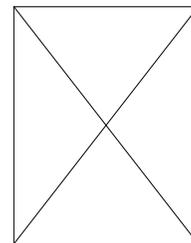


Chet Day's

Health & Beyond



Vol. 2, No. 2

Founded on the truth that men, women, and children can control their own health

June 1, 1994

At the end of every issue, I always guarantee that you'll find the newsletter "useful, interesting, thought-provoking, annoying, and/or amusing." I submit this month's number will evoke at least two of these adjectives for most of you. No baloney!

Indeed, the word "controversial" comes to mind as I write because I suspect some will react strongly to the implications within these pages. I know I certainly felt the ole Adam's apple gulping up and down as I pondered various possibilities inherent in what you will read in a few seconds.

But then if you wanted a bland publication, you wouldn't subscribe to **H&B**, right?

In the letter Dr. Bass submitted with the article which follows, he wrote: "Writing about patients who went into three generations of following a certain dietary pattern is a rare experience and of inestimable value. It contains the missing links and keys to exceptional success in Hygienic eating, and the enclosed is my treasure, which I've been saving for all these years. For some inexplicable reason, it was never published by Shelton, even though he asked me to update it after a break of years. So without further delay, I am sending it to you while we're waiting for the mice work so you can use it meanwhile if you wish. It points out the causes of failure in Natural Hygiene diets, and it points out the solutions as discovered by the genius of Dr. Cursio's inquiring mind."

I want to thank Dr. Bass for writing this important article and for sharing information which provides answers to questions many of us have about the Natural Hygiene diet.

I've edited minimally here, mainly tweaking a few phrasings and adding in this type face a clarifying sentence or two of transition.

And now, in the spirit of "Let us have the TRUTH though the heavens fall," I proudly offer you the June issue of **Health & Beyond**.

With Three Generations of Vegetarian Hygienists by Stanley S. Bass, D.C.

On September 2, 1962, Dr. Christopher Gian-Cursio and I drove to Batavia, N.Y., where we were lodged at the home of the gracious Mr. and Mrs. Penepent, which became a focal point for the reception of about twenty people that first evening. Mr. and Mrs. Penepent had begun the practice of eating and living according to the grand principles of Natural Hygiene, a system and philosophy which represents a highly advanced and scientific aspect of vegetarianism, and also includes a set of principles of "do's" and "don'ts" covering the physical, mental, and moral aspects of living which are in accordance with Natural law and the plan of Nature.

Dr. Cursio had been in practice in Rochester, N.Y., since 1934, from whence he spread the teachings of vegetarian Hygiene far and wide across the area. In those early years, Mr. and Mrs. Penepent embraced this way of life for themselves and their family of five sons. In turn these five sons raised their children ranging

from a few months old to twelve years of age at this present writing [1962]. Although he left the Rochester area in 1952 to establish his residence in New York City, Dr. Cursio faithfully returned to Rochester, Batavia, and Buffalo once a month to see his flock for the purpose of "checking up" and to make whatever alterations were necessary.

We spent the first evening in Batavia, the second day in Rochester, the third in Buffalo, and the fourth in nearby towns. At all these points, as a visiting doctor guest of Dr. Cursio, I had the privilege and opportunity of being present at the interviews with these people, and to carefully observe at first hand the results of three generations of Hygienic living.

The general attitude manifested was not of a doctor-patient relationship, but rather one of an informal family friend. The language used was simple, gentle, and directly to the point, describing the condition present and the steps which were needed to make an improvement.

The night of our arrival at the Penepents, the first of the sons brought in his wife and five children. To digress for a moment, one of the first things I noticed about these people was the size of their families—almost all of them had what for us city folk would be large families. The average size was between four and seven children, almost all representing the third generation of Hygienists.

The thing that impressed me most about all of these children was their great equipoise. From four months of age to twelve years, they all had that same great relaxation, that fascinating ability to remain in whatever position they assumed for periods varying from fifteen minutes to almost forty-five minutes with almost no restlessness or fidgeting or indications of lack of ease. With their clear, sparkling eyes, they would sit and view the proceedings, ever ready to burst into gleeful laughter at the slightest intimation of a humorous word or situation, immediately to be followed by a great calmness again. All of the vegetarian children appeared to have perfectly balanced facial architecture which was supported by perfect dental structures and generous arches. Their intelligent eyes watched everything which occurred with effortless concentration, never once seeming to lose contact with each word which was being spoken between the interviewing Dr. Cursio and the interviewed. Between consultations, you could hear their voices resounding like gurgling brooks ever at play with each other. I was greatly impressed with their deep love and affection for each other. The older children seemed to enjoy taking care of the younger ones, fondling and caressing them lovingly.

