

# Why We Decided to Give Our Library to Victoria & You All!

Written by Tosca Haag with Gregory & Dr. Vetrano in January, 2009!

PACKING UP



UNPACKING!

## DEAR GETWELL FRIENDS IN NATURAL HYGIENE! From Dr. Vetrano

With the troubles we had the last 2 years, we were forced to move our library collected for some 60 years from its home in Barksdale to La Vernia. We rented a rickety, old, double-wide, mobile home parked among equally rickety, old trees growing into a bed of sand. The property has been well guarded by rattlesnakes and copperheads. As we were bringing these precious books down from their shelves and loading them into boxes, we kept asking each other: "What are we going to do with all these books and magazines?" Many of them dated back into the late 1800s and early 1900s. We knew they would bring a pretty penny sold individually on E-Bay. We were sure we could even sell the whole lot to some Natural Hygiene collector with just a phone call. The questions to be asked if we acted on these 2 options were: "Exactly how hard up are we? And exactly how sick and guilty would we feel about such sellouts later?"

Then, we thought about what had become of Dr. Shelton's huge library, complete with books, case histories, tapes, and photographs. The now defunct American Natural Hygiene Society had purchased his library when he was flat-broke from being sued in the 1980s. The Society had made a big fuss about their acquisition, showing in its magazine pic-

tures of seemingly endless shelves and shelves of books and smiling people who were promising to tend the library for immediate use by Health Seekers and for future generations. Then, the next we heard, the whole lock, stock, and library had been sold to the University of Texas in Austin. Now, Gregory happened to know the gentleman in charge of Shelton's library and suggested that we could preserve all our books and Shelton's in this one place by donating them to UT. As it turned out, however, the Shelton books are being stored in a building somewhere in a far corner of the campus, in the company of other alternative health care materials, and looked after by a professor who has to be called for an appointment to even get in to view the books. They certainly weren't readily available to the general public. This option would not give our library a good home. So we personally packed the books and tapes and photographs and moved them into the farm trailerhouse where they still sit in boxes — through all kinds of Texas weather. It is not a good home for them here, either, as options go.

We had mulled over the idea of purchasing an air-conditioned, portable, 40-foot storage unit and placing the books on stationary shelving. This way, the books could travel with us if we should ever move again. But during this lawsuit aftermath, the cost for this option was just out of the



Dearest GetWell Friends! I was not raised on Mother Goose poems and children's songs of innocence. As far back as I can remember, my Father Victor filled my head with the economic interpretation of history whereby The Common People were exploited by The Rich and with revolutionary events wherein The Common People joined up and fought back to set themselves free and to gain rights to basic human needs they had been denied. All the while, my Mother Marie sang us folk songs and recited ever-so-sad poems about The Working People and The Poor. I have long wanted to share this poem with you! Except for 1998 - 1999 in Canada with HighJoy, all I have done is... WORK! WORK! WORK FOR THE CAUSE! The DVD-DATA-DISKS have been a full year & 1/2 of... WORK! WORK! WORK! Now all I want to do is to share all 11 with you all. *Victoria*

## The Song of The Shirt by Thomas Hood, England, 1843

With fingers weary and worn,  
With eyelids heavy and red,  
A woman sat, in unwomanly rags,  
Plying her needle and thread.  
STITCH! STITCH! STITCH!  
In poverty, hunger, and dirt,  
And still with a voice of dolorous pitch  
She sang "The Song of the Shirt."  
  
WORK! WORK! WORK!  
While the cock is crowing aloof!  
And WORK! WORK! WORK!  
Till the stars shine through the roof!  
It's Oh! to be a slave  
Along with the barbarous Turk,  
Where woman has never a soul to save,  
If this is Christian work!  
  
WORK! WORK! WORK!  
Till the brain begins to swim;  
WORK! WORK! WORK!  
Till the eyes are heavy and dim!  
Seam, and gusset, and band,  
Band, and gusset, and seam,  
Till over the buttons I fall asleep,  
And sew them on in a dream!  
  
Oh, Men, with Sisters dear!  
Oh, men, with Mothers and Wives!  
It is not linen you're wearing out,  
But human creatures' lives!  
STITCH! STITCH! STITCH!  
In poverty, hunger and dirt,  
Sewing at once, with a double thread,  
A Shroud as well as a Shirt.  
  
But why do I talk of Death?  
That Phantom of grisly bone,  
I hardly fear its terrible shape,  
It seems so like my own.  
It seems so like my own,  
Because of the fasts I keep;  
Oh, God! that bread should be so dear  
And flesh and blood so cheap!  
  
WORK! WORK! WORK!  
My labour never flags;  
And what are its wages? A bed of straw,  
A crust of bread and rags.  
That shattered roof, this naked floor,

A table, a broken chair.  
And a wall so blank, my shadow I thank  
For sometimes falling there!  
  
WORK! WORK! WORK!  
From weary chime to chime,  
WORK! WORK! WORK!  
As prisoners work for crime!  
Band, and gusset, and seam,  
Seam, and gusset, and band,  
Till the heart is sick, and the brain benumbed,  
As well as the weary hand.  
  
WORK! WORK! WORK!  
In the dull December light,  
And WORK! WORK! WORK!  
When the weather is warm and bright,  
While underneath the eaves  
The brooding swallows cling  
As if to show me their sunny backs  
And twit me with the spring.  
  
Oh! but to breathe the breath  
Of the cowslip and primrose sweet,  
With the sky above my head,  
And the grass beneath my feet!  
For only one short hour  
To feel as I used to feel,  
Before I knew the woes of want  
And the walk that costs a meal!  
  
Oh! But for one short hour  
A respite however brief!  
No blessed leisure for Love or Hope,  
But only time for Grief.  
A little weeping would ease my heart.  
But in their briny bed  
My tears must stop, for every drop  
Hinders my needle and thread!  
  
With fingers weary and worn,  
With eyelids heavy and red,  
A woman sat in unwomanly rags,  
Plying her needle and thread.  
  
STITCH! STITCH! STITCH!  
In poverty, hunger, and dirt,  
And still with a voice of dolorous pitch,  
Would that its tone could reach The Rich!  
She sang this "Song of the Shirt!"



★ Dr. Vetrano Gives Us Her Library 4 Our [www.health4thebillions.com](http://www.health4thebillions.com) Cause! ★ 4 ★

question. Besides, the rawness of the aftermath had left me, at times of emotional turmoil, just wanting to have a huge bonfire using the books as fuel! Of course, common sense and deep emotional attachment overrode such visions and prevented that from ever happening.

Then, just recently, I was talking with Victoria. She had been begging me to retrieve a Shelton book she sorely needed in order to retrieve information for a GetWell Friend. We had put her off for a month, because we were pretty sure that this very book she wanted was part of an overflow that was actually *under* the mobile home in boxes. And I am not kidding about the rattlesnakes! Not one of us — not even my adventurous, healthy, young, and fit son — would go under there after them! Victoria expressed a playful ferociousness in order to inspire one of us to go under the trailer. When she threatened to put us all to shame by coming over to crawl under the trailer herself to get what she needed, I believed she was actually serious! Victoria can be fearless when she gets her heart set on something. You may know that about her; and she preservers with a sometimes pathological relentlessness! But when she is absolutely sure that... **GOD IS IN CONTROL AND HAS COMMANDED A PROJECT**, well, she won't give up. This conversation had started eating away on her. In the end, it was the rattlesnakes that got her. Each conversation we had — almost daily — she joked to try to shame us to go under that trailer!

Then, in a fated 1/2-hour moment we will never forget, while parked outside her Post Office talking by cell phone to me, Victoria blurted out: “**WHY DON'T YOU JUST GIVE THE BOOKS TO ME?**” She had painted pictures of the spectacular HighJoy Homestead in Concrete, Washington, to me many times. She had sent me pictures. I knew about The GetWell Shipping Room in the living room the size of a 2-car garage that was to be moved into the actual outdoor garage just as soon as she could get a handyman team to finish converting the building. I knew about the huge living room that would be painted and recarpeted and opened up for whatever use. I just hadn't known that *our* library would find *its* new home in *that* huge living room!

Then Victoria started hitting me with every argument she could think of! And she had a long list. I could tell that she had been giving the fate and welfare of *our* library a lot of thought! “**A LOT OF THOUGHT?!**” she cried out. I lay awake at night thinking about those rattlesnakes and the bugs of the earth and the humidity of the air and the heat of the summer and the cold of the winter — eating away at Natural Hygiene's legacy to The People! I can't sleep envisioning what we GetWell Friends could do — with the amazing technology for scanning and printing-on-demand now available to publishers! I am going to be sleepless and sick to my stomach until you let me bring the books and tapes and photographs on home! GetWell Friends will help! How could they not? There will never be another opportunity to build a library like this again — not ever!” Victoria went on

and on, sometimes rambling, sometimes crying, sometimes begging. She promised: “I'll unpack them and catalog them and temperature control them and reproduce the most important of them and get them out in book form and on the Internet and in article form to GetWell Friends in our *Common Health Sense* mailings! **PLEASE, PLEASE, DON'T SELL THEM!**”

Mom exclaimed as she listened in on our call: “It's perfect! Her 2-car-garage-sized living room is exactly the same size my huge office had been! I shelved all the books in there — from floor to ceiling — covering all the walls. They all fit. It's perfect!” My heart soared when Mom gave her blessings to Victoria's idea! There is no one on this Earth that I know who would prize these books and tapes and old photographs more and who would have the dedication and take the time and energy to go to all the work this library will need in both unpacking and in reproducing.

Of course, we are each keeping our most-used reference books in our large, personal libraries. These 300 boxes with an average of 12 books in each box, you must understand, are the overflow — above and beyond our personal libraries which we now keep in our offices.

So, why would we give the 3,600 overflow books to Victoria? Because she is the only person we know who has continued selflessly to keep Natural Hygiene in its purest and most correct form in her writings and teachings, completely unadulterated by ego and money. She has kept her teachings true and always conferred with us when she was unsure. She stands within the ranks of those Natural Hygiene doctors who have worked tirelessly to teach Natural Hygiene through writing, taping, and counseling. She has suffered on and off with an eating disorder and never given up. She has sacrificed a personal life and a social life. She has just worked, worked, worked on 1 project after another, anything she deemed worthy to move The Natural Hygiene Revolution forward. The horse has been her 1 luxury, and she has even figured out how to work him into the picture! For years, she stayed in a constant state of poverty and stress and compromised her own health rather than give up and get a sensible job. We thank God that she has had all of you, supporting her, encouraging her, appreciating her. Now, the worst is over. She has 2 wonderful spots in the woods to share, and she has you. The sky is the limit for what she will come up with in the forms of books, articles, Internet teachings, and all these old reel-to-reel tapes that will skip the cassette tape technology and go straight to CDs!

**We have asked: “Who is more deserving of receiving the precious honor of keeping The Torch of Natural Hygiene not just lit — but blazing — with the knowledge in our library? Who is a better choice to preserve the truth chronicles of Natural Hygiene?” And we have answered:**

**“Victoria BidWell!”**

# **Dr. Vivian Virginia Vetrano & Dr. Greg Haag Visit Our 2 Homesteads in July, 2009 & Bring “HELP!” to Launch “OUR [www.health4thebillions](http://www.health4thebillions.com) CAMPAIGN!”**

## **From Dr. Vivian Virginia Vetrano...**

We leave the middle of Texas and head for the northwest corner of Washington State in my small motorhome and pulling a 5' X 8' U-Haul trailer filled with more Natural Hygiene books for Victoria. Tosca and Dr. Shelton's daughter Willowdeen, now 82, had been talking about what to do with the last of her books, both new and used, since she was ready to retire. She could sell them away or give them away. But because I had wanted to see Victoria and her 2 places since she got them in 2001, we all decide to give them away and for Greg and me to deliver the load personally — to Victoria — so she could take the lead with The Natural Hygiene Movement while we take the lead with The USANA Depleted Soils Supplement to Natural Hygiene. From our house to Victoria's is a 3,000 mile trek. So finally, after a few spectacularly scenic detours, we find Concrete, Washington. We are very excited! As we travel down the street, dusk has overtaken the small community where the horse and she live and work — The HighJoy Homestead — I know immediately which is the “workhorse house” from pictures she had sent throughout the years. As we travel up the long stepping-stone walkway, we spot “the watchdog in horse's clothing” and hear him whinny-warn Victoria that she someone is approaching: it is the white HighJoy horse! Being the joy of her life and also a natural comedian, he walks up and gives Victoria a big kiss, then turns to us and stretches out his neck and bobs his head up and down, we soon find out, for raw food. In reality, he will eat “almost anything edible, as he is part-goat!” we are informed. But Victoria only keeps raw food treats around. It is a precious and happy “Hello!” after not having seen Victoria for over 14 years.

Victoria's “workhorse house” is really a place of beauty, fun, and efficiency. It is a “Patriotic Frontierland and Natural Hygiene Museum with Full-time Working Offices!” We get the full tour — even down to “the most patriotic bathroom in the world, with decorations and drapes all from The Victory Wagon,” she explains. The shipping room where all your packages of love and alternative health contraband are made is most impressive! To think how much valuable information and how much help to men, women, and children has been shipped all over America and, since The Live Food Factor, all around the world — all from this highly efficient office and “recycled frontierland half-acre” — it is really inspiring! From her combined loves for America and Planet Earth, the wilderness and animals, The People and Natural Hygiene, you can tell that here is a woman who loves what she does! Victoria is truly the good steward of this half-acre, given for her to use by GetWell Friends Ken and Sandra Chin. “GOD IS IN CONTROL!” is her theme song, and I can feel her enthusiasm covering the property and spreading around the world as she describes what she had been striving to do since she moved into the wilderness to... “get GetWell★StayWell, America! globalized!” I am most impressed of all with what she refers to as... “Our health4thebillions Office!” She has taken the big, oil-painted portraits I gave her in dusty, dirty, very fancy, old frames of Doctors Shelton and Jennings, of Sylvester Graham, and a blow-up photograph of Dr. Tilden in black and

**JULY**  
of  
**2009!**



most ambitious project ever: “Getting Natural Hygiene for God, Health & Country globalized through [www.health4thebillions.org](http://www.health4thebillions.org)!” I can see that this is too big a project for just 1 dedicated woman and 1 white horse!

