

PART 3
www.drbase.com

**Stanley S. Bass:
Super Nutrition and Superior Health**



Our health depends not only on treating our physical body optimally. We also need to approach our MIND correctly.

As soon as you begin to understand the secrets of drug-free natural healing, it is a good idea to start testing the concepts. For those who at this stage have problems with addictions, bad habits, temptations, etc - Dr. Bass here gives continued good advice, and useful mental, emotional & spiritual techniques.

Why can habits be so hard to break? Why can addictions be so powerful? The Stimulation-Depression Mechanism is a central concept in Natural Hygiene. Stimulants first activate, and then become depressants - use this knowledge as an important tool in your fight against addictions (to sugar, alcohol, coffee, tobacco, drugs, etc.)

**Stanley S. Bass:
The Causes of Addiction to Habits
The Stimulation - Depression Mechanism**

from "Overcoming Compulsive Habits"

The Secret of Habits

Whenever we change a long-standing habit, a new pattern is at first unpleasant. - After short time it becomes tolerable. After we become accustomed to it, it becomes enjoyable.- Finally, after a time, the new habit becomes dispensable and as strong and habitual as the placed previous undesirable habit was.

THE STIMULATION AND DEPRESSION MECHANISM

The key which unlocks the mystery of why most habits are difficult to break lies in the understanding of the stimulation and depression mechanism. Once this is thoroughly grasped, we are greatly strengthened to cope with the reactions and feelings which occur as soon as we begin to try to change a habit.

COFFEE ADDICT

As an analogy, let us take a look at what happens when a coffee addict tries to give up this habit.

He arises in the morning, feeling tired and sluggish. Without the cup or two of coffee, his "eye opener", nothing feels right. He just doesn't feel quite "himself". Why does he feel so letdown? If he doesn't have his "fix" within a couple of hours, he may feel a headache coming on. Why is this happening?

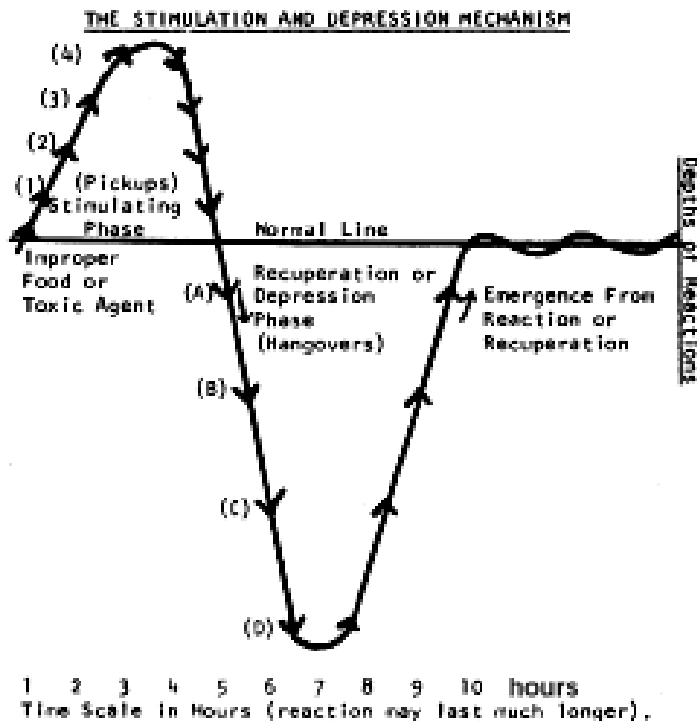
CAFFEINE ELIMINATION BATTLE

The explanation is as follows:

Whenever any poison is ingested into the body - in this instance it is the caffeine in the coffee - the presence of this dangerous enemy in the vital domain is spotted by the autonomic nervous system. The nervous system sends a warning signal to the appropriate brain center, which tells the body that an enemy has invaded the household and to prepare for battle.

Since the caffeine is a poison and can damage the body, the brain center which is concerned with the survival of the body against internal enemies sends a signal to the heart, telling it to pick up speed so that the blood will circulate more rapidly to the organs of elimination and thus discard this caffeine as soon as possible to avoid internal injury.

When the heart beat (or pulse) accelerates in tempo, this increases the blood circulation and it registered in the mind as a feeling of exhilaration or wellbeing, such as the excitement we experience when we engage in sports or any vigorous exercise. This "high" feeling is enjoyable and exciting and quickly becomes addictive and we crave its repetition more and more often.



INDEX

- (1) Stimulated, alert
- (2) Active, keyed up, nervous, irritable, clumsy, panicky
- (3) Overactive, intoxicated, negative
- (4) Uncontrolled, wildly excited

- (A) Tired, absentminded, sniffy, itchy, queasy
- (B) Mentally fatigued, achy, puffy, wheezy, may have rashes
- (C) Confused, dopey, morose, withdrawn or panicky
- (D) Depressed, disoriented, amnesic, or stuporous.

THE TRAP - FATIGUE

Now here is the catch or trap:

In its struggle to cast out the enemy, the body (through its increased heart and circulatory effort) has expended an enormous amount of nervous energy which it subsequently attempts to recuperate in order to preserve life. The

heart which was overactivated now slows down, the blood circulation decreases and the nerves begin to rest. This registers in the brain as fatigue, weariness and mental depression. The more rapid the heart beat or pulse was, the more accentuated these feelings of depression are which follow as an inevitable consequence.

REST MUST FOLLOW OVERSTIMULATION

Every stimulation or overactivation of the heart must be followed by a corresponding rest, if life is to continue - every high must be followed by a corresponding low. Just like the pendulum of a clock - the further it goes to the right, the further it must go to the left until the body is fully recharged and equilibrium or a state of normalcy is reached.

AFTER STIMULATION - DEPRESSION

The physiological law which is involved is called the Law of Dual Effects, which states that "all agents which are taken into the body or which come in contact with it from without occasion a twofold and contrary action the secondary action being the opposite of the primary one". (If the primary action is stimulation, the secondary effect is depression).

HANGOVERS AND FATIGUE

It is supposed by Hans Seyle and Randolph who wrote on stress, that the stimulated alert state results from the release of stimulating adaptive adrenal hormones. As fatigue or the wearing out of the adrenal responses makes the hormones less available, hangovers (letdowns and loss of energy) begin to predominate.

CHILDREN GET OVERACTIVE - ADULTS GET DEPRESSIVE

Children and adolescents when adapting show mainly the overactive, stimulated side of the reaction presumably because their hormonal adaptive responses are more vigorous than those of older people, in whom the picture of failing adaptation is more depressive, dopey and withdrawn.

"The more rapid the heart beat or pulse was, the more accentuated these feelings of depression are, which follow as an inevitable consequence."

The "Power" of Habit Explained

from "Overcoming Compulsive Habits"

DR. HERBERT SHELTON QUOTES

Relative to this subject and of great value to our understanding of how the stimulation and depression mechanism works, I quote the brilliant Dr. Herbert M. Shelton in his "*Human Life, Its Philosophy and Laws*" :

"This Law (Law of Dual Effects) explains the power of habit. The temporary "relief" from symptoms and the short period of exaltation are followed by worse symptoms and depression, so that the individual resorts to the drug for more relief and more exaltation. He cannot tolerate the depression of power that inevitably follows the added impulse of power induced by tea, coffee, tobacco, alcohol, opium, or other drug.

"The heightened sensibilities, pleasurable sensations, joyous emotions induced by opium soon pass, leaving the terrors of hell in their wake. The "brilliance" of thought and intellect and ecstasy of enjoyment give way to languor, stupidity and horror unutterable. The user resorts again to his drug to revive the former state.

"His body does not need and does not demand more opium. It needs and demands rest. But he craves more opium as a means of temporary "relief" from his intolerable suffering. The "relief" produces more suffering, which calls for more relief" which produces more suffering which calls for more relief and so on until death brings complete and lasting relief. As the drug habitue becomes weaker and more nervous, he requires more frequent doses, or stronger doses of his poison.

"A striking confirmation of this view is supplied by the recently discovered fact that when there is no awareness of pain, there is no "craving" for morphine. Vandalistic neurologists have recently devised an operation which they call prefrontal lobotomy, which consists of removal of a portion of the nerve fibers of the forehead to "relieve" unbearable pain. They find that when awareness of pain ceases, the "craving" for morphine also ceases and there are no "withdrawal symptoms", except a transient mild tremor. I interpret this to mean that when there is no consciousness of pain, there is no mental desire for the accustomed means of "relief". I would interpret the so-called "withdrawal symptoms" in the same way. They grow, not out of lack of morphine, but out of fear of pain.

"Relieving" morphine-induced pain with more morphine is the height of medical insanity.

"What temporarily strengthens permanently weakens. Tobacco steadies the nerves only to produce unsteadiness of them; alcohol weakens permanently because it temporarily strengthens; tonics produce temporary strength and permanent debility; a cup of coffee relieves a headache only to fasten the headache upon the user; it relieves depression of spirits only to double the depression when it "wears off". This is the reason cathartics, that seem to strengthen the bowels weakens them.

"Let any habitual user of any drug discontinue his drug for a few days and he will experience in their fullness all the secondary effects - only to find that these may all be made to disappear by a return to its use. Coffee "cures" the headache it has caused; whiskey restores the feeling of strength it has wasted; tobacco the steadiness of nerves it has destroyed."

STIMULANTS ACTIVATE AND DEPRESS

To explain this in other words - All stimulants activate the body initially but depress it ultimately. All stimulants pick you up. Any ingested stimulant which causes the heart to beat faster is a physiological poison and should be shunned like a plague.

In this case, when coffee is given up, the headache symptom which follows is due to the pain felt in the head from the congestion in the brain caused by the presence of the caffeine which is transported by the blood as it makes its circulating rounds through the body to eventually reach the organs of elimination, whence it is discarded.

Now, all addictive habits and compulsions are due to their stimulating character and the more stimulating they are, the more addictive they are and the more they draw us into ever-increasing bondage. The cycle becomes more vicious as the habit is continued.

As stimulation is repeated, in frequency, more recuperation is required than the body is able to receive in a night's sleep, so, in order to get the same feeling of exhilaration or "high" as he received before, the addict feels impelled to increase the frequency of his stimulant. Next, he feels that he needs to increase the amount of the dose.

THE MORE STIMULANT - THE MORE REST NEEDED

But each increase in dosage leads to a further expenditure of energy, thus necessitating a greater need for recuperation or rest. As the deficit in rest accumulates more rapidly, this inexorably leads to a greater let-down, thus forcing the addict to increase the amount of the dosage more and more until the whole body - mind system collapses from exhaustion. This is why it is so difficult to give up an addiction. No one likes to go through the feeling of "down" with its attendant depression.

Yet, it is during this recuperation or "down" phase that the body, nervous system and brain, recharges with energy. It is absolutely essential that we realize that this stage **MUST** be gone through if we are to restore structural, physiological and vital integrity to the body - if we are to restore our feelings, emotions and mind to a state of normal tone and wholeness.

