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The last twenty years have seen a fundamental change in our view of health and disease. Scientific discoveries in the fields of nutrition, chemistry, and biology have shown that what we have come to call “diseases of civilization” are largely self-incurred and that their source can be traced to a faulty diet and other mistakes in the way we arrange our lives.

Much of this was realized more than forty years ago by Are Waerland, whose teaching has since brought new life and health to thousands of people.

The basic maxim behind all Waerland’s work—the result of a lifetime of research and experiment—is the bold declaration: “*We are not concerned with diseases but with MISTAKES IN LIVING. Get rid of the mistakes and the diseases will disappear of their own accord.*”

## ***How do we begin?***

First and foremost by adopting a diet which leaves behind the least possible amount of harmful residues in the body and does not cause putrefaction in the intestines, thereby poisoning the whole system.

We begin then by cutting out meat, fish, and eggs from

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our daily meals, since, during the process of digestion, these foods—even when cooked—provide a fertile culture medium for putrefactive microbes which, owing to the great length of the human digestive tract, are capable of producing large quantities of toxic matter in the body. The diseases of civilization are partly toxic and partly deficiency diseases caused by unnatural, disease-producing foods and a way of life that is unsuited to our physiological make-up.

Professor Wilska, of the University of Helsingfors, has demonstrated that, by exposure to heat, poisons are produced in all foods containing animal protein and cholesterol. He calls these poisons “mortamins” and has already discovered three hundred different species of them in meat, fish, cheese, and even in heated milk and in butter. This disposes of the theory that the cooking of animal protein foods protects us from their injurious effects.

A lacto-vegetarian raw diet, i.e., a diet consisting of raw green and root vegetables, cereals—whole and unadulterated—milk and milk products, fulfills all the requirements for building a healthy body. It is only through living food, rich in vitamins, auxones,\* minerals, trace elements and alkaline salts, that the living body is able to build healthy, vigorous cells.

Research by the well-known scientist Dr. Rusch has demonstrated that the eating of cooked foods sets up a digestive leucocytosis in the intestinal tract which, in the long run, becomes dangerous to health.

Our digestive system has a most ingenious signaling ar-

\* See Glossary.

range: as soon as unnatural food is put into the mouth, "danger signals" are sent to the intestinal tract. If the food we are eating has been cooked or treated in any way that robs it of vitality or splits it into micro-parts, the independently working filtering process in the walls of the intestines is no longer able to protect the body against an invasion of foreign substances through the mucous membrane. To prevent these substances from penetrating into the blood and tissues, the alarm is given to the white corpuscles, the leucocytes, which are able to absorb foreign micro-organisms and render them harmless. At the danger signal the mucous membranes are flooded with leucocytes. But repeated calling into action of this kind of protective guard, intended as an emergency measure, weakens and deranges the functioning of the body, thereby lessening its resistance.

Rawkost\* (a diet of mainly raw foods), on the other hand, does not produce this leucocytosis, and even if a meal is begun with something raw in the form of a salad and then a small quantity of cooked food follows, no harm is done; but the raw food should always predominate on the menu.

These facts are surely sufficient to show that our digestive apparatus was originally developed for the purpose of digesting living foods from the vegetable kingdom. Other evidence of this is the natural bacterial flora of the intestines. The intestinal tract of a healthy child is populated by the type of bacteria required to break down cellulose. It is only when the child is given meat, fish, or eggs

\* See glossary.

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that the flora is changed and the putrefactive bacteria begin to predominate. This is the beginning of the ever-increasing poisoning of civilized man and the organic decay which is manifested in innumerable diseases.

Animal protein is not the only culprit to be blamed for the dangers of our civilized diet. In these days almost all foods are refined, denatured, and robbed of their most valuable qualities. We have only to consider white sugar, which has had all its living substances removed. Sugar cane is a complete food containing a percentage of sugar which suits our body. Refined sugar, on the other hand, drains our system of vitally important substances: minerals, vitamins, and calcium. We cannot assimilate it in its unnaturally concentrated form without drawing on our own supplies of elements which are indispensable for the maintenance of our cells.

Ordinary commercial salt, used for cooking and on the table, bottles up unhealthy fluids in the tissues and is one of the main causes of rheumatism. Living vegetable foods contain ample supplies of sodium chloride and other alkaline salts, and every addition of inorganic salt is harmful.

Another source of poisoning in our foods is the use of artificial preservatives and coloring matter. Medical authorities are warning the public more and more against these chemicals, which may be direct causes of cancer.

Strong spices and condiments irritate the mucous membranes of the digestive tract. Tea, coffee, and cocoa contain certain injurious drugs and slowly undermine our health. The nicotine in tobacco poisons not only the

smoker himself but all those around him. When tobacco is burned, certain cancer-causing tar substances are formed. Cancer of the lungs is finding many of its victims among women, since so many women now smoke. Statistics have shown a definite connection between cancer of the lungs and tobacco smoking.

Overcooked food and refined white flour lead to constipation. The colon becomes slack and distended and the rectum is turned into a breeding ground for all kinds of infections. Our great detoxicating organ, the liver, becomes overloaded and breaks down. The organs of elimination are no longer able to rid us of all the poisons which are daily and hourly introduced into our bodies in the form of foods and drinks, stimulants and narcotics.

What, then, does civilized man do in his despair? Instead of trying to build up new cells by means of a diet that will give the body all the elements of sound nutrition, he flies to injurious drug treatments and unnatural means of disguising the symptoms without going to the root cause of the trouble. In this way he slides further and further into the mire.

