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Milk Diets, Grape Cures, and Bananas Galore: An Examination of Past and Present Wellness Culture Turned Sour

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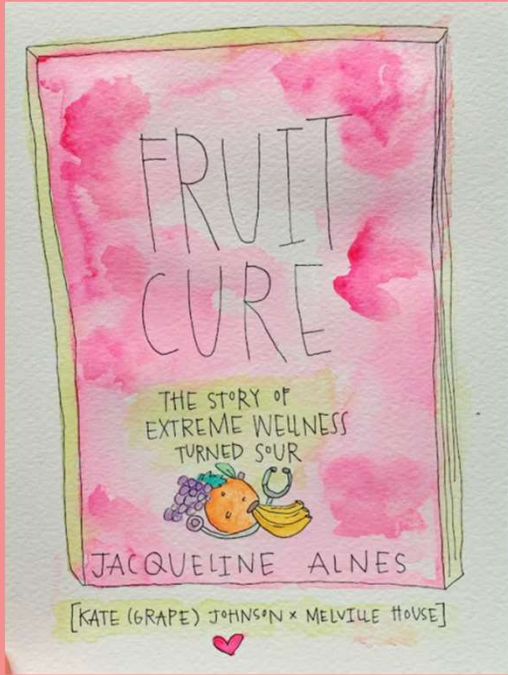


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MILK DIETS, GRAPE CURES, AND BANANAS GALORE: An Examination of Past and Present Wellness Culture Turned Sour

Jacqueline Alnes

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Jacqueline Alnes

Class: Sophomore

Hometown: Tulsa, Okla.

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30 BANANAS A DAY
THE HIGH CARB RAW VEGAN LIFESTYLE

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All aboard the Banana Welcome Wagon!
Created by [Windlord](#) May 29, 2011 at 2:31pm. Last updated by [Windlord](#) May 29.

FAQ and "This Is How We Do!"
Created by [Windlord](#) May 29, 2011 at 2:45pm. Last updated by [Windlord](#) 1 day ago.

How to pick ripe fruit

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Forum

"You are thinking logically, therefore you are wrong" 48 Replies
Started by [Jacob Chase](#) in [Off topic Chat](#). Last reply by [Water Melon](#) 9 minutes ago.

Before and After Pics 19 Replies

Welcome to 30 Bananas a Day!
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You can also sign up with:
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Freelee & DR created 30BaD

AUDIO
Freelee...
Amazing Artwork by [Freelee](#)

3

How had I, as someone who is usually cynical about believing in cures or miracles, almost fallen prey to the fruit diet?

How had someone come up with the diet in the first place? Like, who was the first one to say, oh, thirty bananas a day, let's sell that as a way to heal yourself?

And what does it say about the medical systems in place that at the peak of Freelee and Durianrider's reign, thousands of people flocked to their videos for inspiration and advice?

4

“Behold, I have given you every plant yielding seed that is on the face of all the earth, and every tree with seed in its fruit. You shall have them for food.” -
Genesis 1:29

5

“Pattie and her husband, Sidney H. Beard, who had literally hypnotized her repeatedly during their courtship, fell under a different kind of spell. The pair attended a lecture presented by the Vegetarian Society in Exeter in which the speaker told the crowd that it was beneficial to live without ‘flesh-food.’”

Good News for the Afflicted.

No. 3. A Bath Chair Replaced by a Bicycle.

THE blessings which have been brought into my life through adopting a reformed and bloodless diet, have been so great that I feel it my duty to conquer a natural shrinking from any publicity, and to give my testimony for the benefit of other sufferers.



For ten years I was in the hands of the doctors, and consulted in turn several eminent physicians, who dosed me upon the old lines and made me undergo painful operations in the vain endeavour to cure me of a chronic internal complaint. Life was a burden, I was unable to fulfil the duties of the superintendence of my household, and for seven years previous to the year 1894 I went everywhere in a bath-chair being unable to walk more

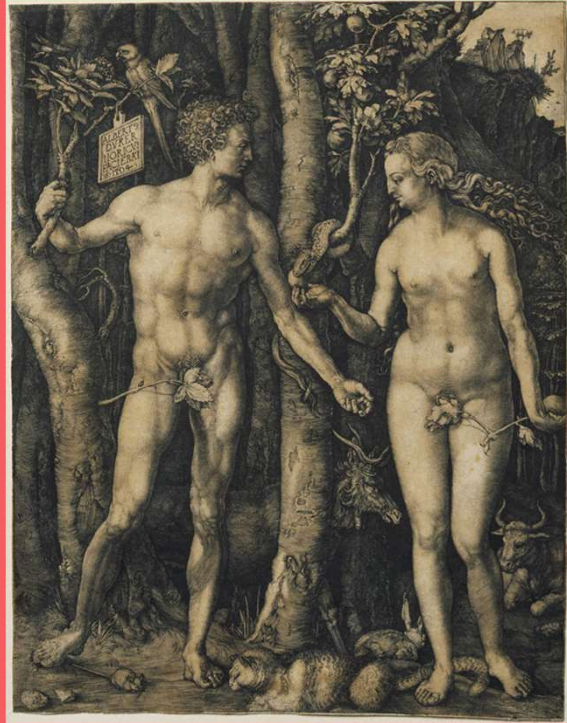
than about a hundred yards without suffering pain.

