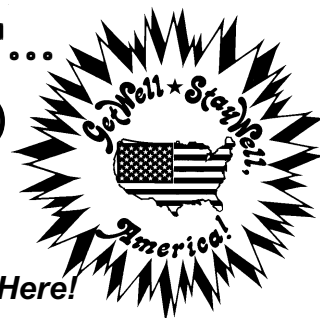


WHAT IS SO VERY, VERY SPECIAL ABOUT...

OUR HYGIENE HOMESTEAD IN THE WOODS?






-  **The Correct Natural Hygiene Fast & 10 Energy Enhancers Practiced Here!**
-  **Compared to Others' \$1,200 a Week & Much More, The \$500 & Even Less Rated Here!**
-  **The Charming, Rustic Elegance & Private Wilderness Homestead 1/2 Acre Enjoyed Here!**

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*Our Hygiene Homestead in The Woods —
A Correct Natural Hygiene Retreat for The Global Health Seeker*

WRITE: *Victoria BidWell* at *GetWell * StayWell, America!*

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Your Virtual Tour of Our Hygiene Homestead in The Woods



From: Victoria BidWell • Founder & Director

GetWell★StayWell, America!

Headquarters: Our HighJoy Homestead

Guesthouse: Our Hygiene Homestead in The Woods

Mailing Address: Box 558, Concrete, Washington 98237

Phone: (360) 853 - 7048

Our long-standing website: www.getwellstaywellamerica.com

Our new & very fun website: www.4livefoodfactorfriends.com

Our upcoming & merciful website: www.health4thebillions.com



REMEMBER: HIGHJOY & I ARE PULLIN' FOR YA'LL!

WE'RE ALL IN THIS TOGETHER!

GOD BLESS YOU! AND STAY WELL!

Victoria & HighJoy! (aka: "The Wilderness Woman & High!")

CHOOSE LIFE! DO RIGHT!

FAST CORRECTLY! THEN, EAT LIVE!

AND GET HIGH ON HEALTH!



DEER HEALTH SEEKERS!

This e-letter is to all Health Seekers who are interested in doing The Correct Natural Hygiene Fast — with my assistance — at Our Hygiene Homestead in The Woods located in The Cascade Mountains of Western Washington State. But this e-letter goes especially to all of you who recently purchased The Live Food Factor book and have joined up with our now 700 livefoodfactorfriends.

I still do not have the pictures ready. But I will have the following up and many stories before I redo it with the pictures. “The Grand Opening of Our Hygiene Homestead in The Woods on The Internet” will be when I first put up the following, with the 40 pictures of the most photogenic spots on the property, with the many stories of GetWell Friends who have visited during my years previously and now livefoodfactorfriends who have visited just recently. When this Grand Opening takes place is when I envision taking reservations months and months in advance — especially at my merciful rates! But for you — for now — the \$350 a week rates stand until mid-October — that is when my heating bill goes up and rates go up, too!

To learn much more about taking The Correct Natural Hygiene Fast, just review my teachings, edited by Dr. Vetrano, in The Live Food Factor chapters. See #4: “A Paradigm Shift in How We View Disease and Health, Chapter #14: “Healing and Detoxification,” and Chapter #15: “The Fasting Factor.”



The Many Unique Features of Our Hygiene Homestead in The Woods

- A double-gated, 6-7 foot high & solid board cedar fence for a "complete rest" sanctuary setting
- The perfect setting to take yourself on The Correct Natural Hygiene Fast with Victoria's assistance
- Counseling with alternative health care doctors and other specialists available
- A kitchen completely empty of stored food while you are fasting
- Sleeping til noon & taking naps throughout the day without being awakened by anyone for anything
- 1 private “Howling Wolves Themed” room overlooking the woods & with a small, electric-flame fireplace
- 1 private “Western Pleasure Themed” room looking to the woods & with a huge, electric-flame fireplace
- A large, lovely takes-2 “Forest Themed” upstairs bedroom with desk & round table for study or play
- All rooms throughout completely renewed from ceiling to walls to floors
- An old-fashioned, metal & enameled, deep bathtub for deep, daily relaxation
- Beds available that elevate the feet &/or provide gentle massage
- Audio tape & compact disc players with headphones at every bedside for Natural Hygiene lectures
- Our Homestead Library building with over 2,000 individual book/magazine/video/tape/CD titles
- Friendly, electric-flame fireplace/heaters in both The Homestead Library & the main house living room
- An unlimited long-distance phone for personal use to The States and Canada
- DSL Internet hook-ups in each bedroom to use with personal laptop computers
- Televisions for watching VCR & DVD videos on Natural Hygiene lectures & documentaries
- No junk TV available in our wilderness setting
- No cable & no satellite TV going day & night to divert attention away from your resting & healing
- A collection of Hollywood movies with Natural Hygiene messages to inspire personal growth
- The GetWell★StayWell, America! Book Store up the Skagit River at The HighJoy Homestead
- A covered, carpeted wilderness back deck with lights & comfy couches, pillows, blankets & stools
- A back deck friendly, electric campfire, complete with crackling logs and flickering flames
- 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 eating & a desk for outdoor use
- A grassy, mossy, user-friendly one-half acre lawn for bare-footing & getting “in touch” with nature

- Sturdy, lay-back lawn lounges with comfy cushions for relaxing in various positions
- A custom-made picnic table with a marble top inhabited by an armadillo statue named “Shelton”
- A Dances with Wolves-sized, open campfire pit to seat several or just 1
- Peace & quiet from morning through night to enjoy, with rural life & nature sounds only to be heard
- A birdwatching haven for viewing our feathered friends who fly in and out all day long
- Binoculars to watch the bird show and spy on the squirrels and any other visitors, like our raccoons
- Mild Western Washington Cascade Mountain temperatures & nature’s beauty & animals everywhere
- No wet & sticky humidity & never too hot & never too cold
- No flesh-eating insects & no poisonous snakes to be found here
- Fresh, pure, invigorating air: nonstop oxygenated by greenery from surrounding mountains & valleys
- Starry, starry skies on the cloudless, clear nights
- Hands-on, feel-good massage given by Victoria while you relax on a professional massage table
- A massage lounge recliner for mild, passive, lymphatic exercise & pleasant relaxation
- Both large & standard-sized BodySlants for antigravity relaxation and gentle, heels-up exercise
- The Needak rebounder mini-trampoline for more antigravity exercise
- Exercise mats for stretching & other ground uses
- A standard bench press set-up with a bar & weights for basic weight-training exercise
- A long driveway on the fenced premises for mild walking &/or jogging exercise
- Charming community back roads & trails for walking adventures just outside the gates
- Endless exercise adventures by car in nearby national & state parks & forests
- Year-round hiking & summer, fresh-lake swimming just minutes away in every direction by car
- The sawed-off “Bronco II Buckboard” for open-air, warm-weather travel on wilderness outings
- A bald eagle sanctuary with these grand birds soaring high to amaze you
- Small herds of protected elk roaming the Concrete area and curious to watch you
- DEER stepping from thickets to roads or seen in fields to remind you that you are... “DEER Friends!”
- Individualized help on how to best live The 10 Energy Enhancers for your personal improvement:
 - Scripturally correct counseling on health & happiness, when requested
 - Secular counseling on health & happiness when Scripture is not wanted
 - Endless high joy exercises & assignments for an attitude adjustment, if requested
- Your special needs discussed with Victoria & special rates set according to your special needs.



We enjoy so much more!

But you get the idea!

We're in Concrete Heaven up here!

You are invited to share the blessings

at Our Hygiene Homestead in The Woods!

Health Seekers are invited to visit for an hour or a year!



Next, in making your decision to visit and then in preparing for your visit, please consider the following 2 areas of concern.

First, you should know this about coming as a guest to Our Homestead:

#1... I do not take the very, very seriously ill guest who absolutely needs to be a patient under a doctor's supervision and who needs 24-hour care. Such a person in chronic disease should expect to pay upwards of \$1,000 - \$1,200 a week or more for that. One in this situation should contact Dr. David Scott and/or Dr. Alan Goldhamer for their fine services.

#2... I am fully able to provide a spectacularly cozy and delightful place for you to fast that goes beyond anything you can get anywhere else in a number of directions, at home or abroad. Here, I provide assistance and not supervision for “a tune-up fast” that you take yourself on. If you choose to go off medication, that is your decision to make. Use of the term “assistance” rather than “supervision” frees me of illegalities. I have seen directors shut down, taken to court for months or years at a time, and lose everything by being found guilty of practicing medicine without a license by “supervising a fast.” But in the United States today, there is nothing illegal about a person choosing to take oneself on a fast and paying rent and maid service while residing. Accordingly, I do not perform doctor services: I do not take blood pressure, I do not take blood tests, I do not recommend that you go off medications. What I do is rent to you a spot at my place for you to take yourself on a fast, and I provide for you all The 10 Energy Enhancers and Correct Natural Hygiene Education where you live...

The 10 Energy Enhancers

- 1. A Spectacularly Clean Facility for You to Fast while You Seek Internal Cleanliness**
- 2. Pure Air**
- 3. Pure Water**
- 4. Adequate Rest & Sleep**
- 5. The Ideal Diet of Fresh, Raw Fruits & Veggies, Nuts & Seeds & Sprouts upon Your Request, Served Whole or Juiced or Worked into Recipes**
- 6. Right Temperatures**
- 7. Adequate Sunlight**
- 8. Regular Exercise**
- 9. Emotional Balance: Freedom from Addictions, High Self-esteem, Meaningful Goals**
- 10. Nurturing Relationships**

Second, if you make the decision to visit, whether for fasting or juice dieting or just enjoying The Natural Hygiene Diet, properly prepared, in a natural setting, you should know these further requirements, rates, travel details, packing tips:

• 1ST REQUIREMENT: First, there is a \$35 GetWell*StayWell, America! Membership that gets you the great rates and on my Mailing List whereby you hear from me with 4 big mailings a year through the United States Postal Service.

• **2 - 3 MORE REQUIREMENTS:** To save me hours and hours of explaining Natural Hygiene to you, I simply ask that you have these 3 books or order these 3 books directly from me if you do not have them (and read through them, preferably, ideally, before you come):

#1. 2 BOOKS IN 1: The Health Seekers' YearBook

with THE BEST of Common Health Sense

#2. The Live Food Factor: The Comprehensive Guide to the Ultimate Diet

#3. Dr. Shelton's Volume III of The Hygienic System:

Fasting and Sunbathing. (This book is not required if you are not going to fast.)

• **STANDARD RATES = \$500 A WEEK:** Presently, my rates are rolled back to 1986 rates = only \$350 a week until the heating costs go up in November. I do not have the high overhead of an large institute run by doctors and a full staff and pricey advertising bills. Just my cleaning lady and handyman and I are able to keep Our Homestead in fabulous working order and totally, beautifully maintained. At GetWell★StayWell, America! — my funds come in from many directions: book sales from The GetWell★StayWell, America BookList, Great & Yummy Edibles Sales, Happy Hygienic Home Products Sales, donations, USANA nutraceutical commissions, Our Hygiene Homestead in The Woods income, phone counseling, editing of Natural Hygiene materials and free-lance editing, Live Food Factor royalties, special requests from Health Seekers, and from numerous other ways.

My rates are merciful on the pocketbook because I understand that only the wealthy can afford \$1,000 - \$1,200 a week. I have a heart for the working man and woman and for those on limited or fixed incomes who are not rich, who are not deathbed-ill, but who are in need of a safe place to rest, revitalize, detox, and heal and who need assistance to these ends.

We have “wilderness luxury” at Our Hygiene Homestead in The Woods! But there are no added expenses for this luxury. In fact, there are no other expenses whatsoever, beyond the set rate for your stay, unless you make requests beyond what I provide as laid out in the foregoing description. Nearly everyone who visits does spend some with me for books, edibles, and other items; but this is always his or her choice. (One man from Canada went home with a footlocker trunkful of the seasonings, for example, to avoid mail-order shipping costs later!) I have no hidden costs. (You do not pay for \$2 a batch for laundry or \$2 a box for tissue paper, for examples.) Once you see my bookstore, once you check out the huge savings on low-cost products, once you taste my Great & Yummy Edibles, if you want “feel-good massages” or if you want to go on special outings where I request you fill the gas tank, these are all extra and all your choice above and beyond the merciful, affordable rates!

Because my rates are so low compared to the going rate of \$1,000 - \$1,200 a week or more and because I do expect bookings months in advance once Our Hygiene Homestead in The Woods gets globalized and Our Hygiene Homestead Pictorial Tour gets on the Internet, I do ask for the full amount of your stay upfront to reserve your spot. This saves me wasted phone time discussing endlessly possible visits from the curious but not serious. Doing so separates true Health Seekers from occasional shoppers. And it saves me from making reservations and holding spots for occasional shoppers who never do really intend to come.

• **TRAVEL DETAILS:** If you fly, you will come into the Seattle-Tacoma Airport. Then you will take the Bellaire Airporter Shuttle Bus to Burlington, Washington, where I will pick you up. The buses are new and very, very comfortable. They make the trip with only 2 quick stops. And they cost only \$50 — far less to travel than I could begin to drive to Seattle to get you for! They travel at almost all hours of the night and day. And I want you to make your ticket for whatever hour is best for you and your pocketbook. I am a bit of a night owl myself and do not mind traveling in the dark of night if that is best for you and/or your pocketbook! The new moon or full moon drive into our wilderness is as spectacular as the sunny drive! The Airporter Shuttle phone is: (866) 235 - 5247. The Internet address is airporter.com.

I ask \$50 for the 2 round-trips traveling from Burlington to Concrete to pick you up and from Concrete to Burlington to take you back. If you want me to make the 2-round-trips traveling from the Seattle-Tacoma Airport to pick you up and to return you, I ask \$100 for those two 100-mile round trips.

• **PACKING TIPS:** THIS IS THE WILDERNESS! You can leave it all behind, as far as I am concerned! I wear no jewelry, no make-up, no fashion designer clothes. I use no hair dye or hair spray. Please, bring no perfumes or colognes. Just bring what you would for any trip to the Temperate Zone of America! Bring a bathrobe, for sure. Bring 1 or more pajamas. Bring 2 or 3 sets of lounging-around, casual clothes. Bring slippers and warm socks to keep your feet warm: feet tend to feel cold during a fast. Also, know that I have a good washer and dryer and that I have a 2-day and not same day or next-day turn-around. And I do keep travel toiletries on hand, but I encourage you to bring your own.

Check the weather station on the Internet for what is happening in Concrete, Washington! All you need is my Zip Code: 98237. If it is fall or winter, bring waterproof footwear and a warm jacket. Bring comfy shoes for taking a walk no matter what the season. Bring sun-bathing wear for spring, summer, and fall. Summers go into the 90s for a few weeks. Winters go into the teens for 2 weeks or just a few days. All the seasons are spectacular here in The Cascade Mountains! Winter is a great time to fast: rest and sleep til noon, get up during the few hours of daylight, hibernate some more like the bears, and wait for spring!

Many guests nowadays are bringing their laptops. I do have DSL modems for your laptops. Presently, I have just 1 phone number for the house. I encourage you to minimize computers or phones while you are here so that you can maximize time for revitalizing and healing.

If you have a “favorite anything,” bring it! But I do have all the towels, pillows, linens, blankets, and everything else favorite you might want! If I don't have it, then I go and get it! If these “PACKING TIPS” do not answer your situation directly, just let me know!

• **EVERYTHING ELSE:** We discuss anything else on the telephone or the Internet. The only way to determine if you are a good candidate to make great use of Our Homestead is for us to talk. So, if you have questions not answered herein, we talk! I have attempted to cover everything. But I do welcome any questions you may have. Please call me at (360) 853 - 7048.



DIRECTIONS TO... THE HIGHJOY HOMESTEAD

**The Headquarters for... GetWell★StayWell, America!
& Where The HighJoy Horse & I Live!**



Most all guests fly to the Seattle-Tacoma Airport (Sea-Tac) and take the Airporter Shuttle Bus to Burlington, Washington. With your dedicated shopping on The Internet, you can find a round-trip ticket from just about anywhere within the continental United States to Sea-Tac for about \$200 round trip. I will be picking you up at the newly constructed Burlington Airporter Shuttle Bus Station.

But for those of you who will be driving, any road map to Concrete, Washington, will get you on the right road. From Interstate 5, you head east on Hiway 20 through Burlington. You will go through Burlington, Sedro Woolley, Lyman, and Hamilton. The last stoplight is in Sedro Woolley. Upon passing through it, you get the distinct feeling you are heading into the wilds! Lyman and Hamilton are not even on Hiway 20, so you will just see signs that these little towns exist but hardly any signs of them! The actual town of Concrete is about 20 miles from Burlington. But to get to The HighJoy Homestead, you will not go into Concrete. I will sightsee the town and surrounding area with you the day after you arrive, if you like.

As you approach the town of Concrete, to the left, you will see a little shopping center with our only grocery store — The Red Apple — and a number of small businesses clustered. Keep driving about 1 mile. You will turn right on the Concrete Sauk Valley Road, just before West Valley Realty. NOW! You are almost here! Go over the river and through the woods! After turning, and in about a mile, you will cross a big, green bridge with the big, green Skagit River flowing below. Immediately after crossing this bridge, you have no choice but to go either left or right. To the right is Our Hygiene Homestead in The Woods. To the left is Our HighJoy Homestead. Go left. Once I show you The GetWell★StayWell, America! Headquarters, once you meet HighJoy, once we have a fresh juice and relax and get to know each other a little, I take you over to Our Hygiene Homestead in The Woods.

After turning left, go about 2 miles and be on the lookout for a 3 foot high sign on the left with carved wording: "Cedargrove." Turn left. Drive 1/4 mile to Baker Loop Road. Turn left. Go 1/4 mile to 46341. Turn left into the driveway, park, and come on up the red stone walkway. HighJoy will probably holler to announce that you are approaching before I even know you are here! WE CAN HARDLY WAIT!



GetWell Friend John Bardaro

Visits Our Hygiene Homestead: “Don’t Be Wary! Be Aware!”

I am writing this letter of gratitude on July 1st, 2004, from the little veranda of the home where I have lived for the last 8 days at God's Guest House (in 2006, named “Our Hygiene Homestead in The Woods”), directed by Victoria BidWell. From this vantage, one sees GREEN LIFE EVERYWHERE! Bushes, plants, small evergreens, and large evergreens that absolutely touch the sky! The front grounds are secluded and privatized by natural wood and barrel fences 6 feet high at both sides of the property and in front by 10 foot tall, young “arbor vitae” trees, as I am told. In the foreground, beyond this “God’s Little Half-Acre,” one views all sorts of stately, green trees, and off into the distance, the majestic green Cascade Mountains. Inside the sanctuary, one dwells amongst an art collection, with a Nature Lover’s theme and reminders everywhere that The Lord has His Hand in this property and its purposes. The colorful setting for rest and relaxation is truly a museum of art. The setting is quiet. The inside of the house is conducive to Rest and Sleep. All is poised for the enjoyment of peace of mind and body. Only a truly neurotic person determined not to make any improvements whatsoever could make oneself unhappy here!

But if one has rest and healing in mind, the care and attention one receives here is beyond reproach. Personal counseling from one of the best in The Natural Hygiene Movement is extreme. Victoria is knowledgeable about all facets of health care and nutrition. And she is a personal teacher par excellence! For my diet here, I have enjoyed all sorts of proper combinations of fruit and vegetable juices and beverages. Victoria and I even had a Juice Tasting Party one afternoon, during which we imbibed in 5 different vegetable juices, served on the back deck in elegant, little, golden and crystal glasses with cloth napkins, no less! I requested The Fresh Juice Diet before arriving. And Victoria was prepared! She served me gourmet delicacies all the way: smoothies, straight juices, juice combinations, and nut-based beverages.

I have learned a great deal here that I can bring home with me: how to undergo an attitude adjustment and how to restructure my life for the rest and peace to revitalize my nervous system after a career of teaching college students, and basically, how to conserve my Nerve Energy so that I may lead “A True Natural Hygiene Life!” More Rest & Sleep are crucial! Obviously, I recommend Victoria BidWell’s GetWell★ StayWell Sanctuary without reservation. If health, peace, and rest are your goals, there is no finer place on God’s Earth to find those priceless commodities than at God’s Guest House! And the price you pay, “by donation for GetWell Friends” is truly a bargain!

Victoria recently sent me nearly 20 years of Dr. Shelton’s *HYGIENIC REVIEWS*. I have been studying them, learning so much and receiving so much inspiration! When she asked if I would find a fitting and representative article by Dr. Shelton with which to end this 2 BOOKS IN 1 for all of you, I was honored. Today, I wish to close this “BEST BOOK” with a “THANK YOU!” to Dr. Shelton, to T.C. Fry, to Victoria, for their efforts, to ALL of You for supporting the creation of this book.

VICTORIA’S NOTES: DON’T BE WARY! BE AWARE! The Teacher always learns more than the student! John Bardaro knows this, himself! After a career with the military in his youth, he received a Ph.D. in Economics and has been teaching college students in San Francisco. And you can be sure that every student left his class with a basic understanding of Natural Hygiene as “The Superlative, Alternative Health Care System!” Since GetWell★StayWell, America! opened shop in 1986, at least twice a year, John has ordered a big box of Hygiene literature in quantity, mostly smaller, T.C. Fry booklets, to hand out to his students. You can be sure that he weaved Natural Hygiene into his economic teachings. In performing these acts of dedication, John has strengthened his Hygienic lifestyle. Just talking with him last week, he boomed out over the phone: “NATURAL HYGIENE IS THE ONLY WAY TO GO!” John’s students may have been introduced to Hygiene; but in John’s efforts, he was strengthening his resolve to live Hygienically and became passionate, wanting to help as many as possible.

As gratifying as teaching is, it is also extremely demanding. I recently encouraged Dr. John Bardaro to



take his retirement, catch up on some Rest & Sleep, play a lot of tennis and chess, and do some of the many things a full-time teaching career does not allow. It was wonderful to see John in June and to thank him in person for all he has done to support The Great American Health Revolution, now turned into a Health Crusade — since 1983! Actually, we could all be saying: “THANK YOU SOOOOO MUCH!” to John. He was the first GetWell Friend to send “**HELP!**” when I put out my “THIS IS IT!” mailing in 1999. His contributions, sometimes every month, have kept me going. I would not have made it here today without John’s support. His first contribution to GOD’S GUEST HOUSE purchased the brand-new set of colorful dishes, painted with strawberries, plums, and grapes. He even made my first house payment, as a celebration! And when you visit, you will ride in a clean, little Bronco passenger truck that John helped with. And John never asked for anything in return. John’s story includes having his life saved by finding Natural Hygiene: in his youth, he was taken ill and given the miracle drug at the time — cortisone — only to get worse and to be told by the doctors to get ready to make his Maker! John fasted at Dr. Shelton’s Health School. And from then on, became both a student and a teacher of Hygiene.

One of the lessons John taught me during his June visit is summarized in: “DON’T BE WARY! BE AWARE!” Just 4 words. But power-packed. To “BE WARY” means there is fear; and The Flight or Fight Response is rampant in the neurophysiology. Fear can stop rational thinking. Extreme fear can induce paranoia. Wild fear can cause people to see dreadful things that are not even there and to think frightening thoughts based on unrealities. On the other hand, to “BE AWARE” is to be grounded in reality and rational thoughts and a smooth running neurophysiology. The Flight or Fight response is not activated in mind and body. PEACE and CALM and even LOVE are the overriding mind and body modes when one is BEING AWARE. I have made a big deal about charting out The Flight or Fight Response for you, time and again. Recall, you have seen it provided every time I have talked about “stress” and “Emotional Balance.” It is a mighty lesson in just these 4 words: “DON’T BE WARY! BE AWARE!” Now, let me share with you some tragic “STORIES OF WARINESS, INSTEAD OF AWARENESS”:

#1 John’s Dear Friend Marion always listened to John and practiced some of The Hygiene. But she harbored The Fear-Based Medical Mentality, deep inside, all the while. She found a patch of skin not quite right and went in to have the doctor look at it. He biopsied and diagnosed and intimidated Marion. It was cancer. Relatives pushed her to doctors. She had no symptoms, at all. Within 8 weeks of chemotherapy, she was dead.

#2 GetWell Friend Janet was leading the perfect life in her early 80’s: a wonderful husband, a wonderful family, a horse-ranch even, and financial prosperity beyond most imaginations! I had known Janet since 1983, had met her at the California Health Sanctuary where I had met John. Janet lived the Hygiene well. Had fasted numerous times. Her husband agreed with the philosophy. One evening, he had mild pain in his chest. They went to the hospital. With hours, he had been killed due to a clear-case of malpractice. The doctors did not dispute. Janet did not file suit. She had no need of more money. She was not confrontational. She let it go.

#3 My Highschool Friend Claudia (You have heard me call her “Veronica” in her own great story of getting well on Hygiene.) married young, back in the 60s, to a man named “Woody.” He liked his drugs and liked shooting animals, too. One day he shot himself in the foot. The doctor asked if he wanted local anesthetic or to be put under. Fearing the pain of a local, Woody opted for a doctor-endorsed trip. Woody’s last words: “I’ll take the drugs. What the hell. It won’t kill me!” Veronica collected insurance for her and her boy for years.

#4 Veronica’s cousin Ida had been very overweight all her life. Her greatest fear was that she would finish her life out of control with food and fat both, she opted to have her stomach stapled. Her last, living, conscious act was to check herself into the hospital and be put under anesthetic by an incompetent. Her greatest fear had come true: an over-sized casket had to be made.

#5 GetWell Friend Peter, refusing to acknowledge that... “Time Marches On!” — and fearing to admit to himself that... “The old, gray guy, he ain’t what he used to be!” fell prey to what I call: “The God Complex.” The attitude that you can do anything, that anything you did in your youth, you can do after... “Time Marched On.” He attempted to lift something so heavy that spine damage has left him in chronic pain for ever after.



Victoria's Note:

In 2006, I changed the name of God's Guest House to "Our Hygiene Homestead in The Woods."

2003: THE TAMING OF THE SHREWS!

— AS TOLD BY CINDY —

("The Shrews" Being #1... a Wildly Out-of-Control Eating Disorder & #2... a Wildly Controlling Husband!)

Victoria just called from The HighJoy Homestead with my menu for my first meal: Washington strawberries, raspberries, and blackberries on a bed of lettuce with diced avocado and celery. As I sit here on the front porch of GOD'S GUEST HOUSE, waiting for Victoria to bring me this "lovely lunch," I am reflecting on the past 2 weeks here. Tears fill my eyes. This has been "A Dream Come True" for me that I am now just coming to truly appreciate. I am happy to reach all of you GetWell Friends today, in this letter. I do believe my story will help strengthen your walk with Hygiene and with The Lord!

I came to know Victoria in February, 2003. I found her ad in *Living Nutrition* and was looking for a certain book. I never got that book. What I needed was her expertise in Natural Hygiene and in dealing with impossible men! I was miserable. I was filled with self-pity. I was weak. I was hating myself. I was hating my body. I was hating my life. I was ungrateful. And it all showed up in my eating. I was desperate. I binged almost daily, usually on SAD food, spending a small fortune (\$4 here, \$7 there, \$12 at another junk food place) on cream cheese bagels, breads, ice cream, pastries, pasta, pizza, cookies, donuts, Chinese rice noodles, candy bars, cream pies, waffles, pancakes... and anything else I just plain wanted! I was rebelling! On a better day, I would start with Ideal Foods, eat a few True Transition Foods, and then move on to SAD foods and eat so much that I could not function!

I have my own electrolysis business. And before I met Victoria, I was neglecting my business and could barely keep it going. I put in long hours at work. Always, on my "bingedays," which were many, my late afternoon and evening clients always commented immediately: "You look so tired." I was falling asleep on my clients. I was losing hope. I had gone into brief counseling with Dr. Vetrano, who mainly suggested that I do a short fast on my own or that I do juices and that I get to bed early. That last piece of advice helped save me. Then, enter Victoria!

She stated the stark truth: "You are missing 'THE JOY BOAT.' You are needing joy and gratitude in your life — and in huge doses. You are self-absorbed with misery. You have a full-blown eating disorder. On top of your own issues, the way you are choosing to deal with this toxic relationship with your husband Charlie is killing you off! You are the victim of severe verbal and nonverbal abuse! You exhibit 'The Classic Battered Woman Syndrome' — without the bruises and broken bones! You are paralyzed. You are dying, physically, emotionally, and spiritually!" Victoria does not mince words! I realized that my situation was even worse than I had let myself be aware of. But hope was now in sight. "All of your problems," Victoria assured me, have Scriptural, Hygienic solutions. You have to get some hopeful, grateful, joyful brain chemistry going — NOW!"

I began daily counseling with Victoria over the telephone. She helped me to see and deal with so many painful issues in my life. Her financial advise alone has saved me thousands of dollars! From this little front porch, I now see... I was eating, eating, eating. Food was my only comfort, my only relief, my only escape. And how my husband Charlie and I interacted only made it worse.



I wanted “A NEW START IN LIFE!” Victoria and I agreed that my 60th birthday would be the start of A NEW LIFE! My private birthday present was to deliver “CINDY’S EMANCIPATION PROCLAMATION!” to my husband — I formally delivered, via a long list of situations we used to be in, that I refused to be afraid of him any longer! I would visit Victoria and go on a real fast, retreat, and rest. I was becoming more and more aware of how deeply tired I was. WELL, HERE I AM TODAY! HAPPY! HAPPY! HAPPY! No way, could I have received the deep rest and care and love that I so desperately needed. I have never fasted on my own successfully. Once in awhile, after a binge, I would not eat for 24 hours or even 36, but would always binge again as soon as I began to eat. Or I would say I was going to fast and then by noon, eat all day. And so, here I am, with the successful completion of a 12 day Hygienic Fast! WOW! 3 days ago, drank wonderful watermelon and a little raspberry juice. The last 2 days, ate melons. And today, fruit salads. YUMMY! Prepared... JUST FOR ME!

I slept most of the 12 days, curtains closed; or I was on a cell phone arranging a separation from Charlie. Victoria did not have to convince me that this toxic relationship in my life was at least half the source of my misery! I had given up trying to communicate with my husband; but with Victoria’s coaching the months before I left, I was able to get him to stop the majority of and the worst of his controlling looks, gestures, and words. But the relationship, although more tolerable, is still just as toxic and far from nurturing. Plus, I have been living in a home I never wanted and never liked. I have decided to go back to the city, move out, get a separation, and hope these actions will serve as a “WAKE UP!” call for both of us. Victoria’s counseling helped make things tolerable, but Charlie needs a change of heart, and I need space to work on my issues. I am praying for a healing in our marriage. And I am taking steps for a separation so that my husband and I can get a positive perspective on our life together and a loving appreciation for each other. This was a true fast, where I have “Let go and let God.” When I had a little energy, Victoria made sure that I had a “cloud chair” to sit on and read or recline and relax outdoors on the back deck. I have spent many hours on that chair on the back deck, basking in the sun or bundled against the coolness in blankets. I have been in close contact with Victoria via my cell phone or her 2 visits a day, although some days, I did request that she not come over. I now realize how burned out I have been on just being alive... dealing with my electrolysis business, with Charlie, and with my eating disorder. I was having trouble making decisions on just the smallest of matters. No way could I have gotten this much Rest & Sleep at home!

Every time I would read about fasting, B.V. (or “Before Victoria”), I would think how wonderful it would be to stop the daily grind of my life and just rest! But I could not see how I could ever “arrange” to do it... because of my business, and mostly because of my unapproving, unsympathetic, unHygienic situation at home with Charlie. Neither could I have gotten this kind of rest in a clinic setting, being constantly disturbed by monitoring and needles, T.V., and conversations. Fortunately, my condition was just exhaustion; and I did not need a doctor’s supervision for some advanced, chronic disease. I was just bone-tired. One of the really nice things about us GetWell Friends using God’s Guest House is that you can actually request to be here ALL BY YOURSELF! I know some might only want to visit when others are there, too. But I wanted to be ALL BY MYSELF! In the absolute peace and quiet. Another really nice thing about us GetWell Friends using God’s Guest House is that it is by donation. Since I had been paying Victoria \$10 a day for counseling for 6 months, she offered the use of the Guest House for my very small donation, compared to other retreat fees. And here I am, alone... safe... rested... and HAPPY... all this — just for me!