This reminded me of one of the most interesting things I observed in the Far East. I had traveled the full length and breadth of Japan as well as many of the Pacific Islands and particularly in Japan and Okinawa, it seemed to be a customary procedure of the parents to leave the responsibility of the younger children with the older ones during the hours of play. It was a common sight to see a five-year old girl carry her two-year old brother in a clothlike conveyance resembling a halter on her shoulders which permitted the

feet and hands to stick out. It was always a source of amusement to watch the carried child turning its head in all directions, busily observing all the proceedings with wide-eyed and open-mouthed interest with never a sign of boredom. How much more interesting, I thought, it is for the child as compared to lying on its back in a carriage or confined in a crib in a stuffy room, divorced from contact with Nature and the invigorating, growth-promoting air of the outdoors. A child must feel much more secure and loved when it is able to put its arms around the shoulders of another child for hours during each day. The older girls transporting their younger brothers or sisters would frequently remove the younger child and adjust its clothing, kiss it lovingly, play with it, and caress it, just like a little mother. Small wonder that these children would be uniquely qualified for all the duties and responsibilities of motherhood after marriage. What a sharp contrast to the women of our large American cities, who find themselves completely bewildered and confused when suddenly thrust into the role of motherhood, often unwillingly. It was indeed a common sight to see children nursed publicly in the Far East, whereas it is quite rare to see a child nursed publicly in America.

To return to our third generation of vegetarian Hygienists, I remember one little bright-eyed girl of five years who had quietly observed the proceedings with the composure of a little Buddha, and then she went to pick up her little brother of four months, held him in her arms, kissed him numerous times, and then began to focus her attention on her bigger brother's interview once more.

As I sat at this large round table, I was frequently approached by some of the older people who came and left. Each one seemed anxious to tell me of his experiences in Hygienic living—how they were once ill of this or that condition (among the illnesses mentioned were sciatica, multiple sclerosis, weak heart and valves, diabetes, high blood pressure, poor vision, bronchial asthma, etc.) and how they had despaired of getting well, how they were introduced into correct living and eating, and how the remarkable transformations eventually occurred which led them into first good health and later vibrant health. Their eyes shone as they told their stories and their enthusiasm literally reached out and enveloped the listener, and one could feel oneself irresistibly drawn into the greatness of their discoveries and the vibrance of their state of well-being, as though caught in a whirlpool.

Who was it that said, "Show me the man who will inspire me, and I'll follow him to the ends of the earth"? Just so, if we could have enough of these people distributed throughout our tortured and disease-wracked planet, what would not be possible for all of mankind—what great strides could not be made in the physical, mental, moral, cultural, and spiritual growth of civilization? Surely, there can hardly be a worthier cause than man's unfoldment through alignment to the grand principles of Natural law via vegetarian Natural Hygiene.

{Thus ends the original article sent in September of 1962 by Dr. Bass to Dr. Shelton for printing in the Review. Dr. Shelton sent the following letter to Dr. Bass many years later...}

Tuesday, Sept. 28, 1976

Dear Dr. Bass:

I have read your interesting article on "Three Generations of Vegetarian Hygienists" and am inclined to want to publish it, but much time has elapsed since your visit to upstate New York with Chris and much water has flown under the bridge

since then. As a finale, why not provide me with a couple of pages telling me and the readers the present condition of the vegetarian families and also outlining the changes in Cursio's dietetic views and practices which he now espouses. I will hold your article awaiting your reply.

H.M. Shelton

{Dr. Bass replied on October 14, 1975...}

October 14, 1976

Dear Dr. Shelton:

In order for the sequence to be clear, I am including here the letter you sent to me after I submitted an article to you entitled "With Three Generations of vegetarian Hygienists." It was based on my observations when I took a trip to Batavia, New York, with Dr. Christopher Gian-Cursio on the weekend of September 2, 1962, when he went on one of his periodic visits to see his patients.

... in bringing the article up to date, I called and visited Dr. Cursio on October 10, 1976. He placed a call to Batavia, N.Y., and put me in touch with Anthony Penepent, a member of the second generation of Natural Hygienists of the Penepent family with whom I spoke at length. He provided me with the following information about the changes which occurred with the Penepent family since I first met them on September 2, 1962.

Stanley Bass

{In the following "supplement," Dr. Bass brought the original article up to date, to October of 1976, with his...}

**Supplement to "With Three Generations of Hygienists"
by Stanley Bass, N.D., D.C.**

In order to comply with Dr. Shelton's request to update the article entitled "With Three Generations of Vegetarian Hygienists" which I wrote in September of 1962 and submitted to the *Hygienic Review* for publication on October 10, 1976, I interviewed Anthony Penepent, who is the youngest son of the family. He was 16 years old when I first met him 14 years ago, and he is presently 30 years old [in 1976, that is].

The new information which I have gleaned, which brings us up to the present... there are a total of 30 members of the Penepent family consisting of three generations of Natural Hygienists, who, because of their lifestyle and the way they have lived, have stayed together cohesively, worked together and set up a business venture, one of the largest in the area—*Western New York Gravel*.

Now in the third generation, there are eleven members who are either in college or graduates of colleges, and two of them are going into medical schools. As a result of living as Natural Hygienists, they were inspired to become doctors with the aim of orienting their practices strictly according to Natural Hygiene concepts.

When I inquired about the temperament of these people, Anthony stated that "when they follow the Natural Hygiene program, they're very calm, but if they go off, they are argumentative and difficult to get along with." In this instance, we are using a family of 30 people as being representative of what other Natural Hygiene families in the upper New York State area have experienced.

