



Health & Beyond

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Founded on the truth that men, women, and children can control their own health

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The Life and Times of T.C. Fry

T.C. Fry, Natural Hygiene writer and independent publisher, died on September 6, 1996. With this issue of **Health & Beyond**, we'll try to put his life and work into perspective.

During October, as I read and studied many letters and talked by phone with many people, I saw it written and heard it said of the late T.C. Fry that he embodied one of the great humanists and health authorities of our time. That his generosity only exceeded his intelligence and desire to serve humankind. Indeed, some proclaim T.C. Fry's writings the final word on achieving and then maintaining optimum human health.

During October, I also saw it written and heard it said of the late T.C. Fry that by advocating a fruitarian diet he did great disservice to the alternative health movement, a disservice dangerous at worst and misinformed at best. That his greed for money only exceeded his smooth ability to hoodwink the Natural Hygiene community. Indeed, some proclaim T.C. Fry the Scalawag of the Living Foods Movement.

So how and where do we find the "real" T.C. Fry?

Did he embody the best of humankind?

Or did he represent the worst?

You decide.

T.C. wrote often and vociferously that he walked where the truth took him. I try to do this too, though I don't do it with the certainty of voice that Mr. Fry used in his work. May I share with you the "truths" I've managed to gather the past four weeks? Here in you'll find the words of T.C. himself, the words of those who knew T.C., and the words of those who knew of T.C.

You'll find me in this italicized typeface, commenting on occasion, trying to help piece together a complete picture composed of many puzzling and disparate pieces.

Will we complete in this issue of **H&B** the puzzle that we knew as T.C. Fry?

No, I fear we'll need more time to do that. But we can begin to at least sort through some pieces.

Let's start with my edited version of T.C.'s final days as written and reported by Dr. Bernarr Zovluck in the October issue of the **Natural Hygiene Many-to-Many**. I have augmented Dr. Zovluck's report with information I've gathered from other sources.

Before his death, T.C. Fry requested of his first wife, Marianne, that she spread his ashes around her yard in Austin, Texas, so that what was left of him might become part of a pecan tree. She honored this request just over a week after her ex-husband died on September 6, 1996, in a hospital in Wellsboro, PA.

Early on Thursday morning, September 5, T.C.

complained to his business partner, John Maye, of feeling ill. He asked Maye to drive him to the local hospital for a diagnosis of his ailment. Short of breath and with ankles so swollen that he couldn't walk, T.C. entered a building that few Hygienists ever expected to see him enter.

In the hospital, a blood test indicated that T.C. had a high acid blood pH. A bronchoscopic examination revealed a lesion of the upper lobe of his left lung near the pleural lining.

T.C. remained in the hospital for further tests. At 5:50 on Friday evening, Maye spoke on the telephone to Dr. Casablanca at that hospital. The doctor wanted permission to give Fry "blood thinners." Maye told the doctor he couldn't consent to that without Fry's authorization. Only a few minutes later, the doctor told Maye that T.C. had just died. After that conversation, the doctor administered various drugs in a futile attempt to resuscitate Fry.

Later that night, Dr. Zovluck received a telephone call from Anna Inez Matus, a woman who owns a Natural Hygiene retreat in Pine Grove, PA. Matus told Zovluck of T.C.'s death and that the doctors wanted to perform an autopsy to determine the cause of death. The doctors needed authorization from a next of kin. Nobody contacted by Maye and Matus knew the telephone number of T.C.'s first wife, Marianne. Being a close friend of Fry's for thirty years, Zovluck provided Matus with Marianne's telephone number.

Marianne spoke to the doctors at the hospital and gave her consent for the autopsy on her ex-husband.

The doctors performed the autopsy on Saturday, September 7. The autopsy indicated that T.C. Fry died of a coronary embolism and that he had atherosclerotic plaques in his lower legs. The doctors contended that T.C. had thrombi (blood clots) in his lower legs that became an embolism (blood clot that travels in the circulating blood). The doctors concluded that the embolism traveled to T.C.'s heart and killed him.

On Friday, September 13, at 3p.m., Matus conducted a memorial service for T.C. at her health retreat. Many Natural Hygienists and friends of T.C. attended that service. At the same time, all over the world, those who knew T.C. joined in meditation and/or prayer for him.

In an attempt to determine the real cause of death, as Hygienists like to think of it, we need to move backward about a year. I recollect one puzzling phone conversation I had with T.C. during the summer of 1995. He rather enigmatically assured me that any rumors about him "that came in on the grapevine" were exaggerated. Unsure of the point he wished to make, I changed the topic. I recall that he seemed a bit short of breath at the time. Looking back on this now, I can't help but think that T.C.'s

health was unraveling even then.

In the autumn of 1995, Fry traveled from Wellsboro to the Dominican Republic with some of his business associates and friends. Although he was sporadically publishing his most recent magazine, *The Wellness Messenger*, T.C. went to the Dominican Republic to investigate setting up both a Natural Hygiene retreat and health college.

Apparently, even at this time, T.C. lacked the excellent health that he proclaimed publicly in his infrequent issues of *The Wellness Messenger*. We know now that sickness had replaced his former health. And yet he continued to advocate his version of fruitarianism, taking to task the *American Natural Hygiene Society* in his Letters to the Editor column of the September, 1995, edition of his publication.

In paragraphs dripping with irony unrealized at the time, T.C. wrote: "Throughout my writings and lessons, I have cited ample scientific literature that establishes our fruitarian disposition. In this area, I am a world-class heavyweight. I do not yield to puny intellects. The folks at ANHS have cited zilch in support of their position. All they've displayed so far is their particular bias in the matter. I challenge them to trot out their prize intellectual stallions with the data to back up their recommendations. Anecdotal assertions will not cut the ice."

T.C. refused to yield to "puny intellects" and said "Anecdotal assertions will not cut the ice" and yet at the same time he had fallen ill, perhaps gravely so from the dietary he'd advocated so long. He continued his reply to the letter, adding:

"What ANHS does recommend is so great an improvement over the conventional dietary that I wish them every success in promoting it. It's better to be a little sick than a lot sick. However, let's not be so intellectually dishonest as to invoke the aura of science in support of a scientifically insupportable position. As some of their spokesmen in the past have characterized it—it's the optimum diet in the face of present reality.

"Personally, I go along with Dr. Herbert M. Shelton's masthead, 'Let's have the truth though the heavens fall.'"

T.C. wrote here of having the truth and yet apparently he didn't respect the word enough to share the truth of his own physical health with his readers. But the truth does tend to get around to folks eventually. To wit...

In a letter dated November 12, 1995, Heidi Gerstad, a member of *The Natural Hygiene Many-to-Many*, wrote to her fellow contributors: "Just came from my mother's house where she hosted T.C. Fry's speaking. I really don't know where I'd be today if it weren't for T.C. I know I'd be a sight worse off, so I don't want to speak ill of him. However, I feel it only fair I express

my observations about today's talk in the *M2M*.

