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A NEW DIETARY DISCOVERY

STALE FOOD

-VS-

FRESH FOOD

BY ROBERT S. FORD

President, Magnolia Laboratory

— MEMBER —

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THE INSTITUTE OF FOOD TECHNOLOGISTS
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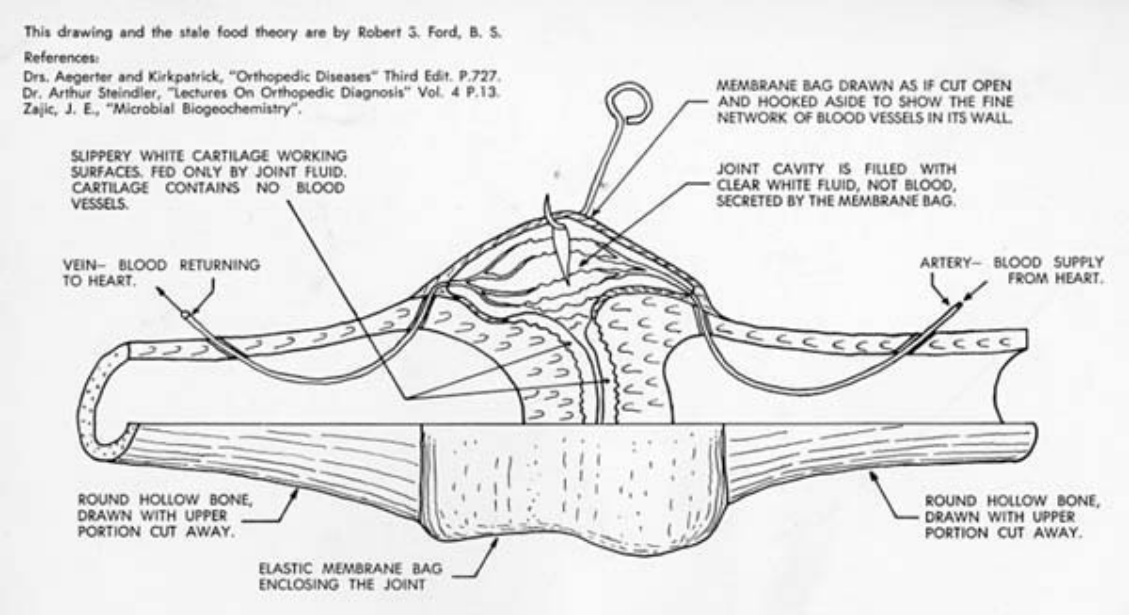
PREFACE TO SIXTH EDITION

Thousands with the good sense and will power to change their eating habits say they have been greatly helped by the discoveries described in this now-famous booklet, and are enjoying good health again. They say they have cleansed their arteries, avoided surgery, and become free of anginal pain in the chest and legs. Circulation in the head and neck have improved so as to clear up dizziness and ear noises, and enhance mental clarity. Likewise, visual disturbances and blackouts have ended. Blood pressure, cholesterol, and tri-glycerides have been reduced far more effectively than by drugs or low-cholesterol diets. Many people say they have never before eaten so well, and with so little kitchen work, yet their weight and figure are improved. They say such things as: "I am back to work again", or "No more standing still while the pain fades". Some are even frank enough to say "Sex is a joy again". Many say their diabetes is controlled without drugs on this diet. Since it is always a pleasure to see people enjoying the use of one's discovery, these results make all our hard work seem very much worthwhile. See how it all started, on inside back cover (*at the end of this booklet in the internet version)*.

THE BASIC CAUSE OF COMMON ARTHRITIS

It is widely agreed among medical scientists that common arthritis starts with deterioration of the synovial membrane. As shown in the drawing on the rear cover, this membrane encloses the moving parts of the joint like a bag. Nature provides this membrane bag containing a clear white lubricating fluid to keep blood out of the joint space, because the delicate red cells of blood would be quickly crushed between the weight bearing surfaces. Since there is no blood circulation inside the joint space or in the cartilage, the clear white lubricating fluid must play another role as well, nourishing and carrying away the wastes of the cartilage as it constantly grows to repair wear and tear. In a healthy joint, the lubricating fluid does this very well by a process called dialysis, by which it interchanges essential nutritive materials and wastes with the bloodstream coursing through a rich network of tiny blood vessels in the walls of the bag. The joint fluid is secreted by special cells lining the bag, utilizing materials taken from the bloodstream, and is thus constantly made afresh as required. Excluded from the life-giving bloodstream, the joint cartilage is entirely dependent on the services of the membrane bag for its lubrication, nourishment, waste disposal, and microbic protection by means of the special joint fluid. If the joint fluid is not thus constantly freshened by interchange with the blood, the cartilage must starve, weaken, be worn away, and perhaps become infected by invading microbes. Healthy joints are to a large degree self-repairing due to the constantly growing cartilage, but are sure to deteriorate when not properly supplied with joint fluid.



THE BASIC CAUSE OF COMMON ARTHRITIS

This diagram shows how a typical joint is enclosed by its membrane bag, which makes a clear white fluid from blood to lubricate and nourish the working surfaces. When blood circulation through the wall of this membrane bag is choked by fatty rubbish from stale food, the joint fluid can no longer be properly made. The joint is thus starved and begins to fail. Various forms of arthritis can then develop from wear and tear, infection, self-repair reactions, etc. See text page 1.

Medical authorities agree that the network of fine blood vessels in the membrane bag is subject to being choked with fatty rubbish the same as other arteries. Also, the fibrous walls of the membrane resemble the walls of the arteries, and the entire membrane tends to become thickened, hardened, and deadened in much the same way as arteries are affected. This deterioration of the membrane bag disturbs its performance in freshening the joint fluid, and the joint cartilage suffers accordingly. As described in authoritative medical textbooks, common arthritis begins with deterioration of the membrane and consequent disturbance of the joint fluid, followed by a variety of painful and disfiguring reactions in the joint.

When blood circulation in the membrane fails and the joint begins to starve, automatic repair responses by the body forces are set in motion trying to remove the blockage so nourishment can get into the starving joint. The membrane may become inflamed, swollen, and painful in trying to throw off the fatty rubbish. Blood circulation in the pore spaces of adjacent bone also is often partially choked. Body repair forces eat away portions of this deadened bone, and re-deposit it around the rim of the weakened joint in an attempt at reinforcement. The cartilage may be worn through or eaten away, so that the bones grate together. With the protecting joint fluid depleted or defective, microbic infections may develop. These infections may involve microbes of a kind which live by depositing stony minerals like those which deposit tartar (dental calculus) on the teeth, producing formless stony masses on the bones, sometimes plastering them solidly together. Stone-forming microbes are abundant throughout the world, depositing masses of rock on the bottom of seas and lakes, and forming the hard rough fouling under commode rims.

Authoritative scientific publications take us practically up to this point, and the good news is this: Fatty rubbish from stale food is the cause of the membrane bag deteriorating, and the Fresh Food Diet permits it to recover. As the membrane improves, the joint receives nourishment and can begin to recover. Within a few weeks the swelling and pain begins to fade away. Even people who had no severe arthritis symptoms notice that their shoes and gloves become looser as their joints return to a

normal condition. Numerous people with severe arthritis have reported that their condition has greatly improved on the Fresh Food Diet, permitting them to go back to work again.

This discovery being relatively new, it is too early to predict the extent of improvement possible for joints with severe deformities, bones grown together, etc. Some of these may be helped by surgery after the disease process has been stopped by improved diet. It has been shown that healthy joints have great powers of regeneration, and there is good reason to expect extensive self-repair after the membrane bag returns to normal. Even taking a minimum view, there is no doubt that these findings shed new light upon the basic cause of common arthritis, and offer a practical do-it-yourself method of stopping further deterioration and reducing pain by diet alone.

BLOOD CHOLESTEROL

When a blood cholesterol test is made during or soon after a rapid loss of weight, it will often show a temporary increase. This occurs because as the body becomes smaller the blood volume is correspondingly decreased, so naturally if we have the same total quantity of cholesterol floating in a decreased quantity of blood, the concentration of cholesterol in each drop of blood will be greater. Also, cholesterol previously contained in the fat we have lost has been released into the bloodstream, causing a further temporary rise in the blood cholesterol number.

If weight is lost rapidly, a temporary cholesterol rise should therefore be expected. It must be remembered that the abnormal cholesterol built up in the blood by eating stale food is a durable material, which cannot be eliminated as rapidly as fat. People going on the Fresh Food Diet often lose some flabby fat very promptly, and it is important not to be discouraged by a temporary rise in cholesterol as above described. A few weeks after weight loss stops, the blood cholesterol should start to gradually drop. If it fails to drop fast enough to suit you, double check to be sure you are really following the diet. Read it over again and check each item you are eating to avoid mistakes. It is better for weight loss to be slow and gradual, not more than two pounds a week at most. Rapid weight loss can be weakening, and may cause haggard appearance and loose wrinkled skin.

(Continued after Table of Contents)

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DIABETES AND SWEETS

Ordinary sugar (sucrose) is normally changed by the digestive juices of healthy people into invert sugar, which can be easily utilized by the body. But any sucrose absorbed into our system unchanged cannot be utilized as food, acts as a toxin throughout the body, and is excreted in the urine. This helps explain why some people will show sugar in the urine only after eating ordinary sugar. They are not truly diabetic, but they do have a weakened digestive system. These people are greatly helped by avoiding ordinary sugar. Honey is a good substitute for sugar, because it is pre-digested by the bees and changed to invert sugar, thus it can be more safely utilized by these border-line diabetics who cannot fully invert ordinary sugar. Authorities: Dr. E. V. McCollum, Johns Hopkins Univ., "History of Nutrition." McGraw-Hill Encyc. of Science 5-541, 13-236-239.

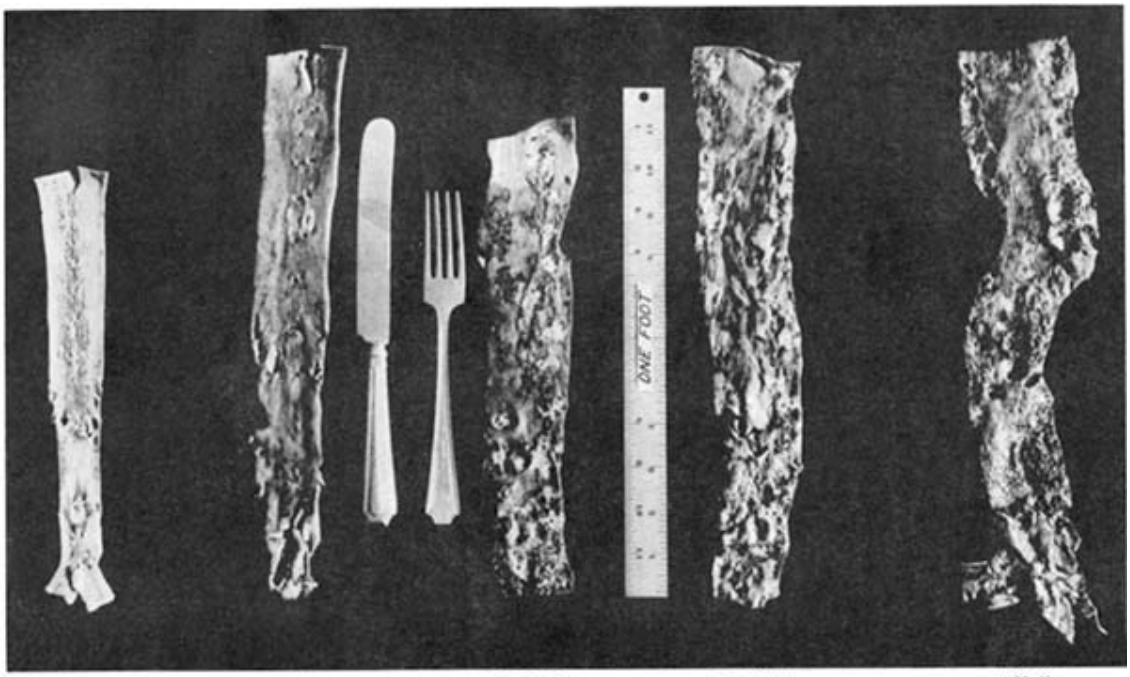
It has recently been found that honey contains valuable natural digestive enzymes which can help us digest our food. A couple of teaspoonfuls after meals makes a nice dessert, and often will do wonders toward better digestion, increased strength, and improved appearance. Delicious between-meal drinks can be quickly made with honey. A few spoonfuls dissolved in a cup of warm water or milk make a tasty aromatic drink to replace coffee or tea. A dab of butter melting on the top gives extra flavor. Caution: Too much heat scalds honey and gives it a bitter after-taste. The warm water or milk should not be too hot to bear on the hand. Honey varies greatly in color, taste, and dietary effect, so it is advisable to try several samples to obtain a supply which you find agreeable. Some types of honey are too laxative in sensitive individuals. Honey from the colder and drier regions is often very mild and good.

EAR NOISES, DEAFNESS AND DIZZINESS

Ear noises, deafness, and dizziness sometimes result from temporary conditions which can be remedied by a good doctor or ear specialist. In older people these problems are very often caused by gradual deterioration related to diet, and sometimes can be improved or corrected by the Fresh Food Diet. Heat treatment as described on page 32 often speeds relief, especially from dizziness. Heat is applied to the ear area by placing an electric heating pad under the back of the neck and head while lying on the back in bed. The heating pad should be pulled up against the ears on each side and held there by pillows. Heat should be applied for fifteen to thirty minutes, three times a day. Stay in bed for a few minutes after removing the heating pad, arise slowly, and watch your step, to avoid danger of falling. This treatment increases blood circulation and helps clear arteries in the ear and neck area.

