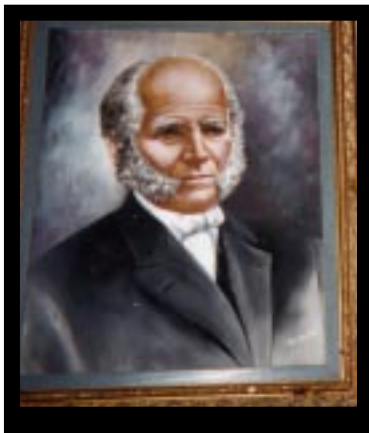


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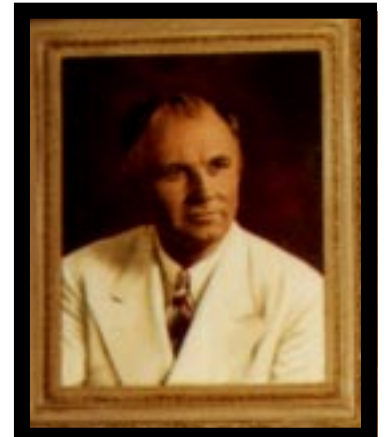
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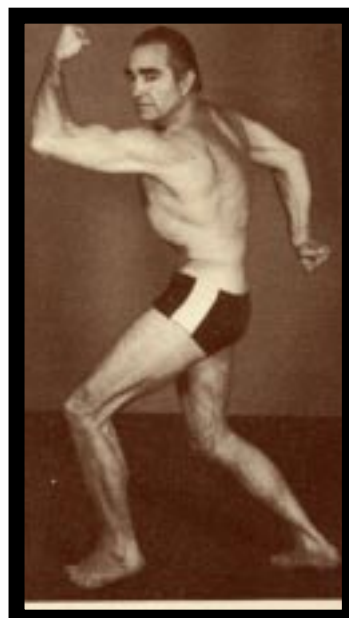
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Endless articles by Our 3 Texas Doctors Vivian Virginia Vetrano and Tosca Haag can be found throughout the last 20 years of *Dr. Shelton's Hygienic Review Magazines*. Dr. V. and Dr. T. wrote for Dr. Shelton's publications rather than writing for their own. All 3 of Our Texas Doctors have written countless articles for T. C. Fry and David Klein and numerous other publishers. That is why we have only 7 actual books in the list to follow. But Our 3 Texas Doctors have prepared 30 DVD live-lectures for Health Seekers and 30 Compact Disk live-lectures. These DVDs and CDs will all be posted for Health Seekers at [www.health4thebillions.org](http://www.health4thebillions.org) during 2014. (Do contact me — Victoria BidWell — if you are wanting to acquire any of these DVDs and CDs now!) Finally, Dr. Vetrano has handed me 10 manuscripts to get into print after Our [www.Health4TheBillions.org](http://www.Health4TheBillions.org) Project is completed in 2015.

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by Dr. Vetrano... Starts on PDF Page 1

*Errors in Hygiene?!?!? — The Sad Demise of T. C. Fry*  
by Dr. Vetrano... Starts on PDF Page 40

*Genuine Fruitarianism — The Ecological, Sociable, Satisfying Diet*  
by Dr. Vetrano... Starts on PDF Page 337

*Genuine Fruitarianism — Eat Your Veggies, Nuts & Seeds, Too!*  
by Dr. Vetrano with Victoria BidWell... Starts on PDF Page 382

*The Health Seeker Satisfied Newsletters*  
by Dr. Vetrano & Published by Victoria BidWell... Starts on PDF Page 392

*Passport to Health* by Dr. Vetrano.. Starts on PDF Page 448

*Dr. Haag's Quick Weight Loss & Health Boost Handbook*  
by Dr. Gregory Haag... Starts on PDF Page 660

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The Very Best Take-It-Home & Do-It-Yourself HandBook in The Natural Hygiene Movement is by Victoria BidWell. It is not among these PDF files. It is available in hard-copy only. Call Victoria for your copy or get it at [www.thehealthseekersyearbook.com](http://www.thehealthseekersyearbook.com).

