

**Restaurant Express : la cuisine : ask for your free menu booklet.**

**Contributors**

Restaurant Express.

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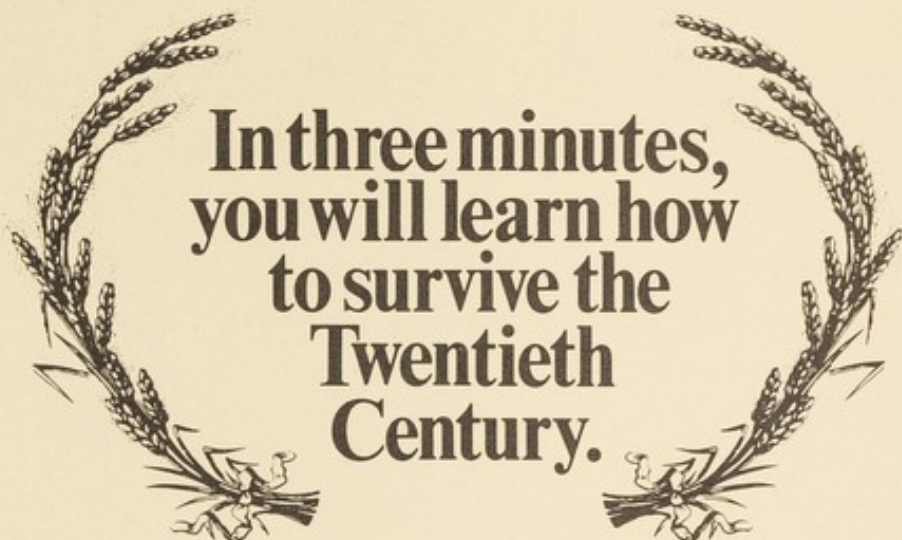
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Inside



# In three minutes, you will learn how to survive the Twentieth Century.

**S**omeone remarked recently that it would be a good idea if the 20th Century stood still for a year or so to give us all time to catch up. Then we'd realise the truth about our modern, affluent society – and how it's slowly, painfully killing us. The popular misconception is that the health of the nation improves with each new medical advance. Does it?

## **Fact:**

Since 1946, there's been an 800% increase in heart and circulatory diseases.

## **Fact:**

In Britain today, over 25% of the population are regularly prescribed tranquilisers.

## **Fact:**

"Looking after the ill, both mentally and physically ill, could bankrupt this country. We simply cannot cater for everybody's needs." The N.H.S. (Medical News, 1977)

The fact is, something has gone terribly wrong with the 20th Century ideal of a 'healthy society'.

### **Will the way you're living be the death of you?**

It certainly will for hundreds of thousands who won't bother to heed the warning. Our minds, numbed by commercial onslaught, have lost touch with the true meaning of health.

The doctors' overcrowded waiting rooms prove it. The cracks in the


superstructure of our National Health Service prove it. The alarming increase in degenerate diseases is the most worrying proof of all. Heart disease, cancer, diabetes and nervous disorders have reached epidemic proportions.

So what happened to the age-old maxim "Prevention is better than cure"?

### **Did you know that the increase in disease could be dramatically cut by 50% just by simple changes in diet?**

There is nothing new about the concept of 'Preventive Medicine'. What is new, and encouraging, is that at last people are listening to the message and doing something about it. The Community Health Foundation was founded for this reason.

The CHF has everyone's general health and welfare at heart. We are the alternative voice to the Supermarket Society and High Technology Medicine. The choice facing you now is between the artificial foods which maliciously erode nutrition, repair medicine and drugs used after the damage is done – or to find out what having a healthy body really feels like.



