

Beating Disease with Bodybuilding BY IAN HOWARD

When I was an 18-year-old student at Rutgers University, I saw a photo of Frank Zane and was inspired to start weight training. I put on 15 pounds of muscle in a year. Then I came down with encephalitis — a brain inflammation better known as sleeping sickness. I was on my back for two and a half months with headaches, fevers and a stiff neck. But encephalitis didn't conquer me. I got out of bed, resumed training, and started taking lecithin (I'd read about it in *MUSCLE BUILDER*) in hopes of regaining some of my memory, which had been impaired by the disease. It worked. I trained for two more years until I developed a cancer between my lungs, pressing against my heart. I had major chest surgery, followed by radiation treatments. The

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This is to inform you that in the name of The American Cancer Society I established a world record for the vertical mile. This feat was accomplished on Wed. April 3rd. I climbed 352 stories or 1 mile in 1 hr 31 minutes. The previous record was 2 hrs 1 min. set by Dale Neil of Toronto in March 1984. Channels 6, 7 and 10 were there to record my feat.

My goal is to be the most well known spokesperson for cancer victims in the world. Can you help me?

Sincerely,
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my record



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doctors didn't want me to exercise for six months after my operation, but I started weight training, using the Weider Principles, after one month.

These are some of the medical misfortunes I've endured since then:

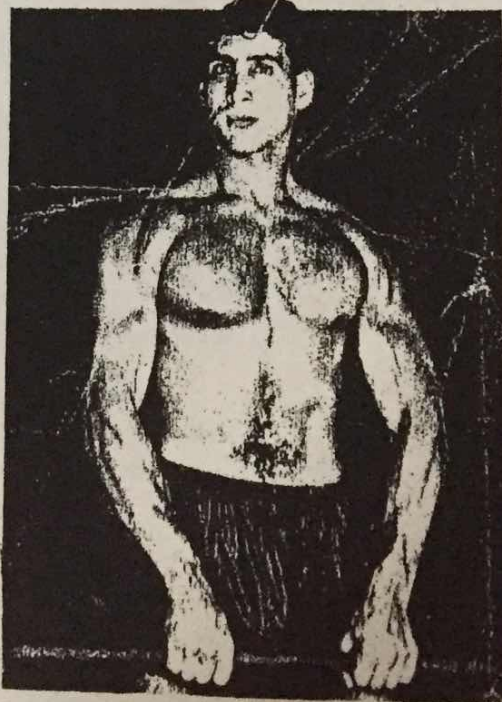
- Pneumonitis, a lung inflammation caused by the radiation therapy. I coughed for two months.
- Severe allergies. I sneezed a lot. You can imagine how that felt when my chest was inflamed.
- A bad fall during my first month as a naval recruit.
- Arthritis in my back, knees and left shoulder.
- Two sinus operations.
- Two throat operations.

Through it all, I kept lifting weights and drinking Weider protein drinks. I controlled my arthritis pain by using natural herbs and minerals, instead of commercially produced drugs, which can have dangerous side effects.

Now I'm 35 years old and a college graduate. I believe that my path in life has been chosen for me, that it's my role to help as many people as possible to hear the good word about health. After having lived for years with pain in almost every inch of my body,

I know that life is the most precious gift a person can have.

I can't possibly imagine not being able to train with weights. They've become an extension of my body. The Weider lifestyle should be made known to everyone. After all, if it were not for this lifestyle, I would not be able to help others. □



Ian Howard: "After encephalitis, cancer, pneumonitis, allergies, arthritis, two throat operations and two sinus operations, I believe that my path has been chosen for me."