

## HEALTH IS A TRIUNE HARMONY OF BODY, MIND, AND SPIRIT

It is a reward for right living

**THE BEST WAY TO LIVE WELL** is to manipulate our environment with what we call intelligence.

**DISCRIMINATE WITH CARE IN SELECTION OF FOOD:** Our body is an electromagnetic, chemical organism. Modern biochemical research, with electronic-microscopic photography, proves that every living cell in our body constantly renews itself and requires a suitable saline environment with proper nutrition for proper function. Malnutrition always causes malfunction.

**EXERCISE** vigorously every day.

**RELAX** often, both body and mind.

**EAT ONLY WHEN HUNGRY**, and then in moderation, not when tired or tense.

**ENERGY FOODS:** the carbohydrates, sugars, starches, and fats. These produce acid reactions in the body and require vigorous physical activity and perspiration for adequate oxygenation and elimination. They should not be eaten by sedentary people. They are apt to cause constipation when eaten with proteins. Denatured refined sugar and starches with products containing them are not fit food for hogs. Excess acidity causes most diseases. It starves and robs the bones, body tissues, nerve channels, nerve centers, and brain. It causes jittery nerves and mental instability.

**PROTEINS** are the body builders. Physically active people need more.

**HEALTH** maintaining, healing, alkaline reacting foods: juicy fruits, green leaf vegetables. (Especially good for gluttons and compulsive eaters to stuff on.)

**EXPOSE** skin to heat and cold occasionally to keep it well conditioned. It does good to exercise goose-pimples daily. The skin is a most important eliminator of excess acidity. Sunbathing in moderation is excellent for health.

**SPECIAL** inner house-cleaning at least twice a year: For one week during Lent eat nothing but oranges or grapes. During August, for a week eat only watermelon. Get rid of accumulations of food poisons, sludge, and waste matter. Give your various internal workings, glands, and heart a rest.

**MIND** needs a healthful diet just as much as does the body. Practice mental hygiene. Keep the mind busy with study and positive, constructive thinking in the service of others. Expect nothing from others. Store up inspiring pleasant memories. Enjoy good humor. Laugh at yourself when you take yourself and your ways too seriously. We are not perfect. We can profit by mistakes.

**SPIRIT** also needs refreshment and co-operation. You are never alone. Talk to your "better self," your inner "Spirit of guidance" that is constantly communicating with you and urging you to do the best you know, to make others happy and this a better world. "A civilized person is one who is considerate of others." "Love is the desire to do good to others." You can love everybody, even your enemies, that way. You will make them love you and realize that all men are brethren.

**BE MASTER** of your mind and body. Welcome new experiences and ideas. Trust your own intellect to recognize truth regardless of its origin. Read the Urantia Book for better understanding of life's purposes and transcendent future goals.

## SUGGESTIONS FOR OVERCOMING ILL HEALTH

Where there is a physical ailment there is a physical cause. Every living cell in our body requires a saline environment and proper nutrition for proper function. We are responsible for its care and well-being.

We inherit poor living habits and acquire more through carelessness, ignorance, misguidance, stupidity, and lack of self-mastery.

If you are really determined to give nature a chance and are willing to improve your living habits, food habits, and thinking habits and positively become master of yourself, consider the following suggestions:

Take inventory, be critical, overcome bad habits with good ones. Be firm and persistent. Study bio-chemistry, nutrition, and food chemistry. Trust your own intelligence to select and do the right things.

Clean house! Give your body a chance to thoroughly eliminate the food poisons and trash accumulated by your past bad habits and indiscretions. Start with a complete fast or an exclusive juicy fruits fast with daily enema if needed. Watermelon has been proven to be one of the best cure-all fruits for a fruit fast. It maintains regularity without need of an enema. Grapes are also good.