LUNCHES

Good lunches can be put up without bread. Irish or sweet potatoes cooked in their own skins are good lunch items, eaten with butter. Raw carrot and celery sticks, lettuce, cabbage, tomatoes, radishes, etc., can be cleaned and cut ready to eat. If salad dressing containing oil is used, it should be put up separately and added at mealtime to prevent deterioration. Meats for lunches should be without gravy or juice, like roast beef, chicken, etc. Stew type foods or ground meats in a wet form should be avoided in lunches because they rapidly ferment and break down into fatty rubbish. Raw fruits, nuts, honey, etc., make good dessert and snack items. Containers can be formed up by hand from heavy type aluminum foil. Large mouth fruit jars of small size are convenient to eat from, as well as snap top thin plastic food containers. Plastic or dry paper cups are useful, but waxed paper should be avoided because the wax dissolves into the food. Disposable plastic forks and spoons are available. Salt, pepper, and sugar can be bought in disposable one-time paper packets.



HUMAN ARTERIES (AORTAS) SHOWING TYPICAL DISEASED CONDITIONS IN AVERAGE PEOPLE BY AGE GROUPS.
INDIVIDUAL CONDITIONS MAY BE EITHER BETTER OR WORSE.

INSOMNIA CONTROL

For sleep to come easily, the mind and body should be calm and at rest. If the heart is pounding fast due to excitement, worry, emotion, stimulants, or recent exercise, it may be hard to fall asleep. A rapid heart rate and consequent sleeplessness may also be caused by a full stomach and by cold beverages drunk at bedtime, due to the stomach's requirement for blood circulation to digest the food or warm up the beverages.

Preparation for sleep before bedtime is therefore important. These measures have been found to help sleep come easily:

1. The evening meal should be eaten early, at least two hours before bedtime.

2. Avoid coffee, tea, cola drinks, nasal inhalers or drops, or any other stimulants for the last three or four hours before bedtime.

3. Minimize the amount of fluids drunk at night, to avoid having to go to the bathroom in the middle of the night. Especially avoid any chilled beverage just before bedtime. If you must have some beverage at bedtime, let it be warm, neither chilled nor extremely hot, and restrict it to a small cupful or less, even if it is only water.

4. Relax and take it easy for at least a half hour before sleep time. During this period avoid exciting or irritating conversation, work, worry, and physical activity. Going to bed a little early with some light reading matter is a good way to do this.

5. Do your bathing, hair and skin grooming, etc., before this half-hour pre-bedtime period. That kind of thing raises the heart rate about the same as other kinds of work.

6. Try not to take problems and worries to bed with you. Our thinking ability is so poor at night we are not likely to work out anything useful, but we certainly can keep ourselves awake trying. Think about pleasant subjects when you want to go to sleep.

7. Some people put themselves to sleep by tapping their bodies gently with a fingertip and counting the taps. Better than counting sheep.

8. There is one last resort which for many people brings on sleep when all else fails, though I have no idea why: A teaspoonful or two of honey taken at bedtime. Some people keep a small jar of honey by the bed, so they can take a nip of it if they should lie awake in the night.

Habitual use of sleep-inducing drugs should be avoided or minimized because in time they may cause injurious side effects.

GENERAL NOTES

Some people find that eating pork causes them to have indigestion, with a feeling of fullness and a greasy aftertaste. This is caused by cooking it too fast, with too much heat. Pork is the most delicate meat of all and if highly heated becomes indigestible. If it begins to sputter and pop, it is too hot, and should be turned over, basted, or the heat reduced. When slowly cooked, as shown on pages 37 and 38, fresh uncured pork is easily digested and can be enjoyed as often as desired. It should be cooked slowly until rawness in the center disappears.

INTRODUCTION

Arteriosclerosis and its kindred miseries have reached epidemic proportions in modern times, and though it is widely agreed the disease is caused by food, no successful explanation has previously been available as to why or how it is caused or by what foods. Conflicting academic theories have been presented, but the killer rages unchecked, causing up to 10,000 heart attacks a day in the United States alone.

There is a growing conviction that there is something seriously wrong with modern food. There is, and the pitiful results of it are to be seen in every hospital, rest home, cemetery, mental institution, and school for retarded children in the country.

Some say our people have become degenerate, that our morals are undermined, and our civilization is becoming inefficient and decadent. The truth is that the people are weakened and debilitated by poor food, with many of them so unhappy and miserable that they vent their frustration and fury in senseless ways, not knowing where the real hurt lies. But our old bloodlines are unchanged, our natural heritage of high intelligence, physical strength, and courage yet remain, and will quickly once more find their full flower as in olden times when food deficiencies are corrected. We are **not** degenerate, only deteriorated.

Many have blamed modern foods and advocated impractical fad diets but none have told us what is actually wrong with the food or what we can do about it in every day life. These riddles have at last been solved by practical scientific experimentation with animals and humans under realistic life conditions, the only large scale feeding research on arteriosclerosis ever backed by private initiative. Now science has at last shown what is wrong and how we can select the right foods from existing stocks.

This work stems from controlled scientific experiments and the main body of authoritative scientific knowledge, as may be noted from the appended list of professional grade literature. It has no connection with faddism or business interests of any kind.

The book has been kept short, simple and inexpensive for use as a practical guide by the general public.

1. HUMANS ARE BUILT AND RE-BUILT FROM FOOD

Most people think that adult bodies are built once and for all like a machine and that food is just a fuel. This is far from true, because our bodies are composed of individual cells like the bricks of a building, each cell having its own life and death. These cells are constantly wearing out a few at a time, dying and being replaced by new cells, utilizing mostly new material taken in from our food. Your clothes wear out, but you don't, because Nature has given you the glorious ability to rebuild yourself day by day from the food you eat. Since we are constantly being rebuilt in any case, if we improve our food our bodies gradually become finer, stronger, and better looking. Of course younger people react faster and have a greater range of potential improvement, but it is never too late to make a worthwhile betterment, while life remains.

Experimental feeding of animals and humans has shown that dramatic improvements even in old debilitated individuals can be made in a few months by feeding fresh high quality food. And when pregnant mothers and later their young are thus fed, the improvement in the offspring is even more amazing. The births are easy, and the babies are strong, beautiful, and fast growing. **Food makes the man.**

2. WHAT DOES OUR FOOD CONTAIN?

The manufacturers give us an over-simplified answer, saying that food contains protein, amino acids, carbohydrates, fats, vitamins, and minerals. But ask a bio-chemist, one of those who spend their lives analyzing materials from living things, and he will likely draw a deep breath and maybe even sigh a little before replying: Food is from the living bodies of plants and animals, and is the most complex mixture of different materials ever discovered, a single cut of meat for instance containing **many thousand** different compounds and elements. There are several hundred thousand different kinds of proteins, the human body alone containing over 50,000 different kinds. There are several hundred different kinds of fats, oils, and waxes in various foods, numerous enzymes, hormones, growth factors, natural antibiotics and so on in almost endless variety. Even more substances in food are being discovered daily, and it is well recognized that nutrition is a young and immature science. When one realizes the intricate design which Nature has contrived for the composition of our bodies and for our natural food materials, it becomes clear that we cannot safely rely on manufactured food which the makers say contains what we need. Nature's rule is that **life shall feed upon life,** and only by following this rule can we feel sure of getting adequate nutrition over long term periods.

3. WHAT IS MAN'S PROPER FOOD?

All food originally comes from living plants and animals, upon which people lived directly for many hundred thousands of years as simple food-gatherers and hunters, eating the tender leaves, nuts, roots and fruit of the plants and the flesh of such fish and animals as they could catch, for most of this time in a fresh raw condition. This is the kind of food for which Nature designed the human body, and upon which early men thrived and developed tremendous physical strength with brains fully as large or larger than ours of today. These things are known definitely from the thick strong bones and skulls of early men and the animals they ate, and from the pictures they drew and chiseled in the caves, found by scientists in many locations. The strength and perfection shown in some of these old skeletons of our ancestors compared with the thin frail bones, stunted faces and crowded teeth of modern people shows dramatically that we today have physically deteriorated from a stage reached over thirty thousand years ago.

From the bones and various relics unearthed, scientists tell us that men began farming and living upon grain and domesticated animals less than 10,000 years ago, which is quite recent compared with man's immensely long history as a hunter and food-gatherer, and much too recent for any change in the basic design of our digestive organs to have taken place. Even today many thousands of people in remote places eat the same primitive foods as early men ate and such people commonly have full size, well developed jaws and facial bones similar to our remote ancestors.

The past speaks for itself, so let none believe that we must have artificial vitamins, or "polyunsaturated" refined oils, or bread, flour, sugar, or any of the other manufactured foods which the advertisers would have us think we must eat to be healthy. Quite the contrary, the facts are that the use of refined stored foods leads to physical deterioration, weakness, and disease as so well shown by the studies of Dr. Weston Price among primitive peoples living on the fringes of the civilized world.

4. ARTERIOSCLEROSIS — A DISEASE OF CIVILIZATION

The cover picture shows (*in the internet version, the picture a few paragraphs above, following the subhead "LUNCHES)* genuine human arteries from collections made by doctors at hospital autopsies. The hose-like arteries have been slit open to reveal interior surfaces and have been lightly stained to make the diseased spots show in the photograph. They are the main arteries (aortas) leading from the heart and are typical of collections totaling nearly a hundred thousand taken from people of all ages dead of random causes. **Every artery** in these immense collections from persons over the age of three years is diseased, and this picture shows only average condition, many arteries being much worse. Few people realize the **gross and shocking** conditions which are thus shown to exist in the arteries of all civilized people. These are not just arteries from sick people, but are a fair sample of what **all of us** are carrying in our bosoms. Arteriosclerosis is a **universal** disease of civilization.

And yet the arteries of most wild animals and primitive humans are as perfect and clean as a pearl button. Why, oh why are we civilized people afflicted by this cruel scourge? This is the agonizing riddle which science has been studying for three hundred years. And now at last the long sought answer has been found and is here made available so that those who wish to can rid themselves of this ancient curse by diet alone.

Arteriosclerosis is basically the collection of fatty waxy materials and minerals **within the walls** of the arteries, including not only cholesterol but also many other materials. These deposits cause spectacular lumps and ridges which choke small arteries. They also occur in finely distributed form throughout the artery walls and cause an abnormal hardening, thickening, and growth both in diameter and length so that the artery grows longer and wider and forms contorted serpentine patterns. Hardened arteries can be seen in the temples of many older persons, and can be seen inside the eyes when eye examinations are made.

The lumpy deposits in the arteries ulcerate and turn into open sores as shown that bleed and form blood clots which may suddenly break loose and clog the smaller arteries which branch off downstream, resulting in heart attacks, brain strokes, sudden blindness, blocked circulation, etc. These sores sometimes eat through the thin arteries in the head and spill blood into the brain, causing the cerebral hemorrhage type of stroke. They weaken spots in the arterial walls and start the bulges and blowouts known as aneurysms.

The coronary arteries supplying blood to the heart muscle become partially clogged and cause the chest pain known as angina.

The walls of the tiny arterioles smaller than a hair become thickened by these deposits, reducing the flow passages so that the heart has to pump harder and harder to force the blood through to feed our cells, and this is high blood pressure or hypertension.

Similar material collects in and floats along in our bloodstream resulting in high blood cholesterol.

Abnormal fatty deposits also occur in many other parts of the body, and are called "atherosclerosis" or "atheroma." This atheroma material collects in the skin and causes it to become gradually thickened, overgrown and deadened, so in older people the skin becomes too big for the body and forms the folds and wrinkles of old age. It causes the veins to overgrow and knot up as seen on the backs of the hands, and causes varicose veins.

It collects in the gall bladder forming gallstones, which are mostly hardened cholesterol.

It causes overgrowth and fibrous hardening of the prostate gland and fibrous tumours of the womb.

It collects in the cartilage of the joints, causing the overgrowth, inflammation, and calcification which bring the agony of arthritis.

These deposits form in the kidneys and cause Bright's disease.

They form with calcium around the tiny sounding bones in the ears and cause most cases of deafness.

They collect in the colored part or iris of the eye and cause the grayish white ring often seen in older persons, called "arcus senilis" or "white arc."

The list of misery and death known to be caused by arteriosclerosis and atherosclerosis is almost endless, and no doubt more effects will be discovered.

Atherosclerosis is the leading cause of death and disease in the civilized world, the arterial aspect of it alone **causing more deaths than all other causes combined.**

5. STALE FOOD — THE TRUE CAUSE OF ARTERIOSCLEROSIS

By feeding experiments with animals and human beings consuming nearly a quarter million dollars in labor and materials over a period of seven years I finally determined that the true cause of arteriosclerosis is simple: **STALE FOOD.**

When food is processed and stored in certain ways, some of the fatty substances and cholesterol change into a chalky non-food material which our bodies cannot utilize. When we eat these stale type foods, some of this chalky material becomes semi-permanently lodged in our arteries. These deteriorated spurious fats are highly resistant and durable, being similar to dried paint and soap, and to the hard chalky cakes which clog kitchen grease traps.

Food materials readily change into durable non-food forms when processed. For example, some of the drying oils used in paints are extracted from soybeans, fish, etc. Until recent years all furniture glue was made by boiling down fish, meat and bones, and milk. White of egg dries quickly into a hard glue.

