

Victoria BidWell at THE HIGHJOY HOMESTEAD



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For Our Friends in Correct Natural Hygiene!

I hope this Guesthouse News Bulletin finds you well! The ROYL Retreat has been closed since late 2009, and its replacement has been up with a formal website since mid-2009. Enclosed are several stories. I hope they will inspire you to stay on Happy Trails! I invite you for a stay! It is so sunny, warm, lush green, and gorgeous up here! AND NOW, ENJOY...

**Our Hygiene Homestead in The Woods
Guesthouse News Bulletin**

Victoria BidWell
*GetWell * StayWell, America!*

★ Box 558 ★
Concrete ★ Washington ★ 98237

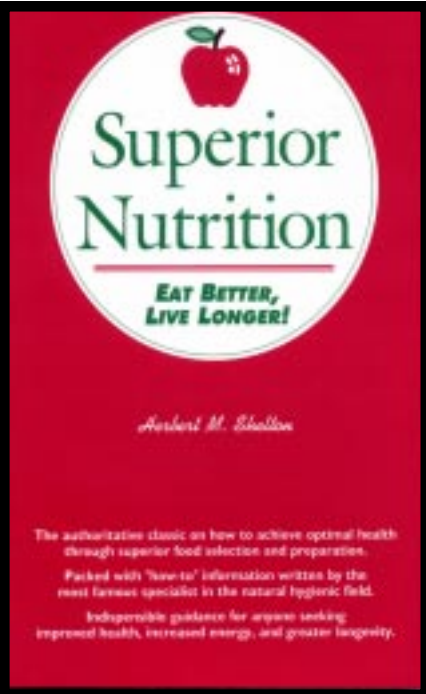
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70 + LITTLE GIFTS 4 YA'LL!

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



FREE! A \$16 Postpaid Book

— *SUPERIOR NUTRITION* —

by Dr. Shelton **FREE** with Any Order
from Today's *Guesthouse 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 BE FOR 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' Natural Hygiene Pioneers before what we now know as Natural Hygiene was even called "Natural Hygiene!" These 1,000 titles will go up as electronic books starting this fall at 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 "70 + LITTLE GIFTS 4 YA'LL!"

When you order anything from today's *Guesthouse News Bulletin*, simply tear out this page & send it in with your order to get your own *SUPERIOR NUTRITION!*

FREE! Enjoy T.C. Fry's e-book *REVELATION OF HEALTH...* when you just **FREE SUBSCRIBE** to www.4health4thebillionsfriends.com. This meaty book — *REVELATION OF HEALTH* — was T.C.'s most published piece he gave out to teach Natural Hygiene to Health Seekers. Also, come this fall, receive a gift electronic book a month & monthly e-newsletters reviewing the latest, rare e-books from The Pioneers, Dr. Tilden, Dr. Shelton, Our 3 Texas Doctors, T. C. Fry & me to go up at www.health4thebillions.org!

FREE! Enjoy **5 FREE!** e-books: Dr. Shelton's very first book in 1926 *Fundamentals of Nature Cure* & his *Road to Health via Hygiene* & Dr. Tilden's *Toxemia Explained* & my *Fruit & Vegetable Calorie Guide* & my *Salt Conspiracy...* when you **FREE SUBSCRIBE** to www.4livefoodfactorfriends.com. Also, enjoy our 70+ past broadcasts full of Live-Food teachings, case histories, news, inspiration & raw recipes & my Live-Food Freedom Formulas! **FUN!** **FUN!** Your Wilderness Woman & High!



LIFE'S GREATEST ADVENTURE!

This film is dedicated to these 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 out of late, *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. Victor Bidwell 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 around 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 tromped" 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 tromped" 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 feeling great and Rose just glowing and in a smock walking amid orchard cherry blossoms! Through 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 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.

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NO DOUBT ABOUT IT! THEY CANNOT BOTH BE RIGHT! Fry/Klein/Graham Diet & The Drs. Shelton/Vetrano Diet Cannot Both Be Right! Study Dr. V.'s Dissertation & Find Out Why The Drs. Shelton/Vetrano Diet Wins! Genuine Fruitarianism — Eat Your Veggies, Nuts & Seeds, Too!

Are you on the “All-Fruit” or “Mostly All-Fruit” Diet? Are you securing sufficient protein in your diet? Have you bought the romantic illusion that you can live healthfully on only sweet and succulent fruits and their sub-acid and acid counterparts? To eat only fruit and few or no nuts or seeds or vegetables is a common pitfall of those who have chosen to follow “Nature’s Way.” Because of the problems developing in those who eat only fruits, Victoria has requested that I prepare this dissertation to warn you of the damaging effects of an excessively low-protein diet.

Instinctively, we eat nuts and some seeds, just as we eat anything that, in its natural, untampered state looks, smells, and tastes good. Nuts and seeds are actually fruits. And when fresh, they are some of the most delicious and satisfying foods. They are packed full of bone-building minerals and proteins. And like other fruits, nuts and seeds are truly nature’s demonstration of love to humans. It would be genuine deprivation to avoid them.

However, the “All-Fruit” and “Mostly All-Fruit” diets, composed chiefly of those juicy fruits that have a high sugar content, do not supply proteins in sufficient quantities for most people’s needs, even when eaten with green vegetables. The proteins in juicy fruits are of good quality, but the quantities contained therein are not adequate to maintain nitrogen balance.

Most neophyte Health Seekers on “All-Fruit” and “Mostly All-Fruit” truly believe they are on a very good diet. At first, coming straight from variations of The Standard American Diet, they feel good; and their overall health and feeling of well-being improves because they have gotten off the worst of the worst foods out there for human consumption. After several months, however, they find themselves eating more and more fruit and not feeling satisfied. They have an unrecognized, undiagnosed protein hunger that keeps them ravenous and gorging on fruits all day long. They become easily irritated, chronically fatigued, itchy, foggy headed. A number of other symptoms too numerous to mention show up, but especially ulcers and candida. Some lose weight, feel weak, and find that wounds are healing more slowly than normal. They may notice abnormal skin changes,

dental problems, and loss of hair. In my *Genuine Fruitarian* booklet and CD, I thoroughly cover symptoms of protein deprivation. For years, we have had Health Seekers on the Fry, Klein and Graham diets come to us with this long list of complaints — only to follow our advice: “EAT YOUR VEGGIES, NUTS, AND SEEDS, TOO!” and to improve dramatically in a matter of months, weeks, and sometimes, improvement in just days!

When protein is lacking and fruit is eaten in excess, nutrition is poor. But this is only the beginning. Protein deprivation impairs the function of the endocrine glands, especially the pituitary which leads to poor function of all the glands of the body, but especially of the adrenals. This sets up a condition for the development of any disease for which a person has a genetic predisposition. Many on the “All-Fruit” and “Mostly All-Fruit” are not able to differentiate between a protein deficiency and the diseases that develop secondarily to the lack of protein and do not know what to do, so they only get worse. They have been dangerously misguided. If they panic and head for the hospital, they will get any manner of treatment and medications that will only make their matters worse. But blood tests, however, will help, as they show what went wrong — not enough protein.

For the best detailed and complete understanding of the most controversial topic in all diets — SAD and Correct Natural Hygiene, included — order this compact disk! Topics waiting for you: How and why the human body uses protein, How nature has provided for our protein needs, Recognizing the protein deficiency symptoms, Differentiating between protein deficiency and other disease processes, How to restructure your diet to include all the known nutrients, How to overcome protein deficiency and the many secondary concomitant pathological developments, and How stress and emotional unbalance rob us of protein and what to do about it. **DO NOT STAY IN THE DARK ABOUT PROTEIN DEFICIENCY! LACK OF KNOWLEDGE IN THIS CRUCIAL AREA OF OUR DIET IS A VERY DANGEROUS THING!**

Yours for Truth and Clarity — Dr. V. V. Vetrano

VICTORIA! Please send me # _____ of *Genuine Fruitarianism — Eat Your Veggies, Nuts & Seeds, Too!* — THE BOOKLET DISSERTATION (IN THE PRINTED WORD), for \$13 each, postpaid.

Also send me the # _____ of *Genuine Fruitarianism — Eat Your Veggies, Nuts & Seeds, Too!* — THE COMPACT DISK (IN THE SPOKEN WORD), for \$13 each, postpaid.

PLEASE SEND ME # _____ OF BOTH THE BOOKLET DISSERTATION (IN THE PRINTED WORD) AND THE COMPACT DISK (IN THE SPOKEN WORD), FOR \$20 A 2-ITEM SET, POSTPAID.

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At Our Hygiene
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We Live & Learn
How to Remove
The 10 Causes
of Disease
& How to Provide
The 10 Conditions
for Health =



THE 10 ENERGY ENHANCERS!

1. Cleanliness — Inside & Out
2. Pure Air
3. Pure Water
4. Adequate Rest & Sleep
5. The Ideal Diet of Mostly Sun-Ripened Live-Foods:
Raw Fruits & Veggies & Nuts & Seeds & Sprouts —
Organically Grown whenever Possible,
Non-toxic Food Choices, Properly Combined,
Eaten in Moderation & in a State of Emotional Balance
6. Right Temperatures
7. Adequate Sunlight
8. Regular Exercise
9. Emotional Balance, which Includes:
Freedom from Addiction, High Self-Esteem,
A Purposeful Life & Meaningful Goals
- AND... 10. Nurturing Relationships

**WE LOVE YA'LL, DEER FRIENDS
IN NATURAL HYGIENE!**

The Wilderness Woman & HighJOY!



