

We expect to be finished with "THE BOOK" by New Year's Day, 2016.
Order "THE BOOK" now. Get huge excerpts and many perks along the way as we write.
E-mail victoriabidwell@aol.com or call me at (3 6 0) 8 5 3 – 7 0 4 8.

2016 HIGHEST HEALTH & ONWARD — WHAT DOCTOR SHELTON DIDN'T KNOW!

Correct Natural Hygiene for The Global Health Seeker!

From... THE 4 TRAILBLAZERS of Correct Natural Hygiene:
Dr. Tosca Haag, Victoria BidWell,
Dr. Vivian Virginia Vetrano & Dr. Greg Haag

For... Our 21st Century Health Seekers!
We Are Forwarding The Natural Hygiene Movement
to The Forefront of Alternative Health Care!



2016 HIGHEST HEALTH & ONWARD — WHAT DOCTOR SHELTON DIDN'T KNOW!

***Correct Natural Hygiene
for The Global Health Seeker!***

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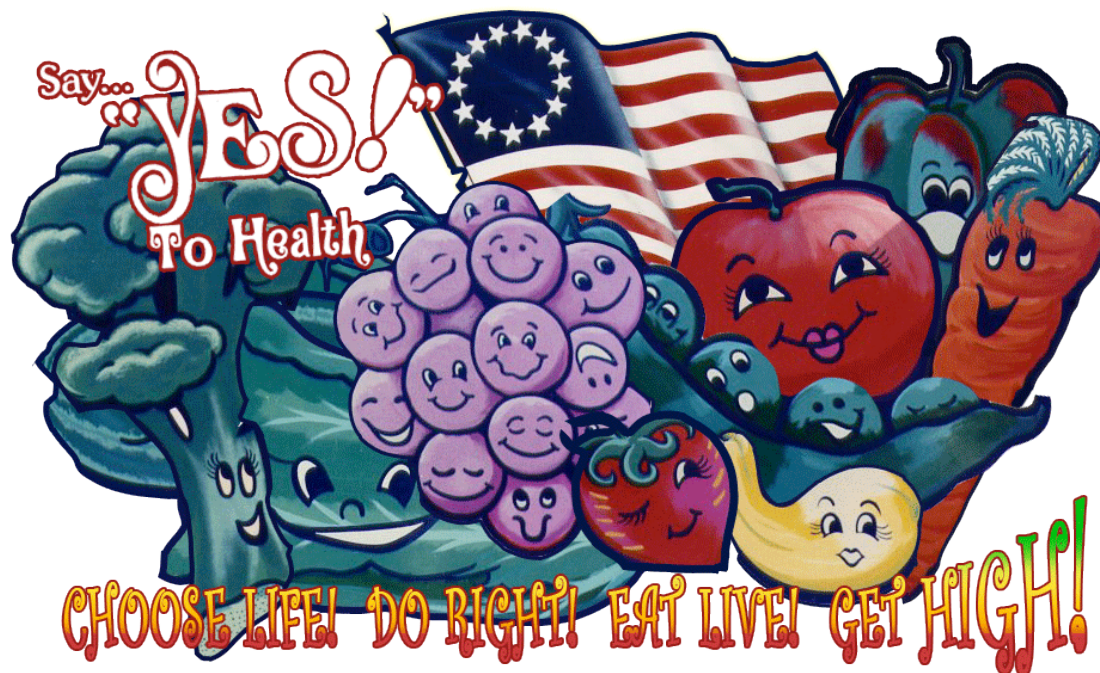
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www.health4thebillions.org & www.health4thebillionsfriends.com
www.naturecurerawfoodhealthretreat.com & www.gethighwithtcfry.com
www.drsheltonshygienicreviewmagazines.com
www.bidwellsnaturalhygienecounseling.com
www.the2bestnaturalhygienehealthretreats.com
www.thehealthseekersyearbook.com & bestblog4correctnaturalhygiene
www.roylretreat.com & www.doctorhaag.USANA.com

**THE END OF OUR DR. SHELTON
TRAIL OF TEARS & CORRECTIONS:
NATURAL HYGIENE SHALL NOT DIE OUT AS A CULT
BUT SHALL MOVE FORWARD AS A SCIENCE WITH
ITS UNIVERSAL APPLICATIONS TO BEST HELP
GLOBAL HEALTH SEEKERS GET WELL & STAY WELL!**

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HAPPY TRAILS TO YOU!



DOCTOR V. V. VETRANO & DOCTORS TOSCA & GREG HAAG'S GREATEST GRATITUDE

JANUARY 1ST, 2014

THANK YOU SO MUCH... TO DOCTOR HERBERT M. SHELTON & TO ALL THE PIONEERS!