The exact chemical nature of these chalky fatty materials is as yet unknown, and they have no name, so for the present I refer to them as **fatty rubbish.** Plumbers and sewage men are familiar with similar material in kitchen grease traps, and call it "cake" or "greaseballs." At the present time (September 1971) world-famous university scientists are working with us to determine the chemistry of this material. Present indications are that it is similar to soap and glue. It will be interesting to know more of the theory, but for practical health purposes we only need to know which foods contain this material so we can avoid them.

In general, food which has been ground up like flour; salt-pickled or smoked like corned beef, bacon, ham, and sausage; long soaked in water like canned food; or overheated and browned, is likely to cause choked arteries. See pages 39-43 for detailed food chart.

Most of the fatty rubbish in these stale foods passes on through our intestines and out of our bodies without causing much more than indigestion, but some of it and particularly the finely ground small particles and semi-fluid portion is absorbed into our bloodstream and is carried throughout the body. It accumulates mostly in the artery walls, joint cartilage and fibrous parts of the body because these parts have a very dense structure and poor blood supply so that the material is filtered and trapped therein. The particles tend to clump and stick to one another, so there is a tendency to form large deposits in certain spots. They also accumulate faster at branches and curves in the arteries, due to the increased filtering or trapping action of the denser fibrous structure which Nature has provided to reinforce against the concentrated stresses occurring at these points.

The body has the ability to get rid of this fatty rubbish very slowly, but we eat it faster than it can be removed, so gradually as we get older it builds up more and more throughout the body. It insidiously weakens us and makes us old before our time,

dulls our brain and saps our vital powers, long before any outward sign of actual disease appears.

This stale food theory explains many heretofore puzzling facts, for instance why such people as the Masai and the Mongols have practically no arteriosclerosis although they eat high cholesterol milk, fat, and meat in great quantity. Yet the admirable Finnish people on a high cholesterol diet have the highest incidence of arteriosclerosis in the world. The explanation is simply that the Masai and the Mongols live close by their animal herds and eat their meat and milk fresh, while the Finns have to eat their food mostly in a stale form due to their long cold winter, in the form of bread, bacon, ham, smoked fish, etc.

It also explains why arteriosclerosis is sometimes found in wild animals and fish, for they often have to eat stale food. For instance, in winter deer eat acorns that have become moldy and rancid and these deer are at times found to have a little arteriosclerosis. Likewise fish contract it in mild form from eating various decaying matter floating in the water.

Practically all farm livestock including poultry have atherosclerosis to some degree, but only garbage fed hogs have it in a severe form similar to the human disease. The finely ground stale grains, dry hay, and other stale materials used in farm feeds are responsible for the disease in livestock. The extent to which the fatty rubbish in fresh livestock meat causes arteriosclerosis in humans is uncertain, however it does not appear to be very great. Fatty rubbish does not seem to occur to any serious extent in fresh milk and eggs. This general area needs further research for clarification, however in later sections I have described how superior livestock products can be obtained.

The stale foods are also very poor in general nutritive content, for most of the high quality constituents which are needed to strengthen us and protect us against disease have deteriorated and become unavailable.

6. FRESH FOOD — THE CURE FOR ARTERIOSCLEROSIS

Stale food being the source of the fatty rubbish which causes arteriosclerosis, to prevent the disease we have only to stop eating stale food, and **eat fresh food** instead according to the diet chart herein.

But what about the fatty rubbish already clogging our systems? Fortunately Nature has taken care of this, by designing into the body an efficient house-cleaning system in which non-living material is attacked and gradually removed. Few people even among doctors seem to know famous scientists have long ago proven that arteries have their own natural cleansing system. That each arterial deposit tends to go through a natural cycle wherein it grows, becomes mature, then shells out and heals. This self-cleansing action can be easily seen by anyone viewing the deposits in a choked artery, wherein some are obviously new and growing, some fully mature, and others shelled-out craters or fully healed scars. It is evident that this action would result in clean arteries if formation of new deposits were somehow stopped.

Medical scientists of worldwide reputation have been saying for years that arteriosclerotic deposits tend to be self-cleansing. (Drs. L. N. Katz, Ruth Pick, Ira Gore, Richard Jones, Campbell Moses, H. Bredt, and others.) Their writings may be read in ethical medical books as follows: "Atherosclerosis" by Schettler & Boyd, pub. by American Elsevier, 1969. "Evolution of the Athero. Plaque," by R. J. Jones, pub. by University of Chicago Press, 1963. "Atherosclerosis" by Campbell Moses, pub. by Lea & Febiger, 1963.

Many such keen-minded scientists have long predicted that if the formation of new deposits were stopped, the arteries would in time clean themselves. Practical results of the Fresh Food Diet have fully vindicated their prediction, at last providing a way to stop formation of new deposits so the arteries can become clean in a few months.

As of September 1971 this booklet has been on sale 2½ years, and over 100,000 copies have been sold under guarantee. Less than 1% have been returned for refund. More than 1,000 people are so happy with results they have re-ordered more copies to give away, many by the dozens and some by the hundreds. People joyfully tell us such things as "I avoided a major operation" or "I am able to work again." A few medical doctors are regularly prescribing the Fresh Food Diet, and are seeing improvement in their patients. The Fresh Food Diet really works, and is rapidly gaining followers throughout the world.

Anything which will help build up the general health will speed the cleaning process and vice versa, so I have included in this book every general health aid considered reliable.

7. THE CHOLESTEROL THEORY — A TRAGIC BLUNDER

Cholesterol in its natural form is one of the main building blocks of healthy animal and human bodies, the solid matter of our brains for instance being over 80% composed of it. It is absurd to say that something we are largely made of would be harmful for us to eat. And it is not harmful unless it is changed from its natural state by staleness. Cattle and goats develop arteriosclerosis on hay and grain with never a bit of food containing cholesterol. People are dying by the thousands from heart attack and stroke while on "low cholesterol" diet. The cholesterol theory, now falling by the wayside, was originated in Russia by Dr. N. Anitschkow and S. Chalatow in 1913. These scientists deserve honor for their well-intentioned work, however their finding was one of those unfortunate half-truths which only served to mislead. They fed their experimental rabbits pure crystalline cholesterol dissolved in vegetable oil, resulting in the rabbits developing arteriosclerosis. Their mistake was in failing to recognize that crystalline cholesterol is an unnatural stale substance now known as oxy-cholesterol, which is not found in fresh food or in the healthy human body. Similar mistakes have been made countless times by other scientists, using various unnatural mixtures of stale processed foods in feeding trials for testing purposes, and then assuming the choked artery results were typical of cholesterol foods. The cholesterol theory for practical purposes is untrue, and its formulation was most unfortunate because it deceived the world for fifty four years and indirectly caused untold deaths and misery by delaying discovery of the true cause and cure. Many people have needlessly been deprived of meat and eggs because of diets based on the deceptive Russian theory.

8. EFFECTS OF FRESH FOOD ON HUMANS

It has been demonstrated that people adopting the fresh food diet have experienced many benefits. Even though eating much meat, fat, eggs, and fresh raw milk every day, blood cholesterol content has **dropped** to levels usually found in young children. High blood pressure has **dropped** to normal or below. Signs of arteriosclerosis in the eyes, etc., have disappeared. Arthritis has been cured. Ear noises and high tone deafness have been corrected. Enlarged prostate gland and fibrous enlarged womb have returned to normal. Tooth decay and dental calculus or tartar have been stopped. Youthful vigor and appearance have been partially restored. Excess fat has been reduced and posture improved. Remarkable improvement in growth and health of children has been obtained. For example:

A fifty eight year old black man was prematurely aged, with a bent posture, shuffling gait, irises of the eyes nearly covered by the light gray atherosclerotic haze called "arcus senilis," and skin the color of ashes. Given fresh food and fresh milk, this man began to straighten up within ten days, and within a month was dramatically improved. In two months his eyes had nearly cleared up so the natural brown color was revealed, his skin was a smooth rich brown color, and he walked straight and strong. Previously scorned as a worn out old man, he bought stylish new clothes, grew a sharp mustache and sideburns, cut a swath among the ladies and had some fights. He told me they said "What is Mr. Ford doing to you? You are **young** again!"

A fourteen year old boy was put on good fresh food after a previous life on stale food. Initially this boy was chalky pale, had poor thin hair, pimples, narrow shoulders and was a mouth breather with thick half closed eyelids. Receiving fresh food and new raw milk, in a few months this boy was growing rapidly, had clear ruddy skin and thick hair, alert eyes and kept his mouth closed. He soon developed a broad shouldered herculean virility seldom seen in these times, with a muscular six foot two hundred pound physique of awesome power. He attracted favorable comment wherever he went and was called the "jolly pink giant." But on going away to school and eating stale food again, this young Hercules became pale and fat, his teeth decayed and he developed a hernia.

A three year old child who was very thin and wretched, with a sad wizened face and twisted jaw, was given an unlimited daily supply of new raw milk from a cow eating green young oat and rye grass. On tasting the milk, this child refused all other food and drink for several days and drank milk by the quart. Within a few weeks she grew so fast she had to have a whole new set of clothes, and became ruddy, happy and robust. Upon sighting me even 100 yards away, she would shout "I love your milk, I love your milk." Previously hardly leaving her mother's arms, this child turned into a jumping jack. Her jaw straightened up to normal and she became an outstanding child in every way.

9. EXCESSIVE FATNESS IN HUMAN BEINGS

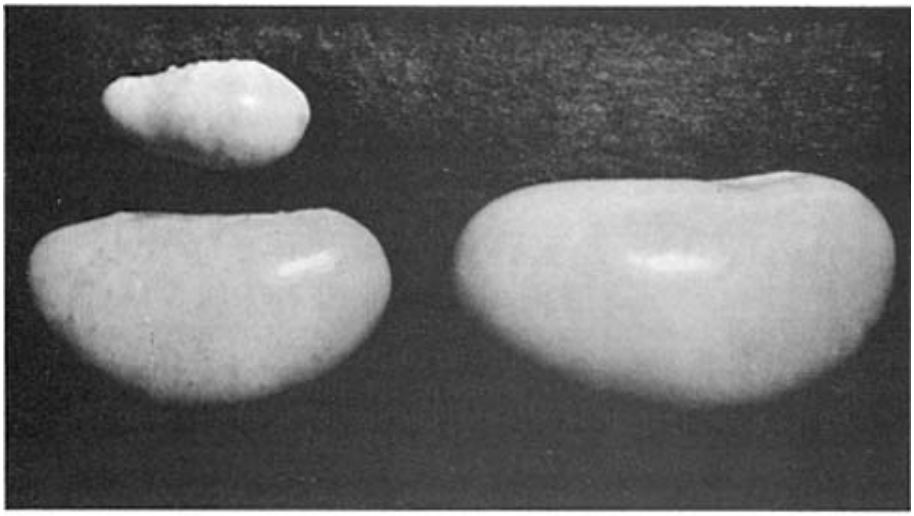
Normal fat is a fluid oil stored in tiny living fat cells, is springy and well distributed over the body producing an attractive appearance. But in modern people eating stale foods, abnormal fat is developed in which many of the fat cells are dead and large amounts of deteriorated fatty substances accumulate outside the cells as junk material. This is the type of flabby bloated fatness which people find repulsive and go on starvation diets to avoid. This "stale food" type of fatness is hard to reduce, because the fat is a semi-dead material which the body cannot utilize in the normal way even though almost starved. On the other hand, fat from fresh food is a "living" material, and can be rapidly utilized and removed when the food intake is reduced.

It has been demonstrated that the fresh food diet is an effective reducing diet, yet maintains ample food intake to prevent hunger and permit full activity. The fat leaves first under the throat and in the abdomen, and within a few months lumpy dead fat is removed throughout and a more attractive posture and figure obtained.

10. SEX AND STALE FOOD

In experimental work it sometimes happens that unsought but useful results are stumbled upon by good fortune. This occurred in my arteriosclerosis work and an important relationship between stale food and sex was found.

The accompanying picture shows the results of feeding pasteurized homogenized milk to roosters, which caused severe stunting of the male sex glands or testicles. The small deformed and diseased glands on the left came from roosters fed the store milk, whereas the large powerful gland on the right came from a rooster fed new raw milk. These results were typical of **fifteen** roosters in each group, fed for a period of one year starting with baby chicks. The store milk roosters did not develop big combs and plumes, and some could hardly be distinguished from hens. They could not breed, and were dejected spiritless birds. On the other hand, the male chicks receiving new raw milk grew rapidly into huge splendid roosters, fierce, powerful, and ready to fight or breed on a second's notice.



Stunted and Mottled Male Sex Glands Produced on Pasteurized Milk

Full Sized Healthy Male Sex Glands Produced on Raw Cow's Milk

STUNTING EFFECTS OF PASTEURIZED MILK ON MALE SEX GLANDS

A few of the sex-inhibited roosters were taken out of the experiment and given no more milk. They recovered and became sexually active, but never reached the great size and strength of the raw milk roosters.

Similar testing was done with female chickens, and no sexual disturbances occurred. The only outward difference was that the raw milk hens were a little larger and better looking.

All chickens male and female which were fed store milk had greatly enlarged livers of a light yellow color and fatty texture, whereas the raw milk chickens had normal wine-red livers. No noticeable arteriosclerosis occurred on either milk.

Other testing in later years revealed that male goats and rabbits also became sexually deteriorated when fed mostly on stale food of any kind, not necessarily milk. Some of these male animals fed in confinement on commercial rabbit pellets or hay and grain had infant sized sex glands even though full grown.

