



The Immerman Files: One Hundreds Years of Scientific Research on Conservative Therapy

Dear McDougall Newsletter Readers:

I (Alan Immerman, DC) would like to introduce you to my collection of thousands of medical journal studies about natural healing through diet and other conservative means. The [Immerman Files](#) are now online and available to interested readers worldwide without charge.

You will not find most of these extraordinary papers published anywhere else. One reason this basic research is a historical treasure is because computer indexing of medical journal studies only began in 1966 by the National Library of Medicine (www.pubmed.gov). This leaves thousands of valuable recommendations, made before this time, about natural therapies for common problems, such as multiple sclerosis, coronary artery disease, diabetes, arthritis, obesity, and general toxicity, out of reach of interested readers. My library includes papers published from 1880 to 1980.

Before powerful drugs to suppress signs and symptoms of disease became popular in the second half of the 20th century, the medical profession was very interested in helping people regain their lost health through these natural methods. That art has been largely lost, with the exception of a few programs such as the McDougall Program and the [Natural Hygiene movement](#).

The *Immerman Files* library is divided into different topics and subtopics in order to make it easier to navigate. You can look up a specific disease or subjects, such as fasting, toxemia, aging, and inflammation. With materials in hand, you will be able to back up your efforts to solve your health problems with safe and effective diet and lifestyle changes. I encourage you to print relevant studies and bring them to your healthcare provider for further discussion.

Best of health,

Alan M. Immerman, D.C.

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When you remove the cause of disease, the body heals itself!



Alan M. Immerman, D.C. has been licensed as a chiropractic physician in Arizona since 1980. He has practiced Natural Hygiene and preached detoxification, fasting, and a vegan diet for almost forty years. In 1989, he published a book entitled *Health Unlimited!* (Dr. McDougall wrote an introduction for this book). Dr. Immerman is a certified fasting supervisor and was Director of Research for the American Natural Hygiene Society in the 1980s. He can be reached at aimmerman1@cox.net.

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