Dr. Shelton in 1960: "My major contribution to The Hygienic Movement has been that of resuscitating a movement that was almost dead! Almost alone at the start, I fanned its glowing embers into a fierce flame. In doing so, I had to resurrect men and women [The Pioneers] who had been buried beneath an avalanche of palliatives and 'cures.' And I had to revitalize principles that had been long forgotten. At the same time, I had to repopularize a literature that was being allowed to slip unobservedly over the precipice into oblivion. Today, thanks to my untiring effort and the efforts of those who have joined me in the work, men and women that were dead now live again! Principles that were forgotten have been refurbished! And a whole literature — for The Genuine Health Seeker — has been salvaged!"

Dr. Vivian Virginia Vetrano, Dr. Tosca Haag, Dr. Greg Haag & Victoria BidWell in 2014: "Our most wide-sweeping contribution to The Natural Hygiene Movement has been that of correcting Dr. Shelton's teachings and thereby that of resuscitating a movement that has been slipping into oblivion for decades while its best teachings were being assimilated into virtually all alternative health care systems. In so doing, we are honored to remind Health Seekers of men and women long dead who now live again! These are The Pioneers from 1832 Dr. Issac Jennings, "The Father of Natural Hygiene," to 1939 Dr. J.H. Tilden, "The Last of The Natural Hygiene Mohicans" before Dr. Shelton took the lead. We have given you "An Eagle's Eye Overview" of Hygiene's history and of Dr. Shelton's life, reviewed for you all the correct "as are" teachings, and answered for you the question: "Why Didn't Natural Hygiene Ever Go Big?" At the same time, we have corrected the 6 major categories of dangerous and potentially deadly errors and the 60 minor, lesser errors in Dr. Shelton's Natural Hygiene teachings so that this superlative of all alternative health care systems does not continue to just slip away or become assimilated into inferior systems and thereby pass into oblivion. In short, what Dr. Shelton did for The Pioneers, we are now doing for Dr. Shelton. Today, thanks to these corrections, Dr. Shelton rides again — stronger, longer, and further than ever before! When you come to "The End of Our Dr. Shelton Trail of Tears & Corrections," we hope you share our vision: "Our efforts will bring about a revitalization and a repopularization of 'Natural Hygiene — Corrected!' that will help The Billions of Global Health Seekers move forward into Superlative Health."

Victoria Answers: “HOW DID THE TITLE FOR THIS BOOK GET ITS NAME?”

In 2008, my knees went sideways in an accident; and the joint bones crushed the kneepads. After months on crutches, the healing only went so far. While waiting for Social Security and the surgeons to align and get me new knees, I spent my evenings in some agony, with my knees propped up on top of big pillows. In too much pain to read or write, I watched television. Thus, I found time to keep up on the propaganda pumped out to The People via the advertisement machine! Mostly, however, I watched science and documentaries. In 2010, I happened upon the *National Geographic* program that gave us the title to this book and the right spirit in which to write it. The name of the program was simply “*What Darwin Didn’t Know*.” The magazine also has an article with that title by science writer Matt Ridley.

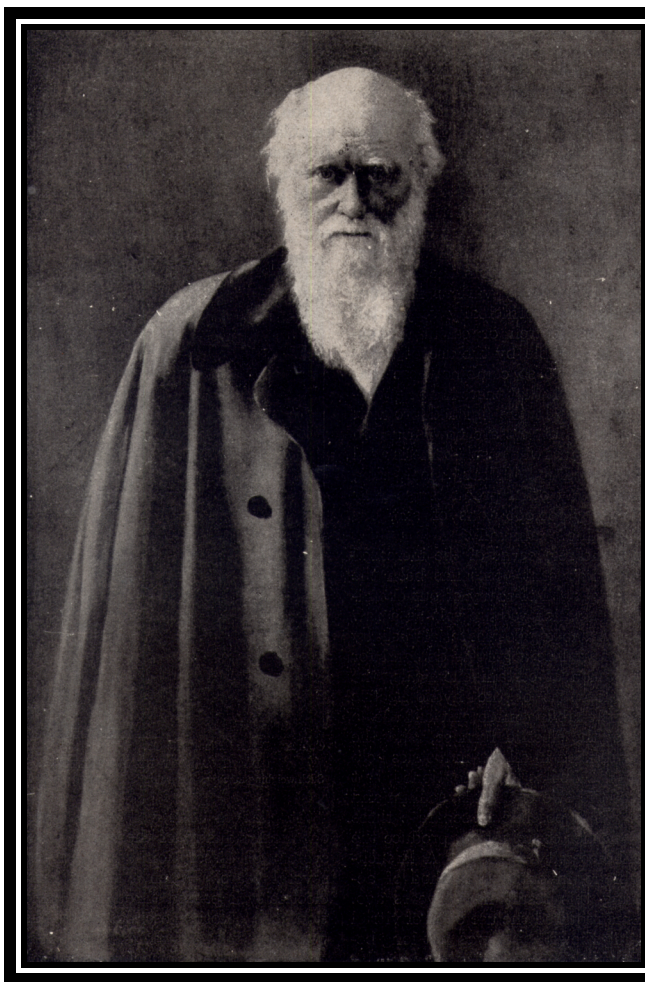
Tosca and I were in the middle of rounds of phone calls that would get her up to Washington to lay out this book. We had not settled on a title. But when I watched *What Darwin Didn’t Know*, I knew I wanted our book to be titled “*WHAT DOCTOR SHELTON DIDN’T KNOW!*” I wanted our presentation to be in the same highly respectful fashion Matt Ridley had used in pointing out the Darwinian errors. The approach was perfect for Darwin. It would be perfect for Shelton. Both men were ahead of their times. Both men set down new ideas that boggled the people’s minds. Both men were right-on with most of their theories and teachings. But because both men were living in a world where science was yet to reveal so much more, neither was right about absolutely everything! How could they have been expected “to know” everything? They weren’t God! They were only men. And quite simply — at the time of their writings — there were some things that they just couldn’t have known. Bringing to the light that which they didn’t know is not intended to defame their characters! It is designed to commemorate them for all they did know and to correct the relatively few errors in what they taught but didn’t know. It is a win-win situation for these 2 teachers now passed on who can stand corrected henceforth and for The Billions now living on who can best profit from the corrections to follow.

