

[REDACTED]
San Mateo, California 94404

Hillary Clinton
America's First Lady
Washington, DC

002594 MAY 16 93

Dear First Lady:

I know you receive more letters than you will ever be able to read, but my conscience tells me that I have to try to get you to read mine. Whoever reads this letter, I hope will try to get you to give it one glance.

I feel that we owe it to the American Public to let them know that there is relief of Arthritis by simply eating some dandelions in their salad every day.

Please, I have submitted this account of my experience to Newspapers, Magazines, Stanford Research, Readers Digest, Dear Abby, Arthritis Foundation, AARP, and many many other people who might pass this information on to the American Public.

If I were the only person to get relief from the consumption of Dandelions, I would say that it is maybe a fluke, but every day another person tells me how great they feel after eating them.

Most of the people from whom I have received a response, have made the excuse that they are not prepared to research this thing at this time, or it's out of their line of work, or it will be necessary to receive a Doctor's recommendation and on and on with excuses.

This is something that does not need research, I have done the research, it is merely a recommendation that people try eating dandelions. They are a proven edible food, and those people who find they have side effects can merely stop eating them.

Please excuse the typos, my typing is not the best these days.

Wishing you good luck with your healthcare program and suggesting that if every American knew about Dandelions, I'm sure you would save the American Public and taxpayer millions of dollars.

Still not giving up, I remain:

very truly yours
[REDACTED]

September 1992

YOU ARE WHAT YOU EAT

By [REDACTED]

RELIEF FROM THE PAINS OF ARTHRITIS BY EATING DANDELION GREENS

Several years ago, when one of my sisters was dying of Cancer, fate directed me to a book "RECALLED TO LIFE" written about Dr. Anthony J. Sattillaro M.D. who, by fate, was directed to the eating of MACROBIOTIC COOKING to cure his cancer.

This is a true story about Dr. Sattillaro of Philadelphia, Penn., who in 1978 had cancer of the Prostrate, the Skull, the Spine, the Sternum, and Ribs, all at the same time. He was 47 years old at the time. On August 6, 1981 he underwent a bone scan at Methodist Hospital in South Philadelphia, which revealed absolutely no sign of cancer in his body. Although Dr. Sattillaro received other treatments for his cancer, he attributes his cure to the Macrobiotic Diet.

During the month of April or May of 1991, I experienced a tremendous pain in my right arm. The pain extended from the right shoulder down to the right elbow. I suffered several days in hopes that the pain would go away, but it became so bad I couldn't even brush my hair or teeth. I was forced to see my doctor.

After the x-rays, the bone Doctor explained that the pain was coming from a build-up of Arthritis in the right shoulder and the only sure relief would require surgery to scrape out the arthritis build-up.

I told the Doctor to go ahead with the arrangements and call me and give me the time and place of the operation, it was now June and I just couldn't stand the pain any longer.

The next morning, while drinking coffee at the breakfast table, I suddenly recalled that 50 years ago I was told about a person who had enjoyed complete relief from the pains of Arthritis by eating Dandelion Greens. I picked up the phone and cancelled the surgery. My wife and many friends thought I was crazy but they have changed their minds since learning the results.

That afternoon I went to the park and gathered Dandelion Greens. It took a lot of gathering and they were very bitter. I later learned that Dandelion Greens were available at the supermarkets at a very reasonable price.

In 1943 I was stationed in Omaha, Neb. recruiting men for the Merchant Marine. I also studied voice and music with the organist at the Cathedral. One evening, after my lesson, she was relating how the previous organist had been forced to retire because her arthritis had become so bad, she could no longer play the organ. The lady had retired and moved to New Orleans, where it was nice and warm. She gathered Dandelion Greens to cut the cost of her food bill, and apparently the Dandelion Greens constituted the biggest share of her diet. A few months later the organist in New Orleans wrote the organist in Omaha, that her arthritis had improved so much that she was back playing the organ in New Orleans.

You are what you eat.

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The recollection of this incident prompted me to give it a try, Dandelion Greens might help my Arthritis.

Within one week the pain in my right arm began to subside and in three weeks, the pain was completely gone and it has not returned.

