

# Fountain of Youth Discovered By Little Known Civilization Over 2300 Years Ago

By R. L. Bennett  
(Canton, Ohio) They still exist isolated from the world where they live to be 120 to 140 years old. They have no cancer, heart attacks or other major disorders to speak of. They are active and fit to the very end. Men father children at 100 years and older. Overweight people are unheard of for they have the perfect weight control system.

Why haven't you heard much about this mysterious civilization? First, few people know they exist. They are literally isolated from the rest of the world by a series of impassable mountain ranges in the Himalayas. This small nation is called Hunza. It is located in West Pakistan, 65 miles Northeast of Gilgit and 18 miles South of the border of the U.S.S.R. The country is accessible only by foot through mountain passes which narrow to 18 inches at some points. This civilization originated in 330 B.C. when an army division of Alexander The Great of Macedonia broke away, took Persian wives and purposely lost themselves in the vastness of the Himalayas. The soldiers were of Greek descent and the Hunza people are fair skinned caucasian. Their religion is Moslem and they are ruled democratically. They are very intelligent, are excellent engineers and have a very effective school system.

There were a few books about them early in the century but they still remained obscure because of their remoteness. Then in the 50's and 60's interest in them began to pick up. Some very prominent people got on the bandwagon. Television's Art Linkletter, in cooperation with NBC, sponsored a trip to Hunza by Dr. Allen R. Banik who in turn, along with another Hunza advocate, journalist Renee Taylor, wrote the book *"Hunzaland"*. Renee Taylor also wrote four other books on the Hunzas.

*National Geographic Magazine* sponsored a research trip by author Franc Shor and published a story on Hunza. Lowell Thomas, Jr. visited Hunza and featured the Hunza people in his motion picture documentary, *"Search for Paradise"*. Thomas then invited the Mir (ruler) of Hunza, Mohammed Jamal Khan, to visit the United States.

All of these famous visitors came back awestruck at the prolonged youth and the physical and mental health of the Hunzas. They started to preach the Hunza way of living to their fellow Americans. The Hunzas are considered to be the healthiest people on earth.

Research shows that it could be very possible to add up to 40 years of youth to the life of the average American by using the Hunza system. And it is possible to do this even if aging has already taken place.

Two experiments have shown that it is possible to de-age animals and people by putting them on Hunza health practices. Age here is defined as physical age with the following symptoms: excess weight; physical disorders; mental disorders; sagging, wrinkled skin; dull, thinning hair; bad teeth; failing eyesight; failing hearing; sagging, deteriorating muscles.

The Hunza health system is simple and would fit into the busy American life style with a minimum of disruption. It consists only of adding 6 key food substances to your diet, 68 minutes a week of routines and exercises, an observance of body cycles and the application of special fruit oils and minerals.

Here are some of the highlights of the Hunza's health practices:

- A food substance that increases the amount of calories your body will burn each day thereby allowing you to eat more without weight gain.
- A technique which unlocks the body's natural disease curing and reconstructive mechanism.
- A simple routine that allows you to lose weight the most rapid way possible. It consists of cycles where you fluctuate between doing something and not doing it.
- The secret of the perfect complexion of the Hunza women. A fruit oil



These Hunza women are over 50 years old. Hunza women have perfect health, figures and complexions. Hunza women of 80 look like American women of 40. Their complexion secret lies in an oil from a certain fruit. With this oil they are able to avoid wrinkles almost indefinitely. The oil is said to remove a deposit which the pores emit only on the facial area and it is this deposit which is responsible for wrinkles. The oil is also a natural skin preserver.



Hunza children are all obedient, well-mannered and respectful to their parents. There is no juvenile delinquency in Hunza. In fact, there are no police or jails. There hasn't been a crime reported in Hunza for 130 years!

which eliminates a wrinkle causing skin deposit. This oil is also a natural skin preserver.

- An exercise and a lotion which eliminates excessive falling hair and dandruff in men and brings on new hair growth. For women it brings on thick, luxuriant, fast growing hair.
- A mineral and two minute exercise which eliminates prostate problems in men right now and forever.
- An exercise that increases mental alertness and mental abilities.
- The quickest and most efficient physical fitness system which gives you strength, endurance and toned skin and muscles. It takes only 68 minutes a week. One exercise is four minutes each day and the other exercise is 40 minutes once a week.

