

## **Health & Beyond Magazine**

### **Interview with Dr. Robert Sniadach by Chet Day - 1994**

**Dr. Sniadach, please take a moment or two and tell us about yourself. When and where you were born, your education, your family, your hobbies, and so on. And, especially, please say something about your job as Health Director at Shangri-La.**

I was born March 3, 1957, in Baltimore, MD, and lived there my first twenty years. I went to Catholic elementary and junior high schools and then attended a regular public senior high school. I also did a couple of years of community college education around the Baltimore area. I had a wonderful standard American upbringing. Kind of low to middle income suburbs, a great childhood. Lots of time spent on baseball, football and track teams beginning as far back as when I started to walk. I was very athletically-oriented. As kids we played outside regularly and had fun with football and baseball, kickball, kick the can and all those great games. All in all, it was a great childhood. I grew up mostly with my mom. My dad died when I was nine of a heart attack. He was 39 years old, so in retrospect that had something to do with the health search that I eventually got on, which I'll go into later. Hobbies? I've been a musician for a lot of years. Been playing lead and rhythm guitar in a bunch of rock and roll bands through the years. Did it professionally for a couple of years. And I've also been playing some keyboard and synthesizer lately and doing a lot of composing on my synthesizer I have here at home. So that's a lot of fun and I enjoy it. I like racquetball a lot. Swimming and snorkeling in the ocean down here. Also reading and studying all kinds of things about health. Lately I've been reading a lot about consciousness and spiritual issues; I've a real interest in these areas of my life. Regarding my job at Shangri-La, well, it's history. As I speak, I've just returned home to Boynton Beach from there. It lasted about three months. The new owners gave lip service to Natural Hygiene and fasting essentially just to keep the business going; there was really no understanding or appreciation for what Hygiene was about and what it can do for people. So Shangri-La is going to be a somewhat-health-oriented resort and spa, with no reference to Natural Hygiene in the future. At least, finally, a definite direction has been set, though it is a direction that I don't want to be a part of. Doing it halfway was a huge disservice to the guests and their health, in my opinion. Enough of that, let's move on.

**Tell us about your internship at the Ranch. Why did you choose to work with Dr. Esser? Related to your internship, please describe a typical day, a typical week, starting when you got up in the morning and ending**

**when you went to bed. Please share with us your favorite story or anecdote about Dr. Esser.**

Let me start by giving you the nickel tour of my personal health journey. As a kid, growing up, I had sinus problems like crazy, chronic sinusitis. My constantly inflamed tonsils were removed, I had ear and throat and sinus infections on a regular basis, along with all the problems that accompany sinusitis. It turns out that dairy products were my real nemesis, though I didn't know it at the time. I had gotten sick and tired of the various drugs that were being shoved down my throat as a kid and even as a teenager, so I guess early on I started on my own personal health quest-as many of us do who find out about Hygiene. Once I got fed up with the medical boys and their approach, I started looking into other things-naturopathic, homeopathic, megavitamins, supplements, some oriental things, also macrobiotics a little bit. I was one of those people whose refrigerator door shelves were just filled with bottles and cans of potions and pills of all kinds. I thought I was really on top of life extension technologies and life improvement through megavitamins and supplements. I spent several years searching, getting some benefit, but then kind of coming back, and then some benefit again, and then falling back. Diet was improving a little bit but I had no real method to my madness. More madness than method. Finally somewhere along the way I stumbled onto a Hygiene booklet by T.C. Fry. I forget the name, but it was a small paperback with two pictures of him on the back posing like bodybuilders do. I thought that was kind of comical when I first saw it, but the book intrigued me and I checked it out. I remember reading it, thinking, "Well, this makes sense, that makes sense." I kept reading, saying, "Yeah, well, that's true, and yeah, that's obvious." By the time I finished the book I realized, "Well, there it is. There's nothing but pure common sense here." A few moments later I realized that was the real pearl within: this whole business of Natural Hygiene just makes perfect, simple sense! So I dove into the book again, reread it, and really got into it. That was my introduction to Hygiene. As I started applying some of these principles, lo and behold, the sinusitis started to clear up and basically cleared up for good. So I was totally sold. Everything else also improved. Energy improved, thinking improved, fitness improved, and some extra pounds fell off. All that good stuff. I suspect that my story is similar to many others in some respects. Somewhere along the way there I found out about Dr. Esser. He was working at his hygienic health ranch which happened to be about five miles up the road from me here in Boynton Beach. I decided to go up and hear one of his lectures. I was real intrigued. He looked in

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fine shape for his age, talking clearly, and thinking clearly, looking good, trim and fit and all. I enjoyed what I was hearing and attended his lectures for a few Sundays. By that time I was deeply involved in Hygiene, studying everything I could get my hands on. I cornered him one day after his lecture and asked him, "Dr. Esser, I'd really like to do this Hygiene business for real, you know, as a career. What's it going to take? Is there a college? What's the story?" I knew about T.C. Fry's course, but I wondered about any serious college. He said, "Well, there is none. You're going to have to go to either chiropractic or naturopathic or osteopathic or allopathic school and go learn physiology and pathology and the whole business. You'll have to get one of those degrees. When you do, come back and we'll teach you some Hygiene for another six months or so." So I said, "How does that work, the internship period after school?" He said, "There are several places around the country and around the world where you can go and intern, and that's one of the options." He kind of paused for a moment and then added, "If you decide to do it, when you're done give me a call." And he left it at that. So, with that bit of incentive, I started looking through details of what it would take to get through either medical school or osteopathic school or naturopathic school or chiropractic school. Actually, my decision came down to the fact that the chiropractic and naturopathic philosophies were both closest to Natural Hygiene's philosophy. Since the osteopaths had basically taken up the flag of the pharmaceutical companies and had decided to get into pushing drugs and had essentially canned their own philosophy, the medics and osteopaths were out. The naturopaths seemed closest to Natural Hygiene, but yet on a practical note, they were only licensed in seven or eight of the fifty states. Mind you, all of these guys are continually barking up the therapeutic tree, but at least the D.C.'s and the N.D.'s were giving the body much more credit for its own healing capacity. Since I wanted mobility, the option of getting a license anywhere in the country, I chose chiropractic. I went to Parker Chiropractic College in Dallas from May of 1989 through August, 1993, when I graduated. Then I returned to South Florida and started interning with Dr. Esser on October 10, 1993, when the Ranch opened for the 93-94 season. I spent six months interning for Dr. Esser, jointly supervising about 120 fasts, a good dozen or so over 25 days, several over 30 days, and various lengths of fasts less than that. I took part in a lot of the physical exams as well as, of course, the daily monitoring of vital signs and emotional status and all the elements that one considers while people are fasting. Then we carried on with breaking fasts and bringing people up to speed with eating as they got their

energy back and getting them on a good exercise program with sunbathing and plenty of sleep and rest and all those things. I also gave weekly lectures at the Ranch. That was pretty much the situation with the internship with Dr. Esser—just the daily details of tending to guests and their needs and watching carefully how they progressed. I learned that most of the time it really boils down to helping people maintain a good state of mind, keeping people in good spirits (as good as possible), and educating and always suggesting reading and listening to audio tapes and videotapes about Hygiene and living well. There was a definite daily routine that we would follow. We had people who were regulars who would come year in, year out, for the last 20 or 30 years. We had other people come in the door without a clue as to even what Natural Hygiene was. We dealt with all kinds of cases: long-standing chronic fatigue syndromes, severe respiratory problems, colitis, all kinds of things, so it was very gratifying to see how well people responded to fasting and to the Hygienic program. I came to understand that it is extremely important to not only have a regular routine, but to cultivate pleasant and serene surroundings so that every guest can focus on healing at all levels without distraction. So that's a little bit regarding my interning with Dr. Esser. He was just wonderful about sharing his experience and his knowledge and wisdom about what he's seen over the years. He told me lots of stories and discussed lots of case histories about different folks over the years and what he's observed. He did make some intriguing comments about present-day fasting versus what he'd seen in the past, in the late 40s and early 50s. He thinks many of today's fasters lack the constitutional wherewithal to deal with fasting as well as people could in earlier days. He attributes that to degradation of the food supply and the increasing toxicity of today's drugs and today's therapies. Since people tend not to respond as well or cannot fast as long as they used to in the old days, Dr. Esser views that as a real insidious process going on, basically a genetic weakening of much of humanity. And he feels very strongly about that. He feels as Shelton did and Vetrano does, that we have to get some of these essentials back on track, that we have to really get farming back up to speed in an organic, biodynamic way such that we're getting minerals back in our soils so the foods have what our bodies need. He believes strongly that people must sunbathe, must catch up on their rest and sleep. Those basic aspects. He feels very strongly about pure and straight Hygiene and that it really needs to be adhered to in order to reap the best benefits. He fears that it may take several generations to recover from the genetic destruction that we have created in

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ourselves. The increasing incidence of rare and bizarre symptoms and diseases bear him witness, I believe.

**Judging from Health Science and recent conventions, the leadership of the ANHS has obviously decided to align itself with the high profile medical doctors like Ornish, McDougall, Klaper, and Bernard who preach a watered-down form of Natural Hygiene. In Dr. Shelton's last interview for the ANHS he stated as his final words for the readership, "I urge the necessity of maintaining Hygienic purity." Your comments, please.**

It's two sides of the same coin. Dr. Keki Sidhwa from England mentioned something to me at the 1992 ANHS convention in Washington D.C. He said, "Robert, you know, the fact of the matter is that every single human on this planet practices Natural Hygiene. It's just a matter of degree." I've been pondering that insight for the last couple of years and realizing the truth of it. I'm going to keep Dr. Sidhwa's point in mind in order to get across to as many people as possible, no matter where their beliefs are, that this thing we've come to know and love called Natural Hygiene is something that all of us do. All of us breathe air, all of us drink water, all of us get sun, all of us bathe, all these basics of Hygiene-all humans do them. There's just a much better way to approach each element if examined logically and carefully. Then it becomes clear what's the best, or at least a better way, to approach these areas of our lives. Hygiene shouldn't be this exclusive little family where there's a feeling that you can only be admitted if you're able to pass some theoretical line that says you're an 80% Hygienist and now you're allowed in the club. I don't know quite how to say it, but that seems to be the case now. Hygiene should be growing by leaps and bounds, and yet it's still relatively obscure, and I don't think that needs to be. Turning people on to the idea that they all practice this thing called Hygiene-that may open the door so people can wonder, "Well, what is it? And how does it relate to health? What are you talking about? What is this whole philosophy? What is this whole concept?" When people realize that everybody's a part of it, then they will probably be much more open to looking into it more deeply rather than it being an exclusive kind of thing where people are continually bickering over details. The key is to keep thinking and speaking about Natural Hygiene inclusively, always opening the door wider for more people to come in and join the party. So as far as what the ANHS is doing, again I think it's a good thing to be as inclusive as possible. We must always hold out, however, the desire to live and the favorable results of being as purely Hygienic as possible.

