

A NEW DIETARY DISCOVERY

STALE FOOD

- VS -

FRESH FOOD

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NATIONAL ASSOCIATION FOR THE ADVANCEMENT OF SCIENCE

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A.H.A. COUNCIL ON ARTERIOSCLEROSIS

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Most of the fatty rubbish in these stale foods passes on through our intestines and out of our bodies without causing much more than indigestion, but some of it and particularly the finely ground small particles and semi-fluid portion is absorbed into our bloodstream and is carried throughout the body. It accumulates mostly in the artery walls, joint cartilage and fibrous parts of the body because these parts have a very dense structure and poor blood supply so that the material is filtered and trapped therein. The particles tend to clump and stick to one another, so there is a tendency to form large deposits in certain spots. They also accumulate faster at branches and curves in the arteries, due to the increased filtering or trapping action of the denser fibrous structure which Nature has provided to reinforce against the concentrated stresses occurring at these points.

The body has the ability to get rid of this fatty rubbish very slowly, but we eat it faster than it can be removed, so gradually as we get older it builds up more and more throughout the body. It insidiously weakens us and makes us old before our time, dulls our brain and saps our vital powers, long before any outward sign of actual disease appears.

★ This stale food theory explains many heretofore puzzling facts, for instance why such people as the Masai and the Mongols have practically no arteriosclerosis although they eat high cholesterol milk, fat, and meat in great quantity. (Yet the admirable Finnish people on a high cholesterol diet have the highest incidence of arteriosclerosis in the world.) The explanation is simply that the Masai and the Mongols live close by their animal herds and eat their meat and milk fresh, while the Finns have to eat their food mostly in a stale form due to their long cold winter, in the form of bread, bacon, ham, smoked fish, etc.

It also explains why arteriosclerosis is sometimes found in wild animals and fish, for they often have to eat stale food. For instance, in winter deer eat acorns that have become moldy and rancid and these deer are at times found to have a little arteriosclerosis. Likewise fish contract it in mild form from eating various decaying matter floating in the water.

★ Practically all farm livestock including poultry have atherosclerosis to some degree, but only garbage fed hogs have it in a severe form similar to the human disease.) The finely ground stale grains, dry hay, and other stale materials used in farm feeds are responsible for the disease in livestock. The extent to which the fatty rubbish in fresh livestock meat causes arteriosclerosis in humans is uncertain, however it does not appear to be very great. (Fatty rubbish does not seem to occur to any serious extent in fresh milk and eggs.) This general area needs further research for clarification, however in later sections I have described how superior livestock products can be obtained.

The stale foods are also very poor in general nutritive content, for most of the high quality constituents which are needed to strengthen us and protect us against disease have deteriorated and become unavailable.

6. FRESH FOOD — THE CURE FOR ARTERIOSCLEROSIS

Stale food being the source of the fatty rubbish which causes arteriosclerosis, to prevent the disease we have only to stop eating stale food, and eat fresh food instead according to the diet chart herein.

But what about the fatty rubbish already clogging our systems? Fortunately Nature has taken care of this, by designing into the body an efficient house-cleaning system in which non-living material is attacked and gradually removed. Few people even among doctors seem to know famous scientists have long ago proven that arteries have their own natural cleansing system. That each arterial deposit tends to go through a natural cycle wherein it grows, becomes mature, then shells out and heals. This self-cleansing action can be easily seen by anyone viewing the deposits in a choked artery, wherein some are obviously new and growing, some fully mature, and others shelled-out craters or fully healed scars. It is evident that this action would result in clean arteries if formation of new deposits were somehow stopped.

Medical scientists of worldwide reputation have been saying for years that arteriosclerotic deposits tend to be self-cleansing. (Drs. L. N. Katz, Ruth Pick, Ira Gore, Richard Jones, Campbell Moses, H. Bredt, and others.) Their writings may be read in ethical medical books as follows: "Atherosclerosis" by Schettler & Boyd, pub. by American Elsevier, 1969. "Evolution of the Athero. Plaque," by R. J. Jones, pub. by University of Chicago Press, 1963. "Atherosclerosis" by Campbell Moses, pub. by Lea & Febiger, 1963.

Many such keen-minded scientists have long predicted that (if the formation of new deposits were stopped, the arteries would in time clean themselves.) Practical results of the Fresh Food Diet have fully vindicated their prediction, at last providing a way to stop formation of new deposits so the arteries can become clean in a few months.