THE LAW OF VITAL ACCOMMODATION

Continuing with Dr. Shelton, another closely related law follows which is called *the Law of Vital Accommodation - "Nature's Balance Wheel"* which states that:

"The response of the vital organism to external stimuli is an instinctive one, based upon self-preservative instinct which adapts itself to what ever influences it cannot destroy, or control, or avoid".

"As we have shown, the violent actions following the first use of a poison are vital actions and represent an expenditure of vital power. If these actions were to go on forever to the end of individual life, with each repetition of the dose, speedy exhaustion would result and death ensue. Either these violent actions must continue so long as the incentive for continued pathological action persists, else some other principle of defense must be called into operation to conserve vital power and save life.

"In a subsequent chapter I shall discuss more fully the means employed to conserve vital power. Here it must suffice to call attention to the fact that the accommodation does take place. All drugs, when long continued "fail to produce the same effect", hence, are said not "to act". Ergot, for example, is said to have "lost its power", when by continued use, the same effects no longer follow. It should be remarked, in passing, that this represents no loss in the drug, but a change in the body's mode of defense."

"Toleration is a principle of self-preservation. We may say with Dunham that it is a reserve corps for self-preservation under certain persistent conditions. It was Dunham's view that toleration does not apply to physiological processes, but applies only to pathological actions, in other words, we do not tolerate food, or air, or water, or warmth, or rest and sleep, but we do provide for toleration of alcohol, or tobacco, or a bed of nails."

"Because of his superior organization man's adaptive abilities are greater than those of any other animal and his resistance to the evil influences in his environment are greater. One may become "accustomed" to anything short of hanging, no matter how repugnant or destructive it may be, providing time is given for the efficient operation of Nature's balance wheel, where a violent swaying of vital activities from one extreme to the other is prevented. Only sudden and violent changes become immediately destructive of life.

"Serious misinterpretation of the fact of toleration has led to grievous errors in practice. Because a habit does not seem immediately destructive, we must not be deceived into believing it is non-injurious, or even beneficial. The steady non-violent resistance to nicotine, for example, that the body must keep up, when tobacco is used, constitutes an equally steady drain upon the vital resources and keeps the user always below par."

To quote Dr. Shelton further, on page 148 he states...

"Depression"

"It is now easy to understand the phenomenon of depression. It is merely the lessened activity or inactivity, the fatigue, of an organ or an organism that is exhausted from previous activity, particularly from over-activity. The over-activity may be that of intensity or that of duration."

Stanley S. Bass

Here is another tool in the fight to change old habits, and to overcome addictions: immediately remove your attention from the temptation, do not struggle, just keep your attention on another subject that interests you.

How to Overcome Temptation Instantaneously

from "Overcoming Compulsive Habits"

"Once the emotion creeps in, the struggle to gain control begins. It is this struggle with the emotions which produces the attendant suffering and misery. The very moment you realize that an undesirable craving has entered your consciousness, DON'T struggle with it. Absolutely REFUSE to consider its existence."

INTRODUCTION

The "doctrine of mentalism" demonstrates that our experience of the whole world is nothing but our thoughts of it.

Nothing can come into human experience which does not come as thought.

The truth of these statements, simple as they may seem, has been known for thousands of years by Orientals and Asiatic philosophers and sages, and has likewise been acknowledged and accepted by the leading thinkers of all times up to the present day.

In its last analysis, it may be simply expressed as follows:

Every sensation, feeling, desire, and emotion - everything we experience, ultimately registers in our minds as thought.

The only way we ever become aware of any feeling or idea is as a thought, and it is only then that we can recognize it. If we do not experience it as a thought, we are unaware of its existence. The moment we experience it as thought, it becomes real to us.

THE LESS ATTENTION - THE LESS REAL

"I think, therefore I am", Descartes stated as his conclusion after prolonged self-study. An Asiatic sage once declared that "the world was just one's thought". Nothing exists but thinking makes it so, or simply stated - nothing can bother you unless you let it.

Any thought or idea becomes real in ratio to the amount of attention we give to it. The more we dwell on an idea, the stronger and more real it becomes. Deeply concentrated attention on an object of thought may even make it objectively visible as hallucination, a common phenomenon in hypnosis or deep meditation.

The less attention given to a thought, the less real it becomes. The world, all emotion, suffering, and problems cease to exist for one who is unconscious, in a coma, or in a state of deep dreamless sleep.

AVOID HURTFUL THOUGHTS

We suffer in ratio to the degree of attention that we put on an undesirable thought. This thought produces an undesirable feeling at first, which is quickly followed by emotion.

This merging with the emotion is called identification. This identification with unhealthy thoughts is the cause of all suffering.

We should learn what is good for the body, the emotions and the mind and then identify with these thoughts. Then let us learn to disidentify with those thoughts, which are hurtful to us.

THE KEY TO HAPPINESS

The understanding of this profound principle and the use of its infallible technique is the key to happiness. With it you may shape your life in any manner that you wish.

He who has the ability to choose his thoughts at will has the ability to control his destiny. He who accepts only the right thoughts - he who discriminatingly chooses the thoughts which are conducive to his highest physical, emotional and mental wellbeing will perform the right actions at all times.

THE NATURE OF THOUGHT

All actions are always preceded by thoughts and follow thoughts. We are not ordinarily aware of this, due to the nature of thought. In one second, fifty or more thought impressions may move through the mind with such incredible rapidity that we are for the most part unaware of what is taking place.

A person who undertakes the practice of meditation is faced with the initial task of observing the behavior of thought while in a relaxed state. The endless series of thoughts following each other in amazingly rapid succession immediately becomes evident to the observer.

The next stage of controlling or slowing down these thoughts or even of focussing them on a single subject indicates how difficult a task it is. We are then made aware that we have been prisoners of the thought process all the time without knowing it.

PRACTICAL APPLICATION

We may now ask, "How does knowing this help us? How can we use this knowledge in a practical way to improve our lives - to live the good life?" The answer may now be given.

Once you have thought a thing out to the very end and have reached a decision that a thing is not good for you and you definitely want to give it up, then absolutely refuse to consider it even for a second from that moment on - forever - if need be.

As soon as you determine

- (a) what you must avoid and
- (b) what you must do to improve your health

- this should be followed by a watchful attention to the thoughts which pass through your mind.

Just as soon as you become aware that you desire a food which you have resolved to avoid - at that very moment - without a second's delay, refuse to think about it.

You must be very alert here.

Just a few seconds of involvement or identification with the desire may suffice to arouse you emotionally, and if you are weak (unattentive - that is all that weakness is), you will find that you are becoming overshadowed and obsessed by the emotion of the desire.

If you play with the desire you will soon be lost. The emotion will be in and you will be out.

DO NOT STRUGGLE

Once the emotion creeps in, the struggle to gain control begins. It is this struggle with the emotions which produces the attendant suffering and misery. The very moment you realize that an undesirable craving has entered your consciousness, don't grit your teeth or try to use willpower to force it out of the mind. Don't struggle with it. Any fighting with the thought will only accentuate it and make it stronger and you will end up becoming frustrated and upset. Don't risk losing the battle. Just simply drop the desire/thought from your field of attention. -

Absolutely refuse to consider its existence.

Instead, at this very moment immediately put your mind on another subject. Let it be any unrelated subject which will hold your interest and give it your full attention. Keep your attention fully immersed until you are completely calm. Then you may go about your business as usual.

Emotions are much stronger than reason in most people. Emotions will always dictate to reason or intellect.

Remember as we said before, thoughts move with the speed of lightning, but they can always be recognized by an alert attention.

THE TRAP OF OVERCONFIDENCE

A word of caution must be interjected and emphasized here.

A beginner in this practice is apt to commit the error of being overconfident that he can cut off the desire/thoughts anytime he wishes. He will thus allow himself the liberty of dwelling on the sensations of visualizing, eating and enjoying the food he wishes to avoid. He continues in this manner for just a few minutes and before he knows it the trap has been sprung.

The next thing he is aware of is that he is saying to himself, "Oh I know that I can give it up. Today is not a good day for this. I'm a little nervous now. I will give it up tomorrow without fail." He has lost the battle already.

If he has exceptional willpower, he will cut off all identification with the desire here, and steel himself to the importance of the desired goal. And after a struggle against his emotions, he may succeed.

"Just do the right things, and keep doing them until they become a habit."

EMOTIONS ARE STRONGER THAN REASON

What has happened here? The explanation is this - once the strong senses or emotions are aroused, the intellect or the reasoning faculty becomes overshadowed. The emotions are stronger than the reason and tend to have the final say.

The logical sense becomes its slave and begins to justify the emotional behavior with false logic. It finds all kinds of rationalizations to justify the fulfillment of the desire at that moment, the chief one being procrastination (starting self-control later or tomorrow).

The emotions have conquered! Hours later, after you have satisfied your desires, you reflect on what has happened. Once your emotions have subsided you realize very clearly that you have been tricked. This can happen over and over again daily even for years.

I know one fellow who has been rationalizing for ten years and another who has fallen into this trap for fifteen years - always starting tomorrow.

Whatever you do; - don't play this game. Watch your thoughts at all times whenever you are in the presence of temptation and don't let yourself get aroused.

After a few weeks or less these temptations will begin to subside and you'll be able to relax your alertness with increasing safety. However, it is wise to be alert to the mind's tricks until you are firmly anchored in the new desired habit.

BE VERY ALERT TO NEGATIVE THOUGHTS

With just a little practice you will develop the knack of immediately dispelling undesired thoughts just as quickly as they arise; with almost no effort. It is simply a matter of learning how and where to place your attention.

Through continued practice you will become very alert to all negative thoughts and you will be able to use this technique in ALL departments of life to achieve self-mastery with ease. The simplicity of this technique is amazing. You will instantly be able to succeed in overcoming emotions which have victimized you for years.

TECHNIQUE FOR RIGHT THOUGHT-HABITS

I know of several other people who struggled for years trying to get up enough willpower to overcome bad habits. Some had very strong wills and would succeed for a period of time, but when they became careless and dwelled upon their previous bad habit-cravings, their emotions took over and they were pulled back into doing the wrong things.

DON'T PLAY WITH UNDESIRABLE THOUGHTS...

Shun them as you would the plague. Only when you have become well established in the right habit pattern is it safe to play with memories of food or habit addictions.

To reach a safe plateau involves time - weeks for some and months for most people. Even then, don't do it. There's no point to it. Put your mind on the habits you want to cultivate and keep it there - always - whenever you think of the subject.

Just do the right things and keep doing them until they become a habit. Then you will become addicted to the right habits and reap the inevitable reward; joyous health, happiness and peace of mind at all times.

EASY TO MASTER TEMPTATIONS

Once you put this technique into operation, you will be amazed at how easy it becomes to master even the most difficult temptations.

