Title: Nathan Pritikin papers
Collection number: 1628
Contributing Institution: UCLA Library Special Collections
Language of Material: English
Physical Description: 52.0 linear ft. (52 cartons and 1 oversize box)
Date (inclusive): 1971-1988
Abstract: Nathan Pritikin (1915-1985) developed patents in chemistry, physics, and electronics, was the director of the Pritikin Longevity Center in Santa Monica, California, and chairman of the Pritikin Research Foundation (1976-85). The collection consists of correspondence, research materials, scrapbooks, published and unpublished writings, speech files, slides, photographs, film, videocassettes, and audiocassettes relating to Pritikin's career and the Pritikin Longevity Centers.
Physical location: Stored off-site at SRLF. Advance notice is required for access to the collection. Please contact the UCLA Library Special Collections Reference Desk for paging information.
Creator: Pritikin, Nathan
Restrictions on Access
Open for research. STORED OFF-SITE AT SRLF. Advance notice is required for access to the collection. Please contact UCLA Library Special Collections for paging information.
Restrictions on Use and Reproduction
Copyright of portions of this collection has been assigned to UCLA Library Special Collections. All requests for permission to publish or quote from manuscripts must be submitted in writing to the Manuscripts Librarian. Permission for publication is given on behalf of the Department of Special Collections.
Preferred Citation
[Identification of item], Nathan Pritikin Papers (Collection 1628). UCLA Library Special Collections, Charles E. Young Research Library, University of California, Los Angeles.
Provenance/Source of Acquisition
Gift of Ilene Pritikin, 1990.
Biography
Pritikin was born on August 29, 1915 in Chicago, Illinois; attended University of Chicago, 1933-35; became an inventor, developing patents in chemistry, physics, and electronics in Chicago, Illinois and Santa Barbara, California; became director of the Pritikin Longevity Center, Santa Monica, California and chairman of the Pritikin Research Foundation, 1976-85; publications include The Pritikin program for diet and exercise (1979), The Pritikin permanent weight-loss manual (1981), and The Pritikin program (1983); he died on February 21, 1985.
Scope and Content
Collection consists of correspondence, research materials, scrapbooks, published and unpublished writings, speech files, slides, photographs, film, videocassettes, and audiocassettes relating to the career of Nathan Pritikin and the Pritikin Longevity Centers. Also includes books by or about Pritikin, including Dr. Miles Robinson’s manuscript, The Pritikin program.
UCLA Catalog Record ID
UCLA Catalog Record ID: 4233619
Subjects and Indexing Terms
Pritikin, Nathan--Archives.
Health reformers--United States--Archival resources.
Nutritionists--United States--Archival resources.

Nathan Pritikin: Biography

Biography

Box 1
Pritikin: The Man Who Healed America's Heart.

Box 1
Ilene Pritikin's unpublished version of foreword for Pritikin: The Man Who Healed America's Heart.
Box 1  Ilene Pritikin's notes for biographer Tom Monte.
Box 1  Miles Robinson, M.D. (biographical material and eulogy).
Box 1  Biographical article (never published) by Tim Johns, 1979.
Box 1  Articles about Nathan by Tom Monte.
Box 1  Proposed biographical films.
Box 1  Biographical notes by brother, Albert Pritikin.

**Biographical Information**

Box 1  Nathan's version of his life story, told to audiences.
Box 1  Bibliography.
    General note
    (see also: Scientific Press Articles by Pritikin and/or staff - PRF file)
Box 1  Directory questionnaires (Who's Who in America, etc.).
Box 1  Curriculum vitae, etc.

**Honors: Proposed Honors**

Box 1  UCLA: Proposed Chair.
Box 1  Kirksville College of Osteopathic Medicine; Honorary Doctor of Science. (June 7, 1982)
Box 1  Invitations to join organizations.
Box 1  Other.
Box 1  Posthumous, miscellaneous.
Box 1  Posthumous: Jewish Sports Hall of Fame (June 5, 1988).

**Personal Life**

Box 1  Birth certificate.
Box 1  Move from Chicago to Santa Barbara.
Box 1  Family life.
Box 1  Food Nathan ate.

**Genealogy: Family Relations**

Genealogy:

Box 1  Nathan's mother.
Box 1  Nathan's father.
Box 1  Wife: Ilene Pritikin.
Box 1  Son: Robert Pritikin.
Box 1  Brother: Albert Pritikin.
Box 1  Living relatives, distant.
Box 1  Living relatives, close.
Box 1  Roland Pritikin (distant relative).

**Growing-up Years**

Box 1  School records.
Box 1  Boy Scouts.
Box 1  Boyhood interests.

**Letters from Former Employees/Business Associates**

Box 1  [No further description available].
Early Nutritional Activities

General note
(see also: Early Nutritional Career, Box no.4)

Box 1 Water.
Box 1 Pursuing nutritional interest while at business.
Box 1 Formulating foods.

His Views on His Work

Box 1 Evaluation of his own work (and his dreams).

Personality

Box 1 Nathan Pritikin humor.
Box 1 Sentimentality.
Box 1 Persistence.
Box 1 Traits.
Box 1 Doodles/Notes.

Philosophy; Social Views; Heroes

Box 1 Visions.
Box 1 Social views.
Box 1 Philosophy.
Box 1 Politics, political action.
Box 1 Heroes.
Box 1 World War II.

65th Birthday: August 29, 1980

Box 1 65th birthday: Longevity Center celebration.
Box 1 Birthday cards.

Events Near End of Life/Media Reports on Death

Box 1 Rumors concerning health.
Box 1 Pacific Palisades Center: Grand Opening (January 19, 1985).

Memorials

General note
(see also Box no.20)

Box 1 PRF Memorial Newsletter, Center Post tribute.
Box 1 Nathan Pritikin Hall: August 29, 1986.
Box 1 Personal papers; disposition.
Box 1 Nathan Pritikin Library: August 29, 1985.

Miscellaneous: Family, Business Associates, Professionals as of September 22, 1983

Box 1 Nathan Pritikin Library: August 29, 1985.
Nathan Pritikin: Earlier Businesses/and Patents
Nathan Pritikin: Earlier Businesses/and Patents

Patents: List of U.S./Foreign Patents

Box 2

Patents: Relating to Food/Health

Box 2
Investigation of patents re food.
Box 2
Blood treatment patients.

Patents: Miscellaneous Correspondence/Documents

Box 2
Patents assigned to Intellux, Incorporated.
Box 2
Box 2
Re Patent no.2,849,583 (electrical resistor and method and (apparatus for producing resistors).
Box 2
Re Bendix Aviation Corporation royalties.
Box 2
Miscellaneous correspondence/documents.

Prior Businesses: An Overview

Box 2
Local newspaper coverage.
Box 2
Business cards.
Box 2
Customers of Pritikin's companies.
Box 2
Products: Intellux, Photronics, Renco.
Box 2
Businesses considered.
Box 2
Creditors, some of.
Box 2
Emerging new career: Publicity in his business publications.
Box 2
Early Income Tax forms/financial records.

Prior Businesses: Photography

Box 2
Photography businesses: Business cards, miscellaneous.
Box 2
Photography businesses: Records.
Box 2
Photography businesses: Customers' correspondence.

Prior Businesses: Glass Products Company

Box 2
Glass Products Company records.

Research and Development (Miscellaneous)

Box 2
Technical article written by Nathan.
Box 2
Technical challenges (a sampling of Pritikin's solutions).
Box 2
Pritikin's inquiries re Technical challenges.
Box 2
Direct Positive (original title of folder).
Box 2
X-Ray grid experiments.

Resistor Development/Business: Miscellaneous

Box 2
Producing the resistor.
Box 2
Resistor test results.
Box 2
Resistor: Technical problems.
Box 2
Resistor contracts: Government.

Resistor Development/Business: Lawsuit, Pritikin vs. Weinstein
Nathan Pritikin: Earlier Businesses and Patents
Resistor Development/Business: Lawsuit, Pritikin vs. Weinstein

Box 2

Pritikin vs. Weinstein.
Nathan Pritikin: Personal Health: Research Studies Collected by N.P.

