

FOOD FOR THE EIGHTIES

Living Foods For Life With AIDS

by Carolyn Reuben

Laurance Badgley, M.D. of San Bruno, California, has seen about 100 AIDS patients in the past couple years. About a dozen have chosen to treat their illness with a natural foods diet and other changes in lifestyle. In his book *Healing AIDS Naturally*, Badgley describes the stories of eight of these pioneers. They are among the survivors.

"It is not enough to say that some are lucky and some are not," states Badgley at the beginning of Chapter Three, "Survivors." "In almost all cases when you study the story of the survivors you learn that there are specific things they did which made the difference." The eight men described had different stories to tell, but all had one road in common—the fact that theirs was a road of their own choosing, instead of one prescribed and mutely, passively followed.

At a time when it is such blasphemy to suggest that there is a cure for AIDS apart from an as-yet-undiscovered potent drug, that M.D.'s won't even come to a public meeting where the successful self-treatment program is revealed, when communities are so unreasonably panicked by the spectre of AIDS that they spawn arsonists who burn the home of three children with the disease to force them to move, when initiatives are afloat to forcibly segregate infected individuals from their loved ones and communities of support, do you have to ask twice why many who have survived AIDS past their expected lifespan keep their good news to themselves?

Do you think I'm exaggerating the situation? If physicians weren't afraid to appear as quacks or quack fellow-travelers to their colleagues, they would at this very moment be reading both Badgley's book and a book by Scott J. Gregory

and Bianca Leonardo called *Conquering AIDS Now!*

A quick look at the books' tables of contents tells the tale of why they aren't on every AIDS doctor's desk. I can imagine the snickers from some medical professionals upon reading that lymphatic and internal cleansing, artificially induced fever, a vegetarian diet of mostly fresh, uncooked foods, Chinese mushrooms and other herbal formulas and nutritional supplements, plus daily meditations and imagery will, among

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other details of self-care, allow the body to heal from such a deadly disease as AIDS.

Both books emphasize the crucial importance of eliminating from the healing diet any processed foods with pesticides and preservatives, coloring agents and growth enhancers, as well as any sugar and white flour products and other abominations of the American cuisine. Both advocate a mostly uncooked, vegetarian diet that the authors claim won't stress the immune system but will, instead, encourage its regeneration.

Badgley makes use of two wizards in the kitchen, Sylvia Green in Santa Monica and

Michael Schleyer in Monrovia, to teach patients how to create strikingly attractive, delicious and fairly easy meals of "gourmet living foods." The diet worked for Green, whose breast lump dissolved away after changing her diet to living foods.

Green was inspired and educated by Ann Wigmore, founder of the Hippocrates Health Institute in Boston and the guiding spirit of the living foods movement in the United States. Luckily for the rest of us, Green moved beyond Wigmore's sprouts and wheat grass juice regimen to create almost 300 recipes for breakfast, lunch, dinner, snacks and desserts (many are still used in the Los Angeles restaurant she started, originally called The Sprout Garden and now called Kingsley Garden). They have been collected in a cookbook written by Schleyer, who has a Ph.D. in education from UCLA. Here, for example, is one that will put your mind to rest if you think living foods are no more delectable nor interesting than alfalfa sprouts or celery sticks:

Peach Pie

from *The High Integrity Diet*

Crust:

1 cup almonds, ground in blender
1 cup cashews, ground in blender
1 cup dates, ground in blender

Filling:

6 cups sliced fruit
sauce made with 2 soft peaches and 5 dates, blended

Mash together the crust ingredients with clean fingers and flatten into an 8-inch pie plate. Layer the sliced peaches (you can use any fruit in this

recipe) and pour on the sauce. Put in the refrigerator for a few hours to set. Must be eaten within 1½ days or the crust gets a bit soggy. But, believe me, it's too good to stay uneaten that long!