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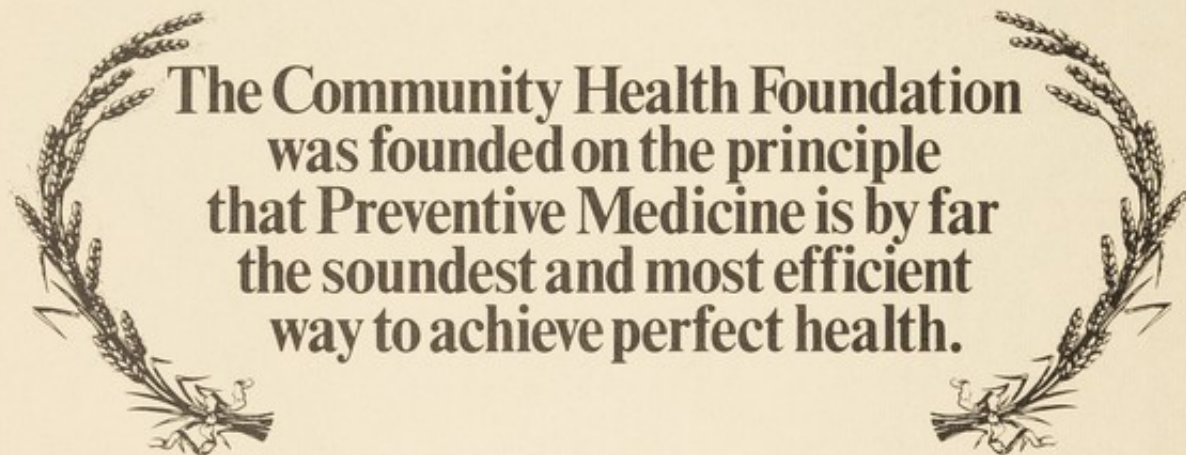
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**The Community Health Foundation  
was founded on the principle  
that Preventive Medicine is by far  
the soundest and most efficient  
way to achieve perfect health.**

**N**utrition is therefore one of the areas we advise on. Let's guide you with a few more facts. About the ever-increasing use of animal fats in our diet, Dr. Gio B. Gori of the American National Cancer Institute has stated: "As the dietary intake of fat increases, you have an almost linear increase in the incidence of breast and colon cancer."

The important thing to learn is how to *balance* your diet using foods which are appropriate for your health and well being. There is no need for expensive pills and elixirs. Nature produces food for us in thousands of appetising ways. The CHF will tell you what they are, how to prepare them, how to cut down your monthly food bill, and always remain at the peak of physical and mental fitness.

And so to another fact, this time about sugar. The eminent nutritionist Professor John Yudkin states: "There is no physiological requirement for sugar . . . if only a small fraction of what is already known about the effects of sugar were to be revealed in relation to any other material used as a food additive, that material would be promptly banned." The increase in diabetes, gout, some forms of cancer, tuberculosis, ulcers, coronary thrombosis, obesity can be directly traced to society's 'sweet tooth'. But again, does this mean suffering sugar 'withdrawal symptoms'? No. There are safe, natural, sweet alternatives — if you know what they are, and where to obtain them . . . another of the ways the CHF is helping to restore knowledge about purely natural products that have been available for

thousands of years . . . long before refineries began producing their lethal white grains.

There are other aspects of Preventive Medicine too, particularly aimed at relieving modern society of its dependence on 'drugs' as the ultimate cure when, in fact, the malady need never occur in the first place.

Nutrition is one way . . . traditional methods of self-diagnosis and cure is another. These include; RELAXATION, SELF-MASSAGE, TAI CHI, SHIATSU, YOGA, along with sensible exercises, easily done in the home that are pleasant, re-vitalising, and will create more 'self-awareness', vitality and harmony with the body.

**The Community Health Foundation  
is a registered charity**

. . . a very different sort of charity to the kind you are used to. It is also testimony to the seriousness of our aims, for as you'll discover, the CHF is a very *active* organisation. All contributions, either from membership subscriptions, or donations are used for our many and varied health education programmes.

**THE COMMUNITY HEALTH  
FOUNDATION WAS ESTABLISHED  
FOUR YEARS AGO AND HAS  
ALREADY BEEN HAILED AS THE  
MOST IMAGINATIVE APPROACH  
TO PUBLIC HEALTH IN EUROPE...**

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**WHEREVER YOU LIVE, JOIN US . . .  
FOR REASONS YOU KNOW MAKE SENSE.**

It's *your* health you can now determine . . . improve . . . understand. And here are just some of the ways we can help you achieve that aim.

**Cooking for Health and Pleasure**

Courses are offered for both men and women with an emphasis on using natural ingredients, like whole grains, beans, and vegetables to produce *tasty* meals.

**Classes in Practical Preventive Medicine**

Short and Long Term Classes are offered in Nutrition, Traditional Medicine, Cooking for the sick, self-diagnosis as well as self-massage, relaxation, Tai Chi, Yoga and a wide variety of other subjects.

**Seminars led by world-renowned specialists**

The CHF is particularly active in bringing to Britain some of the most respected popular lecturers on natural nutrition, physical and mental health, family health care and related topics. Also available to members of the Foundation are the many books, pamphlets and reports associated with these important meetings.

**All members receive a 10% discount on these events, with no limit to the number of classes you can attend.**

**Natural childbirth**

Happily, there is a move away from drug and clinically-induced births. Should high technology be allowed to totally dominate what could be the most moving experience of a woman's life? No. The facts about natural childbirth should be available to every woman. One of the CHF's functions is to make this information readily available.