On His Personal Cancer

Box 3

Latest (recent) leukemia file.
Box 3

Robert Pritikin’s early leukemia file.

Scope and Content Note
This box contains studies on leukemia that Nathan gathered to help him understand his disease. Some of the studies have Nathan’s notes on them.

Nathan Pritikin: Personal Health

Nathan's Autopsy

Box 4

Autopsy report and New England Journal of Medicine article.
Box 4

Posthumous physician correspondence.
Box 4

Nathan’s death: Services, Staff press release; letters.
Box 4

Controversy concerning causes of regression of atherosclerosis in N.P. arteries:
Scope and Content Note

I. Literature search and analysis.
II. Nutrition Today article and related correspondence.

Box 4

Newspaper ad.

Personal Medical Treatment for Cancer: II (Albany, New York)

Box 4

Pentastatin decision (studies in Nathan’s files).
Box 4

Treatment in Albany.
Box 4

Personal mementos - Albany stay.

Personal Medical Treatment for Cancer: I

Box 4

Early treatment at UCLA.
Box 4

Virus treatment for leukemia.
Box 4

Nathan’s notes on his treatment and responses.
Box 4

Monoclonal Antibody Therapy: Dr. Kenneth Foon/NIH; article in Blood.
Box 4

Robert Oldham, M.D. - Monoclonal antibody therapy.
Box 4

Interferon therapy at UCLA.
Box 4

Blood transfusions at UCLA.
Box 4

Diagnosis dispute.
Box 4

Golde, Dr. David.
Box 4

History of radiation (etiology?).

Personal Study of His Cancer Condition

Box 4

Dr. Gerry Dougher.
Box 4

Personal mementos re Nathan’s cancer.
Box 4

Study of literature re his cancer.

General note
(See also: Box no.2)
Laboratory Test Results and Related Studies and Notes

Box 4
Lab test results: I.
Box 4
Lab test results: II.
Box 4
Bone marrow and blood slides (Nathan's).
Box 4
Studies (miscellaneous) in Nathan's personal medical problems files.
Box 4
Notes (miscellaneous) in Nathan's personal medical problems files.
Box 4
Photomicrograph showing abnormal elements in Nathan's blood and miscellaneous slides re his blood.

General note
(See bottom of box)

Personal Medical Treatment (Heart Disease Era)

Box 4
Sansum Clinic.
Box 4
Personal physicians: Letters and reports.
Box 4
ECG/Treadmill tests.
Box 4
Experimentation with personal diet and exercise program.
Box 4
Jogging records.
Box 4
Health biography.

Personal Miscellaneous Health Records and Study

Box 4
Nail problem.
Box 4
Foot problems.
Box 4
Thyroid problem.
Box 4
Dental.
Box 4
Vision, hearing.
Box 4
Biological age tests.
Box 4
Miscellaneous health problems and records.

Early Nutritional Career

LFC Study; JAMA Announcement; Other Promotional Efforts

Box 5
LFC Study; JAMA article.
Box 5
LFC Study: Assistance sought - devising protocol.
Box 5
LFC Study: Nathan's letters promoting physician participation.

LFC Study: “Spinoff” Studies/Inquiries

Box 5
Insurance company policy holders.
Box 5
City of Los Angeles study (police and firemen).

LFC Study: Non-Participating Inquiry Letters

Box 5
Inquiry letters: A - Q.
Box 5
Inquiry letters: R - Z.
Box 5
Miscellaneous - lay people.
Box 5
Medical journals.

LFC Study: Participating Physicians
### LFC Study: Participating Physicians

- Form letters to inquiring and participating physicians.
- LFC Study newsletters, case history reports.
- LFC Study: Correspondence with participating physicians.
- Evaluation of Study.
- Physicians’ kits and manuals.

### LFC Study: Bio-Science Lab Reports

- Bio-Science lab correspondence.
- Data release forms.
- Bio-Science lab reports.

### Earliest Ties to Nutritional Groups: I. Longevity Foundation

- Longevity Foundation: Nathan's influence re direction of activities.
- Publication of “Live Longer Now.”
- Fund-raising for studies on Nathan’s concepts.

### Earliest Ties to Nutritional Groups: II. Alexander Poniatoff and Associated Groups

- Foundation for Aging Research.
- Alexander Poniatoff - general correspondence.
- Hans Weber, Ph.D. - consultant to A. Poniatoff
  - General note
    - (See also LRI-PRF Advisors)
- AMP Bio-Research Institute.

### Earliest Ties to Nutritional Groups: III. Miscellaneous

- International Academy of Metabology & American Academy of Medical Preventics.
  - General note
    - (See: Speaking Engagements: 1974)
- Southern California Aging Association.

### Earliest Research

- Culling world's literature on degenerative diseases.
  - General note
    - (See Box 68)

### Earliest Consultations: I. Personal Contacts

- General note
  - [Names Kept Confidential?]
Early Nutritional Career

Earliest Consultations: I. Personal Contacts

Box 5

[No further description available].

Early Study by Nathan of Nutritional Relationship to Degenerative Diseases

Box 5

Sampling of earlier studies in files with Nathan's notes.

Early Correspondence re Health Interest

Box 5

Stare, Dr. Frederick.

Research: General correspondence.

Long Beach Study

Long Beach Study: Financing/Contributions

Box 6

Contribution appeals (unsuccessful).

Financial contributor: Rockwell Employees Club.

General note

(See also: Major contributor file under Diseases, Diabetes, Kirsten Foundation)

Box 6

Financial arrangements.

Expenses.

Supply contributors.

Long Beach Study: Organization

Box 6

Baseline tests.

Angiograms.

Blood testing.

Dr. John Kern: Study input.

Relationship with V.A. Hospital.

Nathan's input.

Patient selection.

Long Beach Study: Diet Plan

Box 6

[No further description available].

Long Beach Study: Reports of Results

Box 6

Correspondence/talk.

Angiogram results.

General note

(See also individual angiograms)

Box 6

Robert Pritikin: Reports to Dr. Weidman.

Published or completed reports.

Preparation of data for summary of study results.
American Congress of Rehabilitation Medicine: November 19, 1975.

General note
(See also: Box no.10, Speaking Engagements)

Long Beach Study Patients: I. General, Miscellaneous

Nathan’s summary letter to patients.
Patient records.
Dr. Stenn’s patient: W---- (not part of study).
Patients of Dr. Wiedman (not part of study).

Long Beach Study Patients: II, A - K

A---- B----.
E---- B----.
K---- B----.
M---- C----.
G---- C----.
A---- F----.
S---- F----.
C---- H----.
R---- H----.
W---- K----.
J---- K----.

Long Beach Study Patients: III, L - Z

R.K.M.
Ed N.
C---- Q---- and P.Q.
M---- & F---- S----.
I---- S----.
L---- S----.
B---- S----.

Long Beach Study: Public Interest

YMCA Committee allegations concerning Nathan’s ethics.
Media interest in Long Beach Study.
Publicity from Long Beach Study.
Quaker Oats Company interest.
Rochester, New York: V.A. Hospital.

Long Beach Study: I, V.A. Hospital's Post-Study Investigation

Deposition of Dr. John Kern.
Investigator’s memoranda concerning Dr. John Kern.
Kern’s correspondence in investigator’s file.