That's how life is, we're continuously engaged in self-improvement or self-destruction. Heck, I'm not perfect, so I can't expect it from anyone else. But the point is that Hygiene in its purity will always be available and will always be held up as the highest standard to shoot for. At the same time, I need to be flexible enough to meet people at their own level and gradually bring them along to whatever level they wish to achieve. I think this inclusive attitude of bringing in any and all people, professional or otherwise who are interested, is a good thing. The tricky part is keep the professional ranks all in tune with basic tenets and philosophy so that we don't cause confusion. We definitely don't want to stifle inquiry and new thinking about hygienic principles. Still, we don't want to get embroiled in bickering about relatively trivial details. That's a quirky aspect of the human mind-we get hung up and point fingers over tiny details and differences-forgetting that we agree on 99.9% of the subject at hand. Some say that God is in the details; I think that God will take care of the details. If we work toward this goal of inclusiveness, the name Hygiene, representing a whole lifestyle philosophy, will become much more widely known for all the benefits it can achieve for humanity. Once people realize they're already practicing Hygiene, they can examine any particular part of their lifestyle more carefully. Then they can find a little better way to practice various elements of that Hygienic lifestyle. Using this model, everyone can feel a part; nobody needs to feel excluded; nobody needs to feel less than perfect. We thus drop all the negative connotations that come with that exclusive attitude. I see where Harvey and Marilyn Diamond, each on their own, are doing some projects that seem to be reaching out to many, many more people in a transitional way. The fact is, this is a wonderful, exciting time to be alive right now, especially to be involved in physical, mental, emotional and spiritual health issues because millions and millions of people in this country are waking up to better ways of achieving health, of taking responsibility for their own health and getting on with it. Not relying so much on the experts but instead relying on their own intuition and their own body's signals-these sorts of things. So now's the time for Hygiene to reach out boldly to include as many people as possible in a program that gradually leads one along to get better and better at it all the time. Doesn't this make more sense than offering an exclusive club whose membership requirements include a radical and difficult change your life? So I'm all for being inclusive about the whole thing while, at the same time, holding out an ideal Hygiene as being the ultimate goal to achieve. I think there's room for both there.

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**How do you feel about the ANHS today? Is it meeting the needs of its members? Is it meeting the needs of Natural Hygiene?**

For the size of the ANHS and its present capabilities, I think they're doing a wonderful job. All of us in Hygiene feel that we want to really push, push, push. We have the missionary zeal, and we want to push hard to see about making it bigger and faster and louder, and everything else. I think Jim Lennon's doing a very good job right now at ANHS, although personally I would like to see the magazine about three times larger, including longer interviews, articles, discussions of principles, etc. Part of that has to do with the number of employees, advertising policy and all kinds of details. I don't have any input on the board or on any decision-making at this point so as a general member I'm happy to see a real high quality, professional magazine being put out, and hopefully as more and more people get involved-especially if we can get across this idea of being inclusive, of being part of Hygiene no matter where you are-we can then increase the membership tremendously. That'll allow the ANHS to put out a much bigger magazine, publish a lot more books, produce some top quality videos and audios, everything that goes with an outstanding educational outreach effort. Maybe I'll try to get an article or two in there on these concepts I'm talking about-the fact that all of us are practicing Hygiene to some degree or another, and maybe we can start something along those lines to really have an outreach push.

**The concept of nerve energy I find fascinating, but I still don't really understand it. Please share your thoughts on the life force and what it is and how we can increase our stores of it in our bodies.**

This whole business of nerve energy can be a difficult one to grasp. Let's imagine someone who's just recently died. You have this body lying there that's no longer alive and right next to it let's say you or I are standing. What's the difference between the body that's on the table and you or I standing there? We both have the same parts and pieces. We have the same cells, the same organs and tissues, the same features. What's the difference? Well, one's alive and one isn't. The difference is this life force we call nerve energy. It's the animating life force within us that coordinates everything, directs everything, keeps all the living processes functioning, in harmony-trillions of cells working together. Some argue that it's based in the brain; others argue that it's based in higher consciousness in the universal mind-that it's living energy that permeates everything;

some argue that it's just a cellular thing down to the mitochondrial level. I think everybody's right. Nerve energy has aspects of each of these. That's what keeps the whole subject fun and interesting. We'll probably never figure it out. But it's something we all seem to want to have plenty of and want to learn how to have more of it. Dr. Ron Cridland at the 1993 ANHS convention did a real good job with his lectures on sleep and rest and how they are so vitally important for our bodies to regenerate and revitalize our stores of this stuff called nerve energy. Sleep does tremendous work of repair and revitalization of all of our systems, all of our organs and tissues and cells. Sleep's something we chronically abuse in our culture. I remember Dr. Stanley Bass's interview in H&B where he said that something to the tune of nine, ten, twelve hours of sleep per day is probably ideal. Give yourself plenty of good deep sleep in order to regenerate to your fullest capacity. If that becomes a regular part of your lifestyle, you'll find your own amount of nerve energy constantly regenerated and renewed to its peak levels. Sort of like filling up the gas tank to full every single night. Of course if you maintain good physical and mental and emotional poise throughout the day and keep track of what Dr. Tilden called nerve leaks-basically saying not to waste nerve energy, to always be somewhat aware of how you're using your mind, your thoughts, how you're using your physical body so as not to be wasting this vital thing called nerve energy-you'll find that your stores of it are always adequate to meet your needs for real action and desires in your life. Dr. Cinque talks a lot about that. I found one of his articles really well done where he said, "So you want more nerve energy? Well then, quit wasting it." He basically says, first of all, get the sleep you need to regenerate as much as possible; then be careful about how you waste your nerve energy during the day, especially in mental and emotional realms because we can short-circuit our batteries very quickly with emotional ups and downs. We must make sure we have plenty of reserves, and I think a Hygienic lifestyle is the best way to do that. Also, things we can use to help, such as meditation or prayer and similar practice in spiritual, mental, and emotional realms has an enormous bearing on how our physical bodies function. As you know, everything is utterly related. There is no separate mind, body, spirit thing. It's all one. We developed the words mind, body, and spirit to be able to talk about these aspects of our lives easier, but these words tend to confuse the whole issue because when we affect any of the above we affect all of them profoundly. So we need to think in terms of Unity as much as possible.

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**Speaking of nerve energy, please tell us more about Natural Hygiene and sex. How often should a serious Natural Hygienist engage in intercourse/ejaculation?**

Wow, that's a loaded question. [Laughs] No pun intended. [Long pause] Well, one's tempted to say, whenever the urge comes on then that's the time to do it, just like when the urge to sleep comes on that's the time to go to sleep; the urge comes that you're hungry, time to eat. Though every time the urge comes to have sex it's rarely easy to pull it off [laughs]... Wow, I have to watch my words here, huh? I don't really have much of an opinion on this. I know lower animals have definite periods of time every year or even every season when they are most reproductively responsive and receptive. The female's receptive, the male's responsive. We know how dogs go into heat, and each animal in nature seems to have a certain period of time when its reproductive instincts are really heightened. As you move up in complexity in the animal kingdom, into monkeys and primates and humans, that particular season of being sexually receptive seems to broaden. It's not so set in stone. It seems to spread out to such a degree that by the time we talk about humanity both males and females seem to be receptive and open to the idea just about any time they desire, any time they put their mind to it. As far as how often, I don't have a real concrete opinion there, though I do know that the sex act itself certainly uses a tremendous amount of nerve energy and if practiced indiscriminately can definitely sap one's vitality very quickly. So, not only for health reasons but probably for a lot of psycho-social reasons as well, sexual activity should be intelligently limited. Probably as much as possible so as it's not indiscriminately abused and our nerve energies thereby wasted to a tremendous degree. You know, save it for when you really have the time and opportunity to enjoy it the most.

**I read an interesting albeit all-too-brief article by Dr. Bernarr Zovluck where he argues that essential minerals are lost in seminal emissions and that the body must therefore draw on its stores to produce more fluid. Excessive ejaculation therefore deletes necessary bodily reserves. He encourages injaculation and I hope to interview him in the near future to learn more about this fascinating subject. I've checked my limited medical sources here at home but haven't found anything that even tells me precisely what seminal fluid contains other than sperm and water. Comments?**

Seminal fluid contains a lot of fructose as well as calcium, water, and some other alkaline minerals. I know prostatic

fluid contains quite a bit of alkaline minerals. I believe the seminal vessel fluid is somewhat acidic and then the prostatic fluid makes that much more alkaline so the sperm can overcome the somewhat acidic environment of the vagina in order for the sperm to have a fighting chance to get to an egg. There're some pH matters that are going on, there're some minerals in the fluid. I think there's also a fair amount of zinc in ejaculate fluids. So there might be something to the idea that we're losing essential minerals, especially zinc in seminal fluids. If one were to indulge in ejaculation a lot, then you probably would be losing a fair amount of these essential minerals and they would have to be made up in the diet. I don't know too much about it otherwise, but, again, it ties into the idea that if not indulged in indiscriminately I don't think it's much of a problem.

**In his 1992 Health Science interview, Dr. Esser remarked that people have trouble with Natural Hygiene because they lack discipline. What techniques or methods do you recommend for building self-discipline?**

That's a big subject, so I'll just look at a couple of points. As you know, many things in our culture seems to be working bass-ackwards, with emphasis towards immediate sensory gratification rather than any sort of long-term training or discipline in order to reach higher goals. People seem satisfied with not improving themselves just so long as they have their senses immediately gratified. Many people fear facing their problems so they distract themselves and can easily become addicted to stimulating but destructive actions. I suspect that these fears of facing one's problems stem from how we were taught to deal with problems as children. So discipline obviously has a lot to do with how children are brought up. If the value of persisting toward a higher, nobler goal is instilled in children, especially through the actions and examples of the parents, kids will at least have an idea of the benefits that can be obtained by sticking true to a goal and seeing it through. A parent must also teach that making intelligent modifications or changes in reaching for a goal as circumstances dictate are important. But the fact that still sticking with a goal for the long-term will reap definite, great rewards rather than the incidental and minor rewards that come with quick fixes, that's a big start right there. If kids see that sort of thing regularly in their own families, that's a big step toward living sane lives as adults. And certainly as adults we can look into things like prayer and meditation and other ways to center and calm the mind and body. By centering, I mean to turn inwards and really touch inside yourself, to look at areas that you know where you're lacking, where you know that

