

Publishers of  
ONE-SENTENCE ECONOMICS  
AND WORLD LEPROSY  
- Howard W. L'Hommedieu

An end to monopoly — in government, banking, land, patents, mergers, trade unions, medicine.

Rational, humane laws. Prisons abolished; replaced by fines, with psychiatric treatment if necessary.

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Proper Nutrition, Right Living and Fasting  
Keep the Body Well, or Allow It To Cure Itself.  
Monopolies Keep Us Ignorant, Poor and Sick.

Assess full ground rent, without exception, for ethical revenue source, low improvement taxes, an end to speculation. Choice of sites at true rental value will ensure a surplus of safe employment, at wages equal to one's production.

Government restitution for official or private injuries. Polygraph tests to be accepted as evidence.

We are flooded with diseases, the "cures" for which are mainly PREVENTION and NATURE. For all the money being extorted, grafted and thrown away, by drug firms, insurance firms, Blue Cross, doctors, druggists, nursing homes, charity hospitals and others, fund raisers, research projects, politicians, grossly inadequate Medicare and Medicaid, the often useless and cruel torture of animals and prisoner guinea pigs, in one enormous cesspool of iniquity, demanding socialized medicine and the independent cross-checking of everything, our main loss is in sick and crippled people and a shortened life span. All nutrients are required for good health, but our "foods" are seriously lacking. Nutrient replacement can usually restore health, but if not, a fast, or several fasts, sometimes of even a day or so, with long ones under Hygienic care, ordinarily makes it possible for the body to cure itself. The digestive and other systems are rested, permitting diversion of energy, to eliminate toxins and redistribute stored nutrients to points of greatest need. Fasting was long employed throughout the Mediterranean world, going back to Biblical times. Some illnesses now cured during fasts are: asthma, sinus infection, rickets, anemia, pellagra, prostate enlargement, obesity (also inability to gain weight), dropsy, edema, eczema, gonorrhea, benign tumors, and considerable improvement in Parkinson's and Bright's diseases. A general infection may be named for the place where the toxin settles: a sore throat, sinus, etc., but a non-toxemic cannot develop a cold. Millions of people living on natural foods now have, or have had good health, without doctors, until monopolists forced them into unbalanced, inadequate diets.

Crops are grown on soil deprived of normal nutrients and poisoned with pesticides. Crops are further poisoned while growing, the pesticides also destroying nutrients. Nutrients are lost when crops are picked green; also by deliberate removal of less stable nutrients, by the heat of processing, by quick freezing, by the precooking of "instant foods," and by the use of many additives, harmful in themselves, as well as destructive of nutrients. Foods should be eaten as soon as possible, 60 % preferably fresh fruits and vegetables. Our livestock and poultry are deprived of exercise, fed artificial, unbalanced feeds, given cancer-producing fattening injections and antibiotics, which also destroy nutrients. This, with castration, causes steers to yield three times the amount of adipose fat as protein, instead of the normal reverse. Our "milk" is poisoned with pesticides ingested from indiscriminate crop spraying; watered, impregnated with harmful additives, and loses nutrients from the heat of pasteurization; with most vitamin A destroyed by homogenization. Only three states allow certified milk, a near-perfect food. Along with "meat," "poultry," deteriorated, unfertilized "eggs" (lacking steroids), and "milk," we should avoid white flour, refined sugar, coffee, tea, chocolate, soft drinks, tobacco and alcohol. Nutritious, natural foods have more flavor; raw honey and blackstrap molasses are good sweeteners. Exercise is a great help.

The following are usually needed until we get nutritious foods: a high grade, balanced vitamin and mineral supplement, with trace elements; a high grade C-Complex, with vital bioflavonoids; a high grade natural vitamin E supplement; a high grade Lecithin capsule; raw green olive oil, "first pressings," containing the four essential fatty acids found in natural meats; a SUPER YEAST, with Soy Protein Isolate, Whey Protein Concentrate and added vitamins and minerals; containing a large quantity of complete B vitamins, calcium, iron, 7 trace minerals, protein, and all amino acids; with a mild, pleasant flavor.

