pounds and I am feeling wonderful.



First...let us understand a basic truth. DIETS DO NOT WORK... STARVING YOURSELF DOES NOT WORK... EATING RIGHT DOES WORK.

Second... THIS WILL WORK... My program is nutritionally sound and delicious. Your overall health will improve.

You will soon be wearing that perfect size that is just right for you. I almost said perfect dress size, but men are fat too and this book is for men and women.

You will feel on top of the world. When you have lost the weight you want to lose and continue with this new way of life you will never be fat for the rest of your life.



Three people influenced me a great deal in losing weight.

T. C. Frye, publisher of Life Science, a newsletter for natural hygienists. He took over for Dr. Herbert Shelton.

Paul Bragg. He started the first health food store in the United States. He also taught Jack LaLanne all he knew about physical fitness and proper eating. Paul Bragg was surfing in Hawaii just three weeks before he died, just three years short of being 100 years old.

Anthony Robbins, author of “Personal Power” tapes. This is one of the most astounding series of tapes I have ever heard. My husband has a collection of masters in the world of public speaking...and Tony is the best. The most powerful speaker we have heard.

My husband, Warren, and I attended a two and a half-day seminar of over 40 hours. No one smoked, coughed, or went to the rest room, except for scheduled breaks.

Indescribable... What we learned there, started us on the road we enjoy today. We travel full time in a motor home and sell my book, “[I Cured My Arthritis, You Can Too,](#)” More about this later.



We later got his series of tapes, “Personal Power,” He stresses that until you get leverage over yourself, you will fail. Whether you’re talking about success of life, money or dieting.

You have to have enough reasons why changing will give you pleasure and not changing will give you pain. Sounds strange, doesn’t it?

These are the SEVEN PAINS AND SEVEN PLEASURES.

I will explain and teach you what I have learned in the next chapter.

When I was fat, I refrained from looking into storefront windows, so I would not have to see me. I would envy those who would admire themselves, as they walked by the reflective glass.

I had full-length mirrors in our bedroom until I got fat. We also moved at about that time and guess what? I never did replace those mirrors. Doesn't that tell you something? Interesting...

Some of you were always fat. Some of you got fat in later years, as I did. It does not matter when you got fat or for how long.

Follow me and you will lose that unsightly fat. I know you can lose fat. You have done so, over and over. Lost it and gained it back. So, you see, there is victory there. You will learn in this book how to keep it off.

Maybe you have noticed I have used the word FAT over and over? I do it for a very good, sound reason:

**UNTIL AND UNLESS YOU
ACCEPT THE FACT THAT YOU
ARE FAT... YOU WILL NEVER BE
THIN.**



Odd as it may seem, I had a thin image of myself. I knew I was FAT but thought I was thin. I knew intellectually that I was fat but emotionally I felt I was thin. A hang over from when I actually had a great figure. Also, my husband always told me I was beautiful, even when I weighed 280. Now that I am thin, he can't believe I was so fat.

When I got fat at age 41, I was waging a 30-year battle with arthritis. I had recently re-married. My husband traveled.... I ATE... I was on lots of drugs for the arthritis. I was coping with making a family unit with my four children and a new husband.

I went from 145, my ideal weight, to 205 in less than two years. My husband knew I wanted to lose weight, even though he did not care what I weighed.

He made a deal with me, that when I lost 50 pounds we would get a swimming pool. I went on a very strange "diet" and lost 50 pounds quite fast. Instead of the pool, we bought property on a lake. AND I PROMPTLY GAINED BACK 50 POUNDS, PLUS 20 MORE POUNDS.

Yes, I know, you know what I am going to say... I would lose 10 pounds... gain fifteen... lose 25... gain 40... on and on... finally, I LOST MY WAY RIGHT UP TO



280 POUNDS.

When I shopped for clothes, I would not try them on. Just choose the style I like, a color I liked and find a large size and go home.

I had read that if you hang a smaller size where you could see it everyday, it would help you.

IT DID NOT HELP ME THEN. BUT IT WILL HELP YOU, AFTER YOU LEARN IN CHAPTER 2 ABOUT MOTIVATION. I will give you some really super hints that work.

Experts tell us, there are many complex reasons why we overeat. Yes, we overeat... do not deny it.

Unhappiness is one reason: being too happy... no love life... too much love life... no money... too much money... no job... job with too much stress... too many children ...no children... single... married... widowed... divorced.

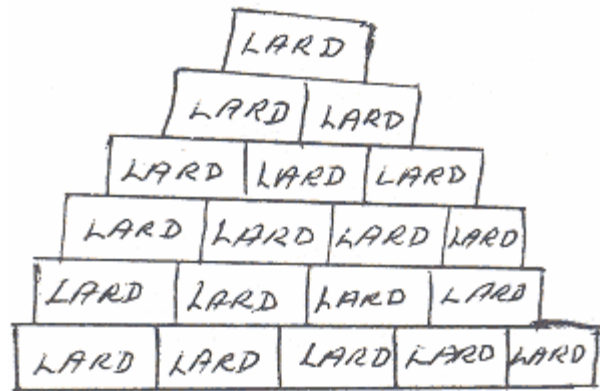
I won't go into detail because I feel it is better to teach you how to change then, explain theories. Besides, I don't understand why.

Do not fall into the trap of waiting for the right time... the right time to diet... the right husband... the right job... after the holidays... after I have all the children I am going

to have... after my mate, or friend loses weight... the right whatever.

Ask yourself...Do I want to be thin for me, or for someone else? If the answer is for anyone else but yourself, forget this book or any other book...you are doomed to fail.

Unless you can put more pleasure into losing weight and more pain into staying fat, you will stay fat. For every pound of fat you carry on your body, it is the same as the size of a pound of lard. Like this picture.



One of the times I started to lose weight, I collected empty butter cartons and stacked them up. One for every pound I lost. I soon had a large stack. It became too cumbersome, and besides I couldn't sustain the weight lost.

Now, with my new knowledge about pains and pleasures it would be a good idea. It is a visual reminder of just what one pound of fat looks like.

I was actually carrying around the equivalent of my daughter, Sue, on my back for 25 years.

Let me share with you, one of those times I tried to lose weight and failed.

In the Vietnam War, my oldest son, Tom, was a Green Beret over there. He was coming home on leave in a few months. I thought...wouldn't he be proud of me if I were his old thin mom when he got home?

I DIETED... HE GOT HOME... I WAS STILL FAT. Not motivated enough. I had no leverage on myself.

What I am trying to share with you will make you thin. When you follow it... You won't care why you got fat... you will be your new, wonderful, thin self and know how to stay that way for the rest of your life.

Never say can't... these are words you will never use. You will learn to say, I choose... You will learn to make better decisions because you are choosing to make decisions based on the seven pains and seven pleasures. I will show you how to choose to do the right thing.

I wrote this book because of the success of my book, "[I Cured My Arthritis, You Can Too.](#)" I got so many lovely letters from people who had followed that program and now had no pain.

One day, at my daughter Sue's, I happened to answer the telephone. My number goes to her house. This lady called to tell me, she had not been upstairs in over seven years. She bought my book, followed the program and in two weeks, she was able to go upstairs. She kept crying and

saying, “You don’t know what it was like... then she would say, “Of course you do” and cry some more.

It gives me a glow to hear that I helped someone else. I will put some of these letters in the back.

My daughter Sue had arthritis and it is now gone. My son, Mike had it really bad in his hands. I did for them, what my mother couldn’t do for me.

This success told me I could lose weight and write a book and help others who are fat.

These letters tell me, they don’t hurt anymore...how they have given up their drugs and how so many changes have come to them. It gives me such a feeling. I feel as if that was the reason I had to suffer for 40 years. So I could find out how to change it and write about it.

I want the same thing from this book. Letters from people telling me how they are now thin. I will include them in future printings. So, please, when you have your perfect figure back... and you will... write to me. I get and answer all my mail. Please also send before and after pictures.

I remember when I decided to really lose weight. I was in the shower and for some reason, looked down and back at my body... I never did this... my back was huge... it stuck way out... it had large ripples of fat...dimples in each ripple... ugly...I COULD NOT SEE MY FEET. It was at

this moment, my thin image disappeared... AND I HAD MY FAT IMAGE OF MYSELF.

So, unless you know deep down, in the very insides of you... where no one else gets... that you know you must be thin... then forget it. Tony Robbins calls this leverage.

It is better to stay at the same weight, then to go on a roller coaster for the rest of your life. Doctors know this and try to tell patients. As we get fat, we develop fat cells...when we lose weight, we don't lose the fat cells, they just shrink.

That is why we usually balloon up again. Those little bad fat cells are just waiting for us to overeat. So, when we eat the wrong things, we fill up those cells really fast.

Harsh words? No, just honest. Paul Bragg wrote about this in one of his books. Come to terms with yourself. It is your life you will save. It is your body... your mouth, you are filling with all that awful junk.

Paul Bragg said, "Flesh is dumb. It will accept anything you put inside your body."

The problem is, that when we do put the wrong things in, we get the wrong things out, in the form of disease and pain and an early, untimely death.

I watched what I ate and thought I was doing okay but when I had lost about 50 pounds, I hit a snag.

It was at this point, that we got Tony Robbins tapes.

Tony Robbins made it possible, with his idea of pain and pleasure, and his tapes, to get me to my “IDEAL WEIGHT.” Thank you, Tony.

You put it on and you can take it off.

IF IT IS TO BE... IT IS UP TO ME.

That is my favorite saying. I even have it on my pens.

I know I have found the answer for me. I hope and pray it is the answer for you.

It was done by me... It has been done by others... It can be done by...”YOU”.

YOU CAN DO THIS, IT IS POSSIBLE.

What I will share with you in this book will work. You will never diet with my program. You will find joy in choosing what is right for you. You will also learn to make happy changes.

Will you stay with me? Will you trust me? Believe me? Follow me? Write to me? How did I get from fat to thin?

MOTIVATION

*Habit... Sow a better habit and reap a character
Sow a character and reap your DESTINY*

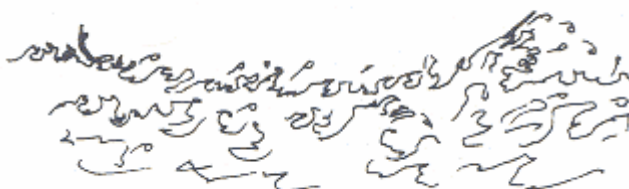
CHAPTER 2 - MOTIVATION

Now we begin a fascinating journey. It started for us, when my husband, Warren, and I went to see Anthony Robbins in a “Personal Power” seminar.

It started at about 7:30 Friday night. The only speaker was Anthony Robbins. The purpose was to teach us the use of linguistics and the power of knowing ourselves and the ability to read others.

The end of the evening we were to walk on fire. WALK ON FIRE... I thought that was sort of weird. It did sound interesting. Since I am open to new ideas I thought I'd wait and see.

I went to the meeting thinking maybe I would walk. Warren was sure he would. He felt if someone else had done it, he surely could.



During the next six hours we saw a genius at work. He showed us how to cure long standing phobias in minutes...

how to get a better image of your self and a larger view of what power there is in every one of us.

As it got closer to the time to walk on fire, I felt myself more and more interested in walking. On fire, not out the door. At the end of the evening people started walking across 12 to 14 feet of over 2200 degrees.

They would walk across in an easy, confident walk and leap into the air on the other side, with an exhilarating yell... I did it... I did it.

Warren walked up and right across. I came up and hesitated a second, the helper looked into my eyes and touched my arm and said go...and I went. I jumped as high or higher on the other end of the fire. I felt no heat at all. Warren felt a very tiny bit of warmth in one toe.

IT WAS FANTASTIC

We both felt the great feeling of accomplishment. It was also fun.

Of the more than three hundred people there, the only one who did not walk, was a very young boy. Even a lady in a wheel chair, she was helped up so she could walk across.

The main point of doing this walk was to prove to ourselves, that we could do anything we wanted. That in the future, when something would come up, we would have the unshakable knowledge that if we could envision a

solution, than we could accomplish it. It gave us the absolute knowledge that life is up to us... not anyone else.

My favorite saying...

IF IT IS TO BE IT IS UP TO ME.

We spent 12 hours there on Saturday and 9 hours or so on Sunday and 5 hours on Monday night. During all these hours no one smoked... coughed... fidgeted, or let their attention wander.

It was the most outstanding example of public speaking, I have ever heard. I am a Certified ToastMaster and have won many trophies but I felt as if I had only been as far as kindergarten, after watching Tony Robbins.

Prior to this meeting, we had, and still were, going through a traumatic experience. We had lost our apartment house business. We had over 200 units. Some of the reasons were, bad judgement on our parts, some, the court rules in Detroit favoring those who don't pay rent... some to our managers who gave in, for money and rented to drug dealers...and we sold four buildings to someone who turned out to be a con man, who had bilked 39 others. The authorities would do nothing. Said it was not high priority.

However it happened, the retirement we had looked forward to seemed to be gone.

Warren had been extremely successful in business all his life. He had worked hard for our later years.

Two of our kids were also in the business with us. Sue for over 8 years and Mike for over 12 years.

At this time, after losing the business, Warren was calling on health food stores and bookstores, selling my book, “I Cured My Arthritis, You Can Too.”

His heart and spirit were broken. He was having trouble coming to terms with the change in our life style. He felt lost. It is harder for a man than a woman to accept such financial defeat. After the meeting, his thinking changed and he found a better way to market the book.

In a matter of months, we were on the road in our motor home, calling on stores all over the country. I would give speeches at campgrounds and do



some radio and television. We were now doing what we had planned on doing in retirement. We had no money, not at first. We did have freedom and every day became better and better.

It was at this time I decided that I no longer wanted to be fat. I had gone to my high of 280 and initially thought, if I lose this weight it would make a good second book. That was my motivation. A fair motivation but not as strong as it should be. Yes, I wanted to lose weight but I wanted the book more.

The first 50 or so pounds went fairly easy. I would gain some as we traveled to visit with each of our children. On the whole, it went fairly well.

It seemed as if, when I got near my only daughter, Sue, I would envision a fried egg sandwich I usually had when I was there. I would eat one and this would set me off and I would gain maybe 10 to 15 pounds during the three or four weeks we were around there.

When we would get to our son, Chuck, I would over eat on fresh seafood he would catch himself. He lives in the Florida Keys, with his wife Pam, and our only granddaughter, Holly.

By eating this kind of food it would set me off and again, I would overeat and gain 10 to 15 pounds.

When I went to Santa Barbara, Ca. to visit our son Mike, we went to a SAGE seminar and I didn't gain an ounce. Don't know why.

Then I hit a plateau and it seemed as if it was coming off, harder and harder. I felt resentment that my husband was always trying to motivate me. I talk about that in another chapter. I know now, it was excuse to say... I deserve to eat... see how he is treating me.