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you could do better. In other words, to simply be honest with yourself. To tune in with yourself and not kid yourself. Be clear with yourself. "Okay, I'm slipping in this area, but I'm doing very well in this other area. Why do my relationships seem to always go down the tube? Or why do I keep eating ice cream?" Whatever the case is, first we have to identify the problem and then we can hopefully look inward a bit and start to see some of the core reasons why we're having trouble dealing with these problems. Don't kid yourself. Don't lie to yourself. It's like cheating at solitaire. What's the point? In solving any problem, first we have to figure out what the problem is and then we have to ask the right questions. Only then can we possibly get on with formulating some good answers and approaches toward getting to our higher goals. Though Hygiene certainly and correctly demands self-discipline and personal responsibility, we also need to know when to look to others who have been through similar situations or have knowledge we don't have. We need to know when to go asking for help. There's nothing wrong with that. Heck, we all need help with Hygiene as we improve our practice of it so I think there's certainly nothing wrong with asking for help when you need it from people who have been down that same road before. Sometimes we get caught up in feeling that we have to do everything ourselves. In building self-discipline, make your goals-maybe set a nice big goal to reach eventually-but for the near term, have short, small, easy-to-reach goals so that you can have some successes, can definitely hit some milestones. You can set your mind to something, make it relatively easy, and go ahead and achieve it and see what that feels like and realize it wasn't so hard after all. Then move on to another higher step and go for that one. My fiance-Dr. Carol Cole-she and I each spoke once a week at Dr. Esser's for six months, talking about Hygiene and various aspects of it. Carol dealt with mental, emotional and spiritual matters; I dealt mainly with the physical aspects. Carol and I talk about making twenty-one day commitments. Evidently some research suggests that 21 days is a good round figure for how long one needs to indulge in particular practices until they become sort of etched in to our brains such that they suddenly become much easier for our whole body and system, physiology and neurology, to deal with, to accept as a more positive action. Almost like a habit, I guess. So we suggest a lot of time that people make 21 day commitments for whatever goals they have in mind. Once you're able to practice it for 21 days, a behavior seems much easier to stick with. And 21 days isn't so long. Three weeks. Look at how many weeks you've been alive. Fifty-two weeks per year times however many years you've been alive so when you just make a new commitment for

three weeks it's not that big of a deal. Try your own little experiment and see how you do. This 21 day commitment seems to work pretty well for a lot of people. When we work with people individually, we sit down and whip out a piece of pre-printed paper which we call a 21-day contract, and we actually have our clients write down what it is they want to achieve and basically how they want to go about it, what steps they're going to take. We make sure it's an achievable goal without too much difficulty, and then we both sign it to the effect that it's now a contract in force that says that for the next 21 days so and so will do such and such to reach a specific goal, and that we'll stay in contact every few days or so by phone or in person to make sure people are staying with their goal. Part of the deal is that they have to do this every day for 21 days. Susan Smith Jones talks about this a lot too, and she's had real good success with it. If people are able to stick with a behavior for those 21 days, many times it works out really well. If they don't stick with it for 21 days, if they slip up say on Day 9, then they have to start over again and go for 21 consecutive days. That seems to be the key. So any slip up along the way means you have to start over-even if it's Day 20, you have to start over. Little patterns like this, little actions like this, help to build self-discipline and help to teach people just what they're capable of. And many times we pleasantly surprise ourselves with just what we are capable of doing.

**In that same interview, Dr. Esser also pointed to emotional problems as causing health problems and commented that time at the Ranch helps people. Specifically, what do patients at the Ranch receive in terms of help? Counseling? Simple and real peace and quiet? Details, please.**

Well, the peace and quiet and getting away from all your regular stuff, your regular job, your regular house, your regular people you're in contact with, for us to actually back off and get away from all that for awhile completely removes us from our typical daily patterns and habits. Usually the first few days of that can be somewhat disconcerting for people. I mean, you know, we all have our daily routines and to suddenly be thrown out of that forces us to kind of kick back and re-evaluate our whole lives. What is it about our daily routine that's either pulling us up or pulling us down? Are we heading toward goals or are we getting bogged down with daily routines that are just a vicious cycle where we're not really getting anywhere? So going to somewhere like Esser's Ranch or any of the Hygienic retreats, one of the biggest parts of it, is that it allows people time to really kick back and re-evaluate where

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they're going with their lives, what the heck is the purpose of their lives, and how are they treating themselves in respect to health and is it time for some changes? Is it time for re-evaluation and improvement? Time for some new goal setting? All these things. We all get so wrapped up in our daily routines that we lose track of why we are alive. What are we supposed to accomplish while we're here? What's our purpose in this life? I think these questions can really be looked at when we're in a place of peace and quiet and beautiful surroundings that give us a time to get introspective and see what we ought to do about it. Carol and I both work with people on these issues. Our counseling, though, isn't about telling people what to do. It's just simply opening people up to options. Carol always makes a point of saying that psychiatry and psychology as they are practiced are about diagnosing and labeling people's illnesses-telling them they're sick-and then telling them how the doctor is going to fix it. Of course, a prescription pad comes in handy for keeping these people quiet or for dealing with "difficult" cases. There are hundreds of therapies and techniques out there to fix these people. I get a kick out of the word "diagnose." "Di" means "two," and "agnose," as in agnostic, means "I don't know." So having a diagnosis means you have two people, the doctor and the patient, who don't know! That's why Hygiene's so unique. It doesn't spend tons of time and money trying to diagnose what liver enzyme is in short supply, or what your vitamin C level is-that's almost beside the point-the point is just to get back to living sensibly. Don't concern yourself so much with symptoms and diseases; learn to create health, and diseases will usually take care of themselves. So what we try to do with people in regards to emotional problems or life goals and all these sorts of things is to act as a sounding board. As we hear what people are up to and where they're at, we try to reflect back to them what they're telling us so they hear exactly what they're saying to us. We then provide options as we see them or even just reflect back some questions about what they've told us so that they themselves can form new options, new directions, new goals. So it's not a matter of us telling people what to do. We act as a mirror so people can hopefully get a clear picture of where they are. At this point, their inner potential, their capabilities hopefully can come shining through a little brighter. They can see and take positive steps in directions that'll most quickly and effectively get them to those higher goals. Our job as Hygienic practitioners and supervisors of fasts is to provide an environment of caring and beauty and love that allows people to open up as they probably haven't opened in many years, so they can see some of these aspects of themselves and really shoot for the shining star that their life really is.

**Speaking of emotions, I continue to try to develop a fond relationship with sprouts, green lettuces, and vegetables but find it, excuse me, a tough row to hoe. Approximately 24 months into a Natural Hygiene lifestyle I continue to prefer fruits as the bulk of my diet. Different doctors and experts, of course, recommend different diets, and, indeed, some of my correspondents eat up to 30% of their daily diet in the form of sprouts while others concentrate on lettuce and vegetables. Do you have an "ideal" percentage of the various items that you recommend for your patients once they return to live in the real world?**

Nutritionally, in today's world, there is no ideal. I've just going to put it on the table and say that. Most of my Hygienic life I've been a big fruit eater as well and not so big on the vegetables though that's changing and I'm moving more and more toward green vegetables and things like different colored vegetables-like bell peppers in green, red, yellow, and orange-and I notice these types of food stuffs in my diet increasing quite a bit. But I'm still definitely very big on fruits and always probably will be, at least as I can see it. As you get more and more Hygienic and as your body works more efficiently and effectively, I think the real needs of your body come out and make themselves known much better. The thing to do is just to follow what your body's telling you it needs. Keep in mind the caution that as we're coming out of a previously less than ideal dietary or health situation, our body's signals are going to be somewhat perverted. If your body's telling you it needs a box of Twinkies, then you know your signals are still a bit screwed up, but as we clean up our act and our body functions in a much cleaner environment and detoxifies quite a bit, the signals that intuitively come to us will be much truer to our needs and we can start to rely on those signals a lot more. From what my body's telling me, I need a lot of fruits, so I still go for them. I don't seem to have any problem with them and enjoy them tremendously, especially down here in south Florida where we have a lot of different tropical fruits that are readily available. But as far as there being a perfect ideal, I just really don't think there is one. We don't live in a Garden of Eden anymore. We need to tune in as much as possible to the basic Hygienic ideal of fruits, vegetables, nuts and seeds, including sprouts and some root vegetables and things of that nature. Just dive into it and start playing around with what suits you, tune in as much as possible to find what seems to be best for you. When most people first come into Hygiene, the radical improvement in their diet usually results in a much, much bet-

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ter feeling of health and well-being than they've known in the past. When people get to a new baseline of health, they'll notice times when it seems like their health should be a little better, other times when it seems to be fine. Once you get halfway up the ladder, that's the time to start looking a little more closely at what you're eating and start modifying things a bit, changing things in order to see how your body responds. I think we continually fine tune our health as we go by listening to these signals. So I believe that's the best way to go.

**Dr. Bass commented in his interview that a major difference in nutritional perspective exists between practitioners who run fasting institutions and those who don't. He contends that Dr. Shelton was great with fasting but less that perfect in terms of clinical nutrition in the real world where patients cheat and lie about what and how they are eating. Is it possible for normal, average people not staying with a practitioner to live without regular cheating on the "pure Hygiene" diet of fruit, vegetables, and nuts and seeds? Or has the time come for the Natural Hygiene diet to receive major revisions, especially in terms of grains?**

Again, I think we need to stick with the idea that all of us practice Hygiene. Let's talk about what the Hygienic diet is as we know it and yet recognize that there is no perfection out there. We're constantly going to be learning new things and having new experiences, so let's meet people where they are, let's bring them along, moving as close as possible toward a Hygienic ideal so that they can experience for themselves what their best dietary regime is. Now if that includes grains, regardless of the fact that grains may not be ideal physiologically, they may be ideal emotionally for people—for whatever reason, at specific times in their lives. And if we look at that as an emotional weakness—that people have to have grains—I think we're missing the point. It's not that big of a deal, in my opinion, if somebody eats moderate quantities of cooked grains or cooked starches, potatoes, rice, that sort of thing. Go for it and don't make a big deal about it. As people get healthier and healthier and are able to tune in more and more to their own body signals of what they need, they may then find that the need for grains and other complex carbohydrate products diminishes. Then they can get on with more raw fruits and vegetables and nuts and seeds. If that doesn't change, then so be it. If they're still 80% along the way, then I think that's a wonderful achievement, and I'm going to give them a good pat on the back and tell them to keep going. Let's keep in mind what that primary Hygienic diet is. We know grains in their

raw state are basically unpalatable, there's no way to chew that stuff up—it's hard as a rock. So those things that aren't part of our dietary in their raw state probably aren't ideal for us, but yet if we have the capability to take a food that isn't strictly hygienic and with very minor processing or soaking in water make it something that we can consume, then there's a place for it. I think people will gradually evolve in their own health capabilities to get to a point where they will then find themselves tending toward a Hygienic ideal. That's our job—to keep guiding them along the way as far as we can in that direction. I still think this is the right thing for Hygiene to do: to hold up an ideal and as well to meet people wherever they are and to quit being negative about the whole thing, quit being chastising and condescending to people who aren't Hygienic idealists and let's just get on with getting as many people healthy as we can.