To repeat, all it requires is an alert attention. If you switch your attention immediately as you recognize the enemy thoughts, you will always win without fail.

I would have gladly given all that I had as a young lad to have learned this method. I could have avoided all those years of suffering and struggling with willpower and all of its attendant misery. It was a blessed day for me when my eyes were opened by studying the philosophical writings of Paul Brunton, wherein this profound truth of the nature of mind was revealed.

May Eternal Intelligence forever bless those great souls of all ages, who have condescended to share their best thoughts, experiences, and meditations with us. Let us open our hearts and minds to their wise counsel as we reach toward happiness.

WITH OTHER PEOPLE

A few words on how to cope with temptation when you're out with friends may be helpful here.

If you're out socially with people and they converse about food or indulge in eating, which includes those foods you are trying to avoid, it is wise to stay out of the conversation and put your mind on another far-removed subject to avoid temptation.

If they engage you in the conversation directly, try to introduce another subject. You may comment on how nice this suit looks - "where did you get it?" etc. An easy way to change a subject is to ask an opinion on a current idea or subject as a stock, a quotation or news article that may interest them.

If they directly confront you with the question of why you don't join them with a particular food, simply state that you're not hungry now, and try to change the subject. It can be done skillfully quite easily.

The idea is to stay away from the undesired subject in order to avoid any emotional involvement with temptation. It may be advisable to avoid social gatherings for a few weeks until you get accustomed to your new routine. Then, when you socialize, play it safe by using the above techniques so that they don't try to pressure you into conformity.

SHORT-CIRCUIT TECHNIQUE

There is another method which is closely allied to the one mentioned in this article which is equally worthy of serious study. This is a technique that has been taught from time immemorial by great sage-philosophers to their disciples. It is the system that was taught by Gurdjieff and Ouspensky to their students in recent times. This method, while it is simple requires persistence in practice and ultimately leads to profound self-revelation about how we function on all levels.

This practice may also be used to overcome any undesirable habit-response of feeling, emotion or thought. You try to develop the habit of watching your own feelings, emotions or thoughts. Just observing them short-circuits their hold on you. It makes you objective to them and instantly breaks any emotional attachment or identification.

You will be amazed at how much you find out about yourself and your behavior response patterns. You will learn more in a few hours of alert watching than by reading ten books on psychology. You will become aware of facets of your behavior that you never dreamed existed.

GREATER SELF-CONTROL AND FREEDOM

When you watch yourself you'll find many thoughts arising that you don't like, and will want to change.

One can, however, only change those thoughts that one is aware of.

In order to become aware, start by watching your own thoughts and you will automatically change your behavior.

Become more conscious by watching your thoughts, and you will start to improve every facet of your functioning existence.

It will not make you "self-conscious" in its negative sense or neurotic, but instead will lead you to greater awareness, self-control and freedom from the tyranny of undesired random thought.

Dr. Stanley S. Bass

First published in Dr. Shelton's "Hygienic Review" September 1974.

"If you switch your attention immediately as you recognize the enemy thoughts, you will always win without fail."

Why is it so important to be able to control ones eating?

Because eating/digestion is a great energy-robber, and healing is done in proportion to available energy. Like this: the less (and more nutritious) food - the more energy - the faster recovery - the better health!

Stanley S. Bass: Self-mastery through Attentive Eating

"We should first enjoy the sight and aroma of the food and feel gratitude. Then, as we put the food in our mouth, it is good to close our eyes to help us concentrate our attention - on the taste of the food and to shut out all distractions."

INTRODUCTION

Of all the subjects in existence, it is my considered opinion, after deep reflection, that what I am about to write in this booklet is perhaps THE most important subject. A subject which can radically change a person's life in all of its aspects - physically, mentally, emotionally and spiritually. - Attentive eating.

It seems strange to think that the manner in which one eats, the "how", can have such an important influence in one's life.

Once I grasped the "big idea", I tested it thoroughly in my own life and then recommended it to more than dozen patients and friends to compare its effects. Two of them were professional psychotherapists and they both were profoundly impressed and fascinated with the results.

The utter simplicity of the technique caused many people to refuse to even believe that it could lead to important changes, resulting in the refusal to even try the method.

While the method is so simple in its essence, that even all of the lowliest creatures practice it instinctively, yet, man is so conditioned in his habits, that he has to unlearn his present method of eating and relearn what he once knew thousands of years ago.

Even if a person refuses to change his diet to higher quality foods and insists on remaining with his present conventional diet, still, he will experience profound changes in all aspects of his life by applying the technique to his or her life.

So let us not delay any further - let us penetrate this mystery.

ANIMALS EAT WITH FULL ATTENTION

The basic needs and instincts of all living creatures are air, water and food, clothing and shelter - with food as the most basic. All life everywhere knows its needs in food to survive and every creature on this earth knows how to eat. It is an inborn instinct which does not need to be learned and it is present from the moment of birth onward - in one-celled life forms (amoeba) up to the largest animal forms in existence.

All of these living creatures, eat in the same manner. They eat with full attention, chew their foods as much as is necessary for the species and are fully absorbed in the taste of the food while they are eating it. When the sensual enjoyment of the taste begins to recede and disappear, they stop eating and walk away from the food fully content. This enjoyment of the food, closely interlocked with the taste of the food, is how the bodily instinct guides the animal to cease eating when the body's needs are fully provided for. All living creatures have been faithfully guided by this sense of taste instinct since the beginning of time and there has never been a problem with it.

Why no problem? - Because they all eat the same way - with full attention, totally immersed in the taste of the food, even closing their eyes to avoid distraction, and ceasing when the sense of taste begins to lose its enjoyment. Even all little insects eat with total attention.

WHY SUCH DIFFICULTY?

Then why do humans have such difficulty in eating, in knowing when to eat and when to stop?

There are several reasons.

- First, people eat according to the clock, approximately 3 meals a day with in-between meal snacks and rarely when truly hungry.
- Secondly, they eat foods which have spices, sugar and salt added which stimulate them to overeat more than the body requires.
- And lastly, because they have minds and enjoy mental stimulation, they eat with a divided attention - while reading a newspaper, or watching TV. Or conversing with someone.

In this booklet, we are going to concern ourselves almost exclusively with the last consideration - that of a divided attention.

DIVIDED ATTENTION

When the attention is divided, say for example, watching TV while eating, emotions and feelings are aroused which conflict with the ideal digestive atmosphere.

This inhibits gastric and digestive secretions needed to digest the food optimally.

The great sensual enjoyment of eating, which is so basically important to the body and emotions necessary to inner happiness, is largely bypassed, because the attention is on something different than the taste of the food.

The result is that - since the taste enjoyment is largely reduced or eliminated, the body is unable to signal the eater when to stop. So the person eats, mechanically stuffs himself and stops only when the discomfort of the distended stomach signals its protest....

Eating without awareness or attention - invariably leads to overeating and dismissing the important role of the taste of the food in directing us to stop eating when we have had enough to satisfy the body's needs.

FOOD AS SEX

The instinct of eating is so basic, so much more frequent and urgent than the instinct of reproduction (sex), that the sensual enjoyment of food easily replaces the urge for sex.

This probably explains why bingeing in eating so frequently replaces the frustration of loneliness, when companionship of the opposite sex is lacking.

FOOD AS DRUG

It is a known fact that stuffing oneself with food causes most of the blood to leave the brain and enter the stomach area to digest the food. This dulls and drugs the mind and effectively shuts off the thinking process, acts as an emotional anesthesia, effectively allowing us to escape from thoughts and feelings of inferiority, sorrow, loneliness, regret, boredom, guilt pressure, fear, low self-esteem, self-hatred, etc.

Unfortunately, using food as an escape mechanism from emotional problems only drives the problems in the unconscious mind temporarily.

Suppressing these problems causes them to burst forth into the consciousness with increased force, demanding attention from the conscious mind until they are properly dealt with.

They can be released and eliminated by facing them squarely with full attention and being willing to feel them totally without attempting to escape the pain involved. Often within minutes, they begin to weaken and dissipate in intensity.

Persistence, courage and repetition lead to success and freedom.

HOW TO ENHANCE THE ENJOYMENT

To return to our main topic. ----

Now, since the sensual enjoyment of food is the key factor that Nature uses in enticing all living creatures to seek food for its bodily needs, it is important that we direct our attention to methods of enhancing our enjoyment of food to its highest peak. Let us take a look at some of the psychological implications connected to eating.

To begin with, we should eat only when hungry. This insures our maximum enjoyment and relish of the food. We should first enjoy the sight and aroma of the food and feel gratitude. Then, as we put the food in our mouth, it is good to close our eyes to help us concentrate our attention - on the taste of the food and to shut out all distractions. Be total in eating with no other thinking. Do not read while eating, or listen to TV or converse with anyone. To do so will withdraw most of your attention from the sensual enjoyment of the food. The attention is drawn to the emotions if you are watching TV, - to the intellect, memory and reason if you are talking or reading. When eating you should be totally immersed - - - - in the taste of the food. Nothing else should exist for you at this moment but the taste and enjoyment of the food.

It should be chewed thoroughly, till every last bit of taste is extracted before being swallowed in a liquefied form.

SATISFIED WITH 50% LESS

I repeat --

Nothing else should exist for you at this moment but for you to be totally lost and dissolved in - the taste of the food. You will be so thoroughly satisfied with a much smaller amount of food that you will be content to stop eating long before you feel any distension in the stomach. When I began to eat with total attention, I stopped totally satisfied with 50 to 40 % less than the amount I used to eat before, and with much greater, contentment.

If you eat unconsciously, without awareness, you will invariably eat too much because you don't know what you're doing. You stopped only when your stomach felt distended, or even bloated.

Now, eating with attention, you hardly even feel your stomach. It becomes difficult to overeat, because your sense of taste is so satisfied that you are almost impelled to stop long before in comparison to your earlier eating habits. Remember, the rule is: if you don't enjoy your food, you will have to eat more to compensate. If you enjoy your food you will eat less, there will be no need to compensate. Trust your body, because it has a wisdom of its own and will tell you through your sense of taste when to stop eating. Some days you will need more food and other days less.

CONTENTMENT AND BLISS

You are able to leave the table feeling such profound contentment and bliss that it carries over into your emotions for hours after eating. You will find your disposition to be one of great contentment, peace and kindness when talking to others. You will find yourself happy for almost no special reason you can think of. You will not find yourself impelled or driven into social relationships due to a feeling of emptiness, because your intense sensual enjoyment of your food has brought you into a state of utter tranquility.

Since you have not overeaten, you do not feel sleepy and your mind feels fresh and capable of thought and work, if necessary. Your sleep is more restful, dreams are more pleasant, Your personality will change drastically.

Since you are in a state of utter contentment, you will radiate your feelings outwardly in expressions of kindness and love - rather than in impatience, irritability, sarcasm as previously, before you changed your eating habits.