**Bi-Monthly Newsletter**

Every two months members receive our lively CHF Newsletter, packed full of news and views of the Foundation's activities. News of forthcoming meetings . . . advances in natural medicine, ecology, useful hints and advice, and an opportunity for you to contact other CHF members.

**Regional workshops and seminars**

Members will receive regular invitations to attend FREE regional lectures given by the Foundation's staff. In 1981, we will be coming to Leeds, Bristol, Brighton, Leicester, Manchester and Edinburgh as well as holding meetings at our London centre. These 'workshops' include practical instruction on Whole Foods Cooking, Massage in the Home, Exercise Programmes for all ages, Self Diagnosis, Nutrition, Healthcare and simple, effective home treatments.

**Snack Bar/Restaurant**

Members visiting the Foundation's London Headquarters are offered a 10% saving on the delicious, wholesome, complete meals served in our Snack Bar/Restaurant.

**Facilities at the Foundation's Headquarters.**

**Nursery School** A natural, healthy environment for children to play in.

**Conference Rooms** are available at very attractive rates.

*Also available on the premises:*

**Sunwheel Natural Foods Shop** offering a vast range of fresh, natural foods.

**Genesis Book Shop** for the widest selection of books about 'Preventive Medicine'.

**. . . your three minutes are up.  
Now is the time for action.**

**Full Membership:** Membership is one of the Foundation's most vital sources of funds. You receive a special Membership Card, and this entitles you to a whole list of benefits. These include *free* attendance at workshops specially organized for members, reduced rates on important International Seminars held at the Foundation's Headquarters, a free Bi-monthly Newsletter as well as Vouchers for our London Restaurant. And of course, joining the Community Health Foundation automatically enrolls you in the CHF Book Club.

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***When the world wants to eat we deliver***

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## Yes, Preventive Medicine does work... these case histories prove it.

These are all genuine case histories from the CHF File.  
The originals are available for personal inspection at the Foundation's Headquarters.

Mrs. J.L., Lancing, Sussex.

**Complaints:** Arthritis of the knee; digestive trouble; heart condition; overweight.

After many years of general ill health, Mrs. J.L. began the diet especially formulated for her by the Community Health Foundation. Within 4 weeks she reported a comfortable loss of 10 lbs., easier breathing and a return of vitality. In 4 months the arthritis had disappeared, digestion was perfectly normal, and the heart condition was relieved.

D.C., London.

**Complaints:** Nervous tension; insomnia; migraine; skin rash; alcoholism; use of non-prescribed drugs.

After a steady decline in general health and increased dependence on alcohol, Mr. D.C., an actor, studied the course in macrobiotic cookery. He now reports a 100% improvement in physical and mental make-up.

Mrs. H.L., Isle of Anglesey.

**Complaint:** Epilepsy.

After 27 years of severe epilepsy Mrs. H.L. investigated macrobiotic cooking, changed her diet, and within twelve months the attacks had ceased. There has been no reoccurrence.

P.R., London.

**Complaints:** Rheumatic fever; rheumatoid arthritis; iritis.

A three-month hospitalisation for rheumatic fever was followed by six years of constant agony and weekly cortisone injections for rheumatoid arthritis. A very strict diet was prepared by the Foundation. Within three months the pain had ceased, and this person now reports 'I can swim again, run for buses . . . life is wonderful!'

## Post this Membership coupon today and learn how to stay healthy. C.C.

I'd like to become a member of the Community Health Foundation, and enclose Cheque/PO for £12 (or more if you wish) for my first year's membership. (Full membership benefits, please see left.)

Also please send me a CHF Book Club Order Form on the understanding that I may order any books featured overleaf at a 25% saving on their normal published price.

Mr/Mrs/Miss/Ms \_\_\_\_\_  
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Post to: Community Health Foundation 188-194 Old Street London EC1B 9BP



The Community Health Foundation is a registered charity, No. 271847.

COMMUNITY HEALTH FOUNDATION

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Another advantage of joining the CHF is that you automatically become a member of our unique CHF Book Club.

'Unique' in that firstly, it's unlikely you will find many of these titles in your local bookshop.

Secondly, there's no commitment. This book service was designed to offer CHF members the chance to purchase specially selected books – not commonly available – at money saving prices. Join the Community Health Foundation now and you can choose from any of these titles below

and save 25% on the usual price.

Then look forward to saving up to 15% on thirty-two further titles offered to you at regular intervals throughout the year.