**Dr. Bass contends that many deficiencies, including those of Vitamins D and B12, occur over extended periods of time in individuals who practice the traditional Natural Hygiene diet without cheating. Comments?**

I really enjoyed Dr. Bass's interview, and we talked for hours at the Baltimore convention. I think he did a wonderful job relating his experiences in the interview. I think he's got some good points. It comes down to trying to imagine what life was like before we had the use of fire to cook our food. I'm sure humans were essentially nomadic in that they went wherever they needed to find food, just like all animals do. If one imagines what the situation was before cooking, I suspect we spent much of our waking hours eating whatever was in sight that was palatable. I suspect that the variety of foodstuffs was tremendous compared to what we have now. Heck, grocery stores, shipping problems, factory farming and everything else have got us eating a relatively limited variety of foods. We have just a handful of types of fruits, maybe a handful and a half of the type of vegetables that we eat on a regular basis, so we probably should have a heck of a lot more variety in our diet. I suspect that as time goes on we'll move more and more into getting a much wider variety of fruits and vegetables in our diet, especially vegetables. I think we'll find tremendous improvement in our health as we keep including more and more greens. So I suspect Dr. Bass is right in that if we had a tremendous variety of things in our diet, especially in a raw, natural form as we would find them in nature, we would find ourselves ingesting not just plants. We would also have eaten various insects and bits of earth and soil on the food that supplied some of the B12 we needed via the



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bacteria that came along for the ride. The huge variety of plants we probably ate would have supplied trace vitamins, minerals and other unknown co-factors that we're probably not getting now to a significant degree. Maybe the answer in the short term is to go for B12 supplementation where necessary, but obviously in the long term what we have to do is increase our variety of foods that are available to us. It's especially important to get on with good biodynamic and organic farming methods so we can get the much higher quality protein, fats, carbohydrates, vitamins, trace minerals and everything else in our foods from our soil; from a good, healthy fertile soil. We must improve topsoil quantity and quality by remineralizing and revitalizing it with scientifically applied natural methods. This is the real answer for obtaining permanent, excellent nutrition. Quite a few real farmers are coming on-line; men and women who understand the difference between being stewards to the soil as opposed to being miners of the soil. One point comes to mind -why do organic farmers have to pay extra money to be approved, monitored and licensed by some useless government agency for simply growing healthy and safe food? This is backwards. The extra expense and burden should be placed upon those who grow with deadly chemicals. These farmers must be required to tell us exactly which poisons were used to grow their produce. You know, "this watermelon brought to you with the addition of malathion, heptachlor, etc." Along with this confession would be a table telling you how these chemicals destroy your nervous system, your immune system, and so on. If this was the scenario in grocery stores around the country, farming practices would change quickly. Nevertheless, natural farming practices are improving a lot, and we need to support these folks with our dollars. The money we save on having good health with Hygiene more than justifies spending the extra money on the good organic quality produce and other good foods wherever possible. So that's the answer for the long term. In his Health Science interview, Dr. Esser recommended two fruit and one vegetable meal each day. Dr. Sniadach, do you personally practice this regime? Yes, that's pretty much mine too. I pretty much eat fruits for breakfast and lunch, all throughout the day, and then I find I desire a heavier meal of vegetables and potatoes, rice, those sorts of things in the evenings. I'll also go with nuts with my citrus fruits a lot of times in the morning. A lot of seeds with my salads. Personally I enjoy that a lot. That's my regime as well.

**Do you see any justification at all for eggs, cheese, or occasional fowl or fish in the human diet?**

As far as fish or fowl, I think that would be a rarely needed food. Some people may need such foods, however. Cheese. Dr. Esser goes for a little cheese. He uses a salt-free, raw milk cheese that he gives to guests a couple times a week with salads at dinner time. Personally, I don't go for the cheese. Cheese causes me all kind of problems. I mentioned the sinusitis before. If I eat some cheese, the next day I'm paying for it, so it's out for me. You know, as we go along eating Hygienically, month after month, year after year, our desire for these foods diminishes. I don't have any craving at all for any of these flesh foods. My craving is for fruits and vegetables. It wasn't that way all the time. Early on practicing Hygiene I had cravings for a lot of animal products and now and then I would indulge, but I've noticed (as have many others) that with time your cravings switch from the old less-than-ideal foods toward much more of an ideal thing. I anxiously crave oranges and honey bell tangelos and mangoes and sapotes and all the good fruits we can get down here. Eggs. A good question. When humans were a more nomadic people and went where they had to in order to get the food they needed, I suspect that when they came across eggs that they ate them in their raw state. So there might be some argument for eggs now and then. But of course the argument would be for raw eggs, and there's quite a bit of evidence against raw eggs as they are now "manufactured" for contamination with salmonella, antibiotics, hormones and other junk inside the eggs, as well as some of the chemical compounds that are in raw eggs that aren't the best for us. But on the other side, raw eggs do supply nutrients that we don't get in any of our other raw foods so there might be some argument both ways. I suspect if we could get a hold of raw eggs of good quality that it might not be such a bad thing now and then. But, again, at this point in time and with the commercial eggs that we have available, I don't recommend them. Dr. Bass claims good results with limited use of eggs, however, so I would always be open to new information. I find the business of "cheating" on the Natural Hygiene diet irresistible at times, especially when the stress level in my life gets out of hand. The argument that the more one cheats, the less likely one will ever attain real health makes perfect intellectual sense to me, and I can verify the difference in my entire being (body, mind, emotions, spirit) when I get off the straight and narrow.

**What advice do you have for individuals like me who feel physically sound but who want to move beyond the cheating stage nonetheless and arrive at the point where we practice all aspects of Natural Hygiene all the time? Or is this impossible away from a fasting institution**

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**which provides a temporary but wonderfully motivating environment to practice "pure" Hygiene?**

As I just mentioned before, I find that over the years your cravings will just diminish on their own because your body will start desiring the much higher quality, much more compatible nutrients and foodstuffs that come with a normal Hygiene diet. So part of the answer is that it's a matter of time and that you have to keep plugging and things will get better and better. The other side of the coin, especially when it comes to animal foods, animal products, if we just look beyond the physiology and start looking at some of the other issues that go with animal foods-you know, the ethical and moral and spiritual issues of all the land and water and resources that are essentially wasted on animals that then provide us with inferior food-we realize it's a really inefficient and stupid way to go. Of course, there are also the ethical considerations of killing these animals and the factory farms that are in operation. John Robbins has done wonderful work in these areas, making it crystal clear for us to see just how these products get into our lives, what these animals and their remains have to go through before they actually get to our tables. The simple fact is that if we each had to kill, skin, disembowel and clean up these animals for our dinner, we likely wouldn't do it. So we pay people to do the dirty work for us. Then we have them package it nicely so we don't have to think about the gruesome and horrible details. So, by looking at the ethical, moral, and spiritual issues as well as physiological factors one can gain a lot more impetus, a lot more help in giving up certain cravings.

**I know from the Health Science interview of Dr. Esser's fondness for tennis. Dr. Sniadach, please identify your exercise of choice. What other exercises do you recommend?**

I used to play racquetball a lot. Now I like swimming, biking and walking outdoors as much as possible. As far as good aerobic exercise, I highly recommend rebounding on the little mini-trampolines. Bottom line on exercise? The more directly against gravity one works, the more efficient the exercise. And since gravity's going from top down, the act of jumping moves directly against gravity. So jumping and rebounding, trampolining, these sort of activities, all have a tremendous positive effect upon the whole body structure. Rebounding does wonderful things for all the systems of the body. If done vigorously it can be a good aerobic workout as well as good for coordination and working all of our muscles and getting tremendous lymphatic

movement throughout the body. Everything's positive about it, and I think it's one of the best ways to go. With the little mini-rebounders you can rebound right in the living room or a spare room on a rainy day. And rebounding takes the shock out of the joints from hitting the ground when doing things like jogging or other sports done on hard surfaces. Of course any other physical activities are just wonderful. If you're going to shoot for an ideal, try to shoot for one that uses both sides of your body, not just right handed or left-handed so you try to work yourself out in a good, balanced way. There's also a good place for moderate weight training. The big thing about exercise, especially in areas of sports is to make it fun. Make it something you enjoy doing. Make it a challenge to yourself and if possible get outside and get as much fresh air and sunshine as you can at the same time. In fact, when I talk about rebounding, I suggest that people wear minimal clothing and put their rebounder as close as possible to a window open to direct light and air. This way while you're exercising you also get fresh air and sunshine on as much of your body as possible-you get a lot of your requisites for good health all at the same time so you can make it a wonderful, rounded out program there, right in one little spot. So find your favorite place around the house and set up a little exercise spot there as well.

**How do you feel about jogging? Please identify your recommendations in regards to miles per week, times per week, speed per mile, and so on.**

Personally, I got into jogging at one point in my mid-twenties and I was doing about five miles a day and up to ten miles sometimes, really got into it, but it was a forced thing for me. I thought jogging was the hot ticket back then and a lot of research was coming out about how good it was, so I jumped on the bandwagon, but personally I just didn't really enjoy it that much. I was doing it out of sheer will and discipline and kind of got tired of it and just said the heck with it because it lost its appeal to me. So I don't particularly like it. I don't think humans are made to be joggers. I think we're made to be walkers and occasional sprinters. I don't think we're anatomically suited for long periods of time spent plodding along at some moderate jogging pace. The constant pounding of the joints on hard surfaces does a pretty fair amount of damage over the long term. So I suggest lots of walking and, if you're up to it and if you're capable of it, doing some wind sprints-periodic short, quick sprinting. That can be real good for cardiovascular and pulmonary conditioning as well. But one needs to be in pretty good shape before starting such a program, so I always

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highly recommend walking and then the next step would be rebounding, again as I mentioned before because it takes the unnecessary stress off the joints. You have the trampoline itself taking the shock out of bottoming out on the ground, so it's much easier on the joints and still gives us much of the same benefit.

