

Some benefits of Nudism

Including how it can save the world



“What spirit is so empty and blind, that it cannot recognize the fact that the foot is more noble than the shoe, and skin more beautiful than the garment with which it is clothed?” – Michelangelo

A man is walking along a forest or desert trail naked. A young woman wearing shorts and shirt (with bra and panties) passes him walking in the opposite direction. As she approaches and passes she keeps her gaze averted and even puts her hand up to shield her eyes from viewing him. After she passes, she wails, aloud, "I don't know why some people have to do that!"

The naked man stopped, turned, and called after her. "I can explain it if you'd really like to know."

She stopped and turned to face him about ten feet away. "I would! Whatever possesses someone to get naked and walk around out here?"

The man grinned, "Well, it's safer than doing it in the big city, isn't it? But that wasn't your question, was it? There are two answers to your question: "The first is, 'If you have to ask the question, you wouldn't understand the answer.'"

The woman rolled her eyes. "That's no answer!"

"True," the man replied. "But the truthful answer must be demonstrated, or it would be no answer either."

"Well? You are already 'demonstrating,' aren't you? I still don't see any answer."

"You have to demonstrate it, and if you are interested, I'll tell you how."

"I suppose you are going to tell me I have to get naked, aren't you? Well, you can forget it. No way am I going to get naked in front of some naked stranger."

The man shrugged. "You asked the question. I'm offering you the answer. There's no one else to see you out here in the desert, and you've already seen me. And it hasn't hurt you, has it?"

"No," she admitted, "but it has embarrassed the hell out of me."

"That's good for you. Gives you a chance to think through your automatic reactions. But you said you wanted to know. You want me to tell you how to find out for yourself?"

"Okay," she squinted at him. "Go for it."

"Very simple. Take off your shorts, then your panties if any, and drape them over that bush there. Then take off your shirt and your bra and do the same. And here is where you will learn what possesses me to run around naked in the forest. After you take off your stuff, leave them there and walk a hundred feet up the trail, jump up and down, and then walk back."

The woman gasped. "You're kidding me! You expect me to do all that in front of some naked stranger?"

"I don't expect you to do anything," he shrugged again. "But you asked. And I will absolutely guarantee it won't hurt you, any more than me standing naked before you have hurt me."

The woman was silent, thinking, and feeling a blush creep up her face. She looked up at the man: "You will stay there?"

"I will stay right here."

Almost unbidden, she felt her hand move to the top button of her shorts. She looked sharply at the man and stayed her hand, but then a thought ran through her mind: "Don't be silly, Silly! You've gotten naked in front of a man before. And George was practically a stranger ..." The button came free almost of its own volition, and the zipper moved down smoothly. The shorts started to slide off,

but then volition took over and she hooked her thumbs into her panties to slide them off at the same time. Her muff was exposed, and she hesitated, but only a second, thinking “it’s too late now anyway!” and slid the shorts and panties off in one continuous movement until they snagged on her hiking boots. Some effort and wiggling and a bit of staggering and they were completely off.

She glanced at the man, seeing he hadn’t moved any closer. “Oooh,” she giggled nervously, “...breezy!” Standing there, bottomless, she almost felt turned on. No, she was turning on! She crossed her arms and grabbed her shirt by the hem, pulled it up enough to grab her sports bra and pulled them off over her head with one quick movement. They joined her shorts and panties on the bush.

She faced the naked man, her arms out to the side. “Well! Here I am! Naked in front of a naked stranger!”

The man pointed beyond her. “Now run up the hill to the overlook and jump up and down. Do Jumping Jacks! See what it feels like!”

A quick look around to confirm they were alone, and she turned and trotted up the trail. As the valley beyond came into view she hesitated, scanning for other people, but then moved all the way into the view of the valley. The excitement overcame her at that point, and she stretched her arms up to the Heavens and jumped into the air, her legs spread. This was wonderful!

She turned and started back down the trail and then changed her mind, moving back into the view of the valley and jumping up and down a little bit. She glanced back at the man, still standing in his original location, watching with admiration and amusement. She motioned for him to join her.

In a few moments, he was there, two naked compatriots, one experiencing a new and exciting world for the first time, the other enormously pleased at what he had accomplished. “So NOW you know what possesses someone to run around naked, don’t you?”

“I sure do! This is fantastic! I never want to get dressed again!”

“In that case, I would say you are about ready for the hot springs, about a half a mile that way. Shall we?”



“Hot springs? Great! Uh...I guess I have to go back for my things. Or maybe I’ll just leave them there!”

“No need.” The man handed her the clothing she had left behind. “But you will find it great fun to pretend they were stolen and go all the way back to your car and maybe even all the way home as you are right now.”

She grinned. “Maybe so! Oh, what a wonderful day! Let’s go get hot and wet.”

By “thefunofbeingnaked” from Tumblr who says that when it happened in real life, the young lady had a dog with her. <https://thefunofbeingnaked.tumblr.com/post/164449476470/a-man-is-walking-along-a-forest-or-desert-trail>.

“How is it possible for the human body, which was created in the image of god, to be offensive to anybody? Satan would love to see God's greatest creation be considered offensive.”

To most people, this would seem like a fantastic fantasy that would never happen in real life, especially to them. Possibly the start of some romance story or some erotica story. Many people would read this without thinking that this would ever happen in real life, little do they know how wrong they are. There are lots of people who go for nude walks out in nature like the man in this story. As there are so

many people on this small earth there is a chance that he would have gone passed someone which he did. There are a few ways then that this could go. The 2 most common is either the naked person tries to cover up and look awkward, and the whole situation becomes awkward and they just run past, back or off the trail or the other person pretends not to see and continues running. There are a few other ways it could go but the some of those times would be like in the story, if the other person, whether male or female, white or black, fat or thin or any other way to group and label people, becomes naked, I can almost guarantee you that either at that moment or later when they are alone, will probably want to be a nudist of some sort. That is the lifestyle I am going to tell you all about.



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A Basic History of Nudity

Ever since humans lived on the earth, let it be the evolution of apes or special creation or any other way they came to be, the human body in its most natural form, nude, bare, naked, has been something that people didn't hate, it wasn't something of weakness but of power, and it has been a part of everyday lives.

Genesis 2:25 says, "Adam and his wife were both naked, and they felt no shame." And from the many times said in Genesis 1, it was all very good. Gods' masterpieces were made without clothes and they felt no shame in doing so. Many other times throughout the bible it says or would be known for someone to be naked, a few examples are the prophets, David, fishermen, Jesus's birth, baptism, crucifixion, and resurrection. And how can God find the nude body as evil, it is His image?

Throughout earth's history, we can evidently see that the nudity was common in countries like Rome and Greece. With lots of their artwork showing heroes and gods in the buff or wearing a bit of linen. We know that they even did their Olympics and other sports naked. They also then all bathed together in the pool, also naked. Some of the Egyptians, namely the pharaohs and those of higher status went nude as tribute to the sun god.

"the word 'gymnasium,' when translated literally means 'a place to train naked'. The root word 'gymnos' means 'naked'."

Many indigenous tribes from history and some still today went around with little or no coverings without thinking twice if it will be a problem for others. Though some have had to cover up because they were too close to civilisation, and it was against their culture and customs.

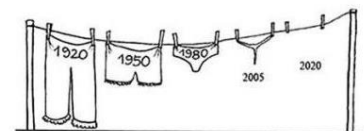


In slightly more recent history from the 19th century, many nude camps started to pop up, especially in Germany which got banned by Hitler but reopened as "sport" camps. Many protests have occurred while in the nude and much more things have happened that have involved nudity of some sort.

Not too long ago, people had to wear coverings that cover most of their bodies, including their necks! And as time has gone by, we have been

"A nudist is not a body lacking something (that is, clothing). Rather, a clothed person is a whole and complete naked body, plus clothes."

becoming more and more free and being able to show more of our skin without being publicly ridiculed to the point where soon, we might as well be nude, but by then, there might not be a world to live in, so let's speed up the process.



And you, you would have come into this world naked, coming out of a naked woman, after that women and another man decided to both get naked and make you. Perhaps after cupid came after them, also naked. You probably then tried to stay like that until the age of about 4 when your parents stopped letting you go around naked.

Nudity in Today's World

With the huge increase and development of technology, things can be bounced around the internet at enormous speed and without breaking a sweat. Add this with most men's addiction to lust which goes onto porn (which is a problem that could be fixed that will be answered later), porn is perhaps the most well know thing that has nudity in it today. Because of this nowadays when people hear the word nude or anything close to it, they equate it to and think of sex. They then try to confirm this as you must be naked to have sex.

You can go to the shops and see almost naked women in ads, you can see them in magazines or a

“Why should we think nudity is such a revolting thing in a land where there is so much violence and corruption and racism and hatred? Nudity seems like a relief from all that bullshit in life.”

quick search on the internet even if they are fake because of photoshop. We live in a world where in Saudi Arabia, the girl will be punished for being raped by a man as they think a man cannot control his sexual desires if a woman shows too much skin. The world has gone mad.

