

Extract from

Living Foods for Radiant Health

by Naturopath Elaine Bruce.. Teacher, Practitioner and Consultant

in the Living Foods Programme for over 30 years

The legacy of Dr. Ann Wigmore

Dr Ann came to the States in the 1920s as a teenager from Lithuania. An ailing child, she was brought up by her grandmother in a rural, even poor community where plants, weeds and herbs were used both for nutrition and healing. She came to a country where candy and ice-cream were available. In no time she experienced her first tooth decay. As an adult she suffered a dreadful motor accident and when her injuries turned to gangrene was advised to have both legs amputated. She refused this and was sent home. It was while simply sitting in the sun, in the back yard of the family home that her early training came to her aid. She

sought out weeds and wild herbs to eat and use as poultices. The gangrene ceased its advance.

As winter approached she realised that she would need a continuous supply. She had the idea of growing grasses in trays of earth indoors. This was the first “indoor garden”, now to be found in the homes of thousands of people around the world. The gangrene receded. When she was well she modified a manual meat-grinder to squeeze the juice from the wheat grass. It was in the early 1950s that she began to take the fresh wheatgrass juice to sick and bedridden neighbours. They began to recover and she shared her discoveries with a wider circle. In the 1960s residential courses were established, which was the start of what is now the Ann Wigmore Foundation.

Her doctors were surprised to see that the bones had knitted firmly and later, to prove that she had a perfectly sound pair of legs, Dr Ann ran successfully in the Boston marathon. The story of her life, her work with wheatgrass juice particularly, and with enzyme-rich living foods, are now very well known to people all over the world who use Living Foods in their own lives. This book is dedicated to the memory of Ann Wigmore and to the future of all those who use it in part or as a whole, to improve their own health.

About the author

I had been hospitalised as an infant with severe infantile eczema, which was only partly suppressed by the medicines of the time.

(late 1930s) I am eternally thankful to have been born too young to be treated with steroids. My despairing parents eventually took their unhappy two year old, covered in large red, sore and itching patches to a local herbalist. He promised removal of all the bandages within three weeks, if they followed instructions exactly. They were to feed me on nothing but freshly pressed carrot juice and peeled grapes. Pesticides and fungicides were then not the problem they are now. My father had to grate the carrots and then squeeze them in a tiny citrus squeezer. The bandages were off in two weeks, leaving only small areas of eczema in the folds of arms and legs. My parents were so delighted with this that they agreed to bring me up on a diet of vegetables nuts and fruit. In fact the following year 1940, the whole family registered for their wartime ration books as vegetarians, and spent five years living on this healthy food, much of it grown in the back garden. It seems this early experience established my preference for raw foods. After the war when the family reverted to meat eating and insisted I joined

them, I heartily disliked it, and always chose the vegetables and salads in preference.

My parents did not realise that the onset of severe hay fever occurred after they gave me my first eggs and dairy products, although I still remember giving them back my first slice of sponge cake promptly and unexpectedly on the carpet. The mix of cooked egg, flour, butter and sugar, was instantly rejected by a clean system which recognized these as harmful.

I am very grateful for this early experience, which laid the foundation for my health. Also for the lessons learned from the years of less healthy eating which followed until my late thirties, accompanied by increasingly severe hay fever, chronic sinusitis, and prolonged bouts of bronchitis. When I began to experiment with an increasingly raw diet containing no flesh, and little dairy, all these conditions vanished. At the same time I discovered some of the classic writers in the field of Natural Health, and made sense of my own experiences. Having been sick, cured by natural diet, then made sick again by a “normal, healthy diet”, my reading and studies were increasingly in this field, but I did not take the final step until my visit to Boston, Massachusetts in 1979.