THEN WE GOT TONY ROBBINS TAPES.

What I learned from them, I will share with you now, I cannot teach as Tony can, but I can give you the results of what I heard and what I did.

These tapes are a series to be listened to, one a day for 30 days, and to do some mental exercises, after each tape. They range from 15 minutes to 20 minutes each.

The first day he asks you to write down two actions that you have been putting off. It could be something big or small. Something you know you should do but you haven't. Making a phone call, writing a letter, getting a job, leaving one you hate, cleaning the closet or whatever.

Next day, to me the most important day. I learned that there are only two motivational forces in our lives.

FEAR OF PAIN AND DESIRE FOR PLEASURE.

Think about it, it is true.

What had made me fat was fear of saying what I felt and the pleasure I got from eating. Since I felt I could not win in any disagreement with Warren, I could and did fight back by eating.

As a child, I learned from the age of five that I must not show my feelings or say what I thought. If I did, I was punished. If I cried while getting a beating... I mean a beating, with a board or worse... I'd get a harder, longer beating. So I learned to bury my feelings. I learned to live

through books, not people. By age fifteen, I knew I could not trust adults so I left home.

I must add I was very fortunate to be able to live with a girl friend, Jeannie. Her family welcomed me into their home until I graduated from High School. Looking back on it, they were the first adults I was able to not distrust.

For some reason I didn't gain weight until after remarriage at age 42. Don't know why and now I don't care why.

But after remarriage, I would stop any frustrating feelings I would get by eating. So whenever I would try to lose weight and we do all lose weight at first... I soon felt more pain in continuing dieting and more pleasure in feeding myself.

Tony taught me to list what I would gain if I did something I should to lose weight and all the pains I would get if I continued as I was.

I learned what it would cost me now and in five years, in ten years and even in twenty years. It soon became apparent that I had to change and find more pleasure in not eating the foods I craved and more pain when I went ahead and ate.

This is where I developed my "SEVEN PAINS AND SEVEN PLEASURES" list.

Make a list of seven reasons why you will feel pain if you continue to eat the way you are now. They could vary from being too fat, to fear for your health. But they have to be your reasons.

Do the same thing for seven pleasures that you will feel when you eat right. Spend some time on this. It is the secret to losing the weight and enjoying the journey.

Next day I made a list of things that I believe deep inside that have no basis in fact. Baggage, if you will, that I have carried along for years.

Such as,

1. I must eat when I am tired, to get back my strength. The fact is that when tired, the simple act of drinking a glass of distilled water will give me a lift. Try it, it works.
2. When I am angry, I must eat because that makes me feel better.
3. When I was in pain from arthritis, eating the wrong food would give me the feeling, that I can at least, reward myself for putting up with the pain.

Your list might be different. Or longer. List why you positively must make these changes and ten reasons for each change. What would you gain from each change and what you would lose if you do not change?

Next day... This one was really fun. I made a list of five questions I would ask myself every morning. Tony says we ask the wrong questions.

Don't ask... why can't I lose weight... don't ask... why is it so easy for some to stay slim and impossible for me.

These questions will get some of the strangest answers from your brain. All designed to keep you eating wrong and over eating.

Better to ask... how can I enjoy eating the right foods... what can I do to make the journey from fat to thin, more interesting and actually make a game of this quest for the thin you. You are in there.

The five questions I ask myself every morning, and will for the rest of my life are...

1. What's exciting about my life...
2. What can I do, today, to make me a happier person...
3. What do I have in my life to be grateful for...
4. What goal do I want to reach, that is really exciting...
5. How can I make today the best day of my life...

Now, aren't those great questions?

YOU SHOULD HAVE HEARD THE ANSWERS.

Next day, I have to find out what is most important to me in my life. What are my values and what do I get from these

values. Also, a list of emotions I feel now, that I would most want to avoid in the future.

Next day... List two personal beliefs that have been holding me back. These would be core beliefs that I picked up in childhood, that are not workable in my adult life.

Next day. List two areas in my life that I am dissatisfied with and two beliefs that I have that have helped me in my life, to achieve whatever it is I have achieved.

Next day... Take a large sheet of paper and write as fast as you can, without stopping to think...anything and everything I want in my life. Do it for ten minutes.

There are no limits here, so, let your mind run free. This is for you alone...it is not a test. Be free and natural and honest with yourself.

Now, go over the list and put a number one for most important one, two for second most important, and so on.

Go over it again and put a time element of what date you want to have each thing or to accomplish each thing.

This will really give you a good idea of where you really want to be and what you really want to do.

You can do this for specific goals, like money goals... job goals... or whatever.

Next day. List rituals we let govern us. Habits we have, that we do not even think about...we just react.

For example... eating when seeing pictures of food... billboards... or just restaurant signs... eating when angry... eating when happy...eating when reading or watching television... See how we re-act?

List five emotions that are habitual and negative and what you have to do to achieve these emotions.

Such as anger... resentment... despair... disappointment... discouragement.

If we know what we have to do, to achieve these emotions, we are well on the way to eliminating these emotions.

List 5 positive emotions that you have. That you want to bring back at will. Such as family... generosity... contentment... motivation... power.

Then describe how you feel when you get these things. What would you do to achieve these emotions if you had to teach others to have them.

Such as... Love of family... what has to happen for me to feel this emotion? I have to think of happy times I have had with my family. For generosity, I have to think of what I have given to others and what I can give. I have to see pictures of these things happening.

An example of this, when I give to someone and tell no one else. I get such a feeling of contentment. See pictures of times when I felt absolutely contented... what did I do to cause this... what happened to me that caused this.

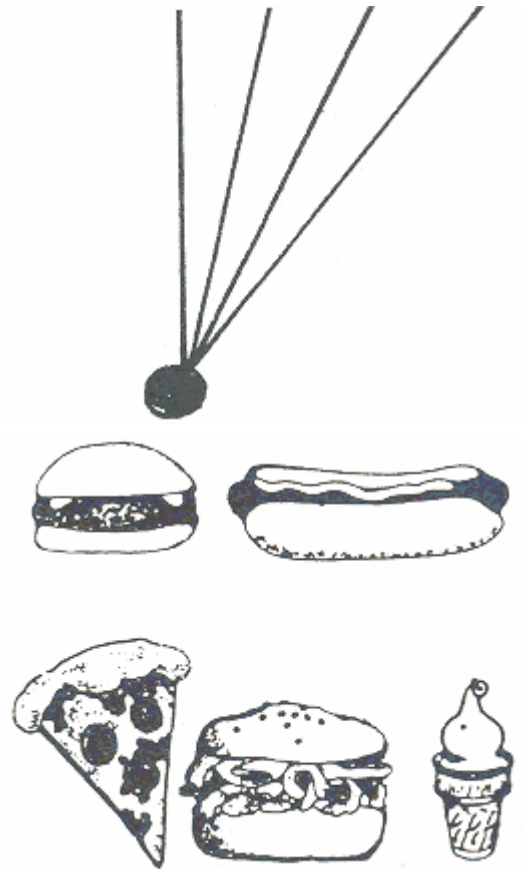
What do I have to do to become motivated... I listen to tapes... Tony's of course... I read certain books... I think in pictures of specific goals. I make lists of what I want to achieve... I think of each idea and how and why and when I can do it. I see it done in my mind.

What did I learn from this exercise? I learned it is my fault for these emotions. It is up to me to learn better ways of handling the negative ones and that I can and do choose my reactions to what happens to me

IF IT IS TO BE IT IS UP TO ME

I can make new habits and in so doing I will have a better, happier and more productive life. I must not wait for others to change. I will work at changing myself.

I learned that if I only make a very little change each day...each week that in a year, it makes a very big change. If you are saying you don't want to take a year, or whatever time...you want it now...how old will you be in a year, whether you do it or not. What



shape will you be in, in one year from now? A pound a week is 52 pounds a year.

I learned I am in charge here. Not my husband or my children... just me. That we are all self made men or women... whether we are failures or successes.

IF IT IS TO BE IT IS UP TO ME

Next day. Procrastination is a ritual in itself. In dieting... the ritual goes something like this...I make up my mind I am going to lose weight. I will start tomorrow. Tonight I will eat all the fattening foods in the house, so they won't tempt me tomorrow... sound familiar.

Try this instead. Don't say... I have to... say I get to do this... I get to lose weight... I get to be thin again. I can wear stylish clothes and be admired by others.

Make a list of what it will cost you if you keep on the way you are going. Also a list of benefits when you stop.

Develop a habit of wanting to eat right. Ask yourself how you would feel when you have lost all the weight you want to lose. Use your body in a different physical way...try standing taller...head up and back straight. Wear nice looking clothes, always. Keep your hair



in good shape. Make your appearance the best you are capable of doing.

Make a list of how you would feel when you have lost all the weight you want to lose. Make a list, of all things, of all the things you would lose when you do not lose this weight... what it will cost me and a list of benefits when you stop your present unworkable ways.

When I think I am hungry, by hearing or seeing something, I will interrupt that feeling by using my new skills and change my thoughts. I will think of the pleasure of being thin and the pain of being fat... go over my list of 7 pains and 7 pleasures.

By the way, we do not really feel hunger when we see and hear about these foods. It is our brain that says we are hungry... do not listen.

Next day... Make a list of emotions I want to have at my fingertips, so I can call on these positive emotions any time I wish.

Get an image of how you want to be. A complete image... hair... clothes... weight... shoes... jewelry... fingernails. Make this a larger than life image...let it get bigger and bigger. Tony tells us, to then, anchor ourselves at this point.

Meaning, at the very peak of this image, when you actually can feel and taste this image touch yourself, in some distinct way in a certain spot, so in the future, every time

you touch that spot, that image will come back. It takes practice, but it works.

For an example, when I did that exercise, I would touch the knuckles on my left hand. You see, when I had arthritis, these knuckles were sore... swollen... very painful. I hated to shake hands it was so bad. Now, with the arthritis gone they are clearly defined as knuckles... they don't hurt and they are not swollen. So when I touch them I get back this great feeling of emotion... that I can do anything... that I am so lucky... that I don't hurt anymore. And it happens every time.

I can not really teach you this in the short space I have here but you can learn this technique by sending a large self addressed, stamped envelope and I will let you know where to get the tapes. Do try it first, you might get it right off the bat.

Now to get back to the image. As you have this larger than life image of you as you want to be, make this image go far away from your face. Now holding that image, put the image of you, as you are now, right in front of your face. Now, make a sling shot in your mind and put the perfect image of you into it, and draw it way back and let go to smash into and through the bad image. Do it right and do it often and you will have, deep in your subconscious, this new perfect image of yourself.



Since I did this, I have nice long fingernails, and this is after biting them for 64 years. I have lost over 70 pounds and am now at my ideal weight.

Next day... There are things that must happen to make me feel successful and things that make me feel a failure. Make a list of each of these things. What it takes to make you feel this way. In detail. What you have to feel... think and do. This will make it easier to understand ourselves and that makes it easier to make changes.

For example... if you feel a failure every time you over eat, then every time you overeat, you will feel a failure and of course, if you are a failure, you might as well eat.

Change your belief of what being a failure is. Make it so hard to achieve, that you will never feel a failure again.

For example... for me to feel a failure, I have to feel I have let my family down... that's it... everything else that happen to me in life, is just a challenge and I love a challenge.

Success is pleasure... link pleasurable things to success. In dieting, make a list of exactly how you will feel, when, not if, you lose your extra weight... this feeds your subconscious the right message.

ASK YOURSELF...WHAT, WOULD I ATTEMPT TO DO, IF I KNEW I COULD DO ANYTHING...

REPEAT THIS, WHAT WOULD I DO IF I KNEW I COULD DO ANYTHING...

This could be the second most important idea in this book. Thanks again, Tony.

Let your imagination go wild. What you see... do.

When you say this to yourself and listen, it opens up whole, new worlds... just think... if I knew I could not fail... let yourself dream and soar in the world about you. You really can do anything that you can envision and really want.

I think of this every day. It helps me to make the right decisions as to what food I eat. It helps make my life more pleasurable and it opens doors I never even thought were in my life.

Make a list of five great successes, no matter how small or big, that you have had in your life. You do have them. If you absolutely can not think of any, think again... how about the ten days you lost weight? Go back over those days... what did you do? Go over it in detail and think. Then, do what you did then. Only the days you lost weight not the way it ended.

Think of another time... go over it in detail. Copy your feelings at that time. Model yourself during every time in the past that you were successful.

Identify the areas where you sabotage yourself. To overcome this... create an unstoppable, self confidence... stand up straight... head held high... take a deep breath... picture something positive and yell out loud... YES... SNAP YOUR FINGERS... SAY YES... with great feeling... I said... WITH GREAT FEELING... talk faster... move faster... control your mental focus. We experience what we focus on.

You must always expect something good. See it... do it... decide to be free of fear of failure. Again... make a list. What I would lose if I do not lose this fear of failure and what would I gain when I lose this fear and become confident.

Next day. Identify the areas where you sabotage yourself.

For you, it might be different but for me it was procrastination. Failure to follow through. Every time I would be on the verge of success, I would do or not do, something to stop it. I associated pain with being thin. I would let things that bothered me, translate into a reason to eat. I had to change my core beliefs.

I know now, that I did the same thing about my feelings about success. I associated pain with succeeding. I don't anymore.

We can become thin... we can have health... we can do whatever we decide we can do.

Next day. To have great health, learn to breathe right. It will also help cure the hungries. When I first heard that, I sort of smiled... after all... we all breathe... but do we breathe right? I did not.

Stand up straight and tall. (We sure are doing a lot of that aren't we?) Take in a deep breath to the count of 7... hold it for a count of 28... and exhale to the count of 14... do it at least 3 times a day and ten deep breaths each time.

Most people won't be able to do that long at first. This should prove to yourself that you are in really bad shape. So, do it to the point of not quite uncomfortable and then every time, try to do it longer. You will soon succeed.

This will get rid of toxic wastes. Exercise and deep breathing... this will be of equal importance with eating the right foods. When you do this, you will eat differently... you will make better choices... listen to what your body says... you will have more energy and therefore you will be more active.

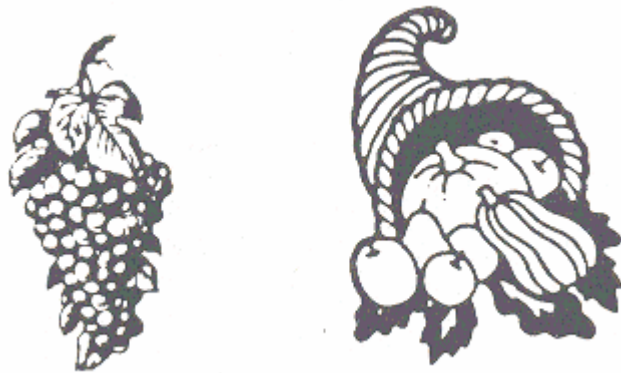
It has been proven that after any exertion of a physical nature, we are not hungry.