A blow-up and likewise framed photo of T.C. Fry is in the works and 1 with “The Wilderness Woman & High,” as well. President Washington in color is also framed and hung — as the leader of The 1776 American Revolution after which Victoria has patterned The Great Global Health Revolution! She tells us that photos of JFK, Martin Luther King, and Peace Pilgrim are also in the works. Since Victoria had no full portrait of me, she had put together a collage from pictures I had long ago forgotten she had kept: next to Dr. Shelton’s, my big frame holds photo-footage of my many faces and outfits that I had worn in the past and many places I had been photographed. I am in awe and wonderment at how she has saved all these various pictures of me, even the 1 of me about to do the Mexican Hat Dance in full costume for entertainment at my 50th class reunion! It is so complementary and heartwarming to see my collage placed directly in front of Victoria’s older computers where she will put in the long hours and with Dr. Shelton looking down on me, as if to say: “Good Work, Vivian!” Just as my imagination is running with this thought, Victoria asks, “Wouldn’t Dr. Shelton and T.C. be proud of us all now?”

As we leave the main house building, we get to greet HighJoy again and enjoy more of his lovable tricks. He actually dances for cantaloupes and answers “Yes!” and “No!” when Victoria interviews him about his equine preferences! His body language and facial expressions, his liveliness and attitude, all attest to his dogmatic opinions and show that these 2 have a great connection as they inspire and entertain each other throughout the workdays and nights! As the tour continues, Victoria next shows us where The [health4thebillions.org](http://www.health4thebillions.org) Library will be unpacked and organized: an older, large 2-car garage now storing the load of 300 boxes we sent off in January, all neatly stacked but as yet unopened. She certainly has her work cut out for her now!

With The HighJoy Homestead fully explored, we head over to Our Hygiene Homestead in The Woods guesthouse. We cross the wide, wild Skagit River. Its water is not blue but unmistakably green, as it flows mightily from the Cascades and rushes speedily to the Puget Sound salt water that mixes with the Pacific Ocean. The forests, fields, back roads, and mountains around the 2 Homesteads are spectacular! But Mt. Baker, covered in snow year around, steals the wilderness show land-and-skyscape. Its peak reminds me of majestic Mount Blanc in France. I cannot help but muse, “What a perfect setting for a fresh-air, fresh-water, nature retreat!” When we actually arrive, darkness has just overtaken dusk. We are anxious to snuggle into fresh beds. But Victoria begs us to wait a few minutes before following her into the long driveway, as she wants to “turn on some lights.” In about 10 minutes, she returns. And we are dazzled by the light show we would have missed had she not gone on ahead! She has created a wilderness wonderland on front and back decks (“with 90% discounted Christmas lights at after-season sales,” she tells us). In an instant, Our Hygiene Homestead in The Woods has lit up into a private summer festival of white and golden stars! A few strategically placed flood lights and hundreds of tiny lights twisted into wired, store-bought greenery with real pine cones, that are mounted onto large limbs, that hang from the decks showcase Our Homestead that create a sight I will cherish forever: this is the grand entrance to Our Homestead!

Only her third guest Hazel has remained from the near-full-house in June. So both Greg and I are privy to especially private rooms. My “Howling Wolves’ Den” sports a wolf motif with a small electric-flame



fireplace and with heat on or off, as I might wish. My bed is soft and inviting, and I sleep like Goldilocks must have when she had finally found her bed that was “just right.” Greg’s room had actually been “under construction” but is now nearly completed. Its large full-mantle, electric-flickering-flame fireplace with a life-sized Eagle in its nest on top competes with the unusual bed as the showcase of “The Eagle’s Nest.” Made of 2"-by-4"-cedar lumber and previously modeled to serve as a hospital bed for a bedridden, former guest, complete with railings for rolling over and an overhead lifting bar for sitting up, the bed has been remade by a clever handyman who had been instructed to cut off the bar and its supports. That left the bed looking just like a corral! Perhaps, you can picture this? Although still needing flooring, window sills, and moldings, the room’s elegance — with 2 huge mirrors and a color photo of Mt. Baker with a purple-flower spring forefront and all the special lighting effects and the glorious-bronze, snakeskin-like drapes on 3 windows — makes one gasp at how shopping for new items on sale, second-hand storing for 1-of-a-kind items, resourcefulness, and creativity have led to this Eagle’s Nest room!

We sleep way in. And we awaken to aromatic melons and the fascinating place revealed in all of its natural daylight glory! Off in the background is a huge, hunter-green mountain. Our Homestead is really just a little piece of heaven in the forest! Victoria has decorated each square foot of the land with unique assortments of fascinating nature themes – from a dolphin scene to scampering squirrels, loving lambs, hooting owls, fishies, bunnies, raccoons, beavers, cranes, eagles, wolves, turtles, and even mice chewing on strawberries and a couple of large Halloween rats than squeak when squeezed — all lodged into natural settings around the fence. The splendor of this place is never to be forgotten. Perhaps the most humorous acquisitions to this adorable animals-in-the-wild gathering are the latest: a full-sized armadillo named “Shelton” in honor of Texas, the home of these creatures and of Dr. Shelton’s 7 Health Schools; and a wise turtle named “T.C.” in honor of Thunder Cloud Fry. The solid-board-art-fence not only provides beauty: it also offers guests large areas to find their privacy. She even has a pen at the property front for HighJoy so he can join the guests for friendship, fun, frolic, frivolity, and food. He devours every leftover and every scrap but the avocado pits, citrus peelings, and pineapple leaves! He will eat every salad and drink every beverage made here and still want more, as we are told, “He is a bit of a big pig!” And he will be, I am told, not just tasting every recipe Victoria makes in upcoming recipe videos, but devouring the entire dish and waiting for the next to be made, unless, of course, guests are invited to join in at the devouring party! Well, if she does that, she had better stand in front of him and not look back, because the enjoyment of his food as evidenced by his smacking and slurping and swallowing and eyes half-closed in gustatory pleasure is so grandly hilarious that he will steal her food preparation show away completely!

Our Homestead kitchen and living room are just adorable, all with a warm, rustic theme. “The Emotional Balance & Nurturing Relationships Beam” is something to behold: Victoria has mounted at least 30 words like “Believe,” “Dream,” “Forgive,” “Joy,” “Decide,” “Relax,” and “Gratitude” onto 1 of the foot-square beams that runs the length of the living room: positive points placed on pretty plaques. Each is different from all others, and each reminds guests of their general needs but are also used as reference points for specific needs during personal consultations. Our Hygiene Homestead in The Woods is, like The HighJoy Homestead workhorse property, all under God’s control — with my beautiful, beloved friend Victoria as our good steward. Hail, Captain Victoria! Keep these happy, healthy Homesteads helping Health Seekers to move forward in their own, personal Hygiene journeys — forever!

## From Greg...

Our trip to Victoria's was most remarkable on many fronts. First and foremost was Victoria with her irresistible enthusiasm and desire and ideas to carry on and to get the message of Natural Hygiene out to the world in a most delicious-to-chew-on, easy-to-digest, fun-to-assimilate fashion! Yes, she will tell you all, she needs to lose some weight so easily gained so very quickly when under so much stress. And she gets around good enough but really needs new knees to run and jump properly, as they went sideways in an accident nearly 4 years ago. And more rest and sleep on a regular basis would yield more energy for her. But with The 10 Energy Enhancers and USANA, she is alive and well enough to carry on the work of 2 healthy women 1/2 her age! It is easy to come up with ideas. Anyone can come up with and spout off ideas to promote "Health by Healthful Living!" But it is the carry-through of Correct Natural Hygiene in an entertaining and clear-cut fashion that takes knowledge and genius, and it is the financing to completion that takes friends like you — and God's blessings. When you visit the Homesteads on her upcoming pictorial tour and hear of her plans in details to help Health Seekers everywhere, you will soon see that Victoria has it all mapped out. For years, she has had enough of what it takes to be a mighty force for good. We do not know of a teacher/promoter alive today who has put more ideas into motion, who has put in more long hours to get the work done, who has sacrificed more of her personal time for The Cause, who has put all her modest finances on the line countless times, and who is more committed to and has a better chance at globalizing Natural Hygiene correctly for Health Seekers than Victoria! We do hope you will support her in these efforts in any ways you possibly can!

Another fantastic thing for me to see is Victoria's direct symbol of God's love and joy and her "gift from God": HighJoy, a stunningly healthy, beautiful, clever, white Arabian who was gelded so late in life he definitely acts like a wildly awake and playful stallion! We all have had horses for most of our years, and it is a total delight to meet Captain HighJoy America! For instance, Victoria has inspired him to jump on all 4's into the air and buck mid-air like the Lipizzaner Stallions when she holds out his favorites: a bucket of fresh-cut clovers and greens — or— better yet: fresh-picked corn-on-the-cob! His enthusiasm for raw food shown by violently digging into the ground and then finally resorting to begging with a totally pitiful look on his face — so human in its pleading — is really remarkable! We thoroughly enjoy HighJoy and his human antics: we can easily understand why Victoria claims she is never, ever bored! With him around, we would never be bored, either!

I am so glad that Victoria has treated herself to a bedroom that is a blessing, where she can retire and relax after hard work all day and into the night. Her outdoors-frontierwoman-rustic bedroom with the Mr. Ed-type Dutch-door that opens on the top half so that HighJoy can fit his head and neck all the way into the bedroom and join in on the conversation — that is really fun! I found the Ben Franklin wood-burning stove as her only heat quaint: it would put one in touch with the elements when the wood runs out or the temperature is in the teens! You may as well be stepping right into the 1800s if not for the small television and cordless phone at arms' length near the bunk bed. Yes, our friend sleeps in a bunk bed, with windows and doors open year around and under a real fur blanket when it is cold enough. She has a horse for an alarm clock! How's that for adventure? The most comfortable, big, overstuffed couch (\$5 at the second-hand store, she proudly reported, as part of her "Waste Not! Want Not!" frugality) is also unique: on this couch, according to Victoria, new guests are invited to lay back, sip on raspberry juice served in fancy glasses, and relax for as long as needed to tell their stories and share their needs and to become further

acquainted with her and the Natural Hygiene philosophies, before going over to Our Homestead guesthouse. The newest room at “the horse house” (The HighJoy Homestead with all the inventory and computers that run GetWell★StayWell, America!) was just completed the day we arrived: it is a dedicated area to continue to spread the word of Natural Hygiene. I found this to be both efficient and attractive with computers at the ready. Our “health4thebillions” logo created in varnished, wooden letters and neatly nailed to the wall serve as a backdrop for the world-globe surrounded by tinsel “fireworks” on wires to simulate bursts that light up the darkness of ignorance. With the word “JOY” in front of the globe and our mascot HighJoy in miniature jumping for joy in the forefront, Victoria clearly shows exactly what she has in mind for Health Seekers everywhere, what Dr. Shelton called: “The Joyous Message & Promise of Natural Hygiene!” She intends this for every person on the Earth, all of whom are, Victoria emphasizes and according to statisticians, each just separated 1 from the other, by 6 degrees!

The books Dr. Vetrano donated and GetWell Friends helped bring over here in January are still waiting to be unpacked and turned into The health4thebillions.org Library. But when finished in the like manner of our “workhorse house” and guesthouse, it will be the most impressive and important storehouse for Natural Hygiene on the planet! Already, the 2 properties that GetWell Friends and now some of our livefoodfactorfriends have made possible with orders and donations are just fantastic to actually see and live in — first-hand. We can’t wait to see The health4thebillions.org Library unpacked and put to work and its books, magazines, brochures, audios, and videos going out around the world in electronic form — affordable for everyone! We are anxious to add “Our Best Answer to Our Worst, Troubled Times!” I refer to the USANA Supplements. Natural Hygiene with USANA will be The Updated Natural Hygiene Message Victoria sends out. We will be of service in counseling Health Seekers about the USANAs. (You can go to: [www.4livefoodfactorfriends.com](http://www.4livefoodfactorfriends.com) to read Document #6 for our full USANA statement.)

Victoria had mentally prepared a monologue she had been working on for weeks as the room was being finished. She impromptu delivers it while we are being dazzled by The health4thebillions.org Office: “Oh! What marvelous times these are — with the information explosion happening at our very fingertips! Oh! To be so blessed that we get to take command of this electronic Natural Hygiene Revolution that will get out information to everyone: sick and well, rich and poor, young and old, un-educated and mis-educated! We are the true “Health Revolution” that Dr. Shelton had called for all his years. Only then, he could not possibly have imagined going further than to a few million. He deployed the battle cry: ‘HEALTH FOR THE MILLIONS — NOT JUST FOR THE FEW!’ Only now, with today’s technology, we can easily imagine going around the globe. And I am deploying the furthest-reaching battle cry ever: ‘HEALTH FOR THE BILLIONS — HEALTH FOR EVERYONE!’ I have been given a we-can-do-it vision — in bright fireworks’ colors of faith, hope, and love! In just 1 website, our GetWell and livefoodfactorfriends can get everything Dr. Shelton, T.C., the giants, and Our 3 Texas Doctors, and I have ever produced. As long as it is not copyrighted or the copyright is expired, these teachings are in our public domain; and we can take dominion over them for “God, Health & Country!” We can make the materials pocketbook affordable, electronics accessible, and search engine powerful! We can get [www.health4thebillions.org](http://www.health4thebillions.org) out to the nearly 200 countries and to the nearly 7 billion people who would all be willing Health Seekers if they only *knew* the full-truth about how to get well and stay well! But how will they be helped if we do not get the message to them? That is ‘The Mighty Work Ahead!’ that Dr. Shelton used to talk about. Only now, it is far, far mightier than he ever dreamed of. And only months ahead.”