I was given a copy of Ann Wigmore’s book “Be your Own Doctor” by an American friend in 1977 and began to add large and varied

salads to the family table and to begin juicing with the limited equipment then available. I had not yet found supplies of seeds for sprouting, or tried to grow wheatgrass. I knew that I had to get to the States to meet Dr. Ann but saw no possible way to leave a job and a family for the trip, so continued my studies at home, reading what I could find, and taking courses in some of the then new alternative therapies as they became available, such as reflexology, and iridology. Within a year my job had led to the offer of a travelling scholarship in the States, so I filled the freezer with home cooking, and departed for my study trip, planned to take me near Boston with a couple of weeks to spare.

Within a few of days of arriving at the Mansion in Boston, I knew I had found the ultimate way of living and eating for maximum nutrition and energy, and the simplest, most powerful way to recover lost health and strength. While in the States I sent home quantities of supplies and books not then available in the UK and brought back my trusty Champion juicer, which had to be run on a transformer, and of course, a hand-operated wheatgrass juicer. I left my job and embarked on the full time study of Naturopathy, Homoeopathy and Traditional Chinese Medicine.

This experience and the years of study which followed, gave me some very high standards to follow. The great healer teachers accepted nothing less than one hundred percent , lasting cure. They achieved this for people who were not expected to live. They inspired their patients to believe in their own ability to heal, and taught them how to work with their own bodies to get well.

Increased Health Challenges, world wide

Some years later, leaving my own indoor garden in the care of a friend, I went to spend some time working at the Ann Wigmore Foundation in Puerto Rico. Some things had changed. Dr Ann was as vibrantly energetic as ever, flying every few weeks between Boston and Puerto Rico, running two establishments and keeping all her staff on their toes. The staff were as meticulous as always in producing and serving the greens and sprouts, teaching classes and giving support and care to the guests. The difference, in just a decade, was in the plight of some of the guests. In the 70s and 80s, the major health problems of the visitors to the Mansion had been heart disease, arthritis and cancer.

By 1990 many of the guests were coping with chronic fatigue and with Aids.

It is sobering to look back and see how quickly health has deteriorated in many countries. In the rich countries we have developed many new treatments in medicine and surgery, but the last decade of life for increasing numbers of people is a story of serious incapacity. What has happened to the collective immune system? if it can be expressed in this way. These increasingly deep seated problems, bringing a much diminished quality or indeed a shortening of life, need explaining.

The Naturopathic view

The Naturopathic view places a large part of the responsibility on increasingly powerful drug treatments which suppress symptoms so effectively that the immune system is overwhelmed. When vaccines and drug treatments such as antibiotics, steroids, and beta blockers are given repeatedly, the disease process is driven deeper, into more vital parts of the body. There is a fuller explanation of this process in Section 3 “Getting well and Staying Well”

In the last twenty years, especially in the last few years at the UK Centre, I have seen people increasingly toxic, from long term eating habits as well as chemical pollution from environmental sources, food, medication and dentistry. It seems that chronic health

problems are now affecting people at much younger ages, even children, and there is less resilience for natural recovery.

More than ever, we need to re-establish the principles and practice of Natural Law and a truly wholistic approach to each individual case. These methods though ages-old, have been neglected in the West until very recently except by a tiny minority of alternative practitioners and their patients. This knowledge is now needed by the many.

Today I am convinced that the most important thing we can do for our health is to cleanse and re-nourish the body. I have spent the last 30 years in study, practice and teaching, and remain deeply convinced. My present work with guests at the UK Centre constantly reflects the changes in nutrition, food quality and health care. Throughout the years many bright ideas and short lived therapies have come and gone. The valuable ones which stand the test of time have always been those which are based in natural laws.

Add the other sensible dimensions of a balanced life: exercise, rest relaxation and appropriate mental and emotional attitudes, for a truly wholistic approach to long term health.

This book is a practical manual for you to make your own way towards radiant health and lasting energy. It is also a reminder of

how to regain a simple and balanced way of living as the foundation of a long, healthy and disease free life.

Whatever other treatments you have chosen, a cleaner, well-nourished system will respond better.

There is no need to wait for your health care practitioner to retrain in natural health and nutrition. When your practitioner is surprised by your rapid progress, you can educate him.

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