

Victoria BidWell's TimeLine: 1945 to Today — 6/2014

June 24th, 1945, 3:24 A.M. — Vickey is born in Anacortes, Washington. She is named "Vickey Frances Bidwell." She is the 5th daughter of Marie Frances Hawkins Bidwell whose religion could only be called "spiritism" and Victor Bidwell who is bitter and sarcastic as he preaches his atheism. Only Grandma Ida Bidwell is a Christian in this nuclear family. The Sisters are 4, 5, 6, and 10 years older than Vickey: Sandra Jean, Cora Jane, Catherine Marie, and Dana Lee, respectively.

Marie and Victor did have a sweet courtship and love for each other as evidenced by a picture of them when he was 23 and she was 16. The photo is tinted goldish-brown with age. They are sitting on a huge log under a bridge, their clothes in tatters. They are snuggled up next to each other and smiling, obviously in love. But somewhere along the line, after the 4 oldest Girls were born and raised up a few years, that sweetness — "POOF!" — was gone. Violent fighting patterns are already well established among The 4 Sisters upon Vickey's birth. This is not just the normal, everyday brand of sibling fighting. It is vicious and relentless with bruises and bleeding and bite marks that take a month to go away. It is hair pulled out at the roots and smotherings. It is games wherein The Sisters force Vickey — literally — to be their "slave" and to wait on them hand and foot for hours and sometimes days at a time. It is terrifying torture to a child barely able to walk and who cannot begin to defend herself.

From as long as she can remember until her Grandmother Ida dies when Vickey is 13, Ida bribes Vickey with candy bars to spend time alone with her. Ida talks about God and Scripture and holds *The Bible* open on her lap during these alone times. These moments secretly terrify Vickey! Ida is so old, wrinkled, and rickety. Vickey never imagines she will one day get old herself! And Grandma Ida's Christian, loving ways are so foreign to Vickey who is surrounded by emotionally unwell people. (To this 2014 day, Vickey remembers practically nothing of their talks.) There is no doubt that Ida Bidwell is in constant and fervent prayer for The Bidwell Family. Young Vickey grows up in an atmosphere of jealousies, meanness, demonic activity, sexual dirt, foul and cursing language, and with many relatives addicted to alcohol and cigarettes and with histories of mental illness and suicide. Only one aunt and uncle on Victor's side are Christian Scientists and are loving, very well relatives.

1945 - 1958 — The Bidwell Family lives in Bellingham, Washington. **1948 onward** — The Family moves to Mt. Vernon, Washington. Here starts Vickey's earliest memories. Victor works for Buick as a foreman. **In 1950**, The Family moves into a partially remodeled, huge, 100-year old poultry and dairy barn. Here Victor starts his own tow truck and repair and paint shop. **In 1948**, Marie begins her career disemboweling chickens on an assembly line, work done strictly by humans in America during the 1950s. Victor's mother Ida Bidwell stays home with The Girls and helps with The Family meals and other chores until her death in 1958. But Ida cannot stop The Girls from fighting as she watches over them.

From birth onward — Concerning living The 10 Energy Enhancers, The Bidwell Family could have done much worse! Concerning the diet, The Bidwells live in a farming area where from late spring to late fall, fresh and uncooked fruits and vegetables fill the home kitchen! Marie buys fresh fruit by the case, much of it shipped across The Cascade Mountains, having been picked in the morning and to be eaten in the evening — all-raw! For many years, The Family puts in a huge garden and harvests it. The Family grounds feature fruit-bearing trees. And Victor is always bringing home huge gift boxes of fruit and vegetables in season from his many farmer customers. Even though the term "organic" was not yet in vogue, for many years, The Bidwells raise their own steers for "organic" beef, their own chickens for "organic" eggs, and their own cow for "organic" milk. They make their own butter and ice cream. Marie and The Girls pick wild blackberries every summer and put away so many sweet pies into the freezer! But regardless of all the great live foods on the home front, Grandma Ida is cooking all day, every day, The Standard American Diet of the day! Mashed potatoes and meat, every day. And she bakes, every day — breads, pies, cookies, tarts, cakes, everything — fresh out of the oven to be smothered in butter and found irresistible! Still, The SAD Diet in 1945 and onward up until Vickey is in her 30s is practically "health food" compared to the Frankenfoods of 2014!

All in all, it is not a bad life for Vickey, if she can just figure out how to outsmart and strategically evade The Sisters! The Pure Air is fresh and fabulous to breathe in, brought by the winds off Puget Sound. The Pure Water is clear and clean, drained from the pristine Skagit River watershed. Vickey gets never-ending Regular Exercise and Regular Sunshine adventures with horseback riding, swimming, and working outdoors in the fields. Right Temperatures are ever-present and mild in The Pacific Northwest. So what if Vickey seldom gets her own bath water and has to bathe in her Sisters' and Cleanliness therefore is compromised? In the summer, almost every day after they all work all day, Marie takes The Girls for warm swim in local lakes where Cleanliness is completely captured! Vickey secures enough sweet Sleep, even though she is the only one of the 5 daughters who does not have her own bedroom and must sleep in a closet. The closets in The Family home are huge! And concerning poisons: Victor preaches against cigarettes and alcohol and excesses. And he tells The Girls to... "Stay away from doctors and lawyers and the police! Don't get brainwashed. Think for yourselves. Don't let them get you!" It is, therefore, only the Emotional Balance and Nurturing Relationships of The 10 Energy Enhancers that are lacking — having been sadly, seriously replaced by Emotional UnBalance and Toxic Relationships.

Vickey is Victor's greatly favored daughter. This causes a deep resentment towards Vickey among the other Girls. Victor cannot keep the 4 older daughters from in-fighting. So when baby Vickey is born, he favors her so fully that the 4 Sisters, years later, tell Vickey: "We all hated you — especially when Dad would come home from work each night. It was always you he held on his lap for hours while you basked in his attention. We got nothing! We all looked on with jealousy and hatred!" This Sisterly resentment develops and is well set before Vickey can even remember. She didn't have a chance! Once Vickey is too old for the lap time every night and crawls off Victor's lap for good, she has to fend for herself, striking defensive poses mostly, as she is much too little to fight back.

Sister Cora uses her \$1 weekly allowance to buy nickel candy bars. She gets young Vickey alone on the floor in a bedroom corner. Cora unwraps one candy bar after another and force feeds them to Vickey until they are gone. One of Vickey's earliest thoughts is to look up at her angry Sisters and wonder: "Why are all these people so mean?" Another is being knee-high to her oldest Sister and looking up at all her fighting Sisters and declaring: "If this is what a family is all about, I am never having one!" Vickey's maternal instincts are thus thwarted completely by her survival instincts.

Young Vickey does remember "the good times" when there was no fighting! That was when Marie fits all 5 Girls into her 1954 blue Buick. They go on outings to pick wild blackberries. Or they would go to see Marie's mother who lived in an old railway car with no running water and no electricity, set in the middle of a spectacular mountain valley! Crammed inside the Buick without room to fight, Marie would lead The Girls in one song after another — the whole time! She raised The Girls on songs and poetry of unrequited lovers and men being led to the hangman's noose — mostly old folk ballads and country songs before country went big. Marie and The Girls would wail away to these bittersweet songs. And during that time, not one Girl fought with the other!

But Young Vickey's life at home, otherwise, is a war zone nightmare of evading her Sisters' ongoing teasings and torturings. One safe place is under the house, a place where she can stand up but The Sisters can only crawl in dirt among the spiders and, therefore, bother not to go. One safe action takes place in her bed where she lay to feign crying and sobbing much longer than real after a beating. Even these mean Sisters do not seek her out to inflict more harm on her when she is in the act of crying and sobbing. Her sheer small size alone in comparison to The Sisters' leads Vickey to develop an evasive victim mentality — until, that is, she grows big enough to fight back and overpower any of them! How she looks forward to that day!

In her younger years and into her teens, Vickey is the only daughter, year after year, to spend long hours on the tow truck calls and 2:00 A.M. vigils in the mechanic shop with Victor. She is the only daughter to learn how to grind valves, bore out engines, and sand down and paint cars. Victor was Valedictorian of his high school graduating class and a political activist in his youth. He has many stories to tell of his progressive party activities and of leading bold demonstrations during which he takes a leadership role and expresses his sentiments in a fervent fashion for the

unemployed, the ill-fed and ill-housed, and against the working class exploitation by The Haves. This was during the years surrounding The Great Depression but long before the days of Franklin Delano Roosevelt being voted in to socialize the economy enough to throw out a net to save the freezing and starving, jobless men and women and their children. Vicky listens to these stories throughout the years, captivated, and takes on Victor Bidwell's social conscience and heart that bleeds for the underdog.

1951 — A wind-broken, 8-year old Morgan mare "Kitten" is brought into The Bidwell Family. She is a trade for Victor's car repairs with a customer. One of Vicky's most vivid memories at age 6 is the day Victor brings Kitten into the huge backyard of The Family house. The 5 Sisters gather around. Being the only one easy enough to lift onto Kitten's back, Vicky is swung on top of this full-grown animal. Victor thus gives Vicky her first peak experience! It is to become one of the very most empowering moments in her entire life! For the very first time ever, she looks down on all her Sisters! Her first thought is: "If I can learn how to steer this horse, I can trample these Sisters and make them afraid of me!" Her second thought is: "If I can learn to ride, I can be gone after school, every day — until dark and escape their beatings!" She is so thrilled with these 2 thoughts that she cries when Victor reaches up to take her down. She never wants to get off that horse again — for as long as she lives! Little does Victor know that he has saved Vicky's life!

Only one Sister — Cora — shows an interest in Kitten. And that is short-lived. Kitten is wind-broken, and Cora is too old to take much interest in a horse that cannot be ridden hard to keep up with her horsy friends. Vicky relates deeply to Kitten and forms a healthy, lifelong bond with her horses. At age 6, she clearly sees Kitten as a way to escape the sibling abuse for hours and hours on end. In a home environment loveless and violent with Sisters fighting and parents at odds, Vicky quickly becomes attached to Kitten and The Family dog "Speck." Like Roy Rogers, Trigger, and Rin Tin Tin, the Vicky, Kitten, and Speck will roam endlessly the neighborhood streets and the highways and byways and trails of the area surrounding Mt. Vernon. Vicky remembers crying into her horse's neck and mane, holding on for dear life, after a beating from any of The Sisters. She remembers Kitten and Speck both returning the support and affection with nudgings and noises. Throughout her life, her passion for horses and being out in nature serves as a healthy outlet for self-expression in unhealthy situations. Out in the wilds almost every day, Vicky's wild imagination and sense of adventure blossom! She will go on to own many horses in her long life — but only one is to become the very most special.

1951 - 1963 — Vicky attends the Mt. Vernon Public School System on the trail of her 4 Sisters. All Girls graduate with honors and are well known for their beauty and their intellectual and creative aptitudes. Dana graduates valedictorian and Sandy salutatorian.