Dear GetWell Friends, I am flabbergasted! I know Victoria could never have made it this far without you. And now, she tells me, we have 700 new livefoodfactorfriends, some of whom are spending some money

with her to support these all-important efforts through their purchases. As I stand in The health4thebillions Office at The HighJoy Homestead, all done up in Natural Hygiene, Americana fervor, and with the world-globe logo propelling us into cyberspace, I realize how ambitious and ridiculously impossible a task she has taken on for just 1 woman. The thought goes through my mind: “This is way, way too much for her. Victoria is really going to need the support of her friends to get this project up and running!” I am so glad that she has you all. We are doing everything we can to help get [www.health4thebillions.org](http://www.health4thebillions.org) up and working — all in God’s time and without exhausting Victoria’s Nerve Energy and killing her! We know she has “fund-raising with great and generous gifts and various Library Cards — even a “Forever Library Card” in mind. We are not exactly sure what the specifics are. But we hope you will be there to place an order and send some extra to help us make the necessary giant jump into cyberspace when she announces the fund-raiser: it will be one small block of cyberspace preparation for us and one giant leap into “Life, Liberty, and the Pursuit of Happiness!” for women, children, and men!

And finally, we leave the offices at The HighJoy Homestead and travel to the rustic, romantic, and totally embracing, enchanting retreat house 5 miles down the river road. The grounds are eye candy everywhere we look — from the majestic, skyscraping 70 foot pine and cedar evergreens to the Americana memory-fence with its Paul Bunyan-type lumberjack saws and rusted pulleys and with all the Pacific Northwest look-alike-life-like animals all placed in just the right places. The fence is a work of art. And its height gives the guests many private areas to catch some rays or to just enjoy the sanctuary solitude in the natural peace and quiet.

The interior space of the retreat is just as spectacular as that of the outside: warm, cozy, comfortable, and inviting. Mom’s private and darling “Howling Wolves’ Den,” my private and elegant “Eagle’s Nest,” and the upstairs, takes-2 “Critters Forest” invite you to take your Natural Hygiene back to the basics and where it belongs: to nature and to God. I am so impressed with Victoria’s genius that I will definitely take my next Hygienic stay with her at Our “Warm & Cozy” Hygiene Homestead in The Woods. Oh, yes. I forgot to mention the food! After meals spread over 3 days, I must say, “Really good produce can be found in Western Washington State!” We do not do recipes. But the food spread before us with each meal was fresh and fabulous! The “takes-4” size of the place, to quote Goldilocks, “...is just right!” Beds comfy, atmosphere warm, and love abounding in every direction. I always knew that she could write and teach. But now I know that Victoria’s nature and wild-west indoor designing and outdoor landscaping skills rival this natural born teacher’s way with words and knowledge of Natural Hygiene

Just one more sweet memory from our visit. Victoria showed me my Eagle’s Nest and let me be to go to sleep. About a half-hour later, long after I thought she had left, I heard a sweet, little, soft voice outside my door ask: “Are you happy?” I did not know if I was dreaming or not. But I did know without a doubt that I was deeply snuggled into a wilderness wonderland room and that I was indeed very, very happy!

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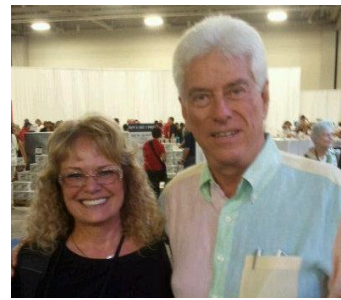
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Led by a serious scientist in a lab coat, not just a business man in a suit, Dr. Myron Wentz Founder and Chairman of USANA Health Sciences, Microbiologist, Immunologist, Philanthropist, and Best-Selling Author is happily pictured here with Dr. Tosca.



**“If we had known in years past what we know now about the stresses of life and pollution of our day, about how hard it is for Health Seekers to follow the raw food diet, day-in and day-out, about how so many people are still going to eat some cooked and junk food on occasion, about how our soils are so depleted of much needed minerals, vitamins and beneficial bacteria, and about how high quality supplementation can support cellular functions of nutrition and elimination, if we had it to do all over again, we would have put every one of our patients on USANA! You Only Have One Body -- Don't Compromise It!” -- Dr. Tosca Haag, Dr. Gregory Haag, and Dr. Vivian Virginia Vetrano**

**It has been my great pleasure and huge assignment to read through all 40 years of Dr. Shelton's Hygienic Review magazines in preparation for our new book -- WHAT DR. SHELTON DIDN'T KNOW! -- to come to you from us, "Your 4 Trailblazers in correct Natural Hygiene": Dr. Tosca, Dr. Greg, Dr. V., and me! Among the many common Dr. Shelton themes throughout are these: "Science will one day discover many more truths about how to stay healthy than I have presented here." and "The soils will one day become so depleted that the foods grown in them will not support health in those who eat them."**

-- Victoria BidWell, 2012



**Dr. Tosca Haag**

**Please call me with any health concerns you may have, so we may discuss them in the context of USANA!  
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doctorhaag@gmail.com**

# How Our [www.health4thebillions.org](http://www.health4thebillions.org) Project Got Turned on... ‘HIGH!’

It all really started up — getting The late-2008 Billions Project off the cold back burner and onto the hot front burner and turned on “HIGH!” — before Mike’s wee-hours-of-the-morning e-mail in April, 2012. This old, cold, project got turned on and started to simmer away when a new GetWell Friend named “Mary Horvath” found her way to Get Well★Stay Well, America! Like many others, she ordered 2 *BOOKS IN 1: The Health Seekers’ YearBook with The Best of Common Health Sense* and then *The Live Food Factor*. She signed up for our GetWell Friends’ *Common Health Sense*. She started ordering one package after another from “The GetWell BookList Order Form” and from “The Great & Yummy GetWell Edibles Order Form.” We had rather long and very loving, playful talks as she placed each order. I sensed she was a very kind person and suspected that she had been smitten entirely by the whole “Correct Natural Hygiene Package!” When she called me from a beach in Honolulu, it was early December, 2011. She then placed a huge order for 7 identical packages of the 2 *BOOKS IN 1* and Great & Yummy GetWell Edibles to break down and make “Yummy & Fun Natural Hygiene Sampler Packages” for her beloved family and friends’ Christmas presents. I knew then that she really had been smitten! Not because of her order, but because she had actually hauled the 3-pound 2 *BOOKS IN 1* overseas to study on vacation at a beach while I cannot even get some guests to haul them across country to study in their rooms while at The Guesthouse! I considered this a great honor. Then, Mary called a few days later to sign up to come to Our Hygiene Homestead in The Woods for a 4-week tune-up fast. That was how it all started, how OUR [www.health4thebillions.org](http://www.health4thebillions.org) PROJECT started moving off an old, cold back burner — for 2 entire years — to start boiling up grand bubbles of health and high joy for when The Grand Opening will finally be celebrated!

But next, let me back up. You know the story. Dr. V. gave me her personal and professional library in late-2008. It took the better part of 2009 to raise the needed funds to get it moved to its new resting place. Eighty GetWell Friends cared enough for me to caretake “The Dr. Vetrano Library.” They put in collectively \$4,500 to get 300 large boxes up to Concrete, Washington, from LaVernia, Texas. One medical doctor put in \$1,600 herself. I clearly remember the day I had picked up the load at a dock in Seattle. I rented a new U-Haul truck that rode like a Cadillac. I drove out of a Seattle Roadrunner dock ever so carefully with the precious cargo. I remember sitting up high and seeing the road ahead of me stretch through time and cyberspace where any number of the offered and selected 1,000 titles would one day go into homes around the world to help The Global Health Seekers! During that 4-hour drive, time warped into the future. Visions were set before me! Visions of what these books would do when they reached the minds and imaginations of The People and when the abstract teachings were put into concrete practice!

Floating along on the slow lane asphalt in that smooth-riding U-Haul, 4 exclamations repeated themselves as I entertained the visions, as I looked down on the unsuspecting people in cars in front of me, as I trekked with the precious cargo north up 1-5 and then east over to Concrete. First: “WHAT GRATITUDE I AM FEELING FOR OUR 3 TEXAS DOCTORS AND FOR THE GETWELL FRIENDS FOR BRINGING ME INTO THIS BILLIONS PROJECT POSITION!” Second: “WHAT GREATEST GOOD WE ARE GOING TO DO FOR GLOBAL HEALTH SEEKERS WHO FIND US!” Third: “OUR LIFE — FOR HIGH AND ME — WILL BE FOREVER CHANGED IN ENDLESS WAYS WHEN THIS BILLIONS PROJECT BLOSSOMS FORTH!” And fourth: “WHAT A LOT OF WORK THIS IS GOING TO BE!” From one exclamation to the next and back again, I steadied the truck between the white lines while my imagination rocked and reeled with the enormous possibilities for doing good in my old age! I was reminded during this drive and these 4 exclamations of a moment with Victor Bidwell when he got his *Health Seekers’ YearBook* in 1990. First, he said exactly what Medical Heretic Dr. Mendelsohn had said of Dr. Shelton’s writings upon first reading them: “I feel like I wrote this myself!” (That was because Victor was a revolutionary for the poor in his youth.) And second, Victor formally stated: “YOU TAKE ON BIG PROJECTS!” Driving the precious cargo destined to be turned into “dirt-cheap” e-books to “HELP THE BILLIONS!” — I knew this was the biggest project of my 25 years. I was going to prove Victor Bidwell’s prophecy right. I was going to take it to the limit — one more time.

Once the books and I made it home to The HighJoy Homestead, I grabbed some guys off the street, begged for their help, supervised the unloading, and prepared to give them some cash. The books were all to just sit on the back burner, neatly stacked to the ceiling for an entire year while I finished other projects. I opened just one box — trembling in awe and trepidation for how much work this Project was going to be. With wonderment, I asked: “DO I HAVE ONE MORE IN ME?” Two amazing titles jumped out, trying to answer wildly: “YES! YES! YOU DO!” The workers watched, waiting to get paid. I reluctantly but dutifully put the 2 books back into the box. Sadly, I did not have what it would take. I had too much on my plate already. Only if I had the funds to get started would I spend my limited Nerve Energy supplies on unpacking and sorting through the books. That day was October 6th, 2009. I did not open another box for a year.

In January of 2010, I was finally itching to get started. I could feel a quickening of my flesh. The Holy Spirit was trying to stir up my 75,000,000,000,000 cells! But I had no funds. I knew I would need \$10,000 to buy the several pieces of necessary equipment, pay the website builder, pay the scanner, pay the technology expenses, and pay someone to show me how to upload the books to [www.health4thebillions.org](http://www.health4thebillions.org). I was barely making it through each month as it was, just paying bills at The HighJoy Homestead and at Our Hygiene Homestead in The Woods. So I wrote a detailed e-mail to 10 Get Well Friends and offered them “The Forever Everything Library Card” if they could each help with \$1,000. Six of the 10 said “YES!” Two from The States, 1 from Canada, 1 from Belgium, and 2, interestingly enough, from India.

I used that \$6,000 to get started, to pay a helper to go through the books, to get the website design made and to get some Dr. Shelton and T. C. Fry books scanned. But then? I ran out of money. In 2010, The Guesthouse was getting a lot of guests. But I had to keep putting money into home improvements to bring it into the middle class. So, The Billions Project sat on the back burner until The Summer of 2010. That was the summer my assistant Karen and I unpacked the 300 identical boxes. Each was 2 cubic feet and weighed in at 50 pounds. I hired her for 200 hours at \$10 an hour to go behind me after I opened each box to separate the wheat from the chaff and to repack the chaff and put it into the storage container. WHAT A LOT OF WORK!

To my huge surprise, I had not just Dr. Vetrano’s professional library in front of me! I had the entire family library! And these people were well-read! Art, American and world history, self-improvement, music, horsemanship, poetry, public speaking — you name it — these Texans immersed themselves in it all. Perhaps the most esoteric of all was a book on fossils of The Pleistocene Era — in Minnesota, no less! And, of course, a huge collection of western novels by Louis A’mour! So, first, I had to separate the health books from all else, holding out titles of my own special interests from this well-rounded library. Only then could I separate the wheat from the chaff, that is the copyright-expired and copyright-free from the copyrighted! If only you could have seen me alone in the garage in the middle of the night with the hundreds of huge boxes holding thousands of books surrounding me. I would open a box and search for the Natural Hygiene rare books. Often times, upon finding a gem, my whole body trembled! I got hot all over! I started to salivate and then... shake and then... shriek and then... start to sob! If you had caught me on camera, you would think I had been going through a manic episode or psychotic break! OH! THE THRILL OF IT ALL — TO UNEARTH THESE LONG-LOST, RARE-BOOK FINDS! It must have been the same for those unearthing The Dead Sea Scrolls! Pressed flowers — over 100 years old — would drop out of a book. And spiders that had crawled in between pages for a nap — over 100 years old — were to be seen in the light of day, again! Unearthed box after unearthed box, I found treasure upon treasure! The entire 41 years of *Dr. Shelton’s Hygienic Review Magazines* were there! The originals of his *7-Volume Hygienic System* — were there! His long-lost books I could never get my hands on — were there! And hundreds of amazing titles from The Pioneers — were there! I kept marvelling and muttering to myself: “WHAT DID I DO TO DESERVE ALL THIS?” It took almost the entire summer, mostly late night hours after business as usual, to get it done. My assistant would go behind me and box up and store away “the chaff” books, never destined to be scanned.

GetWell Friend Herbert Hodges put in \$3,000 to completely remodel a room at The Highjoy Homestead. It is now designated “The Billions Room.” It got new flooring, new walls, new lights, new plug-ins, new ceiling, and new doors. GetWell Friend John Bardaro put in \$700 for 7 big, beautiful, 5-shelf, matching, metal, used bookcases to hold the to-be-scanned “Billions Books.” Dr. Vetrano and her son-in-law Greg Haag put in another U-Haul trailer of books and packing supplies when they drove from Texas at their own expense to

visit, to see The Homesteads, and to encourage me in The Billions Project. Even though on the back burner, slow but sure, The Project was working its way into the world of manifest molecules! PRAISE THE LORD!

I had driven around for over a year on my errands, my main time to think things out, knowing I was sitting on a goldmine to help The People — once these books were scanned and bookstored at [www.health4thebillions.org](http://www.health4thebillions.org)! And even though I planned on offering the books “dirt-cheap” to help The People’s pocketbooks, I still knew I was sitting on a goldmine of good deeds — once The Global Health Seekers found their way to “The Best Correct Natural Hygiene Bookstore!” I knew that no matter how broke I was each month, no matter how much I struggled to pay the bills, that I was sitting on a goldmine of absolute good — once [www.health4thebillions.org](http://www.health4thebillions.org) was picked up by Global Health Seekers! And I knew that everything would change for the better — once The Billions website had all the electronic books shelved. So I began scaling down the dollars I absolutely needed to get started: “MAYBE WITH JUST \$5,000 INSTEAD OF \$10,000, I COULD GET SOME OF THE NECESSARY EQUIPMENT, GET SOME OF THE WEBSITE BUILT, GET SOME OF THE BOOKS SCANNED AND UP, AND GET SOME GENERATED DOLLARS COMING IN THAT COULD THEN BE USED TO SCAN AND SHELF THE REST FOR THE BILLIONS BOOK STORE.”