NO EXAGGERATION

I am sure that the reader at this moment feels that all this is pure exaggeration. It doesn't seem possible that such a simple act could lead to such a revolutionary change in all your feelings and behavior. Yet, I must insist that not only is there no exaggeration, but rather, I am trying to hold back and understate my expressions of the wonderful and profound effects of this very simple practice.

It is a fact that the less you eat, the longer you live, the slower you age, and the more energy is available for physical and mental work. The body has more energy left for detoxication and rejuvenation. By eating with

attention, you will be satisfied with very much less, 40 to 60% of before, and you will digest and assimilate more from less food.

The amount of energy you will save by eating and digesting less will be enormous. Within a few weeks you will see more youthful changes in your appearance. Your mind and feelings will soar with inspiration which will carry over into all your thoughts and activities.

IMPOSSIBLE TO GLUTTONIZE

It may seem logical to many people that eating while watching TV or having pleasant conversation actually enhances the meal, makes it more pleasant and enjoyable - but the exact opposite is true.

You will need almost double the amount of food before you stop eating - due to the division of attention causing a great loss of eating and tasting.

I have found in endless experiments with myself that it is almost impossible for me to gluttonize when I eat with total attention to the taste of the food. I would literally have to force myself to eat more than 60% of what I usually eat when not paying attention

The small amount of pleasure gained by the distraction is miniscule compared to the tremendous loss of taste satisfaction and ecstasy as compared to eating with full attention.

A SIMPLE WAY TO BEGIN

The conditioned addiction caused by almost a lifetime of combining eating with reading, talking, or watching TV is very pernicious and may be very difficult to break, even though fully attentive eating is the usual, the most natural way of eating for all living creatures.

A simple way to begin, is to try 1 meal a day for 5 days without distractions. When it becomes easier, try 2 meals and continue it until it becomes easy and enjoyable.

Then you can add the final meal. (And snacks if desired).

BREAKING FREE FROM COMPULSIVE EATING

Geneen Roth in her book, "Breaking Free From Compulsive Eating" (a Signet Book) advocates eating anything you desire, whenever you like, even junk food with one condition - that you eat it slowly, chew it thoroughly, and eat it with total attention and without distraction. The result is that you are quickly satisfied with a small amount before you stop eating.

She claims that since she was free to eat anything at will, but with attention, the thoughts of food gradually began to vanish, leaving her free for a much more active social life and relationships. The previous suppression of her appetites had led to obsession with food.

FOOD ADDICTION

I have one patient, a woman who was addicted to food all her life, with bulimia, who vomited up her food after every meal. She swears that for 2 years now, since eating with attention, and since nothing is forbidden, she has stopped thinking of food, except when hungry and then she is satisfied with a small amount of food.

For those who feel they cannot give up junk food or diet at all, they can begin with this approach provided that they eat with total attention. Then when ease and comfort is gained with attentive eating, they can begin to upgrade the quality of their food, combine foods properly, etc.

THE BOOK OF SECRETS

Bhagwan Shree Rajneesh in vol. 3 of "The Book of Secrets", containing Discourses on Vigyana Bhairava Tantra on the ancient scripture on Tantra by Lord Shiva (in 5 vols.) which contain all of 112 meditation techniques known, has this to say on p.19:

The fifth technique.

"When eating or drinking, become the taste of the food or drink, and be filled."

We go on eating things; we cannot live without them. But we eat them very unconsciously, automatically, robot-like.

If the taste is not lived, you are just stuffing. Go slow, and be aware of the taste. And only when you go slow can you be aware. Do not just go on swallowing things. Taste them unhurriedly and become the taste.

When you feel sweetness, become that sweetness. And then it can be felt all over the body - not just in the mouth, not just on the tongue; it can be felt all over the body. 'A certain sweetness' is spreading in ripples - or anything else.

"Whatsoever you are eating, feel the taste and become the taste."

---- Tantra says taste it as much as possible; be more sensitive, alive. And not only be sensitive: become the taste.

"With avoidance of taste, your senses will be deadened."

They will become less and less sensitive. And with less sensitivity, you will not be able to feel your body, you will not be able to feel your feelings. Then you will just remain centered in the head. This centeredness in the head is the split. Tantra says do not create any division within yourself. It is beautiful to taste; it is beautiful to be sensitive.

And if you are more sensitive you will be more alive, and if you are more alive, then more life will enter your inner being. You will be more open.

"You can eat things without tasting; you can touch someone without touching; it is not difficult."

"When eating or drinking, become the taste of the food or drink, and be filled by the taste; When drinking water, feel the coolness. Close your eyes, drink it slowly, taste it. Feel that you have become that coolness; it is becoming a part of your body. Allow its ripples to spread, and you will feel a coolness all over your body.

In this way your sensitivity can grow, and you can become more alive and more filled.

We are feeling frustrated, vacant - empty, and we go on talking that life is empty. But we are the reason. We are not filling it and we are not allowing anything to fill it.

We have an armor around us - a defense armor, We are afraid to be vulnerable, so we go on defending against everything. And then we become tombs - dead things."

"Tantra says be alive, more alive, because life is God. There is no other God than life. Be more alive, and you will be more Divine. Be totally alive, and there is no death for you (p. 392). "

ALERTNESS

While eating, eat: chew with awareness. Whatsoever you are doing, don't do it mechanically.

Walk with alertness, and you will walk differently: a different grace comes to your walking. You move more slowly, more beautifully....

When I say "feel", I mean observe. First do it mechanically and then with awareness, and you will be able to feel the difference.

For example, if you eat with awareness, then you cannot eat more than is needed by the body.

**"People go on coming to me and they say, "Put us on a diet."
I tell them: Don't think of diet. Think of consciousness."**

CONSCIOUSNESS

People go on coming to me and they say, "Put us on a diet." I tell them: Don't think of diet. Think of consciousness. By dieting nothing will happen. You cannot do it. You will do it one day and the next day it will go. You cannot continue it.

Rather eat with awareness. The quality changes. If you eat with awareness, you will chew more. With unconscious mechanical habits, you simply go on pushing things into your stomach. You are not chewing at all: you are just stuffing.

Then there is no pleasure, and because there is no pleasure, you need more food in order to get the pleasure.

There is no taste, so you need more food.

Just be alert and see what happens. If you are alert, you will chew more, you will feel the taste more, you will feel the pleasure of eating. And much more time will be taken.

If you take half an hour to eat your meal, then by taking the same quantity of a meal with full awareness you will need 1 1/2 hours - thrice the time. In half an hour you will have eaten only one-third of the quantity, and you will feel more fulfilled: you will have enjoyed the meal more.

THE BODY TELLS YOU TO STOP

And when the body enjoys, it tells you when to stop. When the body has not enjoyed at all, it never says when to stop, so you go on. Then the body becomes dull. You never hear what the body is saying.

You are eating without being there: that creates the problem.

Be there, and every process will be slowed down. The body will itself say, "No more!" And when the body says it , that is the right moment. If you are aware, you cannot trespass the body's order. You will stop.

So allow your body to say something. The body is saying things every moment, but you are not there to hear it. Be alert and you will hear it.

CHAOS BECOMING SYMPHONY

The emphasis is on feeling because the emphasis is on a "lived" experience. When you start feeling things, you grow: your being grows.

Right now you are chaotic because there is no arrangement: the arrangement comes in when you start being aware. Just by being aware things start falling in line, and this chaos that you are becomes a symphony.

MEDITATION OVER FOOD

For those who practice meditation, the use of eating as a meditation is the easiest of all meditations to master. We, as all living creatures, are thoroughly experienced in eating, a practice we have done all our lives, several times a day since birth. It does not involve difficult concentration as ordinary meditation techniques do.

The pleasure involved in eating, automatically holds the interest of attention, almost effortlessly. This is the reason why this eating technique of meditation has been held in especially high regard by the most ancient practitioners of Tantra - since its practice leads to a profound transformation in a relatively short period of time, with a minimum of effort.

Every time you eat, several times a day, you'll be practicing meditation and this leads to rapid progress and attainment when done with your full attention.

CONCLUSION

The great pleasure resulting from satisfying such a most basic instinct as eating leads to a tremendous inner peace, joy and bliss which spreads over all the feelings and emotions, both conscious and subconscious. The resulting happiness leads to a persistent satisfaction with all of life, which keeps constantly growing and spreading in intensity.

It may seem greatly exaggerated to most persons, but it must be actually experienced, not intellectually considered, to be believed. The idea that such a simple practice could lead to such profound changes in feeling is difficult to conceive. Yet, these results are the legacy experienced by the unsophisticated and unintellectual creatures or all creation.

Why not reach out and claim your birthright of sheer joy and bliss!

Stanley S. Bass

If it seems impossible to change your habits, if you cannot quite get there, cannot get started, or have some other problem -- try this method. Not just once, but repeat until you do it automatically. A very simple, but effective method.

Stanley S. Bass: How to Solve Problems Objectively

from "Overcoming Compulsive Habits"

"What you will see with this method will prove to be a literal revelation. Perplexing incidents which have occurred in the past will reveal their solutions with a clarity that will startle you as you become adept at this technique."

HOW SEE OUR PROBLEM AS ANOTHER PERSON WOULD?

How often do we find it necessary to seek out a good friend whose judgement we trust, who will listen to us as we discuss a problem which we are unable to solve? How easy it is for another person to see where we are in error and to give us sensible advice and guidance.

Why do they see things that we cannot see? The answer is because we are emotionally involved and the intellect has become obscured by our strong emotions which make objective analysis most difficult if not impossible. Since the emotions represent the chief barrier to logical and intelligent analysis which may lead to a successful solution of the problem, how is it possible to be able to see our problem as another person would? How are we to obtain an objective view?

ANCIENT METHOD

The following method, ancient in its origin, has been practiced by several civilizations dating back for thousands of years. It is a technique which should be practiced by every person who is desirous of putting order, meaningfulness and sanity in his everyday existence. With it he will learn to solve all problems ultimately which may arise, if he persists daily in this method.

It is the method which I have used for over 25 years and it has never failed me, whenever I used it properly.

COMPLETE MAKEOVER TECHNIQUE

What is even more important, with this technique, one can make himself or herself completely over, changing personality and even character at will.

You will be able to see your errors in thinking and behavior as clearly and objectively as if you were studying another person's behavior. As the truth about yourself unfolds, your thinking will become clear and your actions will be correct.

DON'T WASTE TIME AND ENERGY

When faced with a nagging problem, it is important to avoid trying to solve it during working hours, where your attention is required elsewhere. Do not allow your mind to flit back and forth, time and time again on the problem. It is wasteful of energy and if continued with deep emotional involvement, it leads to tension, irritability, worry and finally exhaustion.

To try to solve a problem when other duties are pressing in, prohibits us from gathering our thoughts together logically and is an unprofitable waste of time and energy and can only lead to frustration.