Aside from actual deterioration of the sex glands, feeding of stale food was found to depress sexual activity among even the normal goats of both sexes. Confined goats fed hay and grain were dejected spiritless animals and very little breeding occurred. But within a few weeks after feeding fresh vegetation daily, these unhappy animals would cheer up and Cupid's arrows begin to fly.

These findings are really not surprising, for Nature has evidently set controls upon sex to discourage pregnancy during periods of poor food supply. An animal, or human, becoming pregnant when food was very scarce or poor would probably lose her baby, and might well lose her life too.

These results correspond very well to conditions among modern people. The young women nowadays seem much the same as always, but many boys do not reach the age of puberty until nearly twenty, and a large number remain sexually undeveloped or perverted. Many doctors and marriage counselors have published articles telling of the great numbers of wives who are finding their husbands inadequate. Our young men are adopting feminine hair styles and clothes, lacking pride of manhood. Female sex is flaunted on every side, and skirts are going higher and higher, in an attempt to awaken failing male interest. Any such display in earlier times when men were normal would have caused a stampede. The birth rate in the western industrialized nations is dropping, but is holding up or rising in more primitive lands where people eat fresher food. Sex among modern people is becoming more and more a neurotic frustrated fixation, rather than the wholesome and dynamic physical relationship designed by Nature. Large numbers of modern youths are unhappy and neurotic, protesting against a civilization with which they are somehow dissatisfied. They are constantly seeking something, but are not sure what it is. What they really lack is the fresh food to complete the structure of their physical bodies, so they can attain the powers which are their natural birthright. If these unhappy youngsters could receive high quality fresh food for a year or so, most of them would turn out to be as normal as could be desired.

11. MICROBES AND MAN

As Dr. René Dubos of the Rockefeller Institute has so well put it, all around us is the "Unseen World" of microbes, or germs if you will, the tiny microscopic forms of life which swarm in uncountable billions in the soil, water, air, or vegetation and in the bodies of men and animals. The bacteria, viruses, protozoa, algae, fungi, plankton, and so on exist in many thousands of different kinds throughout the world, and in both gross weight and number of individuals far exceed all other forms of life. Humiliating as it may be, we must face the fact that the principal inhabitants of the earth and sea are not men, not plants or animals, or fish but microbes.

After such geniuses as Leeuwenhoek, Pasteur, Koch and others revealed microbes to the world and demonstrated that they play a part in causing certain deadly diseases, there was a wave of horror throughout the world, and we have been taught to have an unreasoning fear of all so-called "germs." But the work of many later scientists has gradually shown that the picture is not all black, that the world of microbes has its own checks and balances, that all forms of life have natural defenses against them, and that many kinds of microbes are so beneficial that we could hardly live without them.

For the general public, it is mainly necessary to know that the human body contains clever systems designed by Nature to fight off microbes, and it is only due to these defensive powers which we all have that we are not invaded and killed by microbic growth. Every breath of air, every mouthful of food or drink contains microbic life; our skin, body cavities, and intestinal contents swarm with them. Everyone from the baby in its crib to the king in his castle is fighting their own private battle against the microbes which are constantly entering the body. Every second of our lives our defenses are constantly checking and killing the microbes trying to use our bodies as a free lunch counter and hotel. And likewise all the plants and animals are constantly under microbic attack.

But the clever defense systems which Nature has given us cannot effectively operate unless we give them the proper ammunition by eating good fresh food. History has shown and feeding experiments have confirmed that poorly nourished people and animals eating stale or inadequate food fall easy prey to microbic infections of many kinds. Famines are followed by epidemics, sailors and explorers eating stale food sicken and die, and so on. My caged animals fed stale food suffered skin diseases, lost their hair and teeth, had sore eyes, runny noses, respiratory infections, etc., and often died. On the other hand, wild animals and primitive people living in rich areas and eating fresh food have marvelous physiques and seldom suffer from microbic disease. Likewise, my animals when fed fresh food stayed in beautiful condition and hardly ever had infections, even when cut by accident or surgery.

People eating good fresh food seldom suffer from common microbic infections such as sore throat, infected tonsils, boils, colds, influenza, pneumonia, etc.

12. TEETH AND STALE FOOD

Dr. Weston Price found throughout the world that most people who were living on primitive foods obtained by hunting, fishing, food gathering, and subsistence farming had fine straight teeth, large well developed faces, all four wisdom teeth and little or no tooth decay. On the other hand he found members of the same races living a little nearer civilization so that they were eating store food usually had miserable teeth, with narrow undersized jaws, crowded and crooked teeth, severe tooth decay, and missing teeth. His studies included Eskimos, New Zealanders and Australians both white and black, Africans, Peruvian indians and whites, Canadian indians, Polynesians, Fijians, Swiss, Gaelic, and so on. In these various groups the native foods ran the gamut from caribou meat to insects, fish, and seaweed. Somehow it seems that Dr. Price did not quite perceive that it was simply the **freshness** of the native foods that made the difference, but his findings are none the less valid and significant.

My experimental goats fed stale food frequently developed loose abscessed teeth and lost some of them. The few young goats born during stale feeding of the mothers frequently had underdeveloped short lower jaws, looking like the chinless comic strip character Andy Gump, as well as being weak and sickly.

In tooth decay the teeth are attacked by microbes secreting a corrosive fluid which eats away the tooth material so that the microbes can absorb it. The microbes are thus "eating" our teeth. But when good fresh foods are eaten the body obtains the necessary substances to render our saliva toxic to microbes, so that tooth decay is prevented.

In most people a whitish mineral deposit known as dental tartar or calculus forms around the bases of the teeth which has to be scraped off by the dentist. It was a surprise to find in my research that on the fresh food diet this material forms very little if any at all and the teeth remain clean and white with no attention other than ordinary brushing.

13. PHYSICAL STRENGTH AND RESISTANCE TO INJURY

Sir Edmund Hillary has recently reported from his travels in the mountains of primitive Nepal that he found young native women acting as baggage carriers in that roadless country who regularly carried 80 pounds fifteen miles a day, and these girls only weighed 85 or 90 pounds themselves. Our forefathers had the strength to reap great fields of grain with hand scythes, and to hand saw timber twelve hours a day. What modern industrial population in the western world could do these things ?

Nowadays it is common for young men to die from trivial athletic injuries, for people to suffer broken bones and torn ligaments from minor falls, and for employers to be sued for huge damages by workers suffering serious disabilities caused by trivial accidents. Throughout the western industrialized world labor is becoming steadily less productive, and we are being left behind in competition by eastern countries where bread and other **stale foods** are not used as much. We have come to be a sickly, frail, and fragile people, with thin weak bones and flabby muscles.

This is deterioration due to food, not degeneration of our bloodlines. It is a part of the awful penalty we are paying for eating stale deteriorated food.

Properly fed people have the strength and energy to enjoy and take an interest in a good day's work, and not be forever feeling miserable and put upon by their employer. Their bodies are tough and resilient, so that they can spring up from a fall with a laugh rather than suffering broken bones, and when they do get hurt they have a better chance to rapidly recover. Fresh food builds the tireless bodies and quick brains required to increase production and reduce costs.

14. FATTY RUBBISH AND FILTH IN FLOUR

Scientists connected with the flour industry have for many years been publishing articles in trade journals not seen by the general public which describe in detail the deteriorated fatty materials and filth found in flour. According to these articles, the wheat grain from which flour is made has a deep fold or groove on one side going more than half way through the grain. This fold contains dirt, filth and microbes in such a secluded position that the grain cannot be thoroughly cleaned. Additionally, by the time grain reaches the mills, it is vermin infested and contains insects, and droppings urine and hair from rats and mice. Many insects, grubs and their droppings are inside the wheat grains, so cannot be separated out easily. The mills do what they can to clean the grain, but flour is such a cheap and competitive product that they cannot afford to do very much and some of the filth goes on through the mill with the grain and is ground up into the flour. The flour experts have written that microscopic examination of flour commonly reveals ground up fragments of insects and rat hair, and traces of rat dung and urine. Bacteriological tests of flour have indicated an extremely high content of microbes. Flour is thus by the reports of the industry's own experts a highly contaminated filthy material, the like of which is not to be found in the whole food industry.

The experts have also described in great detail how wheat grain contains 3% or more of oily fatty materials, including sitosterol which is closely similar to cholesterol, and how it is desirable that the resulting fatty content of the flour be in an oxidized, hardened and dried out form so that the bread will rise higher and make more loaves per sack of flour. They call this the "baking quality" of the flour, but it does not improve the eating quality, only cheapening the bread. Long ago, drying out of the flour oil was done by storing the flour to "age" it before baking, but nowadays the mills add oxidizing chemicals called "maturing" or "improving" agents to the flour so this hardening of the oils is accomplished rapidly by artificial means. Flour is usually made from cheap run-of-the-trade wheat, often wheat which has been stored for many years as crop surplus, and consequently is very stale.

I have found that these hardened oils and other similar hardened materials in flour are the worst source of the fatty rubbish which causes arteriosclerosis, and this rubbish is further hardened by the baking process like baked enamel paint, so it remains lodged in our arteries after we eat bread and other flour products. The condition that makes fatty rubbish from flour so much more dangerous than any other food is its finely ground form, so fine that it can slip through the walls of our intestines with the food stream and get into our blood very easily, whereas if it were coarser most of it would pass on out of the body with little harm.

The most recent findings for this sixth edition have shown that even coarse flour, home-made flour, stone-ground flour, whole wheat flour, oatmeal, farina, grits, cornmeal, even rice, processed grains of any and every kind, contain considerable fatty rubbish and cause choked arteries in varying degree. Some people have been using their own home mills to grind their own flour, and say they have had some improvement, however where a person is trying to reduce very high blood pressure or avoid a surgical operation for choked arteries, the best thing to do is completely avoid flour and meal of any and every kind, even homemade. Potatoes are a good substitute for bread, and it has been found there is no real problem in getting used to doing without bread.

Since some people have notions about bread and flour being the indispensable "Staff of life" and so forth, we should look at the true facts. Bread and flour as we know them were developed in the Middle East only a few thousand years ago, and have become popular mostly in the industrialized nations. (Ref. "Flour for Man's Bread" by Storck & Teague, pub. 1952 by Univ. of Minn.) However, bread was not adopted everywhere, for even today there are many parts of the world where the use of bread is mostly limited to the cities, notably in the Far East, tropical Africa and South America. Since there are millions of happy well-fed people living today who do not eat flour or bread, it is very clear that it is not necessary.

Ready-to-eat cereals are made of finely ground flour and various other grains, so must be considered stale food.

15. BRAN IN FLOUR AND CEREALS

Bran is the brown outer coating of the wheat grain, and is a sort of Jekyll and Hyde material. On the one hand it contains some worthwhile vitamins and protective materials, but on the other it contains toxic substances which irritate the intestines, produce stomach pains and diarrhea and have even been known to kill young children and baby animals. Bran occurs to some degree even in white flour as fine particles, and gives whole wheat flour the brown color.

Wheat grains can lie buried in the soil for several years and finally sprout, showing the extremely durable and toxic properties of the bran coating in warding off soil microbes. Bran is extremely durable and resistant to breakdown by organic action. For this reason it can in finely ground form fall in the same class as fatty rubbish and play a minor role in forming arteriosclerotic deposits. There are indications that yellow brown pigments from bran form accumulations in the body and have some bearing on skin blemishes and the discoloration of old age.

16. QUALITY OF MEAT AND EGGS

The flavor and health-giving power of these products and milk as well depend greatly on how the producing livestock were cared for and fed. One can no more get strength and health by eating products from run-down vitamin-deficient livestock than borrow money from a pauper, for if the animal's body does not contain the necessary substances required to be healthy, it can not possibly give them to the human consumer. It has been known for centuries that humans living on the products of poorly fed animals become weak and sickly.

The eating quality of animal products due to feed alone can vary over a great range, and the nutritional merits and freedom from fatty rubbish go hand in hand with the eating quality. This is not surprising, for after all it is hardly possible to build a high quality product with shoddy materials.

Nowadays most beef cattle, hogs, and chickens are fattened under confinement feeding practices in which they are shut up in lots, pens, or cages and fed entirely upon stale stored feeds such as finely ground and pelletized grains, industrial by-products, hay, and silage. These stale feeds contain large quantities of fatty rubbish and the high quality health giving nutrients are mostly unavailable. Animals fed in this way grow fast and become fat, but their disease resistance is low, and a great many would sicken and die except for the anti-biotics and other drugs put in the feeds. In this way, animals can be cheaply raised, but the health giving power of their products is low. The authorities have studied the likelihood of drugs in the feed being carried over into human food, but have overlooked the most important aspect, which is that the livestock products produced on drugged feeds often do not contain the natural substances necessary to maintain health in the human consumer. It would be better for the public if drugs were not used in livestock production so that the farmers would have to feed the stock properly and weak animals would not live to be sold as food.

Hogs raised by confinement feeding frequently are so weak they can hardly walk, have poor thin fuzzy hair, diarrhea, sore eyes, and deformed jaws. The farmers know very well that they cannot feed their brood sows and hens in this way, for the babies would be born or hatched dead, deformed, or so weak that most would die, so they keep the prospective mothers in green fields of grass where they get fresh food. The food faddists' idea that fertile eggs are better is correct, but not for the reason usually given. The male chicken's fertilization of the hens has no food advantage, but it is the green grass pasture on which breeding hens are kept that makes the difference.