As irony and providence both would have it, Dr. Shelton was captivated by Charles Darwin’s famous, ground-breaking 1859 book: *The Origin of The Species by Means of Natural Selection*. When I unpacked the 1,000 books (more or less) in The Dr. Vetrano Library, about 25% of which showed Dr. Shelton’s name written inside as their first-time owner, I found at least 30 on Darwinianism, many actual first editions. The Darwin book introduced his theory: populations evolve through generations via a process he called “natural selection.” That is, nature “chooses” which species will survive and which will go extinct by presenting a natural gauntlet of adversities through which to traverse: the strong make it, the weak die out. Charles Darwin maintained that the diversity of life forms arose by common descent through a branching pattern of evolution. His 1859 book, written for everyday people, attracted enormous interest and the greatest of controversy over 3 centuries.

Charles Darwin was a highly respected scientist. His findings were taken seriously. His scientific evidence sparked philosophical and religious discussion and debate that persist to this day: “Did man and woman evolve from apes?” has been the most heated-up of all the questions. From the 1880s into the 1940s, an “eclipse of Darwinism” occurred as other theories were entertained. Finally, Charles Darwin’s concept of “Evolutionary Adaptation through Natural Selection” became the

accepted, scientifically correct theory. But what Charles Darwin didn't know was all that was yet to be discovered about genes, chromosomes, and DNA and their expression to adapt the organism to its particular circumstances. He didn't know that adaptations could occur rather quickly, within a few generations, either. These findings would have blown his mind! He has now been proved right in all but 7 areas! Likewise, we are now going to prove Dr. Shelton right in all but 6 major categories and in many minor teachings. Herbert will thus be found in good company with Charles. After all, we don't want Natural Hygiene to pass through the alternative health care gauntlet of natural selection and go by way of the dinosaurs!

**THE GREATEST PIONEER
OF EVOLUTION
1809 – 1882**



**THE GREATEST PIONEER
OF NATURAL HYGIENE
1895 - 1985**



Left: Charles Darwin, author of *Origin of Species*, the man whose works have aroused the most fierce and unremitting controversy in the history of scientific, humanitarian, and religious thought.

Right: Dr. Herbert Shelton, author of *The Hygienic System*, the man whose foundational teachings resurrected from The 1800s' Hygieotherapy Pioneers have laid the bedrock for all alternative health systems based on the idea that the body is self-regulating, self-cleansing, and self-healing when the causes of disease are removed and the conditions for health are provided.

Victoria Shares before Our Foreword to...

WHAT DOCTOR SHELTON DIDN'T KNOW!

GOD BLESS... THOSE PRIMORDIAL REQUISITES OF LIFE!

I never met Dr. Herbert Macgolfin Shelton in the flesh. But I did spy him from a distance in the summer of 1976 when I was just 29 and while I attended his 7th and final Health School. It was to be the first of many Natural Hygiene health school, health retreat, health sanctuary visits that has led to the opening of my own place to help The People: Our Hygiene Homestead in The Woods. Once at the School, I heard a calling to my soul and felt a quickening in my flesh to pass on Dr. Shelton and The Early Pioneers' teachings to... "Help The People!" And that calling has spoken more clearly and more loudly as the years have passed! During those 17 days, destined to direct my life forevermore, I studied in the 7 volumes of *The Hygienic System* and read the many *Dr. Shelton's Hygienic Review* magazines set out for patients on a small bookcase in the hallway to the sitting lounge. During the 2 following years, I studied every Dr. Shelton thing I could lay my hands on!