So, in The Fall of 2010, I put out what I deemed the most impressive, most far-reaching, most inspiring “BIG MAILING” to “HELP THE PEOPLE!” in my 25 years since being first smitten myself by “The Message & Promise of Natural Hygiene!” In this BIG MAILING, I had summarized what [www.health4thebillions.org](http://www.health4thebillions.org) would mean for worldwide alternative Health Seekers. I had summarized what we had accomplished with The Billions Project since the fall of 2009. All the books were sorted out, waiting to get taken off the back burner: the 40 years of *Dr. Shelton’s Hygienic Review* magazines, the other 35+ legendary and long-lost books and booklets by Dr. Shelton, the Dr. Tilden 27 years of magazines and his 17 volumes of teachings, the books by the other big names we all know: MacFadden, Dr. Harvey Kellogg, Horace Fletcher, Sylvester Graham, Dr. Jennings, and many more. Everything T. C. Fry had done that was not copyrighted. And, of course, everything by Our 3 Texas Doctors and yours truly. And finally, the hundreds of books by the lesser-known and never-heard-of authors with intriguing titles reaching from the early -1800s to the mid-1900s. All these titles were all categorized, waiting... waiting... waiting... for the spines to get cut off, for the inside pages to get trimmed, for the scanning to begin. I categorized 12 topics among The Pioneers: Basic Handbooks, Diseases & Drugless Healing Recovery, Flaws in The Medical Mentality, The Nature Cure, Fasting, Proper Diet, Exercise, Longevity, Health Issues for Men and Women, Pregnancy and Motherhood and Children, Beauty, and Psychology, and Metaphysics, and Spirituality. The books were home, they were unpacked, they were categorized, they were shelved in our new and designated Billions Room, they were ready for the final steps: scanning, website building, uploading, and Grand Opening! And so, The BIG MAILING went out. I WAS RIDING HIGH WITH HOPES TO COMPLETE THE FINAL “BIG PROJECT” FORETOLD BY VICTOR BIDWELL. I WAS READY TO TAKE IT TO THE LIMIT — ONE MORE TIME!

And I did get plenty of response — for the usual items — The GetWell Friends routinely order in any mailing. But I got almost no response, whatsoever, to move The Billions Project onto the front burner! Even when I offered to triple every dollar sent in! For every dollar put into the pot, each GetWell Friend was to receive \$3 in electronic purchasing power. I thought the idea was genius and generous and that it would be gigantically fun for all! Returns began. Then they ended. Fifty GetWell Friends had put in \$1,250. It was not nearly enough. I WAS IN ABSOLUTE SHOCK! I was not even disappointed. I WAS JUST SHOCKED! I was not even angry. I was not hurt. I was not undone. I WAS JUST SHOCKED! When I realized that the returns had ended and I had only 1,250 working dollars, my very first thought was: “THANK YOU, GOD, FOR LETTING ME DRIVE AROUND FOR 2 ENTIRE YEARS THINKING I WAS SITTING ON A GOLDMINE — SO THAT I COULD FEEL SO WONDERFULLY EMPOWERED FOR THOSE 2 YEARS WHILE I COULD HARDLY PAY MY BILLS! OTHERWISE, I COULD HAVE GIVEN UP!” My second thought was: “THE GETWELL FRIENDS HAVE DONE ENOUGH. THEY HELPED ME GET THE DR. VETRANO LIBRARY HERE AND SET UP. NOW, I HAVE TO GET THE GUESTHOUSE WELL-KNOWN THROUGH THE INTERNET SEARCH ENGINES SO IT CAN MAKE THE MONEY TO FUND THE BILLIONS PROJECT.” I knew I was not going to give up. I was not even going to cry. I was just going to get out of shock and carry on. I was going to pray and be patient and wait for further directions from God — like I do with all my projects, small or big.



Long before [www.health4thebillions.org](http://www.health4thebillions.org) was even a twinkle in my eye, I had been given a vision for doing uncalculated good for Health Seekers. I remember being greatly inspired by a true-life story and 1992 movie: *Lorenzo's Oil*. It tells of a married couple, The Odone, in the days before The Internet, whose son had a rare and baffling disease for which no doctor could find a cure. Turns out, it was a genetic disease. The Odone start researching in the public libraries. They clash with doctors, scientists, and support groups, who are skeptical that anything can be done about Adrenoleukodystrophy (ALD), much less by laypeople. But they persist, setting up camp in medical libraries, reviewing animal experiments, badgering researchers, questioning top doctors all over the world, and even organizing an international symposium about the disease. Despite research dead ends, the horror of watching their son's health decline and being surrounded by skeptics (including the coordinators of the support group they attended), they persist until they finally hit upon a therapy involving adding a certain kind of oil (actually containing two specific, long-chain fatty acids, isolated from rapeseed [canola] oil and olive oil) to their son's diet. They contact over 100 firms around the world until they find an elderly British chemist (Don Suddaby) working for Croda International who is willing to take on the challenge of distilling the proper formula. It proves successful in normalizing the accumulation of the very long-chain fatty acids in the brain that had been causing their son's steady decline, thereby halting the progression of the disease. There is still a great deal of neurological damage remaining which cannot be reversed until new treatments are found to regenerate the myelin sheath (a lipid insulator) around the nerves. The film ends with Lorenzo at the age of 14 showing definite improvement (He could swallow for himself and answer "yes" or "no" questions by blinking.), but indicating more medical research is still needed. The end credits of the film note that Lorenzo also regained his sight and was learning to use a computer.

THE INSPIRATION FOR MY "VICTORIA'S VISION" AT [www.health4thebillions.org](http://www.health4thebillions.org) IS NOT UNLIKE THIS TRUE LORENZO'S OIL STORY. FOR ME, ITS INSPIRATION COMES AT THE END OF THE MOVIE, WITH, OF COURSE, UPLIFTING MUSIC IN THE BACKGROUND: HUNDREDS OF FULL-COLOR PICTURES OF ALL AGES AND RACES OF CHILDREN ARE COLLAGED TOGETHER, ROW AFTER ROW — HAPPY, SHINING CHILDREN ALL WHO HAD ONCE DEMONSTRATED ALD SYMPTOMS AND WHO THEN HAD TAKEN LORENZO'S OIL! This breaks me up to tears, even as I write this. I can see a like happening for what we can do to... "HELP THE PEOPLE!" at [www.health4thebillions.org](http://www.health4thebillions.org) — only we could do this on a global scale — and for women and men, as well as children! And the "HELP!" would be health-promoting and empowering to absolutely everyone who finds us and who is not practicing The 10 Energy Enhancers! I had wanted to engage The GetWell Friends in a similar scenario made manifest through The Billions Project when I sent out that Fall of 2010 BIG MAILING! But I had failed to capture their imaginations with the possibilities for doing good. If each of our 300 had just put in 33 dollars and 33 cents then! WHAT WE COULD HAVE DONE BY NOW! But this was to be done in God's own sweet time. So, I had just waited and waited — and prayed and prayed.

Lorenzo's parents did not have The Internet. We do. Let me share "Victoria's Vision" at this point: Health Seekers around the world looking for answers to acute and chronic disease and the pains and miseries of taking The Descent into Disease would, through search engines or referrals or by chance, find [www.health4thebillions.org](http://www.health4thebillions.org). And without even buying anything, with only CLICKING ON... "Our Very Best Foundational Bedrock Teachings," they would get on the right track — FREE! Then with exploring the 1,000 titles and their brief descriptions and Tables of Contents and with making just one simple purchase, these Global Health Seekers would begin the process of learning how to get well and stay well without drug and doctor dependency. Their pictures — HAPPY, HEALTHY, SHINING WOMEN, CHILDREN, AND MEN — could be collected and collaged up at [www.health4thebillions.org](http://www.health4thebillions.org)... because WE GETWELL FRIENDS WERE THERE TO HELP!

In the meantime, between the failed mailing of The Fall of 2010 and The Spring of 2012, The Guesthouse was very busy with Health Seekers coming and going, most all of whom were pleased enough to leave an inspirational write-up of their visit. And there was so much laundry with 4 and 5 guests, it was unbelievable! So I turned The Billions Room into a laundry room, as the washer and dryer were in the adjoining hallway. No books or shelves or desks or chairs were moved out. But table tops for computers and scanners and printers as yet unpurchased became folding spaces for towels and sheets and clothing. And counters held wicker baskets. And I waited — and prayed. I felt so sad to see The Billions Room turn into a laundry room. I felt so sad to see the books to give "HELP 4 THE BILLIONS!" just sit and collect dust. I imagined the author of each

book, alive and waiting in The Billions Room, with high hopes to get their teachings scanned and set on The [www.health4thebillions.org](http://www.health4thebillions.org) Book Store shelves for viewing and then to be taken into homes around the world and to be put to use in creating happier, healthier, shinier women, children, and men! Sometimes, it was just plain painful to go into The Billions Room. I probably would have avoided that room altogether, had there not been wicker baskets to get and laundry to spread out and fold.

AND THEN IN APRIL OF 2012, MARY HORVATH CAME TO VISIT AT THE GUESTHOUSE. AND THAT IS WHEN EVERYTHING CHANGED FOR THE MARY, MERRY BEST! Mary took her first fast, a tune-up. She was already healthy, a perfect weight. She had taken really, really good care of herself during her 53 years. I gave her the thrilling version of my autobiography in full color and roller-coaster detail during the long ride from the Seattle Airport to Concrete. We had wonderful visits every day, during which time I got to hear her likewise thrilling life story and of how she yearned to be close to The Lord and serve Him. Mary took an unusual liking to The Highjoy Horse! In fact, she made me love High even more because of the ways she would describe what it was like to watch the 2 of us play! Some of her parting words were: "I'm just sorry I did not have more trips with you to cut clovers for High." And she gave so much love to me that I cannot put it into words! Our last evening, I finished her late-night massage after our fancy, live-food picnic outdoors. Mary was laid out on the table on her stomach, and I sat on the stool. We held onto each other for dear life, it seemed, our heads just inches apart. And we whispered so as not to wake the others. We talked until 3:00 A. M. And during that time, Mary kept interjecting into our whisperings, in between various end-of-the-line conversations: "Victoria, God loves you — so much." She seemed to be The Holy Spirit incarnate.

Toward the end of Mary's visit, I had taken her over to The Highjoy Homestead and into The Billions Room to see the big, color portrait of Dr. Shelton, to see the collage of Dr. Vetrano with many shots during her life of service, to see the 1,000 books, CDs, and DVDs, and to see that it had all sadly turned into a laundry room while I had waited — and prayed. I showed her our Fall of 2010 BIG MAILING that had failed to bring funds to move The Billions Project onto the front burner and to turn it on "HIGH!" I even did a dramatic reading of my poem: "[www.health4thebillions.org](http://www.health4thebillions.org) WILL BE THERE TO HELP THE PEOPLE!" And I told her that I had been waiting for 2 years for someone to put in the dollars to do the deed. She sweetly inquired: "Might I be that person?" I blurted out bluntly and truthfully: "I DON'T KNOW! ONLY GOD KNOWS! DOING THE DOLLARS HAS TO BE A DIRECTIVE FROM GOD ALMIGHTY!" That day, we did talk about the details of a possible loan with interest or even of a limited partnership. We discussed these possibilities briefly one more time during her visit. And then, I promptly let it go. I gave it not another thought. Mary went on her merry way. And a month later, she called in an order. At the end of chit-chatting, she casually concluded with: "By the way, in July and August, I am going to send you the money you need to get The Billions Project going. And I do not want any interest or partnership. But you can pay me back in 13 months." By now, you can imagine... I got chills, my scalp started to itch, then I got hot all over! Neurotransmitters of joy swept by mind and body, a floodgate opened up and released so much pain at the same time, and then love won as I just wept in gratitude and for The Health Seekers around our wonderful world.

Then! Within days, a GetWell Friend of 28 years called to add more funds to the pot. Loretta Rapport had just sold a 9-year old Buick with hardly 9,000 miles on it and wanted to invest in The Billions Project! I WAS OVERWHELMED! I immediately called our GetWell Friend Beverly Grose. After a several months' silence, we had just started up talking again — talking about getting stronger search engines on The Guesthouse so I could book it full and so that it could bring in dollars so that The Billions Project could happen. In 2001, Beverly had spent the entire summer building [www.getwellstaywellamerica.com](http://www.getwellstaywellamerica.com). We had never gotten PayPal on the site. But she had moved me onto The Internet and, consequently, into the 21st Century. That site has generated a lot of funds over the years. Today, 70% to 80% of GetWell's money to keep going comes directly or indirectly through website and e-mail. So, Beverly truly saved me and GetWell★StayWell, America! She had written me a long letter in early 2001, when High and I had come back from my year of getting out of burn-out in Canada. In that letter, she literally begged me to let her build a website. I was still depending totally on mailings like this one today. I read and reread the letter dozens of times before finally contacting her 3 weeks later. I knew the work could become burdensome for her. And it did. So many GetWell Friends have saved me so many times. I am here now because they were there then. That Summer of 2001, God gave Beverly the job of saving me. She pulled me, as she put it, "kicking and screaming into The 21st Century" — website, e-

mail, and all. Now, I use The Internet with 90% of my income. We have been friends ever since. And she has given me long hours of Christian counsel the entire time. So — it was Beverly to whom I turned when I needed [www.health4thebillions.org](http://www.health4thebillions.org) built. This time I had dollars!

But after a few long phone calls, Beverly determined that she just did not know how to do the many things that I needed done and just did not have the time to stop and learn. She teaches website design at the college level. Her plate was full. One April morning in the wee-hours, last summer of 2012, I decided to end the workday and to check my e-mail first. Beverly had written. She explained that she just could not help me. She left 3 e-mail addresses of Internet outfits that build websites and then host them for a pricey, monthly amount. But I knew that The Billions Project was just too huge to start farming out to strangers who wanted top dollar for building and then top dollar for monthly hosting of the sites they build. My brain and body just quit. I was dead in the water.