The stories about the Hunzas defy belief. But, the notable people who visited Hunza in the 50's and 60's would not be the type to lie or even exaggerate. And, each distinguished visitor came back with the same identical findings. Their reports read like this:

*Hunza men are straight, tall, broad-shouldered, deep-chested, slim-waisted, heavy legged, and have full heads of hair. Hunza women are straight, tall, slim-waisted, developed bosoms, perfect complexions, and luxuriant hair. Both men and women have perfect teeth and eyesight — even at 100 years and older! They are neat, clean, intelligent and friendly. And you can't find an overweight person.*

*Hunza women at 80 look no older than American women of 40. Fatigue is virtually unknown. Hunza men over 90 years old repeatedly walk the mountain trail of 65 miles from the town of Gilgit with a full pack and immediately start to work in the fields again!*

Now, here's the clincher that makes this place sound like something out of Grimm's Fairy Tales. They have no disease, no psychological disorders, no divorce, no juvenile delinquency, no greed and no jealousy. And, there has not been a crime reported in Hunza for 130 years! These people don't know what you are talking about when you speak of cancer, heart disease, arthritis, prostate trouble, female trouble, overweight, baldness, acne, neurosis, nervous tension, rapes, muggings, robbery, murder, etc. How do they die? Everything goes very quickly and all at once — no long sickness and suffering. That's the natural way. They say in Hunza, "One day an oldster is there, the next day he's gone."

This all sounds too good to believe, but, the following eye opening experi-



These Hunza elders are men of nearly 100 years old. They have perfect health, teeth, eyesight, mental abilities, full heads of hair and many father children at this age. They can walk a 65 mile mountain trail with full pack and immediately start working in the fields again!



The simple but warm and friendly home of the Mir (ruler) of Hunza. The Mir has been getting many more interested visitors recently which include such celebrities as Chou En Lai of China and Queen Elizabeth of England.

ment might bring it into logical focus. It is an experiment by a brilliant English surgeon, Dr. Robert McCarrison, as reported by journalist Renee Taylor in her book *"Hunza Health Secrets"*.

"Dr. McCarrison was appointed Director of Nutrition Research in India under the Research Fund Association.

For his work and experiments he chose albino rats. Rats are largely used in nutritional laboratories because they love all human food. Their span of life is short, so their whole life history can be observed.

For the first phase of his experiment, Dr. McCarrison chose healthy rats, then placed them in good conditions, with fresh air, sunlight, comfort and cleanliness. He chose their diet from foods eaten regularly by the Hunzas.

In this experiment almost 1,200 rats were watched from birth to the twenty-seventh month, an age in the rat which corresponds to that of about fifty years in a man. At this stage the Hunza - diet - fed rats were killed and carefully examined. McCarrison's report was remarkable:

*"During the past two and a quarter years there has been no case of illness in this 'universe' of albino rats, no death from natural causes in the adult stock, and, but for a few accidental deaths, no infantile mortality. Both clinically and at postmortem, examination of this stock has been shown to be remarkably free from disease. It may be that some of them have cryptic disease of one kind or another, but if so, I have failed to find either clinical or microscopical evidence of it."*

His experiments did not, however, stop here. Next he took diseased rats and placed them, too, on the Hunza diet. They all became well. Then he took batches of rats and placed them in clean, comfortable surroundings and fed them the food of the people of India. The rats living on the various Indian diets, which consisted of rice, pulses, cooked vegetables and condiments were soon plagued with diseases and miseries of many kinds. Over two thousand rats fed on faulty Indian diets developed eye ailments, ulcers, boils, bad teeth, crooked spines, loss of hair, anemia, skin disorders, heart, kidney and glandular weaknesses and a multitude of gastrointestinal disorders.

In later experiments, McCarrison gave a set of rats the diet of England:

white bread, margarine, sweetened tea, boiled vegetables, tinned meats and inexpensive jams and jellies. On this diet, not only did the rats develop all kinds of disease conditions, but they became nervous wrecks: 'They were nervous and apt to bite their attendants; they lived unhappily together, and by the sixteenth day of the experiment they began to kill and eat the weaker ones amongst them.'

For the "doubting Thomases", there you have a controlled, scientific experiment by a more than qualified professional as the proof in the pudding. Many considered that experiment to be one of the most worthwhile in the history of science.