**Dermatologists and cancer specialists repeatedly tell us to avoid the sun's rays or to use sunscreens or to keep our bodies covered when in the sun, using as their rationale the weakened ozone layer. Although I take some heat from friends about this, I like my sun straight and relish a good hard sweat in keen, bright sunlight. Please give your points of view on this question of sun exposure.**

We know we need sun. In fact, I've done some research and reading lately on the effects of light and what we're finding out about it. Sunlight is a nutrient just as much as food is, in my opinion. In fact, food is only condensed sunlight. We need to have regular exposure to sunlight in order to have excellent health. Sunlight seems to have all kinds of different effects on us that we're just now starting to scratch the surface of. Bottom line is, hygienically, it's a definite need and we should get at least some sun on as much of our body as possible every day that we can. It's also important that reflected sunlight and natural light get into our eyes because that affects our endocrine system, our hormonal system, in positive ways. The day and night cycles, our sleep and waking cycles, are obviously dependent on sunlight and it has a lot to do with regulating hormonal balance as well. Vitamin D, as Dr. Bass talked about, is a very important vitamin that is initially activated by sunlight. We know that sunlight has a tremendous effect upon our pineal gland and its release of melatonin, which has all kinds of physiological ramifications. Boy, some of the research that's being done lately on the effects of light, visible light on the eyes, there's a lot of tremendous work being done out there, cutting edge work, showing where different aspects of the visible spectrum, different colors, seem to have a myriad of different responses in our bodies. I don't have any of that in front of me at the moment, but a lot of good work's being done in that area. Of course these investigators are mostly trying to create therapies out of this research rather than just telling people to get some natural sunlight. Natural light has a lot to do with our emotional well-being, mental well-being, as well as physical well-being. The fact that we've been exposed to sunlight for millions of years, all life on earth totally depends on it, it's utterly foolish to say that we should stay out of it. That's just going completely over-

board. We need to get a moderate amount of sunlight as often as possible on as much of our skin as possible. We need to be very aware of our limitations and never overdo it. As far as sunscreens, you're probably aware of the research showing that the main ingredient, paba, in most sunscreens of a few years ago, well, the paba seems to react with ultraviolet rays in order to create cancerous compounds, so that was sort of a bum steer there. I'm not real sure what other ultraviolet absorbing chemicals are being used in sunscreens now, but if you must use it, I highly recommend that you use titanium dioxide type preparations that reflect sunlight. You probably remember the lifeguards from years ago who had the bright, white noses with the zinc oxide on them? That stuff, instead of absorbing the UV rays, reflected them. The new preparations basically grind titanium dioxide into very, very fine particles and mix these particles with clear gels so that when you put it on you don't even know you have it on—you can't see it, but evidently it still very effectively reflects the ultraviolet away from your body. You still get the benefits but without the white nose. So that's something worth looking into.

**Too much sun and slow but long distance jogging like I enjoy leads to much sweating. Indeed the air here in New Orleans is often so dirty that I come home downright filthy, too cruddy to shower without some form of soap. Regarding soaps, shampoos, deodorants, and so on, what specific products or alternatives do you recommend for normal use?**

Well, in terms of soaps, you want as basic and pure a soap as possible. I don't think you need any of the perfumes or dyes or any other baloney that's in these products. I'm all for leaving as much of the natural oils the body produces on the body as possible, so I only use soaps on areas of the body that actually produce odor, which is under the arms, in the groin area, and on the feet. I think those are the main areas right there. If you keep these areas clean with soaps, to keep the natural oils from becoming odiferous, then the rest of your body really just needs kind of a sponging with water. I'd rather see people keep their natural oils on their skin to keep it supple and moist as possible naturally rather than be stripping the oils off all the time with soaps, especially abrasive soaps or harsh soaps in terms of perfumes and dyes and things. Most people strip off their natural body oils, then attempt to replace them with artificial moisturizing products. Your natural oils are there for good reason, so work with them, not against them. Shampoos? Again, just use a basic, simple shampoo that removes some of the excess oils and dirt from the hair. We don't need

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dozens of different types of conditioners and various preparations. I think we get way carried away with this sort of thing. Americans in particular are neurotic about personal hygiene. Remember that advertisers spend many millions of dollars figuring out how to convince you that you can't make it without their product. As our health improves in general, we find our hair, our skin, and all improves and looks much healthier anyway so I don't think we need to artificially enhance this stuff as much as we're being promoted to. You ask about deodorants. That's a good question. I personally use mineral crystals. I don't know exactly what the mineral is, but it's some sort of crystalline mineral compound that you hold under running tap water for a second to wet it and then you put it on under your arms or wherever else you want to use it. It evidently kills or keeps the bacterial populations down to a manageable level in these areas so that though the body's still able to perspire freely, the odors are basically pretty well eliminated. It works for me and I don't have any ill effects from it, though I'll be honest and say I don't know what chemical compound this is.

**Although we'll hear next month from Dr. Robert Wynman, D.D.S., about Hygiene and care of the mouth, will you please tell us what you recommend for good dental Hygiene?**

I'll be very anxious to read that interview. Again, on our Hygienic program much of our dental health takes care of itself. Things like cavities and gingivitis and other gum problems don't happen to Hygienists to much of a degree, if the diet is adequate. The diet may need fine-tuning for each person as our biochemistry is always somewhat unique. I don't know all that much about the fine details of how specific problems might be handled. I just brush my teeth with water, sometimes I use a little baking soda, and then I'll finish it off with a bit of natural type mouthwash-some mint oils in water, a very natural preparation that's useful as mouthwash rather than the commercial types that have a lot of chemicals and alcohol in them. That seems to work fine for me. Often I won't use a mouthwash of any kind. I haven't had any real dental problems since I've been a Hygienist. Before then I had lots of cavities and things, but that hasn't been a problem since eating well and taking better care of myself.

**The Price book, Nutrition and Physical Degeneration, vividly demonstrates that dental structure and health takes care of itself when living well and eating whole, natural foods. I've read that excessive fruit intake can**

**damage the enamel of the teeth. What can those of us who really like fruit do to minimize the potential for problems? Indeed, what is there in fruit that causes these problems? Do fruit sugars leach minerals from the teeth if we're not getting enough minerals with sufficient vegetable intake?**

I haven't seen this as a problem for myself though I have known people here in Florida who eat copious amounts of citrus fruit and that does seem to cause a problem. Evidently the natural alkalinity of the saliva just can't keep up with the amount of acid in the citrus. If people eat lots of citrus, they might make it a point to brush after eating it. A lot of times the citrus fruit fibers can get stuck between the teeth and there seems to be a fair amount of acid related to it, so it might be a good idea to brush and get rid of that, or floss, whatever you need to do. Mostly, I believe the natural action of saliva and whatever else going on with normal dental health takes care of itself when our diets get completely in balance. If we're taking just fruits or just citrus for long periods of time, then we're upsetting normal balances and going at it wrong. That may give the opportunity for certain bacteria to increase on the teeth and in the gums or their acidic byproducts to do damage to the enamel. Normally such things aren't a problem, but, again, if we start getting imbalanced with whatever aspect of our life then we'll pay the price.

**I get letters fairly regularly asking me to explain how Natural Hygiene can argue that diseases such as chicken pox are not contagious. I don't have a satisfactory answer for this question, but I hope you do. Please explain how half a dozen kids in the same classroom can all come down with chicken pox within a few days of each other if chicken pox isn't contagious.**

Well, that's a good question. There's definitely bacteria and microbes out there that have a role to play in disease processes. These little critters want to survive, too. A typical Hygienic argument is that if you have a classroom full of twenty kids, probably ten of those kids are what we would consider borderline toxemic, you know, right on the threshold of illness. Should some one or two of them get sick with some particular type of "contagious disease," then it's certainly a possibility that those others who are right on the edge of being sick as well would be much more "susceptible." We know the true problem really isn't the bacteria or virus itself-it's the susceptibility of the person. The next question then is "What are the factors that come into play, making one more or less susceptible to these things?" As

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Hygienists we know what makes one less susceptible to any illness is our general state of health and our general lack of toxemia and enervation, the basic precursors to disease. So obviously it behooves us to maintain our health at as high a level as possible such that all of our systems, especially our detoxification and eliminative systems-liver, kidneys, lungs, skin-as well as our immune system be as strong and as healthy as possible in order to not have a problem with these things. People usually say that diseases must be contagious because one kid got it and then ten more got it too. But then, we have to remember: ten other kids didn't get it. So we have to ask, "What's the situation here?" If it doesn't hold true for all the kids, then there are factors at work that allow the other ten kids not to have to deal with the disease. Rather than study the ten kids who got it and ask why, I would certainly look at the ten kids who didn't get the illness and ask what they were doing right and proceed from there. Human nature is that we look at the exceptions, we look at what's wrong, and we try to figure out an answer rather than looking at what we're doing right and continue to do that and find other ways to do even better. So contagion, you know, it's still somewhat of an open question, but the bottom line is that if we maintain a high level of health, we'll rarely have any problem with it.

**We hear a lot these days about the "new diseases," conditions such as Environmental Illness, Chronic Fatigue Syndrome, and of course AIDS. How will you care for patients who have been diagnosed with such immune deficient conditions? Can Natural Hygiene "cure" AIDS?**

Natural Hygiene doesn't pretend to cure anybody of anything. The idea of external cures for any problem is the wrong way of looking at it. The body will cure most all its own problems if the simple needs of life and health are met. So there's no need to try to cure people from the outside. The act of trying to cure anything generally causes much more damage than it does good, and even if it does provide palliation for awhile, you've begun an emotional addictive dependency toward some drug or person who supplies you with the drug or what have you rather than being empowered to take self responsibility for your health. It's a real multiple edged sword that opens up a Pandora's box when you start looking for external cures. You throw out your own power to take care of yourself, and you get into these addictive and dependent type processes that are just negative all the way around. Regarding chronic fatigue syndrome and environmental illness, well, we're just seeing where-as Dr. Esser and Dr. Vetrano and Dr. Shelton all

mentioned-the human race is deteriorating, genetically speaking. We don't seem to have as strong an immune systems as we used to; we seem to be much more susceptible to various illnesses than in the past. We seem to have a lot of these general fatigue type syndromes, general immune type syndromes where overall the whole organism isn't working as well. It's faltering. And on top of that, we're getting better and better at coming up with stronger and stronger drugs, especially drugs that attempt to replace the body's own hormones and things of that nature. When we start tinkering around in these areas, especially with things like hormones, where the body uses these in a very precise way and a little bit goes a very, very long way, when we start administering these things from the outside in artificial forms, we're really reeking havoc with delicate bodily regulatory systems. Sometimes it's necessary, but it's dangerous business. So we're causing a lot of damage, and the body's probably attempting to deal with it by swinging from one extreme to the other, trying to find a good homeostatic balance, trying to get back to normal. I suspect this constant onslaught with these newer drugs, our polluted environment and electromagnetic radiation is what's the cause of all these kinds of syndromes that are popping up. The care for these people will be the care that anyone gets who gets on a Hygienic program. You're going to do your best to just supply the normal needs of life; you're going to modify those requirements as each person needs. If they're ill, they don't need to be eating; they need to be devoting all their energy towards repair and healing and rejuvenation, so that's where the fast comes in. As that time passes and they move on to dietary needs, exercise needs, sunshine, rest, all the things we know as Hygienists we should be actively seeking out and doing, these needs are the same for the ill as well as the healthy so we just need to modify them slightly for the ill person until they come up to speed again and start regaining some of their health. As to how I would deal with a chronic fatigue syndrome or environmental illness, I would just take whatever steps were necessary to make such a person as comfortable as possible - water fast if indicated, juice diet possibly, plenty, plenty of rest and sleep, as much emotional calm as possible, sunbathing. I'd highly suggest all such people who have been just generally worn down over the years get into active prayer and meditation so they take the time to work with their own bodies and get in touch with them to help to heal themselves. I would take extra care to see that these folks get superior nutrition, what Dr. Bass would call a full impact diet. This idea works with the Law of Minimum, which states that the body can only repair itself to the degree that the supply of nutrients allows. The repair process is limited to whatever

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nutrients are in shortest supply. Therefore, ideally we should have adequate supplies of all necessary nutrients available for our cells at all times. With weakened individuals, using foods such as juices, blended salads, nut butters, etc. are good sources of nutrition which don't take a lot of energy to assimilate. Once health increased, these folks would move on to more whole foods, keeping with their capacities. That's basically it—all the normal needs of Hygiene just come into play. I don't think you're going to be modifying things all that much for any special illness. Nearly all diseases we exhibit have similar beginnings, similar etiologies, and the correct course to take is just to get back on track as much as possible.