I sat and stared at one spot — for over an hour. I knew that if I would just get up and go give The Highjoy Horse a treat of an ear of corn or an apple that I would be brought out of my sitting-staring stupor. That is what I always do when things get stressful. Instantly, High's joy gets me up! But this time, I just did not have the heart to move. I just sat — and stared. I was in a desolate, despairing, dark, dead end of the line. I started to ask God: "SO NOW, WHAT DO I DO?" I summarized the situation for Him: "I have the dollars. But I don't know what to do. I cannot trust some big company to get that interested in The Billions Project. With a pricey outfit, the dollars would all go too fast, anyway. Can't you just send me someone to be here with me and to work with me to build [www.health4thebillions.org](http://www.health4thebillions.org), someone I can afford?"

AND THEN? IN THE VERY NEXT INSTANT, I SEE A FLASH ON THE COMPUTER SCREEN! A NEW E-MAIL HAS BEEN WHIRLED THROUGH CYBERSPACE TO ME! I pull myself out of darkness and scan the e-mail. It is long — maybe 2 feet, maybe more. Some guy in Iowa wants to do a 40-day fast at The Guesthouse, *and* he has no money. "Great," I say to myself. "Just great. Another Health Seeker who has no money wants to come to The Guesthouse." How often I had heard this sad story. He talks about a trade. I decide to listen to what he could possibly trade that my vehicle handymen and my home improvement handymen could not do. So, after 10 seconds of scanning, I write back: "CALL ME RIGHT NOW!"

OVER THE YEARS AND MANY, MANY TIMES, I HAVE HAD ANSWERS TO MY PRAYERS SENT IN DECADES AND IN YEARS AND IN MONTHS AND IN WEEKS AND IN DAYS AND IN HOURS. BUT I HAVE NEVER HAD AN ANSWER TO MY PRAYERS SENT IN SECONDS! I had heard about instantaneous answers to prayers. But nothing quite like this had ever happened before! Some call it "synchronicity." I call it "Instant God-talk!" By the end of the nearly 2 2-hour long return phone calls, I felt like I was flying with the angels when I got off the phone and went out to share the excitement with The HIGHJOY Horse!

Mike Gurevich had been born 39 years hence in a tiny country named "Uzbekistan" back in the USSR. He and his family came to America when he was 5. They discovered The Standard American Diet and gormandized their health away. Mike's father died when Mike was 12. He crawled into and lived inside of his computer while enrolling in and dropping out of 10 schools. His body puffed up, his true facial features disappeared, his fitness level plummeted, and his energy supplies drained. He became a self-taught genius with computers and mastered The Internet. He developed powerful, high-level, exciting communication skills. He acquired an extreme love for everything on Planet Earth until he was seeing "Signs of Love" everywhere. In San Francisco, he made great money, drove a great car, lived in a great apartment. He was making The Descent into Disease as he was making the ascent into materialism. And he woke up one day — unhealthy, unfit, and unhappy. He had won the prize. He had become a super-rat in the American rat-race. And, in doing so, Mike had discovered he wanted something more for his life. He walked away from the rat-race. He started practicing Transcendental Meditation, attending Maharishi International University in Iowa, expanding his consciousness, and taking baby steps to get healthy. He discovered fasting as a means to get well on all levels — and to do so with God's speed. He found me at Our 3 Texas Doctors' website. He called me. He became the answer to my prayers and the God-send we GetWell Friends needed. I thank Mike's mother and father for birthing this baby boy. I thank my 4 sisters for seldom doing one thing nice for me or with me without turning it into a hard bargain. And I thank God for using Mike 39 years after his date of birth to make [www.health4thebillions.org](http://www.health4thebillions.org) happen through our co-operative bargaining! "The rest is," as they say, "history."

## **The date is April 16th, 2012. The rest of the story follows, as told by “Our Newly Beloved GetWell Friend” Mike Gurevich, Traveling Digital Handyman**

I had been practicing what I have now come to know as “The 10 Energy Robbers” for as long as I can remember. During the past 10 years, my experience of life was noticeably degenerating. I was fat, usually weighing 260 pounds, and almost always tired. In my adult life, I have never experienced a good body weight or seen my natural features without the excess. My addictions included sugar, caffeine, dead animal cooked flesh, staying up far past the time I ought to have been resting and sleeping, sitting in front of a computer for much too many hours every day, not giving my body the movement and exercise it needs and loves, and eating LOTS AND LOTS of junk food. I was always tired and feeling like I was usually “up against the wall.” I wasn’t even 39 years old, and I knew in my bones that this highly diminished experience of “life” was a very sorry and SAD facsimile of what God has intended for me.

About 5 years ago, I became aware of the importance of acid and alkaline in the foods I chose to eat and their effects on the health of the body. It made sense to me, and I wanted to apply it to my life immediately. I bought a Champion and made juice. I exercised and breathed deeply. I began to do some of what I now know as “The 10 Energy Enhancers.” This lasted for about a month, and then I allowed my old habits to kick back in. Sometimes, I can be very slow to get going.

My father died when I was 12. Because of the pain, I began to live inside my computer, coming out for junk food and attending 10 schools before I dropped out and gave up formal education for the time being. I began smoking cigarettes when I was 14 years old. I smoked for 14 years. It took about 5 years for me to finally stop smoking after many, many attempts. It also took me some time, after many, many attempts, to make these very important changes in selecting better food choices, exercising, spending time outdoors, getting enough rest and sleep, and just generally taking great care of my body.

Fast forward to about 6 months ago, when through a long series of synchronicities which I believe were guided by a Higher Power, a little book called “*The Essene Gospel of Peace*” came into my awareness. I purchased it and read it and learned that I needed to fast. I had been accumulating vast debts to my body by the choices I had been making. In this book, Jesus instructed me that the way to pay this debt is to fast. He explained that by fasting, the Angels of Air, Water, Soil, Sunlight, and Ether will enter my body to renew and restore the order within. For some reason, my reading this little book lifted up whatever toggle switch needed turning on. And I became determined to create this experience.

At about this time, my friend Naomi told me that she was going to fast for 30 days at a place that does “Supervised Fasting.” I had no idea that there were such places in the world, where people have actually set up a place for you to fast and then helped you create the conditions so that you can relax with nothing to do but just let the body heal itself. UPON LEARNING THIS, I LIT UP LIKE A BIG, JOYOUS CHRISTMAS TREE! I KNEW THAT THIS HAD TO HAPPEN FOR ME! AND IT HAD TO HAPPEN RIGHT NOW! I had hardly any money. But I noticed that this center Naomi was going to had an offer for internships, part of which was to experience a 21-day fast. Thinking this was the right path for me, I applied to be an intern. “Lucky me!” I thought, as I had recently stopped working and had the time to do this.

When the e-mail response to the internship application came back, I was very excited to open and read it! I was elated to learn that I’d be accepted into the program! And then the excitement disappeared when I read further that it would “only” cost me \$3,000 to intern there. I’m sure the program was worth whatever they were asking for this \$3,000, though I didn’t know how it could possibly happen for me.

I went to sleep vexed. Then I woke up at about 3 A. M. to an inner voice telling me to look for other fasting centers on Google. I got up, picked up my little phone, went to Google, and typed in “supervised water fasting.” After some looking around, I arrived at [www.roylretreat.com](http://www.roylretreat.com). I began to read and was feeling a sense of happiness and hope return. Followed by a big “OH, NO!” when I read that they’re closed now. But then, I read that a lady named “Victoria BidWell” was running a place that could help me! When I read about her “MERCIFUL RATES” and that her Director is God, I knew I had to write to her and ask if she could help me. I got out of bed, put clothes on, and drove to the place where my computer was. It was about 4 A. M. when I began to write what could possibly have been the longest e-mail of my life! In that message, which really was a mini-biography, I laid before Victoria my story and all of the events that brought me to write her on that early A. M. It took two hours to write. With a deep breath of hopeful anticipation, I clicked the “SEND NOW” button! Off my letter whirled through cyberspace to arrive in Concrete, Washington, a place I had never heard of.

Not 2 minutes later, victoriabidwell@aol.com's message comes in. It simply commanded: "CALL ME RIGHT NOW!" Well, I did, although the thought struck me: "She could not possibly have read my 2-hour long e-mail!" I picked up the phone "RIGHT NOW!" and called Victoria. We talked nearly two hours as we discovered we had a great deal in common. We made concrete our plans with a second 2-hour phone call. We tried to find ways we could make this adventure possible for me without any money and still be fruitful for her. As blessings would have it, I just happen to be gifted with what it takes to translate people's visions into concrete realities through and with computers and custom-written software. Happily, Victoria just happened to have a tremendously exciting and meaningful vision, to which she has held tight in her heart, for a number of years. And that vision had been needing the very translation I had skills to provide! This dynamic would become the foundation upon which our joint adventures would be poured into Concrete, Washington, and realized! But, as part of the barter, I did also have to raise some money. Victoria explained: "I have to get some money for these 2 months, just in case you turn out to be a joker and do not have the skills of which you speak." I looked around to see if I had some computers and electronics I could sell on eBay, and I did. I also jumped through a series of other hoops and logistical challenges and whatever else popped up to threaten getting in the way of our joint adventures becoming manifest. Two weeks later, at 11:30 P. M., after riding Amtrak, three planes, and one bus, Victoria picked me up in her lovely "Black Beauty" Cruiser. She handed me a jar of sweet watermelon juice. A tiny, flickering candle on the dash brought light and peace to the end of the journey and to Our Hygiene Homestead in The Woods.

We arrived at Our Homestead. Many hundreds of little "wilderness lights" lit up the grounds into enchantment. Before we got out, Victoria told me of a story about an old Indian man who took on a slow-to-learn apprentice. Once they ended up at a ranch for the night. Before hitting the hay, the old Indian told the apprentice: "Find your spot." The apprentice tossed and turned and moved from spot to spot on the ranch all night long, having possibly the worst, most fretful night of his life trying to find his "spot," as directed. He finally fell to the ground, exhausted, and passed out just before dawn. The old Indian came out and commented casually: "I see you found your spot." I was shown to The Bear Cave, which would be my first spot of 6 during this trip. During the 2 months, I would move from The Bear Cave to the back deck to the library to the new tent, back to the back deck and finally, to the Howling Wolves' Den. Victoria accused me of playing "Musical Goldilocks" in my attempt to find my spot. It tested her patience, cost her a pretty penny, and taught me some clever ways of gaining gratitude. How could Victoria have possibly known to tell that very story that very night at Our Homestead before we even got out of Black Beauty? Already, she had become "A VERY INTERESTING PERSON." But it would only be days before I moved her into the "AWESOME" category.

Victoria escorted me to The Bear Cave, a little, fully furnished building set out facing the woods with lifelike bears surrounding an outdoor fireplace. I put my bags down, took a deep breath, and contemplated all of the events that had to happen during these past two weeks that had brought me here on July 1st, 2012. I knew with every inch of my being that this journey was guided by that same Higher Power I had sensed in similar, life-changing situations. I had no idea who Victoria BidWell and HighJoy were, had never even heard the name "Dr. Shelton," and had no inkling whatsoever who were any of the great Pioneers, Doctors, and Teachers of Natural Hygiene. Really, I had no idea what "Natural Hygiene" was or what I had been called here to participate in. I patted myself on the back for standing on my commitment and determination to do whatever had to be done to make this desire to take an extended fast real. Then I tucked into the very cozy blankets of my Bear Cave bed and fell asleep without delay. It had been a long and eventful day. And I had found my spot — for the moment.

In the morning, I arose and almost couldn't believe it! The dream had come true! I was at Our Homestead preparing for my first real fast. I didn't have to travel to Costa Rica. I didn't have to pay \$3,000. I didn't have to intern before I took a 21-day fast. The word "EXCITED" doesn't even begin to capture the feeling I was experiencing! But before the fast would begin, I promised to first help with Victoria's websites — for 50 hours. I had dropped my \$100 an hour going rate down to the lowest I had ever gone — \$30 an hour. We had made a very fair barter: I had computer skills she needed. She had a Bear Cave I wanted.

The next afternoon, Victoria came to The Guesthouse to meet with the guests here. Both Cheryl and Barry had just about completed their 40-day and 42-days fasts, respectively. And it was so inspiring to see them doing so well! Sometimes, when I would talk with people about fasting, they would say things like, "You'll die without food for so long." Whenever I heard that, I wondered if they were talking from direct, personal experience, or hearsay, ignorance, and fear. Seeing Cheryl and Barry with my own eyes laid all of that wondering to rest. I mused, "Here are two folks who are about done with their long fasts. And yes, although they are weak and still with detoxing symptoms going on, they are clearly alive, aware, and well!" As the days progressed, I contemplated, "It will be delightful to watch them recover their strength and return to daily activity!"

After Victoria talked with Cheryl and Barry, she and I drove to The Homestead of HighJoy — he is a beautiful, strong, intelligent, and amazing being wrapped in an Arabian horse's white body! Then we went inside this HighJoy Homestead to the offices of GetWell★StayWell, America! Here I was introduced to the great and grand vision of "Health 4 The Billions! — Not Just for The Few!" There were stacks and stacks of classic and modern books and magazines and other media focused on teaching The 10 Energy Enhancers to The People. During the 60 days in Concrete, I would not see The Little Alps of America Cascade Mountains or go on any sightseeing trips. But I would get to know The Billions Room intimately. It was clear from the start that whoever this Victoria BidWell is, she is absolutely serious, determined, and committed to fulfilling this mission. That intense desire to manifest and realize Victoria's Vision wasn't so easy for me to see at first, because her nature is so very, very playful. I wondered if I could take her seriously. But I knew upon entering The Billions Room that all that playfulness is her "High Joy Way" of dealing with the stresses of having so much going at once and that her focus was firmly placed on a solid bedrock of total commitment. We began our work together.