The American Health Institute has recently published the Hunza health system translated to the American culture. The process took a year and the translated system was tested for 3 years after an order to be sure the system was totally effective. The translated Hunza system was named the BioCalendar® Health System. The term BioCalendar® seems to best describe the Hunza system which relies on the natural biological system of the body and body cycles.

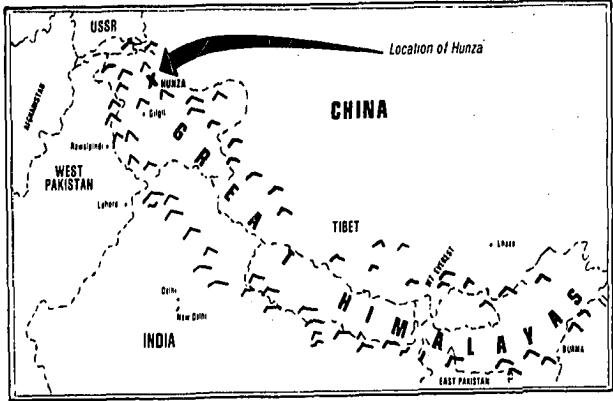
Test subjects Benjamin Sperry and his wife, Nancy, (who are also officers of the institute) filed this report after testing the BioCalendar® Health System, the American translation of the Hunza system:

*"We were very anxious to test the BioCalendar® Health System after researching the Hunzas. The thought of the possibility of adding 40 years of youth to your life is enticing to say the least. As a result of Dr. McCarrison's experiments we felt we could de-age even though aging had already taken place in both of us. We took physical and mental measurements of ourselves and then we used the BioCalendar® Health System for 6 months. The following are the before and after results:*

**BEFORE:** *I guess you could call us typical middle-aged Americans. I was over 30 pounds overweight with sagging muscles and sagging skin. My wife was the same but less overweight at 10 lbs. over. My heart beat was 87 per minute and my blood pressure was 145 over 87. Hers was 85 per minute and 133 over 83. We had several chronic ailments. We had depressions and nervous tension. My wife got splitting headaches constantly. We had low energy and alertness seemed to be waning. We had aches, pains, and usually felt bloated. I was short on strength and stamina. I had little sex drive. Our hair was dull and mine was thinning and our skin was usually pale.*

*You know, I hate to print our 'after' conditions. They look unbelievable. But, it's true. If anyone doesn't believe us we are right here in Canton, Ohio. We can parade dozens of witnesses and provide pictures to prove our 'before' condition. And, you can view our present condition with your own eyes.*

**AFTER:** *Our first set of results leave no room for subjective opinion on our part. My weight dropped 32 pounds, my wife's 12. My heart beat went to 62 per minute and blood pressure went to a perfect 120 over 82 which is, in the doctor's own words, 'that of a 20-year-old person'. Hers went to 60 per minute and 116 over 78 — again near perfect. On measured strength machines my strength gain was two times lowest to 5½ times highest, depending on muscles tested. On self-administered I.Q. tests our scores increased an average of 15 points over five separate tests. From photos we could see our muscles and skin were toned and firm. My wife's headaches have completely gone. On the depressions, anxieties and nervousness, no one is going to be totally free from this; but, our results astounded me in that these mental ailments all but disappeared. My sex drive improved radically. My hair thickened. In fact this system saved me from going bald. My excessive hair loss stopped; my dandruff*



The small nation of Hunza is located in West Pakistan, 65 miles Northeast of Gilgit, 18 miles South of the U.S.S.R. in the heart of the Himalayas. Surrounded by impassable mountain ranges, it is accessible only by foot. This tiny nation is 100 miles by 2 miles wide with a population of 25,000 and has gone unchanged in geography books until just very recently.

*completely disappeared. I could see new hair growth in the temple areas where it had been receding. Our color improved drastically. My wife's hair became shiny, thick, and began growing at a much more rapid pace. Her complexion improved 100% and her wrinkles started to fade by using the Hunza's secret fruit oil. We forgot to measure our eyesight and hearing in the before stage, but I can swear that my eyesight is definitely improved. In effect we were de-aged.*

*One of the features we liked best about the system — there isn't the torture of going hungry or unsatisfied such as you experience with the fad diets such as the low carbohydrate diet, the liquid protein diet, etc. With the BioCalendar® System, you eat until you are full and satisfied.*

*However, the best benefit of this whole program is one you can't measure. We just plain felt good. You know the good feeling you have when you just awoken from an excellent night's sleep or that "feeling good" you get after a couple of cocktails — well, that's how we feel 90% of the time.*