Now Converted: The 6 T.C. Fry VHS Videos into New DVDs for 30% the 1980's Cost!

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I have remastered all 6 originals into 90-minute DVDs for just \$13 each!

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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 AND BASIC INTRODUCTION TO CORRECT 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 huge 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 my favorite. It 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!

VICTORIA! PLEASE SEND ME 1 EACH OF THE T. C. FRY DVD VIDEOS AS CIRCLED ABOVE.

TOTAL # _____ OF INDIVIDUAL DVDS ORDERED X \$13 EACH = \$ _____

TOTAL # _____ OF FULL SETS OF 6 DVDS ORDERED X \$50 EACH SET = \$ _____

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- THE BEST OF CORRECT NATURAL HYGIENE CARE OFFERED IN “A LEARN & LIVE SETTING!”
- AS-GOOD-AS-IT-GETS, 1-ON-1 TEACHING & ASSISTANCE IN CORRECT NATURAL HYGIENE
- YOUR SPECIAL NEEDS REVIEWED & SPECIAL RATES SET FOR YOUR SPECIAL NEEDS
- Routine counseling during your stay as needed via telephone with Our 3 Texas Doctors available at no cost
- Personalized help on how to best live The 10 Energy Enhancers to meet your Highest Health Potential
 - Secular counseling on health & happiness, when requested
 - Endless high joy experiences for a supremely positive attitude adjustment, when requested
 - Scripturally correct counseling on health & happiness, when requested
- The perfect setting to take yourself on The Correct Natural Hygiene Fast with Victoria’s assistance
- The GetWell★StayWell, America! Bookstore up The Skagit River at The HighJoy Homestead
- Your choice: fasting on water-only, juice dieting, or taking whole-food meals with or without recipes
- An arrangement for a no-temptation kitchen completely empty of food while you are fasting
- A Live-Food Victory Kitchen with every gadget & machine needed to prepare all kinds of drinks & dishes
- “Simple & Elegant” dishes, desserts & drinks served during each daily food preparation demonstration
- Hands-on food experiences with & without Victoria to fully prepare you when you go home to fix your own
- Elegance reflected in cloth napkins & a wide variety of fancy & fun serving dishes, glasses & utensils
- The small, private “Howling Wolves’ Den” bedroom looking into woods & with an electric-flame fireplace
- The large, private “Eagle’s Nest” bedroom with a full mantle electric-flame fireplace
- The huge, shared & takes-2 “Critters’ Forest” bedroom upstairs with a single bed & a double bed
- “The Bear Cave” 8' x 12' rustic, outdoor bedroom facing a live-flame campfire & bear carvings & the woods
- All 4 bedrooms with heavy, thick curtains if you want the rooms darkened all day — for Rest & Sleep!
- “Goldilock’s beds” with memory-foam top mattresses: not too hard & not too soft — instead, just right!
- Sleeping til noon & taking naps throughout the day — without being awakened by anyone for anything!
- Unlimited, long-distance land phones in all the bedrooms to call anywhere in The United States & Canada
- DSL Internet access in all bedrooms to use with your personal laptop computers & our security code
- DVD players in all bedrooms to view the many alternative health documentaries & Natural Hygiene videos
- Audio tape & compact disc players both, at every bedside for listening to Natural Hygiene Greats’ lectures
- Selected Hollywood movies with Natural Hygiene messages to inspire you to do The 10 Energy Enhancers
- No cable & no satellite TV going all day & night to divert your attention away from your resting & healing
- Our Homestead Library with 2,000+ individual book/magazine/cassette/VHS/CD/DVD titles
- The Dr. Vetrano Library of 1,000 original, antique books from The Old Time Pioneers in Natural Hygiene
- An old-fashioned, metal & enameled, deep bathtub for Cleanliness & deep warm-water relaxation
- Friendly electric-flame fireplace-heaters in both The Homestead Library & The Homestead living room
- A covered, carpeted wilderness back deck with comfy couches, pillows, blankets & foot stools
- A back deck friendly, electric pot-belly stove, with crackling logs & “a flickering flames little light show!”
- 2 life-sized, howling wolf statues, carved in wood, on the back deck for simulated critter company
- Back deck dining spots for communing with nature while enjoying live-food & a desk for deck use
- Victoria’s optional, feels-good massages while you totally relax on a professional table with 3"-deep foam
- A massage lounge recliner in the living room for mild, passive, lymphatic exercise & pleasant relaxation
- Large & Standard-Sized BodySlants for antigravity relaxation & gentle head-down & heels-up exercise
- The Needak rebounder mini-trampoline for more anti-gravity exercise

- Ground mats for fresh-air, out-of-doors stretching exercises
- A standard bench press set-up with a bar & free-weights for weight-training exercises as needed
- A user-friendly 1/2 acre with no flesh-eating insects & no poisonous snakes found here
- A long driveway on the fenced premises for strolling &/or slow walking or jogging exercises
- Peace & quiet to enjoy — from morning until night — with rural community life & nature sounds only
- A bird-watching haven for feathered friends who, especially April - August, fly in & out all day long
- Binoculars to watch the bird show and spy on the squirrels and any other visitors, like our raccoons
- A grassy, thick-mossy, user-friendly 1/2-acre lawn for bare-footing & really getting “in touch” with nature
- Sturdy, lays-back lawn lounges with comfy cushions for relaxing and sunbathing on the grounds’ lawns
- A seats-8, marble-topped picnic table occupied by an armadillo named “Shelton” & a turtle named “T.C.”
- A huge Dances with Wolves-sized open & live-flame campfire pit to seat several or just 1
- Mild Cascade Mountain temperatures: no wet & sticky humidity, seldom too hot & hardly ever too cold!
- Nature’s full glory displayed in Our Homestead’s 1/2-acre with tall evergreens & lush-green maple trees
- Fresh, pure, invigorating air: non-stop oxygenation by greenery from surrounding mountains & meadows
- Starry, starry skies on the cloudless, clear nights — just like back in the day before they had electricity
- A stunning wilderness sky backdrop to watch the waxing or waning moon journey across the night sky
- Backwoods local color on community roads & trails just outside the gates — for walking exercise
- Endless exercise adventures in nearby National Parks & Forests & State Parks — just minutes away by auto
- Year-round hiking & summer swimming in small, warm, pristine lakes — just minutes away by auto
- The sawed-off “Bronco Buckboard” for open-air, warm-weather travel on wilderness outings & picnics
- “The largest Bald Eagle Sanctuary in America!” — grand symbols of America — soaring high to amaze you!
- Small herds of elk — roaming off their sanctuary grounds in the Concrete area — curious to watch you!
- **DEER — stepping from thickets to roads or seen in grasslands to remind you:**

“YA’LL ARE... DEER FRIENDS!”



**We enjoy so much more! But you do get the idea.
 We are Back-to-Nature & in Concrete Heaven up here!
 You are invited to share these blessings & low rates...
 at Our Hygiene Homestead in The Woods!**



We Love Ya’ll, Deer Friends in Natural Hygiene!

The Wilderness Woman & The **HIGHJOY** Horse!



Karen Stops Riding The Food Pendulum from “Omnivore” to “All-Raw” & Back Again!

It has been a week since returning from Victoria’s Natural Hygiene health retreat in October, 2011. And I continue to feel better than I have in a very long time! Over the years, our family has ridden The Food Pendulum from “Omnivores” to “Vegetarians” to “Mostly All-Raw Food Vegetarians” to “All-Raw Food Vegetarians” and right on back to “Omnivores.” But in October, 2011, I rode The Pendulum to “Breath-a-tarian” for 10 days at Victoria’s and took my first fast on water-only, living off my reserves, pure water, and pure air — followed by 4 days of fresh-made juices and melons. Now, once my husband returns from his 2 weeks at Our Hygiene Homestead in The Woods for the same, The Food Pendulum will have successfully swung back to “Mostly All-Raw Fooders” and will find its place fixed there by our strongest resolve.

Two years ago, as The Pendulum swung on past “All-Raw Food Vegetarians” on the way back to “Omnivores” where we settled in for awhile. But more and more Energy Robbers worked their ways into in our lifestyle and diet — when we weren’t looking! And during these last few years “Before Victoria’s,” our health was suffering, especially mine. My energy came from stimulation of energy robbing foods (poisons), and I was taking on some aches and pains. This was brought on by overworking myself as “Alchemist Formulator” at Sweet Sisters Bodycare while also serving as a homeschooling mom of three. I found comfort in stress-related eating all too often and used food and caffeine to override a building fatigue. All the while, I was becoming more and more disconnected from my body. I was missing out on the great joy great health brings! And I knew it. But I could not break the cycle at home on my own. When Victoria’s letter came through Dr. Tosca Haag’s mailing, I took it as a definite sign to make a change. I wanted to reset The Food Pendulum from “Omnivores” back to “Mostly All-Raw Vegetarians” for my family and me. I took the 2 terrific “Picture Tours” at www.naturecurerawfoodhealthretreat.com, talked with Victoria, and made 2-week reservations, back-to-back, for both my husband and myself. Victoria appropriately calls herself “The Wilderness Woman.” In the end, it was at The Wilderness Woman’s “back-to-nature retreat” that I knew I could give my physical and emotional body a deep rest as well as give nurturing attention to the spiritual nature of my life and reconnect to the natural world.

