

*Victoria BidWell at GetWell ★ StayWell, America!*



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**GetWell Friends, Live Food Factor Friends  
& Friends of Our 3 Texas Doctors!**

**WELCOME TO...**

**Our 2013 GetWell ★ StayWell, America! News Bulletin!**

When you order anything from today's *2013 News Bulletin* and send in the very next page, you will receive a FREE gift copy of Dr. Shelton's *SUPERIOR NUTRITION* with your order. And, when you order anything from today's *2013 News Bulletin*, you will also receive my *2014 News Bulletin* which will give you all details of "Our Health 4 The Billions Campaign!"

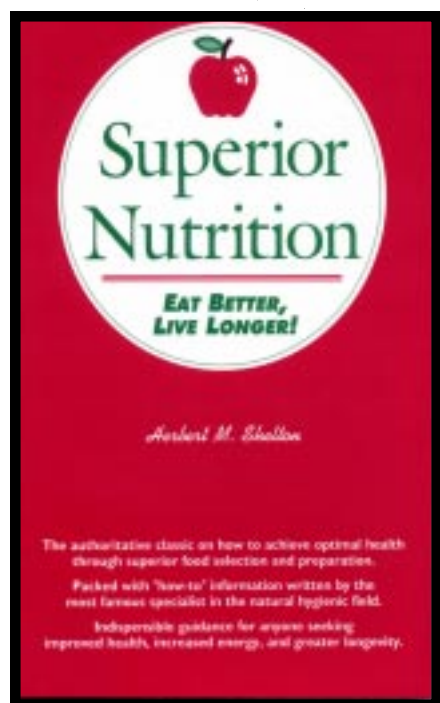
Today's *Bulletin* will catch you up on the latest greatest in The Raw Food Movement. And you will also find a great burden off my back and a big batch of guilt lifted! Explanation? Back in the fall of 2006, I offered a new book by new author Susan Schenck: *THE LIVE FOOD FACTOR*. You all know the story. I spent 2 years and 2,400 hours helping Susan rewrite her first book, making 6,000 individual changes if you count every mark of punctuation and every chapter that did not exist in the first edition and everything in between! I lengthened the book by 1/3, got my name on the cover, and began helping a whole new group of Health Seekers, despite The 2008 Meltdown. In 2009, The GetWell Friends, my team, and I got Our Hygiene Homestead in The Woods up and running. In 2010 - 2011, we got Dr. Vetrano's gift library here from Texas, got its new room ready, and unpacked it for scanning the 1,000 rare books on Natural Hygiene. In 2012 - 2013, we got The 41-Year Set of *DR. SHELTON'S HYGIENIC REVIEWS* and much more ready to pass on to Health Seekers. I GOT SO BUSY! GOT SO WEARY FROM TIME TO TIME! AND GOT SO HAPPY TO MOVE NATURAL HYGIENE SO FORWARD!

But I also got to feeling so badly about not keeping you up on all the new raw recipe books and info books and recent release documentary DVDs. Since the beginning, formally in 1986, I had kept all of The GetWell Friends up on all of the latest in Natural Hygiene and near-Natural Hygiene to come down the pike. But since 2006, when I started to neglect to do so and kept SO BUSY elsewhere, there burst forth AN INFORMATION EXPLOSION IN ALTERNATIVE HEALTH ANSWERS! In your hands is the best of that "EXPLOSION — IN A NUTSHELL!" I hope you enjoy this 80-page read and the look-see and will call me with your questions.

**ALSO, INSIDE, FIND THE MANY FREE GIFTS WITH WHAT YOU ORDER! ENJOY!**  
**2 BOOKS IN 1: The Health Seekers' YearBook with The Best of Common Health Sense**  
**Is... "The Most Important Natural Hygiene Education in This Entire News Bulletin!"**

# 100+ LITTLE GIFTS 4 YA'LL!

FROM... *Victoria BidWell* & THE HIGHJOY HORSE & OUR 3 TEXAS DOCTORS!



**FREE!** A \$16 Postpaid Book  
— *SUPERIOR NUTRITION* —  
by Dr. Shelton with Any Order  
from Today's *2013 News Bulletin*!

When Our 3 Texas Doctors — Dr. Vivian V. Vetrano & Dr. Tosca Haag & Dr. Greg Haag closed The ROYL Retreat & began focusing on bringing USANA Supplementation awareness to Health Seekers, they gifted me so much! THE IDEA CAME TO ME TO... "SHARE! SHARE! SHARE!" THESE GIFTS WITH HEALTH SEEKERS! The most amazing gift was their collection of 1,000 titles of rare books by 1800s' & early 1900s' Pioneers! We now have 150 CDs & DVD movies. We have successfully scanned everything that Dr. Tilden, Dr. Shelton, T. C. Fry, Our 3 Texas Doctors & I have ever written &/or published. In

2014, we will complete The Pioneers 500 titles. The grand total of 1,000 titles will go up as electronic items starting this fall at [www.health4thebillions.org](http://www.health4thebillions.org). Another gift was 1 book of the same title — and 1,000 of them! Dr. Shelton's second most famous book after *Fasting Can Save Your Life* — *SUPERIOR NUTRITION* — is now 1 of "100+ LITTLE GIFTS 4 YA'LL!" When ordering from today's *2013 News Bulletin*, just tear out this page & send it with your order to get your own new copy of *SUPERIOR NUTRITION*!

**FREE!** Enjoy T.C. Fry's e-book *REVELATION OF HEALTH*... when you **FREE-SUBSCRIBE** to [www.4health4thebillionsfriends.com](http://www.4health4thebillionsfriends.com). This meaty book — *REVELATION OF HEALTH* — was T. C.'s most published piece of literature he gave out to spread Natural Hygiene. Also receive a gift electronic book a month & monthly e-broadcasts reviewing the latest, rare e-books from The Pioneers to go up at [www.health4thebillions.org](http://www.health4thebillions.org)!

**FREE!** Enjoy **5 FREE!** e-books: Dr. Shelton's *Fundamentals of Nature Cure* & his *Road to Health* & my *Fruit & Vegetable Lovers' Calorie Guide* & my *Salt Conspiracy* & Dr. Tilden's *Toxemia Explained*... when you **FREE-SUBSCRIBE** to [www.4livefoodfactorfriends.com](http://www.4livefoodfactorfriends.com). Also, enjoy our 100+ past broadcasts full of Live-Food teachings, case histories, news, inspiration & raw recipes & my Live-Food Freedom Formulas! **FUN!**

# **WELCOME TO... OUR HIGHJOY HOMESTEAD!**

**Made Possible by Ken & Sandra Chin**

**— & The GetWell Friends & The livefoodfactorfriends & The ROYL Friends!**

**Here Is The Humble Headquarters for... GetWell★StayWell, America!**

**This Is Where Computers & Inventory & Shipping Room & Phones Are Housed**

**— & Where The Health 4 The Billions Library Is Archived for Future Generations!**

**In These 2 Pictures, You See Where High & I Live & Work & Play!**

**We are 5 Miles Upriver from Our Hygiene Homestead in The Woods Retreat**

**— Where Health Seekers Live & Learn Correct Natural Hygiene!**





# INTRODUCING...

## Dr. Tilden's Philosophical & Health Epigrams

"Epigrams are the result of a subconscious earnestness generated by the importance of the subject in mind. I think that no one makes epigrams consciously. They come from stimulation of the subject being discussed; therefore, if some of these hundreds of epigrams do not please you, just understand that I may have been somewhat inebriated with the anxiety of putting my messages across. These epigrams were selected from my writings of the last twenty-five years." Dr. J. H. Tilden, 1939

The "epigram" is "a witty, ingenious or pointed saying, tersely expressed; a short, concise statement intended to have great impact; a well-worded expression, often with a satirical note or a twist." Poetically: "Brevity is the soul of wit." Philosophical epigrams hold mighty answers to spiritual questions!

Dr. Tilden was a Christian. Both his *Toxemia Explained* and his health epigrams succeed in teaching us to look to what lies in our souls for finding the health-destroying habits that have brought on disease. The word "soul" is highly abstract and lofty. It needs my practical definition: "the collective conscious and the subconscious, the thoughts of the mind, the feelings of the heart, the addictions of the flesh, and the choices of the free will." You will profit most from these epigrams if you do a soul-search!

Dr. Tilden taught at the tail end of The Nature Cure Movement and created the forefront of The Natural Hygiene Movement — a man behind and ahead of his times, both! His teaching style was to moralize his messages. In studying his epigrams, I see his Hygiene is correct-enough for his day and ours, his speculations on how "perverted" medical routes and commercialism are at their worst hold more true today than in his times! In the early 1900s, who best anticipated the stronghold that advertising would erect in the human psyche and how deeply advertising would penetrate the flesh? Who best prophesized the kill-steal-destroy grip of addiction? Who best gave "correct, physiological living" as the antidote to the waste-of-time thrill-seeking that builds disease in the blood and tissues? Who had the answers? Dr. Tilden is who. Enjoy taking to heart his thought-provoking, life-changing Health Epigrams!

Upon Dr. Tilden's 1939 death, Dr. Shelton, still heavily influenced by The Nature Cure Movement, stepped forward to lead The Natural Hygiene Movement. In one fell swoop, he left Nature Cure for Natural Hygiene and carried on for well over 2 decades. Then, in 1965, Dr. Vetrano danced on in! And then, in 2002, after spending a year in The Canadian Rockies on a trail ride ranch with her new colt, Victoria BidWell reinvented herself into "The Wilderness Woman on High!" Dr. Tilden The Moralizer preached Natural Hygiene. Dr. Shelton The Sand-bur of The Rio Grande vehemently delivered the truth though the heavens might have fallen. Dr. Vetrano choreographed Euphoria into Hygiene. Now, Victoria BidWell and HighJOY have galloped full circle and are bringing The People back-to-nature, inviting Health Seekers to take "The Nature Cure" at Our Hygiene Homestead in The Woods and to practice "Health by Healthful Living — in Touch with Earth, Air, Water, Animals & Sun & **FUN! FUN! FUN!**"

Dr. Shelton — Sand-bur  
of The Rio Who Irritated  
Most All Medical Doctors!



Dr. Vetrano — Teacher  
of Hygiene Euphoria!



The Wilderness Woman  
& The HighJOY Horse —  
Back-to-Nature Trailblazers!



Dr. Tilden — Moralizer  
of Natural Hygiene!



# PRIME HEALTH EPIGRAM SAMPLES by DR. J. H. TILDEN



• 1 • If morality is not health with resultant responsibilities and concomitants, then there is no such thing as morality.

• 2 • Victoria's Note: If Dr. Tilden and I sound like "health moralists" and this turns you off, it will be all the worse for your edification. If you read Dr. Tilden's epigrams and my occasional contributions to his health epigrams and are eager and willing to profit from his 60 years of helping The People get well and stay well and my 30 years of the same because of our "health moralist" approach, it will be all the better for your edification! Read on, Dear Health Seeker Friends of Ours!

• 3 • If we break health laws, we are warned of it by discomfort or pain. What is the true meaning of that warning? In health, the community of organs that make up the body are rhythmically adjusted. Each has its own work to perform, and the amount of work each performs is gauged by the amount every other one performs. "Health" means "every part of the body is performing its duty." If the body receives the proper treatment — if worked, if exercised, if fed, and if otherwise given what it needs in proper amounts — there will be comfort and pleasure in living. Health brings comfort and happiness. There can be no greater happiness than the feeling one has in perfect health!

• 4 • Nothing frees the blood of disease-producing material so surely as pure air!

• 5 • If a stranger from a far-off galaxy should come one day to the edge of our Earth's atmosphere and view us for a day with a telescope and then return to his home in the universe without any further investigation, he would report that the human animals on Earth have their heads in the center of their bodies: for that spot receives all the attention and is the mastermind that runs the whole show of the body and its activities.

• 6 • Disease is slavery, and to be taught how to procure health leads to breaking the bonds of slavery and ultimately — to freedom.

• 7 • CERTAINLY, THERE IS ABSOLUTELY NO TONIC, STIMULANT, OR BUILDER OF HEALTH LIKE A STRONG PURPOSE IN LIFE!

• 8 • Pain is as natural a subjective experience as is comfort. Pain is the direct product of much inharmoniousness in body, mind, and spirit, while comfort is the result of much harmony of the same.

• 9 • My plan of cure is strictly a system of education. Sickness is ignorance. To get well and stay well, one must be educated into knowing his duty to himself and must have his errors of unhealthful living practices pointed out to him.

• 10 • Long life is given to the man and woman who know The Laws of Life and obey them!

• 11 • The patients with diarrhea should close their mouths if they are to close their bowels.

• 12 • Victoria's Contribution to this Dr. Tilden Epigram: Those who economize on health advice and ignore common health sense will get what is coming to them. It will not be a pretty sight. You do not want to go there. For with the building of chronic, degenerative disease, every moment of a person's life changes. Every decision of The Sufferer is built around accommodating the always worsening, diseased condition. Every bit of hope for reversal of the disease process — slowly, over time — dies. The Sufferer's life literally becomes his disease. This misery is so great that we hear many Disease-Ridden Sufferers call out during the latter days of their lives: "I wish I were dead!"

• 13 • When the leaders of the world get wise enough, they will compel its finishing schools to establish a health department where the students will be instructed in proper, physiological living.

• 15 • In some cases, fasting is the only remedy that will permit the system to throw off disease and come to a physiological equilibrium, but it is a mistaken idea that fasting cures disease. The cure is to come after the fast. The disease was brought on by wrong living. Fasting will not cure errors of life. Only right living choices will cure!

• 16 • Nature is making ways for cure always: All nature needs is our intelligent co-operation.

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**VICTORIA! Please send me #\_\_\_\_\_ booklet(s) of *Dr. Tilden's Health Epigrams* for \$7 each postpaid.**

**Please send me #\_\_\_\_\_ booklet(s) of *Dr. Tilden's Philosophical Epigrams* for \$7 each postpaid.**

**Please send me #\_\_\_\_\_ booklet(s) of *Dr. Tilden's Philosophical & Health Epigrams* for \$10 each pp.**

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# **THE MEDICAL MENTALITY . . . AT ITS VERY WORST!**

**1... THE MEDICAL MENTALITY** holds that a person can appear “perfectly healthy” one day and then be mysteriously, inexplicably stricken with a dreaded disease virtually overnight!

**2... THE MEDICAL MENTALITY** adheres to a belief in “The Germ Theory” as originally proposed by Louis Pasteur: Not counting wear-&-tear diseases and congenital, genetic diseases, most disease is caused by microorganisms or viruses foreign to the body, which they attack, invade, and use as a host to homestead.

**3... THE MEDICAL MENTALITY** holds that there are well over 10,000 different known and named and categorized diseases, each disease with its own cause or causes, known or unknown. Years of scientists’ time and billions of Americans’ dollars are spent annually, searching for the external causes of various diseases and their technological antidotes and cures.

**4... THE MEDICAL MENTALITY** looks at the “disease process” as something “gone awry” which “happens to the body” and, therefore, as something which can — and must — be fought against and stopped: The symptoms must be palliated or suppressed; furthermore, the body must, in some way, be “treated” with some sort of doctor-prescribed drug, treatment, or therapy or surgery to make the patient get well.

**5... THE MEDICAL MENTALITY** teaches that illness is to be expected as the years advance and that disease is an expected part of the aging process. If standard medical treatment cannot help you, the doctors hopelessly and cold-heartedly state: “You will just have to learn to live with it!” (“It” refers to “the pain and ongoing degeneration into chronic, irreversible disease and an unnecessarily early and miserable death.”)

**6... THE MEDICAL MENTALITY** is not the least bit interested in actively and relentlessly promoting dietary nutrition as an integral and essential part of getting well or staying well, although it may make minor concessions such as recommending a reduction in dietary salt or the adoption of a weight loss program. The prevailing, pessimistic attitude, however, is that even if there were something to this “dietary nutrition,” people would not change their eating habits, anyway. At its worst, therefore, The Medical Mentality does not have faith in the human being to change: A sense of hopelessness prevails throughout treatment.

**7... THE MEDICAL MENTALITY** has no direct experience with supervised fasting via Correct Natural Hygiene and considers the practice of such fasting on water-only to be synonymous with starvation. Fasting is, therefore, viewed as a form of dangerous extremism, regardless of that fact that one’s health improves.

**8... THE MEDICAL MENTALITY** refuses to acknowledge the evidence that any of the many alternative health care systems have any validity, whatsoever. It does this in the face of vast amounts of evidence and carefully kept records by The Alternativists who are on The Right Track. Any improvement on the part of individuals under any alternative health care system is therefore attributed to chance or to “spontaneous remission” or to other causes, inexplicable and mysterious though they may be. Or such improvements are branded: “dangerous in the long run,” even though the patient’s health has obviously, undeniably improved.

**9... THE MEDICAL MENTALITY** encourages both a belief in and a dependence on the medical/pharmaceutical complex as the absolute and final authority on all health questions and the only real source of knowledge and power that leads to a person’s health. Conformity to Establishment Thinking and The Medical Mentality at Its Worst are systematically and relentlessly propagandized and brainwashed into the minds of The American People, from birth to death, through both subtle cues and open intimidation by those in power. The advertising industry plays a huge key role in this systematic brainwashing with its propaganda campaigns.

**10... Under THE MEDICAL MENTALITY AT ITS WORST**, you do subject yourself (and your loved ones) to continued medical treatment, disregarding the all-too-often reality: You only get worse as the medical treatment continues and escalates. Furthermore, you have no hope beyond going the medical route and, therefore, no desire, whatsoever, to search for a workable, alternative health care system. You, consequently, have no interest in and no curiosity for how to take personal responsibility for your own health. The Alternativists’ Teachings that do reach brainwashed people with The Medical Mentality fall on deaf ears.

# **NATURAL HYGIENE . . . AT ITS VERY BEST!**

**1... NATURAL HYGIENE holds that health is the normal state of all living organisms and maintains that health is achieved through natural, self-initiating, self-healing processes!**

**2... NATURAL HYGIENE holds that, aside from wear-&-tear and some genetic and congenital disorders, the one cause of virtually all disease is the toxic saturation at the cellular level of the bodily bloodstream, fluids, and tissues and that virtually all disease situations are brought on by the depletion of Nerve Energy reserves through toxic living habits. Disease is thus explained as an energy crisis in a toxic body. This self-poisoned state is also termed: "Toxemia," "Auto-Intoxication," and "Toxicosis."**

**3... NATURAL HYGIENE views disease, aside from wear-&-tear and some genetic and congenital disorders, as orderly and natural, retrograde changes (degenerations) at the cellular level as a result of Toxemia. The body naturally strives to prevent these retrograde changes and to forestall degenerative changes in the actual structure and consequent function of cells, tissues, organs, and systems for as long as possible. And if the body has sufficient Nerve Energy available, the body eliminates abnormal accumulations of metabolic waste and ingested poisons. When such bodily conducted actions are thus successful in their elimination of toxins, the disease episode is termed "Acute": The Health Seeker soon recovers fully. But when such bodily conducted actions are unsuccessful in their elimination of toxins such that they are isolated and stored within the fluids and tissues and result in irreversible, degenerative changes, the disease is termed "Chronic": Recovery is only near-complete at best and ends in death at worst.**

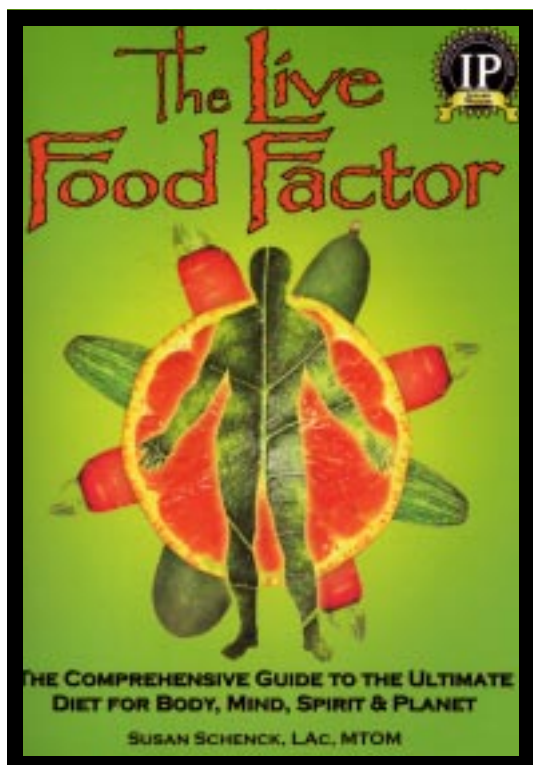
**4... NATURAL HYGIENE refutes the idea that microorganisms ("germs" or "viruses") are most often the sole, causative disease factor of disease and puts that cause on Toxemia, instead.**

**5... NATURAL HYGIENE rejects the ingestion of any substances which the body cannot use to metabolize, absorb, or assimilate nutrients for appropriation into bodily tissues and fluids or to conduct waste removal processes. This stance is based on the fact that only the body is capable of instituting and conducting the cleansing, body chemistry balancing, renewing, and healing processes. Such unnatural substances can only further enervate and poison the body and are not to be considered as "food" or "supplementation," in any way. Food products so unnatural they can only be called "disease-promoting food products" or "toxic foods" typical of the refined, chemicalized, processed Standard American Diet (SAD) are included in this "poisoned-food category," as are medications toxic to cellular life. Both categories of ingested substances are not only health-threatening, but life-threatening.**

**6... NATURAL HYGIENE promotes The Ideal Diet as the nutrient-dense, plant-based diet of whole, unprocessed, non-toxic, raw fruits and vegetables, nuts and seeds, organically grown and prepared in proper combination and eaten in moderation and in a state of Emotional Balance. Any cooking and recipes are considered transitional, at best. Natural Hygiene also recognizes the depleted soils situation and the environmental poisons and high stresses to which the Health Seeker is now subjected. Our 3 Texas Doctors and I also recognize that for the highest levels of health and in light of the existing depleted soil situation, that the highest grade of supplementation possible should be taken to enhance The Ideal Diet. (We 4 recommend USANA as the best. See Pages 35 and 36. )**

**7... NATURAL HYGIENE advocates fasting for Health Seekers who want the fastest, most effective route to getting well. (This holds true provided The Health Seeker does not fall into the category of "Fasting Contraindications.") Fasting provides physical, physiological, sensory, mental, and emotional rest. This deep and near-total rest provides the body with the ideal conditions which are necessary for the body's self-initiated regeneration of Nerve Energy. This regeneration and abundant supply of Nerve Energy is absolutely mandatory for the elimination of stored toxins, fluid purification, balancing of body chemistry, cellular repairs, tissue repairs, and full restoration of health.**

**8... NATURAL HYGIENE maintains that health is the personal responsibility of each individual and that GOD-given health, happiness, and Hygiene Joy are achieved only by the most consistent and conscientious and daily application of The 10 Energy Enhancers!**



# ANNOUNCING...

## ***The Live Food Factor***

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***The Live Food Factor as an E-Book!***  
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**These 9 Natural Hygiene Recipe E-Books Come with *The Live Food Factor E-Book*:**

- ☺ *The 4-Book Garden of Eden Series*: by Victoria BidWell • \$30 in hard-copy (See Page 16.)
- ☺ *Brown BagWell & StayWell!* by Victoria BidWell • \$8 in hard-copy (See Page 17.)
- ☺ *Simply Good — 125 Recipes & More!* by Dr. Goldhamer • \$8 in hard-copy (See page 17.)
- ☺ *Vegetarian Persuasion* by Seniors at Canadian Natural Hygiene Society • \$9 in hard-copy
- ☺ *116 Favorite, Tantalizing, Good Health Recipes* published by T.C. Fry • \$8 in hard-copy
- ☺ *The Garden of Eden Raw Fruit & Vegetable Recipes* by Phyllis Avery • \$12 in hard-copy

**These 7 Hard-Copy Helpers Below Come with the 10 E-Books Above!**

- ☺ *The Food Combining Wheel* • \$10 ☺ *The Food Combining Wallet Card* • \$3
- ☺ *The Fruit & Veggie Calorie Guide* • \$3 ☺ *LIFE'S GREATEST ADVENTURE! DVD* • \$20
- ☺ *GetWell★StayWell Affirmations for Americans!* • \$14 ☺ *Achieving Wellness by Fasting DVD* • \$13
- ☺ *The New Food Combining Placemat/Chart* • from Our 3 Texas Doctors • \$12

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**YES! VICTORIA! I do want all 17 items listed above: “The Live Food Factor E-Book Package + 9 Natural Hygiene Recipe E-Books on 1 Disk + 7 Hard-Copy Helpers!” I enclose \$60 postpaid for #\_\_\_\_\_ Package(s), each to include all of the above 17 items = \$\_\_\_\_\_.**

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**BOOK 2: The Best of Common Health Sense: 132 Pages**

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for a Fun & Fabulous Natural Hygiene Intro!

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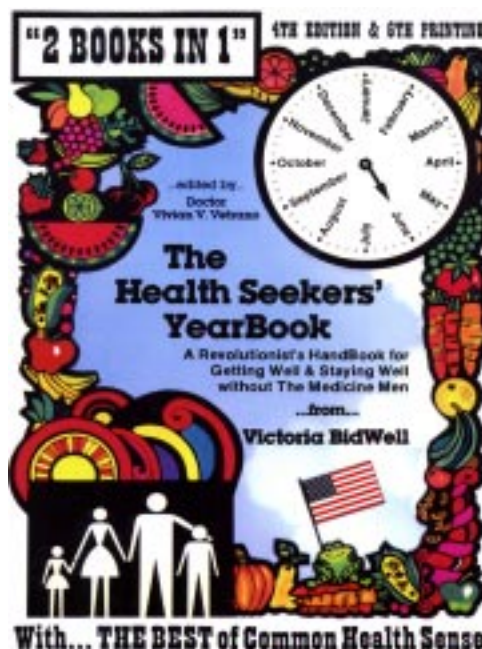
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- ★ Includes 28 Separate Teachings by Dr. Vetrano, Victoria, Dr. Shelton & T.C. Fry's "22 Essentials" AMONG THE 28 TOPICS: "Natural Hygiene" Defined by Dr. Shelton • Urgently Needed Info on Rest & Sleep • Genuine Hunger & Eating Sensationally • 5 "I Got Well by Fasting" Stories • Q. & A. on Fasting & on The Hygienic Diet • Exercise • "Genuine Fruitarianism" • Menstruation & Menopause • Hygiene VS. Raw Foodism
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250 RECIPES & FORMULAS FOR CREATING ENDLESS VARIATIONS: FRUIT MAIN DISHES, VEGGIE MAIN DISHES, DRINKS, GARNISHES, RELISHES, PIES, COOKIES, NUT MILKS, JAMS, FROZEN DESSERTS

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Never before has so much so Hygienically correct been put so joyfully for so little!

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of Common Health Sense)

1990... **\$49**

**THE  
HEALTH  
SEEKERS'  
YEARBOOK**

6th Edition — With **THE BEST**  
of Common Health Sense

2005... **\$50**

**1990 Reviews from The Biggest Names in Hygiene!**

Natural Hygiene, throughout its history, has attracted and inspired unique and special individuals to rise to the very summit of human performance. Most certainly, Victoria BidWell is one of those unique and special individuals — who has burst upon The Natural Hygiene Scene with unprecedented performance! Miss BidWell's determination to show all the wisdom of Natural Hygiene across The Land at the grassroots level remains unmatched. The lady and teacher not only displays an indomitable spirit of conviction, but also, an untiring determination to mobilize all her creative energies into innovative tools which carry "The Message of Natural Hygiene." *The Natural Hygiene (Health Seekers' YearBook* and *The GetWell★GrassRoots Victory Wagon* are just two of her many ideas to get "The Message of Natural Hygiene" out to the public in her special approach! Endorsed by... Dr. David Scott, Director of Scott's Natural Health Institute, Ohio.

I consider *The YearBook* excellent reading. It's definitely a study book, with easy to understand material on how to maintain vibrant health. Victoria, you are to be complemented for providing this creative and revolutionary answer to the question: "What Ails Our People?!?!" Endorsed by... Joe Aaron, Canadian Hygiene Society.

HOW WOULD YOU LIKE TO HAVE THE ESSENCE OF MY \$1,500 COURSE FOR THE RIDICULOUSLY LOW PRICE OF A MERE \$49??? Whether you are a beginner or an advanced student of Natural Hygiene, I cannot think of a more comprehensive handbook or a better guide to the philosophy, principles, and practices of health than *The Health Seekers' YearBook* — finally, we have "The Hygienic Bible" to offer Health Seekers and Veteran Hygienists, alike! Dr. Vetrano was so betaken by the thoroughgoing and practical and readable, entertaining nature of Victoria's *magnum opum* that she undertook to edit the entire *YearBook* — to Hygienize it! The masterful result of this fruitful collaboration is an impeccable presentation that yields lay persons sterling guidance in The Art and Science of Natural Hygiene. Endorsed by... T.C. Fry, Producer of The 106-Lesson Correspondence Course on Natural Hygiene that sells for \$1,500.00.

I think that both the novice, as well as the well-informed Natural Hygienist will find *The Health Seekers' YearBook* a useful and informative compendium of sprightly, stimulating, and valuable directions for enhancing health. A Great Nudge for any Health Seeker! Endorsed by... Dr. William Esser, Esser's Health Ranch, Florida.

*The Health Seekers' YearBook* has 3 things in its favor: It is easy to read. It lays out The Principles and Practices of Natural Hygiene so that even a teenager can grasp them. And it has lots of personal stories and anecdotes that can help a newcomer to venture down The Road to Natural Hygiene. Last but not least — and actually my favourite part of *The YearBook* is "The Year in Ideal Food for Thought." The 365 quotations for each day of the year are both uplifting and encouraging for new and old-timers, like me! This book is a thorough and comprehensive scripture of Natural Hygiene. I hope it sells well and helps millions to regain sanity in their lives. Endorsed by... Dr. Keki Sidhwa, President of The British Natural Hygiene Society, England.

**BRAVO! VICTORIA!** If a Hygienist could have only 1 book to show friends or loved ones in the hopes of successfully introducing them to Healthful Living through Natural Hygiene, *The Health Seekers' YearBook* would be the best choice I can imagine! Endorsed by... Dr. Douglas Graham, Florida.

Your *YearBook* is a comprehensive coverage of Natural Hygiene in its physical, mental, psychological, and psycho-spiritual aspects. It is written in an enthusiastic, inspirational style, which makes for delightful reading and study. "The Year in Live-Food Menus" for the entire year was a superb idea! Victoria has simplified a vast subject and put its most important features into a single volume — a formidable task. This book is just what The Natural Hygiene Movement has been needing! I am recommending *The Health Seekers' YearBook* to all my patients and friends. Endorsed by... Dr. Stanley Bass, Brooklyn, New York.

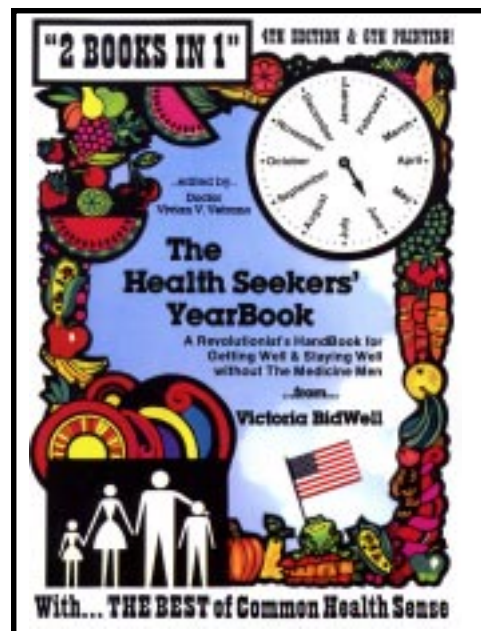
Your book on *GetWell★StayWell, America!* — to say the least, — is a classic, and the result of much study, compiling of truthful information, and many hours of diligent work. This book should be a part of student study, beginning in the lower grades, and going up through high school. What a change this would make on the future people of the world! "Thank You!" And I salute you for your dedicated efforts! Endorsed by... Dr. Gerald Benesh, California.

## Your Most Important Item in Today's News Bulletin!

At [www.thehealthseekersyearbook.com](http://www.thehealthseekersyearbook.com), find the most fun & most colorful & most entertaining Correct Natural Hygiene overview — EVER! Pick from “The 4 Easy Pickin’ Packages.” Or easy-pick your “PACKAGES” from the 4 below.

**PACKAGE #1 = THE 2 BOOKS I YEARBOOK-ONLY HARD-COPY FOR \$55**

**PACKAGE #2 = 17 HARD-COPIES FOR \$120:**  
**2 BOOKS in 1: The Health Seekers' YearBook with The Best of Common Health Sense (\$55) + Common Health Sense, Volume I, Issues 1 & 2 (\$35) + Dr. Shelton's Superior Nutrition (\$13) + Food Combining Made Easy (\$5) + Cookery Crookery (\$3) + Second-Hand Foods (\$5) + my GetWell★StayWell Affirmations for Americans! (\$14) + my Fruit & Vegetable Lovers' Calorie Guide (\$3) + my Dr. GetWell's Book of Nursery Rhymes (\$14) + Dr. Goldhammer's Simply Good — 125 Recipes & More (\$8) + Dr. Cinque's Quit for Good — How to Break a**



**Bad Habit (\$10) + T.C. Fry's Self Assessment Questionnaire (\$10) + Happy Truth about Protein (\$5) + Your Key to Dynamic Health DVD (\$13) + LIFE'S GREATEST ADVENTURE! DVD (\$20) + T. C. Fry's Achieving Wellness by Fasting DVD (\$20) + The Food Combining Wheel (\$10) + Shipping (\$25) • THIS IS A \$250 POSTPAID VALUE FOR \$120!**

**PACKAGE #3 = YEARBOOK HARD-COPY + 7 E-BOOK SET FOR \$110:**  
**THE HARD-COPY 2 BOOKS in 1: The Health Seekers' YearBook with The Best of Common Health Sense (\$55) + the following 7 e-books for computer-viewing & on 1 disk: Dr. Shelton's Entire 7-Volume Set of THE HYGIENIC SYSTEM (Page 77) • THIS IS A \$175 VALUE FOR \$110!**

**PACKAGE #4 = YEARBOOK HARD-COPY + 3 E-BOOK SETS FOR \$250:**  
**THE HARD-COPY 2 BOOKS in 1: The Health Seekers' YearBook with The Best of Common Health Sense (\$55) + these 3 E-Book Sets for computer-viewing. SET #1: Dr. Shelton's 7-Volume Set of THE HYGIENIC SYSTEM for \$120 (Pages 78 - 79) + SET #2: “The Collected Works of T.C. Fry” for \$210 (Pages 12 - 13) + SET #3: The Live Food Factor with 9 E-Natural Hygiene Recipe Books for \$60 (Page 8) • THIS IS A \$445 VALUE FOR \$250!**

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**YOUR “PACKAGE” CHOICE(S): #1 = \$55 • #2 = \$120 • #3 = \$110 • #4 = \$250**

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**ADDRESS:** \_\_\_\_\_

**CITY:** \_\_\_\_\_ **STATE:** \_\_\_\_\_ **ZIP:** \_\_\_\_\_



# The Collected Works of T. C. Fry: 8,000+ Pages in Notebooks &/or as a 2-Disk Set with a "Searchable Text Format"



## NATURAL HYGIENE HEALTH SEEKERS!

Concerning The T. C. Fry Teachings: At this time, I do not carry the copyrighted *Life Science Health System* ("Big Course") from T. C. Excluding this 1 item, however, I do carry the largest selection — BY A LONG SHOT — of all T. C. Fry materials anyone has ever amassed for you now and for Global Health Seekers when I upload them this winter to [www.health4thebillions.org](http://www.health4thebillions.org)! I carry some items most of you do not even know existed: earliest journals and magazines, as well as long-lost titles. Today, I have ready for you... "The Collected Works of T. C. Fry!" — in 2 forms: in 3-ring notebooks and on a 2-DVD Set.

In 1988, at age 61, T. C. is pictured here in good health. T. C. was loved by so many! Most have come to forgive him for his 4 bankruptcies, to overlook his character eccentricities, and to admire him for all he did to help The People. He was, after all, "only human." And so many appreciated his readable, easy, tell-it-like-it-is writing style! The T. C. Fry Teachings are still all good, solid Natural Hygiene — except for his pushing The All-Fruit Diet or Mostly All-Fruit Diet. WE MUST EAT OUR VEGGIES, NUTS, AND SEEDS, AS WELL AS THE FRUITS!

Dr. Vetrano set that record straight in her lengthy dissertation: *GENUINE FRUITARIANISM*. I begged her to write this piece and then edited and subtitled it: "EAT YOUR VEGGIES, NUTS & SEEDS, TOO!" Being open-minded and magnanimous as he was, T. C. completely recanted his "All-Fruit Diet" in one of his last *Healthful Living Magazines* when he published this Dr. Vetrano dissertation in its entirety! He knew that he and she could not both be right! Sadly for The Unsuspecting Health Seekers, the misbegotten promoters of Natural Hygiene riding on The T. C. Fry Coattails and, therefore, with vested interests in copy-cattng T. C.'s All-Fruit Diet, still teach this "All-Dangerous, All-Fruit Diet" to this very day! If you order anything from today's *2013 News Bulletin*, you will automatically receive another big *2014 News Bulletin* with all The T. C. Fry items listed on the next page — *AND DESCRIBED*. If you just cannot wait and need descriptions now? You can call me to get them. This is the very first time "The Collected Works of T. C. Fry" have ever been available! PLEASE CALL ME WITH ANY QUESTIONS YOU MAY HAVE. I AM... (360) 853 - 7048.

