

Health is Wealth
Personal, Community, Country, and Planet

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Introduction/summary

Here we will describe many simple, fairly unique approaches. They will keep us all healthier and happier, and at the same time, **strike against many of our current most pressing issues such as rising health care costs and global climate change.**

Health is wealth, whether on the individual personal level, the community/city level, the national/country level, or this entire planet/earth level. However, there are many much different, broader definitions of “health” we will be mentioning here.

On the individual level, it is not simply experiencing symptoms, taking a pill or so, and then (supposedly) getting well again. Or at a much more severe level, going to a hospital for treatments and/or operations, recovering, then finally returning home. We will be concentrating on PREVENTATIVE health – doing all we can to avoid needing any medication or hospitalization at all!

At the community level, “health” is not just increasing the tax base by building many more office and expensive new high-rise buildings. Nor is it creating many more jobs in huge high-rise office buildings with huge parking garages so most of the workers can drive in and out in long commutes. Nor is it maintaining or producing jobs in coal mines, petrochemical wells, fracking sites, plastic manufacture, and many other jobs that contribute to air and water pollution as well as global climate change. Also it is not supposedly increasing security by hiring many more policemen with guns. HEALTH IS much better, trusting personal relations – helping your friends, family, and neighbors when they are in need then in turn getting help from them when you are in need; having business practicing and promoting much cleaner and environmentally sound methods as renewable energy and much shorter (if any) worker commuting.

At the national/country level, “health” is a lot more complicated and involved than you would expect. It is not the gross domestic product, the gross national product, the national budget, the size of the national deficit or our total military budget. To make the general population healthier, more educated, productive and happy, many different approaches are needed. [*The Blue Zones of Happiness* by Dan Buettner, pp 102-108] They include MUCH more aid to the poor, depressed and mentally ill which will return this financial investment many times with much lower crime rates and healthcare costs. Another positive approach is to teach life skills in school – the ability to think creatively and solve problems is often a lot more important than reading, writing and math. Guaranteed if not free health care relieves people of so much stress and worry in their lives and allows them to be so much more productive and happy.

Finally, at the planetary level, there are three main problems: (1) population growth vs limited natural resources, (2) global trade and communications to Avoid WWIII, and (3) containing global climate change.

As mentioned before, the key is a preventative approach – FIND THE ROOT CAUSES OF A PROBLEM AND ELIMATING THEM BEFORE IT GETS TOO LARGE. Unfortunately, many of these problems are rooted in the very way we live – especially in the US, Japan, Europe, India, North and South Korea, Latin and South America, several in Africa, and most other wealthy highly developed capitalistic countries. This also includes the USSR and China.

There also is much more to “wealth” than a large bank account, stock/bond portfolio, house(s), and/or car(s). Unfortunately, many people have a lot of all these but are not happy at all. True “wealth” is happiness – a good relationship with your family, friends, co-workers, a high opinion of yourself, interesting hobbies, and good worthwhile goals you are pursuing.

Here I will give a much more detailed description of problems and how they can be and were overcome to achieve both good health and wealth on a personal, community, national, and global scale. I can give many stories and examples from my own life on the personal and the community levels. Other sources give many for the national then all this feeds the global level.

Very similar to gravity constantly pulling down on any building, bridge, or case full of china, with any earthquake it can all rapidly fall down and be destroyed, but takes a long time to be built up again properly – usually with a better design so the next earthquake won't ruin it; in ANY relationship – be it personal, community, or country – unfortunately, becoming ANGRY and LOSING trust altogether is very RAPID and EASY, but re-gaining the trust and re-establishing a good, positive relationship is VERY SLOW, DIFFICULT and PAINFUL. Besides gravity pulling during an earthquake, many other disasters such as a deep cut, a bad burn, or breaking a leg, hip or arm on the personal level, a white policeman shooting an unarmed black guy, a gang or mass school shooting like Columbine on the community level; an attack like Pearl Harbor or 9/11 on the national level ALL OCCUR VERY RAPIDLY, but take **time and patients** to heal. You all have to be very patient and persistent, and usually there are a number downs (as well as ups) where you and they come very close to losing it all again. COMMUNICATION, UNDERSTING, and trying to put yourself in the other (person, community, or countries) shoes are the key to success.

* * *

A brief summary of my own life is in order. I was born in Oakland, California, raised in Manhattan Kansas for seventeen years, and have lived for most of the last fifty years in Evanston, Illinois – just north of Chicago along Lake Michigan. I've visited India for three months in 1982 and Mainland China for six weeks in 1987. I visited Mexico, Holland, Germany, Austria, England and Quebec, Canada in 2018, and plan to visit BC, Canada, Galapagos, Equator, Australia and New Zealand in 2019. I flunked out of college in 1969, but in 1988 had Chinese as my language as I finally earned my bachelor's degree at Northwestern University. Because I:

- Have learned about food and chemical sensitivities by living in Dr. Theron G. Randolph's "ecological unit" for a month,
- Started from scratch the student environmental group at Northwestern as well as being its first president,
- Designed and managed the website for the Nutrition for Optimal Health Association (NOHA) which my mother helped found over thirty years ago, and
- Was co-editor of the quarterly *NOHA NEWS*,
- Am currently Chair of the Environmental Task Force for the Unitarian Universalists for Social Justice (UUSJ),
- Am a member of the Green Sanctuary Committee for the Unitarian Church of Evanston (which my mother founded)

I am an AVID ENVIRONMENTALIST.

Despite the fact that so many anti-depressant and pain killing drugs are constantly advertised and this field is a huge business, I do NOT take any of these over-the-counter unneeded drugs. I want to know exactly how I am feeling all the time, and why go to the unneeded expense? This is causing the current opioid addiction crisis. My current chiropractor, Dr. Duke, has many video displays in his office claiming all that is needed to maintain good health is a proper mind and body with no drugs.

Because cars are unsafe, with all the CO2 they emit causing climate change, they jam up our expressways and streets during rush hour increasing commute times and diminishing productivity, most

drivers become “couch potatoes” and don’t exercise as much as they should contributing to the obesity epidemic, not to mention the costs of insurance, maintenance and gas, I do NOT own or drive a car. Walking, biking, public transit and carpooling are a lot better.

Despite the fact that I was born into a very loving and wealthy family, I’ve had a number of quite dramatic ups and downs in my own social, educational and financial life. In sixth grade, grand-mal epilepsy started. In junior high (7th to 8th grade) I was very bad socially and thought everyone in the school hated me. Mainly because my mother insisted I do all the high school homework, I hated it, and as soon as I was free from her in college, I didn’t do any and flunked out after a year. As soon as I inherited a lot of money from Mom’s mother and moved away to my own apartment, I was extremely lonely and “bought” a number of “friends” with marijuana “pot” parties, many said they would pay rent to sleep overnight with me but never did, so soon all that money was gone and I had to move back home. It took a young lady from China living with us to shame and inspire me to study properly with all the motivation coming PROPERLY FROM WITHIN MYSELF (instead of being forced from the outside by Mom).

I Personal

How healthy are you truly? Just because you are not in bed with a fever, or continuously taking pain-killing medications for a splitting headache (which is now gone), does not by any means imply that you are TRULY “healthy”. Forget the medications and the headache, even if your height and weight fall within the normal range and you exercise two or three times a week, you could easily not be totally healthy. Here we are going way beyond your biological physical body.

Mind and body work together and just because one (your body) appears to be OK, this does not mean your entire self is healthy, happy and properly balanced.

Chapter 1 – Self Esteem – One of the greatest contributors to health is high self-esteem. You should think positively and highly of yourself. Here are a couple of striking examples from my own life:

In junior high school, which was immense after Bluemont grade school, I was exposed for the first time to black, Afro-American children.

Unfortunately, there was extreme segregation in those days (1950s to 1962). Virtually all of the black families lived in the local slum along two “streets” on the far south side of town which were actually railroad tracks! An example was one black family named Kidd which had developed a very successful “Anti-Pest” company for detecting and exterminating termites. When the Kidds attempted to purchase a home in an all-white neighborhood near where my friend Jim Bagley lived, there was a huge uproar from many white families in that neighborhood who feared an immediate drop in their property values if the Kidds move in.

In Junior High, I was exposed for the first time to “kidding around,” when children would say very mean, unfriendly things that they actually do not mean at all. I took all these unfriendly taunts literally, and thought almost everyone in the school hated me. In the typical mean way of young people, as soon as they realized that I was susceptible, they just poured it on.

My few real friends, Pat and Jim, would have nothing to do with me at school for fear that they might get taunted at too. I became very lonely, and would do anything for attention. Several particular examples stick out:

- A fairly ugly, fat girl named Barbara Quarry would always be sitting in the auditorium waiting for the next class following lunch. I made it a point to sit next to her, and everyone claimed that I loved her.
- Once at lunch, several boys told me to sing “Yankee Doodle” with “f” in front of every word. Of course, when I reached the word “stuck,” it came out as “fuck.” My father had read to me the medical dictionary about syphilis and gonorrhea, but had never told me the slang word for having sex. When the boys roared with laughter at that word, I didn’t have the slightest idea why. I went on repeating the “f” word and many girls screamed and I was very shortly sent to the principal’s office. They couldn’t believe I didn’t know what the “f” word meant, and thought that I was deliberately being obnoxious. I didn’t learn exactly what “fuck” meant until that evening when I asked my parents. I’ve always resented Dad never telling me about the “f” word but read to me the medical dictionary about syphilis and gonorrhea instead.
- Everyone started calling me “Fish-head” instead of my normal Fisher name.

All this negative social experience in the Manhattan junior high school started my extremely low self-esteem, which haunted me for over two decades of my remaining life.

My employer, Mr. Woodman’s moving away to Arizona cut me off from the only job and source of independent income I had. I had to abandon my apartment on Howe Street in Chicago, and move back in with my parents – becoming a “little boy under mommy’s wing” again.

By this time both my sisters had either a Masters or a Medical degree with great, high-paying jobs. Dorothy, had majored in Geology and earned her Master’s Degree at Stanford, California. Carol had earned her medical degree from Dartmouth. For Carol to become an orthopedic surgeon, she needed to complete several years as a resident, in addition to completing medical school. Since both Carol and Dorothy were younger than I, but were ever so much more mature and advanced in both their lives and careers, this gave me a terrible inferiority complex and very low self-esteem. Shouldn’t I, the eldest brother be at least equal to them by now in education, if not family and income? This drove my self-esteem to its lowest ever.