As of September 1971 this booklet has been on sale 2½ years, and over 100,000 copies have been sold under guarantee. Less than 1% have been returned for refund. More than 1,000 people are so happy with results they have re-ordered more copies to give away, many by the dozens and some by the hundreds. People joyfully tell us such things as "I avoided a major operation" or "I am able to work again." A few medical doctors are regularly prescribing the Fresh Food Diet, and are seeing improvement in their patients. The Fresh Food Diet really works, and is rapidly gaining followers throughout the world.

Anything which will help build up the general health will speed the

cleaning process and vice versa, so I have included in this book every general health aid considered reliable.

7. THE CHOLESTEROL THEORY — A TRAGIC BLUNDER

Cholesterol in its natural form is one of the main building blocks of healthy animal and human bodies, (the solid matter of our brains for instance being over 80% composed of it.) It is absurd to say that something we are largely made of would be harmful for us to eat. And it is not harmful unless it is changed from its natural state by staleness. Cattle and goats develop arteriosclerosis on hay and grain with never a bit of food containing cholesterol. (People are dying by the thousands from heart attack and stroke while on "low cholesterol" diet.) The cholesterol theory, now falling by the wayside, was originated in Russia by Dr. N. Anitschkow and S. Chalatow in 1913. These scientists deserve honor for their well-intentioned work, however their finding was one of those unfortunate half-truths which only served to mislead. They fed their experimental rabbits pure crystalline cholesterol dissolved in vegetable oil, resulting in the rabbits developing arteriosclerosis. Their mistake was in failing to recognize that crystalline cholesterol is an unnatural stale substance now known as oxy-cholesterol, which is not found in fresh food or in the healthy human body. Similar mistakes have been made countless times by other scientists, using various unnatural mixtures of stale processed foods in feeding trials for testing purposes, and then assuming the choked artery results were typical of cholesterol foods. The cholesterol theory for practical purposes is untrue, and its formulation was most unfortunate because it deceived the world for fifty four years and indirectly caused untold deaths and misery by delaying discovery of the true cause and cure. Many people have needlessly been deprived of meat and eggs because of diets based on the deceptive Russian theory.

8. EFFECTS OF FRESH FOOD ON HUMANS

It has been demonstrated that people adopting the fresh food diet have experienced many benefits. (Even though eating much meat, fat, eggs, and fresh raw milk every day, blood cholesterol content has **dropped** to levels usually found in young children. High blood pressure has dropped to normal or below. Signs of arteriosclerosis in the eyes, etc., have disappeared. Arthritis has been cured. Ear noises and high tone deafness have been corrected. Enlarged prostate gland and fibrous enlarged womb have returned to normal. Tooth decay and dental calculus or tartar have been stopped. Youthful vigor and appearance have been partially restored. Excess fat has been reduced and posture improved. Remarkable improvement in growth and health of children has been obtained. For example:

A fifty eight year old black man was prematurely aged, with a bent

posture, shuffling gait, irises of the eyes nearly covered by the light gray atherosclerotic haze called "arcus senilis," and skin the color of ashes. Given fresh food and fresh milk, this man began to straighten up within ten days and within a month was dramatically improved. In two months his eyes had nearly cleared up so (the natural brown color was revealed, his skin was a smooth rich brown color, and he walked straight and strong.) Previously scorned as a worn out old man, he bought stylish new clothes, grew a sharp mustache and sideburns, cut a swath among the ladies and had some fights. He told me they said "What is Mr. Ford doing to you? You are young again!"

A fourteen year old boy was put on good fresh food after a previous life on stale food. Initially this boy was chalky pale, had poor thin hair, pimples, narrow shoulders and was a mouth breather with (thick half closed eyelids.) Receiving fresh food and new raw milk, in a few months this boy was growing rapidly, had clear ruddy skin and thick hair, alert eyes and kept his mouth closed. He soon developed a broad shouldered herculean virility seldom seen in these times, with a muscular six foot two hundred pound physique of awesome power. He attracted favorable comment wherever he went and was called the "jolly pink giant." (But on going away to school and eating stale food again, this young Hercules became pale and fat, his teeth decayed and he developed a hernia.)

A three year old child who was very thin and wretched, with a sad wizened face and twisted jaw, was given an unlimited daily supply of new raw milk from a cow eating green young oat and rye grass. On tasting the milk, this child refused all other food and drink for several days and drank milk by the quart. Within a few weeks she grew so fast she had to have a whole new set of clothes, and became ruddy, happy and robust. Upon sighting me even 100 yards away, she would shout "I love your milk, I love your milk." Previously hardly leaving her mother's arms, this child turned into a jumping jack. Her jaw straightened up to normal and she became an outstanding child in every way.