But that's not all the nudity in the world today. It is almost an everyday thing for everyone, even you. You wake up, get undressed and shower, throughout the day you might have to change clothes from smart to sports clothes, a few times a day, and finally get naked one more time before you go to bed. There is also partial nudity when you do things like go to the bathroom. Do any of those have anything to do with sex?

There are people who don't think the sexual way either, they view the world as nature would want it too. They sometimes live without clothes in more than the things mentioned above yet they don't feel the shame in doing so that most others will do if they were to be in the same position nor in a sexual/erotic way. Some of these people would only go around their house without clothes when they are alone, but some would wish to be “sans-clothing” 24/7 with people varying in-between with various levels of comfortability, using this as a short guide, <https://gamergirl94.tumblr.com/post/160209796320/layers-of-nudity>.

“I am a naturist, I have no problems looking at what nature gave me as a person, or letting others see it. Nakedness is natural, shame is not natural.”

When this sort of social nudity first began in the 19th-20th century, because of the shameful the Victorian era put on nudity, people were not accustomed to any nudity and when one person is seen, it went all over the news, even when a man was topless. Now we barely hear any of that on the news, men are topless quite a lot and if someone was to see someone nude in public, especially in some of the European countries, they might not even take a second glance.



There now places where recreational nudity is allowed. There is an ever-increasing amount of legal nude beaches and some not legal nude/clothing optional beaches yet many still go nude on some of those beaches. There are now some nude restaurants where each family get an enclosed area. There are even now some public



nude parks in the city in Germany or even a whole nude town like Cap D'age with over 40,000 people annually. And so many more places, some cruises (Bare Necessities), clubs, water parks/pools and more.

Along with areas that are accepting of the human body, there some events that also allow the nude body where normally it isn't really allowed. The most well-known of this is the WNBR, the World Naked Bike Ride, hundreds from each city get in the buff and start riding their bike around the city on a set path. The cause of the WNBR is to raise awareness of pollution. There other events like runs

"I like it here. When I go to the other swimming pools they all look at my legs. When I come here they look at me."- 12-year-old girl with Cerebral Palsy concerning a naturist swim

or swims in public or unique events where a club may book out a bowling place for the night or something like it. Another big one is the burning man, while not supposed to be a nude event, many take the chance to do so anyway.

Now when we go around shops, especially food shops, we can see foods and restaurants like 'naked foods'.

Make-ups called nude. When you hear of these you usually think of natural foods/nice makeups, why can't it be the same for a naked person. There are even TV shows that have nudity and are not inherently sexual i.e. naked buying, naked and afraid. And so many other things, jobs, whatever that involves this lifestyle I don't know where to start. From magazines to podcasts, you can see this in almost every corner, but make sure to fall into other people's traps.

So why is going without clothes becoming more and more appealing, why is it becoming more common and why is it less frowned upon? Well, there are multiple answers to all these questions. With growing sciences and technologies, people found out some things like going to sleep nude is better for you. Some tried it and would start to go nude for longer. Other people would have swum in swimmers their whole life until one point they couldn't find them, eventually going skinny dipping



and after coming out wondering why the hell they ever swam in swimmers before for reasons like, they don't keep me dry, they don't keep me warm, they don't stop sand from getting in but stops sand from coming out, they don't dry you afterward only keep you wet for longer, it stops your body from feeling the water, they are tight and restricting and speedos like any other swimmers only slow you down. Most swimmers also sink on their own which would

make you heavier in the water and have to try harder to get to the surface, so it makes swimming more dangerous. Your swimmers also have little fibres that come off and can break down your pool filter, which cleans the pool, this is why not too long ago, schools had the students swim naked in swim class. And that is just one little thing in the whole aspect of nudism.

If you were to go to a nudist club (NOT colony), you will probably feel out of place, firstly by the fact how at ease everyone is without the worries of clothes, but you will realise soon enough that most of these places, most of the people there are over 50. This usually raises the question that the lifestyle of nudism is on the decline, it also might influence younger people to not join because they will be with a bunch of "old hippies". But once you start to look out of the landed clubs and some of the moving clubs and other groups, you start to see that it is not in decline but growing.

"Because naturists don't think of sex when they undress, because naturists don't think of sex when they are engaged in wholesome family activities. Because naturists don't grab a towel for cover, after taking a shower in fear of having others view them in a 'sex obsessed' manner? Who are the

Now more than ever, there are so many ways you can legally enjoy good clothes free time. Including the events mentioned earlier and more, there some organisations they are dedicated to things like organising these events, making a more legal area to be nude and more, with 2 of the biggest

including the “Young Naturist America (YNA)” and the “International Naturist Federation (INF-FNI)”. Although the YNA recently got closed, the maker Felicity Jones still writes blogs on the page. The amount of people that went to their events, including the many who had never stepped foot outside naked before, shows the immensely increasing open-mindedness in people and in turn, the nudist way of living. Or on special days like 14 July (National Nude Day)

Nude tourism is among the highest growing ways of travelling. Especially with all the nude/CO (clothing optional) resorts all around the world, with the nude cruises, CO beaches/trails and nude clubs. Once you realise the size of this multi-billion-dollar industry you wonder how you missed it this long. Just a quick search and there is a good chance that if you were planning on going somewhere there would be some CO accommodation within 2 hours of your original destination.



Another way of seeing how much this world is already accepting the human body in its most natural form is by seeing how many come to extraordinary events. Although many would not call themselves nudists nor might they even be naked that much outside of the event. People still come to events, events like the Spencer Tunick photo events where sometimes thousands of everyday people get naked and pose together for a photo. The WNBR and some of the YNA events have people like this and there are other events like nude World Record-breaking attempts which



sometimes have people who haven't had that much experience with nudity.

“We are just normal people with cars, homes, families, jobs, dreams, pets, hobbies, friends and normal daily lives just like everyone else. Only on difference, we like to be naked.”

There are so many benefits to going clothes free, after only knowing a few of them, you would wonder why you are still probably wearing clothes as you read this. But because of the immense amount of benefits, it would be very hard to list all of them, and then to have them in all in a way which would be enjoyable for you to read them all. So, I would probably go through

some of the bigger benefits. If you would want to know more, here are just a few 205 reasons

“<http://www.naturistsociety.com/resources/PDF/205ARGUE.pdf>”.

Personal Health

There are many drugs in today's world all with slightly different purposes. Some to make you relax or have a loss of stress, some to make you happy and excited and a few other things. But most of these, they start off well, then they don't give you as much of the feeling, then your urge to get it and go crazy and it ends up doing a lot of dreadful things to your mind and your body. They are also sometimes expensive and usually illegal.



Many of the feelings you get from these drugs you can also get just with being naked. When you are naked, almost nothing feels more relaxing and stress-free, yet you are excited and happy. You also sometimes might want to help out, do some work or homework and it makes you more social if you are in a group of people, all naked (its true). But unlike most drugs, this feeling stays pretty much the entire time you are naked, every time you

are naked until you die. It also doesn't have any bad side effects, in fact, it is probably the healthiest thing you can do both physically and mentally without doctors or other medicines when you get sick. And as a bonus, it doesn't cost very much, its free, you just have to take your clothes off. (and when you do need to go see a doctor, it won't be a big deal if you have to strip so that they can investigate or do surgery).

"You're going to be in your own skin until you die. That's a while. You might as well get comfortable in it."

The most obvious reason for this is one of your sensors waking up. For instance, if you were in the sun without clothes blocking the sun to your skin, the sun can hit your whole body. This not only will obviously give you more vitamin D and have it all over your body but your whole body will be giving your brain an "I love the sun" message instead of parts of the skin giving the brain that message and other parts always giving a "clothing, clothing, clothing" message. You are using your touch sense to a higher potential 24/7. This then heightens your brain activity in all other areas. You become more aware of the area around you, especially when doing something like a bush walk.

Have you ever walked barefoot and naked through a grass field in the morning where the dew has not evaporated yet? You let your feet seep into the moist grass before you start to run. You feel the wind pass over every part of your body, hair flowing in the wind. Diving into a cold lake nearby, you feel refreshed and start to swim. Having all the water flow smoothly across your body, no swimmers or clothes slowing you down. Once you get out you sit in the morning sun and have the sun dry the water off you after it was dripping down your body without being

"Once you feel the breeze on your naked skin and the cool earth beneath your bare feet, you'll realise that all other experiences were like looking at the world through a darkened window."

absorbed by some cloth. This is one of many things that you can do in nature while naked and with each one, there is no feeling like it, which in turn boosts your mood and that in itself has many benefits.



If you wondered if you would feel cold after coming out of that lake, then yes you would be right, but only for a bit. Once you start to dry off, your body will give a temperature message to the brain, as every part will give the same message instead of half cold and half warm, this assures the brain what temperature it is and will heat or cool your body down naturally, in this case, it will warm you up without the use of heaters, sun or any external factors.



When you have clothes on, this won't work as you will have multiple temperatures across your body and your brain will be confused as for whether to heat up or cool down, so it does neither. This causes the bare skin parts to stay cold while the clothes parts get warm. You feel the cold stronger than you feel the heat, so you complain about it. As those clothed parts stay warm, they will sweat more, and that sweat won't evaporate anywhere near as it should. This creates the perfect breeding ground, being all warm, dark and moist, for bacteria to grow. Let me give you a minute to take a guess. Lots of bacteria cause sicknesses and diseases, and you don't want those don't you. How to avoid greatly? Simple, don't wear clothes. This kind of goes with the idea that by sharing hats with someone who has nits will probably give you nits as well. Or just getting other animals like spiders stuck inside your clothes when putting them on, as they can't escape they attack you, with clothes not only would they not get stuck in them or on you, but you would notice that they are they and can let them go away easier.