Your Wilderness Woman! — *Victoria BidWell*

#1 — I want just "The Collected Works of T. C. Fry in 3-Ring Notebooks" printed out for \$600.

#2 — I want "The Collected Works of T. C. Fry" in Notebooks & on the 2-DiskSet for \$700.

#3 — I want just "The Collected E-Works of T. C. Fry" on the 2-Disk Set for \$210.

**FREE** with #1 &/or #2 &/or #3: The 6 T. C. Fry DVD Set (See Page 57.)

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# The Collected Works of T. C. Fry: 8,000+ Pages in Notebooks &/or as a 2-Disk Set with a “Searchable Text Format”

116 pages ★ *116, Favorite, Tantalizing, Good Health Recipes*  
 376 pages ★ **5 BOOKS IN A SINGLE VOLUME: VOLUME I:** *Myth of Medicine, Program for Perfect Health, Miracle of Living Foods, Food Combining, Better Sleep for Better Health*  
 376 pages ★ **4 BOOKS IN A SINGLE VOLUME: VOLUME II:** *Fasting, How to Keep Your Body Pure, Toxemia Explained & The True Healing Art, The Great Water Controversy*  
 376 pages ★ **6 BOOKS IN A SINGLE VOLUME: VOLUME III:** *The Great Power within You, How to Overcome Ailments, The Ultimate Diet, Super Foods for Super Health, Truth about Protein, How to Buy Foods Wholesale*  
 2-page brochure ★ “T. C.’s 22 Essentials of Health” by Victoria  
 100 pages ★ “**BROCHURES FROM T. C. FRY**”  
 60 pages ★ *Better Sleep for Better Life*  
 16 pages ★ *Biological Principles of Weight Loss & Weight Gain*  
 100 pages ★ *How & Where to Buy Foods Wholesale*  
 14 pages ★ *Cause & Consequence Survey: Profile Your Health*  
 68 pages ★ *Correct Food Combining*  
 114 pages ★ *Correct Food Combining for Ease of Digestion*  
 56 pages ★ *Cut Medical Costs by 90%*  
 78 pages ★ *Fasting: The Fastest Way to Health & Regeneration*  
 100 pages ★ *The Great Water Controversy*  
 36 pages ★ *The Happy Truth about Protein*  
 162 pages ★ *The Health Formula*  
 536 pages ★ **THE HEALTH REPORTERS** ★ *Increase Your Brainpower* ★ *Mental Alertness & Body Powers* ★ *Announcing: “The Greatest Health Discovery & New Miracle Cure for Everything!”* ★ *The Paradise Diet* • *The Elixir of Life* ★ *Throw Away the Antacids!* ★ *Nature & Purpose of Disease* ★ *Why We Become Sick & How to Get Well!* ★ *Reduce Medical Expenses to “ZERO!”* ★ *The Hoax of Medicine* ★ *How to Create Superior Children* ★ *Proteins in the Diet & Getting Over Your Protein Hang-Up* ★ *The Supplement Hoax & How to Get Your Vitamins & Minerals* ★ *Super Junk Foods that Are Sold as “Health Foods”* ★ *In Search of Mental & Emotional Well-Being* ★ *“Be Fit or Be Damned! Exercise!”* ★ **PARTS I & II** *Eater’s Easy Guide to Natural Diet & Nutrition* ★ *The Great Herbal Delusion & Herbs: Foods, Medicines or Poisons?* ★ *Overcome Allergies — Quickly, Easily & Naturally!* ★ *The Fountain of Youth, PARTS I & II* ★  
 68 pages ★ *How to Overcome Ailments & Stay Free of Them*  
 200 pages ★ **THE HIGHENERGYMETHODSCOURSE: #1** *A New Concept of Personal Energy, Its Creation & Use* • **#2** *How to Have More Nerve Energy for Self-Improvement* • **#3** *Techniques to Create More Nerve Energy in Less Time* • **#4** *Free Yourself of Brain Drain* • **#5** *Food Selection, Preparation & Consumption* • **#6** *New Concepts of Health & Disease* • **#7** *How to Establish a Personal High Energy Program*  
 112 pages ★ *I Live on Fruit*  
 74 pages ★ *Is Menstruation Necessary?*  
 68 pages ★ *Knowing The Great Power within You*

85 pages ★ *Miracle of Living Foods & The Curse of Cooking*  
 100 pages ★ *The Myth of Medicine*  
**1,500+ pages ★ MAGAZINES: Total Well-Being, Better Life Journal, & Healthful Living**  
 500 pages ★ **THE NATURAL WEIGHT-LOSS SYSTEM COURSE** with 26 Newsletters & 26 Lessons  
 296 pages ★ **THE 3 NEWSLETTERS:** 152 pages: *The Health Science Newsletters*, 72 pages • *The Health Scene Newsletters*, 72 pages • *The Healthway Advisor Newsletters*, 72 pages  
 67 pages ★ *Overcoming Asthma*  
 68 pages ★ *Program for Perfect Health*  
 64 pages ★ *The Revelation of Health*  
 159 pages ★ *Reversing Arthritis*  
 36 pages ★ *Super Foods for Super Health*  
 834 pages ★ **T. C. FRY’S LAST WORKS** ★ *Never Be Sick Again!* ★ *Overcoming Ailments Naturally* ★ *The True Healing Art & How to Keep Your Body Pure* ★ *Fasting — The Fastest Way to Health* ★ *Natural Birthing, Natural Child Rearing, Creating Superior Children* ★ *Reversing Arthritis, Back Pains, Gout, Rheumatism, Bursitis, & Bone Spurs* ★ *Overcoming Colitis* ★ *Better Sleep for a Better Life* ★ *Achieving 20/20 Vision — Natural Vision Restoration* ★ *Sunshine & Natural Light* ★ *Achieving Incredible Fitness on 5 Minutes of Daily Exercise* ★ *Revelation of Health: Spectacular Recoveries* ★ *Dramatically Increase Brain Power & Thinking & Performance Levels* ★ *The Great Scams & Hoaxes* ★ *The Monstrous Myth Called “Medicine”* ★ *Cut Your Medical Costs by 90%* ★ *Knowing The Great Power within You!* ★ *Dynamic Health Program* ★ *Junk Foods — How Most Americans Undermine Their Health* ★ *Herbs: Foods? Medicines? Or Poisons?* ★ *The Miracle of Living Foods & The Curse of Cooking* ★ *I Live on Fruit* ★ *Super Foods/Super Health* ★ *How to Determine Your Natural Dietetic Character*  
 65 pages ★ *The Super Health System: Volume I: Introduction*  
 65 pages ★ *The Super Health System: Volume III: Right Temperatures, Sleep, Food, Cooking, Meat Eating*  
 96 pages ★ *The Super Health System: Volume IV: Superior Foods for Superior Health*  
 96 pages ★ *The Super Health System: Volume V: Nutrition, Cooked Foods, Raw Foods, Protein Needs*  
 96 pages ★ *The Super Health System: Volume VI: Why Some Commonly Used “Foods” Are Dangerous to Health*  
 96 pages ★ *The Super Health System: Volume XI: How to Achieve Superb Health*  
 67 pages ★ *The Ultimate Diet*  
 100 pages ★ *Vaccinations Do Not Protect*  
 297 pages ★ **ERRORS IN HYGIENE?!?! — T. C. Fry’s Demise, Devolution & Why** by Dr. Vivian Virginia Vetrano  
 50 pages ★ **COMMON HEALTH SENSE, VOLUME II, ISSUE I** by Victoria Bidwell: *The Commemorative Issue to T. C. Fry with Victoria’s Speculations on why he died at age 69*

**This 2-DVD SET IS...  
“THE BEST  
OF THE BEST!”**

**Receive my  
FREE  
Natural Hygiene  
Correct  
GetWell Recipes from  
The Garden of Eden  
with your order  
of this 2-DVD set!  
(See Page 16.)**

# **LOW FAT RAW VEGAN CUISINE**

Deer Health Seeker Friends! For months, I have refused to even tell you about this 2-DVD set because the idea of asking you to pay \$50 + \$5 shipping for just 2 DVDs was just too much to ask! But since one guest after another has watched the set and wanted it, regardless of the pricey \$55, I have changed my mind. *THIS IS THE VERY BEST RAW FOOD SHOW OUT THERE.* It is the equivalent of attending an all-day seminar in raw food preparation but put into 2 nutshells! And it does deliver more than what 2 DVDs of \$25 each does. And does so better. Plus, you get a website address to download \$50 in electronic recipes and information with your 2-DVD Set.

F. Patenaude did just exactly what I am in the process of doing: he went out and bought every raw food prep show DVD out there, analyzed it from a more or less Natural Hygiene perspective, and then set out to surpass every one of them in many very specific ways. This is not to say that you won't want any of the other Raw Food Shows. But it is to say that you will definitely want this one — first and foremost! Now, you can go to the [lowfatrawvegancuisine](http://lowfatrawvegancuisine.com) website and read and see all about this set and order it for \$50 + \$5 shipping = \$55. OR — you can order it from me for only \$50. You will get the \$50 in electronic perks whether you order from the website or from me. Just call me or use the order form below. But if you do order from me, I will add a gift hard-copy of *GETWELL RECIPES FROM THE GARDEN OF EDEN* = the best, little Correct Natural Hygiene raw recipe \$10 postpaid book ever done + I pay the shipping! Almost all of the [lowfatrawvegancuisine](http://lowfatrawvegancuisine.com) website is reproduced on the next page. So, you can skip the website for now. Besides, you all know that I never steer you wrong! Many have called in to tell me that the *WAKE UP! CANCER IS CURABLE NOW!* is just what I said it was: “The best video I have ever seen!” Here is another. *Victoria BidWell*

YES! VICTORIA! I want *LOW FAT RAW VEGAN CUISINE* by F. Patenaude! Please send also your FREE GIFT of *GETWELL RECIPES FROM THE GARDEN OF EDEN* (all-raw) and pay the shipping so that I send you \$50 only for each set ordered.

**TOTAL ENCLOSED: \$ \_\_\_\_ FOR # OF SETS: \_\_\_\_**

Health Seeker Friend: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

## **I have to agree with all these promotional claims!**

"Except for *THE HIGH ENERGY DIET DVD*, these are the best DVDs teaching the Natural Hygiene Diet. Most other raw food chefs use high-fat, unhealthy recipes drenched in oils and loaded with nuts, seeds, and avocados with impunity!"

## **OFF THE lowfat WEBSITE...**

### **At Last! Nutritionally-Sound, Tasty Raw Recipes in Action!**

**"Stop Trying to Eat Raw the Hard Way! Simply Watch These 2 DVDs and Discover the Most Amazing, Simple, Delicious and LOW-FAT Raw Food Recipes Ever!"**

**Probably the next best thing to having a low fat raw food chef in your own home!**

• Tasty, simple, low fat recipes on video! • Inspiration, education and gorgeous food, with plenty of new great recipes to help you keep going on raw foods. • A tool to help win your family and friends over to the raw food lifestyle. Just pop in the DVDs and let see how easy and tasty raw food recipes can be. • Professional DVDs with recipes that are not loaded with oil, salt and other unhealthy ingredients, so that you feel AMAZING after eating them. In my recipes, I also avoid unhealthy ingredients such as salt and strong condiments. Like a famous chef said "Anything will taste good with salt and garlic! But that may end up being all you taste!" It takes much more imagination and skill to make simple raw foods taste good. And that's what you'll learn in this series.

They say that a picture is worth a thousand words. Can you imagine how many pictures can fit in a video? I've been teaching the raw food diet for over 11 years now. During all that time, the single-most requested product I've been asked to create has always been a DVD series, showing how to make raw food recipes on the screen. One of the biggest problems with the raw food diet is that although it's easy to understand the basic principles, the practical application is very difficult to figure out unless you have someone teaching you in person. I'm just like you. I can GET the theory by reading a book, but when it comes to the practical application, I have to SEE how it works.

When I decided it was time to create my own Raw Vegan DVD series, I had only one goal in mind: I wanted to make those DVDs the very best, showing people the essentials of the low-fat, raw vegan cuisine. In order to make sure my own DVD series would be better than what's already available on the market, I went out and bought every single DVD ever produced on raw vegan cuisine. And with every DVD I watched, I noticed some disturbing facts:

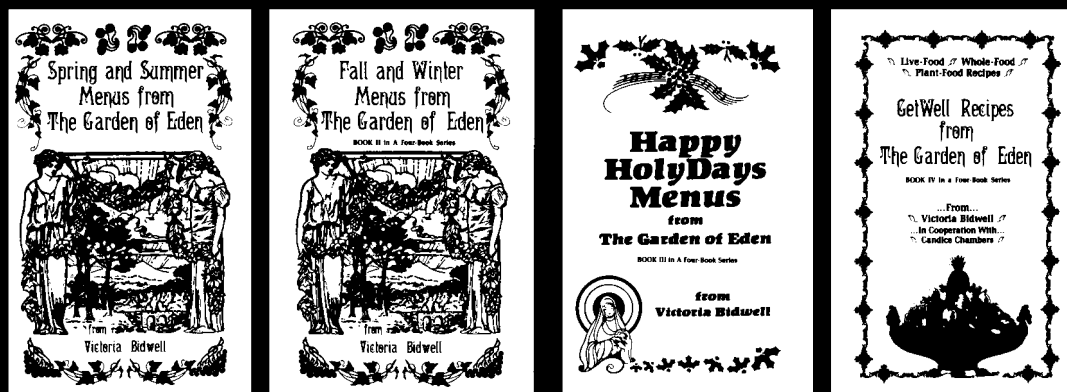
Every one of these DVDs presented a very HIGH-FAT, unhealthy raw food cuisine, with 101 variations on how to eat nuts and avocados. • In fact, these DVDS should be relabeled "The Avocado, Nut and Olive Oil Cuisine" as it seemed to me that all of their recipes were built around these items. • There were no DVDs that showed you how to eat a HEALTHY raw food diet — the kind that I recommend — one that's low in fat and doesn't contain any added salt or strong condiments, yet is tasty and delicious. • A lot of these DVDs contained a lot of chit-chat and "fillers" but not enough real content and recipes • Most of their recipes seemed very complicated, with a lot of nuts, dehydration and complex procedures. In addition to being difficult to make, the recipes were equally difficult to digest!

**RAW FOOD MAIN-DISHES, DESSERTS, DRINKS, SOUPS IN LOW-FAT RAW FOOD CUISINE:**

• Fruit-Based Items: Smoothies, Soups, Green Smoothies, Pies & Desserts, Ice Creams, and Juices • No-Fat Veggie Items: Soups, Dressings, Salads without dressings, Salsas, Blended Salads, Juice • Avocado-Based and Nut-&-Seed-Based Items: Soups, Dressings, Salads without Dressings, Patés, Dips, Sauces, Blended Salads and Desserts



# The GetWell★StayWell, America! Correct Natural Hygiene Collection



**BOOK I: *Spring and Summer Menus from The Garden of Eden*** from V. BidWell. Introductory chapters explain — in depth — “God’s Great GetWell Plan.” The role of Natural Hygiene and The Ideal Diet for “A Total HeartFelt, BodyFelt Salvation” is detailed. 24 Whole-Food, Live-Food, Plant-Food Menus for Spring and Summer are then presented, all of which specify exact amounts from the widest variety of wholesome foods — and — all of which follow “Proper Food Combining Guidelines.” 21 ORIGINAL salad dressings are also featured. Finally, special 4-course Holiday Menus to serve 8 - 10 are suggested for Easter, Mother’s Day, Father’s Day, and The 4th of July. A wealth of educational, inspirational material and photos are included. COST: \$12.00

**BOOK II: *Fall and Winter Menus from The Garden of Eden*** from V. BidWell. This book presents Whole-Food, Live-Food, Plant-Food Menus as a continuation of Book I. Enjoyment of Ideal Foods, ideally prepared and properly combined, for the 24 weeks of Fall and Winter is encouraged. 20 favorite Garden of Eden dressings are offered. Introductory material briefly presents “God’s GetWell Plan” and the role of Edenic Foods therein. COST \$6.00

**BOOK III: *Happy HolyDays Menus from The Garden of Eden*** from V. BidWell. This book presents 7-course menus for Thanksgiving, Christmas, and New Year’s Days for 8 - 10 guests. All recipes are from Ideal Foods, with no cooking and no “transition” foods. The pages are tastefully illustrated in the Spirit of the “HolyDays,” In addition to being Interwoven with Scripture of thanksgiving, the nativity, and new beginnings. COST: \$5.00

**BOOK IV: *GetWell Recipes from The Garden of Eden*** from V. BidWell. Featured are the following recipes: 25 Fruit Main Dishes; 25 Vegetable Main Dishes; and dozens of Dips, Dressings, Relishes, Sauces, Jams. All recipes are made from Ideal Foods, ideally prepared: uncooked, non-toxic foods taken in proper combinations. Several pages briefly present “God’s GetWell Plan.” COST: \$8.00

***Biological Principles of Weight Loss & Weight Gain*** • V. BidWell & T. C. Fry • A T. C. Fry Publication • 24 pages • COST: \$3.00 • Learn Correct Natural Hygiene principles, specifically with a weight-loss slant.

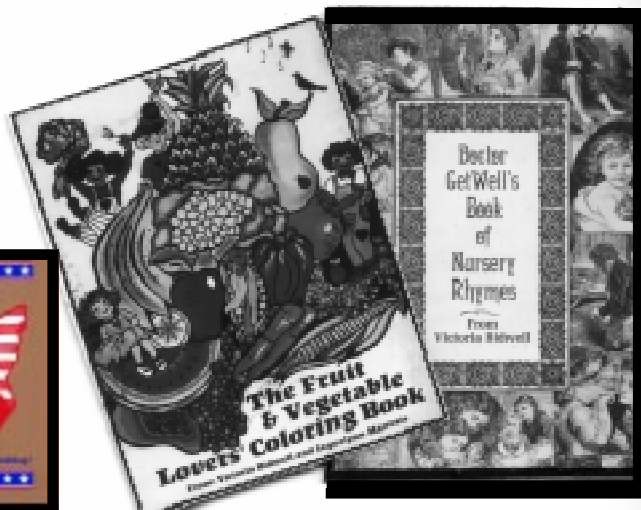
***The Fruit And Vegetable Lovers’ Calorie Guide*** • V. BidWell • 64 pages • COST: \$3.00 • If count you must... this “handy-dandy,” 64-page, 3" by 5", palm-sized book details the calorie-count of Ideal Foods only: 60 varieties of fruit; 60 varieties of vegetables; 30 kinds of juice; and 20 types of nuts, nut butters, and seeds. The only Correct Natural Hygiene calorie guide in the marketplace! Caloric expenditures of daily activities, plus many pages of education and inspirational material presenting Correct Natural Hygiene included!

***The Salt Conspiracy*** • V. BidWell • 128 pages • COST: \$6.00 • This book helps The Health Seeker clearly distinguish our naturally occurring and health-promoting sodium in our Ideal Foods from the toxic sodium-chloride in processed, SAD foods. Salt-induced Standard American Diet pathologies are clearly noted while Natural Hygiene is clearly given.

***GetWell★StayWell Affirmations for Americans!*** • V. BidWell • 140 pages • COST: \$14.00 • This revolutionary book combines the knowledge of Correct Natural Hygiene with the science of psychoneuroimmunology with the right brain findings of Positive Affirmations and then supplies 500 Affirmations spread over The 10 Energy Enhancers!

***The Natural Weight-Loss System*** • V. BidWell/Published by T. C. Fry • 500 pages • COST: \$60.00 • 26 Newsletters with “Before” and “After” pictures and weight-loss stories are backed up with 26 Lessons in Correct Natural Hygiene. The teachings speak more intimately to those with an eating disorder than any other Natural Hygiene literature out there.





**Doctor GetWell's Book of Nursery Rhymes** • 72 oversized pages • \$14.00 • "Doctor GetWell" has rewritten many of the classic nursery rhymes and fairy tales — with healthful living practices replacing unhealthy attitudes, toxic foods, and wrong living habits. The rhymes and tales entertain and instruct! The book can easily be used in an educational setting, as a funstyle primer. 130 nursery rhymes, fairy tales, and poems are featured... many of which are classic rewrites and many of which are Dr. GetWell originals. All of The 10 Energy Enhancers are covered. Likewise, the value of avoiding a toxic lifestyle is depicted. The oversized (9" x 12") book comes with a heavy-bond paper and double-laminated cover. The spiral binding allows the book to lay flat. Each page is antique-tinted and printed in dark brown ink and is shown off in an elegant, fanciful border. Full page, half page, and many, many spot illustrations from original 1800s' Victorian woodcuts richly fill this book of health and loving-kindness.

**The Fruit and Vegetable Lovers' Coloring Book** • Victoria BidWell and Jacquelyn Mauvais • 32 greatly oversized pages • \$10.00 • Victoria and Jacquelyn present the highest quality coloring book on the market today! 32 happy pictures for coloring are printed on oversized 10" x 13" pages of the highest quality, heavily-bonded paper... ideally suited for crayons and colored pencils, as well as for felt-tipped pens and watercolor paints! Each page is full of charm and detail! Merrymaking, captivating, heartwarming poems and delightful pictures encourage the child toward the more healthful, Ideal Foods of fruits and vegetables, nuts and seeds. The book further celebrates the ideals of "Health" and "Happiness" in America throughout the drawings and poems. Finally, the joyful, full-color, plastic-laminated cover makes the book virtually indestructible! HAVE FUN!

**Doctor GetWell's Apples to Zucchini Coloring Book** • 32 pages • \$10.00 • "Doctor GetWell" presents 26 pages for coloring: ONE ANIMAL, ONE IDEAL FOOD, and ONE LETTER OF THE ALPHABET! Additionally, each page features one fun, fanciful sentence in which nearly every word begins with the chosen letter, as a means to teach the

alliteration and phonetics of that letter. All drawings are LARGE and SIMPLE, with EXTRA BOLD LINES for easy coloring! The pictures are free of exacting detail, making them perfect for younger children. The 10" x 13" OVER-SIZED PAGES are ideal for family. The HIGH QUALITY PAPER is best suited for color crayons. The cover features Dr. GetWell in bright, lively colors with her "Medicine Bag" overflowing with Ideal Foods. The cover is PLASTIC-LAMINATED and shines like an inviting jewel!

**Brown BagWell & StayWell!** • Victoria BidWell & Shirlene Lundskog • 156 pages • \$10.00 • This charmer is a big, big hit with those who are called upon to come up with inviting, wholesome, entertaining lunches day after day! This fun-loving book celebrates The Common Health Sense and The Hygiene Joy of Brown BagWelling our lunches when we leave the homefront! Here are recipes for 30 Veggie Lunches and 30 Fruit Lunches. Including variations, 90 specific BagWells are offered. PLUS, you are given formulas for making up an endless array of your own, original BagWells! Nearly all recipes are in Proper Food Combination. *Brown BagWell* also provides 3 chapters presenting an introduction to The Basics of Pure Natural Hygiene. Tender morsels of "Food for Thought" with a "Work Ethic Theme," a "Live with Passion Theme," and a "Health Seekers' Theme" fill the book to enliven and enrich your life! This book shares well our enthusiasm!

**Simply Good — 125 Recipes & More!** • from The Center for Chiropractic and Conservative Therapy (Renamed "True North") • 128 pages • \$8.00. This book introduces you to Natural Hygiene and then serves 125 recipes. No animal products, no refined oil, no salt, no refined sugar! Recipes include delicious, easy-to-prepare dishes: salads, casseroles, appetizers, soups, sauces, dressings, and even healthful desserts. Many recipes use conservative cooking. This little *Simply Good* is the answer when cook you must to please either your own desire for an occasional, cooked meal or to please a less-than-Hygienic friend who demands or requires a cooked meal. All foods used are Ideal or True Transition, but Food Combining is not emphasized. "A MUST" for those still on Transition!

Please make your own Order Form & send it in! Or just call me! Prices include postage.

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## DR. SHELTON'S SECRET METHOD! (with Victoria's Slight Editing)

Recently, a woman came to the School from the mid-west and gave me the following story. She was a subscriber to the *Review* and liked it very much. Among her acquaintances was a health food store man who was also a subscriber. He also liked the magazine. But neither of them knew what "Dr. Shelton's Secret Method" of caring for his patients was. They discussed it often. "Dr. Shelton," they complained, "criticizes everything, but he does not tell his own method of cure." Then, a few day before she left home to come to the Health School, she was in the health food store. And the man said to her: "I HAVE LEARNED WHAT DR. SHELTON'S SECRET METHOD" IS: *IT IS FASTING!*" One of my readers, also a health food store operator, who lives in California has written me three rather harsh notes reminding me that I am not the only man who has had experience and that fasting is not the only thing in the world that gives results. He rebukes me for criticizing everything except fasting. I recount these two incidents for the purpose of pointing out how far wide of the mark they are.

It may be possible that many more of my readers think that I have some secret method or that fasting is my secret method. It may be that they, too, feel that I criticize and condemn everything else too much. I hope that by this article, I dispel these mistaken ideas.

Let us begin at the beginning. First, I have no secret method or methods. There is not an issue of *Dr. Shelton's Hygienic Review* that does not carry several repetitions of my "secret". Nor is it "my secret" anymore than it is the secret of my predecessors and contemporaries who employed or employ it! What is this "secret" that it seems so difficult for so many readers to grasp? It is this:

REMOVE THE CAUSE OF IMPAIRMENT OF HEALTH.

THE FORCES OF THE BODY WILL RESTORE HEALTH!  
Remove cause! Remove cause! Correct cause! How many times is this repeated in each issue of the *Review*!? Is this so difficult to understand that the myth must continue that I have some secret method? Over and over, I repeat: "I have no cures!" And just as often as I repeat it, somebody will try to find out what my secret cure is. When I tell them that there are no cures, that curing disease is a voodoo procedure, they will ask: "But, how *do you* cure disease?"

A man read my article on Sister Kenny's Hell and remarked: "Shelton shows the evils of regular treatments, but he does not say what to do. What does Shelton do?" The man to whom he addressed these remarks, replied: "Shelton says: "DO NOTHING!" Here is the big "secret" so many can't understand. They all want to "do something." It seems not to matter what is done so long as *something* is done. After this *something* is done, if it does not seem to work, do *something* else. Keep on doing and doing. Do first one *something* and then another *something*. Take drugs, have "shots," submit to operations, have the spine punched, have the body irradiated, take hot baths or cold baths, be electrocuted, take mud baths, stick needles into the body, burn the feet with a red-hot poker, drink herb teas, eat soy beans, be massaged, have your legs pulled, submit to radionic treatment, and so on through the whole list of methods of "doing *something*." After all of this has failed, try Christian Science. As a last resort, there is always the undertaker.

All of this *is* a sure way to suffer for years, to grow progressively worse, to payout large sums of money that would be better spent in

a thousand other ways, to die prematurely. None of it constitutes a way to health. All of it ignores the causes of disease. All of it adds to the cause of disease. The peddlers of all systems and methods of treatment admit: "Nature cures!" And they all ignore Nature and substitute their *cures* for Nature's. They accord to Nature the power, but not the opportunity, of cure. "Only Nature Cures!" cries the treatment-peddler. "Opt with my method. I aid Nature!"

What is the cause of disease? Toxemia. What causes Toxemia? Inhibited elimination. What inhibits elimination? Enervation. What causes Enervation? A mode of living that uses up nerve force in excess. What constitutes the removal of such a series of causes? First Toxemia must be eliminated... then Nerve Energy must be restored to normal... and finally, the mode of living must be corrected. How is Toxemia eliminated? By the organs of elimination when they are supplied with sufficient functioning power to do the task. How is this supplied? First by stopping all nerve leaks and then by rest. Treatments do not supply rest. They stimulate and further enervate. Further Enervation places an added check upon elimination and increases Toxemia. They may and often do temporarily palliate symptoms, but they cannot restore health. How is normal Nerve Energy restored? By the same process of stopping all nerve-leaks and resting for recuperation. What are "nerve-leaks"? All needless and wasteful expenditures of nervous energy.

How do we correct the mode of living? If you smoke, we have you stop smoking. If you use tea or coffee, we have you discontinue either. If you are addicted to late hours, we have you cultivate the early-to-bed policy. If you overwork, we have you discontinue this. If you worry needlessly, we educate you into new and more constructive emotional habits. This list could be greatly extended, but this is enough to reveal how simple is the process of correcting an enervating mode of living. It is SIMPLE, it is not always easy.

Where does fasting come in? Fasting is a period of physiological rest. In physiological rest, the body can eliminate toxins much more rapidly and efficiently than otherwise. It is not a treatment, it is not a cure. It is a form of rest. Is fasting a secret? Not if one is not totally blind. It is used by the whole animal kingdom. It has been employed by mankind from the beginning. Its history goes back 10,000 years. It has had widespread publicity in America since the early 1800s.

Is the above sufficient to get well? Yes. But it is not enough to get into a state of vigorous health. After removal of the causes of disease has enabled the body to heal itself, we must supply the causes of health to enable it to build up a state of vigorous health.

What are the causes of health? Quite simply, they are The 10 Energy Enhancers: Cleanliness, Pure Air, Pure Water, Adequate Rest & Sleep, Proper Foods, Right Temperatures, Regular Sunbaths, Regular Exercise, Emotional Balance, Nurturing Relationships. Do we have to wait until the patient is well before we employ the causes of health? No. On the contrary, their proper employment from the beginning hastens recovery. The reader will thus see that The Hygienic System offers The Health Seeker a mode of living, not a plan of treatment, as a way back to good health. It is not a system of enervating palliatives, surgeries, treatments. There is nothing about The 10 Energy Enhancers that is difficult to understand. It requires no elaborate ritual, no costly apparatus. It actually simplifies the process of living and greatly reduces one's apparent needs. Hygienic living is not only more wholesome and healthful than the conventional plan, it is less expensive of time and money.

# **The Wilderness Woman Assures The Irish Woman: “YOU DID EVERYTHING RIGHT!”**

I was honored to receive a guest from Ireland on December 8th, 2012. Unlike others who have visited from abroad, she was not just fitting a Guesthouse visit into her travel schedule but coming to Our Hygiene Homestead in The Woods — just to get well! My assistant and I fussed over The Howling Wolves' Den for “Our Ireland Visitor,” getting new snowflake flannel sheets and a huge faux-fur comforter. But knowing our guest was coming from further north than America, we were sure she would not be complaining about the cold! I long ago gave up listening to complaints about the weather anyway, when an older man from Florida and a younger man from Denmark were both here in the 75 degrees of summer and one complained about how cold it was while the other how hot! Besides, our upcoming Ireland guest told me she does not even turn on the heat in her home until she can see her breath! Come to find out, she snuggled down into her cozy bed with heat off and window wide open throughout many days of her visit to breathe deep our fresh mountain air! Isalda was “A Guest from Heaven” who did everything right during her 37 days of fasting on water-only and 12 days of juices and whole foods. Cheryl Denman was Isalda's house companion during the visit. Cheryl had taken a 40-day fast during the summer of 2012 and had stayed on to give us a huge head start on the scanning of The Dr. Vetrano Library. But even though Cheryl was there for companionship, many a day, Isalda laid low and did not even want so much as a short visit from either of us while her “DO NOT DISTURB” sign picturing a cat curled up and fast asleep hung on her private bedroom door. It was so encouraging to see a Health Seeker take her visit so seriously. Our theme at most every visit was my confirmation to Isalda: “YOU ARE JUST DOING EVERYTHING RIGHT!”

- She educated herself well on The Correct Natural Hygiene Fast before she arrived.
- She continued that education through books and DVDs and our teaching sessions throughout the fast.
- She did not obsess like so many do about a bath every day and bathed seldom toward the end of the fast.
- She wrapped up in a warm blanket and, many a day, sat on the deck breathing in the fresh mountain air.
- She took to getting that same fresh mountain air from her bedroom window into the fast.
- She drank the recommended big pitcher of pure, distilled water to stay hydrated every day of the fast.
- She went to bed for the night at 6:00 P.M. most every night and slept well into the morning every day.
- She took naps and took “complete rest” intermittent throughout her waking hours.
- She minimized conversations with Cheryl and me until she had broken her fast.
- She went 2 days past the planned 35 for the extra healing they would allow.
- She was on the computer, like everyone else these days, but did not stay on long, energy-draining hours.
- She kept herself warm enough at all times.
- She got a little sun on the several spectacularly sunny winter days in The Pacific Northwest.
- She did not engage in regular exercise at all throughout the fast.
- She did get on The BodySlant and did use her bed massager for the passive exercise they afforded.
- She bit the bullet and engaged in no complaining and kept a very positive attitude the whole time.
- She stayed out of drama with those in her life and had contact only with the nurturing people in her life.
- She broke the fast correctly and did not order home-delivery pizza with wine behind my back!
- She went home with what she needed to carry on what she had learned here: *2 BOOKS IN 1: The Health Seekers' YearBook with The Best of Common Health Sense, The Live Food Factor*; The Vitamix, several items from “Our Great & Yummy GetWell Edibles Order Form,” and a lifelike action figure of a howling wolf as a reminder in concrete form of what had she accomplished here in Concrete, Washington!

Look above at all Isalda did right. See THE 10 ENERGY ENHANCERS in the proper order I teach them. Give it a try: Cleanliness, Pure Air, Pure Water, Adequate Rest & Sleep, The Natural Hygiene Diet, Right Temperatures, Regular Sunbaths, Regular Exercise, Emotional Balance, Nurturing Relationships. In Natural Hygiene, we teach “REMOVE THE CAUSES OF DISEASE” and “PROVIDE THE CONDITIONS FOR HEALTH.” For each Health Seeker, these “Conditions” vary in proportions. For Isalda to get the most from her visit, she needed to drink in the Pure Air and Water, soak up sunshine, double up on Rest & Sleep, and stop The Natural Hygiene Diet and Regular Exercise. Happily, these “Conditions” she gave to herself.



## Isalda's Long Fast

The reason for my considering a fast was in the hopes of autolyzing a benign tumour. "A bump" had been growing in my abdomen, albeit slowly, for 5 years. In the beginning of 2012, I was diagnosed with a "fibroid tumour" (not cancerous). I had been living an unhealthy lifestyle of drinking, smoking, and other unmentionables. I had even been eating meat for the last few years after growing up vegetarian. My social life had revolved around self-destructive thrill-seeking... just out of habit, as the thrills had been long gone. More crucial to my story is that I had taken a dose of synthetic progesterone (Depo Provera) approximately 9 years ago. Intuitively, I knew this sowed the seed for this tumour to develop. (The most overwhelming of the side effects I experienced from the drug were constant spotting and menstrual cramps with depression and paranoia.) Then, after a shocking and traumatic experience a year ago, "the bump" grew wildly and scanned 9 inches across!

Hence, it was time to face the demon! So, I spent the rest of the year looking for answers. I experimented with a variety of natural remedies and holistic cures and kept reading that fasting produced results. For the last 6 months, I had weekly Korean Vital Qi Treatments (Cheonsoo) and practiced yoga regularly. I eliminated chemicals from my life, took daily fresh air and exercise, and transitioned to 80% raw vegan diet. All made me feel really well but did not significantly reduce the tumour. Other things I tried and found to be ineffective and expensive were TCM and taking the supplement Vitalzym. At one point, I did The Master's Cleanse for 3 periods of 8 days with a couple of days of light eating in between and found from the ultrasound scan that the bump had reduced by 1/3 from 7 inches to 4 & 1/2 inches. The treatment prescribed to me by the M.D.s was myomectomy, specifically a midline laparotomy with likely blood transfusion and possibility of emergency hysterectomy. I backed out twice, and they were rescheduling the surgery yet again when I found Our Natural Hygiene Homestead in The Woods, The Wilderness Woman, and The HighJoy Horse!

I emailed Victoria on an off-chance in a last-ditch attempt to avoid surgery. She assured me: "Partial to complete autolysis of tumors is automatic when fasting." Within days, I had made my 8 weeks' reservation at \$300 a week rather than the going \$1,000 rate at Dr. Goldhamer's. My thought was clear: "THIS WOMAN IS A TRUE PHILANTHROPIST WITH HER RATES!" I booked my flight. I arrived in Washington 3 weeks later to be greeted by the first of many, many bear hugs and a jar of beautiful apple, celery, raspberry juice. A GOOD START! Our Homestead was a welcoming site with the driveway and the front of the house all lit up. The air smelled soft and sweet. I retired to my woodsy chamber, "The Howling Wolves' Den," and began fasting. So what happened during my fast? SOME KIND OF METAMORPHOSIS! For 2 weeks, I enjoyed the contemplative solitude of Our Homestead. My houseguest Cheryl was up for more chit-chatting than I. It was a period of total respite and rest. I felt like I was on holiday! My mind was clear, and the creative juices were flowing. I watched DVDs and read books from Our Homestead Library, spent time on The Internet, wrote, drew, played music, and mentally finished editing the documentary film that I've been making. In between these creative bursts, I had private outpourings of emo-

tion and releasing of subtle but long-harboured negativities. Most days, The Wilderness Woman would burst into my room, vital and bubbling! We would discuss my experiences of the day. I fasted for 37 days and watched "the bump" reduce dramatically! In 37 days, I went from being asked, "When is the baby due?" to a flat stomach when standing and dramatically reduced when lying flat (but not 100% gone). I had numerous other beneficial results, especially emotionally. And I am full of gratitude for taking THIS LIFE-CHANGING ADVENTURE! The last 18 days of the fast, I found increasingly uncomfortable both physically and mentally. I experienced nausea, kidney pain, dizziness, extreme weakness, dramatic weight loss, insomnia, and nighttime hallucinations. I was on the verge of breaking at day 35, but Victoria encouraged me to continue for 2 more days through reference to the "Courage, Strength & Freedom" of the Mountain Lion, Wolf, and Bald Eagle picture on the wall of my bedroom. I was, after all, in The Howling Wolves' Den for a reason! So I held out for another 48 hours, taking my cue from these wild creatures from whom we can learn so much when we open our eyes. Breaking the fast was a divine experience! For 4 days, little baskets would mysteriously appear outside my Den door. They were filled with assorted jars of the tastiest, sweetest juices! After 3 days of lovely juices, big baskets of fresh fruit and salad veggies were provided for me to feast upon. And feast I did! Quality produce appeared with no expense spared! Great variety was served for January notwithstanding! I dined on fruits and veggies I never even knew existed! My re-feeding on whole foods was sumptuous! The Wilderness Woman treated me to several gifts besides \$5,600 off the rates others had quoted.