Over forty years ago a close friend of mine went sixty days on a juicy fruit fast, gave his body a chance, and cured stomach ulcer, arthritis, diabetes, Bright's disease, heart trouble, asthma, hay fever, and tendency to have frequent colds and fevers. After the chronic and acute ailments were corrected, the fast was broken slowly with green leaf vegetables, cheese, fowl, lean meat, and nuts. A predominantly alkaline immunity to illnesses was maintained so that occasional dissipations of trash foods could be indulged with impunity. There have been no recurrences of those faulty nutrition diseases to date.

Of course, after indiscretions or intemperance one should sober up on juicy fruit to reestablish healthful chemical balance. During a convalescence one kind of food at a meal is recommended. Some foods when mixed cause chemical warfare. That wastes energy and overworks the heart.

Along with cleaning the body, clean the mind with mental hygiene.

When physical harmony and well-being is established, improved mental alertness can be experienced. And when the mind is cleaned up and negative destructive emotions are weeded out, then spiritual progress is assured with closer realization and expression of one's better self.

Paul said, "Know ye not that your body is the temple of God, and that the spirit of God dwells in you?" 1 Cor. 3:16

"How unkind knowingly to defile or otherwise deliberately pollute the physical body, which must serve as the earthly tabernacle of this marvelous gift from God." Urantia Book, 1204:3.

Jesus said: "Henceforth, it is not a duty but rather your exalted privilege to cleanse yourselves from all evils of mind and body while you seek for perfection in the love of God." Urantia Book, 1610:2.

We cannot escape our personal responsibility and we do not live alone in our body temple. So let us be good caretakers and keep trash out of it.

January 1971

ADDITIONAL MATTER

Our bodies are electro-chemical material mechanisms.

Our minds are intellect systems in which our unique, changeless personalities live, are self conscious, and make decisions that improve or destroy us.

Our spirit is a God-given spark of divinity and it is truly written, "It is the spirit that quickens, the spirit gives life."

"Health, sanity, and happiness are integrations of truth, beauty, and goodness as they are blended in human experience. Such levels of efficient living come about through the unification of energy systems, idea systems, and spirit systems." Urantia Book 43:5

Successful progress and development of an individual "demands the harmonious functioning of the entire personality, not merely of some one phase thereof. The growth of the parts does not equal the true maturation of the whole; the parts really grow in proportion of the entire self--the whole self--material, intellectual, and spiritual.

"When the development of the intellectual nature proceeds faster than that of the spiritual, such a situation renders communication with the Thought Adjuster (the indwelling spirit of God) both difficult and dangerous. Likewise, overspiritual development tends to produce a fanatical and perverted interpretation of the spirit leadings of the divine indweller. Lack of spiritual capacity makes it very difficult to transmit to such a material intellect the spiritual truths resident in the higher superconsciousness. It is to the mind of perfect poise, housed in a body of clean habits, stabilized neural energies, and balanced chemical function -- when the physical, mental, and spiritual powers are in triune harmony of development -- that a maximum of light and truth can be imparted with a minimum of temporal danger or risk to the real welfare of such a being." Urantia Book 1209:4-5

"The Adjuster remains with you in all disaster and through every sickness which does not wholly destroy the mentality. But how unkind knowingly to defile or otherwise deliberately to pollute the physical body, which must serve as the earthly tabernacle of this marvelous gift from God. All physical poisons greatly retard the efforts of the Adjuster to exalt the material mind, while the mental poisons of fear, anger, envy, jealousy, and intolerance likewise tremendously interfere with the spiritual progress of the evolving soul." Urantia Book 1204:3

Jesus said, "By your faith and the spirit's transformation, you become in reality the temples of God, and his spirit actually dwells within you." Urantia Book 1609:6

When I attained my 81st birthday I prepared my January 1965 monograph on Health. I hoped that it would help some others to enjoy living in good health into advanced years as I have been privileged to do.