The chief feature which is noticeable with this group is their calmness. Not only is their behavior youthful, that is, what would

be considered normal from a Natural Hygiene standpoint, but it is extremely attractive even from a conventional or "orthodox" viewpoint. So that, if one were to evaluate the behavior of this group, one would be struck by the absence of mental problems. There is no social antagonism and there has not been any use of drugs, narcotics, or poisoning agents. Throughout the three generations, these people have lived their lives in a well-regulated manner, in a state of health, and in harmonious adaptation with their fellow men and their environment.

Anthony, a third generation Natural Hygienist, is presently involved in medical studies in preparation for a degree of Doctor of Medicine. He is representative of the others of this group.

Shortly after I talked to Anthony Penepent, I interviewed Dr. Christopher Gian-Cursio for three hours for the purpose of supplying the information that Dr. Shelton requested regarding Dr. Cursio's views in Natural Hygiene which he arrived at from advising over 40 people throughout three generations.

I found that Dr. Cursio's ideas are basically those of Natural Hygiene. In an article which he wrote and submitted to Dr. Shelton years ago entitled "Precision in Natural Hygiene," he extended these concepts into clinical practice—his concepts were merely a modification based upon Natural Hygiene principles. They had to do with the quality, quantity, timing, and sequence of eating.

Basically, I saw that there was no difference between what Dr. Gian-Cursio advocates and what a true Natural Hygienic practitioner would advocate—but with this exception. The concepts, theories, or principles upon which Natural Hygiene is based are accepted as eternal and inviolable. The difference was in the application or interpretation of these principles and the quantitative use or accentuation of some of these Hygienic concepts.

The people that I wrote about involved a period which began in 1935. Shortly after these people accepted Natural Hygiene as a way of life, Dr. Herbert M. Shelton lectured in Rochester, N.Y. At that time, he met these people as well as the grandparents of these three generations. These people have been Natural Hygienists from the very early days of the renaissance of Natural Hygiene. (It began with the writing of Dr. Shelton's book, Human Life: Its Philosophy and Its Laws.)

The term Natural Hygiene came into usage after Dr. Shelton and Dr. Gian-Cursio met, when they discussed an appropriate term to distinguish it from medical hygiene.

In these three generations, we have a laboratory of the highest biotic quality that has been continuing for 42 years, producing evidence of the great value of Natural Hygiene, when its principles are translated into techniques of life that are compatible with physiological laws. These three generations are now expanding into four, yet in all this time there has not been one death. Also, except for acute remedial processes of a few days duration, there has not been a chronic disease. Many vestiges of chronic disorders have been eliminated during this time as these individuals progressed or evolved into higher plateaus of health.

The modifications that have been made in technique in applying the principles of Natural Hygiene are based on a simple principle: that there be economy of body structure and energy—that in every agent, method, and condition, there be maximum utilization with minimum expenditure of power—so that there be enough energy left over that the body can use for healing purposes. Dr. Gian-Cursio has kept these principles before him as cardinal precepts, teaching that whatever is utilized must always be in conformity

with body need and never against organismal intelligence.

The difference, basically, that I noted in my study of the diet of these individuals is that there has been an accentuation or increase of the green leaf vegetables while at the same time there has been a reduction in the amount of fruit, especially those that are highly acid (citric, etc.). Also, the fast has been used at the very first symptoms of any remedial detoxicating process that we call acute disease—such as colds and minor disturbances that commonly occur when vegetarians and even Natural Hygienists experience when they habitually overconsume of foods—even though they are natural.

{Thus ended the "supplement." Dr. Bass then sent Dr. Shelton the following letter, referring to his never-before-published interview with Dr. Gian-Cursio, an interview you'll read in full in just a minute...}

October 18, 1976

Dear Dr. Shelton:

After listening to the tape of Dr. Cursio and myself over and over again, in preparation for editing it, I was immediately made aware that the first quality that would be lost was the exciting and powerful reality of what was being said as well as the emotional and inspirational quality which was projected by a man who believed heart and soul in what he was saying and lived the ideas in his daily life. I even felt compelled to leave the grammar alone, as well as the slang. This made it all the more real and exciting, and I am certain that the reader of the enclosed material will find it every bit as exciting, urgent, and intense as it was to me that day—and as it was to Dr. Marvin Telmar (a Hygienist) a day later.

Dr. Shelton, I therefore feel impelled to ask you, even to urge and implore you with humility in my heart, to try to see your way clear if at all possible to publish the enclosed material in its entirety. The revolutionary nature of its contents may lead to new horizons in Natural Hygiene just as you sacrificed your energies, your health, and your entire life for. Knowing Dr. Cursio as I have for almost 30 years and having seen much and consulted endless times with him with my most difficult and critical cases, I have been fortunate and inspired to literally see miracles which followed the practice of the ideas and principles he refers to herein.