Being raised to recycle everything possible, I have always been very good at not throwing the baby out with the bathwater. And so, upon each reading, I would immediately pitch out such Dr. Shelton nonsense as admonitions to never use soap or shampoo, since I was a wildly enthusiastic horsewoman around either mud or dust every day of the year! I would also toss out each piece of opinionated dogma such as advocating "sex for procreation only," since I had been exploring the fleshly pleasures of sex and at 29 was not about to give them up for some old man whose sexy days were long gone! I cast out, as well, his take on micro-organisms not playing a significant role in the disease process, since my 4 sisters and I all had first mumps and later measles, all at the same time and obviously had done some transfer of "like bugs" to get the exact same symptoms.

Many factors in my upbringing drew me to Dr. Shelton. For one thing, I thought Dr. Shelton's tone of moral indignation and outrageous hyperboles attacking the bad guys — like comparing medical doctors to "pirates and thieves" who "should be rounded up at dawn and hung" — was a hoot! He sounded just like my adrenaline-driven, overly dramatic, always-emphatic Father Victor Bidwell! I loved Dr. Shelton's Socialistic FDR bent, since Victor had been an activist for Socialism back in the day and had raised me up with warnings about "the uncontrolled greed and selfishness of The Haves exploiting The Have Nots." They were both ahead of their times! Right-wing editors of *Time Magazine* chided us on one front cover just this 2009: "We're All Socialists Now!" My bred and born common health sense caused me to filter out any occasional, nonsensical Dr. Shelton thing I read and to take his fervent, anti-whatever-the-topic tones with a grain of salt. But Dr. Shelton's obvious very few big and many little flaws did not stop me from seeing the brilliant genius and beneficent beauty of his teachings for helping The People, helping them far more than the medical doctors at their worst and all alternative health care

outfits of the 1976 day — combined! And his enthusiastic tones? Loved 'em all! Finally, I felt an affinity with Dr. Shelton, due to his agnostic bent so similar to Victor BidWell's atheism. But because I had become an animal and nature lover with my first dog, Victor could not mold me into an atheist. By age 6, I had already turned myself into a Transcendalist, long before I had ever heard Thoreau at Walden Pond! My horse and I, we rode off to a different drummer from the get-go! Still, back in 1976 upon first reading Dr. Shelton, this mixture of ridiculing God and loving nature and animals upbringing put me right at home when reading Dr. Shelton's professed "Nobody knows!" agnostic takes he would so cleverly weave into whatever subject at hand to support his expositions. In summary, my various mind filters discarded a little Dr. Shelton and kept all else. I kept the amazing baby but not the sometimes muddled and sometimes just ridiculous bathwater!

But over the years, I found that most Health Seekers raised by kinder, gentler, more socially sensitive, more spiritually inclined, and more politically correct fathers and mothers than I — they have been just plain put off by the very tones and takes I had found amusing and endearing anti-establishmentarianism to the core! In so being put off and not further studying life-saving Dr. Shelton once they were blessed enough to find Natural Hygiene teachings, untold, huge numbers of Health Seekers have undoubtedly suffered, while many died too young. They just could not take Dr. Shelton with a grain of salt or as he was: too often too morally indignant with too many axes to grind! So, for the sake of Health Seekers who are blessed to find our Corrected Natural Hygiene teachings today and who could best profit from the health truths herein, I am thrilled to be helping Our 3 Texas Doctors set straight the record in *WHAT DOCTOR SHELTON DIDN'T KNOW!*

TRAILHEAD STARTS HERE!

Let us start at The Trailhead. Let us 4 Trailblazers point out for you WHAT DR. SHELTON DID KNOW! He knew and portrayed correctly the bedrock foundations to Natural Hygiene. He did correctly name and point out THE PRIMORDIAL REQUISITES OF LIFE! This is crucial to our work here. And in resurrecting Dr. Tilden's 7 Stages of Disease, exactly as he taught them, Dr. Shelton was also correct. These teachings are foundational to understanding and applying Natural Hygiene with the greatest benefits and highest joys! And they are all foundational and correct as Dr. Shelton uncovered them from The Early Pioneers' works and presented them to us. Throughout 2011 – 2014 and to secure exact references for this book, I have spent 200+ hours re-reading Dr. Shelton — in all his glory, flawed or found correct! Throughout his 40+ books, 40+ years of *Dr. Shelton's Hygienic Review* magazines, and 7-volume *Hygienic System* set, I have refreshed my memory banks and rounded up these "Primordials" into one corral:

fresh air, rest, sleep, physical exercise, sunshine, cleanliness of outer body, cleanliness of inner body, a peaceful mind, truth, moderation, proper foods, proper combinations of foods, good social standing, beauty, peace of mind, a positive attitude, honesty, useful and productive work, quietude, a strong purpose in life, love, friendship, self-control, clean water, emotional poise, fasting as needed, comfortable temperatures, enjoyable recreation, mental challenges, forgiveness, simple foods prepared simply, self-confidence, and many more.