I drank watermelon juice and cucumber-celery-lemon juice for our 10 days of work to give my system the best start for fasting on water-only. Our bargain was that I would buy the foods myself and make it myself and clean up after myself. This took over an hour each day. Our first project was to build a website, "a bookstore," for [www.health4thebillions.org](http://www.health4thebillions.org). And work we did, long and hard, but always pleasant hours. Victoria does so much to keep the environment happy and fun and playful and very, very productive that working for her instead of Corporate America executives was a blast! It was so much fun to take "HighJoy breaks," to go outside and feed HighJoy fresh apples and melons and carrots and celery and strawberries and lettuce and so much more. He not only eats the our leftovers and the guests' scraps, he is gifted huge boxes of fresh fruit and veggie scraps from the local grocery store almost every day. And he does his "Rocking Horse" trick for big buckets of fresh-picked clovers and flowers and grasses, too. He created so much HIGH JOY in my days here at his Homestead where we worked... worked... worked!

As our work together progressed, I would glimpse a little more here and a little more there of exactly how deep and how far-reaching "Victoria's Vision" (my name for her work) was, and of how much she and The Get Well Friends have already done to bring this glorious, interwoven Internet project to virtual life around The World! Almost all of the pieces for twelve websites, all leading to Concrete, Washington, were already in place — just waiting for someone who can make computers talk to each other and hum in happiness cry out around The World to The People: "CHOOSE LIFE! DO RIGHT! EAT LIVE! AND GET HIGH!" (Victoria's motto for *The Live Food Factor*.) I realized I was brought here for much more than just a fast on water-only for myself. I had been given the opportunity to make the final contribution to Victoria's Vision for The People: to put The Internet functionality over a most merciful and globally meaningful endeavor. The Wilderness Woman and I plowed on through the next 7 days... working, working, working. "GO, MAN, GO!" would become a very familiar refrain she would slavedrive out in endless enthusiasm. Like during the wee-hours before dawn on the day we met on the phone, our nocturnal habits served us well and kept us going often 10 - 14 nonstop hours, except for an evening live-food meal and a few HighJoy work breaks. We would work straight through my 39th Birthday, which I thoroughly enjoyed! It felt like the best birthday party of my life, especially when Victoria brought out to the picnic table Mangococo Martinis and a bushel of fresh, sweet corn rolled in whipped avobutter to celebrate my 39 years! The three of us, Victoria, HighJoy, and I dug into all the delicious goodness, thoroughly enjoying every kernel and gulp. For dessert, we got back to work! Then, having made tremendous progress during the first week, the time to fast on water-only was upon me. We agreed that I could work more on the websites when my fast was broken — only this time, for dollars and not barbers.

On the 10th day in Concrete, I stopped eating and didn't start until 31 days later. (I had dropped the idea of doing 40, much to Victoria's dismay to see my original idea thrown to the wind.) Everything that happened in between day 1 and day 31 was a brand new and amazing experience! My energy left completely, and my body became completely weak. On the 15th day, it actually hurt the muscles in my arm to pick up a blanket. It was very clear to me that all of this energy was being sent into the service of detoxing and clearing my body. I would see the results of this very detailed and delicate work of "the microsurgeons and microchemists and autolyzers" every time I went to the bathroom or caught a whiff of my body odor. The taste in my mouth was something I had never experienced before, neither was any of this, actually. IT WAS ALL NEW TO ME! I dropped over 40 pounds and got to see my true facial features and overall body anatomy for the first time in my adult life. I knew that I was doing the right thing and felt very at ease and happy through the entire process. Victoria summarized my transformation the day before leaving: "Your goals have been accomplished. You did it. Your Driver's License photo is unrecognizable. You no longer bear even a slight resemblance to The Pillsbury Dough Boy. You are tall, dark,

and handsome. Welcome to the wonderful world of looking like God intended when he made your DNA and you! Now, you can go out and have the fun of being who you were always meant to be!" Before leaving, we went into the Value Village second-hand store in Mt. Vernon where I got an entire wardrobe that had moved from "Extra Large" to "Large" — for only \$120.

I made wonderful friends during the fast, too. Cheryl, Debby, Kim, Barry, Adeline, and Denise are little blessings. Once I found my next spot on the back deck, their frequent bursts of laughter through the living room walls were so pleasant, like cheery, happy, little birds chirping for the sheer joy of being alive! I'm so grateful that we were all together during this special time. Although the days of fasting were sometimes very long, the entire episode felt like it completed quite quickly. Victoria exclaimed, "Of course it is flying by! You are plugged into your electronics almost constantly. You are either watching DVDs or VHSes or on your computer or on your telephone! I have never seen anything like it! You are a poster child for The Plugged-in Fast! You turned-on, tuned-in, and dropped-out during your entire fast!" That was not entirely true. I was sleeping or napping or resting in the sun or strolling Our Homestead grounds part of the time. But time did fly. I would just count down the days. Before I knew it, after 31 days, Victoria brought in a private Beverage Tasting Party, just for me, of raspberries, blackberries, strawberries, celery, mango, and tomato. I broke my fast drinking out of tiny, totally Alice in Wonderland glasses! I was soon regaining my strength and back on my feet.

As quickly as I was able to get to my feet, Victoria got me back to work, only this time, I got paid! She has plenty of "little visions" yet to realize that make up "Victoria's Vision!" Toward the end of this second work stint, we were blessed with Cheryl joining us almost every day to work, work, work! She had really sharp scanning skills, as she had just completed scanning her own library on a Fujitsu, the machine we got at her suggestion. So far, she has scanned 60 of the 1,000 titles. Next, the ladies will scan through 41 years of *Dr. Shelton's Hygienic Review* magazines. With Cheryl on board, The Wilderness Woman began cracking that whip! We cranked out the websites and scannings, going full-speed-ahead without brakes, but with many lovely moments of enjoying the amazing HighJoy Angel of a Horse and much laughter along The HighJoy Way! IT WAS A GLORIOUS EXPERIENCE, STUDED WITH GRAND LIVE-FOOD-&-DRINK PARTIES EVERY DAY! The ladies prepared the meals while I kept my nose to this electronic, modern-day grindstone. With every passing day, I felt myself becoming stronger and better. My focus was sharp, my energy was rich. We got so much done, so quickly, that even, with all my years of doing this, my mind was boggled by the whirlwind! On the very last day of work, I challenged Victoria's old school brain to learn several new operations so she could fill her cyberspace bookshelves at [www.health4thebillions.org](http://www.health4thebillions.org) and upload pictures to her broadcasts and use PayPal, and much more. There is nothing to that old saying: "You can't teach an old dog new tricks." If the old dog is not on her deathbed and if she is properly motivated, the old dog can learn like a sparkling, bright, young pup!

Victoria and I have reminisced our time together several times, as it was happening. During my first full day of work with her, she announced — as she was showing me around the business offices and The Billions Room at The HighJoy Homestead — the theme and motto for her life's work. I had asked her what speed to VITA-MIX my drink. She cried out: "HIGH! EVERYTHING'S ON HIGH AROUND HERE!" Since I had not gotten used to her high sense of non-stop humor, it truly was about the funniest thing she said for the entire 2 months. But later, she told me in painful detail of the misery of waiting and waiting and waiting, in prayerful hope, for something to happen, for someone to come along to take The Billions Project off the old, cold, back burner and put it on "HIGH!" It has taken The GetWell Friends all along — and the 2 women investors last spring — and me to get the burner turned on "HIGH!" And now, there is no stopping "The Message & Promise of Natural Hygiene" from cyberspace circling our whirling world!

**I am typing this message at 11:40 P. M. In 3 hours, I will be sitting on the Airporter Shuttle Bus headed for the Seattle-Tacoma Airport. "My adventure" here — that turned into "Our Adventure 4 Health & High Joy 4 All!" is done, for now. I feel so grateful and joyous, happy and proud! I know that I will never be the same and that the tremendous changes that have happened here, have surely happened for the best. I AM SO MUCH BETTER! As I go, I wave "A BIG THANK SO YOU VERY MUCH!" to my Health Revolutionaries, Retreat Directors, Visionaries, Mentors, and Friends: to MY WILDERNESS WOMAN & THE HIGHJOY HORSE!!**

**It is my sincere wish that all of Victoria's dreams go around The World to do the work they are intended for. I believe that we have the capacity to help many people who also join up with us. We have shown them how to think for themselves and to reclaim their health, power, and lives. LONG LIVE THE HEALTH REVOLUTION! GOD BLESS IT ALL — AT THESE 2 HOMESTEADS! I LOVE YOU! Mike Gurevich**

# THE SWEET CHERYL PHASE OF OUR [www.Health4TheBillions.org](http://www.Health4TheBillions.org) PROJECT!

**SWEET CHERYL BEGINS:** “You have to want health bad enough to do what is necessary to achieve it!” And that really is “The Bottom Line!” Getting healthy once sick all boils down to choice and action! **YOUR choice and YOUR action.** After my first talk with Victoria, it took me 3 years to get my affairs in order and to get to Our Hygiene Homestead. She gave me such generous rates compared to other places I could have never afforded. Some of the main reasons I came to Our Hygiene Homestead Guesthouse was to lower my blood sugars and my blood pressure and to get rid of other aches and pains. At age 53 and 260 pounds, I knew that I did not want to take drugs. They simply trick the mind and put only patches on serious, potentially debilitating or catastrophic health problems. I took a 40-day fast on water-only and had a truly miserable time the last 20 days of fasting and the first 2 weeks of breaking it. But now, I am seeing the benefits: I noticed how good my skin was feeling! Much softer and smoother! Enlarged pores on my nose normalized in size. Skin tags have fallen off. Puffy eyelids have emptied out, too. My nails got much stronger. They were always weak, brittle, and cracking. I noticed an intense, new shine to my hair. Foot pains and cramps reduced by 95%! I can actually go for a walk without intense pain! I have no more knee pain! The beginnings of arthritis pain in my thumb have stopped. Intense calf cramps I have endured since childhood are totally gone now, too. Varicose veins on my ankles and feet have disappeared! My teeth have noticeably whitened up! Gum pockets have tightened up! I have dropped 40 pounds. My blood pressure reads in the “Normal” to “High Normal” down from 210/110. And my blood sugar readings are “Normal” to “High Normal.” However, one of my biggest surprises was to find out that my eyesight got worse — until I had my eyes checked, only to find that my eyesight had improved and I needed a lower prescription! I just look at all the benefits I received, and I am so grateful!

Victoria has taught me well and has taken so much time during our daily visits to explain: “The body is self-healing and self-maintaining if we will but provide The Conditions for Health and remove The Causes of Disease! And this takes time. You have taken this time. You have stayed the course. You are now well-educated enough on the basics of Natural Hygiene to help others or at least to steer them in the right direction so they can get on the right track. I stayed on at Our Hygiene Homestead another 6 weeks, during which time, I bought and prepared my own food and worked at The 10 Energy Enhancers and maintaining all my victories. Then, I decided to stay on even longer at no out-of-pocket expense except for food and help Victoria achieve her huge humanitarian dream of making an even 1,000 classic books written by Pioneers and more recent experts in Natural Hygiene available to Health Seekers around the world. All of us guests learned of this project and called it “Victoria’s Legacy.” Mike built the [www.Health4TheBillions.org](http://www.Health4TheBillions.org) Bookstore, and put 1 book for sale under each of 6 pictures. It was then up to Victoria to scan the 994 remaining books to put up, “dirt-cheap,” as she calls it, to help The People who can never come here, who can never meet her in person, who can never get started on their Natural Hygiene education, otherwise. I decided to stay on. I donated several hours most every day at the computer and scanner to help.

**VICTORIA CONTINUES...** Thus began “The Sweet Cheryl Phase of OUR [www.Health4TheBillions.org](http://www.Health4TheBillions.org) PROJECT! Sweet Cheryl has been the blessing without which I may never have gotten the momentum I needed to GIT ‘ER DONE!” Can you imagine? Sweet Cheryl scanned all 41 years of *Dr. Shelton’s Hygienic Review Magazines* — all 14,000+ pages! But try to imagine this... I made her job take 3 times longer when I made a very bad judgment call and trusted the hydraulic knife at Office Max to make clean cuts along the spines of 10 of the years. It was sickening. Letters were cut off. And Sweet Cheryl had to recreate the butchered pages from scratch. I quickly learned to take the long, slow route and cut the bindings off with an exacto knife. But still, the damage had been done. And Sweet Cheryl became so disgruntled with me that I had to beg and plead forgiveness and grovel. I HAD MADE 3 TIMES THE WORK FOR HER! We could have had the 14,000+ pages scanned in 1/3 the time it finally ended up taking her! It was all new territory for me. And she had warned me, over and over. But I had to learn the hard way. And she had to suffer.

Still, Sweet Cheryl was a trooper of the first degree! She persevered. And we were such good girls who ate Natural Hygiene-correct meals together while we worked. And we plodded through the 41 years and the proof-reading and the perfecting. Day after day, for months, for The Health Seekers! I was impressed with Cheryl’s comments on the content of the magazines as she worked through them. Formal Natural Hygiene as Dr. Shelton presented it was new to her. And she would skim through articles, and titles would catch her eye. She would comment during our meals: “He keeps calling the medical establishment ‘VOODOOISM!’” And we would discuss why. And she would keep commenting: “All these Natural Hygiene doctors keep getting jailed for what they are teaching! It is amazing that the AMA and the government kept trying to keep all this knowledge from coming out to the people! And now, you are getting all this info out! It’s wild.”

Of course, I corrected her: “No, it is not just I. It is WE, Sweet Cheryl! It is WE!”