"T.C. was, well, T.C. Still a proponent of raw food and fruitarianism. I really didn't hear much new, and that was part of my disappointment. I expected to listen to a man absolutely ALIVE with his subject, instead I heard what sounded to me more like a broken record. He looked frail. (If you're reading this, T.C., I like you and I apologize if you find this hurtful. I may be projecting my personal disappointment where health is concerned onto you, onto your talk.)"

Ms. Gerstad observed T.C.'s frailty and noted with disappointment his lack of energy. You'll also note the beginning of a thread that winds throughout as we progress with the story: the fact that so many felt they owed T.C. a more than fair shake because of his contributions to Hygiene.

On February 6, 1996, Dr. Zovluck received a telephone call from T.C. and his girl friend, Dr. Andrea Savage, a retired dentist and dental professor. Zovluck had been a close friend of Savage for several years.

During that phone call, Fry and Savage told Zovluck about Fry's immediate health problems. He had large swellings of both his feet and ankles and his weight had dropped from 146 lbs to 121 lbs. They also described T.C. as being "colorless and ashen gray" and that he looked like he was "90 years of age." They revealed that T.C. had to wear many clothes to keep warm.

Zovluck told Fry and Savage that Fry probably had congestive heart failure and would die soon unless he went immediately into complete physiological rest. Zovluck told them that Fry should go to bed, keep his eyes closed, remain in bed, sleep, meditate, and fast or eat exclusively organic, raw fruits and vegetables. Zovluck encouraged them to fly to Los Angeles so he could help.

They promised Dr. Zovluck that they would see him soon.

But that was not to be, for several days later Zovluck received a letter from Fry that said, "Certainly, Andrea and I will be spending some time with you in late March or April. Just now I'm committed to a video session to make two videos on February 17th. I don't know the next commitment after this. By the end of March, business should be sufficiently on its own that it can fly with its present personnel. I can take off a week or two for spending with you. I want to learn new and better techniques so that even Andrea will wholeheartedly say: NATURAL HYGIENE ALWAYS WORKS! Again, I look forward to meeting and being with you."

One can speculate from much of the above letter that at this point T.C. had his own doubts about Hygiene. I've also never seen T.C. admit in writing that he needed to "learn new and better techniques."

On March 22, Fry told Zovluck by telephone that he was going to Austin to visit his first wife, Marianne, with whom he had six children. Then, Fry said, he and Maye would fly to Honduras in Central America to set up a Natural Hygiene health retreat and health college.

On March 28, Fry flew to Austin, Texas, without Maye.

On March 31, T.C. told Zovluck over the phone

that he was very anemic. He revealed that he and the others who went with him to the Dominican Republic had undergone ozone therapy. He said he received from 12-17 ozone therapy treatments. He said that he also took an enema there because he was constipated. He said he was very sick as a result of foolishly taking those ozone therapy treatments. He said his resultant anemia was causing metabolic dysfunction in the iron and other minerals in his blood.

T.C. Fry took between 12 and 17 ozone therapy treatments! You can imagine my amazement when I learned that the same man who scolded me for experimenting with Kombucha tea had fallen so ill that he gave himself over to an invasive procedure like ozone therapy.

As a side note, many already blame T.C.'s death on the ozone treatments. In an attempt to determine the truth, I spent several hours reading about oxygen and ozone therapy and its dangers. Due to lack of space, I can't go into detail, but I did note this startling and impressive statement: "The German Medical Society has published that 384,775 patients were treated with ozone with a minimum of 5,579,238 applications, and the side effect rate observed was only .000005 per application! The report also stated 'The majority of adverse effects were caused by ignorance about ozone therapy [operator error]. The University of Innsbruck's Forensic Institute published Dr. Zacob's dissertation quoting this in The Empirical Medical Acts of Germany."

Obviously we need more detailed information to determine the role ozone therapy had in the death of T.C. Fry, but given the other facts we do have, I conclude at this point that we cannot point the finger of cause solely at this allegedly benign procedure.

More time passed. In April, Fry told Zovluck that his weight had dropped to 111 lbs and that he did not have the strength to crawl up stairs. Zovluck told him to get to bed immediately, close his eyes, keep his eyes closed and remain in bed, sleeping, meditating and fasting and/or eating exclusively of organic fruits and vegetables. Zovluck told him he would die soon unless he did as suggested.

Shortly thereafter, T.C. went to Matus's health retreat to recover his health.

Matus took care of T.C. for two to three weeks. She tried to teach him meditation, but he lacked receptivity to learning the process. So she taught him creative visualization. When T.C. arrived at her health retreat, Matus said he had five lbs of edema in each of his ankles and that his oral temperature was 99 degrees Fahrenheit.

Matus told Zovluck that Fry looked, felt, and functioned better after his April stay at her retreat. She tried to convince Fry to remain longer so he could achieve better health. But T.C. wouldn't listen.

She told Zovluck that Fry wanted to rush back to continue his health publishing and educational business. She said Fry was like "a man on a mission," that he was obsessively determined to complete Dr. Herbert Shelton's dream of setting up a Natural Hygiene College and to teach the world about the benefits of Natural Hygiene.

On August 26, Zovluck again spoke to Fry on

the telephone. Fry told him that on October 5, he was going to give a seminar on Natural Hygiene in San Diego. He told Zovluck he needed his help to achieve better health. He admitted that he was still sick with edema, anemia, difficult breathing, and low energy.

Zovluck told Fry that he was dying and that he had better fly out to Los Angeles immediately. And that if he didn't do that, he should go to bed and stay in bed with his eyes closed till he recovered. T.C. promised Zovluck that he would go to bed and follow the suggestions.

But T.C. didn't go to bed. Instead, according to Dr. Zovluck, he obsessively went back to his workaholic bad habits and thereby committed suicide!

Dr. Zovluck ended his report on what happened to T.C. with the following paragraph, which I quote directly from Ward Nicholson's *Natural Hygiene M2M*:

"Many people want to know why Fry died at the early age of 70 years of age of a coronary embolism, why he had multiple atherosclerotic thrombi of his lower legs, why he had edema of both his ankles, why he had a lesion of the upper lobe of his left lung, why he was anemic, why he had a high acid blood pH, why he had difficulty breathing, why he was lacking energy, why he lost so much weight, why he underwent 12-17 ozone therapy treatments, why he chose to have an enema to remedy his constipation, why he was a workaholic, why he chose to have so many children by so many different women when he didn't have the economic means to support those children, why he was kyphotic (posterior convexity of his upper spine), why he was osteoporotic, why his teeth and mouth were in such poor shape, why he failed in so many health businesses, why he incurred the animosity of so many people in Natural Hygiene, and why he didn't practice of what he wrote so beautifully in style and substance? I generally do not try to play retrospective Freudian detective. I am generally interested in only the here and now."