My low self-esteem began to level off and to rise slightly first by my fascinating month-long visit to Dr. Theron Randolph's "ecological unit" in the late 1970s with many fascinating new facts about the true causes of chronic illness, (see full description later), but mainly by a young lady, Cindy Youg, from Mainland China coming to live with our family in 1983.

In 1983, my father became quite friendly with a Northwestern graduate student from Mainland China who was studying American Economic History. She was having some difficulty with her landlady. Her Chinese name is Yang Xin Zhong, which translates into Cindy Young in English. Dad invited Cindy to live at our house and join our family. There was the separate bedroom with a bathroom in the attic or third floor of our bungalow house on Garrison Avenue which Cindy could use because my sisters, for whom it had been built for, were both married and had moved away many years ago.

Cindy joined our family, and soon we were learning ever so much about Chinese history, culture, and customs. Cindy had been thrown out of college at the Cultural Revolution, which lasted almost ten years. She had to work instead. Since Cindy was about my age, this basically resembled my quitting college at Rose, and working instead. However, instead of re-joining her family for food and shelter, and only working part time for easy volunteer jobs, Cindy had re-enrolled in college, got her undergraduate degree, and was now away in a foreign country doing full time graduate college work. She could speak and write fluent English, as well as Chinese, while I only knew English (and maybe a little French). Cindy's much greater achievements, while being my same age and also having her education interrupted for almost ten years, made me totally ashamed of myself. As if it wasn't already enough to have both of my younger sisters with a graduate college degree, and married, here was Cindy in a foreign country, speaking and writing the language fluently, and studying full time for a university graduate degree, while here I was, with NO college degree, still at home with my parents, with no job, depending totally on them for food and housing, and only doing a little easy, simple part time volunteer work.

This made me determined to return to college and earn at least an undergraduate degree. Most important of all, all the ambition and drive was coming from within myself, and was NOT being forced on me by other people and/or society, which I could easily resent and resist. Virtually all the ambition and drive was coming from ME!

I am very grateful to Cindy for finally properly inspiring me. Even though she has moved back to China and lives there with her husband and family, I've visited her, we have kept in touch, and continue to correspond at least once annually for the last twenty years. We recently (in 2004) started exchanging pictures and more frequent messages via email.

With my getting accepted at Northwestern University and starting (as well as acting as the first president) of the student environmental group there, my self-esteem expanded exponentially. It's amazing how closely self-esteem and personal drive and motivation (see next chapter) are intertwined and connected. When you see something to do that needs doing and you see HOW you can do it yourself, this drives up your self-esteem extremely.

Another story from much later in my life is a good example of just this. When I moved into my new condo building in September 2002, I could feel the warmth of the incandescent bulbs in all the EXIT signs. Looking online, I found a source of LED lights just for EXIT signs. I bought some and replaced the lights in the EXIT sign by my door. It was no longer warm. The company will ship them free if you get over 100. I carefully counted the over 100 EXIT signs in our building. The old lights had to be replaced every three months, but the LEDs lasted over ten years! I finally approached the condo Board with these facts and the fact that the power saving from the LEDs would more than pay for the new lights in one year! They obviously went along and replaced all the old EXIT incandescent bulbs with these LEDs. This reduces the power consumed and assessment cost in the building for everyone!

Chapter 2 – Drive and Motivation – It’s very important for a truly healthy and happy person to have personal drive and motivation – to be truly interested in and WANT to study at school or put in time on a project at work. Again, a good example comes from my own life:

During my fifth grade year (1960-61) my father earned a Guggenheim fellowship and was invited to do research for a year at Yale University in New Haven, Connecticut. We lived in the suburb, Hamden, just north of New Haven.

There, the students were much more advanced than in backward, rural Kansas. We got overnight studies, or homework. I had been spoiled in Kansas, and frankly was quite bored with school. As soon as the afternoon bell sounded, I was free at last to play at whatever I found to be interesting. In Connecticut, I hated this new, terrible imposition by the school on my free time with all the homework assignments.

Unfortunately, it was primarily my mother who urged and insisted that I do the homework. Because this additional studying was forced on me by the school and my parents, I built up a huge resentment to it, instead of becoming interested in it and building up ambition from within myself.

After I graduated from high school, my parents gave me an excellent gift of a Volkswagen “Beetle” to drive on my own. It had been over a couple of years since any epileptic seizures so we considered it safe. I got a valid Illinois driver’s license, but, at the advice of Collin Higgins, a lawyer and father to Coleen – a good friend of Carol’s – I did NOT tell the state about my epilepsy. I’d assume responsibility for safety myself. I still use that license as a photo ID today! After graduating from Evanston Township High School, I had decided on Rose Polytechnic Institute at Terre Haute, Indiana for my college education in engineering.

However, I had almost always hated “homework,” and the main thing driving my success in high school was my mother’s presence. As soon as I was truly free from her for the first time at Rose, I only did the minimal amount of homework. Because my parents had also disapproved of my watching TV, I spent a good deal of the Winter Quarter in the student lounge watching TV.

Since I was one of only a very few students who had a car, soon other students approached me with the possibility of exploring (or “spelunking”) nearby caves. I found this much more interesting than my studies. By the end of the Spring Quarter I was on probation with a “D” grade average. I decided not to return.

After a couple of jobs as a draftsman, then laying out 2-sided printed circuit boards for Mr. Andrew Woodman in his one-man company, Metrics Laboratories, when Mr. Woodman moved away, I had to move back with my parents again. My only work at that time was volunteer for Common Cause, Illinois.

When Cindy Young from Mainland China (previously described) moved in with us, this got me up off my butt. With her ten years being forced out of school in China by the Cultural Revolution, and now doing graduate work in a foreign country, and being very close to my age, this inspired me to at least get my bachelor’s degree. Most important, the inspiration was coming from within myself.

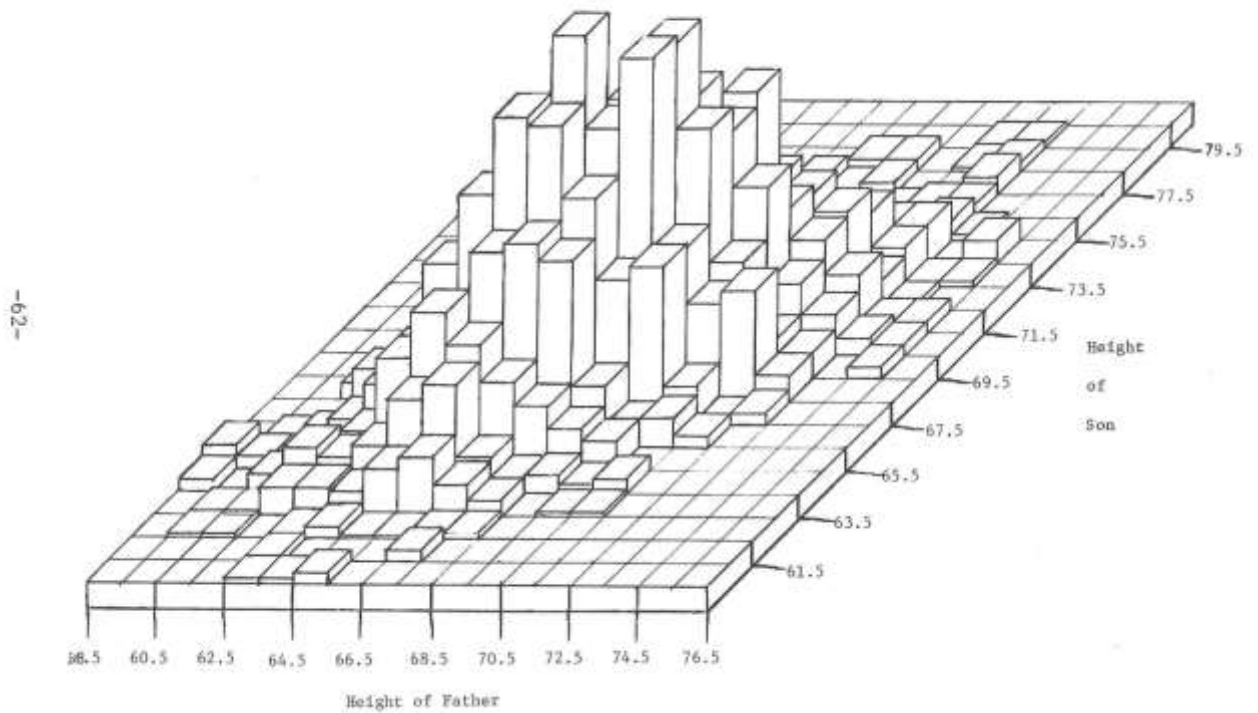
To start, I applied for full time admission at Illinois Institute of Technology (IIT) on the south side of Chicago (but easily reachable by rapid transit trains) where I had taken a couple of computer courses since leaving Rose. Unfortunately, the counselor there told me that with my terrible academic record from Rose, IIT could not accept me as a full time student now. However, if I truly wanted to return to college and get at least a bachelor’s degree, he recommended that I apply to one of the community colleges. Their admission standards were not nearly as high, and if I earned good grades (“A”s and “B”s) there, IIT would be willing to re-consider me for full-time admission in a year. The good recent record is much more relevant than the old one.

The nearest community college to Evanston is Oakton Community College – about five miles west along Golf Road reachable with Pace bus #208. I had to take the “L” train from Central to Davis, then the 208 bus west from there.

Oakton Community College has a beautiful campus hidden entirely from all the Golf Road traffic in the middle of a forest. The 208 bus turns off to leave and pick you up there. The red brick buildings are all fairly new and of the same architecture.