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- Behold! The Wilderness Woman! — PDF Page 1
- Common Health Sense Vol. 1, #1 — PDF Page 30
- Common Health Sense Vol. 1, #2 — PDF Page 274
- Common Health Sense Vol. 2, #1 — PDF Page 516
- Common Health Sense Vol. 2, #2 — PDF Page 694
- Common Health Sense Vol. 3, #1 — PDF Page 811
- Common Health Sense Vol. 3, #2 — PDF Page 986
- Dr. GetWell's Apples to Zucchini Coloring Book — PDF Page 1083
- Dr. GetWell's Book of Nursery Rhymes — PDF Page 1119
- Fruit & Vegetable Lovers' Calorie Guide — PDF Page 1194
- Fruit & Vegetable Lovers' Coloring Book — PDF Page 1258
- GetWell★StayWell Affirmations for Americans! — The Book — PDF Page 1294
- GetWell★StayWell Affirmations for Americans! — The Transcripts for FastWell • EatWell • ExerciseWell — PDF Page 1440
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Live Food Factor — The Comprehensive Guide to the Ultimate Diet for Body, Mind, Spirit & Planet — PDF Page 1612

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- 25 Victoria BidWell Brochures — PDF Page 1
- Brown BagWell & StayWell — PDF Page 53
- Dr. Tilden's Philosophical & Health Epigrams with Editing by Victoria — PDF Page 217
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- Garden of Eden BOOK 2: Fall & Winter Menus from The Garden of Eden — PDF Page 338
- Garden of Eden BOOK 3: GetWell Recipes from The Garden of Eden — PDF Page 436
- Garden of Eden BOOK 4: Happy HolyDay Menus from The Garden of Eden — PDF Page 394
- Genuine Fruitarianism — Eat Your Veggies, Nuts & Seeds, Too! — PDF Page 504
- The Natural Weight-Loss System — PDF Page 514
- The Salt Conspiracy — PDF Page 896
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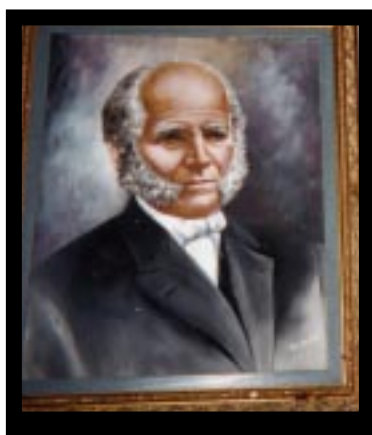
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**SAMPLE E-BOOK FROM DR. ISAAC JENNINGS, MEDICAL DOCTOR, WHO IS NOW FAMOUS AS “THE FATHER OF MODERN-DAY NATURAL HYGIENE” • *MEDICAL REFORM — A Treatise on Man’s Physical Being and Disorder, Embracing an Outline of a Theory of Human Life, and a Theory of Disease — Its Nature, Cause, and Remedy* • 1847 • 376 Pages**

**CATEGORY #2: NATURAL RECOVERY FROM ACUTE & CHRONIC DISEASES: PDF PAGE 404**

**SAMPLE E-BOOK FROM HARRY BENJAMIN • *Startling Facts about Disease — Cause, Cure & Prevention* • 1929 • 142 Pages**

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**CATEGORY #7: NATURAL MOVEMENT & SPECIFIC EXERCISES: PDF PAGE 1622** • SAMPLE E-BOOK FROM J. R. JUDD • *A COMPLETE SYSTEM OF TREATMENT FOR THE GENERAL CARE OF THE BODY FOR THE YOUNG, OLD, WEAK, AND STRONG* — with Full Directions for the Special Development of Any or Every Muscle of the Boy, Their Location and Duties Adapted to Persons of Sedentary Habits and Those Wishing to Condition Themselves to Test Their Muscular Power and Teach It • 1891 • 326 Pages

**CATEGORY #8: LONGEVITY IN HEALTH & VIGOR: PDF PAGE 1858** • SAMPLE E-BOOK FROM LUIGI CORNARO (1464 - 1566) WHO HAS BECOME FAMOUS FOR HIS “DISCOURSES ON THE SOBER LIFE” AND HAVING LIVED LONG AND HEALTHY • *THE ART OF LIVING LONG* — A New and Improved Version of the Treatise by the Celebrated Venetian Centenarian Luigi Cornaro / Essays by J. Addison, Lord Bacon, Sir W. Temple • 1913 • 209 Pages

**CATEGORY #9: NATURAL HEALTH CARE FOR WOMEN & MEN: PDF PAGE 2069** • SAMPLE E-BOOK FROM DR. ALICE B. STOCKHAM, MEDICAL DOCTOR • *TOKOLOGY* — A Book for Every Woman • 1898 • 381 Pages

**CATEGORY #10: NATURAL BEAUTY: PDF PAGE 2448**  
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**CATEGORY #12: PSYCHOLOGY & METAPHYSICS & SPIRITUALITY: PDF PAGE 3004**