On the nature walk/swim you may think that you would get injured as you are not protected, this is also false as being vulnerable opens your mind more, and you take more care in every step and you are more aware of your surroundings, causing you to feel nature even more. This, in turn, makes you want to be out in nature more, and you can't do this when there is no nature left, so this will help you fight for nature in this industrial world and it might save the planet.

When you are naked, with the heightened sensors and the lack of itchy and annoying clothes, you feel so much happier and cheerful, you feel like a child. Having almost no worries and lots of fun, you want to do things. You want to get out and do more physical and natural things, help others and do other tasks that you would probably not want to do like chores, but they will less like chores and more like something you are doing naked. Even your algebra homework will be so much more fun when doing it naked. I am not saying this as a once you are naked you must do this, believe me, or not, I am saying this as this is most likely what will actually happen. And doing these acts will both get you fitter and have a more open mind.

“Happiness is sitting down to watch some slides of your neighbour’s vacation and finding out that he spent two weeks in a nudist colony.”
– Johnny Carson

Even while feeling highly excited to do things, you feel a deep sense of relaxation, as if all the stress and worries of the real world have just fallen off you. Like going on relaxing holiday, better yet a nakation (naked vacation). It will let you feel free and that nothing will be able to put you down.

While you are on your nakation you might as well get a proper tan. Get rid of

"Forcing Americans to always wear clothing while swimming or sunbathing even in designated or secluded areas is as bad as forcing women to always wear burkas."

those tan lines, have the same tone over your whole body instead of having white and dark sections. But make sure not to get too much sun or, you know, sunburns which lead to skin cancer. So, have sun, but not too much sun.



Being on a nakation could also be a valuable time to get back some good sleep. Although there are many things you can do to get a better night's sleep, sleeping naked is one and there are quite a few reasons why. Probably the most obvious is that the lack of pyjamas causes a lack of tight irritation on the skin which helps you relax. To get to sleep your body needs to get to a cool enough temperature to begin burning your brown fat but wearing clothes to bed can prevent you from doing that easily so instead of going to sleep your body is trying to lower your temperature. Doing this will also let you age better with the 2 main anti-aging hormones, and lower levels of weight and mental problems while also having muscle growth, and it will boost both your immune system and your metabolism.

Sleeping naked would also mean that you don't have any bras on because wearing a bra for longer than 12 hours a day gives you 25 times the chance of getting breast cancer and if you wear them to bed, 125 times the chance. What do they do anyway and don't say support your breasts because doing that doesn't actually make a difference? It would also allow for both genders sexual organs to breath which cause them to both have greater fertility.

“I like me better naked. I don't mean in a vain way... When you put clothes on, you immediately put a character on. Clothes are adjectives, they are indicators. When you don't have any clothes on, it's just you, raw and you can't hide.” – Padma Lakshmi

When sleeping with a partner (married couples), that doesn't mean you have an excuse to be clothed or that you are going to have sex. Yes, you can have sex and it would be better as you know each other's body and blah blah blah, but just sleeping together both naked is great. The skin to skin contact of one another releases the chemical oxytocin, the love chemical which not only is good for you but good for your relationship as like sex, creates a stronger bond between the 2 of you. If we were all naked anyway, people will probably stop having sex or even marrying each other just because they want to see each other naked but because they want to be with each other, creating more permanent and stronger relationships. And for those in a happy nudist relationship, sex would mean more as you are doing it together and for each other, not so that you can see someone naked.



Now that you are in a strong relationship with someone and both of your sexual organ are very healthy, you might have sex and in turn create a child. This child would be the DNA of both of you which would cause you to come even closer while you both tackle the problems or being parents together. Most people today, when with their children, if some nudity comes their way in any way, they would

“shield” their children's eye claiming that it would save them from their innocence. This is probably one of the most stupid things I have heard. A child comes into this world after sex which requires nakedness of 2 people, to come out of the womb naked, out of an at least bottom naked women, to then have its nutrients come out of a top naked woman. The child itself while still young likes to go around the place with nothing or a diaper on. Children are born naturists.

“If we were meant to be nude, we would have been born that way.”

But after a few years of constant shaming of being naked and being forced to put clothes on and so forth, they learn that being naked is bad, it is not a natural thing, but something done by other people. If that child never went through that shameful and lived in a place where nudity was



accepted, they would almost never put nudity and shameful in the same box. They would grow up loving themselves and their bodies, creating huge self-esteem. They would grow up to know what those body parts are as if they were any other body parts and they know what they look like in now and in the future, so they would know what would be coming for them, which will maintain that self-esteem. They would grow up looking at women as human, not as some object which reveals things to certain people, and that could cause friendships with both genders which will look like friendships, not sexual relationships. Being

naked while having a high self-esteem makes you more open, mentally, you will more easily trust people as they will trust you more, creating more and better friendships. They then wouldn't worry when they hit puberty as they can already look at others who are older than them and see what changes do happen, which keeps their high levels of self-esteem. They would grow up in a much better place than most of us do. (And as an added bonus, you wouldn't need to buy lots of different sized clothes for your growing child, or when you are pregnant before giving birth).

But you are lucky your brain is flexible and can open pathways while closing others and you can delete your ways and learn these ways and you will have those high levels of self-esteem and happiness. You can learn most of these things from a new perspective and be a much better, healthier and happier person.

Other Personal Benefits

You wake up, you get out of your PJs. Once having a shower, you run back to your room with a towel wrapped around you. You then spend the next 10 minutes going through your wardrobe trying to find things that fit you then another 10 minutes figuring out what goes with what and finally what to wear for that day. You then get all your dirty clothes and put them in the washing machine, but you couldn't find the chemicals you needed so you quickly went to the shops to get the stuff you needed.

After perhaps putting some makeup on you go out to your job for the day. The entire day you are constantly pulling up your shorts which are slowly slipping down your legs, the rubbing of that then makes you itchy and uncomfortable which distracts you from getting your work done. During the day you want to go for a run in a lunch break but instead of running in the clothes you are wearing you brought other clothes to get changed into. You go to the bathroom to change but all the cubicles are full, so you wait for someone to come out. (besides, if everyone is naked and unashamed, they wouldn't have to separate bathrooms, which would save space, time, materials and problems [like with the LGBTIQ+ people not knowing which one to go in] and bring the opposite genders closer together).

“You'll never catch a nudist with his pants down.” – David Letterman

After going for a run, you are hot and sweaty, and you didn't bring a towel and there is little to cool yourself with so after changing back, the clothes you are wearing become hot and sweaty and is starting to stick to you. To try to cool down while at your desk you take your shoes off but can't be bothered to bend down so with your feet you try to take your shoes off but accidentally scrape the back of your ankle. You go to the toilet and have to again undress half of what you have on. After finishing and getting everything back on you dribble a bit more causing a mark on the front of your shorts.



Halfway home you realise you forgot the other clothes you wore when running, back at your desk, so you head back and then go home, losing yet another 20 minutes getting home at about 4. After getting home you have to put the washing that was in the washing machine in the dryer. Once finally having dinner, you accidentally dropped a bit of a tomato-based sauce on your shirt which leaves a stain which you spend 5 minutes wiping it and after that there is a wet mark and still a bit of the stain left. After that you take the clothes from the dryer and start to fold them all before putting them back into the cupboard again, you take a shower, dry yourself and get changed back into your PJs before getting to bed. After all that washing, you still have at least one pair of dirty clothes (besides, washing [and other forms of cleaning] is a chore best done naked as you get all your clothes clean and you can easily wash afterwards).

While being one of the greatest things for you, health-wise, there are a whole bunch more things that nudism can do for you.

This is an average day of how much time you might lose every day due to clothes. Then there are some other days where you need to go buy clothes, repair them or other events. But evidently, by not having to worry about clothes, you can save a lot of time in your life.

Along with saving time when not caring about clothes, you can also save money. Here, let me point out the obvious and show you how.

You don't have to buy clothes.

Wow, I did not think that you thought of that, if you did, I congratulate you. But surely thought of some of the things like not having to pay for the chemicals to clean them, the sewing machine and cloth to repair them or the electricity and water used to clean them.

When we wash them, we are also trying to get rid of stains that could be both shown or hidden. Although we may not know about the ones that are hidden the ones that are shown could be easily

seen by anyone. Let it be a grass stain, food stain or other stains. But some of the worst are the stains that you get from dribbling after going to the loo, although they usually fade after a bit, the people who see that wet patch usually

take a laugh. Without clothes, most of these will either not be seen or will rub off very easily, like a food stain. This would also apply to natural stains like sweat marks which feel uncomfortable which won't happen when not wearing the clothes for the sweat to stick on to, so it evaporates.

I feel that when it is raining, usually we run to cover and claim that we don't want to get wet when in actual fact we don't want our clothes to get wet or ruined.