By 1st grade... Vicky learns to fend for herself. She must comb her own hair. And she must dress herself without any guidance. She dresses exclusively in hand-me-downs from her Sisters. In the first day of the first grade, Vicky looks around at all the perfectly groomed boys and girls in their perfectly pressed, new clothes and has the distinct thought: "No matter how hard I try, I will never be like any of these kids!" Her very next thought is: "Well! I will just have to make being me FUN!" It is a stance she will come to master and enjoy for the rest of her life!

Vicky is turned in by a fellow classmate for secretly spitting into paper towels the overcooked and unsavory food off her 25¢ school lunch plates. The teacher punishes her for not eating "everything on her plate" by making her stay in from playground recess. Vicky takes to packing her own lunches with mostly raw fruits and vegetables found so abundantly at home.

In the first grade, Vicky accepts the invitation from a schoolmate to go to Sunday School and walks 5 blocks by herself to get there. She has vivid memories of singing songs such as "Jesus Loves Me" with the children and a Sunday School Teacher. When she returns home, Victor and Sisters ridicule her for attending. She soon quits. Giving up on religion, Vicky turns into a little pantheist with Kitten and Speck as her dearest companions and begins a life-long love for animals and the great outdoors. In effect, "all found in nature" becomes her reason for living and offers unconditional love, inspiration, nurturing, and endless excitement and playful adventure never found in The Bidwell Family home! With Kitten and all the newfound freedom she now enjoys, Vicky's life of torture and misery changes to a life of escape and adventure! For the next 6 years,

Vickey uses her imagination while riding and creates enthralling cowgirl characters to heighten her ride as she travels the streets, highways, roads, and trails. Playing with children her age offers no allure, as their lives are boring without horses in them!

Age 6 onward — Vickey loves being outdoors with Kitten and Speck from morning to night. But at age 6, Victor and Marie put Vickey to work on weekends and in the summers. She is to follow in her Sisters' footsteps working in their neighbors' strawberry and raspberry patches. In the spring, The Bidwell Girls hoe and weed the 10 acres of berries. As soon as school gets out, they pick the ripened berries. Vickey begins her life of work, picking strawberries and raspberries, full 8-hour days, and eats about a gallon of them every day — all-raw, right off the vines! Her love of eating live-food at home is heightened in the summers! They are filled with eating the strawberries, raspberries, cucumbers, broccoli, cauliflower, and spinach she is paid to harvest! She does not bother with washing them, either, as the foods are popped into her mouth out in the fields! When The Girls get their Drivers' Licenses, they move on to working in the canneries and better pay. By age 6, Victor and Marie, undoubtedly weary of already having raised up 4 Girls, leave Vickey to her own devices. Vickey is never taught manners or social niceties in any kind of systematic, parenting fashion. Like the Roman Brothers Romulus and Remus who were brought up by wolves, Vickey is brought up not so much "by horses," — as "on horses' backs!"

At age 12, Vickey sells Kitten down the road and buys a 2-year-old thoroughbred filly that had been rejected by racetrack owners as "too small." It is her first horse to train from the get-go! At first... she could not get this filly to run! It is The Eisenhower Era. And very near The Barn, the construction workers are building Interstate 5. Each afternoon, after the workmen's quitting time, Vickey and her filly go out into the soft, gravely dirt. And Vickey tries to make the filly run! Finally, she just starts beating on the young thoroughbred, too greenbroke to even know she could run! Vickey starts screaming and kicking! And the thoroughbred, rejected as track material, but hot-blooded by genetics, takes off — strong and fast as the stormy wind! After that moment, she never wanted to walk again! It is a match made in heaven! This little filly gives Vickey everything she ever dreamed of in a horse: high energy, excitement bordering on danger, stunning beauty, fierce companionship, and endless adventure!

Off hours are spent with her horse on the neighborhood streets and highway shoulders and back roads and wooded trails of Skagit Valley. A typical teenage day is to ride a 30-mile round trip, barefoot and bareback, penniless, while foraging from the trees and fields and vines along the way and stopping to swim across 3 lakes and back again! So much live-food she eats all springs, summers, and falls! Vickey trains her horses to stand perfectly still while she stands on top of them and picks cherries to be deposited into her tucked-in shirt and eaten for the next 2 hours. Vickey ties up her horses to lie in pea fields and eats herself in circles before she stops. Vickey picks sour, little, green apples and pears before they ripen and then eats them as they ripen throughout the fall. She has her routes to eat from ripening cornfields — and all these are live-foods ready to harvest! She is just doin' what comes naturally! Mind you, this is back in the day when farmers were friendly and happy to see a young, healthy teenager, barefoot and broke, enjoy their homegrown from horseback! Sometimes, Vickey would stop to chew the fat with farmers and passers by. Vickey rides in all weather, in all seasons. From age 6 on, the parents never question her about where she is going and when she will be back. They figure that there is no better babysitter in the world for her than her horse! One can only surmise that pretty much by age 6 and certainly by age 12, they viewed her as "all raised up!" Vickey thus experiences almost complete freedom in her young years — and she loves it!

In the 8th grade... Vickey dates the richest boy in her class, experimenting with her Sister Cora's pattern for greed. Vickey attends a year with him in his confirmation class. Here she is introduced formally to Scripture. The year of classes take her all the way through *The Holy Bible*. She graduates and is baptized with water at the Salem Lutheran Church. **Although no great love for The Lord is felt during this time, she experiences a swooning during the baptism that greatly surprises her!**

OH! HAPPY DAY! By age 12, Vickey is big enough and strong enough to defend herself from sibling attacks. So, The Sisters resort to emotional attacks, instead. This new form of abuse

continues, but the fighting is more emotional than physical, unless, of course, it is 2 against one. Neither Victor nor Marie are unable to consistently control The Girls' violent and damaging patterns. The parents are absent from the home scene most of the time, working long hours in their struggles to pay bills. Grandma Ida has no control over The Girls. In addition, Victor and Marie continually display indifference or hostility or feigned happiness toward each other, rather than healthy affection. Not only is there a lack of spiritual values in The Family, but Victor's hostility toward "things religious" and Marie's spiritual mysticism picked up from her mother result in a Godless, unwholesome environment. In the years to follow, Vicky would repeatedly seek self-help paradigms and psychotherapeutic help. Upon sharing the intimate details of her life over the years with different therapists, they all evaluate Vicky's emotional health: "You have lived a childhood, classic of a script to create such a confused mental state that few ever rise above to become more than wards of the state or marginally functional."

1961 — Vicky is 16 and gets her Driver's License. Victor and she pull a 1948 Chevy convertible out of the junk yard. They stay up all night sanding it down and painting it fire-engine red. And instantly — Vicky has the first of 6 convertibles in her life! From earliest memories, the automobile plays a big part in Vicky's life! At age 16, Vicky invites "the boys" from her school to play "bumper cars" in the junkyard and horse pasture in the back acres at The Barn. They ram into each other so as to go as long as they can without finally demolishing their vehicles! This adds an element of excitement to Vicky's on the road driving! With several cars from which to choose at any given moment, Vicky finds adventure on the open road at a time when hardly any of her girl classmates and few boy classmates even have their own cars, let alone the freedom to come and go whenever they wish without any parental restrictions, whatsoever! For about a year, the open road in cars holds more fun than the backwoods trails on horseback. Then, Vicky comes back to her senses. And her horse is the focal point of her fun, once again.

In 1961, also, Vicky wins, over 4 contenders, the contest for Skagit Valley Fair Queen.

1960 - 1963 — The last Sister leaves home! Vicky has been waiting, watching, year after year, for each Sister to graduate from high school and leave The Barn! She is elated at the thought of the very last Sister leaving! But elation does not come. **In 1960**, Marie is diagnosed with cancer. Marie, a once healthy, 5' 6", 150-pound woman, submits to 3 major surgeries and endures radiation therapy. At one point, the doctors plan the last surgery. Vicky accosts The Family Doctor Maguire in the halls of the Skagit Valley Hospital: "WHY ARE YOU DOING ANOTHER SURGERY WHEN MY MOTHER JUST GETS WORSE AND WORSE AFTER EACH SURGERY? THAT'S INSANE!" At one point, a reflexologist comes to give Marie foot treatments. And an Acme juicer arrives on the scene for Vicky to make carrot juice for Marie. But these alternatives are too little and too late. For the last year of the 3 years of her illness, Marie lies in bed and literally screams like a wild animal in deathly agony. Even with the painkillers, Marie screams out in sounds unhuman. Vicky listens to this all through each night, just a wall away. **In 1962**, Mother Marie dies weighing 86 pounds, with a deep radiation hole burned into her abdomen. Her death certificate states "Cause of Death: Starvation." But it was cancer that took her. The 4 Sisters show up for an occasional visit while Marie is dying and for the funeral. But none really partake actively in the death of their mother. During the last 3 years before Marie's death, with Vicky's 4 Sisters having moved on to college and/or marriage, Vicky at age 15 is left to care for Marie, do all housecleaning, do all grocery shopping and meal preparation for Victor and Marie, keep the books and run parts for Victor's business. And she is expected to and does graduate her senior year of high school with honors. Victor offers absolutely no emotional support for Vicky during these 3 years of Marie's death by cancer. Even at the funeral coffin, all the support he is able to give is to look over at Vicky with a single tear working its way down his cheek.

Vicky copes with these 3 years by pretending Marie is merely sick but definitely not dying. She has gotten very, very good at pretending from all her horse trips into the wilds. Upon Marie's death, therefore, Vicky goes into shock at the "sudden death" in The Family! Vicky is under so much stress that for months she lives through many estranged out-of-the-body events and frightening disappearances into a black void. During the 14 days following Marie's death, Vicky eats her way from a healthy, exceedingly fit 165 pounds to an obese 195 pounds as a means to

deal with the pain. This 3-year period of suffering leaves emotional scars in Victoria that give her a full-blown eating disorder. And so, in addition to seeing her Mother Marie die needlessly at the hands of the ignorant Medicine Men, Vicky's own suffering of being left behind serves as one of the driving forces for her dedication to helping Health Seekers — once she finds Natural Hygiene in 1976.

May of 1963 & Mt. Vernon High School Graduation — Vicky's classmates vote her "CLASS CUT-UP!" It is the first time in history that a girl gets this honor! Without exception, the Class Cut-Up has always been a marginally functional boy who is a borderline drop-out and a buffoon. But Vicky earns this distinction by intellectually challenging her teachers to their distraction and by being wild in innocent ways, such as taking the girls in her convertible skinny-dipping under the full moon. Vicky tries alcohol her Senior year by drinking an entire pint of 99.9% proof alcohol Everclear. It has been smuggled in from Alaska by one of her boy classmates who goes up to fish there every summer. She gets drunk and passes out. The next day, she is not impressed with the experience enough to want to repeat it. She wonders what all the fuss about drinking is. She would much rather be riding!