The great Greek physician, the father of medicine, Hippocrates, said, "Your medicine shall be your food and your food your medicine." Modern experience in the physiology of nutrition has proved how right he was. In complete living foods, i.e., those containing all the essentials of nutrition, we have all the elements required for building up health. Take, for instance, the green leaf, with its wealth of chlorophyll. It was American doctors who first discovered the marvelous effect of chlorophyll

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in treating septic diseases. Remarkable results in healing were achieved through injections of chlorophyll even in the most severe cases, and it was not long before it was introduced into European hospitals.

The question then arises: why lower the resistance of the body through the deficiency of organic, health-building foods in the diet, only to resort to synthetically produced preparations to repair the damage? Would it not be more reasonable and practical to *start* with a physiologically correct dietary which would build robust cells and give *natural* immunity to disease?

The truth of Hippocrates' thesis, that it is by healthful food that a healthy body can be built up, has been amply proved during the past twenty years by thousands of sick people in various countries who have regained their health by adopting the Waerland diet.

### *The health of the soil*

But we cannot win back perfect health unless the plants and products of nature that go to make up our food are themselves organically sound, containing all the vital elements that make them complete. And here we find yet another way in which civilization has frustrated its own ends and by wrong treatment has impoverished and poisoned the soil. We force the soil to produce large crops and then use unnatural means to restore the constituents it loses in the process. Even in the soil the balance of metabolism is achieved, and if this balance is upset, deficiencies and pathological changes take place. The micro-or-

ganisms essential for all healthy vegetation cannot flourish in artificially fertilized soil, since chemically produced fertilizer is as unsuitable for the soil as our chemically treated food is for the human body. When the microorganisms and the earthworms disappear, the soil becomes sterile and eventually eroded.

*The unadulterated products of the good earth build up our health.* But it is not only good food that we need. Pure drinking water from wells that are not befouled by sewage—a drink that does not need disinfecting with poisonous chemicals—is equally important.

### *Milk*

We also need milk and milk products from healthy cows. If our domestic animals are allowed to live according to the laws of nature, they will be healthy and the need to vitiate milk by sterilization will no longer exist.

### *Air*

Our present-day superficial and very limited hygiene is not capable of keeping diseases away. To create the inward cleanliness that is essential for true health, we must go to war against everything that sullies the mainsprings of our life. The chief of these is the air. Life entails combustion, and for all the life processes of our organism we need oxygen. We need pure air, free from poisonous gases and fumes. This is very difficult to find in our civilized communities where exhaust fumes, chimney smoke, and

vapors from chemical factories pollute the atmosphere. Not many of us are privileged to live in ozone-filled air, away from the impurities of cities and towns.

All the functions of the body are conditioned by their surroundings. Let us restore to our organs their original, natural life element, and they will regain their lost life rhythm. Wonderful results have already shown what can be done with a way of life based on this principle, that is, by restoring to our organs their true functional components: to our digestive organs complete and living foods, to our lungs pure air and, not least, the releasing of our skin from the prison of heavy, closely woven clothing so that it may react to fresh air, sunlight, cold water, and changes of temperature. Only through "toughening" in these ways will our resistance be increased and the skin, an enormous breathing and detoxicating organ, function at its best. By vigorous brushing and reasonable care, we must keep it supple and elastic.

All our excretory organs are dependent upon a sufficient intake of fluids. We must drink plentifully between meals in order to get rid of all the residual substances, or "dregs," which otherwise will be piled up in our organism during the processes of digestion and metabolism. If the organs of elimination do not function fully, the poisons will be left behind to create auto-intoxication in the body; our health will then deteriorate and disease will follow.

The strenuous intensity of modern life puts a tremendous strain upon our nerves. Many of us lead a sedentary life with insufficient exercise in the fresh air, and this leads



to the slow wasting of the muscles and accumulation of residues in the body, owing to sluggish circulation of the blood. On the other hand, our nervous energy is often sapped by a hectic life rhythm and a whirl of excitement and sensation. The proper balance between physical activity and discipline on the one hand, and a calm, collected and tranquil mind on the other, has been upset. The consequences are to be seen in the alarming increase in nervous diseases.

Health is, however, not governed merely by physical processes. A human being is an inseparable unity consisting of body, mind, and spirit. Scientists are devoting increasing attention to the part played by psychological influences in health and disease. In a recent German medical journal, Dr. Rink described experiments carried out by an American professor, Dr. Harrison Bean, showing the influence our attitude to life, our moods, and our reactions to outward circumstances exert on our physical well-being. The professor has discovered a method of condensing people's breath and of registering the different colorings of the condensations. When the condensed breath was injected into animals, it produced the most varied effects. In many cases the animals did not react at all; in other cases the reaction was violent, with symptoms pointing to acute poisoning. One of the animals died after being injected with the breath of a man who was filled with hate.

All negative emotions such as hate and anger, distress and deep melancholy create poisonous secretions in the

glands of the body. It has, for instance, long been known that the venom of a cobra is far more poisonous when the creature is excited.

Just as negative reactions and emotions have a destructive effect, a positive attitude to life releases reserves of energy and vitality that are practically unlimited.

Only by ordering our lives in harmony with the laws of nature are we able to build up true health. This we can do by introducing into our daily living the positive health-building life factors reviewed here, and by turning away from the disease-producing habits and ingrained prejudices of so-called civilized living.