When we have a bag, usually we either try to protect it or use it to protect us. But when we have a shower, we go in naked and we aren't afraid of getting wet. Most people don't actually mind getting their skin wet, some enjoy it, so if we didn't have to worry about clothes getting wet, we might not hate the rain as much. It would also mean we could dry off much faster than when having heavy drenched clothes on, some which might go see through when wet and in today's society could be discomfoting, but if we were all naked anyway, it wouldn't matter. We could focus more on keeping proper valuables that shouldn't get wet from getting wet, like technology. Going naked would also stop embarrassing moments like when a light t-shirt gets wet and goes see through.



Some clothes, when they do get wet, can become extremely hard to get off or on, some clothes don't even need to be wet to do that. This can be a problem in some cases where you need to be changed quickly or something, but the worst is when you need to go to the loo and the stuff you have on is hard and will take time to get off. This then becomes harder when you are busting, and your hands are trembling because you are focusing more on keeping it in.

We also wouldn't need to bring that change of clothes if we went from formal to sport or other. Our birthday suit would also be our formal suit, sport, swimmers and many other things that you would normally have to take time in changing in and out of. Because of this, if you were to go somewhere on a plane, boat, camping or anything that requires luggage, you wouldn't need anywhere near the weight you normally

have. Your luggage would also be a lot smaller. As you wouldn't be wearing anything anyway, the airport security would be much faster, with no full body scans and metal detectors needed. With

“Is it normal for us keep to our bodies covered in cloth 100% of the time? For some people, walking from the bathroom to the bedroom with no towel handy will cause them extreme panic and stress. Is this healthy? Being naked should just be another form of dress, nothing more, nothing less.”



a shorter security search, you might be able to have more of a sleep in if your flight is early.

One other thing that will help when it is not a requirement to wear clothes is that there can't be wardrobe malfunctions. If something were to pop out if you were wearing clothes, it would be like if you accidentally showed an ankle. It wouldn't go viral, it wouldn't be something that people fussed over, and it wouldn't be something that they would use against you. I have heard of athletes, especially swimmers, who weren't able to compete in a big race because moments before their swimsuit ripped at their backside. If nudity was accepted and a common thing, embarrassing moments like these won't have to happen.

World Benefits

Every day, in almost every store you go to, many websites and many other places, there are magazines, ads and other things that have pictures. These pictures are usually filled with people, people who have been photoshopped to be extremely close to what people would call the "perfect body". In many clothing shops, you then see so many thin, white, photoshopped girls in bikinis and underwear. All this does nothing but makes the person looking at them (which is hard for people not to do) make themselves feel insecure about their bodies. Many people don't want to try nudism for

this reason. They feel that they are too fat, not white enough or many other things, this then leads them to think that everyone will stare at them and perhaps hate them. The lucky people who have overcome these fears enough for even 10 minutes and go to some nude area, their whole mind can change, and they realise that what they thought about these people was wrong in almost every way. If enough people did this, perhaps soon ads will have to show their actual product i.e. a watch, instead of some sexy girl as the main image who is wearing the watch down in the corner of the. Imagine being sold a product not just what the product looked like on a girl, people might spend their things on stuff that is actually important.



This sexualising of the human body which causes the insecurities is what fuels the porn industry. Never being able to escape the objectifying of people from these images, especially women causes a lot of people to turn to porn, they also then stay looking at porn because of its addictiveness and part of that addictiveness is because of the objectifying of mainly women and power for men, which they are used to in society. It is also from giving them an idea of what women look like, or what fake women look like I should say, and for women makes them think their bodies are bad.

“The beauty industry relies on us feeling unhappy and ashamed of our bodies.”

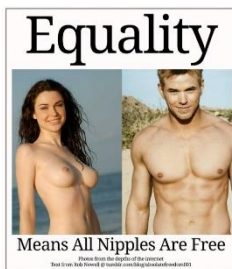
But being able to go to a non-sexual nudist area and see how everyone, both men and women are treated equally and with extreme respect. It also shows what real women look like and especially for women, seeing how different everyone and their bodies are but seeing how everyone accepts themselves and others for who they are, it boosts self-esteem immensely and they have their own benefits. Letting girls see that they are not as fat and bad they think they are, it could cause lots of girls to not go anorexic and you know that being anorexic is bad.

“When genitals are only exposed for sex, then they come to automatically represent sex whenever they are in view.”

I am no porn expert as I have never watched porn (with sexual desire), never have felt an urge to, and have never liked porn. Neither have I ever masturbated. But I think that if we can give people a much higher self-esteem, show people what real bodies look like, realify people and

desexualise the naked human body, people might lose the addiction to porn, stop buying it, turn on it and hurt, perhaps even kill the porn industry. Doing something as big as killing the porn industry as only a small part of everything world nude acceptance will do, you should be wondering how good nudism is and why it isn't a commonplace thing yet in our lives.

As we won't have to spend money on clothes, that doesn't mean that you can't. You might want to go to events and dress up, not having to cover up certain areas actually allows for more fashion as you could just wear a shirt. But a poor person could spend an extra \$10 on food rather than using it to buy clothes just to be "modest". It also would probably stop you having to buy a uniform for school or a job. Not showing through what you wear what you do in everyday lives, prevents you quite a bit from showing what social class you could be in, what job you have, how much money you have, what personality you have, what you like to wear, religion and along with many other things.



This is possibly one of the greatest equalisers you can have when with other people. Being able to sit down next to someone and not know if they work for an insurance company, the police or garbage collector, then having to judge someone not in the first few seconds you see some by the clothes they wear but have to get to know them personally before judging them, along with fact that everyone can wear however much they want, it would increase the equality in this world immensely.

"When we're naked, we're all equal. Nobody's greater than anybody else. And that right there is peace and true freedom."

Lots of schools today require uniforms, with each school having their own design and type of uniforms. Some schools are stricter than others about the uniform. Once you leave school after the bell every day, you might go to a public place, like the shops. There you will probably see other kids from other schools in their uniforms, therefore letting you know instantly that they are from another school and could be someone you don't want to meet. They could be from a rival school or could be a bully from another school. All this you can get from the uniforms that you and the other person is wearing. Take that away and you might look at them as a human before thinking about them from a different school and might become friends and do other things that you wouldn't have done when you were both wearing uniforms.

This can be the same with countries. You can see what they culturally wear and think of them differently. Like how most white people see women wearing a burqa, the white people might not think of them as human but as some other things. Take the burqa away and they might see her as a human. Doing this over the globe might create some sort of global cultural equality and people of different races, ethical backgrounds, religions and countries will be seen as a human being who deserves to have a life and possibly be friends with you. One black man stopped over 200 KKK people by getting the KKK people to get to know him not as some black dude but as a human being.

"Are we so narrow minded that we show war, murder, rape, etc. on TV, but we do not allow to show one of the most wonderful creations (the human body) in its natural form."

If it was like this with everyone, then there is a good chance that many multi-country and even civil wars could be easily avoided. Back in WW2 if the Australians and Japanese saw each other as human, not like how the Australians saw Japan as this evil race, then the Kokoda war might have never happened. Where the Australians wore one uniform and the Japanese wore another, if they were both without the uniform, or any clothes for that matter, they would both be wearing the uniform of God, and you don't want to fight people on your own side. Besides, many reports have shown that people would not go and fight if they went naked, but there is a chance that said that for different reasons.

“One of my correspondents has me convinced that the human race would be saved if the world became one huge nudist colony. I keep thinking how much harder it would be to carry concealed weapons.” – Cyra McFadden

If everyone went around without clothes, then they would be going around without coverings. This would mean that they wouldn't be able to cover up things like weapons, i.e. guns and bombs. The only way they would be able to cover them is if they wear something else, and if everyone is naked, they would stand out from the crowd anyway. If police wear something



that would let us know that they are police, then we will be ok seeing them with guns. If it was only police that had weapons, imagine how much lower terrorist attacks and mass shootings will be, the world would be a lot safer to live in. This concept would also work with games and tests as there would be fewer ways to cheat, or the games will become more fun like twister and other contact/wet/messy games. But some magicians would have to learn other tricks.

You may be asking “if there are no wars than the population growth will go up and there won't be enough food for everyone and there will be more unemployment rates”. Yes, you may be correct until you realise that by now most people won't be wearing clothes nor fashion obsessed. This much lower need for clothes will create a much lower demand for cotton to make clothes. And if that is the case, then we won't need anywhere near the number of cotton farms we have today, and we should be able to turn most of them into an edible food farm instead, the land and farmers are already there, just different crops and perhaps far fewer chemicals and water needed.

But the problem of unemployment remains, and if a lot of the clothing industry dies, then so many more people will lose their jobs. Although I am not saying the clothing industry to completely die, just instead of being a mandatory thing, it will just be a leisurely thing. But there is still a big problem, by then, machines would have taken over even more jobs leaving more unemployed. Nudism as far as I can see cannot really fix this problem but hopefully, by then someone would come up with an answer to that problem.

Why is it Considered Bad Today?

The censorship of parts of the human body is stupid. It allows us to think that there are parts of the human body that should not be seen, and therefore somewhat evil, which makes the human body in itself evil. Who chose which parts should be covered? Is there some correlation between the parts that are covered? Why are they covered?

