

spotlight on members

Spotlight on Members gives us the opportunity to hear about what our members are up to today, as well as how they found their way to Natural Hygiene. If you're interested in sharing your own story, we'd love to hear from you (please email essays of no more than 500 words, and one or two photos, to info@healthscience.org).

Suki and Russell Munsell

Mill Valley, CA

Suki and Russell Munsell spent many years searching for the best methods to live healthy, productive lives before marrying in 1990 and collaborating professionally. Life-long teachers and students of natural health and exercise, Suki and Russell both credit their parents with inspiring good habits.

Suki's parents lived active, healthy lives before passing in their nineties. "They canoed, danced, and went bowling with friends. Our family spent summers swimming, sailing, and water skiing," Suki remembers. Her parents modified their diet after attending the Pritikin Clinic in Santa Monica, a diet that introduced her to the "no salt, no oil, no sugar" concept.

Russell's parents were also long-lived. He was the grandson of Montana pioneers who lived a vigorous and challenging life. So did Suki's parents. Russel grew up working at his grandparents' farm in the summers. Survival demanded being in balance with community and with nature, of taking care of the land, and taking sensible care of their bodies.

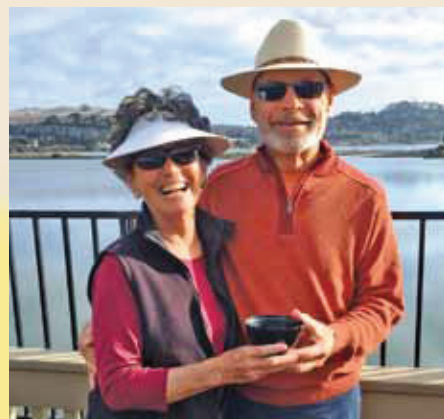
In keeping with their upbringings, Suki and Russell pursued healthy lifestyles as adults, learning from others and exploring their interests with passion. "Russell and I follow a similar plant-based diet as my parents did, and we suggest it to our clients," Suki writes. "We've been able to correct several health problems through water fasts at TrueNorth Health Center, where we were introduced to the NHA. We've become convinced of the value of Natural Hygiene to look and

feel our best."

In 1982 Suki earned her Ph.D. with doctoral advisors Anna Halprin and George Leonard. Her dissertation investigated "body transformation," how 25 research participants were able to heal from devastating accidents, injury, and illness while others retarded aging or became world-class athletes.

"For the past 41 years, Anna Halprin has been an inspiring mentor and colleague," Suki writes. "Through Anna's training, I became a Registered Somatic Movement Therapist and Educator, teaching students from preschool through college and adult education. Anna's focus on anatomy and kinesiology inspired me to investigate how everyday walking carves our bodies and broadcasts our personalities, yet can also create stress injuries. Since 1985, my students have been healing and preventing injuries using my Dynamic Walking, Hiking, and Stretching methods."

Russell's professional path also led to an early discovery of the mind-body connection. As a professor at Humboldt State University in the methodology of science and logic, Russell began wondering *how* his students learned. "I noticed that students began to improve their learning ability when they felt 'in integrity' with their choices of diet, exercise, relaxation, and relationships. Not only did they learn faster, but their health, creativity, and performance abilities improved." From this observation, Russell developed the Life Long Learning Method that remains the core of his consulting practice 40 years later.



Shortly after Suki and Russell met, he trained with her in Dynamic Walking and Stretching. "In the first 20 minutes," Russell remembers, "I experienced relief from body pain I'd only been able to 'manage' over the prior 20 years."

After marrying in 1990, Russell joined Suki's company, Dynamic Health and Fitness, expanding its scope of classes to include teacher training and Dynamic Swimming, Russell's method of swimming based on marine mammal locomotion, which he had been teaching for 30 years.

Currently, at Harbor Point in Mill Valley, California where they live and work, Suki and Russell co-teach Qigong and Tai Chi classes twice weekly on a deck by the water, blending their skills and styles with the sounds of nature. "My deepest gratification," Russell feels, "is in giving clients the tools to take care of themselves, to master vitality and self-healing, to accelerate learning, and to improve performance." Suki adds, "Witnessing my students' transformation is a sacred privilege, both nurturing and humbling." (For more information, visit DynamicVitality.com)





Peggy Payne
Oklahoma City, OK

In 1986, I began addressing compulsive overeating as an eating disorder. I was out of control and eating only sugar products. By applying the principles of 12-step programs to an eating addiction, I realized that I had to change the content of my diet to live without the deprivation that so many addicts live with in sobriety. Leaving an addiction behind can bring on the feelings of deprivation and lack that have the potential of derailing the recovery process.

My sister gave me the book *Fit for Life* in 1988, but I never read it. (She hadn't read it either and is still living a miserably unhealthy existence.) This was the book that led me toward the NHA (back then, the ANHS). Over the years I have purchased many of the NHA conference tapes, and am now convinced that TrueNorth Health Cen-


ter is where I would find the greatest assistance for healing in my later years (I am quite sure I would not survive a stay at an institution called a hospital).