Lack of oxygen causes cells to become cancerous. I have known this for years and I tell people this in my talks. I don't always see them accept it but at least I am doing the best I can to let them know.

Let me talk a little about depression. It comes to most people at times. Some overcome it... others work at being depressed. To be depressed, you have to sit in a slump... lower your chin... frown... think sad thoughts... breathe from high in your chest and very shallow... I feel bad thinking about it.

To stop, you have to stand tall... breathe from low in your body... smile... raise your chin... think good thoughts.

The quality of your health and life is the quality of your cells. Two key principles to health are water rich foods, which are fruits and vegetables... sprouts... drink only when thirsty and only distilled water, or filtered water. Minerals in water are inorganic and your body can not handle inorganic materials. Salt is an inorganic material.



Cooked foods lead to illness. More on that in the Chapter, “What Foods to Eat”.

Our body poisons itself if it does not have a water sufficiency. The build up within the body, of toxic waste, promotes disease. In today’s way of life, we are getting huge amounts of chemicals by way of our food chain. We cannot handle this.

At this point, make a list of everything that has passed your lips in the past 24 hours. Then, circle the water rich foods on the list. What percent of the total was this? 15% of the diet in water rich foods is what the average American diet consists of.

15% IS CALLED SUICIDE... YOU ARE CLOGGING YOUR CELLS.

You are asking for a whole host of ill health and an early death.

IF YOU WANT TO BE ALIVE EAT LIVE FOODS.

Next day. Relationships. This does matter in losing weight. We have to deal with people at a time when we are not, exactly, at our best. So, make a list. I know, I am asking you to make a lot of lists but think of it this way...for every list you make you will be empowered to lose another few pounds and keep them off. Yes, it will ...try it...I did.

When we write something down, our brain seems to say... hey, I guess you're serious.

1. Identify what you want in a relationship... exactly... and what you do not want... exactly.
2. If in a relationship, what do you want the relationship to be about and what don't you want it to be about.
3. Develop a list of things you can do to enhance the relationship on an ongoing basis.

Next day. How to solve problems...five questions to ask yourself about things in your life.

1. What's great about my life? What could be great about it?
2. What is not perfect yet... presuppose it is going to be perfect.
3. What am I willing to do, to make it the way I want it.
4. What am I willing to no longer do to make it the way I want?
5. How can I do what is necessary to get things or jobs and enjoy the process?

Always ask the right questions. Ask these five questions every morning as you get up.

Next day. Master your life.

1. Manage your state and emotions.
2. Develop compelling reasons to master your state, on an ongoing basis.
3. Walk your talk.

Isn't that a great saying? Again, thanks, Tony. What does he mean? This one gave me some trouble. I was better at telling than doing. I have gotten better. He means to be sure, do what you say. Follow your own advice. Follow through.

Have strong goals. When you master your life, you are never bored. One reason for overeating, out of many hundreds, is boredom.

Put down your top 4 immediate goals. Review your short-term goals daily and your long-range goals, at least every 6 months. Ask yourself what can I do today, and each day, to be in a positive state. What am I happy about... What could I be happy about? What am I proud about? Aren't these better questions than you used to ask yourself?

To illustrate that you can always find something positive, I will share with you what happened when our son, Chuck, was about 12. He was driving us to distraction. Too many things to mention. Anyway, the counselor said, find something positive to say to him each day. (Good advice for everyone to say to the people in their lives) Okay, we can do that. We thought and thought. Finally, said to him, you know, your hair sure looks nice, all combed.

Get a hard cover journal and put into it what happens... your thoughts... ideas... what you have learned... new ways to make your life memorable. Tony says, if your life is worth living, it is worth recording.

What are your immediate goals?
Decide what you want.
Get a plan.
Find someone to model.
Do it today... take some action at once.
Be flexible.

Use your personal power.

Change plans when they do not seem to work. Remember it is not failure. You have just not found the right answer.

Last day...

1. List your code of ethics and conduct. Are you outgoing... strong... compassionate... friendly... honest... passionate?
2. List compelling reasons why I am doing this.
3. Anticipate challenges of life. Role model them, play them out before they happen and master them.
4. Re-evaluate your life on a regular basis.

Is that enough for one chapter? Remember, it took me thirty days. What it did for me, is to get me off dead center and enable me to lose the last 75 pounds I had to lose before I got Tony's tapes. It was easier and happier losing the last 75 pounds than the first 50 or so. Probably because I now knew I could continue to the end and become my normal lovely me.

We continue to listen to these tapes, over and over. We learn something each time. We will continue to do so, as part of our life style.

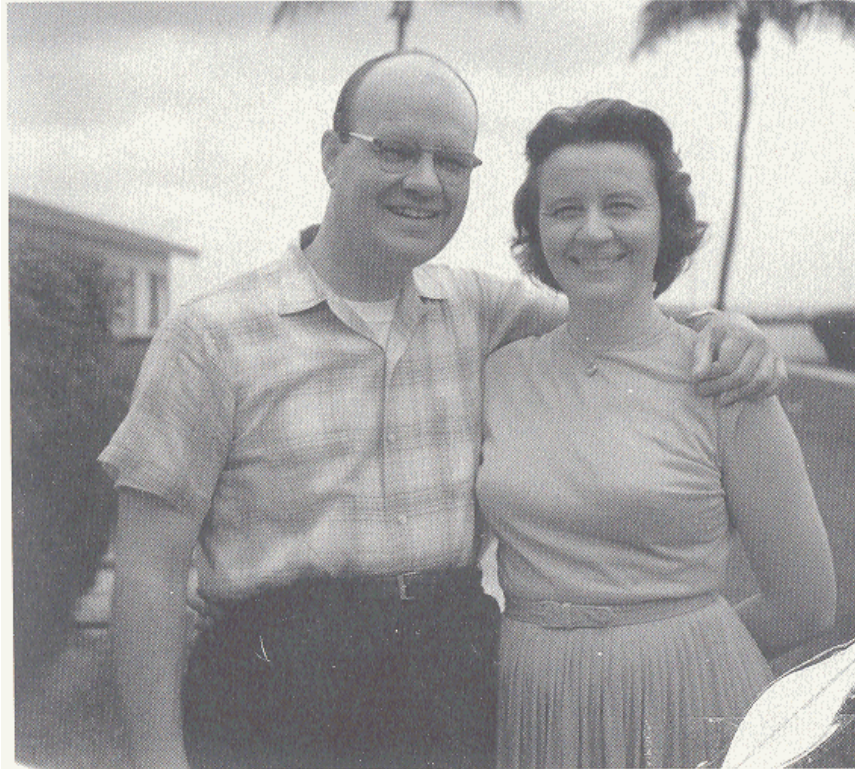
An example of why these tapes work. Warren used to really get angry when things did not go right. Well, about two weeks before this book went to the printers, the motor in our motor home quit. We were told it meant a new motor. We had over 125,000 miles on it. They said it would cost

about \$2,000.00 to \$3,500.00 to put another one in. And, it would take almost two weeks...

Well... prior to Tony's tapes, Warren would have come unglued....

This time, he said, "Well, we're not hurt... it is just a motor. We set about finding a repairman and it ended up costing about \$1,000.00.

**WE THANK YOU, TONY. YOU HAVE
BECOME A MAJOR FORCE IN OUR LIFE.**



Warren and Margie
Honeymoon 1964



Margie and Kids July 1964
Sue..Chuck..Mike..Tom



Son Bill..Wife Sharon
Margie About 1970



Warren and Margie 1983



Warren and Margie 1986



Warren and Margie
Florida 1988



Margie 1988



Margie 1989



Margie Aug 1992

Formula for wealth and health... Live every day in an attitude of gratitude... Give more than you take.

CHAPTER 3 - CHANGING PATTERNS

We have already talked about why I got fat... why I wrote this book... motivation.

Now lets get down to how... some nitty gritty ways to do this.

By this, I mean some day to day... minute to minute helps to keep you on the straight and narrow.

Let us imagine this scenario. You are motivated; you are ready to eat right... starting first thing the next morning.

RIGHT THERE IS MISTAKE NUMBER ONE

I don't know what time of day it is when you make the above commitment. But whenever it is, that is the time to start.

Another scenario... your intentions are great and you have planned what you will do... what you will eat and what happens? Well, you see a billboard advertising some restaurant or some food and you head for the first fast food place and fill up... or see an ad on television and we go to the refrigerator and load up.

THAT IS MISTAKE NUMBER TWO

Another scene. Someone mentions food and we do one of the above or all of them. We read about food and we have to eat.

Our mouth waters... we see the food in front of us... we see ourselves eating it. We see ourselves eating second and even thirds... disgusting.....

isn't it? Have you done this?

You can tell me...I sure did. I remember when I had made up my mind almost 15 years ago to

start this brand new diet going around. Since I was determined, I knew I would do it this time, I went out, by myself and ordered and ate... A WHOLE PIZZA...



MISTAKE NUMBER THREE

You are all set to begin... plans all made... the refrigerator empty of all the tempting foods... and then... bright idea... since you are going to give up all these foods, you deserve one last taste of all the food you are going to go without. It sounds reasonable (to us fatties) and it makes us feel better... so off we go.

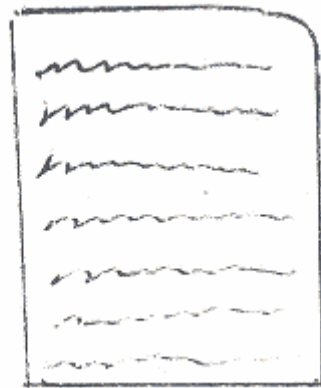
MISTAKE NUMBER FOUR

The next thing is night eating. You never do? Then you are not fat...it seems to be, almost without exception, that fat

people are night eaters. Or secret eaters or both. What do we do from now on? We “choose” to eat our last food before, say 8:00 p.m. We “choose” to eat our meals at the table. We “choose” to make the meal a hearty one. Say baked potatoes, large salad with avocado. And maybe some steamed squash. A banquet.

Right here, and now, let’s understand, when you follow my program, you do not give up anything. You learn to make healthier choices. You don’t “have” to do anything. You “get” to make better choices and ask better questions. You actually get more quantity of food than you did before.

At the first sight of the billboard or television ad...get out your list of 7 pleasures and 7 pains and reread them. Repeat to yourself, why is there more pleasure in not eating the foods, than there is in eating them. Do this out loud. Repeat why it is more painful to eat wrong foods than it is not to eat them.



I keep my 3 x 5 card with one list on each side, in my purse. You should keep a card in your purse... over the bathroom mirror... at your favorite television watching chair... at your desk... over the car visor... where ever you will find yourself tempted.

FOR TEMPTED YOU WILL BE.

Here is something else I have done. I get this mouth-watering sensation, I imagine the meal in front of me. It is lovely... it smells great... now I imagine myself eating it. Feel the texture... smell the aroma... eat the whole thing... you have to do this bite by bite... no... no... don't gulp it down.

Remember the old saying...chew your food 23 times before swallowing? Do it. Maybe you won't do it 23 times, but you do it at least twice as many times as you did before.

Now, that imaginary meal is gone and I feel as I have eaten a meal. No, it does not always work, but it does work enough of the time, to get me past a few bad periods.

I am sorry to have to say this, but it is a constant battle. We do not just suddenly wake up and say, "Oh, so that's the secret," and go do it. It does help to find someone who has lost a great amount of weight and kept it off and model them. Ask them questions, find out what they did. Like me???

With this book and your new leverage over yourself, you will do it.

The more you learn of Tony's techniques, the faster it will be.

We all know the person who is thin and they eat whatever they like. They enjoy their meals and move on. They eat whatever they like, whenever they like.

I have thought about this a lot and tried to figure out how, so I could do it. I never found out how, until Tony's tapes. Now I see they consciously or sub-consciously put pain and pleasure to the right way of eating.

I envied my best friend this ability for years. Now I don't hate her anymore. Just kidding, Anita.

You have these friends too, don't you? Now you can eat like they eat and be thin as they are.

I always used to ask myself, why I could not do that. Why can't I have a small piece of pie or one pancake or one helping of something I really like, without eating two or three helpings. Now don't stop reading and go eat... you are beyond that now aren't you? If not, go back to the chapter on motivation.

As I have said I have given this a lot of thought. My conclusion is, that when we are fat, we are always sub-consciously going to diet after the next meal. So, sub-consciously our body says...if this is the last of these foods, I will eat lots, because who knows when I will get any more.

Some strange person would take over and they would not stop eating until their stomach was overly full...were

stuffed... sated and feeling really awful. Then, I would be back and have to hear myself ask, why did I do that? Did I think I would never get another chance to eat, ever again?

See... that is the wrong question. It got me the wrong answers and I could not break the pattern.

You see, I still don't know why, but now I know, I was asking the wrong questions. By asking it that way my brain was coming up with some really fattening answers... I

can't help myself... I

deserve to eat... I hurt...

I whatever. All designed to keep me eating and keep me fat. Now I ask

myself... What can I do not to eat like that? What can I read or see or hear to keep me going right?

What is the healthier choice? It works.



I have had a photo of my fat, old self, laminated and put in a plastic folder. A really inexpensive thing to do and you can do it too. It also says on it... ask me how I did it. Since I look years younger than that picture, people will ask me how I did it. That gives me a chance to brag a little.

This also helps me do what Tony Robbins calls...

WALKING YOUR TALK...

What does he mean? Do what you preach. Do not say one thing and do another thing.

Look we ex-fatties have to use every technique in the book... or anyone else's book for that matter... to take it off and keep it off.

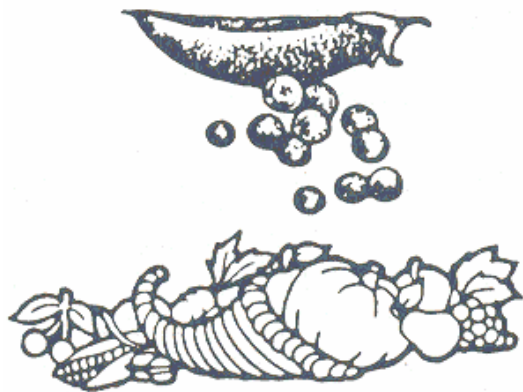
It takes time to lose weight and we do not like to do the same thing, over and over, for weeks and in some cases months at a time.

I have forgotten where, but I read one expert who said "People have a hard time doing something new for more than four days at a time... that's one reason why we fail".

She was right. I do remember, it was a woman. I realized this and so varied my eating habits every week. Sometimes every four or five days.