In the autumn of that year I attended a lecture with my husband, and we learned that it was not only possible but also beneficial to live without flesh-food. Simultaneously with the knowledge of this fact, a powerful conviction was impressed upon our minds concerning the intense suffering inflicted on animals on cattle boats and in the shambles, and we concluded that butchery and flesh-eating must be wrong. We resolved therefore never to touch butcher's meat again. That resolution has been kept, and never more will our lips be stained with the flesh and blood of our fellow creatures.

6

“Eve’s lack of restraint... revealed females’ susceptibility to bodily cravings.”

Michelle Mary Lelwica



7

“The racialized body became legible, a form of ‘text’ from which racial superiority and inferiority were read.” -Sabrina Strings

8

George Cheyne

Split his time “betwixt his patients and the punchbowl.”

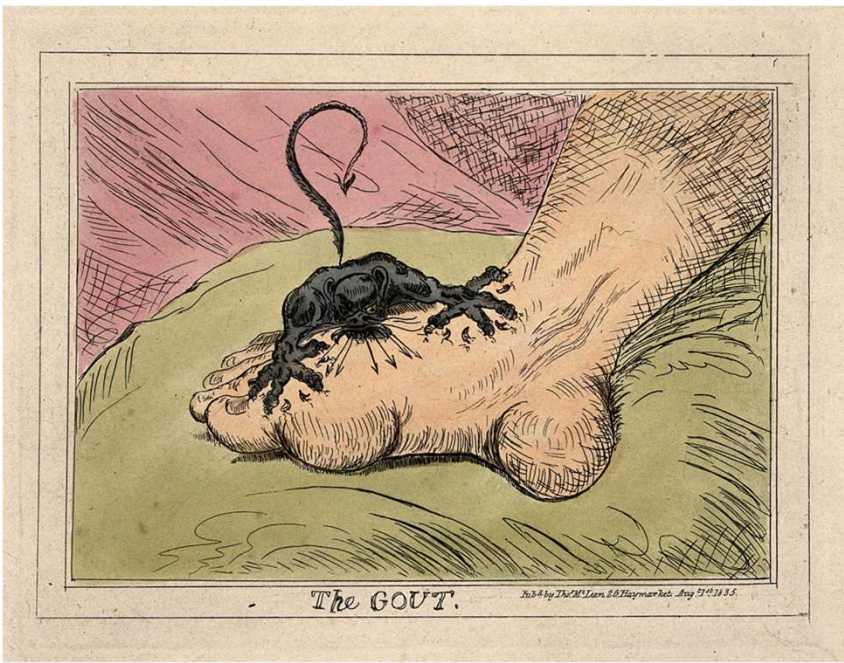


9

“When the Order of the Golden Age was founded in 1895 vegetarianism was ridiculed in almost every newspaper in this country, and regarded as a mild form of insanity in almost every home. Now almost every public journal is sympathetic, and many are co-operating with us.” -Sidney Beard



10



The Gout, James Gillray, 1799

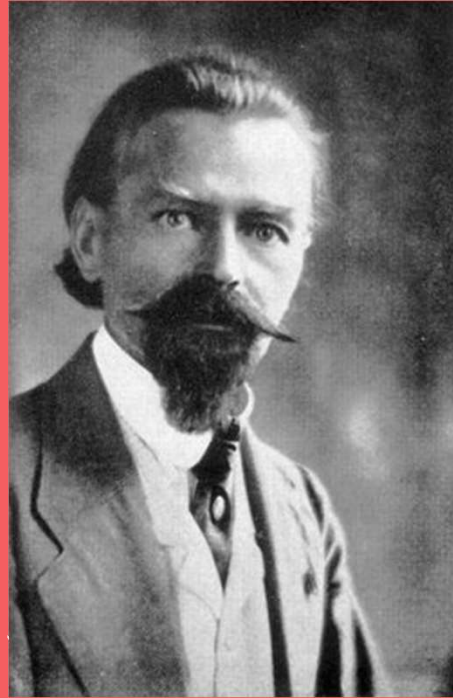
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How does this all impact the present?