Long Beach Study: II, V.A. Hospital's Post-Study Investigation

Deposition of Nathan Pritikin.
Investigator's memoranda concerning Nathan Pritikin.
Dr. John Kern: Dissociation from Study; recent correspondence.
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<th>Box 6</th>
<th><strong>Miscellaneous correspondence.</strong></th>
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**Long Beach Study: Miles Robinson, M.D. investigates V.A. Hospital Conduct**

- General note
  - (See also file: Books Pritikin Planned to Publish but Didn't: Robinson Book, Box no.7)

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<tr>
<th>Box 6</th>
<th><strong>Correspondence with Senator Cranston and other friendly officials re V.A. investigation.</strong></th>
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<tr>
<td>Box 6</td>
<td><strong>Correspondence re Dr. John Kern.</strong></td>
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<td>Box 6</td>
<td><strong>Correspondence with Pritikin (Robinson investigation).</strong></td>
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<tr>
<td>Box 6</td>
<td><strong>V.A. correspondence (Robinson investigation).</strong></td>
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<td>Box 6</td>
<td><strong>Wilbert Aranow, M.D. - V.A. Hospital official.</strong></td>
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<tr>
<td>Box 6</td>
<td><strong>Washington Post article by Dr. Robinson on V.A. Hospital conduct.</strong></td>
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**Nathan Pritikin: Writings/Talks**

<details>

**Writings/Talks n.d.**

- Box 7 | **Short single topic articles or talks.**                                                |
- Box 7 | **Notes, transcripts and outlines for talks.**                                           |
- Box 7 | **Talk synopsis form.**                                                                  |
- Box 7 | **All-day talks.**                                                                     |
- Box 7 | **Lorne Greene: Voice instruction.**                                                    |

**Writings/Talks 1984**

- Box 7 | **Miscellaneous: talks. 1984**                                                          |
- Box 7 | **: PRF Sixth Annual Conference; Inaugural Dinner speech. April 28, 1984**              |
- Box 7 | **Chapter contribution to book by Ken Dychtwald (with Nan Smith).**                    |

**Writings/Talks 1983**

- Box 7 | **Talk outline.**                                                                       |
- Box 7 | **Writing.**                                                                            |

**Writings/Talks 1982**

- Box 7 | **Guest Editorial: Preventive Medicine.**                                               |
- Box 7 | **Houstonian Foundation (). January 22, 1982**                                          |

**Writings/Talks 1981**

- Box 7 | **PRF: Fifth Annual Conference. 1981**                                                  |
- Box 7 | **American Heart Association: May 14, 1981.**                                            |
- Box 7 | **The Experts' Answer Book.**                                                           |
- Box 7 | **Dietary aspects of weight control and degenerative diseases.**                       |

**Writings/Talks 1980**

- Box 7 | **Talks.**                                                                               |
- Box 7 | **Writing.**                                                                            |
- Box 7 | **The Book of Predictions.**                                                            |

**Writings/Talks 1979**
[No further description available].

Nathan's Originals in His Writing

Box 8 Foreword - Nathan's original.
Box 8 Introduction.
Box 8 Current therapy.
Box 8 Exercise.
Box 8 Hearing Loss.
Box 8 Hypertension.
Box 8 Sight.
Box 8 Sickle-cell Anemia.
Box 8 Recommendations.
Box 8 Summary/Conclusion.

Foreword/Guide to Readers: Introduction

Box 8 Original typed copy.
Atherosclerosis, Angina Pectoris, Hypertension

Box 8

[No further description available].

Sight

Scope and Content Note
(Original typed copy, paste-ups)

Box 8

Sight (originals).

Box 8

Sight (paste-ups).

Diabetes

Box 8

Original typed copy.

Miscellaneous Material

Box 8

Atherosclerosis chapter - early version.

Box 8

Table of Contents, vol.1-2.

Unbound Copies of Miscellaneous Chapters

Box 8

Introduction.

Box 8

vol.1 - Atherosclerosis.

Box 8

vol.1 - Angina Pectoris.

Box 8

vol.1 - Hypertension.

Box 8

vol.2 - Miscellaneous Chapters (various versions).

Box 8

vol.3 - Diabetes.

vol.1: Bound Book

Box 8

[No further description available].

vol.2: Bound Book

Box 8

[No further description available].

vol.3: Bound Book

Box 8

[No further description available].

Edited Version, October 1988

Box 8

[No further description available].

References re “Three Volumes”

Box 9

Master List by author; Lecture list by author.

Box 9

Lecture references - Master list.

Box 9

Volume references.

Box 9

Angina Pectoris: A - Z.

Box 9

Arthritis References: A - Z.

Box 9

Atherosclerosis References: A - Z.

Box 9

Cancer References: A - Z.

Box 9

Diabetes References: A - Z.
## References re “Three Volumes”: Original Card Index For Pritikin Home Research Library

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<td><strong>Gallstones</strong>: A - Z.</td>
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<td><strong>Hearing</strong>: A - Z.</td>
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<td><strong>Hypertension</strong>: A - Z.</td>
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<tr>
<td><strong>Recommendations</strong>: A - Z.</td>
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<td><strong>Sight and Sound</strong>: A - Z.</td>
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<td><strong>References 1.</strong></td>
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<td><strong>References 2.</strong></td>
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<td><strong>References 3.</strong></td>
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<td><strong>References 4.</strong></td>
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**Books By or About Nathan Pritikin**

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<td><strong>Dedications.</strong></td>
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## Nathan's Input in His Books

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<td><strong>“Diet for Runners”</strong></td>
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<tr>
<td><strong>“Diet for Runners”; publicity.</strong></td>
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## “The Pritikin Promise”

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<td><strong>Best-seller list; publicity.</strong></td>
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<td><strong>Books mailed.</strong></td>
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## “Restaurant Guide”

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<tr>
<td><strong>[No further description available].</strong></td>
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<td><strong>Book corrections.</strong></td>
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## “Pritikin Permanent Weight-Loss Manual”

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<th>Box 11</th>
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<td><strong>Ads, best-seller lists.</strong></td>
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<td><strong>Art.</strong></td>
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<td><strong>Case histories.</strong></td>
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<td><strong>Miscellaneous.</strong></td>
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<tr>
<td><strong>Publicity.</strong></td>
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<td><strong>Weight-Loss book (New).</strong></td>
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## “Pritikin Program for Diet and Exercise”: I

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<tr>
<td><strong>McGrady: Tapes and transcripts.</strong></td>
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<tr>
<td><strong>N.P. transcriptions for McGrady.</strong></td>
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<td><strong>Patrick McGrady.</strong></td>
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<tr>
<td><strong>600 and 1000 calorie diets - McGrady's book.</strong></td>
<td></td>
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</table>
“Pritikin Program for Diet and Exercise”: II

Box 11  Permission to reproduce (from book).
Box 11  Publicity, best-sellers list.
Box 11  Bantam Books - paperback.
Box 11  Miscellaneous corrections.
Box 11  Book mailed.

“Live Longer Now”

Box 11  [No further description available].
Box 11  “Live Longer Now” and the Longevity Foundation.

   General note
   (See Box no.4 - Earliest ties to nutritional groups, Longevity Foundation)

Pritikin Books: Miscellaneous

Box 11  Grosset & Dunlap correspondence.
Box 11  Other publishers considered.
Box 11  Foreign language editions.
Box 11  Literary agents.

Books: Pritikin’s Contributions to Others

Box 11  Book of Prediction.

   General note
   (See also Box no.6, Pritikin: Writings and Talks, 1980)

Box 11  “The Experts’ Answer Book.”

   General note
   (See also Box no.6, Pritikin: Writings and Talks, 1981)

Box 11  Ken Dychtwald’s: “Wellness and Health.”

   General note
   (See Box no.6: Pritikin: Writings/Talks, 1984)

Box 11  Denis Burkitt’s High Fiber Cookbook.
Box 11  Victor Glenn.
Box 11  Maury Dean - Guide to Nutrition for Young People.
Box 11  Joe D. Goldstritch.
Box 11  Ross Horne.

   General note
   (See also Box no.29)

Box 11  Jon Leonard.
Box 11  Trowell & Burkitt: Western Diseases.
Box 11  Morton Walker.
Box 11  Margot Siegel.
Box 11  Dr. Anthony Satillaro.
Box 11  Ellen Stern.
Box 11  Book endorsements, etc.