Many farmers seem to have forgotten that all livestock including chickens relish tender green grass better than any other feed, and do best when eating it. Cattle especially thrive on good grass above all, and beef from grass and grain feeding combined has a rich red color, fragrant golden yellow fat and a taste that is in a class by itself. Eggs from chickens receiving green grass have brilliant orange colored yolks that do not easily break in the pan, and a delicious flavor entirely different from the musty tasting confinement eggs. And oldtimers remember how good fresh country pork used to taste, with its sweet aromatic fat, not slimy and rancid like commercial

pork is today. It is still that good when the pigs are raised in green fields. Chicken feeds now are such a fake that the mills even put in a yellow dye to imitate the skin appearance given by the yellow carotene vitamin normally in a healthy chicken. Feedlot beef often shows dark streaks of rot in the center of the bones, and if the segments of red meat are pulled apart one can see that the fibrous muscle sheaths have already been turned brown by microbes, because the meat lacks the anti-microbic defensive powers found in normal animals. Most livestock on the market today are like old-time sailors who have been eating stale food on a long sea voyage, weakened and sickened by scurvy and beri-beri.

The livers from confinement fed livestock are abnormal and show the depletion of vital substances by their pale yellowish or pinkish color. Healthy livers are dark wine red. This was evidently known in very early times, for weak and worthless creatures were called "white livered" or "lily livered." The liver condition is a good indicator of quality.

17. SMOKED AND SALTED MEAT AND FISH

Food scientists have published extensively on the deterioration of fatty materials in smoked and salted meat and fish. There are certain microbes which are able to thrive in spite of the salt in these items, and these microbes split up and deteriorate the fatty materials into fatty **rubbish** which causes arteriosclerosis. The bluish or greenish iridescent colors in hams are due to these microbes.

Bacon, ham, corned beef, etc., are really hardship foods invented long ago so the livestock could be butchered in the fall and the meat preserved for winter use. These foods have little nutritional value, actually poor foods by any standard, yet sell at a high price due to the labor expended on them. Now that it is possible to store meat by freezing there is no longer any reason to eat these stale items. Thin broiled slices of fresh or frozen pork taste far better than bacon, and what could taste better than a roasted fresh leg of pork? There is no longer any reason to eat bacon and ham.

It has been known for many years and repeatedly proven by animal experiments that burned, smoked, or heat browned materials are a powerful and certain cause of cancer if applied or eaten over a long period of time. These materials are also extremely toxic to the body in general. Cigarette smoking for instance causes cancer not because of the materials used but simply because of the burning and consequent production of tars. There are other known causes of cancer, such as certain chemicals, and some unknown causes as well, so it certainly would not be correct to say that smoked foods are the cause of cancer. But they are definitely a contributing cause, and so is any other food if it is excessively browned or subjected to smoke or oily fumes in cooking or in processing.

18. GENERAL FOOD PRACTICES

Many people have a perverse obsession in wanting to "make" something out of food, and keep it around for days. They mess about with recipes, measuring cups, grinders, mixers, graters, slicers, juicers, blenders etc, putting in long hours of work damaging their food so it will choke their arteries and give them cancer. Those chipped-up slaws, cakes and pies, biscuits, ground-up casserole dishes, hamburgers, brown gravy, big pots of stew or dried beans and ham that are re-heated for three days, are slow tickets to misery and the graveyard. Paradoxical as it may be, the people that do such things the most are often the ones we admire the most, for their conscientious good intentions and energy, even if it is misdirected and destructive. Some of the nicest widows and sick people I know are like this. They are constantly chipping and chopping, marinating, mixing things together. These good people mean to do the right thing, bless their hearts, but they just have the wrong idea. Original food items should not be looked at as raw materials to "make" some artificial thing out of. Foods are very delicate materials, which can be easily damaged. With few exceptions, anything you do to food reduces its health value.

This brings us to the essential point: Treat food gently, until it goes between your teeth. Don't grate and grind it. Prepare and serve it as nearly intact as you can. tutting it up only enough to get it in the pot or serve it conveniently. Don't over-cook it to a mush, don't overheat it, don't brown it. Realize that you can eat better without all this self-destructive hard work. Try the following menus. Also see diet section page 39.

19. MENUS AND BEVERAGES

BREAKFAST MENU

FRUIT, VEGETABLE, OR JUICE COURSE
Your choice of raw fruit, like apple, orange, grapefruit, (no lemon or lime) pear, grapes, melon, bananas, strawberries, etc. Your choice of celery sticks, raw carrots, broccoli, cabbage, etc. Your choice of juice fresh-squeezed then and there. Canned tomato juice as second choice.

MEAT OR EGGS COURSE
Eggs (no more than three) boiled, scrambled, poached, any way you like except fried. Oil is not necessary for scrambling. Keep the heat low and tumble them continuously with a spatula to keep from browning.

Your choice of any FRESH meat, poultry, or seafood. Not cured meat or sausage or imitation meat. Try some pork chops, or other cuts of fresh pork or beef cut thin so they will cook fast. Don't let them brown, see cooking section page 35-38.

STARCH COURSE
Potatoes, cooked any way you like except fried or browned. Can be quickly cooked if sliced, even quicker and better if parboiled previously. See below and pages 35-38. Eaten with butter and salt, potatoes are a treat.

BEVERAGE
Try not to drink much fluid with meals, not even soup. Have your beverage earlier or later. See below.

LUNCH OR DINNER MENU

MEAT COURSE:
Your choice of any FRESH meat, poultry, or seafood, cooked any way you like as long as it is not ground up, fried, or browned. Vapor cooking per pages 35-38 is the best and easiest. Pork chops, steak, stew meat, small roasts, chicken, veal, turkey, fish, shrimp, oysters, crabs, clams. No imitation meat, no cured meat, no ham, no bacon, no sausage.

VEGETABLES:
Your choice of at least two or more vegetables, at least one being a green or leafy kind like turnip greens, cabbage, broccoli, spinach, etc. Either cooked or raw. Potatoes, any kind, cooked any way but fried. If you vapor cook, you can fix all of this in the same bowl. Try cauliflower, zucchini, celery, etc.

SALAD:
Your choice of the usual salad items such as lettuce, red leaf lettuce, raw carrots, celery, tomato, cabbage, red cabbage, avocado, melon. Go slow on such things as green peppers and onions, unless you have a strong stomach. If desired, season with salt and pepper, vinegar, and virgin olive oil. Caution: Don't fine-chop, shred or grate. Red leaf lettuce is more digestible than white, if you have a weak stomach.

DESSERT:
Your choice of fruit, raw carrots, celery sticks, etc. Fruit salad with apple, celery, grapes, carrots, raisins, melon, etc. is very good if freshly made. Less good for you, but permissible are occasional small servings of ice cream, jam, jelly, custard, pie filling with no crust, etc. (No lemon or lime) If you are diabetic, if you have sores or rash that don't heal, stay away from sweets containing manufactured sugar.

BEVERAGE:
Try not to drink much fluid with meals, not even soup. Have your beverage earlier or later. See below.

NOTE: No one would want to eat all the food listed above at once. Take your choice and vary from day to day, according to your weight and appetite. Meat, vegetables, and fruit are basic, potatoes are mostly for extra calories to gain weight or strength for hard work, something to fill up with, in place of bread. For brown bag lunches, see page 4.

If potatoes are parboiled the day before, or early in the morning for the day, much time and money can be saved, and they taste better. The skin strips off fast like wet paper, so you avoid whittling away your potato when you peel it, and it cooks much quicker. Get a big pot of water boiling hard, and drop in your potatoes one at a time so boiling doesn't stop. Boil them 20 to 30 minutes according to size, and cool them with water before you peel them. If you are going to save them for a future meal, leave the skin on until you are ready to finish them.

BEVERAGES

Drink a big glass of water as soon as you get up in the morning, to flush your blood clean of accumulated substances. Keep a glass in the bathroom for this.

Remember almost every drop of fluid you drink goes into your blood and circulates through your whole body before you sweat it out or your kidneys drain it away with waste materials as urine. If you don't drink enough water, you can't make enough urine to carry away waste matter in your blood, and you may suffer headache, stiff back, foul body odor, or whatever as a result. If you only drink your favorite beverage and no plain water, you never give your blood a chance to rid itself of residues from your favorite drink. At least a third of your fluid intake should be plain water.

Try to limit or avoid drinking any fluids with your meals, even water and soup. Drink your fill through the day, but not at mealtimes. See page 33. Give your stomach juices a chance to digest your food, don't dilute them with fluid.

Lime and lemon have a strong irritant effect and may play a part in coronary heart attack and stroke by causing hemorrhages in the walls of arteries and veins. Also can cause irritation of the urinary passage and red bloody-looking patches under the skin anywhere it is bruised, for instance under the lower lip after heavy kissing.

Many people have asked about alcoholic beverages. So far as our studies have shown, booze has little or nothing to do with choked arteries one way or the other. In my sixty years I have seen no one better themselves by drinking it, but I have seen dozens of fine talented people throw their lives away for it.

Milk, freshly squeezed juices, canned tomato juice, tea, coffee, and soda pop (except lime-lemon) are rated in descending health value in the order listed. Some people have a hard time digesting milk, some are allergic to tomato or orange, others find coffee makes them nervous or nauseated. On balance, tea is probably the blandest of all, though has little nutritional value except for the milk and sugar. It is a great mistake to make up a lot of fruit juice at home and drink it later. It goes through important changes in chemistry which greatly reduce the food value.

Digestion begins in the mouth. As you chew your food, your saliva flows from two big glands under your tongue and two at the angle of your lower jaw. Saliva is not just "spit", it contains important digestive juices which mix with your food to moisten it, neutralize toxins, and commence digestion. When you begin to chew, your stomach begins to secrete digestive juices and prepare itself to receive the food at a regulated moderate rate. This is Nature's plan. How foolish we are to blend or juice a food and drink it down quickly. We have shortcut our natural functions and cheated ourselves. Juice hits our stomach in a concentrated unprepared condition, and upsets our digestive process. Put that power juicer or blender on a high shelf, and chew your food. That's what teeth are for.

20. HOW GOOD LIVESTOCK PRODUCTS CAN BE OBTAINED

Healthful meat and eggs can be obtained and money saved by buying direct from farmers who keep livestock in green pastures.

There are many small abattoirs and meat packing plants that slaughter, cut, and wrap meat on a personalized custom basis. These plants will help one find good livestock, and so will the county farm and home agents.

The meat can be kept in a locker plant or in a home freezer, but one should avoid buying more at a time than can be used before it becomes stale. In the case of large animals, it is best to divide the meat between several families.

It is essential to freeze meat rapidly, else it will not keep well. The frost-free freezers have a concealed fan that circulates air when the door is closed, so they freeze meat much faster than the chest type. When storing un-frozen meat, it should be off the bottom of the freezer on a rack, not touching the bottom, sides or other packages. Not more than three pounds of un-frozen meat per cubic foot of freezer should be put at one time in a chest type freezer, or five pounds per cubic foot in a frost free freezer, otherwise it will freeze too slowly. If there is an ice plant nearby it is best to take the wrapped meat there to be quick frozen and then the freezer can be filled at one time.

Almost any livestock pasture may contain certain weeds and herbs which are foul tasting or slightly poisonous, and when eaten by livestock during times of grass scarcity can cause adverse effects in food products. The flavor of milk is easily affected by such plants as wild onion and garlic, bitterweed, marsh elder, etc., and temporary symptoms such as nausea, dizziness, trembling, headache, and bowel upset can result from drinking weedy milk.

It is a good plan to pen animals for a day or so before slaughter to allow time for weedy substances to be cleared out of the meat.

21. THE GOOD QUALITY OF VEGETABLES AND FRUITS

Few people know that the fruit and vegetables sold on the raw produce counters and roadside stands are actually still living. Even though cut loose from the parent plant or soil and thus doomed, they still live on for a period of weeks or months if they are kept cool and moist. These products if not wilted or decayed are definitely fresh food.

The nutritional quality of nearly all the fresh raw vegetables and fruits offered for sale is quite good, far better than the livestock products commercially available. Organically raised produce is usually superior and worthwhile if available in a fresh raw condition.

Processing such as grinding, canning, cooking, and even freezing of course kills these products, and after death they become stale and develop fatty rubbish faster than do meat products. "Left-over" cooked vegetables should not be eaten. Cook only enough for one meal.

In the case of large vegetables like cabbage, cauliflower, broccoli, or celery, don't cook "the whole thing" and have to eat left-overs. Cut off just enough for one meal, and leave the stem part still attached so the rest can remain alive in the refrigerator for other meals in the next few days. If something like an apple or melon becomes dried out or discolored where it was cut, trim off and discard a thin slice to get down to the fresh part.

In this way you can keep a variety of vegetables and enjoy them fresh for each meal. You can cook several kinds together in one vapor-cooker bowl (Page 37) without the flavors mixing. The kinds which take the longest to cook are put in first, and the quick-cooking kinds added at the proper time, so all will be done at once. Add butter and salt at the table, and you can eat like a king for only a few cents, with little work and no pots to wash. Don't cook your vegetables down to a mush; only cook until tender, to avoid destroying the vitamins and health factors.

For defense against microbes, insects, and animals, Nature has put toxic substances of various kinds into all plants, otherwise they would have been completely devoured and perished from the earth long ago. This is why fruits and vegetables are a little bit toxic to us when we eat them, and if too much of one kind at a time is eaten we may have stomach ache, headache, bowel upset, etc. Or if we eat the same kind every day for a long period serious illness can result. But this is nothing to worry about, for there is no danger if we eat a variety of fruits and vegetables and not get into a rut by trying to live on just one or two kinds.