12

Arnold Ehret

Claimed to bike on apricots
alone, actually ate cake every
day



13

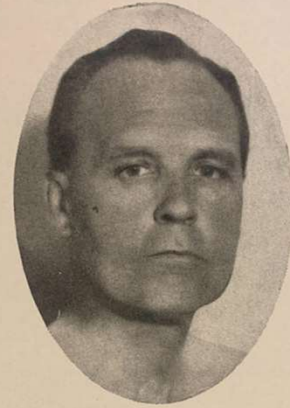
Johanna Brandt

Former spy, came up with "The
Grape Cure"



14

Cornelius Valkenberg de Villiers Dreyer



CORNELIUS VALKENBERG DE VILLIERS DREYER
(age 55).

(This photograph is inserted to enable some sort of judgment of the Author's health in reference to information given on the salt question; and also, according to the highest authorities, he should have been dead no later than the year 1922.)

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Robert de Villiers Dreyer

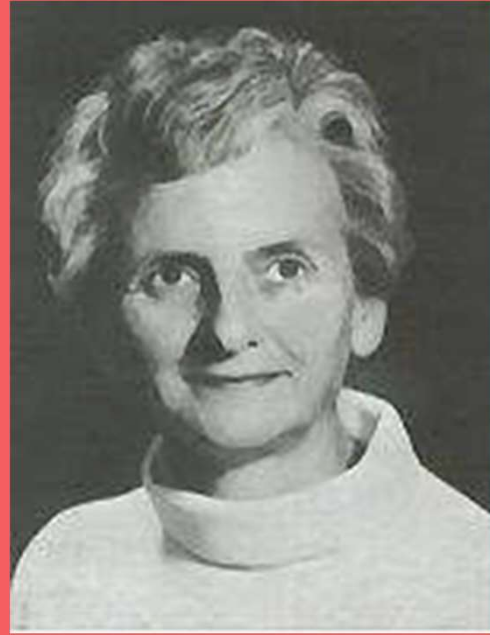
"DON'T COMPROMISE IF YOU WISH TO SUCCEED. Say 'NO COMPROMISE' to yourselves the last thing every night and the first thing every morning. And mean it when you say it."



16

Essie Honiball

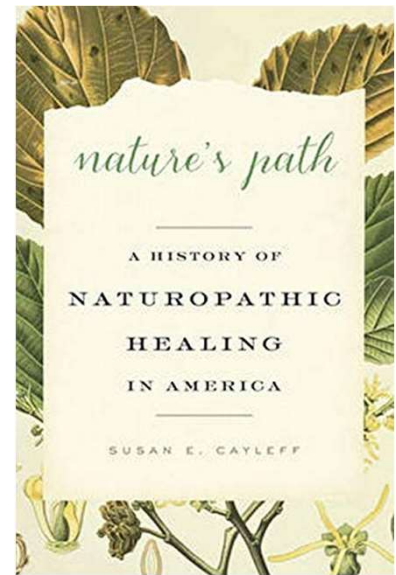
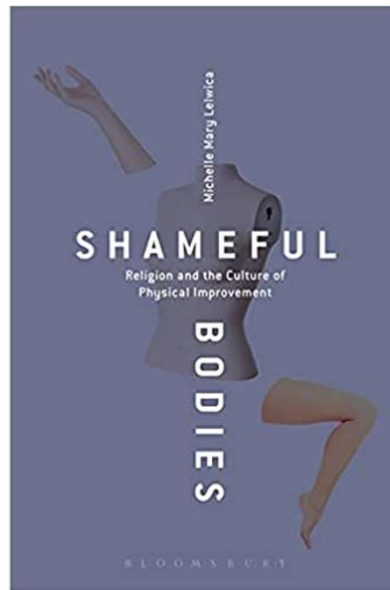
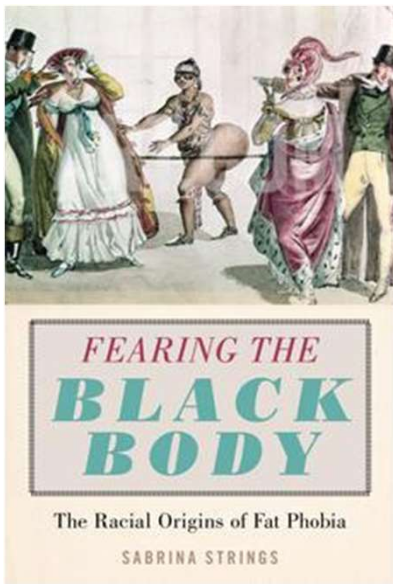
“Fate probably decreed that when the experiment was ready to be conducted, a suitable human guinea-pig would come to the fore, someone who was prepared to offer herself and submit to relentless discipline for such a long-term experiment.”



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Now what?

18



Books that informed this presentation: *Fearing the Black Body* by Sabrina Strings. *Shameful Bodies*, Michelle Mary Lelwica. *Nature's Path*, Susan E. Cayleff.

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Questions?



Email: jalnes@wcupa.edu
FRUIT CURE comes out November 2023, so stay tuned!

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