Victoria told me that for these 2 weeks, she would be here to serve me, to wait on me. What a blessing she has been! She has lived up to her promise... even when I would sometimes “order” her around to do a little thing. This has been such a luxury, after waiting on so many clients in my business for so many years! And the house here is so quaint — all my needs are met. I love the front porch with the comfy sofa and beautiful view of the mountains, and the tall cedar and pine trees all around, and the privacy. Now, I am



spending as much time outside in the Pure Air as possible, even having my 8:00 A.M. watermelon in the cool, summer hour. I am getting my energy back. It is like my world is expanding — from living in bed for 12 days to walking around and appreciating God’s creations — both the natural beauty outside and the beauty of my “fearfully and wonderfully made” body, from the inside out! I am healing. And now, I get to go back: FREE to find my own place where I can seek Christian counseling, go to O.A. meetings, keep improving with Victoria, and continue to heal. I wanted to write this after I ate the “lovely lunch” Victoria will bring... but, I’ll leave that to your imagination. Or... you will just have to come here and see! Thank You, Victoria. May The Lord guide, protect, keep you... WE NEED YOU!!!

Dear GetWell Friends — It has now been 2 weeks since the last day of my fast. I went back to the city and moved out of the house, filed for a legal separation, and moved into a motel. I want to do God’s will. I am not thinking about a divorce. Already, my husband is singing a different tune and is promising to make a lot of changes, apologizing and taking responsibility for his part in our toxic relationship. Much healing needs to take place; and I am sure that I am doing the right thing by giving us both serious, legally binding space so that we can come to fully appreciate the good in each other and be only kind to each other at all times. This is not easy. But Victoria has assured me that I cannot get well living in such a toxic relationship. Deep down inside, I already knew this before I ever met her. I just did not know how to get Charlie to take me seriously. And I was genuinely afraid to be around him, many times just avoiding him entirely! Victoria was willing to do marriage counseling. I want the separation.

Today, I want to write to you, with a progress report! During the fast, I rested and noticed my muscles were so weak; and I was sooooo tired. I wondered how long it would take to get the strength to do aerobic exercise and use weights. Well... not long! As my strength came back, I felt like I had a brand-new body! Within a short time, I began exercising with weights. I could immediately lift at the level I had stopped. And taking walks has been like discovering a whole, new world of wonderful air to breathe, sun to feel. I love my new body — brand-new, finely tuned. During the fast, I constantly felt pain in my intestines from all the abuse over the 30 years of eating in a disordered fog. The endless binges, the many months of enemas, checking into a clinic, all the eating disorder counseling. Well, today, I have no more pain. Definitely, no more constipation! On all these raw foods, I have 3 or 4 comfortable movements daily. I feel light and clean and clear from head to toe! Also, I am so grateful for Victoria leading me to Dr. Vetrano’s tape: “Genuine Fruitarianism.” I realized I had all the symptoms of protein deficiency from the years of doing binges on SAD food and from recent Ideal Food eating but without sufficient protein intake: dry mouth, dry skin, extreme fatigue, loss of tooth enamel and thin teeth that needed bonding. Dr. Vetrano also pointed out that after a fast, the body needs to replace lost protein and does so easily — but one must eat those daily nuts and seeds! I am still very thin. But by the grace of God, I had been eating Hygienically, under Victoria’s relentless counseling for 6 months, before the fast. So I was thin after the fast. Now, I am skinny! But lean and mean!! I feel strong... continue to eat... and am not afraid of getting fat. I know my body will put on muscle tissue... with exercise. I will visit Victoria again — probably next year — and hopefully stay longer than 2 weeks so I can eat for several days and have some fun in The Great Pacific Northwest, where you can still see wild elk roam the pasturelands! And, of course, I want to feed HighJoy his favorite Hygienic food, again — fresh corn on the cob in season! Love, Cindy

VICTORIA’S NOTE: It is now 13 months since Cindy visited God’s Guest House. We were in counseling for a total of 13 months. I just talked with her today. The legal separation went through, Cindy is Hygienic and has O.A. abstinence, she bought a condo she adores, she and Charlie have been fixing it up, she has sought counseling with a minister, and Charlie has woken up and gotten his change of heart. They are talking about when he will move into the condo. All good news. Cindy has been on the mend since the day we started counseling. She continues to maintain: “I could never done it without you!” To that I say, “PRAISE THE LORD!”



In August, 2004, 2 More Health Nuts Are Ripened at God's Guesthouse

(In 2006, I renamed God's Guesthouse: "Our Hygiene Homestead in The Woods.")

Sarah & Kristin Find a New Appreciation for Their Grandfather!

Ever since I was a little girl, I always thought of my Grandfather as a bit of a "HEALTH NUT." He was always encouraging us to: "Eat your salad!" And he, also, was always warning us about the dangers of table salt and refined sugar. As I got older, I discovered more about the theories behind his healthy practices. For years, he had told us of a woman living in Washington State who had written a book all about this healthy living concept known as "Natural Hygiene." And so now, as a 24-year old woman, I have found myself working with my Sister Kristin, as Summer Guidance Counselors in an outdoors camp for children in — where else?— Washington State! Our grandfather urged us to visit Victoria while we were here, the woman he has supported throughout the years in this health movement.

So, one sunny, super August day, Kristin and I drove the few hours it takes from the southern Puget Sound of our encampment to Concrete, unsure of what we would discover. On the phone, Victoria was joyful and an immediately loving presence. I could only imagine what she would be like in person! Upon arriving at what she called "Our HighJoy Homestead," we 2 Sisters hugged Victoria like we had known her for years! "2 More Beautiful, Blonde, Little Sisters!" she cried out! One of the first things we did was settle in and share stories. Victoria made us feel right at home, letting us get comfy on her bunk bed and couch, as we sipped on ice water through fun, pink straws.

Right away, we knew Victoria was not living alone. She had a surprise for us! She made us close our eyes, while she opened the dutch door of her outdoor bedroom. It could have been the Wild West era, when you stepped through the threshold of this little room! Her "roommate" showed up when she called him and put his head right through the door and into the bunkhouse! We were then formally introduced to the "great, big guy" in her life — HighJoy — a beautiful, white Arabian horse who loves fresh corn-on-the-cob and other munchies! We 3 girls each took a turn standing up by the dutch door and introducing ourselves. It was a special experience to just look back and talk about our lives, from beginning until now, and to have undivided attention and to be just listened to. But once in awhile, we did have to compete with HighJoy and his antics for attention! He was extremely social and even came over to The Guest House to stay with us for dinner gleanings, enjoying a huge bucket of corn husks, leaves, stalks, rinds, peelings, and such. There is no waste going on around here!

We drove what must have been about 3 miles from The Homestead down to The Guest House. Pulling up to "God's Guest House," the first thing Kristin and I noticed was the unique front fence made of tall hedge shrubs planted in big barrels: the barrels were all painted greens and browns and planted in a perfect row. The hedge wall made me realize how much of a retreat this secret spot was — secluded from neighbors with a yard of tall evergreens that make Washington famous and surrounded by a high, solid board fence, this time using the big barrels for fence post holders, instead of planters! The entire property is enclosed and gated — a safe, little wilderness world separate from civilization!

Victoria showed us around the house and half acre, telling stories of how the house came to be the sanctuary it is today. I sensed her "GetWell Friends" were her real family, for all they had done for the house. We shared stories again, this time, each telling long versions of our spiritual histories and how we had gone our separate ways and then come back to God and to living the teachings of The Scriptures. Kristin and I sat at the round table while Victoria prepared cantaloupe and strawberry



smoothies using The Champion Juicer and a huge blender. Then, our “Chef” took us outside to serve the drinks, while we watched HighJoy enjoy his 2-gallon container of goodies gleaned from our dinner preparations. By now, the sun was setting. It was hot out. And we sprawled out on the moss and clover lawn, sipping our smoothies. The creamy drinks were better than any Dairy Delight milkshakes, especially knowing how good they were for us compared to commercial ice creams!

Returning to the house and kitchen, Victoria took the corn, red bell pepper, cucumber, tomatoes, avocados, leafy green lettuce, celery, and a little onion and jarred artichoke. The last 2 ingredients she commented were “not strict Hygiene,” but she added that she wanted to go easy on us and not make the meal too strict. She made this great avocado mash and stuffed it into a tomato for each plate, then made a salad mix out of all the veggies except the lettuce and celery. Then, on lovely, new dishes (“a house-warming gift from GetWell Friend John Bardaro,” we were told), we were served the lettuce, with the salad mix on half the lettuce and the stuffed tomato on the other half, and then with the celery stick and a bell pepper ring adorning the plates. It was a wonderful, colorful meal of all-raw foods — except for the artichoke hearts! Kristin and I found ourselves delighted with the tastes created by uncooked veggies! After years of being a skeptic, I could see “The Raw Fruits & Veggies Diet” was completely up to the person preparing the meal — all it takes is some creativity and an open mind and willing taste buds!

With full bellies and warm hearts, we said “Good Night” to Victoria and her horse. HighJoy jumped into his old trailer, another gift from GetWell Friend John Bardaro, pulled by an even older van. Victoria seems to recycle everything! “How nice,” I thought, “that this man got Victoria this trailer, so that HighJoy could bring so much life and entertainment to God’s Guest House.” So, we were left alone, under the bright stars and quiet night sky. My Sister and I did the dishes in "God's wilderness play house. "We were like 2 kids, again, playing in the woods like we had all through our childhood. Then, we each went to our private rooms and snuggled down into real feather beds. Kristin and I had been bedding down in sleeping bags each night, on the ground, with other campers. So, this was a real treat. The night was a luxurious getaway. It almost felt like time had slowed down when we first stepped into the inspired world Victoria had created at her cottage. When morning came, we were rested and felt loved and well taken care of. Victoria had left a breakfast bowl of big peaches, grown just 100 miles away in Eastern Washington. They were perfect peaches! We drove over to Our HighJoy Homestead to call our Grandfather from his friend’s place in the woods to tell him about our visit.

Saying “Good Bye” to Victoria and HighJoy was like parting ways with a family member. We had hugged and laughed our way through the entire visit. Before leaving, Victoria handed us a darling ceramic duck full of polished, precious rocks. We knew she had “a thing” for rocks — both Our HighJoy Homestead and God's Guest House had been landscaped in so many cute ways with rocks — big and small. We each got to pick a pretty rock, to remember our visit. I am going to have a friend who makes jewelry turn mine into a necklace.

We had learned so much in less than 24 hours! Especially, we learned about T.C. Fry and Dr. Shelton and about “The Superlative, Alternative Health Care System” and detoxification and Nerve Energy and “The 10 Energy Enhancers” and *THE HEALTH SEEKERS’ YEARBOOK* and healthy eating. We have now discovered another big piece of the puzzle of our Grandfather’s life. Now, when Kristin and I go out to eat with my Grandparents, they will not have to remind us to... “Eat your veggies!” Because... we have discovered that there is a little “HEALTH NUT” in each of us, too!



Gregory Crook from Canada Visits Our Hygiene Homestead in The Woods ...&... in The Winter!

Disclaimer: In relating the following facts concerning my health history and my following a health by healthful living approach to improve it, I take no responsibility for any outcomes others may experience should they undertake a similar program. This testimonial is freely given. Up until December 15, 2007, my story could be called “a tragic story of suffering.” However, with experiences lived since then, I choose to look upon it as “the adventure of my life” — that I was given to understand and overcome, and grow through!

In the late autumn of 2007, I heard of Victoria BidWell and her web site, www.getwellstaywellamerica.com from Dr. Zarin Azar, M.D., of Los Angeles, California. Dr. Azar is a board-certified gastroenterologist and Natural Hygiene practitioner who is likely the only specialist of her type to have successfully integrated Natural Hygiene into her medical practice. Knowing that I wanted to go somewhere to rest, recuperate, and follow the best diet possible for bodily healing without having to deal with the normal, daily stresses and temptations to eat the wrong foods, she mentioned Victoria’s guesthouse as a possible solution. In speaking to Victoria, she gave me the formal name of her place: “Our Hygiene Homestead in The Woods,” and described it. Located in Concrete, Washington, she has been working for five years to create a Natural Hygiene wilderness sanctuary and school where people can come to practice Natural Hygiene in the tradition of Dr. Herbert M. Shelton. Because finances were a key factor for me, Victoria and I came to a special agreement. I flew to Seattle on December 15th, 2007. She met me at the airport for a scheduled one-month stay. It soon became apparent that staying for 8 weeks would be essential for me; and here I am, just a few days from departing in mid-February. Victoria generously gave me a free week at the end, so I was able to stay a total of 9 weeks. Upon our arrival from the airport, I entered The Homestead property through the gated driveway. Little did I know that my stay would entail much more than just a dietary program at a complete rest facility!

Health history in a nutshell: I have a 40-year case of ulcerative colitis. I suffered from acid reflux throughout my youth while eating my mother’s home-cooked version of what is called the “Standard American Diet” (SAD). “Ulcerative colitis” was the diagnosis at age 16, which for about the next 10 years was bothersome but did not seriously interfere with my studies or activities. Being unaware of other options, and fully trusting mainstream medicine, I followed the standard therapy of symptom-suppressing medications during that time. However, in my mid-20s, after 2 years of high stress while at university, my colon became very troublesome for the first time; and I became acquainted with the kinds of symptoms and life disruptions known to so many who suffer from this ailment or similar inflammatory bowel diseases. How naive I was at the time! I was unaware that this disease was taking over my life, and that for the next 30 years, it would disrupt, and even dictate, how I would carry on in virtually every facet of my day-to-day life.

What followed were years of uncontrollable diarrhea, frequent bleeding and weight loss, and the constant anxiety and even undesirable personality changes that accompany this pathology for most people. How I continued working, I don’t know. Just after the onset of the active colitis symptoms in the mid-70s, I became very weak throughout my body, and after two years of this, was finally admitted to a hospital specializing in neurological disorders. I was diagnosed with a condition called “polyneuropathy,” whereby one’s muscles atrophy from a lack of Nerve Energy, leaving one weaker and thinner. Though the specialists could not determine the cause, I have since learned from naturopaths that the most likely one is that toxins from the malfunctioning bowel got into my peripheral nerves. Chronic enervation and the toxic bowel have likely resulted in some other conditions I have had, including liver damage.



Last summer, Wayne Gendel, a friend in Toronto, Ontario, Canada, who owns a web-based raw food site (www.foreverhealthy.com) and is a health counsellor, told me about David Klein's book *Self Healing Colitis and Crohns* (http://www.colitis_crohns.com/), which I tried to follow at home. But I was unsuccessful due to factors such as the on-going stresses of the daily routine and underlying emotional issues around food itself and an unwillingness to make the change to a strict form of the Hygienic diet. By last fall, I had been struggling for several months to follow the Hygienic protocol with only some limited success. When my local gastroenterologist, schooled in conventional medical practice, told me that my colon needed to come out due to the high level of chronic inflammation and the impossibility of going on as I was, he definitely caught my attention; and I realized I had to go somewhere to make a clean break and get the healing process started. The problem was not the Hygienic program — but my not following it strictly enough. Over 1,000 clients with inflammatory bowel disease have become symptom-free through David Klein's help. (Refer to David Klein's web site.)

By the time I heard of Victoria's retreat, I was ready to commit to investing a good chunk of my time and money to get strict on the program. I will describe it the best I can to help you visualize Our Hygiene Homestead in The Woods. Picture a little house out of *Mother Goose Nursery Rhymes*, sitting on a half-acre, with a gate and long driveway leading to a brick sidewalk that takes you up to the house. The roof rises steeply, and a 6-foot-high cedar board fence surrounds spot. The large front yard from the house to the street is guarded by tall trees: red cedars, Douglas firs, Sitka spruces, and western hemlocks. A tight row of 31 steel, 50-gallon drums across the front are each planted with an arbor vitae tree to make an impenetrable hedge 10-feet tall. On the other 3 sides of the property more drums make "dead man fence posts" every 8 feet to support the bolted-in posts, as the ground is too full of rocks to dig holes. The drums are filled with stones and earth. Atop each drum perches a charming work of wilderness art, as each is topped off with a variety of objects: an antique hammer, rock and mineral collections, lifelike statues of animals and birds, shrubs, and many other fascinations. Also, wilderness and nature objects of beauty drape the fence in many places — a fine example of outdoor art. Beauty, privacy, and sanctuary are created with the cedar board and live fencing.

When the sun shines, the back yard is an excellent place to sun bathe, as season and weather permit. A deck on the back of the house is wilderness furnished: 2 inviting couches and footstools... a wood-burning outdoor stove... and many interesting, wild works, such as a deer antler lamp and two life-sized, wood-carved, howling wolves. Near the porch in front, beside a flat-stone patio, sits an octagonal fir picnic table in the shade of trees. The front porch holds a couch and faces a spectacular view through the towering trees of a mountainside. Strings of tiny gold and white lights intertwine into the pine-coned greenery strung across the front porch — they give off with a warm and welcoming glow to light up the walkway after sunset.

On one end of the front porch is an entrance to a separate building, which houses a library of over 2,000 items on Natural Hygiene, raw food, vegetarianism, exercise, and many other topics related to self-improvement. Videos, DVDs, CDs, cassettes, magazines, books, and textbooks are available to guests at all hours. A desk overlooks the back yard, with free telephone service to both the United States and to my home country of Canada. As one would expect from a Natural Hygiene health educator, Natural Hygiene figures prominently in the library, with videos by Dr. Virginia Vetrano and back issues of Natural Hygiene magazines and newsletters. Victoria's incomparable collection of rare recordings and long-lost lectures by Dr. Herbert M. Shelton, the greatest exponent of Natural Hygiene ever, speaks about the many facets of Natural Hygiene philosophy and practice.

The appealing interior of The Homestead reveals Victoria's cheerfulness: intriguing knick-knacks are everywhere. A small but well-organized kitchen makes food preparation easy. (It is well equipped with a Vita-Mix blender and a Champion juicer including dozens of other tools and machines.) The comfortable, cozy living room is equipped with DVD- CD- and cassette-tape players and a television that plays VHS videos. In one corner, a stone hearth awaits the installation of a wood burning stove. The ceiling is open-beamed. On one of the beams, Victoria has placed artistic cut-out words that are designed to lift one's spirits: "smile," "love," "peace," "joy," "faith," "prayer," and many others yet to come, she tells me. Like the fence, the beam-art is a work in progress that



may never end! The inspiration for each word choice stems from Victoria’s Christian beliefs, which are also evident on her website. Currently, three people can stay at one time at Our Homestead. A double and a single bed for two are upstairs, with a private bedroom for one just off the deck. Another private room soon will be finished beside the library. I stayed in the room off the deck — featuring a large window beside the bed with a view of the back lawn and the natural forest that is behind Our Hygiene Homestead in The Woods.

Now you have the picture. And on to what I experienced upon arriving at the “Hygiene HighJoy Retreat,” as Victoria sometimes calls it. To start with, a principal point I wish to raise in this testimonial is that Victoria has been of tremendous help in my endeavor to address whatever underlying, emotional issues and negative thought patterns I have been carrying that relate to coming down with and not getting over ulcerative colitis. For many years, I have felt that these psychosomatic factors played a primary role in my developing colitis at age 16. I came through the gate carrying so much sadness, and I had been living a joyless life for so many years. However, it’s one thing to know things need to be “fixed” and quite another to have the tools to do so. I did not have the tools needed. Oh Happy Day! With her background in communications, interpersonal relationships and teaching, Victoria had the very tool box I needed!

I can certainly affirm that Victoria has what may be called a “High-Voltage-Hygiene-Joy Personality!” (This comes in part from the charge she gets while playing with and living with her white Arabian horse, appropriately named “HighJoy,” he with his own rambunctious personality!) Victoria’s knack for profiling a person’s needs has helped me become aware of critically damaging baggage that I have been carrying for many years, emotional baggage that has been draining my energy and contributing to illness. (See the Natural Hygiene Energy Enhancers 9 and 10 below.) We had serious conversations almost every day on some facet of my thinking or attitudes that were working directly against my health and happiness. Her commitment to helping me become aware of these was relentless and ongoing throughout my stay. Thanks to her insights, I have come to realize that changing the counterproductive issues wound up into my habitual thought patterns and consequent sabotaging, emotional stance in life was absolutely essential to my getting lasting resolution of my physical illness!

Victoria and I discussed my life experiences, and I worked to access and resolve any negative emotions linked to them. An important tool she used was to give me “assignments.” The most helpful was using art therapy. On one day, I reviewed my life up to the present by drawing as many key scenes and defining moments as possible in one hour on a large piece of art paper, then sharing how each affected me. The purpose was to use art (right-brain activity) to access unhappy events that may have lain hidden in my subconscious for years, and to open up my unhappy feelings connected to them, thus allowing them to be recognized and released. On the following day, I drew scenes on another art board to represent my future life and what I would choose to do with it — knowing as much about Hygiene Joy as I now do. What a difference! In my past loom many dark, fear-linked events and traumas. In my future shine the joys of bright images reflecting the nurturing relationships and happy activities of a healthy person!

Another category of assignments was to watch certain movies and read books with themes that could help me in gaining awareness of how I can empower myself to change attitudes and take steps in the right direction and get on the right track. Just some of the many and most helpful were as follows: *A Christmas Carol* (the Charles Dickens Christmas classic), *Groundhog Day* with Bill Murray, *The Kid* with Bruce Willis, *As Good As It Gets* with Jack Nicholson, and *The Yellow Submarine* with The Beatles — for its sheer joy, upbeat mood, and happy music. I recommend these titles to anyone who is interested in coming to awareness that personal change is possible and do-able. Important books were these: *The Road Less Travelled* by Dr. Scott Peck, *You Can’t Afford the Luxury of a Negative Thought, Do It!* by Peter McWilliams, and *Self Talk* by Shad Helmstetter). These movies and books reinforce our own desire to change negative thought patterns and to realize that a return to full vitality and health is possible. Because it is important to her, Victoria always made a point of mentioning how the truelife lessons in these works are correct in scriptural terms.



In my opinion, with her observational and counseling skills, Victoria should prepare seminars for health seekers along these lines, allowing her enrollees to fully examine these two Energy Enhancers of Emotional Balance and Nurturing Relationships. They may be playing a sabotaging role in overcoming health challenges. Looking back, that is exactly what she did for me!

Very early in my stay, Victoria and I memorized the Ten Energy Enhancers in the Natural Hygiene system. It might be very useful to readers for me to list all Ten Enhancers and comment on each in relation to how well “The GetWell★StayWell Homestead in The Woods” meets them:

1. Cleanliness: if one is fasting, 100%; if one is eating the Hygiene diet while here, 100%.
2. Pure Air: 100%. The retreat is about a quarter mile from the Skagit River, a world-famous salmon river, and is surrounded by the foothills of the Cascade Mountains, with Mt. Baker only 20 miles to the north. The hillsides are tree-covered, all pumping out pure oxygen, with mountain air bathing the valley. Lots of negative ions here to assist healing!
3. Pure Water: 100%. I have lived in several places, and the first thing I look to ensure having is pure water. The water here tastes so good, it is like spring water and is a real pleasure to drink. For those fasting or who prefer distilled water, a stone jug in the kitchen is kept full.
4. Adequate Rest & Sleep: 100%. When I dragged myself through the front door, I wasn't aware of it; but my nerves were frazzled and worn out along with my organs and muscles. Given the state of my health, words like “depressed,” “burned-out,” “depleted,” “fearful,” and “hopeless” described my state of mind at the time, though I wasn't aware that this was the case — until I relaxed enough to crash! Here I have slept as much as needed, some nights 12 hours, and am now much calmer and relaxed. Unlike another fasting centre I visited a few years ago, there are no busy highways beside the house, with traffic noise and air pollution. Here, birds are singing and the quietude blissful! My condition has definitely improved with the extra sleep and rest.
5. The Right Diet: 100%. In my case, I principally followed the dietary guidance of Wayne Gendel (www.foreverhealthy.com), who has extensive experience as an alternative health counsellor, providing dietary and lifestyle counselling to people suffering from a range of illness, such as bowel diseases, multiple sclerosis, cancer, to issues such as weight loss. He specializes in assisting people to transition to a raw food diet. While at Our Homestead, the program that worked best for me to calm my digestive system was a combination of the *Self Healing Colitis and Crohn's* program in David Klein's book and certain cooked foods my body could tolerate when it could not tolerate the all raw diet. I will be moving to all raw foods in the near future.
6. Right Temperatures: 100%.
7. Adequate Sunshine: variable, depending on the season. My stay was from mid-December to mid-February — not a time for which the Pacific Northwest is noted for its sunny weather! However, I understand that during the other three seasons, the area can be quite sunny. But the fact remains that this is not the South; one does not come here mainly for the sunshine. We did experience some gloriously sunny days, so I did get a vision of what it must be like here in the other months.
8. Adequate Exercise: 100%. This will depend on the person and what program he or she comes to do. If a person is fasting on water, a vigorous exercise program will not be part of the program, since his or her energy will be directed to revitalizing, cleansing, and healing. On my program, I did do some mild exercise in the form of daily stretching and some walking.
9. Emotional Balance which Includes Freedom from Addiction, High Self-esteem, Meaningful Goals & A Purposeful Life: 100%. Shopping for only the good foods, then preparing and enjoying them for 9 straight weeks, has broken my addiction to SAD foods. Also, working with Victoria, I have been able to examine the underlying thought/feeling habits directly in the way of my developing high self-esteem, creating meaningful goals, and living out a purposeful life. I had been off balance. I have come to deeply understand that it is possible to fully heal a serious, chronic illness only by discovering all the facets of this Energy Enhancer, and only by taking action to



make continual adjustments to my “balanced road map of life.”

10. Nurturing Relationships: 100%. I give this grade to Our Hygiene Homestead in The Woods because Victoria was so resourceful and so discerning in her approach to me. Though she is very professional, she also emanates warmth and concern that I have not experienced elsewhere, because the others did not have it to give. At the same time, she has quite a forceful personality. While here, I felt nurtured, not coddled. Victoria’s nurturing did not remove my responsibility to examine my life and personality traits to see where I could make improvements when I return home. She is very good at discouraging a person from developing a dependency. The Homestead library has many materials to assist in the effort, and Victoria knows just what passages of just what books to study after the assignments!

In addition to time with Victoria, I have been working via telephone consultations with Dr. Zarin Azar. As mentioned above, she is a rare doctor with her combining Natural Hygiene and her medical training, as well as integrating effective approaches to heal emotional issues. Among other things, through her, I learned of a key book for bringing about powerful, positive change in dealing with past, negative issues: *Radical Forgiveness* by Colin Tipping (www.radicalforgiveness.com). I recommend this book to anyone who is dealing with physical or emotional issues as the book is a powerful tool to get out of “victimhood” thinking. Another key resource that must be mentioned will be published in March, 2008: *The Live Food Factor* by Susan Schenck & with Victoria BidWell (available at a discount from Victoria at (360) 853-7048). This is a 700+ page opus that covers raw foods, Natural Hygiene, the politics of medical practice, BigPharma, published scientific literature on the benefits of raw foods, and many other topics. In her foreword to the book, Dr. Vetrano, the medical doctor who was Dr. Shelton’s colleague for 40 years, calls it “the best book on alternative health care ever published!”

Just 4 days before leaving, Victoria brought out her final assignment in a big wicker laundry basket: I was told to “get high on music!” She and I listened to parts of her personal collection of “uppers.” These are songs so happy, so uplifting, so high, and with such crescendoes that you just have to bounce around and clap — if not dance! These are songs so optimistic that they are guaranteed to get you out of any doldrums you may have fallen into! Some of these songs are so hilarious and rise to such a laughing, high note that you have to belly laugh and get rosy-cheeked by their ends! Some of these songs are so heartfelt healing in their lyrics that they truly minister to a broken-hearted person and raise the spirits at the same time! And so, I was invited to tape as many hours as I wanted from her 12-year collection of “uppers.” Victoria announced: “With these tools, you won’t even need my counseling anymore. Our calls will just celebrate how good you are feeling!”

Tomorrow, as I walk out of the gate, I will be thinking of the enormous blessing it has been to come here. I treasure my increased awareness and the many changes I have been able to make. And I will be carrying my own private toolbox of personal tools. I have no illusions: it will take perseverance to anchor what I have learned and make use of these tools. Before arriving, I was in the process of climbing onto my deathbed. My system could not have endured much more. While here, setbacks of up to a few days occurred from my bowel reacting to certain foods. I am not totally healed. After four decades of colitis, that would be unrealistic to expect to happen in just 9 weeks. However, my system has settled down. I am on the upswing, in more ways than one, and am in much better condition than when I arrived! For the first time in a long time, I am living with THE HOPE TOOL: the trio combination of Dr Azar’s advice and knowledge, Wayne Gendel’s dietary guidance, and Victoria’s assignmenting me through emotional/personality issues has brought about an extreme change in my attitude and set me on the right track to healing. I will continue working to achieve full health, both physical and emotional. A sincere “THANK YOU!” to all three of them. Good Samaritans do still exist!



My 25-Day Fast at The Fairytale House in The Woods

By Daniel Johanson of Denmark in Spring & Summer of 2007



Back in Denmark after 40 days in the US, I'm sitting here writing about perhaps the biggest experience of my life: my Correct Natural Hygiene Fast with Victoria's assistance. Now that it's over, I'm not going to tell you: "It was a lot of fun and a great spiritual experience, where my spirit was liberated from my body and I became one with the cosmos!" Because it wasn't like that. It was hard work — all the way.

The last year or two of finishing college, I had been feeling tired, very tired. So tired, that getting up from a chair or bed made me dizzy. Besides that, I had so many minor ailments to deal with all the time, which of course, made me feel sick and tired of just being alive. I knew I had to do something; and having studied Natural Hygiene for some time, I knew that fasting was the way back to life. I also knew that a couple of days wouldn't be enough, so I needed a person who could guide me during a fast of longer duration and a place to stay far away from everybody else. That's when Victoria and her guesthouse came along.

When we arrived at the guesthouse doorstep on the 14th of June, 2007, I remember walking in the front door and feeling like being set into a fairytale. The house was so colorful and naturally decorated, that I just felt at home right away. The house had everything I needed: a cozy, little living room with soft cushions and blankets and upstairs, my room, with a big bed for my fatigue to sink into. Outside, the huge yard was a perfect place for sunbathing, the high fence inviting me to take it all off. And next to the house, a separate building, all library — a Hygienic library, with hundreds and hundreds of books and tapes and movies about how to avoid getting so tired ever again (and other subjects). All around the house were the green covered mountains and green trees providing all the freshest air I could ever want.

The fast? Well, I wish I could say: "At the beginning it was hard, then it became easier, and now I'm completely well and not tired at all!" But I can't. It's true, that in the beginning, it was hard. But then it stayed hard, and now I'm still not completely well and I still have some tiredness. I talked with Dr. Vetrano about my Nerve Energy situation and read her articles on the subject from Victoria's Common Health Sense issues. I was assured that I would very likely not feel the return of high energy during the fast, as this is a time to fill back the reserves first which I had emptied during these college years. I broke the fast after 25 days, mainly because I didn't feel much better than when I started and therefore didn't know how long it would take for me to complete the fast. I had to recover in time for a new job I was starting on. But now that I've been eating for about 18 days, I know that things have improved in my body tremendously. I feel much calmer and more normal and settled than before; and my Nerve Energy is now returning, getting higher and higher, day by day.

I am a blessed person. Even though my family doesn't always understand what I am doing and why, they keep being supportive and loving towards me. In the United States, fasting is more of a common thing among those in the alternative health care know; but in Denmark, it is practically unheard of. Nobody talks about it, nobody reads about it, and nobody does it. Being 27 years of age and going to the other side of the globe to do a thing like this has made many — if not all — of my friends think I'm one step away from insanity. Fortunately, my father (with whom I grew up) has supported me all the way — his support has been the rock I've been standing on through many of the more extreme adventures of my life.

I'm also very happy that I had some company at the guesthouse while I was fasting. Herbert, 74 years of age, was there to support me and encourage me when the going got tough. And I tried to do the same for him. I definitely think it is a good thing to help and support each other as much as you can, if you're staying at the guesthouse with other fasters. Victoria got a great kick out of our friendship, as we were pretty much inseparable during the day. It would be 75 degrees out and Herbert would complain about how cold it was in Washington compared to Florida, while I would marvel at how warm it was in Washington compared to Denmark! When it did



reach 90 degrees, Victoria just laughed when I seriously told her I was having a heat stroke: “This is the weather we all wait for all year, Daniel! ENJOY IT!” I got no sympathy. So I got out all the fans in each room, instead, and got into the spirit of The Wilderness Woman.