Many people have been misled into thinking that anything "natural" is harmless, but this is far from true. Many plants and seeds, in fact nearly all plants except conventional vegetables, fruits and grains, are much too toxic for humans to eat, and some are deadly poison. For instance, atropine and strychnine, two of the most deadly poisons, are extracted from plants. This is why we should stick to conventional fruits and vegetables that have been found best by long experience.

22. SUN-DRIED FOODS

In dried fruits the natural contents are greatly concentrated by removal of the water, resulting in a tendency toward toxic reactions in sensitive persons. Dates frequently cause sore spots in the mouth and lips as well as stomach upset. Fresh pineapple, while not a dried food, can cause similar effects. The effect of dried figs in producing loose bowels is widely known. Dried peaches and apricots have been known to have such effects. Raisins are much milder, however some sensitive people have such symptoms from them.

23. REFINED OILS AND SHORTENINGS

Fresh foods from either vegetable or animal sources contain a considerable amount of oil, so if fresh foods are eaten our oil requirements are well taken care of.

Most commercial oils and shortenings are highly refined by heat and chemicals, stabilizing them to such an extent that they are not readily assimilated by the flesh and thus remain in the bloodstream, diluting the blood so grossly that nowadays when people are autopsied after death large masses of yellow oil are found in the heart chambers and main arteries instead of blood. This **shocking dilution** of the blood by processed oils leads to nutritional deficiencies because the fat-soluble nutrients and vitamins in the blood are dissolved in the oil and thus locked up and withheld from use by the body. Any slight reduction in blood cholesterol due to eating these "poly-unsaturated" oils is more apparent than real, only due to dilution of the blood by the oil. The Food and Drug Administration issued a ruling on December 10, 1959, holding that any advertising claims for fats and oils having a beneficial effect on heart disease are false and unlawful. "Tri-glycerides" are simply these oils diluting the blood.

Butter is one of the richest sources of high quality health-building materials, and has delicious flavor as well. True, it costs more than margarine, but in the overall grocery bill you would hardly find the difference. Margarine is an "empty calorie" food, having little health-building value.

Like some other foods, butter varies in quality, taste, and color due to the location where the milk was produced, time of year, weather, care in churning and packing, etc. Even under a single brand label, it will not always be the same, due to these variations and the fact that packers buy wholesale lots from various parts of the country. It is wise to shop around and try different brands to find the best available in your area. Besides the big national brands available everywhere, there are many regional brands just as good or better available in the various localities. For instance, we usually like the ½ pound foil package of Armour's Cloverbloom, and we have friends in the Northeast who prefer Keller's fine butter. Doubtless there are many others we would like to mention if we had tried them and if space were available.

In view of our most recent findings for the sixth edition, we have removed the ration limit on butter. As long as you don't cook with it, there is no adverse effect so far as choked arteries are concerned. However, there is a lot of low-grade rancid butter in the stores that simply isn't good food. If butter doesn't taste good, don't eat it. Buy one stick and taste it before you buy the pound.

It is important to realize that a great advertising battle has been in progress for years, the margarine, salad oil, and artificial egg & meat makers on one side, and the butter and egg people on the other, each saying their product is what you should eat. Each side has their staff of paid scientists to speak for them. This is the way the free enterprise system works, each maker having a right to push his own products until the best wins out, especially in a situation where the experts themselves don't agree.

Coconut oil forms more severe arteriosclerosis than any other known oil, apparently because it is made from coconut meat which is sun-dried overseas and also subjected to microbic fermentation in shipment. Experiments have shown repeatedly that it produces severe arteriosclerosis.

Virgin olive oil is more readily utilized than other vegetable oils because it is not refined, however fresh animal fat or butter is far superior since it is more similar to our own body fat. If oil or shortening is desired for cooking, some good fat from pork, beef, or chicken can be rendered out as needed and used fresh. When livestock are butchered, the internal fat can be wrapped in small parcels, plastic bagged and frozen. One parcel at a time can be taken out and rendered in a few minutes as needed, to obtain fresh oil. If such fat is cut into strips it can be laid over roasts, etc., to make a delicious basting gravy. Left-over melted fat should be discarded, for it deteriorates rapidly.

24. CHOCOLATE AND COCOA

These delicious treats are wolves in sheep's clothing, for they contain a toxic alkaloid called theobromine which Nature provided to protect the cacao tree. Few people seem to know that chocolate and cocoa are the primary and almost the only cause of the one-sided migraine headaches with their shimmering temporary disturbance of vision, of the painful hot spots which form on the tongue, of the exceedingly painful yellow pinhead ulcers which come on the side of the tongue, gum, lip or cheek. They may start similar ulcers in the stomach. They cause much nausea in both children and grown-ups.

Surplus cocoa is sometimes mixed into commercial animal feeds, and the handbooks stringently warn against using more than a few per cent, otherwise the animals thus fed are seriously injured or killed.

Perhaps some clever person will one day make a fortune by finding out how to make non-toxic chocolate.

25. SUGAR

When a large amount of sugar is eaten at one time, within an hour or so any sores, half healed abrasions, etc., anywhere on the body are likely to begin bleeding. The open sores and ulcers in the arteries may be thus caused to bleed and form blood clots which can block small arteries and cause heart attacks and strokes. For this reason over-indulgence in sugar is a hazard to persons already having advanced arteriosclerosis. The danger lies in a large quantity all at once, like putting five or six spoons of sugar in a glass of iced tea, or a big helping of thickly iced cake. Small quantities, like a spoonful in a cup of coffee, would likely not cause much problem, provided there is no diabetes.

The bleeding action of sugar seems to be due to the high osmotic pressure it generates. Osmotic pressure is the source of the tremendous force exerted by the roots of trees which can burst strong brickwork. Sugar is so soluble and concentrated that it quickly races throughout the body, forcing its way under high osmotic pressure into every nook and cranny between the cells, and in this way it can rupture the fine network of newly growing blood capillaries in a sore or ulcer, causing them to bleed. A good nutritional condition makes such bleeding less likely.

From the diabetic standpoint, there is something strange about sugar, for if a diabetic eats food containing manufactured sugar he will suffer an achy fatigued feeling in the arms and legs, but if he eats even greater quantities of the sugar contained in raw fruit or sugar cane there is no ill effect. The sugar chemists claim sugar is pure sucrose, the same as in any sweet fruit or plant, but in some secret subtle way manufactured sugar is different, in some way changed so that it behaves differently in the body. Fame and fortune await the man who can make a non-diabetic true sugar.

26. DRUGS, VITAMINS, AND FOOD CONCENTRATES

Most drugs have side effects which tend to reduce health and strength if taken over long periods of time. No drugs should be taken except those prescribed for the individual case by a licensed medical doctor or dentist for a specified length of time. If habitual drug use is reduced, it should be done gradually over a period of a week or so to avoid any possible upset. On the fresh food diet the body will gradually become stronger and the arteriosclerotic deposits reduced, so need for drugs will be decreased.

Antibiotic drugs should not be taken by mouth as they kill the beneficial microbes in the intestines and harmful kinds can then take over, often resulting in serious prolonged weakness, colitis, and an itchy burning rectum.

27. YEAST AS A VITAMIN FOOD

IMPORTANT!
READ THIS

It is very possible that a person avoiding all bread, cereals, and grain products to cleanse their arteries might not get enough B vitamins to keep up their energy. We strongly suggest that the minimum daily requirements of B vitamins be taken in capsule form, or better still by far, yeast can be taken. This booklet has always suggested yeast, and recently we have developed a wonderful new way to take it.

Dried yeast powder & tablets cause aftertaste and indigestion, and are expensive. You can buy fresh compressed block yeast at bakery shops for a few cents a pound. Tell them that you are going to eat it, and you want the freshest they have. You mustn't eat it raw. It has to be cooked to kill the fermentation, otherwise you will have gas, and will not properly digest it.

To cook a pound of yeast, bring 1 cup of water to the boil in a pot on low heat, put in the yeast about 1/4 pound at a time and stir constantly, adding more yeast as it melts. After it is all melted, keep stirring a little longer until it puffs up and begins to boil. Put it in a little Pyrex measuring pitcher, cover with foil and put it in the refrigerator, where it will keep fine for a month or more if you don't foul it by drinking out of it or dipping into it with a spoon.

You can flavor it with honey, molasses, vanilla, or whatever you like. Pour yourself a few spoonsful each day, so one person would use up the pound in three to four weeks. You can take it straight from a spoon, or mix it into a beverage or food.

Yeast contains the B vitamins, proteins, and various energy-giving factors still only partially known to science. There is nothing else we have found which will pep you up as fast as yeast, make you feel better, and keep you going strong. It reduces the body's demand for blood flow, thereby reducing the work the heart has to do, letting it tick along in an easy regular way. Many people think they have a bad heart, with an irregular skipping pulse and a fluttery full feeling in the upper chest, when all they need is a little help from yeast. It seems to help people sleep better also.

28. THE USE OF LOCALIZED HEAT

It is possible to speed up the atherosclerosis cleaning and healing process in **certain localized spots** by the use of heat. The value of hot water bottles, heating pads and hot water soaking has been known for ages, but few know why it works or how to use it properly: Nature has designed our bodies to use heat as a kind of alarm signal which calls upon our reserve forces to concentrate at whatever spot becomes warmer than the rest of the body, so as to fight off infection, clean up foreign materials, and speed the healing process. This is why the skin feels hot around a severe infection like a boil.

But we must remember that the secret of success is to put the **heat** on **one spot at a time,** and concentrate on that spot daily for weeks until the desired relief is obtained **there.** For instance, most people fail when the doctor tells them to soak their knee by saying "I'll just get in a hot bath and soak all over." Sorry, it won't work, because the effect is spread all over and is nullified. Along this line, it is obvious that if one is using spot heat treatment a bath should not be taken within an hour or so before or after, also that the bath water should be only slightly warm. In general very hot baths are injurious because they upset the body's alarm signal system and wash too much valuable oil out of the skin.

In hot water treatment it is of no value to add epsom salt or anything else to the water, as heat alone is what does the work. In the absence of special instructions from the doctor, ordinarily the application of heat for fifteen to thirty minutes twice or three times a day is enough if it is done regularly every day. Very long treatment periods tend to cause exhaustion.

There is always a possibility of causing burns in heat treatment, and it is a good plan to keep one hand clear of the heat and feel the treated area once in a while to see if it is getting too hot. Otherwise, you may get so used to the heat you do not realize you are being burned. Persons with unclear minds should always have supervision when heat is used, and special care taken with heating pads around beds, due to fire danger. Heat lamps are too dangerous to use.

It is wise to adopt the fresh food diet for about two weeks before using heat for arterial problems, to strengthen the body and lessen the danger of complications arising.

Massage and vibration of arteriosclerotic bodies is dangerous due to the likelihood of causing blood clots to form or break loose, and also is of no benefit. Likewise violent exertion, strenuous exercise, or excitement should be avoided. As Dr. Paul Dudley White has stressed, conservative regular exercise is beneficial.

29. EATING AND DRINKING HABITS

If one drinks fluids when eating solid foods the **digestive juices are diluted,** resulting in poor digestive action which impairs general health and leads to indigestion, ulcers, colitis, and bowel problems. It is unnatural and harmful to drink any kind of fluid with solid food.

One should not drink any beverage, even water, for about 1/2 hour before a meal, during the meal, or for about 1 hour after a meal. At other times drink all the water or approved beverages desired. Be sure to drink plenty of water between meals, a good plan being to drink a large glassful upon arising in the morning, and at least two more through the day.

If one finds it hard to eat without drinking, mealtime beverages may be rationed down a little at a time over a period of several days rather than quit all at once. The jaws will quickly grow stronger and saliva glands will become more active, so that in a few days one will enjoy eating solid food without a beverage. Food will taste better and one will feel better very quickly.

30. MEAT EATING HABITS

When eating meat do not eat the white gristle off the bones and do not eat the fibrous streaks which lie around and between the sections of solid meat and fat, because these parts often contain a great deal of the hardened atherosclerosis material from stale feeds which the animal was fed. In making soup or stew, these parts and the bones should be trimmed out before cooking, except in the case of wild game or meat from animals which were fed very little stale grain or commercial feed.

Fat can be very nourishing and healthful, but should only be eaten if it is normal healthy fat. Good fat is slightly translucent, soft and springy, has a melting quality in the mouth and a sweet delicious taste. Unfortunately commercial meat often has bad fat, full of deteriorated hardened materials. It is opaque to light, hard and crumbly in texture, has a chalky or plaster like appearance, does not melt in the mouth and sometimes sticks to the mouth, and has a flat rancid taste.

Meat gravy should be eaten if it is not thickened with flour or starch and if it comes from fresh meat with reasonably good fat. If it tastes rancid, scorched, or feels sticky and gummy in the mouth, don't eat it.

31. INDIGESTION, BOWEL PROBLEMS, AND ULCERS

The fresh food diet and improved eating practices usually have a prompt helpful effect on digestive troubles.

Some fruits, vegetables, and nuts tend to have a laxative or even an allergic reaction in some individuals. So if after a few trials it is found that a particular food causes a bowel upset or stomach ache, that item should be avoided in the future, or try eating less of it a time. Fruit often rides better on top of other food rather than on an empty stomach.

In any case do not tolerate loose bowels occurring over an extended period of time, because this condition is very weakening. Seek help from your doctor. In general, some people with sensitive or ulcerated stomachs cannot tolerate raw fruits and vegetables, so have to eat these items cooked.