Since physicians as a whole don't want to hear about his program, Badgley is hitting the lecture circuit to spread the natural healing story to the public. He'll present specific details on his program for audiences in 10 U.S. cities. (He'll be in Portland on Sept. 26. See below for more information.)

"I can't say that living foods is the key to the solution for AIDS," Badgley admits. "I've only been seeing people with AIDS for a couple of years." However, he says, "we now have a scientific explanation why fresh, uncooked fruits and vegetables are working. It's been shown that betacarotene pigments and chlorophyll have anticancer effects. And pigments from plants have been found to induce the cytotoxic T cells (in the immune system) that go after viruses."

For more information:

Laurence Badgley's one-day seminar will be held in Portland on Sept. 26. Cost: \$55. Preregistration required. Call 503/234-1346.

Healing AIDS Naturally (\$14.95) is published by Human Energy Press, 370 West San Bruno Ave., Suite D, San Bruno, CA 94066, 415/588-4636.

Conquering AIDS Now! (\$15.95) is published by Tree of Life Publications, 513 Wilshire Blvd., #244, Santa Monica, CA 90401, 213/393-0350.

[Carolyn Reuben is health editor and weekly columnist for the L.A. Weekly. What's Happening will run her columns occasionally.]



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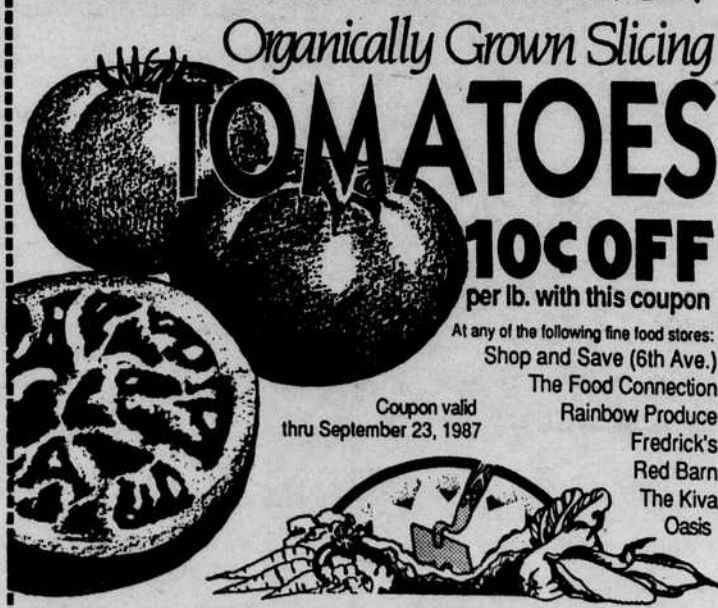
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AHA Food Festival

Expert advice on heart-healthy shopping and cooking is being offered at local Albertson's stores this week as part of Oregon's American Heart Association Food Festival Week.

"We're encouraging Oregonians to give healthy shopping and eating a try for one week. We think they are in for a surprise; healthy food can be very tasty, too." Shelia Hartman Gibbs, R.D. issued the challenge to Oregonians as volunteer co-chairperson of Oregon's Food Festival.

All six stores are showing interested customers a video produced by the Oregon affiliate of the American Heart Association, which covers such topics as label reading and choosing low-fat, low-cholesterol, low-sodium foods. Recipes and other printed materials will be available.

Registered dietitians will lead heart-healthy shopping tours and answer customer questions at three Albertson's stores on Thursday, Sept. 17, from 3 to 7 pm and on Saturday, Sept. 19, from 10 am to 2 pm. The stores are at West 18th and Chambers in Eugene, 55 Division Ave. in Santa Clara, and 5770 Main St., Springfield.

A recent Lou Harris survey for the Food Marketing Institute reveals that 90 percent of American adults are concerned about the nutritional content of the food they eat. The American Heart Association sponsors this annual food festival to provide people with useful information for making dietary changes. This year's Oregon activities are co-sponsored by the Oregon Dietetic Association.

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