The liver produces proteins called gamma globulins, or antibodies, the lack of which is found in almost every infection. With enough protein, they can be increased 100-fold within a week. The absence of essential fatty acids causes dryness of the skin and hair, eczema, edema, in-

terferes with sexual function, retards growth of the young, causes early death. A normal adult liver produces 3,000 mg. or more of cholesterol a day, from which vitamin D, the sex and adrenal hormones and bile salts are made, and which is concentrated in brain and nerve tissues. Lecithin is a source of cholin and inositol, which break up cholesterol into tiny particles which can pass readily into the tissues. A deficiency causes cholesterol to stick to the walls of arteries, where it attracts other foreign matters, blocking passage of the blood, and causing heart attacks. When poor quality butter, margarine and cooking oils are refined or hydrogenated, the lecithin in them is discarded. "Polyunsaturated" does not tell the percentage which is unsaturated, nor the quality. Most "yogurt" and "buttermilk" are not the equals of their originals. 25 % of our largest consumer products were recalled in 1974. With the same standards for commercial foods, most of them would be recalled.

Mucous membranes line the body cavities: throat, nose, sinuses, middle ears, lungs, gall bladder and urinary bladder. Vitamin A causes them continuously to secrete mucous, which prevents bacteria from reaching the cells, and no infection occurs. Liver tissues of adults meeting accidental death averages 20 times the vitamin A of that of persons dying of infections. Vitamin A is essential to the development of bones and tooth enamel, to digestion, reproduction, lactation, the forming of red and white blood corpuscles. Cirrhosis of the liver, palsy, St. Vitus" Dance, epilepsy and tremors are successfully treated with B vitamins. Extra amounts are needed for stress. Where patients in a mental hospital were first placed on an adequate diet for two months, a large percentage could then be sent home. Vitamin C, destroyed by most drugs, is helpful in many infections and diseases, allergies and pains. Meningitis, encephalitis, polio, virus pneumonia and serious complications following other diseases were quickly cured by massive doses of vitamin C. Vitamin D and calcium build up dentin and enamel. Animals on a good diet build up stronger bones as they age. Many of our aged easily break porous hip bones, which may even collapse. Vitamin E helps every cell to function. A lack causes brown "liver spots" on the skin, makes the menstrual cycle irregular, affects the building of muscles, causing hundreds of thousands of horrible cases of muscular dystrophy, possibly all preventable. Breast milk has long-chain fats and 40 times as much vitamin E as cow's milk, which helps to keep babies free of disease, while present cow's milk sickens some. Vitamin E has been successful in the treatment of miscarriages, heart disease, high blood pressure, peripheral atherosclerosis, diabetes, gangrene and other diseases.

Trace elements are vital to both plants and humans, but our soils are greatly deficient. Humus is food for bacteria, which ionizes minerals, but the potash we use saturates the soil, preventing the less easily dissolved minerals from staying in solution. Insects can attack unhealthy plants, which therefore require controls, preferably harmless. Our foods have only a fraction of their former mineral and vitamin content. Animals grazing on rebuilt soil, when injected with the most virulent bacteria, showed no trace a week or two later. So much for "progress." Eric Ojala, Ass't. Director General of the United Nations Food Program, said that 15 % of the world is on a diet so perpetually deficient that large numbers are stunted, underweight, don't learn well, and can't work well. (Atrocities of monopoly)

Major links in one chain of pathological evolution are: enervation, intoxication, irritation, inflammation, induration (hardening), ulceration and fungation, the last being cancer, believed 85 % caused by pollution of one kind or another. The author of THE TOPIC OF CANCER estimates that 25 % to 50 % is caused by cigarette smoking, cancer in women rising with their increased smoking. Test results on its dangerous effects were suppressed for a quarter of a century by the pressure of vested interests on a venal A. M. A. and federal government. Distilled water may help prevent or clear up numerous disabilities, caused partly by the settling of inorganic minerals in the bones and flesh; from industrial wastes, and their combinations with chlorine and fluorides. With education, many can solve their food and health problems, but only by ending our interrelated monopolies, by ending every type of favoritism, can we have the sound, honest practices which will bring general good health.

References: FASTING CAN SAVE YOUR LIFE; WHAT WE EAT TODAY-The Food Manipulators vs. The People; Let's Eat Right To Keep Fit.