Once the fast was broken, I started to get a sense of the meaning of being... “HIGH ON LIFE!” Victoria is a great inspiration and personification of this motto: At age 62, but with the vitality and creativity of a 20-year old, she surely has to be doing something right to keep her energy up. And her horse, the strong white Arab, who peeks through her bedroom window while pieces of watermelon are dripping from his lips, is of course named “HighJoy!” A name like that for your horse gives you something to live up to, and Victoria surely does.

Coming off the fast, things also started to get a little more fun. The Skagit Valley is truly an amazing area with lots of wilderness and beautiful, small, and colorful villages and towns. Victoria made the time to take me around for a few outings of some sightseeing and even one full day. We drove from Western Washington to Eastern Washington and back, along a stretch of highway called on a huge sign: “The Little Alps of America!” We stopped at the highest point at an overlook spot for tourists to see thousands of feet down into a lake that wound as far as the eye could see in both directions. Victoria pointed out that every state in the Union has a motto on its license plates. Washington’s is: “The Evergreen State.” She pointed out that Western Washington practically qualifies as a rainforest ecosystem, there is so much precipitation. She put both hands out like an eagle and twirled around and invited me to admire the view: “The mountains are green! The hundreds of kinds of plants and trees are endless shades of green!” At that moment, I interjected, “Even the water is green!” We both laughed til we wept tears! Big, deep belly laughs that made the tourists stop to enjoy our humor. It was true: the lake that went from as far as the eye could see, right to left, was as green as green gets!

I also remember from that long day of driving through the mountains: the wind in my hair, while the sweet sound of truly American music burst out through the loudspeakers in The Victory Pick-up with the American flag that completely covers the front hood. It’s true what they say, “Patriotism surely is everywhere in this country!” On the way home, Victoria taught me how to eat watermelon-for-2 with just a knife and while driving! Cut the melon in half, lengthwise to make 2 big bowls. The passenger sits each half, one after the other, in his lap. First, the heart is cut out and eaten with the fingers. Then the side pieces. The rind is saved for HighJoy. I had never eaten with such a dripping, earthy zest for life!

Speaking of “eating,” Dear Readers, you have no idea how blessed you are to have all these wonderful foods available! We don’t have so much variety with so many brilliant flavors available. I was going to take home just a quarter pound each of a few kinds of nuts. But Victoria taught me how to repack so that my little carry-on back-pack took home full pounds of each and weighed almost as much as my big suitcase! And now, I am enjoying the many pounds of nuts I took home. I will never forget eating fresh peas right off the vine. Or getting to sample at will all the berries and cherries at the fruit stand, because the owner lets Victoria have the run of his place.

Before leaving Denmark, I had been reading a lot of the material that Victoria had sent me in 2 huge packages. Even after receiving these and reading over 6,000 pages of T.C. Fry and Dr. Shelton, I still had lot of questions about Natural Hygiene. Now, I finally got the answers. That lady surely has had a marvelous life, having known most of the biggest names in The Natural Hygiene Movement, having fasted several times herself, and having written many materials on the subject, she supplied me with one answer after the other. Now, she is “the big name in Natural Hygiene promotions!” “Wisdom” and “determination” would be some good words to describe The Keeper of The Hygienic Homestead in The Woods — and “a firm believer in the positive outcome of all events in life” best describes her stand. She believes: “Things will turn out at least okay, no matter how much you suffer. In the end, it will all be bearable to good to wonderful! COUNT IT ALL JOY!” What an attitude!

I know that I could never have done this at home, so thank you, Victoria — thank you for giving me the opportunity to experience the magnificent healing powers of my body! Thank you for letting me come to stay at “our” beautiful guesthouse!! Thank you for the “special rates” where you took into account a round-trip ticket from Denmark. Thank you for dedicating your life to help Health Seekers like me get better!!! I send all you GetWell Friends the greatest Danish blessings and a tremendous hug. Daniel



Here is the recipe that Eric raves about in the following letter!

The 3-Flavored Ice Cream Recipe to Serve 3 in 3 Minutes!

6 Frozen bananas

1 Pound frozen, mixed berries

2 Frozen Mangos

1 Cup almonds (or a favored, chose nut)

• Use the homogenizer on The Champion Juicer.

• **Victoria’s Secret:** Since the first 2 frozen bananas come out sloppy and runny as they are pushed through and serve only to chill up The Champion parts, do put the parts in the freezer and save those 2 bananas so they go in frozen and come out frozen!

• **Alternate one-half frozen banana with frozen mango, then with frozen berries, then with almonds.** Use all the ingredients, so budget generously and accordingly the mango, berries, and almonds between banana halves. The ice cream will come out just like it is leaving the spout at Dairy Queen!

• **There is no need to stop and clean the parts from mango to berries to almonds.** If you use 3 of the 3-pronged serving dishes, you can fill the dishes first with mango, then berry, then almond. Your guests will absolutely rave about how good it is! When I served Eric and Joy, both knowing their Natural Hygiene quite well, they took turns listing how much more wonderful this ice cream was for us compared to commercial ice cream!

• **I like to have my “secret ingredient” for this recipe handy: raspberry juice.** We used just 2 or 3 Tablespoons to kick the flavor up to the highest notch! I make about 100 bottles and freeze them every summer. YUMMY!



Testimonial of My Exciting 25 Days at Our Hygiene Homestead In The Woods!

“Victoria Has Made It Interesting! ” — Eric Jaklitsch

First, what brought me here? Starting about 4 years ago, I began to have pains in the left side of my chest. The pains would come while moving about and while resting. This completely changed my life, as it limited my ability to move about comfortably and do what physical activities I needed to do and enjoyed doing. Secretly, I started being a little scared. About a year ago, the pains became more frequent; and I would feel the classic, what is called “referred pain” in the left arm that is a direct warning sign of impending heart disaster. I deliberately ignored them, denied their gravely serious warnings until I moved from New York to Florida in September 08. And by January 09, I could no longer deny the gravity of my cardiac situation. Now, I was in fear for my life. At the insistence of my family, I decided to go to a hospital overnight for tests. They came back with high blood pressure, a high cholesterol of 250, and low thyroid function. Stents and other tests were strongly suggested by the doctor. But to his frustration and that of the staff, I checked out and walked out. I did not want to go the medical route. I realized that this was the closest to death I had ever been with a physical ailment, and I knew that it was not going to get better unless I changed my ways. I knew it would only get worse. I was in a life-threatening situation.



I have known Victoria since the mid-1980s when we met during The T.C. Fry era of Natural Hygiene where I interned at one of his several retreats that came and went, this one in Lago Vista, Texas. Victoria and I kept in touch down through all the years, 3 or 4 times a year, through her big and small mailings to GetWell Friends. We were on the phone about 4 times a year, as I would always place my order by calling and make it a catch-up call, too. I had done a long fast as part of my internship then. And I finally decided, with this cardiac situation no longer deniable, that it was time for another fast. When I told Victoria what was going on, she gave me a bad time: “Eric! How could you! With all you know about Natural Hygiene, how could you possibly let this happen?” Then, she proceeded to lay out for me what to do, since most of my problem was stress-related: Energy Enhancers #9 and #10. “You have to let stress be like water off a duck’s back,” she explained. “And you have to get to bed early and sleep in late.” I knew she was right. And since I am now retired, that was do-able. She reminded me: “The body makes its own cholesterol, normally and naturally. But under extreme stress, it makes extreme amounts of cholesterol. That is why you have high cholesterol even though you eat hardly any animal products. This was a shocker. In 2 months and with a few more calls and e-mails, my total cholesterol had dropped to 180: still too high, but better. But the pains and limited movements persisted. I decided to check myself into Our Hygiene Homestead in The Woods and take myself on a proper fast.

I had several choices where I could go. I could even choose just to fast at home. But the home choice was really out of the question because there would be interruptions, and I just wanted to be at a peaceful and quiet place. Other places I knew from their ads would just be too commercial or hospital-like and therefore not appealing. And the other 2 main Natural Hygiene retreat directors wanted more than twice as much a week as Victoria’s Our Hygiene Homestead in The Woods. So Victoria’s rustic and quiet place was the ideal place to be in every way. It was just that and so much more. Besides, it was time for a visit for old time’s sake.

After a good night’s deep sleep in the fresh, clean Cascade Mountain air, I spent an hour exploring the fenced-in half acre and taking pictures. Victoria has taken what was once called “a shack” by neighbors who remember lumberjacks cutting down the trees off the land and building the cabin on the spot and created a sprawling, safe haven for healing. Our Hygiene Homestead in The Woods is a rustic, scenic, quiet, comfortable, and cozy creation. Just a great place to leave it all behind.

Victoria’s “theme-park adventure of nature and the woods” made it interesting everywhere I looked. No wonder she tells me she is going to have 40 pictures up on the Internet when her grand cyberspace opening takes place!

One of the best parts of the place was the large Natural Hygiene library filled with books and the 30 outstanding DVD lectures recently filmed by Dr. Vetrano and her daughter and son-in-law, Drs. Tosca and Greg Haag. I systematically watched every one of them and got my mind refreshed with The 10 Energy Enhancers message of how and why to live naturally, the Hygienic way. Many other Natural Hygiene videos were also in The Homestead Library. I even got to take a nostalgic trip watching myself being interviewed in T.C. Fry’s Achieving Wellness by Fasting video, taken during my internship. Victoria also provides many Hollywood movies with inspirational and wake-up-call messages.

After my fast, Victoria prepared always-fresh fruit, vegetable, and nut meals that were a delight just to look at and delicious to eat! Her collection of serving dishes and glasses made every meal a celebration! (She is the only person alive, probably, who has filing cabinets full of unique



...serving dishes and glasses, organized by categories!) It was a little hard to get used to the elegance of cloth napkins and the luxury of getting waited on. (Her 3 years of cocktail waitressing in her 30s is now coming in very handy in her 60s!) The baby watermelons were wonderful, so sweet and crunchy, served all by themselves, as were many of the whole fruits just coming into season. But she also prepared her own, special-recipes: drinks that tasted like nectar from heaven! Her banana-and-fruit-sorbet tasting party held Joy, another guest who had broken her fast, and me spellbound and tastebound: using a new, black, commercial Champion Juicer, we watched Victoria prepare 3 separate flavors straight into 3-pronged serving dishes to serve us 3 in less than 3 minutes! I promptly ordered the same machine — just for these recipes!

Victoria and I often ate in the new room she has been finishing: it is named “The Antler Room,” as it was where she once stored her antler collection. This room, although still needing moldings, new flooring, window sills, and other finishing touches, is the most unique of all her decors on both properties: when you go through the door, you step straight back into an 1800’s wilderness, one-room cabin. Here we enjoyed our meals and after-dinner drinks and had long fire-side chats, mostly about what I had been reading or watching that day to move me forward and how I could best go back with a resolve to do The 10 Energy Enhancers all the way.

I met the “guy” Victoria lives with at her office-based property: The HighJoy Homestead. (I am a horse-lover, and before my situation, took a vacation at a working dude ranch, driving cattle and enjoying all the amenities, including a sore rear end!) Her magnificent, white Arabian HighJoy is a joy to watch and hang out with! He is always up to something. But when we are around, he is up to getting treats or getting scratched! He is spoiled, probably eats better than any horse alive, and has a great life! His excellent health can be attributed to the box of fruit and vegetable culls the local grocer gives this horse almost every day and to the fresh-cut grasses and flowers he gets 8 months out of the year —“all organically grown” — Victoria pointed out. I even helped her cut a 30-pound live-food salad of clovers, timothy hay, dandelions, horsetails, plantain, and other greens along the side of a backroad my second day here.

Before heading back to Florida, Victoria and I made a memorable day-trip to the east side of The Cascades and visited a little town done up in country-western style named “Winthrop.” The highway over the 5,000 - 6,000 feet high, wild mountains was spectacular. At the highest point a sign read: “Little Alps of America.” The sign is well-named.

I am heading out tomorrow and am writing from Our Homestead and my cozy, private room. I have just finished a 15-day fast and 10 days of refeeding. The miracle is that there are no constant and long-lasting pains in my heart area or in my left arm. The 25-day visit has improved my situation-at-its-worst by 90%. I feel TERRIFIC! “Little High Joy” (our guest named “Joy” whom Victoria nicknamed after her big HighJoy horse) snapped a going away picture of me. Joy checked her camera after snapping and just blurted out: “You look like you are 40 years old!” I feel as young and good at 70 as I ever felt in my healthiest youth! My cardiac situation had been caused not only by falling away from a very strict living of The 10 Energy Enhancers but also by severe mental/emotional stress I let myself experience during the last 4 years. I am going home with a toolbox of ways to perceive once stressful situations as water off a duck’s back. And I am taking my “back to the basics of Natural Hygiene at its best messages,” renewed at Our Hygiene Homestead in The Woods, with me.

God Bless and Good Health to All My Old GetWell Friends & New LiveFoodFactorFriends,
Eric Jaklitsch in Florida



FROM THE VICTORY KITCHEN...
“Little Hi Joy” Beet Dip with Veggies
SO YUMMY IT IS HARD TO BEET!

- Beet (1 or 2, depending on size)
- Juice of Lemon
- Juice of Lime
- Ginger (based on taste preference: I use about an inch long piece)
- A little red pepper, sliced or in chunks
- A few slices of cucumber
- Other veggies on hand

VITA-MIX the beet, lemon and lime juice, and about 1/3 of the red bell and cucumber until very smooth! Use the remaining cucumber and pepper pieces as dippers!



**“Little Hi Joy” Makes a Deep Connection with
Natural Hygiene at Our Hygiene Homestead**

Dear livefoodfactorfriends...

(or as The Wilderness Woman likes to write, since deer and elk abound in the Concrete area of these Cascade Mountains: “Deer” livefoodfactorfriends...)

Where to begin? First and foremost, I am most grateful that Victoria BidWell has come into my life — she is the most colorful character and spirit I have ever met — her heart is as big and welcoming as they come. She has created an amazing Wilderness Wonderland in Northwest Washington — and it is a Nature ride most everyone must get on and enjoy in their lives... at least once!

A little background? I am 37-years of age and have been studying Natural Hygiene since turning 18 when I first read Fit for Life — but got off track for a good 10 years — busy in a SAD life.... I was following the Hygiene plan to the “T” until I moved from San Diego (much Vitamin D) to Seattle (not so much Vitamin D)! I also changed my diet to almost all cooked — not realizing the all-importance of raw foods in my diet. My health started to deteriorate, and I went to a few naturopaths who all said the same thing: “You need more protein!” Sooo, I ended up eating some egg whites, fish, and poultry — it never felt right to me — it had become a moral issue for me, so I really struggled internally — but I had put so much trust in these natural doctors thinking that “They must know what is best!” But when what they suggested didn’t work for me, I started experimenting with other diets — from Atkins, Macrobiotics, Suzanne Somers, Blood Type to The Zone. You name it, I have read the book — tried it... and in my heart always knew that Hygiene was where it is at. I just wasn’t able to pull together and internalize and then actualize the missing link between the raw and cooked aspects. A few years back, I heard again about the “raw diet” and started experimenting then — eating HEAVYILY on nuts and gaining lots of weight (combo abombo meals)! I was also eating raw cheese and other raw but toxic foods... I then read Dr. Graham’s 80/10/10 — which helped me get closer and closer — however, it left me feeling very wrong, feeling very lacking in certain nutrients, and feeling weaker and sicker every day.

Having some current health challenges and considering fasting a “right of passage” into the Natural Hygiene world, I decided to do a fast over the holidays. Unfortunately, I found a pricey place in Panama (before I ever knew that Victoria’s “merciful rates” place was an option) — and headed down to the tropics for a fast on water... hard to go wrong in the tropics, right? Well, I was wrong. I am glad I did my fast... but the facility was



extraordinarily rigid, not customer service-oriented at all, and full of energy-draining and time-wasting drama. (BTW, the staff was wonderful — it was the director that did not seem to care about his clients.) After escaping from the center early to “get out of that place” and having broken my fast incorrectly, I came home to a roller coaster trying to get back into life’s routine and onto raw foods totally. I knew I would eventually do another fast... and do it the right way — but for then, I needed a break.

When I returned home, I made a major decision to change my life — and that meant getting out of the artificialities of the cubicle world and getting close to Nature. So, I packed up all my belongings into a 25-foot travel trailer that I pull with a big diesel pick-up — brought my little cat-guy Harley along, and embarked on our full-time RV-ers’ journey — one, for sure, filled with stories and adventures. Part of this journey involved volunteering on farms and health centers — which would also help me continue to build my health by being surrounded with great food and healthy people. After reading The Live Food Factor, I knew Victoria was someone I would like to learn from — her vast knowledge in Natural Hygiene was exactly what I was looking for... so, I gave her a call.

We quickly got into a lively conversation (something easy to do with Victoria)! And the next thing I knew, I was heading to Our Hygiene Homestead in The Woods to do a fast! Wowie! I shook my head thinking, “2 fasts in 6 months — but hey, why not? Life is short. I deserve it — my body, mind, and spirit all deserve it!” The price we came up with, based on my personal situation, was also a driving force in doing this second fast — it was “way beyond fair” compared to the price I paid in the tropics — and I could manage the special rate within my already tight budget. I really wish I would have known about Victoria’s before going to Panama for that fast. So, this is how I ended up at Victoria’s Never, Never SAD Land... always a joyful playland! I soon came to find out the truth of it — it is a place to relax, enjoy, rejuvenate, and truly have fun.

Upon arriving at Victoria’s home and office, named “The HighJoy Homestead” after her horse and the 40-acres-&-a-mule American tradition, I am, of course, greeted by the one and only — Captain HIGHJOY America! He hollers when someone comes up the walkway like a watchdog would bark! Quite the handsome fella — so healthy and alive with spunk! (Later, I come to find out how WELL he eats — he is the kitchen scrap eater — everything — I mean EVERYTHING we don’t eat, he gobbles up! Victoria likes to exclaim: “HE EATS LIKE A HORSE!”)

When I met Victoria for the first time, the first thing she does is to crawl up into her bunk bed and get comfortable and invite me to do the same and lay down to rest on the couch below in the MOST wilderness-ized room of both properties — this is a room right out of a cowgirl western movie — actually beyond a movie — it is out of the wild-west-at-its-best — only someone with the most vivid imagination could create such a frontier-themed room! First, she asks me to tell her what is going on for me. We had a few phone calls before my arrival... but I tell her a bit about my life, anyway — she listens. And I can see her processing every word — she has seen it all. Her beautiful, blue eyes shine forth love as she listens to my story; and she tells me that I am doing good and doing the right thing by taking what she is now terming “The Correct Natural Hygiene Fast.”

She then proceeds to take me to the actual retreat setting, appropriately named “Our Hygiene Homestead in The Woods.” What I call: “The Wilderness Wonderland.” As we are driving through the neighborhood, we come to 2 green gates — and just beyond, I can see this plot of walled-in land, preserving... Nature, Nature, and more Nature. There is no stone unturned, no tree not loved, no plant not nurtured — the trees are magnificent, the decorations abundant, every little nook and cranny has been loved and attended to. “This is a place,” my mind tells me, “where I can just sink into Nature — completely block out the artificialities of the busy cubicle world... and allow myself to do nothing but listen to the birds and watch the squirrels run circles around the tall cedar and fir trees while I fast.”

When you walk into Our Homestead, it feels like a cozy cabin in the woods: blankets and pillows and places to flop so-inviting and electric candles a-flickering, and with sounds of the electric flame fireplace crackling and a water fountain flowing. The kitchen has every possible gadget known to the raw food gourmet! It is about having fun and enjoying life at Our Hygiene Homestead in The Woods. And after fasting 2x now, I am crystal clear that atmosphere while fasting and the right director make all the difference. She has created a place



where we can enter another world — a true Wilderness Wonderland dedicated to true Hygienic living!

So, my fast progresses. By my third day, Victoria announces: “Your tongue has coated faster and thicker than I have ever seen a tongue do!” (This we interpreted as “a good thing,” as my having high nerve energy to detox immediately and powerfully.) Into the fast, I do get good and weak. But I have lots of time before weakness sets in to explore and process the entire Homestead and all the work that must have gone into taking a piece of 1970’s recreation property and turning it into a 2009 wellness retreat. And in just a few days, I discover Our Homestead Library... OH, THE LIBRARY! I took grand trips into all the wonderful books — the Hygienic books, The Drs. Vetrano and Haag 30 DVDs, the old T.C. Fry videos, the audio recordings of long-past Natural Hygiene conventions and seminars! The Library, in itself, is worth coming and staying for a month, just to listen to the lectures, to learn from those leaders in the past — and to enjoy some of Victoria’s specially chosen, great Hollywood movies with a Natural Hygiene lesson-twist. I learned so much just listening to and reading all the material — and it wasn’t just Hygiene-related — every health book I had ever seen: recipe books, books on the wilderness and flora and fauna, on American history, a library for Christian pursuits — I was there for a month and barely tapped into the vast, personal collection. And this does not even include the Dr. Vetrano collection at The HighJoy Homestead, which, in time, I am told that guests will also have access to!

As I write this, I find myself getting swept up into the experience all over again... and I haven’t even gotten to the good part yet! But basically, you get the picture... it is a place to relax, leave your cares behind or at least get them into proper perspective, rejuvenate, and really take the time to take care of yourself properly. How many people really make the time to do this? It is so important... and each of the 3 of us that were there at the same time — Hazel, Eric, and myself — we all said that we want to do this annually. It is a precious, move-forward experience to do this... and Victoria’s place is really the most perfect of them all to “do nothing intelligently” (That’s Dr. Issac Jennings - The Father of Natural Hygiene - speaking.) and move forward joyfully!

Victoria is one who understands customer service. From the moment I walked onto Our Homestead, she offered me anything and everything I could ever imagine needing to make the fast pleasurable — whenever I needed anything, she had it for me in no time — including wheatgrass for Harley to munch on. And she even went far beyond my requests — she has OCS down pat: Outrageous Customer Service... she is all about giving and surprising us into a childlike joy! “Go through all the cupboards and drawers and explore everywhere,” she invited. When I did, I found every bathroom toiletry supplied, every massage gadget imaginable, every kitchen tool ever made including a miniature cookie cutter collection that filled a big kettle! In fact, my birthday happened to be while I was there... and I was showered with gifts — every day surrounding and on my birthday, she had something new for me — each gift was something with meaning behind it that I can actually use and enjoy — and, as with everything with Victoria, a delightful story was behind each gift.

Victoria was our built-in counselor during our stay — she understood what was going on in our lives because she took time to learn about our past experiences and of our hopes and dreams. Based on her past experiences and study, she has either lived through or seen most everything... in fact, she picked out targeted Hollywood movies for each of us to watch based on specific situations in our lives: “right on movies” that taught lessons galore about how to move onward and upward, and then we would talk through with Victoria some of the challenges we were facing... “to get it right!” She has an uncanny way of helping us see how to make ourselves better. At the tropics place I visited, the director simply took our blood pressure and vitals and left our personal growth up to the palm trees and spring breeze, while Victoria is totally focused on the holistic healing of our lives. (She attributes this not just to past experiences and study but also to the gift of discernment.)

After fasting, the fun really started to pump in... the meals prepared were wonderful, gourmet, and breath-taking. We had a fun “ice cream” party — where now clearly best-named, “The Wilderness Woman” served food in the most fun ways possible... from a collection of extraordinary dishes that were in the shapes of fruit or veggies or from her “wilderness collection” and other colorful serving dishes and glasses that added extra fun! We even enjoyed cloth napkins... and a variety of settings where we dined. And, our Wilderness Woman always made sure to have all of my favorite foods in abundance around (after the fast, of course)! One night, she put on a tea party for Eric and me. (Hazel just watched.) We all sipped on a warm tea of water and



dissolved Ginger Jolt! served in tiny glasses with tiny spoons to match! We felt like Alice in Wonderland must have felt when she ate the mushroom that made her big and kept everything else small! It was delightful! But the Ginger Jolt! tea was seriously yummy! And she treated me to a jar for the road and for the fun of it as payment for helping out around the 2 places for a couple of hours. It is so easy to see that her life is about spreading joy and happiness — about being selflessly dedicated to bringing on high joy in others... and she does this in a most outrageous and courageous way!

My fast was everything I could have hoped for and way far more... it was peaceful, relaxing, healing — my refeeding was done right — and it was so nice to be able to adjust and adapt to whatever my body needed. In fact, after my first fast, I had been dreaming about all the SAD foods I was going to eat (gorge on!) when I got home. By contrast, after staying here at Victoria’s place, all I can think about are yummy, nurturing foods, served on fun dishes and in a state of high joy — and I really have her to thank for that (and everything else)!! Our Hygiene Homestead in The Woods is more about being in the flow of one’s own body and personal needs... I highly, highly recommend it to all looking seriously at Natural Hygiene or even just simply interested in improving their own health and life — whether going to fast, to learn to prepare foods, or to just get away and eat and drink healthfully — it is “The 10 Energy Enhancers’ Place” to learn to best take care of yourself and be best pampered the entire time!! There is no question that Harley and I will get on this Wilderness Wonderland ride again and be back up in Western Washington with Victoria and HighJoy sometime soon!

The last hour Victoria and I spent together was really super-special... I felt totally and deeply connected to The Natural Hygiene Movement. We went over to The HighJoy Homestead: where the horse and she live and the computers and inventory reside. There, she shared with me her new, soon-to-be-up www.health4thebillions.com room — it is, yet again, testimony to her dedication to educating Health Seekers about Hygiene or “High Gene” as she likes to call it: “We get high on our God-given genetics by co-operating with His great design via The 10 Energy Enhancers!” In this room will be scanned all of the old jewels recently given to her by “Dr. V.” and Tosca and Greg: book, booklet, and magazine material that will provide the masses easy access to Natural Hygiene via the Internet once the materials are converted into e-books to go around the world - so, Natural Hygiene teachings will be accessible to all income levels and anyone interested in learning! I was there to see the birth of this amazing, dedicated room!

We then went to The HighJoy Homestead garage, soon-to-be The health4thebillions Library to be filled with donated books from Drs. Vetrano and Tosca and Gregory Haag and all others wanting to down-size their libraries... here, I helped Victoria pull out some huge boxes holding historic portraits in huge, fancy frames preserved under glass... they held pictures of the pioneering giants who paved the way for the forward action of The Natural Hygiene Movement: Jennings, Trall, Graham, Shelton, and other names and faces I don’t yet find familiar. It was so special to see these rare paintings and photographs of the serious-minded greats that have positively impacted so many people’s minds, souls, bodies, and lives. Victoria and her GetWell Friends are keeping all of the efforts of these great minds and lives alive and as gifts to us all with soon-to-be-offered, very-low-cost e-books via library cards! It was a totally cool experience — and I am grateful to have been able to go through those boxes with her!!

Victoria, thank you for everything... thank you for being such an amazing Wilderness Woman, a fun and fabulous hostess, an extraordinary caretaker and teacher — and for giving me love and nurturing during my stay at Our Hygiene Homestead in The Woods. I really do feel that the retreat is rightly named: it truly is “Our” Homestead — I am happy that the money I left there has been used to move The Natural Hygiene Movement forward, and the little house in the woods is a part of me now... I am forever grateful. At www.4livefoodfactorfriends.com, Victoria shows us a pitifully run-down and run-of-the-mill “before” picture and an adorably built-up and out-of-the-extraordinary “after” picture of what is now Our Hygiene Homestead in The Woods... here she declares: “We Love to Recycle Everything in Our Path: Horses, Vehicles, Houses, Health Seekers & Happiness!” Well, I have been recycled properly... and I love it!

**Love to All Our GetWell & livefoodfactorfriends,
Joy (aka “Little Hi Joy!”)**



FROM THE VICTORY KITCHEN AT OUR HYGIENE HOMESTEAD

In between the 80 & 90 degree days, Hazel and I had a few cloudy, cool days.
That is when we enjoyed Corn-off-the-cob Chowder & Unsplit Pea Soup!

Yummy Corn-off-the-cob Chowder for to Warm Our Innards!

- 6 ears of super-sweet corn, kernels taken off the cob, put in a colander & soaked in warm water
 - 4 big ribs of celery, quartered & soaked in same warm water
 - 1 cup celery &/or green grape juice (or any juice or even water), at room temperature
- (If you use celery &/or green grape juice, you preserve the yellow color of the corn and add to the visual appeal of actually eating a true corn chowder. An overpowering color of juice will take that visual away.)
- 2 medium avocados, gently diced to keep the sharp square shapes & • 1 red bell pepper, minced
 - Served for the reaching: Victory Veggie Vittles Meal = my 12 dried veggies seasoning mix
 - Served for the reaching: a plate of leaf lettuce & 4 of Lydia's crackers broken into crouton bits
- FIX-IT IN MINUTES: Place 1/2 the corn, the celery quarters & the juice into the VITA-MIX. Whirl into a chowder for a few seconds to reach desired consistency = chunky or creamy smooth. Add the remaining corn kernels & the minced red bell. Stir well by hand. Pour the warm chowder into bowls. Serve immediately to keep the warmed-up sensation. But first, pile the avocado dices on top & sprinkle with the Vittles Meal for its many colors. Keep the 3 "Served for the reaching" items handy. YUMMY! ENJOY! (When I served this to Hazel, she did not think any chowder or soup could ever taste better — until we had the Unsplit Pea Soup the next day!)

Warm Unsplit Pea Soup to Offset a Cloudy, Cool Day!

- 4 cups of sweet peas: shelled, put into a colander & soaked in warm water (or a 1-pound bag of sweet, frozen peas)
 - 4 medium tomatoes, quartered & soaked in the same
 - 1 cup celery &/or green grape juice (or any juice or even water), at room temperature
 - 6 big, thick slices of sun-dried tomatoes, cut into quarters & • 2 medium avocados, gently diced to keep sharp edges
 - 4 green onions with stalks, thin-chopped, if desired & • 2 orange bell peppers, cleaned & cut into halves
 - Served for the reaching: Hazel's favorite seasoning = Ginger Jolt!
 - Served for the reaching: a plate of leaf lettuce & 4 of Lydia's crackers broken into crouton bits
- FIX-IT IN MINUTES: Place 1/2 the peas, the dried tomato quarters, the celery quarters & the juice into the VITA-MIX. Whirl into a chowder for a few seconds to reach your desired consistency = chunky or creamy smooth. Add the remaining peas. Stir well by hand. Pour the warm chowder into bowls. Serve immediately to keep the warmed-up sensation. But first, layer the chowder with the chopped green onions & then pile the avocado dices on top. Keep the 3 "Served for the reaching" items handy. The soup can be spooned into the bell pepper halves, spooned on to the lettuce, or just spooned into your mouth! YUMMY! ENJOY! Some like it Ginger Jolted!

Hazel Duncan Connects Hygiene as Taught by Ellen White to the Modern Natural Hygiene Teachings at Our Homestead!

Although I had read, believed, and practiced Hygiene as taught by Ellen G. White, I was not able to connect her teachings to the modern Natural Hygiene teachings until a few months ago when I read 2 BOOKS IN 1: The Health Seekers' YearBook with The Best of Common Health Sense written by Victoria BidWell. I had met, talked with, and read information provided by some people who stated that they were Natural Hygienists. But they were either at one extreme (where they believe that one should live solely on a raw fruit diet) or at the other (where they teach that is all right to eat meat, eggs, dairy, and other animal products without being concerned about what one puts into the body).

As a practicing vegan vegetarian for close to 18 years, I have always believed that one needs to be careful about what is put into the body. I have, therefore, always been on the lookout for correct information to help my family follow The Laws of Health as taught by Ellen G. White, one of the founders of Seventh Day Adventism and one of the pioneers of The Hygiene Movement in the 1800s. Being an avid seeker for optimum health and truth, I was



led to The Live Food Factor and Victoria BidWell as a result of my subscription to Nomi Shannon's newsletter on the Internet. That led me to 2 BOOKS IN 1: The Health Seekers' YearBook with THE BEST of Common Health Sense. This book is not only full of excellent information that is easy to read and understand, but it has also helped me make the correct connection between Hygiene as taught by Ellen White and modern Natural Hygiene as taught by Dr. Shelton, Dr. Vetrano, Victoria BidWell, and other Natural Hygienists who have not deviated from the original path. I especially appreciate Drs. Vetrano and the Haags, who have kept us up with the times, especially in providing the USANA answer to our depleted soils. In fact, The YearBook has even made clear to me the fact that the science in Ellen White's Hygiene and the science in modern Natural Hygiene are one and the same. Ellen White has given us the spiritual approach, however, while Dr. Shelton ridiculed spirituality in many of his writings. Now, Victoria is working to make the God-connection with Natural Hygiene for those who want it and to just present the science connection for those who do not. The history chapter of The YearBook also cleared up something for me: when doctors and teachers of modern medicine started using the term "hygiene," especially to name courses in their colleges, it did become useful for Hygiene pioneers to formalize the term "Natural Hygiene" to avoid confusion with the use of the term "hygiene" as taught in the medical-minded schools and colleges of today. That makes perfectly good sense to me.