There they are! First of all, note that Dr. Shelton, in all his volumes, never itemized Natural Hygiene's Primordial Requisites of Life, which he sometimes called "The Basic Requisites of Health" or "The Essentials of Life," among numerous other terms. Not only did he have interchangeable names for this all-important list and teaching tool, confusing enough for the serious student as that is, but he never once listed these Requisites or Conditions or Essentials all at once in even one place! And with so many of these terms being similar to synonymous, it just added to the confusion! Obviously, he had neither spent years teaching English, Linguistics, and Semantics to high school students! A well-prepared list does half the work in getting energetic and eager, bright-eyed teenagers successfully focused on anything even remotely theoretical and technical!

Why no teacher ever bothered to make Natural Hygiene easier for students by itemizing The Primordial Requisites for Health in a concise, includes-all list and keeping them in a memorizable, graspable, logical order has always mystified me. T. C. Fry came up with an unwieldy 22. Dr. Doug Graham went even further with 30+. Many have a woefully incomplete 6 or 7. But I have found that all healthful living habits can be categorized within The 10 Energy Enhancers and that this list of 10 can be used to ferret out what any Health Seeker needs in order to move in the direction of getting well and staying well! When I am long gone, my humble contribution to Correct Natural Hygiene teachings will have been to have made a complete, manageable, easily memorizable list of those healthful living habits to embrace and to have put them into a meaningful order! These "HEALTH BY HEALTHFUL LIVING HABITS" are what I term "THE 10 ENERGY ENHANCERS." They are presented in the order of Maslow's Hierarchy of Needs from most urgent to the preservation of life to least urgent. The first 5 will result in death if not observed, the last 5 will not. Another teaching tool that Dr. Shelton did not think to provide: I have listed their 10 parallel opposites, every bit as important to avoid as The 10 Energy Enhancers are to follow, and have termed them: "THE 10 ENERGY ROBBERS."

And yet another teaching tool: Dr. Shelton never labeled Natural Hygiene as... "THE SUPERLATIVE, ALTERNATIVE HEALTH CARE SYSTEM!" You will learn that Dr. Shelton greatly disliked the term "alternative health care." But the term has caught on big time since his day. In our 2012 world, it is obvious, we have only 2 schools of thought: The Medical Mentality and all the others, which are simply — the alternatives to The Medical Mentality. I have used the term in all the GetWell★StayWell, America! teachings. Every Natural Hygiene Teacher will affirm that Natural Hygiene is — of all the alternative health care systems — "THE BEST!" So why not bill it as such with the bright banner of "SUPER-LA-TIVE!"? Why not teach The 10 Simple Energy Enhancers to make getting well easier? Why not make it FUN? Finally, I hope I will be found, when I am long gone, to have been... "The Wilderness Woman with The HighJoy Horse = The Spurs Who Put The Nature Back into Natural Hygiene & The Fun into Gittin'er Dun & on The Internet!"

Correct Natural Hygiene Is...

“The Superlative, Alternative Health Care System!”

Based on science, it proves the body follows natural laws, primary of which is this: The body is self-revitalizing, self-cleansing, self-renewing, self-maintaining & self-healing.

IT IS... A BEAUTIFUL THING!

Natural Hygiene Shows How to Get Well & Stay Well:

- #1: By Removing The Causes of Disease,**
- #2: By Providing The Conditions for Health,**
- #3: All — without Drug & Doctor Dependency
& with Self-Responsibility!**

NATURAL HYGIENE IS A 10-POINT PROGRAM.

**Pioneers called these 10... “The Primordial Requisites of Life”
Or “The Conditions for Health” or “The Essentials of Life.”**

We Call Them... “THE 10 ENERGY ENHANCERS!”

**If you’ve been searching for the ring of keys to unlock
the gates that turn you loose into the very greenest
pastures of Superlative Health, then...**

The ring is Natural Hygiene!

The keys are The 10 Energy Enhancers!

THE 10 ENERGY ENHANCERS

To summarize: The 10 Energy Enhancers are also called “The Basic Requisites of Life” or “The Primordial Requisites of Life” by Dr. Shelton and The Early Natural Hygiene Pioneers. “The 10 Energy Enhancers,” however, is easier to pronounce! It is more trendy and appealing — as everyone wants more energy! It is certainly more concise with 10 rather than the rambling list of fairly synonymous dozens from The Early Pioneers. Its order has a purpose. And it has a parallel opposite list for The Health Seeker to seriously consider and to avoid, as well. Either way, both my list and those of The Early Pioneers stand firmly as the absolutely correct biological, physical, mental, and emotional needs of The People for their Superlative Health. And it is a list that Dr. Shelton did know, albeit in a longer, more rambling form. Even spiritual needs are indirectly met with both our lists if you stretch their non-physical abstractions of “love, friendship, and peace of mind” or my “Emotional Balance and Nurturing Relationships” into one’s relationships with humans, animals, nature and/or God. Regardless of what they are called or in whatever order they are listed, practicing consistently and strictly — over time — The 10 Energy Enhancers causes the body to adapt by building health:

- 1. Cleanliness — inside & out**
- 2. Pure Air**
- 3. Pure Water**
- 4. Adequate Rest & Sleep**
- 5. The Ideal Diet of Almost Exclusively Sun-ripened Live-Foods: raw fruits & vegetables, nuts, seeds & sprouts; organic whenever possible; non-toxic; properly combined; supplemented to supply that which is missing in our depleted soils & to fortify us against the stresses of life in The 21st Century**
- 6. Right Temperatures**
- 7. Adequate Sunlight**
- 8. Regular Exercise**
- 9. Emotional Balance, includes: Freedom from Addiction, High Self-esteem, A Purposeful Life & Meaningful Goals**
- 10. Nurturing Relationships.**

THE 10 ENERGY ROBBERS

The 10 Energy Robbers are also called by the rather cumbersome and mystifying terms “The Remote Causes of Disease” or “The Secondary Sources of Disease” by Dr. Shelton and The Early Natural Hygiene Pioneers. Their terms need explaining. Practicing any of The Energy Robbers does not directly initiate the disease process at the cellular level. That “first cause” or “one cause” of virtually all disease is the presence of Toxemia throughout the fluids and tissues of the body brought on by getting too tired (enervated) to keep itself clean. (In correcting the Natural Hygiene in this book, we will point out the very few exceptions that Dr. Shelton didn’t know.) In summary, “The Immediate Cause of Disease” (rather than “The Remote...”) or “The Primary Source of Disease,” (rather than “The Secondary...”) always refers to reaching The 2nd Stage = Toxemia that descends into the further 5 stages. Regardless of what they are called, practicing consistently and almost exclusively The 10 Energy Robbers causes the body to adapt by building disease:

- 1. Uncleanliness — inside & out**
- 2. Impure Air**
- 3. Impure Water**
- 4. Inadequate Rest & Sleep**
- 5. The Standard American Diet: cooked, processed, refined, spiced up, condimented, chemicalized, sugared & salted meat, dairy, fruits & vegetables, grains & junky foods — all without needed supplementation to supply that which is missing in our depleted soils & to fortify us against the**

stresses of life in The 21st Century

6. Wrong Temperatures

7. Inadequate Sunlight

8. Lack of Regular Exercise

9. Emotional Unbalance, includes: Addictions, Low Self-esteem, A Purposeless Life & Meaningless Goals

10. Toxic Relationships.

**The Single Question Most Asked
by Health Seekers Who Have Most Benefited by & Are Most
Appreciative of Natural Hygiene:**

“Why Didn’t Natural Hygiene Ever Go Big?”

— otherwise asked as —

**“Why Didn’t ‘Pure, Sheltonian
Natural Hygiene’ Ever Take Off?”**

- 1. A Health Seeker cannot succeed in doing Pure, Sheltonian Natural Hygiene without being willing to get well educated by investing some time and a chunk of change in educational materials that present the beauty of practicing The 10 Energy Enhancers and then further studying them... while John and Jane Average-American Doe just eat, drink, and be merry with no thought of tomorrow.**
- 2. A Health Seeker cannot succeed in doing Pure, Sheltonian Natural Hygiene without having re-arranged his or her value system radically according to all 10 of The Energy Enhancers... while John and Jane Average-American Doe just go with the flow.**
- 3. A Health Seeker cannot succeed in doing Pure, Sheltonian Natural Hygiene without first having been highly inspired and motivated and then by making a commitment to practicing The 10 Energy Enhancers and then by being willing to bite the bullet and/or to make it fun enough to get self-motivated to stay on track with on-going self-correction... while John and Jane Average-American Doe just do what Corporate America advertisements and media messages tell them to do.**
- 4. Health Seekers cannot succeed in doing Pure, Sheltonian Natural Hygiene if, when they do fall off the right track, they allow themselves to become demoralized and give it all up... when they do not self-correct... when they do not strengthen resolve more than ever as they occasional prove themselves to be “only human”... while John and Jane Average-American Doe have the best, ready-made support system in the world for their ill-health goals = the omnipresent advertisements funded by The Disease Industrialists**

and all the others also merrily rowing their boats down the stream.