It has been 2 weeks since I broke my fast. I can feel "activity" again at the site of the tumour. My abdomen is barely bulging as it had before, although only marginally. Victoria could not even see it. This has left me confused. So before leaving The States, we got Dr. Tosca Haag on the phone for yet another gift, one that helped set me more at ease — a lengthy consultation. Dr. Tosca explained: "Several things are going on. #1 — You are undoubtedly experiencing some retracing with this 'activity at the site.' This is typical 2 weeks or longer after a fast. #2 — Even though you did drink water throughout your fast, your cells are still somewhat dehydrated. They are refilling up on water now. This could account for any slight enlargement. #3 — Your bowels are now pretty much nonstop filled with fiber and some gasses which you are likely to experience as an enlargement at the site. #4 — A fibroid tumor is made up of living cells that will multiply after a fast and could account for a slight enlargement of the tumor. It takes time to autolyze these cells completely. You have made great progress. Keep your attitude positive. This 'activity at the site' does not mean the tumour will grow back to its largest size and larger yet. Go home and live right. In another 6 months, consider another long fast before you consider surgery. BE PATIENT!"

After such elation upon seeing the tumour reduce dramatically after the fast, 2 weeks later, I had been left wondering. But after consulting with Dr. Tosca, I know I must practice patience with The 10 Energy Enhancers. I am returning to Ireland with a cleansed system, a much brighter mind, and newly acquired, good habits. I feel fully positive for the future!

# Ethan's 32-Day Fast-on-Water-Only-&-Live-Food-Feast!

Doing a fast on water-only at Victoria BidWell's, BEAUTIFUL Hygiene Homestead in The Woods outside of Concrete, Washington, has been THE MOST POWERFUL EXPERIENCE OF MY LIFE!

Where do I begin? First, I want to describe what I LOVED about Victoria. Also called "The Wilderness Woman," she is one of the most loving people I have ever met! She is REAL (authentic, genuine) and has a GREAT sense of humor! From the first day I called, she was SO helpful and took all the time in the world to answer any questions I had. She answered my every e-mail concern thoroughly and promptly. She even took me, over the phone, through a FUN, guided virtual tour of the land and facility at her website. This was great — to see where I would be staying! And Victoria is SO knowledgeable when it comes to health on all levels. She has much experience, but she doesn't come off as arrogant or cold or unapproachable. She has a warm heart, but she DOES mean business and seeks the best out of Health Seekers, herself, and the situations we find ourselves in! Victoria has been such an inspiration to me, especially because of her unwaveringly positive attitude and dedication to helping people! Victoria and I had several good talks, and I always felt comfortable talking to her about anything. She was like a good friend with whom I had just been re-united after a long time away. She was SO supportive of me in every way during my fast. I will NEVER forget what Victoria has done for me and the gifts and opportunities she has provided for me. One of the first things she did upon my arrival was hand me back \$140, telling me, "You paid me too much!"

People call her "The Wilderness Woman" — and with good reason! She dresses very naturally, completing her black outfit with loggers' boots, a fur headband, and gloves during nippy temperatures! The Wilderness Woman lives with a BEAUTIFUL, white, Arabian horse! She introduced me to him when I first arrived. And this horse — "HighJoy" — warmed my heart right away! Victoria's frontier bedroom is decorated in 1800s' style, and HighJoy can put his head through a Dutch door and keep us inside sitting around the wood-burning stove entertained! She isn't afraid to get her hands dirty, either! She revels outdoors in all kinds of weather, whether it is feeding the beautiful HighJoy, picking wild blackberries, or stacking wood for the winter. She watches throughout the month as the moon waxes and wanes and makes us aware of its coming and going beauties. She points out the moonbeams as they make shadows across the mountainscape or the new moon that lets the stars' light shine through extra bright. I loved hearing the stories of how our Wilderness Woman once rode HighJoy in the Canadian Rockies, how she would swim wild lakes and could pick wild cherries from the trees while standing on her horse's saddle to reach them! Just being around "The Wilderness Woman" has inspired me to connect with nature more!

Next, I want to describe what I LOVED about The Guesthouse. The HYGIENE HOMESTEAD is just wonderful! I stayed in the ELEGANT "Eagle's Nest" cabin, complete with a COMFORTABLE bed, LOTS of warm faux fur blankets, cozy overstuffed chairs for each of us, a wilderness desk topped with a huge chunk of polished burl, and a GREAT electric flame fireplace. The whole private bedroom took me back to the simple life of the 1800s and glowed with a "homey" feel. Victoria

would do my laundry as I requested. She would make sure I had clean sheets every week and distilled water every day. In fact, with every daily visit, she would make sure all my needs were filled. The shared living room was just as user-friendly, with comfy couches. We had a PERFECT kitchen for re-feeding after the fast. And WOW! Victoria has at Our Homestead the BIGGEST, most comprehensive library on Natural Hygiene anyone has EVER seen! Then, where she and HighJoy live, is an antique library just as large as ours here at The Guesthouse! Our library is Victoria's personal library, and the antique library is a gift from Dr. Vetrano with most books from the late 1800s but some going back to the late 1700s. You can just imagine! Both libraries are open to us guests and include current 1900s' and 2000s' books, audios, DVDs, VHSes, and magazines, as well as rare books and magazines by famous and lesser known Natural Hygiene Pioneers and modern educators! The cabin I stayed in, and the HOMESTEAD in general, is surrounded by a tall, solid-cedar fence and 20 times taller evergreen trees and maples. The property, except for the birds chirping and occasional dogs barking to each other, is VERY QUIET, which made my stay that much more relaxing and enjoyable.

Another GREAT thing is that Victoria allowed me to work for her for 3 days BEFORE THE FAST in exchange for a discounted rate! I arrived on October 28th and worked the 29th, 30th, and 31st. These 4 days included free room and board and just a few to several hours of work a day. The rest of the time was just for my leisure. VICTORIA HAS NAMED THIS RATE: "PITCH-IN PRICES!" The work included 3 projects. It was all outdoors in nature work and was SOOOOOOOOOO MUCH FUN! I got a chance to take off my shirt in the warm October sun while I picked 2 huge, huge buckets of "wild" (and therefore "organic"), little winter apples which Victoria made into juice for the freezer and will use to provide feed for HighJoy throughout January. Together, we built HighJoy a cement "pad" on which he could stand in his barn. We loaded up 3 truckloads of firewood which I then unloaded and stacked. Victoria thanked me endlessly, saying how I was saving her from \$10 an hour workers. She really helped me feel like I was contributing to this beautiful healing center while I was having the fun of connecting with nature directly! Next, I want to introduce myself. I am 28 years old. Personally, I came to do this fast on water-only, or as I like to call it "fast-&-live-food-feast" for many reasons. I didn't come here because I had high blood pressure, obesity, diabetes, cancer, or any other illness. I came here very healthy! For years, I have been eating mostly living foods, getting lots of exercising, living my passion, having very good vitamin and mineral levels, and feeling over-all happy. I came here to gain mental clarity and complete emotional balance and to get a DEEP cellular detox, after former years of vaccines, living in a polluted environment, accumulating stress as a child, and eating LOTS of cooked food while growing up.

One big issue I had growing up was using food to escape. I would often stuff down my emotions by eating crappy food.

But no one could really tell, because I didn't gain weight, so I kept on using emotional eating as an addict would use a drug. Eventually, as I moved into the adult world of responsibility, the side-effects of self-medicating with food became worse and worse — and very expensive. It even came to the point where I had so many emotional issues with self-hate and feeling unworthy of love and wanting to avoid all responsibilities and unable to let my light shine that I would literally escape. I would plan these escapes out in detail. I would travel to another city and get lost in anonymity. I would rent a hotel room for a day or few, charge up my credit card (or use almost ALL of the cash I had), and hide out while I ate exorbitant amounts of cooked, junk foods. Many of these binges brought on “allergic” reactions. I sometimes got suicidal.

And I did this HUNDREDS OF TIMES in my early twenties. Each time I hurt myself like this, it felt worse and then worse. So it took SEVERAL YEARS of digging deep, getting help, and believing in MYSELF that helped me finally RESOLVE these issues and seeing the ROOT of why I had been taking these “great escapes.” It took an ENORMOUS amount of SELF-BELIEF, patience, and TRUST in the process of releasing and LETTING in new energies and LOVE. Most of all, it took LOVE. That's what I have learned: IT'S ALL ABOUT LOVE. And looking back, all of my experiences have HELPED me become the grateful and happy person I am today: with compassion for others, a sense of humility, and the beliefs that literally ANYTHING is possible and that NO ONE is hopeless!!!! During those early twenties, I could have NEVER taken this fast-&-feast at Our Hygiene Homestead in The Woods: I was just too unhappy. And that shows how far I have really come. It's so exciting! All along the fast, I had SOOOOOOOOOOOOOOO much love and support from friends, family, and God, as well as MYSELF. I have learned NOTHING can be done alone... and yet, NO ONE can truly do the work for us. I CAME TO THE WOODS FOR MYSELF! Below are many more reasons, specific reasons, why I came here to do this fast-&-live-food-feast:

1. TO Be at PEACE and EASE with myself.
2. TO BECOME INDEPENDENT.
3. TO Cleanse and heal every cell and system in my body.
4. TO Let my organs normalize to the size they are supposed to be!
5. TO Detoxify vaccines from childhood.
6. TO improve my memory.
7. TO Improve my sleep
8. TO Improve my sensory and extrasensory abilities.
9. TO Increase my empathy and healing energy.
10. TO Build a more “fuel-efficient” body!
11. TO Develop a stronger, healthier, more flexible body.
12. TO be prepared for one day in the future when it might be vital to be able to live without food for a certain length of time.
13. TO Experience DEEP relaxation, rest, and restoration after YEARS of late night eating of toxic foods and overstimulating my nervous system
14. TO Free myself of mental/emotional food addiction.
15. TO Learn to portion control my food. (Deep down, I KNOW I don't need to eat so much to live!)
16. TO Learn to eat for genuine hunger only. (Too much of my eating has been out of habit, stress, negative emotion, fearful thought, boredom, entertainment, or just for taste pleasures.)
17. TO Release my computer addiction.
18. TO Overcome my addiction to fear and to release fear of pain, especially fear of mental and emotional pain.
19. TO Forgive myself COMPLETELY for all of the errors I have

- made.
20. TO Give up selfishness and self-centeredness.
21. TO Erase past negativity and especially TO Clear family negativity that I once absorbed.
22. TO Break through boundaries and arbitrary limitations I have placed upon myself.
23. TO PERMANENTLY connect with my Spiritual-Side & Love-Space in my heart.
24. TO Discover what love truly is.
25. TO Allow in the TRUTH of who I always knew I COULD BE and TO Invite the POTENTIALLY TRUE me to come forth!
26. TO Grow into my Warrior Self! “ROAR!”
27. TO Prepare myself for my beloved partner.
28. TO Prepare my body to be the highest genetic expression of health possible, in preparation to have children.
29. TO Allow my ART to come through fully and beautifully!
30. TO Inspire others to explore their own perceived limitations.
31. TO Re-connect with nature on a deep level.
32. TO Get clarity on what I want to do with my life and to shift toward peace and abundance in this world.

These are many of the reasons I wanted to do this fast-&-live-food-feast. And while I have been here at Victoria's Nature Cure Raw Food Health Retreat, EVERY single one of them has either come true or has begun the process of manifesting! The benefits I have harvested here will for sure carry over into the rest of my life. I came into the fast with not much money and needing to re-connect with my abundance nature. I had left my home and work in New York doing Thai bodywork and teaching yoga, and I didn't have a place to live after the fast, but I KNEW God would provide in all ways. SOOOOOOOOOOO many things have fallen into place since I arrived at The Guesthouse! I came into contact with a friend of a friend who will let me live with her in Hawaii until I find a farm community of like-minded artists and Earth-centered people, which has always been a DREAM of mine!

Who would have thought that a fast-on-water-only-&-live-food-feast could GIVE me SO much?! It's been truly REMARKABLE! Like I said before, I came into the fast VERY healthy; so personally, I experienced virtually no pain or discomfort whatsoever during the fast — just the expected weight loss and extraordinary weakness. Even though this was my first extended fast, it felt like the most natural thing in the world. I really enjoyed the simplicity of the fast. And the LOVE and support I received from The Wilderness Woman made it that much better and enjoyable! I am so grateful that I came into contact with Victoria.

The breaking of my fast was such a fun experience! I refused Victoria's usual way of breaking on her live-food juices and live-whole-foods meals. Instead, I gave her a shopping list. And from Day 1 of breaking until I left, I made my own juices and meals. My first live-food-feast after 23 days of fasting on water-only included little separate glasses of celery, cucumber, romaine, parsley, dandelion, and wild apple juices. I tasted each juice individually. AND MY GOODNESS! I have never experienced anything like that before... the feeling, sensation, taste, emotion, and joy were beyond words!

I DEFINITELY recommend that people who are looking to heal without drugs, surgery, or “magic pills,” potions, or quick fixes look into doing a fast at Victoria's beautiful HYGIENE HOMESTEAD in Concrete, Washington. She offers the MOST affordable rates that I could find ANYWHERE on The Internet, and the quality of the experience that she provides and the facility are... “TOP-NOTCH!”

# **In Just 4 Weeks, The Slim & Happy & Fun Debbie Is Back!**

**At Our Hygiene Homestead in The Woods, You Can Sleep Well,  
Fast Well, Lose Weight & Anxieties Well, Breathe Well,  
Sunbathe Well, Exercise Well, Commune with Nature Well,  
Enjoy Friendships Well, Then Break Your Fast Well & Eat Well,  
— & Ultimately, Get Well & Stay Well!!!**

DEER Friends! “Little Debbie Horvath” just left yesterday for her own homestead in Tuscon after a 4-week break from being in a rut with the circumstances of her life! She will return to Tuscon. But she will not be returning to the rut into which she had dug for herself! Little Debbie came for 4 weeks at the inspiration of her sister-in-law Mary Horvath who was here this spring for 4 weeks herself and whose story will be in our Fall News Bulletin. Mary and I conspired to get Little Debbie here for “THE FULL TREATMENT” and with the high hopes that she could get out of the 8-month old rut she had dug for herself and from which she could not escape so easily! AND WE WERE GLORIOUSLY SUCCESSFUL! WE HOPE THAT UPON READING THIS, YOU WILL TIGHTEN UP YOUR CINCHES AND BE INSPIRED TO DO THE 10 ENERGY ENHANCERS EVERMORE SUCCESSFULLY, TOO! GET READY FOR LOTS AND LOTS OF EXCLAMATION POINTS AS LITTLE DEBBIE INSPIRES US ALL!

## **THE WONDERFUL, MARVELOUS SETTING FOR MY GET SLIM, GET HAPPY MAKE-OVER...**

**VICTORIA BIDWELL** ~ Synonymous with “The Wilderness Woman,” “The HighJoy Homestead,” and the enchanting home-away-from-home “Our Hygiene Homestead in The Woods!” Victoria will fill your cup with truth, humor, heart, and endless stories. Victoria will keep you entertained and thoroughly amused, educated with her treasure of knowledge, and enthused with her infectious energy!

**THE GUESTHOUSE IN THE MOUNTAINS** ~ Imagine unpacking and dwelling in The Critter’s Forest or The Eagle’s Nest or The Howling Wolfe’s Den or The Bear Cave — all on 1/2 acre and burrowed into the foothills of the majestic Cascade Mountains! Imagine hand-picking succulent and wild blackberries along the slow-flowing Skagit River, taking in all of nature’s gifts, watching mother and baby deer and a small herd of elk graze while rabbits explore for tender baby green clovers a stone’s throw away! Imagine cool rain forests dressed in lush, verdant vegetation that offer swimming holes and picnicking spots and trails that trek for endless miles! Imagine cool nights after August hot days, cradling you to sleep!

## **MY 21-DAY FAST & 7-DAYS ON JUICES...**

**MY MIND** ~ The dark and despairing clouds have departed! My brain-fog has evaporated! The sun is shining brightly in my mind! And the birds singing in these great outdoors sing, too, with my happy heart! Victoria explained on the phone and before my coming: “If you want to fast on water-only, if you want to get the fastest weight-loss results, if you want to get the most from your fast, you will need to get off your medications. You cannot fast and do medications at the same time. That would be dangerous. So, you will need to get off your anti-depressant medications while in Tuscon. That should be easy! Just the thought of coming here to be with the happiest woman in the world and treat yourself to this time-out visit should have you happy enough to dump the anti-depressants!” And she was right! Feelings of depression and anxiety have vanished! Clarity of thought, a sharp memory, my sense of humor, and creativity have all returned! And my degree of sensitivity, love, and joy have shot to the treetops! I am slim, happy, and fun, again! DEBBIE IS BACK!!!!



**MY BODY** ~ I have reduced my body weight by 25 pounds! During the last 8 months, while under extreme stress adjusting to moving in with my 88-year old mother to help her after she had a stroke, I got depressed, started cooking Hungarian recipes we both love, and gained weight. I took to wearing everywhere “the green dress” — a huge muumuu I had discovered cleaning out my mother’s closet. One of the first things that Victoria said to me when she picked me up at the bus station was: “That green dress has got to go!” And “go” it has! Today, I fit sweetly back into the small clothes I had been wearing all my life! **THIS IS SO WONDERFUL — AND IN JUST 4 WEEKS!** Prior to fasting here, my blood pressure had been high for years — in the 138/96 to 162/88 range. My last week after the fast, I decided to just do very small amounts of juices to break my fast, at Victoria’s inspiration. And during my 4th week here, my blood pressure has dropped into a range of 116/79 to 118/83. I am elated! I am also off diuretics! Years ago, I was diagnosed with “Cyclic Edema” (water retention). And ever since, I had been taking 40 milligrams of Lasix daily. I am ecstatic to report that I am no longer in need of this medication, either! My teeth are whiter! My skin is noticeably softer! And even the fatty pads in my face have emptied! The skin tightened up during the fast! My facial lines are fewer, excess skin tightened up under my chin and in my cheeks! It is like having a successful plastic surgery on the face here at Victoria’s! **DEBBIE’S BODY IS BACK! AND DEBBIE’S FACE IS BACK, TOO!** My finger nails are stronger, smoother, and longer than ever before! And my energy levels are recharged and ready to go! What else can I say? I can only repeat: “I am slim, happy, and fun, again! **DEBBIE IS BACK!!!!**”

**MY SOUL** ~ My 28-day journey has presented me with the opportunity to purify and cleanse my soul, as well. It is my belief that just as the soul will provide for the body and the mind, so do the mind and body provide for the soul. Our every-day, fast-paced, hectic, city-slicker, instant-gratification lives do not grace us with the valuable time necessary for reflection and revelation to do the work the soul needs to do to give us peace and happiness. However, due to the back-to-nature, sleep-til-noon, take-naps-all-day, leave-it-all-behind setting that Victoria has so unselfishly granted me in which to partake here, my soul has also lightened in weight immensely! Simple beauties and joys can now flood my soul because I had time here at Our Back-to-Nature Homestead to let the darkness dispel and the light flood in!

**IN SUMMARY... I CAN’T TAKE OUR HYGIENE HOMESTEAD HOME WITH ME** ~ I can’t take The Wilderness Woman, The HighJoy Horse, or Concrete home with me on the plane. But I can take part of “The Wilderness Woman’s 10 Energy Enhancers’ Complete Package” with me on the plane to live on in my mind, body, and soul while here in Tuscon. For all will remain an ever-lovin’ and ever-livin’ memory of those lessons learned here to keep me traveling every day only on The Happy Trails! I will forever picture The Wilderness Woman carrying those glorious baskets filled with the most colorful, thriving, lush, and mouth-watering fruits and vegetables you will ever experience! I will remember all her teachings — some of the best were given during our private massages. I will remember to let stress be “like water off a duck’s back!” and “to stay on The Sunny Side of The Trail!” I will practice the Natural Hygiene tricks of her trade she shared... “to keep even 1 pound from coming back!” I am going home tomorrow — slim, happy, and fun again! The green dress is gone. **AND DEBBIE IS BACK!!!!**

Here is to you, Victoria BidWell and that dazzlingly white HighJoy Horse! With a spirited, sassy, and gorgeous sidekick like him, who would not be inspired? Just waking up to him everyday would thrill anyone! Victoria, through your devout dedication and inspiration to all, your legacy **WILL** live on. I am honored to share my experience at The Guesthouse with Health Seekers. Thank you for such a complete package and this totally life-changing experience. **RIDE HAPPY TRAILS, YOU TWO, UNTIL WE MEET AGAIN... I WILL BE BACK ONE DAY, NOT BECAUSE I WENT BACKWARDS BUT BECAUSE I WILL JUST WANT MORE OF THE SAME AS I GO INTO MORE FORWARDS. AND BELIEVE ME, I WILL RETURN... “SLIM, HAPPY, AND FUN!”**

**I feel sorry for anyone who cannot come here to experience what I have. Love, “Little Debbie” Horvath-Griffin**

# “The 3 Weeks I Spent at Your Cottage Retreat Were 3 of the Most Life-Changing Weeks of My Life!”

— A Letter from Diane Boros —

Dear Victoria, YOU ARE A SAINT... What you help people do for their health and well-being is so much needed in today's world! When Mary Horvath first told me what she was planning on doing at your lovely cottage in the evergreens — “FAST ON WATER-ONLY!” — I was quite leery. And honestly, I decided to go just to look after her. I had no intention of fasting before I talked with you. But I did have 3 things I wanted to eliminate from my life: a long-standing glass of wine habit before and after dinner leftover from a stressful career in the hotel industry, high blood pressure medication of just a few months' taking, and a lifetime of being on an inhaler for asthma. After our first phone call, however, you convinced me to try “a few days of fasting on water-only” during my reserved 3-week stay. Once you sent me Dr. Scott's book of 100 fasting case histories *Fasting for the Health of It* and once I read more and more of 2 BOOKS IN 1: *The Health Seekers' YearBook with The Best of Common Health Sense*, I was thinking of trying 10 days. Come to the end of my stay, I had completed 3 days of juices while I took myself off the blood pressure medication and 11 days of fasting on water-only, with 7 days of breaking the fast correctly. Mary checked in a week before my arrival, so she was well into her 21-day “Correct Natural Hygiene Fast.”

Moving on to my arrival day — April 23, 2012! I was greeted at the Seattle-Tacoma Airport by a robust woman with the rosy complexion of a healthy 9-year old girl! She stepped out of a shiny-black PT Cruiser and gave me a huge bear hug that took my breath away! After this first introduction to you, we had a leisurely, long day of getting to Our Hygiene Homestead. You took me to the spectacular Skagit Valley Tulip Festival and left me to wander through endless acres of red, yellow, orange, magenta, and purple tulips all planted in perfect rows with the foothills of The Cascade Mountains as the backdrop on one side and land stretching to salt water on the other. I wandered not “lonely as a cloud,” but with hundreds of other tulip seekers who wanted to smell the tulips as they touched the sky! After that, you inquired of me, “Would you like to be left alone to hike around a hill called ‘Little Mountain’ with views of Puget Sound to the west and snow-capped Mt. Baker to the east? I could drop you off while I go on a few errands.” I am a hiker and a runner. I gasped: “YES!” And since, I was about “to lay low” for 3 weeks of inactivity, rest, and sleep, I jumped at this last chance to revel in nature while I worked up a sweat! Little Mountain is the last mound in the foothills of The Cascades, the last mountain boundary for The Skagit River Valley. So, I got to see the same tulip strips of colors from a distance, through which I had just wandered! I was so happy to see an American Bald Eagle soaring on the thermal currents overhead!

When we arrived at your postcard-perfect Homestead, the cedar and pine fragrances overcame me! I was reminded of all the summers of my youth I had spent at “our family cottage” in Ontario, Canada. We really roughed it there, every summer on the lake. No electricity. No indoor plumbing. Just the wilds and clear skies and critters! Victoria, it was love at first sight — your little cottage in the woods was a throwback to my childhood and teen years! I knew this was going to be a special time of healing. I had the cutest loft bedroom. It had a double bed and a twin bed on one side of the staircase and an office set up on the other side. But since no one was checked in for the single bed, I had a huge, private room! I am from Tuscon. And perhaps the most wonderful part of this “geographical cure” was the woods, the green everywhere, the huge Skagit River, The Cascade Mountains, and — THE FRESH, COOL, CLEAN AIR! Since Energy Enhancer #2 is “PURE AIR,” I kept both of my bedroom windows open at night. And I loved to wake up to the sounds of the songs of birds in the morning. I've had asthma all my life. But the fresh air and the cleanliness of the cottage and endless hours of complete rest and sleep all helped set the stage for the cleansing and healing of my lungs during the fast. I didn't use my inhaler the night I arrived, and I did not use it throughout my entire stay.

Victoria, you took time throughout my stay to listen to my health concerns and help direct me to the best course of action. Those sessions we sat in a group, they helped us to memorize “The 10 Energy Enhancers” and “The 10 Energy Robbers” so that we would know how “to provide the conditions for health” and “to remove the causes of disease.” It helped, also to memorize “The 7 Stages of Disease” and their Correct Natural Hygiene definitions so that we would be reminded that the disease process evolves from simple exhaustion (“Enervation”) to the last, dreaded stage of Chronic, Degeneration. The best part is that I now know exactly how to reverse this disease process to get well and stay well!

What came as a shock was my total lack of appetite — even though the books did say that would happen! I expected to feel hunger pangs. But they never came! After 7 days, the water started tasting so sweet! What games the mind and body can play while fasting! Victoria, you were very detailed in telling us what we might expect during our fasting, both the highs and the lows — so we weren't caught off-guard. I think I was quite on the high-and-happy-and-energetic side during the fasting, but my toxins showed their faces once I broke the fast with cold sores and a short-lived case of shingles! Your attention and guidance to slowly breaking the fast was key to our success. The introduction to juices in small quantities 6 times a day was the correct way to break the fast. After 2 days, you made sure we had access to numerous, different, fresh fruits and vegetables. And your “food preparation” — not “cooking” — classes were fun and informative! I especially loved your “Instead of Yogurt” demonstration! I had never eaten a perfectly ripe cherimoya before! It looked like a fat, round lizard — but tasted wonderful! I liked the Cherimoya Instead of Yogurt with a hint of garlic along with the onion and lime to give it the fermented taste of yogurt without the dairy! I also loved our Italian Night with the vegetable spaghetti and raw marinara sauce! Your secret recipes for spices were amazing! The Instead of Coffee is my favorite, except I think it is a toss-up now that I received my Victory Veggie Vittles in the package you just sent me! (Never have used so many exclamation points in my life!)

After all is said and done, the 3 weeks I spent at your cottage retreat were the 3 most life-changing weeks of my life! I know I got testy (to say the least) at the end of my stay. And I'd love to blame it on the fast and what I went through with you. But it was a combination of... going back to the real world after 3 weeks of wonderful solitude, hoping I can continue the healthy path you set out for me, missing my husband, knowing I would be missing your fresh air and rivers and woods — AND YOUR GREAT MASSAGES!

On a delicious side note, your “beverages” were amazing — starting with the fresh watermelon juice you handed me at the Airport and before my Little Mountain hike to your special green drink those 3 days before my fast and our Beverage-Tasting Parties after my fast! On a happy note — I have not had an alcoholic drink since returning to Tuscon! My husband and I still have our Friday nights on the patio. But we experiment with different, frozen, non-alcoholic drinks now — like your frozen margaritas and daiquiris. I've created one with strawberries, bananas, and coconut milk! YUM!

Victoria, even though when I arrived you told me that my weight was “just perfect,” I have worked to keep off the 10 pounds I left at your place. My husband and I are both eating raw, with a once a week slice of my homemade sour-dough bread. (Sorry, can't give up our tradition.) MY HUSBAND LOVES YOUR PRODUCTS! He takes your dried tomatoes and Vittles to work every day and keeps saying, “You have to order more so we don't run out!” We've filled our kitchen with new toys: the VITA-MIX, 9-drawer Excalibur dehydrator, Cuisinart 12-cup food processor, a mandolin, and an ice cream maker. (Pineapple-mint sorbet is our absolute favorite!) I haven't managed to find a spiralizer slicer yet, but the mandolin works to make “noodles” in a pinch, creating long, thin strips of whatever I slice through! One last moment to share, Victoria. On our last full day before your evening dinner at the picnic table, Mary and I went on a private adventure. We walked up the South Skagit River Road and found a huge sand bar jutting out into the river. We packed a raw lunch. And before eating, we waded deep into the Skagit. Then ate. And then we both fell sound asleep! We awoke to American Bald Eagles soaring above our heads, as if to say: “Well done, Ladies of Tuscon!” The tulip show was the opening nature highlight, and these Eagles the closing. My words cannot describe my delight in having gone back-to-nature! VICTORIA, THANK YOU! THANK YOU! THANK YOU! — for all your healthy advice, endearing talks, trips up the Skagit River to The Little Alps of America, your beautiful cottage in the woods, your caring ways. AND LAST, BUT NOT LEAST, THAT GREAT HORSE HIGHJOY! MANY BIG BEAR HUGS TO YOU BOTH — LOVE, DIANE!

P.S. I know there was one other huge, life-changing experience, Victoria. When I mentioned to you how strong Mary was in The Lord compared to me, you explained: “When it comes to spirituality, there is no good in comparing. The Lord runs a non-stop ‘Come as You Are’ party!” After our little talk toward the end of my visit with you, I started to read *The Bible* again. I did like you suggested. I just started with The Psalms and The Proverbs using your huge *Bible* with the big print you keep in The Library. I did not get intimidated by old-fashioned language or verses I could not understand, either, like you suggested. I just started with these 2 simple chapters, and I could follow nearly everything! Then, our stop at the miniature church alongside the highway in the mountains helped bring spirituality into the concrete! I am still reading here at home. I will do next what you suggested: read the 4 stories of the same events written from the 4 different perspectives of the 4 men— Matthew, Mark, Luke, and John. Thank you for providing the surroundings and gentle suggestions where someone like me can again find her spiritual roots and reintroduce Jesus and God and The Holy Spirit back into her life. GOD BLESS YOU & THE HIGHJOY HORSE!

**BEFORE: “I secretly felt like I had been put out to pasture to die.”**

**AFTER: Eve Wheeler Is Now... “FOREVER YOUNG!”**

HELLO, HEALTH SEEKERS AND FRIENDS OF VICTORIA BIDWELL! My Name is “Eve,” and I am 50 years old. I have many tales to tell — because, as you know, “LIFE IS A JOURNEY, NOT A DESTINATION.” I am reflecting on my recent 21-day fast at Our Hygiene Homestead in The Woods. The retreat is nestled into the shade of Victoria’s GetWell★StayWell, America! in Concrete, Washington. I am a graduate of the famed Hippocrates Health Institute. I have an M.S. in nutrition (C.C.N.) and am a Registered Nurse. With these credentials and all the money spent on all this education, you would think that I could have overcome the self-sabotaging mindsets of over-working and over-eating. You would think that I could have long ago conquered all sickness/wellness issues... Well, easier said than done! I could not free myself from myself... In my thoughts, the only answer of late would be to fast and get some answers and relief from above.

How it all began that I ended up heading north to Concrete, Washington... I called every place available for fasting on water in America. But none were so willing to help as Victoria, “The Wilderness Woman!” She heard my desperation, and she HEARD ME — EVE! I needed someone strong, direct, and spiritually aware to help me with my plight. And that, she is... I am a compassionate and dedicated wife, mother, and grandmother — as it turned out, to a fault... And Victoria picked up on that during our first, long phone call: “Forget being the convenient babysitter for grandchildren and get up here and take care of yourself! You are not indispensable! Everyone you named in your life is draining the energy out of you... Everyone you named is younger, more financially set, and full of more energy! This is an outrage!” It was so true. But to hear someone else say it to me hit home on deep levels. She was right! My energy had been waning toward what felt like the point of no return... I had been feeling the life getting sucked out of me for a long time... I had always thought by making everyone else around me comfortable, I could make myself happy. But Victoria asked me, during that very first talk, many questions about what she called “your energy-robbing lifestyle.” Then she REALLY LISTENED to my answers. She was brutally blunt, and that woke me up! I realized just by answering her direct questions that I would only get worse if I did not start practicing what she called “THE 10 ENERGY ENHANCERS!” My answers to her questions provoked me to realize: “*I don’t know...* why I am so tired all the time...” and “*I don’t know...* why, with all the good, raw food I am eating, I am getting worse...” and “*I don’t know...* how to get well!” AMAZING! With all the education and Biblical background, there was so much about practical living to get well that... “*IDON’T KNOW!*” After several more calls and arrangements, it was near Thanksgiving. My plan was to go and stay 2 weeks. But after much counsel from Victoria (My brain fog was horrendous!), I thought about staying one more week. When Victoria “bribed” me with one more week at half price, I decided to add on another week — for good measure!

I approached my family about going to GetWell★StayWell, America! The response was: “Oh, No! It would be so inconvenient, what with the holidays and all.” I was really hurt that they could not see I needed support and healing. What else should I expect when I had complied to their ideas and desires nonstop for years? I was feeling 90 years old... dragging out of bed every morning with every inch of my body aching. I would go into a room and totally forget what I was there for and just break down on the spot, feeling so flustered and depressed... IS THIS ALL THERE IS TO LIFE IN THE FIFTIES? I had tried to be a good servant. “But God, what more can I do?” I begged to know. I took the plunge, made my reservation, and prepared to “GetWell & StayWell!” There would be no turning back now. It took nearly the last of my savings. But, THANK GOD, VICTORIA WORKED WITH ME! I would have never been able to go to the \$1,000 a week retreats. Her rates are unbeatable — and with all that service and love provided.

The drive from Portland, Oregon, to Concrete, Washington, was magnificent! The pristine Pacific Northwest beauty alone is enough to cause your heart to surrender to a Greater Power! The ocean... the green coastal trees... the snow-capped Cascade Mountains... what man-made art could replicate them? Although an uneasy feeling in my gut kept me on the watch, with each mile, it diminished... for the first time in ages, I grew genuinely hopeful... and EXCITED!

I arrived in the small mountain town of Concrete after dark, so I was unable to see the landscape, but the air was so fresh! I followed the directions at [www.naturecurerawfoodhealthretreat.com](http://www.naturecurerawfoodhealthretreat.com). The most memorable direction was: “Keep driving about 1 mile. You will turn right on the Concrete & Sauk Valley Road, just before West Valley Realty. NOW! You are almost here! Go over the river and through the woods!” And over the river and through the woods I did go! I arrived at The HighJoy Homestead — The Headquarters for GetWell★StayWell, America! — and where Victoria and HighJoy live. Out Comes... “The Wilderness Woman!” I loved her beautiful, silvery-blonde, curly hair topped off with a fur headband! She was so alive, sporting rosy cheeks and a bright smile! I immediately felt at home. She introduced me to Captain HighJoy America! Then, she gave me a handful of carrots and instructed me: “Make



friends with High, and I will be right back with some wild blackberry juice!” That was the best berry juice ever! I am salivating even as I write this! I was hooked... Oh, yes — I did make friends with that GRAND, WHITE, ARABIAN STEED! It is very easy to fall in love with him! Next, I followed Victoria to Our Hygiene Homestead in the Woods, down The Skagit River 5 miles. The whole front was illuminated with silvery and golden “wilderness lights” and JOY! Every inch of the sanctuary was designed in love. Every acquisition for the setting came with a story. At [www.naturecurerawfoodhealthretreat.com](http://www.naturecurerawfoodhealthretreat.com), the last page of “Our Reservation Details & Lowest Rates,” you see “Before” and “After” pictures of The Guesthouse. It really was incredible that one woman in her mid-60s and her handy-men transformed “the Before-blue house” into “the After-green house!” The caption to the “Before” and “After” pictures foretell the guests’ adventures awaiting them:

**“We Just Love to Recycle & Rejuvenate Whatever We Come Across on the Trail!  
Including... Horses, Vehicles, Houses, Health Seekers, Hope & Happiness!”**

That was me... my HOPE needed recycling! The 1979 house was unrecognizable — renewed WITH LIFE! Many of the furnishings and yard art had been recycled and renewed and given a new home — with so much love and attention! The Guesthouse was wilderness beauty and charm. The recycling and renewing were a bit of a metaphor for me — because before meeting Victoria, I secretly felt I had been put out to pasture to die... but arriving that night at The Guesthouse, I found hope that my “After Wilderness Woman Days” would leave me recycled and renewed, too!

My fast on water-only and complete rest began. I slept most of the hours for many days. My pain got worse before it got better. But every few days, Victoria would give me a much needed massage... my brain fog was so bad I could not read for the first 7-10 days, so I listened to Natural Hygiene teaching tapes and prayed a lot... I did not realize how full of self-loathing and hurt I had become and that these dark emotions had been making me sick... I had been secretly resenting others... but in reality, I despised myself for being so weak... I know the theory behind Psychoneuroimmunology... but from the head to the heart seemed a long way off... “knowing about” something and “knowing” are 2 different experiences. Well, finally, the fog started to lift... my eyes started seeing the ugliness I had been wrongfully clinging to, but they also saw the beauty of positive possibilities ahead.... WHAT A GOOD IDEA IT HAD BEEN — TO COME TO OUR HYGIENE HOMESTEAD IN THE WOODS — it was the right place at the right time with the right director!