Well, I put most of my time and energy in the here and now too, but I also want answers to the questions Dr. Zovluck posed in the conclusion of his recitation of the facts regarding T.C.'s death. In seeking answers, let's turn to reports that came from across America in response to my call last month for information and comments about Mr. Fry.

Dear Chet: Your intention to publish a memorial issue to T.C. Fry is a very noble endeavor as he deserves an honorable spot in the history of health truths as disseminated in Natural Hygiene. While it is true that some people were highly critical of T.C. Fry, the criticism was based on fragments from which they made judgments. A valuable lesson I learned from Krishnamurti was to look at the whole picture instead of making a judgment from a fragment. Also, part of the criticisms was due to envy and apprehension.

It was correct that Fry had some faults, but he also had many assets that were positive. Some of his business dealings were not entirely ethical. On the other hand, he had a basic understanding of most basic health principles as promulgated by fundamentalists in NH and never hesitated to

expose the deceptions and exploitations in the health field.

In spite of being an 11th grade dropout, his presentations were basic and scientific with some exceptions, one perhaps being fruitarianism. His book *The Great Aids Hoax* is a good example of T.C. Fry's scientific brilliance in understanding and research which is well documented. His course on NH has been adopted by one of the medical universities in France.

He probably erred in concentrating on a fruitarian diet, but a gunshot to the head by a spurned girl friend, an accident in a car when he hit a tree doing 85 miles per hour where he sustained severe injuries, and a number of knife wounds from combatants while working as a detective for New York City undoubtedly had lasting damages on his body. He also had a heart condition before adopting a healthy lifestyle that contributed to physical weaknesses. Fry was known to binge at times. In 1982 while staying at Dave Stry's Villa Vegetariana in Cuernavaca, Mexico, a couple of staff members related that Fry and his wife Marti used to go to the market and load up on fruit and return to the villa and binge. It became so bad that Dave gave them orders to eat in their room as the guests were complaining. Also, an acquaintance who worked at Fry's place in Branson, MO, mentioned that Fry would make a huge salad with vegetables, nuts, and fruit and overindulge. The next day he would have gastric distress and blame it on the nuts. I'm not trying to be critical, but it would be interesting to know how it all affected his health and how often he did go off track so that we can avoid or try to avoid the same mistakes.

I met T.C. Fry in 1982 when he took over Dr. Cinque's Health Retreat in Yorktown, TX, as Dr. Cinque took off for a year, having spent some time there. Also heard him speak a number of times. He had a friendly charisma and displayed an impressive ability to quote facts and figures with documentation from memory.

He made an enormous contribution in the health field by contacting a large number of people and introducing them on the basic principles of health with his writings. He will be missed by many people with his dissemination and iconoclasm, including myself. Finally, he deserves a debt of gratitude for his untiring efforts that assiduously had a toll on his health.

I just read in Ward's *NH Many-to-Many* that while T.C. was in Honduras he went to the Dominican Republic and had nine ozone treatments that also had a debilitating effect on his body. It is difficult to understand why he would submit to the treatments with all his knowledge and experience. It must have been an act of desperation.

It also should be noted that he had a passion for sex and indulged excessively, which is also debilitating.

To really evaluate and understand the reasons for his early demise, it would be necessary to have a history of how his body was nourished, abused, and treated from time of conception.

Nick Phillips

With this next letter, we see the kind of admiration that many felt, and continue to feel, for T.C.

Dear Chet: Mr. Fry was very giving and almost unbelievably gregarious. I always appreciated the accessibility which he maintained with his students. His genius, creative output, and meta-synthesis of NH principles have been a blessing to many.

In the early 1990's, I began phone calling and corresponding with T.C. He would always spend plenty of time with the phone calls, sometimes explaining a recent kick that he was on, sometimes introducing other Hygienists, sometimes simply telling a new joke he was enjoying.

He was generous in his desire to elevate other Hygienists and helped to give me a higher profile by publishing my autobiography in two of his Hygienic magazines. For this I was very thankful and continued to phone, correspond, and send him clippings and articles of interest, which he occasionally used for Hygienic article materials.

T.C. would sometimes call me on Sunday mornings just to gab about anything from religion to conspiracy theories. He told me once that in the early 1980's some (C.I.A.?) agents had infiltrated his work force and that one had nervously pulled a gun on him, shooting T.C. in the head and in the hand. Although T.C. was somewhat vague about it, from reading and conversations, I understand that one bullet travelled under his scalp, though not penetrating his skull, while another bullet badly damaged a finger on one hand. Anyhow, I always respected his guts to continue with NH like he did in spite of such opposition.

He would tell of his childhood days, walking barefoot in Oklahoma, working and playing in the open air. He also seemed very proud of his confrontation with a preacher at an early age (about 14?), confuting the preacher with logic. Although I am a Biblical researcher (he knew that and seemed to enjoy the verbal jousting which I could offer), we found that we both used many of the same arguments against fallacies which are often passed off as scripture, but are Biblically groundless. He was a fearless thinker who had tackled many paradigms.

If any man could be said to have been an Apostle for Truth, it would be T.C. In one letter that I had written to him, I told him that I considered him to be a "National Treasure." This is a tradition in Japan, a revered person of accomplishment in the Arts or Sciences is elevated and respected by the conferred status of a "living treasure." I'm glad that I managed to tell him that while he was still alive, for I sincerely believe that T.C. Fry deserved this distinction.

We have lost one of our great National Treasures.

Giles C. Fischer

*Well, I'd heard about T.C.'s head injury, but when I read Giles' account, I remembered something I'd read and forgotten in the **Natural Hygiene M2M**. In response to a writer's comment about how we should admire T.C. for fighting the government and its agents, Helen Kopp revealed some disturbing facts. In the April, 1995, edition of the **NHM2M**, Helen wrote:*

Regarding T.C. Fry's explanation of his conspiracy (CIA) "war wounds," God, what a crock! The more that man talks, the less I believe him.

The woman who shot him was a long time Natural Hygienist with whom I exchanged letters for some time, not some Establishment agent. He misused her life savings and took advantage of her mental and emotional state, leading her on with false statements. I would have wanted to shoot him, too, under those circumstances. The guy has a charming way with women and has been married umpteen times. He is also a master con artist who fails to deliver on his promises. The list of his failed schemes is long. He has attempted, failed, and lost his investors' money with various scams including a persimmon farm in Texas, a health and fasting resort in Missouri, health-oriented Caribbean cruises, three subscription publications which are well-known in Hygienic circles, a mail order business, and now his nutball version of the evil government and economic conspiracies. The man is a circuit-riding prevaricator.

The IRS got after him not because he boldly spoke out against the machinations of evil money men, but because he shamefully defrauded, mismanaged, and swindled honest people. If you want to believe in a conspiracy, fine. Get it straight from an honest person who seeks only truth and justice, not some flimflam man who works on your paranoia and siphons money out of your wallet.