Reading The Live Food Factor and The Health Seekers' YearBook gave me an insatiable desire to meet Victoria BidWell, the lady who appears to be single-handedly spearheading "The Correct Natural Hygiene Movement," as she is now calling it, at this time. When I talked with Victoria on the phone, her voice was so cheerful, uplifting, and friendly that I felt like I was talking to an old friend. Although I do not have any major health challenges at this time, I felt like it would be well worth my while to go through Victoria's Homestead Program, meet "The Wilderness Woman" in person, get some rest and rejuvenation, and see if I might be able to improve a skin condition.

I talked it over with my family and made arrangements with Victoria to spend 4 weeks at the guesthouse. And our agreed upon price was affordable! When Victoria met me at the bus station at 1:30 A.M. on Sunday, June 14th, I felt like I was returning home to family that I had not seen for a long time. After much exchange of hugs and greetings, we loaded up her truck with my luggage and headed into the mountains. Upon arriving, I could not believe my eyes! The night lighting on the gated, fenced property was an awesome sight to behold! The late-night tour of the house, all lit up with fascinating fixtures, was delightful! Words could never paint the picture. To see it, one has to actually come here to understand what I mean: you would be totally immersed in a nature-land. After much "aaaahhs" and "ooohhs" from me, we said "Goodnight!" And I settled down to sleep and the start of my 21-day "Correct Natural Hygiene Fast" on distilled water only.

While fasting, I took advantage of the many opportunities to explore the peaceful, loving, natural environment which made me think about The Garden of Eden. It is so serene here that my mind and emotions have been kept quiet and calm throughout the 21 days of fasting. I am overjoyed! I spent much of my fasting time in Our Homestead Library, devouring information about Natural Hygiene. I learned so much, not just about fasting and food, but about how people get to be so toxemic and how to best accomplish total healing of body, mind, and spirit. In fact, this got me closer in touch with myself, my life, and with God. I had so many opportunities to be alone with the Divine One, to talk to Him, listen to Him, and to enjoy His creations: nature at its best, with many different kinds of birds swooping in and out of the fenced sanctuary to add even more life to all the trees and plants. Immersed in this calm, stress-free, sanctified haven, I have a hard time believing the euphoria that I am experiencing. (Victoria assures me that a good part of this euphoria comes from being so thoroughly detoxified and that this is how we are all supposed to feel in a cleaned-out body!) Not only have I seen some improvement in my skin condition, there are less visible scars and skin discolorations. But the best part is that my mind is much clearer, and I feel so good!

Psalm 139:14 states: "I will praise thee; for I am fearfully and wonderfully made." When God created us, He provided us with a plan and the foods that would help us live our lives optimally. This plan is Natural Hygiene. The inventors of modern products have introduced many things into our lives that have hindered us in best fulfilling His plans for our lives. The Standard America Diet is one of these inventions, and we now have literally thousands of SAD products that will introduce toxins into our bodies if we partake of the SAD foods and drinks. After spending 4 weeks with Victoria, I have come to believe that she has been set apart by God for such a time as this poisoning era of our food to lead Americans and the rest of those around the world who have ears to hear out of this "SAD Wilderness" and into natural living, using The Natural Hygiene Movement teachings to do so.



One of the highlights of my stay was getting to meet Dr. Vetrano and Dr. Gregory Haag. I feel very honored to have been here to witness Dr. Vetrano passing on the leadership of The Natural Hygiene Movement to Victoria, presenting her with a load of books from Dr. Shelton's daughter Willowdeen, along with handing Victoria all 9 of the Vetrano manuscripts which she is entrusting Victoria to complete with Correct Natural Hygiene information. While here for 3 days, Dr. Vetrano and Greg were swept away with Victoria's recycling talents at Our Hygiene Homestead in The Woods (the guesthouse) and The HighJoy Homestead (the workhouse). From how organized every room was and from how she has turned both places into useful, working showcases for Natural Hygiene, these 2 doctors both gave Victoria their fullest faith in her ability to carry on. They gave her their blessings, their enthusiasm, their love. And for all intents and purposes, they handed over the leadership of "The Correct Natural Hygiene Movement" to "The Wilderness Woman."

Another highlight of my stay was getting to meet one of Victoria's benefactors: Ken Chin (his wife did not make the trip). Ken and his wife are the couple, who have, along with Victoria's hundreds of GetWell Friends, made it possible for her to operate the guesthouse so that we can come apart from the hustle and bustle of life in the world and rest awhile in the wilderness... and for an amount that is affordable for those of us who are not rich.

Yet another highlight of my stay was getting to meet and become acquainted with the other 2 guests — Joy and Eric. We had lots of special times watching the old T.C. Fry videos, the newer videos put out by many teachers, and the complete set of 30 Dr. Vetrano and Gregory and Tosca Haag videos. In fact, I am going home with that set to share with my relatives and friends. With Our Homestead Library open to us and with all 3 of us knowing our Hygiene so well, we pretty much took care of our own needs; and it didn't really matter on the days when Victoria could not spend as much time with us as on others.

The horse HighJoy was certainly fun to get to meet! He is a character! He is so enjoyable. He behaves more like a human than a horse with all his antics, mannerisms, and facial expressions to get his needs met, which amount to getting raw food treats whenever he can. We all enjoyed knowing our fruit and vegetable peelings, husks, pits, cobs, and tossed-away, less-than-perfect foods and scraps were going to HighJoy! I will always remember how he jumps up and down for fruits and vegetables, digs at the ground for more, and reaches out his neck and turns his head sideways looking so pitiful as he begs for even more!

The most important part of my stay was just getting more acquainted with Miss BidWell, the lady with so much wisdom, who is so unique in every way, who understands Natural Hygiene so well, who is ever so willing to work with anyone at the grassroots and most personal levels, who is such a great and entertaining teacher, who is so convicted and determined that she must do what God has called her to do, who is so fearless against all odds, who has so many wonderful ideas about how to best spread the message of Natural Hygiene to the world, and who is so creative in using her energy to accomplish the job which God has called her to do.

Having spent 4 weeks in the wilderness, 3 of them fasting correctly and the 4th eating The Garden of Eden Diet as designed by God and so creatively prepared by Victoria, I do believe that I am more fully equipped to go back into the busy world as a Natural Hygiene Missionary. Victoria has really done a marvelous job motivating me to go out and spread The Natural Hygiene Message to those with whom I come in contact. The experience has far surpassed my expectations! I am going home to my new BodySlant, with a little library of recipe books, 4 jars of seasonings, 2 pounds of the sun-dried tomatoes, and a 3 months' supply of Victory Veggie Vittles! How can I fail? I highly recommend 2 BOOKS IN 1: The Health Seekers' YearBook with The Best of Common Health Sense for anyone wanting to take the best care of his or her body. I also recommend doing a Correct Natural Hygiene Fast at Our Hygiene Homestead in The Woods for anyone wanting to rejuvenate, get a tune-up, or correct health challenges.

I want to share my final, finale highlight before I get on the bus in 4 hours. Victoria just took me for a 4-hour drive in her open-air "buckboard" truck through "The Little Alps of America." We were immersed in so much natural wilderness beauty, again, I cannot describe it. Victoria tells me that after the first 10 quiet, little "wow"s I muttered, she started keeping count and that I went up to over 40. I wish my daughter could have made the trip — for the entire experience: Little Alps and all.

In closing, I just read aloud my story to Victoria. Her head was turned during the reading, looking at the view out the back deck. Afterwards, I saw it made tears run down her cheeks. I love The Wilderness Woman and all she stands for. PRAISE THE LORD! Hazel Duncan, one of your new GetWell Friends and livefoodfactorfriends!



**MY PREFACE TO BARRY DUNCAN'S SHORT & SWEET VISIT!
9 DAYS IN AUGUST, 2009
ABOUT "COMPLETE REST" DURING THE NATURAL HYGIENE FAST**

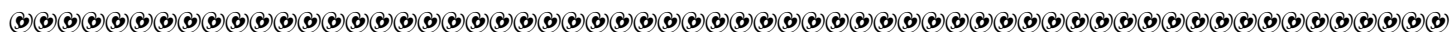
The term "complete rest" is unique in the Natural Hygiene teachings and refers to rest on 5 levels: physical (not moving around at all), physiological (not digesting food at all), emotional (not engaging in your personal dramas or comedies at all), mental (not engaging in activities that tax the mind at all), and sensory (not stimulating the senses of sight, sound, touch, taste, and smell at all). Giving yourself complete rest during a fast with naps throughout the day and sleeping way into the morning — until noon, if you can do it! — are the tickets to maximize best your restoration of Nerve Energy and thus bring on the most powerful cleansing and complete healing during your fast. For this reason, I have dark drapes on all the bedroom windows at Our Hygiene Homestead in The Woods: it could be the middle of the night inside when it is broad daylight outside! And I never disturb you until after the noon hour while you are fasting.

I am fond of watching a good western movie and admiring a good horse and observing life in The Wild West as Hollywood portrays it. In Tombstone, with Val Kilmer playing a fascinating Doc Holiday, the town doctor tells Doc that with his tuberculosis condition and because of his smoking and drinking habits, he needs "complete rest" if he wants to live. I wonder if the screenwriters knew the all-importance of the term they had chosen? Then, at the end of the movie, when Doc goes off to a big sanitarium in Denver, Colorado, to get that rest or die if he is too late, I wonder if the screenwriters had heard of Dr. Tilden's Sanitarium in Dever, Colorado, and had correctly modeled that scene after the real-life location? At any rate, you do get to see a late 1800's retreat that, according to pictures I have seen, looked much like Dr. Tilden's had.

I have seldom seen anyone take the idea of "complete rest" as far as had Barry. Once into his fast and seeing the seriousness of his intentions to do this right, I challenged him with the following story: In 1984 - 1986, I held up in a hole in the basement of The California Health Sanctuary and began writing The Natural Weight-Loss System course and my first 2 little books. The Director Art Andrews let me stay free: all I had to do was run the Overeaters Anonymous weekly meeting and serve as his debriefing board each evening. There, with 12 spots available to Health Seekers, I got to see many fasting miracles. I have kept the newsletters from which, over the years, I will share stories with you. Today, I want to tell you about Dorothy.

Dorothy was a retired school teacher and worked for the Director almost for free. And once a year, she got to move into the big country home and take one of the \$350 a week spots to fast. Dorothy would get into bed, lay flat like she was on a morgue slab, put her arms under the covers, put the bedclothes up to her chinny chin chin, close her eyes, and lay perfectly still for the duration. I never saw her get up to go to the restroom or to drink water, although I am sure she did. Dorothy always amazed all of us each time she fasted. And the Director always pointed out: "This is the way to fast." I am sure it is. I have been so dead-tired from long years of overwork that I have checked into a Natural Hygiene retreat, crashed, and slept and slept and slept and barely moved, just like Dorothy. But Dorothy was not dead-tired. She was doing this out of deep knowledge of how to get the most from The Natural Hygiene Fast — and deep discipline.

When I told Barry this story, he just responded quietly with... "wow." As you will read, Barry did a really good job of resting, second only to Dorothy in my experience. I am sure that being the only person at Our Homestead made the difference. Had there been others there and being of an extremely pleasant character, he surely would have been pulled into conversations with others and endured the consequent energy expenditures/squanderings. Along this same line, just last week, a GetWell Friend and naturo-path doctor asked if she could come to Our Hygiene Homestead in The Woods for a month and if she could pay extra to have the entire place to herself. The answer for her and for you is... "YES!" Our Homestead is unique among the few Natural Hygiene facilities out there — in many ways. And "private use to get the most Nerve Energy juice" is one of those ways. Now, for Barry's story!



BARRY'S SHORT & SWEET FAST AT OUR HOMESTEAD

Yesterday, my short 7-day Natural Hygiene Fast on water only ended with much joy! I enjoyed 2 grand days on many melons of different flavors before leaving for 2 days of Seattle sight-seeing and friendship renewing. Fasting for any period had always seemed insurmountable to me, at the very least. Yet, the “call” to fast for the last several months was too obvious to discount. There were signs. One guy in particular from the East Coast talked about fasting on water only as a teenager. Before the fast, he had developed rheumatoid arthritis; and after his fast, it was gone. Chalk another one up to the amazing healing powers of the human body! The other pressing sign was the inner knowing that was frequent.

A livefoodfactorfriend sent me Hazel Duncan’s story of her 28-day visit at Victoria’s Hygiene Homestead in The Woods. (No. We are not related. Just a serendipitous coincidence!) I immediately called Victoria. She returned my call while I was driving. I pulled over, we talked 5 minutes, I gave her my credit card, and I was there in 36 hours! She did not even know my last name or address when I arrived: I had much to do to get ready and get out there! So, I talked with her on Sunday, arrived on Tuesday, and figured it was she when she was waiting in 90-degree weather in her green, sawed-off Bronco Junior “Buckboard.” The fresh-air ride home was delightful! After an orange, peach, and blueberry smoothie at Jamba Juice, we drove into the wilderness and up to the quaint Homestead guesthouse. The exclusive fast on water only journey had begun.

Before I arrived, I had committed myself to lounging, resting, and keeping my eyelids closed. This “complete rest” provides the nervous system with the ideal conditions to maximize its regenerating powers. I was thus prepared to be in “optimum Natural Hygiene Fast mode.” I had not even seen The Live Food Factor or 2 BOOKS IN 1: The Health Seekers’ YearBook with The Best of Common Health Sense before I arrived. So, I did read the chapters from each that Victoria promised would double the benefits of my fast: Chapters 4, 14, and 15, most of which she had authored in The Live Food Factor, and “The Priceless Benefits of Rest & Sleep” article and related fasting information in The YearBook. I also went through Our Homestead Library and selected several videos and audios on fasting and related topics during my 9-day stay. But I stayed still with eyelids closed and only listened to the videos, thus saving the Nerve Energy that watching would have taken.

Other than talking with Victoria each day, drinking water, using the bathroom, showering, and moving from the bed to 1 of the couches and then to the front lawn chair and back to 1 of the couches and then to the back lawn chair, I slept, napped, and rested. Victoria informed me, “We sleep till noon around here! It’s all about Nerve Energy here at Our Hygiene Homestead.” However, I did also talk to a few people on the phone to keep inspired and listened to the radio a little. The peace and quiet led to some of the most wonderful naps I have ever had. “Surrender, relax, be at peace, and cleanse.” This was my mantra! I am usually a very active person, and lounging around (“complete rest”) has always been extremely difficult. This is, actually, the first time, at age 44, that I have completely rested for more than one-half a day, other than night-time sleep. The weather co-operated completely — with the best Washington ever offers.

During the fast, I had no hunger and only a little restlessness. I also experienced head pain, mostly in the frontal sinus area. But I had expected this. Also, I had some pain in the lower back and sacroiliac. Victoria explained that my body was performing “microsurgery at the cellular level.” I said “YES!” to that! Those areas of my body do feel less pain than usual now. A major trauma at the age of 10 created these injuries. My tongue did start to coat the first day. By the 7th day, I was deep into my fast. “This,” Victoria noted, “is when deep cleansing and healing are just starting.” But this first short and sweet fast was perfect for me at this time. I needed to take on a new job. And I wanted to see the Seattle sights and visit some old friends for 2 days on my way out of Washington.

Since my first fast is now finished, I have the courage to fast again. My intention is to make my next fast within the year and for a minimum of 2 weeks. A fast to completion would be fantastic! I am grateful for this experience and to Victoria for who she is and for Our Homestead. Cheers! Barry



Dr. Vivian Virginia Vetrano & Dr. Greg Haag Visit Our 2 Homesteads in July & Bring “HELP!” to Launch “Our www.health4thebillions Cause!”

From Dr. Vivian Virginia Vetrano...

We leave the middle of Texas and head for the northwest corner of Washington State in my small motorhome and pulling a 5 X 8 U-Haul trailer filled with more Natural Hygiene books for Victoria. Tosca and Dr. Shelton’s daughter Willowdeen, now 82, had been talking about what to do with the last of her books, both new and used, since she was ready to retire. She could sell them away or give them away. But because I had wanted to see Victoria and her 2 places since she got them in 2001, we all decide to give them away and for Greg and me to deliver the load personally — to Victoria — so she could take the lead with The Natural Hygiene Movement while we take the lead with The USANA Depleted Soils Supplement to Natural Hygiene. From our house to Victoria’s is a 3,000 mile trek. So finally, after a few spectacularly scenic detours, we find Concrete, Washington. We are very excited! As we travel down the street, dusk has overtaken the small community where the horse and she live and work — The HighJoy Homestead — I know immediately which is the “workhorse house” from pictures she had sent throughout the years. As we travel up the long stepping-stone walkway to the house, we spot “the watchdog in horse’s clothing” and hear him whinny-warn Victoria that she someone is approaching: it is the white HighJoy horse! Being the joy of her life and also a natural comedian, he walks up and gives Victoria a big kiss, then turns to us and stretches out his neck and bobs his head up and down, we soon find out, for raw food or. In reality, he will eat “almost anything edible, as he is also part-goat!” we are told. But Victoria only keeps raw food treats around. It is a precious and happy “Hello!” after not having seen Victoria for over 14 years.

Victoria’s “workhorse house” is really a place of beauty, fun, and efficiency. It is a “Patriotic Frontierland and Natural Hygiene Museum with Full-time Working Offices!” We get the full tour — even down to “the most patriotic bathroom in the world, with decorations and drapes all from The Victory Wagon,” she explains. The shipping room where all your packages of love and alternative health contraband are made is most impressive! To think how much valuable information and how much help to men, women, and children has been shipped all over America and, since The Live Food Factor, all around the world — all from this highly efficient office and “recycled frontierland half-acre” — it is really inspiring! From her combined loves for America and Planet Earth, the wilderness and animals, The People and Natural Hygiene, you can tell that here is a woman who loves what she does! Victoria is truly the good steward of this half-acre, given for her to use by GetWell Friends Ken and Sandra Chin. “God Is in Control!” is her theme song, and I can feel her enthusiasm covering the property and spreading around the world as she describes what she had been striving to do since she moved into the wilderness to... “get GetWell*StayWell, America! globalized!” I am most impressed of all with what she refers to as... “Our health4thebillions Office!” She has taken the big, oil-painted portraits I gave her in dusty, dirty, very fancy, old frames of Doctors Shelton and Jennings, of Sylvester Graham, and a blow-up photograph of Dr. Tilden in black and white, cleaned them up, shined them up, and hung them up in a brand-new room room dedicated to our most ambitious

project ever: “Getting Natural Hygiene for God, Health & Country globalized through www.health4thebillions.com!” I can see that this is too big a project for just 1 dedicated woman and 1 white horse!

A blow-up and likewise framed photo of T.C. Fry is in the works and 1 with “The Wilderness Woman & High,” as well. Presidents Washington and Lincoln in color are also framed and hung — as leaders of The 1776 American Revolution after which Victoria has patterned The Great Global Health Revolution! She tells us that photos of JFK, Martin Luther King, and Peace Pilgrim are also in the works. Since Victoria had no full portrait of me, she had put together a collage from pictures I had long ago forgotten she had kept: next to Dr. Shelton’s, my big frame holds photo-footage of my many faces, places, and outfits that I had worn in the past. I am in awe and wonderment at how she has saved all these various pictures of me, even the 1 of me about to do the Mexican Hat Dance in full costume for entertainment at my 50th class reunion! It is so complementary and heartwarming to see my collage placed directly in front of Victoria’s older computers where she will put in the long hours and with Dr. Shelton looking down on me, as if to say: “Good Work, Vivian!” Just as my imagination is running with this thought, Victoria asks, “Wouldn’t Dr. Shelton and T.C. be proud of us all now?”

As we leave the main house building, we get to greet HighJoy again and enjoy more of his lovable tricks. He actually dances for cantaloupes and answers “Yes!” and “No!” when Victoria interviews him about his equine preferences! His body language and facial expressions, his liveliness and attitude, all attest to his dogmatic opinions and show that these 2 have a great connection as they inspire and entertain each other throughout the workdays and nights! As the tour continues, Victoria next shows us where The health4thebillions Library will be unpacked and organized: an older, large 2-car garage now storing the load of 300 boxes we sent off in January, all neatly stacked but as yet unexplored. She certainly has her work cut out for her now!

With The HighJoy Homestead fully explored, we head over to Our Hygiene Homestead in The Woods guesthouse. We cross the wide, wild Skagit River. Its water is not blue but unmistakably green, as it flows mightily from the Cascades and rushes speedily to the Puget Sound salt water that mixes with the Pacific Ocean. The forests, fields, back roads, and mountains around the 2 Homesteads are spectacular! But Mt. Baker, covered in snow year around, steals the wilderness show land-and-skyscape. This mountain reminds me of majestic Mount Blanc in France. I cannot help but think, “What a perfect setting for a fresh-air, fresh-water, nature retreat!” When we actually arrive, darkness has just overtaken dusk. We are anxious to snuggle into fresh beds. But Victoria begs us to wait a few minutes before following her into the long driveway, as she wants to “turn on some lights.” In about 10 minutes, she returns. And we are dazzled by the light show we would have missed had she not gone on ahead! She has created a wilderness wonderland on front and back decks (“with 90% discounted Christmas lights at after-season sales,” she tells us). In an instant, Our Hygiene Homestead in The Woods has lit up into a private summer festival of white and golden stars! A few strategically placed flood lights and hundreds of tiny lights twisted into wired, store-bought greenery with real pine cones, that are mounted onto large limbs, that hang from the decks showcase Our Homestead that create a sight I will cherish forever: this is the grand entrance to Our Homestead.

Only her third guest Hazel has remained from the near-full-house in June. So both Greg and I are privy to

especially private rooms. My “Howling Wolves Room” sports a wolf motif with a small electric-flame fireplace and with heat on or off as I might wish. My bed is soft and inviting, and I sleep like Goldilocks must have when she had finally found her bed that was “just right.” Greg’s room had actually been “under construction” but is now nearly completed. Its large full-mantle, electric-flickering-flame fireplace competes with the unusual bed as the showcase of “The Western Pleasure Room.” Made of 2-by-4-cedar lumber and previously modeled to serve as a hospital bed for a bedridden, former guest, complete with railings for rolling over and an overhead lifting bar for sitting up, the bed has been remade by a clever handyman who had been instructed to cut off the bar and its supports. That left the bed looking just like a corral! Perhaps, you can picture this? Although still needing flooring, window sills, and moldings, the room’s elegance — with 2 huge mirrors and a color photo of Mt. Baker with a purple-flower spring forefront and all the special lighting effects and the glorious-bronze, snakeskin-like drapes on 3 windows — makes one gasp at how shopping for new items on sale, second-hand storing for 1-of-a-kind items, resourcefulness, and creativity have led to this Western Pleasure Room!

We sleep way in. And we awaken to aromatic melons and the fascinating place revealed in all of its natural daylight glory! Off in the background is a huge, hunter-green mountain. Our Homestead is really just a little piece of heaven in the forest. Victoria has decorated each square foot of the land with unique assortments of fascinating nature themes – from a dolphin scene to scampering squirrels, loving lambs, hooting owls, fishies, bunnies, raccoons, beavers, cranes, eagles, wolves, turtles, and even mice chewing on strawberries and a couple of large Halloween rats than squeak when squeezed — all lodged into natural settings around the fence. The splendor of this place is never to be forgotten. Perhaps the most humorous acquisitions to this adorable animals-in-the-wild menagerie are the latest: a full-sized armadillo named “Shelton” in honor of Texas, the home of these creatures and of Dr. Shelton’s 7 Health Schools; and a wise turtle named “T.C.” in honor of Thunder Cloud Fry. The solid-board-art-fence not only provides beauty: it also offers guests large areas to find their privacy. She even has a pen at the property front for HighJoy so he can join the guests for friendship, fun, frolic, frivolity, and food. He devours every leftover and every scrap but the avocado pits, citrus peelings, and pineapple leaves! He will eat every salad and drink every beverage made here and still want more, as we are told, “He is a bit of a big pig!” And he will be, I am told, not just tasting every recipe Victoria makes in upcoming recipe videos, but devouring the entire dish and waiting for the next to be made, unless, of course, guests are invited to join in to the devouring party! Well, if she does that, she had better stand in front of him and not look back, because the enjoyment of his food as evidenced by his smacking and slurping and swallowing and eyes half-closed in gustatory pleasure is so grandly hilarious that he will steal her food preparation show away completely!

Our Homestead kitchen and living room are just adorable, all with a warm, rustic theme. “The Emotional Balance & Nurturing Relationships Beam” is something to behold: Victoria has mounted at least 30 words like “Believe,” “Dream,” “Forgive,” “Joy,” “Decide,” “Relax,” and “Gratitude” onto 1 of the foot-square beams that runs the length of the living room: positive points placed on pretty plaques. Each is different from all others, and each reminds guests of their general needs but are also used as reference points for specific needs during personal consultations. Our Hygiene Homestead in The Woods is, like The HighJoy Homestead workhorse property, all in God’s control — with my beautiful, beloved friend Victoria as our good steward. Hail, Captain Victoria! Keep these happy, healthy Homesteads helping Health Seekers to move forward in their own, personal Hygiene journeys — forever!

From Greg...

Our trip to Victoria's was most remarkable on many fronts. First and foremost was Victoria with her irresistible enthusiasm and desire and ideas to carry on and to get the message of Natural Hygiene out to the world in a most delicious-to-chew-on, easy-to-digest, fun-to-assimilate fashion! Yes, she will tell you all, she needs to lose some weight so easily gained so very quickly when under so much stress. And she gets around good enough but really needs new knees to run and jump properly, as they went sideways in an accident nearly 4 years ago. And more rest and sleep on a regular basis would yield more energy for her. But with The 10 Energy Enhancers and USANA, she is alive and well enough to carry on the work of 2 healthy women one-half her age! It is easy to come up with ideas. Anyone can come up with and spout off ideas to promote "Health by Healthful Living!" But it is the carry through of Correct Natural Hygiene in an entertaining and clear-cut fashion that takes knowledge and genius, and it is the financing to completion that takes friends like you and God's blessings. When you visit the Homesteads on her upcoming pictorial tour and hear of her plans in details to help Health Seekers everywhere, you will soon see that Victoria has it all. For years, she has had enough of what it takes to be a mighty force for good. We do not know of anyone alive today who has put more ideas into motion, who has put in more long hours to get the work done, who has sacrificed more of her personal time for The Cause, who has put all her modest finances on the line countless times, and who is more committed to and has a better chance at globalizing Natural Hygiene for Health Seekers than Victoria! We do hope you will support her in these efforts in any ways you possibly can!

Another fantastic thing for me to see is Victoria's direct symbol of God's love and joy and her "gift from God": HighJoy, a stunningly healthy, beautiful, clever, white Arabian who was gelded so late in life he definitely acts like a wildly awake and playful stallion! We all have had horses for most of our years, and it is a total delight to meet Captain HighJoy America! For instance, Victoria has inspired him to jump on all 4's into the air and buck mid-air like the Lipizzaner Stallions when she holds out his favorites: a bucket of fresh-cut clovers and greens — or — better yet: fresh-picked corn-on-the-cob! His enthusiasm for raw food shown by violently digging into the ground and then finally resorting to begging with a totally pitiful look on his face — so human in its pleading — is really remarkable! We thoroughly enjoy HighJoy and his human antics: we can easily understand why Victoria claims she is never, ever bored! With him around, we would never be bored, either!

I am so glad that Victoria has treated herself to a bedroom that is a blessing, where she can retire and relax after hard work all day and into the night. Her outdoors-frontierwoman-rustic bedroom with the Mr. Ed-type Dutch-door that opens on the top half so that HighJoy can fit his head and neck all the way into the bedroom and join in on the conversation — that is really fun! I found the Ben Franklin wood-burning stove as her only heat quaint: it would certainly put one in touch with the elements when the wood runs out! You may as well be stepping right into the 1800s if not for the small television and cordless phone at arms' length near the bunk bed. Yes, our friend sleeps in a bunk bed, with windows and doors open year around and under a real fur blanket when it is cold enough. She has a horse for an alarm clock! How's that for adventure? The most comfortable, big, overstuffed couch (\$5 at the second-hand store, she proudly reported, as part of her "Waste Not! Want Not!" frugality) is also unique: on this couch, according to Victoria, new guests are invited to lay back, sip on raspberry juice served in fancy glasses, and relax for as long as needed to tell their stories and share their needs and to become further acquainted with her and the Natural Hygiene philosophies, before going over to Our Homestead guesthouse.

The newest room at “the horse house” (The HighJoy Homestead with all the inventory and computers that run GetWell*StayWell, America!) was just completed the day we arrived: it is a dedicated area to continue to spread the word of Natural Hygiene. I found this to be both efficient and attractive with computers at the ready. Our “health4thebillions” logo created in varnished, wooden letters and neatly nailed to the wall serve as a backdrop for the world-globe surrounded by tinsel “fireworks” on wires to simulate bursts that light up the darkness of ignorance. With the word “JOY” in front of the globe and our mascot HighJoy in miniature jumping for joy in the forefront, Victoria clearly shows exactly what she has in mind for Health Seekers everywhere, what Dr. Shelton called: “The Joyous Message & Promise of Natural Hygiene!” She intends this for every person on the Earth, all of whom are, Victoria emphasizes and according to statisticians, each just separated 1 from the other, by 6 degrees!

The books Dr. Vetrano donated and GetWell Friends helped bring over here in January are still waiting to be unpacked and turned into The health4thebillions Library. But when finished in the like manner of our “workhorse house” and guesthouse, it will be the most impressive and important storehouse for Natural Hygiene on the planet! Already, the 2 properties that GetWell Friends and now some of our livefoodfactorfriends have made possible with orders and donations are just fantastic to actually see and live in — first-hand. We can’t wait to see The Library unpacked and put to work and its books, magazines, brochures, audios, and videos going out around the world in electronic form — affordable for everyone! We are anxious to add “Our Best Answer to Our Worst, Troubled Times” = USANA Supplements to The Updated Natural Hygiene Message Victoria sends out and to be of service in counseling Health Seekers about the USANAs. (Go to: www.4livefoodfactorfriends.com to read Document #6 for our full USANA statement.)

Victoria had mentally prepared a monologue she had been working on for weeks as the room was being finished. She impromptu delivers it while we are being dazzled by The health4thebillions Office: “Oh! What marvelous times these are — with the information explosion happening at our very fingertips! Oh! To be so blessed that we get to take command of this electronic Natural Hygiene Revolution that will get out information to everyone: sick and well, rich and poor, young and old, un-educated and mis-educated! We are the true “Health Revolution” that Dr. Shelton had called for all his years. Only then, he could not possibly have imagined going further than to a few million. He deployed the battle cry: ‘HEALTH FOR THE MILLIONS — NOT JUST FOR THE FEW!’ Only now, I can easily imagine going around the globe. And I am deploying the furthest-reaching battle cry ever: ‘HEALTH FOR THE BILLIONS — HEALTH FOR EVERYONE!’ I have been given a we-can-do-it vision — in bright fireworks’ colors of faith, hope, and love! In just 1 website, our GetWell and livefoodfactorfriends can get everything Dr. Shelton, T.C., the giants, and Our 3 Texas Doctors, and I have ever produced. As long as it is not copyrighted or the copyright is expired, these teachings are in our public domain, and we can take dominion over them for “God, Health & Country!” We can make the materials pocketbook affordable, electronics accessible, and search engine powerful! We can get www.health4thebillions.com out to the nearly 200 countries and nearly going on 7 billion people who would all be willing Health Seekers if they only knew the full-truth about how to get well and stay well! But how will they be helped if we do not get the message to them? That is ‘The Mighty Work Ahead!’ that Dr. Shelton used to talk about. Only now, it is far, far mightier than he ever dreamed of. And only 4 short months ahead.”