**Dr. Esser, in his Health Science interview, said that some of his most difficult cases involved immune system problems and that such patients couldn't take long fasts. Please tell us how he and you helped these individuals recover their health.**

That's true. Immune system problems are more difficult to deal with in that the person's just not able to undertake a fast as long as we might hope for. I mentioned before where Dr. Esser sees where people just can't fast as long as they used to for various reasons. So when it comes to long fasts and inability of somebody to handle a long fast, well, you just do the best you can. When detoxification increases as it does during fasting, the liver, kidneys, lungs and immune system work extra hard to handle the load. If these systems were already compromised before the fast, one must proceed carefully. You go as long as you can and as long as the person can tolerate it, whether physiologically or emotionally, and then you bring them back up to speed eating again, increase their energy, build up their energy, all the normal requirements, sunlight, etc. Once they have some energy and are a few steps further toward health, you give them possibly another fast. Several short fasts can definitely do wonders if one long fast cannot be undertaken.

**Would you please comment on your observations regarding spiritual visions, mental expansions, and similar phenomena that you've seen in patients while fasting. Have you any interesting personal experiences along these lines?**

Yes, I've seen quite a few people already in moderate and long fasts who seem to really get into the mental and emotional and many times the spiritual aspects of their lives. These areas become much more pronounced and important. I've seen many folks do some incredible turnarounds in

their whole perspective on what they're doing with their lives and the directions they're going. Because Hygiene and fasting improve all the aspects of our lives, I think there's a natural improvement in outlook and spiritual growth and physiological health and mental clarity and emotional poise. All these things improve as one continues with Hygiene, and they can be especially amplified while fasting. As the system detoxifies, many of these spiritual aspects of ourselves that have been waiting to come through for a long time are finally able to, and that person, hopefully fasting in an environment that is calm and serene and peaceful and loving, will be able to express and deal with these spiritual phenomena such that it can have a very beneficial and positive effect. New directions can be taken, new insights gained, that will serve to really help them tremendously. Personally, I've noticed much more emotional poise and insight when I fast. If you look back in history, you see where many of the great teachers in the past have fasted themselves for periods of time, or before they took on students they had them do long fasts in order to purify, in order to "be more receptive" to spiritual instruction and visions and things of that nature. Regardless of what research finds out, spiritual issues will always be an intimately personal thing so it's going to be each person's own personal, unique journey, and I think fasting and general Hygienic living does much to promote each of us getting in touch with that essence of ourselves and acting accordingly.

**Do you feel that one must rest completely while fasting? Or is there room for mild walking and/or jogging?**

I've heard both opinions and there're good justifications for each-of staying in bed the whole time while fasting, minimal movement, minimal expenditure of energy, and then there are others who do suggest some mild walking or mild exercise. Not even really exercise, but just movements of joints and muscles to keep a modicum of movement going as well as lymphatic movement. I lean towards very mild, short walks and/or movements, just to keep lymphatic fluid moving, to keep the vascular system working into areas where blood or lymphatic fluid may be pooling and somewhat stagnant. We have to really gauge what the patient is feeling, what their capabilities are. If someone is up to it and with full knowledge of being very careful not to overdo it at all, I think there's definitely room for some mild activity.

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**How about the one-day a week fast? The three-day a month fast? What about Dr. Alec Burton's argument that short fasts are enervating?**

I tend to agree with Dr. Burton. The first two, three, four days of a fast, there are dramatic changes going on physiologically, and it has to be somewhat energy intensive for the body to switch gears, you know. So for the body to constantly change gears regularly, once a week, regularly several days a month, what have you, I don't necessarily think that's a good thing. I'd rather see people stay on a good Hygienic program day in and day out and then if and when the need comes to fast, to go ahead and do it for a week to ten days or even longer if indicated so that one moves completely into the fasting physiology and accelerated detoxification. They should then stay in that mode for at least several days, if not a week, ten days, two weeks, probably ideally once a year or so just as a tune-up to deal with environmental toxins and junk in our foods and emotional ups and downs and all the normal stuff we deal with every day. So possibly every six months or maybe once a year a week's fast is a good idea. Personally, I don't enjoy fasts of one day a week or three days a month. I think if you're going to let the body move into a fasting state that you ought to go ahead and let it continue in that state for a while to get more benefit out of it rather than just moving into that state and then slingshotting it right back to normal physiology. I think that's probably a little bit enervating. Drs. Esser, Vetrano, Bass and others all recommend the regular weekly and/or monthly fast, however, and have had good results with it. Again, there is no perfect ideal for everyone in this day and age, so each of us must experiment to find out what works best for us.

**Would you please comment on Norman Walker and his theories on using fresh fruit and vegetable juices for health building.**

I think fruits and vegetable juices are wonderful things and can be used to great benefit. They are by necessity fragmented foods with highly concentrated nutrients. Our bodies can't handle such concentrated nutrients easily, but if and when people can't or don't want to fast for whatever reasons, juice diets can be very helpful for short periods of time. A juice diet takes some burden off the digestive system and frees up some energy for accelerated healing though a water fast does much better in that regard. But remember, a glass of carrot juice may have 7-10 carrots in it. No one would sit down and eat 10 raw carrots at a sitting; our digestive tract would protest loudly. So whenever you

take juice, I recommend that you drink a teaspoon at a time so the digestion can accommodate and proceed a little slower. Also, juices can make available extra quantities of nutrients that a person might lack. Someone coming off an atrocious diet, for example, who needs to get up to speed as quickly as possible but can't fast-this is a good time for juices. Periodically, for the rest of us, taking a little load off by having juices for a day or two makes good sense. To stay on a juice program for an extended period, however, will definitely result in imbalances, nutrient imbalances and digestive imbalances, so I don't recommend juice for any long periods of time unless water fasting can't be done. By and large I would just as soon see somebody eating a good diet and fasting with water when necessary. Some people use juices as a source of nutrient supplementation because of a lack of sufficient varieties of foods. There is truth to that, but it is easy to go off the deep end and start using juices therapeutically for various diseases. I think Dr. Walker did wonderful work, though he has gone overboard using juices as medicines.

**I continue to read conflicting opinions regarding water fasting and juice diets, and I've personally tried both and have had good results with both. In terms of simply improving overall health for individuals who have no apparent problems, which would you recommend and why?**

Well, I pretty much answered that in the last question, but it also comes down to the fact that if one has to keep going to work each day and otherwise maintain the house and take care of the kids and doing daily stuff, water fasting's pretty much out for these people. It's going to be very enervating and possibly dangerous to try to continue to expend your energy in those areas while water fasting, so you may as well get some of the benefit while juice dieting. This way you'll take in good quantities of vitamins and minerals and carbohydrates and things to keep you functioning but you'll also take a load off the digestive system and free up energy for some extra healing. So, again, there's a good place for juice dieting for awhile.

**I still haven't heard what I consider a convincing argument for not using the enema during the first few days of fasting. In light of the fact that many of the pre-Shelton Hygienists praised the enema (as does Max Gerson's convincing experience with "terminal" cancer patients), what specific facts argue against its use? I find the "enemas weaken the bowel wall" argument unsatisfactory and would like to hear something more conclusive.**

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Personally, I've never had an enema or colonic irrigation in my life. Just sounds weird, doesn't it? Colonic irrigation. Anyway, I've never had one or a need for one, so I guess I should be pretty grateful for that. I do see a need for an enema now and then with fasting patients. At Dr. Esser's we employed the enema maybe a dozen times, just lukewarm water in the lower colon/rectum to add some moisture to the fecal material so that it could pass easier in cases where it was either impacted or if someone was extremely constipated. But most people just don't have a bad problem. In time, bowel function will improve and gunk will gradually come out. That's been my clinical experience to date. There's obviously nothing natural about an enema. I don't know of any other animal in nature that uses them, and it seems a pretty bizarre thing to do on the face of it, so I'm personally not for it in nearly all cases. Where the need really seems to be there, then use it to a minimal degree. I'd leave it at that.

**Dr. Bass said he considers rest and sleep as one of the most important aspects of Natural Hygiene, and I certainly agree. Will you please state your feelings and then provide helpful hints and techniques on how the typically overworked and overstressed American can slow down?**

Well, that's a darn good question. Everything in this culture of ours is pushing us to go faster, faster, faster. You just have to stop and re-evaluate and say, "What the heck am I rushing to? Why am I hurrying so much? What am I gaining out of all this? A few extra dollars? Am I concerned about looking important to the next person?" In my case, is it part of the old work ethic? That you're being lazy if you're resting or relaxing? "Get going already! Come on, it's eight o'clock in the morning. Get up and get at 'em!" This kind of attitude pervades our culture. We abuse rest and sleep all the time. When I see people fasting, they often sit down and re-evaluate their lives and see just where they're going. Then rest and sleep becomes a big issue. People realize just what I mentioned before: what am I hurrying toward? What am I rushing around so much for, really? People see the fallacy, the ridiculousness of that, and they then usually take steps to make sure they get the rest and sleep they need. As far as it being one of the more important things, well, all aspects of Hygiene are all completely important. You just don't ignore any of them. But it's true that diet, sleep and exercise are the areas where most of us screw up the most. You just make improvements in these areas part of your lifestyle; make sure these neces-

sities are taken care of. A small amount of time each day spent providing for your health needs will reward you with plenty of energy to spare. Then you end up much healthier so you can really enjoy the things you love. So just make rest and sleep a part of your program, do what you have to do to get the sleep and rest you need. Make no excuses because there are no excuses. If you want good health, if you want to keep enjoying good health and activity your whole, long life, sleep has to be a big deal. So you just make the effort to get to bed earlier. You make the effort to make sure it's nice and dark, quiet and comfortable where you sleep. You make the effort to have a quality bed, pillows and whatever you need to get a good, sound sleep. Whether that takes wearing earplugs or masks over your eyes or whatever the case is, do what you have to do to get good sleep because the benefits are incalculable.