We had a full-house of 4 guests, and a 5th flowed over into the new “Bear Cave” building. One was an experienced faster. I fasted from all but water for 10 days, followed by juices and melons for 4. Except for some occasional, low-level nausea, my fast was pleasant. As days progressed, my aches and pains disappeared, my emotions became more peaceful, my skin softer, my mind clearer, and my senses sharper. Our Hygiene Homestead was well-organized. The Homestead Library covered the gamut of subjects in nutrition, physiology, microbiology, exercise, and health. I enjoyed Victoria’s extensive library of books, magazines, CDs, DVDs, and cassettes. I did not want a clinical or spa setting and mainly just needed a quiet place *away from my own home* where I could rest and heal. I had faith in the natural process of regaining health and did not need the extra costs of a doctor’s monitoring and blood tests, 24-hour staff personnel watching after me, or the \$1,000 a week price tag! I needed only “assistance.” Victoria’s place is just made and priced for someone like me: someone who is not sick enough to need to pay for a doctor and happy enough to pay 1/2 the going rate! I even enjoyed Victoria’s “once a week on-call only” days when she does not even come over if all is well. During sunny afternoons, I lounged out on chairs or on the porch couches. I was in a space outside of time where we were free to just “be.”

I’ll always remember The Wilderness Woman’s wild ways! From meeting her and HighJoy at their Homestead, to her whooping and hollering and High doing his “rocking horse” trick, to her bringing surprises to my room! Once, she asked me to close my eyes and guess what she had put into my hands. I did finally guess that it was a little, howling wolf figurine. And I was staying in the Howling Wolves’ Den! She always made each visit an experience to remember! One day, she roared in with her gospel music on high, bringing a huge collection of amazing rocks and crystals to show us! We spent an hour “ooohing” and “ahhhhing” over spectacular stones laid out on the granite picnic table in the Indian Summer sun! She let us each pick 2 to keep! She wants us to find the joy in the little things in nature. One morning, I found my breakfast watermelon smiling back at me with braids made of brightly colored, curled ribbon — all to look like me! Even massages ended with a playful, little slap and a laugh. It was her way to put silliness back into life and to not take ourselves too seriously.

It’s now a week “After Victoria..” Before leaving, she declared: “YOU HAVE JUST TAKEN AN EXTREME MAKEOVER! In 2 weeks, you have gone from middle-aged, frumpy, worn-out, haggard, and dull-eyed to youthful, frisky, bright-eyed, and bushy-tailed — and with each of the 25 pounds gone showing! YOU LOOK JUST WONDERFUL! YOU’RE JUST GLOWING! I try to discourage 2-week visits, thinking them never long enough to make a noticeable difference. And now? I am going to have to rethink this advice! You did not just make a turnaround in 2 weeks! You are well on your way to recovering all the highest joys you enjoyed so during the happiest days of your healthy youth!” Then she declared: “You have ridden your Food Pendulum from ‘Omnivore’ to ‘All-Raw Fooder’ here, Karen! Keep it fixed on Live-Foods forever!”

During my entire Hygiene Homestead visit, The Wilderness Woman was juicing gallons and gallons of berries to make raspberry, strawberry, and blackberry juices for us and guests yet to come. I will always remember Victoria’s delicious fruit juices served in little, decorative glasses. Today, I just juiced cases of strawberries, nectarines, and peaches to put in the freezer as main ingredients in sauces, drinks, coulees, and endless recipes. I will carry on Our Hygiene Homestead tradition!

Living the High Life on The Hygiene Diet • Sierra Hooshiari

Victoria's Notes: Little Sierra wins the prize for the most e-mails and the most phone calls and the most cancellations and rescheduling of any guest yet to come to Our Hygiene Homestead in The Woods! She was spending some of her last dollars to her name to come here and get help with compulsive habits that were making her life unmanageable — A GIRL AFTER MY OWN HEART! In just the 3 years that The Guesthouse website has been up, I must have listened to at least 20 different Health Seekers for more than 30 hours tell of the terrors of Tanglewood in The States and Costa Rica. Being a semanticist, I think about names. "Why," I always wondered while listening to these "Tanglewood Refugees," would anyone ever go to a place named "Tanglewood" run by a man named "Lock-man!" I would not dream of doing such a thing! So, here was yet another "Tanglewood Refugee." These Health Seekers have been traumatized at this place. They have to talk at great length of the their visits before feeling safe to go to another health retreat. So, I let them. "Why," I would wonder while listening, "would you ever go to a place on which an entire website exists to tell of miseries experienced there?" Little Sierra continues...

I am 24 with a chronic, miserable case of psoriasis and compulsive behaviors. Psoriasis had me scratch flakes of dry skin after every meal and in disconcerting temperatures or circumstances. My compulsive behavior had me in chronic overeating after work and on the weekends, in compulsive exercising, and in compulsive escaping for a change of scenery or to take a geographical cure. I exercised compulsively to compensate for the compulsive eating. Once I started eating, I didn't stop until I was furiously scratching my face and arms or until I felt queasy and sick from being stuffed. All this was my response to stress. When I'd feel stressed, I'd gravitate towards sugar and fat — Nutella, bananas, raisins, cashews, dried figs, almonds, and cream cheese — and eat them until I felt like throwing up. Never sitting down but wandering the kitchen, I ate away the evening. A handful of dates, a spoonful of Nutella, a handful of almonds, a handful of raisins, a spoonful of cream cheese, a spoonful of Nutella. I'd cycle through these foods until an entire container of Nutella, bag of nuts, container of cream cheese, all the dates and raisins had been consumed. Sometimes, I would backtrack my behavior and count 5,000 calories I had plowed through in one binge episode. My stomach would bulge out like a 6-month pregnant woman on an otherwise very skinny body. All the sugar would make me start scratching my skin furiously. Once I satisfied the itching, I stopped the scratching. Then, before long, it would be time to eat again. Or I'd be stressed about something in my life again, and the cycle would begin again. I felt so sick and confused going to bed every night, knowing how I'd wake up the next morning feeling like sh**. I would hit the gym for intense cardio classes for hours at a time to compensate for the sick feeling in my head and overconsumption of calories. Or I would jog, jog, jog my misery away. Then, I visited Victoria...

I had a total of \$308 in my bank account when I came to Our Hygiene Homestead. I hadn't read the website, although I had 3 months to do so before arriving. All I cared about was doing my fast and taking enough days to break it and having a female director to guide me through it! Loren Lockman did not have a clue of how to help me with my compulsive eating. I did a 21-day fast on water at Tanglewood in Costa Rica. This was successful in healing my Graves Disease but unsuccessful in tapping into my compulsive behavior and food addiction or ridding myself of psoriasis. Eating sugar (refined or fruit, either one) activates these tendencies, and being forced to stick to an all-fruit diet at Tanglewood and when I returned to The States just did not work for me. I had gone backwards after making that trip. I had made a reservation at Victoria's for 10 days of fasting and 4 of breaking. But I could only hold out for 5 days of fasting. After my fast on water-only at Our Hygiene Guesthouse, I woke up to find that "The Wilderness Woman" had put out in a basket 1 quart of green juice at my door. The drink had 13 juiced greens, plus juiced celery, cucumber, lemon, and lime. It was just what my body needed — not too sweet, not too sour! Breaking the fast on 2 days of this green drink and 2 days of non-sweet fruit (tomatoes, peppers, and cucumber) and various greens (celery, lettuce, and jicama) was divine! Again — these whole foods were not too sweet, not too sour!

Throughout my 2 weeks, Victoria put in many hours in counsel. She is a great listener, and she took me and my ailments seriously. She listened to all my woes and offered insight and assigned readings, documentary DVDs, and Hollywood movies to move me forward. She rewarded me with a doll-sized cup of pudding and a doll's dish spoon that cracked me up! "See!" she explained, "You can have your sweets now, my deer!" It was a coconut pudding made of the meat of the young coconut, cashews, dates, vanilla bean, and coconut water. During my 2 days of feeding, she left surprises like a tiny jar of fresh raspberry juice at my door. On my first day of re-feeding whole foods, I woke up to find a basket of bliss on the kitchen table — a cantaloupe, red pepper, lettuce, oranges — all fresh and organic! She treated us to champagne glasses of fresh coconut water after I completed all my homework and reading assignments for the day! I remember musing, sitting in the living room with the electric-flame fire and the comfort of "The Wilderness Tree" lights, "This isn't like being at the Hilton in the Bahamas! It's way, way better!" After all, there was no Nutella or large bag of nuts anywhere and no store to run to when I felt a binge-pang coming on. For the first time in a long time, I had the opportunity to sit with myself and face myself.