Along with her thoughts as quoted above, Helen provided additional proof, a copy of a story printed in the October 15, 1980, edition of the **DeWitt County View**:

T.C. Fry, minister of The Church of Human Life Science, which operates a warehouse on Main Street in Yorktown, has filed suit against Frances Adelhardt of Victoria for \$100,000. The case is scheduled to be tried in Victoria County. No date is set.

Fry alleges that Miss Adelhardt caused him pain and anguish when she shot him in the back of the head last December 12th, and that he has subsequently suffered a loss of earning capacity.

He was taken to Citizens Memorial Hospital in Victoria on the morning of the incident by Ralph Cinque, owner of Utopia Health Center in Yorktown. Surgeons at Citizens operated and successfully removed a 22-caliber slug. The bullet, which separated and turned sideways upon entering the skull, did not penetrate the brain.

Fry's surgeon and hospital bills were reportedly paid for out of funds taken from a cash box that Miss Adelhardt had left with Cinque for safekeeping shortly before the shooting and her subsequent suicide attempt.

Miss Adelhardt, a former employee of The Church of Human Life Science, spent several weeks in the psychiatric ward of Citizens Memorial Hospital after she was treated for a scalp injury and released from Yorktown Memorial Hospital on December 14th.

In light of her mental condition at the time, and upon the advice of her psychiatrist, she waived a full trial and pleaded nolo contendere to a reduced charge of aggravated assault. She was sentenced to five years on probation and fined \$2,500.

And if that wasn't enough, Helen provided a copy of a story entitled "Suit Filed for Collection" in the **DeWitt County View** for November 5, 1980:

Frances Adelhardt, a former resident of Yorktown, has filed suit against T.C. Fry and The Church of Human Life Science for recovery of \$60,000 in loans she made over a period of several months in 1978, it was reported here.

The loans were secured by interest-bearing notes and payable on demand. Miss Adelhardt, who was donating her full-time services to Life Science for over a year, became dissatisfied with the way her money was being used. In September, 1979, she resigned from the Board of Directors of Church of Life Science and demanded that the interest be paid up to date and the notes paid off in full by January 15, 1980. At least two other Board members resigned at the same time.

"I made those loans plus donations of thousands of dollars to promote Natural Hygiene, a lifestyle that rewards its followers with better health and longer life. I never expected my money to be used for raising capital by others means."

Miss Adelhardt states that a magazine, *Total Well Being*, represented to be a monthly publication and offered to the public for a yearly subscription price of \$20, has ceased publication after six issues in two years. She also alleges that thousands of \$20 memberships were sold in a non-existent wholesale food cooperative, and that the complaints coming in from disillusioned subscribers filled several wastebaskets daily.

"I saw not only my honestly earned money go down the drain, but my good name with it," she adds.

Interest on the \$60,000 in notes has been paid only through November, 1979, and, according to Miss Adelhardt, the Life Science checks in payment were not good on the due dates but had to be left at the bank for collection.

Fry's failure to respond to repeated requests for payment resulted in Miss Adelhardt's placing the notes in the hands of her attorney for legal action, she said.

Continuing with the subject of T.C.'s business practices, listen now to my friend and long-time correspondent, Ben Russell.

Good to hear from you, but sorry to learn about T.C. He was a unique combination of good and bad: a creative and persuasive writer on matters of health and Hygiene, and yet quite opinionated in other areas. He was a valuable influence in helping to bring about a greater knowledge of Hygiene, its principles and practices. His 108 lesson Life Science course helped many students gain a better understanding of these principles of life. However, he seemed unable to consistently follow this path that he was so successful in persuading others to follow.

He was a man of great talent and contributed mightily to the Hygiene movement. I am sure his work will continue to be an inspiring influence for health-seekers. Although I had some bad ex-

periences with T.C., I am certainly not judgmental; he was like all of us with our strengths and our weaknesses.

Ben Russell

When I was preparing the "tough questions" that T.C. requested for his interview, Ben had asked me to ask T.C. when he was going to repay the people to whom he owed money. Apparently he owned money to a lot of folks. He owed me ads that never did get beyond the "promise to publish" stage. I also add without comment that several times over the past four years I received offers from T.C. to finance his various projects at an interest rate far above the best rates currently available. Through experience, I've learned to be wary of Hygienic business people who seek donations or advance funding for projects.

Listen now to one more voice regarding T.C.'s business practices.

In the early 1970's, T.C. Fry was a rising star in the *American Natural Hygiene Society*. In preparing a program for him to be guest speaker for our local Society, I asked him what his initials T.C. stood for. He replied that he was named with initials only, and this was fairly common in the community of his birth.

In 1974, the *ANHS* published and sold his book *Program for Dynamic Health* at \$1.00 retail.

Though he frankly disclosed his past business problems, the *ANHS* enthusiastically permitted him to incur the printing and mailing costs of a relatively huge mailing of the Society's literature to the masses. The people were not about to change their life style for the better at that time, and the Society's liability incurred for the mass printing and mailing campaign exceeded its assets. The *ANHS* did not kindly treat T.C. Fry for many years after that.

Time and again, for years up to that mass mailing, Dr. Shelton cautioned readers of *The Hygienic Review* that anyone who wants to make money ought not try using Natural Hygiene as a business.

The debts of *ANHS* incurred by T.C. Fry were settled for less than the bills. (The *ANHS* has grown since then, and the salary of its Florida-based executive director is now about \$60,000 a year.)

I have read Dr. Bernarr Zovlucky's report of recent conversations he had with T.C. Fry and am of the opinion that stress and the use of ozone, a poison, were substantial factors leading to T.C.'s death. (Fortunately, the ozone "layer" is far up in the sky!) Even operators of photocopy machines emitting ozone are warned that the place of operation must be well-ventilated. T.C. Fry had access to knowledgeable persons, health and medical literature, and was himself well-informed.

Mel Kimmel

Moving from business to politics seemed to come naturally to T.C. Indeed, after he sold Life Science Institute to Feeling Fit for Life, he published and/or wrote copy for various "patriot" publications. I still recall the amazement I felt when I read some of the very far-out things he had to say about black UN helicopters that would one day invade our cities and imprison us all. Bizarre, to say the least. Others shared my opinion of the T.C. we heard from during this period of his life.

Dear Chet: I had subscribed to the last magazine T.C. Fry was publishing out of Pennsylvania, *The Wellness Messenger*, and when the issues stopped coming even though my subscription had not expired, I figured it was just one of those things that sometimes happened with T.C.'s publications, and that I'd be hearing from him again eventually. I always sorely missed receiving his writings and magazines in their various incarnations whenever he wasn't doing them. Now to think that there will never be any more, makes me very sad. As far as I'm concerned, there's no one else who can even come close to "telling it like it is" the way T.C. did. What a loss!