Books: Unpublished
<table>
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<th>Box 11</th>
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<tr>
<td>Correspondence re Miles Robinson, M.D. book with publishers.</td>
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<tr>
<td>Correspondence re Robinson book with Nathan.</td>
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<tr>
<td>Miscellaneous.</td>
</tr>
<tr>
<td>“The Challenge” by Miles Robinson, M.D.</td>
</tr>
<tr>
<td>Physical Description: Manuscript.</td>
</tr>
<tr>
<td>“The Pritikin Program” by Miles Robinson, M.D.</td>
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<tr>
<td>“The Longevity Center of Santa Barbara: Does its Research Merit a Federal Grant?” by Miles Robinson, M.D.</td>
</tr>
</tbody>
</table>

### Books: Unpublished, Miscellaneous

- Proposed contributions to books by others.
- Possible books in future - Simon & Schuster.
- Technical books on diabetes and other diseases for medical professionals.
- Material for books on nutrition for all ages.
- New exercise book.
- John Fried - biography of Nathan.
- Donald Monkerud

#### General note

(See also Box no.21: Athletes: *Runner's World* columns)

#### Diseases

**Alternative Therapies**

- New concepts of normality for blood values and nutritional composition.
- Dietary supplements.
- Chelation therapy.
- Hydrogen peroxide perfusion.
- “Magic drugs.”

**Miscellaneous Pathologies**

- Response to Pritikin Program (diverse conditions).
- ALS.
- Ankylosing Spondylitis.
- Crohn’s Disease.
- Alzheimer’s.
- Lupus.
- Migraine headaches.
- Mitral valve disorder.
- Multiple sclerosis.
- Polycythemia rubra vera.
- Parkinson’s disease.
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Diabetes: Support for Dr. Paul Lacy’s Work With Islet Transplants (Washington University, St. Louis, Missouri)

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Box 12

Research at Barbara Davis Center for Childhood Diabetes with fetal tissue transplants.

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Barbara and Marvin Davis: Funds sought for diabetic research.

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Nathan Pritikin Letter (); Replies by Congressmen. February 22, 1982

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Miles Robinson, M.D. - Monogram on diabetes for PRF.

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Box 12

Miscellaneous writings and studies by Pritikin associates.

Box 12

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Box 12

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Hypertension monograph by Dr. Miles Robinson for PRF.

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Box 13 [No further description available].

U.S. Dietary Guidelines

Box 13 School lunch program.
Box 13 Dietary Guidelines Advisory Committee.
Box 13 U.S. Guidelines (Revised) - September 1985.
Box 13 Medicaid (nursing and convalescent homes).

U.S. Congress: Individual Members

Box 13 Frank Annunzio.
Box 13 Senator Henry Bellmon.
Box 13 President Jimmy Carter.
Box 13 Senator Alan Cranston.
Box 13 Senator Jake Garn.
Box 13 Senator Orrin Hatch.
Box 13 Senator Richard Lugar.
Box 13 Senator Robert Mollohan.
Box 13 Senator George McGovern.
Box 13 Senator William Proxmire.
Box 13 Senator Richard Schweiker.
Box 13 Congressman Henry Waxman.

National Heart, Lung & Blood Institute: Dr. Levy

Box 13 Correspondence.
Box 13 Levy correspondence with Congressman Robert Leggett.
Box 13 Presentation for NHLBI Consultation/LRI (). March 8, 1978
Box 13 NHLBI policies attached (Robinson writings).
Box 13 NHLBI policies.

NIH: Studies

Box 13 Low-fat diet effects.
Box 13 Pritikin response re LRC Study.
Box 13 MRFIT & PEP Programs.

Federal Trade Commission; N.P. Response to FTC Charges

Box 13 FTC (Boston), 1984.
Box 13 FTC (Washington), 1983.

Senate Sub-Committee Hearings

Box 13 Senate Committee on Labor & Human Resources (November 1985).
Box 13 Senate Sub-Committee Hearing: February 20, 1980.
Box 13 Select Senate Sub-Committee Hearing on Nutrition & Human Needs (February 1977).
### Government Agencies - Miscellaneous

- James Iacono, Department of Agriculture
- NIH, Behavioral Medical Branch
- National Institute on Aging
- Department of HEW
- U.S. Government contacts: Miscellaneous
- Carson Conrad, President's Council on Physical Fitness
- Food and Drug Administration
- Federal Judicial Center

### Speaking Engagements

#### 1974

- **International Academy of Metabology, March 21-24, 1974.**
- **American Academy of Medical Preventics, September 28, 1974.**
- **Westside Senior Center. Santa Barbara, December 4, 1974.**

#### 1975

- **International College of Applied Nutrition, April 18, 1975.**
- **International Academy of Preventive Medicine, April 20, 1975.**
- **Eastside Senior Center. Santa Barbara, June 10, 1975.**
- **Los Angeles Atherosclerosis Group, November 6, 1975.**
- **American Congress of Rehabilitative Medicine, November 19, 1975.**

  **General note**
  (See also: Box no.5 Long Beach Study Results: Published Papers)

- **Tri-Counties Podiatric Society, December 9, 1975.**

#### 1976

- **American Association of University Women. Ventura, January 10, 1976.**
- **International Association of Cancer Victims and Friends, March 10, 1976.**
- **Cosmopolitan Club, May 6, 1976.**
- **American Nutrition Society. Pasadena, May 26, 1976.**
- **Science and Engineering Council. Santa Barbara, June 2, 1976.**
- **YMCA, Santa Barbara, July 30, 1976.**
- **Santa Barbara Community Group, September 12, 1976.**
- **International Academy of Metabology, October 2, 1976.**
- **State University of New York, Buffalo: Dental Alumni Association, October 15, 1976.**
- **California Association of Nurse Anesthetists, November 21, 1976.**
- **Kiwanis Club. Santa Barbara, November 24, 1976.**
- **Santa Barbara City College, Continuing Education, November 30, 1976.**
- **Montecito Rotary Club, November 30, 1976.**
- **Santa Monica: Organic Garden and Nutrition Club, December 1, 1976.**

#### 1977

- **National Health Federation, January 30, 1977.**
- **Hunt-Wesson Foods, February 11, 1977.**
- **Loma Linda University: School of Health Alumni Association, March 8, 1977.**
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Box 15  Alumni Meeting. Chicago, October 16, 1980.
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Box 15  Medical Joggers Association Annual Meeting, October 24-25, 1980.
Box 15  Health and Fitness Fair. Ottawa, Canada, October 26, 1980.
Box 15  North Mississippi Medical Center. Tupelo, November 11-12, 1980.
Box 15  Santa Barbara - Ventura County Dental Association, November 20, 1980.
Box 15  Christmas Festival, Natchitoches. Los Angeles, December 6,1980.
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Box 15  Mt. Sinai Hospital/American Friends of Hebrew University. New York, December 12, 1980.
Box 15  American College of Cardiology. New York, December 13, 1980.
Box 15  Centinela Hospital Medical Center December 18, 1980.
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Box 16  : Speakers' Bureau. 1981
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Box 16  Kaiser Permanente Medical Center, March 5, 1981.
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Box 16  Dialogue - “Good Food of the 80’s” - New York, June 23, 1981.
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Contacts with other Researchers: Research Interest, Miscellaneous

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| Box 19 | Leaf, Dr. Alexander. |
| Box 19 | Levine, Dr. Rachmiel. |
| Box 19 | Lucas, Dr. Charles - Power, Dr. Laurence. |
| Box 19 | Mazess, Dr. Richard. |
| Box 19 | Maxwell, Dr. Edwin (D.D.S.). |
| Box 19 | Morrison, Dr. Lester M. |
| Box 19 | Palgi, Aviva, Ph.D. |
| Box 19 | Pauling, Dr. Linus. |
| Box 19 | Rapaport, Dr. Felix. |
| Box 19 | Raskin, Dr. Philip. |
| Box 19 | Swank, Dr. Roy. |
| Box 19 | Silberman, Dr. Richard. |
| Box 19 | Vignes, Dr. A.J. |
| Box 19 | Other researchers, miscellaneous. |

### Research Interest: Miscellaneous

| Box 19 | Gerontology Researchers/Educators. |
| Box 19 | Cholestyramine/Plaque Regression. |
| Box 19 | Paris II Study (Persantine - Aspirin). |
| Box 19 | Research correspondence re weight-loss book. |
| Box 19 | Nathan Pritikin contact with lay persons (special regimen). |
| Box 19 | Foreign translations. |