Dear GetWell Friends, I am flabbergasted! I know Victoria could never have made it this far without you. And now, she tells me, we have 700 new livefoodfactorfriends, some of whom are spending some money

with her to support these all-important efforts through their purchases. As I stand in The health4thebillions Office at The HighJoy Homestead, all done up in Natural Hygiene, Americana fervor, and with the world-globe logo propelling us into cyberspace, I realize how ambitious and ridiculously impossible a task she has taken on for just 1 woman. The thought goes through my mind: “This is way, way too much for her. Victoria is really going to need the support of her friends to get this project up and running!” I am so glad that she has you all. We are doing everything we can to help get www.health4thebillions.com up and working by Victoria’s projected date of January 1st, 2010. We know she has “fund-raising with great & generous gifts and various Library Cards — even aForever Library Card” in mind. We are not exactly sure what the specifics are. But we hope you will be there to place an order and send some extra to help us make the necessary giant jump into cyberspace when she announces the fund-raiser: it will be 4 short months of cyberspace preparation for us and one giant leap into “Life, Liberty, and the Pursuit of Happiness!” for women, children, and men.

And finally, we leave the offices at The HighJoy Homestead and travel to the rustic, romantic, and totally embracing, enchanting retreat house 3 miles down the river road. The grounds are eye candy everywhere we look; from the majestic, skyscraping 200 foot pine and cedar evergreens to the Americana memory-fence with its Paul Bunyan-type lumberjack saws and rusted pulleys and with all the Pacific Northwest lookalike-lifelike animals all placed in just the right places. The fence is a work of art. And its height gives the guests many private areas to catch some rays or to just enjoy the sanctuary solitude in the natural peace and quiet.

The interior space of the retreat is just as spectacular as that of the outside: warm, cozy, comfortable, and inviting. Mom’s private howling-wolf-themed bedroom, my private-elegant-western-themed bedroom, and the upstairs “takes-2-forest-themed bedroom” invite you to take your Natural Hygiene back to the basics and where it belongs: to nature and to God. I am so impressed with Victoria’s genius that I will definitely take my next Hygienic stay with her at Our “Warm & Cozy” Hygiene Homestead in The Woods. Oh, yes. I forgot to mention the food! After meals spread over 3 days, I must say, “Really good produce can be found in Western Washington State!” We do not do recipes. But the food was fresh and fabulous! The “takes-4” size of the place, to quote Goldilocks, “Is just right.” Beds comfy, atmosphere warm, and love abounding in every direction. I always knew that she could write and teach. But now I know that Victoria’s nature and wild-west indoor designing and outdoor landscaping skills rival this born teacher’s way with words and knowledge of Natural Hygiene

Just one more sweet memory from our visit. Victoria showed me my western room and let me be to go to sleep. About a half-hour later, long after I thought she had left, I heard a sweet, little, soft voice outside my door ask: “Are you happy?” I did not know if I was dreaming or not. But I did know without a doubt that I was deeply snuggled into a wilderness wonderland room and that I was indeed very, very happy!

**1 OF OUR NEW DIRECTIONS IS USANA:
“GREAT HEALTH BRINGS GREAT WEALTH!”
Natural Hygiene with USANA Health Sciences
Phone Greg at 830-779-2655. • Phone Tosca at 830-591-6499.
SEE DOCUMENT #6 AT...**



From: Victoria BidWell • Founder & Director
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New & very fun website: www.4livefoodfactorfriends.com
Upcoming website: www.health4thebillions.com
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REMEMBER:
HIGHJOY & I ARE PULLIN' FOR YA'LL!
WE'RE ALL IN THIS TOGETHER!
GOD BLESS YOU!
AND STAY WELL!
Victoria & HighJoy
(aka: "The Wilderness Woman & High!")

CHOOSE LIFE!
DO RIGHT!
EAT LIVE!
AND GET HIGH ON HEALTH!



“AMAZING HOW THE LORD JUST PUTS ALL THE PIECES TOGETHER!”

Back about four years ago, I had a vision of a GetWell★StayWell, America! Headquarters somewhere, but I did not know when or where. As I prayed and sought The Lord's guidance on this, I did not get any clear direction for a long time. I just left it in His Hands to bring the right property in the right place for the right price. Years went by and nothing, until Victoria told me that the HUD house she had purchased and was fixing up was bordered by 2 neighbors who, after all, were having second thoughts about having a horse around. Victoria told me about another HUD property only 3 miles up The Skagit River from hers, in Concrete, with no neighbors in sight. I had never even heard of “Concrete, Washington.” So The Lord guided her to go up to Concrete, and then He brought her to the other property nearby so she would not have to travel far to keep an eye on both places. As I bid on the property in September, 2002, I lost the first time. Then I had to rebid, and I got it for 12% less than the first bid. That was also The Lord's doing. I have decided to use it as The Headquarters for GWSWA! Victoria has agreed to be “The Keeper” of the property and to help me fix it up, suitable for use. After 24 months of home improvement projects and grounds work, the place is up to par for living, visiting, writing, shipping, and even for the HighJoy horse. So from 2005 onward, we are going to “THINK BIG!” We are going to move on with The Real Mission of The GetWell★StayWell, America! Crusade to reach out to all the people interested in health reform. Take Care. God Bless. Ken & Sandra Chin, 2001

Victoria continues with the story of...

How Our HighJoy Homestead Came to Be & Got Its Name!

I formally began GetWell★StayWell, America! in 1986 by putting into print my first book. Actually, it was a 64-page, palm-sized booklet: *The Fruit & Vegetable Lovers' Calorie Guide*.

Living in a tiny basement room for staff at Arthur Andrews' California Health Sanctuary in Hollister, California, at the time, I had just left the cocktail industry after a carefree, fun, mindless 3-year stint of serving drinks to the alcoholics of America. This waitress diversion had not been my life's calling. And neither had been teaching English. But since I had been unwilling to commit to going back to all the responsibilities of teaching English to high school students, I picked a job without homework and with a high entertainment value to match my momentary aimlessness in life. At least, serving drinks was mostly very fun and totally undemanding, with no homework, whatsoever! At the height of the Silicone Valley computer revolution in Sunnyvale, California, while working at probably the biggest topless bar in The United States, I was going home with \$200 to \$300 a night in tips. While I did not do the topless/dancer thing, I surely was a quick-witted waitress and gave the best service of all the 10 dancing girls who were more interested in their costumes and make-up than in getting the men their drinks. Working only 3 nights a week, I had paid my bills, then saved the leftover money. “What was I going to do with all this money?” I would wonder. The entire time, I knew the bar-maiding would be temporary. I kept hearing God's calling to go back to teaching, not English to high school students — but Natural Hygiene to the sick and suffering.

I heard about Arthur Andrews' Natural Hygiene retreat in 1984. It was just an hour's drive from my Sunnyvale apartment. And there, business was booming! It was “The T.C. Fry Natural Hygiene & Fasting Heyday!” of the 1980s. 36,000 people at a time were getting T.C.'s wonderful 64-page magazine *Healthful Living*. It was mailed out sporadically throughout the years. It advertised Natural Hygiene and about a dozen retreats and their doctors that offered supervised fasting: Doctors Shelton, Vetrano, Haags, Esser, Scott, Goldhamer. And several retreats were run not by doctors but by health educators: Arthur Andrews, Helen Lamar, Rhoda Mozorosky, Bernice Davison, and many other of T.C.'s Life Science graduates. One entire wall in Arthur's office boasted a huge reservation board with scheduled-in, 3-months-in-advance visitations for the 13 available beds in a grand, older country home. The place was thriving! In 1976 and 1977, when I first found Natural Hygiene, I had visited all the retreats, including Shangri-La in Florida and

David Stry's Villa Vegetarian in Cuernavaca, Mexico. I decided, after experiencing all the amenities these places had to offer, that if I ever had a retreat, I would give "the best of the best," from my point of view.

Now, in 2009, I am able to do just that. Committing myself to The Lord in 1984, my definition of "the best of the best" has changed — all for the best, of course. Much water has passed under the bridge and several bridges I have burned since my first fast and visit to Dr. Shelton's (7th and final) Health School in 1976. I have learned a great deal and still have even more to learn. But that has not stopped GetWell Friends from helping me to open up Our Hygiene Homestead in The Woods. (Before long, you will be able to see the place and read its story by clicking on "What's in Concrete, Washington?" and then "Our Hygiene Homestead in The Woods.") But there is more to the story, and that "more" tells how "The HighJoy Homestead" came to be and got its name!

First of all, let me back up to 1996. I had been formally promoting Natural Hygiene since 1986. And I had gotten burned out. When T.C. Fry died in 1996, I took it pretty hard. He was only 70. My mortality hit me and so had the fact that I was so tired of struggling to pay the monthly bills. I wasn't having any fun.

On the long drive back from T.C.'s Austin, Texas, memorial and while passing through Glacier and Yellowstone National Parks in the glorious September colors, God told me to seek restoration of His calling through my singular and sustaining childhood strength and joy. I knew then that I was supposed to... "GET A HORSE!" At age 6, my father Victor Bidwell had lifted me onto my first horse. I cried when he reached up to take me off. I never wanted to get off that animal ever again! All through my marriage to my high school sweetheart and until age 30 when I left to rise to my calling to teach Natural Hygiene, I had owned many horses; but 3 had been very special. In my youth, I probably logged an average of 60 miles a week or much more, through all kinds of weather. With few adults taking an interest in me, I raised myself; and I did it on horseback. Ah! The strengths and joys of being able to ride and just be around horses everyday and be in the great outdoors — and to go on endless adventures! They were not only wildly wonderful — they saved me! Those hours of escape from 4 older sisters beating up on me and teasing me several times a day every day saved me. (The sister next in age to me had not escaped: she turned totally schizophrenic, has had the legal limit of shock treatments, and has been in and out of mental institutions all her life since the day she left home.) All through GetWell★StayWell, America!, I had not allowed myself to get a horse to recapture those strengths and joys of childhood. Now, I was being ordered to! Praise The Lord. I was soon to find my "4th and final, very special horse." The 2 of us would grow healthier, happier, and older together!

Returning from the T.C. funeral trek, I drove straight through to Seattle and then to Mt. Vernon, Washington, my home town the first 30 years of my life and the last six up to 1996. I went straight out to... get a horse! I wanted a gelding: gorgeous, imaginative, entertaining, young, and never been touched, high-spirited, and inspiring! When I found a 3 year old Arab stud colt lightly dappled-grey on his legs and belly, not even halter-broken, never even led around with a rope let alone ridden, I gasped: "This is it!" And from 1996 to 1998, he and I got ready for a great adventure! We had a trail to blaze! At age 4, his stud molecules rendered him rider unfriendly. But he was gelded so late in life that he still acts like he has all his parts, and this "cut-proud" factor is what has left him with so much liveliness and attitude! I named him "Captain HighJoy America!" and called him "High" for short. (Out of the 60s, I now joke: "I get High every day!")

In 1996, while I continued to struggle to pay the bills at GetWell★StayWell, America!, I fixed up an old motorhome and made plans to leave the country! It took 2 years to get ready, as I continued with all the old projects and creating new ones. I had no intention of quitting my life's work. I just needed to get away for a month. High and I left in August, 1998, for Fairmont Hot Springs, took a left-hand turn at Cour-de-lain, Idaho, and adventured 200 miles north into British Columbia. Thanks to a \$10,000 donation from a GetWell Friend and healthy orders waiting at my mailbox each time I crossed the border to get back to my offices, High and I stayed a year in our Rocky Mountain retreat. I went back to Mt. Vernon every 4 to 6 weeks to fill orders and pay the bills. The burnout was dying down. I had worked 13 years without anything but a "work vacation." Most of the days were 14 to 16 hours long. And although I made most of the progress

during those years as reflected by “The GetWell★StayWell, America! BookList,” I was still struggling, still barely making it though each month, and still wondering: “When will life ever get easier?” Getting the horse helped. But it had not been the answer, after all.

It was only after I came back from living in the Kootenay Mountains of the Canadian Rockies on a trail ride ranch (our retreat) from August, 1998 - August, 1999, and getting rejuvenated, reinvigorated, restored, and it was only after returning to pick up the business and get out of my vacation mode, it was only then that I realized what was missing! I needed to love where I lived! I needed to be in the mountains and in their woods! And — all the time, they had been only 30 miles away, up the Skagit River from Mt. Vernon, Washington! All those last 12 years of living in miserable conditions and paying rent for the horse, the business and myself to have a pasture, some office rooms in an old barn, and a 10' x 60' horrible trailer with a landlord who stalked me — and all the while, Concrete Heaven had been only 30 miles away! The final push was when the water main to my living quarters busted, and my landlord expected me to pay the \$2,000 to dig up the pipes and fix them — since the rent was so cheap. I went 6 months without running water.

During that time, I got on the Internet every night and began searching for the cheapest, horse-friendly place I could find. Every night, sometimes 2 to 3 hours a night, I searched. Then I found it: a 1/2 acre in the Cape Horn Community of Concrete.

My 2 new neighbors-to-be assured me that they would not mind a horse on my property. But after I won the HUD bid on the 1/2 acre cottage and out-building, the woman on the property's right came to me, whining apologetically: “I'm not so sure about a horse.” Horses were allowed in the Cape Horn Community, but they were discouraged. The immediate neighbors had to approve. And they had approved at the time of my purchase. And now, one was changing her mind. I was devastated. I had put all my money and Nerve Energy into the HUD 1/2 acre and could not pull out. Nor could I imagine going forward without the fun of HighJoy as my equine companion, day in and day out, on the land with me. We were a Roy-Rogers-&-Trigger thing, a Lone -Ranger-&-Silver thing. A Hop-along-&-Topper thing. HighJoy had to be with me!

Without funds to get another piece of property and with selling my 1/2 acre an unthinkable thought, in shock and feeling faint-of-heart, I got on the Internet that night, searching for another piece of land, anyway. God clearly told me to do so, even when I questioned Him and argued back: “But why? I hardly have enough to even get me into this HUD house!”

Still, I heard His command: “Get on the Internet and look for another place.” My HUD house had been the very cheapest house and 1/2 acre on the realty websites at the time: \$52,000. That night, there was one for even less: \$40,000. The very next day, I ventured up the Skagit River, into the mountains and their woods. And I walked onto a secluded, wilder, more rugged 1/2 acre with a 14' x 70' sturdy trailer in need of some repair and a boarded-up, pitiful looking garage with 2" of moss for a roof. And a full 1/4 acre perfect for “horse privacy” behind the house! The place was heavenly! The house sat way back off the road. I trespassed onto the private lawn and sank deep into the cool, soft grass. To my front was 1 acre of thick woods. To my left was 100 acres of open grass land and mountains for a backdrop. To my back were more woods with a neighbor's house, almost impossible to see for the blackberry bushes. And to my right was the 1/4 acre that held the house and garage. Then, a road. There were no neighbors! Or, I should say, “There was just one neighbor through thick brambles!” And although looking pretty bad, the 2 buildings were solid as silver dollars. With my many handywoman experiences of my youth, I knew the buildings were better than they looked and that they could be restored and put to work. I looked up into the fluff of the cumulous clouds and the infinity of the aqua sky and felt a peace flow through me. I let go and let God. Fears of where I would live and how I would pay for my living and working headquarters left. I just trembled while letting go of the fears and exhaustion. I knew all was right with what would come.

“This is where you will live!” God proclaimed. Who was I to argue? “You will keep the other house, too. But it will be My house. And it will be a place where people can come to learn and to be helped. I will provide. And you will have a place for those who are in need and who cannot pay what other places ask.”

I drove to Mt. Vernon, the whole 30 miles, way below the speed limit, at a snail's pace. I was in shock. All I could do was marvel at this sense of peace. I couldn't help but wonder: "Could this be true? Am I really supposed to have both places? How could this be?" Yet, deep down inside, I repeated God's commandment: "You will keep the other house, too. But it will be My house. And it will be a place where people can come to learn and to be helped. I will provide. And you will have a place for those who are in need and who cannot pay what other places ask." I had not the faintest idea how to make this commandment happen!

Many GetWell Friends call me just to check in, sometimes weekly, sometimes monthly, sometimes every few months. Ken Chin has been one of these concerned GetWell Friends since the beginning. And when Ken called that night, with such perfect timing, I blurted out the recent events. In my newsletter, he had read all about my getting the HUD house and my handymen stories of fixing it up and about my fundraising for help to move. But he had not heard of the terrible "I'm not so sure about a horse" turn of events. In tears and trembling, I told him of being led to "God's other 1/2 acre." And after listening to it all, he said how he and his wife Sandra would help. They put in a bid for "God's other 1/2 acre." Somehow, the many bids did not go through, some electronic thing. So, Ken put in a 2nd bid — this time for \$38,000. And it went through! He had won it! And now, the horse had a place to live! "OH! HAPPY DAY!" This is the 1/2 acre that the HighJoy horse inspired. And I immediately named the place: "Our HighJoy Homestead."

And, like Our Hygiene Homestead in The Woods, Our HighJoy Homestead is a multi-tasker, too! It houses the GetWell★StayWell, America! business: the computers, the inventory, the shipping boxes, mailing labels, tape, The health4thebillions Library, and so on. It houses a huge semi-truck trailer with overflow goods. It houses me. And it is a home for the HighJoy horse, where nobody is unsure about him living next to them! From October, 2002, to this 2009 day, Ken and Sandra have invested far more than they paid for their 1/2 acre to make it a fine home for horse, Victoria, and Natural Hygiene business affairs to help Health Seekers, everywhere. I have shopped for the materials, hauled them home, and supervised handymen and cleaning ladies for project after project, including 700 feet of railroad tie fence posts and cedar board fencing for the horse. What a lot of work! But what a lot of fun! And how wonderful! PRAISE THE LORD!

We still have some major work to do at Our HighJoy Homestead. The garage needs to be converted into the brand-new GetWell★StayWell, America! Shipping Room. I have been The Shipping Lady for *The Live Food Factor* retail sales since the book came into print in October, 2008. Once The Shipping Room is moved, the space and 3 other rooms in the house will be turned into The GetWell★StayWell, America! Museum and Library and all will be completely renovated in the process. Already, The health4thebillions.com Room has been made ready: it will house the computers for the scanning of the 6 categories of Natural Hygiene contraband: works by Dr. J.H. Tilden, Dr. Shelton, by Our 3 Texas Doctors Vetrano and Tosca and Greg Haag, T.C. Fry, Victoria BidWell, and all the other Natural Hygiene giants since 1832 whose work is copyright expired or copyright free. The kitchen needs remodeling. But all of the ground cleaning, landscaping, horse fencing, walkway building, shed building, reroofing and building repair work is done. And, in fact, as you can imagine from the pictures, some guests like it so much here that they choose to stay at Our HighJoy Homestead with High and me, rather than at Our Hygiene Homestead in The Woods. Either way, the 2 little one-half acres are only 5 miles away. And they are here for Health Seekers, everywhere. And I am here to serve GetWell Friends and new Health Seekers when they find me, either in person or through the United States Post Office or some other direct mail carrier, the telephone, or the Internet.

You, Dear GetWell Friends and now our livefoodfactorfriends have made both properties possible. But I do believe that they are Homesteads that The Lord has made. We are just the caretakers. Both were inspired by Captain HighJoy America! And that, Dear Friends, is...

"How Our HighJoy Homestead came to be and got its name!"

The Fence at Our Hygiene Homestead in The Woods

It appeared in my mind, a vision from
God, before I even suspected — where
upon His Great Earth it would be erected!
It would be as high as allowed, made of
natural resources, proud... recycled and
from the land, collected.

It would give perfect privacy
to the property, fully protected.
It would add tranquility and peace,
bought and paid for, not leased.
It would be dog-proof and people-proof to
keep them out and horse-proof
to keep High in his pen.

Cats and snakes would have to go over top
or through crevices at their own risks,
if they insisted to get themselves in.
It would be solid-board gated,
locked, and security-rated.

It would be artwork and charming, start-
ling and alarming — in woodsy creativity
— no doubt. It would hold history and
stories and the source of Victoria
folklories, standing so firm and so stout.

For no where in the wood, even if you
searched real good, could you find The
Fence a double. It would be, in short,
“The Fence...

Made Astounding!”

— No where else abounding—
Made strictly from God’s Great Rubble!

The Fence — 2002 - 2009 & Still... Art in-the-Making!

Remember back in June of 2002? When so many of you helped me fix up the little HUD house in the woods and move up to Concrete, Washington? I knew way back then, that I would want to fence off the property one day. Now, Lowe’s Hardware wants \$14.25 a foot to install a solid board fence of 1" x 6" x 6' cedar slats put in with fence posts. And it would be more to dig the holes, for the ground is solid boulders, held in place with a mortar of smaller rocks and hard dirt! And I had 650 feet to fence! Add tax to that and the cost of a backhoe to dig the fence posts every 8 feet! And you are looking at \$10,000 easy. Well, of course, I would never hire Lowe’s to do something my handymen and I could do.

By now, if you have read the News Bulletin and my other letters in this mailing, you know that HighJoy and I live at The HighJoy Homestead and that God's Guest House is 3 miles away. I would spend time at God's Guest House every other day. And every other day, I would drive over to find more damage done by the pack of roving canines in the community. And every other day, I would — instead of getting angry or upset — placate myself: "Some day, I will put up a fence. And this will not be a problem. And I will stay focused on the projects at hand and not let this distract me." This mental ploy worked for many months. But the place was gradually going to the dogs: poop everywhere... garbage picked up on the daily dog run brought to my place and torn into shreds that would take 1/2 hour to pick up... baby diapers were the worst... some of the row of 60 plants in buckets dragged around and unpotted and killed... the couch on the porch chewed on and the foam strewn all over... stray dogs barking at my own guests while on my own property... personal property that was not tied down stolen off the place... dead critters carried to the property to be left to rot, leaving maggot-ridden carcasses and disgusting smells, and then — the final straw... the dogs began the serious endeavor of digging deep holes, one after another. Truly, these dogs were here to kill, steal, and destroy. One day, I came over to check on the place and make some improvements, and I just could not placate myself with my previous ploy! To see what was becoming of this once perfect, parklike lawn — the most idyllic in the community — was just heart-breaking. I got very angry. I spent the entire day getting a rectangular barrier around the entire perimeter. I brought 50 gallon barrels I had collected and kept at The HighJoy Homestead over to God's Guest House, 4 at a time, in The Victory Pick-up. I had been saving them for a round pen to use to train High and to exercise him in. So, I gave up that dream. I vowed that by nightfall, I would have the front yard dog-proofed! The dogs took mercy on the back 1/3 of the property and left it alone, so I was just zeroed in on the front 2/3 of the lawn. I drove to the second-hand stores and picked up rolls of wire — very, very cheap. And finally, I took several trips to town to get free pallets at the local lumber outfits. By midnight, the shaky but serviceable fortress was up. All it cost was gas money and a few dollars for the wire, a day lost, and a lot of Nerve Energy. And did it ever look terrible!

My 2 women neighbors had fits! They couldn't have full-fledged fits, however; for they had been watching me clean up their dogs' messes, month after month, and had never offered a word of sympathy, never extended a hand of help while I cleaned my lawn every other day. I tried to calm them down. I reminded them of how they had whined and complained about the 31 big barrels across the front of the property put up last summer and how awful they looked the first day of the project. Since then, they had been leveled... made parallel to the centerline of the road... holes punched into the bottoms... filled with High's poop and top soil... topped off with arbor vitae shrubs... and then, painted! I reminded one of how she had come over when the front fence was done just to retract her words. Still, all they could do was moan at how "UGLY" was "The Fence." I reassured them that the side fences would be wonderful, that it was a work in progress, that "good fences make good neighbors."

But it more than just the look of the fence that bothered these women. It was that MY YARD WAS THEIR VIEW. Oh! What I went through, standing my ground and still taking care not to make these women yet unhappier. Both their homes are standard, manufactured homes: one with a standard yard and one without. One home sits in the dank darkness of tall trees where the sun does not even shine enough for a lawn to grow. And she liked nothing more than to go out on her deck and talk on her phone, while looking to the wide open spaces of my yard. The other neighbor lady's long and narrow piece of property, completely strewn with dog debris like mine had been, was going to end up with my tall fence right in her face as my yard extends out to practically reach her deck. She went out and promptly got 4 new puppies after one of her tirades! What I went through! I was cursed at! I was pleaded to, begged to, cried to, and listened to endless "the land belongs to all of us" logic. One even went hysterical: "The fence is giving me claustrophobia!" In the middle of all this high fence drama, one would come to her senses a day or 2 after her fenceaphobic attack and say sensible things like: "It's your property. You can do whatever you want with it." Or, "I will just have to learn to live with it." On some days, one would come over to apologize for her behavior, have a long talk with me, and give me a hug good-bye. It was the strangest thing, the way these women would take turns flipping out about "The Fence"! In the meantime, I was giving them history lessons: about "Manifest Destiny" and "The All-American Dream" and "40 Acres & A Mule." About the "The Declaration of Independence," and "the inalienable right to The Pursuit of Happiness," about the Statue of Liberty, "The Bill of Rights," HUD

homes, and the meaning of “*private* property.” I suppose these women, not knowing me well, actually thought I might cave to their wishes or their tears. I just kept being kind, kept educating them. I told them their solution to their unhappiness: one needed to cut down some of her trees, sell the lumber, and let some light onto her property so the grass could grow and make her own beautiful lawn to enjoy. To the other woman, I offered to give her yard a good cleaning and haul The Pick-up full of debris away if she would keep it clean henceforth. And I asked for patience. In this community, the people have one year to complete an outdoor project before facing a fine. And I promised them that “The Fence” was going to turn into a work of art, that the barrels would be painted in natural tones, and that one day, they would come to enjoy the privacy provided by “The Fence.” So, I turned a deaf ear to the hysteria and set about making these promises come true. The work began in March. It is not completed yet. And it has really tested my strength! The Fence may never be done, as I add art to it continually.

Was it ever time-consuming and back-breaking work! I did find a strong handyman, 19 years old, with no skills and no tools to work for \$10 an hour. We began by making deadman fence posts out of the barrels. The ground was just too hard to dig. Boulders lay just below the surface of the shovel. So we bolted new cherrytone fence posts, only \$2 each, to the barrels, lined them up along the fenceline and leveled them, filled them with rocks from the mountainside or broken stones from Lowe’s, and in an hour — a fencepost! But here is the really blessed part: NEARLY ALL THE MATERIALS FOR “THE FENCE” WERE FREE OR SO CHEAP THEY COULD BE CALLED “FREE!” I had collected the barrels from an industrial site, all I wanted, free. I collected used bolts, 3 huge buckets for a mere \$5 a bucket. The rocks to fill the barrels were free for the mountainside picking. But it was Lowe’s Hardware that really shined its mercy on me! I have become a real character at the Lumber Department at Lowe’s. At first, I think I was a nuisance. But when it became obvious that I was not going to go away, one of the Lumber Managers began loading the little Pick-up with slightly defective materials, all so cheap, they may as well have been FREE! The 1" x 6" x 6' cedar fencing slats that were slightly damaged and regularly \$2 a board, I got for \$1 a board. But even that became very expensive, with 650 feet to do. I did buy a few. But I let the Lowe’s people know about “The Fence,” that I would be filling close to 80 barrels with good, clean rubble... that I would be bolting cherrytones to the barrels and bolting 2' x 4' boards to the cherrytones and then screwing cedar fencing slats to the boards. And do you know what? The workers began saving out these very items I needed that were imperfect or that were damaged enough to be unsalable and practically gave them to me! The only thing for which I paid full price were the cherrytones, the exterior screws, and the ultraviolet stain! The perfectly good fencing slats at \$2 a piece when perfect but ever so slightly damaged, I got for 10¢ apiece! And the 2' x 4's were 50¢ apiece. The \$24 a gallon paint was \$8. They loaded me up with broken stepping stones to fill barrels til The Victory Pick-up groaned! Trip after trip. Thrice, I drove away with \$400 worth of “full retail” materials for less than \$20!!! They thanked me when I left for taking this less-than-perfect stuff! To be honest with you, I sometimes secretly felt like a thief, as I drove away. But they assured me they were grateful for taking the rubble away and even started saving it for me!

Now, the story is not over. Then, I went to the local saw mills. For \$20, I filled the Pick-up with what I call “wild wood.” This is the trim on “The Fence” that you see. Burl and rich bark and arty knots — “wild wood” — cover the defects on the 95% discounted fencing slats! Then, the barrels — yet to be painted — are topped off with gorgeous rocks collected at the river beds and Americana history artifacts. This is truly “The Fence” inspired by The Wilderness and a desire to recycle America! It’s not done. But the 2 neighbor ladies have already taken back their anger. While sitting on my porch and viewing my yard, they both have remarked on how truly beautiful “The Fence” is turning out! One woman has had a few trees cut down to let the light shine in on her home. The other woman has begun keeping her yard more tidy. And as I continue to collect 10¢ fencing slats, I promised to 1 day cover the frame-sides that face these ladies with the slats, if they buy the screws! Today, we are friendly, waving to each other and occasionally chatting about the weather. THANK GOD! “The Fence” is going to make “GOOD NEIGHBORS!” I am so grateful to all of you, Dear GetWell Friends, for your orders and donations to make the guesthouse possible as a safe haven for Health Seekers. You are the “True Good Neighbors” in “The Fence” story. Thank You for your patience.

This story was written in 2003.

Pictures reflect a 2009 version of The Fence — as... “Art in-the-Making!”

DEER LIVEFOODFACTORFRIENDS!

If you are considering a visit at Our Hygiene Homestead in The Woods, I want to provide my layouts in Chapters 14 and 15 from *The Live Food Factor* book for your review of what to expect when you come! My teachings, prepared just for *The Live Food Factor* take up most of both these chapters: they are in bold-face for your easy identification. Susan and I have very, very different writing styles. And she has conventional layouts while I love lively pages! Long-time GetWell Friends have told me they can see when I am writing or have taken over the writing completely. I had to get involved with *The Live Food Factor* in order to see that the Natural Hygiene was correctly and thoroughly presented. Please read these 2 excellent and absolutely crucial chapters before we talk about your making a reservation for fasting or eating! May these teachings bless you and your loved ones! Victoria BidWell — The Wilderness Woman!

CHAPTER 14 of *The Live Food Factor* — Detoxification & Healing —

When the elimination process is developed and toxic materials are ready to be thrown off by a strong body, we have literally earned a healing crisis. That healing crisis is what we need for nature’s version of what we call a “cure.” — Dr. Bernard Jensen, DC (1908-2001)

Now that you are going raw, your body will conserve much of the energy that it otherwise would have expended to make the enzymes necessary for digesting cooked food. Your body will be free to use elsewhere energy formerly shunted to the energy-expensive tasks of digesting, absorbing, assimilating and converting nutrients from cooked food into tissues and fluids. Your body will further conserve energy formerly used in having to eliminate or store if energy reserves are low the poisons in these cooked processed refined foods.

Victoria BidWell is fond of reminding me, “IT’S ALL ABOUT ENERGY!” As a former stimulant addict, I now realize I was looking for energy in all the wrong places. Toxic food, drink and medications appeared to supply energy momentarily when my metabolism shifted into high gear to eliminate them. All the while, taking these protoplasmic poisons actually led to *wasted energy*.

I want to thank Victoria and Dr. Vetrano for their extensive contributions and editing running throughout this chapter and the next. In Chapters 14 and 15, we are building on the foundational alternative health care science and teachings laid down in Chapters 4 through 7. Your review of these chapters would be most useful at this point. Victoria and Dr. Vetrano provide a summary here:

“If we want more energy, we must stop wasting it and start generating it. Real energy is generated while engaged in just one of the ten energy enhancers. Can you guess which one? It is during sleep primarily, as well as during other periods of rest, all forms of quiet meditation and/or fasting on water only. Energy is expended while engaged in all the other nine energy enhancers, but its use is minimized. The very biggest conserver of all the nine energy enhancers is a clean raw diet. *When all is said and done, as health seekers, we are energy conservationists of our own body ecologies.*

“All the energy freed up with the raw diet can now be used for cleansing, biochemical balancing, repair and other life-supporting, health-enhancing work. As soon as sufficient energy reserves are replenished, your body will proceed to detoxify and heal itself at the cellular and subcellular levels. As elimination of toxins proceeds, actual normalization of cellular structure and function at the molecular, atomic and subatomic levels will lead to repair and rebuilding of cells, tissues, organs and entire systems. These events have been likened to *natural microsurgery at its finest.*

“Few people are at the pathological point of no return. Except for those rare cases, this cleansing and subsequent complete healing (for acute cases) and partial to near-complete healing (for chronic cases) is available to everyone. Learning and applying this knowledge is like winning the superlative health lottery! And *everyone who enters and stays with it is a winner.*”

“Although most people can safely go through toxin elimination and healing on their own, we are including a precautionary disclaimer from our *Health Seekers’ Yearbook*: ‘If you are ill or on medication, do not attempt this program without the supervision of a practitioner experienced in the dramatic effects of turning from a lifestyle that engenders disease to one that promotes health.’ We further advise: *It is absolutely essential that you consult an alternative medical doctor before discontinuing any prescribed medications.*”

“The body is amazing in its ability to regenerate, renew and repair once the conditions for health are supplied! The natural diet for humans is composed of nontoxic raw foods, eaten in proper combination for ideal digestion and in moderate amounts under conditions of emotional balance. This biologically correct food supplies the body with the nutrition it needs to optimize these processes. Also important are the nondietary forms of nutrition: clean air, pure water, sunshine and especially adequate rest and sleep. Well-supplied with these nutritive factors, the body will proceed to detoxify and heal tissues in its own chosen order and in its own sweet time.