In August 1921 the New York Life Extension Clinic (at that time the finest clinic in the world) had me examined by various medical specialists. They gave me a twenty page type-written detailed analysis of my physical condition. (For a fee of \$150.00.) Their conclusion was: That I could expect to live not more than two years; that I should retire from all activities, not exert myself in any way and follow the directions of my local doctor. I asked the chief of the medical staff to tell me just what had caused my hopeless condition. He said, "People differ and we cannot tell just what caused your ailments."

The following January, on a cold Sunday, I was in New York City sight-seeing. On Wall Street the street was deserted except for a few people listening to a man standing in an open auto across from the U.S. Mint. He was a middle-aged man, a picture of good health. I walked over and listened to him.

He said that the previous spring the doctors had given him up to die. They said that they could do nothing to help him. He said that he did not want to go to a hospital to be tormented and tortured to prolong his life. He was ready to die.

A friend loaned him a cabin up in the Catskill Mountains and he went up to the cabin alone to die naturally. He planted a small garden and lived on the vegetables from his garden and wild fruit, until fall. Then he came down to civilization, completely cured of all his acute and chronic ailments. He had given his body natural food and a chance to heal itself.

He sold a little booklet that told of his experience, for 50¢. He recommended as a cure for acute and chronic diseases that one should go for one month with no food except juicy fruit. I bought his little booklet.

Then I went back to Poughkeepsie with renewed hope and determination. With my stomach ulcers, I could keep nothing down but milk or cream. So I went on a complete fast taking only water. After four days I could take a teaspoon of orange juice in half a glass of water and keep it down. Gradually increasing the orange juice it was two weeks before I could take straight orange juice and keep it down. Then I progressed to whole oranges, then to grapefruit, then to grapes, then to pears, then to apples.

Since then I have studied bio-chemistry, food chemistry, and nutrition and have enjoyed dependable good health. In 1933 I married a frisky young wife whose companionship and co-operation have made my life a very happy one.

Now I hope that all of you, who are habitual trash-eating addicts, will resolutely exchange your bad habits for good ones before necessity forces you to sober up, as it did force me to change my way of living. I am the "close friend of mine" mentioned in my first edition. Therefore, from my own experience, I know whereof I speak.

With my best wishes to you all.

Very truly for progress,



Robert Burton

## A HEALING MANTRAM OR MEDITATION

(For you to use when you withdraw into the silence of your inner impregnable sanctum of your spirit.)

Oh Thou, my Creator, Sustainer,  
and Forgiver of my shortcomings  
By the rays of the sun,  
By the elements of the air,  
By the fruits and waters of the earth,  
By your infinite love and healing power,  
My mind is stilled,  
My heart rests,  
My body is healed,  
My spirit is refreshed,  
My soul abides in peace.  
Peace. Peace. Peace.  
It is my will that your will be done.

Public health and welfare departments should be supervised by physical culturists, athletic coaches, and teachers of proper nutrition and right living for prevention of disease.

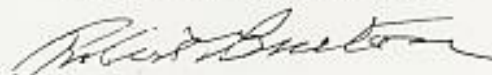
The best book we have found on nutrition is entitled, "Let's Get Well," by Adelle Davis, and it is sold in most Health Food Stores.

I also recommend Dr. Shelton's Health School, near San Antonio, Texas, and his paper-back book, "Fasting May Save Your Life." In his School an elderly nurse said to me, "I love to work here; no one dies, and everybody gets well."

If you want good food for your mind, new truths, intellectual satisfaction, cosmic consciousness, spiritual inspiration, spirit refreshment, and growth of your soul, read the Urantia Papers.

The Urantia Book is a most important timely guide for human understanding. There is nothing like it in this world. It is published by the Urantia Foundation, 533 Diversey Parkway, Chicago, Illinois, 60614, (non-profit), and may be obtained through your local book dealer. Second English edition, \$15.00. Three volume French edition, \$24.00.

Yours very truly for progress,



Robert Burton  
R3 Coon Hollow Road  
Three Rivers, Michigan  
49093