In high school... Vicky dates Tony Senff, a boy down the street who has not been swayed into academics or sports or conventional thinking. He is mechanically minded and a genius with things mechanical and electronic and industrial. Victor and Tony hit it off to become best, life-long friends. Tony hates religion, dislikes intellectual pursuits, holds no use for children, feeds a strong sex drive, and likes to tease animals. At age 18, he moves into the old dairy building, fondly called "The Shack" on The Barn property to get away from his super-religious Mother and Father. Tony and Vicky date for 2 years in high school. But when Marie dies, Tony breaks up with Vicky, as she just becomes too miserable for a relationship. Upon her high school graduation, however, Vicky gets on her horse for 12 hours a day most of the summer and rides off the weight she had gained after Marie's death. She attracts Tony back into her life.

1963 - 1965 — Vicky attends Skagit Valley Junior College and graduates with honors. She dates this high school sweetheart Tony Senff who also attends Skagit Valley. Their courtship consists of Tony living on The Barn premises in The Shack and working for Victor while she and Tony both attend Skagit College. But Tony must learn to ride and love it if he is going to get to love her! They drag a '48 International truck out of the junkyard, take it into Victor's shop and cut the top off and put on a loading ramp strong enough to hold an elephant! It is a dream come true for Vicky! In it, they take the horses out into the mountains and onto the beaches with saddlebags of food and sleeping bags, for many days at a time and as often as possible. But they will have to sell the horses to go off to the University of Washington to finish their other 2 years of college.

1965 — It is time to pick a major. Vicky does not know what to pick! Her mind has not awakened yet to the sciences — or to her calling in life. She does know, however, that she has special talents and is bound for some sort of fun, glorious life! But she is too asleep to what that future may be. She ends up in the office of her former speech teacher in high school who had moved onto Skagit College. Rex Cosler is also a long-time friend and customer of Victor Bidwell. Vicky sits in his office and starts crying: "I don't know what to major in! What will I do?" Rex answers abruptly: "You've always been good at English. Why don't you be an English teacher?" Vicky suddenly quits crying, gives the idea no more than one minute's consideration, and then hears a kindly, all-knowing, male voice gently whisper to her: "Yes. You could do that for 10 years." It is the first time of many to come that she will hear this same voice. And she will hear it for the rest of her life! Her decision is thus made. Twice a year or more for exactly 10 years, she would hear this same male, benevolent voice that was clearly not her own imagination tell her: "I know you are having fun with what you are doing. But this is really not what you are supposed to be doing with your life." It is the *FIELD OF DREAMS* thing, over and over again, for 10 years! And it irritates Vicky as much as it had the character played by Kevin Costner in *FIELD OF DREAMS*.

Summer of 1965 — Vicky tells Tony that wants to break up and experience life without him. He starts crying. And Vicky, secretly afraid to be on her own, blurts out without any thought: "Well then! Let's just get married!" These were the days when only bad girls had sex before marriage.

Tony then formally proposes marriage, and Vickey accepts — with the condition that they will get horses again just as soon as they make enough money to rent a pasture and buy 2 horses. In those days, that would take about \$300. She is 20 and he is 21. They marry. Tony's mother makes all the wedding arrangements. It is a done deal. Secretly, Vickey knows that if she were forced to plan the wedding details, it would have never taken place. As the 2 ride out the long driveway at the Senff house, Vickey is crying. Tony thinks they are tears of joy. But they are not. She had made her bed and must now sleep in it.

Tony's parents are super-religious and talk to Vickey about The Lord whenever Tony and Vickey visit and they can get her alone.

Vickey and Tony visit his parents frequently. Tony's mother fixes super-traditional, everything-cooked meals with all the trimmings. Vickey gags on the overcooked vegetables served at every meal and must force herself to eat them, they are so distasteful!

Throughout fall of 1965 to fall of 1966, the 2 attend the University of Washington in Seattle. Vickey and Tony find city living unbearable and move to Bellingham, Washington, where they both finish with Bachelor of Education degrees at Western Washington State College. Vickey graduates *cum laude* with a teaching major in English and a minor in Linguistics and Semantics. Tony graduates the following year in Industrial Arts. They are both going to be teachers and have the summers free to RIDE! RIDE! RIDE! That is the plan, anyway.

1967 — Vickey begins her first year of teaching English to high school students in Ferndale, Washington, and loves the entire experience! For the first time, Vickey feels accepted by the other teachers whom she perceives as a group of intellectually minded adults. She is only 3 years older than her Senior students. She achieves an instant and amazingly deep rapport with most of her students and begins to express her creativity in the classroom. She breaks into tears when she gets her first monthly paycheck of just over \$500. The older, seasoned teachers inquire: "Why are you crying? Because the check is so small?" She answers, trembling as she holds the check in front of her in disbelief: "You mean, I get to have all this FUN and get paid for it, too?" It was more than she had ever hoped for! Her answer makes the old-timers sick enough to want to puke!

In 1968 — The silver in Canadian and American coins is worth more than the coins themselves. Tony's brother is an avid coin collector and has always kept his eyes on Wall Street. He suggests that he and Tony go into the silver-coin collecting and coin-smelting business and sell the refined silver bars off on the black market. It is an illegal activity. And doubly illegal to smuggle Canadian coin across the border into The States! Victor, whose respect for the Federal Government goes only so far, offers a metal building at The Barn to set up the illegal smelting operation. Tony accumulates 3 "compartment cars" — '58 Chevys with huge, rolled back fenders and open spaces in which to smuggle the Canadian coin. And 3 months of this illegal activity proceed while Vickey is experiencing her very first year of teaching. She does not grasp the criminal consequences of what they are doing. In her immaturity, she thinks they are having fun! But Tony certainly does grasp it. Tony and Vickey are in their early 20s in 1968. And Tony is making about \$1,000 a day! They are rich! But that is another story.

In 1968 — Tony brings home to Vickey a brand-new, red Cutlass convertible for her birthday. She is furious! They were supposed to get horses the minute they get \$300 ahead! To make a long story short, she divorces him, they date for a year, and move into a new trailer they buy and park it at The Barn. Vickey is living at The Barn for the 2nd time in her life. Victor's junkyard doubles as a horse pasture once again. After a year, Vickey and Tony buy a 20-acre little horse ranch together out in the country and facing the foothills of The Cascade Mountains. But they never remarry. Vickey hears "the voice" tell her: "Do not remarry. You will not stay with Tony for the rest of your life." Vickey and Tony live somewhat "happily ever after" as "Mr. and Mrs." — until the fated year of 1976. Vickey loves teaching English to high school students, and Tony hates teaching Industrial arts to high school students. So he quits and starts up his own — this time "legal" business — refining gold and silver and builds a huge workshop on their horse ranch property for his refining business.

1966 - 1977 — Vickey realizes she is a natural-born teacher and loves the student-teacher process!

She teaches English, Speech, Drama, Debate, and Interpersonal Communication to high school students in Ferndale and then in Sedro Woolley. She writes plays and puts them on with her students. She organizes Christmas baskets for needy families, coaches the drill team, oversees the debate team, etc., etc., etc. She literally has more energy than she knows what to do with and is always taking on huge projects — just for the FUN of it! These are projects, mind you, no other teacher in the entire school wants! This was during the counterculture days, and liberalism was in at Sedro Woolley High School. Students were encouraged to pick their own subjects. And many “fun, elective classes” were offered just to keep the students from dropping out. Vickey offers such interesting, intriguing, and wonderfully creative classes that students form long and orderly lines to get to her classes first when signing up! This infuriates the teachers who do not like her and amuses those teachers who befriend her. In short, Vickey’s teaching career leads her students to love English — the most hated subject of all among students in a nationwide study!

In 1973, Vickey breaks her back while her horse injures his shoulder in an accident together. It is a simple broken back. One of the lower lumbar vertebrae is crushed to half its size in an instant! Vickey is rushed to the hospital and given shots of morphine every 2 hours for 10 days. She loves the feeling it brings, as if a steamroller starts at her head and rolls all the cares and woes and pain right out the bottoms of her feet! This is her first experience with the medical world since Marie’s death by cancer. Vickey does recover but with some limited movements for the rest of her life.

But months later, Victoria’s back does not get out of pain! After wearing a brace for 3 months and going back to teachings and taking Demerol in the morning and Valium at night, she finds that she is still in a tremendous amount of pain! Her doctor tells her: “YOU WILL JUST HAVE TO LEARN TO LIVE WITH THE PAIN!” Vickey’s answer: “You are going to just turn me into a drug addict for the rest of my life? Is that your only answer?” Shortly thereafter, a friend tells Vickey about stretching exercises. Within one week of doing these exercises, the back muscles are so strengthened that she is completely out of pain! Vickey returns to that doctor to give him a piece of her mind: “HOW DARE YOU CALL YOURSELF AN “OSTEOPATH” AND NOT KNOW THAT STRETCHING EXERCISES CAN GET A PERSON OUT OF PAIN AND OFF YOUR NARCOTICS! IT IS SHAMEFUL HOW LITTLE YOU KNOW!”

The years preceding the summer of 1976 — Until Vickey, at age 29, leaves Tony, she falls further and further into spiritual darkness and emotional immaturity, all of which has been encouraged all along by Tony. They experiment with marijuana in college, and then she experiments with New Age paradigms in years to follow. She is wooed by the 60s and 70s rhetoric of “Peace & Love” and the call to... “MAKE THE WORLD A BETTER PLACE!” But she is not drawn to what she considers to be “the boring Christian life.” Vickey’s love of horses and fun with her teaching career and good times with Tony are enough!

During the years of living together but never remarrying, Tony turns to his new precious metal business. Vickey and Tony grow further and further apart spiritually. But Tony proposes a remarriage twice a year with regularity. All this while, Vickey turns into a happy pantheist! She is out riding one of their 3 horses after school most late afternoons and evenings and finding peace and happiness in the mountain trails and meadows and with the wild coyotes and wandering deer. She teaches with great pleasure. She drives around her red Cutless or her maroon topless Corvette. She keeps her weight down and darling. And for the most part, she has everything she has ever wanted. She looks forward to the summers and the 3 or 4 trips into the mountains and onto the beaches she and Tony will take with the horses and their dog “Wolf.” All the while, Tony tends to his roaring furnaces and the sludge from his gold and silver refining. Their mini-horse ranch is slowly turning into a toxic waste dump that is poisoning the land, the trees, and the peace and quiet. Sometimes, Tony sneaks off in the middle of the night to dump the toxic waste who knows where. Tony takes to Jack Daniels every night and starts a habit of teasing Vickey until she cries when she comes home from a fun day teaching. Then, they make up. And Tony hands her some folding money to go do with what she will.