# **MIKE'S SECOND VISIT TO HELP... "GIT 'ER DONE!"**

**Victoria-&HighJoy! I want to leave these thoughts with you for The GetWell Friends as I leave The Guesthouse after my 5 months here... from Mike Gurevich on November 20th, 2013**

**THERE IS A HEALTH REVOLUTION HAPPENING IN CONCRETE, WASHINGTON! Victoria BidWell on her white Arabian HighJoy Horse is its leader. And if she can remain as focused as I have seen her be these last 5 months and if she gives it all she's got and if her GetWell Friends who are among The Natural Hygiene Intelligentsia & Collectors will order the 11 DVD-DISKS we just finished and if they will order ahead the 12 DVD-DISKS yet to complete throughout 2014, we will... "GIT 'ER DONE!" I predict that Victoria's efforts, backed up by her GetWell Friends around the world, will result in A WORLDWIDE SPIRITUAL REVOLUTION that will spiritual wisdom, vibrant health, and restored energy to many more souls — as they wake up from their sickness-stupor and get well on Natural Hygiene!**

Here at The HighJoy Homestead, mountains of rare and antique "drugless healing" and Nature Cure and Natural Hygiene books and magazines and brochures and booklets and courses are being converted into little, tiny, digital files — compressed files that can easily fit into your palm or be held by your fingertips. I have just spent hundreds of hours in "The Billions Room" where 7 bookcases with 5 shelves per 7' tall bookcase homestead "The Dr. Vetrano Rare Books Library," also called "OUR Health4TheBillions.org LIBRARY." Victoria and I have, literally, been moving mountains over here in Concrete — for 5 months! We have done it not with mustard seeds — but with seed money from Victoria's GetWell Friends — 3 of whom are from the other side of the world in Belgium and India! Half of these rare and antique books are done! And they are the very most important half, the most recent half of the lot: books from Dr. Tilden, Dr. Shelton, Dr. Vetrano with Dr. Tosca and Greg Haag, T. C. Fry, and Victoria. All of their printed word works — magazines, books, booklets, courses, and brochures — are, as Victoria says: "DONE! DONE! DONE!" Victoria has also been getting digitized onto CDs and DVDs all the spoken words and movies by Dr. Shelton, T. C. Fry, Our Texas Doctors, and herself. Our theme here, as Victoria and I have been putting in long, long days and nights that often end at dawn has been the hillbilly — "GIT 'ER DONE!"

## **STAGE 1 OF OUR [www.Heath4TheBillions.org](http://www.Heath4TheBillions.org) PROJECT IS DONE!**

**GETWELL FRIENDS! 11 DVD-DISKS ARE READY! I would sit — and sometimes stand and even dance about — at the huge desk that looked like the helm to "The Billions Starship." "The helm" holds 3 computers, all flashing with light shows, all humming and talking and working together at once to "GIT 'ER DONE!" As Victoria wandered through the offices, I could hear her muttering: "WHAT A LOT OF WORK! WHAT A LOT OF WORK!" Her job was to keep ahead of me. To bring me the next book to be scanned, the next correction to be made, the next website to be built. I helped The Wilderness Woman last summer with much website work. We got [www.health4thebillions.org](http://www.health4thebillions.org) ready and functional. A year later, and I have come back for 5 months to stay at The Guesthouse and take 2 fasts and work on my own projects. When she could afford my super-low hourly wage with The Guesthouse visit bargained in, we would... "WORK! WORK! WORK!" She always makes work "NOTHING BUT FUN!" with raw food treats and drinks throughout the hours and a huge salad worked in during the work shift. But early into the game, when her old, old computers could not hold the work we needed to do, we were in big trouble. A longtime Natural Hygienist friend stepped in and saved the day! We were dead at the helm in The Billions Room. Refusing to even own a computer himself, John Bardaro believed in Victoria's Vision enough to save the day so we could keep working! Victoria now has the best computer Apple makes with the biggest screen Apple makes to do just about the most important work God makes! GOD BLESS THESE GETWELL FRIENDS WHO HAVE THE VISION AND THE FUNDS TO SAVE THE DAY FOR GENERATIONS OF HEALTH SEEKERS TO COME!**

## STAGE 2 — THE PIONEERS & “THE BOOKSHELVING” — COMING UP!

The next stage for Victoria, as I head out in 2 days, has 2 parts: TO PUT each of the finished titles packed into the 11 DVD-DISKS “onto the bookshelves” under the 6 pictures you see at the website and TO GET the 12 categories of The Pioneers’ books scanned and perfected and ready to send out to Health Seekers. I have taught her how to do “the bookshelving” at [www.health4thebillions.org](http://www.health4thebillions.org). She will be sitting at helm... at the new Apple computer... in The Billions Room... all by herself... for long hours... throughout 2014... uploading the 500 books, compact disks, and DVD movies that are all ready to go. She will need help from you GetWell Friends to pay a scanner to do The Pioneers and finally finish the entire project, in other words, to... “GIT ’ER DONE!” I have taught this Child of God everything she needs to know to fill the bookcases. From there, they become easily accessible to anyone in the world with an Internet connection. Once some months pass and the search engines kick in and the word gets out, a Health Seeker can put a key name or term in the browser, and [www.health4thebillions.org](http://www.health4thebillions.org) will be there!

Because of Victoria’s efforts through you, NATURAL HYGIENE’S REACH WILL GROW EXPONENTIALLY! It is estimated that 6 degrees of separation keep us apart from everyone on the planet. That is, everyone is six steps (or fewer) away, by way of introduction, from any other person in the world, so that a chain of “a friend of a friend” statements can be made to connect any two people in a maximum of six steps. In other words: “It’s a small world!” We are now in a fine position to get Natural Hygiene out to everyone in our small world. More and more people are turning to The Internet for answers. It has been some years since electronic books (“e-books”) began to outsell printed books (<http://www.publiclibraries.com/blog/ebooks-now-outsell-hardcover-print-books>). This trend will only continue. Bookstores are either downsizing, consolidating, or closing. The hard-copy books we hold in our hands are going the way of the dinosaurs. While some folks still believe this whole “computer thing” is just a passing fad, I must tell you, it is very here to stay, it is very real, it is the most powerful communication force of all the millennia, and it will not be going away unless a cataclysm knocks out electricity and satellites, both. Actual, physical, hard-copy books will continue to become fewer and fewer in number and less and less relevant to 21st century life while the many great features of e-books continue to expand.

## WHAT ARE THESE GREAT ELECTRONIC-BOOK FEATURES?

- E-books are very easy to search. For example, if we compile all of *Dr. Shelton's Hygienic Review Magazines* into one e-book file, we can search across all of the magazines in one get-go. How amazing would it be to find every mention of “fasting” in those 41 years of magazines without having to actually, visually skim the 14,000+ pages in the 492 magazines, turning page by page, looking for each and every time the word “fasting” is used? This is a very real and inestimable time-and-energy savings, invaluable to any researcher and student, any Health Seeker and teacher and preacher. Research has just gotten so much easier when the information is digital, there is no comparison to doing research the old way!

- E-books weigh almost nothing and are very easy to transport. Victoria, with a little help from her GetWell Friends, the ranks of whom I am so happy to have joined, has now successfully transformed into e-books all of Dr. Shelton’s works, as well as T. C. Fry’s and Dr. Tilden’s and the works of many other legends and heroes of Natural Hygiene — including herself! She had to get an actual huge truck to bring all these rare and antique books to her offices in Concrete, Washington! What once filled seven 7'-high bookcases will now fit into 1 case that holds 23 DVD-DISKS! What once weighed over one ton will now weigh less than one pound! AND THE SEARCHABLE TEXT FEATURE that we went the extra mile in time and energy to create will index every word for the computer-savvy user! We have completed the 11 most important of the DVD-DISKS. YES! Let me summarize... after Victoria is done with the truckload of books, they will all fit into a little case that holds a collection of 23 neatly packaged DVD-DISKS. This little collection doesn’t even weigh 1 pound. It can be mailed to anyone in the world for just few dollars.

- \* E-books are very easy to highlight, read, and work with.

- \* E-books have active bookmarks. See where you want to go, click it, and you’re there! Victoria’s 11 DVD-DISKS done have all been beautifully and fully bookmarked, as will the remaining 12 to be finished.

- \* E-books don’t get old, don’t get mold, and don’t get eaten by little critters. They have a potentially infinite shelf life on your computer, on your tablet, on The Internet.

- \* E-books are easily replaceable.

## **E-books are no longer... “The Future.” E-books are... “THE NOW!”**

E-books will supersede physical books because the utility of their great features far outweighs the charm of their distant, physical hard-copy cousins. Not for all cases, but for most. There will always be those around the world who absolutely love to have and to hold and to touch and to see and to smell and to write in and to carry around the actual, physical books, just as there will always be folks in the world who — even today — absolutely must have their LP-records and 8-tracks and audio cassettes. There are probably some folks out there who swear by the abacus as the best calculator ever designed. These, however, are the few and far between antiquarians — they love the past and choose not to move into the present. These folks exist and can actually get by without keeping up with the times, and God bless them for that. But most of the people on the planet, in developed countries anyway, choose not to let the times pass them by and continue with the relentless progress that technology inevitably brings us.

Consider the magnitude of... “THE NOW!” through just this one example: Yale University recently stated that 100% of all of their incoming freshman students have “smartphones.” This means that fully every single in-coming student carries The Internet around with him or her, in pockets or pursues or knapsacks or hung around their necks — or growing out of the flesh of their hands! (Just kidding.) And all are accessing The Internet and e-books, most likely, several times a day! This means that they are not only comfortable with consuming their information through The Internet, they expect this information to be forthcoming at all times. In fact, THEY DEMAND IT! Can you even imagine these same savvy, smart, super-informed students having antiquarians who refuses to keep up with the times for their professors?

Most college folks are just now in their early 20s. Imagine their children being born in... “THE NOW!” — the youngest generation. The Internet will in no way be something that is unique and novel for them. It will not be something they can just ignore or decide not to keep up with. It will be essential. It will be an absolute force of Nature for them, like the air and the wind and water and soil and plants and animals. It will be a part of the fabric of their very lives, taken for granted that it will always be there as all natural resources were always there for all human beings throughout the millennia. As sure as the sun rises when the moon sets, The Internet is there for them. The Internet and the e-books viewed on their computers, such as Victoria is making available, thus become extensions of their entire beings — their intellects, their emotions, their senses, their bodies — indeed, their very souls! All of us who choose to not be left behind and ignore our brave, new world of computers are using The Internet and e-books to communicate, to share, to learn, to make decisions, to save countless dollars and endless hours. True, some point out the evils of the information found on The Internet and the evils of the computer and use this “evils argument” as the best reason to turn a blind eye to the most powerful communication tool ever at our disposal. But evil is as evil does. And like a hand gun, a computer can be used for good or for harm. There is no doubt that danger lurks in The Internet. But the huge bulk effect of this medium to the discerning users has been a huge boon to the marketplace and to those who frequent it and to those who want to stay in the communication loop of their friends and global activities.

To harken back to 1960s visionary Marshall McLuhan: “The medium is the message.” Gone are the days when one had to physically bring herself or himself to the information, to the schoolhouse, to the bookstore, to the library, to the lecture, to the church, to the hospital, to the hidden contraband. Today, we expect the information to bring itself to us! Information is at our beck and call. We ask. It answers. With lightning, exciting super-speed — from the cyberspace created by technology into the inner space of our 200 billion brain cells, it answers! Neurons and dendrites flash with fabulous firework force within our gray matter! And whatever we let in has the power to mold us, to shape us, to mildly or dramatically help us or, God forbid, to harm us. Whatever the outcome, none of us are left unchanged by the message from The Internet and pages from the e-books. Used wisely, our computers, our e-books, our use of The Internet can enrich the goodness in our lives immeasurably. We just cannot let all of this digital delight become our god and thus lose control of our lives. That surely is one of the messages of this medium, to beware.

Two months in 2012 and now 5 months in 2013 with Victoria BidWell have left me something of her biographer. She has filled my head with so many entertaining stories of her 68 years of living unconventionally! Come to find out, she was a true-blue antiquarian herself! She did not get e-mail until 2000! She has had to catch up on over a decade of those in alternative health dissemination who had a huge jump on her. But once she was dragged into cyberspace herself — admittedly kicking and screaming — by her

GetWell Friend Beverly Grose in Dallas, Texas, who taught website design for a living and who begged to build a website for Victoria — well, the rest is history! Victoria soon began to fathom the possibilities of reaching around the world to “The Billions” and brought herself into the digital service of Health Seekers with “The Message & Promise Natural Hygiene.” With the help of her GetWell Friends, she managed to get these hundreds and hundreds of rare and expiring volumes of “drugless healing” and Nature Cure and Natural Hygiene up to the unsuspecting, tiny town of Concrete, Washington. And without knowing how to scan or website build or work software programs necessary to the project, she has — with sheer determination and persistence and imagination and resourcefulness — managed to transform these dying books into beautiful, fresh, live-saving files for the fun of the future generations. As our Deer Friend Cheryl declared: “Victoria has saved these rare books — **FROM OBLIVION!**”

**Read for yourselves at [www.drsheltonshygenicreviewmagazines.com](http://www.drsheltonshygenicreviewmagazines.com):**

Victoria continually expresses deep appreciation to Our 3 Texas Doctors for gifting her their priceless library and to The GetWell Friends for funding the chosen 1,000 titles into digital existence. All who contributed THEN will have succeeded in saving the Natural Hygiene literature For by the end of 2014, an arsenal of contraband will exist, just for the downloading. Health Seekers will then know how to get well and staywell, just for the doing. Every Health Seeker who joins The GetWell★StayWell Intelligentsia will have the opportunity... **TO GET AS GOOD AS IT GETS!** In The Billions Library will be found the arsenal, complete with its history told, that teaches The People how to get well and stay well without drug and doctor dependency and with that High Joy our neurophysiologies are fully capable of experiencing and sustaining!

## **NOW SAVED — FROM OBLIVION!**

What Dr. Shelton spent his life doing to save The Pioneers from possible oblivion, Victoria and her Co-Conspirators have now done to absolutely save The Pioneers and Dr. Shelton himself from certain oblivion! This is a great moment in the history of women, children, and men — **A GREAT MOMENT TO STOP AND — PRAISE THE LORD!**

**SAVED! — FROM OBLIVION!** — The 1,000 titles will go around and around our Planet Earth!

**SAVED! — FROM OBLIVION!** — This arsenal of contraband cyberspaced first to the satellites and then into Health Seekers’ computers around the world to inspire The People to fight the biggest money-maker and the biggest money-waster and the biggest pain-producer ever! First among all Disease Industrialists and second only to The Global War Machine itself in criminal destructiveness — is The Medical Mentality at Its Worst!