5. A Health Seeker can seldom succeed in doing Pure, Sheltonian Natural Hygiene without a strong support system: like-minded friends, educational materials, and/or Internet interaction... while John and Jane Average American Doe have the best support system for their ill-health goals = the advertising media and friends in disease.
6. A Health Seeker most often cannot succeed in doing Pure, Sheltonian Natural Hygiene while practicing drug/substance abuse, self-medicating with disease-promoting foods, practicing eating disorders, burning rest and sleep candles at both ends, and/or otherwise indulging in reckless and dangerous thrill-seeking of all kinds... while John and Jane Average-American Doe thrive on a life of mild to dangerous thrills and health-destroying distractions, stimulants, addictions, and/or as little sleep as possible — until their appointed days of reckoning come.
7. A Health Seeker cannot focus and succeed in doing Pure, Sheltonian Natural Hygiene if taking over-the-counter and prescription medications that mess up terribly their biochemistry and neurophysiology and emotional balance and clarity of mind... while John and Jane Average-American Doe surely do so medicate — until side effects catch up with them to give them a whole new set of physical and mental/emotional problems to deal with besides that for which they were taking the drugs in the first place.
8. Living outside The Disease Industrialists' Box and pursuing The 10 Energy Enhancers is impossible for un-educated, un-inspired, un-motivated, un-committed, un-correcting, lukewarm Natural Hygiene Health Seekers... while John and Jane Average-American Doe mindlessly follow friends and relatives, the in-crowd who have been bamboozled by the cunning and clever directions of the very most powerful brainwashing and addiction-creating tool of The Disease Industrialists = the advertising industry.
9. Doing any or all of The 10 Energy Enhancers is anti-establishment and makes many lukewarm Health Seekers too uncomfortable... while pursuing The American Dream as promoted by The Disease Industrialists via The 10 Energy Robbers makes most people comfortable as they enjoy the rat race and company of the in-crowd.
10. Doing The Pure, Sheltonian Natural Hygiene Diet of fruits, vegetables, nuts, and seeds takes too much fun out of eating and demands too much self-discipline... while enjoying Standard American Diet foods presents fun to be had by all and is found all along the path of least resistance and takes no self-discipline at all.
11. Doing The Pure, Sheltonian Natural Hygiene Diet of fruits, vegetables, nuts, and seeds takes too much self-sacrifice most all the time... while Standard American Diet foods invite and encourage too much self-indulgence at all times.
12. Doing The Pure, Sheltonian Natural Hygiene Diet of fruits, vegetables, nuts, and seeds takes too many mellow and mild-flavored and boring foods with too many restrictions in kinds of foods, amounts, and combinations... while Standard American Diet foods can be too thrilling and too addicting for words and can be eaten with absolutely no restrictions, whatsoever.
13. Doing The Pure, Sheltonian Natural Hygiene Diet of fruits, vegetables, nuts, and seeds takes too much effort and/or the investment of a fast to retrain the 10,000 taste buds embedded in the tongue... while Standard American Diet foods do not take any effort to savor and most often taste too good in whatever form they come.

14. Unless the 10,000 taste buds have been retrained and/or turned pristine from taking a fast, doing The Pure, Sheltonian Natural Hygiene Diet of fruits, vegetables, nuts, and seeds gives no immediate gratification of every unwholesome food thought, whim, sight, sound, touch, taste, smell, and fantasy... while Standard American Diet foods do and do so with ultimate, albeit momentary, satisfaction and even enormous taste thrills.
15. Doing The Pure, Sheltonian Natural Hygiene Diet of fruits, vegetables, nuts, and seeds does too much teaching against social drinking and recreational drinking of beverages made from the correct foods... while Standard American Diet foods give complete freedom to drink whatever and whenever a person wants: carbonated, sugared, chemicalized, alcohol or dairy-based, canned, bottled, or otherwise.
16. Doing The Pure, Sheltonian Natural Hygiene Diet of fruits, vegetables, nuts, and seeds does too much condemning of recipes, even those with simple shredding, blending, chopping, mashing, mincing, dehydrating, freezing... while Standard American Diet foods are almost all recipes of all kinds all the time and invite consumption of them all with complete and wild abandon of all preparation restrictions.
17. Doing The Pure, Sheltonian Natural Hygiene Diet of fruits, vegetables, nuts, and seeds takes too much time planning and shopping for the right foods at the right places... while securing Standard American Diet foods takes much less planning as they are too readily accessible around the clock just about everywhere.
18. Doing The Pure, Sheltonian Natural Hygiene Diet of fruits, vegetables, nuts, and seeds costs too much money and can sometimes deliver disappointing flavor... while Standard American Diet foods, selected properly, are cheap to eat and dependably delicious.
19. Doing The Pure, Sheltonian Natural Hygiene Diet takes one into too strange a world of social eating habits and often leaves him or her feeling like a weirdo or a cult-captive at worst or a health nut at best... while no one is ever ostracized or stigmatized for enjoying Standard American Diet foods in virtually every social situation.
20. No Health Seeker can succeed in doing Pure, Sheltonian Natural Hygiene without putting out the effort to get immediate gratification systems firmly in place by making it... FUN! FUN! FUN! throughout the day or at least mildly pleasurable/rewarding in the long run for all the right reasons... while John and Jane Average-American Doe just do not care about Energy Enhancing FUN or long run health rewards, because they have been properly brainwashed by The Disease Industrialists' advertisement machines to eat, drink, be merry, and — above all — to stop thinking critically.
21. Pure Sheltonian Natural Hygiene never took off because The Natural Hygiene Movement never had "One Good Leader" who was "A Completely Dedicated & Total Success Package!" Not one leader in the last century fit the bill with all the necessary unique features to make that complete package who would sell Natural Hygiene to The People. We are still lacking that "One Good Leader" today. This is not to fault the efforts of our Natural Hygiene Doctors with bona-fide chiropractic and medical degrees or the many self-declared Health Educators with their various credentials who call themselves "doctors." For nearly all who seemed to be candidates, it was never their calling to take on the job in the first place. For the few who seemed to fit the bill and tried, they exhibited at least one "tragic flaw" in the Greek tragedy sense of the term that kept that would-be leader from being that "Total Success Package." These are the needed features: holds a genuine heart for The People, overflows with joy, glows with

health considering age and what he or she has been through, exhibits a grand command of the spoken and written word, has high energy reserves, has a head for business, is motivated for all the right reasons, practices high moral values, takes a “never give up” attitude of perseverance, and knows and practices Correct Natural Hygiene.