HOW TO BEGIN YOUR REVIEW OF THE PROBLEM

It is best to refuse to consider all thoughts relating to the problem and wait until you are able to be alone and free from the responsibility and pressure of work. Then, when alone in a quiet place, sit in a comfortable chair or lie down and begin your review of the problem, step by step in the ensuing manner.

JUST BEFORE SLEEP

To begin, this technique should be practiced at night, just before sleep. If this time is inconvenient, it may be done in the morning instead, immediately after awakening, but the power and the possibilities of this exercise will then be lessened.

After getting into bed and settling himself down with legs fully stretched out, he must set out to visit the man he used to be and events he has earlier experienced.

REVERSE ORDER

He begins to direct his consciousness to the past. The chief events of the day should be reviewed in reverse order. Pick out a few major occurrences, activities or reflections which possess same importance both from a personal and from a philosophic viewpoint, starting from the present moment and slowly working one's way backward from one experience, idea or feeling to another.

EXAMPLE

For example, take the last meaningful incident in the day which occurred.

Review everything that happened from the beginning to the end of the incident. Examine what your initial thoughts were, what feelings and emotions you experienced, what words were said and what your replies were. Finally take a look at the actions you performed immediately afterward.

If you feel that your thoughts feelings, emotions, words or actions were unsatisfactory according to the highest standards which you wish to maintain, then try to determine the reasons for your behavior. This should be done in a critical but impartial, objective and fair manner. There should be no rationalizations permitted here for wrong behavior.

PROJECT ON MOVIE SCREEN

Emotional identification with your behavior as you are reviewing it should be totally prohibited. You are to take the viewpoint of an outsider who is analyzing the situation for a friend. Review the incident as if it were projected on a movie screen and observe the scenes with yourself performing in it just as if you were watching actors in a moving picture.

The purpose of this is sever any emotional involvement with the performer (yourself) on the screen. The truth will be revealed to you in ratio to the amount of objectivity present.

If you could see yourself as if you were another person, completely free of any emotional or egoistic connection, then you will see the complete truth of the situation and all of its errors with total objectivity.

SUBSTITUTE EACH ERROR FOR CORRECT BEHAVIOR

Once again, in reviewing each incident, as you discover each error, substitute the correct behavior in its place and see it acted out in an ideal manner. Make each correction in the entire story or scene which unfolds until you are completely satisfied that the entire incident has been performed correctly, ideally and in accordance with the highest standards which you aspire to.

As you are calmly observing this person as you would a total stranger, you are critically judging its thoughts, feelings and deeds, impartially and quite sternly, thus creating an effective method of self-improvement.

This will purify your motivation, educate your emotions, strengthen your willpower and improve your mental capacity. You will be making the fullest use of memory to effectively improve your character.

EVEN SIMPLER APPROACH

When beginning this practice, if you find that after several tries you are still having difficulty in maintaining objectivity and that you are still emotionally involved with the person (yourself) that you are observing in the scene, there is even a simpler approach which you may use which will unfailingly produce total objectivity.

You should change the face of the performer to that of another person, say a friend, a member of the family or even a complete stranger. This will insure complete objectivity without fail. See that person who has a different face and body projected outwardly on a movie screen and going through the experiences and thoughts that you have gone through the day before. Make a critical appraisal of the chief thoughts, feelings and actions that transpired from the beginning to end of each incident. Analyze that person's thought and behavior as emotionally detached as if you were giving advice to a friend who requested it.

DAILY PRACTICE

What you will see with this method will prove to be a literal revelation. Perplexing incidents which have occurred in the past will reveal their solutions with a clarity that will startle you as you become adept at this technique. It takes about 2 weeks of daily practice before this exercise becomes easy and natural. From there on, the enjoyment of it will increase daily and progressively, and it will prove to be a indispensable tool for intelligent self-study.

PEACE OF MIND

It will lead to meaningful and purposeful living each day, and in time a great peace will settle upon your heart and mind, as your life becomes integrated in all departments -- physically, mentally and spiritually.

Through understanding the basic laws in Natural Hygiene - the Laws of Life - you can evaluate the true causes of illness and can chart a lifestyle for yourself which is synchronized with Nature and leads to peace of mind, vibrant health and happiness.

Here is an excerpt from the first pages in "The Laws of Life" by Stanley S. Bass:

Stanley S. Bass: **LAWS OF LIFE**

You are free to choose your own way of life, but you are not free to choose the results.

Preface

*As a preface to this work, I can think of no more suitable approach than to quote the timeless teaching of Dr. **Herbert M. Shelton**, one of the most prolific of all health educators in this century. His brilliant writings display a depth of understanding unmatched by any other modern health teacher. The following is a chapter entitled "Living To Live," from his book, "Getting Well," which was published in 1946 and recently appeared in the November/December 1984 issue of "Vegetarian Health Science."*

Herbert M. Shelton:

'In those ancient Hebrew writings that are collectively known to us as the Old Testament there is expressed a conception of the way in which punishment for "sin" is brought about, that I think we would do well to understand. This punishment is described as "even the fruit of their own thoughts."

.....

Every act and every emotion has its consequence. The act and the consequence are inseparable - as inseparable as light and shadow. It is, therefore, not possible to do a thing without setting in motion the necessary train of consequences - of reactions.

.....

There is no "beyond good and evil." Evil is that which has harmful consequences. Good is that which has helpful consequences. Evil is that which detracts from the powers of life and tends towards death. Good is that which enhances the powers of life and avails towards greater life. Here is the measure of right and wrong. Here is the criterion by which any mode of living is to be judged.

That is right living which produces and maintains health and happiness and increases life. That is wrong living, which impairs health, produces misery and decreases life.

To be more specific, right living is that living which conforms in all of its details with the laws of life; wrong living is that living, that in part or much of its details is in conflict with these laws.

The laws of life are not something imposed upon the organization of man. They are imbedded in the very structure of our being, in our tissues, our nerve and muscle cells, our bloodstream, into the total organism. They are the way

we are constituted to live. If we live according to them, we live; if we do not live according to them, we don't truly live. Since these laws are fundamental parts of us, we cannot revolt against them without revolting against ourselves. They are the fountain of life and when we flout them we cease to drink at that fountain.

Natural law represents the way things are made to work. If you try to work some other way, you work your own ruin. Wrong living is an effort to live against the very nature of things; it is an endeavor to flout the very constitution of being, to divorce oneself from that fundament upon which life rests, and it ends only in destruction. The wrong liver renders himself unfit to survive. He breaks down, disintegrates, perishes. He refuses to observe the laws of life, so he rots and is no more.

We cannot run away from the laws of being without running away from ourselves. There simply is no escape, except in death.

The sum-total of the modern revolt against nature is this: We who have decided we cannot and will not live with nature soon come to find that we cannot live with ourselves. The man who flouts the laws of nature is not merely a problem to those around him -- he is a problem to himself." (Herbert M. Shelton)

(continued in Stanley S. Bass: "The Laws of Life")

COPYRIGHT:

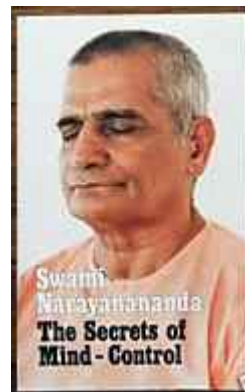
All articles by Stanley S. Bass - copyright © Stanley S. Bass
(last update 2006)

Food And Drink

from "The Secrets Of Mind Control"

SWAMI NARAYANANANDA

*I am presenting the following article by Swami Narayanananda, because of its exceptionally logical and reasonable explanation of **how to choose and determine your best diet according to the environment and location of where you live.** This Swami (a celibate) lived for over 25 years in the Himalayas in seclusion, self-discipline, mind-control etc. He worked very hard, generally having only 2 hours sleep, often none at all, while meditating all night and day in his systematic practice of Mantra-Jap, meditation, concentration and practice of yoga. He was finally blessed with Nirvikalpa Samadhi (superconscious state or nirvana) after which he decided to reveal his rare experience in the form of books for the welfare of suffering humanity.*
S. Bass, 2008



FOOD AND DRINK

by Swami Narayanananda

Food and drink play a very important part in mind-control. With unwholesome food and a heavy stomach one cannot practise meditation and gain concentration of the mind. Besides, a man who is a slave of his tongue or palate is also a slave of lust. For, there is a very close connection between the tongue and the genital organ. A man keen on observing perfect Brahmacharya, must exercise full control over his food and drink.

Non-vegetarian diet

Many sects and people have very crude ideas about food and drink. Some prescribe strict vegetarian diet, while others have no objection to non-vegetarian food. What generally happens is that, if the founder of a particular sect is a vegetarian he extols vegetarian diet and commands his followers to be strict vegetarians. If, however, he happens to be a non-vegetarian himself he allows his followers to eat fish, meat and the like.

Such views, however, are rather one-sided and narrow. It is certainly neither possible nor advisable to prescribe one and the same kind of food for all men in different climes. In deciding what food and drink should be taken we must use our common sense. We must take into consideration the time, climate, constitutional agreement and local availability. Nature has Her own plan concerning this. The fauna and flora of different places and different seasons differ and the people who make use of the local easily available articles of food and drink, remain healthy and feel happy.

In India, some narrow-minded and bigoted people have much hatred for non-vegetarian diet. The very idea of meat-eating is galling to them and puts them off their moorings. They can never tolerate meat-eating. In this connection we would like to mention a little incident. Ten years back while the author was living at Haridwar, a certain *Vaish* gentleman (i. e., belonging to the merchant class), who was a strict vegetarian put the following question to his Guru (spiritual teacher): "Sir, a man is a strict vegetarian, but he commits adultery, tells lies, indulges in black-marketing and commits all sorts of evils. Another man is a meat-eater, but he is kind, gentle, chaste, pure and charitable. He commits no adultery and tells no lies. Out of these two men, who is the better and nearer to God? The Guru gave the following answer:

"Dear me, in my opinion, both of the men are sinners but the man who eats meat is the worse sinner." Does not such an answer betray the height of stupidity? And many such awfully stupid persons posing as religious guides are leading some thousands of people along erroneous path. It is such people and their followers that engender quarrels and cause blood-shed under the garb of religion and in the name of God.

Fanatics

How unreasonable are these fanatics? They cannot imagine and fail to understand the difficulties of people living in different parts of the world. According to these people, the non-vegetarians are all irreligious. But is it true? Can man live without God and religion? As a matter of fact man cannot do so. So long as he has a living body and the idea of disease and death, man cannot discard God and religion. Truly speaking, there are no atheists in this world in the real sense of the term. Those who deny the existence of God or refuse to believe in Him talk of "Nature, Force, Spirit", etc., in the same light. And the heart of man feels that there is a Supreme Being Who guides his steps and to Whom he must bend his knees.