The range of topics will include Health Care, Nutrition, Natural Food Cooking, Ecology, Traditional Medicine; books selected as being the finest works available on each subject so you can quickly and inexpensively build up a comprehensive Preventive Medicine library.



### BAREFOOT SHIATSU

*Shizuko Yamaoto*

A practical, commonsense approach to higher living through 'shiatsu' – a system of massage that involves feet as well as hands. Yamaoto has a colossal public following in America where she has guided thousands in this fascinating ancient art.

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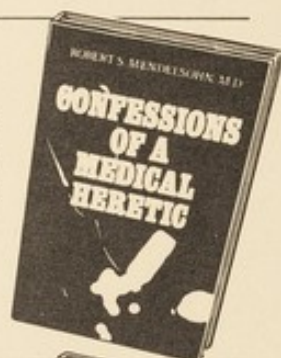
### CONFESSIONS OF A MEDICAL HERETIC

*Robert S. Mendelsohn, MD*

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Usual Price £5.95

Offer Price £4.45



### THE BOOK OF WHOLE MEALS

*Annemarie Colbin*

Take the fuss, bother, and guesswork out of natural foods cookery! The founder of New York's successful *Natural Gourmet Cooking School* offers a whole year's worth of her popular cooking classes.

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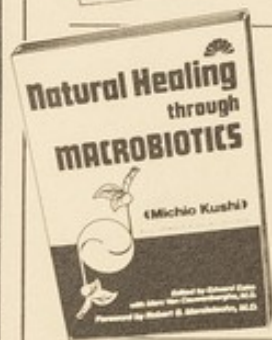
### SUGAR BLUES

*(Is Sugar Killing You Sweetly?)*  
*William Duffy*

The title says it all . . . and this selection tells us some very bittersweet facts about the dangers of sugar . . . and how to cure yourself if you're a sugar addict.

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### NATURAL HEALING THROUGH MACROBIOTICS

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### THE ONE STRAW REVOLUTION


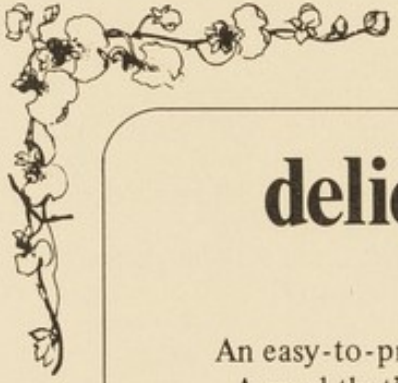
*Masanobu Fukuoka*

An inspiring work by one of the world's leading authorities on natural agriculture.

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# Three deliciously wholesome recipes

An easy-to-prepare introduction to wholesome home cooking.  
A meal that's full of nourishment and completely sugar-free.

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*For Starters . . .*


## BARLEY LENTIL SOUP

*Ingredients:*

½ cup of Barley  
¼ cup of Lentils  
1 Onion (diced)  
1 Celery Stick (diced)  
2 Carrots (finely diced)  
5-6 cups of water  
¼ tsp. salt

Wash the barley and lentils. Layer the diced onion on the bottom of the saucepan and then pour over the barley and lentils. Now add water and bring to the boil. Reduce the flame, cover with the lid and simmer for 1 hour. Finally, add the celery, carrots and salt and simmer for another 20 minutes.

---



*Main Course . . .*

## RED KIDNEY BEAN CASSEROLE


*Ingredients:*

2 cups dried Kidney Beans  
(soaked overnight)  
3 Onion (thickly sliced)  
3 Carrots (cut into chunks)  
1 Bay leaf  
¼ tsp. of sea salt  
4 cups of water

Bring beans to the boil and simmer for 1½ hours, WITHOUT SALT. Add the carrots, onions and the bay leaf and simmer for 45 mins. Add the salt and cook for 15 mins.

Serve with Brown Rice and Fresh Green Vegetables.

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*Dessert . . .*

## APPLE CRUMBLE

*Ingredients:*

2 lbs of medium sized  
Dessert Apples  
½ cup of Raisins  
2 cups of Oat Flakes  
2 tbsps. of Whole Wheat  
Flour  
¼ cup of Corn Oil  
Pinch of Salt  
Apple Juice, Cinnamon

Place the slices of raw apple in a lightly oiled baking dish and add the raisins. Pour a little apple juice with cinnamon over them. For the topping, mix together the oat flakes, whole wheat flour and a pinch of salt, then rub in the corn oil until the mixture is crumbly. Sprinkle over the apples and bake in a medium oven until golden brown.