I live in Oklahoma City. In the late 80's when he was starting work on his book *The Great AIDS Hoax*, I used to send him copies of articles from *SPIN* magazine that questioned the HIV dogma, some parts of which he used in his book. I wrote him several letters, expressing my opinion about the *Natural Hygiene Society* and the medical influence that's been permeating it of late. He gave me a phone call, said he liked my writing, and thought I had a good grasp of Hygienic principles. He invited me to Austin to discuss coming to work for him.

Just talking with him on the phone was a huge thrill for me, since I'd been admiring him and learning from him for so long. I worked in a health food store in Tulsa in the 70's, and a regular customer I was friends with, a lady named Ruby Dunn, used to bring in copies of *The Healthway Advisor* for me to read. That was my introduction to Natural Hygiene, and it hit me like a ton of bricks! It all made perfect sense, and suddenly everything was so clear, so easy to understand.

I went to Austin at T.C.'s request and had a wonderful time visiting with him and the other fine people there, but nothing came of the job possibility, so I returned to Oklahoma.

Several years ago I phoned his place in Austin to see if I could ask some questions pertaining to Natural Hygiene, and happened to call at the exact moment he was being arrested. One of the men taking him away answered the phone. I asked if T.C. was available, and he said "He's out front in handcuffs, on his way to jail, who is this?" At first I thought the guy was just someone trying to be funny, but suddenly realized he was serious, and I hung up the phone! That was a real shocker, and I didn't know what to do! I considered calling Victoria Bidwell or Dr. Vetrano to relate the incident, but figured they would not be able to do anything about it, so I just sat here, wondering what in the world was going on, and what I could or should do about it. Shortly thereafter I read about the incident in one of Victoria's newsletters, then later on T.C. sent out letters about it, but I never did mention that phone call to anyone.

T.C. and I corresponded several times over the years, and I treasured each letter. There was always something to learn from them, and I was—and always will be—amazed at the way his mind worked. I always wondered how he could know so much, and how he was able to see so clearly into the heart of matters, and know what was really going on!

The last time we spoke on the phone was two years ago, just after the bombing of the federal building here in Oklahoma City. He called to ask if I had heard the blast (I had, as my house is only five or six miles from the bomb site). Then he wanted to know if I had heard more than one explosion, and I told him I only heard one single blast that shook the windows in my house.

As much as I admired T.C. (I practically worshiped the guy), I was sometimes surprised and almost shocked at the way he was coming on so strong in his latest set of booklets, about "the powerful super-rich international cabal" and their plans to establish a one-world-dictatorship called the New World Order. It's not that I don't believe such could be possible, given everything that's going on in the world these days, I just felt that he might be coming on a little too strong, to the point of seeming overly paranoid, and maybe alienating a lot of people who might not be ready for this kind of talk in a "health brochure." Do you know what I mean? This was one area where I didn't feel I could agree with T.C. as much as I always had before. It doesn't really make sense to me that the New World Order would want to imprison and enslave all of us, when "The Establishment" already has us pretty much where they want us right now! They're getting all our money in taxes, everybody is addicted to the poisonous Standard American Diet, everybody has bought into the "Modern Scientific Medicine" scam and is hypnotized into believing that without all their drugs and treatments they will die... etc., etc. So why would the New World Order want to go to all the trouble of turning us into zombies and putting us in prison camps? It seems to me we wouldn't be nearly as useful that way, and would become a huge burden to them. Besides, America is not some little village that can be invaded and taken over all at once—this is an immense country, and the logistics of accomplishing (and maintaining!) such a takeover seem beyond the realm of possibility. But it frightened me somewhat to hear T.C. saying all this, since everything else he said always seemed to be so right on.

I didn't mean to digress, and hope you'll understand that I'm just kind of rambling, as all kinds of thoughts and memories of T.C. come to mind. He was one of my favorite people in the world, Chet, and I feel a deep sense of loss.

Ronn Gladwin

What did T.C. really believe about politics? I don't know for sure, but the following excerpt from one of T.C.'s letters, dated December 30, 1993, reveals either much or nothing. You decide.

I should tell you that the world is not really controlled by Rothschild or the Zionists. They're willing scapegoats for the super rich of Britain, USA, Holland, France, Italy, etc. who are the real powers. Don't let appearances fool you. The world's covert rulers prefer to keep it that way. Rockefeller and Rothschild are merely their showmen. The Lords and Queen of England have wealth and power you wouldn't believe. Rothschild is merely one of their super wealthy tools!

I do not believe anything! If it requires belief or faith, count me out. Our knowledge is extensive enough to get along nicely! There are no

mysteries! There is only human ignorance.

Enough with the politics. Now for a broader-based set of comments and analyses.

Dear Chet: We won't get to hear T.C.'s answers to his requested "tough questions." (Perhaps he got wind of their toughness and decided it was time to exit!) Enclosed is copy on T.C. that will run in the next issue of Helen Jean Story's *Hygienic Community Network News*. T.C. Fry was a colorful character.

T.C. Fry is dead. How unexpected. What a shocker! But that was Terry Fry's way. He did very few things in the ordinary, expected way most people go about their lives. He did things boldly with color and with flair!

Few people stirred up as much interest and controversy in the world of Natural Hygiene as did T.C. He probably turned more people on to Natural Hygiene as a way of life in the shortest period of time than anyone ever has.

T.C. was a great chess player (beyond ordinary greatness). Also, he was a great Scrabble player. His command of the language was second to none! He was a fantastic promoter and a prolific writer—one of the greatest mail order direct sales specialists of all times. (Before his days in NH he founded Musical Heritage, the largest, most respected mail order classical CD/cassette tape recording house in existence.)

When did he die? On Friday, September 6, 1996, in Wellsboro, PA. He had been under considerable stress and not in good health for some time. But, he pushed on as he was prone to do. He began having serious difficulty breathing and finally checked himself into a local hospital to get oxygen. Other than that, he received no treatments and none were forced upon him. The autopsy indicated that a blood clot that had formed in a blood vessel of his leg had broken loose and eventually moved to his heart, causing full cardiac arrest.

Bon voyage, friend T.C. Fry. You made lots of people's lives exciting while you were here. You'll be missed now that you've entered the world of Spirit. More than likely, you'll make life there more exciting too!

Arthur Andrews

Many folks suggested that I contact Dr. Ralph Cinque to get his read on what happened to Mr. Fry. Before I called him, however, the following letter arrived. At this point, let's start to look more carefully at Mr. Fry's dietary habits and fruitarian theory.

Dear Chet: I first met T.C. Fry in 1978 in Yorktown where he had invited me to come to open a Hygienic institution. At that time, he seemed to be in excellent health. I noticed right away that he had a grip like a gorilla, he was absolutely powerful. The only thing I noticed on the negative side at that time was that he got winded easily when we went jogging. But, he was, after all, twenty-five years my senior, so I didn't think much of it.

Somewhere around 1982, T.C. was shot in the back of the head by a woman with a .22 caliber revolver. The bullet was flattened in his skull and never really entered his brain. It took the surgeons over seven hours to scrape all of the fragments out of his head. He mostly recovered from that, although he was subject to fainting spells

for a few months afterwards. He also had scattered holes in his field of vision.