Take for example, the case of the people living in extreme climates, like the North and South poles of the earth or in Tibet and even in East Bengal (Pakistan). Near the north and South poles the inhabitants cannot grow any kind of corn or vegetable - and their staple food is the flesh and oil of seal (a kind of fish). In Tibet, the people live at a very high altitude. No corn grows there except in the low lying valleys and it is too insufficient to support the whole land. People import corn to some extent either from India or from China and their main food is fried wheat powder (*Chattu*), tea and meat; for they can rear sheep, goats and yaks on the small grass during the rainy season. In East Bengal, whole fields are under water during the rainy season. As such; they cannot grow any vegetable during that season. Though imported vegetables are available, they are too dear to be purchased by men of ordinary means. But they can get plenty of fish at a very low price; they can even catch plenty of them without much effort. Instances like these can be multiplied but these few should suffice our purpose. Necessity is the mother of invention. In all these cases, if the people are to live, they must utilize the easily available articles of food and drink in their region. There is no other way. If the bigots had their way, they would label all meat-eaters as heretics and unfit for religious practices and divine favour and grace.

Ancient Indian Rishis were non-vegetarians

Again, let us cast a glance at the dim past of our land. In olden times the Aryan Hindu Rishis (Seers) were non-vegetarians. They used to take even beef and the heady drink "*Soma*". Meat and *Soma* are said to be the favourite food and drink of gods. The Rishis used to offer meat and *Soma* profusely to gods in worship and during sacrifices. Milk cows were forbidden to be killed, no doubt, but bulls, calves and barren cows were allowed to be killed and eaten. Instances from the Vedas support this statement. Yajur Veda, Satpath Brahmana, Brihatarunyaka Upanishad, Adhyaya 6th, 4th Brahmana, 18th verse runs thus: — "He who wishes for the birth of such a son as would be a reputed scholar, frequenting the assemblies and speaking delightful words, and as would study all the four Vedas and attain the full term of life, should have rice cooked with the meat of a vigorous bull or one more advanced in years and he and his wife should eat it with clarified butter. Then he would be able to beget such a son." Even the old meat-eating habits of the people are still to be found in many parts of India, where the Brahmins and the other three castes take fish and meat freely, as in Bengal, Assam, Orissa, Kashmir and parts of Bihar and Uttar Pradesh.

Jesus, Mohammed, Buddha were non-vegetarians

Again, take the case of the great spiritual and moral giants, the great law-givers and the founders of great religions of the world. These rare great men whom the people of the whole world follow and worship as God-incarnates or God-sent men, whose compassion for all living things know no bounds, in whom ignorance had no place and who saw their own Self in each and everything, - all these great Prophets sprang from the non-vegetarian class. Manu, Rama, Krishna, Buddha, Mahavira, Zoroaster, Moses, Jesus, Mohammed, Nanak, Leotose, Sinto and RamaKrishna were all non-vegetarians. If religion forbids fish and meat-eating as sin and limits its followers to vegetable diet alone, were these great men, non-religious? Can sin beget virtue? Can anyone dare deny the highest spiritual attainments, of these great men? If the high and sublime spiritual attainments of these great men are to be denied, what will become of all the religions of the world?

The *Tantriks* use fish, meat and wine freely in their worship and so do the Buddhistic *Tantriks* also. Even Lord Buddha who was prepared to give his own life for the sake of a lamb about to be sacrificed and who preached against animal

sacrifice has permitted his followers to take fish and meat under the following conditions. *Vinaya-Pitak*-chapter 6-8, page 245: Lord Buddha with his followers attends a dinner given by the King Singa Senapathy. Therein in reply to a query on meat eating, Lord Buddha says thus - "Oh, Bhikkhus, you should not eat any fish or meat which has been specially prepared for your dinner. Any body eating such a thing will be guilty of the sin called "*Dukkat*." But I order that you may eat such fish and meat as, you are sure, has not been killed for you."

Ahimsa and Jainism

Jainism stands on the bed-rock of Ahimsa (non-killing or non-injury). No religion has given so much importance to Ahimsa as Jainism has done. Yet, when it deals with ethical-code of conduct for householders, it confronts the difficulty and prescribes for them a milder form of Ahimsa. Jaina Scripture says that any action calculated to do injury to any living being is violence. Speaking harsh words so as to injure the feelings of others is violence of speech. Thinking ill of others or contemplation of injury is mental violence. For a householder, it is not possible to avoid all these kinds of injury in their entirety and therefore he is recommended to discharge his worldly responsibilities with the minimum injury to others.

To give practical guidance in this matter, injury to others has been classified under four heads; viz., 1. accidental, 2. occupational, 3. protective, & 4. intentional. 1. Injury to small living things unavoidable in building a house, cooking a meal, grinding flour, walking, bathing and other similar acts of daily life comes under the first head. 2. Injury caused by a soldier in fighting and killing the enemy or a farmer tilling the land and others carrying on other occupational operations involving injury to living beings, belongs to the second kind. 3. Injury caused by one in protecting oneself, one's wife, children and others from the attacks of other human beings or wild animals comes under the third head. 4. Injuring or killing animals and other lower life simply for the sake of injuring or killing them belongs to the fourth kind. The householders are ordained to abstain completely from the fourth kind of injury and to minimize to the greatest extent possible injuries of the other three kinds. Hence, the vow of *Ahimsa* of a householder is called *Anuvrata* (minor vow).

Srimad-Bhagavad-Gita

In India no book is so popular as Srimad-Bhagavad-Gita and Lord Krishna's name is a by-word in every home. Every sect quotes the Gita as an authority in support of its views. But the very advent of Gita was due to Arjuna's refusal to fight a rightful war and kill his own grandfather (*Pitamaha*), *Guru* (teacher) and other kith and kin. According to the bigots, Arjuna was right in refusing to fight the rightful war. But Lord Krishna, out of mere compassion and love for *Arjuna*, preached to him the profoundest knowledge in eighteen chapters, destroyed his ignorance and made him fight the dreadful battle of *Kurukshetra*. How can we account for Sri Krishna's preaching in the Bhagavad-Gita if the killing of people be an *absolute* sin under *all circumstances*?

In this world perfect Ahimsa is impossible

Killing is a sin without doubt. Even to injure another in thought and word is also a sin. Not a single recognised religion asks its followers to kill mercilessly or to be unkind to any living being. In its code of moral-conduct every religion lays much stress on love and compassion for all living beings. But then, in this world one life subsists at the cost of other lives. The lower life serves as food to higher life. In water, air, etc., there are innumerable living things which are invisible to the naked eye. In mere breathing, walking, talking, drinking and eating vegetables, grains and fruits one kills millions and millions of microscopic organisms. Taking all this into consideration, it would be clear that one can observe perfect Ahimsa only in Nirvikalpa Samadhi; in which state the body becomes almost a corpse devoid of breathing, moving and thinking. Apart from this state, life

can continue only at the cost of other lives. That being the case, it is the circumstance and the attitude of the mind which make an act sinful. If the ego or "I" idea is absent while doing an act, one commits no sin. It is the idea of "I" and "Mine" alone that forges the fetters of bondage and makes one suffer hell fire.

Best food

In conclusion, and in considering what food and drink a Sadhaka should take, it should be seen what particular food and drink would suit him best. The food chosen should be sweet, pleasant, simple, nutritious and easily digestible.

It must not bring on sense or stomach irritations. Rich food, highly-seasoned dishes, spices, stale and stinking food, sharp and bitter things, sour and pungent things, very hot things, myrobalans, betel-nut and betel leaves, *Conjee*-oil, sesamum, mustard, asafoetida, garlic, too much of sweets, sugar and salt, food once cooked and reheated after three hours - all these must be avoided. These things are harmful in as much as they produce lethargy and are not conducive to concentration. Those who live in very hot climates should take cool drinks and cold-producing food.

Eating in moderation

But too much of these drinks and food is bad and harmful. So, a Sadhaka must beware and adjust their intake in moderation. And those who live in very cold climates should take heat-producing food and drinks just to make the body and mind work in a normal way.

Every man, in whatever climate he may be living, hot, cold or temperate, must learn to know his requirements and adapt himself accordingly. But, wherever one may live and practise mind-control, one must be very regular in taking food at fixed hours. During the Sadhana period even one morsel of food, more or less, will prove injurious and will upset the mind. The stomach should never be overloaded. It is very injurious and brings on fall. It is safe to fill half the stomach with food-matter, one fourth with water and to leave the remaining one fourth empty. No food or drink should be taken actuated by the desire of taking it. One should never be a slave of one's tongue.

For a Sadhaka, to become a slave of the palate, is an unpardonable sin. It brings on a great fall I also in mind-control and concentration. One must, therefore, exercise perfect control over the tongue. The desire for and hankering after any particular kind of drink or food must be scrupulously checked. Food and drink should be made pure and holy by mentally offering them to God before using them. This mental offering, in full faith, removes all their impurities.

Prohibitions

Food and drink become impure under the following conditions and these should be avoided at all costs: - cooked food left over for three hours or more should not be taken by a Sadhaka. If taken, it will produce wind and stomach disorders. When dust, hair, and flies fall in food, it should not be taken. This is rational even from the hygienic point of view. Food should not be taken from the hands of an impure and wicked person nor from one who earns his livelihood illicitly. There is a thing called contagion. By taking such food and drink, a Sadhaka loses his power of concentration and the mind tends to become impure and sinful. Food prepared for the *Sraddha* ceremony (food offered in the name of a dead person) should not be taken by a Sadhaka. It will prove very injurious.

Common-sense

Apart from these prohibitions, common-sense (based on suitability and availability of things and time and climate) should be the chief deciding factor with regard to one's everyday food and drink.

Swami Narayananda

Chapter 4 from *The Secrets Of Mind Control*, by Swami Narayananda, p.44 to 56, (published by N.K. Prasad & Co., Rishkesh, India, 1959)

Here are Dr. Bass' thoughts on spirituality, and the importance of taking good care of our bodies as well as our minds. We need to be happy and healthy, as humans, so we can fulfil our evolutionary goals.

[Dr. Herbert Shelton](#) was the originator of these ten health commandments.

THE TEN HEALTH COMMANDMENTS

Preamble:

The following of the Health Commandments make possible the fulfillment of God's plan for each of us, extending our years to the maximum in loving, charitable service, and permit the full enjoyment of the fruits of our labors.

1. Thou shalt reverence thy body as the living temple of the soul and the holy workshop of God
2. Thou shalt recognize and have faith in the Power within you that preserves health, (and when it is lost) brings about recovery. This is the healing and preservative power of Nature.
3. Thou shalt abstain from all substances that are stimulants, sedatives or narcotics, such as coffee, tea, chocolate, alcoholic drinks, carbonated beverages, tobacco and drugs.
4. Thou shalt nourish or sustain thy body with only natural, unprocessed, unadulterated, unspiced "live" foods, pure water and sunlight, and in amounts to satisfy the needs of the body as indicated by hunger, thirst or rational appraisal
5. Thou shalt regenerate thy mind and body by the correct balance of activity, relaxation, sleep and rest, and periodically by fasting.
6. Thou shalt maintain purity of thy blood cells and tissues with air free of contaminants.
7. Thou shalt abstain from all food and refrain from tiring activity when out of sorts mentally or physically
8. Thou shalt lift thyself up through obedience to all of Nature's laws, and by virtue of thine own obedience and love of good, help thy brother to attain the same
9. Thou shalt keep thy thoughts, words and emotions pure, calm and optimistic and use selfless prayer and meditation to help you attain this
10. Thou shalt control thy sex force for good, and through sublimation use it as a means of physical, mental and spiritual unfoldment.