**I noted in the background of the pictures in Dr. Esser's Health Science interview a fabulous library. Please tell us more about his library and also recommend your top ten books for the serious student of Natural Hygiene.**

Yeah, Dr. Esser has a wonderful library. He has all of Shelton's stuff and just all kinds of books, many I've never heard of, a lot of the pioneers in the natural health movement. He gets great pleasure from his library. The thoughts and wisdom of many great people reside in these books. It would sure be nice to have all this wonderful information stored on computers so any of us who wanted could get at it! As far as books I personally enjoy, well, some of Shelton's earlier work. His Orthopathy book, the huge one, Human Life: Its Philosophy and Law. I thought that was really something. He definitely had a fire within him and was all wound up taking on the establishment. A brave thing to do at that time. A brave thing to do at any time! I got a kick out of that one. Lots of good material there. I also recommend some of Shelton's other books on fasting, The Science and Fine Art of Fasting, The Science and Fine Art of Food and Nutrition-I think both of these are very good. I haven't read it yet, but I've heard a lot of good things about Shelton's last book, Man's Pristine Way of Life where I believe he gets into more of the philosophical aspects and spiritual aspects of fasting, and I'm real anxious to read what he wrote in that book, how he summed it all up after a life time of experience with all aspects of Hygiene. For the transitional beginner, I consider Fit for Life II wonderful. The Diamonds did a terrific job with that. Let's see, what else is out there? You know, like you, Chet, I've basically devoured everything I could my hands on regarding Hygiene. But if one wasn't much of a reader, I would say Fit



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for Life II and then some of Shelton's books would get a person well on the path of understanding and then practicing Hygiene. Through the years I've also read a lot on spiritual issues and mental and emotional issues. The book I saw recently which I thought was interesting was Dr. Gabriel Cousens Conscious Eating. And Dr. Larry Dossey put out a real good book recently, Healing Words, about the power of prayer and healing, all the scientific basis of prayer and healing. The implications of this book are really fascinating. This line of inquiry takes a close look at quantum physics, psychoneuroimmunology, the whole area of mind, body, health, well-being, and moving into the next steps of what's called non-local healing. In non-local healing, people can have effects on other people and their health and well-being at great distances and seemingly not on a linear time frame! I find this real interesting, exciting stuff. Let's see, what else? There's a very popular book out now, a couple of them really: The Celestine Prophecy by James Redfield and Embraced by the Light, by Betty Eadie. As I speak these hardbacks are best-sellers on the NY Times booklist. The fact that these books about spiritual and higher consciousness hold the Number 1 spot on the best-seller list makes you realize that at this very moment we have millions of people reading these books. This tells me that much of humanity is starting to wake up; starting to get serious about these issues; realizing that we have to change how we're doing things. Humanity simply must stop being so competitive and increase our cooperation. Otherwise we're going to lose it all, environmentally destroy this planet and physically and psychologically and spiritually kill ourselves. All this madness has to stop, and as Einstein said, you can't fix a problem by thinking on the same level as the thinking that created the problem. In other words, you have to rise to a higher level of awareness, consciousness and thinking in order to solve problems at a level down below. The answer to the problems confronting us aren't going to be solved by trying to reform the standard old ways we've been doing things. We are on the verge of revolution, like it or not. It's not a matter of just tinkering and fine-tuning technology, the economy, etc. We need to move to a higher consciousness in order to see more of the big picture and see what's really causing these seemingly intractable problems. Then the solutions will make themselves apparent. We need to change our thinking and perspective on problems and on each other-this is what needs to be changed. It's not a matter of inventing a better drug or better computer or more efficient this, that, or the other thing. We need to rise above that and look at how we're thinking and the attitudes and beliefs we're bringing to what we're doing. Those are the core issues, and I mentioned

where hundreds and hundreds of thousands of people are waking up to this. As people awaken they're going to look for direction in terms of health and well-being. Natural Hygiene definitely points the way. We need to make ourselves much more widely known with Natural Hygiene because I think we have millions of people reaching out for us now. Let's consider the areas of food and nutrition. If you go to a bookstore or turn on the radio or TV you'll see that there's thousands of so-called experts with thousands of different opinions about how to be healthy. As people are getting off the medical bandwagon, they find nothing but utter confusion in the "alternative health" arena. You know... what supplements do I take? What approach to food should I take? "Do I cure my high blood pressure with acupuncture needles, herbs, homeopathic remedies, meditation, drugs, manipulations or vitamin pills?" It's just utterly confusing for the average person. I thought it was bad when I was doing my initial searching fifteen years ago. But it's crazy now. Again, that's where the uniqueness and simplicity of Hygiene should come shining through as a beacon for people because then they can take responsibility for their own health, and it doesn't need to be a difficult thing to do. It doesn't need to be a matter of which supplements do I need to take? Am I getting the right ones? And which guru should I follow? That kind of thing. You can learn to follow your own guru inside you. I think Hygiene really has a lot to say and to teach about how to do these things, so, again, I'm really heartened to see these books on a best-seller list and people coming on board. Now's the time when we really need to shout from the rooftops, if you will, in order to get people aware and interested in Hygiene. Boy, I sure got off the point there. Next question.

**Dr. Keki Sidhwa has a terrific detox regime of three days on water, seven to ten days on monotrophic fruits, and then thirty days on a pure, all-raw Natural Hygiene diet. Do you have a preferred detoxification routine that you'd recommend for Health & Beyond readers?**

I think Dr. Sidhwa hit it right on the head for the novice. It's a perfect thing to do. Heck, not just for the novice. Any of us. I think he's right on the button. I would highly recommend that routine to just about anyone. As an aside, let me mention that Carol and I spoke at length with Keki at the '94 Conference. He too was disturbed about Hygiene not greatly expanding its influence into each of the mind, body, spirit realms. He personally has been speaking and writing on these issues for 30 years. He feels a bit put out by some of the other professionals regarding these issues.

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He and I both feel that all Hygienists should get up front and vocal about whether or not the Natural Hygiene leadership should boldly address mind/body/spirit issues-the totality of human experience.

**Barley Green keeps popping up in the modern health movement's mainstream literature, and several Hygienists I know and respect use and praise this supplement. What do you think?**

I mentioned earlier my prediction in the area of general diet and health and well-being that we will get more and more into green products, green vegetables of all kinds, green leafy vegetables especially, for all the incredible variety of vitamins and minerals and trace minerals that they provide. I think that's lacking pretty badly in our diets right now. Things like BarleyGreen, wheat grass, spirulina and the various sea vegetables, and sea algae, blue green algae, these products can help to provide a wide assortment of trace minerals and vitamins and minerals in general. I think they can be very helpful, especially with somebody who's been on a fairly rotten diet up to this point. These products are minimally fragmented-most of them seem to be either made directly from the juices of these substances or else they are low temperature dehydrated and then ground into a powder. In this way I think it's a relatively small amount of processing, so we're still maintaining the synergy and balance of nutrients to some degree. Of course what we tend to do, especially people in the U.S., we right away think of these things as necessities and then use them as therapeutic excuses to eat a less than ideal diet and then justify it by saying, "Well, I'm taking my extra dose of BarleyGreen" or whatever. So, rather than these things being the occasional good source of vitamins and nutrients and trace minerals that they should be, people start to rely on them on a daily basis and use them as excuses to eat less than ideal otherwise. I think we need to be careful about getting into a therapeutic aspect of these substances but rather some individuals should use them judiciously as the helpful adjunct that they really are.

**Now for supplements in general. Hygienic friends insist to me that the Hygienic party line that the body cannot utilize any form of supplementation comes closer to nonsense than to truth and that some individuals may require supplements before they can recover their health naturally. Your reaction?**

I agree. As I just mentioned, many of the green products can help people consume good amounts of well-rounded

nutrition into their bodies relatively inexpensively and easily. But such supplementation shouldn't be something that people rely upon. Let's look at some of the synthetic, fragmented vitamins that you buy-the B complex in a bottle kind of thing. What we've got here is some biochemist's idea of good nutrition. I'll bet my money on Nature's biochemical creations. Synthetic vitamins are wholly without any synergistic complementary nutrients. Food materials like fiber, sugars, carbohydrates, fats, proteins, amino's, vitamins, minerals, trace minerals, bioflavonoids, carotinoids, all other complements, known and unknown, that are in normal foods are missing. In taking things out of context and dumping them into the body, I'm sure the body treats these substances as toxins, as drugs. It's obvious when you take B vitamin supplements in any form you mostly urinate them all out. That's where the fluorescent green-yellow urine comes from. There might be some argument that the body takes some of it that it can use and then has to get rid of the rest, which is basically detoxing from the rest of it. So, yes, there's argument for the drug-like toxic effects of fragmented supplements, and there's probably some argument that the body can use a little of it. I would always lean toward whole food supplements, if I needed to use supplements at all. They still retain some of this balance that we normally find with whole foods so the body is much more able to use these than it would be the completely fragmented substances. I believe that the supplement market will move strongly toward whole food supplements-carefully dehydrated juices of fruits and vegetables. These will never replace the real McCoy, but they can be helpful at times.

**Natural Hygiene has often turned up its nose at chiropractic, acupuncture, bodywork, and so on. Dr. Sniadach, do you see a place alongside NH for any of the many "therapeutic arts?" And if so, which therapies do you see as having value? I know you have compelling interests in and extensive knowledge about the work of F. Matthias Alexander and Dr. Thomas Hanna (and you've kindly agreed to write about Hanna's Somatics in an upcoming issue) so please give your point of view here.**

You know, there have been some real good arguments among the professional members of the Hygiene Society about some of the bodywork and therapeutic arts in relation to Hygiene, debating where is it worthwhile and where is it not. How far do you go with a therapy and when is it useful and when is it not? Personally, I think Dr. Cinque takes an excellent stand, saying we must always come from the viewpoint that therapies are enervating and essentially use-