### Public Influence

#### Competitive Centers and Programs: I. Operated by Former Pritikin Associates or Employees

| Box 20 | Bennett, Cleave, M.D. |
| Box 20 | Delgado, Nick. |
| Box 20 | Leonard, Jon - Tucson Institute of Health. |
| Box 20 | Horning, Merritt, M.D. |
| Box 20 | Taylor, Glen. |
| Box 20 | Whitaker, Julian, M.D. |
| Box 20 | Wiegle, Bill. |
| Box 20 | Zifferblatt, Dr. Steven. |
| Box 20 | Other competitors previously associated with Pritikin. |

#### Competitive Centers and Programs: II. Other Probably Influenced By Pritikin's Example

| Box 20 | California Primary Physicians. |
| Box 20 | CHEER Program, Dr. Charles Kleeman. |
| Box 20 | Ben-Oni, Dr. Molka. |
| Box 20 | Fox, Dr. Arnold. |
| Box 20 | Haas, Dr. Robert. |
| Box 20 | Sircus, Dr. Sidney. |
| Box 20 | Weimar Institute. |
### New Longevity Centers and Programs: Cooperators

- Medical people wanting to start similar programs in U.S.
- Pritikin and associates: East Coast Center.
- Medical and lay people wanting to start similar programs.
- Medical and lay people wanting to start similar programs (abroad).
- Centers using Pritikin book and brochures.
- Cardiofitness Center/Systems.

### Followers or Supporters: Nutritional/Health Organizations

- American Health Foundation: Dr. Ernest Wynder.
- American Nutrition Society, Pasadena.
- Center for Science, Public Interest: Dr. Michael Jacobson.
- Miscellaneous organizations.

### Followers/Supporters: Institutions

- Military Personnel - Supporters.
- Prisons.
- Nursing Homes; Senior housing.
- Followers: Outreach programs for poor.
- Fenton Foundation.
- Miscellaneous institutions.

### M.D. Referrals by Longevity Center

- Physicians referral of patients by Longevity Center.

### Santa Barbara Area Medical Community

- Ackerman, Dr. John.
- Robinson, Dr. Miles.
- “Friendly” physicians - Santa Barbara.
- “Neutral” or hostile physicians - Santa Barbara.
- Medical Society of Santa Barbara.
- Burns, Wyman, D.D.S.
- Direct Relief Foundation.

### Followers/Supporters: Physicians: I, II, III

- Belsky, Dr. Marvin.
- Cooper, Dr. Kenneth (Cooper Clinic, Dallas).
- Douglass, Dr. John.
- Fogel, Dr. Richard.
- Friedman, Dr. Meyer.
- Litzow, Dr. Thaddeus.
- Loop, Dr. Floyd.
- McDougall, Dr. John.
- Nalbandian, Dr. Robert.
- Nequin, Dr. Noel.
- Power, Dr. Lawrence.
### Followers/Supporters: Physicians: I, II, III

- Retherford, Dr. Ralph.
- Rosin, Dr. Ben.
- Silverstein, Dr. Robert.
- Stuppy, Dr. Laurence.
- Talbot, Dr. John.
- Wukasch, Dr. Don.
- Miscellaneous followers/supporters, physician/dentist.

### Followers or Supporters: Students and Educators

- Pritikin Program on college campuses.
- Junker, Dr. Louis - economist.
- Insurance companies; Health education.
- Students: Chiropractic.
- Miscellaneous health educators.

### Dental Interest in Program

- Sheets, Dr. Charilyn, D.D.S.
- Dental interest.

### Followers or Supporters: Suggestions

- Diet Suggestions.
- Expansion of program.
- Miscellaneous groups/individuals.

### Followers or Supporters: Miscellaneous Prominent People

- Brown, Governor Jerry.
- Cousins, Norman.
- Gordon, Jack (State Senator).
- MacLaine, Shirley.
- Scott, Willard.
- Miscellaneous prominent people.

### Supporters: Media (Partial)

- Diane Broughton.
- Miscellaneous.

### Physician Interest in Program

- Ulene, Dr. Art.
- Government agency physicians.
- Foreign.

### Restaurants Catering to Pritikin Dieters

- “Pritikin” on restaurant menus.

### Food Products Developed for Others
Continental non-fat yogurt.

**Food Products Endorsements/Acceptability/Interest**

- **Box 20**
  - Food companies seeking business or endorsement.
  - Product acceptability.
  - Quaker Oats Company.

**Public Dialogue**


- Box 21
  - [No further description available].


- Box 21
  - Pritikin letter to JAMA editor ; accepted for publication. (1983)
  - Correspondence of Pritikin and Lundberg (editor).
  - JAMA: Enclosures for letter to Lundberg (). June 28, 1983
  - Pritikin letter to JAMA editor : TV interview. (1983)

**Scientific Press: JAMA - Pritikin Diet and Studies of Other Investigators**

- Box 21
  - Canadian diet study (Dr. G. Brown & Pritikin diet, ). October 1981


- Box 21
  - Pritikin-JAMA correspondence re Mondeika review.
  - Public criticism of Mondeika review: Dr. James Rigg.
  - Public criticisms/interest in Mondeika review.
  - Media response.
  - Inquiry letters from JAMA readers in response to Pritikin's rebuttal to Mondeika review.


- Box 21
  - JAMA: Paul Sampson article (1975-76).

**Scientific Press: Miscellaneous Publications**

- Box 21
  - American Journal of Cosmetic Surgery.
  - American Medical News.
  - Caduceus.
  - Mental Acuity, Merzbacher study.
  - Medical Month.
  - Medical Tribune.
  - Medical University Newsletters.
  - Medical World News.
Public Dialogue
Scientific Press: Miscellaneous Publications

Box 21
- Preventive Medicine.
- Scandinavian Journal of Gastroenterology (Dr. Hugh Trowell).
- UCLA Health Insights.
- Miscellaneous scientific press.

Book Criticisms
Box 21
- Criticisms, correspondence.
- Reviews of books.

Consumer Reports Article
Box 21
- Consumer Reports article - Pritikin rebuttal.
- Media response and interest.
- Pritikin - *Consumer Reports* correspondence.
- Letters to *Consumer Reports* in support of Pritikin diet.
- Readers' requests for Pritikin answer to *Consumer Reports* criticisms.
- Miscellaneous correspondence re *Consumer Reports* article.

Diet Ratings, Food Writers Reviews
Box 21
- Diet ratings.
- Theodore Berland: Diet ratings.
- Nutritional controversy: Jane Brody.
- Controversy with Kayser's health stores.
- Nutrition controversy: Food writers.

Popular Diets
Box 21
- Cambridge diet.
- Weight Watchers.

Popular diets: Atkins Diet
Box 21
- Pritikin-Atkins “Debate” (pre-litigation).
- Others’ critiques of Atkins (or Atkins-type) diet.
- Atkins vs. Pritikin lawsuit: Legal documents.
- Media reports on Atkins vs. Pritikin lawsuit.

Miscellaneous Nutritional Controversies
Box 21
- [No further description available].
- Dale Alexander.
- Winick, Dr. Myron.
- Alfin-Slater, Dr. Roslyn.

Authorities
Box 21
- Gotto, Dr. Antonio - AHA dietary guidelines.
- Herbert, Dr. Victor.
- Mayer, Dr. Jean.
- Olson, Dr. Robert.
- Oster, Dr. Kurt.
- Solomon, Dr. Neil.
Institutions

Box 21
- A.D.A. - Los Angeles, Janet Segal, R.D.
- American Dietetic Association.
- American Heart Association.
- American Medical Association.
- Arizona Heart Institute.
- California Medical Association.
- Los Angeles County Medical Association.
- Humana Hospital (Schroeder).
- Meat Institute.
- National Confectioners Association.
- UCLA.
- Harvard Medical School Study.
- Cedars-Sinai Medical Center.
- Miscellaneous: Institutions.

Notable Patients at Centers

Box 21
- [No further description available].