I remember one particular night. I had the window open and the heat off. And I broke out in a sweat. I felt miserable. I finally fell asleep and woke up freezing, got up to shut the window, and turned some heat on. I got my glass of water and got back under the covers and woke around noon. I felt restless. So I got dressed. I went for a walk in the backyard that protects guests from the world with a tall, solid cedar fence. The wilderness art of lifelike cranes, frogs, and rabbits, the tall evergreens reaching to the sky, the lovely crystal rock collections — everything was so bright and happy! I broke down and wept on and off over a 3-hour moment, pouring out bunches of negative emotions, self-pity, and disgust. I got back inside, crawled into bed — exhausted. I fell deep, deep asleep. I woke up feeling so much lighter and so much LOVE. How does this unburdening happen? Only God knows. When you seek, you will find. But first, I had to surrender... the healing brought hope rising in my innards that brought more healing... Victoria came by around 4:30 in the afternoon. She asked me about my day and about my daily pain... I had not realized that my pain had vanished — I MEAN... GONE! She cried out: “PRAISE THE LORD! DANCE! SHOUT! BE FULL OF HIGH JOY!” We jumped about. She embraced me with such a bear hug! I will always cherish our moment of celebration! I am a bit more reserved than Our “Deer” Wilderness Woman. So I saved the shouting (happy shouts) and put them into my pillow when she left.

After the fast of 18 days, we broke on live juices. In just 3 days, I would drive home. The juices inspired my digestive system to awaken and shout out: “AND THIS IS GOOD!” After breaking, I went against the Natural Hygiene Method when I went to town for a day. I bought salted, raw kale chips... not a good choice as they sat there in my stomach like little rocks... I seem to learn the hard way. I was excited but hesitant to leave! Hindsight says I should have stayed longer... Victoria even offered me... “a FREE WEEK to stay and avoid the Thanksgiving rush.” Still... I lost 20 pounds, lost pain in my joints and back and kidneys, and I found a soft and lovely skin. And from the depths of my despair, my true smile had been returned, untarnished! Victoria observed: “YOU ARE JUST GLOWING WITH HEALTH!” The Correct Natural Hygiene Fast I undertook at Our Hygiene Homestead in The Woods brought NEW BEGINNINGS FOR ME! In 2013, my husband and I sold the condo and bought a 5th wheeler. We are going off the grid to a less demanding lifestyle. And I am putting my new-found Natural Hygiene teachings to work immediately by taking a 4-week tutorship in Natural Hygiene under Victoria while I help one of our GetWell Friends in Wyoming who wants live-in help with The 10 Energy Enhancers. Thank you, Victoria, for our New Beginnings!!!!

**YOUR FOREVER YOUNG EVE!**

# THE ROY HOPKINS STORY

## 6 Weeks at Our Hygiene Homestead in The Woods (Your ROYL Retreat Replacement!)

**My story starts with me at age 36. I was going through divorce: my lawyer ended up in jail, my best friend died, and my father passed away from diabetic complications. This all happened in one year. After the divorce and the funerals were over, I went on a 2-year party. My first 36 years, I was in good shape with no weight problems, whatsoever. But I had started eating the SAD diet. I ballooned from 170 pounds up to 220 when I wasn't paying attention.**

Getting dressed one morning, I bent down to tie my shoes. I could not reach them! BIG WAKE UP CALL! That day, I went out and bought a new pair of running shoes, shorts, and other gear and started walking and running as best I could. Several months later, I lost some weight and made it up to 2 miles a day of nonstop running. In one year, I was down to 188 and running longer distances. Changing my diet some but realizing I needed to make some major changes in my eating habits, I was suffering with hypoglycemia. I had many weak and tired moments throughout each day. So I tried every diet, with little success. Then I decided to slowly start removing meats from my diet to only fish for my concentrated protein. My weight slowly came down to 175, and I was happy with that part. But I still had the weak and tired spells. It still didn't click in that the large amount of refined sugar I was enjoying was the culprit for feeling poorly. I ran longer distances and started running races from 5 kilometers to half-marathons. Around 48 years old, I decided to go vegetarian: no meat and only fish once a week. At 50, I decided to run a full marathon. With the heavy training, I came down to 168 and felt pretty good, energy-wise. After several years of running half and full marathons, I decided to give up social drinking. I stopped completely within several months and have not had a taste since. This all had made a big difference in my energy, but I did not realize that working 2 jobs a lot of the time put a lot of stress on my body. It did not seem to bother me. But with what I have learned from Victoria's "IT'S ALL ABOUT ENERGY!" lessons — I can see now that I was still running on several of The Energy Robbers then, even though I had made great strides since the morning I could not bend down to tie my shoes! In 2001, I qualified to run the Boston Marathon and did it in 2002. After this, I decided to stop marathons and started running shorter races, for several more years.

**In 2005, I met my to become new wife. At that time, we took up doing triathalons and really enjoyed them. Over time, I gave up doing extra jobs and decided to take an early retirement from my government career and started working at my trade of plumbing and pipe fitting. Before my retirement, I decided to try the raw food diet. I had done a lot of research and bought and read Dr. Doug Graham's books which were basically "eat almost all-fruit" and was sold on it. I tried it for over a year, but in that time, started to develop dental problems and severe nervous disorders. So I went back to eating a little fish and some cooked foods. The problems seemed to go away, so I kept eating in this manner. During this period, however, I started having various health issues, including lung congestion. And I developed pneumonia that came and went over a 5 year period. Then, I stopped running in the extreme Canadian cold and got no more pneumonia. I had been practicing one**

**of Victoria's infamous Energy Robber #6 — Wrong Temperatures! BIG MISTAKE! And I had damaged my lungs. They were constantly inflamed. I tried every natural doctor and remedy, but nothing helped. In my heart of hearts, I wanted to be 100% raw. So I started searching The Internet and discovered Natural Hygiene. AND MY NEW NATURAL HYGIENE QUEST HAD BEGUN!**

**Late 2009, I injured the calf of my leg and had to take 2 months off running but still biked and swam. When I started running again, I developed digestive system issues. These got worse, and I would have to stop running. Around this time, I tried 3 days of fasting on just water, but it did not help the burning feeling typically called "acid reflux." Then I decided to see my doctor. He did blood tests and said I was deficient in iron, so I corrected that. My next blood test showed "good" for iron, but my blood pressure and cholesterol were up slightly above the normal. Cutting back on the intensity of my running did not relieve the burning problem. My doctor decided to send me for tests on my heart. After a dye test, they discovered an 80% blockage in one of my heart's main arteries! BIG SURPRISE! They wanted to put me on drugs and put a stent in. I refused. Rarely do I take drugs because I know their "side-effects" are really "poisoning-effects." I took some time to think about it and started to study more about fasting on water-only and in detail. I made the decision to do a 28-day fast with 2 weeks of refeeding. Before this, I had done a 10-day fast and realized I could fast but that doing it at home was neither a realistic nor a pleasant option — too many distractions. You can't totally relax the way you need to for your body to really re-energize and heal with distractions of all kinds going on all day long and into the night at home. While checking out several fasting retreats, I called Dr. Scott in Ohio and spoke with him. I decided that \$1,000 a week for a total of \$6,000 was just too costly and that the middle-of-the-city location was not for me.**

**Then I was pleased to discover Victoria BidWell's website: [www.naturecurerawfoodhealthretreat.com](http://www.naturecurerawfoodhealthretreat.com). I called her rather late at night. And we had a rather long call. She seemed nice but a little tough and quite personal in her ways of talking to me — a complete stranger! Come to find out, she has a way of talking to everyone like they are old friends. She explained: "I like to dispense with formalities from the get-go: that way, I can best understand what you need and how I can help you. We will soon be good friends, anyway, if you spend time here at The Guesthouse and go through your fast correctly. Your experience will be wonderful — if you just come to get a job done, stay focused, and use your time to learn as much as possible. So why not just cut to the chase now?" I had caught her at a rough time as she was finding it impossible to make 2 city slickers happy in her wilderness setting and let me know before we wasted much of our time on the phone that... "WE ARE BACK TO NATURE HERE! You won't have cable T.V. blaring away all day to distract you from yourself! And a pedicurist will not come in at your command! And I will not be running you around to and from town so you can keep up on the newest movies. And if you call this adorable, little Concrete town I have moved up into 'a loser town' when you see it, well then, you do not even need to unpack your bags!" We laughed throughout the phone call. I assured her that I was something of a "nature guy" myself and that I enjoy nature, absolutely love the water, and often go on long bike rides. Then, she warned me that a mother and a 3-year old would be at The Guesthouse, transitioning into the live-food diet and learning about Natural Hygiene. I assured**

her that I was used to being around children and that the mother and child would be no problem at all, as long as I had my private Eagle's Nest for digs. She then offered me her brand-new bedroom building that was off facing the woods in one corner of the half acre: she called it "The Bear Cave." And I told her about my rugged adventures in the Alaskan wilderness and off-shore drilling. I assured her I was not as far gone as the 2 city-slickered guests, that I even did "barefoot runs," and that I would really enjoy the wilderness setting of Our Hygiene Homestead in The Woods.

As we talked, I got a clear feeling that my first impression of Victoria being "a little tough" was really her momentary frustration at the occasional city-slickerfied Health Seekers who see only the "as low as \$333 a week" on her website and do not bother to take the 2 "tells-all" picture tours or to read all "Our Guests' Best Stories" before making their reservations. Victoria has a dream-come-true for Health Seekers: she provides Correct Natural Hygiene in a true back-to-nature setting. I went back to her website. I read absolutely everything on it. I DECIDED I WAS GOING TO GO FOR IT! The reason I decided on her place was not just the price, not just the nature setting. It was the location near Vancouver, British Columbia, where my brother lived. I would fit a visit in with him before and after the fast. I called Victoria back the very next day. We had another good conversation. But I was still a little nervous about giving a total stranger a \$2,500 without knowing her. She explained: "Part of the low rates is paying in full and in advance so that I no longer waste endless hours of talking with occasional shoppers never really intending to come or those wanting to put down just \$100 to hold a spot they really are not sure they will keep. That saves me so much time and frees me up to do my other work at GetWell★StayWell, America!" So, I trusted Victoria and all she has done to give "MERCIFUL RATES" and a back-to-nature setting! We made arrangements for my arrival. Time flew. After a few weeks, Victoria rolled "Black Beauty," her PT Cruiser all black and chrome-shiny, into the Mt. Vernon, Washington, train station and greeted me. My fast had begun.

Putting my bags into the car, we were off to The HighJoy Headquarters. After some stops and some errands, we arrived at her 1/2 acre where she and her horse live and all the computers and inventory and business are housed and where The Dr. Vetrano Library had come to rest. It was a big, humble trailer as the pictures on the website show, all done up Western style. Then, we went to Our Hygiene Homestead in The Woods. It all looked just like the pictures — only the trees and bushes have 3 more years of growth in height and have filled out more. The Guesthouse is located on a half-acre in an unpretentious community of modest vacation homes used a few weeks or months a year and year-round residents' homes. The impressions I was given about people in the surrounding area from other fasters was that it was "a welfare area." I waited to find out for myself. After several walks through the community and speaking with several who lived there year round or on vacation, I found out this was just not the case. The community is not full of million dollar homes, true. But it is not a welfare area, either — it is just middle of the road. A fellow Canadian had even bought a property not far from us who told me of his happy adventures in Concrete! Yes, there are neighbors about 40 feet away on 2 sides of the half-acre. But Victoria's extreme fencing and landscaping that go up 6 to 8 feet and the trees that go up to 60 feet amount to a natural camouflage and give you a secluded feel. A true thicket of tall maples and cedars protects the back yard. The open green

lawn area in the back allows for sunbathing throughout the day. And The Homestead itself is set way, way back away from the street. So you really do feel like you are in the woods on all 4 sides. You can go to [www.naturecurerawfoodhealthretreat.com](http://www.naturecurerawfoodhealthretreat.com) to see the tall trees in the front and the woodsy fence where 50 gallon barrels are used for giant planters that make a living fence between us and the neighbors. I REALLY HAD GONE — "BACK-TO-NATURE" — AND FOR 6 LIFE-CHANGING WEEKS!

Also, topping off many of the barrels are rock collections of all shapes and sizes and colors to which Victoria adds whenever she comes across a good find! Crystals, quartz, thunder eggs, fool's gold, coal, even pieces of fossilized tress — just taking a tour of the barrels reminds us of the beauties of nature. After checking out the property, I decided on my digs: The Bear Cave. Although brand-new and nicely furnished, it was not as elegant as The Eagle's Nest. Since I was there not just for a few days or a week, since 6 weeks is a long time, I moved into The Eagle's Nest and the extreme comfort and privacy. I set up this large room to suit me just fine. It was perfect. The Library and The Eagle's Nest are the 2 rooms that make up the smaller building next to the main house in the website picture. It was very quiet and so secluded that I even set up a private spot for sunbathing right outside my private entrance!

My fasting had started the day I arrived, so I set myself up with water and kept on fasting. After settling into my new room, I spent time with the other 2 fasters and the little 3-year old who was with her mother. The high energy little girl was a distraction, as Victoria had warned, and a little more of a distraction that I had anticipated, although she was an unusually happy child who never cried. But I was spending most of my time in my Eagle's Nest, anyway. The 3 guests and I got to be good friends and had many good talks. They were just finishing their fasts and were breaking. So I tried to avoid the kitchen when they were eating. Victoria did even not want me in the main house when she was doing her food demonstrations: "Your time will come soon enough," she explained. "Just being around food and seeing it and smelling it will activate your entire digestive system. You will start having thoughts of eating, if not cravings to eat. Just ask High! When I start getting out his food, he starts getting all excited and salivating!" So, I did as she directed. I left the kitchen and dining area and retired to my library and Eagle's Nest whenever it was "women in the kitchen."

After several days, I started to let go of many anxieties. That is when I could really relax and really enjoy my fast. I believe that the most important thing about fasting is to mentally prepare yourself before you even arrive. Victoria had taken my goals very, very seriously — as had I, of course. I was well prepared. I am a highly disciplined person, and I applied this discipline to doing what Victoria delineates in her teachings as "The Correct Natural Hygiene Fast." I had not read either 2 BOOKS IN 1: *The Health Seekers' YearBook with The Best of Common Health Sense* or *The Live Food Factor*. Victoria held them for me til I got to The Guesthouse. So, the first thing I did was to read both of them — cover to cover. Then, I took it one day at a time. I listened carefully to the daily instructions during my talks with Victoria. She kept stressing: "The body makes its own cholesterol. Under extreme stress, it makes an extreme amount of cholesterol that gets stored in the arteries, just as if you were on a high-cholesterol diet of animal products. That is how a complete vegan can get high cholesterol. Besides your genetics, that is what very likely happened

to you. So, while this fast will result in reducing those 80% blockages in your arteries in the direction of normal arteries and a healthy blood pressure, unless you learn to let what used to stress you out become like water off a duck's back, you will be in trouble again after this fast. I promise you! I have a most interesting and intriguing Energy Enhancers #9 & #10 Library here for you. The books will cover everything you need to know to turn the stresses of your life into water off a duck's back."

And she was right. A day seldom went by but we talked about this biggest factor in my cardiovascular quest for wellness. Off my room is The Homestead Library. It houses more info than you could possibly dream of: books, courses, magazines, CDs, tapes, videos, and DVDs. I personally read over 20 books of special interest and watched all of the dozens of videos teaching Natural Hygiene or near-Natural Hygiene. I listened to Dr. Shelton himself deliver impassioned messages to live audiences. A GetWell Friend had just down-sized her library while I was here and sent Victoria 2 big boxes of books and videos halfway through my visit. Just when I was exhausting the books that held high interest for me and all of the videos, in came this wonderful stash for me to devour! Toward the end, I took to watching some of the videos from the Hollywood collection, carefully chosen because of their messages that complemented one or more of The 10 Energy Enhancers. **WHAT I LEARNED DURING THIS 6 WEEKS HAS INCREASED MY KNOWLEDGE BASE MORE THAN I COULD HAVE EVER IMAGINED!** Victoria's almost daily talks (She does take one day a week off for errands if all is going well with all of us.) have cemented in this knowledge base — into the concrete! It made me realize the importance of The 10 Energy Enhancers. In order to be healthy, you need to have all 3 things in proper balance: mental and emotional, spiritual, and physical. What I learned from talks with The Wilderness Woman and all the new information from reading and watching and listening was that it was the stress I put myself under that was causing my ill-health issues. Victoria kept repeating until it hit home: "A situation will only be stressful to you — your mind, your emotions, your body, your 75,000,000,000,000 cells — if you interpret the situation as stressful! **IT'S ALL ABOUT INTERPRETATION! NO STRESSFUL INTERPRETATION, NO STRESS PUT INTO YOUR EMOTIONAL MAKE-UP, NO STRESS BUILT INTO YOUR PHYSIOLOGY! THAT LEAVES ROOM FOR NATURAL JOY — EVEN FOR HIGH JOY!**" Easier said than done. But just understanding this at really deep levels was the start. I can see now why Victoria would not succumb to the city-slickers' demands for cable to be installed and taxi service to every new movie in town and why she just let them leave! "To get well," Victoria revealed, "we need these moments of quiet introspection and awareness and understanding — not a nonstop TV babysitter to distract us." Using the techniques I learned here, I started working on my own interpretation issues early in and throughout my visit. And I will keep expanding my knowledge base and techniques when I get home.

Here are a few more suggestions for when you get here: Keeping track of each day in a journal can be very helpful. You may want to bring your own blood pressure monitor. Having one was great for me. I would write down my readings several times each day, so I knew how I was progressing. My blood pressure was as high as 160/90+ when I started. It came down after 3 weeks to between 130/80 to 110/80, depending on the time of day and the thoughts I was entertaining. One important thing to remember is

to take your time and sit up for at least 2 minutes before standing up to avoid getting up too quickly. The blood can rush from the head if you stand up too quickly. On the 25th day of my fast, I fainted! I hit my face and cut it. Putting ice on it for some days and treating the cut with a gel, I was completely healed in just 9 days! My immune system was working the best I had ever seen it! The healing speed was amazing!

**BREAKING THE FAST AND ENJOYING THE FOOD WAS HARD TO DESCRIBE, IT WAS SO INCREDIBLE!** I can't stress enough that my previous knowledge of Natural Hygiene and fasting "before Victoria" compared to "after Victoria" shocked me! Having done several shorter fasts on my own, I thought I knew the ropes. But these were nothing like this long fast at Our Hygiene Homestead. After this 28-day fast, done correctly and paying attention to instructions the entire time, I broke the fast by drinking Victoria's juices and beverages spread out every 2 hours across each day as instructed. Breaking correctly and sipping the "yummy as promised" drinks slow and easy, the experience was so enjoyable! Victoria joked: **"IT SHOULD BE! YOU HAVEN'T EATEN A THING FOR 28 DAYS!"**

The food demonstrations turned out to be more than I thought they would be. And I am sorry now that I waited until the last few days to get them. For years, I had prepared many raw food drinks at home and also had prepared a lot of raw recipes in my own kitchen. So, after my days of breaking the fast on melons and juices served by Victoria, I assured her that I preferred to fix my own meals. "FINE!" was her reaction, "All the less work for me!" This I did pretty much of the time. Even took a few jaunts into Mt. Vernon on the local SKAT bus to dine at the Whole Foods and pick out my own foods, just for the fun of going out. The many DVDs I had watched on raw food preparation and the many recipe books from the library made me feel, added to my own extensive experience in food preparation, that there was not a lot more I could possibly learn from Victoria's food prep demos, anyway. **BIG MISTAKE!** The long afternoon before I left, we feasted on an extravaganza: a Beverage-Tasting Party... appetizers... 3 soup flavors both sweet-corn-based and on-the-vine-tomato-based. We couldn't eat it all, just tasted everything. So the horse got a big send-off package from us of scraps and leftovers! It was fabulous! And I wish we had put it all on video! We got out the fancy glasses and dishes, and we ate with wild wilderness enthusiasm! Victoria took me and my taste buds to a new level with her Veggie Volt! and the other 4 seasonings. The corn chowders and tomato soups she prepared were without a doubt the best soups — cooked or raw — I have ever supped on! The different fruit drinks and smoothies were marvelous and fancy enough to be served in any restaurant along with the soups. It left me wishing I had allowed her to do many more meals. Thank you so much for yet another wonderful experience, Victoria!

**MY OVERALL EXPERIENCE WAS FAR MORE THAN I HAD IMAGINED IT WOULD BE, FAR MORE THAN I HOPED IT WOULD BE, AND FAR, FAR MORE THAN I HAD EXPECTED FOR THE \$2,500 I SPENT! MY PERSONAL GROWTH HAS BEEN FANTASTIC!** How very positive and good I feel about myself now and what goals I had set for myself that were far exceeded — all has proven to be far more than I had planned for or could have believed possible the night of my first call with Victoria. The peace I feel, how relaxed I feel, and having reached new goals that I didn't know I even needed — all has amazed me! Victoria would explain, when I would keep re-



peating this in appreciation: “Well, of course! You were ‘A GUEST FROM HEAVEN!’ You took the entire experience seriously from our first phone call to making your reservation immediately. All the way through every one of your 42 days and nights, you did everything right as best you could! I provided you with The Conditions for Health here. We removed The Causes of Disease. You are the model example of ‘THE BEST GUEST POSSIBLE!’ You came with a job to do and kept focused on it the entire time... You made the best use of The Homestead Library of anyone yet... You moved yourself forward as fast as you could by going with my assistance and not fighting it... You did a Correct Natural Hygiene Fast with all the extra rest and sleep needed for revitalization and repair... You got into the spirit of the place and revelled in the fresh air and songbirds and all... You did not bring puzzles to waste your Nerve Energy on... You did not letter-write compulsively for hours at a time, wasting your Nerve Energy... You were not on the phone or a computer throughout your entire visit, draining away your Nerve Energy... You did not bring a deck of cards to suck other guests into playing and wasting their Nerve Energy as well as yours... You decided to take a liking to me and get as much from me as you could instead of coming with an attitude... You did not sneak off to town on the SKAT bus for margaritas and fajitas in town... You did not have pizza delivered at the gate while I was away and set up a makeshift oven out of your heater in your room and gorge on pizza and bring home wine... You did not demand to smoke ‘at least 3 cigarettes a day’ and threaten to get your money back if I did not let you... You did not deliberately dehydrated yourself... You did not arrive at my doorstep with 2 gallons of vinegar, 2 bottles of rubbing alcohol, 2 boxes of Borax, and a box of rubber gloves to feed your germaphobia at my exceedingly clean, clean Homestead! Are you getting the picture here, Roy? Need I go on? All the clever and creative ways that about 1 in 8 guests finds to ruin a potentially wonderful, moving forward experience here — you did not do! NO WONDER IT WAS SO MUCH MORE THAN YOU HAD IMAGINED, HOPED FOR, OR EXPECTED!”

If outside during the day, you will be delighted by the many birds and small animals that you will see! Some nights, when I needed little sleep, I would just go sit outside. I could hear owls calling to each other and other nocturnal nature sounds. In July, the birds start singing about 4:30 A.M. And their songs get louder as it gets brighter. Victoria, Thank You for the much enjoyed fun, the long talks, the gift books, and the just wonderful experience!

When I first met Victoria, I was really unsure of how to take her. All the info that I read about her on the website cannot be absorbed and remembered. But one thing that helped me make the decision to come was she came across on the 2 phone calls as someone who was a truth seeker like myself. You can read all the books and info on someone. But only when you meet that person in the flesh and spend time with that person do you get to know him or her. When I first arrived at The HighJoy Homestead, my first impression was — “What a mess! She was showing off The Health 4 The Billions Room that looked totally disorganized! I had not realized that all the books piled everywhere represented the end of a 3-year project to categorize The Dr. Vetrano Library! Then, she showed me around and did some tricks with the horse. I thought to myself, “I hope she doesn’t ask me to pat him or so something with him.” Some people have no problem being around animals, but I am not one of them. Leaving her place, we headed for the retreat. The more I talked to her, the more I relaxed and

really listened to what she was saying. After settling in and reading her books and handouts and after lots of conversations, I realized the person I was with... she was **BRILLIANT WITH KNOWLEDGE, ENTHUSIASM, IDEAS, AND CREATIVITY!**

**VICTORIA — THE WILDERNESS WOMAN!** Over 10 years, she has made this place what she first envisioned it to be upon first sight. And after spending time getting to know her, I have a tremendous amount of respect for her. Victoria loves animals and nature. She shared many stories of her horseback riding throughout The Olympic Peninsula National Park and The Cascade Mountains, The Canadian Rockies, The Sierra Nevadas, and the beaches in Mexico. She told of swimming eye-level with the ducks and baby chicks and of howling with the coyotes. Also, she told tales of HighJoy being spooked by the smell of a cougar nearby and how he trembled for dear life until he got out of range. This is her life! And she loves it! She has worked “the nature” back into “the Natural Hygiene.” And she invites and begs all of us to do the same. I had never heard of Emerson or Thoreau. So, a few nights ago while still at Our Homestead, I got to read the works of these American equivalents to our Canadian Grey Owl 1800s’ environmentalist. Most city people don’t understand how someone would want to live away from the city and the night life and all the shopping malls and what-not. Personally, even with my “nature man” moments, I had been a little skeptical at first. But I have adjusted very easily, and now, feel a little sadness to leave.

The first day going up to The Headquarters, we stopped by the edge of a wild meadow. Victoria gets out a big bucket and big, sharp knife and tells me she will be back in a few minutes. Then she tromps into the meadow to cut grasses and flowers and other equine edibles — not a normal, everyday thing for a 66-year old woman who is leading The Natural Hygiene Health Revolution to be doing when first picking up someone who is spending \$2,500 with her! But that’s Victoria. After cutting the greens, she showed me the 40-pound, big bucket with the bounty of the lush summer shooting up 2 feet high! She urged me to look: “See all the purple and white clover flowers and 3-leaf clovers? See the dandelion greens and their bright yellow flowers? See all these wonderful grasses? Alfalfa, wild grains, horsetails, plantains, and thistles? They are all live-food, fresh-picked, organically grown! They will all go into High’s belly for his evening meal! He will devour all of this in just 30 minutes! He will jump all 4 hooves off the ground when he sees me bring up his dinner bucket, just like the Lippazanner stallions are trained over a 6-year period to do! **OH, THAT WE COULD GET THAT EXCITED AND THIS WELL-FED AND THAT WELL-SATISFIED ON LIVE-FOODS! WHAT HIGH JOY WE WOULD THEN LIVE IN, TOO!”** Victoria has successfully worked her first passion of horses and nature into her calling to share her knowledge of Natural Hygiene, fasting, and live-foods with us. Her knowledge of so many other subjects is likewise extensive. The person I first met and the person I got to know has blown me away! Victoria, I really like people like you who have learned so much from life’s ups and downs. They are the best to learn from. Keep working hard and look after yourself. I personally want you to be around for a long time. You have so much more work to do to and people to help.

**I stop my story here at age 61. I hope you’ve enjoyed your “virtual visit” to Our Hygiene Homestead in The Woods. Maybe you will pass it on.**

## Barry Duncan's 43-Day Fast, Followed Up with Yummy Live-Foods: Summer of 2012

It is important to start this testimonial with Our Hygiene Homestead in The Woods rates. There is no one in this field who charges less or gives so much, even at much higher rates. Victoria is a most generous person. She makes it possible for many people to afford to come to a health retreat who could not otherwise come. Before meeting Victoria, I compared the value and rates with several other facilities. Her rates are half what they charge, sometimes even less than half. Moreover, the rates are nearly 1/4 the price in comparison to one facility that charges almost 4 times as much. In addition to the "Merciful Rates" she posts at [www.naturecurerawfoodhealthretreat.com](http://www.naturecurerawfoodhealthretreat.com), it is clear that Victoria's rates and your visit here are not just about the money as it seems to be with the other facilities. And even though the nature of the fasting and breaking process can be inherently uncomfortable at times, to say the least, Victoria helps by educating us guests about the fasting process and our health-giving journey to ease our discomfort, fears, and concerns. I also appreciate her integrity and straight forward communication that is part of her "Wilderness Woman" persona. You always know where you stand with her. Victoria let me know before I came exactly what to expect from her and the facilities. And [www.naturecurerawfoodhealthretreat.com](http://www.naturecurerawfoodhealthretreat.com) is so complete that it was hard to think of anything she had not covered. Still, she was in no hurry to take my money and get me off the phone each time we talked before I came to fast.

I fasted on water-only at Our Hygiene Homestead in The Woods approximately 3 years ago for 7 days. I experienced healing in just those 7 days, yet more healing was needed. After arriving home, I set the goal to eliminate all debt and save cash. This would give me the freedom to return and do a long fast. Those goals were met in May, this year. I gladly left a stressful job that included many "toxic people" and hopped the train to Mt. Vernon. I had gained some weight, so I had plenty of reserves to take a long fast. Victoria met me at the train station, and we promptly went to Our Hygiene Homestead. My fast began the moment I stepped in the house, and I did not eat until 43 days later. My hope was that my lifetime of headaches since I tangled with a tractor when I was 10 years old would be eliminated during the fast. Natural Hygiene is about setting up 2 situations: providing The Conditions for Health and removing The Causes of Disease. And that is what Victoria has done at the delightful, adorable Guesthouse! Since the human body and all its cells have intelligence and since they all know exactly what to do and when to do it, when these 2 situations are set up, the healing priorities were not for me to decide.

The first 3 weeks were rather comfortable other than the expected head pain and dizziness. This was not new to me, so there was no problem in making it through to day 21. Also, usually I sleep quite comfortably during the night. However, my body had other ideas as to when I should sleep. Three years of mental preparation went into laying the foundation and building for these weeks. Frequently my mantra during those 3 years was, "I am ready to fast!" I say this because I surrendered to the process, and I completely trusted my body. My housemates estimated that I slept through well over half my 24 hours a day, every day. But the sleep came and went as it pleased. Okay, so sleeping from about 4 A. M. through to the

crack of dawn and until about noon was my typical morning. Then again, I enjoyed a deep and relaxing nap in early evening. This is when my head was most tired. The other fasters and I would frequently meet in the kitchen around midnight or 2 A. M. Cheryl Denman started a 40-day fast just a few days before me, so we had our journey to share. During these morning meetings, we would have a little chat about our current state, gratitude, future desires, healing, and raw food. Victoria had just stocked up on a whole "new slew" of recent live-food recipe DVDs for The Homestead Library. And although there was a keen interest in watching these and talking about recipes, there was no interest in actually eating. Hunger usually disappears after the third day, but an emptiness feeling is present.

My body became more uncomfortable the 4th, 5th, and 6th weeks. The Wilderness Woman visited me daily, but I often waved her on. This was our signal that I was fine and needed no visit that day. The sense of smell became fine-tuned! The head pain increased and intestinal area became a little uncomfortable. I expected head pain while the cleansing occurred. It was no more intense than at any other time while not fasting. The sleep pattern remained also the same during the entire fast. Of course, I took off 40 pounds and retrieved my facial features and correct body shape. By the 6th week, I was ready to stop. It was 1 day at a time. Finally, I hit day 43! This amazing goal was accomplished! My preparation, Victoria, and the other fasters were instrumental in helping me finish. Yet, I was resolute in completing 6 weeks. Of course, the break-fast food was all a live-food feast! (Victoria only serves cooked food upon Dr. Tosca Haag's recommendation when there is a problem with the body taking live-food because it is "too raw.") To break the fast for 3 days, I drank celery, cucumber, and tomato juice. I craved tomato juice and always eagerly waited for Victoria to arrive with the next batch. "She did good!" The 4th day after juices, I ate solid food that included many tomatoes which I still craved throughout the day and miniature, sweet bell peppers and blueberries and more celery and cucumber. YUM! The food tasted great! The taste buds become sensitized, and food flavors burst forth after fasting! A couple days later, an avocado was added, then nuts and seeds. I kept the diet quite simple by only having 2 or 3 different foods at each meal.

This is the first time I have laid in bed most of the day for 6 weeks, resting. I slept as needed and drank at least a quart of water per day and usually more. Even though my body did not completely cleanse, this is a great start and success from which to go forth. Everything in my body is better! The headaches have lessened. I traded in "Size Large" clothes for "Medium." Next, my plan is to do a 3-week fast in the spring. A 6-month wait is required. I cannot explain enough in words the gratitude for my body and "intelligence of our 75,000,000,000,000 cells" of which Victoria so often reminds us! After years of struggle, pain, and searching, the answer has been found and fasted and live-fooded into reality. I will miss my housemates, now "Deer Friends" for life. And I go home with a jar each of the 6 flavors of Victoria's seasonings to top off bland veggie dishes that are not so enticing. My great appreciation goes to Victoria — for her mission in life and for making my experience so very affordable. "SHE DID SO GOOD!"

**To Our Dear ROYL  
Retreat Friends,  
GetWell Friends  
& Live Food Factor  
Friends:**

**“HELLO!”  
— from — Brenton &  
“Your 3 Texas  
Doctors”:  
Dr. Vivian Virginia...  
Dr. Tosca...  
& Dr. Greg...**



Tosca here! Many thanks to Victoria — “Our Wilderness Woman” — for helping us keep in touch with “Our Loyal, ROYL Friends!” We are so happy to be able to reach ya’ll today! Victoria tells us that many of you are always asking her: “How is Dr. Vetrano? How are Tosca and Greg?” So, today, we get to tell you — right from the horse’s mouth! **WE ARE DOING GREAT — THANKS TO SO MANY OF YOU!** It has definitely been a while since we last wrote to catch you up on all that we have been doing. Today, however, we are just sharing our picture and the USANA on page 36. This winter, Victoria is putting out “Our Health 4 The Billions News Bulletin!” For it, we are preparing a long catch-up letter. In it, we will tell you... **“THE REST OF OUR HAPPY STORY!”**

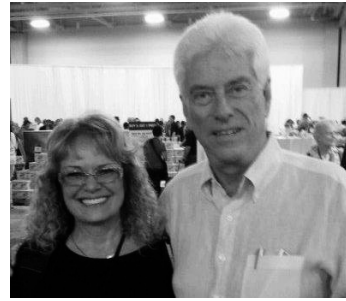
Victoria and her Team, us included, have taken on so many amazing projects to bring Natural Hygiene into the forefront as the very best alternative health care program among the many out there! Our 2014 News Bulletin will detail those projects and offer you the fruits of our labors. We all think of ya’ll every day. We hope you have been taking good care of yourselves. We know you have the tools and knowledge to do “The 10 Energy Enhancers” and thrive in lively health. But we also know that the going can get tough. That is when we all need to renew our minds with fresh input. We are so happy to share that “fresh input” with you today and this fall. Our new, power-packed projects will help you to renew your minds and inspire you! Not only has Victoria and her Team resurrected everything Dr. Shelton ever wrote or spoke that Mom and Greg and I had in our libraries, including The 41-Year Set of the Hygienic Review Magazines, Victoria’s Team has also been getting ready everything we have ever written or spoken, everything T. C. ever likewise produced, everything Victoria ever cranked out, and 600 book and booklet titles by The Natural Hygiene Pioneers! It is astounding what one determined person and an enthusiastic Team of just a few can now do! It is the digital technology, of course, that is ultimately making it all possible!

We are preparing a long, newsy letter for this 2014 winter so Victoria will not have to keep answering your questions: “How is Dr. Vetrano? How are Tosca and Greg?” Some amazing events landmark our last 2 years! We have all been riding an emotional roller coaster and are happy today to share with ya’ll — our Dear Friends in Natural Hygiene. In summary, concerning our workaday roles, we have been helping with Victoria’s projects and counseling with her guests. Our main teaching focus, however, has been to bring the need for USANA Supplementation into the awareness of Health Seekers. Please call me if we can be of service. Just last month, for instance, an 87 year old Hygienist of 50 years, who abhorred the idea of taking supplements, came to his senses when he was found dangerously low in B12. We want all of you to stay out of danger!