But stress has gotten to Vickey, too. She experiments with smoking cigarettes and is starting to get tired at the end of a teaching day. Vickey takes up Transcendental Meditation, vegetarianism, and yoga while Tony takes up *Playboy Magazine*, being cranky, and Jack Daniels. Vickey takes to

TM-ing extra at weekend retreats once a month. Then she goes to a 1-month retreat one summer. Then she does 1/2 of the teacher training at Maharishi University in Fairfield, Iowa, for 3 months and does extra TM-ing the entire time. Their meals get her into vegetarianism which gets her into health food stores which gets her into Dr. Shelton's *Fasting Can Save Your Life*. Vicky goes through giving TM lectures as part of the screening process that would allow her to be selected to do the last 1/2 of the TM teacher training in Switzerland. At her first lecture, an astounding 25 out of 30 attendees sign up to do the TM initiation! No TM teacher has ever seen anything like an 83% enrollment! Vicky amazes even herself and now realizes that she is a born speech motivator, too! But she is not approved to become a TM teacher because she is "too out of the ordinary" and "apparently unwilling to conform enough to represent Maharishi." Vicky is not heart-broken by this rejection, as she knows that conforming to the degree they wanted would be absolutely impossible, anyway. All the while, Tony bemoans Vicky's new interests: "You are turning spiritual on me. You are meditating yourself out of my life."

In the spring of 1976, upon reading *Fasting Can Save Your Life*, Vicky starts eating The Natural Hygiene Diet and is told by a fellow teacher: "You are losing weight everyday!" She slims down to 150 from a high of 175 after gaining weight from breaking her back in the horse accident. She looks great! She decides "to have it all" — to go down to 125 and remarry Tony and get pregnant. But harboring a totally subconscious wish to get away from Tony as soon as possible and unable to do it via Switzerland, Vicky gets on a plane the very day after school lets out to go do a fast, then get remarried, and then beat her biological clock ticking away by having one child — preferably a girl to turn into a riding companion. She arrives at Dr. Shelton's Health School in Austin, Texas. Here, she receives her formal introduction to Natural Hygiene. She studies Dr. Shelton's books.

1976 — Vicky, age 29, takes a 17-day fast at Dr. Shelton's Health School. She never formally meets Dr. Shelton. But she does see 2 attendants take him out for a daily sunbath and on walks, one on each side, holding him up, while he drags himself along. He is extremely emaciated. He certainly does not look like he could hold onto life another 9 years! But that is exactly what he does. During these 17 days, Vicky studies every piece of Natural Hygiene literature she can buy at the Health School, including Dr. Shelton's 7-Volume Set: *The Hygienic System*. She meets Dr. Vetrano.

Vicky puts herself on a daily schedule: this schedule completely changes her life. She would sleep in, then take a sunbath for 1 hour, then do Transcendental Meditation 3 hours, then stretch for an hour, and finally, in the afternoons engage in some study or attend a lecture. Later in the afternoon, she would repeat this process. Six hours of TM a day puts Vicky into the Eastern religion state of trancelike detachment. She cannot even remember what Tony's face looks like. She has no interest in her own horses. She cannot, however, get enough Natural Hygiene from her readings. She is feeling the now-decrepit Dr. Shelton crawl into her soul.

One day, about halfway through the 17 days, she is meditating. Suddenly, she watches a colorfully painted bus travel across a map of The United States with her at the wheel! (These were, after all, the days of Timothy Leary and his famous bus named "FURTHER!") She can feel a presence in the bus behind where she is sitting — a sense that the bus holds Dr. Shelton's teachings, some of which she has rewritten to make them easier to read — and actually FUN! She sees she is traveling across The States, West to East, to tell The People how to get well and stay well without drug and doctor dependency! She is so startled, she opens her eyes and cries out: "WHAT WAS THAT?"

A few days later, while watching Dr. Vetrano give a lecture, a defining moment as defining as when Vicky was first set upon Kitten, takes place: Vicky hears that same male, benevolent voice she has been hearing twice a year for several years declare with a power from which she dare not shrink: "THIS IS WHAT YOU ARE SUPPOSED TO BE DOING WITH YOUR LIFE!" Thus, Vicky receives a vivid vision and a clear calling — BOTH — to spend the remainder of her life bringing "The Message & Promise of Natural Hygiene" to Americans. If she follows them, she muses: "I may just have something I want written on my tombstone!" Her vision and calling, however, do not go beyond The United States at this time. She becomes friendly with Dr. Vivian

Virginia Vetrano who will become her lifelong friend, inspiration and role model, mentor, editor, business associate, and finally — benefactor.

As if going into detachment and receiving both a vision and a declaration of what she was supposed to be doing with her life were not enough, Vickey also meets atheist Dr. Ralph C. Cinque. He spends upwards of 2 hours a day with her, talking Natural Hygiene with her while he holds her hand and stares into her soul, which now longs for a lifetime career in Natural Hygiene. For the first time in her life, she actually feels someone is appreciating her intellect at its highest level. Smitten by her and while already married with a young child, the young Dr. Ralph and Vickey meet for physical intimacy at the Ramada Inn in San Antonio while Vickey breaks her fast. He promises her that she would “...never have a weight problem again as long as you are with me!” This married man then proposes marriage to Vickey. His wife, he explains, had already left him once. “We are not happy,” he explains. He had promised himself that “...if the opportunity ever presented itself to find a much more suitable woman, if I ever fell in love with that woman, then I would leave Margaret and marry that woman.” Vickey has also fallen in love with the young Doctor. She believes his proposal, lets herself fall deeply in love, not just with the young Doctor but also with the dream of “never having a weight problem again” and of promoting Natural Hygiene together.

So, during these 17 days, besides a marriage proposal, Vickey also receives her calling to create Natural Hygienic literature that is absolutely inviting, lively, and FUN! She feels an uncommonly deep, supernaturally close affinity with Dr. Shelton and his writing style, tone, and rhetoric. Little wonder! For Victor Bidwell in the flesh and Dr. Shelton from his writings could just as well have been brothers: they both are formidable personalities, highly opinionated, and supremely articulate. Dr. Shelton’s persona in his writings does not put her off one bit as it has others. In fact, reading Dr. Shelton is just like bantering with Victor Bidwell. But, after having taught English to high school students for 9 years, she also sees the need to create publications that are far less linear and formal than Dr. Shelton’s, far more readily readable and understandable than Dr. Shelton’s, with a tone far less confrontational and more gentle than Dr. Shelton’s, and way more “FUN! FUN! FUN!” than Dr. Shelton’s.

Radiantly healthy and weighing 125 pounds, Vickey returns home and goes down to 118 on raw foods. She returns still in a state of detachment. She won’t let Tony touch her. The horses she once loved mean nothing to her. She leaves the relationship, moves back to The Barn — for the 3rd time — and into the trailer she formerly occupied for the 2nd time. She continues her self-study of Natural Hygiene. Victor confides in her: “I always knew your intellect far outmatched Tony and that you could go further without him than with him.” When the state of detachment wears off, however, Vickey wants her old life back. But in the meantime, she has burned her bridge in a wildly creative way. Tony is afraid to take her back. She spends the rest of the summer and for several months to come Natural Hygiene retreat hopping: back to Dr. Shelton’s, twice to Mexico’s Villa Vegetariana, twice to Florida’s Dr. Esser’s Health Ranch, and once to Shangrila.

When Dr. Cinque tells her that he informed his wife and their families that he was leaving the marriage for Vickey Bidwell, everyone put up a fight. They sit his baby boy on his lap. He decides to stay in the marriage and drops Vickey a line to that effect. She decides not to let this heart-breaking event devastate her. Anyway, she has effectively burned her bridge back to Tony. Vickey decides: “If I cannot have a life with Dr. Cinque, I will have his path.” She knows that during all those years of great fun teaching English to high school students that it was not really what she was supposed to be doing with her life. But she never knew what she was supposed to be doing with it! It was frustrating! But, at Dr. Shelton’s, after receiving the bus-across-The-States vision and watching Dr. Vetrano lecture while the voice told her what she was supposed to be doing with her life, BOTH — she wants to rise to her calling! Now, she would not be mildly bored with teaching English, mildly bored in a dead-end marriage, and mildly unhappy that she would be just biding time for the rest of her life — a kept woman who would have everything she ever wanted in the material world from her now getting-rich husband! NO! She would have the adventure and fulfillment of rising to her calling! She would not regret a life lived in mediocrity and mendacity, living all year just for 3 or 4 summer horse trips, and just knowing she had so

much more to offer but never having had the courage to pursue it!

1977 — This is Vickey's last year teaching English as she goes to night school, taking science classes required to get into chiropractic college. As prophesied by "the voice" first heard in Rex Cosler's office that fated day, she taught English 10 years — exactly.

1978 — Vickey attends Western States Chiropractic College in Portland, Oregon, and receives the highest grades in a class of 70 students. Now 31 years old, most of her classmates are in their early 20s. Stunned by Vickey's intellectual sharpness and extraordinary enthusiasm, Vickey is the favored student in her class to be invited into Teacher's Assistant positions. It is the very first time Vickey has ever been on her own. Vickey loses her focus, runs out of money, and drops out at the end of one year. One evening, Tony's parents come to Vickey's home in Vancouver, Washington, to find her at a really low, low spot: they pray with her, and she accepts Jesus as her personal Savior. But by morning, she has put that moment aside, treating it as if it never happened. Although she quits Chiropractic College, she has learned enough of the basics of anatomy and physiology during this one year to gain respect, in future years, from people like Dr. Vetrano, Dr. Scott, T. C. Fry, and many others.

1979 - 1983 — Vickey gives up on pursuing a career in Natural Hygiene and pursues, instead, Godless thrill-seeking. Having never been on her own in her life and riddled with emotional immaturity, Vickey drops the attempt to rise to her calling and goes for the wild life — GUNG-HO! This includes a year of back-packing by herself in Mexico, 3 years of thrilling bar-maiding during which time she walks off 100 pounds gained while falling apart, and a few months of topless dancing in amazing costumes she hand-made while walking off the weight. She experiments with recreational sex to the extent that few women ever do. She enters a few months of serving drinks in a low-class Mexican bar in San Jose, California, and then moves on to, quite possibly, the biggest go-go bar in America, "The Brass Rail." Here, the money flows freely. She is intent on saving her tip money for she knows not what. Being tipped \$200 - \$300 a night, 4 nights a week, she serves the drinkers of Silicon Valley during the beginning of the computer era until she has \$10,000 saved. With that, she buys a used motor home and decides to celebrate the 100-pound weight-loss by dancing in Texas in her fancy costumes to country music! Why not? The first place she goes into in Texas, the boss says: "You're gorgeous! I'll hire you! Can you go to work tonight?" The men go wild when she comes out with a whip in her hand and her saddle over her shoulder and dances to cowboy music! She is so healthy and having FUN! What could have been a promising career as a dancer never materializes, however. For all the while she is making the costumes and planning a getaway to Texas, she is being drawn back to establishing a career in Natural Hygiene. THANK GOD!