In the beginning, I would eat fruits, some vegetables and at least 10 almonds one day. I would add my one teaspoon of green leaves of barley. This gives you all the vitamins... minerals... proteins and enzymes you need. Fast every other day.

Then, on Sunday, I would eat one meal of whatever I wanted. At first, I wanted chicken, hamburgers and fried potatoes. As I ate more and more fruit I



found that on Sunday, I stopped wanting these things. They just did not appeal to me. So, you see, our bodies make changes when we listen to them.

One reason this is a good idea, is we all need to fast. See Chapter on Fasting. Another reason, it is easier to not eat anything for a short period of time, than it is to decide what to eat. It also starts the process of cleansing your palette. Getting your system used to another way of eating.

Another week, eat only fruits, plus the equivalent of ten almonds or 1/3 cup of seeds. Any kind of seed, just make sure they are raw and not sulfured or treated. Best place is at the health food store. When kept in the refrigerator, as they should be, they are like crisp nuts.

As you will find out in my chapter on “Ideal eating” this is the IDEAL WAY TO EAT.

It will be foreign to you at first, but do some extra reading. Always go first to the health food stores for books. If you still want more, write me with a large self-addressed envelope and I will give you more sources.

You should eat this way for the rest of your life but I know people and very few will do this. At least do it one week out of each month and as time goes by you will be eating like this more and more.

Another week, choose one of the diet drinks. I did not do this but I know it has worked. If you are very careful what

you eat for the other two meals of the day. I feel you are better off to do the first plan. You get more to eat and lose as much or more.

Another week count calories. I know, I told you, you won't diet, but this is just one week to keep track of what you actually ate and to then ask intelligent questions as to what was wrong with the way you ate. It will show quite clearly where you are making wrong choices.

I did try it, but I always felt as if I was being deprived because I was so obviously dieting. I could not sustain this way of eating. We never want have the feeling we are dieting. Follow my program and you won't have this feeling.

My husband's favorite phrase, during the 20 some years was... show some character and eat less. I would tell him, if I had character, I would not be fat. He could just not understand this.

Now I know, I was again asking the wrong questions and getting stupid, fat fulfilling answers.

To get back to eating. During his week of course, you do not include fried foods... fast foods... sweets.

You are not going to lose as the ads say. They don't tell the truth. All Doctors agree, that a steady 1 to 2 ½ pounds a week is healthy.

It's one reason we fail when we diet. We are looking forward to losing fast, so we can go back to eating our way. That won't be the case this time. You will be re-training yourself to make healthy choices and will find yourself wanting better and better food.

For example... I used to be a chocoholic. Loved any kind of chocolate. Now, if I were to put a piece in my mouth, my mouth would burn. My system is very pure and it rejects this kind of food that poisons our system.

That's it, for at least four weeks. Let's get the question of to weigh or not to weigh, out of the way.

Some people say weigh every day. Some say, every week and some say every month.

I tried every month and found that from the day I weighed, to about three weeks later I would tend to eat wrong. Then, I would hurry up and try to lose. This was before Tony's tapes.

Now, I weigh once a week. I feel it is far more important to make a chart and keep track of the inches you have lost. On some graph paper, show your measurements for your waist... hips... chest... thighs and around the knees. As you subtract the numbers and you see them getting smaller and smaller, you will know you're asking the right questions and this will help you to search for more right questions.

That's it for four weeks. Keep rotating these weeks and pretty soon you will be like I am... thin.

It is easier to do something for one week, when you know you will change the next week. It also does something else. It will show you new patterns that you will feel comfortable doing and even some that will really suit you and that you can and will follow the rest of your life.

Try something now. After your next big meal...the all American meal... take time in the next few hours to analyze how you feel. Write it down. Bloating... sluggish... sleepy... need antacids?

Then, try my kind of meal. Try all the fruits and vegetables and sprouts and seeds. See the difference?

Once you start getting thin, you will find your tastes changing and you will make your choices from better foods. Listen to your body.

Another example of how I changed. Remember, I said on Sundays, I would want a meal of bad foods? Well, now on Sunday I go for different potatoes dishes... steamed corn... maybe baked squash. Things like that.

In the recipe section, there are some very good and very delicious meals.

I have learned to make better choices...



The Money you save on food alone will buy you the best wardrobe you ever had and all in thin sizes.

I started dieting so I could write this book... I did fine for about 50 pounds... then I hit a snag. I know now, that I just did not have enough leverage over myself to go the long distance. Losing 120 pounds is not easy.

I found myself cheating and would gain ten or fifteen pounds.

As I said, it would happen when I would visit with one of the kids.

Then, what became the turning point? Two things happened.

One, I was giving a speech at a camp ground and afterward, a lady came up to me and said, "I overheard some people talking... they wonder how you can give a talk on health when you are over weight. I was crushed... I gave it a lot of thought and realized I had to



have more reasons to lose and that would be one... To give more talks as a thin person.

The trouble was, I did not know how to finish the race.

It was only a week or so later that we got Tony's tapes. PERSONAL POWER. I realized I needed to understand the use of pain and pleasure. I listened over and over and that was the ticket to the rest of my journey.

Another hint. When your clothes start feeling loose, yes, they will... give them away... now... at once... I made the mistake of wearing my fat clothes.

THAT IS MISTAKE NUMBER SIX.

I told myself that I would wait awhile before getting smaller clothes. I sold myself on the idea that if I wore them loose that would encourage me in losing more. It did not. I would feel comfortable and when the cheats won over, I would not feel it in my clothes.

So, wear tight fitting clothes all the time. If you feel you do not want to buy new ones, there are marvelous shops which are very... yes... say it... cheap... selling used clothes. I have gotten nice dresses and slacks for as little as \$3.00 apiece and blouses for 50 cents.

You get different clothes and smaller ones. However, if it means buying new ones, then, so be it. If you only have three outfits at a time that's fine. It won't last long and then

you will have a closet full of the greatest, stylish clothes you have ever had.

If you have qualms about this, ask yourself... what is more important... saving your money or saving your life.

For the next hint, you will have to look deep inside yourself and decide on one of two courses of action. I chose the first one.

One, tell everyone you know, that you are going to change your ways and need their help... or tell no one and just do it.

The theory behind the first one, is that once you have told everyone, you will then be more motivated to continue. You will also be afraid someone will see you cheat. You also might get help from your friends or loved ones.

There are drawbacks to telling friends. For example, I once showed my new stove to a good friend. I was so pleased. I had wanted one for a long time. After I had shown her all the gadgets, she said, "Gee, I could have gotten it for you wholesale, if you had only told me." I was crushed. She knew I couldn't buy wholesale. She knew I had to put the stove on time payments. She just could not let me be happy.

People will say the strangest things to you. Such as... gee, you look awful, what have you done to yourself... your starving yourself and ruining your health... just one bite of

cake won't ruin your diet... but I cooked this whole meal just for you... and on and on.

So think hard. Is your husband the kind to support you or will he, at the first time you cheat, and you will, will he ride you or belittle you or will he give you support. Or your wife... or loved one... or whatever.

My husband was very supportive but back when I was losing weight for the swimming pool, I had lost about 15 pounds and he brought home a surprise gift...a large box of candy... did I thank him and give it to him and the kids... that's probably why he bought it... did I share it or did I eat it... You bet I ate it.

So think this out carefully, before your make this decision. It is your life we are talking about.

Will your wife sabotage your efforts by fixing heavy meals with the excuse that the whole family isn't changing their diets... they probably should... don't use any of these as an excuse. However, since you have come this far in the book, you have your seven pains and seven pleasures... you don't? Go Back. You will not succeed until you do.

Just because you have failed in the past, does not mean you will fail in the future.

Right, Tony Robbins??

Put this saying up everywhere... in your head... your heart... your mirror... wherever you are... on both sides of your card with the seven pains and seven pleasures.

My main stumbling block was my reaction to my husband. I should say, I perceived it as a stumbling block. Today, I know it wasn't him... it was my reaction to him. Please try to understand this. He was all for my losing weight... he encouraged me... put up prizes... but he had a way of saying things that I would interpret as hurtful and I would eat. Any excuse, right?

Now I know I used that as a cop-out. But in the past I would say, if he is going to be like that, I am not going to lose weight and reward him. I won't write this book. I will fix him. I will punish him by eating. It was a sick way of getting even.



What a convenient excuse. What a brilliant idea. I can still see us... I am fat... he is not... and I am going to punish him by getting fatter. Now, that might not make sense to some and I know there were many deep reasons for it... my point is... I don't have this in me any more because of what Tony taught me.

Let me say here, that sometimes our mates don't want us thin. I'm sure there are many reasons. One, some wrong idea you will be more attractive to others if you slim down. Maybe they are overweight and they don't like the contrast... who knows... if you feel this is true, remember, that is their problem. Let them handle it. You handle the weight. Get rid of it... it is ruining your life and your health.

I made another change. To stop eating when reading. I had always looked forward to that activity. Read and eat... eat and read.

Can you imagine how many books I had to read to gain 130 pounds? Let me tell you.... Lots and lots. I started going to exchange book places to keep up with my three or more books a week. Sometimes more. That many books, times the twenty or so years I was fat... well, I did learn a lot... sure go fat. I would eat all the time I was reading. I looked forward to it. As if that was a signal or an excuse to eat.

I don't know if I read so I could eat or ate so I could read. I was addicted to food and the written word. If there is nothing else to read, I will read directions on packages. I read... I've read over 7000 books. Some good, some not so good.

Another hint... I then stopped eating while watching television. I know these are what we have always been told and I know they work, but I was never able to do it.

It's hard not to eat when watching television. Hard for us, not thin people. The television food ads are stunning and always there. Turn them off... turn your mind off... Read your 7 pains and 7 pleasures.

Remember, this is your life. No one else's. You are the only one who puts food into your mouth. You can learn to make the right choices.

DO IT

LOSE IT

IT WORKS

I KNOW

*The quality of your life is based on
The quality of your questions*

CHAPTER 4 - BENEFITS BESIDES LOSING WEIGHT

Why a better nutritional program? Because you need one. If you had a good nutritional program you would not be fat.

I know there are lots of books on nutrition. Have been for years. In fact, when I first learned about how to cure my arthritis, I found books written on the subject of cures in the 1880's. Why then, didn't my doctors know? These were all written by renowned medical men of the day. Today, our future doctors get only a few hours of nutritional teaching.

For people who want the long explanation and details, there are books for them. This book is for those who want to start and don't want to become confused with more material than they are ready to handle. This was my first stumbling block with the arthritis. Some books were so detailed and really not written for the lay person. I am a lay person... you are no doubt a lay person. We want it simple.

So... a better nutritional program is using foods of higher quality in place of foods of lower qualities.

The worst foods, and non-foods... are fats... oils... butters... sugar... chemicals in our food... red meats... pork... fatty fish... completely man made food... all coffee

creamers... worst food is oleo... coffee both caffeinated and non... teas with caffeine... the dyes they use to color our foods... the artificial sweeteners... all of them... all dairy products... turkey and chicken... fish.

The next stage up, would be, the grains... bean family... and pastas... with meatless sauce.

The very best... the IDEAL WAY OF EATING....
ALL THE FRUITS... VEGETABLES... SPROUTS AND SEEDS.

THAT IS IT SEE HOW SIMPLE?

Translated into meals... a couple of hours after getting up, have several pieces of fruit... later, maybe 1 or 2 o'clock... have more fruits... the third meal you may really splurge.

Have a large salad, with no more than four kinds of vegetables... avocado... seeds... sprouts. See recipes for a good dressing... you will soon make your own.

For those who can not eat all raw, add steamed vegetables... lovely baked potato, with virgin olive oil and salt free seasonings... all the pastas, with meat-less sauces... stir fried dishes...

I don't recommend adding the lean fish, chicken or turkey...but if you do, do it once a week or so and keep portions below 3 ounces.

Put it this way... for peak health... choose the raw way. For anything less, go further down the chain.

I know very few people who are truly all raw food eaters. I am not. Close, but not 100%. I would guess about 85%.

By going this route, I have cured my arthritis... migraine headaches... grown long fingernails... sleep like a ton of bricks... and have energy for anything I want to do.

(When I add all the bad foods I get my old ailments back.)

People will have lower blood pressure and cholesterol with this way of eating. I have seen letters saying their allergies are gone... they don't take insulin anymore. Lots of good things happen when you start to feed your cells properly.

The closer food comes to the natural state in which it is grown or the closer to raw, unrefined state, the better it is. The enzymes are intact. The amino acids are in the most usable form. The minerals, trace elements and the life force and carbohydrates are there.

When you heat anything over 105 degrees, you have lost the nutritional value of that food. So, basically, cooked food is food-less food.

All this raw food feeds the cells. Cells fed with the highest form of food are the best cells and the most capable of keeping a body, with its immune system, in perfect running order. This is why we take our one spoonful of green leaves of barley every day and will for the rest of our lives. See chapter on vitamins.

Studies now confirm, that avoiding a low intake of calcium is a very sensible way to avoid bowel cancer.

In early September of 1991, I saw a program on health, on TV, out of Chicago. Dr. Hanson of the National Institute of American Cancer Society said, "We can fix ourselves." Risk factors for heart disease are more for men than women. We can change the risk factors by quitting smoking... diet... and for diabetes, stay away from high fat diet. We eat too much of the wrong food.

He said, "In cancer, what we eat is very important. We need Vitamin A to prevent cancer. Twenty studies show high use of dark, green vegetables, with betacarotene shows that these people have less cancer. Cancer is in over fed people"

All that was a quote. Also quoting from the same program, Henry Blackburn M.D. said, "Heart disease is a post World War II phenomenon. He said that for those who lived to 20 had the same life expectancy as a person does today. Our life span has not increased. Prevention is the key. We eat differently than we did in the early part of the century. We can't handle the added salt. We ate simple grain products... we now eat specially fed animals... all this raises cancer occurrences... richer foods... no exercise... preservatives and fat in animals... We eat eggs because they are available, not because they are needed... salt is bad... we had higher vitamin content in foods earlier." Unquote.

I have been preaching this for years. Before the cancer people and the medical profession would admit to the above. Now you hear it more and more. Take heed... it is true... it works.

Carrots... pumpkins... peaches and prunes are high in Vitamin A. and are a great help in those over 50 to avoid muscular degeneration.

Vegetarians have much less cancer of all kinds. Vegan Practitioners have even less. Vegans eat nothing from the animal or dairy world. See chapter on books

Three reasons why these people have health.

1. They do not eat meat, which contains pro-cancer agents like saturated fat.
2. Vegetables are lower in calories, which has been proven to reduce cancer risks.
3. Vegetarians and Vegans, have a more active immune system, due to the great amount of live enzymes in raw food.