Trusting that you will make the right decision as to whether it should be published in its entirety or whether it should be condensed and edited, I remain,

Stanley S. Bass

{Thus ended the letter. Now back to Dr. Bass's voice...}

[Note: The following is taken from a recording which I made on October 10, 1976, of the dialogue between myself and Dr. Cursio for the purpose of supplying the information that Dr. Shelton requested of me regarding the "With Three Generations of Hygienists" article, as well as to present the changes which evolved in Dr. Cursio's dietetic views over the years from September 2, 1962, to the present time, October 10, 1976. Dr. Cursio called the Penepent family in Batavia, N.Y., and connected with Anthony Penepent.]

Dr. Cursio: Anthony, twelve years ago Dr. Bass wrote an article about the Penepent family of three generations of Hygienists. He

sent it to Dr. Shelton and Shelton liked it, but it was 12 years too late. He wants to update it. He wants to know how many members there are—and the general psychological qualities of the family. Are they calm? The schooling, how many in college, how many graduated, the business, and all that to give an idea of how they increased in productivity and social orientation? Here's Dr. Bass.

[Note: Anthony Penepent was 30 years old and of the third generation when I talked to him in 1976. I asked him about the family and he replied:]

Anthony: Dr. Cursio first took care of my mother and father in 1935. They were Hygienists before I was born. *[This is an important point.]* My brothers were all youngsters when they became Natural Hygienists under Dr. Cursio's care. My brother Phil, he was the oldest, and about ten years old then and 25 years older than me. He had a heart condition. There were eight girls in the family. As a rule you could say that they kept away from drugs and all that and they've lived pretty good. And they're usually pretty calm. They're not argumentative which they ascribe to our lifestyle. One of the members of the second generation, in his middle 20's, has a bachelor's degree and a doctorate, and he's halfway through his medical basic sciences and he intends to be a medical doctor, but to practice Natural Hygiene. He was born after his mother had been in Hygiene about 10 years. *[Note: all his brothers now have offsprings from which these thirty people came].* One had a serious cardiac condition in the early teens, who is now still a vital, healthy human being.

Dr. Bass: Are the children being raised the same way?

Anthony: Yes, they all are. Dr. Cursio sees them every time he comes here. Now from the father who was very ill, one of the sons is finishing medical school. He's in Italy. One girl is graduating from college in education.

Dr. Bass: You don't have the names? It may be confusing.

[Note: At this point, Anthony suggested I get the names from Dr. Cursio. We said goodbye here, and I continued the conversation with Dr. Cursio, who was present during the phone conversation.]

Dr. Cursio: He's raised four children Hygienically: Phil Jr., the oldest; Mike, a college graduate; and David and Mary Ann. That's in this one family now where the father, Phil Sr., was seriously ill with heart trouble, rheumatic heart at age 12. Now, I noticed in the beginning of the third generation, some of them that were born—this is where I noticed the nearsightedness, the hydroceles, and the abnormalities. Then I made my shift into more green stuff, blended salads early, cut out the orange juice—like I'd give the child the milk and I'd use the vegetable juice. Then I saw the difference. The children were better—were more sturdy. Instead of pigeon-chested or chicken-chested, they were fine-chested.

Dr. Bass: In other words, you kept the blended salads going?

Dr. Cursio: Oh yeah! That was the change. I don't think there's a dental carie in the whole group.

Dr. Bass: That's a permanent change then, increased salads and blended salads?

Dr. Cursio: Yeah! They subsist 90%, I'd say 95%, on unfired food—and the other percentage they'd have some steamed vegetables like rice or potato or legumes. Basically, it's unfired. That's it! You've got it all.

They are representative. This family is representative of many families in the area and elsewhere, where they've been raised this

way. But this is like a sample, a sampling.

The following represents the changes which have evolved in Dr. Cursio's dietetic views over the years leading up to the present time [ie, 1976].

Dr. Cursio: I observed many cases of pregnant women who had difficulties, women who were physically inadequate to have children and hence after pregnancy they accepted Natural Hygiene in order to have children that were healthy and also to make it possible for them to survive. In other words, sick women came to me. They were pregnant. They were having all they could to survive on their own, without pregnancy.

Dr. Bass: Talking about you [and your patients]?

Dr. Cursio: Yeah. I'm speaking now of the women who came to me. I'm speaking now how these changes took place—especially in the care of children—so that we have here problems that came up in the children when I followed the strict fruit program with nuts, and minimal amounts, compared to what I use now, of green stuff (salads). These children, the skeletal development wasn't right, the dental arches were not well-formed, teeth came in crowded because of it. I noticed a great deal of boys that were born who were herniated—who had what we call hydroceles. So, with the noticing of these conditions and other miscellaneous...

Dr. Bass: Can you state specifically what diet they were on?

