

# VITAMIN NEWS

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## THE FOUNDATION OF HEALTH - It is Our Own Choice.

Health is what we make it, says Dr. George W. Heard. Our body is made from what we eat, if it fails to function as Nature intended, we have failed to eat the food Nature provided, for the one thing that no human body can do is to survive under continued malnutrition. It simply cannot make something out of nothing. When we select our food at each meal, we are selecting our future health. It can be good, it can be bad.

Dr. Heard's ideas were impressed into his own consciousness by his own experience. After discovering that the perfect teeth that 95% of the residents of Deaf Smith County, Texas were due to the better mineral pattern of the food locally produced, (not due to the one part per million of fluorides in the water, a mistake gone too far) he realized that his own palsy and arthritis were the result of his own carelessness in selecting honest food. When he followed the rules of common sense and confined his food pattern to complete, natural, unrefined and uncooked food, his shaking palsy and arthritis left him completely. Read his own story in his autobiography "Man vs Toothache" from Lee Foundation, Milwaukee.

\$ 3.50

Every now and then another doctor reports his discoveries of a similar nature. Here is Dr. Hunter McGuire Doles of Norfolk, Va. who lectured the Norfolk Cosmopolitan Club in connection with National Heart Month (February 1957), reported by Carl Cahill in newspaper releases.

Dr. Doles finds that a deficiency of Vitamin K lowers the prothrombin blood levels, predisposes us to coronary thrombosis. He finds that the general use of frozen vegetables creates a vitamin K deficiency where it was relatively non-existent. Coronary thrombosis jumped in 1933, after the first introduction of deep freeze foods, and has been increasing to the present, so that in 1955 it had jumped 3260%, (Thirty-two Fold), in the state of Virginia.

Negroes were less affected than white persons. In Norfolk city the increase was 4510% from 1920 to 1956.

Dr. Doles said that since applying this information he has had only one patient experience a recurrence of a heart attack. He recommends the use of fresh or canned "spinach, cauliflower, cabbage, tomatoes, lettuce, collards, string beans and corn". Canning does not destroy vitamin K (though it does destroy some other vitamins) as it is protected from oxidation by exposure to air which is the destructive influence to frozen foods. Dr. Doles said that in six hours the use of fresh vegetables will take a patient out of danger. The estimation of the prothrombin level is the indicating method for determining the possibility of recurrent coronary attacks. Dr. Doles believes the prothrombin level of the blood is far more important than the cholesterol level, in predisposing to coronary disease. It is

probable that the cholesterol excess (due in the main to the use of hydrogenated fats, having lost the protective vitamin F found in all natural oils), is more responsible for hypertension, cancer, gall bladder disease and arteriosclerosis. (See "Applied Trophology" May 1957, for review on Cholesterol - free copy on request).

Dr. Doles said he was writing a book for presenting his findings to the public, to be available soon.

Dr. Ernest Klein of New York, of the Blood and Plasma division of University Hospital, Bellevue Medical Center was first to call attention to the low prothrombin time and the shortened coagulation time of potential victim of a coronary attack, reported in the New York Times, July 12, 1949. He was summarily discharged for his announcement of his findings, and the idea of a deficiency cause back of coronary disease ridiculed by his superiors. Dr. Klein later published his conclusions in "Prevention" magazine, A New Theory of Diet and Coronary Thrombosis. Both the Times article and the "Prevention" article are available on request from us as reprints.

We call attention to Dr. Doles' statement that "synthetic vitamin K will not do the job like the vitamin in its natural form". Alfalfa is a good vegetable source (other than corn silk), but loses its potency in 90 days by oxidation, unless protected by air. Evidently we had better get it in tomato juice, it is not lost in the bottle or can, where air is excluded completely.

To recall more on misinformed experts with authority, I might refer to the statement of a great nutritionist of his day, Dr. Graham Lusk, Professor of Physiology of Cornell University, an author of "The Fundamental Basis of Nutrition" (Yale University Press, 1914) where he, in his remarkable state of overeducated ignorance, believes that the only measure of a food is its calorie rating, comments:

"If, through the medium of the schools and the press, everyone knew that a man of sedentary occupation required 2,500 calories and a laboring man 3,000 calories and more, no one suffering from want would spend his money for a can of tomatoes which is little else than flavored water".

He ridicules eggs as a food, since on the calorie rating, (Page 42) it would cost 24 dollars a day to feed a family. It is hard to realize how a college professor could become so completely brainwashed by self-hypnosis. It is fatal to give a plausible theory to an uncritical professor. He is as bad as the fellow with such an open mind that his brains fell out.