In 1982, she meets "The Cowboy," an alcoholic Mexican who pursues her, gets horses with her, has a lot of fun with her, and then breaks her heart. Once again, she had taken up the dream of a sweet romance and riding horses and living happily ever after with a man named "Tony." This pursuit ends after he nearly beats her to death in a Mexico motel and permanently damages her hearing and fractures a tooth. She realizes her selfish, escapist lifestyle will soon be the end of her. She decides she must mend her wicked ways. This romantic involvement with this alcoholic and violent cowboy is the turning point to consciously committing her life to Jesus. She wakes up after the beating, looks into the mirror, and decides nothing she has ever tried is going to get her out of this depression. She starts going to Overeaters Anonymous and begins serious consideration of turning her life over to a power higher than herself. She also considers that she may even have to give Christianity a try, or she is going to die an early death with her thrill-seeking. She ends up at Dr. Cinque's Yorktown retreat to lick her wounds after the Mexico event and takes a fast. Here, Jock Royall, working for T. C. Fry, discovers her and offers her the test-correcting job for Life Science's "Big Course."

Here, in 1982 — Vickey also meets Karen Kaderabek, to whom she will pass on the test-correcting job in 1984 and who will become a life-long friend with whom she will one day make a series of Natural Hygiene-correct recipe videos.

Also, in 1982, Vickey meets "Old Art Andrews," the Director at The California Health Sanctuary in Hollister, California. He is well versed in "Pure, Sheltonian Natural Hygiene" and is greatly

impressed with Vickey's knowledge in Natural Hygiene and her talent for talking so powerfully to the needs of Health Seekers. At first, she barmaids 4 nights a week and stays as a paying guest 3 days a week at The Sanctuary. Once she drops the waitressing, she ends up living in a hole in the Sanctuary basement over a 3-year period. She watches the healing miracles take place there, studies again in Natural Hygiene, writes her first 2 books, and turns herself into a self-made and self-declared Natural Hygiene Health Educator! She begins giving seminars and teaching classes in The Bay Area.

In 1983, while at The California Health Sanctuary, Vickey meets Dr. John Bardaro, Ph.D. and Professor of Economics at a college in the Bay Area of San Francisco. John is an avid returnee at The Sanctuary. Mostly, he likes to take a rest and get off coffee. He is very healthy and needs nothing serious in terms of disease-reversal. John has a fascinating history: he was given up for dead by the medical doctors in his earlier years, found Natural Hygiene, went to Dr. Shelton's Health School, fasted, and got well — really well — and for the rest of his life! John's greatest avocation in life is to tell others about Natural Hygiene. He is a humanitarian with a heart for The People, much like Victor BidWell. John Bardaro will become a personal friend of Vickey and a "GetWell Friend" when she starts GetWell★StayWell, America! And so importantly, his many orders and contributions over the years make the difference between her folding and staying open to fulfill her calling. This agapé relationship, therefore, is not only mutually fulfilling to the 2 of them. It will go on to become a huge blessing to The Health Seekers of The World and will continue to be as long as we have The Internet!

Without John Bardaro, Vickey would have never gone on to do all she has in Natural Hygiene and would never have created www.health4thebillions.org and would never have created the legacy of teachings from the greatest Natural Hygiene teachers in history! In a very real sense, every Health Seeker who profits from Victoria's efforts does so because John Bardaro was there for Victoria back when she was Vickey — from 1983 right up until today, to help her make it through to the next project when her own finances could not.

In 1983... Vickey starts the test correcting for The Life Science Health System. She meets T. C. Fry, the atheist.

1983 – 1984 — Vickey has a fling with Mexico! She lives in her motorhome while correcting the tests, parks it at Marianne's after correcting the tests, and crosses the border into Mexico and travels to Puerto Vallarta where she lives carefree until her \$500 per test-correcting stint is gone! These were the days when you really could do Mexico on \$15 a day! During this time, she is wonderfully fit and healthy! She rides the beaches til dark, swimming pool hops all day on days she does not ride, eats raw fruits and veggies out of the open "mercados," dances at the discos till dawn, and starts writing articles for T. C. Fry's *Healthful Living Magazine*. When she returns to The Life Science Office with the first batch, T. C. reads them and tells her: "I'll take all you can write! Ten cents a word!" Vickey repeats this scenario every month for these 2 years.

By 1984, Victoria has become dear friends with T. C.'s ex-wife Marianne Fry. She is a super-strong Christian, she sees Victoria's potential if she were to become one too, and she nurtures Vickey endlessly in The Lord. Marianne works as the head secretary for T. C. And Vickey will end up parking her motorhome at Marianne's and living with her for months at a time while she works for and with T. C.

Marianne introduces Vickey to a young preacher with whom she goes on a 6-hour walk in the middle of a very cold night at a deserted park in Dallas, Texas. Vickey becomes a Christian during this long walk. In the bitter cold, she tells her life's story to the young preacher under the full moon. When he asks the defining question of her life thus far, she accepts The Lord as her Savior: The question? "But what good did they do, all those things of which you are now so ashamed?" She had no good, no decent answer. When the preacher and she arrive at The Life Science Offices in Austin, he enters the building with her and stops to tell her a discernment of spirits he is receiving and then gives a prophecy: "There is a strong spirit of scarcity here. And you will one day take over this man's work and bring The Lord into this work and successfully share it with The World." Likewise, Marianne had a habit of looking up to the heavens and saying about Victoria: "WE AIN'T SEEN NOTHIN' YET! WAIT TIL THE LORD GETS THROUGH WITH YOU!"

In 1984... Vickey attends a Born Again Body seminar with Lee Bueno and takes the spiritual name, "Victoria BidWell." She drops "Vickey Frances Bidwell" and the wild woman she has been. This happens while she is invited to speak at a conference sponsored by Lee Bueno of Born Again Body Seminars. A group of women pray over her at this Christian seminar.

1985 - 1994 — Victoria works with T. C. Fry, writes extensively for his various publications, speaks infrequently at his seminars.

In 1985... Victoria goes through 29 hours of deliverance with a team of 7 people led by Jan Franklin in San Jose, California, over a 6-month period.

1986 — Victoria's Sister Catherine buys Victoria's motorhome for \$10,000. With this money, Victoria publishes her first 2 books. She advertises the books in T. C.'s *Healthful Living Magazines*. The books are well received, and Vickey is now a businesswoman and writer/publisher. While keeping an office and living quarters at The California Health Sanctuary, Victoria travels back and forth and works for T. C. in Austin. She continues with the instructor and test corrector jobs for his correspondence course: The Life Science Health System. She also graduates from the course herself to receive her first Doctorate Degree. She spends countless hours in study of Natural Hygiene.

One night at The Sanctuary, Victoria and some friends/staff members, Old Art Andrews, included, stay up for hours one night, brainstorming for the best name for Victoria's business. She considers them all and the next morning happily settles on "GetWell★StayWell, America!" It is a take-off on Dr. Shelton's frequent use of what Health Seekers seek: they want to get well, and then they want to stay well! Victoria formally dedicates her life to the preparation involved in launching "The Great American Health Revolution" as a grassroots movement by bringing The Health Message directly to The Suffering Class of America and, now, "to Health Seekers, Everywhere!" She has begun to think in global terms.

In 1986, also, Victoria gets "The Patriotic Pick-Up!" This is a brand-new, dark-blue pick-up with a white canopy. Victoria gets it air-brushed with a 50-starred American flag painted to cover the entire hood and a 13-starred Colonial American flag to cover the roof, and she has fireworks painted all over the fenders! She pays \$11,000 for it in 1986. By 2014, she has totaled it twice, only to be repaired by Victor Bidwell each time. And it has made her \$32,000 in insurance claims and gratuities, mostly from being rear-ended and receiving whiplashes. Victoria will drive to put over 1,000,000 miles on the original engine! It is the workhorse for The Great American Health Revolution!

1987 — Old Art Andrews is brought to court by the American Medical Association for practicing medicine without a license. He fasts a woman too long, and she develops permanent neurological disorders. Her husband is a lawyer, and he gets the might of the AMA after Art. The California Health Sanctuary is closed down. Victoria moves into a basement room of 1 of 7 group homes Sister Catherine Bidwell owns and runs. "Cat" tries to get Victoria to give up all the Natural Hygiene dead-end work and "nonsense" and become partners in the group homes. To inspire Victoria to do this, Cat undermines Victoria and shuffles all her belongings and inventory and computers from group home to group home, draining Victoria's energy and resources a little further each time.

At Cat's group home, Victoria serves as caretaker for 10 mentally ill people on government SSI money. Victoria's new headquarters are a double garage with no heat and no windows — but definitely a step up from the hole in basement at Art Andrews' Sanctuary. By now, Victoria is putting out huge News Bulletins to thousands of Health Seekers, most of whom came from her advertisements in T. C. Fry's magazines and mailings. Victoria is offering over 100 Natural Hygiene book titles and products. She is a 1-person business with some occasional part-time help. Yet she is out-selling The American Natural Hygiene Society with a full staff and board members. But she is also getting very, very tired doing all this work, mostly by herself. She is not taking care of herself. She has gained weight. She has a heart attack and a stroke, both at the same moment and lives through them without telling anyone. She nurses herself back to life by lying really still and fasting for 2 weeks.

1987 - 1988 — Victoria engages in 2 years of twice a week Christian counseling with Jan Franklin in San Jose, California. During this time, Jan helps Victoria review her life from a scripturally-correct vantage so she can understand how to mend her broken life so that she can finally rise to her calling and gain the wisdom to best serve The Lord. By now, Victoria has read *The New Testament* cover to cover 4 times but has trouble grasping *The Old Testament*.

In 1989, Victoria tells her readers about her vision of driving across America to talk to The People about Natural Hygiene. A husband and wife team believe so strongly in this happening, that they follow a dictate from God to hand Victoria \$60,000 to purchase a motorhome for the job! But Victoria is bone-tired, still. It is months before she even has the energy to shop for the motorhome. Once she purchases a new 36-foot, marvelous machine, GetWell Friends respond to Victoria's fund-raiser to get it painted up with smiling, waving, winking fruits and veggies, nuts and seeds! It is a gloriously colorful "GetWell★GrassRoots Victory Wagon!" Victoria uses The Victory Wagon for several years for various purposes. But Victoria's great disappointment is that she never uses it for its main, designated purpose: to go out and reach The People, in person, to share "The Message & Promise of Natural Hygiene" with them.