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**USANA**  
HEALTH SCIENCES  
*Independent Associate*



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



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

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

**-- Victoria BidWell, 2012**



**Dr. Tosca Haag**

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

**Call: ( 8 3 0 ) 5 9 1 - 6 4 9 9  
doctorhaag@gmail.com**



# OUR SUMMARY ORDER FORM FOR THE GREAT & YUMMY GETWELL EDIBLES!

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## **#1- #9 Are “My Original Recipes” found only here!**

**ALL PRICES INCLUDE SHIPPING! FOLLOWING ARE OUR 61 TRUE TRANSITION ITEMS!**

**ALL are nutritious & far better for you than their Standard American Diet counterparts!**

**Except for #16 & #17, all the bars, cookies, bread, crackers, cereals & power wraps are raw.**

**All are individually & colorfully wrapped in fancy consumerism style & suitable for gift-giving!**

**ITEM #1: 1 PACKED-TIGHT, GLASS QUART JAR WITH A RUBBER-SEAL LID: 1.25 POUNDS OF POWDERS: TOMATO BOLT! INGREDIENTS: RAW, dried & powdered tomato, beet, parsley & onion • parsley flakes & celery flakes • dill • sweet basil • \$45.00      #\_\_\_\_\_ \$\_\_\_\_\_**

**ITEM #2: 1 PACKED-TIGHT, GLASS QUART JAR WITH RUBBER-SEAL LID: 1.25 POUNDS OF POWDERS: GINGER JOLT! INGREDIENTS: raw, dried & powdered tomato, onion, parsley, beet & ginger • parsley & celery flakes • dill • sweet basil • \$45.00 #\_\_\_\_\_ \$\_\_\_\_\_**

**ITEM #3: 1 PACKED-TIGHT, GLASS QUART JAR WITH A RUBBER-SEAL LID: 1.25 POUNDS OF POWDERS: INSTEAD OF COFFEE! INGREDIENTS: RAW, dried & powdered tomato, beet, parsley & onion • \$45.00      #\_\_\_\_\_ \$\_\_\_\_\_**

**ITEM #4: 1 PACKED-TIGHT, GLASS QUART JAR WITH A RUBBER-SEAL LID: 1.25 POUNDS OF POWDERS: VEGGIE VOLT! INGREDIENTS: RAW, dried & powdered carrot, tomato, spinach & onion • parsley flakes & celery flakes • sweet basil • \$45.00      #\_\_\_\_\_ \$\_\_\_\_\_**

**ITEM #5: 1 PACKED-TIGHT, GLASS QUART JAR WITH A RUBBER-SEAL LID: 1.25 POUNDS OF RAW, DRIED POWDERS: SWEET, TART & NATURALLY SODIUM-RICH — INSTEAD OF SODIUM-CHLORIDE! INGREDIENTS: ground sweet corn, peas & carrot; tart powdered tomato, onion & dill • salty powdered celery, spinach & parsley \$45.00      #\_\_\_\_\_ \$\_\_\_\_\_**

**ITEM #6... PACKED-TIGHT, GLASS QUART JAR WITH A RUBBER-SEAL LID: 1.25 POUNDS OF GROUND VICTORY VEGGIE VITTLES: \$45.00      #\_\_\_\_\_ \$\_\_\_\_\_**

**ITEM #7: 6 PACKED-TIGHT, GLASS PINT JARS: 1 EACH OF THE ABOVE 6 FLAVORS ITEMS #1 - #6      \$120.00      #\_\_\_\_\_ \$\_\_\_\_\_**

**ITEM #8... PACKED-TIGHT 1/2 GALLON FREEZER CONTAINERS: VICTORY VEGGIE VITTLES: ALL-RAW & dried & flash-freeze-dried veggies: Celery Rib Pieces & Leaves ★ Sweet Carrot Dices ★ Sweet Peas ★ Green Cabbage Shreds ★ Sweet Corn Kernels ★ Parsley Flakes ★ Red & Green Bell Pepper Dices ★ Spinach Flakes ★ Tomato Flakes & Slices ★ Green Beans 1/2" cuts ★ Tiny Amount of Onion Flakes ★**

**1 POUND VICTORY VEGGIE VITTLES      \$30.00      #\_\_\_\_\_ \$\_\_\_\_\_**

**4 POUNDS VICTORY VEGGIE VITTLES      \$110.00      #\_\_\_\_\_ \$\_\_\_\_\_**

**ITEM #9: 1.25 lb. JAR POWDERED CELERY      \$40.00      #\_\_\_\_\_ \$\_\_\_\_\_**

**ITEM #10: 1 lb. BAG DRIED CELERY STALKS/ LEAVES      \$18.00      #\_\_\_\_\_ \$\_\_\_\_\_**

**ITEM #11: 1 lb. DRIED DULSE LEAF FLAKES      \$25.00      #\_\_\_\_\_ \$\_\_\_\_\_**

**ITEM #12: 1 lb. GRANULATED DULSE LEAVES      \$25.00      #\_\_\_\_\_ \$\_\_\_\_\_**

**ITEM #13: 1 lb. GRANULATED KELP      \$14.00      #\_\_\_\_\_ \$\_\_\_\_\_**

ITEM #14...1 LB. ORGANIC, SUN-DRIED, HARD-TO-BELIEVE-FLAVORFUL TOMATO SLICES

(This is a huge amount, fills 1/2 gallon bag packed tight!)\$23.00 # \_\_\_\_\_ \$ \_\_\_\_\_

5 POUNDS ORGANIC, SUN-DRIED, TOMATO SLICES \$110.00 # \_\_\_\_\_ \$ \_\_\_\_\_

**THICK-SLICED, SUN-DRIED, ORGANIC TOMATO SLICES  
= "MOST VERSATILE ITEM HERE FOR VEGGIE RECIPES!"**

ITEM #15... 1 POUND RAW & ORGANIC DATE SUGAR \$13.00 # \_\_\_\_\_ \$ \_\_\_\_\_

ITEM #16... 1 POUND INSTANT PINTO BEAN FLAKES \$12.00 # \_\_\_\_\_ \$ \_\_\_\_\_

ITEM #17... 1 POUND INSTANT BLACK BEAN FLAKES \$12.00 # \_\_\_\_\_ \$ \_\_\_\_\_

ITEM #18... 1 POUND OF CAROB NUTTY NUGGETS:

raw carob • honey • sunflower, sesame & cashews

• pumpkin seeds • peanuts • peanut butter \$13.00 # \_\_\_\_\_ \$ \_\_\_\_\_

**NUTTY NUGGETS =  
"BEST RAW-CANDY BUY FOR YOUR \$\$\$!"**

**ITEMS #19 - #21... LYDIA'S RAW ORGANICS BARS**

ITEM #19... LEMON GINGER BAR (minimum order: 4 bars) \$3.00 # \_\_\_\_\_ \$ \_\_\_\_\_

ITEM #20... TROPICAL MANGO BAR (minimum order: 4 bars) \$3.00 # \_\_\_\_\_ \$ \_\_\_\_\_

ITEM #21... RASPBERRY BAR (minimum order: 4 bars) \$3.00 # \_\_\_\_\_ \$ \_\_\_\_\_

**ITEMS #24 - #25... LYDIA'S RAW BREAD & CRACKERS**

ITEM #22... SUNFLOWER SEED BREAD \$10.00 # \_\_\_\_\_ \$ \_\_\_\_\_

ITEM #23... GINGER NORI CRACKERS \$9.00 # \_\_\_\_\_ \$ \_\_\_\_\_

ITEM #24... ITALIAN CRACKERS \$8.00 # \_\_\_\_\_ \$ \_\_\_\_\_

ITEM #25... NORI CRACKERS \$8.00 # \_\_\_\_\_ \$ \_\_\_\_\_

ITEM #25... LUNA NORI CRACKERS \$9.00 # \_\_\_\_\_ \$ \_\_\_\_\_

**ITEMS #26 - #29... LYDIA'S RAW ORGANICS CEREALS**

ITEM #26... 1 POUND GRAINLESS APPLE CEREAL \$9.00 # \_\_\_\_\_ \$ \_\_\_\_\_

ITEM #27... 1 POUND BERRY GOOD CEREAL \$10.00 # \_\_\_\_\_ \$ \_\_\_\_\_

ITEM #28... 1 POUND VANILLA CRUNCH CEREAL \$9.00 # \_\_\_\_\_ \$ \_\_\_\_\_

ITEM #29... 1 POUND APRICOT SUN CEREAL \$9.00 # \_\_\_\_\_ \$ \_\_\_\_\_

**ITEMS #30 - #35...GOPAL'S ORGANIC RAW POWER WRAPS  
(MOIST NUT MEAT ROLLS = INSTEAD OF CRACKERS)**

ITEM #30... ITALIAN FLAVOR POWER WRAP: 2 STIX/PACK \$2.20 # \_\_\_\_\_ \$ \_\_\_\_\_

ITEM #31... MEXICAN FLAVOR POWER WRAP: 2 STIX/PACK \$2.20 # \_\_\_\_\_ \$ \_\_\_\_\_

ITEM #32... JAPANESE FLAVOR POWER WRAP: 2 STIX/PACK \$2.20 # \_\_\_\_\_ \$ \_\_\_\_\_

ITEM #33... CURRY & AGAVE POWER WRAP: 2 STIX/PACK \$2.20 # \_\_\_\_\_ \$ \_\_\_\_\_

ITEM #34... CURRY POWER WRAP: 2 STIX/PACK \$2.20 # \_\_\_\_\_ \$ \_\_\_\_\_

ITEM #35... MASSALA POWER WRAP: 2 STIX/PACK \$2.20 # \_\_\_\_\_ \$ \_\_\_\_\_

**ITEM #36... A MIX OF 10 KILN-DRIED, SWEET, MOIST & CHEWY FRUITS**

1.25 POUNDS OF OLD-FASHIONED FRUIT FIXIN'S \$20.00 # \_\_\_\_\_ \$ \_\_\_\_\_

6 POUNDS OLD-FASHIONED FRUIT FIXIN'S \$80.00 # \_\_\_\_\_ \$ \_\_\_\_\_



## ITEMS #37 - #48...GOPAL'S ORGANIC RAW BARS:

ITEM #37... WALNUT-FIG	\$2.00	# _____	\$ _____
ITEM #38... PINEAPPLE-NUT	\$2.00	# _____	\$ _____
ITEM #39... SESAME-MANGO	\$2.00	# _____	\$ _____
ITEM #40... CAROB-QUINOA	\$2.00	# _____	\$ _____
ITEM #41... APPLE DELICIOUS	\$2.00	# _____	\$ _____
ITEM #42... LIVE BLUE GREEN ALGAE	\$2.00	# _____	\$ _____
ITEM #43... MACA	\$2.00	# _____	\$ _____
ITEM #44... PUMPKIN DATE	\$2.00	# _____	\$ _____
ITEM #45... ALMOND SPROUT BAR	\$1.75	# _____	\$ _____
ITEM #46... BRAZIL NUT SPROUT BAR	\$1.75	# _____	\$ _____
ITEM #47... HAZEL NUT SPROUT BAR	\$1.75	# _____	\$ _____
ITEM #48... MACADAMIA SPROUT BAR	\$1.75	# _____	\$ _____

## ITEMS #49 - #58 GOPAL'S RAW COOKIES, BROWNIES & CRACKERS

ITEM #49... GREAT BIG MACADAMIA GOJI COOKIE	\$3.00	# _____	\$ _____
ITEM #50... GREAT BIG GOLDENBERRY BRAZIL COOKIE	\$3.00	# _____	\$ _____
ITEM #51... GREAT BIG ALMOND RAISIN COOKIE	\$3.00	# _____	\$ _____
ITEM #52... GREAT BIG HAZELNUT CHERRY COOKIE	\$3.00	# _____	\$ _____
ITEM #53... A BAG OF ALMOND VANILLA POWER CRUNCHIES (mildly sweet cookies, each bigger than a silver dollar)	\$10.00	# _____	\$ _____
ITEM #54... A BAG OF ALMOND GOJI POWER CRUNCHIES (mildly sweet cookies, each bigger than a silver dollar)	\$10.00	# _____	\$ _____
ITEM #55... ORIGINAL BROWNIE (The Gopal All-Favorite!)	\$3.00	# _____	\$ _____
ITEM #56... CHERRY BROWNIE	\$3.00	# _____	\$ _____
ITEM #57... VERY BIG GREENGO RAWKER RAW CRACKER	\$2.40	# _____	\$ _____
ITEM #58... VERY BIG VEGGI-MIX RAWKER RAW CRACKER	\$2.40	# _____	\$ _____

## ITEM #59 - #61... GOPAL'S RAW, ORGANIC, UNSALTED, CREAMY BUTTERS

ITEM #59... 1 POUND GLASS JAR: SESAME TAHINI	\$13.00	# _____	\$ _____
ITEM #60... 8 OZ. GLASS JAR: SPROUTED ALMOND	\$14.00	# _____	\$ _____
ITEM #61... 8 OZ. GLASS JAR: SPROUTED PUMPKIN SEED	\$10.00	# _____	\$ _____

★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★

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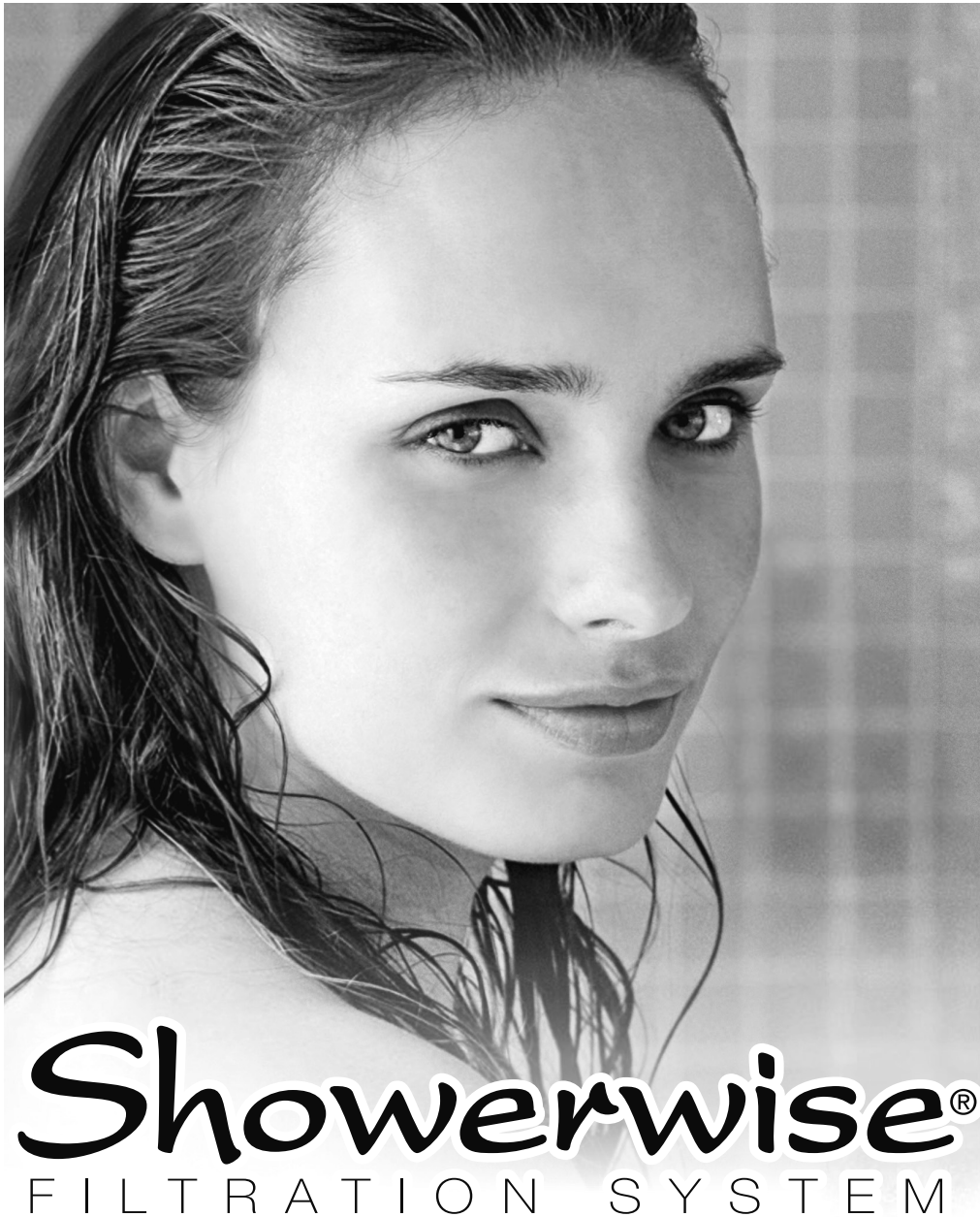
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# **The Other “MUST-SEE VIDEO on Cancer!” HEALING CANCER FROM INSIDE OUT**

**A 2-hour, 2nd-Edition DVD: The following is from producer Mike Anderson...**

**Inside the Brackets [xxxx] Are Victoria's Additions!**

This award-winning film is two hours long, in two parts, and covers a comprehensive range of topics.

**PART 1: CURING CANCER** deals with the failings of conventional [Medical Doctor] cancer treatments of radiation, surgery, and chemotherapy and shows how conventional medicine WILDLY — & DECEPTIVELY — EXAGGERATES THE BENEFITS OF TREATMENTS, WHILE MINIMIZING THE RISKS. It will provide you with the information you need to accurately assess the risks and benefits of any treatment and speak intelligently to your doctor about such treatments. There is also a section on “The [extremely profitable] Cancer Industry.” It explains the history behind cancer treatments, the suppression of alternative treatments, and why chemotherapy, radiation, and surgery are the only treatments available to mainstream medicine [and why they are pushed on Health Seekers as the only way to go. You will see how The Disease Industrialists manipulate statistics. You will follow the outrageously evil money trail. You will be shocked.].

**PART 2: HEALING CANCER** shows how cancer can be [and has been for decades] successfully healed with dietary treatments and natural supplementation. It explains common misconceptions about cancer, shows how diets designed to fight cancer are more successful than conventional treatments, discusses startling cancer research findings with T. Colin Campbell (The China Study) and has interviews with people who have completely reversed any signs of cancers using diet. It also discusses supplementation AND WHY ATTITUDE IS [ALL-] IMPORTANT IN REVERSING NOT ONLY CANCER, BUT ANY DISEASE.

**PARTICIPANTS INCLUDE THESE:** T. Colin Campbell, Ph.D. (The China Study); B. Clement, Ph.D. (Hippocrates Health Institute); Brenda Cobb (Living Foods Institute); Mirea Ellis (Kushi Institute); Charlotte Gerson (Gerson Institute); Matt Lederman, M.D. (Transition to Health); Thomas Lodi, M.D. (Oasis of Healing); John A. McDougall, M.D. (Dr. McDougall's Health/Medical Center); and many more....

As explained, the DVD is divided into PART 1 and PART 2. You can skip through each PART by simply pressing the “Next” (or the “Previous”) button on your DVD remote. The PART number will be shown on your screen, e.g., 1-2, 1-3, 1-4, etc. References and graphics are shown, so if you want to study them, get familiar with the “Pause” button. Either PART can be viewed independently. If you are primarily interested in healing cancer with diet, you can view PART 2 first, for example, then go back to PART 1 at your leisure. [In other words: “the teachings are extremely user-friendly for sharing.”] The main chapter numbers are listed below, along with the approximate length of each chapter. Those marked with asterisks (\*) are considered to be “ESSENTIAL VIEWING.” (Total “ESSENTIAL VIEWING” is approximately 60 minutes.)

## **PART 1 - [So-Called] “Curing” Cancer (1 hour)**

- Introduction (2 minutes)
- Individual Cancer Reversals (11 minutes)
- Losing War on Cancer [with Medical Treatment] (16 minutes)\*
- Trick\$ of the Trade (8 minutes)\*
- How to Fool Most of the People Most of the Time (10 minutes)\*
- 5 The Cancer [Disease] Industry (25 minutes)

## **PART 2 - Healing Cancer [with Alternative Health Care] (1 hour)**

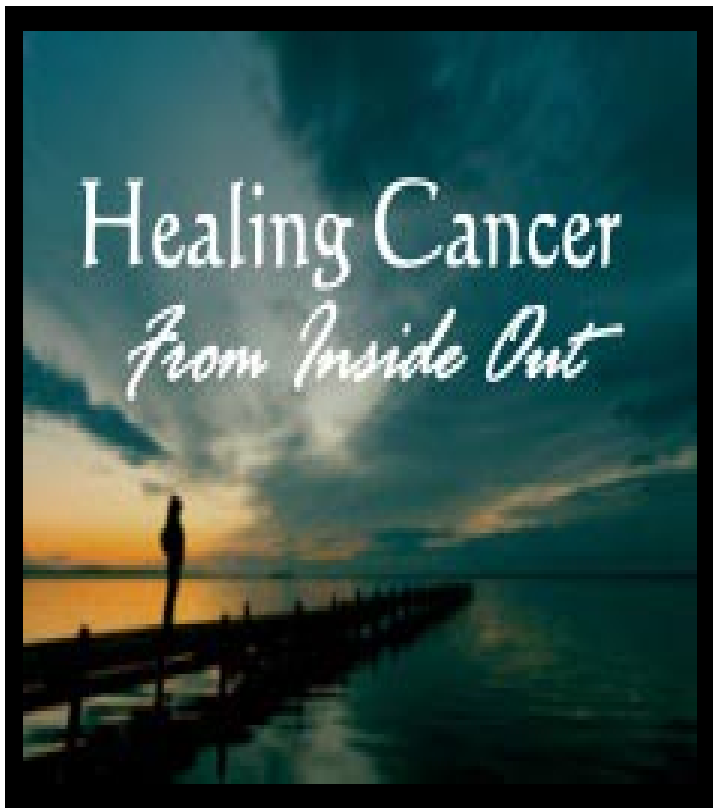
- Common Misperceptions about Cancer (10 minutes)
- Healing [Virtually All] Other Diseases (11 minutes)
- Diet and Cancer Studies (5 minutes)\*
- The Protein-Cancer Connection (12 minutes)\*
- Supplementation (5 minutes)
- Attitude [Is Everything!] (5 minutes)\*

**FREE! FREE! FREE!**

**See Pages 4 & 5...**

**ORDER**

**HEALING CANCER  
FROM INSIDE OUT —  
THE DVD FOR \$20 PP.  
& GET DR. TILDEN'S  
1939 LITTLE BOOK  
OF PHILOSOPHICAL  
& HEALTH EPIGRAMS!**



# HEALING CANCER FROM INSIDE OUT

**A 2-hour, 2nd-Edition DVD  
by Mike Anderson**

Friends in Natural Hygiene!

I honestly did not dream I would find another DVD for you that was as good as — or even better than — *WAKE UP! CANCER IS CURABLE NOW!* But I have. I urge you all to get this DVD, as well! *Healing Cancer from Inside Out* is only \$20 postpaid. With that \$20, you also get my \$10 *Dr. Tilden's Philosophical & Health Epigrams* — FREE! Following, find the full description put out by Mike Anderson to promote *HEALING CANCER FROM INSIDE OUT*. Here is my short review after watching it just twice.

It all started when GetWell Friend Ken Chin sent me a copy of *WAKE UP! CANCER IS CURABLE NOW!* Deep into working on *WHAT DR. SHELTON DIDN'T KNOW!* — I did not even watch it for weeks. Finally, one night, I watched it with the guests at The Guesthouse. When I went to order the 100 copies of *WAKE UP! CANCER IS CURABLE NOW!* that 300 of you wanted, my friend and distributor in Natural Hygiene books and videos since 1982 asked if I had seen *HEALING CANCER FROM INSIDE OUT*. I had not. And he had not watched the *WAKE UP!* exposé. We both told each other we could not imagine the one we had watched being better than the one we had not watched. After filling all your *WAKE UP!* orders, I watched *HEALING CANCER FROM INSIDE OUT*. The 2-hour video is equally shocking but with more drama, danger music, and suspense to warn us. And while the opening 15 minutes of cartoon satire in *WAKE UP!* was my favorite of both DVDs, I have to say that *HEALING CANCER FROM INSIDE OUT* hit me at a deeper level, got me more worked up, and inspired me more. I judge the power of a video's message by how many times it intrudes into my consciousness the next day, demanding me to give it more thought and take more action. Right now? Days later? I still cannot get its power out of my mind! *Victoria*

-----  
YES! VICTORIA! PLEASE! I want to get #\_\_\_\_ OF THE 2ND EDITION OF *HEALING CANCER FROM INSIDE OUT* DVD from you for \$20 each, postpaid & with your gi'ft.

**FREE WITH MY \$20 *HEALING CANCER* DVD! —**  
***Dr. Tilden's 1939 Little Book of Philosophical & Health Epigrams***  
**See Pages 4 & 5!**

GetWell Friend: \_\_\_\_\_ TOTAL ENCLOSED: \$ \_\_\_\_\_

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# HEALING CANCER FROM INSIDE OUT

**A 286-Page Book for \$18**

**by Mike Anderson**

- Readers Say: • “Shocking and brilliant!” •  
• “The war on cancer is now re-written!” •  
• “A bright, shining light in the darkness!” •  
• “Some sections are just mind-boggling!” •  
• “PRICELESS AND EMPOWERING!” •

## Dearest Friends in Natural Hygiene!

I have known John Bardaro since 1982. Taking a fast at Dr. Shelton's Health School saved his life. And now well at age 88, he routinely orders 20 - 50 copies of Natural Hygiene contraband that he finds especially compelling to pass along to his friends and relatives. John recently read *HEALING CANCER FROM THE INSIDE OUT* and called me immediately, leaving 3 consecutive messages on my recorder — SO EXCITED ABOUT THIS BOOK WAS HE! You can view the contents here. And following is a review off the website:

PART 1 delves into the details behind the failure of conventional treatments and provides a shocking portrait of just how unsuccessful current treatments really are. This provides invaluable guidance to cancer patients struggling with treatment decisions. This information is not available from any hospital or cancer organization, yet it comes from the finest research available today. And, in fact, not a single person in the cancer industry disputes these terrible failure rates. What PART 1 does is explain how and why treatments with such incredibly low rates of success are still being used today — and why any other treatment with similar failure rates would be taken off the market. It also shows how successful nutritional treatments have been in reversing cancers. When comparing success rates, nutritional treatments win hands-down. PART 2 explains how cancer can, in fact, be reversed naturally through diet and lifestyle changes. It details how high acidity, low nutrient/oxygen levels, high blood sugar, high cholesterol levels and high hormonal levels all “feed” cancer cells and why such a cellular environment is the product of the typical “healthy” American diet. It also explains how to change that environment in order to rebuild your immune system, while simultaneously changing the basic biochemistry of your body so it can fight cancer.

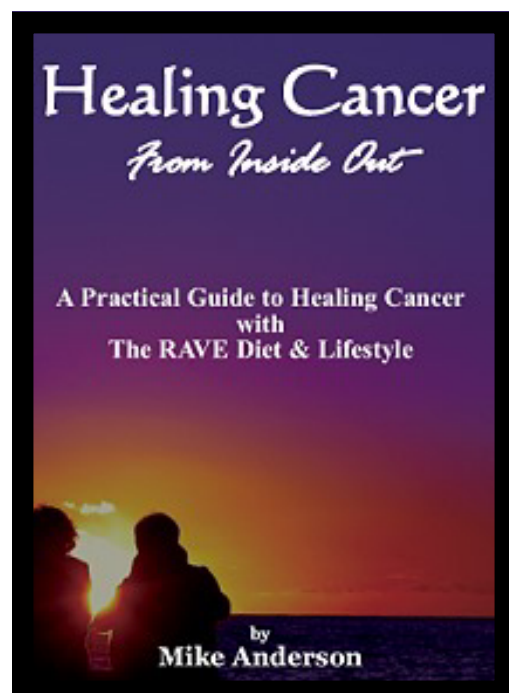
Victoria! Please send me #\_\_\_ *Healing Cancer from Inside Out* book(s) for \$18 each, postpaid. Send me #\_\_\_ *Healing Cancer from Inside Out* book(s) + the DVD for \$24 per set, postpaid.

NAME: \_\_\_\_\_

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CITY: \_\_\_\_\_ STATE: \_\_\_\_\_

ZIP: \_\_\_\_\_ TOTAL: \$ \_\_\_\_\_



## Table of Contents

**PART 1 – The Failure of Conventional Treatments**  
• Show Me the Money! • Results of Nutritional Therapy • A Tumor Fetish • Screening for Dollars • Five-Year “Cures” • The Do Nothing Strategy • Saying Goodbye to the Cancer Industry

**PART 2 – Reversing Cancer • Rebuilding the Immune System • Changing Your Soil • High Acidity • Poor Circulation & Low Nutrient/Oxygen Levels • High Blood Sugar • High Cholesterol Levels • High Sex Hormones • Lowering Your Toxic Burden • Attitude • The Pursuit of Happiness**

**PART 3 – The RAVE Diet & Lifestyle • Essential Dietary Guidelines • Getting More Bang for the Buck • What To Expect • Supplementation • Green Juicing & Blending • Vitamin D • Vitamin C • Lactrile • Notes • Genetics • Environmental Factors • Protein • Soy & Breast Cancer • Problems with the Glycemic Index • Calcium Needs, Osteoporosis & Acidic Diets • Raw & Cooked Foods**

**PART 4 – Meal Preparation & Rules • The RAVE Food Pyramid • Cooking without Oil • Making Plain Foods Taste Fabulous • Flavorings • Sweeteners • Soy Sauce Substitute • Bean Preparation • Microwaves • Reading Labels & Ingredients**

**PART 5 – 200+ Sample Recipes • Green Juicing & Blending • Fast Food Meals in Minutes • Breakfast, Lunch, or Dinner Recipes • Suggestions for Lunch/Dinner • Salads • Soups & Stews • Mix-Ins/ Side Dishes • Dips, Spreads, and Sauces • Desserts**



# **The 3 Drs. Tosca & Gregory Haag & Vivian V. Vetrano Deliver DVD Lectures! NOW... ONLY \$13 EACH, POSTPAID!**

**— 1-HOUR VIDEOS FILMED JUST BEFORE ROYL RETREAT CLOSED —  
ALL ALONG, THESE DVD LECTURES WERE \$20 EACH! THE SET WAS \$600.**

While Dr. V. and Tosca and Greg are helping Health Seekers with their USANA programs, they have given me their inventory of DVD lectures to handle. And so, I am putting the entire stock below on sale. The funds will go for THE CAUSE once all expenses are paid! And you get these great prices and great lectures! So, here it is — only \$13 each postpaid and only \$300 for the entire set. Please get your orders in immediately, allow me 3 weeks to organize 1 big order, and bear with me while we wait for DVD reproduction and for me to send all your orders out!

## **THE 30 TITLES TO THE DR. VETRANO & DR. TOSCA & DR. GREGORY HAAG DVD LIBRARY:**

All but #30 are 1 hour lectures. All but #30 were filmed right before ROYL closed in 2008.

#30 is the best overview DVD offered & is 2 hours long & was done back when Dr. V. was in her 60s!

- |                                                        |                                                  |
|--------------------------------------------------------|--------------------------------------------------|
| #1... NATURAL HYGIENE —<br>WHAT IT IS & WHAT IT IS NOT | #16... INTRODUCTION TO FASTING                   |
| #2... THE WONDER OF THE HUMAN BODY                     | #17... PHYSIOLOGY OF FASTING                     |
| #3... THE PRINCIPLES<br>OF NATURAL HYGIENE             | #18... FASTING — GOD'S GIFT TO HUMANITY          |
| #4... ESSENTIAL ELEMENTS OF HEALTH                     | #19... DERIVING THE MOST FROM YOUR FAST          |
| #5... STIMULATION VS. DEPRESSION                       | #20... DO NOTHING,<br>DO SOMETHING, DO MORE      |
| #6... FATIGUE                                          | #21... HOW TO MAINTAIN OPTIMAL WEIGHT            |
| #7... CHRONIC FATIGUE                                  | #22... GERMS, VIRUSES, PARASITES & DISEASE       |
| #8... RECHARGING YOUR BATTERIES                        | #23... DISADVANTAGES OF DRUGS                    |
| #9... THE PHASES OF OUR LIVES                          | #24... DRUGS, TOXINS & DISEASES                  |
| #10... THE PARADISE DIET                               | #25... CANCER —<br>10 STEPS TO CONTROL YOUR RISK |
| #11... FOOD COMBINING MADE EASIER                      | #26... THE EYES & HOW THEY FUNCTION              |
| #12... THE MUTILATION OF AMERICA'S FOOD                | #27... THE HEALTH HAZARDS OF RADIATION           |
| #13... DR. TOSCA HAAG'S HYGIENIC KITCHEN               | #28... DR. HAAG'S CASE HISTORIES #1              |
| #14... THE ACID-ALKALINE ISSUE IN OUR DIETS            | #29... DR. HAAG'S CASE HISTORIES #2              |
| #15... THE IMPORTANCE OF EXERCISE                      | #30... DR. VETRANO'S 2-HOUR BACK TO BASICS       |

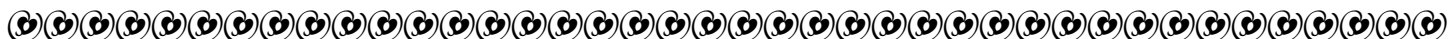


## **VICTORIA! PLEASE SEND ME THE FOLLOWING DVD VIDEOS AS CIRCLED ABOVE.**

**I ENCLOSE \$13 FOR EACH, POSTPAID — OR — \$300 FOR THE ENTIRE LIBRARY OF 30 DVDS.**

**I understand I will be waiting for 3 weeks for our orders so that you can tally the orders  
and bundle them for your best price and get our orders made and sent out.**

NAME \_\_\_\_\_ # OF VIDEOS: \_\_\_\_\_ ENCLOSED: \$ \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_





## LIFE'S GREATEST ADVENTURE!

This film is dedicated to 1800s' Pioneers: Dr. Russel Thacker Trall, M.D. and Dr. Issac Jennings, M.D. and Sylvester Graham, D.D. And "Grateful Acknowledgment" is made to the American Natural Hygiene Society and the Temperance Society for their co-operation to use certain scenes. Unlike all the informational recent-release documentaries in this *Bulletin*, *THE GREATEST ADVENTURE!* is made by a disciplined Natural Hygienist with years of experience and is, therefore, Hygienically correct in all aspects.

Although no date is given, the newest car I spied was a '54 Buick. My Father Victor worked for the Buick garage before starting his repair shop and brought home a totalled '54 Buick and restored it. So although we were not rich, my mother Marie drove a brand-new car! Now, the movie has a light tint on the reddish, pinkish, yellowish, orange-ish side of the spectrum, probably had this tint the day it was made. To me? It only adds to its charm. You will see 1950s' cars, clothes, furniture, billboards — the works! You will see the opening info exposing what we now call "The Standard American Diet" and the deplorable statistics on sick Americans and the ruination going on of natural beauty and the exploitation of our natural resources. It is still going on 57 years later. **ONLY NOW, THINGS ARE MUCH WORSE!** Although the movie is 1950s-dated, it is all the more true and the message even more powerful today than back in the day!

Jack Dunn Trop put a lot of thought into making this a most unique movie: it tells a true human interest story in and of itself while backing up this story with 33 others and presenting a full-spectrum view of Natural Hygiene as the best way to get well and stay well known to humankind! **GOOD WORK! WELL-DONE!** Jack "done trompped" through all 10 Energy Enhancers with 1 story of 1 couple and backed up their success story with 33 others! Biblical allusions are made. You will see a few seconds of Dr. Shelton, Dr. Esser, Dr. Gian-Cursio, and Hereward Carrington! You will be taken back and forth across America to the actual homes, ranches, offices, playgrounds, and gardens of these 34 single persons or married couples.

Except for the early scenes depicting the hideousness of civilization-gone-wrong, you will continually see the back-to-nature theme flow throughout the movie with animals, orchards, mountains, rivers, woodsy trails, and ocean shores. Beauteous background music flows through the Natural Hygiene settings and danger music through the maelstrom

of SAD food and pollution shots. No one is interviewed: but the narrator keeps the movie moving with... **KABOOM! KABOOM! KU-KU-KACHEW!** clips of 34 Health Seekers satisfied! The 34 individuals or couple are complemented by close-ups of their 1 to 7 children. So many smiling, energetic, rosy-cheeked children just glowing with health are captured on camera for posterity that it is safe to say: **"HERE IS A MOVIE FOR ALL WHO LOVE CHILDREN AND FOR ALL WANT TO SEE ALL CHILDREN GROW UP TO MEET THEIR HIGHEST HEALTH POTENTIALS!"** Jack must have loved horses, too, for their noble spirits and perfect forms, since he shot a goodly number of children at play with horses! Suffice it to say: **"The format Jack "done trompped" out before us packs a lot of info and a lot of stories and a lot of children and a lot of back-to-nature into this a lot of one-of-a-kind, Natural Hygiene documentary!"**

**NOW — FOR THE TRUE-STORY PLOT!** Rose and Sheldon are in their mid-30s. Sheldon is sick with severe colitis and psoriasis that itches like the devil. He has failing eyesight, thinning hair, and gets new cavities all the time. He is always tired and wakes up in the morning to a taste in his mouth like the wrath of God! Sound familiar? He and Rose are sad. They cannot conceive. Jack introduces them to us and shows off their SAD lifestyle in detail — especially at the table. It is horrendous. They are both busy building the diseases they get. Then he teaches them all about Natural Hygiene. **AND — YOU GUESSED IT!** Sheldon slims down and gets well! The movie ends with Sheldon vigorous and Rose in a smock walking amid orchard cherry blossoms! Throughout the movie, we meet 3 other couples who endured sterility until they, too, turned to Natural Hygiene. All conceived successfully and show off their healthy children!

None of this goodness happened to Sheldon and Rose without effort. Sheldon had not read a book since high school. He is shown early in the game building a bookcase and putting a few books on it. By the end of the movie, the bookcase of 3 shelves is full — of the old titles with the fancy bindings I know so well! I wish I could afford to print it out the entire storyline and just give it to each of you. I end with one great quote:

**"The parent animals of their young have no doubts about what food is right for their offspring. It is The Great Paradox of Civilized Humanity: The only ones in doubt about their place in nature and how to care for their young are 20th century man and woman! We must get back-to-nature and our natural needs."**

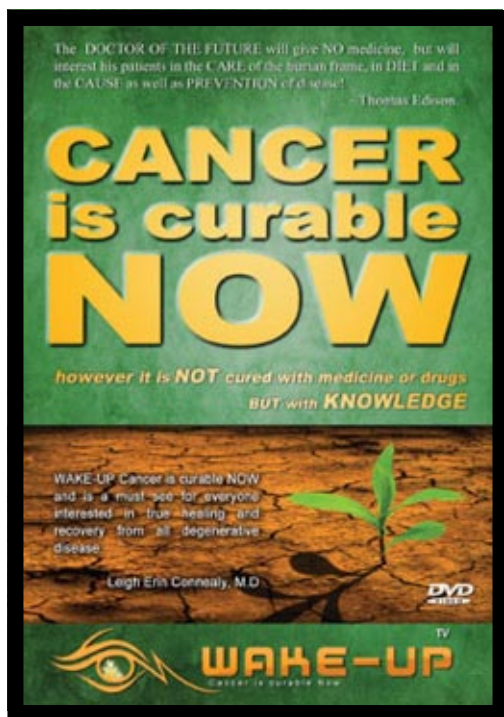
**VICTORIA! YES! Send my 1st DVD of *LIFE'S GREATEST ADVENTURE!* — for \$20 postpaid.**

**And do send a 2nd DVD for \$10: \$\_\_\_\_\_ and #\_\_\_\_\_ more for just \$7 each.**

**NAME \_\_\_\_\_ TOTAL AMOUNT ENCLOSED: \$\_\_\_\_\_**

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**CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_**



## This Feature-Length Documentary Will Inspire Countless Health Seekers to Make Alternative Choices!

THE FOLLOWING ARE PROMOTIONAL STATEMENTS BY THE PRODUCER, WITH MY MANY ADDITIONS OF VARIATIONS OF THE PARENTHETICAL STATEMENT “(AND VIRTUALLY ALL DISEASES!)” THROUGHOUT. In other words, this documentary is not just about “curing” cancer. It is about getting well naturally, no matter what the disease process in our bodies!