“If going naked is so freeing, then are clothes a prison?”

Although nudity has been around since the beginning, there have been times where different parts of the body were considered “indecent”. Today there are the genitals, women’s breasts and butts. Not too long ago that list also

included men’s chests and before that, there were times where necks and ankles and other parts were considered indecent to have open to the world to see. The whole female body is considered indecent in Saudi Arabia and some other places but, leaving that aside, I will go on about western civilisation.

The biggest question is why do women’s breasts need to be covered up? A man can go topless and no one cares. The only difference is that women are bigger and have a purpose. It’s one of the only things you saw and fed on when you were a child, this breastfeeding with your mum creates a special bond between a mother and child, why should the breast then be covered up? If I can tell, it is actually the nipple part of the breast that is supposed to be covered up, that is the part that men also have. This brings me to butts.



Why are butts covered up? Everyone has one, at least that I am aware of. Everybody has elbows, why aren’t they covered? Everybody has cheeks, why aren’t they covered? Unless it is covered because of what it does, get rid of waste. The mouth vomits, why isn’t that covered, the eyes drain water, why aren’t they covered? You are making logic but only using in some places and not in others, it doesn’t make sense.

Then, of course, are the genitals. You may think that they should be covered up because males and females are different, and they are used for sex. Well if they are covered up because they are different, then maybe your hair should be covered up because some are blond, black, brown or even red, they can be long or short and can be curly or straight and many other possibilities, but those differences are what makes us, us. Why should it be different for these parts which one is on 50% of the population and the other is on the other 50% of the population?

"Sure, some people might believe they are offended by nude bathers, but, if you never encounter anything that offends you in your community, you are not living in a free society."

So, if it is not covered up because males and females are different then must be because you use



them for sex. I would still disagree. Yes, the genitals are used for sex, that is not their primary function, they are used majority for getting rid of liquid waste, which is pretty much the same story as the butt. If you think of a bed you think of sleep, even though a bed is the most common place for sex, it is more common for sleep, same with the genitals. Yes, it is different as they are getting rid of blood or sperm and one can become about 3 times bigger at times but that is all part of the natural functions of the human body, and why should something natural be covered up?

Speaking of which every part of the human body was created by God and therefore part of his creation it says multiple times that his creation was good. Everything He created is natural and therefore good and the human body is natural, and part of his creation is good so why should any of it be covered up? Only the devil would want that, for Gods’ creation to be covered and be hated by the creation itself.

Back when we used to hunt for our own food in the stone and other ages those thousands of years, humans would have protected the more sensitive areas of the body, i.e. the genitals and some other parts. Covering them became so common that it might have been weird to not cover them, having them covered like that for so long might have made those parts considered slight indecent and the more it was covered the more indecent it would become. The fashion/porn industry would take this and hugely increase this to make people cover them and therefore buy clothes and keep them hidden for the porn industry to get their money. Not too long-ago male's chests were considered indecent, before that belly buttons, then before that ankles and necks and then before that most of the body. These parts have nothing to do with indecency but because they were covered up for protection many, many years ago. Now most of us don't need that sort of protection from both hunting nor from most temperatures with air conditioning and farms, we don't need to have them covered up anymore for protection, so we don't need them covered up, and why should they be covered up?

“A society that tells you your naked body is shameful, disgusting, causes harm to others is a society that is about control and not about truth.”

If you get a medal, trophy or something else, lots of people would probably know about, so you would put it up on display and perhaps show it to others, not put it away and hide it, people already know about it, so it wouldn't do anything. Why isn't it the same with the human body, usually even though say someone has already seen you naked, perhaps many times, you still try to cover yourself up, so they don't see you naked? Maybe they haven't seen you specifically but someone else naked, perhaps themselves, they would know what a person looks like, and so do you, yet you still try to cover up.



On a lower level you will probably see many people, especially girls, who wear swimmers (i.e. a bikini or speedos) on the beach and don't think about it but feel shame if they were the same thing of something that covers the same amount, or possibly more when in the city or somewhere else. People would have already seen them wearing the little before, why should it be different when they are somewhere else? They wear things so small that cover so little they may as well be naked anyway. It gets weirder when you see

people who wear speedos or a one-suit with swimmers on top when they swim. Once they get out, while still in public view of everyone takes the swimmers on top off. Or if they wore clothes on top of their swimmers, took them off for the swim, then put clothes back on top again once they are dry. Why were they swimming with them in the first place, the only thing it would have done is slow them down? Why did they wear clothes on top if they were only going to take them off and then put them back on again? Especially if it a transparent material It's not like they wore it for more “decency” if they were going to take them off in full view of anyone anyway. Please tell me, what is going on inside that brain?

“Nudity is not a threat. Nudity is not an attack. Nudity is not an invitation. Nudity is not consent to anything. Nudity is not inherently sexual. Nudity is just being naked and having a human body.”

If you see a baby or young toddler naked you might go “aww” but see someone a bit older, even maybe that same person older naked and you go “yuk”. It's the same person, the same parts, the same thing, why should you have different reactions. Maybe because when they were younger and couldn't get dressed by themselves, either way, you see the same thing.

When Not to be Naked

But being naked all the time might not be the best, at least for some jobs or conditions. Like when it gets too cold for your body to warm you up or if you are sick which it won't do that at all. Or on the other end of the spectrum when dealing with hot equipment like when cooking, sometimes just an apron would stop a lot of burns.

Some jobs require or would be better with safety equipment, like extreme sciences, construction or some other heavy-duty jobs. Other jobs like police or lollipop lady, while not necessary, having higher visibility or being able to tell a police officer from a fake would help a lot. Or when playing some sort of team sport, being able to tell who is on which side at a glance stops a lot of confusion. Or when riding a bike, it is a lot safer when you wear a helmet and perhaps elbow/knee pads when going extreme.



Although going barefoot and naked through nature can usually be amazing, when on really sharp ground or spiky bushes clothes and shoes can be useful to stop cuts and sores, but the more you go naked and barefoot, the tougher your skin and feet become so you won't need to wear them as much.

One of the biggest questions people joking ask is about pockets. "Where will you hold your items"? It is a pretty obvious thing that without clothes you will have a lack of pockets. But look outside of clothes, you still have plenty of space to store your items. For instance, handbags or backpacks. You can get wrist pockets for your phone. And besides, in future, we won't have to carry as many items. Besides having so much more things like notes and money just stored on your phone, most locks probably won't be opened with keys but with eye scanners or with your phone. So please don't go sticking things up your butt with an excuse for having no pockets.

"Clothes therefore, must be the insignia of the superiority of man over all other animals, for surely there could be no other reason for wearing the hideous things" – Edgar Rice Burroughs

2 other big questions are "What if I get an erection" or "What if I am on my period"? Different places have different rules for these, most consider an erection still a natural bodily function because they can still happen by random chance, but most places will kindly ask you to either cover it like with a towel until it goes down or to go for a swim because they usually go down in the water. For periods, you can still wear whatever period stopper you usually wear and shorts, because although textualists (the name nudists have given to those who wear clothes) would rather everyone be clothed while a nudist doesn't mind if they wear clothes or not, unless they are some sort of perv who is there to look, not be. This could also be the case for young toddlers or other people who have trouble holding their waste until easily expendable, where a young toddler would wear a nappy.

"Clothes make the man, but nakedness makes the human being."

Speaking of towels, most places where there can be a lot of nude people, for hygiene reasons, they would ask you to, for whenever you sit on a chair or something, to sit on a towel in-between you and the chair. So, carrying a towel, that doesn't have to be too big, around to

sit on whenever in some public place. This towel could also be used to cover an erection like I said above. This rule doesn't need to be applied at home or in a private setting as you/your family, but you can if you want. It's also half a hassle to carry a towel everywhere. But if you do go for a swim, you could always use that towel to dry yourself quickly and you will be as good as dry in no time.

Another Bit Against Clothes

When I look at clothes, I see a creature that has brainwashed everyone into thinking that they are not pretty enough, they are not perfect and that they are not good enough, so that they could use clothes to cover themselves so that they can cover up the bits about themselves that they don't like, not necessarily the unique parts. People then try to look better by showing more skin of their choice, like the better side of their face but still just cover up the parts they think are considered bad.

There are girls who would quite happily wear a bikini while others would cover up more, think that others would look at them badly, even though there is almost no difference in what you are covering that the other is showing. Yet these girls who would wear a bikini would feel so insecure when they are seen wearing undies and a bra, even though there is a chance that it covers more than what they were wearing before. Even if there are only girls and everyone is wearing a bikini, the one who wears extra still feels like that if they take those extra shorts off or that top off, even though they are wearing something underneath, feel like everyone would turn to her and start judging her that she isn't pretty enough to do that and that they don't want to look at something that horrible.

It has been drilled so much into our brains from birth that we need to cover up certain areas that if someone is caught without anything on, they will cover up the thing that everyone has, not the thing that will most likely identify them, their face. I have heard a story of someone in a less built up country where nudity will probably be something more common when they were caught doing something wrong, she lifted her dress to completely cover her face, even though she was wearing nothing underneath, completely showing something without thought something we feel is terrible. So, what they thought was necessary to cover is different to we think we need to cover up. This plus

Quite often, the very idea of nudity is more frightening than the nudity

so much more just proves how wrong we are in what we think about what parts of our body are indecent. People have got so scared of it that some try not look at their own nudity, or they are scared of someone in the same room who is naked, even if they are under a doona, which covers more than clothes, but nonetheless, they don't want to even think about it.