There are spiritual reasons why we want to keep our physical body in optimal shape. We were supposed to be happy, and optimally functioning on all levels.

Quote: "God is not punishing us with illness and disease. He wants us to be healthy and happy so that we can fulfil his plans for our evolution toward him. Our suffering is due to our ignorance of food's relation to health and happiness."

Stanley S. Bass:
ONE TRUTH BEHIND ALL RELIGION

"The body is the temple of the Soul" (bible quote)

"A clean body is a clean mind. Clean food means a clean brain."

"A body in a state of warfare is an angry and immoral mind."

"Let your food be your medicine & let medicine be your food."

"What you eat today walks and talks tomorrow."

God gave us Nature's food

Altered fats, sugars and food lead to a disordered body and mind. Let us take our freedom back from the food merchants and insist on Nature's food as given to us by God, free from toxic chemicals and preservatives.

What we need is not cheaper drugs and health insurance, but more natural food, free from alteration, preservation and chemicalization – called "Preventive Medicine".

God wants us to be happy

God is not punishing us with illness and disease. He wants us to be healthy and happy so that we can fulfil his plans for our evolution toward him. Our suffering is due to our ignorance of food's relation to health and happiness. Once we return to our freedom to choose clean and nourishing food, as we once had, we will find the Kingdom of Heaven is here on earth again. "Know ye not that the Kingdom of heaven is within you?"

Hell is internal pollution. Heaven is internal cleanliness.

Formula for Power:

$V - O = P$

Vitality – Obstruction = Power

(Inborn) Vitality minus Obstruction (of polluted and damaged food), equals Power (our birthright given to us by God)

Two of Life's Basic laws:

- ◆ Disease is Vitality working through the body, under conditions of obstruction
- ◆ Health is Vitality working through the body, under conditions that are normal

Nature's Laws

God heals us through Nature's laws, established from the beginning of creation.

"The doctors of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease." Thomas A. Edison

"If you constantly dwell on negative, defeating thoughts you will be defeated in your actions or worse, you'll never even attempt to act. Positive thoughts are victorious thoughts."

Dr. Bass finds the following article worth reading. It is by Dennis Nikitow D.C. from the Chiropractic Journal 6-2004, clarifying how we are the product of our thoughts.

PRACTICING WITH CERTAINTY

A new way of thinking for success

We are products of our thoughts. You've probably heard this before, but it's amazing how many people are unaware of what they are truly thinking. Our thoughts are so powerful if we are not aware of them, they can catch us off guard and direct our actions in a path we would rather not take.

Every action we take is preceded by a thought. Thoughts will always come in and out of our minds, but we have the choice which ones we dwell on. The thoughts we dwell on will shape our beliefs and actions, which will shape our results and destiny.

If you constantly dwell on negative, defeating thoughts you will be defeated in your actions or worse, you'll never even attempt to act. I call these enemy thoughts. Enemy thoughts are thoughts of fear, failure, lack, defeat, overwhelm, and impossibility. Positive thoughts are victorious thoughts. They are thoughts of possibility, faith, trust, happiness, love, joy, thankfulness, and even forgiveness! They are Godly thoughts because God only wants good for us.

People who are told they have emotional problems are suffering from thinking problems. Their emotions are working fine. If you think negative, sad, depressing, defeating thoughts, you'll BE negative, sad, depressed, and defeated. Emotions are a direct result of our thinking.

We have to hold to the fact that God wants good things for us. When you fall and things go badly, don't give up, but get up and keep trying — with faith God will help you. For while struggles will occur in life, God will never leave us or forsake us. Struggles must finish their work because they build our character and hope. So we need to persevere through our struggles with faith in God's promises to help us grow and be successful in life. This is the secret behind staying positive.

I've been to many seminars where positive thinkers promote affirmations of positivity to saturate the mind with uplifting, success driven thoughts to override the negative "stinkin' thinkin'" ones. The only problem with these affirmations is they affirm "self" as the power instead of God's promises. "Self" can never be as strong as God and his promises. "Can do" power comes from God's promises. We can never be that powerful by ourselves alone. Sure, you may be able to accomplish some things for a while, but you'll eventually get stressed out, anxious and tired.

Think about it. Have you ever done affirmations over and over trying to force yourself to believe and still end up with enemy thinking? Do you feel you have to work hard at your affirmations? Thinking positively becomes easy when you realize

God's promises of goodness, strength, perseverance, joy, and success can be claimed by you because they are promises. God wants us to succeed. It makes Him happy. This is why you can have a victor mentality instead of a victim mentality.

Faith in God's promises taps into God's power to accomplish. It gives us ability to face the day with boldness and enthusiasm. He doesn't want to harm us. Sometimes those "good things" come in the form of struggles that we perceive as bad. They are really ways he uses to strengthen us, so he sees them as "good" things." Imagine your relationship with your children. Their success comes in their character building and you play an important part in that. Through all of their struggles, discipline and joyful times you love them and are there for them. They trust you and have faith in your promises which helps them stay positive, focused and secure.

If you promised positive rewards for your child's correct actions, wouldn't he or she be more apt to focus and act in a way that would be rewarding? Of course. It's the same way with God. Our relationship with God is even greater, so by holding onto His promises for us, we can remain uplifted and positive.

Another important point to keep you encouraged is that all growth — including positive thinking — takes time. If you've been a victim of enemy thinking, growing into positive, empowering thinking will require four things:

1. Desire to let go of old ways of acting;
2. Decision to change the way you think;
3. Doing good habits; and
4. Refusing to quit — NEVER giving up.

Lastly, remember growing more positive is a team approach between you and God. The positive part about that is, it's a team that can't be beat.

There is a unity of disease and health. Disease and health are not contradictory, just different stages of health & energy. By following a few simple rules of eating, thinking and balanced living, we will be able to keep our body the temple of our soul it was meant to be.

"By these means, all people may find happiness and the fullest expression of their spiritual natures and fulfillment, and in the simplest manner possible, since simplicity is the source of all that is divine and good."

Stanley S. Bass

THE UNITY OF DISEASE

In the practice of Medicine, diseases are named according to their location. For example, inflammation of the tonsils is called tonsillitis, inflammation of the prostate is called prostatitis, inflammation of the joints is called arthritis, etc.

It is a fact that a single cause (i.e. an irritating toxin, chemical or drug) can cause irritation or inflammation of different bodily organs or parts in different people according to which are the weakest organs.

This brings us to an understanding of the Unity of Disease. Since all parts of the body without exception are nourished by the foods that are eaten, being transported by the blood and lymph circulation, which reaches to every single body cell, it is important to understand that the quality and quantity of food we eat will determine and inevitably affect the health of the body. As well as determine how efficiently it is able to eliminate all of its unusable metabolic waste products.

Retained wastes, which are not promptly eliminated become the feeding ground for bacteria, germs and viruses of all kinds. Their presence is necessary to break down these waste substances for easier elimination. This is part of the ecological plan of nature to recycle all substances to nourish and keep all of its creation healthy. These bacteria are omnipresent everywhere and are not the cause of disease, but become involved only in the retention of bodily wastes. These agents do not cause disease in persons who eat properly and keep their tissues free from stagnation.

This is easily proven by the rapid improvement and healing of all congested and inflamed tissues and organs, which follows as soon as one abstains from all foods, as in fasting on water alone or in a restricted amount of vegetable juices, thus allowing the body to catch up with the full elimination of all retained wastes, along with their bacteria, germs and viruses. Finding no more available waste material to feed on, they quickly vanish.

In my lifetime I had 3 serious bouts of influenza; each time I fasted on water, went to bed sleeping almost continuously, and all three times, by the end of the third day and beginning of the fourth day, I was completely "cured" with minimum of suffering and discomfort throughout.

"The Master Drama of Life" is based upon two processes - the growth and nourishment of the body and the elimination of its wastes. When this is correctly balanced, health and happiness is ever in manifestation and diseases are nowhere to be found in this simple plan designed by God and present in his creation called Nature and its laws of life.

With these thoughts in mind The Life Science is interested in presenting the simple truths expressed by God and presented to his children in the bible, as well as the holy books of all religions. So that by observance of these simple rules of eating, thinking and balanced living, they may be enabled to keep their bodies the temples of their souls. By these means, all people may find happiness and the fullest expression of their spiritual natures and fulfillment, and in the simplest manner possible, since simplicity is the source of all that is divine and good.

Stanley S. Bass,
The Life Science

"The Master Drama of Life" is based upon two processes - the growth and nourishment of the body - and the elimination of its wastes. When this is correctly balanced, diseases are nowhere to be found.

Website Contents

SUPERIOR HEALTH

[My First Water Fast](#) | [Fruit - Friend or Foe?](#) | [DR. SHELTON: How Diseases are Cured](#) | [DR. SHELTON: The Time-factor in Recovery](#) | [What Symptoms to Expect when Improving Your Diet](#) | [Sequential Eating](#) | [How Important is Diagnosis?](#) | [How to Live 100 Years](#) | [DR. GROSS: Birth Defects can be Avoided!](#) | [What You do when You Vaccinate](#)

EMOTIONS & ENERGY

[How to Solve Problems](#) | [Attentive Eating](#) | [Causes of Addiction to Habits](#) | [How to Overcome Temptations](#) | [Energy in the Body](#) | [Energy, Feeling and Thought](#) | [New Concepts](#)

SUPER NUTRITION - VEGETARIAN

[Three Generations of Hygienists](#) | [In Search of the Ultimate Diet](#) | [The Ideal 100% Raw Diet](#) | [DR. GIAN-CURSIO: Vegetarian Diet & Food Plan](#)

SUPER NUTRITION - NON-VEGETARIAN

[Primitive Man - His Diet and Health](#) | [Aajonus: Primitive Diet Example](#) | [Eades: High-Carbohydrate Problems](#) | [Rosedale: Insulin's Metabolic Effects](#) | [Cancer & The Warburg Effect](#) | [Narayanananda: Food & Diet](#)

SPIRITUAL PRINCIPLES

[The Ten Health Commandments](#) | [The Truth Behind All Religion](#) | [Practicing with Certainty](#) | [VIVEKANANDA: Man's True Spiritual Nature](#)

discover the secrets of natural drugless healing
discover the secrets of natural drugless healing

FREE DOWNLOADS

at www.drbass.com

Easy-to-print Website Version

Here are contents of drbass.com website as a print-friendly pdf file, divided in 3 parts.
Can be used as an *introductory course to Natural Hygiene (Orthopathy)*.