I had spent much of my life wrapped up in the hustle of Cornell University and New York City corporate life. Here at The Guesthouse, I had effectively ditched the rat race. I suddenly found myself waking up to a place of silence. I woke up with so

much solitude and completeness, I remember thinking, “What’s wrong with me? What’s missing?” I frantically looked around the room and then opened a window and smelled the neighbor’s wood-burning fireplace. Then I realized, I’d never felt so much at peace before! It felt surreal and foreign to not want or need anything. When Victoria and I went to the town of Burlington to run errands, I roamed the department store, watching as people frantically stuffed their carts with stuff. So many in our society live in fear — fear of facing our feelings. This fear is what can happen to some when they fast and watch their internal physiologies change. I’ve been able to stop the world and get off here in The Wilderness Woman’s homesteading habitat of Concrete, Washington. And I have had to face the fact that I have to learn to trust myself, to love myself, and to have faith that I can change my compulsive behaviors into constructive pursuits — fear-free and joyous!

While talking with Victoria on the phone during the 3 months before I got here, I had asked her more than once for counsel. She explained that my questions would entail long and frequent periods of counsel and that we should wait until I got here. Some guests come and do not want any counsel at all, and Victoria offers none. But I was one of her guests who really wanted counsel and assignments and whatever it would take to break the compulsive cycle! One assignment became the theme of my visit. I was asked to draw with crayons on a large sheet of paper what I wanted my life to look like down the road. Then, I was asked to draw another picture of the many things that have been holding me back. I did the work, in solitude and with great attention. I drew my life before “B. C.” — “Before Concrete” — with my obstacles. And “A. C.” — “After Concrete” — living the fear-free and joyous life! On my picture of the life “A. C.,” I drew my emotionally balanced self, my vegetable garden, my consulting job in sustainability and resource economics — and many more things I can have if I make good choices. My “B. C.” drawing of the many obstacles made it clear that I had been taking The Path of Least Resistance, over and over and over. During my 2 weeks here, The Wilderness Woman and I spent hours with these 2 drawings before us as our focal point for conversations to get me set right. One night, I just sat alone and contemplated the 2 drawings and the 2 choices Victoria gave me: “Make choices that move you forward or that hold you back or take you backwards. Every moment of every day, you are choosing, anyway. You may as well put out the effort and make the choices that move you forward!”

Since I signed up for 10 full days of fasting and could only manage 5, I was on my own to shop and prepare my meals my last 5 days here. “This is an opportunity for you to practice being on your own,” Victoria explained. I wanted this assignment! There are so many exciting tools here! Fun dishes and glasses, a VitaMix and Champion, strainers and peelers and shredders galore. I experimented with my cucumber-ginger smoothie. After my fast, my basket of fruits and veggies tasted delicious! I felt true hunger again. I did shop for some foods I should not have even had. During those 5 days, I “chose” to eat wrong a few times. I “chose” 3 bananas and a cantaloupe in one sitting, and I felt sick. Another time, I “chose” 2 avocados and several tomatoes in a binge-eating mode and didn’t stop until I felt a tight feeling in my throat and a pounding headache. When I picked up a carrot to continue my binge-eating compulsive behavior, I put it away, stopped myself, and walked to the bathroom to brush my teeth for the night. But a shift did take place in my mind, heart, and soul. Through my conversations with The Wilderness Woman, I realized that fasting would never cure these binge-eating tendencies. Sitting alone for hours in nature and solitude, I brought my subconscious compulsivities, responses, and habits up to my conscious awareness. The stress-eating in large quantities and only stopping until I felt my stomach protrude or until the psoriasis/itching/scratching response kicked in and demanded furious scratching was taking The Path of Least Resistance. “You are simply self-medicating with food when you binge yourself stupid,” Victoria observed. She worked with me on intimate 1-on-1 meetings. She demanded straightforwardness when I dodged being honest with myself and offered a vague answer. She helped me confront areas of my personality and aspects of my relationships with others that were holding me back. The anxiety and racing thoughts that have plagued me have left me while here. I am ready to face the world and my new life in San Diego.

The next morning, Victoria told me that if I couldn’t handle a lot of sugar, even if it was fruit, I should stay away from it for now. If I couldn’t handle making the raisins and almonds I especially like sprinkled on a green salad and had to eat them all at once instead, I should not shop for them for now. Victoria handed me tons of reading and viewing/teaching material on behavior modification, affirmations, and making choices. The first few days, I was in denial and would not touch these materials. But the last many days, I was hungry for all of it and devoured all these wonderful, new ideas. Then, we would talk about what I had learned. A WHOLE NEW WORLD OF SELF-TRUST HAS OPENED UP TO ME! I am working on positive affirmations, breathing, and portion control — challenges that only practice over time will make second nature. I now realize that I don’t have to polish the fridge off in one sitting. I see that I need to actually prepare portioned meals and then sit down and slow down and eat with Emotional Balance. I am going to leave tomorrow without overwhelming problems that turn me into a frightened child! I am going to travel into the incandescent skyline of The Hygiene High Life Hiway. What I love most about Victoria is that she didn’t let my lack of finances keep me from coming here. She made it affordable. She didn’t let me make excuses for my condition or my failures. She helped me learn how to make myself accountable to myself. Victoria helped me see the stress factors in life. Together, we put the binge-eating habits right back where they belong — “Before Concrete.” She helped me kick myself off My Path of Least Resistance and helped me set myself right onto My Hygiene High Life Hiway where I belong. I’m not going back to old habits. I am moving myself forward!

ANDREA BLOSSOMS FORTH INTO SPRING!

VICTORIA'S NOTES: Andrea started in with rounds of e-mails and phone calls from the big island of Victoria in British Columbia, just a few miles away, as the eagles fly! We had fun right away! She let me be "The Wilderness Woman with The HighJoy Horse" and sent me pictures of an owl who started to hang out and hoot at her place once we started making her visit preparations. And I sent her Dr. Scott's *100 CASE HISTORIES: FASTING FOR THE HEALTH OF IT!* to inspire her to get past her fear of fasting. She took a few weeks to go from fear to excitement. And the day before Andrea came, she e-mailed: "EXCITEMENT SURROUNDS EVERYTHING HERE!" That was where I wanted to bring her around to! After all — a visit to The Guesthouse should be seen as one of the best adventures of one's life — and certainly, one of the most productive and forward moving! Andrea's story is another, like "THE KAREN WILSON STORY," wherein the visit was short but the results were tremendous! I WAS THRILLED WITH ANDREA'S PROGRESS! She is a short woman. And so, the 12 pounds left at Our Homestead really showed everywhere! We bear-hugged upon my arrival and departure every day — and I could feel her body getting smaller and see her Nerve Energy getting higher! Andrea arrived just before spring had sprung, got her "Spring Tune-up," skeedaddled and paddled back across the salt water, and is now blossoming forth like all the bright flowers everywhere, here in The Pacific Northwest! The year was 2012.

ANDREA SHARES: When I first got interested in Natural Hygiene in 1992, I was drawn to the idea that a healthy balance of living equalled a healthy life. I became a vegan, enjoyed pure water, fresh air/sunshine, healthy relationships, meditation, and exercise. I had always understood the reasoning behind fasting. But as a single mother of young children, I could not find the time/resources to undertake an extended fast. Over the years, I swayed toward and away from health and my understanding of Natural Hygiene. But when I hit peri-menopause, the biggest problem I had was lack of sleep. I would go days without sleeping through the night, only to catch up here and there when possible. I could feel middle age and my lifestyle, healthy as it was compared to most others, was taking its toll. I give massage therapy for my livelihood. It is basically "hard, physical labor administered with much love" and takes a great deal of energy when done right. Last February when I got sick, it took an entire month to heal. I started to sleep through the night after 5 years of not getting Energy Enhancers #4: "Adequate Rest & Sleep." But I had gotten myself so tired that no amount of sleep was making me feel better. In Natural Hygiene terms: I was "enervated," out of Nerve Energy, with my nervous system so exhausted I could hardly move without great effort. I knew I was ready to fast!

I looked online and, through Drs. Tosca and Greg Haag's website for their now-closed retreat, I found Victoria's Hygiene Homestead in The Woods. She was just a ferry ride away! I contacted Victoria to discuss my stay and fast. I found Victoria to be very knowledgeable, and that sold me. So I booked a 5-day fast on water-only. When Victoria urged me to consider staying to fast longer ("Just 5 days to get your Nerve Energy back is just not enough!"), through phone calls and e-mails and her "special rates," I was able to stay for a 10-day fast and 2 days of breaking. All I had to do was take the ferry ride and get home to finish breaking in bed at my place while the guys at home waited on me. And so, Victoria graciously picked me up at the ferry. Then we drove to Our Hygiene Homestead in The Woods!

Her place was charming. I felt safe, relaxed, and ready for my adventure. Each day, I was appreciative for all the things in the little house and on the grounds that so pleased me. Our Homestead Library was extensive, and that allowed me to research information that re-connected me with Natural Hygiene. The

bathtub was huge and enveloped me with warmth and liquid love when my body was feeling most weak and vulnerable. The darkened rooms allowed me the complete rest I needed. (Stay in bed till noon, Kiddies!) Blankets were everywhere. And the dancing flames of the electric wood stoves were often a great comfort and company. The fresh air was grand, and I loved to curl up on the outside couch and watch the birds. Our Hygiene Homestead lacked of pretension: it was simple. And "simple" is what you need when you are fasting.