All three reasons contribute to a longer healthier way of life. Vegetarians' white blood cells are twice as deadly to tumor cells, than meat eaters, white cells. Vegetarians have more natural killer cells.

Eat organically when you can. We must avoid nitrite cured foods. All lunchmeats, hot dogs and the like, have nitrites.

Betacarotene and zinc are antioxidants. They control the production of cell damaging free radicals, which lead to premature aging and cancer.

You should know, when we eat fats, which have been heated, a change occurs in molecular structure, which makes free radicals. Polyunsaturated fat seems to be the worst.

Virgin, cold pressed olive oil, the only oil I would use for uncooked foods. Cold pressed safflower oil for stir-fried cooking.

If you suffer from digestive problems, you really need to change. You lack digestive enzymes, which means, you are not absorbing mineral, such as iron... zinc... or calcium. You must learn to chew slowly. You need the saliva mixed with what you eat, before you swallow it. Fast eaters usually have digestive problems. For those who find raw vegetables hard to chew, get a juicer. There are many good ones on the market. I got a champion and it was worth its weight in gold. Ask questions at your health food store.

What a marvelous way to get your vitamins and enzymes. Did you know that carrot juice with a little apple juice, freshly made in a juicer, is the best tasting drink in the world? Yes, it is.

In fact, it is better to feed a baby, who cannot get mother's milk, carrot juice, until it can eat, than it is to give it a man made product.

Stress can cause hearing loss. So, if you're older and have hearing loss, check the stress in your life. Change your food habits and your breathing habits and this will help.

Osteoporosis is not due just to not having enough calcium. It is found in those who eat great amounts of red meat. The body takes calcium it needs to digest the meat, from the bones.

Also, lack of exercise contributes. Now, I know you say they put calcium in all those modern day things advertised on TV, but, please, the only usable calcium is found in fruits and vegetables.

Make sure you get zinc... iron and magnesium from your foods.

You will not have protein deficiency when you eat the way I am telling you to eat. We do not use protein as protein. Over a long period of time, proteins are digested reducing them to their amino acids, so we can absorb them. Vegetarians do not have excess toxic waste. We do not need as much protein as we have been led to believe. 15 to 28 grams are enough. That's about 3 ounces of seeds or ten almonds.

Always buy seeds and nuts at the health food store and make sure they have not been heated... salted or sulfured.

Dr. Herbert Shelton said, “Old age is not a time of life. It is a condition of the body.... It is not time that ages the body... it is abuse that does it.”

Harvard Medical studies, done by Wachmaan-Bernastein, found too much protein especially leads to osteoporosis. “Old age is a cumulative effect of years of poor diet and life style. Thinning hair... tooth loss... fatigue and confusion are, in most cases, signs of malnutrition.”
Unquote.

What do you think about that?

Even when I weighed 280 pounds, I was malnourished. The average person in this country, eating the so-called food American diet is malnourished.

Arthritis comes from a diet of refined foods which lack the critical nutrients needed to synthesize collagen and should be replaced with whole natural food, rich in complex carbohydrates and fiber.

After middle age, cancer of all kinds, affect more and more people. In 1960 it was 1 in 20, today it is 1 in 3. Think about it.

Weight control and eating high fiber foods, rich in Vitamin A and avoiding nitrates is a way to health.

Sick people are, for the most part, great eaters of cooked foods and meat.

Cut down on pesticide intake... don't drink commercial orange juice... eat grain products and you will boost your immune system.

When you do this, your energy level rises. You have for zest for life. Your hair looks better... your complexion changes for the better, your life changes. The more energy we have, the more love we have to give and to share with those we love.

With this new found energy, the world will open up to you. With Tony's method, you will change your life. You will no longer live a humdrum life built around, when is your next meal. Things start to happen. It did for us and it will for you.

*Good judgement is usually the result of experience.
Experience is usually the result of bad judgement*

CHAPTER 5 - OUR RELATIONSHIPS

We spend our lives with others. We do not live alone in this world.

I am not saying that other people are the reason for our eating problems... What I am saying is that how we react to others, does kick off our eating binges... habits... excuses... reasons... whatever they are, we use them as an excuse to eat.

Over the many years of my life, I have learned some things, not enough but I am always learning. One thing I have learned, it is not what happens to us that determines our lives... it is how we react to what happens to us.

For example... If someone calls us “fatty”, we can respond by feeling hurt... by crying... saying angry words in response or eating. Unfortunately, we usually choose to eat.

We have other responses we can use. We can realize that we are not responsible for anything that anyone else does. We are only responsible for what “we” do. Obviously I do not include what underage children do.

We’re only responsible for our “re-action” to what others do.

I learned this fact in RECOVERY INC. This is a self-help session run by the people at the meeting. They are there to show people this concept and they have already solved their own problems. It has helped many people regain control of their lives.

An example, in one of the earliest meetings we attended, there was a man who was told by his wife... it's either get help or get out.

His problem was, whenever he did not like something or got upset over anything, he would drink and get violent. He never hit people but would break up furniture or what ever there was handy. He would do this wherever he was... home or work, play. He was always losing jobs. He claimed because of his co-worker... boss... or whatever.

Recovery taught him, it was his "re-action" to what was said and done and not what "was said or done."

He learned different tools to use, to change his re-actions.

They have meetings all over the nation. Free. If you want the address, send a business size, self-addressed envelope to me. First try the phone book.

Another example, a lovely lady, who felt she would have to leave her husband. He would drive her to distraction over the fact that at any gathering, he would do outrageous things and be the life of the party.

She would feel ashamed for him and herself and felt it was her fault. She felt everyone blamed her for his crazy actions, why didn't she change him?

In Recovery Inc. she learned, he was responsible for his actions and she was responsible for hers. When she changed her re-action to what he did she was able to enjoy him and no longer felt the old, ashamed, guilty feelings.

The reason I am including this in a book on getting thin, is so you know and realize again...

IF IT IS TO BE IT IS UP TO ME

Tony says to take the rocking chair test to find out, now, if you're really having the life you want. I just love this test.

Pretend you are 90 years old and sitting on your porch, rocking and thinking about your life. Did you do what you wanted to do? Are you happy with what you did or are you unhappy over some of the decisions you made?



Are you glad you got thin... or sorry you stayed fat?

However, if you stayed fat, I doubt you got to be 90... I never see fat, old people.

Should you have learned to fly... should you have gone on to get a degree... should you have left your job... changed careers... gone to live in the wild?

When I do this, I find it is not the things I did, that I feel so bad about but what I did not do. I did not scuba dive... so far... I did learn to snorkel this year in the Keys.

I did not travel as much as I would like... I did not spend as much time with my kids as I wish I had.

You take this test. See what your regrets are or your successes. Make a list... a long, long list of these things... and go do them. Say, I love you... more.

Remember, however, you are in your rocking chair, alone, looking at your life... no one else's... you are responsible for your re-actions to your life.

IF IT IS TO BE IT IS UP TO ME

*The best service a book can render you, is not impart truth,
but to make you think it out for yourself.*

CHAPTER 6 - FASTING

I was introduced to fasting when I cured my arthritis. I could have been free of it sooner than I was, but I could only fast for two weeks. A complete cure would have taken up to a month of fasting.

Fasting fascinated me and I read many books about it. Jack Goldstein M.D. he started me on my road to a pain free life cured his colitis with it. He was dying and fasting saved his life. See chapter on books to read.

Paul Bragg used it extensively all his life for health and to de-toxify. He lived to be 96. He was surfing in Hawaii just a few weeks before he died. See chapter on books.

It works and it is easy. First, you have to understand you are not going to starve.

It is easy. For a set period of time you will take into your body, nothing but distilled water.

When you are doing it for the first time, I recommend that you do it one day at a time. Say, one day a week. Maybe from Sunday night to Tuesday morning. You might get a slight headache the first day or so, but it passes.

After several weeks, make it Monday and Friday. Then, after you have done this for a month or so, try it from Friday night to Monday morning.

The best way to fast is three times a year, go on a fast for a week. This will get rid of all the toxic wastes you have accumulated from normal living. This should be done under supervision.

You will feel better... look younger... and lose weight. I lost 13 pounds the first five days I fasted and went on to lose 7 more the next seven days of my fast.

The only trouble was, at that time, I did not have the personal leverage on myself to sustain my weight loss.

One of the problems a lot of people have... I never did... is constipation... fasting then a great diet of fruits, vegetables and nuts and seeds, will take care of that.

It is my belief and of those in the health field... that constipation is the forerunner of many diseases. If our system is clogged, things just do not run right. Whether it is a car, or our body.

Benjamin Franklin said, “Eat to live and not live to eat... many dishes... many diseases.”

Paul Bragg, says that over and over in his book, “The Miracle of Fasting”. Flesh is dumb... flesh will accept anything.

We fat people have proven that. We have put the most awful concoctions into our system. Of course, we have a great many symptoms of ill health to show for it. High blood pressure... cancer... all the allergies... asthma.

For every inch of excess fat on a body, there are 700 miles of fine tubes to nourish and feed this excess fat. Isn't that terrible?

When we cut down on calories, we get hungry and angry and frustrated and feel deprived and so it does not work. When we fast, we feel no hunger after about the second or third day. From then to the end, we have no hunger pangs. It's easy.

If you want to fast a long time with no knowledge, you must find a professional to help. There are many fine spas around the country including where I was, Pawling Health Manor.

When we fast... I mean on distilled or filtered water... no, so called juice fast... although that has its place... the fat spots on our body dissolve first... not muscle. The fat that shows so clearly on our overweight body.

I am trying to not only help you lose weight but help you have a great body... to have health as it was meant to be... to live a vibrant, long life. I do not know how long I will live... no one does... but I do know that I will live each day... vibrant and happy and full of vim and vigor.

Tony says... LIVE WITH PASSION. THIS HAS BECOME A WAY OF LIFE FOR US.

Most of us do not know what a real healthful life is. We think, If we get up... work... eat... rest... watch TV... go out once in awhile... and aren't sick in bed that means we are healthy. Nope, we who have health, have a great zest for life. We have plans. We do things... we are interested in people.



We wake up and say... how can I be so lucky... today is a great day. We are bursting with a love of life. We begin to feel more giving... more sharing... we see other possibilities in life.

An example. Anita asked me to go shopping. Well, to me, shopping meant lunch. So, away we go. All I could think was, when do we stop for lunch? Finally, I mentioned it. She said, "lunch?" What for? It's a waste of time.

See the difference between the people who are motivated and the fat people?

Another example of why we should fast. During the Korean War, we autopsied our young soldiers. We found they already had signs of heart trouble and degenerative diseases of all kinds.

The Korean people autopsied their young soldiers and found no such thing. These were men of 18 to 23 years of age. It is a national disgrace and I am ashamed for us.

How can that be? Fast foods... lots of junk food... too much meat... milk... not enough raw fruits and vegetables... 90% of our diet is cooked foods.

Cloris Leachman cured her asthma by fasting.

Along with fasting is breathing. I know... we all breathe. That's what I thought until Tony taught me different with his tapes.

Stand up... take a deep breath to the count of 7... hold it for the count of 28... exhale to the count of 14... do this 10 times, at least three times a day. If you can't do this to those counts, do it as long as it is comfortable. As the days go by, you will get better. That's the whole point, isn't it? To get better.

Also, cancer cells are known not to live in oxygen. So breathing and eating right can be a first line of defense. Athletes have less cancer than other people.

In 1961, The American Journal of Clinical Nutrition said, “Nutrition is the most important single factor affecting health. This is true at age one to 101. Nutrition is a specific factor in the prevention and in the control of many chronic diseases.’ Unquote.

Americans consume more chemicals in their food than any other nation. Is it any wonder that the incidence of cancer has gone up, from one in 20 in the 1960’s to one in 3 in 1991?

There are over 4800 chemicals in our food chain. All legal. Why do we allow this? Because we just don’t care enough? Business is too big?

In the early 1900’s, there was a survey of 72 nations to rate them as to health. The United States ranked 13th from the top in good health. The same survey in the 1980’s, showed the United States 72nd from the top. That’s way at the bottom of the list.

Why, in a nation that has more hospitals... more doctors... more money spent on research... more food available... why, are we the world’s sickest people?

Could it have something to do with the chemicals in our food?

Of course, it does... and this is why we must detoxify. There is no better way than by fasting.

Your mind becomes more clear after a fast. Fasting is mentioned over and over in the Bible. In fact, 74 times.

We are punished by our bad habits of living. This is nature's law.

We can not continue these bad eating habits and expect to live a long, healthful, productive life. I know there are always exceptions.

My father ate wrong... smoked... drank all his life. He quit smoking in his late seventies but it caught up to him anyway. He died of throat cancer at 82. I wonder how long and healthily he would have lived if he hadn't smoked or drank or if he had eaten right?

One of the things that did contribute to his 82 years, is the fact that the first 50 years of his life he did not have the chemical problems we have today. He was very physical. He worked a physical job, farmed in his spare time, using horses and hunted and fished every moment he wasn't doing the other things.

No one knows whether they are going to be the one to defies the laws of nature and lives a long healthy life. I want to do what I can to improve the odds..... don't you?

My father had a great sense of quiet and joy of life. I never heard him complain or gripe about life. He greeted every day with joy.

Fasting and a sound nutritional program, can take you to the heights of true living, that not many experience but that all would like to experience. You experience this when... not if... you follow me.

S. McLester, former president of the American Medical Association, said, "The greatest tragedy that comes to man is the emotional depression... the dull of the intellect and the loss of initiative that comes from nutritive failure." Unquote.

There are two kinds of people in the world... the real person thinks for himself... the imitation person let's others think for him. When you read from different viewpoints, and study different sides, a pattern becomes clear. It might be different from person to person. But it soon becomes clear what choice we want to make for ourselves. It might be down a path, I consider wrong... but the path must be yours. I am just asking that you choose this path because of an enlightened view you will have of both sides. Not a view you kept from ideas you had from childhood.

The purpose of this book, is to expose you to these facts and pique your interest to do more reading and more thinking for yourself.

Prove this to yourself. Read more and make your own decision. This way of life is right for me. I have gained a new body... a new spirit and a new way of life.

May I lead you up the same path? Will you join myself and others on the quest for truth and enlightenment?

Gaylord Hauser said many years ago... WE ARE WHAT WE EAT... It was true then and it is true now.

IF IT IS TO BE IT IS UP TO ME

*For every disciplined action you take in life,
There is a multiple reward.*

CHAPTER 7 - IDEAL EATING

The ideal diet came from T. C. Frye of Life Science fame. He publishes a monthly newsletter. It is worth getting when you are serious about getting to the peak of health.

Mr. Frye is carrying on the work of the great hygienist, Dr. Herbert Shelton.

He is an early riser, (late risers like myself, can follow this too) He starts off with his exercises... a glass of juice, he prepares himself. After several hours he has a meal of fruit. How ever many he wishes. Usually the same kind at one meal but it varies.