“The person in acute stages of illness who experiences a symptom flare-up or who just feels tired, uninspired and out of sorts all of the time, both situations being typical of the earlier stages of disease, will have an easier and speedier time of elimination of toxins and recovery than someone in the later stages of chronic, degenerative disease. (See The Seven Stages of Disease in Appendix E.)”

“For the individual who has been burning the energy candle at both ends, microscopic waste residues, exogenous chemicals and toxic endogenous byproducts of metabolism inevitably accumulate from years on SAD cooked and poorly combined foods. Lacking the energy to keep itself clean, the body adapts with a process called disease. All endogenous and exogenous remote sources of toxemia including SAD cooked food toxins end up in one of three places. They are deposited within cellular protoplasm. They are present in the fluids around cells and tissues. Or they circulate constantly in the bloodstream and lymphatic system.

“Happily, all these poisons are mobilized for elimination just as soon as sufficient energy supplies are replenished! As elimination of toxins proceeds, they enter bodily fluids and exit through the primary organs and systems of excretion. The largest excretory system of the body is the skin, adding up to about 15 square feet. The other primary organs of elimination are the lungs, liver, kidneys, digestive tract and the circulatory and lymphatic systems.”

Susan continues: Now we see the beauty and promise of going through detoxification and healing! Most people experience the process as episodes of healing crises recurring over various time intervals: hours, days, weeks, months or even years for the person in advanced stages of degeneration. *These episodes are invariably interspersed with periods of natural highs that eventually stabilize and become the permanent condition clear-headed euphoric well-being accompanied by physiological peace unlike anything experienced in recent years or past decades.*

Homeopathic pioneer Samuel Hahnemann, MD (1755-1843), observed that healing tends to proceed in reverse order as the symptoms first appeared. Consider all the exogenous toxins of food-generated residues, the endogenous toxins of poor food combining and the ingested, absorbed and inhaled environmental pollutants, as well as drugs taken. These toxins are all retained and build up when there is an energy crisis in a toxic body. They typically detoxify in reverse order of when they were either taken into the body or created within the body and then accumulated. In other words, you will probably detoxify from the lactic acid created from this afternoon’s exercise routine before the toxins created and stored from last month’s poorly combined meal. You will probably detoxify from the hamburger you ate yesterday before the grilled steak you ate last July.

What should you expect? As long as you observe a complete package of healthful living practices, especially adequate rest and sleep, then revitalization, cleansing and repair will proceed. Progress is more rapid for some than

for others. The pace is speediest while eating 100% raw. The pace proceeds more slowly when you are only partially raw. Even when you are eating merely 5% cooked food, the process slows down. So if you stay 100% raw or mostly all-raw and provide all the other conditions for superlative health in the right amounts, your body will eventually rid itself of virtually all toxins accumulated ever since infancy. The more raw the better! All the while, revitalization, detoxification, renewal, repair and biochemical rebalancing take place simultaneously. The body's healing intelligence is awesome!

The bulk of this process usually completes within weeks or months for most people who are more tired than toxic. Dr. Vetrano realistically estimates it could take more than a year for the seriously sick person who is enervated, toxic and into latter stages of disease. For the very ill, deepest levels of excretion of poisons and subsequent renewal can be expected to take years. Who cares? However long it takes, you are getting better, sometimes noticeably and dramatically better, every week if not every day!

Although it can never be proven scientifically, we go by a simple rule of thumb. For every year of eating cooked food, you need a strict month of doing everything right. This means especially eating a nearly all raw if not 100% raw food diet and getting plenty of rest, sleep and practicing all other eight energy enhancers. The entire cleansing, renewal and healing process is greatly sped up by a period of fasting. That is why it is called "*fast-ing*" = the revitalization, detoxing, and healing take place fast!

The Fatigue Factor by Victoria BidWell

Many people going through detoxification complain of feeling "so tired all the time." In the following, Victoria BidWell explains this fatigue factor letdown as simply, "What goes up must come down!"

Reasons are two-fold why a health seeker, when going onto raw wholesome nontoxic nonstimulating foods, feels especially tired, out of sorts and maybe discouraged and perhaps even lacking the mental/emotional wherewithal to continue.

First, the body is no longer continually stimulated with toxic food/drink, which leaves the detoxer to experience his actual state of extreme tiredness. The continual excitation and titillation is severely missed by the former stimulant junkie once they have been cut off. They had been delivering what felt like a genuine energetic boost. In physiological reality, the body had been overworked to expel the stimulants. You can only whip a tired horse so long before he can no longer respond with energy bursts and drops to his knees in agony. Second, the body is working hard to detox existing poisons from fluids and tissues. This requires extra energy and leaves the detoxer feeling extra fatigued. (See The Law of Simulation or Dual Effect in Appendix E.)

A person who cannot get going in the morning without coffee is the classic example of this drugging/stimulating effect in action. But that effect is also present within all toxic food/drink he ingests. This energetic boost is a total illusion. In physiological reality, it is a drain and not a boost! Stimulants in toxic food/drink are causing the body to go into an alarm mode. This squanders energy if the reserves are near-full, and the person feels energetic for the moment. This drains the last bit of energy if the reserves are near-empty, and the person crashes soon thereafter.

Dr. Shelton exclaims: "We should get out of bed in the morning with a bounce!" Yet an estimated 90% of American adults have to jump-start with this dark brew. Drinking the coffee is just beating your already tired body to get a little more mileage out of you before you collapse. (See The Law of Stimulation in Appendix E: The Natural, Physiological Laws of Life.)

What goes up must come down! When a person stimulates himself with a drug (cooked toxic food/drink) and feels up, he must come down with the inevitable drop in energy. Among health seekers who quit the poisons altogether and become bona-fide detoxers, most experience this unpleasant fatigue factor. They dive into the physical, mental and emotional doldrums and can hardly drag themselves around. This is not the time to quit! *Revitalization is just around the corner.*

Since all food/drink on the Standard American Diet are toxic, ingestion of their exogenous poisons sets up a dangerous chain of events that leads first to exhaustion and finally to disease and untimely death. Certain foods and chemicals can be singled out as especially hazardous to your health such as meat and dairy, refined sugar and flour, all excitotoxins, salt, all hot spices and caffeine, for examples. The fact is that all cooked and/or SAD food is stimulating, toxic, energy-draining, and disease-promoting. They all lead to an early grave.

The fatigue factor links in this health-robbing chain of events follow:

- **Habitual ingestion of SAD food/drink, most of which is cooked, introduces exogenous poisons into the body.**
- **Digestion of poorly combined foods releases endogenous byproduct toxins into the body.**
- **Continual stimulation and irritation to the body's 75 trillion cells result in protoplasmic poisoning of tissues and fluids.**
- **Bodily toleration to poisons builds up while energy reserves drain down.**
- **Biochemical and psychological addiction sets in as the body reaches the upper limits of its ability to tolerate poisons.**
- **The SAD cooked food eater experiences constant stimulation boosts because his body is now in chronic activation of the fight-or-flight response as long as the food/drink poisons are ingested on a daily basis.**
- **The second-to-second drain of energy on the body to deal with SAD toxic food/drink leads to energy fatigue, termed enervation, and to subsequent auto-intoxication.**
- **And the final fatal link? Once enervation sets in, the SAD cooked food addict has begun the descent into acute and then chronic disease and is well on his way to an early and miserable death. *No fun.***

Susan continues: Dr. Doug Graham summarizes the fatigue factor: "Most of what is called 'detox' is actually the reaction of a body that is no longer being irritated or stimulated effectively 'forced' to function. The secondary effect of stimulation is sedation. Thus it is common to feel tired when [people] first [start on] the raw diet. It is not that the raw diet is making them tired; it is that they are actually 'coming down' off of the influence of coffee, refined sugars, meats, and other stimulating foods" (*The 80/10/10 Diet*, p. 62).

Possible Detoxification Symptoms by Victoria BidWell

While serving as head instructor and exam corrector for many of the 3,000 students taking T. C. Fry's 2,200-page correspondence course entitled *The Life Science Health System*, Victoria BidWell prepared from it an overview of what symptoms to expect when providing your body the ideal conditions for detoxifying and healing. Our "list lady" Victoria alerts us to four certain and nineteen possible detoxification symptoms in the following:

"You cannot make deals with your body or control its DNA-determined events. You can never know exactly what to expect. Every person is different, depending on inherited predisposition, available nerve energy supplies, amounts and kinds of toxins present and irreversible damage already done. How strict you get with the ten energy enhancers is the final determining factor. I can, however, preview for you what to expect.

“Some health seekers undergo a lengthy dramatic troublesome and even miserable detoxification. Others notice no discomfort at all as they enjoy ever-increasing levels of higher energy and sharper mental clarity and higher Natural Hygiene joy! Whether you experience one of these extremes or find yourself somewhere in between, be alerted to the more common detox symptoms. Ride on through them to get to the other side and reach your greatest state of superlative health and joy.”

Victoria BidWell takes over from this point on:

Next, I provide a 23-point list of what to expect while fasting or eating a nontoxic raw diet. The first four describe initial and ongoing events common to all detoxing health seekers for the duration. The remaining 19 appear in no particular order. They may or may not be the detoxer’s experience as revitalization, cleansing, repair and biochemical balancing take place simultaneously, or at least in stages and cycles, throughout the body’s 75 trillion cells. I repeat, “Every detoxer’s experience is different.”

(1) *Nerve energy supplies revitalize.* This physiological event sounds too abstract to grasp. But we get it when we see firsthand or learn of health seekers who do revitalize. They start a fast while terribly tired. They remain terribly tired for days and even weeks. And then they revitalize so fully that many disease symptoms disappear. They move about energized and look bright-eyed and bushy-tailed all without having eaten an ounce of foods for many days and even weeks! If we had a meter to measure nerve energy supplies for such detoxers, it would be obvious that while getting well, this meter’s needle would have moved from *near-empty* to *near-full*.

(2) *Body chemistry normalizes.* Dr. David Scott of Scott’s Natural Health Institute in Strongsville, Ohio, has developed his own blood tests on over 100 different parameters that he works up on a weekly basis for patients at his facility. So useful in charting progress are these blood tests that he requires them before admitting his patients.

Most do fast during their visits. But some are simply eating raw and living the ten energy enhancers. Invariably, every patient with out-of-range initial readings shows blood chemistry normalizing, often after a healing crisis. If bodily reserves are adequate and time allows, a patient may fast to complete normalization on all parameters. If reserves are inadequate, refeeding commences with periods of detoxification, healing and body chemistry balancing taking place while feeding on nontoxic live food meals and/or drinks.

While blood tests are seldom required at other alternative health care facilities, guests/patients can request them. Similar results of blood chemistry normalizing, with the health seekers going through healing crises that end in normalizing (whether fasting or living strict on the raw clean diet) are virtually universal in all cases. Without the costly blood tests, we can only surmise that body chemistry is normalizing in ourselves too when we undertake to detox, whether it is during an at-home or in-clinic fast or by the slower route of eating raw foods and strict application of the ten energy enhancers.

I recently asked Dr. Scott if, in his opinion, a person in apparently good health, with no chronic, degenerative problems, a person who just wanted to start his or her own detoxing program by fasting and without going to a retreat, could safely undertake a short fast of seven to ten days. His response was a definite, “Yes. That should not be a problem under those circumstances, as long as the person is truly fasting, staying in bed, resting and avoiding stimulations of all kinds.”

(3) *Blood, fluids and tissues are cleansed.* At Dr. Scott’s Natural Health Institute, prior to undertaking a fast and at the end of the visit, the patient may be invited to observe a sample of his or her own live blood under a glass slide and through a microscope. Dr. Scott’s sophisticated technology allows you to view the microscope picture of your blood sample, greatly enlarged, on color television. Typically, prior to the fast, the blood is filled with unmistakable debris. But the blood is seen to be startlingly clear and clean afterwards. This is the scientific impressive astounding proof of Dr. Tilden’s Seven Stages of Disease paradigm!

(4) The tongue gets coated and tastes bitter. The coated tongue may be light and barely white to heavy and furry. Depending on what is being eliminated, the coated tongue can exhibit any range of colors, from the most common white to greenish to reds and browns. This detoxer's tongue is the single, most visible sign that the body is cleansing. If a person fasts to completion, the tongue will turn pink and appear clean. The breath will smell pleasant. The bitter taste disappears. These events occur at about the same time that a genuine and compelling hunger returns.

If a faster breaks his fast to begin refeeding without going to completion, the white and furry tongue will disappear, often within minutes or sometimes hours after that first bite of nontoxic raw food. But the tell-tale detoxer's tongue will just as speedily return between feedings as long as clean raw foods are taken. This is the sure-sign that detoxing is continuing.

While eating the nontoxic raw diet and when elimination of toxins is not yet complete, health seekers will therefore experience the detoxer's tongue between meals and snacks, usually slightly. It is more dramatic upon awakening to break the night's fast/sleep with breakfast. With the morning meal, we are literally breaking a fast of the night's sleep: that is why the word elements = break + fast.

(5) Headaches are the universal, join-the-club badge of the toxic faster or detoxing raw fooder. They result primarily from withdrawals of the most notorious of the exogenous toxins: caffeine, nicotine, alcohol, sodium chloride, cooked food, SAD food and drugs.

(6) When resting nearly 24/7 and not eating, the faster needs less sleep. In fact, the most common complaint of most fasters after the headache is the inability to sleep. Some speculate that while toxins are circulating in the bodily fluids in preparation for elimination, the poisons can stimulate the mental, emotional and physical functioning. Insomnia results.

(7) Nervous irritability and irrational emotional outbreaks can occur. These are also withdrawal symptoms, commonly experienced for 3-10 days and sometimes in cycles. Because of this unstable emotional/mental state, detoxers are forewarned not to make major, life-changing decisions until withdrawal is complete, stability regained. I have seen people mess up their lives for years to come by not heeding this warning.

(8) Cleansing, and more so during periods of fasting than while eating raw, can bring about a unique physiological state with unique brain function. This state is often called faster's high or detoxer's high. Whether fasting or eating all nontoxic raw foods, this pleasurable altered state of consciousness is also called a spiritual high because the mind is so much sharper and clearer. Some even report being visionary in perception and thought.

This spiritual high is brought on by one or more events: by the detoxer's experience of deep rest and revitalization, by the lightening of the detoxer's toxic overload, by the detoxer completely letting go of emotional stresses, and by trusting completely in the healing powers of the body. Finally, physiology explains the high. It is brought on when the 200 billion brain cells live not on glucose from daily food or stored glycogen, but on released and oxidized fatty acids from stored fat. This unique physiological state is called ketosis. The altered neuron and total body function from all of the above can result in extraordinary mental, emotional, and/or spiritual experiences, especially if the detoxer has a big imagination and/or a mindset that enjoys transcending the material world.

(9) The kidneys increase filtration. The urine becomes foul-smelling and dark-colored. Kidney stones are sometimes passed.

(10) The liver undergoes cleansing, sometimes with virtually no symptoms, except blood tests that show out-of-normal readings indicating a healing crisis in progress. A complete liver cleansing is typically followed by disappearance of any existing, so-called liver spots or age spots on hands, legs, face and elsewhere.

(11) The gall bladder cleanses. Bile is sometimes vomited. Stones are sometimes passed.

(12) The mucous membranes throughout the length of the digestive tract and respiratory system are cleansed. Throughout every body orifice, phlegm is coughed up, sneezed out and otherwise eliminated by nearly every detoxer at some point. Phlegm is the sticky vehicle in which ride toxins for elimination. Phlegm appears in differing shades of whites, greens and browns.

What the medical mentality calls the *flu* or *common cold* can occur. Symptoms include the following: cold sores, fever, shivering, sneezing, runny nose, coughing, sinusitis, inability to keep warm and more. In Natural Hygiene, the misnomers *flu* and *common cold* are always replaced with the physiological reality: the body has reached its upper levels of toleration for toxins and is conducting an elimination.

(13) The breath can become foul-smelling. This is an olfactory indication of pollutants leaving the body in the form of toxic molecules in exhaled breath.

(14) Weight loss always occurs during the fasting detox and almost invariably occurs with the raw food detox as well. Such weight loss is temporary and should not cause concern. Body weight will normalize on the Natural Hygiene program. To reach their desired weight, some health seekers will want to start a regular aerobics or weight-lifting exercise program as needed for either weight loss or weight gain, respectively. But after a fast of more than a day or two, all health seekers will regain some weight immediately upon refeeding, as the person is in a slight state of dehydration while fasting and will quickly rehydrate itself and gain pounds upon eating juicy foods.

(15) The skin may become an avenue for elimination of toxins. Pimples, pustules, itching rashes or even open and ulcerated sores may come and go repeatedly. The body's orifices and pores may give off offensive odors, mild to strong. The mouth may have a foul or very salty taste as the body eliminates poisons and sodium chloride, respectively.

(16) Nausea, cramps, pain and/or unpleasant rumblings in the stomach and/or intestines can occur. These are signs of detoxing and healing. But they may be interpreted as hunger. This is always a false hunger.

Genuine hunger is always a mild and pleasant urging to eat and is experienced in the mouth and throat. Most people have never experienced genuine hunger in their entire lives and cannot relate to this description experientially. We hope to change all that with these teachings. Being able to identify genuine hunger is at the crux of feeling satisfied on the live food diet and is therefore crucial to our success as health seekers!

(17) Pain may be experienced in localized areas where plaque, calcifications, tumors or some such toxic deposits exist. With continued cleansing and healing especially during a properly conducted fast the body breaks down these unhealthy tissues, cleans the toxic fluids and eliminates the morbidity. Such pain experienced is often simply a retracing impulse. Or this pain can be actually felt concomitant with structural or organic abnormalities during mending of past injuries.

(18) Weakness invariably occurs with fasting. The body's energies are being directed away from the musculoskeletal system and toward the cleansing of bodily fluids and tissues, especially tissues within the torso. Shakiness can also occur, with or without the weakness. Bouts of weakness and/or shakiness may also occur while eating raw and detoxing.

(19) The reproductive organs of both male and female undergo excretion of toxins and healing. This healing has led to restored capacity to reproduce in cases of sterility and to increased fertility in cases of limited fertility. *Many cases of men and women able to procreate, once detoxified, are on record.*

(20) Enlarged organs return to normal size if the induration or hardening, sixth stage of disease has not yet been reached. Most prostate enlargements will reverse to normal if the gland has not yet fully hardened.

(21) Swollen edematous tissues normalize. All men and women experience swollen tissues normalizing as tendons on hands and feet appear and their true facial features emerge. Puffy eyes, hands and feet are the first to normalize.

(22) Nervous system tissues of the eyes are cleansed. The reported cases of arrest and partial reversal of chronic degeneration in cases of macular degeneration, glaucoma and cataracts are few. Nervous system tissues are among the least responsive to correct themselves, even once the conditions for health are provided.

Many cases, however, of dramatically improved vision after a completed period of detoxification and healing are on record. Health seekers often report one or more of the following visual events: an upgrading of eyesight so that glasses are no longer needed, a downgrading in strength of prescription glasses, more sharp and more clear vision with colors more bright and vivid, eyes that no longer burn or hurt when in use, dry eyes that rehydrate and otherwise normalize. Disappearance of annoying floaters, the misshapen black specks that move around on the surface of the eye lens and that can obstruct vision, also occurs.

(23) The arteries are cleaned out of fatty/cholesterol/toxin plaque. Blood tests during cleansing often show a rise in fats as they leave their arterial storage places and move into the bloodstream prior to elimination. Given sufficient time for healing, tests also show a normalizing of all body fat readings. With normalizing of cholesterol and triglyceride levels, pulse rate and blood pressure also move into normal ranges. This last change is perhaps the most exciting to many people, since half of the American people die of a heart and/or vessel disease! Death by cardiovascular disease can be virtually eliminated as a possibility in the health seekers' lives who go through the cleansing and healing and who follow up with strict, healthy living practices.

This ends my long list of "POSSIBLE DETOXIFICATION SYMPTOMS." This list, however, of possible detox symptoms is far from exhaustive. For the complete story, we urge reviewing some of the many supportive materials in The FastWell & GetWell Library at www.getwellstaywellamerica.com. *Fasting for the Health of It: 100 Case Histories Selected from Over 200,000 Clinical Records* by Jean Oswald and Dr. Herbert Shelton is a tremendous inspiration. *The Hygienic System, Volume III: Fasting and Sunbathing* by Dr. Shelton is the most detailed and complete text on fasting ever written. Dr. Vetrano and Drs. Tosca and Gregory Haag have also recently prepared over 30 live DVD lectures on what to expect while fasting and detoxifying on raw foods and on healthful living in general. Susan continues with an overview of her research on detoxification.

Susan continues: According to Dr. Bernard Jensen, a person must pass through three stages in getting well: elimination, transition and rebuilding. A healing crisis sometimes happens during the transitional stage. This is earned by good health habits and is accelerated during fasting. A healing crisis could last up to three days. The body is strong enough to throw off toxins at such a rapid rate that fever or past disease symptoms may appear, intensifying the detox crisis.

After the healing crisis subsides, dramatic improvements often manifest. In his book *Dr. Jensen's Guide to Diet and Detoxification*, he cites the case of a person who went from near blindness to reading the newspaper with ease (p. 65).

Depending on the toxicity of the drugs and the existing energy supplies of the body, the ingestion of toxic medications dramatically slows down or completely halts the cleansing process. A friend I once counseled to juice diet for three days experienced shakiness and headaches, for which she took a tranquilizer. To combine detoxing and drugging is a mistake that undermines and reverses much of the progress already achieved on raw juices and right living.

A history of drug use or abuse usually means a person can expect the body will go through an intense elimination of toxins as it revitalizes and heals. It doesn't matter whether the drugs were legal or illegal, prescription or recreational. After all, drugs don't know anything about the law. They don't reason, "I'm a prescribed drug, so I won't poison these cells." A drug doesn't decide, "This person is breaking the law, so he deserves my poisons and to get sick!"

In Chapter 6, we explain at length that our bodies have adapted to today's horrendously toxic drugs even

less than to cooked food. To review: introducing these protoplasmic drug poisons to suppress symptoms will cause the body's alarm system to send out emergency signals to the rest of the body. This event halts the elimination and healing processes while the body directs its energies to eliminating these new poisonous insults. Taking drugs during detoxification just adds more toxins to your already toxic body.

You may feel weak at times while cleansing. Do not worry. You will regain your strength. Get plenty of sleep each night. Take at least one rest or meditation period during the day even if you don't feel tired. Even twenty minutes will help.

Victoria BidWell calls doing so “a *rest insurance policy*” and explains:

“You may be running on near-empty energy reserves. You may be so over-stimulated by the day's activities and concerns that you are unaware of how tired you really are. Stop to take complete rests. If you are indeed running on near-empty energy reserves and fight-or-flight response adrenaline, you are a crash just waiting to happen. You have lost touch with your body. You are living in your head as you experience the excitement of an over-stimulated mind and over-stressed emotions. I have seen many people get in terrible and costly accidents or make horribly unwise decisions when so enervated and over-stimulated at the same time!

“Many a seemingly energetic health seeker has vivaciously arrived for a fast at a retreat's doorsteps and then absolutely collapsed into deep exhaustion. They had hardly the strength to get out of bed once they let go of stimulating substances, thoughts and emotions. I have seen this happen countless times in a matter of hours or just a day or two and always to the great surprise and chagrin of the novice faster.”

So always rest while detoxifying, even if this means making time for several rests or catnaps a day. Even five or ten minutes will help, but twenty is ideal. While your body is undergoing major revitalization and reconstruction, it needs much recuperated energy for that cleansing and repair process.

You may also experience loss of sexual drive. It will come back but without an addictive quality. Many raw fooders report feeling freedom from sexual compulsion while having the ability to enjoy sexual activity even more as a matter of choice.

One explanation for an overactive libido is triggering of the reproductive impulse. When the body is toxic, especially with residues of drugs and stimulating cooked food laden with chemicals, the mind experiences an instinctive survival compulsion to gratify sexual urges. In the innate wisdom of its DNA, the mind senses that its lifespan is in danger of being foreshortened. Inordinate amounts of stress triggering this instinctive survival mechanism often manifests as deviant sexual behavior in both animals and humans. This extreme reproductive compulsion has also been observed in plants and animals stressed beyond normal ranges.

Don't worry about any weight loss. This is normal. If your body appears to lose too much weight too rapidly, it will be only temporary. Your body will regain weight as it rebuilds new healthier tissues. This regain usually occurs and stabilizes within weeks or months to a year for most people.

On the other hand, the overweight will be delighted to lose excess weight quickly, almost effortlessly, and to keep it off practically automatically with a biologically suitable, raw food diet. This is one thing that distinguishes living foods from other diets. Excess fat is much easier to keep off long term because this diet is not fat-promoting and is a permanent way of life. *This is the way your body was genetically designed to eat.*

One common sign that you are eliminating toxins is feeling chilled, especially in the hands and feet. Some people in transition may even wear sweaters in the summer. In most instances, these chills are primarily due to the body directing more of its blood flow inward to heal the most vital organs and tissues first. See Chapter 19 for more on this topic.

Victoria BidWell identifies the two extremes of what to expect while detoxifying:

“If a person experiences any detoxification symptoms whatsoever, she can rejoice! Cleansing is occurring! “Something good is happening!” is the comforting motto for all novice detoxers. If virtually no

symptoms appear after fasting a few days or going raw for a week or two, and if the energy is good, it means the health seeker is enjoying a detoxification honeymoon. However, if a person does not experience noteworthy symptoms and if he or she is in an advanced state of chronic degeneration and if the energy has been and continues to be low especially terribly low this is a red flag warning. It means he or she is so weakened that very little energy has been recuperated for elimination of toxins and healing thus far. More patience and time are needed just to get the energy reserves up to even half-full. These health seekers need to be under the care of a qualified professional to monitor progress. Every person is different. Many people breeze through, riding on a detox honeymoon high. A very few others may need care every step of the way. Most people undertaking a serious cleansing and healing do experience themselves somewhere between these two extremes.”

Be patient during the detoxification and healing period. It may be over in just a matter of days or a few weeks. Afterwards you will feel so much better than before you started, certainly better than you have in years and maybe better than you can ever remember!

Deeper cleansing and rejuvenation periods may recur cyclically after days or weeks once your body has stored up energy for another round of deep cleaning and profound healing. For example, Victoria Boutenko writes that after being raw for a significant length of time, she finally eliminated residues of the DDT her father had sprayed around their home when she was only three.

Some people report that their stools smelled like the very food from which they were detoxifying. Suddenly, they smelled food or drugs ingested previously, even *decades* before. Aajonus Vonderplanitz reports that after having eaten clean and raw for decades, his body revitalized enough to detoxify a substance a surgeon had used to glue Vonderplanitz’ bone together when he broke his nose at age 15. When a rash broke out on his nose, he had the substance tested out of curiosity. The laboratory test came back positive for aerospace/dental epoxy!

Recorded case histories from natural healing retreats show that a very few persons deep into pathology will only get well with a long fast or a series of short fasts. These rare and exceptional cases do exist. These people need to complete their detoxification and healing under qualified supervision. We are not offering pie-in-the-sky promises or miracle cures or panaceas or other such irresponsible teachings here. We want people to know the science and the truth.

We offer this general detox rule. The more junk food a person has eaten, the more abuse to which he has subjected his body, the more he has depleted his existing energy reserves, the more drugs he has taken, the more sleep he has neglected to secure, the more toxic his fluids and tissues have become from a lifetime of endogenous and exogenous poisoning, the more energy he will need to recoup before the body can even initiate major detoxification and renewal, much less bring them to successful conclusions. Many relatively young and drug-free people in good health and with high energy reserves may experience only very mild detoxification symptoms or no noticeable symptoms at all when going raw.

Our follow-up general detox rule is just as important to heed. The more a person wants to remain cleansed, healed and highly energetic, the more strict must be the energy-conserving, healthful living habits once the detoxification and healing period is complete. A key cornerstone to experiencing this feel-good, natural high is the 100% all raw food plan or close to 100%.

Be encouraged! Only discouragement can take you off the path to paradise health! To repeat, the most intense phases of detoxification and healing are usually over in a matter of weeks or a few months for most people. A few chronic, degenerative cases will take more than a year. Stay the course!

Whenever finding the cleansing process too intense to bear, you can always slow it down with added fats or extra starches. Aajonus Vonderplanitz has counseled elderly people whose detoxification processes remained intense after three months to eat one cooked meal a week in order to slow symptoms down and lessen their intensity.

Are Enemas and Colonics Useful?

Whether making use of enemas or colonics is necessary or even helpful during detoxification is a controversial subject among various natural healing proponents. Both treatments involve the large intestine (also called the colon or the bowel), but not the small intestine. These two intestinal organs are basically long tubes. The passageway through them is called the lumen. The small and large intestines have entirely different structures and functions.

First, let's look at the small intestine. Before reaching it, food is first chewed and liquefied with saliva in the mouth into a mass called a *bolus*. The bolus is further liquefied with gastric digestive juices, swallowed down through the esophagus, and churned by the stomach into a substance called *chyme*. The stomach's pyloric sphincter opens to permit the chyme passage into the lumen of the small intestine. The three sections of the small intestine process chyme further and are called the *duodenum*, *jejunum* and *ileum*. The duodenum receives alkaline pancreatic juice and liver bile to process the starches and fats, respectively, into an absorbable liquid called *chyle*. Now, absorption of chyle from the small intestine and into the blood and lymph streams is ready.

Specialized, finger-like projections called *villi* line the folds of the small intestine. The villi are covered with microvilli which are topped off with brush-like borders. All three structures provide enormous surface areas for nutrient absorption at these brush borders. From there, chyle is absorbed by the blood and lymph streams. It ends ultimately at the cells' doorsteps for assimilation into the cells and to be used for nutrition. The three sections of the small intestine add up to 18-23 feet in length.

At five to six feet in length, the large intestine is short by comparison. It serves primarily as the body's trash compactor and storage container once most of the food's available nutrients have been absorbed at the brush borders of the small intestine. Material in the colon consists of dead cells and other bodily waste, as well as plant fiber and other indigestible materials. Bacterial colonies proliferate and homestead in the colon according to the amounts and types of debris present. These bacteria decompose some of the cellulose and other bowel contents, producing their own waste material, some of which may either be nutritive or toxic to the body.

Lacking the villi of the small intestine, the cells lining the colon have virtually no absorptive capacity. Besides serving as a moving storage container, one of the colon's primary functions is to absorb water into the bloodstream so that feces are not watery and can take a normal, soft shape. The colon cells also do absorb a minute amount of nutrients and other byproducts of bacterial decomposition while the feces pass through the bowels. Some of these byproducts may be toxic, particularly those that result from the putrefactive decay of cooked foods, especially of meat and other animal products.

Bowel contents passing through the lumen finally evacuate via the rectum and anal canal. Movement of food through the entire digestive tract is performed by peristalsis: autonomically controlled, rhythmic muscle contractions of the gastro-intestinal walls. Although peristalsis is an energy-intensive process, little energy expenditure is consciously experienced by persons eating three square meals a day. Two reasons account for minimal awareness of colon activity. First, the digestive tract has relatively few nerve endings beyond the mouth and throat to send signals to the brain. And second, the person eating has become used to the digestive process since it goes on all day, every day, 24/7. Most fasters, however, become very aware of their digestive tracts and the lack of this day-in, day-out intestinal energy expenditure. And persons deep into intestinal pathology are often acutely and painfully aware of the passage of bowel contents through its lumen.

Dr. Alec Burton stated in a lecture at the American Natural Hygiene Society's 1994 annual conference that the entire digestive process is estimated to be only about 10-15% efficient. That is, the body uses 85-90% of the energy contained in food just to extract the remaining 10-15% of its many uses.