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less until proven otherwise and even then should be a very minor and temporary part of somebody's life rather than something to be depended upon. Chiropractic is a good one to bring up since I'm a chiropractor and so is Ralph. You realize that chiropractors believe basically that many diseases, some even think all disease, has one cause, and that is a subluxation or a fixation of a joint in the body, mostly centering on spinal joints, and that once we get these bones moving again and thereby theoretically freeing up the nerves to act properly, to transmit their signals, then health is restored to the body. Well, you know, the problem with this premise is that if these fixations or subluxations are a cause of disease and if fixing them will allow the body to heal itself, the obvious question is, How did the fixation get there to begin with? If the body is so wonderful and self-healing and self-repairing and self-maintaining as chiropractors profess, then how come the body is able to fix everything except subluxations and fixations? Once we've got a fixation, do we need to throw in the towel and rely on somebody called a chiropractor to go in and bang on those joints and get them moving again? Is the body too stupid to get its own joints moving? Why did the body cause the fixation to begin with? You have to get into some issues here that chiropractors have a difficult time with. I'm not jumping on chiropractors per se. I mean, we can look at the medical boys and say, "Okay, if you all say the body's self-healing and self-repairing, then why do we need drugs?" You can jump on any of the therapies out there and ask "Wait a minute, what are we doing wrong, where have we gone astray so that now we feel we need this therapeutic thing in order to be healthy?" Why don't we look for the cause rather than just try to therapeutically gloss over the cause and try to deal with symptoms with therapies? So I think Ralph's right on point that there are times when "therapies" can be helpful and yet most times they don't deal with the real cause of the problem. They just allow a little bit of temporary relief from the symptoms. In fact one of the basic tenets of the professional Hygienists' stance on therapy is that if they are used on any of our patients, the temporary palliative effect of the therapy should be explained to the patient as well as suggestions on what the possible real causes are and to then get down and work on those causes. Professional Hygienists let people know that therapies are temporary and that ultimately getting to the real cause will be an individual and personal matter. When it comes to biomechanical dysfunction in musculo-skeletal problems that I see a lot as a chiropractor, I again agree with Dr. Cinque in that nearly all these problems come from bad movement habit patterns that have been accumulated over the years. These less than effective movement

patterns and constant and habitual muscle contraction patterns that people walk around with every day are an unconsciously maintained situation. For example, we see people walk around with a somewhat hunched back or with the head held in a forward posture or with held up shoulders and chronic low back pain. Most times we find the root cause of a lot of these problems are chronic muscle tension patterns that people are holding constantly, 24 hours a day, and they don't even realize it. The fact that they're holding muscles tight to some degree in various parts of their body, that fact has become unconscious. They aren't even aware of it anymore. And when you're not aware of something, there's no way you can fix it. There's no way you can correct it yourself. So at the root of the Alexander technique and the Somatics techniques, is that they are awareness techniques that try to enable you to become aware of how you're using your body. Once you become aware of things you're doing chronically that are resulting in less than ideal function-sore muscles, sore back, joint problems, disc problems, and what have you-when you start becoming aware of how you're using your body and you learn to relax these chronic muscular holding patterns that you've acquired over the years, once you notice these things, you can begin to work with them and they will spontaneously tend to relax. Once you get better awareness of these muscular contractions going on, once you begin to rid yourself of these habitual holding patterns, you can then fairly easily learn how to use yourself more effectively. You learn how to walk better, sit better, stand better, use yourself much more effectively. That's the idea behind these techniques. They aren't therapies that are going to fix you so much as they are self-educational techniques for learning what you're doing and becoming aware of how you're using yourself. As you get better at using yourself, most of your problems in these areas just go away because they're usually due to these unconscious patterns that you've held. So the situation we've got is that the Alexander technique and Hanna's Somatics technique are ultimately much, much better ways of learning to resolve your own joint and muscle aches and problems. The hitch is that they take some time for you to get down and work with yourself. It takes time to work with somebody who's knowledgeable with these things and learn just what it is you're doing and how you can do things better. Just like learning to read or to write, it's going to take some time to get halfway good at it. But the rewards are worth it. The effort is well, well worth it in that you have much more energy and are much freer of pain or any problems, and all your movements are much more effective and easy and smooth, but it does take time. As we talked about earlier, with our culture always pushing for instant

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gratification, people want to go in and just get banged on, get their adjustment, they just want their pill or their herb or whatever it is. So it's part of that self-discipline to realize that the truly wonderful things and good things in life come with time. They come with discipline and with a bit of work. The rewards are definitely worth the effort, but that's a tough thing to get across to a lot of folks.

#### **Dr. Sniadach, please ask yourself any questions I should have asked but didn't.**

You know a lot of people have asked me what I do and what Natural Hygiene is all about and then when I give them that information they immediately get frustrated and say "There's no way I could do that." And for someone like myself or certainly any of the other Hygienic professionals out there who are trying to help people, all of us can easily forget that at one time we were taking our first steps too. We spent so much time reading and studying and living Hygienically and reaping all the benefits of living this way that it's very difficult for us to put ourselves back in the state of mind we were in when we took our first steps. So many times when people ask for advice, I have to work real hard to try to come to their level of knowledge and experience, wherever they are. That can be a difficult thing to do, and sometimes I'm successful and sometimes I'm not. My challenge is to work on patience. That's a tough one for me. As I mentioned earlier, the idea comes into play here that everybody practices Hygiene - Natural Hygiene is Life, after all - and it's just a matter of to what degree does someone practice healthful living? Coming from this premise could be a wonderful way to get Hygiene across to average folks out there who desperately need the information but who don't want to feel like it's some very difficult thing to do or that they are somehow excluded if they're not doing it all the way. Let's do our darnedest to meet people where they are and give them plenty of room for making mistakes or bad judgments or slipping off the bandwagon for a while. Don't worry about it. Don't feel guilty about it. Just keep plugging. We're all in this together, we're all trying our best. Nobody's better than anybody else, just further along. We all had a rough time of it early on, depending on how far off the track we were to begin with. I mentioned several places in the interview where I'm on my own spiritual journey as well, and I'm realizing the truth of compassion, love and empathy. I'm slowly but surely getting better at incorporating them into my own counseling and dealing with folks who come to me for advice. You know, Hygiene at its inception was fervently preached by people who were of strong Christian orientation, and they routinely mixed

their spiritual faith in with their preaching of Hygiene and health. So at its outset Hygiene was not only a physical but also a mental, emotional, and spiritual health discipline. A body, mind, spirit program for a healthy, wonderful life. Then we moved into an era where we started to disregard the spiritual just about completely and disregard the mental and emotional pretty severely in order to deal with the physical aspects of Hygiene. I mean, and it's certainly understandable and justifiable because there was so much need for education on just a simple, physical level, that all the practitioner's time was taken up just trying to get people to eat better, to exercise a bit, to get some good, clean air and sleep and all the basics we know about. So it's understandable that other aspects of our lives have been neglected, but now is the time where millions of people in this country and many more millions around the world are waking up to the fact that there are better ways to take care of ourselves in mind, body and spirit. And they all are inextricably tied together. In fact, they are one. We have to work at thinking that way. It's a tough thing to do because we never have thought that way in the past. So it's hard to realize that eating better affects us spiritually as well as physically. It's not readily apparent, but that is the truth. Hygiene needs to reassert itself by integrating its message on all levels so that it becomes an even more complete and wholistic way of running our lives. Our philosophy of living is in accord with common sense, is of sound reasoning and is a blessing in practice on all facets of our lives. Let's acknowledge more than just the simple physical aspects of it. I mentioned earlier those two books, *Embraced by the Light* and *The Celestine Prophecy* that are No. 1 best-sellers right now. We have a tremendous opening of peoples' minds happening all over the country right now. I think that millions of people are starved for the message that God loves them, that we need to love each other, that we need to care more for each other and for our planet, and that it's all one big, grand journey. I know this kind of thinking has really started to permeate my life, and it has made life much more fulfilling for me and much more satisfying and purposeful. My whole attitude has been changing rapidly while integrating these concepts. By embodying these concepts and trying to live them I'm finding now that I'm incorporating this kind of thinking into my personal counseling with folks Hygienically. I'm finding that 95 out of 100 respond very favorably to these concepts, when they are able to let them in. I don't get into espousing any one religion. In fact, I'd just as soon stay away from religion and religious dogma and stick with spirituality. As far as I can tell, every human being desires love, caring, compassion, virtue, courage, righteousness, honesty, to name a few. These are all spiritu-

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### Interview with Dr. Robert Sniadach by Chet Day - 1994

al to me. We're talking about a much, much broader concept of what human life can be and the truth is that Hygiene takes it all into account. People are looking for help at all levels, and we need to make it crystal clear that Hygiene encompasses all that revolves around human well-being. Consider quantum physics principles with its ideas that everything vibrates, that everything is connected and that everything is really only energy whether it's condensed as matter or more open and free-flowing. A lot of these concepts are pretty wild to begin with for the newcomer, and I can get a handle on these, but when you talk about concepts like non-linear time, I get lost fast! [Laughs] So anyway, there's a lot of real neat inquiry going on out there, lots of good scientific evidence, and I just think it's all really wonderful. I see so many people doing so many neat and creative things and all coming from a loving and caring and concerned point of view-great things are happening. Great experiments are unfolding in the arts-new materials, new technologies. Computers, virtual reality, electronic music, synthesis of the old and the new. We're like young children playing with new toys. Will we discover the wisdom to use them wisely? Governments are falling left and right. The intensity of planet-wide violence is frightening. The claim is that we are moving to a new world order of democracy. The truth is that we are moving to a new world order of plutocracy-government by the wealthy, specifically those who create the money we are forced to use. How far will we let them go? Individual rights of life, liberty, property; freedom and the personal pursuit of happiness mean nothing to these modern day tyrants. Our founding fathers here in the USA - Jefferson, Washington, Madison, Franklin - the men who created this country-they would be appalled, horrified and deeply troubled by the present state of affairs and our near-total apathy. If any reader wants to really get a grip on what is going on in our world, he or she must search for and study the subject of money. Not economics or investing, but rather the core issues-what is money? Where does it come from? Who creates it? Why can't I create it? What does the Constitution have to say about it? Why is there a total media and educational blackout on this issue? Can we, as citizens, recreate a legitimate and honest monetary system here in the U.S.? The answers will astound you. I will boldly state this: "Nearly all of our societies' problems will disappear if we solve this money question." Why is this so? Because in our modern world *everything* depends on money, its creation and movement. If its creation and movement is skewed, twisted, warped or imbalanced in *any* way, then the negative effects of that will permeate all of our interactions. Interesting parallels abound when comparing freedom in healthcare to freedom

in society. Therapies deceive us and rob us of freedom, self-responsibility and incentive. Therapy is by definition the initiation of force against the body. Socialism/Statism deceives us and robs us of freedom, self-responsibility and incentive. Socialism/Statism is by definition the initiation of force against citizens who don't fall in line. "From each according to his ability, to each according to his need." By practicing this creed, we reward need and penalize ability. Abilities disappear and needs skyrocket. This practice will not and can not work, ever. Yet there is hope. Like health, freedom is our birthright, and we can reclaim it at any time. The opposite of socialism is Libertarianism. A Libertarian advocates individual freedom and liberty in all realms-social, economic, health, and so on. And Libertarians want all of us to experience this freedom in our lifetime. Just like Hygiene, it takes knowledge and courage. Are you up to it? You and your loved ones, especially your children, will one day give great thanks and be proud that you stood for freedom and righteousness in all spheres of life. Both wondrous and ominous events are occurring are occurring in our world simultaneously, more and more, faster and faster. Who knows where it's all going to lead? I don't even know how to put a lot of this into words. I'm trying my best, but at any rate I am hopeful that all the soul searching going on will result in some pretty dramatic and wonderful changes for humanity in the not too distant future. Many folks are presently talking about big changes happening in our consciousness and the way we think; changes in the earth itself and how we treat our environment and treat all life. All these things are in a giant state of flux right now. If one tries to cling to or go back to old ways of doing things, that will not work. One must be able to be incredibly flexible, yet at the same time continue to hold fast to the higher virtues of life - patience, kindness, forgiveness and so on. Dramatic changes are happening and even more dramatic changes are likely to happen soon. And whether they come true or not, I think the point's still very obvious that this is a real exciting time to be alive and to be involved in all that's happening. Heck, I'm sure getting a kick out of it all. I love it!