Victoria exhibited the right combination of being stern and being flexible. She knew when to use one or the other. I allowed her to take over and guide me, which is so important during a fast. On my very last day, I enjoyed a fruit picnic outdoors with all the spring birds flying into and out of the high-fenced yard. Once I started my 2 days of eating, I enjoyed all the little delights around the place even more: stones with inspiration messages imprinted onto them, the armadillo named "Shelton" and the turtle named "T.C." to keep me company, the birdhouses, and just everything. One stump holds 4 owls: "The symbols of "Natural Hygiene Wisdom," Victoria explained. It was a hoot!

The fast was a great adventure and truly gave me a respect and reverence for the human body. I lost a total of 12 pounds from my frame of hardly over 5 feet, I could feel the "microsurgeons" who healed some of the arthritis in my thumb, and I let go of a ton of stress! My skin looks bright. And now that I am home and out and about, everyone I bump into is amazed at how great I look! The Natural Hygiene High is a great rush, and the blossoming of spring everywhere just adds to the glory!

ANDREA AT HOME: I have been home a week now and have not had any processed food at all. I have been re-introducing food slowly and resting. My body is craving lots of veggies, fruits, and nuts and seeds. I am enjoying this strict way of eating again since my "Hygiene Honeymoon" in 1992. Today, I just started to exercise again, as well. The biggest and most wonderful thing for me besides the overall delights of the spring tune-up and all the rest and sleep I took is that I am absolutely not craving refined sugar, caffeine, or any breads! The wonderful wisdom of Correct, Concrete Living has reached me on a much deeper level this time. It has penetrated my emotional state of mind, and I am not wanting to eat garbage. I am not wanting to

undo the time and money spent going forward at Victoria's by taking for granted the forward movement and expecting to hang onto it without serious determination and effort on my part.

The Wilderness Woman urged me to look at every pound lost while at Our Hygiene Homestead as "precious" and "to appreciate it deeply!" She told me of a guest who recently took a fast on water-only of over 3 weeks. Her scale had moved from over 200 into the 170s, something she had not been able to accomplish in several years of trying. Our Wilderness Woman told how almost every day, she would stop in a somber moment of counsel and ask the guest if she were appreciating "the wonderful weight loss, one pound at a time!" She told how the guest answered almost everytime with a shrug and the same casual comment: "It's expected when you fast to lose weight." She told how she wanted to inspire this guest to go beyond casual expectation into "treasuring and cherishing" so that when she left, she would carry that with her, so that she would "own" the pounds taken off and the more slender body, so that she would get back into exercise and eating right from "the get go," and so that she would not be planning out her next lamb dinner! And she was daily reminded that a casual attitude at Our Homestead is likely to lead to a causal attitude upon leaving and that a deep appreciation built up while at Our Homestead is the best way to keep the same old habits and the same old pounds from coming back when one is not looking. And then, Our Wilderness Woman told how within just 2 months of leaving Our Homestead, the former guest wrote to say that she was gaining steadily and had summarized her situation with: "What a waste." But the ever-optimistic Wilderness Woman had her own summary of this guest's backward movement: "In recent years, those in the emotional health industry have declared that going backwards after progress made at a rehab facility is actually a part of the rehabilitation process. In other words: 'It's expected that someone in recovery will go backward from time to time.' That confirms the old adage: 'You never fail unless you give up!' Many Health Seekers will go to a health retreat, learn a lot, experience getting so much better in such a short time, and then go home to put into practice what they have learned with their newfound healthier body. We can all only hope that just like in the 'Mother, May I?' game, many more steps are made going forward than backward. We can only hope that the Health Seeker will get up when she falls off her horse and brush herself off and get back on and ride forward — ideally, at a full gallop and with her hair blowing in the wind and with rosy cheeks from the exhilaration of the ride!"

In closing, I wish all of you a great experience in fasting and in eating live-foods and in re-claiming your energy and your health! And when you have a moment, imagine you are at the doorstep entrance of Our Hygiene Homestead where you will be greeted by Jeremiah. Squeeze the hand of this bright green, smiling, happy frog. Then dance and sing with him: "Jeremiah was a bullfrog..."

ANDREA WRITES AGAIN... DEER WILDERNESS WOMAN! I AM DOING WELL STILL! THANKS! Eating like crazy (more emotional than hunger) but only craving good stuff... I can't stop eating cherry tomatoes, broccoli, and lemon! And nuts! Lots of cravings for nuts! Made some of my going-away meal we shared at Our Homestead: the exquisite spaghetti sauce for my zucchini noodles... 2 fresh toms, garlic, lemon juice,

oregano, basil, and some of your amazing thick-sliced, sun-dried, organic tomatoes and, of course, some of your Tomato Bolt! Seasoning... IT WAS SO GREAT! I eat this for snacks when I feel the urge for something heavier. I AM LOVING IT!! (I gained only 1.5 pound since returning, and that was in the first 3 days before I even started eating regular and yummy meals... water-weight put back on after a fast, I figure.) Glad The Guesthouse is full now. Tell the ladies to order a whack of seasonings before they leave! They will regret it if they don't! I am enjoying my 6-Flavor Sampler so much! Sleep is good... exercise is good... energy levels are good... thanks again!! BEAR HUGS!!!

Your Canadian Deer Cousin from over the Salt Water!

ANDREA WRITES 1 MORE TIME... Since coming home from The BidWell Wilderness Woman's, I am realizing more every day! What a blessing it was to actually do the 10-day fast at her place! I HAVE CHANGED MY ENTIRE RELATIONSHIP WITH FOOD. It is important to do this right. THE REFEEDING IS ALMOST AS IMPORTANT — IF NOT MORE IMPORTANT AS THE FAST ITSELF. Just think about what your body is doing for you! By not eating and resting only, you are shutting down the entire digestive system in order to give it a complete rest. You are allowing the body to work through all the nooks and crannies of all 75,000,000,000,000 cells and cleanse out the toxins for you. And then, you are, to use computer terms, re-booting what needs to be re-booted when you start eating again — with the end result that everything works more efficiently and correctly! What better time than spring to get a re-boot?

It has now been about 12 days since I got home. I took the first week real slow. I have returned to my work. Now I am back to exercising daily. Today, I went for a 30-minute run. When I do sit down for a snack or a meal, I am experiencing a healthy craving just for the good stuff: a lot of veggies, nuts, and seeds. Not craving fruit as much as before. I do tend to graze throughout the day, and I probably could eat a bit less. But the good news is that I have not gained any weight since that 1 & 1/2 pounds my second day home! The body goes through a lot of work to rest and heal during a fast. It makes no sense to resume eating the way that got you tired and sick in the first place. Please, listen to The Wilderness Woman, appreciate and cherish and treasure your progress, and — just pay attention.

The best thing that you can do to show gratitude to your miraculous body, is to reintroduce food slowly and with reverence and mindfulness. Don't think that YOU know best. The body knows best. It does not want you to go backwards. Give it what it wants. Fresh fruit, veggies, and nuts and seeds. Take it very slowly as you introduce only good foods in proper amounts into the body. I found that it took me 8 days after my fast to start on more varieties of foods. Prepare yourself ahead of time. Read whatever you can get your hands on. Talk to Victoria about everything that concerns you and listen to her. She knows her Natural Hygiene. Seriously. (All that "Wilderness Woman & The HighJoy Horse" talk is just so she can have a little fun along the way, because, believe me, some of her work is not exactly fun!) Just think, if you can make it to Our Hygiene Homestead in The Woods, you can enjoy her extensive library when you are there and become what she calls: "AN EDUCATED WOMAN!" or "AN EDUCATED MAN!" THANK YOU, VICTORIA!

Nature-Lover Spends 4 Weeks at naturecurerawfoodhealthretreat!

I arrived the evening of Saturday October 16th from Sea-Tac airport. Victoria picked me up in her black Cruiser. We spoke all the way home about my condition BPH and several other subjects. At this point, she did not have a success story with anyone having a prostrate problem. I had read a success story of a gentleman of 70 years of age. But I had also read that if the cell structure in the prostrate had changed, it may not be reduced during a fast. Just to let you know, I don't have any problems with a high PSA or anything but do have a problem at night waking up often to urinate. My wife Sue suggested that I do a fast to see if this could be reversed at this stage. I have had an enlarged prostrate for the last 8 years or so, and I knew that I didn't want to take anything stronger than Saw Palmetto. I refused to take other drugs. I have been a vegetarian for 30+ years and just recently converted to a raw vegetarian diet. Except for a hip resurfacing done two years ago this March, I am in great health at 61 years old. I have no problem with a 100 mile bike ride. Sue and I did a 40 mile mountain bike race in Wisconsin over some hilly terrain with no problem. We were married 2 years ago at the end of this same race. I have to credit my loving wife Sue for changing my diet to raw and pushing me to fast. Sue would have made the trip to Concrete with me except she is in the launch of a new career with helping others to discover the wisdom of being on raw food. Her website is ALIVE RAW FOODS.com.