Followers (Prominent) in Corporate World

Box 21
- Coors, William K.
- Equitable Life Insurance Company.
- Pritikin Superfit insurance program.
- Corporate programs favorably influenced.
- Thomas Field.
- Miles Rubin.
- Martin Stone.
- Dr. Cory Servass (Saturday Evening Post).
- Corporate influence: Miscellaneous.

Testimonials

Box 22
- Athletes.
- Physicians.
  General note
  (See also: Correspondence with medical/professionals, Boxes 13-15)

Box 22
- Dentists.
  General note
  (See also: Correspondence with medical/professionals, Boxes 13-15)

Box 22
- Pilots.
- Professionals.
- Teenagers.
- Foreign.
- Thomas Field.
- Nathan Muchnick.
- Eula Weaver.

Testimonials: Patients

Box 22
- Interviews of Santa Monica Center participants.
  Physical Description: (9 Files)
Testimonials

Testimonials: Patients

Testimonials - Non-Participants: 1975-1987
Physical Description: (10 Files)

Box 22

[No further description available].

Testimonial Letters: Pritkin Guide to Restaurant Dining

Box 22

[No further description available].

Longevity Centers: II

Longevity Center Administration - Santa Barbara Beginnings

Concept origin.

General note
(See also: Long Beach Study, Box no.5)

Box 26

Early staff meetings.
Box 26
Organization.
Box 26
Promotional activities: Pilot Association, airlines, etc.
Box 26
Original research/therapy goals for Center.
Box 26
Longevity Center: History of name.
Box 26
Program evaluation of patients.
Box 26
Application forms/Information, etc.
Box 26
Telephone Inquiry forms; screening Pritikin's calls.
Box 26
Medical and medicolegal forms.

Longevity Center Administration; Santa Monica

Transition to Santa Monica.

Box 26
Personnel.

Early Longevity Center Locations (Santa Barbara, Ventura)

Holiday Inn - Ventura.
Box 26
Howard Johnson Lodge.
Box 26
Mar Monte Hotel.
Box 26
Finding a suitable location - Santa Barbara.

Longevity Center Medical Program: Admission Guidelines

[No further description available].

Longevity Center beginnings: Legal Matters

Santa Barbara County Health Department.
Box 26
California Board of Quality Assurance.
Box 26
LRI: Legal, miscellaneous.

Longevity Center Medical Program: Beginnings

Patient group sessions with physicians/lab schedules.
Box 26
Laboratory testing.
Box 26
Physician's handbook for Center physicians.
Box 26
Protocol.
Box 26
Patients: Follow-up and patients' suggestions.
Box 26
Hyperbaric chamber; claudication patients, use on.
Box 26
Administration: Forms used and memos.
Box 26
Medical Office stationery (evolving).

Longevity Center Medical Program: More Recent Material

Reading material for new doctor at Center.
Box 26
Laboratory testing.
Box 26
Patient instructions.
Box 26
Patient education.
Box 26
Relations with medical staff.
Longevity Center: Medical Controversies
   Miscellaneous medical controversies.

Longevity Center Physiological and Stress Management Programs
   Staffing.
   Programs.
   Nathan's views re stress.
   Applicants.

Longevity Center Exercise Program
   Exercise program: Beginnings.
   Exercise program: 1981.
   Exercise program: Miscellaneous.

Longevity Center Dietary Plan: Cookbooks
   Longevity Center cookbook for participants (1981).
   Longevity Center (early) participants cookbooks.
   Longevity Center (early) institutional cookbook.

Longevity Center Dietary Plan: Antecedents
   Recipes developed. 1974-75
   Recipes for a diabetic. 1974

Longevity Center Dietary Plan: Miscellaneous
   Modifying the Longevity Center diet for weight loss and other needs.
   Rationale.
   Early menu planning.
   Beverages.
   Ongoing nutritional research related to diet served.

Longevity Center Lectures: I and II
   Early guideline information given patients.
   Orientation lectures and material.
   Lecture schedule.
   Group counseling sessions led by Nathan.
   Lecture hand-outs.
   Patient medical education material.

Longevity Center “Graduation” Ceremonies - Diplomas
   General note
   (See also: Box no.20, "Creative Tributes")

Longevity Center Smoke-Ending Program
   Smoke-ending program.
   Jack Crane.

Longevity Center Log of Eighth Session: November 1976.
   [No further description available].

Longevity Center. Santa Monica: Program Schedules (Daily, Weekly) - Samples
   [No further description available].

Longevity Center Promotional Material: Reply Forms and Enclosures
   Early form letters for inquiries.
   Mailing enclosures: Case histories and description of regimen.

Longevity Center promotional material: Ads, brochures, fact sheets
   Ad criticism.
   Ads: Longevity Center and PM program.
   Longevity Center brochures.
   Fact sheets.

Longevity Center promotional material: Sent to physicians
   Promotional mailings - Santa Barbara.
   Promotional mailings - Santa Monica.
   Excerpt: “For the Health Professional” (From: Pritikin Program for Diet and Exercise”).

Longevity Center exhibit - California Medical Association - February 1980.
Pritikin Longevity Center: Alumni program
Testimonials

Longevity Centers: II

Box 26
- Alumni organization meetings/leadership.
- Alumni sessions at Longevity Center.
- Newsletters.
- Follow-up medical testing.
- Nathan Pritikin letter to alumni.
- Advice to alumni about post-Center schedule.

Testimonials: (65th) Birthday Book; Creative Tributes; Posthumous Tributes-Articles

Box 23
- “Health Goals” Project - Testimonials.
- Birthday Book concept.
- Birthday Book: Testimonials - Replies: I-VI
  - Physical Description: (6 files)

Box 23
- Creative Tributes.

Posthumous Tributes

Box 23
- Memorial Resolution: California State Assembly, (May 1, 1985).
- Nathan Pritikin memorial contributions.
- Medical community.
- McGovern, Senator George - eulogizer.
- Long Beach study patients.
- People he helped.
- General public.
- Old friends.
- Co-workers, staff.
- Prominent people (miscellaneous).

Media: Posthumous

Box 23
- Newspaper reports - Autopsy reports.
  - General note
    - (See also: Separate scrapbook)

Box 23
- Lay periodical reports.
- Posthumous articles.
- Posthumous testimonials.
- Sympathy cards (in back of box).

Athletes/Pilots

Athletes and Pritikin diet: I. Physicians re Pritikin

Box 24
- Bassler, Dr. Tom.
- Reply to Tom Bassler: Running magazine, 1981.
- Reply to Tom Bassler: AMJA, July 1981.
- Sports Physicians.
- Guten, Dr. Gary.
- Mirkin, Dr. Gabe.
- Sheehan, Dr. George.
- Subotnick, Dr. Steven.

Athletes and Pritikin Diet: II. Individual Athletes

Box 24
- Athletes - Heart disease patients.
- Robert de Castella.
Athletes and Pritikin Diet: II. Individual Athletes

- Rolet de Castella
- Nicholas de Castella
- Jim Fixx's death: Tragic and unnecessary
- Alberto Salazar
- David Scott
- Jack Stevens
- Stan Cottrell

Athletes and Pritikin Diet: III. Triathlon (October 1982)

- Participants
- UC Davis testing
- Triathlete diet/drink
- Triathletes
- Public relations
- Results
- Press coverage/publicity

Athletes and Pritikin Diet: IV

- Runners' Study Questionnaire

Athletes and Pritikin Diet: Miscellaneous

- National Association for Sport and Physical Education
- Correspondence re “Pritikin Promise”
- Runners and other athletes on Pritikin program
- Athletes using diet or similar diet
- Athletes: Correspondence

Airlines: Miscellaneous

- Airlines: Delta, Pan Am, Northwest
- Scandinavian Airlines System
- TWA
- Food: American Airlines
- United Airlines diet: Arnold, Valente, Dr. Harper

Aircraft Companies

- Becker, Dr. Robert / Boeing Company
- Martin Marietta Aerospace

Flight physicians and pilots

- Aircraft companies; food service
- Pilots
- Airline physicians
- Aviation Medical Bulletin
**Athletes/Pilots**