Oakton is on the semester schedule. I did quite well there easily getting an A in statistics (due to my Dad’s teaching and my helping him with his university textbook, *Statistics Economized*. I also made an A in Economics. Here’s a sample of the most complex stunning joint histogram graph I drew in *Statistics Economized*. Height of father vs height of son with the father on the horizontal axis, the son on the diagonal axis, and the number of points on the vertical axis creating “skyscrapers”:

Figure 2.6. Joint Histogram: Heights of Father and of Son



© 1981 by University Press of America, *Statistics Economized* by Walter D. Fisher

An interesting course we took at Oakton was in Archaeology. I vividly remember one field overnight trip we took to directly collect some samples. In the evening we ate dinner in a restaurant with a bar and pool table. I should mention here that our last three years in Kansas in the new house with a shelter, we had a table tennis table which folded up over a pool table. I practiced and became quite good. At the restaurant on the archaeology trip, the custom was that whoever won the game of eight-ball, all the others would buy a pitcher for. I was invited to join and play. Perhaps because they lacked my skill (or

were too drunk), I won at least two games. When our teacher demanded that we leave to get enough sleep, the natives were furious because they were not given enough opportunity to defeat me.

After completing a very good year at Oakton, I applied for full time admittance at IIT. Since it was much closer here in Evanston and a much more prestigious school, I decided to apply to Northwestern University as well. They both accepted me!! Obviously, I went to Northwestern. Because my Dad was a full time tenured professor there, he had to fill out only a couple of forms and my tuition there was cut by about 80 percent! Neither of my sisters had taken advantage of this situation and my parents had to pay their full tuition, but I got them this huge money-saving offer.

Due to Cindy Young's inspiration sending me back to school, I decided to take Chinese as my foreign language there, then go back to visit her in China soon. This was a very difficult language, but I stuck to it and barely passed my second year (with a C).

After my experience in Dr. Randolph's "ecological unit" (to be described in detail later), and the knowledge that this Clinical Ecology, which could cure so many people with chronic illness, but was NOT even being taught in medical school, all due to the huge financial influence of three huge industries – food, drug, and chemical – for fear of losing their profits, I decided to join and help the environmental student group at Northwestern. Imagine my surprise and dismay when I discovered that at that time **THERE WAS NO STUDENT ENVIRONMENT GROUP AT NORTHWESTERN!**

This was primarily due to the fact that Ronald Reagan was currently President and all most students wanted to do was to earn the most money. I decided to start a student environment group myself!

I asked Northwestern's management what it would take to start a student group. They replied that I had to circulate a petition and as soon as I had 50 signatures, they would give my new group a (small) room in which to meet. Even though over fifty signed, there were only eight to eleven of us at that first meeting. There were only four of us who actually did all the work – me (as President), Charlie Sellers, Karen Hennighan, and Bill Mosca (who set up a recycling aluminum cans system in several student dorms to raise enough money to keep us going).

We gave a number of program talks including:

- My friend Bill Fischer from the Unitarian Church of Evanston who sang and played his guitar as well as giving an environmental lecture
- My neighbor Dare Kraft from the Nuclear Energy Information Service. They wanted to spread information about the dangers of nuclear energy
- Dr. Samuel Epstein. His first scheduled talk he had to cancel, but the second one – in a beautiful room in the Norris Student Center – was given on a night when the weather was TERRIBLE and only about ten attended, but one was from Greenpeace and he videotaped the whole thing!
- One was attended by OVER A HUNDRED STUDENTS because their professor had mentioned it in his large class and urged them to attend.

This student group, which started out as simply Students for a Better Environment (SBE) has now evolved into (SEED) Students for Ecological and Environmental Development. When I started, there was mainly simply air and water pollution as well as Clinical Ecology. Now they have climate change with all the hurricanes, floods, droughts, and wildfires to attract attendees.

I had always been looking for tour groups to China which went to Chengdu – where Cindy was living. Most of them stayed along the east coast visiting mainly Shanghai, Beijing, and the Great Wall. But finally, in the summer of 1987 I found one from the University of Massachusetts that visited Chengdu. It was six weeks long. After taking a long flight from Massachusetts over Alaska to Tokyo, we flew on to Hong Kong. We took the train to Guangzhou then flew to Guilin with its beautiful tall hills

shrouded in fog. We then went to Shanghai, China's largest city. On the bus ride to Hangzhou it rained so hard that the bus roof leaked and our leader, Fred Drake, had to put up his umbrella inside!

After visiting Suzhou and Nanjing, we finally flew west to Chengdu. I got an afternoon and evening leave to visit Cindy. I could speak Chinese fluently enough by then that I took one of their huge tricycle cabs and could direct the driver to Cindy's address! Of course she and her family were very glad to see me. I met her husband and her nephew – aged about 7. He liked to ride on my shoulders. Cindy wanted ever so much to practice her English with me, but I wouldn't let her. I told her in Chinese that in the US we spoke English, but in China we spoke Chinese.

The next day our tour saw the Giant Buddha of Leshan – the largest in the world carved into the side of a canyon. Standing I could barely reach its toenail! We then went to Mt. Emei where I got covered with monkeys.

After Xian and Beijing, we finally got to see the Great wall. Only a very small portion of it has been restored.

I finally graduated from Northwestern in June, 1988. After that I've been successful at a number of jobs, mainly as a consultant, but a couple permanent. Names most of you will recognize include: Blue Cross Blue Shield, ACCO, Abbott Laboratories, Amoco, and Northrop Grumman. It's quite obvious that my drive and motivation has been restored.

Chapter 3 – Neurotoxic Parts per Billion Causes Epilepsy

We had a nice two floor wood frame house on Legore Lane in Manhattan Kansas during the 1950s and early 60s. During my 5th grade year (1960-61) when my father earned a Guggenheim fellowship and was invited to do research for a year at Yale University in New Haven, Connecticut, we rented this house in Kansas. The people we rented to hated bugs and sprayed extensively with neurotoxic pesticides to minimize them. [*Staying Well in a Toxic World* by Lynn Lawson, © 1993 by Joan Carolyn Prouty Lawson, pp 133 to 166]

However, in 6th grade I started having grand-mal epileptic seizures for the first time. I would stand up for no reason at all in the middle of a lecture, then that's all I can remember. My classmates told me that I fell to the floor, unconscious, then was taken to the principal's office as soon as possible. I recovered conscious in that office and returned to class.

Mom and I were already driving to Topeka to get allergy shots from Dr. Dixon for all the asthma I was having at that time. We asked him what to do about the seizures, and he recommended Dr. Segerson of the Menenger Foundation. I remember Dr. Segerson as being very friendly. They performed an EEG test on me to see that there was no physical damage to my brain. This test involved placing almost 30 wires on my skull then subjecting me to some audio but I remember most the many visual flashes at different rates to see how different sections of my brain reacted. The result of this test was that my brain was physically sound, so they prescribed a couple of anti-seizure medications which worked quite well at that time.

I had never had any signs of epilepsy before my 6th grade when I was nightly breathing all those extremely small (parts per billion or less) doses of the neurotoxic chemicals. I was also in the very young developmental stage of life where we are much more susceptible to them [Potential developmental neurotoxicity of pesticides used in Europe – Published online 2008 Oct 22. doi: 10.1186/1476-069X-7-50]. For all people, but especially the young developing ones, very small doses – well below the supposedly “safe” levels – can much more easily “creep” into our bodies and do their harm without our immune or any other systems being aware of it until it is way too late!

Another related incident much later in my life is worth noting here. In Dr. Randolph's unit, he often treated many patients from overseas who had been bounced from specialist to specialist – some taking over twelve medications! None of these medications by themselves would cure the chronic symptoms, but worse, when one is taking up to twelve different ones, they often react with each other creating new symptoms and/or making existing symptoms worse!

For these reasons, I've always wanted to “cleanse” my body of all chemical medications. I never take anti-depressant drugs or hardly ever any pain killing drugs – like Bayer aspirin.

There are so many over-the-counter drugs available to take today here in the US. The US is only five percent of the world's population but it consumes fifty six percent of the world's drugs!

Currently, there are a number available for PAIN:

- Advil
- Excedrin
- Tylenol
- Motrin
- Aleve – for arthritis
- Arnica
- Dramamine
- Midol and

- Pamprin

All these others are available to let you SLEEP:

- ZzzQuil
- Unisom
- Melatonin
- Midnite
- Alteril
- Olly
- Unisom and
- Nighttime

This is causing the habit that “whenever I feel pain or anything is wrong, just pop a pill to solve it”. There is endless advertising here in the US pushing this idea to support a HUGE industry. This is also contributing to the opioid addiction crisis.

My neurologist in Chicago told me that if I truly wanted to, I could very carefully lower my anti-seizure medication so long as no event occurred. I was living with Mom and very carefully following Dr. Randolph’s all organic “rotation diet” at that time. I tried just that and very carefully succeeded in lowering my seizure medication to nothing.

Then I got my second consulting job at Abbott Laboratories. Here I joined a team to both document the specifications and to test protocols for a large Clinical Data Management Environment (CDME) system which used the statistical package SAS AF and ran on a Unix HP network. This project lasted about ten months.

It was during this job that I found out how **TRULY SENSITIVE MY SEIZURES AND EPILEPSY WERE TO ORGANIC vs. NON-ORGANIC FOOD and FOLLOWING the ROTATION DIET.** I had eaten ALL my food from Mom who only got organic food and followed Dr. Randolph’s rotation diet. At Abbott, every Friday our consulting team would eat out at a restaurant serving NON-ORGANIC food (and not following the rotation diet).

Since it was only once a week, I assumed everything was OK and continued driving my Toyota Corolla car. The seizures returned! I started having only a few seizures – not grand-mal where I fell to the floor in 6th grade – but only 5 to 10 minute “gaps” where I could remember nothing. Like an idiot, I continued to drive. In south Evanston, when I was only driving about 15mph. I had a gap, drove off the street, smashed my car into a large tree totaling the car, and broke my right arm! I had to pay the city \$45 for the damage to the tree. Just imagine, **IT COULD HAVE HAPPENED ON AN EXPRESSWAY WHEN I WAS GOING OVER SIXTY MILES AN HOUR AND KILLED NOT ONLY ME BUT PROBABLY SEVERAL OTHER PEOPLE TOO!!** I was **EXTREMELY LUCKY** that it happened as it did in only south Evanston at only 15 mph only breaking my right arm, totaling my Toyota, and only damaging that tree.

I’ve resumed different seizure medications and have resolved NOT to drive anymore! This is not only a lot safer, but it saves me a lot of money in liability insurance premiums, maintenance of the car, and, of course, gas.