1989 — Victoria is worn down. She has just taken the last 5 years to write *The Health Seekers' YearBook — A Revolutionist's HandBook for Getting Well & Staying Well without The Medicine Men*. She takes months to personally hand-prepare and ship out the 10,000 copies to thousands of GetWell Friends who had sent in orders while she wrote it. She will go on to publish 15,000 more copies and pass them on to Health Seekers around The World. **In 2005**, she will go on to add a crucial 132 pages and rename this new edition: "2 BOOKS IN 1: *The Health Seekers' YearBook with The Best of Common Health Sense*."

1990 - 1994 — Victoria hires agnostic Joseph Mellon to work for her. They fall in love for a brief 6 weeks. Then Victoria realizes she has entered into an unholy, unequal yoke and goes through repentance. But she keeps Joseph on to help with the business and stays in love with him, hoping she can recapture those 6 weeks and that he will become a Christian. As a result, GetWell★StayWell, America! makes little progress for 4 years while she tries to work in this situation. Victoria finally gives up and realizes, after much counseling with Jan, that she doesn't yet have the wisdom to be in a healthy relationship with a man. But still on fire to fulfill her calling, Victoria formally declares celibacy to herself and to The GetWell Friends and dedicates the rest of her life to service for The Lord. It is another defining moment and a turning point in her productivity, as she channels all her energy into glorifying God.

December of 1990 — Weary of living at her Sister's group home facility and weary of having been moved about 4 times, Victoria puts out a fund-raiser to her GetWell Friends. They respond by sending \$5,000 to move up to The Barn. **End of 1991** — GetWell Friends help Victoria get away from Sister Catherine. Victor has invited her to move up to The Barn. But he tells her: "YOU TAKE ON BIG PROJECTS! SO FORGET THE HORSES WHEN YOU COME UP HERE! WHAT YOU ARE DOING IS TOO IMPORTANT FOR THE PEOPLE! YOU MUST STAY FOCUSED AND GET YOUR BUSINESS AND YOURSELF IN A POSITION TO DO SOMETHING BIG!" She sets up offices in The Barn and lives in the old, singlewide trailer, back where her horses' pasture used to be. It is the 4th time she has lived at The Barn and the 3rd time she will be in the trailer. It proves to be a good move for her, as she settles in to... WORK! WORK! WORK! This move provides a much better living and work environment than at Cat's. Her next move, however, will be the best ever — to go 30 miles north and east up to Concrete, Washington, in 2002.

December of 1991 — Victoria moves up to The Barn and sets up her offices and keeps up with all the business responsibilities. She is dead-tired. The famous and aging Dr. Scott of Dr. Scott's Health Institute in Strongsville, Ohio, so impressed with her enthusiasm and vision and productivity, offers Victoria a gift 3-month stay to restore her Nerve Energy. She has worn herself down and gladly accepts his offer. After a 36-day fast on water-only, she runs out of reserves. She eats watermelon and lettuce for 2 weeks and further takes an 18-day fast. She sleeps more than 14 hours a day throughout her stay. After refeeding, she is renewed in strength and regains her vision to "HELP THE PEOPLE!" Dr. Scott comments on Victoria's blood tests: "It's very unusual. You are more tired than you are toxic." Dr. Scott has saved Victoria's life!

1995 — Victor Bidwell dies at age 84. During a brief 5-month period prior to his death, his bone marrow quits making red blood cells. Unlike with Marie, he is in no pain and does not suffer. He is just terribly weak. For these few months, Victor gets a young man's blood pumped into him every few days. Each time, he returns to his usual vigor. Eventually, however, Victor does not respond to these reinvigoration transfusions. His end-time is near. Victoria is deep into still establishing her new Barn headquarters and getting exhausted herself. She calls Sister Cora, who has now married her daughter into one of the 10 richest families in the world and is filthy rich. Victoria demands that Cora come and get Victor and hospice him to the end. Victoria makes this demand on the basis of her own exhaustion and that she should not have to hospice both parents while all 4 Sisters carry on their own merry lives during both these deaths. Cora agrees to hospice Victor, but too busy to care, has ailing Victor put on a plane by himself to travel to the East. And Victoria and Victor stay up for their last 10 hours together. It will be less than a year before Victoria gets another life-changing vision and sets off to search for "HER ONE BEST HORSE — EVER!" All the while, Victor's spirit to..."HELP THE PEOPLE!" lives on in Victoria, stronger now than ever!

Victor had gotten on the Natural Hygiene/Fresh Food Lifestyle in 1985 and slimmed down and lived in a high state of energy and health! During those 10 years of improved health, Victor would always speak of how good he felt, with no aches or pains! And he would always tell others that his one regret was that he had not gotten on the program years earlier! He recalled hearing about the Natural Hygiene movement through Bernarr's *Physical Culture* magazine in the 1930's, but he did not pay attention. Victor was born in 1911. In his late youth, he had become disenchanted with life after his attempts to influence social reform were formally squelched by direct threats from the Federal Government. His typewriter was fingerprinted, and he was told that he would be jailed if any more subversive matter comes off his typewriter. All her life, Victoria recalls Victor, in his bitterness, telling her never to give herself to a cause. But once he realized the extent of her vision and the efficacy of The Natural Hygiene System and once *The Health Seekers' YearBook* was put into print, Victor changed his tune. "HERE," he encourages Victoria, "IS A CAUSE TO WHICH YOU SHOULD COMMIT EVERYTHING YOU HAVE!" Once Victoria moved up to The Barn and into the trailer, Victor warns her again: "Don't get involved with horses up here. That will only destroy your focus and your momentum!" It will take her one year after his cremation to override that dictate.

In August, 1995, to August, 1996... Victoria invites a young New Ager to work with her in the Super Blue Green Algae business at The Barn. The 2 of them build thriving businesses for themselves in The Algae. But The Algae has usurped all her time. She is no longer promoting Natural Hygiene. She is a slave to the Super Blue Green Algae. Victoria is weary, once again, from all the over-work.

1996 — Victoria is tired and depressed. She drives home from T. C. Fry's funeral services in Texas. She is taking the scenic route, through Glacier National Forest and Yellowstone National Park. She stops to watch the buffalo and the beauty. She wonders how she will carry on. She muses: "I could go any time, just like T. C. I could just drop dead of over-stress and over-exhaustion!" The finances have always been tight, and it has always been a great stress to pay the bills. Now, she is running out of Nerve Energy, again. God gives her the answer: "GET A HORSE! GO BACK TO THE CHILDHOOD PLEASURES OF YOUR YOUTH! GET A HORSE! AND START SWIMMING AGAIN! GET OUTDOORS! GET A HORSE — RIGHT NOW!" T. C.'s demise, thus becomes the inspiration and "GO AHEAD!" to get a horse. This time — it will be her one BEST HORSE!

Victoria returns to The Barn and starts what will become a short search. In response to a newspaper ad, she travels to an Island in the San Juans of Puget Sound and arrives to find the horse in question sold. She looks around. Out in a field with other colts is a dapple grey, pureblooded Arabian — 2 years old. "What about him?" Victoria asks. The owner explains: "HE HAS NEVER BEEN TOUCHED BY HUMAN HANDS!" He continued, "You don't want that horse." Victoria hears God's voice: "This is either going to be the successful fulfillment of a death wish, or you are feeling really good." But she was not feeling *THAT* good. The horse was too young and too spirited and completely untrained. And she was too tired.

Victoria is cautious after this warning, however. And for the first time in her life, she allows a trainer to finish off the green breaking she has started. Giving him the name "Captain HighJoy America!" — High is checked into a "Hilton Inn-like" boarding stables. After her green-breaking High for a few weeks, the trainer finishes the job. He also adds some specialties: a sliding stop, speed spins, commands to lay down and sit on his haunches, and the trick of jumping into a horse trailer with the enthusiasm of a jack rabbit after a big carrot! Victoria adds: hand-shaking, begging, and saying "YES!" and "NO!" on command. Full of hot-blooded, Arabian genetics, this horse has already proven to be THE MOST FUN HORSE of the many Victoria has ever owned!! He certainly is the most breathtakingly beautiful! Once Victoria starts riding her old haunts out The Barn driveway, she notices drivers are pulling their cars over to watch her and High in a field while they gallop figure-8s and perform other athletics. She finally decides to ask one man why he is pulled over. He explains: "YOUR HORSE IS JUST SO BEAUTIFUL IN ACTION THAT I HAD TO STOP AND ENJOY THE SHOW!"

1996 - 1998 — Victoria plots a 1-month getaway with High for the summer of 1997. She buys an old motorhome and horse trailer and starts getting them roadworthy. She heads out in August of 1997 for Canada. The rig overheats 60 miles down the road. She spends a year getting her ducks in a row to leave again.

The extra monthly Super Blue Green Algae checks allow Victoria to consider getting out of burn-out in a more inspiring and active and outdoorsy way than taking a fast somewhere. **In 1998 & 1999, therefore...** Victoria spends a year of recovery in The Wilderness, asking for wisdom while going through repentance, forgiveness, and spiritual healing. She spends hours a day in Scripture and finds upliftment in Christian music. She goes home once a month to fill orders and pay bills. **In 2000...** She recommits to her calling and asks GetWell Friends for help and receives a huge response from her "THIS IS IT!" campaign to carry on after being renewed in Canada.

1998 - 1999 — On August 1, 1998, Victoria makes it to The J & N Trail Ride Ranch in The Wilderness of British Columbia. **VICTORIA IS IN HIGHJOY HEAVEN!** High has 40 horses to enjoy. And Victoria has Fairmont Hot Springs and a huge swimming pool in The Kootenay Mountain Range just 5 miles up the road to enjoy. Here, she settles in to turn her weight and burn-out situation around — or die trying! She vows not to worry about anything once she crosses the border into Canada but to spend her time imagining the best possible use of herself once she has trimmed down and been renewed. Twelve months later, Victoria has burned off 100 pounds. There are many, monthly book and products orders from GetWell Friends. And there is a generous donation of \$10,000 from a GetWell Friend in January. These combined funds turn this Canada turn-around adventure into a one-year event!

1999 - 2002 — Victoria and High return to The Barn and to see what all their renewed energy and enthusiasm will bring. High is set out to pasture and is seldom ridden after their Canada adventure, as Victoria is just too busy with the business. Victoria starts amassing everything Dr. Shelton ever wrote that she can get her hands on and offers them in photocopy form to The GetWell Friends. She is overwhelmed with a grand response! But her Emotional Balance is way off. She starts stress-related eating of too much food and of wrong foods and quickly gains the weight burned off in Canada. At the same time, Victoria is going through "WILDERNESS WITHDRAWAL!" She thought she went up to Canada to take the weight off and learn how to keep it off — once and for all! But that did not happen. She realizes that she had gone up to Canada to get back in touch with Nature — and to reinvigorate herself with the loves of her life... spending time in NATURE swimming and riding High! She realizes that what she really learned was that she needs to live in The Wilderness!