Dr. Cursio: Their diet would be predominantly fruit, nut proteins, and a relatively small amount of salad compared to what they get now—they used to get one salad a day. They'd have a fruit meal in the morning, a fruit meal at noon, and a salad at night. In the morning, they'd have just fruit; at noon they'd have the fruit and nuts, and at night they'd have the salad, sometimes with nuts and sometimes with vegetables—but on this kind of a setup, I've been noticing the inadequacies in these children. Then I made the drastic changes! First I noticed the hydroceles, nearsightedness, the skeletal development. And the musculature was not developed in these children. But, at any rate, I started to think. In line with this of course were other things that I noticed with other individuals—people who had been living this way and living, I know, 100%. One of them—I don't think he's [Dr. Shelton] going to publish this—with Miss Natural Hygiene. There were two Miss Natural Hygienes. One of them came to me with multiple sclerosis. And gum recessions, dental caries I noticed. But a great deal of gum recession and marginal erosion of the gum line of the teeth. Now, at first I ascribed this to the citrus fruit, so I cut it down. I cut down on the amount of fruit, without making any relative increase in the green stuff (salads). Then, I finally found that though there were slight improvements, they were not sufficient. So then I figured there's got to be an additional factor here. There's got to be, what, I had talked to Weston Price about it—he was one of the men I spoke to. And, I said this is an X-factor that's missing—I don't know what it was. Later on, you know this work done on B₁₂, I came to the conclusion that this perhaps was one of the factors that could lead to this kind of pathology.

Dr. Bass: Deficiency in B₁₂?

Dr. Cursio: Yes! It was only after adding green stuff that I started to see in the pregnancies that followed, and also in the children that were grown, that came from these pregnancies, the difference. Round heads instead of pear-shaped heads, better-formed teeth. And all the aberrations I had noticed—the nearsightedness, the hernias, the hydroceles, and the musculature that was weak—that all

disappeared. There was never another case after this. I was also able to witness an increase, for example, in the blood chemistries, the improvements in the mothers and in the adults, who were put on this kind of a setup. Hemoglobin—where they had microcytic anemia or macrocytic anemia, the nutritional anemias—they cleared up. Now, this was with the addition of the salads, but even so, I was not satisfied. In trying to evaluate the absolute amount of every nutrient, I found it was inadequate. They couldn't eat that amount, and they didn't have the time to eat that amount.

Dr. Bass: The salad?

Dr. Cursio: Hence the blended salad. To insure the proper impact, the proper intake in sufficient amounts with minimal expenditure of energy, especially in the ill, so that we had the assimilation, and we had the utilization with the minimal usage of vital power, and leaving sufficient energy, you know, for reparative and healing and restorative purposes.

Dr. Bass: What about the oxidation factor which occurs during blending?

Dr. Cursio: Well, sure, there's a minimal amount, but that was overcome and balanced up by the increased utilization. Now, because there was increased utilization, you had to be very selective in the kind of foods you used. So you didn't want an imbalance of nutrients. You didn't want to have an imbalance of the chloride ratios, you know, like an overload of potassium over sodium. There have been some studies made which indicate that potassium in excess could prove carcinogenic, you know, could create an ionization, I mean. There was some work done with the Japanese. And I was in correspondence with one of the men who had done this work, so that I was very cautious that I used only certain raw things that I felt had this proper ratio.

Dr. Bass: Can you mention any names of these people?

Dr. Cursio: This Japanese fellow, I'd have to get the letter. Marvin has this letter. He has a copy of it. I can't find the original. But he wrote to me. As a matter of fact, I was going to have his article published in a magazine, but we just didn't go to press anymore. [Referring to *Journal of Health*, edited by Christopher Gian-Cursio. Winter 1964 was the last issue.]

Dr. Bass: In sending this material to Dr. Shelton, shall I quote you?

Dr. Cursio: Quote me—also your observations too. These were studies that were made on hundreds and hundreds and hundreds of people. What we call clinical studies and observations, in which there was a morphology, a clinical observation based on, you know, recovery, rates of recoveries. And also in post-fasting nutrition, when this kind of setup was used, that they rebuilt and were able to get back to a normal musculature. There were individuals who came to me, for example, who'd never been able to go beyond the skeletal stage. After they fasted they just seemed to stay thin—and no matter what you tried. And after you gave them blended salad for awhile, they started to fill up again.

Dr. Bass: And they wouldn't do it on the whole salad?

Dr. Cursio: But the one thing that forced my attention to the defects, that was the recession of gums and the marginal erosion of the gum line of the teeth, nails that wouldn't grow, nails that were deformed, toenails, fingernails, all of this. Also warts tend to form on these cases. They tend to get moles or proliferation of moles. And there were all things of this nature that started to make me suspicious. Why, in a so-called ideal diet, was this happening? I didn't want to go back to meat. I didn't want to go back to fish, as

some Hygienists did in the past, like Walter did.

Dr. Bass: Robert Walter?

Dr. Cursio: Yeah! Robert Walter did that—and there were some other Hygienists who did that. Some of them did it in a sly manner.

Dr. Bass: Tilden?

Dr. Cursio: No. Tilden was not a vegetarian. These were vegetarians. So the thing is, I had to find an answer and still keep within the framework of a fleshless setup, without compromising the principles of Hygiene. And then of course with the neurological impairments that I had noticed, I figured that the B12 and the essential factors were missing. Some of these people had malabsorption syndromes. Some had an anti-nutrient factor, enzymic defects. So hence the egg yolk and the cheese. Now this I witnessed also in my own family, these pronounced states of anemia. And boy, there was no family that was fed more scientifically. We were unfired foodists. They were raised this way.