Dr. Vetrano and Victoria BidWell are quick to point out here:

“On raw foods, which require far, far less energy to process than SAD foods, the energy efficiency is much, much higher. Probably around 70% - 90% is extracted for bodily use. See “Live Food: It's All About Energy” in Chapter 4. We point out that raw foods in general require very little digestive energy. In fact,

T.C. Fry correctly promoted fruits as predigested, since all they need are chewing well and swallowing before absorption takes place. Vegetables and sprouts require a little more energy. And nuts and seeds a little more yet.”

Enemas and colonics both involve introducing water or other liquids into the colon for the purpose of forcefully loosening up and flushing out two kinds of matter: transit feces and surface debris resulting from recent wrong eating or from decades of eating processed food. These water treatments, as far as they reach, may loosen up and flood out virtually all of the transit fecal matter and much surface colon debris. But contrary to popular belief, these treatments are totally ineffective in loosening matter which has been lodged deep into the colon wall. Nor can the flushing water reach into any diseased tissues, diverticular pouches, polyps and tumors included.

Enemas employ the comparatively weak force of gravity. Enema flushing reaches only into the anal canal, rectum and descending colon. This treatment can easily be done at home by filling an enema bottle with about two quarts of warm water and by permitting the elevated contents of the bag to trickle into the body. The water can be spiked with wheatgrass juice or coffee to stimulate surface bowel nerve endings. The liquid is held within the body by muscular contraction for a period of time and then expelled into the toilet.

By contrast, colonics employ water pressure provided by a sophisticated machine. The colonic flushing reaches much further. It goes not only into the anal canal, rectum and descending colon lumen, but travels through the transverse and ascending lumens as well. A treatment typically involves many repetitions using up to five gallons of water in total during sessions lasting 45-60 minutes. This treatment is performed by trained licensed colonic therapists or by hospital nurses. The therapist controls the water pressure according to comfort level and sometimes massages the abdomen.

A third treatment intermediate between an enema and a colonic involves a colema board. Like the enema bag, the colema board treatment can be done at home; and the fluid reaches only as far as the descending colon. Like the colonic, the person may lie down while the entire bowel is filled, flushed and refilled many times, although the force is considerably less than with the colonic machinery.

Among the three, the choice for those who can afford it is usually the colonic. Many people enjoy the relaxed atmosphere of lying back and letting someone else take control of the process while listening to pleasant soothing background music. I have had many a colonic therapist tell me that clients unwind to such a degree that they confide their greatest joys, pains and secrets, just as when going to a counselor or hairdresser!

Victoria BidWell contrasts the do-nothing stance of Natural Hygiene care with hydrotherapies and other forcing measures in general:

“The rationale in rejecting all treatments is that the body will naturally cleanse and heal itself in its own sweet time and in the sequence it deems wisest as the energy reserves fill up. All we need do is provide the conditions for health. The order and timeliness of all cleansing and healing is built into our genetic code and governed in their expression by how strict we get with the ten energy enhancers.

“Forcing measures are self-defeating. They first stimulate and then enervate the body, rendering them relatively inefficient. They deplete the very energy reserves the body needs to fill up in order to direct its natural detoxing and healing processes. This fatigue factor inherent in all therapies thus renders colonics and enemas not just harmless, but potentially resulting in damage.”

Further dangers exist with the enemas and colonic habit. Their continued use while fasting may upset the body's electrolyte balance and deplete its enzyme reserves by flushing out bowel contents and thus preventing the recycling of electrolytically balanced water. Persons with the binge/purge eating disorder often become addicted to purging through their bowels and have messed up their electrolytic balance to a dangerous degree. Yet another danger is that the colon may become lazy as peristaltic activity is checked in expectation of further forced evacuations. This results in an addictive habituation to the use of mechanical evacuation aids. Ironically, overuse of colonics and enemas may lead to chronic constipation, one of the very conditions these treatments are designed to eliminate.

A young Herbert Shelton closely monitored the recovery progress of numerous patients at Lindlahr College's healing facility where he apprenticed while earning his doctor's credentials. He observed that those who received the fewest treatments and therapies the least number of colonics, enemas, sweat baths, cold showers and other such enervating interventions fared the best. They recovered more quickly and thoroughly from their ailments compared to those who underwent hydrotherapy and other treatments.

Many alternative practioners see advantages in colonics. My personal opinion is that even though these gadgets are not natural, why not take advantage of technology designed to assist us in detoxifying our bodies as quickly as possible? In many cases they may be useful if not overused.

Enemas and colonics are deemed necessary in cases of severe constipation or other pathology when the body has not had time to adapt to the ten energy enhancers to achieve excretion of toxins and natural healing. Even Natural Hygiene doctors have been known in rare cases to use enemas and colonic therapy with patients experiencing excruciating pain when the "do-nothing" approach had failed to bring timely results. Neither Dr. Shelton nor Dr. Vetrano, however, resorted to these therapies.

After years and decades of toxic eating habits, the processed food eater may accumulate a thick mucoid intestinal plaque buildup onto the large intestine's inner surfaces. Bowel impaction can result. Both have been observed by colonic therapists, physiologists, postmortem examiners and forensic pathologists. Their years of observations are documented with highly disturbing photographs and X-rays as diseased tissues and impacted waste fill the bowel lumen. The body constantly works to keep such buildups and obstructions from happening at all. But if energy reserves are low compared to the toxic load continually imposed by the energy squandering individual, new layers of plaque inevitably build up within the various tissues that come in contact with the bowel lumen.

The large intestine and arteries have a particular affinity for such buildup, although the substances attracted and stored differ. The arteries accumulate cholesterol and other fats. The colon stores primarily uneliminated food waste, mucus and putrefactive bacteria.

Early 1900s American natural health educator Dr. Harvey Kellogg at his Battle Creek Sanitarium in Michigan first popularized this phenomenon by warning the world: "Death begins in the colon!" A hilarious Hollywood glimpse into life at The Sans can be seen in *The Road to Wellville* movie. The emphasis on keeping the colon clean is vividly portrayed in this turn-of-the-century trip to a fancy health retreat for the rich and famous!

If one genetically predisposed to bowel problems makes worse his genetics by eating a toxic diet, intestinal pathology inevitably results over time. One or more of the following can develop: flatulence, odor, diarrhea, constipation, colitis, ulcerative colitis, spastic colon, diverticulosis, polyps, tumors, cancer and other conditions.

Some bowel disorders are merely embarrassing or annoying. Others bring life-threatening pathologies, fear, pain and misery. X-rays in life and autopsies in death have shown grossly misshapen colons. They are most often impacted with blackened, stiff and/or oily goeey substances. How sad to see these results of cooked food addiction: starches and sugars fermented, oils gone rancid, proteins putrefied all congealed over time, some nearly petrified!

Autopsies have revealed that in certain cases, the normal 2 and 1/2"-3" diameter colon tube has been distended to 6" or more. These diseased bowels have taken on winding detoured fallen convoluted shapes. They are weighted down with pounds of toxic gunk. They no longer take the healthy and relatively straight courses and sharp right angles of the colon's ascending, transverse and descending sections.

Black mucoid and tar-like plaque has been deposited so thick onto the inner colon walls that sometimes only a pencil-thickness hole in the lumen is left for waste transit! Think of the strain it must take to force a bowel movement through such a blocked colon! If you go for a colonic, your therapist will be able to show you classic photos of this disgusting and pitiable situation, either on wall charts or in textbooks.

Upon autopsy, actor John Wayne, a real “meat and potatoes man,” was rumored to have held 35-40 pounds of fecal matter in his colon. This may just be an urban legend. But it is easy to believe. Cooked fooders, especially eaters of cooked meat, do indeed risk impacted and diseased colons.

A healthy colon weighs only 5-10 pounds when empty. Most Americans on the SAD are estimated to be carrying around 15-20 pounds of unhealthy colon weight. Two situations most often motivate a person to take a fast to empty his large intestine or to detoxify while on raw foods and/or to go through a series of colonics. One is the presence of toxic buildup, partially created by the unfriendly bacterial homesteading. The other is the presence of miserable disease symptoms. Some swear by colonics in the initial stages of elimination of toxins. Their goals are to loosen up and flush out this loose toxic material as speedily as possible and to minimize auto-intoxication resulting from possible absorption of even the most minute amount of this undesirable material.

Some people who choose variations of the SAD take colonics on a regular basis. They know their low-fiber and highly intoxicating diet keeps their colons polluted. These colonic regulars reason that standing treatments will help. If you do opt for enemas and colonics because you are still eating cooked foods, be sure to replace lost healthy intestinal flora by taking probiotic supplements. **Dr. Vetrano notes: “Costly probiotics are absolutely not necessary on a raw diet and a complete waste of money. The natural flora will repopulate naturally while on raw foods.”**

Eating Less and Enjoying More

Providing an overall healthy lifestyle is adopted, the small intestine is thoroughly cleansed while a person continues eating raw for several months to a few years. With improved bowel function, nutrient absorption becomes highly efficient. Consequently, much less food is needed for sustenance. This results in food cost savings, as every nutrient is squeezed out of each bite of food.

Victoria Boutenko reports in *12 Steps to Raw Foods* that her family members can each get by on a salad and some green smoothie drink a day. They discovered that the daily green smoothie habit takes the edge off cravings, even for raw foods. The family members simply do not obsess over food anymore. Even her teenage son reported snowboarding for 10 to 12 hours, after which two oranges were all he wanted or needed at day’s end.

You may think, “But I want to eat more than that!”

Yes, now you do. But after being 100% raw or close to it for a few years, you might become totally in touch at all times with your genuine hunger and basic physiological needs at the cellular level. You may find yourself following the dictates of both automatically! You might become so busy doing good works and fulfilling your life’s dreams that you do not give eating three meals a day much thought unless genuinely hungry, that is. This is freedom!

The Detoxified and Purified Body, Mind and Spirit

Christian evangelists and television personalities Elmer and Lee Bueno built a Mexican-American ministry in the 1980s and 1990s based on the promise of natural detoxification and healing. They taught the Garden of Eden raw diet compatible with the biblical prescription of Genesis 1:29 and often reminded their students: “There were no cook stoves in The Garden of Eden.” They called their organization **Born Again Body!** This name not only celebrates being born again in spirit. It praises the feeling of complete purification and rejuvenation of the body as well.

Lee lays out the possibility of achieving a born again body in *Fast Your Way to Health*. While helping write and edit Lee’s book, Victoria BidWell delineated 20 signs of a detoxified and purified body, mind and spirit via fasting and/or raw fooding. The first 17 are a compilation from Dr. Shelton’s work. The last three are from Victoria’s oft-noted experiences as a Christian practicing the ten energy enhancers.

- **Bright pink tongue**
- **Sweet breath and fresh, clean-tasting tongue**
- **Normalized temperature**
- **Normalized pulse rate and blood pressure**
- **Soft skin, free of irritation and other abnormalities**
- **Return of normal saliva flow**
- **Clear light odorless urine flow**
- **Odorless excreta**
- **Normal pink color under fingernails**
- **Increased rapidity with which blood flows back into the skin when forced out by pressure**
- **Disappearance of unpleasant body odor**
- **Return of genuine hunger**
- **Disappearance of any acute symptoms of disease**
- **At least arrest, if not partial to near-complete reversal of chronic, degenerative symptoms, if the faster entered with the same**
- **Bright clear sparkling eyes**
- **Renewed strength and vigor**
- **Sharp memory and use of mental faculties in general**
- **Loss of inertia/laziness and a quickening of the flesh to move forward in useful and unselfish projects while fulfilling God's plan for one's life**
- **Heightened appreciation for God and gratitude for all creation: nature, animals, human beings, the planet and the cosmos**
- **Feeling of mild to high joy and a peaceful sense of well-being.**

Detoxifying Your Environment

As your body grows cleaner and purer, it will become more sensitive to environmental toxins. You may want to wear natural fabric, such as cotton, preferably organic if possible. You may choose hemp, silk and wool instead of polyester, acrylic and plastic. You may want to use nontoxic cleansers, including natural dish soap, laundry detergent and household cleaners. You may want the most natural personal care products. You may eventually want to make your own shampoo out of natural ingredients.

The rule of thumb is this: never put on your body what you wouldn't want in your body.

You may elect to get the mercury out of your teeth. I know of one man who went on a 100% raw diet. His body finally got around to detoxifying his oral cavity, including his teeth. He had a lot of problems until he got all the mercury out. Make sure a dental dam is placed in your mouth during the procedure to prevent swallowing the

mercury that is being removed. If you are on a tight budget, you can have mercury removal done at a dental college for about 60%-70% of normal rates and possibly less.

You will begin to notice how toxic and irritating common aerosols are. These include items like dry cleaning chemicals, the toxins from new carpets, plant mold, perfume, hair dye, cosmetics and many other unnatural substances that didn't bother you before when your body was polluted. To make your life more natural, you will want to detoxify your environment by getting rid of all exogenous sources of toxemia.

Overcoming Cravings for Cooked Foods

Numerous cases histories kept by many health care practitioners report that a client or patient detoxifying a particular food sometimes craves that very food.

Consider the person who has eaten a great deal of commercial ice cream over the years. The retained residues of undigested pasteurized cream and the numerous chemicals typically used in ice cream preparation will seep out of their cellular storage sites into the lymph and bloodstream to be expelled through the body's various channels of elimination.

Someone may unconsciously sense the food while it is leaving his body and develop a craving for it. As this happens, he may sense the ice cream while its remnant molecules circulate through the brain via the bloodstream. The experience may evoke memories of the smell, taste, consistency, coolness and nostalgic ambience surrounding his past ice cream indulgences. He may even enter into a woozy state as he craves this favorite dessert of years ago while olfactory and taste chemoreceptors interact to create vicariously a sense of longing for the familiar. Entirely below the level of consciousness, this sequence of events may inspire a desire to reindulge in the dessert experience as a form of psychic comfort.

Victoria BidWell elaborates on this fascinating process:

The limbic system of the brain is located deep within the cerebral cortex. It is a fist-sized mass of neurons some have called the reptilian brain because its electrical activity bypasses neurons associated with rational thought and is more primitive and instinctive in quality. The limbic system is also called the emotional brain. It plays a key role in memory. It works in concert with multiple areas of the two cerebral hemispheres of the brain to give us the gamut of emotions: highs and lows and everything in between. Limbic activity bypasses the conscious mind when stimulated by tastes and smells. Other environmental triggers, such as sights and sounds and touch, can also come into play. But taste and smell are the most powerful and the most seductive.

When food or drug memories are at play, the limbic system can conjure up memories and inspire cravings so vivid that they can be experienced as absolutely beyond rational control. This is when people so stimulated obsess over thoughts and act out what they call irresistible compulsions. Their lives are out of control. Physiological science and neuroanatomy provide keys that can give back that control.

During detoxification, poisons are being eliminated that have actually been built into the body's own cellular structures as a result of ingesting addictive foods and/or drugs. These retained toxins leave the cells, go into the lymphatic fluid and bloodstream and circulate through the brain in the process of reaching their various eliminative channels. The brain is stimulated by these poisons. When this stimulation, especially highly pleasurable memories experienced through the tastebuds and olfactory nerves, reaches the limbic area of the brain—*watch out!* Wildly concrete images of sight, sound, touch, taste and smell can be conjured up! And equally provocative accompanying memories and obsessions/compulsions can be evoked! Substance abuse of recreational drugs and addiction to prescription drugs both employ this same limbic pathway as toxic food cravings. The desire to relive the drug experience, therefore, can be just as irresistible as the desire to eat the toxic food.

This phenomenon of reliving a taste or a smell, a drug experience, an ache or a pain, a memory or even an obsession/compulsion during detoxification and healing is formally termed retracing. It occurs

among detoxers with regularity. If not educated as to what is happening, these people may feel helpless and hopeless as they give in to the confusing and overpowering urges for the very chains from which they are about to free themselves.

They must understand the science of physiology and brain function behind the helpless feelings. They must work with their bodies, minds and emotions in order to claim that freedom. Understanding this retracing factor demystifies the compulsion, gets rid of confusion and allows the person to consciously override these addictive urges.

The good news is, that with this understanding, most times we can just count slowly and deliberately from 1 to 15. Or we can count from 1 to 100, if that's what it takes to carry us well past the urge to indulge. Or we can just offer little prayers or say to ourselves, "This too shall pass." We can direct our attention to some mindless task, demanding chore or pleasurable activity to move us through and well past the cravings. This is employing behavioral modification techniques at their best. See Appendix F for some behavior modification practices I have found most useful for health seekers.

Susan continues: If you can get through these brief retracing spells without succumbing to their urges, you will never crave those foods with such intensity again unless you reindulge. Perhaps another layer of plaque in your digestive tract or elsewhere still retains some molecular remnants of certain foods or drugs. When they are detoxified down the road, you might get a very mild and whimsical memory for those items.

For most people, when it comes to food, the most intense cravings are primarily at the initial stages of eating raw. After a period of eating nearly all-raw or 100% raw for weeks or months, your relationship with food will change altogether. Virtually all cravings for cooked food will either be gone altogether. Or they will have lost their addictive stranglehold. Your life will become manageable.

Some raw fooders have found that eating a particular food raw helps detoxify the same food formerly eaten cooked. For example, if you have eaten a lot of roasted peanuts or heated peanut butter in the past, it may prove helpful to eat raw and soaked or sprouted peanuts when you crave roasted peanuts in order to detoxify from them.

In fact, you may find it easiest to get through the cravings by substituting raw versions of the same cooked foods whenever possible. Aajonus Vonderplanitz once counseled an obese woman weighing 280 pounds into going raw. She loved her commercial ice cream. He taught her to make raw ice cream consisting of unheated honey, unpasteurized cream and raw eggs, which she ate nearly every day, sometimes up to a gallon a day! Yet she lost 140 pounds in five months. A more natural substitute would have been modest amounts of raw homemade banana ice cream made from blended frozen bananas and other fruits instead.

The most common food category many people miss when going raw is cooked starches. They have turned so many times to starchy dishes for emotional comfort. Many of these so-called comfort foods are made of wheat, which contains addictive opioid chemicals. (See Appendix A.) Nongluten grains, such as quinoa, are more tolerable and do not contain the addictive opioid chemicals.

To enjoy healthful raw grain products, you can sprout grains into these adorable little plants and then fold or grind them into other ingredients, form the shapes you want, and dehydrate the recipe. This all takes time, but it can be very fun!

Essene bread is made of sprouted grains. Raw pizza can be made with a crust of sprouted grains. Delicious raw crackers without any protoplasmic poisons must be made at home, as all commercial raw crackers have table salt and/or hot spices. Sprouted croutons are also yummy. Mock burgers can have a sprout base. Like the raw nuts and seeds, sprouted grains are more energy-expensive to digest than fruits and vegetables. And second only to raw algae, which few people can bring themselves to eat, sprouts are the most nutritious food on the planet! Plus, whole meals can be built around sprouts, and they are super-inexpensive! The Sprouting Serendipity Library at www.getwellstaywellamerica.com offers a complete range of sprouting information: how-to books, recipe books, a sprout wheel, charts and a business-sized card.

In the next chapter, Victoria BidWell takes the lead. She and Dr. Vetrano and I will examine the scientific practice of fasting and when to fast as an aid to detoxification and healing of body, mind and spirit.

DEER LIVEFOODFACTORFRIENDS!

I have deleted certain sections of this chapter so that all my teachings, whether written by Susan and edited by myself or presented exclusively by me, so that only The Natural Hygiene Fast and The Juice Diet are the focus: for that is exactly and correctly what you will get at Our Hygiene Homestead in The Woods. Victoria BidWell

CHAPTER 14 of *The Live Food Factor* — The Fasting Factor —

“The philosopher is like a man fasting in the midst of universal intoxication. He alone perceives the illusion of which all creatures are the willing playthings; he is less duped than his neighbor by his own nature. He judges more sanely, he sees things as they are. It is in this that his liberty consists: in the ability to see clearly and soberly, in the power of mental record.”

—Henri Frédéric Amiel (1821-1881), Swiss writer known for his masterpiece *Journal Intimé*

Going on a fast = blocking out a period of time to be used by denying oneself something. To *fast* commonly means to abstain from something, usually food and/or drink. People fast for different reasons: to cleanse the body and improve health, to lose weight, to break addictions, to increase spiritual or mental awareness or to take a social or political stand.

While many fast for the wonderful feeling of lightness and freedom it brings, most people fast because they want to get well. If, however, the prospect of fasting doesn't sound particularly appealing, just be reassured that genuine hunger generally disappears in a few days. Usually by the third day, the physiological call for food is gone, although cravings and desire for food as entertainment may persist for some people.

Your body can cleanse and heal itself more rapidly while fasting or juice dieting, often referred to as *juice fasting*. Since the body doesn't have to spend so much energy digesting various foods and eliminating their residues, it can focus on revitalizing, expelling stored toxins and repairing damaged cells.

Dr. Paavo Airola explains why fasting is the “number one healer and rejuvenator” (*How to Keep Slim, Healthy and Young with Juice Fasting*, pp. 20-21). The body lives on its own substances by the process of autolysis or self-digestion. The body also breaks down and eliminates cells and tissues that are diseased or damaged, such as tumors, abscesses and fat deposits. Some of the protein of decomposed cells is recycled through what physiologists call the amino acid pool. And the building of new healthy cells is actually accelerated while on raw juices. Taking only juices provides a time of relative rest for the entire digestive system compared to taking whole foods. On raw juices, the nervous system is revitalized, mental powers are improved, body chemistry including hormonal secretions is normalized, and the entire body undergoes rejuvenation.

Many studies have proven the benefits of fasting. Among them are several by Dr. Mark Mattson, PhD, at the National Institute on Aging. His studies found that mice fasting every other day lived longer and were healthier than controls. All living organisms make use of the extra rest during fasting to revitalize. This added rest serves to free up energy so that the body can normalize body weight, heart rate and blood pressure; make cellular upgrades as needed; establish overall health; and prolong life.

Neurobiologists at Göttingen University in Germany found that the body, when put on a fast, reduces stress hormone levels and increases serotonin levels, thus creating the well-known *fasting high* people often experience several days into their fasts.

Dr. Gabriel Cousens notes that “youthing genes” are activated in fasting and has observed people experiencing *radical youthing* at his fasting retreats. Evidence of this is found in Paul Bragg, a health educator and frequent faster who often took long, labor-intense mountain hikes while not eating. He enjoyed surfboarding with younger men well into his 90s, according to his daughter Patricia.

It could easily require several pages to list all the illnesses from which the body recovers when put on a fast. In the health by healthful living paradigm, fasting has proven to be the superlative method for accelerated healing and recovery from most diseases that run the gamut of acute to chronic.

Fasting on Water Only Versus Juice Dieting

One way to fast is on water only. Another way to abstain from whole foods is to take freshly made juices only. Juice dieters often dilute their juice with at least 50% water and maybe even more as the days progress. Some use juice dieting as a lead into fasting on water only. Some people even take a tiny bit of lemon juice and honey highly diluted with water, especially if they plan to be active while on juices.

Some people hold that fasting on water is the only way to fast correctly and consider it superior to juicing. Natural Hygiene teachers consider *juice fasting* to be a misnomer that should be correctly termed *juice dieting*.

For elimination of toxins and healing, Dr. Vetrano explains the superiority of fasting on water only compared to juice dieting:

“Since the body has to cleanse itself [during a fast], the less interference it has, the better. That is, the less juice, the better. The body does not need to waste its precious nerve energy and stored reserves to handle quarts of juice every day. Perhaps the greatest detriment to the juice diet in comparison to fasting is that the juice diet does not force the body to rely solely upon its reserves for nutrients. Instead of forcing the body to break down its tissues for the vitamins, minerals, energy reserves, and proteins it needs, many of these nutrients are supplied by the juices. When juice dieting, the metabolism does not slow down as much as it does when abstaining from all whole or juiced food and taking in only water. Therefore, the more active physiological/nutritional situation set up by juice dieting causes a greater depletion of the body’s protein stores than fasting on water alone.”

On the other hand, Dr. Paavo Airola declares fasting on juices to be superior in his book *Juice Fasting* for many reasons. For one thing, he maintains that the juice nutrients are easily absorbed directly from the small intestine into the bloodstream without putting a strain on the digestive system. Thus, the healing and rejuvenating process of autolysis or self-digestion is provided freed up energy due to the efficiency of absorption. He claims that taking in the juice nutrients speeds up the healing and recovery.

Furthermore, the juices provide alkaline minerals the body uses to alkalyze its fluids and tissues, since they contain abnormally high levels of acids during fasting. The body uses the abundance of minerals from vegetable juices or broth to correct mineral balances and restore biochemical balance throughout the body.

Dr. Airola cites Dr. Ralph Bircher in claiming that raw juices contain an as yet unidentified factor that

“stimulates a micro-electric tension in the body and is responsible for the cells’ ability to absorb nutrients from the blood stream and effectively excrete metabolic wastes (pp. 38-39).”

Dr. Cousens also prefers juice dieting to fasting on water only. He points out that healing crises occur less often on juices. He maintains that the alkaline minerals of juices, especially in greens, provide the body with what it needs to neutralize its over-acidic condition.

Dr. Vetrano’s and Victoria BidWell’s Natural Hygiene response to both Drs. Airola and Cousens’ juice dieting reasoning must be considered:

“Think about it! The whole idea of fasting on water only to get well is to *inspire the body to live off its own reserve nutrients in certain tissues exclusively*, healthy and unhealthy both. This is the most favorable set up for complete healing to take place in as short a time as possible. *If an ill person takes juices, however, he is living partially on juice nutrients; and this auspicious set up for exclusivity is sabotaged.* The possibility of inspiring the body to break down unhealthy tissues until they are completely autolyzed and the ill person is completely well is therefore less likely and certainly less speedy on a juice diet!

“Their acid stance is also not completely correct. Both of these doctors consider an acidic condition pathological while fasting on water only and want to correct it by giving the sick person raw juices. *When fasting on water only, the toxic body is more acidic. But that is perfectly normal and as it should be!* The stored wastes and poisons are all acidic. As they leave their storage sites for elimination, the body will be perfectly and correctly acidic! But it will normalize its chemistry to alkaline in its own sweet time.

“Of course! Healing crises do occur less often on juices! But a healing crisis is called a *healing crisis* because that is when healing occurs most efficiently and rapidly. And that happens most thoroughly and expeditiously on water only. Is this not exactly what the sick person wants? Complete and rapid healing? Besides, in some cases, full healing cannot even take place while taking in nutrients; and for these health seekers, a fast on water only is the only route to take to inspire complete bodily healing.

“When taking nutrients, the juice dieter’s metabolism is not slowed down significantly, even if resting a great deal. If the juice dieter is active, it is not slowed down much at all. But the faster on water only goes into a deep state of complete rest, and metabolism is slowed down dramatically. In comparison, the juice dieter’s needs for protein are much higher than those of the faster on water only. With anything over just a few days, therefore, the juice dieter is potentially creating a serious protein deficiency. With fruit and veggie juices, health seekers are getting the full spectrum of minerals for some detoxification and healing; but they are not getting enough protein. Nutrition becomes lop-sided. With the fast on water only, nutrient-conserving in general and protein-conservation in particular take place. This is ideal for complete healing.”

Fasting is commonplace in European clinics where 14-21 days in duration is customary. Supervised fasts on water only of up to 40 days and juice diets of up to 100 days are considered safe for most people seeking therapeutic fasting supervised by European experts. The general consensus among most European clinicians is that juice dieting gets superior results to fasting on water only.

Furthermore, with juice dieting one can go about daily business and even get moderate exercise. It is even possible to continue working if the person is relatively healthy. Many people, myself included, have noted that they can still work while on a juice diet, although deeper excretion of toxins only comes with complete rest during a fast on water only.

Fasting and Freedom from Addictions

Dr. Cousens likens the effects of fasting on the body to the effects of rebooting on a computer. Often when your computer acts up, a simple reboot is all you need to get rid of the problem. The body works more efficiently after a fast.

For many persons without hard-core eating disorders, the cellular memory of and cravings for coffee, drugs and cooked food is either virtually erased or greatly diminished after a fast of a couple of weeks. Victoria BidWell is an expert on the obsessive/compulsive eating disorder. She points out the exception to this post-fast phenomenon of losing interest in SAD cooked foods:

“The depths of a person’s addiction to SAD cooked food is often not revealed until he or she takes a fast and then starts on all live foods. Then the addictions surface sometimes with a vengeance. The new raw fooder may find himself, much to his despair, hopelessly hooked on cooked. Most hard-core food addicts will still struggle, even after taking a fast or juice diet. They will have to put out behavior modification and visualization and affirmation energy. They may need to get ongoing counseling to get completely free from their SAD food addiction. At the root of their problem is a self-image that needs radical changing from hopeless and unhappy to believing in new possibilities, choosing to do right and wanting high joy as a way of life! Certainly, going all-raw, practicing the ten energy enhancers and taking a fast is the best route to help these far-gone addicts regain hope, get control of their lives and *get happy*.”

Paul Bragg writes of a woman he supervised on a fast. She had been smoking four packs of cigarettes and drinking a fifth of whiskey a day! She was also a heavy drinker of colas and coffee. Her nerves were so shattered that her hand trembled while writing. She suffered from insomnia, blurred vision, pasty and flabby skin tone and thoughts of suicide. When Bragg put her on a fast, he allowed her to smoke a little and drink small amounts of alcohol and coffee. But on the third morning of the fast, these poisons began to nauseate her. Any time she began to drink alcohol, tea or coffee, she would vomit. For the next seven days of the fast, she had no desire for these poisons. Bragg put her on a raw diet another ten days, then on a fast for another ten.

After that, her skin tone renewed to perfection. She was happy and carefree, and she was free from addictions! Bragg reports: “She became one of the best writers in the Hollywood TV and movie world. Her income doubled and tripled. Her personal magnetism increased, and she attracted a handsome, wholesome man for a husband” (*The Miracle of Fasting*, pp. 110-111). Through his experience in supervising fasts, Paul Bragg proved repeatedly that anyone with addictions can find the answer in fasting. When the body becomes clean, it will no longer tolerate poisons without taking action to expel them.

German Professor Arnold Ehret maintained: “If an alcoholic were to be made to fast for a few days or eat nothing but fruit, he would soon lose his taste for beer and wine. This proves that the entire civilized mass of foods from beefsteak to seemingly harmless oatmeals creates a desire for these detestable antidotes: alcohol, coffee, tea, tobacco. Why? Because overeating makes man lazy and consequently he has to pep himself up with stimulants” (*Rational Fasting*, pp. 40-41).

Joseph Sarelli declared that he was freed from an addiction to four packs a day of cigarettes after a 27-day fast (*Naturally, The Hygienic Way* August 1984).

Spiritual Benefits of Fasting

Spiritual benefits from fasting are well known in nearly every religion, though religious ritual fasts are sometimes very brief (a day or even less). Early native American Indians fasted while going on a vision quest and taking passage into manhood. Muslims fast from sunrise until sundown every day during their holy month of Ramadan (not even drinking water, despite living in the desert). Fasting is also practiced in Judaism and Christianity. The Bible mentions fasting 74 times. Moses, David, Elijah, Jesus and others mentioned in the Bible fasted for as long as 40 days and 40 nights, a length commonly referred to as the *master’s fast*.

During the Golden Age of Greece, the great philosopher Pythagoras required his disciples to fast for 40 days before being initiated into the mysteries of spiritual teachings. Plato, Socrates and Aristotle also required their students take fasts. They believed that only through fasting could the mind be purified enough to understand the deep teachings of life’s mysteries.

After Gandhi led the passive resistance movement of Indians against British imperialism and an independent India was established, internal strife between Pakistan and Muslim Indians broke out. Gandhi hoped people on both sides would respect his love for a free India and his efforts to make the dream come true. He further capitalized on the people's inability to distinguish between fasting and starvation. Gandhi thus conducted personal protest fasts to inspire members of the two factions to restore peace in the new India. His refusal to eat unto what appeared to be starvation was so effective and so well-publicized that the fighting stopped. Gandhi, however, knew exactly how long he could safely fast, as Dr. Shelton had provided Gandhi with Natural Hygiene counsel and a copy of *Fasting and Sunbathing, Volume III of The Hygienic System*. Gandhi's fasts popularized social and political fasting. It is practiced to this day by protestors.

Many raw food teachers have also remarked on spiritual powers improving with fasting. Arnold Ehret considered fasting the master key to mental and spiritual evolution. It was said of Dick Gregory that after extensive juice dieting, he lost not only weight *but also his anger*. He claimed that as fasting cleanses the body, poisons are thrown off, releasing hatred and other sick emotions.