I have consulted with Dr. Alan Goldhamer at TrueNorth by phone, and what he talked about felt so familiar. I am completely convinced that so much healing takes place by being proactive with wellness. I am hoping to plan a road trip with my dog to TrueNorth in the near future so I can gain a better understanding of the care that is available through their facility and education offerings. My daily inclusion of time in quiet, peaceful surroundings and healthy choices with exercise and diet help me to feel hopeful about the power of healthy living.

I eat a lot of organic food nowadays, and am excited that there will be two new organic restaurants opening this fall in Oklahoma City. My nutrition journey made it reasonably easy to leave gluten behind as well as dairy foods, although I'm not perfect when it comes to sugar. Alcoholism runs in my family of origin, which I believe is



possibly just a craving for sugar that is well beyond any normal desire: I eat sugar, alcoholics drink sugar. When I do not consume any sugar or processed food, I notice the most difference in how much more energy and focus I have. This is really a very simple way to live.

As for my career, I work as Principal Keyboard with the Oklahoma City Philharmonic. 

Bernice Kinsler
Tampa, FL



I changed my lifestyle after my mother died of colon cancer when I was 38 years of age. It was then that I started to read books from Shelton to Esser. It was an education, bar none. It opened my eyes to the fact I could live

a long, healthy life. And that is what I set out to do.

I raised my family on the diet of the NHA. My two sons were already in high school by the time I discovered Natural Hygiene and a healthier way of eating. So, they, and my husband, knew that at home they would be eating a healthy plant-based diet, but away from home, they could eat whatever they liked. I knew that I could only be an example to them, and that my sons needed to figure out how to eat on their own as adults. One of my two sons became more conscious about health in his later years and adopted a plant-based diet.

Today I am a happy, 87-year-old gal. I engage in various activities to keep my mind sharp, including learning to use the computer. I have practiced Taoist Tai Chi, a moving meditation, for 20 years, and take

classes four times a week, as well as still teach classes on occasion.

As for my daily diet, I may eat an orange and some sunflower seeds for breakfast, and for lunch or dinner some tofu and vegetables, or a baked potato with avocado. I also love quinoa and have a big salad every night. When I want a snack I'll eat some dates or nuts. I used to bake muffins a lot, but since my husband died in 2010 (of Alzheimer's disease), I don't bake as much.

I have been a vegetarian and a member of the ANHS/NHA for 49 years. My husband and I used to attend NHA conferences whenever they were in Miami Beach and were hosted by Dr. Frank Sabatino, whose health center we visited. I look forward to reading the *Health Science* magazines and, whenever possible, I continue to attend NHA conferences.

Don Weaver
Berkeley, CA



I started reading books on nutrition in 1975 while I was a student-athlete at Cal Berkeley. While looking for supplements in a “health food” shop, I was intrigued by Arnold Ehret’s intense countenance staring at me from the book covers of *The Mucusless Diet Healing System* and *Rational Fasting*.

I read both books and tried some short fasts. This is when I started having my eyes and heart opened as my body started cleaning out. Not long after this, I found Dr. Herbert Shelton’s books, *Health for the Millions* and *Superior Nutrition*. I soon found Dr. Shelton’s *Hygienic Review*, T.C. Fry’s publications, and *Health Science* magazine from the American Natural Hygiene Society (now the NHA), which I first joined in 1976. Glad to be a very healthy member in good standing a mere 40 years later!

T.C. Fry published some early articles that a friend and I wrote on organic tree-crop agriculture. We visited him, Dr. Ralph Cinque and other Hygienists on a cross-country trip in late 1978. I had adopted a 100% raw vegan diet in April 1977, and I have forgotten to resume eating cooked food ever since. I usually enjoy some fresh juices in the morning, adding in

some raw organic green powder plus B12 and vegan vitamin D for nutrient insurance. I then tend to eat fresh fruit and/or a green smoothie for daytime nutrition, and a large veggie salad with avocado or nuts/seeds/sprouts for dinner. This gives me plenty of energy for a day of mental and physical activities, including biking, running, hiking, swimming, and basketball, along with professional gardening and pruning jobs.

Dr. Shelton knew and wrote about the importance of remineralizing our soils with rock powders and not relying on the very un-Hygienic factory feedlot waste-products and slaughterhouse “by-products” for our “organic” fertilizers. His writings, along with Julius Hensel’s *Bread from Stones* and Sampson Morgan’s *Clean Culture*, inspired me to experiment with remineralization and composting without animal products.

The feelings of greater health from eating mineralized produce led me to the brilliant ecologist John Hamaker, who’d been remineralizing his small farm and writing articles in *Acres, USA* since the early 1970s. Our collaboration led to publishing *The Survival of Civilization* in 1982 and a series of “Solar Age or Ice Age?” bulletins. That book and my follow-up

book, *To Love and Regenerate the Earth*, are free online at The Soil and Health Library (soilandhealth.org). My latest e-book, *Regenerate the Earth!* is available from Hygienic educator David Klein’s website, vibranthealthandwealth.com.

My partner Esther and I are currently looking for a larger land base where we can create a veganic/Hygienic “Earth Regeneration Center.” If any readers have more land than they can use and would consider leasing or selling, or have any questions, please contact me: earthdon@yahoo.com. We are leaning toward staying in Northern California or moving to Hawaii, but would be open to other possibilities. We teach and encourage everyone to make their home and garden a center of health and regeneration! 🌱NHA



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