**Flight physicians and pilots**

| Box 24 | Aerospace Medical Association. |
| Box 24 | Harper, Dr. C.R. |
| Box 24 | Canadian Airline Pilots Association. |
| Box 24 | Jim Irwin - Astronaut. |
| Box 24 | Harvey Watt Company - Dr. Charles Gullett. |

**Pritikin Programs - Centers**

| Box 25 | Pritikin Programs: Information Requests |
| Box 25 | Hand-out set () from Pritikin International. 1982-83 |
| Box 25 | Hand-outs: Available programs/material. |
| Box 25 | Hand-outs: Diet/food questions. |
| Box 25 | Hand-outs: I. Medical questions, blood lipids. |
| Box 25 | Hand-outs: II. Medical questions, miscellaneous. |
| Box 25 | Hand-outs: Recommended reading/tapes. |
| Box 25 | Hand-outs: Miscellaneous inquiries. |
| Box 25 | Survey of Letters (Santa Barbara). |

**Pritikin Program Audiotapes, Videos and Teleconference**

| Box 25 | Riseman, Katz & Mayer: Video tape production. |
| Box 25 | Symposium International - Noel Reede (teleconference, audio & video tape). |
| Box 25 | Pillar Productions: Proposed Pritikin Program video. |
| Box 25 | Pritikin tapes for sale. |
| Box 25 | Proposed tapes. |

**Pritikin Better Health Program: Program Materials I**

| Box 25 | Original 12-week program. |
| Box 25 | Introductory lectures. |
| Box 25 | Food demonstrations. |
| Box 25 | Material for program participants. |

**Pritikin Better Health Program: Program Materials, II**

| Box 25 | Later PBHP Program and administrative material. |

**Pritikin Better Health Program: Plans, Promotion, Personnel**

| Box 25 | Plans for PBHP, I. |
| Box 25 | Plans for PBHP, II (Nature’s Preference, a publicly held corporation). |
| Box 25 | Newspaper ads, brochures, announcements. |
| Box 25 | East Coast. |
| Box 25 | Miscellaneous. |
| Box 25 | Bentley, Steve. |
| Box 25 | Brotherton, Richard. |
| Box 25 | Delgado, Nick. |

**Pritikin Better Health Program: Alumni Organizations**

| Box 25 | Alumni activities. |

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**Nathan Pritikin papers**
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<tr>
<th>Box 25</th>
<th>Pritikin Longevity Center 1-Day Health Seminars. P.M., and Fitness Center Programs</th>
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<tr>
<td></td>
<td>Longevity Center One-day Health Seminars.</td>
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<td></td>
<td>Pritikin P.M. - non-residential program - Santa Monica.</td>
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<tr>
<td></td>
<td>Pritikin Fitness Centers.</td>
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<tr>
<td></td>
<td>Weight Loss program.</td>
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<td>Downingtown, Pennsylvania Center.</td>
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<td></td>
<td>Participants' book.</td>
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<td></td>
<td>Pennsylvania Center material.</td>
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<tr>
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<tr>
<td></td>
<td>Early Florida Longevity Center.</td>
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<tr>
<td></td>
<td>Bauer, Dr. Robert.</td>
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<td></td>
<td>Lehr, Dr. David.</td>
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<td></td>
<td>Florida Center.</td>
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<tr>
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<th>Box 25</th>
<th>San Diego Longevity Center</th>
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<tbody>
<tr>
<td></td>
<td>Kaiser Permanente Hospital, San Diego.</td>
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<td></td>
<td>UC San Diego: Extension program.</td>
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<td></td>
<td>San Diego: Longevity Center.</td>
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<th>Box 25</th>
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<td>Interested hospitals.</td>
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<td>Administration/marketing.</td>
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<td></td>
<td>(Pritikin Program): Dr. Harold Snow, Utah.</td>
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<td></td>
<td>Dr. Leonard Braudo.</td>
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<td></td>
<td>Dr. Daniel Mason.</td>
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<tr>
<td></td>
<td>Employees.</td>
</tr>
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<td></td>
<td>De La Ronde, Henrotin, etc.</td>
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<tr>
<th>Box 25</th>
<th>Pritikin Programs - Marketing</th>
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<tbody>
<tr>
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<td>Meeting Minutes.</td>
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<td></td>
<td>Nathan's early vision: “Aids for Your New Lifestyle.”</td>
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<td></td>
<td>Possible finance sources.</td>
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<tr>
<th>Box 25</th>
<th>Medically-Related Business Ventures, Miscellaneous</th>
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<tbody>
<tr>
<td></td>
<td>United Medical Corporation.</td>
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<tr>
<th>Box 25</th>
<th>Pritikin Restaurants</th>
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<tbody>
<tr>
<td></td>
<td>Pritikin Pantry.</td>
</tr>
<tr>
<td></td>
<td>Pritikin-sponsored restaurants: Miscellaneous correspondence notes.</td>
</tr>
</tbody>
</table>

Nathan Pritikin papers 1628
Pritikin Cruises

Box 25
Cruises, etc.
Correspondence: Patients/Non-Patients (A-R)

Box 25
Box 27
Box 27 contains 51 files representing Nathan Pritikin's extensive correspondence with Center patients as well as with numerous non-patients.
Correspondence: Patients/Non-Patients (S-Z); Correspondence Answered by Staff

Box 28
Individual correspondence.
Physical Description: (18 files)
General note
(Continuation from Box no.25)

Foreign Correspondence - Consultations
Box 28
[No further description available].

Dissatisfied Patients
Box 28
[No further description available].

Mish-mash Correspondence
Box 28
“Babblers.”
“Nudnicks” (nags).
“Funnies” (?).
Post Office persistence.

Correspondence answered by Nell Taylor.

Box 28
Correspondence Answered By Nan Bronfen (aka Nan Cisney; Nan Smith).

Box 28
Correspondence Answered by Claire Trazenfeld.

PLC Staff: Consultations. Correspondence
Box 28
Byron Weston, M.D.
PLC Staff: Consultations, Correspondence.

Media

Lists of Articles By or About Nathan Pritikin/and Program
Box 29
[No further description available].

Media


<table>
<thead>
<tr>
<th>Box 29</th>
<th>[No further description available].</th>
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Personal Documents/Notes

| Box 29 | American Federation of TV & Radio Artists. |
| Box 29 | Pritikin's ideas for media. |
| Box 29 | Pritikin's notes - media. |

Press Conferences; Press Releases

| Box 29 | [No further description available]. |

Interviews

| Box 29 | Interviews: TV-radio transcripts. |
| Box 29 | Interviews. |

Cartoons and Humor

| Box 29 | [No further description available]. |

Syndicated Newspaper Articles

| Box 29 | Los Angeles Times syndicate. |
| Box 29 | Possible syndicated column. |

Newspapers

| Box 29 | Chicago Tribune - Jon Van (June 10, 1984). |
| Box 29 | National press coverage, initial. |
| Box 29 | National press coverage, I. |
| Box 29 | Local press coverage - Santa Barbara area. |
| Box 29 | Media: Los Angeles and California area. |
| Box 29 | National press: Magazine section; Food section. |
| Box 29 | USA Today. |
| Box 29 | Wall Street Journal () - Pritikin replies to “100,000 Killed. November 1981 |
| Box 29 | Foreign press coverage. |
| Box 29 | Downingtown opening. |

Media: Lay Periodicals

| Box 29 | Lay periodical reprints. |
| Box 29 | Newsweek (1981). |
| Box 29 | New York Magazine (1976). |
| Box 29 | Media Queries (1978). |
| Box 29 | Family Health (July, August, 1981). |

Media: Radio/TV

| Box 29 | "Today" Show (November 8, 1983). |
| Box 29 | Susskind Show (October 1978). |
| Box 29 | CBS “60 Minutes” (1977). |
### Media: Radio/TV

<table>
<thead>
<tr>
<th>Box 29</th>
<th>Radio Syndication.</th>
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<tbody>
<tr>
<td></td>
<td>Media: Local radio/TV - Santa Barbara area.</td>
</tr>
<tr>
<td></td>
<td>TV/radio - 1.</td>
</tr>
<tr>
<td></td>
<td>TV/radio - 2.</td>
</tr>
</tbody>
</table>

### Foreign TV - Interviews

<table>
<thead>
<tr>
<th>Box 29</th>
<th>Canadian Broadcasting System.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Interviews (foreign).</td>
</tr>
</tbody>
</table>


Physical Description: (11 Files)

### Media: Public Relations - Newsletters

#### Media correspondence: Periodicals, etc.

<table>
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<tr>
<th>Box 30</th>
<th>Radio-TV: Correspondence, memos, etc.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Foreign press coverage (initial) correspondence.</td>
</tr>
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- Box 34 Loma Linda University School of Health.
- Box 34 LLU Research Service.
- Box 34 LLU Analysis: 893 LRI patients.
- Box 34 LLU Analysis: 893 LRI patients.
- Box 34 Diehl-Fraser: Two papers (3-14-80).