32. WHERE THE HOUSEWIFE REIGNS SUPREME

The wise housewife knows that she can exploit the world only through her husband and children, that she will prosper and enjoy the good life mainly through their earnings and achievements. She wields an awesome power for good or ill, for to a large degree she has the choice of whether she will feed her family for fame and fortune or bring ruin upon them all with poor stale food. Starting early enough, she can through improved food practices do much to obtain a happy prosperous life, to enjoy a successful loving husband through a long lifetime, and to have strong beautiful children who will be a joy to her.

True beauty and charm come from eating high quality fresh foods, in a far more bountiful way than from cosmetics and beauty treatments. It takes good food to grow abundant richly colored shining hair and eyelashes, bring sparkle to the eyes and grace to the figure. Peace of mind and contentment also require proper food and many a case of "nerves" is only the body telling us that it is poorly nourished. And it is never too late to start, for we are all better than we realize, and you never know what you can do until you try.

The burden of selecting and preparing the daily food traditionally falls on the housewife, and few men realize what a time-consuming job it is to prepare and clean up after two or three meals a day. Families should understand that mother is not a servant, and every one who eats at the table should at least help clear away after the meal is over, and do other things for her like take out the rubbish and wash the pail.

By following the improved cooking and dietary principles described herein, the housewife can greatly decrease her work load, save money and provide her family better food which will prevent arteriosclerosis and give her loved ones the nourishment they need to go out and make their mark in the world.

The great Sir Winston Churchill often said that his good wife Clem-mie deserved most of the credit for his accomplishments, for her unfailing zeal in seeing that he got the best of food and care throughout his long and energetic career. Dear old Winnie, considerate as well as intelligent, spoke truer than even he knew, for behind nearly every man who accomplishes much is a good wife or a good mother who has given him the nourishment which is his only source of strength and energy.

Never forget that food makes the man, and the woman as well.

33. COOKING

To prevent arteriosclerosis and build up the health, food should be selected according to the diet chart and cooked as follows:

DO	DON'T
Cooking methods are here listed with the **safest first.** 1. No cooking. As many foods as possible should be eaten raw, with the exception of fish and meat which should be cooked to destroy any possible parasites. 2. Boiling, steaming (not under pressure) called "vapor cooking." 3. Roasting or broiling under foil or a cover.	Don't fry food in cooking oil or shortening. Don't use any flour, meal, or crumbs as a batter, dip, dusting, thickening or any other way. Try to avoid excessive browning of food. Browned food is semicharred, and can cause both arteriosclerosis and cancer. Don't broil or bake without a cover or foil over the food to hold in the moisture and prevent browning. Don't use pressure cooking.

HOW TO COOK BETTER WITH LESS WORK

When food is cooked by methods which expose it to hot grease, hot dry air, or smoke, it is usually heated far hotter than necessary to cook it. Frying, griddle or pan broiling, oven roasting and oven broiling produce browning because of this excessive heat. Browning is an oxidative chemical reaction caused by heat, which produces toxins and fatty rubbish capable of causing both cancer and choked arteries, as well as indigestion and loss of nutritional value. It wastes food, wastes heat, and undermines your health. Charcoal broiling is even worse, because here the food soaks up toxic fumes from the charcoal plus foul fumes of burned grease dripping on the coals in addition to the overheating and browning. We have recently learned that toxins in smoke act directly on the heart, and in people with weak tired hearts can cause irregular and skipping pulse, weak spells, perhaps even death. Even the improved broiling method previously shown in this section may involve too much browning, so has been removed in the sixth edition. For rapid cleansing of arteries, cooking and browning food at high heat has to be avoided.

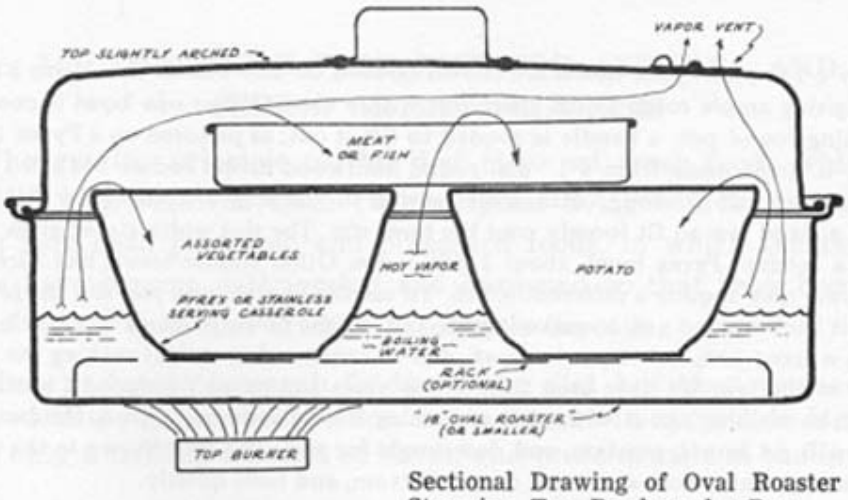
Most people know that when food is cooked in a moist condition under foil, a cover, or water, it will not brown unless or until it eventually dries out. This is because the cooling effect of moisture evaporation keeps the heat down, and forms a blanket of

steam or vapor which protects the food from oxidation by air. Food cooked like this is very little heat-damaged, and is far more healthful. Caution: Never line a pan with foil if you are going to put it on direct heat, because it will likely burn grease under the foil and make fumes which may cause cancer.

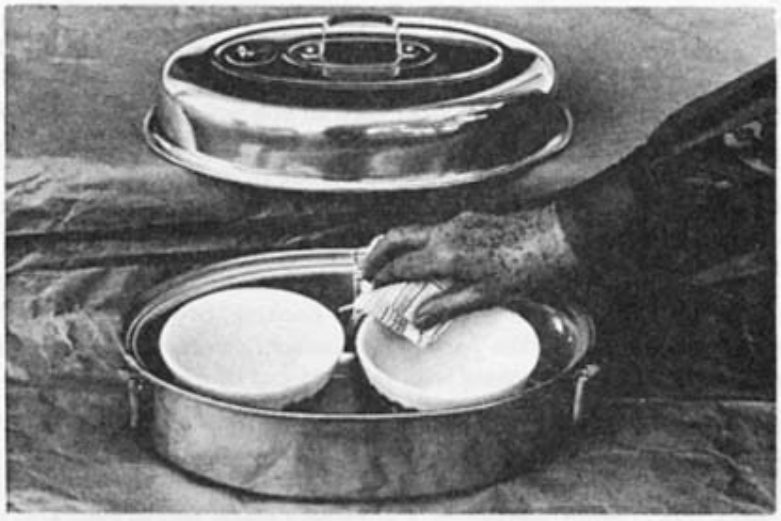
Pressure-cooking with steam is somewhat better, but it is still too hot, and the pot may explode.

An ancient pressure-less steaming method is the best of all, called "Cheng Long" or "Jeng Loong" by the Chinese, and "au bain Marie" by the French, pronounced "O-ba-Marie". This charming name means "in the bath of Marie". I have improved this grand old method as shown in the illustrations, and call it "vapor cooking" to distinguish it from pressure-cooker steaming. The food in an open bowl is set in an inch or two of water in an ordinary covered pot over direct heat. The water around the bowl boils, makes steam (vapor) which fills the pot without pressure, and covers the food with a blanket of steam which cooks fast but is not too hot. The lid is loose, so excess steam leaks out around the rim or vent without pressure.

Don't think vapor cooking is like a double-boiler, which has no steam above the food, dries out the food and takes forever to cook. Vapor cooking is FAST, just as fast as boiling or broiling, but preserves the natural taste, color, and nutritional value of the food. It produces delicious food without any rubber gasket "pressure cooker taste", and saves so much work it's like getting out of the Stone Age.



Sectional Drawing of Oval Roaster Steaming Two Bowls and a Pan.



Photograph of Oval Roaster Steaming Two Bowls, and Lifting with a Cloth.

One bowl steamed in a covered pot, with bowl lifter.

Chicken steamed in an ovenware dish in a frying pan.

Two 1½ pint Pyrex bowls are shown cooked on one burner in a Mirro 876M oval roaster, giving ample room to lift them out with a cloth. When one bowl is cooked in a close-fitting round pot, a handle is needed to lift it out, as pictured on a Pyrex 1½ Qt. bowl. It is home-made from a 1" dia. round hardwood dowel rod or ¾" X 1" square lumber, sawed off 6" long, with a slot sawed in the end 5/8" deep by 9/32" wide, forming a fixed jaw to fit loosely over the bowl rim. The slot width stated gives the right fit with a modern Pyrex bowl, about 1/32" loose. Other similar bowls like Fire-King or older bowls may require a different width. To use the handle, you just slip the jaw on the rim, tip it back toward you to make it grab, and lift the bowl. It seems like black magic to lift with a fixed jaw, but it works great, due to overhanging weight making the bowl tilt and jam in the jaw. We have used these seven years and haven't dropped a bowl yet, but don't advise walking about with one, or passing it over someone's head. Hardware stores have or will get bowls, roasters, and dowel rods for you. The rack shown in the roaster is not necessary, but it does save wear on the bottom, and boils quietly.

As long as water is around the bowls, the food can never stick, scorch or boil over, so requires no stirring, turning or watching, UNLESS THE WATER BOILS AWAY. It is best to start the cooker pre-heating on high heat with the water and bowls in it before you get out the food. By the time you have the food ready to go in, the water likely will be boiling and you can cut the heat down right then so you won't forget to and let the water boil away. This saves time also. Food never touches the pot, so you don't have to wash it. The bowls go to the table to serve from, or even eat from if you are alone, and wash as easily as a dish because there is never a dried-on ring like in a pot. No pots or serving dishes to wash!

Water in the bowl with food is unnecessary and undesirable unless the recipe calls for it. An arched or domed pot lid is best for vapor cooking, because a flat or depressed lid will drip condensed water into the food. Flat roaster lids (except enamel) can easily be arched up about 1/4 inch by punching with the butt end of a hammer handle.

To prevent too much extraction of juice from meat, fish, or fowl by the steam, cook it flat in the bottom of a dish so it will soak up its own juice, or else wrap it with several layers of foil. The picture shows smothered chicken in a Corningware P-309 pie dish (or Pyrex 221 cake dish), vapor cooked in a covered electric frying pan. The pie dish in a plain covered pan on the stove would be better, because you could regulate the steam better. The control on an electric pan gives you either too much steam or none. With broccoli, sliced potatoes, and zucchini all vapor cooked in one other bowl in addition to the dish of smothered chicken, this four course meal for four people cost less than 40 cents per person, and was fit for a king.

Many people are asking about electronic radar range ovens. They are allright as long as you don't let the food overheat or brown. However, vapor cooking is so fast, easy, and cheap it is hard to justify the cost, upkeep, and cleaning of an electronic oven. Be sure to try vapor cooking. You can stop watching, stirring, and washing cookpots. You will love the food, cleanse your arteries, save work, and save plenty on your grocery, gas, and electric bills. (See page 28).

NOTE: Chops and fish cook fast, don't over-cook.

34. THE FRESH FOOD DIET FOR AVOIDING AND CURING ARTERIOSCLEROSIS

The guiding principle of this diet is to eat fresh foods which have not been long removed from their original living source, and to avoid eating long dead processed and preserved foods, in which the fatty materials have become deteriorated and hardened so that they become imbedded in our flesh and arteries as durable deposits.

Due to recent research findings, the diet has been revised in the sixth edition. It has been made more liberal in regard to items that cause only a trifling amount of harm, and more drastic in the important areas.

STARCHY FOODS	
EAT	**AVOID**
Potatoes, bought in their own skins, preferably the northern grown russet type, also sweet potatoes. Snap Beans (Green Beans). Note: Parboiled potatoes have a better taste and are more digestible any way you fix them, even baked in their own skins. See page 26.	Bread, toast, rolls, biscuit, crackers, cakes, pies, cookies, pancakes, waffles, doughnuts, etc. made with flour. Flour in any form, such as thickening for gravy, rue, or as a dip for fried food. All ready-to-eat breakfast cereals. Corn meal, grits, corn bread, hush puppies, and the like. Macaroni, spaghetti, noodles, and the like. Powdered starch. Ready prepared "Quick" or dried potatoes. Dry beans and peas already shelled. Canned beans and peas. Frozen beans and peas. Rice, farina, oatmeal, all processed grains of every kind.

MEAT AND FISH	
EAT	**AVOID**
Any fresh meat, and seafood you like. Frozen meat and seafood if not staler than:	Smoked, salted, canned, or dried meat and fish. Examples: Bacon, ham, sausage, corned

seafood if not staler than: Beef — 4 months old Pork — 3 months old Mutton & lamb — 4 months old Seafood — 2 months old Beef, chicken, lamb & mutton, goat, geese, ducks, game, fish, shrimp are all safe if fresh as above described.	beef, chipped beef, smoked fish, sardines, anchovies, canned meats, soups. No artificial meats, or soy protein concentrates.

EGGS AND MILK	
EAT	**AVOID**
Fresh eggs newly broken out of the shell, not more than three a day, cooked any way except fried. Milk, no more than 1 quart a day, none if it interferes with your digestion. Sweet cream butter. Avoid it if it doesn't taste right.	Margarine. Imitation eggs. "High Protein" milk, or other foods containing soybean powder.