[Note: one rather remarkable case I witnessed about 15 years ago was that of a 29-year old married man who had leukemia. His white blood corpuscle count was so high that "they were eating up the red blood corpuscles" to the point that he needed blood transfusions daily to survive. After ten days on a diet of blended salads, a little fruit, and egg yolks daily, he no longer needed transfusions and rebuilt and normalized the ratio of red blood cells to white. Other cases I witnessed were the clearing up of anemias, emaciation, and great weakness. In those whose digestive and enzyme systems were so impaired that they were unable to digest nuts, seeds, legumes, cheese and frequently even salads, the raw egg yolks—due to their easy digestibility, total amino acid content, and rapid assimilation where all else seemed to fail, frequently proved to be the ideal transition food to bring these people to a state whereby they could restore their enzymes and digestive ability to the point where they could digest and assimilate nuts and other Hygienic food after awhile.]

Dr. Cursio: Then I noticed in my generation, the second, the third generation that these problems began to show up. That's how the Kutter's cheese came to be, when my daughter developed this anemia. And I couldn't get it to shift. I found that the intestinal flora wasn't right—because there was no other explanation. There was enough iron, the egg yolks were given, still there was not enough factor there to create the restoration.

Dr. Bass: And what damaged the intestinal flora, would you say?

Dr. Cursio: I say, for one thing, the high fruit diet.

Dr. Bass: The high acid?

Dr. Cursio: Yeah! The citric acid and the high intake of fruit and carbohydrate.

Dr. Bass: The high sugar? *[Note: Other factors which damage intestinal flora include onions, garlic, strong radishes and foods rich in mustard oil, and so on. Antibiotics are also lethal to flora.]*

Dr. Cursio: Yeah! And also the proteins were not sufficient, they were inadequate.

Dr. Bass: You mean the nuts?

Dr. Cursio: Yes. So I went by Kutter's that one time, and I asked if he'd make me cheese—raw, without salt, because I had a problem. He did and that was the beginning of Kutter's cheese.

Dr. Bass: Was that the beginning of all the raw cheeses?

Dr. Cursio: Yeah. That was the beginning. It became a big factor. I found that this was the only cheese that did the trick. *[As Dr.*

Cursio had explained on previous occasions, the raw milk cheese had all the enzymes and material—proper bacterial life, etc.—necessary to restore the flora as they were originally established from our breast-feeding days as an infant. Pasteurization damaged these indispensable micro-organisms, the flora which reside in our intestines and produce the B₁₂ vitamin which is necessary.]

Dr. Bass: Really? Even ricotta didn't do it, huh?

Dr. Cursio: No. It didn't do it.

Dr. Bass: Now, once they used the cheese, they didn't have to stay on it forever. Is that what you mean?

Dr. Cursio: No. Once they got restored, yeah. In Jean Franton I had the problem too. She was carried to me, literally carried in to me. The year before she was Miss Natural Hygiene. Then there was another case here that was in a magazine—this Dee Robins—one of the most gorgeous females, and she died a most horrible death. Here—*Downstairs in the Journal of Natural Hygiene*—she was in there, an example of Natural Hygiene. Died at 28. She was a model.

Dr. Bass: Of what?

Dr. Cursio: Just died from osteoporosis.

Dr. Bass: Wow, this is heavy stuff.

Dr. Cursio: Osteoporosis. Followed it to the letter.

Dr. Bass: Do you think Dr. Shelton will print this?

Dr. Cursio: Well, you can write this in your letter. This is to give you, there are hundreds and hundreds of illustrations that caused me to shift. I always made the move, but never did I, nor would I, go off the basic concepts. Always, the prime consideration with me was this: economy of the structures of the body, the economy of energy. Maximum utilization with minimal expenditure of power. I kept that and made THOSE cardinal precepts. But NEVER would I resort to anything other than what I considered to be the optimum quality-wise.

Dr. Bass: What about the concept of vegetarianism and egg yolks?

Dr. Cursio: Well, that forms within a framework, and I'm going to give you a quotation. Like some of the hygienists, like Oswald, how they changed. And they wrote articles against the vegetarians, but it didn't include the egg.

Dr. Bass: Once the people restored themselves, did you still advocate the use of the egg yolk?

Dr. Cursio: Minimal amounts. Take Luigi Cornaro, the one man that was held up as an example by Sylvester Graham. He was always used as a model. Cornaro used the egg yoke, and he lived to be 102 years old. Luigi Cornaro. Although Graham didn't advocate the use of the egg yolk, he still held up this man who did use it as a model or an example of what a man can do by being abstemious in the intake of food, being moderate in the intake of food, and being selective in the intake of food. See Stanley, this came about because I had to witness this kind of thing where there was rapidity of change in the neonatal life and also rapidity of change in the women in pre-partum, you know, and postpartum cases. You know, you saw this, like you saw intensity of action, things that happen in a couple of months that wouldn't happen for years. So I had the clinical observations here. Ordinarily, a man who has not learned about this would never even notice it.

Dr. Bass: Are you referring to regeneration?