22. And finally — Pure, Sheltonian Natural Hygiene never took off, not only because our leaders harbored at least one tragic flaw, but because Pure, Sheltonian Natural Hygiene itself was flawed. In this book, we have corrected 6 major categories of dangerous or potentially deadly teachings and turn-offs and 60 minor and less consequential. NOW, WE DO HAVE CORRECTED NATURAL HYGIENE and the best in alternative health the world has to offer. Now, critically thinking Health Seekers and Health Educators can work together to move Correct Natural Hygiene to The Forefront of The Alternative Health Care Movement and thereby — BEST HELP THE PEOPLE!

Dr. V., Dr. T., & Dr. G.: “Victoria has interviewed us 3 Texas Doctors extensively, becoming our family biographer in the process. She has compiled, written, and then edited our 4 collective forewords with our editing and complete approval!”

**For... Our 21st Century Health Seekers!
We Are Forwarding The Natural Hygiene Movement
to The Forefront of Alternative Health Care!**

DR. TOSCA TAKES THE LEAD...

It is 1952. It is 6:00 P.M. It is a chilled winter’s night in San Antonio, Texas. With high hopes, a gorgeous, vivacious, 5-foot & 2-inch, 25-year-old brunette and her adorable, blonde, 2 & 1/2-year-old baby girl approach the front porch of a huge, stone-cut home. It rises up 2 tall stories in the imposing grandeur that was the 1800s at its most formidable. The 2 stand at the doorsteps in anticipation of a most extraordinary, older man’s invitation and promise: “A WONDERFUL DINNER AND A ROSY FUTURE!” The sign at the entrance forewarns:

**“Dr. Shelton’s Health School
Where Health Is Built — Not Bought!”**

Little could anyone have known that this mother and child daring to enter this stone-cold building would spark health and happiness fireworks for The People around the world — 60 years into the future and forward!

Dinner is being served. For those taking whole-food meals and not juices, Chef Harriet, dressed in white, carries the fanfare from the kitchen: a stunning rainbow-vegetable salad — all fresh and unfired — of green cucumber hunks, purple

cabbage chunks, white jicama quartered, and orange bell peppers halved, all served with a luscious-looking, perfect, plump tomato sitting uncut on each guest's plate! A side dish awaits: small red-gem potatoes and bright-green string beans, simply steaming in flavorful splendor, smothered neither by sauce nor butter! Wholesome aromas fill the air! Appetites of the well-educated diners anticipate yet another meal homemade for health rather than designed for disease. The Good Doctor Shelton greets the mother and child, as if they were dearly beloved family. He escorts them into the kitchen and joins them for the vegetarians' feast. Fact is, Dr. Shelton had met the little lady 2 years before this cold winter's eve. She had searched out the Health School and Dr. Shelton in 1949, looking for answers to help her Daddy who had suffered a stroke at too early an age. During the dinner, the girl devoured first the salad set before her and then 6 of the steaming, little red-gems and a sizable pile of string beans. At that evening meal, destiny also dined. For that vibrant, lovely, little lady was Vivian Virginia Vetrano. The adorable, little, blonde girl was I.

**THE NEXT 27 PAGES MAKE UP "THE LONG FORWARD."
THESE PAGES AND LONG EXCERPTS ARE AVAILABLE TO YOU NOW
WHEN YOU ORDER YOUR COPY OF *WHAT DR. SHELTON DIDN'T KNOW!*
YOU WILL RECEIVE EXCERPTS AS WE COMPLETE THE BOOK.
SIMPLY CONTACT VICTORIA FOR DETAILS: victoriabidwell@aol.com**



From one of Dr. Shelton's 27 long-lost live lectures I offer through GetWell★StayWell, America! — Dr. Shelton announced:

**"Natural Hygiene is not an exact science....
We have not discovered all there is to know.
There will come a time
when more truths will be revealed!"**

**Naturalist Henry David Thoreau, 1860:
A book, not which affords us a cowering enjoyment,
but in which each thought is unusual and daring
— such as an idle person cannot read —
— and by which a timid person would not be entertained —
a book which even makes us dangerous to existing institutions...
that is what I call "A good book!"**

***John 8:32 — Ye shall know the truth,
And the truth shall set you free.***