Victoria went out of her way to make me feel at home by showing me downtown Concrete and the mural on the firehouse wall showing the whole Concrete area and allowing me to feed a very ripe cantaloupe to her horse HIGHJOY. Victoria brought me several books to read by Tom Brown, including *The Tracker* and *Grandfather* and Tom Meldham's *John Muir's Wild America*. I brought along *Soul Coaching* by Dennis Linn. I planned to do a 28-day spiritual journey during the 4 weeks here but gave up on that process the second day. Instead, I listened to a lot of tapes by Dr. Shelton and lectures by Dr. Vetrano. I appreciated Victoria Boutneko's *12 Steps to Raw Foods*. Videos by Gregory Haag and others were also stimulating. By far the best information that I read was *The TAO of Abundance* by Lawrence Boldt. There are 8 ancient TAO principles for abundant living that were very provocative. This book helped clarify some of the 81 chapters that I had been reading and trying to understand since I started to read and understand the TAO during my trip to Machu Picchu 3 years ago. Victoria was constantly bringing videos for my entertainment. They were all very enjoyable: *The Road to Wellsville*, *Walden*, *The Edge*, *This Boy's Life* (true story by Tobias Wolff from Concrete), *Sitting Bull*, and others. I also enjoyed and learned a lot from the people staying here (Kim, Robert, Ziyah, and Wanda all had stories and of course Victoria's life story).

Twenty-one days into the fast on Saturday, November 6th. I was 152 pounds, down 34 pounds and feeling great! Never had any ill affects other than being weak. Since the 12th day, I no longer had to get up to urinate and could stay in bed for 8 - 10 hours. I awoke to clean laundry and a photo, a tee shirt, and a lovely card from Victoria to congratulate me on 21 days! I know from this experience that I would have no problem doing a 40-day fast next time. This was my first fast. Victoria tried to get me to lay low. But I insisted on my daily outings. The first lesson I

learned the first week: long walks around Cape Horn to the community beach were enervating. The culmination of this realization came on day 7 when Victoria took me to Everett Lake, her swimming hole (her Walden Pond). I was walking on a path around the little lake when the trail ran out. I bushwacked over fallen trees and through underbrush, swamp, and blackberry patches. I felt I was at 12,000 feet or more trying to climb Peruvian trails! It was hard for me to just relax and become less physically active. But I know if I had, it would have aided me in my healing process to have done less in the way of physical exercise. Another thing I would change is I would have less high stimulation like Facebook, Skype, and other electronic wizardry. The third major lesson I learned came while breaking the fast: I should have let The Director in on it. I insisted on preparing my own meals, and I ate too much. The first 24 hours were great with eating a little melon every 2 hours. The flavors were spectacular! The second day on melons also went well. I added salads that were fantastic! I was eating melons for breakfast, but my lunch and dinner salads were too-large the rest of the week. This resulted in a horrible case of constipation with pain and anguish.

By far the best asset of "High Joy Retreat" is the fact that the Skagit River with its wilderness vista are only 3 blocks away! I spent every day that was not rainy with my feet over the banks with binoculars and digital camera in hand. I watched 3 Eagles and a herd of Roosevelt Elk. It was awesome to watch the large bull thrust his head into the roaring water. I listened for the crows, seagulls, and western jays always trying to out do each other in their calling. It was soothing to listen to the water flowing and to see salmon jumping out. Sitting on the back porch outside my room, I watched a spider encase a house fly in a cocoon and attach it up in the rafters. One day, down on the Skagit River beach, for an hour, I watched a slug eat a dandelion. So peaceful.

I have been back home in Green Bay now for about a month (December 4, 2010). Constipation was still a problem the second week. I had no problem going back to work. There was one night when I ate a very late dinner that I had to get up 4 times during the night to urinate. My strength is almost all back, and my weight is within 10 pounds of my weight at the beginning of the fast. I think this may now be my ideal weight. My prostrate is slightly better but not enough to eliminate all nightly bathroom trips. Some nights I may get up 3-5 times per night, others only 1 or 2 times. I am not sure once the bowels are again full of food and pressing on the bladder whether sleeping through the whole night will be possible. Going back to exercising, I was still weak. But by the end of the week, I was able to take a 20-mile ride with Rod my blind friend on a tandem ride in 30 degree F. temperature. Sweating was a problem at the YMCA when exercising. The skin was very irritated, and eventually water blisters developed underneath the skin. Looked almost like a blister from during sun burn. Twenty-one days after breaking the fast, this is my status.

I was given a dream at Our Homestead: to pursue an idea of linking grandparents with grandchildren to get out in nature. Last weekend, I took my oldest grandson Sebastian to the Porcupines in Upper Michigan Peninsula. This city boy enjoyed the wilderness! We saw bald eagles, wild turkeys, and deer. At the end, Sebastian realized he had eaten all-raw for all of 3 days.

The Wilderness Woman's Introduction to The Kim Andrews' Story

When Kim first called, I sensed I was talking with a very mature, very focused, very experienced woman of about 40 and was shocked after about an hour of getting to know each other through 3 phone calls that she was only 25! She knew we would hit it off before I did! She had spent enough time on www.naturecurerawfoodhealthretreat.com to be able to imagine the profile of the ideal candidate for Our Hygiene Homestead in The Woods and then to catch my fun as "The Wilderness Woman with The HighJoy Horse!" In fact, she did announce during our very first talk: "I WILL BE YOUR PERFECT GUEST!"

I thought to myself... "That is quite the claim." Since the website opened in May of 2010, I had enjoyed many who fit that bill. But Kim has won the prize! She continued: "I grew up in Alaska with no electricity and no running water." (When I was 56 and High was 6, we had lived in Canada for a full year on a trail ride ranch. And I had no electricity and no running water — the most adventurous year of my life!) "I started riding when I was 5 and had no saddle." (I started at 6 and had no saddle, either.) "I work for my father in his mechanic shop." (I, too, was a mechanic's daughter and had worked alongside him and ran parts for him and kept books for him until my early 20s.) "And I will be the 'easiest keeper' and 'lowest maintenance' guest you have ever had." (Those are both horse terms that should not be thrown around lightly!) "All I need is a place to hold up, a private room to be by myself for a time of fasting and prayer. I just need DSL Internet and a comfortable bed. You don't even need to check on me most of the days. And I can fix my own meals after the fast." (All of this I knew I could provide.) Kim and I discussed what the \$1,000 a week place in Hawaii would cost her: \$6,000 + airfare. Frankly, I could not resist the idea of having "THE PERFECT GUEST" to offset the 1 out of 8 who comes through complaining and grouchy, no matter what I

do and no matter that they are getting half the price and many times over the comfort and amenities of the pricey places! Unable to avoid the temptation of having "THE PERFECT GUEST," I called her back and knocked \$1,000 off the \$500 a week rate. And Kim, smart, young woman that she is, jumped at the offer! We had both made the sometimes difficult reservation-making process very fun for each other! And I knew in my heart from our 3 calls that The Eagle's Nest was about to serve a mighty purpose for this tender soul.

"THE KIM ANDREW'S STORY" to follow leaves out sooooo much of her stay here. And I do not want to detract from Kim's spiritual account with reports of how tasty the beverages were, how fun and fancy the meals were, how some of the 25 days of Kim's fast my visit was less than one-minute while she waved me away to tell me she was fine, how spectacular the tail-end of the fall colors were here in Concrete just for Kim, how long and pleasant were Kim's reported walks throughout the fast, how mildly irritated some of the guests were that Kim seldom came out of her room to visit and help them distract them from themselves, how delighted she was with some of The Wilderness Woman's gifts, or how blessed she was to have handed to her *GOD'S CHOSEN FAST* and *FAST YOUR WAY TO HEALTH* and *THE WEIGH-DOWN DIET*. I won't go into detail about how she arrived not looking overweight at all but was about to leave in such baggy jeans that I got her to a 2nd-hand store where she was thrilled to pay \$30 for 2 Levi jackets and 3 pairs of Levi jeans — all size 5! In the end, Kim was "THE PERFECT GUEST" because (except for those long walks) she fasted correctly, she rested and slept (except for the Internet time) most of the time, she broke the fast correctly... and she saw me for who I am — The Wilderness Woman who has spent 10 years and every bit of my resources fixing up a safe haven for Health Seekers and who just asks for a little appreciation — and a little FUN!

Draw nigh to God, and he will draw nigh to you.

Cleanse your hands, ye sinners; and purify your hearts, ye double-minded. James 4:8.

THE KIM ANDREW'S STORY OF FASTING & PRAYER

Written from The Eagle's Nest the Night before Kim Took Wing

**Is not this the fast that I have chosen,
to loose the bands of wickedness, to undo the heavy burdens,
and to let the oppressed go free, and that ye break every yoke? Isaiah: 58: 6-7**

I was just 23. The most important decision I have ever made or will ever make was in the spring of 2009 when I gave my heart to The LORD Jesus Christ. My life changed in every way for the better from that moment on. Jesus began a work in me that left no detail of my life untouched. He set me free from drugs, alcohol, tobacco, depression, and in their place gave me love, joy, and a peace that passes understanding. Praise Him! As I searched His life-giving Word, I began to learn more of what it means to follow Jesus and that there is no detail too small in the life of His children to go unnoticed by Him. I also learned that my body was the purchase of His blood, purchased as a dwelling place for the Holy Spirit. *The Bible* in 1 Corinthians 6:19 says: "What? Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?" *The Bible* also says in 1 Corinthians 10:31: "Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God."