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**Tilden, M.D., Pioneer of Natural Hygiene: PDF PAGE 3303: From Dr. Tilden: *Toxemia Explained — The True Interpretation of the Cause of Disease: How to Cure Is an Obvious Sequence and an Antidote to Fear, Frenzy, and the Popular Mad Chasing after So-Called “Cures”* • 1926 • 151 Pages**

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**PDF PAGE: 3456 — From Dr. Herbert M. Shelton: *Dr. Shelton’s Hygienic Review Magazine: Year 1939: Volume I, Issue 1:***

**9/1939** • San Antonio Gets the Jitters • Gallstones • Your Baby • Making Pregnancy a Joy! • Immunity • The Eye-crutch Racket • Wholesale Surgery • Super-race Builders • The Bacteriological Bias • The Faster’s Menu • There Are No Cures • Another Seven Day Wonder • The Curse of Medical Science • Pioneer’s Food • Research Rackets • Surgical Frenzy • Easy Childbirth

**10/1939** • Our Friend — The Cold • What Is “Normal Blood Pressure”? • Influenza — The Hygienic Approach • Vomiting in Pregnancy • Substitutes for Health • Unriddling a Scientific Riddle of “Useless Organs” • Should Women Menstruate? • Fifth Round — Same Fight (Dr. Shelton went to trial for “practicing medicine without a license.”) • Medical Liberty • Hygienist VS. Physician

**11/1939** • Tonsillitis — a Healing Process • What Is “Normal Weight”? • Hygienic Care of Mumps • Syphilitic Test • Fatigue — The Forerunner of Disease & Rest — The Remedy • Integrity (of health) VS. Patchwork (of medical doctors) • Rest VS. Stimulation • Dietary Puzzle Solved • Whether Naturopathy? • Influenza Frenzy • Bunk about Cancer • Our New Home (Dr. Shelton’s 6th School is introduced.)

**12/1939** • Growing Out of Epilepsy • What Is “Normal Basic Metabolism”? • Laryngitis • A Christmas Dinner • Should Medicine Be Socialized? • Carry Your Health Insurance (by being healthy!) • The Health Food Racket • I Changed My Life

**1/1940** • Rheumatism & Arthritis & Gout • Sleep — “Nature’s Great Restorer” • Fallacy of Diagnosis • Parents’ Mistakes • Hygienic Dentistry • In the News (exposes medical mistakes) • What Is “Normal Urinary Reaction”? • The True & The False (European Nature Cure VS. Genuine Nature Cure) • (Hygienic) Cause Finding VS. (medical guesswork) Diagnosis • Medical Poisoning

**2/1940** • Getting Rid of Asthma • Living for Health • What Is a “Normal Heart”? • Food Combining • Crutches

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**4/1940** • Getting Rid of Hay Fever • What Is “Normal Bowel Action”? • Anemia • Spring House Cleaning • Ductless Glands

**5/1940** • Getting Rid of Colitis • What Is “A Normal Man or Woman”? • Backache • Who Are The Nutritionists? • Autolyzing Tumors

**6/1940** • Getting Rid of Goitre • Candy • Operations on The Quints • Fasting • Black Widow Spider Bites

**7/1940** • Getting Rid of Acne • Pasteurization • Dictionary of Foods • Don’t Feed that Child! • Get Rid of Glasses

**8/1940** • Getting Rid of Diabetes • Hemorrhoids • Immunity • Peptic Ulcer • Heart Disease • Psoriasis



**PDF PAGE: 3792** — From Dr. Vetrano: *Your Passport to Health — for Use by Guests While at Dr. Tosca Haag’s & Dr. Vetrano’s Rest & Revitalization Natural Hygiene Health Retreat and for Their Use upon Going Home to Insure Their Healthful Living Practices* • 1990 • 212 Pages

**PDF PAGE: 4004** — From T. C. Fry: Sometime in the 1980s • 576 Pages • Over 350 separate articles are presented by dozens of top names in Natural Hygiene and then organized under 20 topics. A huge index is included with these 20 topics:

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*Super Junk Foods that Are Sold as “Health Foods”*

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**PDF PAGE: 4676** — From Victoria BidWell: *The Second Edition of The Live Food Factor — The Comprehensive Guide to the Ultimate Diet for Body, Mind, Soul & Spirit* • by Susan Schenck with 2,400 hours of Victoria’s editings and infusion of Correct Natural Hygiene teachings into the book • 2008 • 700 pages