**SAVED! — FROM OBLIVION!** — The arsenal contraband of 1,000 Natural Hygiene titles from The Pioneers on down to T. C. Fry and Victoria and the Doctors Tilden, Shelton, Vetrano, and Tosca and Greg Haag! It is these 1,000 titles that will help The People from falling prey to that Medical Mentality at Its Worst! **LET THERE BE DANCING IN THE STREETS AND ON THE TRAILS ACROSS AMERICA AND 'ROUND OUR WONDERFUL WORLD!**

How do I know all of this? I was God-sent — and therefore, blessed — to ride shotgun and fend off forces of darkness and watch the rare and antique books ride on through into the light of safely scanned files and onto fresh, new DVD-DISKS! Sure, I did much more than watch. I pressed many keys many times on the keyboard and clicked on the mouse a lot and did plenty of this and plenty of that, all in an effort to answer Victoria’s favorite question of... “**CAN YOU GET ME THERE?!**” with a resounding “**YES! I CAN!**” As long as I can keep saying “**YES!**” and following up with action, working for her is an absolute treat! Did I say that correctly, Victoria? (Please don’t beat me.) We have joked a lot and laughed a lot and played with HighJoy a lot to fend off the weariness and exhaustion of the grueling, long hours.

I had no idea what I was stepping into when I first contacted Victoria in April of 2012. She was kind to let me work in exchange for my long fast of 31 days and weeks of recovery at The Guesthouse. All I knew then, from our two 2-hour phone calls in the wee-hours of the morning was that there were many old books to scan and some websites to build. I was innocent to the enormity of the project or the legacy of long-dead souls waiting, struggling to be resurrected into e-books and thus bring to the 21st century people the truth about why we get sick and how to get well. I remember once asking Victoria, “**Who’s Dr. Shelton?**” It was right about then that my education began. I had never even heard of the guy or of “**Natural Hygiene.**” Since the day I first asked that question, I have spent hundreds of hours sitting in

**“The Billions Room” with a huge oil portrait of Dr. Shelton looking sternly down at me, just 3 feet away. Like The Raven that quoth “Nevermore,” The Shelton kept quothing “Evermore.”**

**During the process of converting these many books into a digital format, I couldn’t help but notice how deep this stream of knowledge extends. It is perennial wisdom, written about by many Pioneers. I had the rare opportunity to see this massive vein of knowledge continue its path towards crystallization, clarity, and simplicity. I watched 100-year old spider carcasses and pressed flowers fall out from between the pages of the books and witnessed the aftermath of the silverfish micro-organisms which had feasted on the edges of worn-thin, now brown-tinted-with-time paper. And I got to participate in preserving the books for untold numbers of generations to come. Victoria proclaimed: “We have become Nature Cure Bibliophile Archeologists! We know how it feels to find The Dead Sea Scrolls and preserve them and interpret them and set them up in a museum for God and for The People!” A feeling of “Something bigger than I can begin to imagine is happening right now!” accompanied me throughout our work together. It’s as if I were assisting a modern-day Noah Visionary to fill The Ark, not with 2-by-2 everyday animals but with 1-by-1 long-lost tomes, and then to launch our mighty vessel of 1,000 teachings into the electronic waters of the expansive, digital ocean. It’s impossible to know just how many souls will benefit from this gift to humanity that Dr. Vetrano and Tosca and Greg have given to Victoria. But, 3 things are certain... (1) COUNTLESS SOULS WILL BENEFIT! (2) COUNTLESS LIVES WILL BE SAVED! (3) AND NONE OF THIS WOULD BE HAPPENING WORLDWIDE WITHOUT THE INTERNET AND COMPUTERS AND E-BOOKS!**

**Having the information is 1 crucial step of the healing process.  
The other equally important step is acting on the information.**

**Here I also feel blessed and grateful, because I have lived at The Guesthouse altogether for 7 months during 2012 and 2013. I got to witness and participate in the healing processes of myself and many guests. My “participation” was very simple and consisted mostly of keeping the distilled water in ample stock, helping to carry some bags in and out, and generally be the good-natured guy and “man of the house.” I feel this all to be a blessed time and a guided journey. Learning from The Pioneers of Natural Hygiene while working our way through the hundreds of books, it has been as if I were being brought to and taught by long-gone teachers who have stepped out from their resting places to sharing this lifesaving wisdom of the ages. “ALL OF THIS — FOR ME?” I would ask myself and wonder what I did to deserve to live and learn at The HighJoy Homestead and Our Hygiene Homestead in The Woods!**

**One of the most important lessons I’ve learned is that while there are so many people writing about health, not everybody knows everything. Everyone who has written about health has either died or, after reaching peak performance, is in the process of dying. Although wonderful warriors for truth, Dr. Shelton and T. C. Fry both died. So did everyone else. No one gets out alive. I’ve seen raw-fooders who have been diligent with the program get sick. I’ve seen people who lived backwards to the program live many years. There are many variables, surely. Some might be genes, some might be luck. While other factors are unknown, it’s for sure that living The 10 Energy Enhancers most of the time brings improved health. It’s become clear to me that the human body is a truly wondrous creation! How amazing it is, that it can for years and years, absorb absolute junk and manage to turn that junk into energy for living? My body converts elements into the substances I need, even inferior elements. What an astounding miracle!**

**The genius of this design blows my mind and surely awakens awe within me! I’ve learned that while it’s good to read and absorb the many differing viewpoints on the subject of nutrition and how I should live my life, the ultimate guidance will come from within. I can know what is helpful and what is not by paying close attention to how my body feels after some actions and food choices. I have become the scientist within the laboratory of my body, mind, and soul. I am the alchemist within the crucible of my body, and I will apply what I learn.**

**After my two fasts of 13 days and 20 days this summer, I recoiled to my old eating patterns with somewhat of a vengeance. Victoria tried to get me back on track with the diet when I would go off to town to indulge in the favorite foods of my younger years. I am not being hard on myself, nor am I scolding myself for not following the program and living according to the Natural Hygiene plan. It’s hard to take anything seriously when the teachers don’t walk the talk. And that’s the main lesson I’ve learned, again: It’s the students’ responsibility to walk the talk, not the teachers’. It’s not the coach on the field, it’s the player in**

the game that makes things happen. I'm relearning this, again and again. At some moment in time, it will be up to me to make the right choices, again and again. I am clear that I am addicted to processed food. I am addicted to spices and sugars and fats and salts and acids in coffee. I am addicted to the fast-food and the emotions they engender. I am at the "effect" of this chain of behaviors, not at the cause. At least, not most of the time. Sometimes, I am lucid and actively choosing. And sometimes. I go for long stretches of "good" choices. And I feel great! But then, I rebound. I eat pizza and drink coffee with sugar and everything else I used to eat. No matter how many "serious talks" I have had with Victoria, I know that I have to be ready to change and have to want to become "A True Live-Food Enthusiast" more than I want to indulge in past food favorites. And I am not upset with myself about it.

Most of my adult life, I have weighed about 260 pounds. During and after my second fast, I weighed less than 200 pounds. I don't remember ever weighing less than 200 pounds! Maybe I have a subconscious need to weigh more. Who knows. But even though my actions right now are not consistent with weighing under 200, my goal and aspiration is to weigh 175, or thereabouts, and become strong, flexible, and lean. Soon enough, I will turn this boat around and get back to it. And I know, that I, too, am headed for death. We all are. But I want to live this life like a champion! I'd like to get there with beauty, vibrancy, vim, and vigor! I don't have reference points for this, because I've spent most of my life sitting and working with computers. I often have 3 computers going at once and 1 scanner and 2 printers and my smartphone glowing for my attention — for hours and hours. I do live electronically and often listen on headphones to electronic music for these long stints with these machines and robots. I am an electronic addict. But up here in Concrete, I have taken many long walks in the beauties of nature. It has not hurt me a bit.

In this lifetime, Deer GetWell Friend, those are my blessings and gifts to share. And now I want the health. I WANT NEW REFERENCE POINTS! So what did I learn?

- We're all going to die.
- While alive, I want to know what I want.
- It's the student's responsibility to act correctly, not the teachers'.
- I want to embrace life responsibly and extend myself towards creating what I want.
- I am grateful for the hidden hand guiding this magical journey.
- I am loved, nurtured, and always well taken care of.

## **Now I will speak of The Mighty Captain HighJoy America! — The Horse of All Possibilities and my Deer Friend.**

This wondrous expression of nature has delighted me so many times, I've lost track. There is always a sense of "newness" with The Captain. He is ever-present. He's always asking: "WHAT HAVE YOU GOT FOR ME?" There has been a moment or two, however, where I swear his mind went off into some distant thought. But it had to have been well founded, so acutely alive in his expression of instincts is he.

During one of these moments, Victoria came up with the brilliant idea of mixing HighJoy's 2 favorite foods: maple syrup and grain. Before I tell you more, let me set the stage so you can see in your mind's eye what was happening. When Victoria and I eat dinner, it's usually in her warm and comfy Wilderness Woman Room, heated by a wood-burning stove. There, she has a door that is split in half. If Victoria unlocks the top half, HighJoy can join us by pushing open the door and poking his head in. He likes to join up with us while we eat, because he loves to eat, too! The half-door has a big ledge on it, and Victoria pours maple syrup on it in artistic designs. Then, she adds the grain, which slows down the natural flow of the thick syrup — to a stop. Just lately, she has squirted canned whipped cream on top of his dessert. (Into every equine life, a little junk food must squirt!) HighJoy starts licking the door and laps up the yummy sugar he loves so much! The slurping and smacking, the licking and chewing make for wonderful table manners with unbeatable sound effects! So, we've been doing this game for a while. And it's always good fun! Especially when HighJoy starts making these funny faces at us! When he does that, we start laughing and laughing and laughing until the intercostal muscles of our ribs hurt! There is no doubt he likes making us laugh and getting rewarded for it deliciously! He is quite the ham at the show-horse-ship.

So, back to the moment of HighJoy's journey into inner-space. Victoria did it, the magic formula that sent High galloping into another world! She poured the syrup and told HighJoy to "Back! Back! Back!" up because his quite natural instinct is to dive right in and start slurping up the divine before it rolls relentlessly toward the edge and flows on over. But Victoria had something better in mind for him this one time. Somehow, he was able to override his instincts and backed up with impish impatience and resentful reluctance. And Victoria brought out his grain. He could hear the little kibbles moving around in the bowl, and I could tell that he could tell something magical was about to happen. She poured the grain on top of the syrup where it sat on top to slow the flow. I could see in his eyes the confusion of something he just could not comprehend. I'm sure of it, he was asking... "Is this true?" Is she REALLY topping off my maple syrup with my grain... FOR ME?!?!" And then it happened. Victoria let him have at it, and he ate with unbridled wild-horse abandon and passion! He was totally present in the here and now while he was eating. There were no thoughts, just pure consciousness, just divine delight in the sight, sound, touch, taste, smell — but mostly in the taste experience! Slurp-slurp-slurp! Chew-chew-chew! Smack-smack-smack! Sticky-sticky-sticky! Sweet-sweet-sweet! He had no time at all to make any funny faces for us. He had to get the moving slow-as-molasses grain-coated-syrup before gravity pushed it off the ledge! He was all-consumed with what was before him! And he ate and ate and ate — until it was gone, gone, gone.

Then it happened. I have never seen him do this, and I've been watching his after-dinner performance at this equine indoor-outdoor theater for 5 months. He looked off into some distant horizon and remained apparently frozen — for what seemed like a long while. For many minutes, time stood still. And so did he. I turned to Victoria and lamented that this sassy, spirited, wanna-be stallion was frozen in an equine, glassy-eyed hazy-daze: "HE'S GONE. WHERE DID HE GO?" Maybe he was wondering why it took Victoria 18 years to serve him this combination. Was he delighted? I think he was blown away! I can only imagine he could have been frozen in fury that she had not served him this dessert everyday of his life prior to this moment! Or perhaps, he was pondering that his life would never be the same unless she did so every day hence-horse! Maybe, it was just a good, old refined sugar rush. How can we really know?

Why am I writing about this? Because, HighJoy — being a pure expression of nature — is the ultimate teacher on how to eat instinctively and sensationally! It was as if God were showing me how to eat through High's horse sense. High thoroughly enjoys whatever he's eating. And, he's always eating, if at all possible. Victoria loves to say: "HE EATS LIKE A HORSE!" And that is so corny, but it always makes others laugh. High is gifted by "Mr. Producceman" with a huge box of many varieties of leftovers and trimmings from the local Red Apple grocery store, almost everyday! Plus, Victoria and the guests are always getting him bags of carrots and other treats. He does discriminate, a little. He would rather eat grapes than an eggplant. But if all he has is eggplant, that eggplant he will eat. For the most part, he loves whatever is given him. Besides his daily hay and grasses, most of what's given him is fresh, raw, juicy veggies and fruit. But sometimes, he's eating marshmallows and syrup and grain! And he loves it all! He isn't beating himself up about not sticking to the food of his biological adaptation. He's not making those who dine with him wrong for not following the "Natural Hygiene" program and for not eating all-raw. He might have a Little Hippie in him, as he believes in: "LET IT BE! LET IT BE!" Now, this doesn't mean he will eat everything. He's turned some things away, surely. He won't eat rutabagas. But who can blame him for that? And he leaves jalapeño peppers licked clean but unbitten into, ever since he tried a first bite! His instincts are sharp. He knows a poison when he smells one! But unlike most humans, HighJoy is not picky. He enjoys almost everything he is offered. But I have watched him take much extra effort to sniff out and dig out his favorites among 20 different fruits and veggies and eat them first. Plus, he is so serious when he eats, so focused — no conversation, no huge expression of emotion, just mechanical chewing, just savoring and swallowing, but with his eyes half closed in ecstasy when he eats his favorites, like grapes and persimmons and watermelon. HighJoy's healthful living program really shows, too. He is so healthy and so young-looking and so playful! He does not show his 20 years of age at all, except he is a little long on the tooth. But you would be too if you were 60 in the 3 to 1 ratio of human years!

I intend to eat well, live long, love strong, and be a blessing during my time on Earth and beyond. I thank God for everything! For [www.Health4TheBillions.org](http://www.Health4TheBillions.org) and for the wholeness of Victoria's Vision. ARE YOU KIDDING?! VICTORIA'S VISION IS GOING TO BE THE VERY MOST MASSIVE BOON TO HEALTH SEEKERS EVER! I hope you will continue to help her through STAGE 2. Take Good Care, Deer GetWell Friends! Mike Gurevich, The Billions' Official Digital Handyman of THE NOW 21st Century