Although I had been set free from drugs, alcohol, tobacco, and depression that day in 2009, I knew that I was not taking good care of my body by eating too much and of the wrong kinds of food. Also, I was not taking enough time to rest and spend time with The Lord. My spiritual life was suffering as a result. I had known that I needed to make changes in my lifestyle for some time. And I had spent a considerable amount of time reading about nutrition, raw foods, health, and watching documentaries on the problems within the food system. All of the knowledge I was gaining pointed to one thing. I absolutely had to make changes in the way I was living. But even with all the knowledge I had acquired, there is quite a leap between knowing changes need to be made and actually allowing The Lord Jesus to work these changes in you. The cares of this life, the stresses, the deadlines, with the frenzied pace of modern living, they all have a way of taking over if the focus is not on the kingdom of God and seeking His righteousness first. Matthew 6:31-33 says: “Therefore take no thought, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘Wherewithal shall we be clothed?’ For after all these things do the Gentiles seek. For your heavenly Father knoweth that ye have need of all these things. But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.” I determined that I wanted to seek first the kingdom of God.

I had made attempts at change in the past, all of which were short-lived. The Lord convicted me that I needed a total rest, a time to seek Him with my whole heart, to learn His will and regain the health He desired me to have, without distraction or interruption. A fast on water-only was in order. I searched through many web pages and even spoke with some Natural Hygiene doctors, but none of it ever fit together quite right. The timing was always off, or the price was always way too high. For whatever reason, I just couldn’t quite connect the dots. Then, in my search, I came across Dr. Tosca Haag and sent her an e-mail. She told me she no longer had her retreat open but directed me to Victoria BidWell. I looked at the www.naturecurerawfoodhealthretreat.com website and decided to give Victoria a call. She was pleasant and very enthusiastic on the phone as she described a peaceful, little retreat in the woods. It was just what exactly I was looking for! I sought the Lord for His will to be done. And by His mighty power, in His perfect time, He put the details together for me. Six weeks later, Victoria BidWell drove up in her PT Cruiser, met me at the bus station in Burlington, Washington, with a smile, a big hug, and a big, delicious, fresh, Hygiene Homestead-made pineapple smoothie!

We arrived at Our Hygiene Homestead in The Woods after dark with the hundreds of tiny wilderness lights to greet us. Victoria gave me a tour of the charming, little house before showing me to “The Eagle’s Nest” where I would be spending the next 6 weeks. It was obvious that Victoria had put a lot of effort into making the little green house a home. There were charming hutches filled to the brim with beautiful and interesting dishes, antiques, and a kitchen that had every possible gadget you could dream of! The Eagle’s Nest was the best part. It was a quaint, little room — done in a country/western-theme with over-stuffed chairs, large mirrors, nature wall hangings, and complete with a tall electric-flaming fireplace and a like-sized, life-like eagle perched on its nest atop the mantle. I made myself right at home.

My fast on water-only began the following morning. I proceeded to hold up in my room like a well-fed brown bear during winter hibernation. In the early part of my fast, I did a lot of sleeping. My body was detoxing and getting much needed rest. As I got deeper into my 25 days of fasting, I began to experience the spiritual benefits I had been seeking. The clarity and solitude I was experiencing allowed me to draw close to The Lord and to hear His voice. When you shut out the world and all its varying demands, and draw closer to God, just as He has promised, He will draw closer to you. I began studying all of the texts in the Bible on fasting and was amazed that I found fasting so prominent throughout the entire Old and New Testaments! Victoria showed me “The Fasting Library” sectioned off in The Homestead Library when I arrived. Then, early in my fast, she handed me 2 “just for Kim” books on spiritual fasting. These I also found very helpful and inspiring.

Victoria came to visit me every day, mostly in the evenings. She comes into your room with a smile on her face, and she loves to have fun! I appreciated her thoughtful gifts and surprises and our short and long talks. After my fast, she made sure I had plenty of fresh fruits, vegetables, nuts, and seeds. I even had my own new, miniature frig in my room! On the final day of my stay, we visited a salad bar to share a beautiful meal in each others’ company. The best part of our last day together was finally meeting HighJoy — the beautiful, white, Arabian horse. No one could ever call herself “The Wilderness Woman” without a wild horse to ride. And HighJoy is just that: a cut-proud gelding who acts like a stallion with a mind of his own! He is quite the character and is a master performer if there is a snack involved. Overall, I had a wonderful fasting experience and am coming away a new person with a stronger relationship with my Lord and Savior Jesus Christ. A big “THANK YOU!” to Victoria and The HighJoy horse for making all of this possible! My stay would have cost \$6,000 anywhere else, and I would have had no Eagle’s Nest. But I paid less than half this amount to The Wilderness Woman and had such privacy in The Eagle’s Nest! I plan to return to my Nest. And in the meantime, The Wilderness Woman and High left me with a miniature Eagle: her wings spread out and about to take flight — just to remind me of my quiet time of fasting and prayer.

**But those who wait on the LORD shall renew their strength;
They shall mount up with wings like eagles,
They shall run and not be weary, They shall walk and not faint. Isaiah 40:31**

Rhonda — From 2 Pounds Gone in 6 Weeks to 25 Gone in 6 Weeks (What a Difference — From Dr. Fuhrman to Victoria BidWell — Makes!)

I am blessed to have been raised in a middle-class family in the Midwest. I was raised in a Christian home with 2 loving and supportive parents. I am one in the middle of 6 children. When I was young, often I took for granted my family structure. As I have grown, I have become deeply appreciative.

Two years ago, my Mom began to share that she was having major challenges in the care of my Sister, who had been diagnosed with multiple sclerosis. Mom began having challenges to her own health. Consequently, I began transitioning to the South to assist in the care of my Sister and Mom. I, along with my Sister and her family, moved to the South. Prior to my move, I had not seen my Sister for several years. Her condition had greatly deteriorated. The stress of care had its impact upon Mom. I was heartbroken. Consequently, I began identifying resources that could help our family manage the care of my Sister and stabilize my Mom. This process took 1 year and 3 months. My Sister's care involved managing her hospital stays, 6 physicians, 4 therapists, insurance carriers, long-term care facilities, and housing. The list continues. My mom's care involved oncology, senior living, and senior care. And that list continues.

Once I got them stabilized, I was a complete mess — physically and emotionally. I had gained 70 pounds. I knew I had been gaining. I simply did not have the strength to manage my own personal life while caring for my family. Finally, it was time to address my own needs. My first step was to identify a personal coach. This coach had me buy several books, and he placed me on the Dr. Fuhrman diet for 6 weeks. This diet was composed of 3 major meals each of 1 cup of lentils or beans along with a large, green, raw salad, plus 3 small snacks of raw fruits and raw nuts and seeds. I was to drink water throughout the day. I walked each day for 45 minutes and trained with the coach 2 days a week. During the whole 6 weeks, I lost 2 pounds. I was disgusted. I began looking for a better alternative.

I went to a bariatrician medical doctor, who specializes in the diagnosis and treatment of obesity and the other weight-related conditions. I took several tests, including blood tests. This confirmed I had a low thyroid, primarily due to overwhelming stress. He said that I would never lose the weight without correcting the thyroid. He wanted to put me on pharmaceutical medicine which I rejected. I believed I could find a natural alternative.

I searched for physicians who could give natural ways to heal and restore my thyroid. One took his own tests including blood work. He confirmed my low thyroid. He suggested that I begin a raw food program. This physician recommended I limit fruits and focus on vegetables, including sprouts. These along with kelp and dulse would assist the thyroid. He gave me a list of vegetables that inhibit thyroid stimulation. I was shocked to find the very vegetables like spinach or cabbage recommended by my previous coach would inhibit thyroid stimulation!

Since I had limited exposure to raw foods, I began searching the The Internet for retreats. I needed more help to be successful. One was the ROYL Retreat by Drs. Gregory & Tosca Haag

in consultation with the now retired and famous Dr. Vivian Vetrano. However, they were closed and redirected readers to contact “GetWell★StayWell, America!” In December, 2010, I initially called and spoke with Victoria BidWell. She explained her program and assured me: “I absolutely can help!”

Upon my arrival in April, Victoria picked me up from the bus station. We made a few stops in town and then proceeded to her private living space. When we drove up to Our HighJoy Homestead Headquarters, I was surprised! She lived with her horse! And to my amazement, he greeted Victoria with a kiss on the cheek! Victoria asked the horse to do tricks and rewarded him with raw foods of all kinds and flavors! After putting on a good show for us, HighJoy's attitude clearly said: “Enough Victoria! Give me my treat, please!” I translated this as his message to her. And we both had a good, long laugh! The fun had begun!

Next, Victoria brought me to my “Eagle's Nest” at Our Hygiene Homestead in The Woods. I had fasted on water-only in the past. I didn't want to fast here. However, Victoria practically begged me to do so “to jump start the weight-loss and gain momentum,” as she explained the weight-loss would be so encouraging, with many times the weight lost during the same number of days as on raw foods. At one point, I contemplated going home. After very serious talks with Victoria about reaching my goals and after some prayer, I decided to stay for the next 4 weeks. We refocused our energies on helping me maximize my weight loss in conjunction with a realistic, long-term plan. Victoria offered me a really low rate on top of my already low rates: I would buy my own food, prepare it, and clean up afterwards. I liked this idea. And we proceeded. At that time, I also had Alla and CoCo here, a mother and her 3-year old. Since Alla would be preparing their own food, except for Victoria's daily food preparation demonstrations, Alla, and CoCo and I were all on the out-of-the-ordinary plan of preparing our own meals. I sat in on all the recipe shows and joined in on all the tasting parties. At one point, after taking part in the hands-on meals, I actually confided in Victoria: “For awhile, I thought you really didn't know how to do raw food recipes!”