Dr. Cursio: Regeneration and the nutritional imbalances, you know. In the beginning, before I resorted to the blended salads, I looked for the culprits in oxalic acid, overuse of salads, of citric acid, fruit rich in malic acid, tartaric acid, quinic acid. I was in cor-

respondence with Dr. Lukas and Drs. Armstrong and Saxon of England. When I told them the changes in my thoughts about that, they were in complete agreement with me. These were masters, from England—Lukas, Armstrong, and Saxon.

Dr. Bass: You mean the Armstrong who wrote about the urine?

Dr. Cursio: Yeah! They knew there was something amiss. Now, I wasn't going to go into urine drinking. I had to find it, to conform with the basic biological laws that Hygiene is based upon. I didn't want to do anything to contradict Hygiene or its principles. I didn't have to. Hygiene had the foundation. It was in the techniques that the failures came—in the interpretation—you know.

Dr. Bass: Does that mean to say that one cannot live on nuts, fruits, and vegetables today without the use of egg yolks?

Dr. Cursio: You could. You'd have to go through a tremendous change, and I doubt that you could make it. Some people, unless they restore that intestinal flora—you'd have to get back into that kind of a situation, that you have to approximate in your body the kind of a state that you were in as an infant and also that your mother was in. And remember, this is where you're keyed into this. This is where you're computered into it. And you have to remember this, this is a LEARNED—a biological adjustment or adaptation that's part of your life and you have to simply recognize that some of us can't make the shifts.

Dr. Bass: In other words, once you've made the shifts with the egg yolks...

Dr. Cursio: Well, THEN but how many of them DO?

Dr. Bass: ... then you can live on nuts, fruits and vegetables alone?

Dr. Cursio: Yeah, you could.

Dr. Bass: Indefinitely without the use of cheese?

Dr. Cursio: Now I found also illustrations of cases—let me tell you—I had cases here where people—men who were interested in weightlifting—couldn't get musculature up to a certain level. Where they normally should have weighed 160 pounds, they couldn't go beyond 130. And yet they were living biologically on the highest type of diet. In some of these cases they started using say cooked escarole and string beans, and they started gaining weight. Calorically, there was no increase. Protein, there was no increase. And I began to wonder—why did this happen with these cases?

Dr. Bass: Before, they were living on a raw diet?

Dr. Cursio: Yeah! They were on 100% raw. Had been on it 10, 15, 20 years, you know. I came to a conclusion... Was cellulose pabulum for the intestinal tract—for certain factors existing there? Was that the change? How else could you explain it?

Dr. Bass: In other words, now you're advocating the use of cooked foods, when someone has damaged the flora? [*Note: the cooked vegetables act as a very favorable culture media to restore the growth of the flora which have been damaged.*]

Dr. Cursio: That's right. In the cases that had this particular situation.

Dr. Bass: And then once they had restored the flora, they could go back to the raw—with better results?

Dr. Cursio: That's it! With better results. But you have to take this into consideration. Now without espousing the Ehretist program, and before I became a Natural Hygienist I was somewhat of an Ehretist. The transition setup that he followed was entirely erroneous. I'm not following a transition—I actually say, give the total impact and meet the conditions, the body condition. Your nutritional regimen should conform with the biological orientation that

exists at the moment, so that you get maximum utilization, assimilation, and fixation of nutrients.

Dr. Bass: So what shall I do with this then? Should I copy it out word for word?

Dr. Cursio: You can copy it out word for word if you want to, you know.

Dr. Bass: And send it to Dr. Shelton? Or should I sent it to you, for editing?

Dr. Cursio: No! You did a good job on "Three Generations." [Referring to the original article I had written 12 years previous - ly.]

Dr. Bass: Did I cover the most important facts?

Dr. Cursio: Yeah. We have reasons for the nutritional changes, now. You can mention two people because, look at Marvin, look what he was doing. Look at my wife. When I was 100%, you know [when his family was living on 100% raw diet], look at what happened to her, marginal erosion of the teeth. Look at it! I lost one son. You want to bring that out. You should bring that out, the B₁₂ deficiency. There were some deaths too.

Dr. Bass: What caused all this? The excessive fruit eating? Or...

Dr. Cursio: The excessive fruit eating and B₁₂ deficiency.

Dr. Bass: But if you had taken these children from the average family where there was no damage to their flora and then put them on the 100% raw, would they have made it?

Dr. Cursio: They might have made it, but I doubt it. I never found a case where they could. It was only with the blended salads that I saw the improvements.

Dr. Bass: In other words, this has to be a permanent feature to offset...

Dr. Cursio: In other words, to get the volume that a primate gets, the amount of volume per pound per body weight, in the proportion, you have to intensify assimilation. If you were to study the bulk and the gross weight of what a gorilla will eat in proportion to weight, to approximate this you would have to eat all day, from morning to night.

Dr. Bass: If you didn't use nuts...

Dr. Cursio: If you didn't use nuts and if you didn't use the salad blended in an assimilable form. That's the reason for it. And remember also that the blended salad as a fast, when the fast is broken with juices, works on the same principle, of conserving energy—minimal expenditure of power and maximum return for the expenditure. It works on that same principle.