9. EXCESSIVE FATNESS IN HUMAN BEINGS

Normal fat is a fluid oil stored in tiny living fat cells, is springy and well distributed over the body producing an attractive appearance. But in modern people eating stale foods, abnormal fat is developed in which many of the fat cells are dead and large amounts of deteriorated fatty substances accumulate outside the cells as junk material. This is the type of flabby bloated fatness which people find repulsive and go on starvation diets to avoid. This "stale food" type of fatness is hard to reduce, because the fat is a semi-dead material which the body cannot utilize in the normal way even though almost starved. On the other hand, fat from fresh food is a "living" material and can be rapidly utilized and removed when the food intake is reduced.

It has been demonstrated that the fresh food diet is an effective reducing diet, yet maintains ample food intake to prevent hunger and permit full activity. (The fat leaves first under the throat and in the abdomen, and within a few months lumpy dead fat is removed throughout and a more attractive posture and figure obtained.)

10. SEX AND STALE FOOD

In experimental work it sometimes happens that unsought but useful results are stumbled upon by good fortune. This occurred in my arteriosclerosis work and an important relationship between stale food and sex was found.

The accompanying picture shows the results of feeding pasteurized homogenized milk to roosters, which caused severe stunting of the male sex glands or testicles. The small deformed and diseased glands on the left came from roosters fed the store milk, whereas the large powerful gland on the right came from a rooster fed new raw milk. These results were typical of fifteen roosters in each group, fed for a period of one year starting with baby chicks. The store milk roosters did not develop big combs and plumes, and some could hardly be distinguished from hens. They could not breed, and were dejected spiritless birds. (On the other hand, the male chicks receiving new raw milk grew rapidly into huge splendid roosters, fierce, powerful, and ready to fight or breed on a second's notice.)



Stunted and Mottled Male Sex Glands
Produced on Pasteurized Milk

Full Sized Healthy Male Sex Glands
Produced on Raw Cow's Milk

STUNTING EFFECTS OF PASTEURIZED MILK ON MALE SEX GLANDS

A few of the sex-inhibited roosters were taken out of the experiment and given no more milk. They recovered and became sexually active, but never reached the great size and strength of the raw milk roosters.

Similar testing was done with female chickens, and no sexual disturbances occurred. The only outward difference was that the raw milk hens were a little larger and better looking.

All chickens male and female which were fed store milk had greatly enlarged livers of a light yellow color and fatty texture, whereas the raw milk chickens had normal wine-red livers. (No noticeable arteriosclerosis occurred on either milk.)

Other testing in later years revealed that male goats and rabbits also became sexually deteriorated when fed mostly on stale food of any kind, not necessarily milk. Some of these male animals fed in confinement on commercial rabbit pellets or hay and grain had infant sized sex glands even though full grown.

Aside from actual deterioration of the sex glands, feeding of stale food was found to depress sexual activity among even the normal goats of both sexes. Confined goats fed hay and grain were dejected spiritless animals and very little breeding occurred. (But within a few weeks after feeding fresh vegetation daily, these unhappy animals would cheer up and Cupid's arrows begin to fly.)

These findings are really not surprising, for Nature has evidently set controls upon sex to discourage pregnancy during periods of poor food supply. An animal, or human, becoming pregnant when food was very scarce or poor would probably lose her baby, and might well lose her life too.

These results correspond very well to conditions among modern people. The young women nowadays seem much the same as always, but many boys do not reach the age of puberty until nearly twenty, and a large number remain sexually undeveloped or perverted. Many doctors and marriage counselors have published articles telling of the great numbers of wives who are finding their husbands inadequate. Our young men are adopting feminine hair styles and clothes, lacking pride of manhood. Female sex is flaunted on every side, and skirts are going higher and higher, in an attempt to awaken failing male interest. Any such display in earlier times when men were normal would have caused a stampede. The birth rate in the western industrialized nations is dropping, but is holding up or rising in more primitive lands where people eat fresher food. Sex among modern people is becoming more and more a neurotic frustrated fixation, rather than the wholesome and dynamic physical relationship designed by Nature. Large numbers of modern youths are unhappy and neurotic, protesting against a civilization with which they are somehow dissatisfied. They are constantly seeking something, but are not sure what it is. What they