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- Box 34 Plasmapheresis study: Richard Brotherton project report (, PL Technology, Cholesterol Apheresis). 1985
- Box 34 Plasmapheresis study: Dr. Prince's group.
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- Box 34 65 patient study: Posthumous presentation of paper by Ilene Pritikin. Moscow, June 1985.
- Box 34 Dr. Leopold Dintenfass (Australia).
- Box 34 Hypertension.
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Box 35 Applebaum, John J., D.D.S.
Box 35 Barry, Jack.
Box 35 Balke, Dr. Bruno.
Box 35 Bassler, Dr. Thomas J.
Box 35 Becker, Dr. Robert.
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Box 35 Brady, John G., Ph.D.
Box 35 Burkitt, Dr. Denis.
Box 35 Belsky, Dr. Marvin.
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Box 35 Currier, Dr. W.D.
Box 35 Dick, John.
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Nathan Pritikin papers
### Lectures, References

**no.15: Recommendations**

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**Audio Cassettes**

**Longevity Research Institute (LRI)/Pritikin Research Foundation (PRF)**

| Box 49 | [No further description available]. |

**Annual Educational Conferences ; Longevity Research Institute (1977-1984)**

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<td>LRI First Annual Educational Conference () - Tape no.1-10, 10 tapes. January 1977</td>
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<td>PRF Fifth Annual Educational Conference , “Management of Cardiovascular Disease and obesity through Diet and Exercise” - Tape no.41-50, 10 tapes. (1981)</td>
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<td>PRF Conference, co-sponsored by Mt. Sinai School of Medicine, “The Medical Benefits of Risk Reduction Through Nutritional and Lifestyle Changes” - Tape no.51-56, 6 tapes. 1984</td>
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| Box 49 | Pritikin Better Health Program, Denise Vilven training sessions I-III - Tape no.102-104, 3 tapes. (1981) |

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<td>Long Beach Study patient interviews - Tape no.105-108, 4 tapes.</td>
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Audio Cassettes

Box 49
- Pritikin lecture, “High Carbohydrate Diets: Maligned and Misunderstood” - Tape no.117, 1 tape.
- Pritikin question-and-answer sessions with participants at Longevity Center - Tape no.118-119, 2 tapes.
- Pritikin interviews and talks on media - Tape no.120-135, 16 tapes (1 may be defective).
- AHA Convention, dinner/discussion with cardiologists at Longevity Center (November 15, 1979) - Tape no.136-137, 2 tapes.
- “Ode to the Longevity Center” by Charles Wood, participant at Longevity Center session no.66 - Tape no.138, 1 tape.
- 100th session anniversary tape: A message from Nathan Pritikin, Dr. Steven Zifferblatt and Dr. Cleaves Bennett - Tape no.139, 1 tape.
- Longevity Center graduation programs created by participants - Tape no.140-141, 2 tapes.
- Song with orchestral background: “Mr. Pritikin Man” by Dean A. Crawford, Tape no.142, 1 tape.

Box 49
- Photographs/Films
  - Family Relationships; Early Years
    - Family relationships; early years.
    - Biography (“Pritikin; The Man Who Healed America's Heart”) photos.
  - Previous Careers
    - Photography (Chicago, Illinois).
    - Glass Products Company (Chicago, Illinois).
    - Glass Products Company (Santa Barbara, California).
  - Home: 627 Lilac Drive, Montecito, California
    - Home Medical Library.
    - Entertaining and working at home.
  - Media Appearances, Book Tours, Speaking Engagements
    - Book tours; book promotion.
    - Australia, book promotion.
    - TV programs.
    - Speaking engagements.
  - Longevity Research Institute/Pritikin Research Foundation Educational Conferences
    - Mt. Sinai/PRF, Educational Conference. 1984
  - Pennsylvania Pritikin Center (at Downingtown)
    - Pennsylvania Pritikin Center (at Downingtown).
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<td>Pritikin with participants.</td>
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General note
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<td>Young Again (Robert Stabler Entertainment), no.47-1.</td>
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<td>Box 51</td>
<td>Lynn Gordon Show, , no.47-3. July 28, 1977</td>
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**Interviews**

*Physical Description: (Small cassettes)*

| Box 51 | Channel 8, Nathan Pritikin, no.47-7. |
| Box 51 | CBS Press Conference: Pritikin, Ellis, Massey, , no.47-8. April 18, 1980 |
| Box 51 | Today Show, , no.47-9. May 29, 1981 |
| Box 51 | Dr. John McDougall, Pritikin Interview; , no.47-10. Late 1982 |
| Box 51 | Dr. John McDougall, Pritikin Interview; , no.47-11. Late 1982 |
| Box 51 | Diane Glazer Interview, no.47-12. |
| Box 51 | James Irwin re Pritikin, , no.47-13. March 1, 1982 |
| Box 51 | Fitness Magazine: Pritikin, Tennile and Seaver Family, no.47-14. |
| Box 51 | 21 Club, Nathan Pritikin, , no.47-15. April 11, 1984 |
| Box 51 | ABC Nightline: TV interviews of Pritikin, Interspersed Segments, no.47-16. |
| Box 51 | ABC & CBS newscips of LDL reduction study, , no.47-17. 1986 |
| Box 51 | “The Pritikin Choice for the athlete and the average American,” no.47-18. |
| Box 51 | Nathan Pritikin speaks from the heart, , no.47-19. November, 1984 |

**The Pritikin Promise**

| Box 51 | Nathan Pritikin Publicity: , no.47-20. October 1983 |
| Box 51 | Physical Description: (Large cassette) |

| Box 51 | Nathan Pritikin Publicity: , no.47-21. October 1983 |
| Box 51 | Physical Description: (Large cassette, copy) |

| Box 51 | Exercise Program, no.47-22. |
| Box 51 | Exercise Program, no.47-23. |
| Box 51 | The Pritikin Promise: New Way Gourmet no.118, no.47-24. |
| Box 51 | The Pritikin Promise: New Way Gourmet no.132, no.47-25. |

**Mt. Sinai Hospital Medical Conference, April 1984**

| Box 51 | Pritikin Dinner Meeting, no.47-26. |
| Box 51 | Mt. Sinai Medical Conference, no.47-27. |
| Box 51 | Mr. Sinai Medical Panel; Home teachers, no.47-28. |

**Videocassettes - Santa Monica Center**

| Box 52 | Sunday Orientation - Amy Fates (12-2-84), no.48-1. |
| Box 52 | Introduction to Diet - J. Peters (12-3-84; Making the Most of Nutrition and Exercise - T. Lewis (12-3-84), no.48-2. |
| Box 52 | Health Risk Factors - Playing the Odds - Dr. Diane Hanson (), no.48-3. December 4, 1984 |
| Box 52 | Blood Evaluations - Dr. M. Rosenthal (), no.48-4. December 5, 1984 |
| Box 52 | Composition of Foods - D. Vilven (); Planning Your Diet Strategy - J. Peters (12-5-84), no.48-5. December 5, 1984 |

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