1986 - into The 21st Century — Victoria writes and publishes *The Health Seekers' YearBook* and many smaller books on Natural Hygiene and carries the largest selection of Natural Hygiene materials in history through her mail order business. Victoria's weight continues to yo-yo from a tiny 118 pounds at her lowest to a great and horrendous weight of 330 pounds in 2005 for a few brief months when she ate to deal with her anger after being severely exploited by a business associate so evil he had no business even being in The Natural Hygiene Movement! Victoria serves Health Seekers via phone and letter and makes no public appearances due to her apparent

lack of vibrant health from the full-blown eating disorder and concomitant obesity. Victoria, however, never gives up hope that one day she will fulfill her calling — that one day she will be a good weight and very healthy and out talking with Health Seekers about how to get well and stay well with Natural Hygiene and without drug and doctor dependency!

2000 — GetWell Friend Beverly Grose begs Victoria to let her build a website for GetWell★StayWell, America! Victoria has been avoiding all the possibilities of the Internet to help her reach Health Seekers and has continued to rely on time-consuming and costly Bulk Mail News Bulletins to her GetWell Friends exclusively for income. She considers Beverly's offer for 2 months and decides to accept. What follows is a full year of collaboration between the 2 in building www.getwellstaywellamerica.com. Beverly's strong love for The Lord has inspired her to help Victoria. And Beverly's strong wisdom results in her actually counseling Victoria for many hours over the next many years and right up to 2014, the time of this writing. They have become "Sisters in The Lord." Victoria begins E-mailing and a whole new phase of business as she reaches new Health Seekers at home and around the world. Beverly summarizes the adventure: "I have brought you into The 21st Century and up to date with the best technology there is — even though you came... kicking and screaming!" VICTORIA HAS BEEN GLOBALIZED! See www.getwellstaywellamerica.com.

2001 — Roy Lee is Victoria's landlord. Victor bought The Barn and its 5 acres in 1957 for \$5,000. Roy bought The Barn from Victor in 1988 for \$80,000. Now, Roy decides to sell The Barn for \$500,000. He informs Victoria that she will have to vacate. Victoria gets on The Internet every night until she finds the least expensive ½ acre she can afford that meets the needs for herself and HighJoy. She bids on this ½ acre HUD home in Concrete, wins the bid, and starts fixing it up for appraisal approval. Then, the neighbor whines, "I'm not so sure about a horse." And Victoria is stopped, dead in her tracks. She hears that same benevolent, kindly voice she has long since identified as God speaking to her. He tells her: "Get back on The Internet and find another home." With \$5,000 already invested in one house, she cannot imagine letting it go or getting another house. But she follows the orders. To make a long story short: GetWell Friends Ken and Sandra Chin buy for Victoria's use a second home with a ½ acre — this one has no neighbors close by to complain, and horses already are allowed in the community. Then, the Godly voice tells Victoria to turn her HUD home where she will live into a Natural Hygiene Health Retreat and the Ken and Sandra Chin home where High will live into The GetWell★StayWell, America! Headquarters. She follows both orders. And because The Chin property was made available strictly because of The HighJoy Horse, The Headquarters are appropriately named after The HighJoy Horse: "The HighJoy Homestead!" See www.naturecurerawfoodhealthretreat.com.

2002 - 2014 — Victoria and High make the move up The Skagit River to Concrete, Washington, in early 2002. Victoria thus trades the dream of taking The Victory Wagon out on the road to talk in person with The People for the dream of having a guesthouse and a Headquarters in The Wilderness to talk with The People in the virtual reality of The Internet. By 2014, Victoria has 10 websites that both gift a huge amount of information and offer items on Natural Hygiene for purchase. She sells The Victory Wagon for dimes on the dollar and lets that dream go.

Victoria asks GetWell Friends to help her make the move, and she offers packages on sale and gifts for donations in her great gratitude. She receives a huge response from The GetWell Friends! The money flows in! Both homes are in need of a huge amount of upgrading. Ken and Sandra pay for all upgrades at their place, and Victoria spends every extra dollar on upgrading The Guesthouse into the middle class standards throughout the property. Twelve intense years follow of handymen and shopping and upgrading! These years almost kill Victoria off! During the first 7 years, just keeping up with the business and the shopping for materials and working alongside the handymen almost every day leave her exhausted. Each night, she goes to bed with heart pains. She lies perfectly still and prays she will wake up in the morning to do it all over again! She has no time and no energy to ride High. For the very first time in her life, she has a horse that is strictly a companion.

2005 — Victoria works with Paul Fanny in the editing of the Bachelor's Degree for The Natural Health University. She receives her 2nd honorary Doctorate Degree — this time for her efforts in

helping establish the Bachelor's. So smitten by her work is he that he looks forward to her helping with the Master's and Doctorate. Victoria, however, finds working with him too difficult and pulls out of the work. But she has signed a contract to sell him *The Health Seekers' YearBook* to be used as the required first textbook for all entering the program. This one investment in time and energy brings added income and many new Health Seekers into Victoria's life.

1999 - 2008 — Victoria and Sister Cat renew their friendship since Victoria moved back to The Barn. Cat hires Victoria many times to go down to California and work at home improvements. These trips always result in at least \$2,000 income to supplement Victoria's projects. Both are supremely grateful to each other — Cat for the great work and Victoria for the great dollars!

In 2006 — Victoria's knees go sideways in an accident at Cat's. Victoria is practically crippled. She will move around with bone-on-bone knees for the next 8 years. The pain gets progressively worse as the knee joints continue to deteriorate. Her greatest thrill in daily life is to finish with the guests and office work and then to lie in bed perfectly still on aspirin for 10 to 12 hours and try to get out of pain. Happily, each morning of so much bed rest and overnight reduction of the painful inflammation, as the body makes nightly repairs, allow her to do it all over again, day after day — for 8 years. Finally, she admits that it is wheelchair time and decides to let Social Security and "the other insurance company" pay for new knees. **In January of 2014**, she will go under the anesthetic and the knife for the worst knee first.

2007 - 2008 — Victoria reads the first edition of *The Live Food Factor — The Comprehensive Guide to The Ultimate Diet for Body, Mind, Spirit & Planet*. Its novice author Susan Schenck and Victoria join in a collaboration to create a 2nd edition worthy of Dr. Vetrano's and Drs. Tosca and Greg Haag's approval. Two grueling, horrendous years of work follow. These are 2 years of dealing with a novice author who needs education in her Natural Hygiene to understand and accept Victoria's changes and 2 years of an editor who works against the 2 women instead of with them. After much ado, and after 24 months and 2,400 hours of Victoria's time, The 2nd Edition of *The Live Food Factor* is put into print, with approximately 6,000 individual BidWell changes keyed into it. The huge book now stands as "THE BEST BOOK ON RAW FOODS EVER PUT INTO PRINT!" Susan launches a huge campaign on The Internet through Amazon books and sells several thousand copies within 2 months. And thousands of copies are sent to The HighJoy Homestead where "The Shipping Lady" Victoria BidWell will send them out to Health Seekers. This single, joint adventure generates a huge amount of interest in The Guesthouse and Natural Hygiene. See www.4livefoodfactorfriends.com.

2008 - 2014 — Victoria keeps Our Hygiene Homestead in The Woods guesthouse and all other GetWell★StayWell, America! endeavors going. Dr. Vetrano gifts her professional library to Victoria in 2008. You can read the rest of that story at www.health4thebillions.org. **CLICK ON:** "How health4thebillions Came to Be & Got Its Name!"

2012 — Two women, each with a heart for The People and wanting to see The Billions Project fulfilled, come to Our Hygiene Homestead in The Woods. Cheryl Denman takes a 40-day fast and then stays on for many months to help Victoria scan Dr. Shelton's 41 years of *Dr. Shelton's Hygienic Review Magazines*. And Mary Horvath takes a 4-week visit and then leaves a \$5,000 loan to buy needed computer equipment and to pay a website builder to help with The Billions Project and to GIT 'ER DONE!" Without the help of these 2 GetWell Friends, The Billions Project would have continued to just sit, unfulfilled.

2012 - 2014 — In the spring of 2012, Mike Gurevich comes to Our Hygiene Homestead in The Woods for a long fast. He trades his amazing website building and Internet skills for the fast and then goes on payroll with Victoria to further help with her projects. During the spring, 2012, visit, Mike builds the huge bookstore for www.health4thebillions.org. Over a 7-month period with Victoria in 2013, he scans and properly digitizes the 400 items to be shelved at the bookstore. In the spring of 2014, he and Victoria work furiously to actually upload, that is, "bookshelve" the 400 separate items on the 11 DVD-DATA-DISKS made in 2013. Again, these are the printed-word magazines, newsletters, books, brochures, and flyers from Dr. Tilden, Dr. Shelton, Drs. Vetrano and Tosca and Greg Haag, T. C. Fry, and Victoria. A final stage remains: to scan 450 books by The Pioneers and bookshelve them at the bookstore and, at the same time,

to up load 250 audio lectures and DVD movies into the bookstore. Doing so will complete the promised "1,000 Natural Hygiene items available to Health Seekers at www.health4thebillions.org." But The Pioneers and the audios and DVD movies are the frosting on the cake. They can wait. It is the work done during 2012, 2013, and 2014 — the scanning and uploading and bookshelving of printed works by Dr. Tilden, Dr. Shelton, Our 3 Texas Doctors, T. C. Fry, and Victoria that is the most important information for Health Seekers. And that work is now finished! It is the foundation for HE GREAT GLOBAL HEALTH REVOLUTION!

In 2014, for the first time in Natural Hygiene History, Global Health Seekers are able to purchase on 11 completed DVD-Data-Disks all of the following printed-word items: 27 years of Dr. Tilden's 3 different Magazines and 16 of his Books, Dr. Shelton's 41-Year Set of *Dr. Shelton's Hygienic Review Magazines* and his 7-Volume *Hygienic System* and 26 of his uncopyrighted books, Our 3 Texas Doctors' Works, T. C. Fry's many Magazines/Newsletters and Books (except his copyrighted Life Science Health System), and all works from Victoria BidWell (except 2 BOOKS IN 1: *The Health Seekers' YearBook with The Best of Common Health Sense*). Victoria is deeply engaged in sending out hard copies and DVD-Data-Disks of all these items to GetWell Friends who have both contributed to and followed for years the www.health4thebillions.org project! See www.drsheltonshygienicreviewmagazines.com and www.gethighwithtcfry.com.