I know you have been told different but do your own research, as I have and discover that we have not been getting the facts about breakfast and eating right.

Dinner is later in the evening, 6 or 7 or whenever you wish. It consists of a very large salad, with no more than four kinds of vegetables... usually romaine lettuce... avocado... some three or four ounces of sunflower seeds.

This is an ideal diet. It gives you all the vitamins we need and all the minerals we need and live enzymes. You also have an abundance of protein.

Mr. Frye went from an overweight, unhappy, unhealthy man to a vigorous, healthy, active man on this way of eating. It is a way of life for him.

It is also the way I am going towards but I am not that pure on just raw foods. I eat at least 80% of my diet raw. For the rest, I eat cooked foods, such as baked potatoes, with olive oil and seasonings... steamed vegetables... pastas, with meatless sauces... stir fried dishes. See Chapter on recipes.

Since the very day he read his first book by Dr. Shelton, he has not partaken of meat... fish... milk or any other animal products. He is a fruitarian essentially. He might be called a Vegan.

He has not used any salt or condiments of any kind... no breads... candies... cookies or cooked foods of any kind... nor drunk anything but distilled water. No tea, pop or coffee.

He has not taken any drugs of any kind, including aspirin or any of the antacids he used to take everyday. Before this way of life, he was overweight, had frequent bouts with colds and virus. He had perpetual indigestion... migraine-headaches... acid stomach... malarial attacks... dental cavities and defective vision.

Do you see any part of you in this paragraph? I am sure you do and that is what this book is all about. Let's get busy and change it.

Mr. Frye, no longer wears glasses. He no longer has bad breath... or constipation... sinus... foul stools... obnoxious body... a runny nose... continual mucus... arthritic joints... and other complaints. His pulse was 70 to 75, now it is 44 to 48.

His weight dropped drastically. He is now at his prime weight and feeling fantastic.

He fasts on Monday. From Sunday night to Tuesday noon, he has just distilled water. Continues with his normal days of work and exercise and relaxation.

To this, he adds fasting several times a year for periods of seven to ten days. This keeps his system clean and free of toxic waste.

This is really a program worth following. I have no more migraines either. My weight is normal and I am no longer tired. I feel and look, a new woman. I don't expect to



have everyone who reads this book do this. I have given enough speeches on health to know this. However, if you will make one change a week, in 52 weeks you have made considerable changes. The closer you can come to the above way of life, the healthier you will be.

Natural Hygiene emphasizes certain regimens for healthful living.

1. Pure air.
2. Pure water... distilled water.
3. Cleanliness... internal bodily cleansing by thorough elimination of waste matters.
4. Warmth... body temperature maintained.
5. Sound and sufficient sleep.
6. Wholesome food... raw fruits... raw vegetables.
7. Exercise
8. Sunshine
9. Rest and relaxation.
10. Constructive play and work.

Natural hygienists believe that by living this way, they and you should live to a good old age, in a healthy condition.

In my seminars, I tell people that I don't know how long I'll live, no one does...but I do know I will wake up every morning, vibrant... excited... full of passion and ready for whatever is in store for me on that day.

Cooking food drastically changes it. All fresh raw vegetables are basic foods, with vitamins, enzymes and minerals. However, when these foods are heated over 105 degrees, they all acquire a surplus of acid, which is extremely bad for the body. You also lose most of the vitamins and minerals and all of the enzymes.

We get ample Vitamin D from the sun. It is deposited in suprarenal glands for use during winter.

Raw foods set off body cleansing. Raw foods promote the excretion of toxic wastes. When we first change our eating habits, some of us get slight headaches but they disappear in a day or two.

Make it a rule to eat 80% of your diet raw. This is not “rabbit” food. It means hundreds of choices and hundreds of recipes to make appetizing meals.

I know at first this might seem hard but it really isn't. The side effect is great health and an abundance of food to eat. In fact, in quantity, I get more food than the so-called, Great American Diet. You know... the four food groups.

Even the Government, recently admitted that the emphasis on milk, cheese and meat might have been overdone.

My portions are large and it is very inexpensive. It is not unusual for our food bill to go down from 30 to 40%.

Look at all the new clothes that will buy. You will go shopping now... not lunch.

For more good reading, see DIET FOR NEW AMERICA.

Dr. Pottinger, experimented by feeding cooked foods to one group of healthy cats and natural foods to a control group of healthy cats.

Those fed exclusively cooked foods, suffered mental derangement's... decreased sexual abilities... developed

menstruation in females... arthritis... heart troubles...
homosexuality... general sickliness and shortened life.

The other group, fed on the same foods but raw, enjoyed
superb vigor and health and long life.

AREN'T YOU AS IMPORTANT AS A CAT??

Experiments on calves showed, if they were fed their
mother's milk, after it had been pasteurized, the calves died
within one to two months, from diseases of malnutrition
and systemic poisoning.

We must eat fruits and vegetables at different meals.
Vegetables, nuts and seeds go together. Melons of all
kinds, should be eaten alone.

It is a fundamental fact in chemistry, that alkalines and
acids are opposites. That they neutralize each other.

All starchy foods digest in an alkaline medium and the
starch splitting enzymes of the mouth are destroyed.
Therefore, if acids are taken with starches, the starch
digestion is suspended. If breads and cereals or potatoes
are eaten with berries our digestion of these starches is
delayed and you have stomach problems and gas.

The explanation of this is rather lengthy and can be found
in other sources. Just remember, we eat fruits alone and
salads and nuts at other meals.

Mono meals are the best. In other words, eat one kind of fruit per meal or one vegetable or just nuts. I know this is severe but think about it for an occasional meal.

What I am trying to get across is to read. There are many good sources. Start at the health food stores. They have lots of information. Some free.

People who are in good health, eat right... not from the food groups.

I am constantly striving for the 100% raw. I am doing fine. Feel like a million bucks.

For cooked foods I stay with vegetables. I give recipes in another Chapter.

Remember, when you are sitting, alone, in your rocking chair, will you be glad you did this or will you say... why was I so stupid.

I “choose” to live this way. I “choose” to go my own way. I “choose” not to follow the crowd that is eating itself into an early and painful grave.

Some day we hope to be wise enough to get the vitamins that wild animals get by eating what nature gave them

CHAPTER 8 - VITAMINS

Do we or do we not need extra vitamins? That is the question.

My personal belief, from years of studying foods and nutrition, is.....

People who eat organic fruits... vegetables... nuts and seeds... raw... do not need extra vitamins.

People who eat fruit... vegetables... nuts and seeds not grown organically grown, need extra vitamins because of the sadly depleted soil where our food is grown.

People who eat the average American diet “do” need extra vitamins.

What kind and how many? My belief is this... Vitamins do not work alone... To be effective, they must be used with other vitamins. When I first started getting rid of my arthritis, I had a large combination of vitamins, chosen just for me by Felor Jourdikian Ph.D. We didn't have barley green then.

Now, I believe that with the combination of raw fruits and vegetables and the green leaves of barley, I am getting all I

need and I don't have to worry about combinations or too little or too much.

What are green leaves of barley? It is barley grown organically, when they are 10 to 13 inches tall, are cut, cleaned and sprayed into a powder at 97 degrees.

The power of this food is not just in its vitamins... minerals and enzymes but in its completeness. All essential nutrients, wholeness, together in one food. It is alive and balanced.

It has the eight essential amino acids plus 10 more. It is rich in potassium and iron.

It has 103 times as much carotene as carrots... 65 times as much Vitamin C as apples... five times as much iron as spinach.

It has several hundred types of enzymes, which correspond to those found in our cells. This alone, makes it into a class by itself.

SOD... superoxide dismutase... a super scavenger enzyme. It destroys damaging free radicals, which are the chemical by products of normal cellular metabolism. SOD helps to retard aging.

It is anti-inflammatory and therefore helps arthritis... tendonitis and other inflammatory conditions.

The chlorophyll deodorizes and detoxifies toxic waste in our bodies.

The protein contains all the essential amino acids and 15 times as much protein as an equitable amount of milk.

It is 90% digestible protein and has glycoprotein which helps to lower blood pressure.

Plant proteins are small and will not stress the body, as do protein molecules from meat sources.

It is alkaline. We all need to have a system that is more alkaline than acid. This helps neutralize the acidity caused by eating excess meats... starches... sugars... soft drinks... preserved and cooked food.

Vitamins are found in all foods but since I am telling you about the ideal food program, we will concentrate on which vitamins are in fruits, vegetables, nuts and seeds.

For more detail, the best place to start, is to go to your health food store and ask questions and get the abundance of literature they have. Some of it is free. Remember, heating destroys vitamins.

Vitamin A. Fresh fruits... grains... cereals... unprocessed, of course. Whole brown rice only and vegetables.

Deficiency symptoms... allergies... appetite loss... blemishes... dry hair... fatigue... itching... burning eyes...

loss of smell... night blindness... tough dry skin... sinus trouble... soft tooth enamel.

Vitamin B1. Whole grains... legumes, all kinds of legumes... nuts... brown rice... peanuts... sunflower seeds... Brazil nuts.

Deficiency symptoms... loss of appetite... digestive disturbances... fatigue... irritability... nervousness... numbness of hands and feet... pain and noise sensitivity... pains around your heart and shortness of breath.

Vitamin B2. Nuts... whole grains... almonds and brussel sprouts... fruits... vegetables.

Deficiency symptoms... cataracts... corner of your mouth cracks... sores... dizziness... itching... burning eyes... poor digestion... retarded growth... red and sore tongue.

Vitamin B12. Grains.

Deficiency symptoms. General weakness... nervousness... pernicious anemia... walking and speaking difficulties.

Vitamin C. Citrus fruits... cantaloupes... green peppers... broccoli... papaya... strawberries.

Deficiency symptoms. Anemia... bleeding gums... capillary wall ruptures... bruise easily... dental cavities... helps alcoholism... allergies... arthritis... high cholesterol... overweight.

Vitamin D. Sunlight and small amounts in most foods.

Deficiency symptoms. Acne... alcoholism... allergies
arthritis... cystitis... eczema... psoriasis and stress.

Vitamin E. Dark green vegetables... vegetable oils...
oatmeal... peanuts... tomatoes... wheat germ.

Deficiency symptoms. Dry, dull or falling hair... enlarged
prostate gland... gastrointestinal diseases... Heart
disease... impotency... miscarriages... muscular wasting...
sterility.

Iron. Cherry juice... cherries... green leafy vegetables...
dried fruits... grains... legumes... fruits and fruit juices.

Deficiency symptoms. Breathing difficulties... pale skin...
brittle nails... fatigue... constipation and menstrual
problems.

Zinc. Found in spinach... sunflower seeds... mushrooms...
pumpkin seeds... fruits... vegetables.

Deficiency symptoms. Retarded growth... prolonged
healing time... arteriosclerosis... white spots on finger
nails... brittle nails... brittle hair... irregular menstrual
cycles in teenagers.

Potassium. Figs... peaches... tomatoes... peanuts...
raisins... bananas... potatoes... sunflower seeds.

Deficiency symptoms. Acne... continuous thirst... dry skin... constipation... general weakness... muscle damage... insomnia... nervousness... weak reflexes... slow irregular heart beat.

Biotin. Legumes... whole grains... lentils... sprouts... soy beans... apple juice... bananas... blackberries... currants... cherries... grape fruit... grape juice... all melons.

Deficiency symptoms. Depression... insomnia... muscular pain and poor appetite.

Biotin. Whole grains... lentils... mungbean sprouts... raspberries... apples... juices... oranges... and grapefruit.

Deficiency symptoms. Depression... help stop baldness... dermatitis... cramps in legs... eczema... dry skin... poor appetite... insomnia... muscular pain.

Folic acid. Green leafy vegetables... whole grains... dates... lemons... limes... melons... peaches... nuts and seeds... oranges.

Deficiency symptoms. Appetite loss... body growth... anemia... digestive problems... diarrhea... fatigue... mental illness... stomach ulcers and stress.

Niacin. Grains... all fruits and vegetables... nuts... and seeds.

Deficiency symptoms. Canker sores... depression... cramps... migraine headache... stress... poor circulation... fatigue... indigestion... insomnia... muscular weakness, halitosis... high blood pressure... skin eruptions... and tooth decay.

Pantothenic acid. Legumes... wheat germ... all vegetables... all fruits... most nuts and seeds.

Deficiency symptoms. Diarrhea... duodenal ulcers... eczema... hypoglycemia... premature aging.

Magnesium. Fruits and vegetables... nuts... seeds.

Deficiency symptoms. Fights depression... helps balance pH... prevents heart attacks... calcium deposits... stones... natures laxative... activates important enzyme reactions... irritability.

Sodium. Fruits... vegetables... nuts... seeds.

Deficiency symptoms. Should be no symptoms because of the great amount in all natural foods.

So, you can see, there is more than enough of all the vitamins and minerals in fruits, vegetables and seeds for health.

Here is the vitamin program I had made for myself, They are all natural vitamins, not synthetic vitamins.

Vitamin A	25,000 Units
Vitamin E	400 Units
Vitamin D	1,000 Units
Vitamin C	2,000 mg
Calcium	200-500 mg
Pantothenic Acid	400 mg
B2 and B6	2 mg

Today there is an all-in-one liquid nutritional supplement that I use; it's a blend of essential nutrients, powerful antioxidants, concentrated minerals and vitamins, and green tea extracts.

[For more information click here](#)

*In general, mankind, since the improvement of cooking,
eats twice as much as nature requires.*

Benjamin Franklin

CHAPTER 9 - SOME OF MY FAVORITE RECIPES

Breakfast

To get a good start, try... 1 Cup dried fruit. 1 Cup water.
Blend until smooth. Drink.

Peel two or three oranges, chop.
Add 4 Tablespoons (Tbs.) Sunflower seeds.
Add 1 Cup chopped pineapple.
Blend until smooth.

In a blender, grind up 2 Tbs. each of...
sunflower seeds... sesame seeds...
pumpkin seeds... Almonds... Brazil nuts.
Then grate 3 apples.
Add 1 Cup of raisins and 2 bananas... sliced.
Combine everything.

This is just an idea of the many different ways to eat
breakfast. If you just want a simple breakfast just wash and
eat fresh, ripe fruit.

Banana and cashew pancakes

1/3 Cup cashew	1 Tbs. honey
1 1/2 Cup warm water	2 Tbs. olive oil
3/4 rice flour	1 Tbs. dry active yeast
1/4 mineral salt	(yeast optional)
2 ripe bananas	

Put everything, except the bananas, in the blender. When blended, add bananas, which have been chopped. Cook on lightly oiled griddle until brown. Turn over and enjoy. Use virgin olive oil, instead of butter. Add some fruit and you have a feast.