II - Community

A community is basically very similar to any individual person with many individual parts that communicate with, feed and are fed by each other, and many basic systems all these depend on for power, communication, water, food, and to carry away waste. It is also very similar in that when any individual person is unhealthy, under stress, has a headache or fever, all these small parts do NOT function as well as they should. When a community suffers corruption, a crime wave, all the families and individuals do not trust or help each other, most lock their doors, and most do not come out to vote. In both cases the health and trust is easily and quickly lost. Also in both cases, it takes much time, patience, and work to build the true health and trust back up again.

Chapter 4 – Dr. Theron G. Randolph’s “Ecology Unit” and Clinical Ecology

For my seizures/epilepsy in 1977, my excellent allergist, Dr. Robert Boxer, recommended that I meet with and visit a friend of his, Dr. Theron G. Randolph. Before I went, Dr. Boxer warned me that Dr. Randolph was not like any other doctor I would ever meet, and would require me to make perhaps many changes in my basic lifestyle. These included what I ate, when I ate it, and many items in my home such as the type of stove (gas or electric), rugs and/or carpets, and the soap I washed with – only to name a few.

Dr. Randolph was a nice, friendly, intelligent, elderly doctor, but, just as Dr. Boxer had warned, unlike any doctor I had ever met. Our first meeting was a long appointment – over an hour – in which Dr. Randolph took down my personal medical (or a better term would probably be “environmental” or “personal”) history while typing every word I said rapidly on his manual typewriter. He asked me so many questions that no other doctor had ever asked:

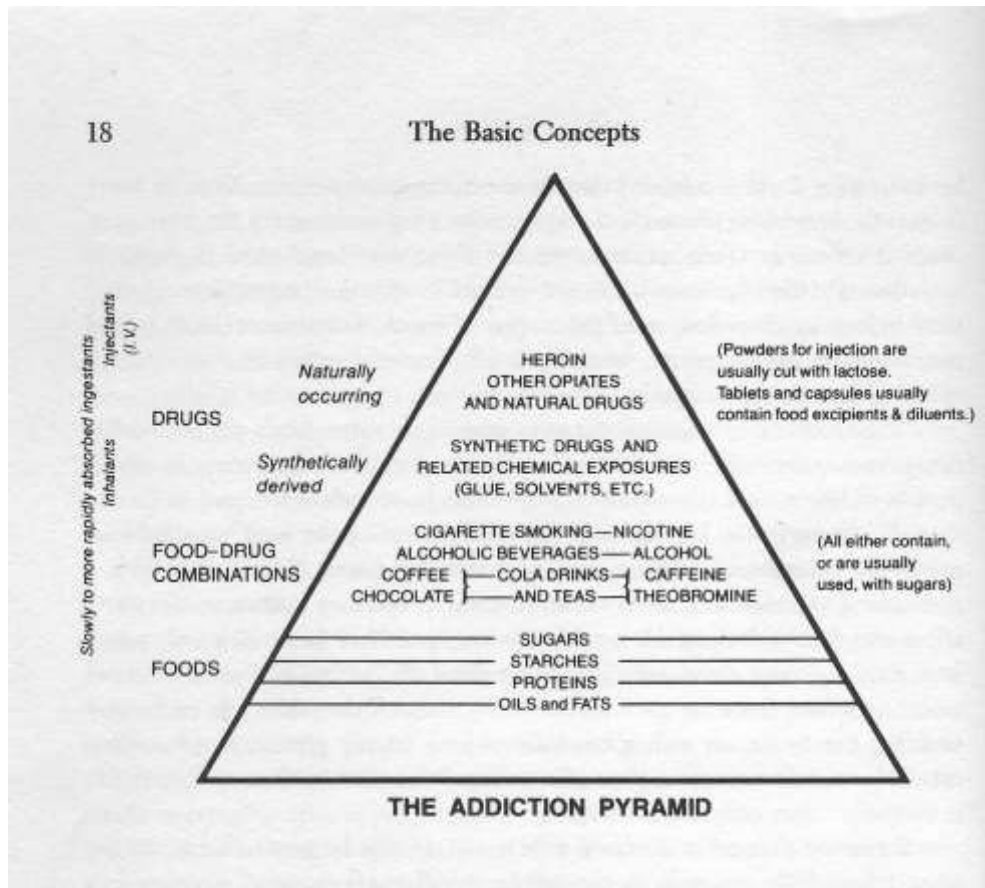
- a. Did I have a gas or electric stove?
- b. Did I have wall-to-wall carpeting or rugs at home?
- c. What foods did I normally eat?
- d. When during the day did I eat those foods?
- e. How often did I eat those foods?
- f. Did I normally cook food at home or eat out?
- g. Did I wear cologne or after-shave?

only to mention a few. It turned out that I had been hard-boiling a dozen eggs at once then shelling and eating eggs every morning for breakfast (so I’d only have to cook breakfast once a week). Dr. Randolph concluded that he could get the best results by placing me in his “ecological unit” at the American International Hospital in Zion, Illinois. (I also still had Prudential medical insurance through my father which, at that time, would still cover my hospitalization in such an “ecological unit”. Now insurance companies will NO LONGER cover visits to such hospital units).

The ecological unit was as pure as possible. Many high-quality air filters were running constantly to purify the air. We drank only filtered water, and when we ate any food, it was ALWAYS “organically” grown – without the use of any toxic chemical pesticides or herbicides.

Every patient entering the unit for the first time has to first go on a four-day fast – with only water to drink – in order to completely clear their digestive system of all contaminants. When I started my four-day fast, at first I felt about normal. But by the second day, I felt terrible with a number of symptoms. I continued, and believe it or not, by the fourth day all my symptoms disappeared and I felt in many ways much better than when I came in! Dr. Randolph later explained that every new patient coming in usually has several food “allergies.” The new patients are addicted to the food they repeatedly eat – very similarly to the way other people are addicted to tobacco, alcohol, and many hard drugs like cocaine and heroin. You feel “normal” as long as you can get your repeated “fixes” of whatever you are addicted to. Before entering the ecological unit, you were getting repeated fixes of your addicting food(s). As soon as you went onto the four-day fast and were denied your addicting food(s), you soon went into complete withdrawal – with your system craving for the addicting food(s) it was being denied. This was the terrible feeling and symptoms at day two. But by day four, all the addicting foods are out of your system, your symptoms disappear, and you feel so much better!

The Basic Concepts

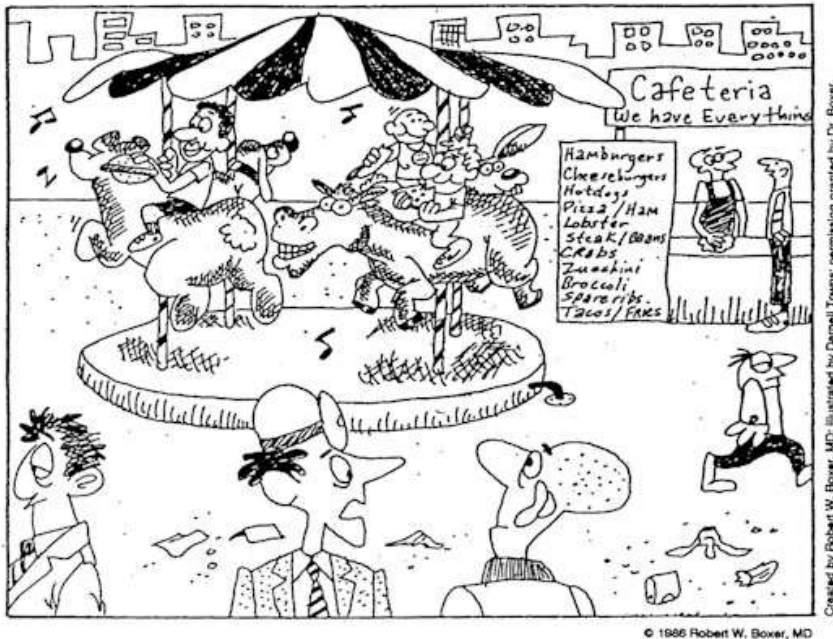


©1979 Francis Golos Golvitz *An Alternative Approach to Allergies* by Theron G. Randolph, M.D. & Ralph W. Moss Ph.D.

The food testing stage came next. You ate only one single organic food sample for a “meal,” then you carefully monitored your pulse rate at time intervals of about five minutes after testing this food. If your pulse rate increased after the food test, that meant you were allergic or sensitive to it. As would be expected, I turned out to be quite sensitive to chicken eggs. I also tested sensitive to lamb. Often, Dr. Randolph would test other extremely sensitive patients for many chemicals as well.

Dr. Randolph’s “cure” for all food sensitivities was the four day “rotation diet.” There the patient eats only organic foods, and foods they are not sensitive to. At every meal, the patient records every food eaten. They cannot eat that same food for at least three or four days. They should also avoid every food in the same biological family for at least two days. This meant great self-discipline, cooking and eating only simple meals, and totally avoiding all commercially processed “junk” food – cookies, candy bars, all convenient fast food shops, and most all restaurants.

Another personal story regarding the rotation diet is in order here. While I was living with my mother at home and religiously following the rotation diet, I was attending Oakton Community College, where a math teacher had a great sense of humor. One day, he stopped in the middle of a lecture and asked several students what they had for breakfast that morning. They usually replied “a bagel”, “some toast” or “some coffee”. Fortunately, I was the next one asked and I replied “bear liver”. The class roared with laughter. In order to properly follow the rotation diet, Mom purchased at least four different kinds of wild game liver to cook for breakfast. After that, whenever the math teacher made a mistake, he followed with “oh, I didn’t have my bear liver this morning”.



No – This is NOT what is meant by a Rotation Diet

© 2001, Punchline Press, *Boxer's Shorts 3 – The Medical Version* by Robert Boxer and Darnell Towns

While in Dr. Randolph's unit, I learned that he accepted patients from all over the world. Most conventional "prescribe a pill" doctors were totally unsuccessful in curing many of these "problem" patients. Some of them had been bounced from conventional specialist to specialist for **YEARS**, before finally discovering the true **ROOT CAUSE** of their illness with Dr. Randolph. His cure is **much cheaper financially**, but it does require **much more restraint and discipline** on the part of the patient. They mainly have to simply avoid all the food(s) and/or chemical(s) that are causing their symptoms. After staying diligently on the rotation diet for at least six months to a year, they can occasionally (once every couple of weeks) splurge and go off the diet for only one meal – perhaps a party with friends or relatives – without getting severe symptoms or regaining their sensitivities.