January 21st, 2014, Victoria gets a full knee-joint replacement on the worst of the 2 knees that went sideways 8 years earlier. She gets the full treatment from The Medicine Men and lays flat on her back for nearly 3 months in agony and on Percoset to kill the pain. **By April, 2014**, she is up and about. The second knee operation is scheduled for December of 2014. Victoria is on the mend! After 8 years of near total immobility, serious exercise is now possible. Percoset proves to be "THE PERFECT PILL!" It kills pain. It suppresses appetite. It induces sleep. It solves anti-depressant and anti-anxiety problems! It brings on a mild euphoria. WHO COULD ASK FOR ANYTHING MORE? On Percoset, Victoria experiences not only a normal relationship with food! She is so disinterested in food that she has to force herself to eat! IT IS WONDERFUL! But alas! It is a narcotic. For the 4 months on Percoset, Victoria finds losing weight much easier. And she gains much Nerve Energy with all the extra Rest & Sleep Energy Enhancers! Victoria is getting her body ready to do "SOMETHING BIG" — one knee and one pound and one good night's sleep at a time! **2014 and until done** — Victoria has 3 books to complete: #1: *The Health Seekers' BeverageBook*, #2: *WHAT DR. SHELTON DIDN'T KNOW!* and #3: *Dr. Vetrano's Book of Case Histories*. All 3 books are about halfway finished. Victoria will not be taking on new writing projects. These must be finished. Then, to complete her life's calling, Victoria has yet to make happen one more... "SOMETHING REALLY BIG!"

Summer of 2014 and onward — With the first and worst knee-joint replaced, Victoria refreshes HighJoy's memory on how to lie down on command, saddles him up, and they start riding again. He is happy to go down the road for a change of scenery, and she is happy to be... **BACK IN THE SADDLE AGAIN!**

From Dr. Tosca Haag on 9/1/2012:

2 BOOKS IN 1: *The Health Seekers' Yearbook with The Best of Common Health Sense* is the work of my very close friend and colleague, Victoria BidWell — whose passion is to get readers onto and then guide them along The Highest Road to Health Freedom! AND WHAT A GUIDE SHE IS!

While reading any one page of this book, I am struck by the powerful contrast of metaphors Victoria uses to engage our right brain creativity and motivation and then to integrate them into our left-brain analytical and reasoning processes. Ask any person, college educated or not, what comes to mind when they hear the terms “Medical Mentality at Its Very Worst” and “Natural Hygiene at Its Very Best.” Most can make no clear distinctions between the two at all. But Victoria’s way with words and talent for teaching is giving us life-saving distinctions — and plenty of them! She is helping wash clean the works of The Establishment brainwashing that trains us to consume the dangerous products and make use of the unwholesome dis-services of The Disease Industrialists: chemical-ridden foods, empty calorie foods, fiber-devoid foods, junk foods, high-fat and high-salt and high sugar foods, coffee, alcohol, tobacco, prescription medicines, over-the-counter drugs, and so on. All that is for sale that is bad for us: these are the wares of The Disease Industrialists. Their partners in crime are their advertisers. They make a powerful and irresistible team to get us to buy their stuff, unless we are educated! Victoria is showing us how to see through their lies, find the truth, and turn into Health Revolutionists so we can get healthy and “Get High Joy!” What a great name for her horse and our icon for Health Freedom Fighters!

The Natural Hygiene System with The 10 Energy Enhancers, once diligently applied by The Health Seeker to his or her own personal life, is marvelously simple by design and resourcefulness in protecting health and longevity. An overview of *The Hygienic System*, described by Dr. Shelton in 7 huge volumes, is explained within the pages of 2 *BOOKS IN 1: The Health Seekers’ Yearbook with The Best of Common Health Sense* in ways we all can understand. This explanation is made entertaining with diagrams and pictures, quizzes and enumerated bullet points, and light-hearted wit and revolutionary rhetoric! The reader keeps turning the pages just to see what right brain surprise awaits him or her! The pages are filled with Correct Natural Hygiene, happiness, and hope for re-creating your life into the healthiest possible!

In rising to her calling, Victoria’s motivation was derived from watching her mother pass on with a hideous death via cancer treatments, by watching her fellow high school teachers grow embittered and old before their time from dealing so poorly with stress while developing addictions all the while, and by watching her young and beloved students get excited by the prospect of not having to go the way of the adults. So when she found Dr. Shelton’s volumes and magazines in 1976, she was called to use her insightful interpretation of the preponderance of his richly profuse, archaic, and ornate literary style and to popularize his teachings for everyday people! Being a former English Teacher with her training in semantics and linguistics, she had what it took to rewrite and then illustrate Dr. Shelton at a senior high school reading level without losing the accuracy of the teachings! This is what so many readers love about T. C. Fry’s little books to this day: they can understand the lessons without having college degrees behind their names! In her later years, Victoria’s motivation was derived from The GetWell Friends’ 28 years of appreciation, support, and cheerleading to spur her on to become “The Legendary Internet Presence for Correct Natural Hygiene” that she is today. She and HighJoy are virtually galloping through cyberspace, calling all who find them to join up with them in The Pursuit of Life, Liberty and Happiness!



OUR TRUE-TALKIN' TEXAN DR. H.M. SHELTON

1895 – 1985

NATURAL HYGIENE MOVEMENT LEADER FROM 1930 ON

**DR. SHELTON WAS DUBBED “THE SAND BURR OF THE RIO GRAND” BECAUSE
HIS IRRITATING TEACHINGS GOT UNDER THE SADDLES OF THE DISEASE
INDUSTRIALISTS AND HURT LIKE HELL!**

**NOW, THE WILDERNESS WOMAN & HIGHJOY WILL BE
“THE SPURS OF THE WORLD WIDE WEB HEALTH REVOLUTION”
VIA HEALTH4THEBILLIONS.ORG TO URGE HEALTH SEEKERS
ON TO REACH THEIR HIGHEST HEALTH POTENTIALS!**

Bookstores and TV programs bombard our senses with ideas and elixirs promising long life and seductive weight-loss formulas that are riddled with a long list of side effects that could leave you much worse than when you started looking! Health educators pump out books without knowing what they are talking about. We are the media's victims of misinformation, advertising lies, and good old-fashioned ignorance about the foundational needs of the body for recovering and maintaining health. Victoria is helping to change all this by sharing with all who want to travel with her along The Highest Road to Health Freedom! It all starts with getting Dr. Shelton's wisdom — distilled, condensed, popularized, and then infused into — *2 BOOKS IN 1: The Health Seekers' Yearbook with The Best of Common Health Sense*.

Since getting her HighJoy Horse in 1996, running off to Canada with him for a year in 1998, and returning to move into The Cascade Mountains in 2002, Victoria BidWell has turned into “The Wilderness Woman.” Bumper stickers tell us of retired, old men's sentiments: “I'd rather be fishing!” Well, our Wilderness Woman tells me: “I'd rather be riding High!” Instead, she

spends long hours in her offices, now working hard to put the beauties and glories of animals and nature back into Natural Hygiene and then to put Natural Hygiene on The World Wide Web Map! She has now become the leading mentor of Natural Hygiene though her teachings, all of which have been carefully edited by Dr. Shelton's cohort and my mother: Dr. Vivian Virginia Vetrano.

Victoria has surely learned her way around a computer and the Internet. She has many websites, all loaded with Correct Natural Hygiene information, gift E-books, stunning live-food photo galleries, gift recipes, gift health tips, numerous gift broadcasts posted, and health-promoting products. Her Guesthouse at www.naturecurerawfoodhealthretreat.com has now been turned into Nature Cure Rentals for Health Seekers who are "Good Rental Candidates" and at prices so low I do not know how she does it! I can only think that all Health Seekers would be thrilled to join up with The Wilderness Woman if only they knew about what she is just giving away — or offering as she calls it, "dirt-cheap!"

It's all the rage of late to talk of "re-inventing" or "re-creating" oneself into a more productive, powerful, and/or popular person. Well, Victoria has gone through a greater transformation than most ever dream of! The biggest of which was in becoming a Hygienist. Then a Christian. Now, she is driving forward as "Our Nature Cure Health Advocate! I believe she will become legendary as she fulfills her final goal — the "SOMETHING REALLY BIG!" — to first go out in "The Buckboard" (her '84 Bronco Junior) and later to go out riding High across America and hand out GIFT INFORMATION on Correct Natural Hygiene while she stops and talks to The People along the highways and back roads.

NOT ONLY HAS VICTORIA REINVENTED HERSELF! SHE HAS REINVENTED THE TERM "NATURAL HYGIENE" BY GOING FULL CIRCLE. SHE HAS TAKEN THE ORIGINAL TERM FROM WHENCE NATURAL HYGIENE EVOLVED. THEN SHE HAS ENCIRCLED THE NATURAL HYGIENE MOVEMENT AND SPUN OFF TO OFFER A CURE THROUGH NATURE! FOR HER NEW BOOK AND FOR HER TEACHINGS, THEREFORE, SHE IS USING THE MUCH MORE FUN AND DESCRIPTIVE TERM: "NATURE CURE!" Anyone new to this best of alternative health care systems can just imagine what the term "Nature Cure" means: we get cured by going back-to-nature! None of us in Natural Hygiene ever really liked the term "Natural Hygiene," anyway. But when Dr. Shelton decided to pull away from the Nature Curists with his very first book in the 1920s, after they rejected this book wholesale, he hit on "Natural Hygiene." He did not invent this term. It was first used by The 1800s Pioneers. It was first put into print right before the turn of the 20th century. And the term did stick! But from the get-go, the term had such unpleasant connotations of dentists and douchebags and super sterility that none of us in The Natural Hygiene Movement have been able to shake off these connotational unpleasanties. In fact, many a health educator has gotten an intense education in Natural Hygiene, tweaked the teachings to make them more palatable but less effective in practice and putting his or her own brand name on the teachings as if they were the inventors of the teachings — just to get away from the term riddled with sanitation, dentists, and douching.

Little wonder, therefore, that it will take a true Wilderness Woman — deeply in love with the splendors of nature and in great respect for our God-given (natural) DNA — to wake us up to

The 10 Energy Enhancers packed in nature and offering us all a cure for what ails us with the most pleasant of all terms: "NATURE CURE!"

During Our Nature Cure Travels, in a very real sense, Victoria won't be doing anything different than when she was that healthy teenager, putting 10 to 20 miles a day on her horse's shoes — just riding the highways and biways, gleaned the raw foods in season, and getting home by dark. Except now, she will be teaching Our Nature Cure. In having the fun of reliving her second childhood and teen years outdoors, she will now be focusing on striving to help folks along the way with her newest book. It is scheduled for this summer of 2016 publication. It is titled: *"HOW TO TAKE THE NATURE CURE & GET AS GOOD AS IT GETS!"*

Greg and I intend to follow her motorhome and Buckboard in our motorhome for her first several weeks and talk with The People, too! Victoria has just a few more ducks in get into a row before she heads out. But we can hardly wait for The Legendary Wilderness Woman to get into The Buckboard this 2016 summer and then later to see her get back into the saddle again while she and High head out living The Nature Cure as they go! She already has friends to film her spontaneous talks with The People and her spectacular outings in nature and to blog her Nature Cure Travels! You will all be able to take the virtual drive with us when we announce The Grand Opening of our daily blog for this grassroots project at www.naturecuretravels.com!



1994



1998



2002