OILS AND SHORTENING	
EAT	**AVOID**
A little olive oil with vinegar or wine as salad dressing, if you like it. Use only the best grades of oil marked "Virgin." Commercial salad dressings can be used in small amounts unless you are troubled with high tri-glycerides.	Especially avoid coconut oil. All commercial salad oil, shortening, lard, margarine, if you want to avoid or reduce high triglyceride content in your blood.

VEGETABLES	
EAT	**AVOID**
Each day eat at least 3 kinds of fresh vegetables purchased in their natural state as follows: Celery, carrots, squash, lettuce, cabbage, cauliflower, snap beans (green beans), broccoli, turnip, collard or mustard greens, cucumbers, sweet peppers, endive, Chinese cabbage, melons of all kinds, pumpkins, avocadoes and all other conventional fresh	All canned and frozen vegetables except in off seasons, or emergencies when fresh vegetables are not available.

vegetables. The following vegetables are also allowed, but many persons suffer allergy and indigestion from them: Onions, garlic, spinach, rutabagas, kale, rape, and tomatoes.	

FRUITS AND NUTS	
EAT	**AVOID**
Any fresh fruits and nuts bought in their own skins or shells according to your taste. Examples are: Apples, pears, bananas, plums, apricots, peaches, nectarines, figs, grapes, melons of all kinds, oranges, grapefruit, avocadoes, cherries, berries of all kinds, and all other conventional fresh fruits. Pecans, walnuts, almonds, brazil nuts, filberts, hazelnuts, peanuts, coconuts, chestnuts, and all other conventional nuts bought in their own shells and in good condition with no rancid taste.	Canned or frozen fruit, except when fresh fruits are unavailable. Lemons and limes.

BEVERAGES	
DRINK	**AVOID**
Drink beverages between meals only. No fluids with meals, or soon after meals, not even water or soup. See page 33. Water, milk as earlier described, tea if you wish, or juice from newly squeezed oranges, grapefruit, or any other fresh fruit or vegetable you like. Coffee is against you, but a little fresh-brewed from light-roast coffee will do the least harm. Use natural fresh milk or cream in coffee or tea if desired. Honey is a good sweetener for tea.	Don't drink any beverages with meals. Lemon or lime drinks. Canned or frozen juices except when fresh fruit is unavailable.

DESSERTS, SWEETS, SNACKS

Special Note: Persons old enough or unwell enough to be on a diet frequently have diabetes at least in a borderline form, perhaps not detectable by medical tests. If you feel very tired and achy in the legs or arms a few hours after eating sugar, or if you have rashes or sores which are slow to heal, you should not eat anything with sugar in it. But you can still eat all the good sweet fresh raw fruit you want.

EAT	AVOID
All fresh fruit and nuts you like as earlier listed. Let these be your candy and dessert as far as possible. As a second choice, not as good for you: Small servings of ice cream, custard, pie filling with no crust, jam, jelly, hard candy, and the like. CAUTION: Diabetics should avoid these items, which contain manufactured sugar.	Canned and frozen fruit except when fresh fruit is unavailable. Cakes, pies, cookies, doughnuts, crackers. Candy with filling, chocolate and cocoa. Potato flakes, fried pork skins, and fried snacks of all kinds.

SALT, FLAVORING, SPICES, DRESSINGS

None of these things have any worthwhile nutritional merit, though they are valuable in making food taste better. So do not feel that you have to use any of them unless you feel the need. Nearly all of them are to at least a slight extent harmful if used in excess, especially salt, so they should be used in the smallest quantity which will satisfy your taste.

Persons with weak hearts or serious high blood pressure should completely avoid salt.

Those with digestive and intestinal troubles should use no pepper or spices, only a little salt.

A little salt and butter go a long way toward covering flavoring needs.

35. DIET AND THE MEDICAL PROFESSION

There is a growing awareness of the importance of diet among the medical profession, with consequent increase in the amount of dietary advice given to patients. Doctors and dietitians have quickly recognized that there is nothing radical about the fresh food diet, and in some respects it is similar to various diets which they have previously been recommending. It is not a fad diet or hazardous in any way, being basically suitable for persons of all ages past infancy, in the absence of some special condition for which the doctor may recommend modifications. Physicians are welcoming these findings as a means of helping chronically ill older patients and retarded children.

It is good common sense for persons who feel unwell or consider themselves unhealthy to seek the care of a kind, sensible M.D. doctor who will take an interest in them and be ready to help them through emergencies which may occur regardless of diet, as well as give them the advantages of medical observation and treatment.

Doctors are urged to carefully observe the progress of persons using the fresh food diet and to publish any constructive information obtained, for it is only by actual clinical experience that new findings are at last confirmed.

36. FUTURE IMPROVEMENTS IN FOOD SUPPLY

Many clever and knowledgeable scientists are employed by the various food manufacturers, and just as recounted in the case of flour these people understand very well the presence of the deteriorated materials which I have called "fatty rubbish" in stored foods. However, they have apparently not realized previous to publication of my discovery on September 21, 1967, that these materials cause arteriosclerosis, previously considering the materials as simply "unavailable" for nutrition.

The staling and deterioration of stored food has been the chief concern of food scientists for many years, and they have developed dozens of chemicals and processes which are applied to stored foods to preserve them. It is possible that they will be able to make future improvements in processed foods to make them cause less arteriosclerosis, now that the cause of this disease has been disclosed. For example, five years ago millions of people had fatty atherosclerotic yellow plaques in their facial skin and eyelids. After the salad and cooking oil manufacturers were shown by my feeding experiments that some atherosclerosis was being caused by durable materials in their oils, the oils were further purified with the result that nowadays the plaques are rarely seen.

Sometimes it happens that scientists may be pressed to make statements which serve the business interests of their employers or sponsors

rather than the public interest or the extension of true knowledge. Food scientists know better than anyone else the truth of the conditions disclosed in this book, and have an awesome moral responsibility to their own race to bear themselves honorably and truthfully as regards this matter.

The atherosclerotic condition of the people cannot wholly be laid at the door of the food processing industries, because the same disease from flour, bacon, ham, sausage, and so on existed to some extent long before development of the modern food industry. Rather this condition is simply an extreme stage in the long process of gradual learning and improvement by which civilization is developing. It is not desirable to point an accusing finger at anyone, but only that all concerned should work constructively to improve the condition of our people. Knowing the cleverness of industrial scientists, I would not be surprised to see arteriosclerosis begin to gradually fade away after they have had a decade or so to improve processed foods based on this new knowledge.

Due to the seasonal availability of agricultural products there will always be a necessity for storing food through the barren seasons. Fresh food for all will hardly come in our time, but it is hoped that publication of these findings will start a trend toward increased use and production of fresh foods, and stimulate research in food storage and processing.

It should be recognized that an increased appreciation of and demand for fresh farm produce would foster a revival of the small family farm, open up possibilities for

responsible self-employment to the unemployed, and promote a return to the countryside with consequent dispersal of the urban masses.

37. CRITICISM OF THESE FINDINGS

These findings have been favorably commented on by a number of eminent scientists and doctors.

Four criticisms have been made as follows:

1. "Why were these findings published now instead of waiting until academic science can investigate them thoroughly?" Because the people who are sick now need help now, not ten years or more in the future. Academic scientists can study the fine details at their pleasure, but meantime the information is being released so the people can help themselves. Also, book sales will help support further research.
2. "There is not enough fresh food to go around." True, but there is enough to feed the sick and as the demand gradually increases the farmers and business interests will keep pace with it.
3. "Food that is stale enough to hurt us has a bad taste so that we wouldn't eat it." False. Food scientists have published extensive reports of deteriorated fatty materials contained in food that was perfectly good to taste, and I have samples of fatty rubbish that have a pleasant taste.
4. "Our intestines do not absorb particles of fatty materials, but only the broken-down constituents of fat." False. We absorb both whole fats and broken-down fats, as shown by scientists many years ago. There were two schools of thought, both partly right.

Further research and constructive criticism is welcomed. The other kind of criticism can easily be recognized when it is directed at the author rather than the subject.

38. A GENERAL VIEW

Important Summary -- Study This and Page 1

It is hoped that this book will help bring about an understanding that in spite of tremendous technological advancements, mankind still is tied nutritionally to his native place in the worldwide scheme of living things. The actual living stuff, the fabric of life, is made by plants, and man and his livestock are dependent on eating them to obtain the materials which compose their bodies. This is Nature's ancient plan, and the closer we comply with it the better we will thrive.

It is evident that full adherence to the fresh food diet involves doing without some tasty items, and I am sure no one but ill people will completely toe the line. But we don't have to bat 100% to stay in the ball game, and likewise we can snitch some goodies occasionally and still avoid arteriosclerosis sufficiently so that the chances of serious trouble will be small. The quantity and frequency of eating is proportional to the damage done, so novelty items which we might have a taste of once a month or so would do little harm.

Taking both the food and the quantity usually eaten into consideration, flour products such as bread, biscuits, ready-to-eat cereals, cake and crackers are the big killers, probably accounting for 60% of arteriosclerosis damage. Next come bacon, ham, sausages, sardines, etc., accounting for perhaps 20%. Grits, oatmeal, farina, and similar ground grains play a part. Also overheating and browning are very important factors.

The sick people trying to somehow find their way back to normal life again will of course be the ones who will get the most benefit. A few younger people with foresight and a little will-power will improve themselves and so live long and happily.

The children respond best of all to improved food, and I must say that I hope to see young men and women who were bred, born, and raised on good fresh food, and so enabled to reach the full potential of our native bloodlines. Mankind is more noble than we know, and one day we may see our children, or their children, rise to heights of strength, beauty, and intelligence undreamed of in our time.

39. SOURCES OF INFORMATION

The fresh food diet, the stale food theory for the cause of arteriosclerosis, the findings on dental calculus, sex glands, bran pigment, and the bleeding action of sugar are new knowledge generated by my experimental work. Other information is supported by the published works of various authorities as listed in the references below.

(GENERAL NOTES—Continued From Page 6)

Many people have been told that aluminum cookware is poisonous. The best scientific authorities agree that aluminum is not poisonous, and aluminum compounds have been used in popular patent medicines for many years. However, in our research it has recently been found that aluminum forms a durable chalky compound with food fats which can play a part in clogging the arteries. This would be most likely to occur where watery food is boiled or let stand in an aluminum pot for a long time, as in making stew, soup, preserves, etc. Pyrex glass, china-ware, vitreous enamelware, or stainless steel is safer.

The Fresh Food Diet is highly digestible, so that food is very well absorbed by the body, thus leaving less residue for excretion by the bowels. For this reason, bowel action may tend to be scantier and less frequent. If increased bowel action is desired, more leafy green vegetables can be eaten to provide bulk. Yeast, honey, dates, raisins, prunes, and dried figs can be used in small quantities to provide a mild laxative effect if needed. Raw fruit also can provide a laxative effect.

The Fresh Food Diet involves chewing firm foods, so any bad jaw teeth should be fixed or replaced.

Newly ground wheat germ contains valuable nutrients, but deteriorates so rapidly that the usual commercial product has no outstanding food value. It contains small amounts of bran and is rather hard to digest. Being a stale food concentrate, it contains hardened oily materials which can collect in the arteries and joints. A byproduct of flour manufacture, it has never been widely used as human food, the bulk of the production going into hog feed.

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HOW IT ALL STARTED AND WHAT IS YET TO COME

ROBERT S. FORD
Born 1916
Photo 1971

The author's long crusade against choked arteries was begun in October 1961, prompted by early death of both parents from these strange fatty deposits. Having previously been highly successful in solving many difficult technical problems where others long had failed, and having been awarded citations and patents for many important discoveries and inventions, he felt this grisly problem also might be solved by the same kind of hard-hitting attack. With the help of his wife Rose and brother Charles, he founded the laboratory, which was given a charter by the State on November 19, 1961 as a non-profit scientific institution. On December 29, 1965 the federal Internal Revenue Service determined Magnolia Laboratory tax-exempt under section 501C(3). This means that contributions to this institution may be included in the deductions on your income tax return in the same space used for contributions to churches, etc., and have the same effect toward reducing your income taxes.

The chartered purposes of Magnolia Lab read as follows: "To carry out such scientific, creative, educational, and charitable activities and endeavors as are calculated to discover a better knowledge of the laws of life and true hygiene, to advance and improve the physical and mental health, standards of living, and well-being of mankind through research in the prevention and cure of diseases of man and animal; methods for more efficient production and improvement of food supplies; and the invention of improved labor-saving apparatus and processes for producing the goods and services on which civilized human life depends, —."

This sixth edition has been revised and improved, our work on choked arteries now being far advanced. We have almost completed scientific explanation of the remarkable benefits the Fresh Food Diet brings toward cleansing arteries. Better still, it now seems possible to develop improvements in commercial foods so as to eventually obtain similar results in the whole population with no self-denial. Since such broad-scale public benefits will require greater support than can be obtained through booklet sales alone, we have now decided to ask for contributions. Those who contribute will be notified by letter as soon as the complete findings are published.

Magnolia Laboratory is the only self-supported independent lab in the world doing experimental feeding trials on choked arteries. We are finding and teaching the real truth in the best interest of the people themselves, free of any selfish influence or bias from the drug and food industries, professional groups, and other vested interests who are making a profit out of the people's fear and misery. Finding the better way, the self-help way to a happier and more productive life for everyone, is what Magnolia Laboratory is for. By your contribution you can work to help light a bright path through the darkness of this awful mystery, so that in years to come perhaps you and yours may eat almost anything you please without suffering the consequences. Every

dollar counts. You can make a difference, you can make it happen sooner. Chip in now and help us find the way for you to have a better life.