When I asked Dr. Randolph why so few people knew about food and chemical sensitivities, he replied that the food, drug, and chemical companies don't want people to know. It would drastically cut into their profits, and they care much more about making as much money as possible now, than helping people truly get well. These facts and my experience with Dr. Randolph have totally dedicated me to doing as much as I can to spread this truth and to educate the public. Once enough people become aware of what they are actually doing, they will finally change many of the items that they purchase – organic food instead of conventional food with toxic pesticides – then eventually, through their purchasing choices, they will economically "educate" the industries.

Chapter 5 – Nutrition for Optimal Health Association (NOHA)

My Mother, an avid nutrition believer (when we were in Kansas she always followed Adelle Davis and made cookies with BROWN [not white] sugar, then let us lick the beater). After we moved to Evanston, she found a couple of other nutrition believers (June Larson) and helped them found the Nutrition for Optimal Health Association or (NOHA). One of the best features of NOHA was that is TOTALLY privately funded through small individual donations and NO large companies or foundations, so NOHA was beholden to NO-ONE on who they invite to speak at their meetings.

This meant that frequently we could invite Dr. Randolph to speak. Other groups are so in debt to large companies who hate Dr. Randolph, NOHA was one of the few places he could lecture freely. This was also true for Dr. Epstein (who I spoke at SBE during the rain) and several others including:

- Sidney Baker, MD
- Theo Colborn, PhD
- Michael Crawford, PhD
- John W, Crayton, MD
- Paul J. Dunn, MD
- Beatrice Trum Hunter
- Russell M. Jaffe, MD, PhD
- J. Gordon Millichap, MD
- Ralph W. Moss, PhD
- John H. Olwin, MD
- Jon B. Pangborn, PhD
- Linus Pauling
- Warren P. Porter, PhD
- Dorris Rapp, MD
- William J. Rea, MD
- Bernard Rimland, PhD
- George E. Shambaugh Jr., MD
- Thomas L. Stone, MD
- Theodore E. TePass, MD
- William J. Walsh, PhD

I began to help Mom edit *NOHA NEWS*, NOHA's newsletter. Then I designed and managed NOHA's website. It's still online and you can see the subject index for all articles from it at: <http://www.superiorsites3.com/> Scroll down a couple of pages to see the NOHA Subject Index.

NOHA had been going strong for close to twenty years. Then a number of its founders began to retire, die, or move away. After Mom's tragic stroke, NOHA was taken over by Mike Stroka and was renamed the American Nutrition Association (ANA). All of the nutritious and environmental articles that I posted on the NOHA website are still available as archives on the ANA website, but the ANA website is managed by someone else. ANA is accepting large corporate and foundation grants so it is no longer nearly as objective and free as NOHA was.

Good basic nutritional advice for all of us to stay healthy through diet is the LESS food has been processed, the BETTER it is for us. Fresh, dried, or frozen vegetables and fruit WITHOUT ANY SUGAR OR CHEMICALS ADDED is the very best. Also, the closer it is grown the better. LOCAL farmed food is much better (and produces far less CO2) than that flown in from thousands of miles away.

Chapter 6 – The Clinical Ecology Support Group and Human Ecology Action League (HEAL)

There were two other communities spreading Dr. Randolph's worthwhile messages about the TRUE causes of chronic illness and methods to avoid them WITHOUT any drugs. One was his clinical ecology support group which met monthly in his apartment high in Lake Point Tower, and the other is the Human Ecology Action League (HEAL).

I remember meeting monthly with the clinical ecology support group. Only high in Lake Point Tower – above the 70th floor – could Dr. Randolph's wife live. She was terribly sensitive to chemical air pollution – primarily caused by auto exhaust – and up there she was above almost all of it. I did not keep a detailed journal during the two to three years Mom and I attended this support group, but two things do stick out in my memory. One was an unfortunate young man named Sigmund who had very many symptoms and could barely comprehend what was being said or speak and communicate understandably himself. The other was a session – early in our attending – when Mom complained of a bitter headache the day before. Dr. Randolph asked her everything she had eaten the previous day. As soon as Mom admitted eating bread rolls, Dr. Randolph smiled and said “typical reaction”. After that Mom realized she was very sensitive to grains, particularly corn, which is in almost all our processed food. As long as she totally avoided grains, she had no headaches without having to take any pain killing medications at all!

The Human Ecology Action League (HEAL) was founded by Dr. Randolph and the few doctors who support and agree with him as well as a number of his former patients who have been totally healed using his approach. Lynn Lawson, a great friend of Mom's and mine, a former medical writer, patient of Dr. Randolph's and author of *Staying Well in a Toxic World*, served as public relations of HEAL for three years.

HEAL's purpose is to serve those whose health has been adversely affected by environmental exposures, to provide information to those concerned about the health effects of chemicals, and to alert the general public about the potential dangers of chemicals.

HEAL's goals are to encourage healthy lifestyles that minimize potentially hazardous environmental exposures, and to establish chapters that implement HEAL's purpose at the local level.

The Human Ecologist, the flagship publication of since Spring 2008 by the Human Ecology Action League, Inc. (HEAL), published quarterly.

Chapter 7 – Get to Know and Like Your Neighbors, Strangers

With the growing number of people in the US and the world, it is amazing how little people truly know each other with face-to-face (NOT text and/or social media) conversation. Every time I am walking down the street and/or riding on public transit trains or busses, almost everyone has their face on a laptop computer or an iPhone (or the ground) with little or no acknowledgement of people around them.

I've made it a habit of looking up and smiling at every stranger I meet on the sidewalk. Over half the time they at least look up and smile in return. Often we have very brief conversations of "Hi," "Hello," "Good Morning," "Good Afternoon," or "Great day." This is so much nicer than just walking by each other in silence.

If they are walking a dog and neither of us is in a hurry, I stop and (if allowed) pet the dog and ask a few questions about it. The dog walker is usually glad to engage in a conversation. This is a welcome break in the monotony of both of our walks.

After reading about the loneliness epidemic in the US [*Them – Why We Hate Each Other and How to Heal* by Ben Sasse], comparing it with my own lonely experience, and noting how little high-rise neighbors TRULY KNOW each other, I decided to spontaneously organize a pot luck party in November, 2018 for the 9 other units on my floor. Often high-rise close neighbors only know each other from very brief talks in elevators, by the mailboxes or even briefer passing in the hallway. I composed my invitation and idea, made 10 copies and slid it under my 11th floor neighbor's doors. In a couple of days I got two positive responses, and after knocking on doors, got two other positive responses from four people in two units! A total of six people joined me in the pool room.

On a much more important general level, now – in this era of the internet, laptops, iPhones, social media with texting, Facebook and Twitter – COMMUNITY with direct face-to-face contacts and communication is more important than ever. In our current urban areas with high-rise modern condo buildings with so many people jammed together into such a small area but HARDLY KNOWING EACH OTHER AT ALL, direct contact is dreadfully needed. Get to know your neighbors at parties and meetings. In nicer weather go outside and meet people in parks or on the street. Find out what issues are bothering them and you so we all can get together and SOLVE THEM AT THE GRASSROOTS LEVEL!

To make our US democracy truly work, we ALL HAVE TO VOTE in every election, no matter how bad and terrible the politics and politicians appear to be. In order to sell advertising, unfortunately the news media reports on only the BAD and/or TERRIBLE situations, and totally omit the good or "normal" ones. I've voted ever since I was able to at age eighteen. Since retirement with more time on my hand, I've taken the training courses and served as an election judge at least six times. You have to set up all the equipment, check in the voters from 6:00 AM to 7:00 PM on Election Day, compile and broadcast your results, and put the equipment away. I'm so SAD TO SEE THAT EVEN IN PRESIDENTIAL ELECTIONS, **ONLY ABOUT 30% OF THE VOTERS TURN UP TO VOTE!!**

Encourage walking and biking over cars. A survey showed that people are much happier walking and biking than driving. [*The Blue Zones of Happiness* by Dan Buettner pp132-136]. This also makes people healthier striking directly at obesity. In addition, it encourages more shopping and restaurants rising property values.

Chapter 8– Re-Design Jobs, Infrastructure – Minimize or Eliminate Commutes

Re-locate offices and/or homes so they are MUCH CLOSER to each other. Build many more bike trails so workers can easily “commute” by bike. This not only cuts down the wasted commuting time, but also keeps them much healthier with all that extra exercise. This is already done extensively in Denmark [*The Blue Zones of Happiness* by Dan Buettner, pp 65-82], the happiest nation on earth, and in the Netherlands.

Ideally, the jobs could be right next to their worker’s residence for NO COMMUTE AT ALL. This could also be achieved by doing most work electronically, and only requiring a physical presence once a week or so.

Another productive option is to greatly extend and improve public transportation – trains and busses. Workers can work (or sleep) while commuting.

Another option is to add many more roof lawns and/or gardens with solar panels. Neighbors could meet and garden there.

People should not feel the urge to work over 40 hours a week. They need more time with their families, hobbies, or just to relax [*The Blue Zones of Happiness* by Dan Buettner, 49-57].

With jobs re-designed, co-workers can really get to know each other more by going out to lunch together and/or having a coffee or hot chocolate break together. Once people truly get to know each other more, they will relax and open up more, perhaps about a current problem they are having. Then many other co-workers can all get together and efficiently find a much more rapid solution. This action is reciprocal so when any other worker has a problem, the first one with the solved problem is even more eager to help this second one. All these positive actions feed upon each other and soon everyone feels so much more open, close-knit, and happier. [*The Blue Zones of Happiness* by Dan Buettner, pp 49-57]

Those buildings with offices and jobs which are build should much more contain clean “green” jobs for the future – solar and wind vs petrochemical and coal. There are so many new fields which are rapidly expanding in these clean fields – electric cars, a more efficient electric grid, building so much more efficiency and recycling into almost everything we do manufacture and transport.

Most of you have heard of the Leadership in Energy and Environmental Design (LEED) to designate certain buildings much more environmentally “friendly”. However, now we are going beyond LEED with the Living Building Council or (LBC) [*Drawdown*, pages 188-89]. Instead of simply minimizing the bad which LEED building do, LBC buildings generate much more good by means of seven “petals” – Place, Water, Energy, Health and Happiness, Materials, Equity, and Beauty. LBC buildings grow food, create net positive waste, and create more energy with renewables than they use. There is not a simple check list of certifications, but rather an observation over at least twelve months, of how a LBC building comes to “life”.