Plainer pancakes

1/3 Cup soy flour	1/3 Cup lima bean flour
1/3 Cup corn meal	2 Tbs. honey
1 Tbs. olive oil	3/4 Cup water
Pinch of mineral salt	2 Tsp. baking powder

Combine everything in the blender or by hand. Cook on a well-greased griddle. Cook on both sides and put your favorite, pure maple syrup on top. Or whatever you like in the fruit family. Honey is good, just don't over do it.

You can vary these by using different fruits. Just remember we do not eat butter, or Oleo. Oleo is considered to be the worst food you could eat.

Lunches

You can make any number of combinations of drinks by using two different fruits. Add two ice cubes per serving of fruit and blend. Do the same thing with whatever vegetables you like.

You should get yourself a good blender. There are many on the market. It might be a good idea to ask your health food store what the differences are, so you can choose what is best for you.

Carrot and apples, juiced together is an absolutely delicious drink. Use about three carrots to one apple.

Salad drink... Bursting with vitamins, minerals and enzymes... Blend one tomato... two stalks of celery... 3 carrots... a beet if you have it. A great meal.

Vegetable Soup Supreme

Sauté ¼ Cup oil...4 onions...diced...until clear...add 1 Tbs. oregano, basil, marjoram...1 Cup sliced or pieces of

mushrooms...some mineral salt...4 carrots...sauté until almost soft.

Add 9 Cups tomato puree...Add 1/3 shredded cabbage... 2 Cups garbanzo beans, cooked, Cook slowly for about a half an hour.

Fancy Vegetable Soup

1 large tomato	1 Cup peas
4 onions, chopped	1 ½ Cup lima beans
1 Cup zucchini	2 Cups diced potatoes
½ Tsp. seasoning	1 garlic clove
8 Cups water	1 bunch parsley
3 Tbs. safflower oil	

Sauté the onions and garlic in a little safflower oil. Put the zucchini and seasoning and tomato in the blender. Puree this and add to the sautéed onions and cook about two minutes. Put the water into a large pot and add the lima beans, potatoes, peas and parsley and cook until vegetables are almost done. Serve.

Broccoli Casserole

2 large bunches fresh broccoli	
12 large mushrooms	1 large onion, diced
¼ Cup safflower oil	½ lemon

Steam the broccoli until just tender. Cook the onion and oil in another pan until done. Remove from the heat and add the juice from the lemon and a little seasoning. Put the broccoli spears in a baking pan. Put the mushrooms, which you have sliced, over the broccoli. Sprinkle the lemon and onion mixture over it. Bake at 350 degrees for 10 minutes or until tender to the fork.

Potato and Onion Dish

4 potatoes	10 onions
3 Tbs. parsley	2 Tbs. seasoning

Wash and slice potatoes, with their skins on. Slice up the onions. Put both into a very heavy pan, with about 1 cup of water. Add the parsley and seasoning and cook for about 15 minutes, until potatoes and onions are done. That's it. If you have kept just the right amount of water in it, it will be juicy. Add your pure, virgin olive oil for flavor and eat. Sounds simple and it is. But for potato lovers it is great.

For variety, add carrots, yams or any other orange vegetable you like. Or add them all for a really fancy dish.

Fried Rice Vegetables

Cook ahead of time 1 Cup of long grain rice.

Slice 3 small carrots, 1 small head of green cabbage, and one bunch of green onions. Add seasoning, 2 Tbs. Safflower oil in heavy non-stick pan and stir frequently for five minutes. Add ¼ Cup water, cover and simmer for 5 minutes, stirring occasionally until tender. Then cook uncovered, at higher heat, until everything is browned. Add rice and 1 Tbs. Soy sauce, 1 small can mushrooms. 1 can corn and heat through. Serves four.

My Favorite Dressing

4 Tbs. cold pressed virgin olive oil 1 Tsp. lemon juice
1 Tbs. honey
1 or 2 Tsp. Seasoning ¼ to ½ Tsp. mint, crushed
Sprinkling of minced dry herbs

Put the honey in a glass or bottle first. Then add the lemon juice and stir until the honey is well mixed. Add the rest and mix. This is enough for two for one salad. You can make a large bottle and store it in the refrigerator.

This is delicious over romaine lettuce... a little Ice burg lettuce... Green onions... tomatoes... avocados... and sprouts.

Keep your salads simple. The seasoning I talk about is from the health food store. There are many kinds. My favorite is Veget. But try several. My husband's favorite is Vege-Sal.

Eggplant Casserole

Slice one small to medium eggplant, with skin on. Put it into the bottom of a baking pan, which is coated with virgin olive oil. Coat both sides of eggplant and bake for 20 minutes at 350 degrees. Turn it once during that time. Add slices of tomato to each slice and broil until brown. Serve at once. Even people who don't like eggplant will like this.

You can get dairy free cheese from the health food store and add this on top of the tomato and broil.

Blueberry Desert

1 Quart blueberries... other fruit may be used
1 Tbs. arrowroot ½ Tsp. coriander
½ Tsp. nutmeg 1 Tsp. grated lemon root
¾ Cup honey 2 Tbs. water

Combine these in a 8" by 8" pan. Simmer on top of stove for two minutes. Combine ¼ Cup corn meal... 1/3 Cup soy flour... 1/3 Cup rice flour... 1/3 Cup lima bean flour... 1 Tsp. baking powder... 1/2 Tsp. mineral salt... 1/3 Cup safflower oil and sprinkle over the above mixture. Bake for 20 minutes at 325 degrees or until top is browned.

Upside Down Pineapple Cake

1 large pineapple	1 Cup hot water
¼ Cup honey	½ Cup virgin olive oil
1 Tsp. Vanilla	1 Cup soy flour
1 Cup corn flour	½ Tsp. Mineral salt
1/3 Cup honey	2 Tsp. Baking powder
1 Cup water	

Cut pineapple into small slices and put on bottom of oiled 8" x 8" pan. Mix first honey and hot water and pour over this. Place in oven. Combine remaining oil, honey... corn flour and water, add rest of the ingredients and mix well. Pour over fruit and bake 45 minutes at 325 degrees until brown on top. Cool in pan and then turn over to a flat dish.

I like it served cold but others like it warm.

Sinful Carrot Cake

3 Cup grated raw carrot	½ Tsp. nutmeg
1/3 Cup soy flour	1 Tsp. mineral salt
½ Cup Lima bean flour	1 Cup water
½ Cup Corn meal	¼ Cup lemon juice
½ Cup honey	3 Tsp. baking soda
½ Cup virgin olive oil	1 Cup raisins
1 Tsp. cinnamon	

Combine grated carrot, flours, salt, baking powder, and spices in a large bowl.

Mix honey, oil, water, and lemon juice and add to dry ingredients, mixing well. Pour into 9” x 13” oiled pan and bake a 325 degrees for 45 minutes. Test as with a regular cake.

You will think you’re cheating... but you’re not.

Drinks for the Seven Pleasures

Take any fruit juice or raw fruit, put it in the blender, add ice cubes if you want. Any combination.

I personally like carrot and apple juice. Try blueberries... apple juice and water and ice cubes.

I don’t give exact amounts because it is fun to see what you like. These can also be frozen and put in ice cube trays with sticks in them so the little ones can have Popsicles.
Healthful ones.

If you use fruits or vegetables in season you will be amazed and well fed. You will get live foods and think you’re at the best restaurant in town.

Get recipe books... experiment...

LIVE WITH PASSION

*Chinese literature says,
“Sickness enter through the mouth
and catastrophe comes out of the body.”*

CHAPTER 10 - EXERCISES

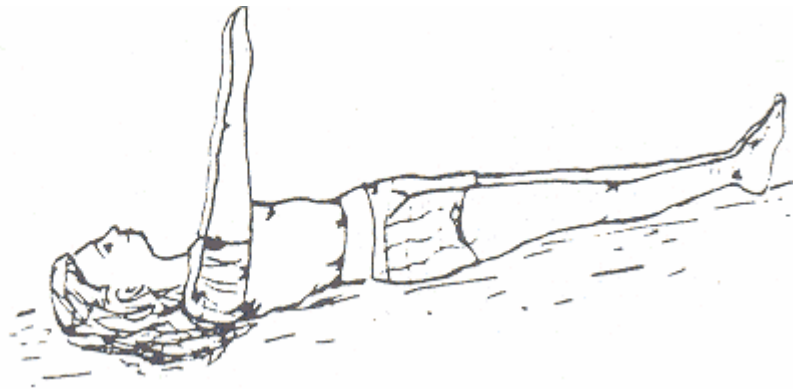
Exercise is very important. I used to think that exercise was just to strengthen the body and maybe “make you” feel better, but would not directly affect your health. Now I know better. Exercise helps put oxygen into your body... the more oxygen in your body, the better the body is. That is why I taught you to do the breathing exercises.

It helps arthritis for circulation. People with cold feet have bad circulation. When we do the minimum exercises every day, we are half way to our goal. A minimum is 20 minutes daily. A half an hour is best.

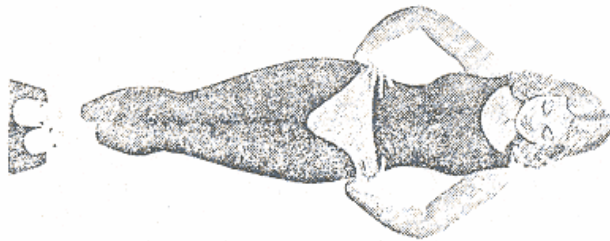
These are exercises I do in bed before I get up in the morning...

Lie flat. Raise both arms up and swing them... first to the left... then to the right... do this ten times for each side.

figure 1

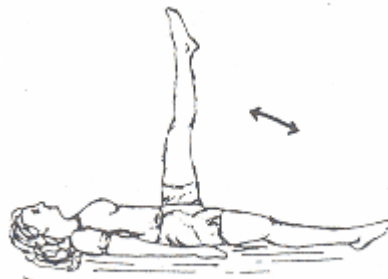


Lie flat, with hands by your side, and try to raise the upper part of your body as far as it will go. The first time, I did not raise it more than two inches and thought I would never



raise it higher, but now, I can raise myself almost straight up. Figure 2.

Lie flat, with legs straight. Raise left leg straight up as far as you can. Lower it. Do this ten times. Then, do the same



thing with the right leg. Figure 3.

Lie flat and raise both legs up together about 12 inches and swing them right to left in a figure eight. At first you can barely do this, but it gets easier each time. Do it ten times.

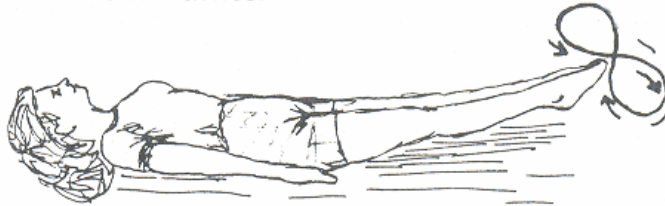


Figure 4.

Lie on your left side and raise your right leg up as high as it will go: lower it. Do this ten times. Turn over on your right side and raise your left leg as far as it will go ten times.

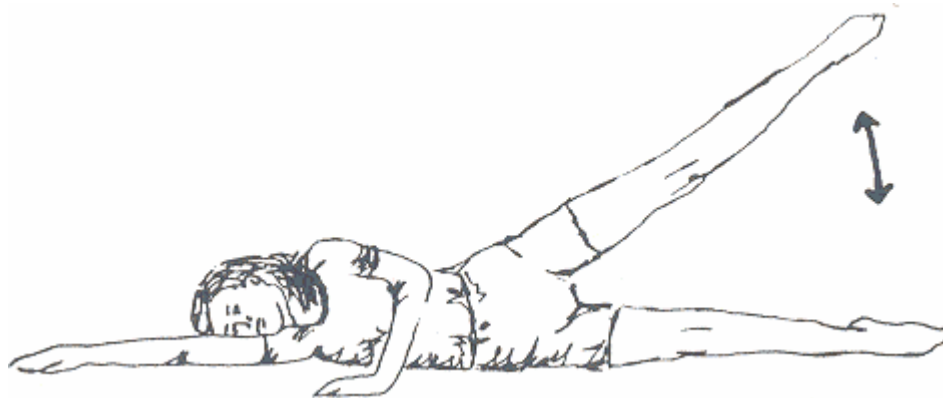


Figure 5.

While lying on your right side, swing left leg over as far as it will go and back again. When you swing it back, make it go as far back as you can. Do this ten times. Then turn on your left side and do it with your right leg ten times.

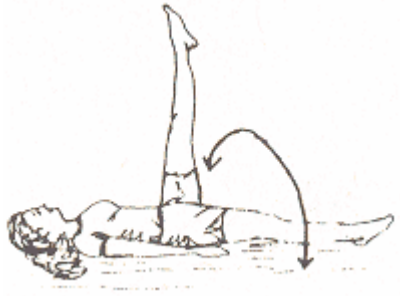


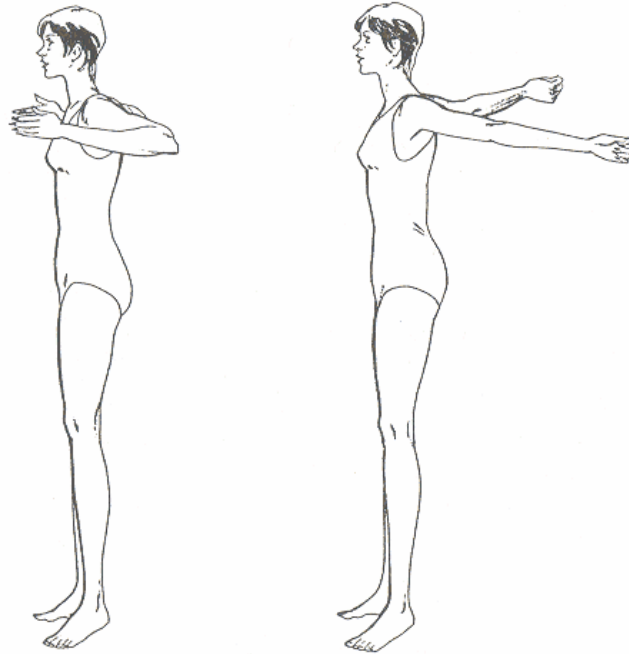
Figure 6.

Now, you are ready to get up. Walk around briskly with as few clothes on as possible for up to ten minutes. As many times as you can while walking, raise up on your tippy toes and try to waddle like a duck. Swing your body around as much as you can. You will feel marvelous.

Now, I know some of you will find these very difficult. But do, do as much as you can. IF you can do only one kind and only do that once, fine. The next day, add one more time. If you increase just one time every day, it will not be long before you are doing them all. As you eat properly, you will gradually find these easier and easier.