*What kind of progress do you make on this system?*

*Your biggest and most drastic progress is made in the first 14 days. After that it tapers off to a slower but*

*steady rate. By the end of the first two weeks I dropped 11 pounds and 2 inches off my waist, and my wife 7 pounds and over 1 inch. There's a Hunza routine that you use in full force at the start which takes off weight as fast as it is physically possible for you to take it off. But, 11 pounds was more than it is possible for me to take off considering my size and metabolic rate. So, it must be a combination of fat and excess body fluids. The special Hunza routine does eliminate a lot of contaminating body fluids which do not return.*

*Also during the first 14 days you acquire a very noticeable improvement in your outer appearance. Firming up, better color, shinier hair, cleaner complexion, etc. There was a common comment from friends after the first two weeks: 'My, you look so nice. You've lost a lot of weight, what are you doing?'*

*The ensuing weeks brought on steady change in improved appearance and loss of weight. Some weeks were better than others, but, each day that passed seemed like we were going back in time or de-aging — which is exactly what was happening.*

*At the end of 6 months the compliments really picked up. The changes were so drastic that we got many open mouth stares each time we saw a friend — especially the ones who had not seen us for a long time. These people almost fell over in shock.*

*Now for the best part. Here is where all other systems, bar none, fail. After the first six months could we stick with the system, keep our weight off and keep our de-aging process?*

*The answer was yes we could, and, quite easily.*

*That's the trick to the system and that's why it works. You stay with it. It's no big time-consuming deal. The exercise and routines take exactly 68 minutes a week (four minutes each morning when you get up and one time for 40 minutes once a week). The rest is simply eating. You add a few critical key foods to your diet, which*

*by the way are delicious. And you take a few supplements in tablet form before retiring. That's all there is to it.*

*There is one routine which takes some getting used to at first, but the accompanying pleasantness from this routine sure does cancel out this effect. You don't have to worry about sticking with it. You can't quit if you try. You become addicted. After an interim phase, your meals consist of eating until you are full and satisfied. I have read that there is one routine which causes your body to secrete a growth hormone which is also a drug (a beneficial drug) that causes that euphoric and high feeling. Maybe it's part of the reason you can't quit, but it will be the most beneficial addiction you could possibly have.*

*We have used the system for 3 years now. We have not put an ounce of weight back on. We have kept our de-aging gains and, in fact, show gradual gains each week in this area."*

When I looked back on it all it became so clear why the Hunzas lead a life which seems too perfect to be true. Sickness and social problems are very unnatural disorders. They are all results of an unhealthy body. When the body is healthy, people live free from disease, they live harmoniously and they live to be well over 100 years and they don't age until very late in life. Man was designed to live happy and healthy to 160 years.

The Hunzas prove this and so does the Bible. Biblical people are constantly referred to in the Bible as being 150 to over 200 years old. Our health and mental care institutions are firefighters dealing with the symptoms and not the cause.

The Hunza health secret is simple: "create a healthy body and the body will cure all the disorders itself, that's the way it was designed."

In a parting comment from the Sperry's, they relate, "People spend money on things they think will make them happy. I can tell you it takes a lot less to make you happy when you are healthy and just feeling good."

The American Health Institute is making copies of the BioCalendar® Health System available to the public. For those interested, the following information is provided:

**Description of the BioCalendar® Health System based on the Hunza Health Secrets:** The system consists of an illustrated, easy to understand report and a four-color wall chart. Parts are color coded for added simplicity and ease of checking. It is very concise. The system consists of 3 easily prepared recipes, a list of 4 critical foods, three available but uncommon vitamins, one oil, two routines and exercises, and a table of personal body cycles. As a side note, this large 4-color wall chart is more expensive to produce and ship than a hard cover book.

If you are interested in obtaining the BioCalendar® Health System based on the Hunza health practices, The American Health Institute will provide duplicate, four color wall copies of the report and wall chart for \$9.95, which also includes processing your order, postage and handling.

I predict that in the very near future you will call it the best \$9.95 you have ever spent in your life.

To order your copy, 1) Get a blank piece of paper, 2) At the top of the paper, print the words "BioCalendar® Health System", 3) Print your name and address, 4) Mail this along with \$9.95 in cash, check or money order to: American Health Institute; Dept. J-052 ; 125 American Health Institute Blvd.; Canton, Ohio 44767.



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