Initial uptake with living buildings was slow with a very steep learning curve. However, now as more architects, engineers, investors, and banks are gaining interest, and with the threats from global climate change, LBC interest is growing rapidly. Today, there are more than four hundred LBC buildings in over a dozen countries in various stages of development!

Chapter 9 – More Parks, Pools, Events, and Groups for Neighbors to Meet

With all the huge vertical high-rise condo buildings going up in our urban cities, it now is even more important to preserve some green parks. There not only can adults meet, but children could play and make many needed new friends (instead of gangs).

More pools are needed for children and adults to swim, play and compete together. When I was growing up in Kansas, the main place I spent all my time in the summer was the large swimming pool in the city park. Here in Evanston, I spend a lot of time at the city beaches along Lake Michigan.

Once more people get bicycles, the whole community can get together for an event like Bike the Drive here in Chicago. Many other events like Taste of Chicago and the July 4th parades and fireworks can draw community neighbors together.

Common institutions like churches, YMCA, YWCA, Athletic clubs, Masonic temples and many more can also draw neighbors together. Within each of these institutions – particularly churches, there are many discussion groups, book clubs, men’s groups, women’s knitting clubs and many more.

Another example from my own life: I am a member of the Unitarian Universalists for Social Justice (UUSJ). I first was just a member of, and now I Chair their Environmental Task Force. I am also Communications Director for the UUSJ. This means I edit and mail (either electronically – the vast majority – or by ground) their quarterly newsletter. I also designed and manage the UUSJ website. You can see it here: <http://www.uusforsocialjustice.org/>. The UUSJ has four task forces. Besides Environmental, there are Peace, Economic Justice and Homelessness, and Interfaith Criminal Justice. We issue a number of “Action Alerts” on local, state, or federal issues at the proper time to the proper politician(s). You can see them on the “Alerts” link on the above website. The UUSJ brings a number of concerned people from different UU congregations together on issues they all care about. The UUSJ reaches UU churches in northeast Illinois, southern Wisconsin, north Indiana, southwest Michigan, and even a couple from east Missouri.

Throw a pot luck at your building, in the community room if winter, and in a park outside if summer just like I did for my neighbors on this 11th floor.

Chapter 10 – Groups to Draw Communities Together

(a) Drama

Another thing that draws many very different people together is drama – plays (with no music) and operettas (with music, songs, and dance). As previously mentioned, when we were very young my sisters and I acted in JB, a modern setting of the Book of Job in a circus with two men playing God and Satan. Only two productions were planned, but it was so popular that a third production was staged.

Both my parents loved both plays and operas. After moving to the Chicago area in 1967, we saw a number of both, mainly at Northwestern. My dad loved the summer outdoor plays near the speech building at Northwestern. We saw several Shakespeare plays there. He also loved Gilbert & Sullivan – having sung a lead during high school in two of them: Lord Toller in *Iolanthe*, and Giuseppe in *The Gondoliers*. A nice G&S production group, the Savoy Airs, produced one G&S operetta every year and Dad, Mom and I attended many of them

Much later, beginning in 1988, there were four G&S operettas I by the Savoy Airs I actually performed in – *Iolanthe*, *The Yeomen of the Guard*, *The Pirates of Penzance* and, ten years later, *The Mikado*.

(b) Music

The single art form which draws the most people from very DIFFERENT cultures together, is music. My father was very musical, played the piano and sang. My mother sang in our church choir in Kansas as well. Both my sisters played an instrument – Carol the flute and Dorothy the clarinet – and I played the violin. We all loved to attend concerts as well as play.

My first true music production – after violin recitals in Kansas – was to play second chair second violin in the orchestra at Evanston Township High School’s production of *The Music Man* under our music director, Alvin Mistak, in 1968. I’m afraid I’ve stopped practicing the violin.

But, I sing in the Unitarian Church of Evanston Choir and in the North Shore Choral Society. I’ve sung baritone in both of these groups under different directors for twenty years up to the present.

Not only to enjoy all the very different music – Afro-American spirituals, country, classical rock, as well as classical – I am in a very small part contributing to the positive musical experience of both all my fellow choristers in all our rehearsals, and to our audience during concerts.

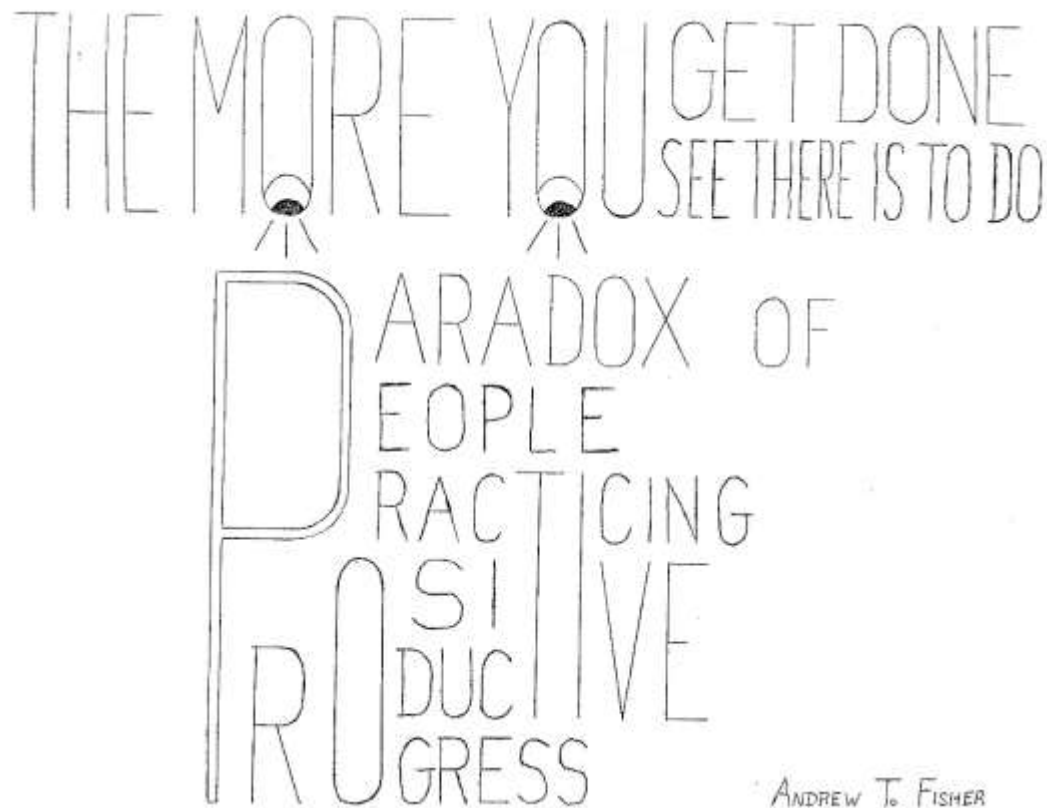
Chapter 11 – Relax and Get to Trust Each Other

All the Years I was in Kansas, we NEVER locked our door at night. Now in the Chicago area, we always do. More police with guns are NOT the solution for better security. [*The Blue Zones of Happiness* by Dan Buettner, 65-82]. Instead, although it will be longer and harder, level the playing field with health care and a minimum income for all with much higher taxes on the very rich. The more people in any community – be it work or home – get to know and like each other, they help each other out when any one has a problem in an endless positive happy spiral.

The more members of any community get to know and trust each other, the less need there is for any police force with guns, or any people feel the need to lock their doors at night. Also, the less corruption there is in any leadership institutions – be it city, county, state or private companies.

The more people see how honest leadership is in truly trying to solve the problems such as education, infrastructure and medical help for all, the more they will participate in the democracy and come out to vote. From the mere twenty to thirty percent voter turnouts we have in the US now, it could eventually rise to over seventy percent to even over ninety percent! The democracy will be a lot more truly effective as the leaders much more truly respect the views of ALL the people they represent (and not just the super-rich corporations and individuals).

There's so much we can and should do to improve our communities. Beginning to work properly on any single worthwhile task will allow us to see so many more there are to do:



III - Country

Quite similar to the way the community is an individual only on a larger scale, a country is a community and an individual only on a MUCH larger scale. It has smaller parts – states, counties, communities, and individuals – all both communicating with each other and depending on each other for food, shelter, transportation and security via many different systems.

Chapter 12 – Federal/National Guidelines Needed for Society, Economy and Environment

There is much needed at the national level as well as personal and community. National laws, taxes and financial grants are so much larger and potentially beneficial.

First of all, a guide from Denmark, the happiest nation on earth [*The Blue Zones of Happiness* by Dan Buettner pp 65-81], which has healthcare for all but quite high taxes to pay for it. In return, Danes have a very level economically and there is much less difference between the financial and material possessions of individuals and families (vs the US where there is GREAT difference). In Denmark, there is virtually NO need for “status” or to look down on others due to a much larger car, house, or bank account.

Danes also work fewer hours (37 average per week) and so have much more time for their family, friends and/or hobbies. They enjoy life a lot more without money.

For the environment, we can gain a great lesson from Costa Rica [*The Blue Zones of Happiness* by Dan Buettner pp 59]. They are the only nation on earth which CURRENTLY generates 99% of its power from renewable sources – hydro, geothermal, solar, and wind.

There is ever so much more to life than simply the dollar. So many countries have been ranked in the past and present by their Gross Domestic Product (GDP). [*The Blue Zones of Happiness* by Dan Buettner pp102-108] There are so many other very important things that cannot be simply measured in numbers. To improve, try all of these:

- Promote volunteering and national service
- Measure national well-being – not in dollars, but by the annual Gallup-Sharecare Well-Being Index which measures 55 facets of well-being. Match these to national policies.
- Focus on the Least Happy – People who are poor, depressed, and/or mentally ill need help the most. Give it to them and the reduction in crime and medical costs gives a huge financial return. When rich countries help poor ones which have been devastated by war, for every one dollar spent there, there is roughly ten dollars in harm that can be averted. This is good value for money and should be adopted by America, France and other, countries trying to avert jihadism in Africa. [*The Economist*, May 25, 2019, “How to think about global warming and war”, page 16, estimates by Paul Dunne of the University of Cape Town].
- Combat Discrimination – We all know that discrimination, of any type is wrong. Minimizing it will increase both happiness and productivity.
- Allow freedom to make life’s decisions – A women’s right to choose regarding an abortion and/or any person’s right to any sexual orientation.
- Invest in Education – Especially for women and the poor, will gain in overall value for everyone.
- Teach life skills in school – The ability to think creatively and solve problems is often a lot more important than reading, writing and math.
- Support families – Happy families are the building blocks of a productive, happy society.
- Prioritize Prevention in health care – As we saw in the individual section, it is much better, cheaper, healthier, and happier to stay well than to get sick at all.
- Provide Free Health – Even if Bernie Sanders does not get elected US president, we see that all countries and US states with free health care are better places to live. Guaranteed if

not free health care relieves people of so much stress and worry in their lives and allows them to be so much more productive and happy.