“THE SIMPLE FACT IS THAT CANCER IS (AND VIRTUALLY ALL DISEASES ARE) CURABLE NOW! However, this documentary is NOT about cures with medicine or drugs (or surgeries), but with **KNOWLEDGE AND VARIOUS THERAPIES**. Over 30 world-leading experts share with you **HOW CANCER (AND VIRTUALLY ALL DISEASES!) ARE**

**CURABLE NOW!** Over the past 4 years, we have visited the best holistic doctors, scientists, and practitioners who have experienced outstanding success in healing cancer (AND VIRTUALLY ALL DISEASES!) and have collected everything you need to know to get well. You will learn from 30+ Experts that healing disease is possible! If you had spoken to as many cancer survivors as we have, and so many doctors who have dedicated their lives to the process of true holistic healing, you would know that cancer (AND VIRTUALLY ALL DISEASES!) are not death sentences. Yes, it requires some changes and some immediate action **BUT CANCER (AND VIRTUALLY ALL DISEASES!) IS CURABLE NOW**. There is no doubt! You will learn how to identify the causes and remove them!”

If one or more of the warning lights come on in your car, would you simply ignore or disable the lights? NO! You would tend to the problems that caused the lights to come on. Your body is the same way. It signals you that there is one or more problems and that you need to address the problems before further damage happens. Once you eliminate the causes, you will definitely get better. If you don’t determine the causes of cancer (AND VIRTUALLY ALL DISEASES!) and then remove them, you stand little to no chance of recovery. The second segment of *CANCER (AND VIRTUALLY ALL DISEASES!) IS CURABLE NOW!* will open your eyes to all causes that make you sick. You will learn how to change what makes you sick! We all fear CHANGE! It is a well-known stress factor for men and women. But without change, you can’t expect a different outcome! Therefore, in the third segment of the documentary, we have addressed all of the things cancer (AND VIRTUALLY ALL DISEASES!) survivors have changed to bring recovery. We see what and how they changed and the positive effect it had on their lives. This change is actually a blessing as you remove everything that makes you sick and

begin to feel better. You will learn about **FREE** natural healing methods! Most people would say that cancer treatments (AND VIRTUALLY ALL DISEASE TREATMENTS!) are very expensive, but that is not entirely true. Many treatments cost very little, and others are completely free of charge — all of which contribute to a rapid recovery. No single treatment is a miracle cure; but used in conjunction with one another, they can be miraculous! Our whole 4th segment is focused on showing how these treatments are applied. You will learn how to resolve emotional conflict! Just a simple thought can cause you to feel well, bad, stimulated, sick, or paralyzed with fear. Thoughts and feelings have an enormous influence on your immune system and have been proven to cause certain hormone productions. One of these hormones is **CORTISOL**, which lowers your immune defense and increases cancer growth. This is obviously something you want to avoid, and there is no other way than to remove emotional conflict and relax. The 6th segment will show you all the methods and practices which will help you to achieve exactly that. You will learn, therefore, about healing with diet and supplements! We all

**FREE WITH YOUR DVD — CANCER IS CURABLE NOW!**  
**LIFE’S GREATEST ADVENTURE! ON DVD — SEE PAGE 46!**

know that **YOU ARE WHAT YOU EAT!** And if you eat junk food, your body is junk. There is no nice way to say that. Therefore, it's essential to know how effective diet can be in the cure for cancer (**AND VIRTUALLY ALL DISEASES!**). You learn, in this segment, how to alkaline and replenish deficiencies in an effective manner and why it's necessary to do so.

You will learn how to gently detoxify your body! Carcinogens, which are the toxins that we discussed in the first two segments of the movie, are stored in your body by the thousands. They are found in new-borne babies. And as long as toxins cause you to be sick, healing is not possible. So how can you get rid of these toxins? You will rarely be educated by your local doctor on this subject, but there are many ways to remove toxins from your body. In the 4th segment, you will also learn how to gently detoxify and how it affects your vitality and healing.

Marcus Freudenmann and his wife Sabrina decided to create a film about natural cancer treatments that would "wake up the world." **AND** you can see the 30+ doctors explain how their treatments work! There is no stopping this awakening! This movie shows that alternative cancer treatment has grown into a powerful movement — which will finally reveal the ignorance of conventional treatments. The more people see others get well by following these simple and non-toxic treatments, the faster the shift will happen. An ever growing number of talented people are involved in this shift of consciousness. The movement is gathering power and momentum, and it's growing much faster than any of us anticipated. As one of the doctors says, "A few years ago, very few of the patients coming to her were eating whole, raw, organic foods, much less juicing them. Now **ALL** of her patients already know all about these things and are already doing them. She doesn't have to talk them into a healthy diet anymore, they know about it and they're ready to go."

Conventional doctors should be worried about their future! The film advises: "Vote with your money!" More and more patients are simply turning to the doctors and treatments that are successful, and they're taking their money with them. I predict: "Conventional medicine will be dead and gone within the next 20 years. M.D.'s will either be nonexistent or they'll have learned about alternatives they now call "Quackery!" Another expert comments: "Someday people will look back and wonder 'What kind of Neanderthals were they practicing surgery, radiation and chemotherapy? (cut, burn and poison)'." He calls the conventional approach "Medieval." In one example, he points out, that there's no proof that a mastectomy — removal of the whole breast — extends the life of breast cancer patients, yet doctors go right on doing it. The women

are scarred for life. Does that kind of treatment deserve the term "Medieval"? I think so.

Another doctor, from Denmark, cites a German study of women over age 80 with breast cancer. Those taking no treatment lived an average of 11 months longer than those who received conventional cancer treatments. Enough is enough! We want education and not bullies! The film interviews doctors who tell you how patients are pressured by conventional oncologists. Sometimes they're hustled onto the operating table the day after their diagnosis — without having any other options explained to them. And what's worse is that no matter how effective a treatment could be, conventional patients are still being killed by the hospital food. All the doctors in this movie unanimously explain that sugar is the #1 Killer for every cancer patient. Even though every medical doctor should know that, they still feed their patients Tootsie Rolls and candies in the chemotherapy room. It's hard to believe that they can still sleep at night!

Health politics? Who cares? *CANCER is curable NOW* is not a political movement, at least not overtly. The film is based on common sense, slamming conventional oncologists and big drug companies with their own greedy ignorance, and in the end, the message isn't "write your Congressman". It's "go to alternative doctors and let the other guys wonder what happened." It's a smart move which will probably achieve a lot more than hammering against a door which will never be opened. This movie is very professionally done with some great 3-D animations and some sad, but true, cartoons to lighten things up.

Common sense cannot be ignored! This movie could be just the thing someone you love needs if they are on the fence about whether to try alternative cancer treatment. It's an important tool to help bring them around, because our movement is still in its early days, despite the growing number of books, reports, newsletters and websites.

Seeing is believing... your loved ones can see alternative cancer experts and learn for themselves that they aren't criminals, quacks and charlatans. If your loved ones will just give the movie a chance, they'll find out **WHY** we get cancer and **WHAT** we can do about it. As mentioned in the film, every baby in America has 287 toxins in their blood the day they're born. There are 83,000 toxic substances in the environment. But this does **NOT** mean things are hopeless. There are things you can do to get this stuff out of your body, and the film quickly introduces viewers to several of them. If you go to conventional doctors, you'll never hear a word about what **CAUSES** cancer, much less how to get rid of these toxic chemicals. This documentary is filled with such statistics.

**This documentary brings together more than 30 international, holistic professionals who have been working passionately in the field of cancer alternatives — doctors, scientists, researchers, and writers from around the world. You've probably heard about many of them in books and on TV. But if you'd like to see their knowledge explained in a 120-minute firework display of insights, this movie is the place to see it!**

# The GetWell★StayWell, America! Order Form for Our NEW SLEW OF DOCUMENTARY/INFO DVDS

## INFORMATION DOCUMENTARIES

	# Wanted	Cost/DVD	Total/DVD
• WAKE UP! Cancer Is Curable Now! — ★★★★★ — #_____		\$27	\$_____
• Dispelling Medical Myths Affecting Your Future #_____		\$20	\$_____
• Dr. Colin Campbell Conversations #_____		\$20	\$_____
• Eating Like a Nutritarian #_____		\$22	\$_____
• • Eating — ★★★★★ — (THE BEST OF THE LOT!) #_____		\$10	\$_____
• Eating Right for Cancer Survival #_____		\$20	\$_____
• Food Matters — ★★★★★ — #_____		\$25	\$_____
• • Fasting Can Save Your Life — ★★★★★ — #_____		\$20	\$_____
• Fasting by Dr. Klapper #_____		\$20	\$_____
• Fat, Sick & Nearly Dead — ★★★★★ — #_____		\$20	\$_____
• Forks over Knives — ★★★★★ — #_____		\$25	\$_____
• • Forks over Knives — Extended Interviews #_____		\$25	\$_____
• Got the Facts on Milk? #_____		\$25	\$_____
• Grow Your Own Greens #_____		\$15	\$_____
• Healing Cancer from Inside Out — ★★★★★ — #_____		\$22	\$_____
• InGREEDients — ★★★★★ — #_____		\$20	\$_____
• Osteoporosis Protection for Life #_____		\$27	\$_____
• • Simply Raw: Reversing Diabetes in 30 Days #_____		\$30	\$_____
• To Your Health #_____		\$20	\$_____

NOTE: 1 bullet (•) = introduced last summer & 2 (••) = introduced new in 2013.

NOTE: 4 stars (— ★★★★★ —) = FAVORITES of The GetWell Friends who ordered more DVDs — sometimes as many as 5 - 20 more! — after viewing the one ordered.

**FREE! GIFT COPY OF T.C. FRY'S *DISEASES* DVD WITH YOUR ORDER OF ANY OF ABOVE DVDS! (See Page 57.)**

YES! VICTORIA! I want to get the numbers (#\_\_\_\_) indicated of the above DVDs.  
I am helping with postage by adding \$3. **TOTAL ENCLOSED: \$ \_\_\_\_\_**

Name: \_\_\_\_\_

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# NEW RELEASE DVD DOCUMENTARIES

Hygiene Friends! Please note that I told you about many of these DVDs last summer. But I have added several more to today's list! Much disinformation abounds out there. Some is harmless, and some is dangerous. I have viewed all of these. And they align with Correct Natural Hygiene enough to be supremely useful! From last summer's batch, I have 4-starred — ★★★★★ — the most popular, according to your reports and repeat purchases for loved ones.

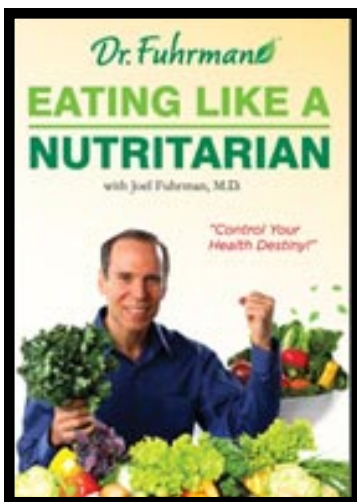
## DISPELLING MEDICAL MYTHS AFFECTING YOUR FUTURE •

**\$20 •** Dr. Popper discusses how misinformation on health, nutrition, and medical treatment is created and disseminated and how to differentiate between science and story-telling. This DVD shows how to change your disease into health through diet/lifestyle habits. Dr. Popper talks straight and is not afraid to criticize national health organizations, government agencies, medical professionals, pharmaceutical companies, agricultural organizations, and manufacturing companies which have hidden agendas that interfere with and are at odds with distributing truthful information and promoting the health of The People.



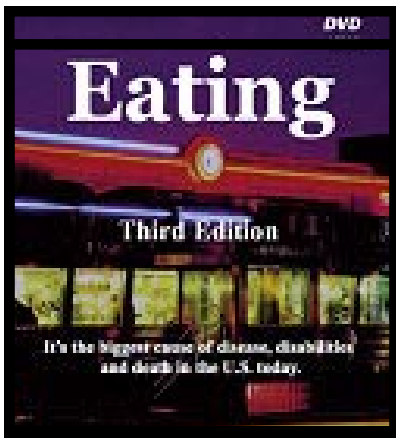
## CAMPBELL'S CONVERSATIONS: THE RESEARCH OF DR. T. COLIN CAMPBELL •

**\$20 • 55 MINUTES •** A perfect storm of dark social and economic disaster is brewing. Increasing disease prevalence, rising health care costs, and an aging population will make health care one of the defining issues of the next 50 years. The research of Dr. T. Colin Campbell, presented by his son, provides a starting point for understanding not only how we can avert the storm as a society, but also as individuals. This DVD gives Dr. Campbell's personal and professional background; his startling observations from a 27-year series of laboratory projects focused on how food can control cancer; and the design, selected findings, and criticisms of the most comprehensive study of diet, lifestyle, and disease ever conducted: The China Project.



**EATING LIKE A NUTRITARIAN • \$22 • 77 MINUTES •** This DVD introduces you to the building blocks of eating like a “nutritarian” — a word coined to name someone who naturally prefers the most nutritious foods. This is a proven plan for health and vitality. IT IS A TRANSITION VERSION TO CORRECT NATURAL HYGIENE! It is about nourishing the body so that it stays lean, fit, vibrantly healthy, using some cooked foods. Dr. Fuhrman takes you through the high-nutrient food aisles to show you what to buy and how to prepare the super foods that your body needs: vegetables, fruits, beans, and the right fats and proteins. He addresses the biggest dietary myths, that range from olive oil to the truth about snacking.



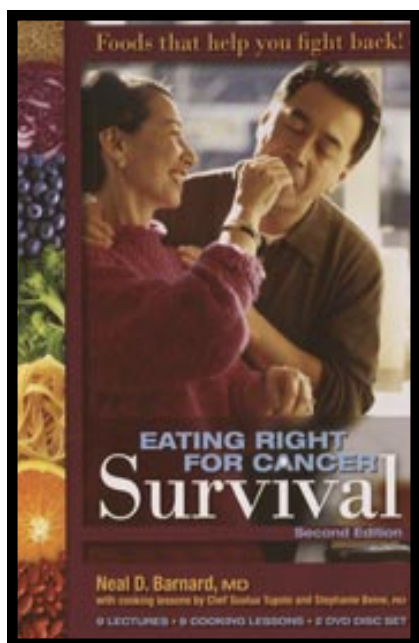


**A NEW DVD FORMAT OF AN OLDER — ★★★★★ — VHS VIDEO — • EATING • NOW ONLY \$10 • 3RD EDITION • 88 MINUTES • This VHS was our biggest seller at GetWell★StayWell, America! back before DVDs when I was still at The Barn — long time ago. Now, in its updated 3rd Edition and costing only \$10 for the DVD, you will want this! IT IS THE BEST BUY IN TODAY'S NEWS BULLETIN! It is a brilliant and comprehensive exposé! Among the many highlights are interviews with several alternative doctors.**

These interviews will convince you that cardiovascular (heart) disease, The #1 Killer in America today, can be reversed by switching to The Rave Diet. (The Rave Diet is an inferior, easier to do but still effective knock-off of our Natural Hygiene Diet.) What you will get is a virtual 1-on-1 consultation with some of the world's leading authorities on heart disease reversal. Drs. Pinckney and Crowe reversed severe heart disease by adopting The Rave Diet. If you know someone with heart disease — and who doesn't? — this will probably be the most valuable film they will ever watch — and from authorities with impeccable credentials. And if you eat to prevent heart disease, you will also prevent the other major diseases that are plaguing Western nations. You will also hear from Dr. Heidrich who, after surgery, treated her breast cancer without chemotherapy, radiation, or any other conventional treatments by following The Rave Diet. *THE EATING DVD* also examines the consequences of our eating habit to the environment and animal agriculture.

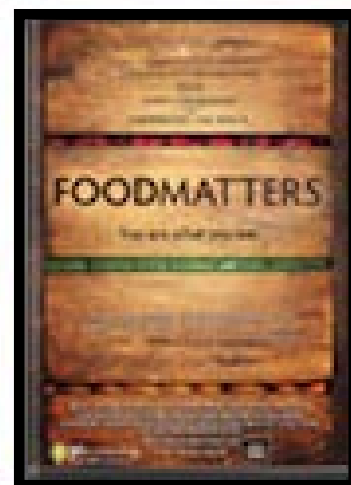
The Eating DVD is used in wellness clinics throughout the world to motivate people to change their diets and thus to restore their health. This is the same DVD that convinced Las Vegas mogul Steve Wynn to change his diet. Steve distributed 10,000 copies of *EATING* to his employees. Other topics include the following:

- Why we have an epidemic of heart disease, cancer, diabetes, and other diseases
- Why following federal nutrition guidelines will kill you
- Why the government promotes foods that shorten lives
- Why almost everyone has cancer by the time they're fifty — and don't know why
- Why our top 2 nutrition worries should be our last 2 nutrition worries
- Why doctors treat only symptoms of disease instead of root causes of disease
- Why our most deadly diseases of today were rare before 1900
- Why most school-age children already have heart disease
- Why Americans are constipated, impotent, and have weak bones
- Why today, America's politicians are Americans' dieticians
- Why farm animal feces is standard fare found in meat products today
- Why our eating habits are like smokers' habits, but more lethal
- Why the most disturbing death statistic of our time is so little known.



**EATING RIGHT FOR CANCER SURVIVAL • \$20 • 4 & 1/2 HOURS ON 2 DISCS •** This DVD provides empowering information on how simple, everyday choices can cause major changes in our health and well-being. Contains 9 presentations by Dr. Neal Barnard and 9 food preparation segments. **TOPICS:** How foods fight cancer, Fueling up on low-fat foods, Favoring fiber, Replacing dairy alternatives, Replacing meat, Cancer-fighting compounds & immune-boosting foods, Maintaining a healthy weight, Foods & breast cancer survival, Foods & Prostate cancer survival.

— ★★★★★ — • **FOOD MATTERS • \$25 • 80 MINUTES •** This is a hard-hitting, fast-paced look at the current state of health care and dietary practices promoted by Standard American Dieticians. Despite the billions of dollars of funding and research into new, so-called “cures,” we continue to suffer from endless chronic and acute



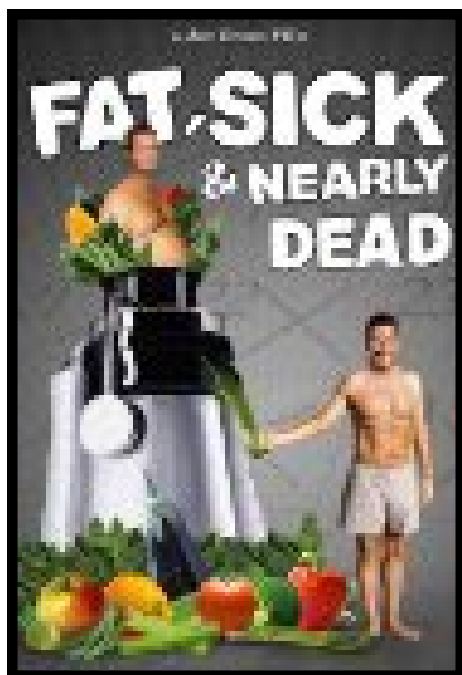
disease. This is another ground-breaking documentary that sets about uncovering the trillion dollar worldwide Disease Industry and exposing a growing body of scientific evidence proving that nutritional therapy can be more effective, more economical, less harmful, and less invasive than nearly all conventional medical treatments. Find out what works, what doesn't, and what's killing you! **SAVE YOUR LIFE!** In a collection of interviews with leading Nutritionists, Naturopaths, Scientists, M.D.'s and Medical Journalists, you will discover... How to use food as medicine, Who needs vitamins, If organic is better, How safe our food is, About natural treatments for lowering cholesterol, Which foods fight anxiety and depression, Natural therapies against cancer, Which drugs might do more harm than good, Best ways to detox, and How to lose weight and keep it off! **FOOD DOES MATTER! !**

**FASTING: SAFE AND EFFECTIVE USE OF AN ANCIENT, POWERFUL HEALING THERAPY • \$20 • 55 MINUTES •** High Blood Pressure, Rheumatoid Arthritis, Cystitis, Type 2 Diabetes, Migraine Headaches, Crohn's, Colitis, Angina Pectoris. If you suffer from any of these or other chronic health conditions, watch this DVD! Most medical disorders have been reversed with fasting. For thousands of years, philosophers, scientists, and physicians have used fasting as a healing process to reverse disease. Today, poor eating habits and high-fat, high sugar foods are causing a pandemic of acute and chronic disease. Many people are now turning to health-supporting lifestyles and fasting to reverse the deficiencies caused by non-nutritive foods and toxic lifestyles. This informative, lively DVD by one of America's foremost authorities on nutrition and health, explains the benefits and procedures of fasting. These following questions are answered: Who can benefit from a fast? Who should not fast? How does one prepare to fast? What should one expect while fasting? When and how does one break a fast? What do I eat after a fast? Whether you are suffering from illness or striving for optimal health, this DVD will unlock important keys to physical, mental, emotional, and spiritual well-being.



**A NEW DVD FORMAT OF AN OLDER — ★★★★★ — VIDEO • FASTING CAN SAVE YOUR LIFE • DR. GOLDHAMER • STILL JUST \$20 • 70 MINUTES •** In 1988, an older father and middle-aged son began a 30-day fast at The Center for Conservative Therapy in order to find relief from serious health problems, including obesity. This video chronicles their journey of self-discovery, of deter-

mination. Dr. Goldhamer and many other patients are also interviewed. Fasting was once a common way of dealing with sickness and spiritual issues. In recent times, fasting for health has fallen into disuse, in deference to the quick-fix promise of modern drugs which may only complicate and further drain the body's resources. Fasting is recently becoming a preferred method of treatment in conditions associated with nutritional excess, including heart disease, digestive problems, constipation, irritable bowel syndrome, diabetes, allergies, the chronic fatigue syndrome, obesity, arthritis, and joint pain. A properly conducted, therapeutic fast can allow the body to rapidly mobilize and eliminate toxic and metabolic accumulations. Fasting allows the body to undergo radical metabolic change that is frequently associated with the normalization of body weight, blood pressure, and circulation. Elevations of blood glucose, cholesterol, triglycerides, liver enzymes, and inflammation markers are often rapidly corrected. Fasting allows the body to do what it does best... heal itself! A CORRECT NATURAL HYGIENE CLASSIC — NOW ON DVD!



— ★★★★★ — • **FAT, SICK & NEARLY DEAD** • \$20 • 97 MINUTES • Overweight Joe Cross attempts to wrestle back control of his failing health during a cross-country trek in which he engages Americans in discussions about food and obesity in this light-hearted, sometimes hilarious documentary addressing a deadly serious subject! Clocking in at 310 pounds and pumped full of steroids to battle a debilitating auto-immune disorder, Cross realized that he would soon be dead if he didn't make some major lifestyle changes. But pharmaceuticals were only treating his symptoms, and no doctor seemed capable of providing the long-term care and support it would take to turn his life around. Desperate, Cross loads up his car with a juicer and a generator and pledges to survive on nothing but fresh fruit and vegetable juice for 60 days. Not long after his journey begins, Cross quickly realizes that he's well on his way to ending his growing dependence on prescription drugs. His body has begun to heal itself. And as the process continues, Cross proves how empowering it can be to take responsibility for his own health. MY FAVORITE!

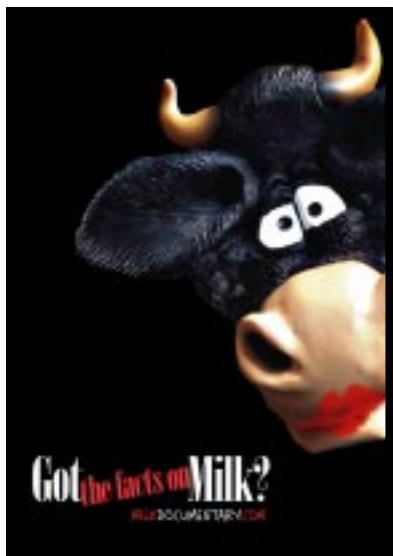
— ★★★★★ — • **FORKS OVER KNIVES** • \$25 • THIS WON THE PRIZE AFTER *CANCER IS CURABLE NOW!* AND *HEALING CANCER FROM THE INSIDE OUT* FOR REPEAT PURCHASES FROM GETWELL FRIENDS! *FORKS OVER KNIVES* is now world famous! This DVD utilizes state of the art, 3-D



graphics and rare archival footage. The film stars Dr. China Study Colin Campbell, features leading experts on health, examines the question: "Why don't we know what causes disease?" — and tackles the issue of diet and disease. This DVD examines the profound claim that most all degenerative diseases that afflict us can be controlled, or even reversed, **BY SIMPLY REJECTING BOTH ANIMAL-BASED AND PROCESSED FOODS**. The major storyline in the film traces the personal journeys of a pair of pioneering researchers, the Doctors Campbell and Esselstyn. **BRAND-NEW IS THIS DVD: *FORKS OVER KNIVES — THE EXTENDED INTERVIEWS*.**

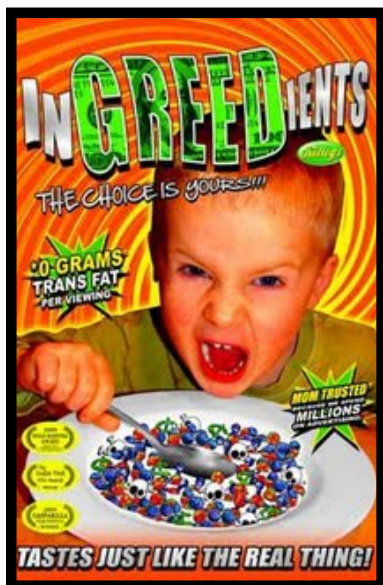
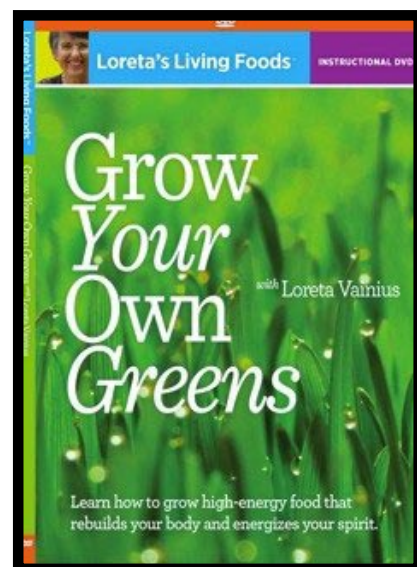


**NEW... FORKS OVER KNIVES — THE EXTENDED INTERVIEWS • \$20 •** Following up on one of the most influential documentaries of all time, *Forks Over Knives*, comes *Forks Over Knives — The Extended Interviews*. This video includes never-before-seen footage from the film's expert interviews, covering several themes in greater depth and addressing important issues that weren't touched on in the movie. *Forks Over Knives – The Extended Interviews* covers more than 80 topics, including: How much protein do we need? Animal vs. plant nutrients in cancer promotion Why are some vegetarian and vegans unhealthy? Is a healthy vegan diet easy to follow? Why portion control doesn't work, Oil, Fish, Supplements, and more! Featuring leading experts Colin Campbell, Ph.D., Caldwell Esselstyn Jr., M.D., Neal Barnard, M.D., John McDougall, M.D., Pam Popper, N.D., Doug Lisle, Ph.D., and Terry Mason, M.D., *Forks Over Knives — The Extended Interviews* is must-see viewing for anyone interested in the powerful relationship between food and health and who was especially impressed by *FORKS OVER KNIVES!*



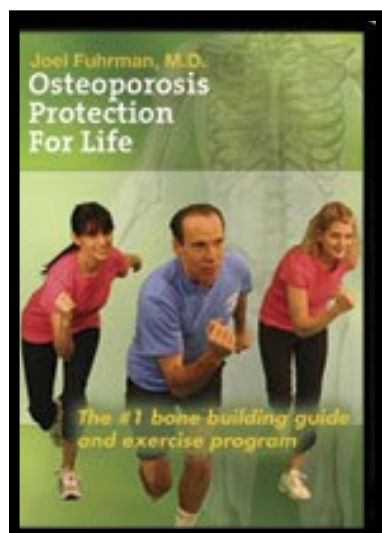
**GOT THE FACTS ON MILK? • \$25 • 88 MINUTES •** *GOT THE FACTS ON MILK?* (also known as “The Milk Documentary”) is an entertaining, award-winning feature documentary that dares to question the conventional wisdom of the much publicized health benefits of milk and dairy products. Addressing myth, truth, and all in-between, the film is a humorous yet shocking exposition that provokes serious thought about this everyday staple.

**GROW YOUR OWN GREENS: AND RE- DISCOVER THE HEALING POWER OF NATURE • \$15 • 118 MINUTES •** Using simple techniques, one teacher shows you how to awaken seeds, optimize nutrients, and understand the fundamentals of living food preparation. Three teachers join forces and guide you in the following: how to grow wheatgrass, sunflower, peas, and buckwheat greens in soil; how to sprout seeds in jars and bags at home and while traveling; how to transform your vibrant, nutrient-rich harvest into life-giving juices, smoothies, nut and seed milks, salads, low-gluten breads, and ice cream; and how to supercharge your body doing all these.



— ★★★★★ — • **InGREEDients: THE CHOICE IS YOURS • \$20 • 60 MINUTES •** Do you know the dollar facts behind a food that “Tastes Just Like the Real Thing!”? What “partially hydrogenated oil” is? What “zero grams of trans fat per serving” really means? What is in the food you eat on a daily basis? Registered nurse and filmmaker, David Burton knows. What you think you know about your diet and the food you eat is completely wrong — DEAD wrong! Ride along on this culinary roller coaster as David sets the table with a cornucopia of leading researchers and the most respected scientists and health care professionals in the world. What you will discover is an alarming connection between what you put in your mouth and some of the most disgusting, unpalatable, and life-threatening ailments known today! The 3 diseases most directly connected with the consumption of hydrogenated oil are heart disease, diabetes, and obesity.

These afflictions are eventually deadly if one keeps consuming hydrogenated oils, but with some simple changes in food choices and a little bit of exercise, these diseases are extremely preventable. With cutting edge animations rarely achieved in independent filmmaking, *inGREEDients* will entertain, inspire, educate, and at times frighten audiences of all ages. **THIS MOVIE COULD INSPIRE YOU TO MAKE CHANGES THAT SAVE YOUR LIFE!**



**OSTEOPOROSIS PROTECTION FOR LIFE: THE #1 BONE BUILDING GUIDE & EXERCISE PROGRAM • \$27 • INCLUDES 16-PAGE BONUS BOOKLET •** Discover the best ways to protect your bones without drugs! Get exercises to do anywhere. Build Strong Muscles, Avoid High Risk Medications, Learn Common Dietary Causes of Bone Loss. Osteoporosis is combated most effectively through proper nutrition and exercise without the use of high risk medications like Fosomax, Boniva, and Actonell. Dr. Fuhrman explains: causes of osteoporosis, problems with medications, how to see if you are at risk for a hip fracture, and how to prevent one from happening to you. Join Dr. Fuhrman and his crew for a fun and vigorous, bone-building workout. Fifteen minutes twice a week is all it takes. Take your health into your own hands — now!

**NEW... SIMPLY RAW: REVERSING DIABETES IN 30 DAYS • \$30 •** This is a wildly eye-opening documentary film that chronicles 6 diabetics who switch to a diet consisting entirely of organic, vegan, uncooked food to reverse disease without prescription drugs. These culturally diverse participants are all challenged to give up meat, dairy, sugar, processed and packaged food, and even cooked food for 30 days. The film follows their remarkable journey and captures the medical, physical, and emotional transformations brought on by this radical diet and lifestyle change. We witness intense moments of struggle, support, and hope as what is revealed, with startling clarity, is that a "SIMPLY RAW" diet can reverse disease and change lives. Much further wisdom is given by Morgan Spurlock, Woody Harrelson, Anthony Robbins, and Dr. Joel Fuhrman and Gabriel Cousens. **THE BEST I'VE SEEN ON RECOVERY FROM DIABETES!**



**TO YOUR HEALTH • \$20 • 53 MINUTES •** This is an in-depth study of whole-food, plant-based nutrition. It debunks the most common myths associated with modern nutrition. Exploring your need for protein, calcium, supplements, metabolism, and other issues, this DVD provides answers to your biggest questions. Follow Julieanna Hever (a.k.a "The Plant-Based Dietitian") as she travels the country to interview the biggest names in The Plant-Based World: Dr. Campbell, Dr. Joel Fuhrman, Dr. John McDougall, Dr. Neal Barnard, and many more. Julieanna's travels take her from Cornell University and the countryside of New Jersey to the San Francisco Bay and the far reaches of Central California. She visits the benevolent haven Farm Sanctuary along with incredible restaurants like Millennium and the Veggie Grill. This fun and entertaining journey is full of life-changing information and hope for a future of better health for all.



# 2 T. C. FRY CLASSIC C.D. COURSES

T. C. at his best & in his prime masterminded these 2 courses. I have gone to great lengths to convert each into "Compact Disk Sets Presented in Special Holders."

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- LECTURE #5 • How to Purify Your Body
- LECTURE #6 • The Magic of The Raw Food Diet
- LECTURE #7 • How to Lose Weight — Permanently
- LECTURE #8 • The Easy Way to Conquer Heart Problems
- LECTURE #9 • Overcoming Digestive Problems
- LECTURE #10 • The Allergy Panacea
- LECTURE #11 • Cancer: The \$50 Billion Yearly Racket
- LECTURE #12 • Diabetes: How to Beat Deadly Insulin Game

T. C.: "Here are 12 teaching sessions that cover a broad spectrum of health topics of great interest to the lay person as well as to professionals. They are designed to help you avoid the pitfalls that trip up most people. All of the sessions are hosted by health professionals with many years of experience. A participating audience joins in. Here is the information necessary to overcome the most common health problems. You'll find these sessions both entertaining and educational! A must for anyone wanting to reach and maintain the highest state of health possible!" These lectures introduce: "The 100% Tested & Proven Natural Hygiene System!" • The Elements that build a long, happy & rewarding life • How to determine for yourself Mother Nature's Diet for you • Presenting the 1 universal remedy that works miracles for everyone • Modes of body purification that work • Principles of weight loss & weight gain • Causes of cardiovascular problems & a program to reverse the condition • How to overcome most digestive problems within 24 hours • How to end sniffles, swellings, Watery Eyes & Stuffy Nose Syndrome • The low-down on the cancer racket • How to get free of insulin •

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- LECTURE #6 • Achieving Mental Excellence
- LECTURE #7 • Upgrading Performance & Competency
- LECTURE #8 • Creating High Energy Levels
- LECTURE #9 • How to Break Energy-Draining, Disease-Promoting, Performance-Impairing Habits
- LECTURE #10 • Setting Goals/Priorities & Managing Time
- LECTURE #11 • Developing Communication Skills for Social & Economic Excellence
- LECTURE #12 • Developing Self-Mastery, Self-Confidence, Self-Esteem, Self-Reliance, Self-Sufficiency



"This program will stimulate and inspire you to expand your horizons, to broaden your outlook, and to achieve your full potential. You'll learn, grow, and become more enriched as your search for Personal Excellence is enhanced with this most useful lecture series. Furthermore, you will make these personal advances toward excellence within the framework of the best of all alternative health care programs: Natural Hygiene!" T. C. Fry

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**KEY TO DYNAMIC HEALTH** — Join your host T.C. Fry and Peter Bard — and a list of others — as they cover such important topics as: “The 19 Elements of Health” and “Food Combining Principles.” They also answer the most commonly asked questions about Natural Hygiene. A THOROUGH, BASIC INTRODUCTION TO NATURAL HYGIENE!

**DISEASES** — What are diseases? How are they caused? AND. . . HOW ARE THEY OVERCOME? These and other all-important questions about DISEASES are answered — as well as viewpoints of conventional physicians in contrast to Natural Hygiene. Provides foundational understanding for Health Seekers. Join Dr. Cinque and Dr. Roseann Kutschke, Ph.D., as they present before an audience the science of nutrition. Here you get both sides of the picture as taught by a SAD conventional nutritionist (a professor of nutrition from the University of Texas) and as taught by Life Science/Natural Hygiene. After this, turn to *The Health Seekers' YearBook — A Revolutionist's HandBook for Getting Well and Staying Well!* — the perfect companion to this video.

**NUTRITION IN A NUTSHELL** — Join 2 doctors, as they present before an audience the science of nutrition. Here you get both sides of the picture as taught by a SAD, conventional nutritionist and as taught by Natural Hygiene. Here is an overview of The Ideal, Hygienic Diet.