A few years later, after T.C. had moved to Austin, he was visiting me in Yorktown and I noticed that he had swollen ankles. I asked him about it but he didn't want to discuss it. Keep in mind that ankle swelling is usually related to weakness either in the heart or the kidneys.

It's important to note that T.C. had tremendous difficulties with his teeth. For years, he lived with multiple dental abscesses. For some reason, he refused to have them treated. A Hygienic dentist friend here in Austin, who knew T.C. well, believes strongly that his untreated dental abscesses contributed mightily to his health decline by seeding infection throughout his body and undermining his immune system.

I never saw T.C. again after he left Texas in the early 1990s. My main contact with him after that was by phone. In the last year, I noticed on the phone that he sometimes slurred his speech. I mentioned it to him once and he said that he had gotten into some bad fruit when in Central America and that it had made him sick. It sounded like he was in denial about something. T.C. never complained to me about his health, but others told me that he was declining, that he had lost inordinate weight, that he was weak and short of breath, and that he looked pallid.

Officially, T.C. died of a pulmonary embolism that started as a blood clot in his leg. But the question is, why did he develop a blood clot in the first place? That is not something that happens for no reason. The most likely thing, in my opinion, is that he had congestive heart failure. But if that's true, why did his heart fail? It is hard for me to believe that T. C. had atherosclerosis of the blood vessels, considering how strict his diet was. But, he could have had cardiomyopathy, which is a degeneration of the heart muscle and is less related to diet than atherosclerosis. Another possibility that can't be ruled out is malignancy, especially since T.C. had lost a lot of weight in his last months (after having tended toward heaviness his whole life). It is well known that people with cancer have a greater tendency to develop blood clots. I know for a fact that T.C. had gone to Central America to obtain ozone treatments just weeks before he died, but I don't know what prompted him to do that.

People have often asked me whether T.C. Fry followed his own dietary advice. The answer is that he wasn't perfect about it, but he was no hypocrite. He mostly practiced what he preached. I'm sure there were many days in which he did eat nothing but fruit—which he dearly loved. But, he certainly did eat vegetables and sometimes he did eat cooked foods. But frankly, he ate a smaller proportion of cooked food than I eat, and I know that for stretches at a time, he did adhere strictly to the Hygienic ideal. I should also point out that he had a tremendous amount of stress in his life, but I would have to say that he handled it rather well. He had a youthful disposition his whole life.

T. C.'s body was cremated, and unless a complete autopsy was done, we may never know the ultimate reason why he died.

Dr. Ralph Cinque

T.C. influenced people in remarkable ways, gaining their friendship in such a manner that few ever seemed to want to directly confront him or his ideas.

It may be too late to respond to your call for T.C. Fry questions, but I'll toss in a thought or two. However, I'd prefer if you ask him anything from me anonymously since I know him personally and would rather not antagonize him. However, as the interviewer, you have a right to be tough. I think you should grill him thoroughly about the "too much fruit" or "too much sweet fruit" angle. He's giving out advice that is damaging people, for example, our mutual friend Mike [*pseudonym*]. Mike told me over the phone that we was eating all or mostly all fruit in the beginnings of his NH life due to T.C.'s writings. When his gums became inflamed and his teeth got loose in their sockets, he got worried and called up T.C. for advice. Fry told him it was just a detox reaction and to keep doing what he was doing. Well, Mike foolishly took this foolish advice and lost every single last one of his natural teeth! He now wears a full set of dentures and feels very betrayed by Fry.

Later, Mike switched to the "ideal" NH diet of one fruit meal for lunch and one big salad for dinner. He lived this way for ten years without any problems, but after ten years, he became hypoglycemic (and was diagnosed as such by NH doctors). He now refuses to eat any fruit-only meals, and sticks with fruits that are low on the glycemic index scale (like grapefruit and plums, for example). So go ahead and ask T.C. some tough questions along these lines (like about today's fruit being too sweet, and so forth), but please keep my name out of it. Thanks.

Mike also feels that distilled water is harmful (as a runner, he drinks a lot of water). He says his fingernails get ridged and brittle on distilled but not on spring.

Anonymous

A few weeks later, I received the following letter from the author of the above words.

I had written a letter to T.C. Fry, which was returned to me from a co-worker (not signed) stating that Fry had died of a "pulmonary embolism" (blood clot in lung artery) on Sept. 6. Other than what you report in the October *H&B*, this is all I know. Do you have any new info since then? I can't believe the old coot was cheating as massively on his diet as it now appears! What a hypocrite! I was certainly shocked to hear the news, both that he was dead and that he had been eating ice cream on a perhaps regular basis. Wow!

Oh Lord, ice cream! Hey, pass me a bowl, will ya? Oops, *H&B* readers are watching. Nevermind! Forget I said that. Anyway, read the next shocker.

Hi Chet! Just got a message from Helene Idells. She said you wanted info on Terry Fry. I knew Terry for some twelve to thirteen years, but never very well, although some of my friends did.

I liked what he did for Natural Hygiene. As a self-made and educated fellow, I had to admire him, but I could never agree with his sense of business ethics, or what I considered lack, thereof.

I first met him in the early eighties, when he was helping two good friends of mine write their

manuscript for a great Natural Hygiene hard cover book. Shortly after Harvey and Marilyn Diamond introduced me to him, I ran into him at a Natural Hygiene Convention in Santa Barbara... where I was shocked to see him filling up his plate at the buffet with macaroni and cheese and other cooked items.

Last time I saw him was back in 1993, when he stopped by my place to visit while he was in San Diego.

Eric Lambert

How about a quick break from reading about T.C.'s dietary lapses? Below we see an example of close-mindedness, of what some would call Mr. Fry's know-it-all attitude and hubris.

Hey, Chet, no time for a full response but re T.C. Fry tidbits. I sent him a letter in 1989 asking what he thought about Instincto, what NH's position was, etc. It seemed like brand spanking new info at that time, and I was curious if Hygienists were on to it. He replied to the effect that, "what can you expect from the French—they'll eat anything, even snails." I was blown away. Didn't seem like a very reasoned response. I pretty much ignored him after that. I mean I have no love affair with French culture, believe me, but that was a bit much of an attitude, even for me.

Kirt Nieft

While we're speaking of chomping down on No-No foods:

Regarding information concerning the death of Mr. Fry, I think you might find it useful to speak with Jo Willard. Ms. Willard has a weekly radio broadcast and has co-lectured with T.C. A friend of mine telephoned her to inquire as to whether she had any knowledge about Mr. Fry's death and her response was that he did not follow the dietary he claimed to and which he so staunchly advocated and that during their lectures together he would in private consume canned food. She made some other comments that lacked clarification. You must understand that this is second-hand information and it would serve you better if you were to speak to Ms. Willard directly.