Stand straight: raise your arms in front of you together. On the count of one, pull them to your chest. On the count of two, spread them out as far as you can with a sort of bounce. On the count of three, bring them to your chest again, and on the count of four, bring them to the starting position. Do this ten times.

Figure 7 (below left).



Stand straight. Raise your arms and make a circular motion like a windmill with both of them at the same time. Do this ten times. Figure 8 (above right).



Stand straight with hands at your sides and drop your left shoulder as far down as you can, then do this with your right shoulder. Do this ten times.

Figure 9.

This is the only perfect exercise and the hardest for those with arthritis to do.

Stand with your legs apart. Swing your right arm up and over your head counterclockwise across your body, then bend from the waist with knees stiff and touch, or try to touch, your left foot. Then whip your arm back overhead fast and hard and bend backwards, from the waist. This should be one continuous movement. Now, use the other arm. While doing this exercise, breathe in while changing sides, and exhaling while touching your toes. Do this until you can do each side ten times. (You will not do it the first time and maybe not the 50th time but you will go further down each time, and that is what counts. When your back becomes supple, you will easily touch your toes.)

Figure 10.



Exercises for Improving Your Balance

Stand up on your toes, with your heels together, your eyes closed and your arms stretched forward at the shoulders. Stay in this position for 20 seconds without shifting your feet or opening your eyes. Do it then times. I found this the hardest to do, and am still trying for the 20 seconds, but every day is better.

Strengthening Waist Muscles

Starting position: Sit on the floor with both legs straight out and both hands clasped behind the neck. Twist the upper part of your body to the left as far as you can. Then, rotate to the right. Do this exercise ten times each side.

Figure 11.



Strengthening the Back

Starting position: Lie flat on your back with your arms at your side. Take a big, deep breath and flatten the lower part of your back to the floor for five seconds, then relax. Repeat ten times, exhaling fully when you relax.

Figure 12.



Exercise for the Kidneys

I do not have kidney problems, but this is the one exercise that makes me feel good while I am doing it. Lie flat: raise both legs as close to your chest as



you can. Place both arms around your legs and clasping tightly, roll from the right to the left at least ten times. My, but that feels good...

Figure 13.

The health spas in Europe that have had excellent results with diet and exercise recommend a cold bath and rubdown with a coarse towel after exercising, for at least once a day. I have been unable to take a really cold shower, yet, but I am down to lukewarm. I also have a loofa cloth, which you can purchase anywhere in drugstores and department stores. I rub myself with that and it really makes my body tingle. I rub all over until my skin feels warm. I rub especially long in the areas where I use to hurt all the time.

Remember we must have body motion, arthritics especially. It is increased circulation of the blood which helps nature to deliver nourishment to the body cells, including the unhealthy ones which cause arthritis.

The very fact we do not move much aggravates arthritis. So, we become progressively worse due to poor blood circulation. Mild exercise stimulates increased circulation to the weakened muscles.

Our blood must flow normally. It must bear food continually to build and rebuild healthy tissue.

When arthritics are told to exercise, they just do not. I know; I have been there. If your joints are swelling with heat and pain, hold off exercising until the diet works

enough for the swelling to stop and then start these exercises slowly, but consistently, and add more each day.

Here are a few more you might like to add. While sitting in a chair, you can do these exercises. Move around while sitting. Move your hands and head, any part that you can do without strain.

Let your hands hang loose, then shake your hands. Do this several times a day. If you're in bed, do it one hand at a time over the edge of the bed. Remember it is a start.

Sit on a table or high bench so your feet swing free. Stretch one leg forward, then let go and let it move as it will. Now, do the other leg. Do this three minutes daily, at first, and gradually increase to five minutes. These are not exercises, just body motion.

While lying on the flat of your back, point your toes inward. This takes effort to keep them pointing inward and up, but do it. Relax and do it again. Do this for three or four minutes. It's great for the back.

While lying on your back, raise your knees against your chest and pull your knees to your chest hard by the use of your arms. Relax and pull. Do this for two or three minutes. You can feel this in the small of your back. As time goes on, you can increase this to ten minutes.

Take Heed of This Warning...

No exercise will be of any lasting effect if you do not change your diet to the fresh foods and vegetables noted elsewhere: in fact, they could harm you. So, unless you are serious about changing your eating habits, do not do these. You must also exercise every day. If we let more than a day go by, we have lost all the good that past exercises have done for us.

Walking... This is nature's perfect movement. It is the best there is. At first, a walk should be short, even if it is only a few feet. Make a record and every day increase it by 10%. DO this until you are walking for twenty minutes, twice a day.

Keep a positive attitude toward this and see how great it feels to increase the exercise.

Swimming

If you can find a place to swim regularly, do it. It is one of my greatest pleasures. Our bodies are weightless in the water, and the exercises which are hard to do out of water, are easy to do in the water. Even if you are in a wheelchair, have someone help you into the pool and exercise for at least one-half hour.

This has been proven over and over, from polio victims to accident victims. Do not overdo it. I belong to a health spa,

now, and the first thing I do when I get there is to go to the dry heat room for three minutes, then to the wet steam room for three minutes, and then into the pool to leisurely swim around, and kick and enjoy. Then into the whirlpool for no more than three minutes. Then into the pool for several laps and into the whirlpool for three minutes, then swim for awhile, shower and go home. Before my change in diet, I would not even have gone, because it would just be too much effort and would hurt too much. Now, I leave invigorated.

Again, I remind you, the diet is the most important. YOU can get much better with just that, but if you want to truly be pain-free, you will have to do both.

Remember, if food has any additives, do not eat it. We who have arthritis or who have gotten rid of it cannot afford the so-called luxury of eating prepared food, chemicals, sugar, coffee or anything made with sugar or white flour.

You love to eat these fast foods, they taste so good and are easy to get, but what you are really enjoying is an indirect dose of stilbestrol, arsenic, or aureomycin.

We do not function well from these. They give us swelling and pain. So, every time we eat those foods, we know we are in for some pain, usually within three hours.

I used to reward myself for eating right for a few weeks by eating some chocolate candy or fried foods. Within hours, I had recurrences of pain and stiffness. After a day or two of

proper eating, my pain and stiffness would disappear. Needless to say, you soon stop being so stupid. No more. It is not worth it. I hope you will feel this way, too, and if you do, you will have a pain free life.

Again, I repeat, as I do several Times in this book, I can get rid of my pain my the foods I eat and I can cause my arthritis again by eating the wrong foods. Doctors have done this over and over with animals in laboratories. If this is so, and it is, what we have to do, to never have arthritis again is to refrain from the foods we know are bad for us and eat those that are good for us.

RIGHT? RIGHT?

These are the exercises from my book on arthritis. They work for everyone.

I highly recommend walking. It is easy and cost nothing and can be done anywhere.

Now that my arthritis is gone, I have found that bike riding is marvelous. The feel of the wind in my hair and the sense of freedom. You can sight see and enjoy exercise at the same time.

We got the old fashioned kind of bike. No ten speeds or fancy anything. My husband even got a girl's bike because it is far easier to handle.

We cannot keep fit if we don't find some exercise we are willing and able to do at least three times a week.

Preferably everyday. Find some and go for it.

LIVE WITH PASSION

*Success is creating consistent
pleasure in your life, and causing
yourself to grow. Failure is being
able to pain no matter how good life is.*

CHAPTER 11 - BOOKS TO READ

NUTRITION AGAINST DISEASE

By Dr. Roger J. Williams

Published by Bantan Books, Pitman Publ.

6 East 43rd St., New York, N. Y.

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BEYOND THE STAFF OF LIFE

By Keif Adler

Published by Naturegraph

Happy Camp, CA 96030

An excellent source of great recipes

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VITAMINS AGAINST CANCER

By Kedar N. Prasad, Ph. D

Healing Arts Press

Rochester, Vermont

I strongly urge you to read this book. It will change your thinking about food and what causes diseases.

DIET FOR A NEW AMERICA

By John Robbins (no relation to Anthony Robbins)

He was heir TO the Baskin-Robbins ice cream fortune. He gave it up to be a vegetarian and spread the word via his book. It is must reading of those serious about being in peak of health.

Stillpoint Publishing

Box 640 Walpole, N. H. 03608

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Before writing for these books, try your health food stores, bookstores or libraries.

THE MIRACLE OF FASTING

By Paul Bragg N. D., PH. D

Health Science

Box 7 Santa Barbara, CA 93102

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To get a sample of the Life Science Newsletter, send me a self-addressed large, stamped envelope.

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MAKE YOUR JUICER YOUR DRUGSTORE

By Dr. L., Newman Benedict Lust Publ.

Box 404 New York, N. Y. 10016

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TRIUMPH OVER DISEASE

By Jack Goldstein, M.D.

Arco Publ.

219 Park Ave., South

New York, N.Y.

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YOU DON'T HAVE TO BE SICK

By Jack Dunn Trap and Fred Allen

Natural Hygiene Press, Inc.

1920 Irving Park Road

Chicago, IL 60613

===

I went to fast here...

PAWLING HEALTH CENTER

Box 401

Hyde Park, New York, 12538

1-914-889-4141

*We should not let the authority be truth,
but let truth be authority.*

CHAPTER 12 - LAST MINUTE THOUGHTS

I have always felt deprived, when reading a how-to book, to have them just quit. No final word... just quit.

So here is my final word... or words... My system is quite simple really. We can boil it down into about one sentence.

Eat all you want of foods with no animal fats or dairy products and you will be in superb health.

I just came across an M.D. who agrees with me. He has tapes on health... cancer... and most all the ills of man. Very good. His name is James Klapper, M.D. He has more scientific proof to offer and all from a medical man.

You will get all the vitamin and enzymes and proteins when you follow this program and eat as we both have said. Raw... raw...raw.

You must get leverage on yourself. You must learn how to make choices. You must learn why you can eat as much food as I talk about and still lose weight. You will learn how to make choices... You will watch the weight drop off.

When you need more help, you will write me. I answer all my mail.

When you have reached your goal, you will send me a letter and a picture of you, before and after. You and I will spend the rest of our lives... THIN

IF IT IS TO BE IT IS UP TO ME

By now you know a lot more about me than I ever thought I would share with anyone in the days when I was fat.

I want to re-emphasize... It is not easy... I truly believe that without Tony's tapes I would still be fat.

Today I can make the right choices... and because I can do this I look like the front cover.

I have kept $\frac{3}{4}$ of this weight off for over two years and the balance for some months. I feel great and now know how to keep it off.

I am going for another 15 pounds which might be too thin. If so, I will experiment until I reach what for me is ideal. I think that is about 145.

I have learned more since this book was written and will soon start writing that book. One of the things I have learned is that the closer we come to no animal products and no dairy products the slimmer we will be. When we can do that we really have...

HEALTH

Whenever I see someone who weighs about 120 pounds I say to myself, "I used to carry that person around on my back every day... twenty four hours a day." How could I have been so dumb...

Life does change... and for the better. I get different looks... I wear different clothes... I shop different... and of course I eat different. My thinking is changed too and that is why I will never be overweight... FAT... again.

Please do write to me... I answer all of my mail. I want letters from everyone who hasn't been able to lose and because of my book found the answer.

I want before and after pictures that I can put in a future book.

I also want to hear if you have questions and need help. I can only help if you ask.

The fact that I was able to call Dr. Goldstein after reading his book, "Triumph Over Disease Thru Fasting", was a major factor in my finding a cure for arthritis. I give him; full credit. The first thing he said to me was.. "Arthritis is the easiest thing to get rid of". Remember, this is after 42 years of being told, "nothing can help and just go home and learn to live with it."

Please take this book to heart. It comes from the heart. I did it... You can do it. Remember... IF IT IS TO BE... IT IS UP TO ME...

The following are letters I have received because of my first book, "I Cured My Arthritis You Can Too."

I am including them here because the program in that book is essentially the same as this weight loss book. The results will be the same. I did not ask for these letters...

I am very grateful for them.

CHAPTER 13 – TESTIMONIALS

My friend is over 80 years old. She was unable to do hand work and almost unable to walk. Now she is able to do both.

Mrs. A J Moraga CA

It was the best thing I ordered from the catalog. Thank the lord and you. It is my companion in my quest for health. I can't praise it enough. You are a pioneer in the practice of prevention in medicine. The day will come when doctors must practice this kind of medicine.

Molly Schenectady NY

I read your book on arthritis. Some say that diet will not help arthritis but I have proven to myself, thru this book, that it can.

Mavis Redwood CA

I have been able to cure my arthritis as long as I eat the way you prescribe. If I cheat I get the old pain back. Thank you very much for your research.

Madeline Long Beach CA

I weighed 230 lbs., a few weeks ago. Today I weight 217 and feel very encouraged. I have had two pills for my arthritis in one month... I am so pleased. I asked God to help me find a way to get better and one that I could afford.

I thank Him for your love and unselfish act of taking your time to share with others.

Lelia C Staunton VA

If I ever hear or see anyone in trouble, you be sure I'll promote your wonderful book and praise it to the sky. God Bless You, I love you.

Myrtle Detroit MI

I have your book, it's wonderful and I intend to tell all my friends about it.

Clara Florence KY

My wife has rheumatoid arthritis and she tried what you wrote in your book and she has been almost totally pain free for a month. Thanks for your book.

Roy Goose Creek SC

I have purchased your book and it is a miracle from God, I really believe in it. It has opened my eyes toward the right foods we should eat to keep our bodies in a healthful state and free from diseases.

Evangeline Culloden GA

I have your book. I tried the plan to detoxify my system. I also ate just fresh fruit the second five days. I am feeling

much better and I am not hurting anymore and hope to continue feeling better.

Mrs. H Bremen GA

I am 57 and have had rheumatoid arthritis since 19. After only a few weeks on your program I went from barely able to crawl up the stairs, being in agonizing pain, and not being able to feel my knee cap due to swelling, to no pain in the knees.. I have knee caps again.. No pain in my back and only after less than a month. From the bottom of my heart,.. thank you.

Isobel Winston Salem NC

Links Of Interest

“I Cured My Arthritis You Can Too”

[Get all the details, Click Here](#)

Get the details on the all-in-one liquid nutritional supplement that I use.

[Click Here](#)

“The Arthritis Lady” Alternative Health Newsletter

“Amazing Secrets To Fantastic Health”

Subscribe to my free weekly newsletter [Click Here](#)

“Cooking With Michael”

Healthy, Delicious, Easy To Prepare Recipes

[Get all the details, Click Here](#)

Natural Health For Your Body And Mind...

[Get all the details, Click Here](#)

“I am here to help you to help yourself to enjoy a Healthier and Happier life style.

Best of Health,

Margie Garrison - The Arthritis Lady

<mailto:arthritislady@yoursuccesslinks.com>

www.yoursuccesslinks.com