**THE PROTEIN HANG-UP** — A myth-shattering blockbuster for those who think we must eat animal products to secure our protein needs! Hear testimony from experts, as well as testimony and questions from Hygienists. This tape should “cure” your friends of eating cooked proteins and processed proteins. This video contains eye-opening information to those set on eating animal products to secure their protein needs. “But where do you get your protein?” is finally answered!

**THE GREAT CALCIUM HUSTLE** — Join three of Natural Hygiene's most prominent voices as they dissolve the many myths surrounding the idea that we need inordinate amounts of calcium from SAD food products (especially dairy foods) and supplements. The Ideal Diet is sufficient! Of all the propaganda advocating huge doses of milk, this tape really sets the record straight! T.C. Fry, Dr. Virginia Vetrano, and Dr. Ralph C. Cinque present the truth about The Great Calcium Hustle.

**ACHIEVING WELLNESS BY FASTING** — This is the last of T.C. Fry's videos to be made since he started this series. This video explains the scientific and subjective validity of fasting and its role in the practice of Natural Hygiene to The Health Seeker. Besides the lecture on the benefits of “Achieving Wellness by Fasting,” many guests at T.C.'s former fasting retreat are interviewed during and after their fasts; and they report the glowing benefits they have received! And although the books on fasting are, indeed, excellent, this visual media message is powerful when the people being interviewed are so enthusiastic! See T.C. when he was not just well, but glowing with health!

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# ***Victoria's* REVISED Secret Touches for... “PERFECTLY PREPARED, HYGIENIZED & ALL RAW RECIPES!”**

## **SALAD ADVENTURERS & ADVENTURESSES!**

**#1 — BE SELECTIVE: COMPLETELY THROW OUT HOPELESSLY SAD RECIPES.** In most SAD recipe books with fruit and veggies as centerpieces, many of the recipes are Hygienizable. But some just are not: ignore these, and focus on the salvageable salads!

**#2 — SERVE YOUR SALADS WITH TRUE TRANSITION, HYGIENIZED SALAD DRESSINGS.** Remember, the many salad dressing recipes — straight from Chapter 10 of *The Health Seekers' YearBook*. And also, remember, a dressing can be as simple as just lemon juice or orange juice or carrot juice — or any juice! And, of course, fruit salads don't really need a dressing at all, they are so tasty already. Besides, now, you have... “The GetWell★ StayWell Sugar Bowl” and DATE SUGAR to serve at your table, too!

Arnold Shircliff, in *A BOOK OF SALADS*, warned us of the “powerful irritating effects” of SAD salad dressing ingredients. He reminded us that most seldom experience these effects for the first many years of their lives, because the delicate mucous membranes of the gastrointestinal tract are supplied with comparatively few nerves of sensations. One does not experience the toxic effects and consequent pathology until, usually, years into a condimented lifestyle. But in time, these effects add up to a significant Remote Source of Toxemia. Shircliff further reminded us that toxic salad dressings also... “create an artificial appetite, similar to the incessant craving of the chronic dyspeptic whose irritable stomach is seldom satisfied. Drinking alcoholic drinks and the excessive use of condiments are two of the greatest causes of gluttony, since they remove the sense of satiety by which Nature says: ‘Enough!’” Again — “See Chapter 10 of *The YearBook*.”

**#3 — MOST RECIPES ALREADY USE ALL-RAW INGREDIENTS. DO SUBSTITUTE ALL-RAW INGREDIENTS FOR COOKED OR CANNED, OR OTHERWISE PROCESSED WHENEVER POSSIBLE.** And it is almost always possible! Except for veggies that hardly anyone I know can relish raw (such as artichokes and eggplant), you can always substitute raw for processed. Certainly, when the recipe specifies, for instance, “canned pears,” you can use fresh!

## **THE MOST EASY-TO-MAKE SUBSTITUTIONS:**

(I will greatly expand this list next time you see it!)

- Raw date sugar for all refined sugars
- My raw powdered celery & my raw seasonings for sodium-chloride & all designer table salts
- Avocado & nuts & seeds for all oils
- A little onion for garlic & other caustic seasonings
- Mild bell peppers for hot, caustic peppers
- Victory Veggie Vittles for SAD croutons
- Lime or lemon or grapefruit for all vinegars
- Carob for all chocolates.

**#4 — USE NUT MILKS FOR RAW DAIRY.** When “milk” and “cream” and “sherbet” and “ice cream” and so on are called for in the SAD salad recipes, you do have my “NUT MILK SECRETS” from BOOK 2 of *The YearBook*. And you do have banana ice cream instead of SAD ice cream. Most of the time, Nut Milks and their derivatives will substitute beautifully!

**#5 — IF YOU ARE PRESENTLY COMMITTED TO EATING “ALL-RAW,” PLEASE, NEVER COMPROMISE YOURSELF FOR THE SAKE OF A RECIPE!** Throw the salad out if it is built completely around cooked food and if you cannot come up with a pleasing substitution. Do not compromise yourself, and do not ruin your all-raw record! And never let “a recipe” be “an excuse” for getting you off *The Right Track*!

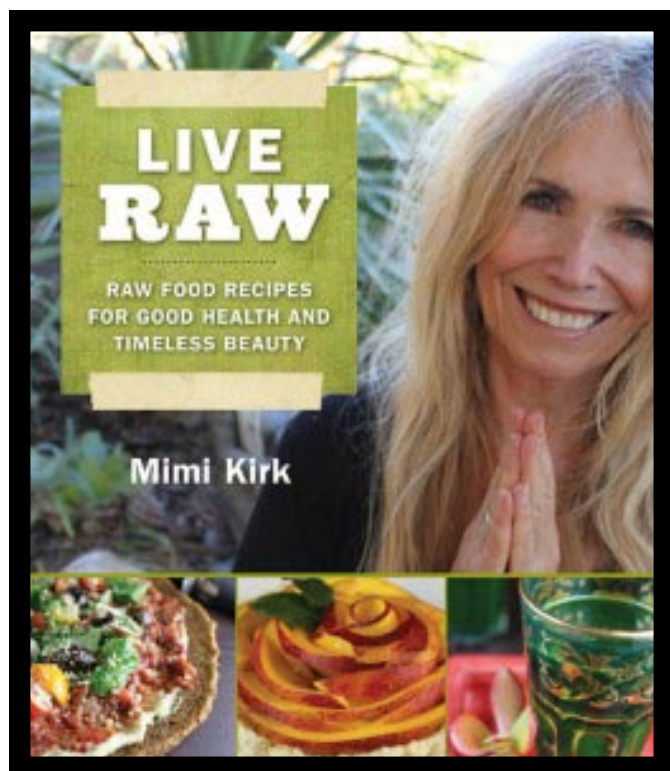
**#6 — SUBSTITUTE THE HYGIENE PROTEIN OF VEGGIES, NUTS & SEEDS FOR SAD PROTEINS.**

**#7 — VISUALIZE & “IMAGINE” AS YOU READ THE SALAD RECIPE: SEE IF YOU CAN MAKE EACH DISH A WORK OF ART!** This is a fun and creative challenge! VISUALIZE. Turn your salads into fine GARDEN OF EDEN MASTERPIECES!

**#8 — BRING IN FOODS THE AUTHOR OF THE RECIPES NEVER THOUGHT OF USING TO ADD EVEN MORE HIGH-LIFE TO THE ADVENTURE!** You can use such simple, common, inexpensive foods! Or you can use the expensive and the exotic! Get out your list of Hygienic foods available. Do not forget the whimsical sprouts and the many dried fruits!

**#9 — GARNISH! GARNISH!** Fruits and Veggies are natural garnishes! What fun you can have making “a nest” with sprouts and “boats” with cucumbers! It is endless, *The Hygienic Garnishes*. And all are edible!





# LIVE RAW

## Raw Food Recipes

**for Good Health & Timeless Beauty**

• 225 oversized pages • \$23 postpaid •

**100 spectacular, close-up photos!**

**Many Raw Food Lifestyle Teachings**

**More than 120 raw food recipes that even non-vegetarians will love!**

**By Mimi Kirk — at age 70, she was voted “PETA’s Sexiest Vegetarian over 50!”**

**FREE with your LIVE RAW...**

**My Little \$10 pp. Brown Bag Lunch Book!**

**The 3 introductory chapters are these:**

**#1 — THE PLEASURE OF FEELING GOOD: 10 Steps for Maintaining Memory, Mobility, Independence & Beauty & The Pitfalls of the Wrong Foods We Eat Right Now AND #2 — LEARN ALSO WHAT TO EAT & WHY: The Function of Major Body Parts, Detoxifying, How to Keep Gravity from Getting You Down, 29 Tips for Staying Young at Any Age AND #3 — HOW TO “COOK” RAW!**

**Here are LIVE RAW recipe categories:**

**14 recipes for HERBS, SPICES & CONDIMENTS • 41 recipes for SMOOTHIES, JUICES, WARM DRINKS, MOCKTAILS & MORE • 15 recipes for BREAKFASTS, BREADS & CRACKERS • 8 recipes for SOUPS • 22 recipes for SALADS & DRESSINGS • 32 recipes for CHEESE, PATES, TAPENADES, WRAPS & ROLLS • 11 recipes for VEGETABLES & SIDE DISHES • 18 recipes for MAIN COURSES • 20 recipes for SWEETS.**

**Of course, you will still want to Hygienize these recipes when the recipe writer uses totally toxic ingredients. But nearly all of these recipes are already near-Natural Hygiene correct or can be easily Hygienized.**

**EVERY ONE OF YOU GETS TO CLAIM A COPY OF MY LITTLE BROWN BAG WELL & STAY WELL!** In this mailing, I have caught you up on DVDs teaching Natural Hygiene or Near-Natural Hygiene and recipe DVDs showing Raw Food Movement recipes. These were the best put out since *The Live Food Factor* came out in late 2008. But for over 3 years while getting The Guesthouse up and running and dealing with so many new Health Seekers as a result of *The Live Food Factor* and working to get The Billions Site up, I have not kept you up on the best raw food recipe books. When a guest came through for a 2-month visit, he put the spurs to me! He brought with him *LIVE RAW*. Each of the 4 guests here were in awe of the book, and so was I. They each ordered 1, and so did I. Today, I want to offer you *LIVE RAW* for its \$20 postpaid cost. And receive a *BROWN BAG WELL & STAY WELL!* Practice making brown bag lunches on your loved ones!

**VICTORIA! I want to order Mimi Kirk’s LIVE RAW — RAW FOOD RECIPES FOR GOOD HEALTH AND ENDLESS BEAUTY. I am enclosing \$23 for each LIVE RAW postpaid book.**

**FREE with your order (See Page 17.) GIFT ... Brown Bag Well & Stay Well!**

**My little book of 30 Fruit Brown Bag Lunches + 30 Veggie Brown Bag Lunches**

Name: \_\_\_\_\_ TOTAL # OF BOOKS: \_\_\_\_\_ & TOTAL AMOUNT: \$ \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_



# Order Form for GetWell★StayWell, America!'s NEW SLEW OF RAW FOOD PREPARATION DVD SHOWS

TITLES OF RAW FOOD DVD SHOWS	# Wanted	Cost/DVD	Total/DVD
ANI'S RAW FOOD KITCHEN SHOW	# _____	\$20	\$ _____
DARLENE'S SMART RAW FOOD METHOD	# _____	\$25	\$ _____
DR. FUHRMAN'S SECRETS TO HEALTHY COOKING	# _____	\$22	\$ _____
JASON WROBEL'S SIMPLE VEGAN CLASSIC	# _____	\$30	\$ _____
THE 1992 ORIGINAL HIGH ENERGY DIET DVD	# _____	\$20	\$ _____
HIGH ENERGY DIET RECIPE GUIDE BOOK NEWEST EDITION	# _____	\$22	\$ _____
LIVING ON LIVE FOODS • 2 DVD SET	# _____	\$30	\$ _____
RAW FOOD FOR REAL PEOPLE FUNDAMENTALS COURSE • 3 DVD SET	# _____	\$40	\$ _____
RAW IN A RUSH	# _____	\$20	\$ _____
RAW FOOD MADE EASY	# _____	\$20	\$ _____
RAW ORGANIC CUISINE IN 20 MINUTES	# _____	\$20	\$ _____
WHAT'S <u>NOT</u> COOKIN' IN RHIO'S KITCHEN	# _____	\$20	\$ _____
LOW FAT RAW VEGAN CUISINE • 2 DVD SET	# _____	\$50	\$ _____

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YES! VICTORIA! I want to get the numbers (#\_\_\_\_) indicated of the above DVDs.  
I am helping with postage by adding \$3, regardless of the number I get.

Name: \_\_\_\_\_ TOTAL ENCLOSED: \$ \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

**FREE** — MY GIFT WITH ANY ORDER FROM THIS PAGE!  
*FALL & WINTER MENUS FROM THE GARDEN OF EDEN*  
(SEE PAGE 16.)

# RAW FOOD PREPARATION DVD SHOWS

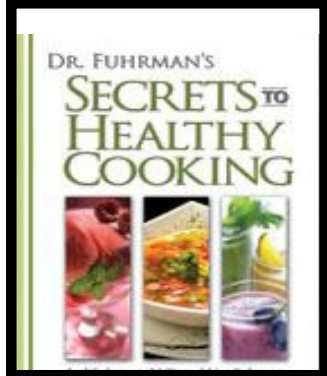
Please note that these shows are all from The Raw Food or Vegan Movements! They have many Natural Hygiene Correct food recipe preparations and some that are not. Only Dr. Fuhrman's has cooking. As you will find written up in the lengthy excerpt from *WHAT DR. SHELTON DIDN'T KNOW!* in *Our Winter News Bulletin* — even Dr. Fuhrman is not using the term “Natural Hygiene” anymore. And we have no one in Natural Hygiene presently preparing Correct Natural Hygiene Food Prep DVDs. But, you can be sure that at Our Hygiene Homestead in The Woods, a guest will get the best of my Natural Hygiene Correct recipes! That is, if their visits are long enough after breaking their fasts for 1 week on juices and melons and what I call “Simple-Simple Meals,” which by my definition “hold only 4 - 5 ingredients at the most and are served whole on the plates.” Our guests watch all these shows with enormous interest! So, until I turn “The Wilderness Woman's HighJOY Raw Secrets” into a series of DVD shows, you can get these Raw Food Movement or Vegan Movement recent releases. Just use “Our Guidelines for Hygienizing Raw Food Recipes!”



**ANI'S RAW FOOD KITCHEN SHOW • \$20 • 60 MINUTES • FEATURES:** Going to the Farmers' Market, De-seeding Vanilla Beans, and lots of recipes like these: Vanilla Mylk & Cereal, Spanish Scramble, Creamy Curry Dressing, Cream of Avocado Soup, Mediterranean Dolmas, Ginger Almond Nori Rolls, Donut Holes, Fuzzy Navel Fun. Ani shares her secrets for making the fastest, easiest, and most delicious healthy cuisine you've ever tasted! Recipes are vegetarian vegan, using only whole, raw fruits, veggies, nuts, and seeds.



**DARLENE'S SMART RAW FOOD METHOD • \$25 • 60 MINUTES •** Are you looking for recipes that will give you energy, save time in the kitchen, and taste like you hired a private chef to prepare them? This DVD is packed full of valuable recipes and skill building tips, using Whole Food and Plant-based ingredients. No Cooking Required! Most recipes demonstrated run less than 3 minutes each. Watch the entire DVD or simply choose the segment you want. Then, immediately apply what you learned in your own kitchen. Easy! Fun! Tasty! Chop Suey, Kelp Noodle Alfredo, Big Green Feast, Sweet Ginger Dressing, Ocean Rolls, Green Tortillas Burrito, Taquito, Quesadilla, BeanZ, Meit, Sour Creme, Salsa, Chips, Seduction Chocolate Sauce, ChiZcake, Lemon Ginger tea, Green Pudding, and more. It's recipes plus all the other things you can make with them! All recipes are free of gluten, wheat, soy, dairy, eggs. **A FREE RECIPE E-BOOK INCLUDED!**



**DR. FUHRMAN'S SECRETS TO HEALTHY COOKING • \$22 • 48 MINUTES •** Dr. Fuhrman and wife Lisa go into the kitchen to demonstrate techniques and principles in preparing nutrient-dense foods. Learn how to prepare great-tasting and high-nutrient recipes. By incorporating these recipes into your daily menu, you'll take your health to the next level of nutritional excellence! Dr. Fuhrman reveals his favorite recipes for making the following: Salad Dressings, Dips, Soups, Stews, Main Dishes, Vegetable Smoothies, Ice Cream, Sorbets. Some Cooked Preparations. Some Raw.

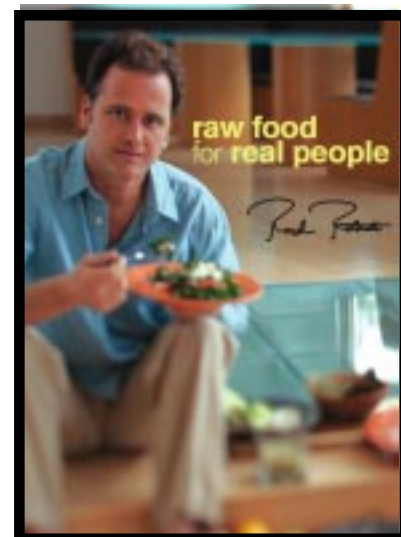
**JASON WROBEL'S SIMPLE VEGAN CLASSICS: 10 EVERYDAY RAW FOOD RECIPES FOR HEALTH & LONGEVITY • \$30 • 75 MINUTES • Raw, Vegan, Organic, Low-Glycemic, Wheat-Free, Dairy-Free, Gluten-Free • Included: Jason's Top Tips for Healthy Living • 10 raw food recipes for health and longevity!** In this entertaining and empowering DVD, renowned raw vegan chef and healthy living coach Jason Wrobel shows you some of his favorite classic vegan and raw recipes for healthy living, weight loss, detoxification, and boosting your energy. In just 75 minutes, you'll learn a variety of quick, delicious, and easy-to-prepare vegan comfort foods to fit your budget and your busy lifestyle! Featured raw and vegan recipes: FRESH HEMP MILK, VANILLA LATTE, GREEN BREAKFAST SMOOTHIE, CHIA SEED PORRIDGE, CREAMY RANCH SALAD DRESSING, MOCK CHICKEN SALAD, PASTA MARINARA, CHILI & SOUR CREAM, STRAWBERRY PARFAIT, SUPERFOOD FUDGE BROWNIES. Learn a variety of easy recipes to please your palate and pocketbook. Supplement your current diet or meal plan with healthy, nutritious, plant-based foods. Discover new culinary talents to amaze your friends and family! With Simple Vegan Classics, you'll be inspired to prepare delicious vegan and raw foods at home... and will undoubtedly find yourself living a happier, healthier, and more joyful life!



**LIVING ON LIVE FOODS • \$30 • Alissa Cohen • 3 HOURS & 30 MINUTES IN A DOUBLE-DVD SET • An up-close and personal session with Alissa Cohen! Watch and listen as Alissa prepares over 20 delicious, mouth-watering recipes. You will be sitting in on a 3 & 1/2 hour food preparation class and in-depth discussions of the raw and living food diet, along with 2 of Alissa's clients. Whether you're a raw food expert or just starting out, you'll learn a ton of hands-on tips and techniques in this live DVD that helps you easily master the basics of raw cooking. The 3 & 1/2 hours includes discussions of the raw and living food diet with 2 of Alissa's clients.**

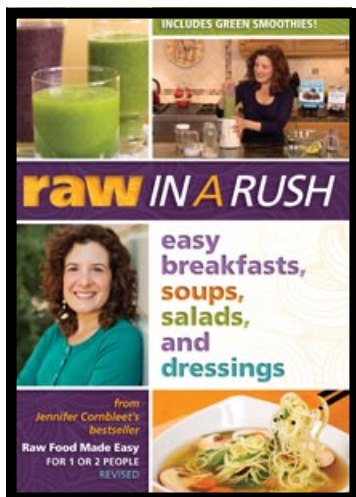


**RAW FOOD FOR REAL PEOPLE FUNDAMENTALS COURSE • \$40 • 3-DVD SET • 1 Raw Food Chef. 15 Real People. 3-Day Raw Retreat.** This 3-part series offers easy-to-prepare, delicious raw food for a healthier diet. Each Day is a perfect transition to add raw meals into your life, and all 3 Days serve as an effective cleanse from less optimal eating habits. Beautifully filmed in a desert setting with clear and visual recipe instructions, Rod guides 15 people on a culinary journey into raw foods that fits into busy modern lifestyles with ease. His vast knowledge, love of food, and uplifting personality make for a fun and inspiring time together. Eat in abundance, experience the vibrant energy from raw foods, and lose weight naturally!



**REVIEW FROM A FAN:** I recently had the pleasure of viewing these DVDs from Rod Rotondi. If I had to describe the DVDs in one word, it would be... "WOW!" I had my husband watch them with me. We enjoyed Rod's down to earth style very much. The DVD covers 3 days of a raw food retreat where he was giving 15 real people a course on the fundamentals of the raw food diet. The recipes looked amazing, and I learned some different techniques to apply to my own raw food cooking. My husband was excited by what he saw. And with the greatest of astonishment, he declared: "Everything looked so good and so fresh!"



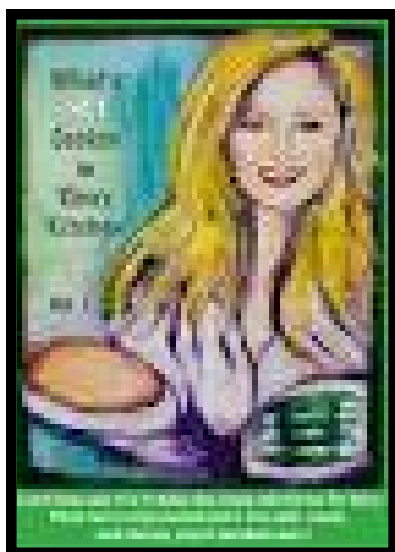


**RAW IN A RUSH • \$20 • 68 MINUTES •** Jennifer Cornbleet demonstrates new recipes from the revised-expanded edition of her top-selling book, *Raw Food Made Easy* for 1 or 2 . Jennifer's time-saving techniques enable you to make dishes that keep your taste-buds happy and your body energized! Shown in this DVD are recipes for easy breakfasts, soups, salads, and dressings. Enjoy: \*Breakfasts that let you feel good all day: \*Comfort Porridge that's perfect \*Green smoothies and juices that make getting your fruits and veggies easy \*Delectable soups that warm you on a cold day or cool you on a hot one \*Salad topped with creamy dressing that's as good for you as it is tasty. Includes detailed study guide with recipes and resources.

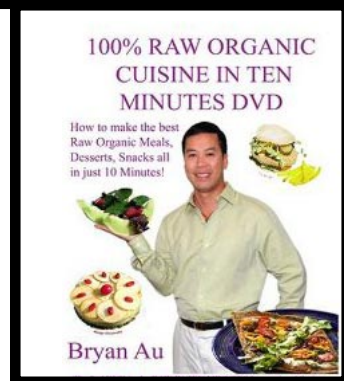
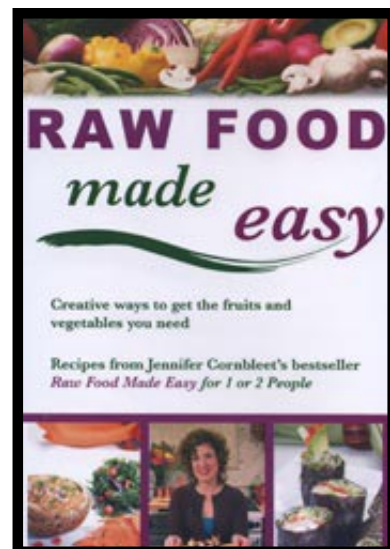
**RAW FOOD MADE EASY • \$20 • 120 MINUTES •** Jenny Cornbleet displays some

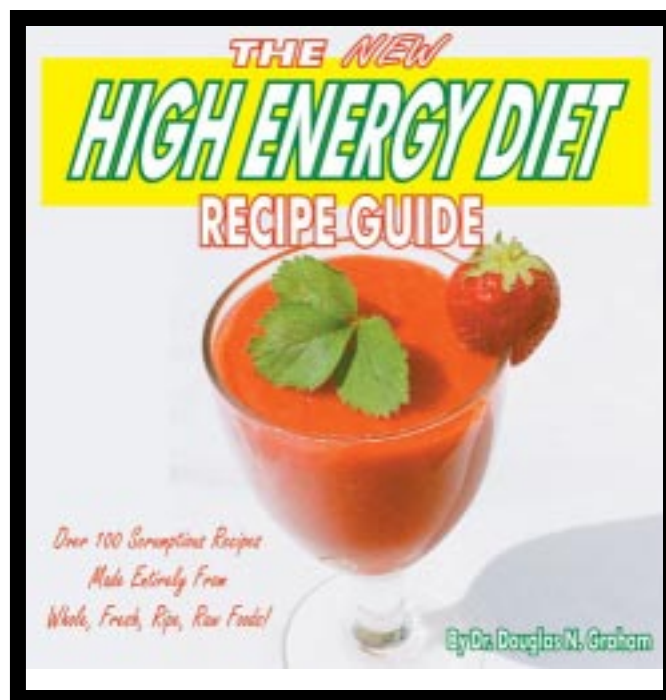
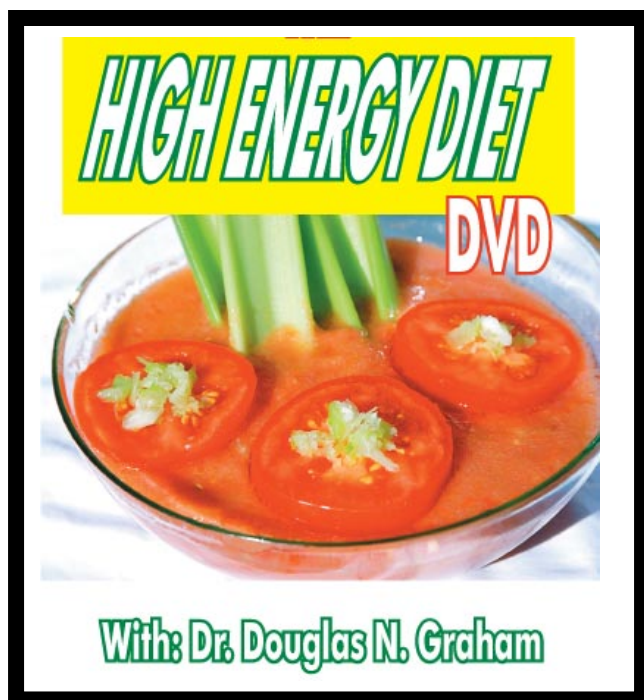
of the basic equipment needed for recipe preparation. She explains how major appliances and tools are used. She shows where each tool is stored in the kitchen. She defines staple ingredients and weekly fresh ingredients. Includes a few tasks that can be done in advance, such as mincing garlic, onion, and parsley, and juicing lemons. Jenny takes the viewer through the preparation of such recipes as: Fruit Smoothies, Green Juices, Granola & Almond Milk; Garden Vegetable Soup, Not Tuna Paté, Crudités, California Rolls; Romaine Sandwich, Tomato Stacks, Stuffed Vegetables; Caesar Salad & Ranch Dressing, Zucchini Noodles with Marinara Sauce, Mediterranean Kale; Tropical Fruit Tart, Chocolate Mousse Parfait. Bonus features include a section on Portable Lunches, Simple and Elegant Lunches and Dinners, and Jenny's specialty — Travelling in the Raw.

**RAW ORGANIC CUISINE IN 10 MINUTES • \$20 • 60 MINUTES •** Bryan Au teaches how to make these recipes and more: Raw Organic Macaroni & Cheese, Brownies, Strawberry Cream Pie, Tamales and Pad Thai. Cream of Broccoli Soup, Pasta Alfredo, Coconut Vanilla Fruit Pie with Chocolate Crust and Pinenut Raisin Fudge Cookies. Learn to make RAW IN TEN MINUTE recipes! Finally — super-fun-fast-easy-delicious-raw-organic-gourmet recipes in just 10 minuteS!



**WHAT'S NOT COOKIN' IN RHIO'S KITCHEN • \$30 • 92 MINUTES •** Learn how easy it is to make raw, vegan substitutions for dairy. Rhio's tasty recipes include dairy-free milk, cream, seed cheeses, yogurt, and much more. In this DVD, Rhio discusses some of the negative effects of consuming dairy, as well as providing delicious and satisfying substitutes... dairy-like foods made from nuts, seeds, vegetables, and herbs to provide a means for people to transition off of dairy successfully. Includes: Nut & Seed Milks, Fruit Smoothies, MacCream Cheese, Almond Flour, Bagels, Buckies (Buckwheat Cereal), Coconut Cream, Creme Brulee, Nut & Seed Yogurt, Yogurt & Fruit, Rainbow Super Slaw, Broccoli & Chedda Sauce, Chedda Cheeze, Veggie Seed Pate, Collard Rolls, 7-Second Blanched Almonds, plus information on dairy, cereals, soaking, sprouting, rancidity and more.





ORIGINALLY 61 SMALLER PAGES & \$10. MY REVIEW FROM THE EARLY 1990S: *The High Energy Diet Recipe Guide* • To quote author Dr. Graham: “The outstanding feature of this book is that all the recipes are prepared from 100% raw foods... The concept is simple: to help you incorporate more uncooked recipes into your yearly meal plan. With practice, you will become talented in serving raw food dishes. As you increase your creativity and ability to make them delicious for you and your loved ones, you will find that eating garden-fresh foods is really most satisfying.” Recipes include the following: Slaws, Super Salads, Sauces, Dips, Spreads, Icings, Fondues, Jams, Sauces, Fruit Soups, Just Desserts, Cool Soups, Pies in Your Eyes, S'More Just Desserts, Shakes, Dressings, Heavier & Richer Meals, and Tropical Treats. You pay 10 cents a apiece for these 100 all-raw recipes! Great color pictures! Most recipes follow Proper Food Combinations.

NOW 164 LARGER PAGES AND \$22. THE REVIEW FROM MY DISTRIBUTOR AND FRIEND DENNIS NELSON FOR THE NEWEST EDITION: *The New High Energy Diet Recipe Guide* is a completely revised and updated version of the old, favorite *High Energy Diet Recipe Guide*. The new version has new recipes included, old recipes updated, nutritional assays for each recipe added, more luscious full color photos, inspirational quotes, and newly added sections on how to adapt a healthy raw diet to your home. With its lays-flat binding, it will rest fully open to any page on your countertop while you are viewing your favorite recipe. This book is an excellent way to introduce loved-ones to a more healthful diet without overwhelming them with complicated dishes that require lots of equipment. With simple salads, soothing smoothies, and satiating celebration foods, this book is a must have for every home interested in developing more healthful eating habits. You don't have to be all raw to enjoy this book or the benefits it will bring you. VICTORIA'S NOTES: THIS NEW EDITION IS STUNNINGLY BETTER IN EVERY WAY! AND ALL RECIPES ARE NATURAL HYGIENE CORRECT. IT IS WELL WORTH THE \$22 EVEN IF YOU HAVE THE 1ST EDITION!

REVIEW FOR THE DVD: Nutritional justification of the raw food diet. Covers topics from protein, calories, carbohydrates, cholesterol, fiber, and calcium to food combining, and a five point method for evaluating the health of your food choices. Includes food demo. THIS DVD IS THE ORIGINAL 1992 PRODUCTION, AND IT IS EXCELLENT FOR ITS NATURAL HYGIENE CORRECTNESS.



# GetWell★StayWell, America! Order Form for Our NEW SLEW OF RAW FOOD RECIPE BOOKS

TITLES OF RAW RECIPE BOOKS	# Wanted	Cost/DVD	Total/DVD
ABEBA'S LIP-SMACKIN' FAVORITES	#_____	\$10	\$_____
ABEBA'S MORE LIP-SMACKIN' FAVORITES	#_____	\$10	\$_____
ABSOLUTELY ABEBA'S KRAZY KRACKERS	#_____	\$10	\$_____
MORE KRAZY KRACKERS AND KOOKIES	#_____	\$10	\$_____
ALIVE IN 5 — RAW GOURMET IN 5 MINUTES	#_____	\$15	\$_____
INSTANT RAW SENSATIONS	#_____	\$20	\$_____
THE COMPLETE BOOK OF RAW FOOD	#_____	\$20	\$_____
COMPLETE IDIOT'G GUIDE TO EATING RAW	#_____	\$17	\$_____
GOING RAW — COMES WITH A DVD	#_____	\$25	\$_____
RAPID RAW: FAST LIVE FOOD RECIPES	#_____	\$13	\$_____
RAW DESSERTS	#_____	\$17	\$_____
RAW ENERGY: 124 RAW FOOD RECIPES	#_____	\$17	\$_____
SWEET GRATITUDE	#_____	\$25	\$_____
VICE CREAM	#_____	\$13	\$_____
THE WORLD GOES RAW COOKBOOK	#_____	\$17	\$_____
HEALTHFUL CUISINE	#_____	\$22	\$_____
RAW FAMILY SIGNATURE DISHES	#_____	\$18	\$_____

**FREE!** ORDER ANY BOOK ABOVE & GET... #1 **\$FREE\$FREE**

**COPY OF *SIMPLY GOOD : 125 RECIPES & MORE!* (SEE PAGE 17.)**

YES! VICTORIA! I want to get the numbers (#\_\_\_\_) indicated above of raw recipe books. I am helping with postage by adding \$4, regardless of the number I get. **PLEASE ADD AN \$8 GIFT OF *SIMPLY GOOD — 125 RECIPES & MORE!***

Name: \_\_\_\_\_ **TOTAL ENCLOSED: \$** \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

From *Victoria*... For Raw Food Friends... My Reviews of...

**THE VERY BEST  
OF THE NOW LITERALLY HUNDREDS  
OF RAW RECIPE BOOKS PUT OUT  
SINCE *THE LIVE FOOD FACTOR*  
CAME INTO PRINT IN LATE-2008!**

**FREE! ORDER ANY 1 BOOK FROM...  
“THE GetWell★StayWell, America! Order Form  
for “OUR NEW SLEW OF RAW FOOD RECIPE  
BOOKS” ON THE PREVIOUS PAGE & GET A  
FREE GIFT! OF *SIMPLY GOOD* — 125 RECIPES!**

**THESE 4 ARE THE ONLY 1-OF-A-KIND RECIPE BOOKS  
FOR MAKING DEHYDRATED “KRACKERS” & TREATS!**

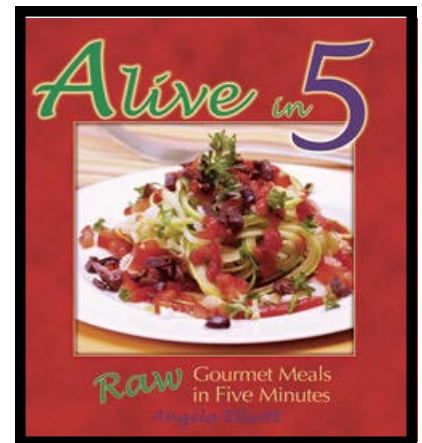
**ABEBA'S LIP-SMACKIN' FAVORITES • 40 pages • \$10 • PUBLISHER'S NOTES:** More crazy crackers and new and improved barbecued chips and onion rings. This book has tried and true recipes that you won't have to experiment over time and time again to make them taste great! The breads, for sure, will be a staple in your raw food adventures. They can be used for pizza crusts or sandwiches. There is even a recipe for an onion sesame cracker from a crazy cracker contest which is crazy good! **THE FAVORITES:** Corn Pepper Salad, Kale Seaweed Salad, Seaweed Salad, Kale Mixed Green Salad, Cabbage Krunch, Chunky Mango Salad, 3 Salad Dressings, It's Really Soup, Oh My Chili, Carrot Corn Salsa, Curry Pineapple Salsa, Curry Dip, Green Smoothie Delight, Burrito & Collard Wrap, Portobello Avocado Sandwich, Paté, Veggie Pizza, Energy Nuggets, Yummy Cake, Curry Almonds & Spicy Sunflower Seeds, Corn Chips, Sunflower Dance Crackers, Korny Crackers, A Taste of Mexico, Sunny Day Cracker, Not Fried Wonton, Sprouted Wheat Berry Crackers, Crazy Crackers, Flax Cracker, Thai Cracker, Thai Onion Ring, Kut the Cheez, Crazy Cracker Winners, Chia Nut Crackers, Corn Cips, Rover Red Clover Cracker.

**ABEBA'S MORE LIP-SMACKIN' FAVORITES • 22 pages • \$10 • MORE FAVORITES:** Sunny Surprise, Ring My Bell, Honey Turnip Chip, Carroteristic, Grand Granola Kookies, Carrot Beet Pulp Cracker, Carrot Beet Pulp Again, Go Green Bread, Wrap It Up, Carrot Corn Salsa, Jicama Salsa, Quinoa Crackers, New Barbecued Chips & Onion Rings.

**ABSOLUTELY ABEBA'S KRAZY KRACKERS: LEARN THE SECRETS TO A GOOD KRACKER • 30 PAGES • \$10 •** Abeba's knowledge, enthusiasm, and passion for the living food lifestyle inspires everyone! The kracker recipes are an expression of who she is. This recipe book is a great contribution to those who are transitioning from a traditional diet to the raw and living foods lifestyle. So here goes Abeba's most requested cracker recipes and the secret to a good cracker. Ready for the secret? "It's the KRUNCH baby, the KRUNCH. If the kracker has no krunch, you don't have a kracker!" **ABSOLUTELY ABEBA'S KRAZY KRACKERS** recipe can be a great contribution to those who are transitioning from a "traditional" diet to the raw and living foods lifestyle. **KRACKER TITLES:** Vegetable Garden, Flax Appeal, Mellow Yellow, Corn Chips, Barbecued Chips, Hurry Curry, Sunflower Power, New Corn Wafer, Spicy Thai Kracker, Poppyseed Ginger Kracker, Garlic Kracker, Yellow Kracker, Pizza Kracker.