Reneé Brenner

Unfortunately, Ms. Willard and her chiro-practic-Hygienic expert made it very clear to me when I first started H&B that they did not deem me qualified to write or edit a health publication. Consequently, I haven't contacted her since.

I did learn from another source, however, that T.C. used to enter closets and empty rooms at his fasting retreat in Missouri and that people would then hear suspicious-sounding cellophane noises from behind those closed doors. Perhaps he also had a secret taste for freeze-dried escargot from France, eh? Oops, excuse the sarcasm!

I have no other confirmation on whether or not T.C. ate ice cream and macaroni and cheese and other cooked items on a regular basis. I do know that I enjoy an occasional soft serve at the Dairy Queen, and Lord knows I can still whup the better part of a double-cheese pizza once in a while.

And if T.C. did the same thing, then I only hope he enjoyed his indulgences as much as I enjoy mine. I just wish he had admitted his dietary foibles to his readers instead of holding himself up as the virtu-

ous and disciplined superman who never stepped off his fruitarian path.

Hey, I don't begrudge anybody a dish of ice cream, a slice of pizza, a side of beef, a filet of flounder, or a plate of macaroni and cheese, if that's what they want. As long as they consciously know what they're doing, it's their decision. I don't judge others by what they eat, but hypocrisy I find annoying.

Let's move now and try to put at least some of the diet matters into perspective. First we hear from my friend and mentor, Dr. Stanley S. Bass, who writes specifically of Ward Nicholson's article in the October issue of *H&B*. But I'm publishing his letter in this issue because I so strongly believe that all those who practiced or would practice T.C.'s flawed fruitarian dietary need to hear Dr. Bass's conclusions.

Dear Chet: Dr. Christopher Gian-Cursio, one of the foremost Hygienic doctors for 50 years, was of the opinion that man was most closely related to the gorilla of all the apes. Diane Fossey, who lived among mountain gorillas for many years, wrote in her book that gorillas ate only 3% of fruit, which consisted mostly of sour berries. The rest of their diet was mostly vegetation, such as leaves, barks, and piths of plants, etc.

My personal experience and that of patients, embracing almost 40 years is that the use of a limited amount of fruit is much more desirable than unlimited amounts. Dr. Cursio concluded that the total of fruit should not exceed 1 1/2 lbs for the day of melons and 1 1/4 lbs of other fruits, and this to be divided into two meals, the first having 12 oz (breakfast) and the second having 8 oz (lunch). He did not advise total abstinence from fruit, but rather a small amount, sufficient to keep the body from using protein as a carbohydrate of which a small amount was needed for brain energy, etc. Also, a little fruit made one feel better and livelier. Cornaro, who lived to 102, used a total of 14 oz of grape juice divided into two meals a day.

I recently spent four months testing the Atkins Diet, the Dr. Eades diet, and the diet in the book *Enter the Zone*. For awhile (two weeks), I had almost no carbohydrate except what was present in tomato, cucumber, celery, pepper, and Romaine lettuce, with no fruit whatsoever, and my diet consisted of protein and fat almost exclusively. Although I felt all right, I did not feel any zest or stimulation, but somewhat dull energy-wise. Then I added 8 oz of fruit a day (one time) and felt not much different. I then increased the fruit gradually and felt better at around 16 oz total, wherein I had a sense of well-being and sustained energy. However, one can get his carbohydrates from starches without the need for fruit, but just a little fruit added, even four to eight oz gives a feeling of quick energy and makes you feel better.

After the four month recent test, I went to unlimited fruit, eating as much as one cantaloupe followed by one honeydew and almost immediately felt a drop in energy and the need for several more hours of sleep to feel good. Before, during that four months, I was able to get along on much less sleep and felt steady in sustained feeling, but not very stimulated as a rule. I stayed on this program for about five weeks and then

brought my fruit down to 20 oz total, either all at once or divided into two meals. On this amount of fruit, I immediately felt better in one day and sustained this feeling consistently. I needed less sleep and my spirits remained at the highest point of all these tests and consistently so.

I am therefore in agreement with Dr. Cursio that man is more closely related to the gorilla who eats little fruit than to the chimpanzee or other apes. Also, Dr. Cursio used to state that too much fruit led to nervousness and restlessness in behavior, causing predominantly fruit-eating monkeys to be in perpetual activity and highly sensitive as compared to the tranquil almost meditative temperament of the gorilla, a predominantly vegetable eating animal. My experience personally and observation of patients during my almost forty years of practice bears this out.

The concept advanced by Drs. Atkins, Eades, and *The Zone* is that excess carbohydrate, more than a limited number of calories stimulates the pancreas into excessive activity, changing the entire endocrine and hormonal balance, producing undesirable ecosonoids, interfering with the cell function and leading to many diseases as well as production of undesirable high density lipoproteins, heart disease, etc. Their opinion is that a high carbohydrate diet as presently advocated by health organizations leads to disease, as opposed to a diet higher in vegetables, protein, and fat being more desirable (resembling the pre-agricultural hunter-gather diet). I am inclined to agree with this concept after much consideration and thought.

Just recently, I heard from a patient who told me that about thirty years ago I had put her on a diet of no fruit at all—only two meals a day of salads, a little brewer's yeast and nuts alone (two oz of nuts at each meal). She stayed on it for two years, was filled with lots of energy, felt like running and jumping. Her skin became pink, she needed very little sleep, and won several bowling tournaments. Her husband told me she arose at five a.m. every morning, was filled with boundless energy, and loved the diet. Then, friends of hers, an Israeli couple, were inspired to go on the same diet, which they followed for one year. They felt so great that they thought this woman who inspired them was a spiritual healer, a Mother Theresa. At the beginning of the third year, this woman added some fruit to the diet. I asked her if she felt differently from this addition, and she said—no difference that she could remember. This strongly indicates the superiority of a predominant vegetable diet as opposed to a fruit diet—again, the diet of gorillas.

Chet, in reading this wonderful issue of your *H&B* containing this article by Ward Nicholson tracing the past dietary history of man, I'd like to point out that the use of some animal foods (which contain a complete protein, essential fatty acids, the B12 factor and vitamin D) are necessary for good health. This was completely borne out in the excellent book by Weston Price, DDS, in his *Nutrition and Physical Degeneration*. He had spent thirty years traveling to isolated areas in all parts of the world studying primitive races, uncontaminated by the refined foods of modern man, who had followed their diets for thousands

of years in excellent, superb health. He came across a few vegetarian races, who were not as healthy as the ones which included some animal food in their diets. Dr. Price's thirty years of research strongly confirm all that Ward Nicholson has written in the October issue. My four years of testing all nutritional theories on mice as well as the research I've done in the Academy of Medicine all confirm the necessity of complete proteins, fats, etc. as found in certain animal foods, being present in the diet for ideal health.

I am confident that some day this wonderful information that you and Ward are making available to the Natural Hygiene movement will lead to revisions in their teachings which will be of incalculable benefit to all seekers of superb health.