- Promote Organic Agriculture – Support the farmers who have to let their fields lay fallow for at least two years (see next chapter) while the farmers cannot receive any income giving the neurotoxic chemicals time to drain from the fields. This will allow all the beneficial microorganisms to return. Growing organic produce not only gives the consumer much healthier food, but also allows these farmers to **EARN MORE PER ACRE** without having to purchase all the expensive pesticides and fertilizers needed to grow traditional non-organic produce.

Chapter 13 – Food from Clean Chemical-free Sources

Huge monoculture farms are where most of our food is still grown with huge amounts of neurotoxic pesticides and herbicides as well as fertilizers. All these chemicals cost the farmers a whole lot of money each year. What's worse, many of the most strong insects and plant parasites become immune to the pesticides so rapidly whole huge mono culture fields are wiped out and the chemists are rapidly sent back to the lab to develop another even more neurotoxic one which might keep the pests away for a year or so until this cycle is repeated! This is slowly but surely eating away our precious topsoil.



Some mushroom growths are the largest living things on earth. They can occupy the size of 1,665 football fields! There are more species of fungi, bacteria, and protozoa in a single scoop of soil than there are plants and vertebrate animals in all of North America, and of these, fungi are the great recyclers of our planet, they disassemble large organic molecules into simpler forms, which nourish other plants

With no chemical to purchase, organic farmers make considerably more per acre than the huge pesticide ones. What can these chemical farms do to convert and properly earn more money in a clean efficient way? First of all, they have to let their fields lay fallow, without growing or earning anything for at least two and perhaps up to five years. Only then will all the toxins drain out enough for all the needed micro-organisms – like the mushrooms – to return and naturally decompose the soil for the plant's huge root systems.

Countries should pay these farmers their lost profits for the years they need to convert from the destructive annual neurotoxic pesticide method to the clean constructive perennial organic one. This would not only help the topsoil, but would benefit so many food consumers as well.

What we need are, instead of the annual chemical plants used now and having to be plowed under and replanted each year, huge organic perennial ones which will last all winter with HUGE root systems. The Land Institute in Salina, Kansas has been working on developing these perennial agricultural plants for decades. [Drawdown pp 70-71] Here's a photo of a root system over ten feet tall!



analyzing and weighing plant matter before and after burning it, Liebig found that plant ashes were rich in nitrogen and phosphorus. It seemed reasonable to assume that the matter left over in the ash was what nourished plants, and thus crops. This finding, in his view, provided the answer that plant scientists had long sought—soil chemistry held the key to soil fertility.

In short order, Liebig and his disciples identified five key things essential for plants to grow—water (H₂O), carbon dioxide (CO₂), nitrogen (N), and the two rock-derived mineral elements, phosphorus (P) and potassium (K). They then jumped to the conclusion that organic matter played no important role in creating and maintaining soil fertility. By overthrowing the prevailing humus theory, Liebig ushered in a view of soil fertility at the heart of modern agriculture.

The appeal of Liebig's chemical philosophy is easy to understand when you read accounts of the explosive crop growth European farmers realized when they began fertilizing degraded soils with recently imported guano. In 1804, German explorer Alexander von Humboldt brought samples of this magic stuff back to Europe from an island off the coast of Peru. In addition to containing a lot of phosphorus, this white rock held more than thirty times the nitrogen of most manure.

By the time the Peruvian guano islands had been mined to oblivion in the late nineteenth century, the widespread adoption of chemical fertilizers had become firmly entrenched as the guiding philosophy of agricultural production.

[...]

[It turns out that] organic matter is the lifeblood of the soil, the currency in the original underground economy. A soil's hunger for organic matter partially explains the mystery of why it disappears so quickly. There beneath your feet, microbes and larger life forms create complex and dynamic communities where everyone has a dual role—eat and be eaten. These microscopic workhorses not only break down organic matter; they also play the role of supplier and distributor of nutrients, trace elements and organic acids that plants need. So, while plants don't directly absorb organic matter, they do absorb the metabolic products of soil organisms that feed on and break down organic matter. For most of his life Liebig was satisfied with the notion that organic matter didn't matter. But now we know otherwise—soil organisms do the heavy lifting that keeps soil fertile and plants fed.

When microorganisms decompose dead plants and animals, they put life's elemental building blocks back into circulation, including the big three—nitrogen, potassium and phosphorus—and all the other major nutrients and assorted micronutrients important for plant health. Moreover, microbes deliver nutrients right back to where they are needed—a plant's roots.

We're only beginning to appreciate the specialized, ancient connections between a plant's roots and soil life. By some estimates, we still only know of about one out of ten soil-dwelling species. Until very recently the field of soil ecology was much like ancient astronomy, when our view was limited to the stars we could see with the naked eye. The hidden half of nature works the skin of the Earth, weaving a carpet of life that ripples up from the soil to the plants and animals that upon death become the foundation for a thriving microbial world. Given the difficulties of observing what goes on in soil, we still have much to learn about below-ground relationships forged on the anvil of deep time. ●

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Agronomist Jerry Glover of the Land Institute in Kansas demonstrating the extent of root growth of perennial grasses in native prairie meadows.

Other sources of food (and methods of producing it) which produce and use much less CO₂ for climate change [*Drawdown* pp 38-72] and are much healthier for us all include:

- Plant rich diet
- Farmland restoration
- Reduced food waste
- Clean cook stoves
- Multi-strata agroforestry – Combination of tall, medium and short trees in the same land
- Improved rice cultivation
- Silvopasture – This means grazing cows among trees without clear-cutting the forest down
- Regenerative agriculture – Native and rotation planting, little or no pesticide and external fertilizer
- Nutrient management – proper and natural nitrogen fertilizer
- Tree intercropping – plant trees with other food crops
- Conservation agriculture – Maintain soil cover, minimize soil disturbance, and crop rotation
- Composting
- Biochar – Ancient deep fertile roots
- Tropical staple trees
- Farmland irrigation
- Managed grazing

Chapter 14 – A Country with No Military?

Switzerland and Costa Rica [*The Blue Zones of Happiness* by Dan Buettner pp 54-55] are a couple of the countries in the world with absolutely NO MILITARY! Costa Rica has developed without ever feeling the need for one:

- They are not a nuclear power
- They do not feel any threat from any neighbors
- They do not feel any threat from anyone else
- They do not have any ambition to go out and conquer anyone
- Why send their best young men and women into harm's way needlessly
- Why provoke neighbors and perhaps cause a local war needlessly
- A military force would cost a lot of money needlessly

For all these very good, economic, social, and practical reasons, Costa Rica has no military force. They also have a very small and minimal police force.

As far as “healthy” in security, I would call Costa Rica a very healthy (and wealthy) country. Why can't the US, the USSR, most nations in Europe, China, Japan, North and South Korea, India, and a good many in Africa, Latin and South America do the same?

The answer is a combination of:

- Fear
- Mistrust of your neighbors
- The “nuclear arms race” which causes a desire to out-compete your adversary and constantly be “better” or “bigger” than they are. This feeds into itself in a never-ending negative spiral which is no good for anyone (except the rich, influential military industries).
- All the jobs this military manufacturing and designing creates in certain states and cities.
- The volunteer Army, Navy, and/or Marine Corps which many poor people can volunteer in and get free training.

The first three points can slowly but surely be eliminated (this will be described later in the “Peace” chapter under the “Planet” section). The huge additional federal spending available when the nuclear arms race was reversed could influence the former military industries to develop so many POSITIVE things such as urban schools, computers, shops to directly teach job skills, commuting trains, high-speed rail, and so much more. All the former military manufacturing jobs could be switched to these positive ones, and/or positive federal ones like the National Guard or Coast Guard.

As stated before, for every single dollar invested in poor, low-income neighborhoods, the return will be ten-fold. However, this return will NOT be within the same fiscal year. The education and training will take YEARS to return its full value. The first return directly detectable will be a noticeable in about two years in a drop in the crime rate. This happens as many of the young people get trained for positive, productive, well-paying jobs which they work at (instead of gangs selling illegal drugs).

IV Planet

Chapter 15 – For Population control, Educate Girls

We all hope for more positive solution to world population than Malthus gave: “War, Petulance, and/or Famine”. Fortunately, there is a much more positive win/win solution available, and that is women’s rights and the education of girls. [© 2012 by Ozzie Zehner, *Green Illusions – The Dirty Secrets of Clean Energy and the Future of Environmentalism*, by Ozzie Zehner, pp187 to 222].

The population on Earth has been quite steady until this last century:

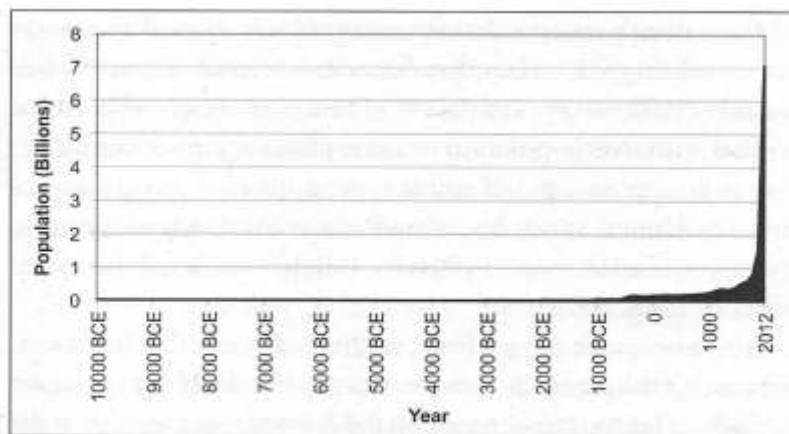


Figure 11: Global world population World population grew slowly and remained under one billion until the Industrial (coal) Revolution. (Data from the U.S. Census Bureau)

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The key is to educate the girls. Girls and young women in rich, educated countries have much less uncontrolled sex and children than in poor ones.