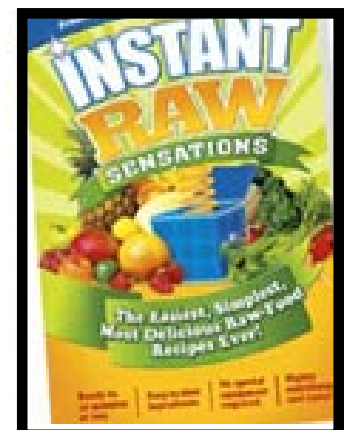
**ABSOLUTELY ABEBA'S EDIBLE TREATS — MORE KRAZY KRACKERS AND KOOKIES WITHOUT NUTS! • 30 PAGES • \$10 •** **KRACKER TITLES:** Almond Brazil Nut Kracker, Flax Up, Buck's in Town, Can You Believe Buckwheat Again?, Got Curry?, Honey Curry Kale Chips, Seaweed Kracker, Tortilla Chip, Quince Protein Kracker, Pizza Kracker, Veggie Pulp Kracker, Zucchini Kracker. **KOOKIES WITHOUT NUTS:** Apple Krisps, Banana Chip Kookies, Buckeroo Kookies, Chunky Bucky Kookies, Coconut Kookies, Fruit Kookies, Grains Alive Kookies, Granola Kookies, Honey Flax Kookies, Tutti Frutti Kookies.

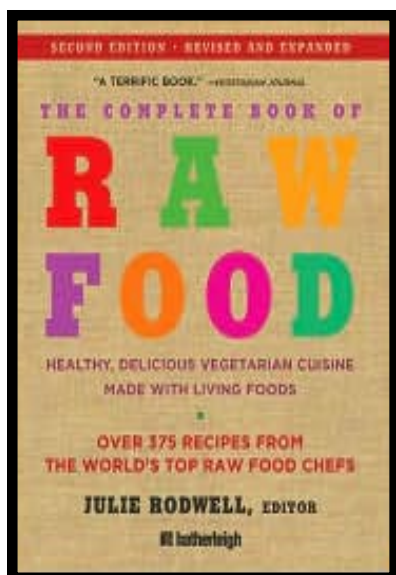
**ALIVE IN 5 — RAW GOURMET MEALS IN 5 MINUTES • Angela Elliott • 128 pages • \$15 •** Welcome to the world of EASY raw food cuisine! **ALIVE IN FIVE's** fast and fresh recipes make preparing raw foods more fun and easier than ever! Acclaimed raw chef Angela Elliott's clear and simple instructions, incredibly innovative recipes, and contagious joy, will inspire you to experience the wonders of raw food dining! Discover tips and short-cuts to help you create meals in about five minutes using just a blender or food processor and easy-to-find ingredients. Enjoy an exquisite medley of flavors, and feel more healthy and alive. You'll find that eating raw foods will help you: • achieve your ideal weight • feel more satisfied • become more energized • look more radiant and vibrant!



The intimate connection between fresh food and health is continuing to be the most influential factor in the minds and hearts of those interested in longevity, spirituality, and rejuvenation. In this context, I regard Angela's book as an important contribution to this growing movement. **VICTORIA'S NOTE:** Full-color pictures make a book cost much more, and there are only 6 full pages of full-color pictures. Still, you get the idea from these relatively few pictures. **GENERAL INFO:** The Author's Story • Why **ALIVE IN 5?** • Why Raw Food? • The Raw Food Pantry • Essential Equipment • Helpful Tips • **CATEGORIES:** Beverages, Breakfast, Appetizers, Salads, Soups, Sauces, Entrees, Desserts.

**INSTANT RAW SENSATIONS: THE EASIEST, SIMPLEST, MOST DELICIOUS RAW FOOD RECIPES EVER! • F. Paternaude • 144 pages • \$20 •** I have told you about this book before... and it is out of alphabetical order here... but it is along the lines of **ALIVE IN 5...** so I wanted to remind you of it! The Guests who come to Our Hygiene Homestead in The Woods do love this book for the immediate gratification it offers to keep us out of the kitchen! Many raw food recipes are just too complicated, too time-consuming, and too exotic in their ingredients. Many raw-food recipe books also often require several expensive kitchen appliances. All recipes are delicious and most can be prepared in less than 10 minutes with just a cuttingboard and a knife.

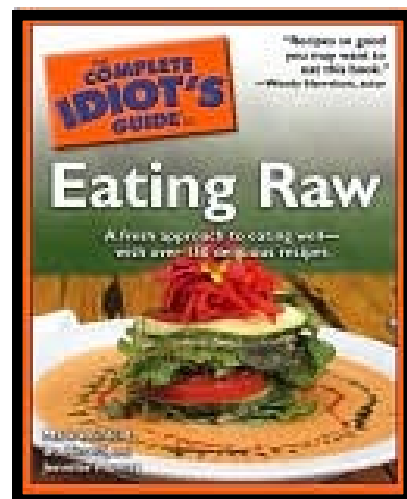




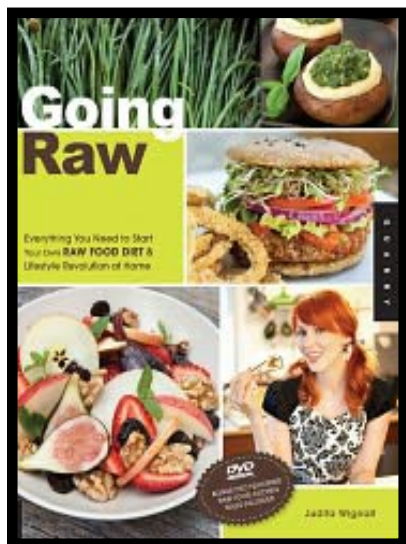
**THE COMPLETE BOOK OF RAW FOOD: HEALTHY DELICIOUS VEG-ETARIAN CUISINE MADE WITH LIVING FOODS:** Over 375 Recipes from The World's Top Raw Food Chefs • 486 pages • \$20 • Raw food is the new classic vegetarian cuisine. In this landmark collection, 49 of the world's top raw food chefs share their tips on how to create fabulous meals using the freshest, live ingredients, as well as expert advice on choosing the best ingredients and tools. They also offer preparation techniques and presentation tips that will have you making dazzling, delicious, healthy meals in no time! **THIS IS A GREAT BARGAIN FOR ONLY \$20**, but you will not find all the full-color pictures on pricey, glossy paper of the other books offered here. The proof will be in the pudding, as you make the recipes, not in pictures in a pricey book. The tasty raw food creations featured in *THE COMPLETE BOOK OF RAW FOOD* ALLOW THE BEAUTY AND FLAVOR OF FRESH FRUITS AND VEGETABLES TO REALLY POP! Heating foods above 105 degrees to 115 degrees

kills their health-giving enzymes. But if you're worried that raw food means salad and carrot sticks, you're in for a surprise! **RECIPE CATEGORIES:** Salads & Dressings, Soups, Snacks & Sides, Smoothies and Shakes and Juices, Bread and Crackers and Chips, Raw Milk and Raw Cheese Substitutes, Breakfast and Lunch and Dinner Entrees, Spreads and Sauces and Dips, Cookies and Other Sweets, Ice Cream & Puddings.

**THE COMPLETE IDIOT'S GUIDE TO EATING RAW — A FRESH APPROACH TO EATING WELL — WITH OVER 150 DELICIOUS RECIPES •** Reinfeld, Rinaldi & Murray • 352 pages • \$17 • In this guide, readers will find these secrets: how raw food facilitates weight loss, how raw foods can heal the body and boost energy and enthusiasm, information on the anti-aging properties of raw food, and 100+ recipes that show how raw foods can be combined into delectable meals. *THE COMPLETE IDIOT'S GUIDE* fully explains the benefits of this increasingly popular diet choice, plus presents a mini-cookbook that gets readers started on their new regimen. Recently published studies indicate a sweetener that rheumatoid and fibromyalgia patients — who number in the millions — can benefit from an uncooked vegan diet rich in antioxidants, lactobacilli, and fiber. After all the basic intro info of most all these raw food recipe



books are **THE RECIPE CATEGORIES:** Appetizers & Spreads, Salads & Dressings, Sauces & Toppings, Soups, Nut Milks & Cheeses, Beverages, Breakfasts, Filling Wraps & Sandwiches, Pizzas & Crackers & Breads, Main Dishes, Puddings & Pies & Parfaits, Cakes & Cookies & Energy Bars. **BUT SOMETHINGS SPECIAL:** EACH RECIPE STATES THE FOLLOWING: PREP TIME, SERVINGS, AND SERVING SIZE, AS WELL AS CALORIES, TOTAL FAT, SATURATED FAT, PROTEIN, CARBS, FIBER, AND SODIUM!



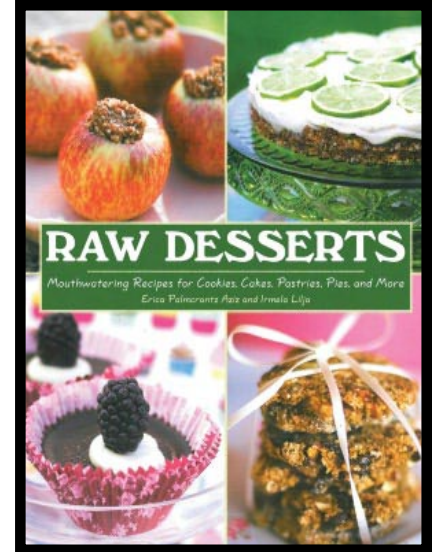
**GOING RAW: EVERYTHING YOU NEED TO START YOUR OWN RAW FOOD DIET & LIFESTYLE REVOLUTION AT HOME • J. Wignall • 190 pages • COMES WITH A DVD! • \$25 • EXTRA STURDY COVER • LOTS & LOTS OF FULL-COLOR CLOSE-UPS OF RAW RECIPES • COMES WITH AN INDEX & A GLOSSARY & LOTS OF BASIC KITCHEN EQUIPMENT INFO! FABULOUS! ALL THE RECIPE CATEGORIES ARE INCLUDED. THIS BOOK IS A REAL RAW TRIP!**



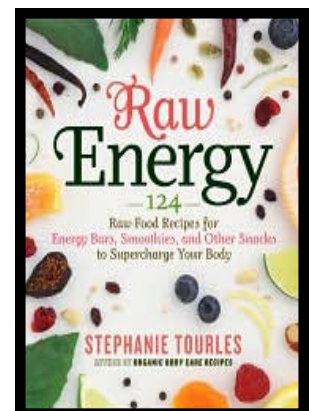
**RAPID RAW: FAST LIVE FOOD RECIPES • Mark Johnson • 45 pages • Wire Spiral Binding • \$13 •** The “45 pages” doesn’t sound like you would be getting much for your money! But the layout is highly conservative and very clever! After the basic info, the author packs 4 recipes onto each page = 140 recipes! And each and every one is pictured in full-color! **THIS IS A WONDERFUL, LITTLE BOOK WITH AN EMPHASIS ON QUICK-FIXING YOUR FOOD! THE BASICS:** Raw Talk, Where’s the Protein? The Raw Kitchen, Chef Basics, Sprouting, Sweeteners, eCoconuts, Detoxification. **THE RECIPE CATEGORIES:** Beverages, Snacks, Breakfasts, Salads, Dressings, Soups, Main Dishes, Sauces & Dips & Spreads, Desserts. **IF YOU ARE ON A 1-RAW-RECIPE-BOOK-ALLOWED BUDGET, THIS WOULD BE THE VERY BEST-BUY OF ALL TO GET!**



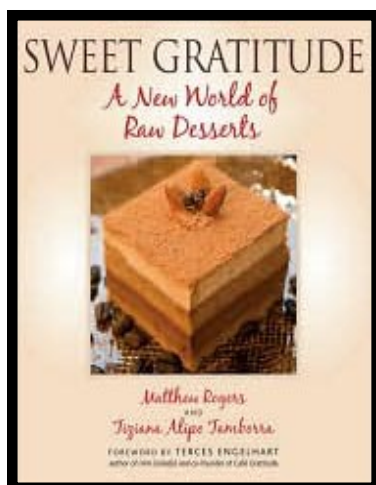
**RAW DESSERTS: MOUTH-WATERING RECIPES FOR COOKIES, CAKES, PASTRIES, PIES & MORE • Erica Aziz & Irmela Lilja • 128 over-sized pages • \$17 • Hard-cover with a full-color jacket •** Loaded with full-color pictures of the “mouth-watering” recipes, as promised! Ever since a wonderful, little dessert recipe book named “*Sweet Temptations*” came and went out of print and before the raw recipe book explosion, I have lamented not buying up a few cases. But now, we have a new generation of raw dessert books, most much classier and costing more than *Sweet Temptations* back in the day! **THIS IS YOUR BEST DESSERT BOOK BUY FOR THE DOLLARS, ITS PRESENTATION IS ABSOLUTELY ELEGANT!** You also get to know the lady authors and their families on a personal level as they share their raw food adventure. **REALLY FABULOUS!** Savor a rich, raw bite as it melts in your mouth, and know you’re doing your body a favor! This book shows how you can eat sweets every day while providing your body with plenty of nutrition and vitality. Here you’ll find recipes for luscious desserts, cakes, pastries, ice cream, cakes, creams, crackers, new twists on classic desserts, cookies, and smoothies and other beverages. Enjoy fruit, organic vanilla powder, and other unique super-foods in their purest form. How wonderful to be able to share a treat with family and friends that is delicious, healthy, and even good for the environment! All raw food goodies in this book are made with natural, authentic ingredients that are not heated over 42°C (108°F). And all the recipes are naturally free of white sugar, gluten, eggs, and lactose.



**RAW ENERGY: 124 RAW FOOD RECIPES FOR ENERGY BARS, SMOOTHIES, & SNACKS • Stephanie Tourles • 272 pages • \$17 •** The 124 recipes for trail mixes, parfaits, energy bars, juice blends, smoothies, salsas, soups, vegetable chips, zippy dips, spreads, candies, cookies. Combine raw ingredients in delicious snacks that are chock-full of nutrients and long-term energy boosters. Made from real, whole foods that are uncooked, unadulterated, and unprocessed, these snacks are 150 to 250 calorie packages of health and vitality, dense with naturally occurring vitamins, minerals, fiber, and enzymes. The snacks in *RAW ENERGY* do not rely on refined white flour or sugar, they are not cooked in any way; and, with the exception of honey, they do not use animal products. They do include raw nuts and seeds, nut butters, dried and fresh fruits, oats, carob, cocoa, freshly extracted juices, and vegetables. They taste great and are easy to digest. The author provides a complete overview of the benefits of raw foods, along with an intro to “uncooking” techniques and an ingredient-by-ingredient food guide. Lots of great color pictures, but more of ingredients than of recipes.



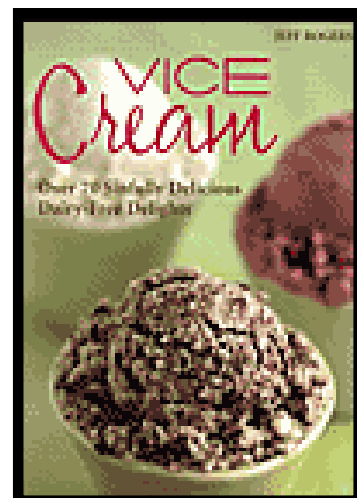




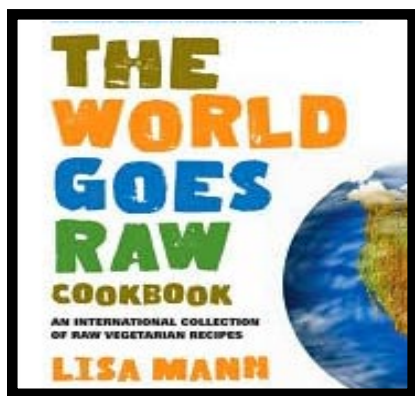
**SWEET GRATITUDE: A NEW WORLD OF RAW DESSERTS** • Rogers & Tamborra • 248 pages • \$25 • **MESSAGE:** “Raw desserts aren’t only healthier for both people and the planet, they can also be every bit as tasty as their SAD counterparts!” The authors, both Master Dessert Chefs at the pioneering San Francisco-based Café Gratitude, present a tantalizing table of after-dinner or any-occasion delights. Illustrated with gorgeous color photographs, the recipes range from simple and quick to advanced and detailed, showing how versatile commonly used fruits and nuts are for whipping up innovative and beautiful desserts. Providing authoritative information on techniques and specialty ingredients, and emphasizing the seasonal and the regional, **SWEET GRATITUDE** contains fresh takes on old favorites like pumpkin pie, as well as ingenious new creations like Pomegranate Fig Tart, Brazil Nut Chocolate Ganache, and Shortbread Thumbprint Cookies with Goji

Berry Jam. Ideal if looking for healthier dessert choices as well as a valuable resource for people with special dietary needs including those who cannot consume dairy, gluten, or refined sugar, **SWEET GRATITUDE** provides the guilt-free dessert — OR A MAIN MEAL!

**VICE CREAM: OVER 70 DELICIOUSLY SINFUL VEGAN DELIGHTS** • Jeff Rogers • \$13 • 98 pages • **FROM THE PUBLISHER:** It’s love at first bite! Until now, vegans and lactose-intolerants have missed out on perfectly rich, creamy ice cream, and have been left with bland, too-healthy-tasting alternatives. Who knew it was possible to create a satisfying ice cream-like dessert **WITHOUT THE MILK AND CREAM**? **VICE CREAM** offers 70 scrumptious recipes. The milks come from nuts, the sweeteners from maple syrup and dates. The flavors are amazing! With vice cream in the freezer, you’ll never yearn for milk-based ice cream. **VICTORIA’S NOTE:** I am not in favor of calling our Ideal, Natural Hygiene Foods “vices” or “sinful.” But I am happy to have this book on the shelf at Our Hygiene Homestead in The Woods! It is a specialty book, 1-of-a-kind. Recall T. C. calling all fruit meals “desserts”? He would love this book!

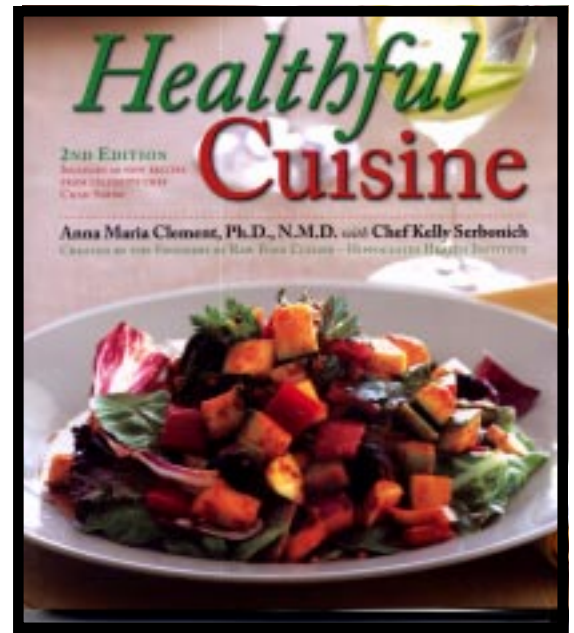


**THE WORLD GOES RAW COOKBOOK: AN INTERNATIONAL COLLECTION OF RAW VEGETARIAN RECIPES** • 240 pages • \$17 • **FROM THE PUBLISHER:** People everywhere know that meals prepared without heat can taste great and improve their overall health. Yet raw cuisine recipe books have always offered mostly American dishes — until now. In **THE WORLD GOES RAW COOKBOOK**, Raw Food Chef Lisa Mann provides a fresh approach to (un)cooking with recipes that have an international twist. After discussing the healthfulness of a raw food diet, **THE WORLD GOES RAW COOKBOOK** tells you how to stock your kitchen with the tools and ingredients that make it easy to prepare raw meals. **FOLLOWING ARE 6 RECIPE CHAPTERS, EACH FOCUSED ON A DIFFERENT ETHNIC CUISINE:** ITALIAN, MEXICAN, MIDDLE EASTERN, ASIAN, CARIBBEAN, AND SOUTH AMERICAN DISHES.



And from soups and starters to desserts, every one is a winner! There are even easy-to-follow instructions for growing fresh ingredients in your own kitchen garden. **VICTORIA’S NOTE:** THIS IS A 1-OF-A-KIND RAW RECIPE BOOK — WITH OVER 100 RECIPES TO CELEBRATE AROUND-THE-WORLD-FLAVORS! Global herbs and spices are discussed and used for wonderfully exotic flavors. You will get to make falafels, dolmas, sushi, spring rolls, thai noodles, tabouleh, marinara sauce, eggplant ganoush, hummus, pizza, zucchini fettuchine, sprouted orzo, tacos, salsas, fajitas, halvah, baklava, almond cookies, and readily identifiable international flavors mixed into the dressings, sauces, pestos, and marinades!

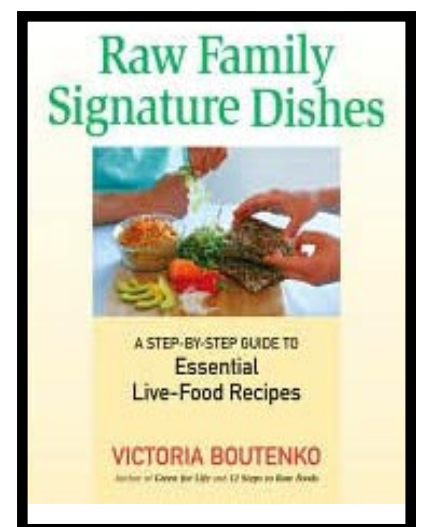
**HEALTHFUL CUISINE: ACCESSING THE LIFE FORCE WITHIN YOU THROUGH RAW & LIVING FOODS • A. Clements • ONLY \$22 • A STURDY & SPECTACULAR PRESENTATION: hard-cover & spiral-bound & printed on glossy paper with index tabs • FROM THE PUBLISHER: *HEALTHFUL CUISINE* is by far the most comprehensive recipe book and teaching guide of its kind, created by the world's #1 medical spa and foremost authority in raw and living foods nutrition, Hippocrates Health Institute. *HEALTHFUL CUISINE* shows you, in simple and easy steps, how to prepare delicious, “high vibration” foods for enhanced energy, balance, and beauty. Raw food enthusiasts from around the globe are singing the praises of the 2nd Edition of *HEALTHFUL CUISINE* and the time-honored recipes that will help you create a more vibrant and radiant life! You will find more than 150 raw and living food recipes, 20 new recipes from celebrity guest Chef Chad Sarno, 40 pages of illustrated raw food preparation techniques, more than 50 full-color photographs showing step-by-step instructions, Basic Food Combining principles for optimizing nutrient assimilation, a Guide for stocking your kitchen, and a complete glossary of foods and tools, 24 full-color recipe photographs, hundreds of helpful tips and suggestions from experts! Plus! Basic recipes for these and more: pie and pizza crusts, wraps, dressings, marinades, pates, fruit leathers, nut milks, crackers, cookies, vegetable and fruit chips.**

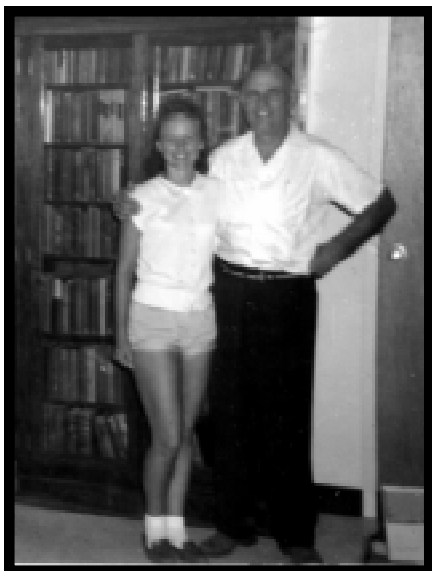


If you were to get just 1 new raw recipe book from my reviews here today, this should be it! This month, Joyce Tekell left Our Hygiene Homestead in The Woods after a 2-week fast and 1-week breaking it. She and I have been friends since the early 1980s. She took T. C. Fry's Big Course. She has been raising a huge garden every year for decades and putting much of the food away dried or frozen. She and her husband seldom make recipes: they do the Sheltonian whole, raw, plant way of eating most of the time except for a few favorite recipes. So when her birthday rolled around, I corralled every book on this list into a basket and invited her to pick out her favorite for her birthday! Well, she took a week going through all of them and picked this one! GREAT CHOICE!

**RAW FAMILY SIGNATURE DISHES: A STEP-BY-STEP GUIDE TO ESSENTIAL LIVE FOOD RECIPES • Victoria Boutenko • \$18 • 176 pages • FROM THE JACKET: With 500 color photos, this friendly, step-by-step guide gently walks readers through recipes to create amazingly delicious and nutritious meals. Known worldwide since 1994 as “The Raw Family,” Victoria and family have been living on a raw diet and teaching classes. They have perfected scrumptious recipes with the idea of not only spreading the gospel of the diet's health benefits, but also making the raw foods lifestyle realistically possible and enjoyable. Mouth-watering rather than medicinal, simple rather than complicated. Recipes presented include: jams, scones, soups, crackers, nut milk, truffles, chocolate cake, mousse cake, and more. Complete, illustrated directions make it simple for all chefs alike to embrace the diet favored by celebrities Woody Harrelson and Demi Moore.**

Since 1994, many of us GetWell Friends have been collecting the Raw Family publications. Here is their most comprehensive recipe book! This book goes far, far beyond the teenage-prepared *EATING WITHOUT HEATING!* And the picture-book that it is — with 500 photos — makes *RAW FAMILY SIGNATURE DISHES* both an event and a collector's item! Finally, the “step-bystep” description in the foregoing is literal. Instead of just the finished recipe pictured, you get many pictures of the steps from beginning to finish. None others do this.





— A Letter from Dr. Vivian Virginia Vetrano —

## **PLEASE... “TELL EVERYONE!”**

**Please Send Friends & Family to [www.health4thebillions.org](http://www.health4thebillions.org)!**

I met Dr. Shelton in my late teens. I fell in love with him in my early twenties. Victoria says a woman falls in love not with a man but with the dream they share. I fell in love with both — Dr. Shelton and our dream of bringing “Health to The Millions!” I let this married man with a wife and 4 children sweep me off my feet. In the beginning, I decided to forsake my thrilling dancing career to entertain the in-crowds in the arts and instead to work with Dr. Shelton to educate the sick people in the sciences. I gave up my dream of professional dancing — for the love of Dr. Shelton and to win his approval, even more than for the love of Health Seekers and to win their gratitude. I was young and innocent in romance. He was 30 years older and experienced in marriage. In return for my starry-eyed devotion to him, I received passionate expressions of romance, eloquent love letters in abundance, sparkling tokens of adoration, 30 years of ardent courtship, an engraved engagement ring never to be worn, matrimonial promises never to be fulfilled, and 30 years of endless workhorse toil. I took care of him once he became ill by choosing not to practice what he preached and then succumbing to the ravages of workaholicism. And I handled all his business and Health School responsibilities. During most of those years and once I became a Doctor, from 1965 to 1985, I spent my time for “The Cause of Natural Hygiene” and for Dr. Shelton. I furthered my studies and helped Dr. Shelton. We picked out the appropriate property for the 7th and final Dr. Shelton’s Health School. We oversaw its building, painting, furnishing, and equipping. We edited and wrote for *Dr. Shelton’s Hygienic Review* monthly magazine without ever missing an issue. We designed brochures, answered correspondence, traveled and lectured. We took care of patients at the School and counseled on the phone and in letters. But once Dr. Shelton’s chronic degeneration of his nervous system set in, all the work was pack-saddled onto me. It was Dr. Shelton’s Health School. But he became a patient in his own School the year I got out of Chiropractic college. It was up to me to make sure all the work got done. I was the full-time Doctor, Director, Business Administrator, Bookkeeper, Staff Manager, Health Coach, Lecturer, and Magazine Publisher. In the end, Dr. Shelton got all my creativity and energy to use up while I got his all his work and Cause to carry on. I did it all, happily and lovingly, because I loved and respected Dr. Shelton on the deepest levels. Our love and devotion to each other and to The Cause was unconditional. I arrived at the Health School at 7:30 each morning to check the breakfast meals before they went to the patients. I generally had 2 to 5 times more patients at the new, hospital-sized Health School than Dr. Shelton ever had at his former schools. I spent the next hour in Dr. Shelton’s room talking to him and answering letters while the patients were eating. Then I got my rolling cart and started seeing patients, spending at least 20 minutes listening to complaints, taking vitals, and examining 1 of their organ systems. By 11:45, I headed down to the kitchen to check each of the lunch trays. Then for the next hour, it was back to Dr. Shelton’s room to read more mail or proofread the *Review* and have lunch with him. After lunch was rest period. Sometimes I just had to go home for my own rest. But most of the time, I worked on: I went on my rounds, cut payroll checks, ordered produce, or did other managerial tasks. At 4:00 every afternoon, I lectured to all the guests. Afterwards, I checked the evening meals and spent the rest of the afternoon finishing my rounds. By 7:00 P.M., I was usually able to go back to work in Dr. Shelton’s room and spend more time with him while I worked until 9 P.M. every night. I did this 7 days a week, 365 days a year. The nurses all had shifts, and the secretaries all had days off. But there was no one to ever give me a break. Over a 30 year period, I worked with no benefits, no business investments, no retirement fund. I worked for room and board and bare living expenses with only a paltry salary and never a raise. Some months, my paycheck didn’t reach \$40. I endured 3 lawsuits, as well as Scarlet Letter “A” harassment and ostracism in the role of “Dr. Shelton’s other woman.” Yet for all of this, I have no life-long regrets, as I had turned to seeking richness in gratitude from Health Seekers around the world rather than from earning the rewards of a healthy paycheck. In return for my 30 years of devotion and workhorse help, Dr. Shelton found the simplest way to repay me. Without saddling me with the burden of a dying Health School that would put me into an early grave from sheer overwork as it had been doing to him, he offered me his name, his publications, his *Hygienic Review* magazines. He signed his “X” from his deathbed on a document in front of a notary that then got recorded in a Texas courthouse. He figured that in some way, some day, I could make a living spreading his Natural Hygiene productions backed by his famous name. Dr. Shelton’s Health School closed after the 1980 lawsuit, but my legal document lived on for a future use. Dr. Shelton had found a way to give himself totally to me in his old age as I had given myself totally to him in my youth. In 1976, I met another workhorse for The Cause: Victoria BidWell. She has resurrected Dr. Shelton’s last wish to repay me, and we are getting my inheritances copyrighted. Victoria is also resurrecting “The Drs. Shelton and Vetrano Dream of Health for The Millions!” With The Internet technology, she has turned this old dream into our new “3 Texas Doctors & Victoria BidWell Dream” named **“Health 4 The Billions!”**

# **THE BIGGEST-EVER, BEST-EVER, NEVER-BEEN-DONE-BEFORE-EVER PROJECT IN NATURAL HYGIENE HISTORY!**

**In the writing from 1939 to 1980...**

## **The 41-Year Set of *Dr. Shelton's Hygienic Review Magazines* with an Index!**

**In the fund-raising since from 2002 up until today...**

I have spent 11 years and thousands of hours getting ready to do what Ken and Sandra Chin called "SOMETHING BIG!" when they bought a HUD house in Concrete, Washington, and handed me money (= \$100,000 altogether) to fix it up & turn it into The GetWell★StayWell, America! Headquarters. In 2009, The GetWell Friends helped me get The Dr. Vetrano Library up to Our HighJoy Homestead in Concrete = \$4,800. Their orders and contributions helped pay my assistant in sorting through The Dr. Vetrano Library with me one long summer = \$2,000. There, I unearthed a full set of *Dr. Shelton's Hygienic Review Magazines*, valued at = \$12,000. (They had to be ruined for resale because I had to cut off their bindings for scanning.) GetWell Friends' orders and contributions helped me prepare "The Billions Room" to house The Billions Library and to furnish it = \$4,000. Another room had to be readied for shipping = \$2,000. The loans of 2 GetWell Women Friends last summer helped me buy the computer & printing & scanning equipment to start paying helpers to make masters of the designated 850 titles of rare books to go up at [www.health4thebillions.org](http://www.health4thebillions.org) = \$10,000. My 1,000 hours = \$10,000. (Surely, I am worth \$10 an hour!) The 1,000+ hours in Guesthouse visit trades (= \$10,000) with 2 new GetWell Friends last summer and their wages (= \$4,000) have brought into completion our long-awaited [www.health4thebillions.org](http://www.health4thebillions.org) website and the manifestation of... The 41-Year Set with — or "barebones" — without notebooks!

**In the completion & sending out stage since April, 2013...**

As much as I would love to just give away everything I do, my expenses have been enormous. And I have loans to pay back. And I have the actual "cost of the goods sold" to pay. I know that \$1,600 or even \$1,200 is a small fortune that most of us just cannot afford. But those are the 2 prices I have needed to settle on for The 41-Year Set in "The 41-Notebooks Package" and "The 41-Barebones Package." When I offered these 2 Packages to The 300 GetWell Friends recently, 12 made purchases. I have now proofed the first Set to make sure all pages are beautiful and user-friendly. I have printed out their 12 Sets and sent them. So now, it is just a matter of taking your orders and filling them with just the standard 4 weeks' wait for your Sets to arrive at your homesteads!

# **2 Ways to Order Your Hard-Copy 41-Year Set of *DR. SHELTON'S HYGIENIC REVIEW MAGAZINES* BEFORE THE [www.health4thebillions.org](http://www.health4thebillions.org) PRICE IS SET AT \$1,700 FOR GLOBAL HEALTH SEEKERS.**

**Payments by Check & by Western Union Gladly Accepted!  
I am Mastercard & Visa Friendly!**

## **#1: THE 41-NOTEBOOKS PACKAGE:**

- The Full 41 Years x 12 Issues per Year = 492 Magazines
- The 14,000+ Pages = 336 Pages per Issue (A few issues are longer.)
- The Colorful Opening Pages + An Extensive Index on cardstock = Come in a Separate Binder
- The 7,000+ Individual Sheets of Paper = about 1 & 1/2 Cases of 10 Reams/Case
- Presented in 41 3-Ring Binders: 1-Inch Wide with Each Year Written on the Spines
- About 50 Inches of Space on Your Bookshelf with Notebooks I Provide
- Printed on White, 3-Hole Punched 24-Pound Bond Paper
- Printed on Both Sides of the Paper on a High-tech, Digital Press with Black Ink
- Sent through Media Mail & The United States Post Office & Insured
- Sent within 21 Days of Your Payment (Give up to 28 days for this project to get to you.)

## **#2: THE 41-BAREBONES PACKAGE:**

- The Full 41 Years x 12 Issues per Year = 492 Magazines
- The 14,000+ Pages = 336 Pages per Issue (A few issues are longer.)
- The Opening Pages + An Extensive Index on cardstock = To Go in Your Separate Binder
- The 7,000+ Individual Sheets of Paper = about 1 & 1/2 Cases of 10 Reams/Case
- About 50 Inches of Space on Your Bookshelf When Put into Your Own Notebooks
- Printed on White 24-Pound Bond Paper — 3-Hole Punched for Your Own Notebooks
- Printed on Both Sides of the Paper on a High-tech, Digital Press with Black Ink
- Sent through Media Mail & The United States Post Office & Insured
- Sent within 21 Days of Your Payment (Give up to 28 days for this project to get to you.)

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**VICTORIA! I HAVE CIRCLED & INDICATED MY CHOICE(S) BELOW:**

**Please send me THE 41-NOTEBOOKS PACKAGE for \$1,600. I ENCLOSE: \$1,600.**

**Please send me THE 41-BAREBONES PACKAGE + for \$1,200. I ENCLOSE: \$1,200.**

**NAME: \_\_\_\_\_ TOTAL ENCLOSED: \$ \_\_\_\_\_**

**ADDRESS: \_\_\_\_\_**

**CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_**

**FREE!** The 41-Year Set of Dr. Shelton's Magazines & The 7-Volume *Hygienic System* on disks (Pages 76 - 79) with your purchase of #1 or #2 above.



# **A “MIRACLE” is when the impossible is, by divine intervention, made possible! — READY SEPTEMBER!**

*Our GetWell★StayWell, America! 2014 News Bulletin* will tell the amazing, dramatic, wonderfully fun and miraculous story of how all the GetWell Friends and historic events in Our 21st Century have come together with God's Speed to bring about your personal acquisition of *Dr. Shelton's Hygienic Review Magazines!* Today's *2013 News Bulletin* is offering every one of us the second best piece of literature in Natural Hygiene History — AND AT A PRICE THAT EVERY ONE OF US CAN AFFORD! NO ONE WILL BE TURNED AWAY!

What once stacked 6' in the air, now we can hold 1" high in our palms!

What once only the few could even find to acquire, now we can all have!

What once weighed 80 pounds, now we pick up almost as light as any feather!

What once could have saved suffering & loved one's lives, now can do just that!

What once seemed impossible to create, now we GetWell Friends have finished!

What once we could never afford in 1 payment, now we can manage with payments!

What once could have never happened, now we have witnessed as a God-given miracle!

What once only the very rich could afford, now we have democratized & can all have!

## **UNIQUE FEATURES of The 41-Year Set on 3 Disks**

- ★ Copyrighted & available only at GetWell★StayWell, America! — Thanks to long-lost Document #193197 signed & filed on July 18, 1980, at The Bexer County Courthouse, Texas
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