Mineral oil is known to block the assimilation of vitamin K (as well as that of other fat soluble vitamins) so there seems no doubt that the wide use of this once favorite laxative has taken a terrific toll in human life. (1) The user a "Walking invitation to disaster"

(See last issue of "Vitamin News") as expressed by Dr. Hugh M. Sinclair of Oxford University in commenting on the vitamin F deficient patient. No wonder responsible corporations gracefully withdrew from all promotion of mineral oil back in 1933, after discovering some of the effects on their customers.

Vitamin K naturally occurs, like all other vitamins, as a complex, vitamin forms up to K5 now being known. (2).

One important characteristic of the K Complex is

that it inhibits fungus and fermentation. In this way it protects us against such diseases as athlete's foot and tooth decay. Raw sugar cane juice is a good source, and sugar cane is known definitely to prevent tooth decay. (3).

Edited by  
ROYAL LEE

## REFERENCES

- (1) "The Vitamins" Eddy and Dalldorf, Sec. Ed. p. 439.
- (2) Ann. Rev. Biochem. Vol. 18, p. 421.
- (3) "The Vitamins in Medicine" page 688, Bicknell and Prescott.

## CHAPTER 15.

## FOR ME LIFE BEGINS AT SIXTY

Through 20-odd years preceding my 60th birthday, I was constantly "enjoying poor health." I thought myself going downhill all the time and, as it seemed to me, I stayed alive only by means of sheer will to live. Though I told nobody, I never doubted for a moment that I one day would regain my health.

As it turned out, I was well along toward my goal when I emerged from that fast that Dr. B., Canyon naturopath, prescribed for me. For the first time in years, I was free of the waste matter which had clogged up my lower digestive tract. My sores had healed and the cause of my anemia, poor assimilation, had been removed. From then on, it was just a matter of eating the food needed to rebuild my wasted body and restore the lost balance to my bodily functioning.

My recovery was more rapid than I had reason to expect. Before long, I would call myself a full man, once again. The 20-odd years since I reached 60 have been the healthiest, most productive and altogether the most enjoyable I have known. I have done this without dieting in the ordinary sense. Day by day, I eat what I like, but you know, reader, taste for health-building foods can be cultivated. I have learned to like unrefined foods right out of nature's garden. I take my wheat ground up on my hand mill, bran shorts and all, soaked in raw whole milk. Both are produced on Deaf Smith County's completely fertile soil. Together the wheat and the milk contain about all the elements that my body needs. I could live on the two, but I like variety. So, day by day, I eat whatever my garden or the market can supply me. — carrots, mustard greens, lettuce, raw cabbage, baked potatoes with the jackets on; grapes, peaches, apples or whatever fruit happens to be in season—or, better still, whatever can be had out of my quick-freeze plant.

It does not matter so much what the foodstuff is—so long as it is eaten unrefined. Where practical, the stuff is better eaten raw. I have my doubts whether much vitamin value survives cook-

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ing. For my use, pasteurizing spoils milk completely. I suspect that the 145-degree heat kills off vitamins and disorganizes the mineral values so that it has little food value left.

Yes, reader, I eat a little meat, not too much. Sometimes I take that raw. I will grind steak up fine and mix it with chopped-up cabbage, cauliflower, lettuce, tomatoes or whatever vegetables I happen to have handy. A mixture like that, with a little olive oil or vinegar on it, disguises the meat so effectively that you hardly realize it is there. The whole concoction tastes good and it is easy on your digestion.

When I was fighting anemia all those years, a diet of raw liver mixed with raw vegetables, and supplemented with raw milk, would have prevented my illness and set me on my feet again, I suspect. Some black hull wheat from Deaf Smith County, ground up whole, soaked in milk produced on high plain pastures, undoubtedly would have speeded my recovery. This no doubt would have satisfied my hunger and prevented anemia due to over eating of demineralized food.

Along with this natural diet, I get plenty of outdoor exercise. Usually I walk where I want to go around town. This is just about my whole secret of keeping young, though the calendar says I am 82 years old. So whenever my doctor checks me over he finds all my organs sound and functioning normally. Only a few short months ago I had a two-day check-up at the local clinic. The report which came to me was typical:

"We found no evidence of age. Organs and body tissue normal."

Since I have back my physical health, my mental activity has picked up. As I lie abed by night I am so besieged with thoughts and visions that nothing will do but I must get out of bed and write down what has come to me. Mostly in that manner, I have accumulated papers enough to make several books.

Reader, I often feel like I am a boy again. For I find the visions which come to me as fascinating as new toys at Christmas. When I consulted a psychologist in whom I was interested about this second childhood of mine, he answered me, as it seemed, bluntly:

"Mentally you have no age."

On due reflection, I can believe that.

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Chapter 15 from "MAN vs TOOTHACHE", by Geo. W. Heard - Price \$ 3.50

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