Wearing clothes label people and can make it easy to categorise, learning this from a youthful age makes us categorise people not just by clothes but by their body. We blame colour, intelligence, size and other things as the cause for prejudice but the cause behind prejudice, the reason we are scared of ourselves, why we have low self-esteem and many other problems, is clothes.

Why is most skin able to be seen, especially our face which is unique, but not our pubes, which only vary slightly from person to person? Why do we think that by seeing something we think is bad, it will hurt us or do something to us? We see so much stuff on TV, in the news, in books like violence, murder, even rape and it is socially acceptable to watch it (though it may be rated M) but showing that little bit more skin without it being linked to sex will usually make it R or be linked with porn, which I tell you IT IS NOT. I think that the Aborigines and those before us had it right, nudity was a part of their everyday lives, but death, even showing someone's face who is now dead on tv is not acceptable. I am not saying we need to go back to that, but we should start by putting our motives, preferences and rights in the correct order. I feel like instead of warning people about it, like "Warning, you may encounter nude bathers beyond this point", we should put up signs like "Leave your clothes and worries behind, you don't need them here"



We have eyes so that we can see, we do not put a blindfold to go around in our everyday life. We have ears to hear, we do not put earmuffs on to go about our everyday lives. We have a tongue and nose for smell and taste, we do not make food that has neither to have a good experience but try to mix flavours and colours to get the best experience. So why do we cover up the skin? It is our largest organ and has the ability to sense touch, temperature and more, yet we choose to try get rid of those sensors even though with them, it could save us from damaging and we feel so much better and get an amazing experience.

Nature was not meant to be experienced clothed. Once you feel the breeze on your naked skin and the cool earth beneath your feet, you'll realise that all earlier experiences were like looking at the world through a darkened window.

- Peter Olsen

If you look at beings that have not learnt the shame that society has taught them, like little kids and animals, you would find that they do not like to wear things over their skin. A small child will likely try to get their clothes, and do they care if anyone sees their 'bits'? no. sometimes when you but dresses or skirts on a small girl, they would still do things like handstands and cartwheels, where it reveals their underside, but do they care? No. What about animals, my family have tried to put bits of clothes on our dog but what does she do, she tries to get them off. They are so used to running around and just being in their own skin that they don't feel a need to have something on top of them.



We are so scared of seeing someone else's bits but when we look at animals, we can see their bits, or when we look at art, like a statue of a naked person, we don't look at it in disgust. So, when a slightly older child who is learning shame about their own body see it on something else, not a living human they might get confused an excited and go "look, Daddy, I can see bits". We see a clump of stone in the shape of a naked person as 'art' but not the actual naked body, which is so intricate in design, with so many functions, yet looks amazing 'art'. I don't understand how society functions and does not see this huge phenomenon.

Shame

(Written by anonymous, <https://www.purenudism.com/free/outdoor-beach-sports.html>)

We are born naked. Everyone knows that.

But the moment we leave the womb, we are wrapped in a blanket, and the skin hardly ever sees the light of day again. For the next 70+ years of life, we wrap our skin in a cocoon of fabric. Is this healthy for our bodies? Were our bodies designed to be forever clothed? If you believe in evolution, the answer has to be no. Of course, evolution didn't create a body designed for clothing.

If you believe in the Judeo-Christian divine creation of the human body, the answer must still be no. Adam and Eve lived naked in the garden of Eden. That's what their bodies were designed to do.

Why have this magnificent organ of skin enveloping our entire bodies, every square inch of it covered with delicate sensory nerves and sophisticated temperature regulation pores, then wrap it up 24/7 in artificial coverings so it's all useless? Clothing can keep us warm in extreme conditions. But in other cases, it actually interferes with the body's natural temperature regulation processes. It's obvious that a hot day would be much easier to tolerate nude than clothed. But those with experience can also testify that the nude body is able to comfortably withstand cool temperatures

much easier than most people think because clothes aren't interfering with the body's attempt to regulate internal temperature.

Protection against cold, against the elements, against injury while performing risky activities--these are good reasons for covering the miraculous organ of skin with clothing. But how can it possibly be healthy to never let it "breathe"--at least for an hour or two every day?



Experts are now starting to tell us that children are not getting enough sun. Between the hysteria of always remaining clothed and the latest fear craze of developing skin cancer, children are suffering from a vitamin D deficiency, even to the point where that supposedly archaic disease of rickets is beginning to return.

(By the way, it's much easier to notice a malignant skin tumour early enough for successful treatment if you let other people see you naked now and then.)

Physical health is only one aspect of nudity. What about our emotional health?

Who are we? We are our bodies. Whatever attitude we have toward our bodies is the attitude we have toward ourselves.

And what is the attitude we have toward our bodies? Shame.

This shame may very well be the most pervasive emotional conditioning of our lives. We prefer to call it brainwashing because it's forced upon us throughout our lives, warps our natural attitudes toward our and others' bodies, and is a deeply emotional, irrational process. Emotional abuse, in our opinion.

Is there a child on earth who is born with an aversion to nudity? Does any child care about nude bodies? Does seeing a nude body mean anything at all to a young child? Does being nude mean anything to a child, other than perhaps a more comfortable state of dress to be in than having clothing pressed against one's body?

What child wouldn't love to rip his or her clothes off and run around naked, just for the simple pleasure of it?

I love to go barefoot. I have a matching outfit for the occasion

So where does the negative reaction to nudity come from?

Do kids grow into it naturally? Nonsense! All the societies in the history of humankind that have accepted public nudity or near-nudity would never have existed were this true.

No, the negative reaction to nudity must be brainwashed into children. And how is that done?

Through shame. Children won't leave clothes on unless we shame or threaten them into doing it.

Now, why isn't that emotional abuse?



From the moment of birth, when they wrap that blanket around the newborn, we are emotionally conditioned to think of our bodies as shameful. Every minute of every day of our lives, with rare exceptions, the brainwashing is reinforced. Every moment we cover our bodies we are communicating the subliminal message to our subconscious that our bodies are shameful and must be hidden.

Every minute of every day. Is there any other type of emotional conditioning we are immersed in more?

Even our moments of nudity do not save us. When we bathe, we go into a private bathroom, close and often lock the door, pull the shower curtain, and shower nude--all alone out of sight of others. Bodily functions are done the same way.



Not even doctor's offices or locker rooms give us a break anymore. The hysterical fear of nudity in our society has become so great that nudity has almost disappeared entirely from these locales traditionally designed to accept nudity. In the doctor's office, we remain covered up with our clothing or with hospital gowns, only revealing small patches of our skin when absolutely necessary. Locker rooms, saunas, etc., have lost the tradition of nudity within them. This isn't even mixed group nudity we're talking about. Even among our own sex, we hide our bodies, either by not being nude at all, or by changing in a stall, or by keeping a towel carefully wrapped around ourselves.

Even when we are nude, we hide our bodies in shame. Every minute of every day.

We swim with clothes on, even though that's insane. We sleep with clothes on, even though we're tucked away under a blanket where no one will see us. We even stay dressed in front of our spouse--our sex partner--who has already seen us naked in the most intimate of circumstances and with whom more than anyone else we ought to feel comfortable being naked. Even in the privacy of our homes we stay dressed. Why?

We do it because body shame has been so deeply ingrained into our psyche that we can't imagine doing anything else. Nudity under virtually all circumstances seems so foreign to us that we can't see it as anything but a bizarre aberration, if not a downright perversion.

But we all have a body. There are billions and billions of human bodies spread throughout this world. Within the two sexes, every one of them is the same as every other. We all know what they look like--we all know what equipment they have. What on earth do we think we're hiding from each other?

Actually, we are not thinking at all when we have a negative reaction to nudity, whether we see others nude or others see us nude. It's purely an emotional, irrational reaction, based on a lifetime of deep, thorough emotional conditioning.

Emotional abuse.

Isn't it emotional abuse to condition your children to have feelings of shame and horror simply because someone accidentally sees them naked?

Of all the things that should offend you, the naked body shouldn't even be on the list

Isn't it emotional abuse to condition your children to feel shock, fear, or disgust at the mere sight of a human body?

Our bodies are ourselves. When we feel shame, fear, horror over bodies, we are feeling those feelings about ourselves or about our fellow human beings.

No wonder people have such a hard time relating to each other. We fear each other at a very basic level. We are all forced by nature or God to carry naked bodies with us wherever we go! Those dreadful, shocking, shameful naked bodies! What was God thinking?

How can we possibly interact normally with each other, steeped in attitudes like that?

Exactly what negative consequences result from shaming children into wearing clothes, and continuing that brainwashing process until the day they die?

Children are left in ignorance. We think it's a wonderful, educational thing to take children to the zoo. But what do they do at the zoo? Stare at the naked bodies of animals. This is considered very educational. And it is.

