

# Hilton Hotema

**Hilton Hotema**, born **George R. Clements** (7 February 1878, Fitchburg, Massachusetts - 1970),[1] was a 20th-century American alternative health writer, [esoteric](#) author and [mystic](#), who also adopted the names **Kenyon Klamonti** and Dr. **Karl Kridler**.

## Background

Hilton Hotema authored numerous books on [dietetics](#), [fasting](#), [fruitarianism](#), [breatharianism](#), [vitality](#), cellular regeneration, longevity, [higher consciousness](#), [spirituality](#), [alternative medicine](#) and ancient wisdom, published by Health Research Books, [Washington](#). He collaborated with [Herbert Shelton](#),[2] and [Hereward Carrington](#). [3] His contemporaries included [Walter Siegmeister](#), [Theos Bernard](#), [Alexis Carrel](#) and Johnny Lovewisdom, who wrote about related subjects.

In Man's Higher Consciousness, Hotema wrote that man was designed to live 80,000 to 100,000 years, before his teeth and alimentary canal were subject to degeneration. It was published in 1952 as Man's Miraculous Unused Power using the pen name Kenyon Klamonti.[4] George R. Clements (AKA Hilton Hotema, AKA Kenyon Klamonti) claimed he became a [vegan](#) at 9 years of age after reading a book about health at school. He said he lived as a [breatharian-fruitarian](#) for almost 80 years. He lived to 92 years of age." Hotema is documented in the book The Struggle Between Religion & Science by [Marshall J. Gauvin](#).

In addition to writing his own books, Hotema provided many introductions to the systematic reprintings of rare, out-of-print, esoteric books published by Health Research of [Mokelumne Hill, California](#) during the 1950s and 1960s.

## Publications

- Ancient Secret Of Personal Power (Tetragrammaton) (1960)
- Ancient Sun God (1956)
- Awaken The World Within (1963)
- Breath Of Life And The Flame Divine (1957)
- Cosmic Creation (Second Edition) (1958)
- Cosmic Creation Part One (1956)
- Cosmic Science Of The Ancient Masters
- Cosmic Science of the Ancient Masters (2nd edition)
- Creation: Cosmic Radiation In Florida
- Divine Life (1963)
- Empyrean Sea - Live 1400 Years (1964)
- Facts of Nutrition: Vegetarianism & Longevity (1957)
- Fasting Story #1:
- Fasting Story #2: Wilborn, Carrington, Tanner, Hotema & Hanish
- Genesis Of Christianity (1967)
- Geriatrics
- Glorious Resurrection
- Golden Dawn

- Great Law (1963)
- The Great Red Dragon (1987)
- Health Thru Scientific Nutrition
- Hidden Creator (1961)
- How High Do You Climb?
- How I Lived To Be Ninety (1966)
- Kingdom Of Heaven
- Land Of Light - The Tarot (1959)
- Law of Life And Human Health
- Live 1400 Years: Empyrean Living Sea (How High Do You Climb)
- Live Better: Ancient Unknown Knowledge (1963)
- Live Longer (1959)
- Living Fire & God's Law Of Life: Sacred Wisdom of the Ancients
- Long Life In Florida (1962)
- Lost Wisdom of the Ancient Masters
- Lost Word Of Freemasonry (1967)
- Magic Beam
- Magic Temple (1968)
- Magic Wand (1956)
- Magic World (Magicalism) (1967)
- Man's Higher Consciousness
- Man's Miraculous Unused Powers (4 volumes)
- Mysterious Sphinx
- Mystery Man Of The Bible
- Mystery Of Man
- New Super Sprays Endangering Your Health
- Orthopathy (Elementary Orthopathy): New Science Of Health & Natural Healing
- Perfect Creation
- Pre-Existence Of Man #1
- Pre-Existence Of Man #2
- Pythagoras
- Science Of Organic Dietetics
- Secrets Of Regeneration
- Son Of Perfection #1
- Son Of Perfection #2
- Soul's Secret (1958)
- Virgin Birth
- We Do Not Die
- Why Do We Age (1959)

## References

1. <http://www.librarising.com/astrology/celebs/hiltonhotema.html> Libra Rising Astrology
2. Virgin Birth, Shelton & Hotema, Health Research Books, Washington
3. Fasting Story, Carrington, Tanner, Hotema and Hanish
4. <http://www.aberree.com/v09/n07p13.html> The Complete Aberree