I continued to eat at least one, to one and one-half cups of Dandelion Greens every day. Some time later, maybe two or three months, I had occasion to put on a pair of shoes that I had not worn for some time. due to the pain they caused in a bunion on my left foot. After a while on my feet I suddenly realized that there was no pain from the bunion and I wore the shoes all day without pain. I can still wear those shoes all day without pain. Then I began to notice that I no longer had pain in my legs, hips, knees, or ankles. I could walk or stand all day without pain or getting tired. My feet are not cold all the time, and I can take my shoes off at night and relax without slippers.

Several years ago I injured the mediotarcal arch in my left foot and it has given me pain ever since, until I started eating Dandelion Greens. No pain any longer.

My whole body feels new, I don't get tired, I can walk right up a stairs without puffing or stopping. I no longer have dry skin, which I have had all my life, and all the moles are gone from my hands.

Incidentally, I was 75 years old last February 1992.

I am constantly on the lookout for something to do, I have more pep and ambition than I have ever experienced before. I get up 6:00 AM sometimes 5:00 or 5:30 and go to bed at 10:30, and hardly ever take a nap during the day.

I have been eating Dandelion Greens for the last 15 months and have not suffered any side effects. From time to time I feel some pain returning in certain areas but usually I find that it is due to my neglect to check the amount of greens I am eating.

I eat the dandelions in a green salad, chopping the leaves and stems and mixing them with onion, lettuce, celery, spinach, and sprouts. At least one-half of my salad is Dandelions. Then I use a good tasty dressing to cover up some of the bitterness.

I know that most people will not believe this, but my hair has stopped falling and the spot that was getting thin on top, is all filled in and still going.

I make no claims that everybody will experience the same results that I have, but I think it is worth a try for many people.

I went to the local library to research the Dandelion and found an article in one large book that contained nothing but information about plants. No mention was made of any medicinal effects. The book mentioned that they are very edible and have been eaten for hundreds of years. I am still battling with the pain in my neck, but it is improving every day. For the past six or seven years, I have had this severe pain in my neck and a definite limitation of motion, I couldn't turn my head to the right at all and my neck felt like it was in a vise. Since starting on the dandelions my neck is loosening up and now I can turn my head from side to side a full 180 Degrees. I still feel some stiffness when I get up in the morning but most of it goes away during the day. It's a wonderful feeling.

The following is a list of the contents of Dandelion Greens.

100 Grams of Dandelion Greens will yield the following:

Water	85.6 Grams	Sodium	76 Milligrams
Food energy	45 Calories	Potassium	397 Milligrams
Protein	2.7 Grams	Vitamin A	14,000 Int Units
Fat	.7 Grams	Thiamine	.19 Milligrams
Carbohydrates	9.2 Grams	Riboflavin	.26 Milligrams
(Of which 1.6 grams are fiber)		Vitamin C	35. Milligrams
Ash	1.8 Grams	Magnesium	36. Milligrams
Calcium	187 Milligrams	Copper	.15 Milligrams
Phosphorus	66 Milligrams	Manganese	34. Milligrams
Iron	3.1 Milligram		

The United States harvests and sells about 8 Million pounds of Dandelions per year, and Europe's harvest is even greater. The Dandelion yield is about 16,800 lbs per acre.

This is definite proof that the Dandelion Green is very edible but I am of the opinion that the secret of relieving the pain of Arthritis lies in the amount eaten each day and the continuity of eating them every day. I eat them every day for lunch and dinner except when away from home or out to eat.

Doctors don't believe me, but I know the Dandelion works for me as well as other friends in my neighborhood. One man, who is over 80 years old, called me and said that the swelling in his legs had gone down after eating dandelion greens for only one week. Another friend, who could hardly walk, took off and ran around the swimming pool at our Rec. Center and he had been eating Dandelion Greens only one week.

In July of 1950 I suffered several seizures and it resulted in severe back pains, which continued until I started eating Dandelion Greens. I don't have a single back pain now.

Last, but not least, during the years of 1987, 88, and 89 I suffered from the pains of Interstitial Sytitis, which is said to be incurable. I received several treatments of DMSO, which relieved the pain. The last treatment I had was in June of 1989 and have not had any pains nor symptoms of Sytitis since.

I have never suffered any side effects from Dandelion Greens, but

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By [REDACTED]

that does not say that other people will not have side effects. It should be understood that the above claims are strictly my own and I make no claims that other people will have the same results, but I think that this information should be pulicized all over the world and I think it would be a great step in the improvement of health for mankind.

It is not my intention that this be published for my monitary gain, it is strictly to help mankind.

[REDACTED]