Victoria shared her wealth of knowledge on raw foods and their preparation. Most invaluable was learning that living on raw foods as a lifetime lifestyle could be so tasty! I have often heard many theories on food. The one that sticks out the most is “Eat to Live.” It implies that eating is mechanical and that taste is not important. Eating can be mechanical, but it should be enjoyable also! When I did the 6 weeks on raw foods promoted by Dr. Fuhrman, I hated the foods: they were tasteless and boring! Victoria made raw food tasty and fun! VERY FUN! One of the things I enjoyed most was watching the ease with which Victoria would waltz into her well-equipped, well-stocked, little kitchen and use such simple appliances and tools to prepare really wonderful-tasting, eye-appealing, entertaining meals! I can now clearly see how easy and fun it will be to integrate healthier, Natural Hygiene foods into my overall eating plan!

MY HAPPY SUMMARY OF MY SPRING, 2011, VISIT TO OUR HYGIENE HOMESTEAD:

My first two weeks were fasting on water only: 19 pounds down

My next two weeks included eating 80% raw fruits and vegetables: 4 pounds down

My fifth week included juice dieting on fruits and vegetables: 1.5 pounds down

My last week included whole foods and a trip to a salad bar: .5 pounds down

My first day of eating, I went on a very long walk with Alla and CoCo. This was not what Victoria had in mind. But I went, anyway. And by my description and body language when I told Victoria what I had done, she was horrified! I was paying the price for the months of sedentary living, on top of breaking the fast incorrectly on a very long walk. Victoria cried out: “You pushed yourself like those people on *The Biggest Loser!* I can’t believe you did that! We were all laughing at my comically and clearly expressed agony! After that day, Alla and CoCo and I or myself alone went on very long walks — sometimes up to 4 hours. I put my heart and soul into these agonizing walks, “waking up muscle groups from a long slumber,” as Victoria had put it. I also spent time on the mini-trampoline nearly every day. Basically, I had followed the program in Victoria’s big book with “Before” and “After” pictures of 26 successful fasters who lost weight, then lived right: *The Natural Weight-Loss System*. I had fasted, stayed all-raw up until the end, and exercised — a lot. I lost a total of 25 pounds in these 6 weeks as compared to 2 pounds on Dr. Fuhrman’s regime in those 6 weeks. Just an aside: Victoria is probably the only Natural Hygiene Health Director of any retreat who picks you up by taking you to juice bar and encouraging you to “have whatever your heart desires” and then drops you off by taking you to a salad bar and inviting you to do the same!

MOVING FORWARD: Based upon my own observations, whether I eat raw foods, whole foods, or do juice dieting which includes fruit, my weight loss will be minimal as a result of the thyroid situation, until it normalizes. This realization has helped me better understand and accept the sometimes slow progress and resolve and direct my efforts toward my continued weight loss and improved health. I will be methodical and patient while my healing begun during the fast at Our Homestead continues. My initial plans are to continue juice dieting for 3 days – Monday, Tuesday, and Wednesday — and to eat 70 - 75% raw vegetables on the other 4 days – Thursday, Friday, Saturday, and Sunday — until I have reached my optimal weight. I do not even want to aspire to eat “all-raw.”

THE HIGHLIGHTS OF WHAT I HAVE LEARNED AT OUR HYGIENE HOMESTEAD IN THE WOODS:

- 1) I have found a Natural Hygiene program that actually does work for me with enough progress to be pleased and not disgusted with my own “easy-does-it” plan.
- 2) I have addressed my thyroid and can get the iodine I need by juicing iodine-rich vegetables and fresh sprouts and by eating the sea vegetables such as kelp and dulce until I am at my optimal weight.
- 3) I need to follow the guidelines of *The Natural Weight-Loss System* — and especially limit fruits.
- 4) I need to minimize animal protein and dairy.
- 5) I want to adjust my eating with 70 - 75% raw foods, after getting back to my optimal weight.
- 6) I want to incorporate the walking and trampoline time done here as a part of my ideal exercise plan.
- 7) I need to... ENJOY EATING HEALTHY!

As I reflect back on my time at Our Hygiene Homestead in The Woods, I will ponder some of the most memorable moments, like my trip with Victoria, Alla, and CoCo in the PT Cruiser, on the North Cascades Highway to Eastern Washington’s cowboy town of Winthrop. The view was breathtaking!

I WILL REMEMBER VICTORIA...

- An extremely resourceful teacher of Correct Natural Hygiene who touched me during my life’s journey...
- Out-of-the-ordinary, not your regular, stand-offish health director • Highly educated • Strong-willed • Gentle
- Choosing to live out of the mainstream and in touch with nature and animals — and the wilds, instead!
- The Wilderness Woman who heats with wood only, sleeps under real fur blankets on especially cold nights and who lives with a highly entertaining horse for company!

3 MONTHS LATER, I WROTE TO VICTORIA... “...have continued to lose another 15 pounds since leaving Our Homestead this summer... am making harvests of sprouts and enjoying them. THANK YOU! Rhonda”



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 SHUT DOWN —
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!

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

VICTORIA! PLEASE SEND ME 1 EACH OF THE DVD VIDEOS AS CIRCLED ABOVE.

TOTAL #____ OF INDIVIDUAL DVDS ORDERED X \$13 EACH = \$ _____

TOTAL #____ OF FULL SETS OF 30 DVDS ORDERED X \$300 EACH SET = \$ _____

NAME _____ TOTAL ENCLOSED: \$ _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

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



#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 & pumpkin seeds • cashews • 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	# _____	\$ _____

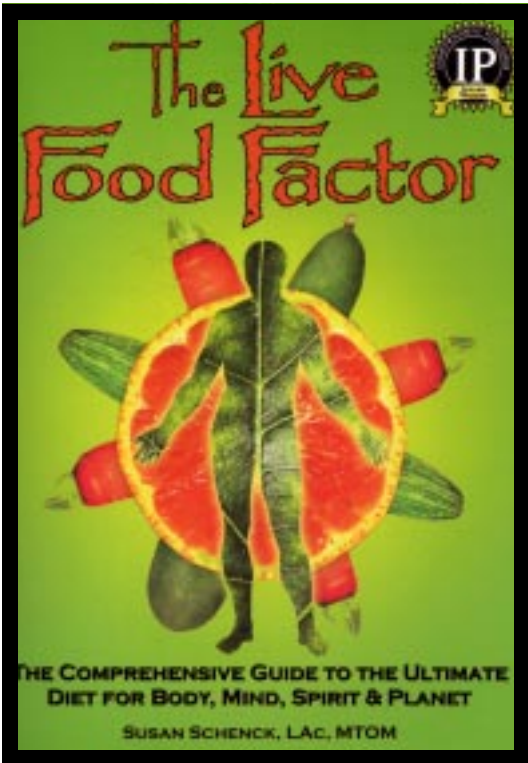


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PLEASE ADD \$7 POSTAGE FOR ALL ORDERS UNDER \$44.**

THANK YOU!



NAME _____ GRANDTOTAL: \$ _____
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ANNOUNCING...

☺ The 3rd Edition of...
The E-Live Food Factor Book — The Comprehensive Guide to the Ultimate Diet for Body, Mind, Spirit & Planet by Susan Schenck with Victoria BidWell • 700 pages • \$34 in hard-copy, postpaid
The Live Food Factor E-Book Package...
 + 9 Correct Natural Hygiene Recipe E-Books + 7 Fun Hard-Copy Helpers!
All 17 Items — Just \$70!

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

- ☺ *The 4-Book Garden of Eden Series: Spring & Summer Menus, Fall & Winter Menus, GetWell Recipes & Happy HolyDays Menus* by Victoria BidWell • \$30 in hard-copy
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- ☺ *Simply Good — 125 Recipes & More!* by Dr. Goldhamer • \$8 in hard-copy
- ☺ *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
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- ☺ *GetWell★StayWell Affirmations for Americans!* • \$14 ☺ *Achieving Wellness by Fasting* DVD • \$13
- ☺ *The New Food Combining Placemat/Chart* • 2-sided teachings & in color & plastic laminated from Our 3 Texas Doctors: 14 Food Combining Rules distilled to 3 for those already in good health • \$12

YES! VICTORIA & SUSAN! As you have listed above, I do want to get “*The Live Food Factor E-Book Package + 9 Natural Hygiene Recipe E-Books + 7 Hard-Copy Helpers!*” I enclose \$70 for this Package to include all of the above — all postpaid = # OF SETS ORDERED = # _____.

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Send none of The 7 Fun Hard-Copy Helpers. Send me # _____ *Live Food Factor E-Books* with the 9 Natural Hygiene Correct Recipe E-Books” on each DVD for \$30 each postpaid = \$ _____.

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