

Natural hygiene helps people live longer

Nine years ago, Dr. Jack Goldstein of Oak Park was given two grim choices. His doctor told him he must undergo a total colectomy or face certain death. Today Goldstein, a podiatrist, is a healthy testament to better living through natural hygiene, a way of life he wishes everyone would adopt.

Goldstein, president of the American Natural Hygiene Society of Detroit, lectures in Southfield and all over the country. He has written a book relating his personal experiences, published articles for health journals and has appeared on television and radio locally and nationally.

THE SOCIETY, Goldstein explained, is a non-profit organization which promotes knowledge of natural living to maintain and restore health. Members often meet at Northland Center in Southfield.

Goldstein will speak on natural living to a women's consumer group Tuesday, May 25, at 7:45 p.m. in the Michigan Credit Union League Building, 1589 Providence Drive at Greenfield, north of Nine Mile in Southfield.

Goldstein's heavy involvement in natural foods and hygiene stems from his own remarkable recovery and his desire to share his knowledge for the benefit of others.

"WHEN I was 28 I began to get symptoms of colitis," he recalled. "I went to three different doctors for treatment and kept getting progressively worse. I had a full-blown case of chronic ulcerated colitis, triggered and kept burning by emotion."

The 46-year-old doctor who practices in Livonia reached the point where he couldn't work or enjoy family and social life because of the debilitating effect of his illness. A doctor recommended a total resection of the large bowel. "A friend told my wife about natural hygiene, a way of living in harmony with natural law," he remembered. "This includes proper exercise, maintaining emotional peace, fasting and a basically raw vegetable diet."

Goldstein said he bought everything ever published on the subject and decided to try it as a possible alternative to the dreaded surgery. He went to the Hygienic Institute in Hyde Park, N.Y., where he fasted for six weeks and lost 30 pounds.

"THIS IDEA was to give my body an environment in which to heal itself in a physiological rest," Goldstein explained. "Biochemical, physical and emotional changes began to take place. I was weak, but I found a certain strength in that weakness."

"My body was eliminating its toxic load, so I felt good physically and mentally. The more chronic the illness the longer you have to fast."

Goldstein broke his fast carefully, drinking clear vegetable broth, diluted orange juice and blended and pureed fruits. He still maintains it's not important to drink milk or other liquids and claims more than four glasses of fluidized water are unsafe.

WHEN HE returned from the Hygienic Institute, Goldstein was eating fresh fruits and vegetables and nuts. His doctor considered this way of life "abnormal" and attributed Goldstein's improvement to "mind over matter."

After that Goldstein said goodbye to his doctor and has been living naturally ever since without medication. Progress has been slow because of the extensive damage to his large intestine, but after nine years, Goldstein claims he's at least 90 percent healthy.

"People from all walks of life say they are reborn because of natural living," Goldstein enthuses. "After repeated fasts and a natural diet, a woman who has multiple sclerosis can put in an eight-hour day and jump rope 25 times."

GOLDSTEIN FASTS periodically throughout the year. His wife was so impressed with his progress she said, "That's it, we're changing." She got rid of all the meat, processed and canned foods and the whole family is on a natural diet, Goldstein said.

Has two teenage sons have never had a cavity and their illness rate has declined remarkably according to their father. After two weeks on a vegetable diet, his older son got rid of the surgery, he claimed.

Goldstein doesn't eat breakfast and disagrees with the belief that it's the most important meal of the day. His wife and children eat grapefruit, oranges, raw nuts and seeds.

MILK AND EGGS are taboo, but some natural cheeses are allowed. For lunch, Goldstein eats a variety of fresh fruits. Dinner might be a huge raw vegetable salad with homemade dressing, baked potato or natural rice and steamed vegetables.

Other "no-no's" are drugs, coffee, tea, pop, tobacco, alcohol, chocolate, processed foods with chemical additives, white sugar, condiments and bleached flour. Since carbohydrates and proteins are converted to sugar, sweeteners aren't necessary, he said.

Mrs. Goldstein said is highly purified and gives off poisonous products. "The American diet is filled with stimulants and that's why people are nervous," he maintains.

YOUTH ARE more aware of natural living, but don't necessarily do it right," Goldstein claims. "Vitamins supplements aren't the answer. You can't buy health, you have to earn it. People take poisons into their body that interfere with cell metabolism and have an accumulative effect."

Goldstein, who is disenchanted with the medical profession because of his un-

happy, early experience, contends people get well despite doctors.

"You can live a long life if you use the best of what it takes to restore and maintain health," he believes. "You can enjoy

good health longer, become calm, serene and cope better with situations. It's a shame to use natural living as an 11th hour crisis measure instead of a preventative."

Goldstein at 46 said he's more active than he's ever been. He feels physically fit and participates in a number of active sports.

"I play ball with guys half my age who can't run as fast," he said with a grin. "I don't take Geritol, but I eat right and get plenty of rest and exercise. That's natural living."

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