

BUTLER MUSEUM

2024

WEDNESDAY APRIL 17

7PM

DR. B. LUST'S RECREATION RESORT "YUNGBORN" BUTLER, N. J. IN THE RAMAPO MOUNTAINS

*Natural Life and Rational Cure Health Home for Dietetic-Physical-
Atmospheric Regeneration Treatment. Fount of Youth, and New Life
School for those in need of Cure and Rest, for the physically and spiritually
weakened, for those overworked and for the convalescent.*

OPEN ALL THE YEAR

Winter Branch: Florida Yungborn, Tangerine, Florida

IN the vicinity of the beautiful country town of Butler, N. J., there spreads, in incomparably ideal beauty, surrounded by majestic pine forests, orchards and parks, the Health Resort of YUNGBORN. The establishment was called a Yungborn by reason of the rejuvenating and strength-endowing effects of its Regeneration Cures. And indeed, these extensively known Yungborn-Regeneration Cures are not only health-restoring, but also Rejuvenating and Strength-giving Cures. Already during, and particularly after the treatments are completed, the strength and vitality, formerly low and broken, rise with astonishing assurance. Vital energy and vital strength return; increased nerve-elasticity and an undreamed-of sensation of powerful health make themselves felt. And with the new creative power there asserts itself a feeling of spiritual and physical rejuvenation and unlimited efficiency.



Yungborn Regeneration Cures—The dietetic Regeneration Cures which are applied in their particular gradations as required for the various diseases and conditions of weakness, are fully adapted to the case in hand and modified correspondingly.

The most peculiar and most intense forms of these Cures are the *Schroth Treatment*, so called after its founder, the genial Johann Schroth, and the *combined Diet, Light-Air and Water Treatments* in which the experiences of *Schroth, Kneipp, Riehl, Lehmann, Ehret, Just, Engelhardt*, etc. are resorted to individually. Furthermore, Fruit Cures, Herb Cures, Vegetal and mixed Diet, Fasting Diet Cures in combination with Fruit Diets, and so forth. Diet requires individually adapted physical treatment, such as *packings, bandaging, baths and gushes* of various descriptions, barefoot walking, light, sun and air baths, steam, electricity, massage, osteopathy, chiropractic, mechanotherapy, neuropathy, etc. Special attention is given to the development of humid warmth treatment as one of the most important curative factors.

Aid in Obsolete, Inveterate Cases—The Yungborn Regeneration Cures will help even in the most deep-rooted and supernumerated sufferings and conditions of weakness, where other cures failed, except in cases of organic new growth and destructions (like cancer and consumption) or marasmus.



It need hardly be mentioned that not only those requiring cure, but also those in need of rest, the *weakened and convalescing* derive the best possible benefits of lasting effect from a sojourn at the Yungborn.

Fall, Spring and Winter Cures—We wish to call the reader's attention particularly to the fact that the Yungborn is also splendidly suited for a stay in winter time. Not only the Regeneration but also the Strengthening Cures are immensely suc-

DR. LUST'S YUNGBORN

“Naturopathy, or naturopathic medicine, is a system of medicine based on the healing power of nature. Naturopathy is a holistic system ... That strives to find the cause of disease by understanding the body, mind, and spirit of the person.” – Mount Sinai Hospital website

JOIN US!



@thebutlermuseum



@butler museum

Today, many individuals and medical practitioners believe in the importance of treating the whole patient, including mental and spiritual support in the care plan. There are also millions of people around the world who advocate eating wholesome organic food, getting exercise and fresh air, and rediscovering the value of traditional herbal-based supplements and treatments.

Did you know that the Father of Naturopathy in America was Butler's own Benedict Lust, who along with his wife, Louise Stroebel, founded and operated a health resort called Yungborn, based on those principles right here in Butler? Do you want to know more?

The Butler Museum invites you to an informative evening about the life and ideas of Dr. Benedict Lust. Our presenter is Dr. Lust's great niece, Butler resident Jan Courtney. Join us on Wednesday, April 17 at 7:00pm. Admission is free but limited to 35 guests.



WEDNESDAY APRIL 17, 7PM