Yet children are never allowed to stare at the naked bodies of the species that is most important for them to learn about. Their own--human beings. It's great for them to learn all about the bodies of lions and tigers and bears, oh my! But never the body of the species they belong to and will marry. Never the body they live within throughout their lives.



Who Needs Clothes?!



Live Nude!

Children don't get to fully understand and accept the differences between the sexes. Boys have penises, girls have vaginas. This is an undisputed fact of life. But to a boy who is not allowed to learn about human bodies, a girl does not have a vagina--she has been castrated of her penis. To a girl, a boy doesn't have a penis--he has a strange growth where his vagina should be. And these are the boys and girls lucky enough to have caught a glimpse of the opposite sex naked.

Then we wonder why there is so much sexual dysfunction in marriages?

Children don't get to become comfortable with the process of puberty before it happens. When their bodies start changing, it's a traumatic thing. Why? Because it's natural for puberty to be traumatic?

Absolutely not! It's a completely natural part of the human life cycle.

It's traumatic because they are not prepared for it. Is that not emotional abuse?

They start growing hair around their pubic area and within their armpits. What is that all about? For boys, the penis enlarges (is it diseased?) and hair begins to grow on the face. For girls, the vagina begins to bleed (am I injured?) and breasts begin to enlarge on their chests.

How many horror stories have there been about children who were totally unprepared for these changes? Is that not child abuse, to allow children to enter this period of life unprepared simply because their parents are embarrassed to talk about it (thanks to their own emotional brainwashing from their parents)?

But even with children who have been "educated" about puberty, is the trauma completely absent? No, because the education is lacking in a vital area. Words cannot communicate anywhere near as effectively as images can. You can talk all day to a boy about how penises or to a girl about how breasts come in all sizes and shapes, but it won't remove the fear that their penis or breasts are abnormal. But if they have opportunities to see penises and breasts in all their amazing variety, the point is driven home that their body is just as normal and acceptable as anyone else's.

Children are not allowed to satisfy their perfectly natural curiosity when it's safe to do so. Adults have sex hormones raging through their bodies. Prepubescent children do not. When would be the best time of life to learn about human bodies?

Before children have to start dealing with sexual urges.

Yet, astoundingly, we think the most terrible thing of all is to allow a child to see an adult naked. What tragedy!

The Average person spends 0.45% of their life having sex. Why are we so hung up on hiding body parts that aren't used for sex 99.55% of the time?

Instead, we force children to wait until they enter puberty. Then they not only have to deal with their curiosity driven by a natural and wholesome desire to become educated but also driven by these brand new, nearly overwhelming sexual urges. They get it all dumped on them at once and are left alone to deal with it on their own.

Is it any wonder there is sexual dysfunction in our society? Is it any wonder teen sexual activity and pregnancy and venereal disease run rampant in our society?

Is this not true child abuse?

Make no mistake about it, once children reach puberty, they will start educating themselves, one way or another. If parents or some other adult authority figure doesn't help them do it, they will do it on their own.

And we all know how they will do it.

They will gather misinformation from friends as ignorant as themselves. They will develop addictions to pornography. They will experiment with nudity and sex among themselves, ignorant of the dangers involved. And they will do it all with a ghastly emotional stew of sexual arousal, shame, guilt, and rebellion mixed into it.

Oh yes, this is much better than allowing children to experience nudity under careful adult supervision before their sexual hormones start to flow.

An adult allowing a child to see him, or her nude is child abuse? No, no. The law that criminalizes letting a child see an adult nude is child abuse.

Nudity that is intended to be shocking or sexual or threatening or lewd through the individual's intent and behaviour--now that's child abuse. But legally defining the mere existence of nudity as lewdness or obscenity is an evil, archaic notion that must be stamped out.

Children are never taught to accept the aging cycle of human beings. Everyone dreads getting old. We think old bodies are ugly. We fear them. For God's sake, cover them up! And lo and behold, look at the youth-worshipping culture we now have. Coincidence?

Billions of dollars are spent on cosmetics, clothing, even surgery, to try and pretend we're not getting old. Why? Because we fear it. Why? Because we never see it.

Because we constantly hide our bodies from one another, we never get to see the natural aging life cycle of human bodies. That which is hidden from us is mysterious and frightening.

If we could simply see human bodies in all the different stages of aging on a regular basis, it would be a familiar sight to us, a comfortable sight. Aging would be a natural thing, not something to fight tooth and nail in dread.

Is it not emotional abuse to teach people to fear the natural life cycles of their own bodies?

Children, like all people, equate their bodies with themselves. They are their bodies. If we teach them to be afraid and ashamed of their bodies (and we do), they will be ashamed of themselves. And thus, a rampant epidemic of self-loathing thrives in our culture.

Especially our girls. The most beautiful women in the world still think there's something wrong with their bodies.

Children are killing themselves over poor self-image. The girl that purges or starves herself to death because she can't accept her body is a victim of the self-loathing that anti-nude attitudes help to foster. The gang banger who carries a gun and kills someone for "dissing" him is literally killing children over self-esteem. "You disrespect me, you die."

And where does this rampant lack of self-esteem come from? The causes are complex, but how can the lifelong shame we feel over our own bodies not be a contributor?

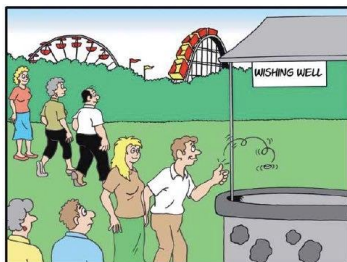
Our luxury of hiding nudity from each other may even be killing our children. Never mind emotional abuse. This is physical abuse of the ugliest kind. All because we don't want to see a nude human body.

That's where the true shame lies, not in our bodies!

Why is a cow's ass more accepted then our own?

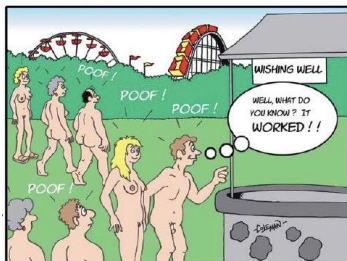
Many children never get to feel totally comfortable with the opposite sex and never get an adequate education on human bodies to satisfy their curiosity. Most children will not tolerate this situation forever. If the adult community won't satisfy their need for knowledge in safe, appropriate, supervised environments, they will do it on their own. They will do it in any way they can. Since the adult community forbids them from experiencing nudity in safe, wholesome ways, they will resort to other means.

As they resort to other means, their normal, natural desire to satisfy curiosity gets mixed up with all sorts of negative feelings. Guilt, shame, embarrassment, self-loathing, fear of punishment. Because



these negative emotions keep many children from doing too much experimenting before puberty, experimenting happens after puberty when the powerful sex drive overcomes the negative emotions.

So now we have guilt, shame, embarrassment, fear, and self-loathing associated with sexual arousal too. And we expect healthy adult relations to develop from this?



Because the adolescent feels all these negative emotions associated with normal and natural curiosity and sexual urges, and because the adolescent is still trying to develop effective skills at relating with the opposite sex, that adolescent will feel intimidated by the opposite sex.

So, what will some adolescents do? Resort to less intimidating individuals to do their experimenting with. Resort to younger children.

And a possible sexual predator is born.

Do I even need to point out how this is emotional abuse?

Our society in the last few decades has become more and more antagonistic toward nudity. Where once skinny-dipping was the norm among Boy Scouts and required at YMCA pools, where once locker rooms were actually used to change clothes in, where once doctor's offices were a place

where doctors could easily access the human body they were supposed to give medical attention to, we now have a near absence of nudity anywhere in normal life.

Nowhere can we find wholesome, non-sexual images of the nude human body. Nowhere can we enjoy the affirming, even healing experience of being nude in front of someone else and be accepted for who we are. We have forfeited all images of the human body to those who would portray it in sexual and degrading ways. All because, from birth, we are brainwashed into believing nudity is harmful.

And why do we do that to our children? Because our parents did it to us. Because their parents did it to them. And so on and so on.

When will we break this destructive cycle?

No one ever tries, because no one ever thinks about it. You don't question something that has been brainwashed into you every minute of your life since birth.

But we need to question it. The emotional and physical health of our children is at stake. In some cases, even their very lives are at stake. Aren't these important enough reasons to question something you've simply assumed was true all your life?

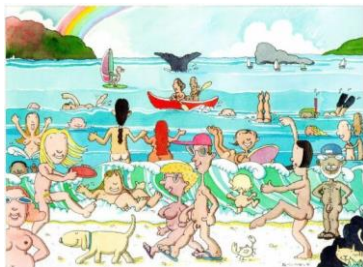
Family Skinny-dippers is very serious about these issues. Perhaps now you can understand why social nudity is so important to us. This is not merely a lifestyle choice. This is not merely the enjoyment of nude recreation. This is a vital cause to us. It's a cause we feel is worth fighting and sacrificing for.

Do we demand constant nudity?

Of course not. There are many times when nudity would be uncomfortable, even downright unhealthy.

Do we demand that everyone be nude, whether they like it or not?

Perish the thought. That would be as immoral as using the law to force everyone to wear clothes all the time.



