

HUBBARD COMMUNICATIONS OFFICE
Saint Hill Manor, East Grinstead, Sussex

HCO BULLETIN OF 25 MARCH 1975

Remimeo

DIET, THEORY OF A
NATURAL DIET

Food, lack of it, incorrect planning or consumption of it or substitution or alteration of it can vastly affect health.

Man is not a primary converter of natural energy or masses but depends upon other converters for a primary conversion in most cases. (Except for Vitamin D and one or two other items Man, for instance, does not convert sunlight to energy, but, eating algae which does so convert, is able to obtain and use the energy.)

No real study of or search for the natural diet of Man has ever been made or attempted. Studies are made of diets from the viewpoint of how to correct illnesses or maintain health but not what the basic food of the human body would be. Scarcities, availabilities, what can be grown and preserved, the ease of growing, climatic and soil and water conditions, and how to make a profit are factors which have established diet instead of "What does the human body require?".

The human body is a complex biological carbon-oxygen engine, running at an operating temperature of 37° Centigrade and, being biological has the ability to establish and repair itself. To its food requirements then are added the elements required to build as well as to run the body.

Almost all mammals live about 6 times their period of growth. Man lives only 3.33 times his growth period. As other mammals than Man are under the same or greater stress but are usually uniform in diet while healthy it can be assumed that Man has departed from his natural diet.

Some guesses have been made as to natural diet by an examination of teeth but this would not be an adequate approach.

The resolution of Man's natural diet as opposed to what he is eating might do a very great deal to improving racial health.

Man's mass efforts towards diet are targeted for quantity and profit. Efforts to establish quality are often resisted by various special interests in the mistaken idea that further knowledge of diet might reduce quantity and profit. However it could be that new food discoveries would vastly increase both production quantity potential and profit.

No simple basis for research and discovery of the natural diet exists in known statement form. The necessary first steps to the discovery of Man's correct diet would be:

- (a) The statement of a possibility that one might have existed or did exist.

(b) A formula for search and possible discovery of it.

This HCOB has made (a) above.

The following would be a formula for its discovery.

OVERWEIGHT: Residual elements of food, substances or gases which are not totally eliminated or utilized by the body after ingestion.

UNDERWEIGHT OR DEBILITY: Inadequate or lacking foods, substances or gases which are needed for the activity, maintenance or repair of the body.

By listing all foods, substances or gases which are stored by the body, one would obtain a list of things ingested, part of which were not utilized or necessary. Simple recording of those items which put on unwanted weight would be a part of this action. The examination of overweight persons and their diets would give another section of it. Further examination of cadavers that had been overweight would round out the list. Which of these were the result of body conversion of what food would be noted.

A study and listing of all deficiency diseases and malnutrition causes as contained in "The Textbook of Medicine" Beeson and McDermott, pages 1139-1201 and in other papers and texts would give a list of items vital to the activity, maintenance and repair of the body.

The items in the overweight and debility lists could then be compared.

One would then have, as a result, the elements of a natural diet.

A search for foods which contained only the elements which were used and vital could be undertaken.

The result would be the elements of a possible natural diet.

An examination of the ease of production and supply of such foods could then result in a practical natural diet.

Zonal application in specific areas might require the repetition of the formula to take in racial or climatic or production variables.

SUMMARY

It is said at this time that 80% of Americans are overweight. Their activity and intelligence is failing. The populations of many countries are starving or suffering malnutrition.

The wild animals, fish and fowl are ceasing to be a world source of food supply. There is no reason to go on killing off all life on the planet simply because no one knows, beyond opinion or taste, what Man's natural food was or could be.

Fads and hobbies should not be the sole source of data on this subject.

The problem could be intelligently solved and should be if we are still to have a populated planet.

Probably the planet could support billions more than it does. Most of it is wasteland.

A system pushed by David Rockefeller and others to solve it by killing off populations through sterilizing and euthanasia is simply impractical, stupid and useless suppression.

It would be a far better line to work out Man's natural diet.

L. RON HUBBARD
FOUNDER

LRH:nt
Copyright © 1975
by L. Ron Hubbard
ALL RIGHTS RESERVED

This is Reproduced and issued to you by
The Publications Organization, U. S.