

INTRODUCTION TO THE IMMERMAN FILES

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The Immerman Files consist of thousands of peer-reviewed medical and scientific journal studies from 1880 to 1980, almost none of which are known about today because almost none are searchable by computer as are modern journal studies. In the late 1970s, before most of the medical literature was indexed by computer, I hand searched all of the medical literature from 1880 to 1980 under the subjects of fasting, under nutrition, starvation, toxemia, detoxification, cancer, heart disease, and a number of other important health topics listed below. It was the first time anyone ever attempted to scientifically prove or disprove the basic tenets of Natural Hygiene. Natural Hygiene is simply a holistic, natural lifestyle program consisting of a vegan diet, plenty of exercise, clean air, pure water, stress free living, detoxification, exposure to a healthy amount of sunshine, fasting when necessary, with no need for supplements. I had personally followed the Natural Hygiene lifestyle and found tremendous benefits but felt that before I started recommending the program to patients, I wanted to have scientific proof that it worked. I found abundant scientific evidence to support Natural Hygiene. I supplied copies of all studies to the American Natural Hygiene Society at the time and was appointed Director of Research for ANHS in the 1980s. These studies formed the bibliography for a number of literature review studies I published in various journals and a book I published in 1989 called Health Unlimited! All of my studies and the full text of my book are available in the Immerman Files, as are all of hundreds of references to medical journal articles cited in my studies and my book.

Computer searching of medical journals today only goes back to 1966 and so most of these studies are invisible to the scientific and medical communities today. I have scanned all of them, amounting to seven feet of studies if you stacked them all on top of each other. They are all organized by subject and sub-topic. Soil and Health Library has now made them available to you online, easily searchable by computer. This is truly a treasure trove of information to the seeker of health truth.

When you open the Immerman Files and browse around for a while, you will begin to appreciate the countless hours it took to hand search the indexes and then hunt through the bowels of a medical school library to find the journals, bring them upstairs and make copies on the five cent copy machine. Then imagine the hours to scan all of the studies. This has truly been a labor of love. I am thrilled that Soil and Health Library and Steve Solomon have found a way to make this information available to the public and wish to express my deepest gratitude.

I would also like to dedicate this project to the memory of my deceased son Daniel who passed away at the age of 24 on May 23, 2009.

Daniel always encouraged me to spread the truth far and wide regardless of the consequences and that is what I have attempted to do by making these files available. I believe the energy to scan all of these studies came from my Angel Daniel. The library may be called the "Immerman Files," but I will always think of it as "Daniel's Library." I live by these words in memory of my son: "Remember how I laughed, remember how I loved. Use me as the reason you embrace life, not the reason you don't."

Wishing you all the best of health,

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To access the Immerman Files, click this link:

<https://drive.google.com/drive/folders/1DFNrZA-ho0mVDCixSTlatevi2hFQdKhz?usp=sharing>

LIST OF HEALTH STUDIES BY TOPIC PRE-1980

1. Acupuncture
2. Aging
3. Allergy, Asthma, Eyes, ENT (Ears, Nose and Throat)
4. Arthritis
5. Blood and Hormones
6. Calcium, Dairy and Osteoporosis
7. Cancer
8. Cardiovascular Disease
9. Cooking and Food Processing Effects
10. Diabetes
11. Exercise
12. Fasting and Food Restriction
13. Fever
14. Gastrointestinal Diseases

15. General
16. Immerman Journal Studies
17. Infection, Bacteriology and Immunity
18. Intestinal Toxemia and Toxemia
19. Liver Disorders
20. Lung Diseases
21. Medications
22. Neuromuscular Disorders
23. Obesity
24. Obstetrics and Gynecology
25. Protein Needs and Deficiencies 26. Skin Diseases
27. Soil and Nutrition
28. Vegan and Vegetarianism
29. Vitamins, Minerals and Herbs