All we ask is that those who wish to be nude under reasonable circumstances be allowed to do so. Not for shock value, not for sexual titillation, not for confrontational purposes, not for exhibitionist urges. Simply because nudity is a natural, comfortable, pleasant, wholesome, healthy thing to be every so often. Those who enjoy it ought to be able to do so. Those who don't enjoy it don't have to do it at all.

But what if a person is offended at nudity?

Our blunt answer to that person: grow up. Why should people be forced by threat of law to do something they strongly disagree with, if the only harm to you is that you choose (emphasis on the word 'choose') to be offended?

The amazing truth that our society has a hard time grasping because the brainwashing is so pervasive, is that human beings get used to nudity very quickly. How can a lifetime of brainwashing be overcome literally within hours, if not minutes? That's a testament to how unnatural and pointless the brainwashing was in the first place.

If you're afraid you'll be shocked at the nudity of others, that will wear off quickly. If you're afraid you'll be sexually aroused at the sight of nudity, perhaps you will be for a while. But even that loses its power in a short time. The overwhelming realization of the vast majority of people who are finally exposed to normal, non-sexual nudity after a lifetime of brainwashing is that it was never a big deal in the first place.

Nudism is not a spectator sport. We all have the equipment, and everyone can play.

The only embarrassment we need to feel about nudity is how frightened over nothing we were all our lives.

My story

I was fortunate enough to find out about this life at a young age, yet unfortunate to grow up in a family where nudity is quite restricted. At about 9, before my brain turned sexual, I started to try to look at porn to see what the fuss was about, but being young, I hated the sexual stuff, so I tried to skip all the images (I only looked at google images) that contained sexual things like sex or erotic poses or when the image clearly focused on the reproductive parts, leaving me with pictures of wholesome, natural and sometimes family nudity. Before too long I was asking myself how these

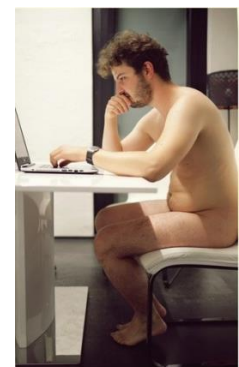
“When wearing only a smile -
be sure to smile a lot.”

people can be so happy and not a care in the world about the fact that they are not wearing clothes. So, I started to look into it on more of a good thing rather than sexual. I also tried to keep this from anyone just in case I was wrong. Because of finding this at such a young age, I have never viewed the human body as a

sexual object and have never masturbated. I also don't like jokes about it like dick jokes and jokes on actual nudity like the “how to spot a blind man on a nudist beach”.

Even with my poor research skills because of my age, by the next year, I have found out about a few things like the WNBR and Vacation Naked in Florida. By this time, I had spilled the beans with 2 of my friends and we joked about doing the bike ride and going to America to go to Vacation Naked. Although they never did any research of their own there were 2 people who I could talk about this without them telling others and such. At this point in time, it was more of a fun joke between us, because where we lived and how/where we were raised, it didn't seem like something that actually happened in real life.

Within 2 years, I had found so much more on this “lifestyle” on living without clothes and how much better it is health wise and so many other things and how large this way of living is. I had started trying to live this lifestyle without people finding out, later I found out to be a “closet nudist”. Doing things like sleeping naked and going around the house and pool naked when no-one was around, making sure I had clothes in the bathroom to get into when I heard anything suspicious like the garage open or a car that seemed to stop outside. I also started to go without underwear at this point (I am a male and I don't wear skirts/kilts). The more I went naked, the more I enjoyed being naked and the more relaxing I found it, so I still continued to research more on this topic.



After reading many stories of people telling their parents about their nude love, and many debates with myself on doing I started hinting about this to my parents, but it was a big, fat, juicy no. I have continually tried to convince them about how much better everything will be if we went nude, but I

feel as if they can turn off their ears because they never listen. Although they have allowed me to be in bedroom when the door and windows are closed, and guests are over, I feel that being naked is a natural thing and is best experienced in nature, with natural things like wind and water in the company of others with the same mindset, and does the bedroom sound anything like that?

I have made 2 slip-ups where a few people noticed something like the word naked, they came and asked me what it was about, but I never really gave them an answer, and while most forgot, some still remember and pop the question up every now and again. But there were a few other people who I trust, and I feel have a good mindset, and have told them about the lifestyle/benefits of nudism. I feel like I am slowly spreading the word and hopefully make this world a better place.

"Someday people will grow up and realize that the only thing vile about human bodies is the small minds some people have developed within them."

After reading and learning so much about this lifestyle, having gone through so many porn sites disguised as naturist sites, having had to keep a secret for so long which I knew could be information which could save us all plus more, I decided to start writing a book, this book, containing more than enough information to try to persuade everyone to see the world from my point of view, from a healthy point of view, from a naked point of view. I wish for a better world and this could help me for fill that wish.



Now I am 16 and know quite a bit about this topic. Don't let my age stop you from believing the things I have said in this book. Most of my information comes from lots of sources by people much older than me who have gone out and one tests and surveys and much more. I also have information from, although I haven't been able to do much, my own feelings and thoughts while sans clothing. I am mainly here though to put a lot of

different peoples work together in one place where people like you can read this and hopefully have a change of heart and mind, for you to spread this knowledge throughout the world to make it a better world. I am doing this is early as I can because the earlier the better, and when something like humanity is in danger, this could be able to keep the world for generations. I also want it to be accessible to everyone because I want this information out there to change the world for the better. If this world doesn't accept nudity in the near future, there will not be a next generation or 2 if we are lucky. I am not asking for a world where everyone is forced to go naked 24/7, I am just asking for the world to be Clothing Optional 24/7.

Consider It

If you have read all of this and tried to take it in, or just reading some parts, tried to take that in and just jumped to the end, I congratulate you. After all that I have talked about it might give the idea that I want you to strip off all your clothes and never wear them again, which although you might want to, and I am happy about that, but you must consider what most laws around the world say, nudity is usually banned. I am telling you to at least accept nudity, not something sexual and out of place, but as a natural state and healthy thing. Then slowly be naked more and tell others about it, perhaps give them another copy of this book.

"Warning: Clothing has been shown to cause extreme psychological dependence. Wear it at your own risk."

Like most things, even if I go on and on about how good it is, the best way to learn about yourself and like being nude is to just start off by getting naked, like the story at the beginning of this book. Perhaps start off by going to bed nude, get used to the feeling of going without clothes for an extended period of time, to wake up naked, just make sure if you have a partner it won't come as surprise. Once you get used to it stop doing the quick jog from the bathroom to the bedroom with a towel, just walk there as if nothing is different. If you are alone in the house perhaps go around the house nude after your morning shower, have a coffee, have the morning sun come through the window (make sure no one can look in though). Start doing some cleaning and other things that



usually seem boring, then go do things that are usually fun to you, they will be even better then go for a swim, you will be hooked, and you will not regret it. Ask your friends whether they are ok with being nude around them, if not, go nude around your dog or other pets, for not only would they not care whether you naked or not, for they know you by your smell, but they are also living naked themselves without a care in the world that they are. Besides, why is it that humans are the only one's clothed.

If you still want to go "hardcore" then you may as well join a club or 2, you might want to move to a more rural area if you are not already in one where you can go for naked walks or runs, or just take a holiday and do a hike. If you really want to make a difference in this world then do things in favour of nudism. If and when they happen join protests in favour of open nudity, join public events like WNBR where you can show that there nothing inherently wrong about nudity, and if you have a law degree or just really want to do something about it, try to take this to court if you have a lot of knowledge in your head about it and change the laws to be more open about nudity.

I think that clothes are a metaphor, the more you try to cover physical body, the more you are ashamed of it. The more you are ashamed of your body, the more you are ashamed of yourself. The more you are ashamed of yourself, the less open and trustworthy you are. The less open you are, the less you like things. The less you like things... Start going naked and break the cycle. If a man has the option to go topless, like on a beach, he will probably take it, it can be the same for the rest of the body. Don't let fear get in your way of you becoming the best version of you. I believe in you.

"We nudists have a dream. That one day we may live in a world where we will be judged not by the nakedness or our skin, but by the content of our character"

If only we lived in the perfect world where no one judged anyone for who they are and what they do. It would make this far easier to deal with. But we don't, there are many corrupt people in today's society and in the government. Who wants order instead of freedom and don't like change. And even when nudism becomes part of everyday lives outside of the bathroom and bedroom, I don't expect it to

be the perfect world. There will probably still be some violence, corruption, hatefulness and other problems, but I am very sure that it would be a much better and loving world then it is today. There might not even be a world to live in if we keep clothes as necessary, with the rate of global warming, the threat of nuclear war and other problems, which world nudism would probably do a lot to fix.

To a world of Peace, Love, Freedom, Happiness, Safety...

and Nudity.



We are Humans, and humans are animals, and animals are a part of nature, therefore humans are a part of nature. When we are nude, we are the closest and feel the most linked in and a part of nature, for that is what we are, so we feel merry and content. When we disconnect ourselves from nature both physically and mentally via clothes, we are being disconnected from happiness and lots of problems start. By being intimidated by the unclothed human body, we are being scared of nature and that is what is destroying us and this world. Clothes are the worst virus known to man, but with the easiest cure, taking them off.