Free Download

PART 1 (51 pages): (470 KB)

PART 2 (52 pages): (460 KB)

PART 3 (28 pages): (290 KB)

REMARKABLE RECOVERIES FROM SEVERE HEALTH PROBLEMS

Booklet about how different raw juices and diets have been used for disease healing in medical research and clinically. Information you can use to gain a complete understanding of how the human body works in health and disease.

Free Download Print-friendly pdf file (14 pages).
(104 KB)

With 3 Generations of Vegetarian Hygienists

Written for publication at Dr. Shelton's request that I interview Dr. Christopher Gian-Cursio - for an explanation of his ideas and methods used in treating his patients for over a 50 year period. I also interviewed 3 generations of his patients and the results were a revelation of new ideas in Natural Hygiene techniques and clinical nutrition.

Free download (pdf file, 16 pages):
(45 KB)

WHAT IS DISEASE? - HOW TO RECOVER

Produced in cooperation with the International Natural Hygiene Society, INHS - to teach self-empowering natural healing methods. Contains the first chapters from ORTHOPATHY by Dr. Shelton.

Dr. Herbert Shelton explains how to easiest recover from chronic & acute disease. Also, presenting the Science of Health & Natural Hygiene view on disease, early history & doctors, offering critique and advice, etc.

Free Download Print-friendly pdf file (80 pages).
(440 KB)

BOOKS BY STANLEY S. BASS

All of the below books and booklets can be ordered from the author. Some can be downloaded. Information on how to order you will find at bottom of this page.

From the Average Diet to Superior Nutrition in 7 Weekly Programs ("How to become a vegetarian")

A simple and easy way to reach a high-quality vegetarian diet (including dairy and eggs) from a conventional diet by 7 gradually-progressing weekly diets. Many people from around the world have written to me stating that their health problems disappeared in a few weeks to months just by following this book. - postpaid \$8.

Ideal Health Through Sequential Eating (Perfection in Food Combining)

A simple method of eating which leads to maximum digestion, absorption and assimilation (which eliminates gas, belching and heartburn). It is based upon scientific and proven research (published in Howell's "Textbook of Physiology") which has been overlooked and is largely unknown. Maimonides was the first physician to mention it. It has been tested for over 50 years and proven to be the highest approach in food combining by Natural Hygiene doctors such as Dr. Cursio, Dr. Jack Mega, Dr. Marvin Telmar, Dr. Jack Goldstein, myself and other practitioners. - postpaid \$8.

In Search of the Ultimate (Vegetarian) Diet - Volume I. --- (Testing Nutritional Theories on Mice)

Quote: "As a believer in raw food vegetarianism myself, I feel a moral imperative to share the disturbing, surprising results of my experiments with mice." - This book is based upon lectures given by Dr. Bass comprising the first two years of a 4 year research project undertaken by him - the thrilling story of how he investigated and tested all the theories and diets advocated by writers and practitioners in the field of vegetarian Natural Health. The result especially revealed the dangers of fruitarianism. Quotes: "Since the average fruitarian cheats, he doesn't know that his diet doesn't work." "Small adjustments in the (all-vegetarian) raw diet ... to avoid slowly developing but disastrous health problems."

Hundreds of mice were used to test diets such as the vegan, fruitarian, vegetarian, lacto-vegetarian, ovo-vegetarian, raw diets, cooked diet, other diets and variations, periodic fasting and longevity, juice programs, all-raw vs. cooked Natural Hygiene diets.

Accompany Dr. Bass on a fascinating journey, one which is comparable to testing theories of nutrition on what is the equivalent of 120 years of nutritional experiments on hundreds of humans. - postpaid \$8.50

Discovery of the Ultimate (Vegetarian) Diet / [In Search of the Ultimate (Vegetarian) Diet - Volume II.] --- (Testing Nutritional Theories on Mice)

Follow Dr. Bass step by step to the conclusion of "In Search of the Ultimate (Vegetarian) Diet". The tale of all the tests and re-tests in choosing the best vegetarian diets, the best aspect of each diet, and eliminating all weaknesses in each. After 14 years of much painstaking work testing 50 diets and 65 related diets - the discovery of 4 ultimate diets - the safest and ideal raw food diet, cooked food diet, etc. The information will give the reader knowledge to arrange any type of a diet which will lead to superb health - proven by living creatures, beyond theoretical guesswork - something which is impossible to arrive at by book study or experience with human patients alone. - Quote: "... we have now arrived at the knowledge of how to design nutritional programs, which in my opinion will be able to reverse some of the most advanced pathologies which presently plague long-suffering mankind." - postpaid \$20.

The Laws of Life

A simplified yet complete interpretation of the Laws of Life which will give you a clear understanding of the causes of disease and health, not taught in medical colleges. Through understanding these basic laws, you can evaluate the true causes of illness and can chart a lifestyle for yourself which is synchronized with Nature and leads to peace of mind, vibrant health and happiness.

Quote: "Strange as it may seem, the philosophy of "Natural Hygiene" was evolved (appr. 150 years ago), mostly by medical doctors who concluded that the philosophy and practice of medicine are an incorrect approach to health care. These medical practitioners came to the reasoned conclusion that there were natural laws which governed human life, and when these laws were applied, health could be both maintained and recovered if lost." - postpaid \$4.75

Overcoming Compulsive Habits

How to overcome compulsive habits, based upon a lifetime of study and personal experience of Oriental and Western philosophy, psychology and yoga. All methods were tested, choosing only the very best and most practical methods of self-mastery and self-understanding. It explains the relationship between energy, feeling and thought, how to eliminate bad habits and create good ones through understanding the laws of mind involved, meditation and visualization techniques, and embraces a wide variety of information related to stress elimination, physical and mental health and happiness. - postpaid \$9

Natural Health and Nutrition - Condensed Natural Hygiene Nutrition Course

These lessons were organized and used by Dr. Bass at "The Life Science Health Haven" in Woodridge, N.Y. for several years as part of the curriculum of a training course in vegetarian Natural Hygiene for students. There are only a limited number of sets left and these may be had for \$21 each.

The Eye of Revelation (The 5 Tibetan Rites of Rejuvenation).

Reproduction of the original unedited book by Peter Kelder, 1939. An edited version of this book exists, "Ancient Secrets of the Fountain of Youth" - Dr. Bass searched for the original all over because of his interest in the missing nutritional chapter - and finally found an old copy of the original book. Why? Because what you eat and don't eat is very important for successful mind and body exercises, e.g. meditation. (Ever wondered why Jesus fasted 40 days?)

Describes the Five Tibetan Rites of Rejuvenation, which stimulate the 7 subtle energy centers along the spine called Chakras, making the practitioner feel dramatically revitalized and rejuvenated.

Dr. Bass first published the complete original text of "Five Tibetan Rites of Rejuvenation" in Chet Day's "Health and Beyond" newsletter.

\$8.00 postpaid

DOWNLOAD ALL BOOKS

Download all of the above 8 books by Stanley Bass – see price information at www.drbass.com/books.html

CONTACT INFORMATION

LSIFC

Life Science International Fasting Center

Dr. Stanley S. Bass

3119 Coney Island Ave.

Brooklyn, N.Y. 11235

USA

Telephone: **(718) 648-1500**

(Sorry, no email.)



HOURS

Call for consultations 10 am - 6 pm weekdays (EST), Dr. Bass will answer whenever available.

You will get 15 minutes free consultation with Dr. Bass the first time you call.

READING MATERIAL

To prepare it is a good idea to download and read **REMARKABLE RECOVERIES FROM SEVERE HEALTH PROBLEMS** (14 pages)

During the program that will be designed for you, and continually adjusted according to your body's reactions, you will typically get a steady stream of different symptoms. These will vary from person to person, and give valuable clues to the progress of your healing. It is important not to mistake "healing symptoms" for "disease symptoms". Read **What Symptoms to Expect when You Improve Your Diet** to prepare.

BIOGRAPHICAL INFORMATION

Dr. Stanley S. Bass, N.D. D.C. Ph.C., Ph.D., D.O., D.Sc., D.D., was introduced to Orthopathy & Natural Hygiene by Dr. Christopher Gian-Cursio in New York, and worked closely with him for over 40 years, while deepening his knowledge in orthopathic drug-free healing.

50+ YEARS EXPERIENCE

Dr. Bass graduated from The American School of Naturopathy in 1955, from Columbia Institute of Chiropractic in 1959, and in 1953 from the N.Y. Institute of Dietetics as Dietician. He earned a Doctor of Osteopathy (D.O.) and D.Sc. in England, and a Ph.D. in Public Health & Nutrition from Trinity Hall College & Seminary in Springfield Illinois.

He was certified by IAHP (International Ass. of Hygienic Physicians) as a "specialist in fasting supervision and hygienic care".

He is a founding & board member of the **International Natural Hygiene Society** www.naturalhygenesociety.org



30,000+ HEALTH RECOVERIES

Dr. Bass has been a Natural Hygiene doctor since the 1950's in the New York area, supervising 30,000+ health recoveries using diet & fasting. He had a hygienic retreat in the Catskill Mountains, the Life Science Health Haven (now closed).

He knew Dr. Herbert Shelton and wrote articles for his magazine.

Life Science
Health Haven



RESEARCHER & AUTHOR

Dr. Bass is one of very few Natural Hygiene/Orthopathic doctors who is not restricted to vegetarian diets, even though he has 40 years experience with vegetarianism, and has conducted research to find the healthiest vegetarian diets. He has also conducted other diet research and mice experiments, and has written

several books on natural drug-free healing.

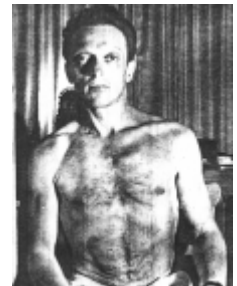
Dr. Bass has constantly been testing nutritional and fasting practices, on himself and patients, to find the most optimal for different diseases.

1000+ WATER FASTS HIMSELF

Dr. Bass is combining the best of traditional orthopathic medical science of healing without drugs and modern nutritional research (e.g. insulin-theory and anthropology/archeology based).

Dr. Bass has a likely record of 1000+ personal fasts himself.

Due to his healing success and knowledge he is "**Knight of Malta**"



Nothing works better than aspirin!

So when you need relief...



try
NOTHING!

available everywhere!

**MILLIONS OF DOLLARS ARE SPENT ON DRUG-ADVERTISING -
WHILE DRUG-FREE HEALING IS ALMOST UNKNOWN
EVEN SO CALLED ALTERNATIVE MEDICINE USUALLY PROMOTES DRUGS
(BIG MONEY IN DRUGS, NOT IN DRUG-FREE HEALING)
HELP SPREAD KNOWLEDGE OF DRUG-FREE NATURAL HEALING**

Join the International Natural Hygiene Society
to learn more
www.naturalhygienesociety.org