

TWENTY-FIFTH ANNIVERSARY

American Academy of Applied Nutrition

Our Achievements and Our Objectives



The founders of the American Academy of Applied Nutrition led by Dr. Harold Hawkins learned that there were serious problems of nutrition confronting their patients. Most of these men were den-

tists who could look into the mouths of their patients and see first-hand that something was wrong. Dr. Hawkins, through his extensive studies in the field of biochemistry, had come to the conclusion that refined carbohydrates were of major importance. His controlled experiment in an orphanage in Los Angeles, and its effect on the caries incidence of children under his care, sparked the development of the Academy. Soon enthusiastic dental members induced some of their physician friends to take an interest in the problems of nutrition.

Although the Academy was first a study group it soon became obvious that the nurses and dental hygienists and ancillary personnel working with the dentists and physicians must become thoroughly indoctrinated in order to help to teach the patients. This was a new point of view that did not rely on the pill and the drill.

Soon the movement became known throughout the United States and others with similar interests were drawn to its fold.

Although the Academy has had many growing pains over the past 25 years, and has had its critics, nevertheless, its influence has been great.

- It has taken a stand against the contamination of foods with chemicals.

- It has stood for the production of the finest foods possible, for the marketing of these foods as quickly as possible, and for the retention of the maximum amount of vital elements.

- During the days when protein feedings were unpopular, it advocated the high-protein diet which eventually was proven to be correct.

- Again, it has stood for the use of the unsaturated fatty acids in the dietary—points that are now accepted in modern medicine.

- It has fought for freshness in foods, without the use of chemicals and antibiotics.

Its critics have taken its teachings and proven them to their own satisfaction without crediting the Academy with the original work it has done.

We have seen marked changes in the physiology of boys and girls in the past 25 years. Those men who have been imbued with the importance of fresh foods have been gratified to see the sons and daughters, and grandsons and granddaughters of their patients maintain a superior physical well-being.

With many organizational problems solved, it is to be hoped that the new International College of Applied Nutrition, the American Academy of Applied Nutrition and the American Nutrition Society can work hand-in-glove to promote the knowledge of good nutrition; that in the next 25 years the Academy may grow into an even greater force for the best physical development among our boys and girls. May our beliefs become a dynamic, moving force which will rally those who believe that it is far more important to prevent disease than to cure it.

Francis M. Pottenger, Jr. M.D.