Yours for truth,
Stanley S. Bass

Ron Weston, the author of three popular issues of *H&B*, also sheds some important light regarding T.C.'s dietary contribution to Natural Hygiene.

Dear Chet: Very recently, you invited readers to send in anecdotes relating to T.C. Fry. I was somewhat shocked to be made aware of his recent demise, although I shouldn't have been too surprised. The following is my contribution.

My first actual contact with T.C. Fry came about at a Natural Hygiene conference a number of years ago, where I was one of the speakers. During mealtimes, at that convention, I took note of the great quantities of sweet fruits which T.C. Fry was consuming. It was only a few days later, at the same convention, that he developed a large and painful abscess in his mouth. This complication is often the result from a sustained sugar overload.

A few months ago, T.C. Fry wrote me a series of letters taking me to task because of my views on excessive fruit eating and sugar metabolism. He attempted to draw me into a debate on this subject by tempting me with unflattering remarks. However, I wasn't interested in engaging him in an argument. I simply ignored his challenge. Long ago, I learned that problems involving the teeth or the dental arch often preceded problems involving the heart. Putting it another way, the degenerative diseases besetting humankind, of which dental troubles are often the first in a series of progressive maladies which end with heart, artery, and/or cancer problems, all have the same general causes. Sugar, above and beyond the organism's ability to cope with it, is one of the main contenders. Some of us can handle sugar better than others, but most run into trouble rather quickly, and if we can correctly interpret the symptoms, we make the necessary modifications in our diets; thus soon experiencing a disappearance of their symptoms.

T.C. Fry was very knowledgeable in many facts of Natural Hygiene, and will be missed for his contributions.

It was only a short while back that he was planning to set up a Hygienic type organized unit in Honduras, and was hoping to interest me into becoming a part of the project. He had no end of grand ideas.

I feel, at this point, that Robert Jastrow, the astrophysicist's definition of intelligence, would be worth repeating. He stated that, from his way of

looking at it, "Intelligence is defined as the ability to modify one's thinking in order to ensure survival." We can all learn something from T.C. Fry's unfortunate death. Our bodies do not suffer from health problems because of bad luck. We need to search out the cause or causes, and have the strength of character to make the necessary changes, and then await the positive results. No matter what condition you are in at this moment, as long as you are presently breathing, you can improve. How much can you improve? That depends on many factors; but everyone can become better than they are at this point in their lives, if they use their intelligence and make the necessary moves.

Again, T.C. Fry's sudden departure can remind those of us with the will and desire to take control of our personal well-being, that the body always provides us with signals long before the eventual catastrophe, IF we can read them. Our bodies' warning systems are very dependable, thus so long as we are in tune with our bodies and interpret the danger signs correctly, we can almost always avoid a major problem.

Ron Weston

Finally, we hear from Robert Sniadach, Dr. Esser's protege and former director of *Shangri-La* and the *Fit for Life* retreat centers.

Hello Chet! Thanks for the update. Actually I hadn't heard about T.C. until you told me. I was very surprised! Even though I had only personally talked at length to T.C. five or six times, I felt very sad at his passing. We have one less courageous voice in our midst. Then again, his spirit is probably behind you right now, whispering in your ear to crank up that word processor and belt it out!

Needless to say, I have great admiration for people like T.C.; if a hero is one who boldly challenges their fears and takes on personal and public demons, regardless of the consequences, then I consider T.C. a hero. Sure he screwed up numerous times. But I now see clearly that those who grit their teeth and GO FOR IT are the pioneers who make things happen in this world and ultimately make a real difference in their lives. And everyone else's life, too. Like Tom Cruise said in the movie *Top Gun*, "Sometimes you've just got to say What the f***!" and do it.

Some will label T.C. an irresponsible nut; one who led innocent "victims" toward dangerous actions regarding their personal health. Bull. These armchair critics comprise the truly deadly parasitic infection in our society—terminal whinitis. Life is tough. Life is unfair. We are not all equal. And so it is. Amen. Liberty means never having to say "victim." Even if it is true.

T.C. did what he could to further the struggle toward truth, and he shared his experiences along the way. It is up to each one of us to take it or leave it.

Those of us in the "professional" ranks are brainwashed and frequently reminded that we are at all times to be "responsible." Be VERY CAREFUL what you say... some innocent victim will take your opinion wrongly and suffer or even die and you will be responsible. Lawyers will descend upon you like army ants to eat out your substance. Your colleagues will ostracize you.

Your career will be over. Your life will be over. It is this spineless, Milquetoast, fear-based attitude that results in official pronouncements such as "smoking tobacco MAY cause illness, drinking alcohol MAY cause illness, eating artificial food MAY cause problems." Right. And drinking a glassful of cyanide MAY cause stomach discomfort. Everyone's afraid to call a spade a spade. T.C. wasn't afraid. I admire that. And I'll miss him.

Robert Sniadach

...

And so we come to the end of what I've managed to gather in four short weeks about T.C. Fry. I wish I had done a better job of putting this puzzle together.

I wish I had a rousing conclusion, words that would clearly ring the bell of truth and serve as a fitting eulogy for a man who contributed so much to Natural Hygiene and the alternative health movement.

But I don't have a stirring conclusion in me.

Instead I fall on a trite sword.

Like you and like me, T.C. Fry had strengths and he had weaknesses.

He wasn't a giant; he wasn't a monster.

He was a flawed man who gave generously of himself to many while simultaneously taking selfishly from others.

Ultimately, for me at least, he walked on feet of clay.

By experiencing edema, shortness of breath, dental abscesses, ozone treatments, diagnoses, and di-

etary indulgences while continuing to affirm the TRUTH of his experience and theories to his loyal readers who took his words as gospel, T.C. Fry muddied the clean Main Street of Hygiene that for so many years he claimed as his own.

Some of us will miss your voice, Mr. Fry.

Some of us won't.

I doubt that any of us will soon forget you.

...

I want to thank all of you who wrote or called and helped me with this memorial issue for T.C. Fry. I obviously didn't have enough room to publish everything everyone wrote or called and told me about, and I apologize to those of you whose letters I didn't use. I did, however, try my best to incorporate all the relevant information or opinions of everyone. Forgive me for omissions that crept in, and I will, of course, print any corrections of fact or interpretation in upcoming issues.

...

Next month we'll have Part II of Ward Nicholson's fascinating interview. Reactions to Part I have been, well, vigorous, just as I had hoped.

Unlike those who shout that they have the truth in whole, I say we can only glimpse pieces of it. How can any of us have the hubris to think we fully understand the intricate wonder of at least 75 trillion cells of each human body working in harmony one second after another for an entire life time?

...

Until December, I wish you the best of luck in your search for health and beyond!

Health & Beyond

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Contact the publisher via email at
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If you're not doing certain other things I discovered since writing this issue, you're not going to attain your optimal level of health. For details send an email to new@chetday.com

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