In the United States, we have many more poor areas where the girls are uneducated than in Great Britain, Canada, France, or Sweden. As the following charts clearly indicate, while the rates of having sex is quite the same among these five countries, the rate of giving unwanted births or having abortions climbs greatly in the United States:

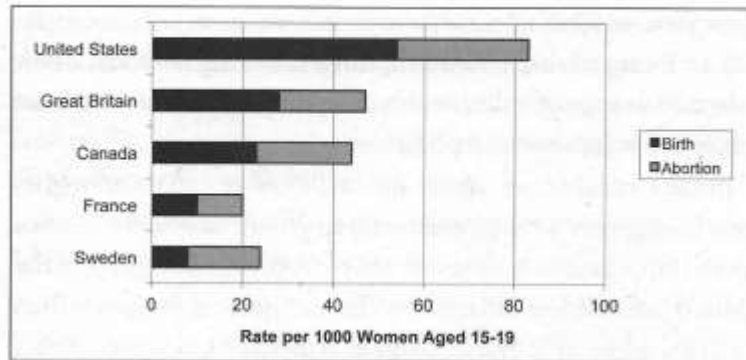


Figure 12: Differences in teen pregnancy and abortion. American teens experience far higher pregnancy rates, birthrates, and abortion rates than teens in other wealthy nations. (Data from the Guttmacher Institute)

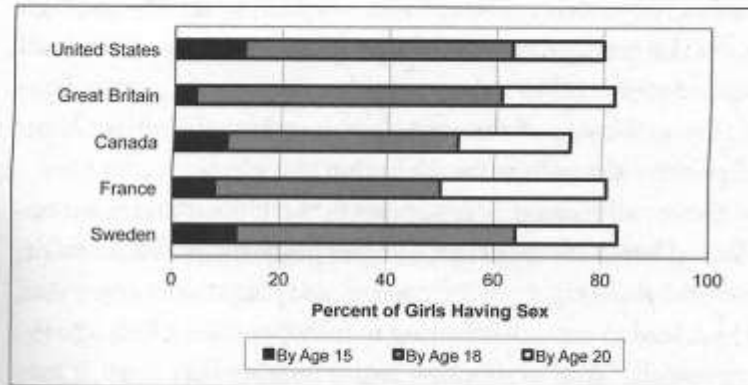


Figure 13: Similarity in first sexual experience. Teenage sexual activity differences across wealthy nations are small. Shown are the percentages of women aged twenty through twenty-four who report having had sex in their teen years. (Data from the Guttmacher Institute)

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As this clearly shows, the best solution for planetary population growth and the corresponding great increase in resource consumption – not just food, but also power, materials, and a clean place to put all the waste and CO2 – is female education and rights. This is not just in the United States, but mainly in the much poorer uneducated nations in Africa, Latin and South America, as well as India.

Clearly, the problems of overpopulation and women’s rights are complex, interconnected and do not have an easy solution. In the US, sex is used constantly in advertising – an attractive lady next to a car, on a vacation, or whatever is promoted. In the US, girls are required to separate between being good daughters and sexual actors, while in Dutch families, parents and daughters discuss and negotiate in such a way that daughters can integrate sexual matriculation into their relations with their parents. [*Green Illusions*, pp 221]

Chapter 16 – World Peace

None of any of all these healthy goals would count if the entire planet was consumed by multiple nuclear attacks in World War III. 99.99% of the intelligent world population are doing everything they can to avoid this disaster. We will mention several of the most obvious here:

- Like with good personal, community, and national, maintain GOOD PERSONAL RELATIONS with your neighbors. Have every country maintain an embassy and an ambassador with every other country.
- Have good official relations through an organization like the United Nations.
- Have a good, skilled team of specialists continuously fishing for the TRUTH from the TONS OF GARBAGE ON SOCIAL MEDIA and the INTERNET.
- Whenever any dispute or disagreement does arise – and MANY will – do all possible to solve it DIPLOMATICALLY WITHOUT the use or threat to use MILITARY FORCE.
- Maintain a large WORLD ECONOMY with lots of WORLD TRADE so it would be a great disadvantage to either side to raise tariffs or interfere in any way.
- We all know we live on only this one planet for now. We should do all we can to keep it clean and healthy. World pollution regulation agreements to stop ocean over-fishing and stop the huge plastic whirlpool and start to clean it up.

Very similar to gravity constantly pulling down on any building, bridge, or case full of china, with any earthquake it can all rapidly fall down and be destroyed, but takes a long time to be built up again properly – usually with a better design so the next earthquake won't ruin it; in ANY relationship – be it personal, community, or country – unfortunately, becoming ANGRY and LOSING trust altogether is very RAPID and EASY, but re-gaining the trust and re-establishing a good, positive relationship is VERY SLOW, DIFFICULT and PAINFUL. You all have to be very patient and persistent, and usually there are a number downs (as well as ups) where you and they come very close to losing it all again. COMMUNICATION, UNDERSTANDING, and trying to put yourself in the other (person, community, or countries) shoes are the key to success.

Chapter 17 – Global Climate Change

The largest – but unseen and slowly creeping upon us – threat is global climate change. Signs are already showing with the droughts and fires in the western US last fall, and now all the floods and tornadoes this spring 2019.

One of the greatest drivers of global warming or climate change is OVER CONSUMPTION particularly here in the United States. We are driven by advertising for a car, house, or any other gadget. We may use that thing for a couple of years, then throw it away.

The food marketing for children is another example of over consumption. Children are the most susceptible too advertising. For them, the traditional healthy food “pyramid” is turned upside down:

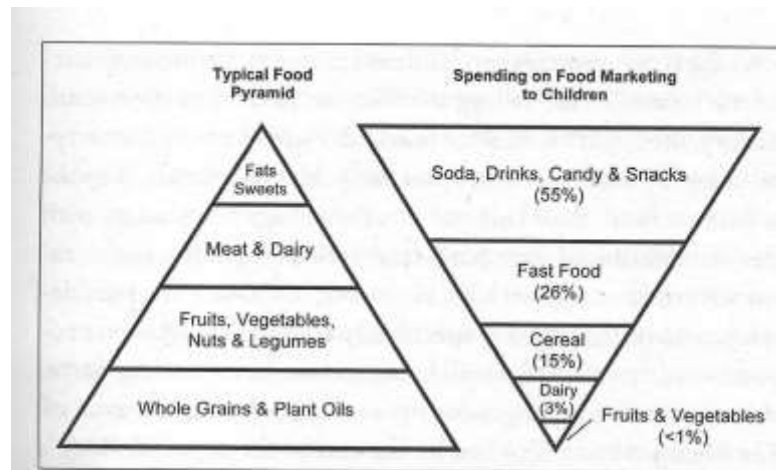


Figure 1.4: American food marketing to children. A typical healthy food pyramid compared to spending on food marketing targeted to youth aged two through seventeen as reported by the industry. The Federal Trade Commission forcibly extracted this rare glimpse into secret budgets through a series of forty-four subpoenas. (Data from the Federal Trade Commission; special thanks to Clive Hamilton and Richard Denniss)

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Mothers should do all they can first of all to feed their kids healthy foods at home, then to have the kids avoid the advertising. My Mom fed us healthy food and we did not get a TV until I was 12 years old.

The problem of over-consumption greatly exacerbates climate change. It is true especially here in the US where we buy so much more needless “stuff” then throw it away after 2 to 5 years. The whole cycle of mining, manufacturing, transporting, advertising, and disposal uses up ever so much power and CO₂ which is not really needed! This is true especially during the holiday season now from BEFORE Thanksgiving to Christmas.

Many of the agricultural methods mentioned at the end of chapter 12. These also do very much to fight global warming and climate change [*Drawdown* pp 38-72].

Of the HUGE number of chemicals developed since World War II, very few (if any) have been properly tested for long-term effects on health. Likewise, they have not been tested for effects on climate change. The time to act is NOW! [*Staying Well in a Toxic World*, pp 415-430]. We are all riding on this earth together.

Conclusions

From all we have seen about “health” on so many levels, what can we as individuals really do to make ourselves, communities, countries, and this planet a healthier and wealthier place? First, realize how much our own health and the environment – and so the health of all – are complexly connected. We can start by eating only organic food, consuming ever so much less stuff which we really don’t need, and carefully recycling that which we do, minimize plastic production by getting and re-using cloth bags, cut power use by turning lights off when not using and the furnace down at night during the winter, open up windows, dress down in shorts and/or use fans in the Summer instead of air conditioning. By getting south facing windows, you get passive solar heating in the winter and none in the summer. Eat healthy locally grown organic food.

For transportation, if you can totally give up and sell your car, as I have, and get around totally by walking, biking, carpooling with friends, and public transportation. This is much healthier. If you must have a car, get the most efficient kind – either hybrid or electric.

In your community, get to know your neighbors, join clubs, and socialize with others who share your interests, goals, and/or hobbies. Participate politically, get to know your local representatives. When any large, controversial development and/or change is coming up, participate and testify at the town hall meetings. Try to improve your community with more bike lanes, paths, and fewer cars. Participate in our democracy and vote in our elections.

As we have seen, “health” is much more than our physical bodies on the personal level. It is also our self-esteem, motivation, hobbies, and goals which are constantly changing. On the community level, it is very similar except cells are replaced by people, and on the national level the same only cells are replaced by states, communities, and people. When all is well, whenever any part, person, or community has a problem, all the others can immediately come to help and soon the problem is fixed. Expanded to the planetary level, most countries, with a few notable exceptions, are quite “healthy” and so is the earth. However, the three fairly hidden problems of over-population, over-consumption, and climate change are slowly creeping up on us. For the earth to be TRULY healthy, we all have to see these problems and fight them NOW!!

Most “health” is good RELATIONSHIPS as well as a good physical body. It also is good motivations and work toward continually changing GOALS. Only when we ALL ADD population, peace, over-consumption, and climate change to those goals will the entire earth be truly healthy and hence “wealthy” for all of us.

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