Dr. Bass: Now how much blended salad would be sufficient if there were no whole salad used, to approximate the gorilla, in a day?

Dr. Cursio: Well, what I found here is about 24 oz., I'd say about 32 oz., maximum.

Dr. Bass: That would complete all the needs for the minerals?

Dr. Cursio: Yeah, that's right.

Dr. Bass: And the minimum? What would the minimum be?

Dr. Cursio: Well, it depends upon the rate of assimilation. After you get adjusted, you can reduce the amount.

Dr. Bass: To what? When a person is fully adjusted, what is this minimal amount?

Dr. Cursio: Minimal amount? I say you could almost come close to the amounts that Cornaro used, only using it in the green stuff. Remember, instead of getting it like Robert Walter did, he was getting his chlorophyll proteins in a concentrated form after it's been transferred into the animal. Now Walter did it this way. I felt,

instead of making that step, by eating meat, do it, concentrate it in the highest form, instead of letting it go into the animal and then slaughtering that animal. There had to be a step ahead here, in the evolution, you know.

Dr. Bass: Does that complete it?

Dr. Cursio: Yeah, that completes it. Now we'll back it up. I'll go into my other room. I have notes. I'm going to read some to you—but I want you to quote some of the old Hygienists, you know. Yeah, but get at it right away. You know why I'm interested in this... because I don't need to blow my own horn. I have enough, you know... God...

Dr. Bass: How should I word this?

Dr. Cursio: The main thing here—let's help some of these poor people out. You can quote me directly—also dialogue—both forms.

Dr. Bass: Then I would paraphrase you, explaining the philosophy behind it?

Dr. Cursio: Right. You can use the philosophy—then you can quote me directly and then we can quote Oswald [Felix Oswald], then a few others.

...

And so ends the lesson.

As you know from recent issues, Dr. Bass and I have worked for hours and hours putting together his four years worth of dietary experiments with mice. We finished the work on the first two years, and, as you read this issue, Dr. Bass continues to bring what's turning into a major monograph up to date, right up to the present.

We will publish this important piece of work as soon as possible because it pulls together—as well as further substantiates—the ideas presented in both of Dr. Bass's interview issues as well as in the article in this month's **H&B**.

Now regarding, blended salads, how about some details from Dr. Bass's booklet, *Ideal Health through Sequential Eating*?

If you'd like to try them, due to the liquefaction of vegetables by blending, blended salads offer the following benefits:

1) Absorption and assimilation of vitamins, minerals, and proteins is increased approximately five times as compared to eating and chewing the salad;

2) A blended salad will digest and leave the stomach in 15 to 20 minutes compared to 30 to 60 minutes for a tossed salad eaten whole;

3) To avoid oxidation during the blending, when the whirlpool begins to form, stop the blender, pour its contents into a dish and begin to eat. No more oxidation takes place than when you thoroughly masticate a salad before swallowing;

4) For people who have difficulty with handling of roughage (as in ulcers, colitis, and similar ailments), or digestion of raw food, blending usually solves the problem;

5) Since digestion and assimilation of vegetables becomes greatly simplified when blended, the energy saved in digestion can make the difference between lingering illness and rapid recovery in serious cases.

...

Lots of hot items sizzle in the H&B broiler for this summer and fall: Dr. Bass's major article on his mice experiments; a great interview with Dr. Robert Sniadach, new director of Shangri-La; if he finds the time and returns the tapes to me, an interview with Dr. Gabriel Cousens, author of *Conscious Eating*; an interview with the Price-Pottenger Nutrition Foundation which publishes the groundbreaking work of Weston Price as well as other excellent books that many Hygienists don't know about; at least one issue on den-

tal health featuring an interview with the most devoted dentist, personal freedom advocate, and student of Natural Hygiene that I know, Dr. Robert Wynman; a wonderfully reasoned and beautifully written essay by subscriber Stan Martin on the connection between eating habits and the conditioned self; and much, much more!

And wait 'til you read the special issue on the benefits of urine drinking!

Just kidding, of course. Couldn't resist that one, as usual.

Seriously, Dr. Cursio's mention of this practice did strike your editor's insatiable curiosity, but I have no intellectual (ahem) thirst at this point to explore the subject in detail and thus haven't started a file on the topic...

...

I have, however, opened a file for a winter issue of the newsletter on how the practice of Natural Hygiene offers the body the opportunity to heal itself of any major health problem. Editorially, I want **H&B** to feature writing by both licensed practitioners and knowledgeable lay persons. So, if Natural Hygiene and a disabling disease or health problem have affected your life and you'd like to share this experience with others, please write in detail about what happened to you and then send it to me at the address in the box to the right.

...

Alas, we have exhausted once again the available space!

I promise you a hot time in the **H&B** summer kitchen, so practice those eye exercises to read with ease all the upcoming goodies. Until July, then, when we next meet, I wish you luck in your search for health and beyond!

Health & Beyond

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If you're not doing certain other things I discovered since writing this issue, you're not going to attain your optimal level of health. For details send an email to new@chetday.com

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