Steve Meyerowitz wrote, "You may even discover some psychic abilities as waste products from undigested food and other materials no longer interfere with nerve linkages and your vital energies are free to center in your upper chakras [energy centers] instead of your stomach. Conquering your appetite and desires allows you to focus your thoughts on the discovery of the 'heaven' within" (*Juice Fasting & Detoxification*, pp. 118-119).

Dr. Gabriel Cousens explains that fasting accelerates the purification of the body and thus allows the physical body to be a better conductor of the Kundalini energy. Fasting "improves the alignment of the chakras and subtle bodies, which makes it easier for the cosmic prana to enter the body and increases the possibility of the awakening of the Shakti Kundalini." Cousens goes on to describe in detail his own experience with a 40-day fast in which his mind "dissolved into the Light of God" and four hours of meditation seemed to go by in a few minutes. His crown chakra became one "whirling vortex of energy" connecting him with the dance of the cosmos (*Spiritual Nutrition*, p. 340).

Victoria BidWell explains why some Christians experience a spiritual high when fasting: "During a fast, the flesh is neither fed nor satisfied with lustful longings for food. The faster draws closer to God and can better listen to the Holy Spirit. I recall deep into my long fast at Dr. Scott's one day. I walked barefoot on the lawn and laid down to rest on the cool grass. Suddenly, I felt the whole property being lifted up into the cumulous clouds. Then, the proverbial peace that passes all understanding flowed through me, bringing love, joy and gratitude into every cell of my body."

Fasting and Mental Health

According to Dr. Shelton, mental powers such as memory, attention and association are quickened during fasting. Imagination is at its best. This is because increased blood flow and nerve energy used to process food are freed up for use elsewhere in the body. He explains, "Large amounts of blood and nervous energies have to be sent to the digestive organs to digest a meal. If these energies are not required there, they may be drawn upon by the brain in thinking" (*Fasting and Sunbathing*, p. 67).

Brain tissues are also cleared of toxins during fasting. In fact, many times Dr. Shelton saw mental health during a fast improve greatly among his patients. Depression and pessimism lifted. "Insanity is frequently overcome while fasting, and practically all cases are improved by the fast" (p. 68).

Dr. Yuri Nikolayev of the Moscow Psychiatric Institute and Alan Cott, MD, have even had great success in treating mental illness, including schizophrenia!

Michael Bobier reports that he had been obsessed with and almost suicidal over a woman who broke up with him for another man. By his 20th day of a fast on water only, Michael was not only free from his jealousy, but even felt compassion for her and her new companion because they were on a cooked diet and drank alcohol (*Living Nutrition*, Vol. 19, 2007, p. 59).

Stephen Buhner sheds some light into how the mind is affected by fasting. When the intake of carbohydrates is low enough, the body is forced to use fat stores for fuel. This change is called ketosis. “When in full ketosis, the mind simply works somewhat differently. Thinking can be just as acute, but it tends to be slower, more reflective, more studied and deeper, and aside from thoughts of food or ending the fast less inclined to dwell on future plans” (*The Fasting Path*, p. 76).

The Natural Hygiene Fast by Victoria BidWell

Victoria BidWell now assists health seekers wanting to fast at her school named *Our Hygiene Homestead in The Woods* located in Concrete, Washington. She consults with Dr. Vetrano when hygienic teachings need clarification. Victoria shares with us highlights of her experiences and knowledge about the Natural Hygiene fast.

I had the great education and pleasure of spending at least four years of my life, all tolled, at most of the Natural Hygiene retreats during the 1970s and through into the 1990s. In my travels, I met, worked for and/or studied with most of the most renowned names of those times. These three decades spanned the great heyday of Natural Hygiene and fasting that T.C. Fry’s publications, especially his *Healthful Living Magazine*, inspired among his 36,000 subscribers. At most of these places, the institutions were filled and overflowing with three month long waiting lists.

My longest fast on water only was in 1992 for 36 days at Dr. Scott’s Natural Health Institute, followed by two weeks on lettuce and watermelon and another 18 days of fasting on water only. Most of the healing benefits in body, mind and spirit that I harvested then have lasted to this day.

Humans and animals alike have practiced fasting for thousands of years and for many reasons. Yet, we never see advertisements for fasting on television. And medical doctors argue against fasting in the media and to their patients who bring the subject up. If the idea of fasting sounds too radical and tempts you to give up your conventional paradigm to alternative paradigm shift, just know that no one is forcing you to take a fast. The slower method with raw foods and juices also gets results.

Remember: *It’s all about energy. And: Disease in an energy crisis in a toxic body.* Also, keep in mind that the high rate of disease arrest and partial or complete recovery among health seekers who undertake a fast is backed up by *The Natural, Physiological Laws of Life* presented in Appendix E.

Physiologists estimate that at least 75% of the energy the body uses on a daily basis for persons eating conventional SAD foods goes not for body heat and movement and mental/emotional work, as you might think. Instead it goes for these supremely energy-expensive metabolic tasks: digesting food in the mouth, stomach and intestines; absorbing chyle from the small intestine into the blood and lymph streams; circulating absorbed nutrients through the liver for initial cleansing; moving nutrients to the cells; assimilating nutrients into the cells; converting nutrients into energy and then using them as raw materials for reconstructing cellular matter; and eliminating toxic byproducts and metabolic and cellular waste.

These nutritive and eliminative processes feed, tear down, rebuild and keep clean the 75 trillion cells of the human body. These many processes and not the combination of body heat, muscular contraction and mental/emotional activities take up an estimated 75% of a person’s energy generated during rest and sleep! (This estimate is much lower for person’s on clean-burning live food diets, however.)

So, why fast? It's so simple. Abstaining from all food intake and resting from virtually all physical activity and mental, emotional and sensory excitation while taking in water only free up the body from all of the aforementioned demands for energy and provide the body with an extended period of deep rest on many levels. Nerve energy is generated and its reserves filled while the body subsists on its nutritive reserves. But this restored energy is not used on processing food. It is used for autolysis of unhealthy tissues and for cleansing and making fluid and cellular upgrades and tissue repairs as needed while balancing body chemistry all to the greatest extent possible.

Medical intervention may sometimes be absolutely necessary during a critical accident emergency or for an 11th hour disease crisis. Barring these cases, however, and always whenever the health seeker takes the holistic course of action in acute disease, and in most cases of chronic disease, this natural process of providing a sick person a time out period for fasting and cooperating with the body's design gets better results and faster results than any other known method.

Indeed, this period of fasting provides time for the body to bring about the closest thing to a "healing miracle" possible. It offers a veritable fountain of youth! Fasting also provides a time out period from cooked food addiction. When only small amounts of fresh raw foods and juices are taken to break the fast, they are enjoyed and welcomed by the health seeker with a relish indescribable! The 10,000 tastebuds have gone cold turkey for the duration of the fast. The mind, emotions, body and especially its tastebuds are ready and poised for this new radical dietary shift into raw foods and the other nine energy enhancers like never before!

Fasting and Starvation — Defined

The idea and practice of going without food for an extended period of time is considered by adherents and proponents of the medical mentality to be the most unconventional, fanatical and dangerous of all alternative health care practices. This is because these uninformed medical doctors and their followers have mistakenly confused fasting with starving. They do not understand that a Natural Hygiene fast, properly conducted and supervised, provides a period of time for the most rapid and most complete elimination of toxins and healing known for the human body. They have a lot to learn and need a crash course on the Natural Hygiene fast. To rightfully educate those misinformed and to get it really straight ourselves as well, we must start with three sets of basic definitions and distinctions.

First, the term *fasting* comes from an Old English verb that meant *to make firm or fixed*, while *starvation* comes from an Old English verb that meant *to die*. Interestingly enough, these Anglo Saxon derivatives with their archaic meanings hold true even today. When a person fasts, therefore, he firmly withholds food, fixed in his resolve not to eat. When a person starves, however, he withholds food until nutritional reserves are exhausted and until the body begins to feed upon its essential tissues unto death.

Thus misunderstood, fasting conjures up images of Nazi concentration camp victims, waiting to die! No wonder the uneducated are horrified at the idea and practice of fasting. This horror is compounded by two facts. First, the alternativists, who by conventional definition are to be mistrusted by the medical doctors, have largely taken over the practice of fasting as their domain and area of expertise. And second, fasting is wholeheartedly condemned by virtually all medical doctors. By the end of this chapter, however, you will be so well-informed on the idea, practice and benefits of the Natural Hygiene fast, that you will see it for the blessing it has been in the past for others and can be in the future for you. "This fasting knowledge will put you among the elite Natural Hygiene intelligentsia!" Dr. David Scott once proclaimed to me.

What the Natural Hygiene Fast Is and Is Not

The second set of distinctions to make clear to the uninformed is to define just what the *Natural Hygiene fast* is and what it is not. Following are seven parameters. As a Natural Hygiene health educator, let me emphasize here, that these seven parameters are speaking strictly of the Natural Hygiene fast as practiced and popularized by Dr. Herbert M. Shelton and Dr. Vetrano while supervising over 80,000 fasters combined and by those who stay within those boundaries. Now, here are the seven parameters in a nutshell that distinguish the Natural Hygiene fast from both other alternativists' versions of fasting and from the dreadful practice of starvation.

(1) The Natural Hygiene fast occurs only with complete abstinence from all food/nutrients in any form while taking distilled water only according to thirst and while the body safely lives on its totally adequate reserves. Starvation may occur even while taking in insufficient and nutrition-deficient amounts of food or may occur in the complete absence of food over an extended period of time.

(2) Once underway and in a matter of a day or two, the Natural Hygiene faster almost always experiences a distinct lack of hunger. During starvation, the individual almost always experiences a compelling sense of hunger.

(3) The Natural Hygiene fast represents a peaceful period of complete rest, willingly entered into and always marked by a genuine calm once the faster cooperates with his body. Starvation represents a tortuous period of turmoil for a person that is forced upon his body by himself or by someone else and is marked by extreme distress.

(4) The Natural Hygiene fast is always undertaken for beneficent reasons: mental, emotional, spiritual and/or health-related. Starvation is often undertaken for social, spiritual or political agendas and coercions.

(5) The Natural Hygiene fast is properly prepared for and properly supervised by a trained practitioner who daily monitors the faster's vital signs, eliminations and subjective experiences. During starvation, a person is never properly supervised.

(6) The Natural Hygiene fast represents a process of the body utilizing its nutritional reserves and autolyzing morbid tissue while abstaining from eating. Starvation represents a process of the body, exhausted of its nutritional reserves, slowly breaking down its vital tissues essential to life functions.

A key noun in literature on fasting is *autolysis*. The verb is *autolyze*. The word element *auto-* means *self* and *-lysis* means *digesting*. And during fasting, the body is very busy doing just that: autolyzing or self-digesting! As soon as energy is regenerated, the body eagerly autolyzes excess body fat and morbid tissues, such as tumors and cholesterol deposits in arteries. *Autolysis* is thus an exciting word to add to our health-seeking vocabulary!

(7) The Natural Hygiene fast is always followed by a period of supervised refeeding and a feeling of increased well-being and improved health. Starvation is always followed by learning to live with irreversible tissue damage if one survives, and if not, by death.

The Natural Hygiene Fast Versus The Juice Diet

The third set of definitions needed follow. The phrase *to go on a fast* has been misunderstood. To use the phrase correctly, when a person *goes on a fast*, he is abstaining from one or more items. Thus, a *water faster* refers to a person who is taking in everything and anything but water. *The juice faster* refers to a person who is taking in everything and anything but juice. Once these distinctions are made, a person who is taking in only water and fasting from everything else is correctly said *to be fasting on water only*. Among the Natural Hygiene intelligentsia, therefore, when we speak of taking a fast, it is always a fast on water only.

Likewise, when taking in juices only, the novice incorrectly says that the person is *fasting on juices*. But since taking juices, or food nutrients in any form, for that matter, is actually eating as far as the digestive system is concerned, the person educated about Natural Hygiene correctly states that the person taking in juices is on a juice diet.

The term *Natural Hygiene fast* is defined very strictly and it is a *water only* and *complete rest endeavor*. Let me repeat this very important distinction: the body does not differentiate between metabolizing juices and whole foods. Either way, the body is eating, digesting, absorbing, assimilating food nutrients and eliminating waste. To drink juices is the same as to eat, as far as the body's metabolic processes are concerned. Juices, being devoid of fiber, simply require less energy to process. Being on juices only, therefore, is not properly defined as juice fasting. Rather, being on juices only is properly defined as *fasting from whole foods* and *juice dieting*, both.

Following are 12 distinctions between the Natural Hygiene fast on water only as directed and the juice diet on 8-ounce glasses of raw juices only, three to four times a day or more as needed or directed. These distinctions have been numbered to indicate their correct chronological order.

- (1) During fasting, eating and digestion halt. But during juicing, eating continues with the nutrients simply in a liquid form. Juice dieting, therefore, is not fasting in any sense of the term in the Natural Hygiene paradigm.
- (2) During fasting, hunger is absent after two days, more or less. But during juicing, hunger continues.
- (3) During fasting, revitalization, cleansing, body chemistry balancing and repair are an estimated three to five times greater than during juicing.
- (4) During fasting, sodium chloride is rapidly eliminated. But during juicing, sodium chloride elimination is less dramatic.
- (5) During fasting, weight loss is an estimated three to five times greater than during juicing.
- (6) During fasting, nutritional balance is maintained. But during juicing, one or more nutritional imbalances can occur within days or weeks.
- (7) During fasting, deep physiological rest is secured. But during juicing, deep physiological rest secured is much more than when eating solid foods but much less than when fasting.
- (8) The longer fast of seven days and more requires retreat and supervision. But a period of time spent juicing, in most cases, does not.
- (9) During a longer fast, energy levels invariably drop which necessitates complete bed rest. But during juicing, energy levels normally allow modest activity and even a modest work load, as long as breaks to rest are allowed.
- (10) After a fast, an equal number of days feeding are required to regain full strength. But after a juice diet, fewer days are required to regain full strength.

(11) The fast is not necessarily superior to juice dieting. The two physiological modes of Natural Hygiene care are employed for different reasons and in different cases to achieve different results.

(12) It should be noted that in certain disease situations, the health seeker cannot get well on juices only and will need a long fast or a series of short fasts before health is recovered. These special cases are rare, but should nevertheless be noted.

The 5 Kinds of Rest Taken on the Natural Hygiene Fast

Item (3) above is so very important to the Natural Hygiene fast, it needs further emphasis for the health seeker who is mildly interested in studying more on the subject. And item (3) is also what distinguishes the Natural Hygiene fast from other alternativists who advocate their forms of fasting. During the Natural Hygiene fast, the faster must, by definition, secure complete rest. She must not be going on hikes and swims, driving around, spending hours on a computer or seeking other such distractions and entertainments. Doing so is not fasting; it is just *not eating!* The Natural Hygiene faster is a *complete restorer*. Her sole focus is to revitalize her nervous system, and that only occurs during rest and sleep. The revitalization, however, can be accelerated while resting or sleeping and fasting! Remember, *it's all about energy*. And during the Natural Hygiene fast, the health seeker increases energy levels by securing rest on five levels.

(1) **REST FROM PHYSICAL ACTIVITY:** The faster makes as few demands on her musculoskeletal system as possible and takes as much bed rest as possible. She goes to bed to rest, relax and/or sleep. Or she lounges around during a minimum of her waking hours. She secures as much physical rest as possible, interspersing her day with naps and then retiring very early. A leisurely slow walk or brief period of mild stretching may be allowed for all but the very weak faster and according to the supervisor's orders.

(2) **REST FROM PHYSIOLOGICAL DUTIES OF PROCESSING FOOD:** During a fast, the tremendously energy-expensive processes of digestion, absorption, assimilation and elimination of food is brought to an end with the processing of the last meal. To repeat, physiologists speculate that 75% of our nerve energy is spent on the daily processing of food. During fasting, however, the entire gastrointestinal tract rests. The basic metabolic activity is at a healthful restful minimum. The energy normally used to process food while eating is thus freed up to repair, restore and renew the body, mind and spirit. Deep physiological rest is secured during fasting for most of the body. But some organs and systems are working overtime carrying out the many eliminating and healing activities. The more toxic the health seeker, the more energy is needed to carry out these activities, thus the importance of securing physiological rest.

(3) **REST FROM SENSORY INPUT:** During a fast, the health seeker retreats from the sensual sensorial onslaught of sight, sound, touch, taste and smell that makes up the excitations and fabric of daily life. The faster should use her eyes, ears and other sensory systems as little as possible and stay in a quiet place to secure a rest and respite for all the senses.

(4) **REST FROM EMOTIONALISM:** Ideally, the faster retreats to a Natural Hygiene school and sanctuary setting, away from all the emotional input and output of daily life. Experts estimate that upwards of 90% of all illness has a stress-related factor. Therefore, this emotional rest is truly beneficial for minimizing psychosomatically induced diseases.

(5) **REST FROM MENTAL ACTIVITY:** The faster puts away concerns and projects that demand mental efforts and concentration or that present distractions. The brain is the center for all mental activity. It is also the housing for nerve energy regeneration. In order for the revitalization that brings health and energy, the brain and entire nervous system need this mental time out period of rest, sleep and fasting.

Obviously, the properly conducted Natural Hygiene faster is not watching television, not on the phone, not at the computer, not reading, not at hobbies, not taking regular exercise, not exchanging recipes with other fasters all day and night, and not engaging in endless conversations. Ideally, the health seeker is securing deep and complete rest on all five of these levels and taking part in any of the above activities minimally or only because of emergencies.

To so abstain is very hard for the thrill-seeker. Even the health seeker who is more relaxed and not a stimulant junkie can get very fidgety. But your knowing just what a *properly conducted fast* is now can help you prepare mentally and emotionally for a fast you may decide to undertake later. It is best to get your affairs in order before checking out from daily routines to fast. Ideally, you want to be able to let go and enjoy complete rest with a brain that is flat-lined into peacefulness and pleasantness!

How to Break the Natural Hygiene Fast

Dr. Scott once warned me: “You can undo all the good of a long fast in just a few days by doing all the wrong things.” He was, of course, referring to going right back to the ten energy robbers, and especially, to large servings of cooked SAD food. No one goes on a fast with the intention of doing wrong right afterwards! To end the fast on the right track is absolutely essential.

All Natural Hygiene doctors select fresh raw fruit or fruit juices in small amounts and typically six servings a day for breaking a fast. After a few days of whole fruit on this frequent feeding schedule, larger amounts and more variety of fruit and just three times a day are served. Raw vegetables, nuts and seeds are typically added within a week of a fast or sooner.

Except for special situations, and with Drs. Shelton and Vetrano behind me, I start health seekers with the following break fast schedule:

DAY 1: Whole fruit six times a day, four ounces starting at 8:00 AM and every two hours until 6:00 PM.

DAY 2: Same as Day 1, only serving eight ounces of fruit each time

DAY 3: Three meals of 12 ounces total, serving tomatoes, cucumber, celery, lettuce and red bell pepper

DAY 4: Same as Day 3, only serving meals of 16 ounces total

DAY 5 and onward: regular meals with veggies, nuts and seeds as well as fruit are given, as represented in *The Health Seekers' YearBook's* “Chapter Nine: The Year in Live-Food Menus.”

Melons are the preferred break fast fruit! They are the very easiest to digest, since most are 92% - 98% water. Dr. Scott not only breaks virtually all fasts at his Institute with watermelon, he also serves watermelon with lettuce for virtually all breakfasts! The low sugar content of the watermelon does not set up too much excitement for the post-faster's tastebuds and does not entice him to drink or eat beyond genuine hunger. Other juicy fruits are also favorites used by other practitioners: oranges, sweet grapefruit and grapes.

I remember Dr. Vetrano breaking my very first fast of 17 days on a four inch square piece of heavenly watermelon. It took twenty minutes to eat. And it knocked me out! Full of energy when I sat down to eat this little block of red melon, I immediately passed out into a two hour deep sleep and then became exhausted for the day during the refeedings. I was *so impressed*. This was proof of how the body uses so much energy for the digestive process!

All break-fasters are encouraged to take a long time to drink their juices or eat their meals. If breaking your fast on juices, a teaspoon at a time or slow sipping with a straw is ideal. It takes as much as ten to twenty minutes to get the digestive system reactivated. Likewise, eating the whole food slowly will get the live food connoisseur off to the best start.

Some fasters have gone through hell during some point in their fasts. Now, breaking those fasts can be a heavenly delight of sight, sound, touch, taste and smell! Dr. Vetrano teaches health seekers to learn to “eat sensationally.” A better time never presents itself to do so than upon the break fast!

Questionable Candidates for The Natural Hygiene Fast

Most people in acute and chronic disease are prime candidates for fasting to get well. Dr. Vetrano and I must caution health seekers who are not prime candidates for the Natural Hygiene fast. Although each health seeker’s condition is different, it is questionable whether certain patients should fast on water only, even under the best of monitoring. Certainly, these questionable fasting candidates should never fast on their own. Self-conducted, extreme fasts outside the boundaries of proper supervision can be extremely dangerous! And since proper care observing the ten energy enhancers including refeeding and exercise schedules are crucial to getting well, the following health seekers in their special situations need guidance with these post-fast activities, as well.

Dr. Vetrano next presents her list of those who are questionable candidates for the Natural Hygiene fast, prepared for the *Health Seekers’ YearBook*. She points out: “Every case is unique, and whether or not an individual should fast is up to the doctor to decide. Without question, if a health seeker is on this list and the doctor recommends a fast, the patient must be closely supervised from beginning to end.”

- Those who are extremely thin and undernourished (These persons may go on short fasts of 1-3 days with definite benefit. And with doing right between fasts, these people may be restored to health.)
- Those who are in extreme weakness, depending on its cause
- Those who are in extreme stages of chronic, degenerative disease
- Those who have some cancers, especially of the liver and pancreas
- Those with inactive kidneys accompanied by obesity
- Those with difficult breathing due to cardiovascular disease (Caution and supervision must be taken with any abnormal rhythms of the heart.)
- Those taking insulin (Insulin-dependent health seekers must be fasted under competent supervision. A fast provides time for the body to eliminate the toxins that impair normal function of tissues and organs and time for the pancreas to repair the beta cells so that metabolism of carbohydrate, fat and protein is normalized.)
- Those who are afraid to fast. (They should not undergo a fast until they have well educated themselves and lost their fears.)
- Pregnant women who are in a state of good health (They may safely fast 3 -4 days.)

Doctor Vetrano and I conclude this crash course on the wonderful benefits of the Natural Hygiene fast with this primary caution: *In cases of many acute and most chronic diseases, for the fullest rest and greatest healing to take place, a longer fast is almost always required, making the retreat setting essential. For any health seeker deciding to take a fast of significant length, therefore, proper supervision by a trained specialist is necessary.* Fasting in acute and chronic disease is serious. Fasting is not a toy for play time. Nor is it a time for novices and the ill-informed to monitor themselves and decide their own care. Most persons in relatively good health with no serious complaints can fast safely seven to ten days. But even these less serious conditions in health seekers can develop into very serious situations once a short fast progresses into a longer fast and as cleansing and healing crises become intense and heretofore unknown disease symptoms in progress surface.

If you are in reasonably good health and intend to fast for more than a week, it is best to consult with your Natural Hygiene, holistic or naturopathic physician or a qualified health educator. The second best is to read up on fasting so you'll know what to expect and how best to break the fast correctly. If, however, you are in poor health, if your energy is low and you have chronic, degenerative symptoms, you most certainly should get consultation. Since Dr. Shelton's most famous book *Fasting Can Save Your Life* is now out-of-print, Dr. Vetrano considers our crash course on the Natural Hygiene fast and how to break it the next best thing for do-it-yourselfers. (This ends Victoria BidWell's extended teachings on The Natural Hygiene Fast!)

Natural Hygiene Fasting Case Histories from Jean Oswald's and Dr. Shelton's *Fasting for the Health of It:* 100 Case Histories Selected from Over 200,000 Clinical Records

These six reports are real case studies from Dr. Shelton's and Dr. Scott's clinics, taken from the book *Fasting for the Health of It: 100 Case Histories Selected from over 200,000 Clinical Records* by Jean Oswald and Dr. Shelton. This book is terribly exciting. You can get it only from Victoria BidWell, who had stocked up on the last cases of this now out-of-print book.

Among the 100 health seekers whose conditions improved or who healed completely after fasting are case histories on the following acute and chronic diseases: abdominal tumors, alcoholism, bursitis, breast tumors, varicose veins, headaches, back pain, ovarian cyst, brain tumor, eczema, hemorrhoids, osteoarthritis, angina, glaucoma, Hodgkin's disease, spinal meningitis, overactive thyroid, multiple sclerosis, arthritis, ulcerative colitis, schizophrenia, appendicitis, lupus, anemia, snoring, breast tumors, drug addiction and more.

Kidney Stones Passed with Fasting

(Therese, age 44, fasted under the supervision of Dr. Scott for 10 days in 1977 and 14 days in 1978.)

After Therese's first fast, she returned to the same X-ray specialist who stated that two kidney stones were clearly visible on her X-rays. On her new pictures, no remnant of the stones remained; the stones had crumbled and passed.

In 1978, Therese and her "health nut" son, as she called him, returned to Dr. Scott's Natural Health Institute. Both fasted two weeks.

Therese told me her improved health was worth the effort to overcome her former bad habits. She eats no dairy products, fried foods, or meat, and is still changing other dietary habits such as proper food combining, to prevent the formation of more kidney stones. "Rome wasn't built in a day," Therese said to me.

Cataracts Gone with Fasting

(Helen, age 54, fasted 14 days in 1979 under the supervision of Dr. Scott.)

Helen put away her honey, aspirin, and Darvon after the fourth day of her fast. She discovered there was no use trying to mix the Hygienic system with the drug system; it was like trying to mix oil with water. Helen discovered that the fundamental principles of the two systems are the exact opposites of each other, just as their means of care are opposites. If

she attempted to use both systems and relied upon drugs for part of her remedial resources, she would fail to make full use of Hygienic means.

After Helen developed full confidence in Hygiene, both in its power to preserve and restore health, she recovered. After fasting twelve days, her eyesight had improved tremendously. And the cataracts were gone. The eyes are just as much a part of the body as the skin, lungs or heart. Helen had to change her former toxic habits to change the health of her eyes. "The disappearance of the cataracts seemed like a miracle," Helen said to me.

After a Fast, Woman Finally Able to Carry a Fetus to Full Term

(Rachelle fasted under the supervision of Dr. Shelton for 10 days in 1932.)

There are different reasons for sterility; many respond favorably to the fast, others do not. In this particular case, Rachelle had 28 spontaneous abortions. After a 10-day fast and a four-month diet of raw fruit and vegetables, she became pregnant and later gave birth to a healthy boy.

Insanity Lost after a Fast

(Mr. S.A., age 35, fasted 39 days under the supervision of Dr. Shelton in 1940.)

Hygienic care greatly improved Stan's mental condition. I have used fasting in cases of mental disease and have no doubt that fasting is distinctly beneficial. And I am convinced that when the insane person refuses food, this is an instinctive measure designed to assist the body in its reconstructive work. Many people have lost their abnormal mental conditions while fasting. All who have had extended experience with fasting have seen cases of insanity recover health while on the fast and many others make great improvement while fasting.

Parkinson's Tremor Gone after Several Fasts

(Monica, age 39, fasted three times under the supervision of Dr. Shelton: 30 days, 14 days, and later another 14 days in 1941.)

The developments in this case are typical with the exception that Monica completely recovered. Full recovery is not the general rule. The majority of fasters make sufficient progress to become useful again, but retain part of the tremor. Monica was at the Health School for nine months and had previously suffered with Parkinson's disease for six years. After she had fasted 30 days, the tremor immediately reoccurred, but not as severely as before the fast. After the second fast, the tremors were less. After the third fast, the tremors were gone. For more than 10 years, I remained in contact with Monica. She has had no reoccurrence of the tremor.

Deafness, Impotence, Enlarged Prostate and Sinus Congestion Gone after Fasting

(Mr. A.B., age 70, fasted 42 days in 1960 under the supervision of Dr. Shelton.)

On the 36th day of fasting, Art regained hearing in his deaf ear for the first time in six years. His prostate gland had shrunk to nearly normal size. After he fasted, he spent three weeks on a raw fruit and vegetable diet. He was no longer impotent, his sinus congestion was relieved, and the recovery of hearing was permanent.

I have conducted a number of fasts in people from 70 years to over eighty-five years of age, and I have found no reason to consider aged persons to be in a class by themselves. Adult animals of any species, including Homo Sapiens, can fast much longer than the young of the same species. Old people actually stand fasting best. Growing children stand it least, although they stand it well. People do not get too old to use fasting as a method for healing. The regenerating effects of fasting are especially apparent in the old. So I do not hesitate to place old people upon a fast, but I watch them more closely than I do younger people, not because they do not stand fasting well, but because they are often possessed of hidden weaknesses that render it inadvisable to carry the fast to great length.

Fasting in Extreme Emaciation

Dr. Shelton related the story of one young man who was so emaciated that the medical and naturopathic doctors attending him for months while getting no results were at their wits' end. Dr. Shelton was called in for consultation as a last resort.

To the astonishment of the doctors, Shelton recommended a fast, to which they reluctantly agreed. Following the young man's fast, his digestive capacity returned. He went on to achieve a complete recovery.

Further Fasting Cautions

Note that not all of our raw food friends are enthusiastic about fasting. Some of those mentioned in Appendix C believe it is better just to eat properly. Instinctive eaters intuit that one should fast only when nothing smells or tastes good, which is the body's only true call for a fast. This is what animals instinctively do, fasting only when sick and refusing food until well.

Educate yourself first if you do decide to fast. If a fast on water only is to be longer than a week or so, especially if it is your first fast, consider using the guidance of a doctor or health educator trained in fasting supervision.

How you break a fast is critical, especially if the disease process has not been fully reversed. There is one infamous account of a man deep into chronic degeneration who undertook a long fast and broke it improperly and without supervision on meat and potatoes. It killed him!

When one is fasting, the digestive system shuts down and needs time to reactivate. So break a fast on water only with fresh juice or fruit. A juice diet should be broken with whole raw fruit. One day of juice or whole fruit diet for each day of fasting on water only or juice dieting is the standard recommendation.

Most people consider the fast fully broken when their pre-fast strength and vitality have returned. They are then ready to return to live food meals of fruits, vegetables, nuts, seeds and sprouts in proper combination at that time.

The Details of Drug Withdrawal

If you have been taking recreational, prescription, or over the counter (Your body doesn't know the difference.), you could go into a more intense elimination than would happen on the raw diet or juices alone. It is therefore often not advised to fast immediately after quitting drugs, unless under proper supervision.

Dr. Vetrano cautions: "Natural Hygiene doctors cannot take people off meds. Natural Hygiene doctors must ask their clients to have their medical doctors tell them how to get off prescriptions. Only after several weeks of quitting medications should a fast be taken. With steroids, however, it is best to wait a year before fasting. This permits the adrenal glands to return to full function. A crisis could occur. And with too little cortisol, death could result unless the client took his steroids again at the onset of the crisis."

Legally, an MD is the only health professional who can tell you to stop taking drugs or reduce your drug dosage. Holistic physicians, such as chiropractors, acupuncturists, homeopaths and naturopaths, know how bad these drugs are but cannot tell you to cease taking them at the risk of being taken to court for practicing medicine without a license and being sent off to jail. (See Appendix B for more on how the medical system works.)

Therefore, we can't advise you to stop your prescription medications either. We do recommend consulting first with a naturopathic doctor or other doctor trained in fasting supervision from among those listed in the Resources for Healing and Fasting Supervision section in the back of this book. Some even offer supervision and guidance by phone.

Victoria BidWell, a student of Dr. Hans Selye's fight-or-flight work, explains the fear response and wisdom of calming down whenever experiencing fear — either during a fast or otherwise:

“When the body goes into the alarm mode because something is perceived as terribly wrong in his body or in life circumstances, every cell in the body is affected by the nervous and glandular and circulatory systems. In fact, all systems are readied for extreme action. The body is mobilized to fight or flee the situation so it can get back to normal. Skin vessels constrict, and goose bumps appear. Sweat glands pour out sweat. Secretion of digestive enzymes and insulin stops. Digestion halts. The mouth goes dry. Adrenaline and other stress hormones and neurotransmitters flood the body. Bowels and the urinary bladder relax, and their control is often lost. Blood flow to the heart and muscles increases. Voluntary muscles dilate to accommodate powerful action. Blood vessels to the brain constrict. Muscles in the brain constrict and cause headaches and fear for some and euphoria and fearlessness for others. Much more is going on in the body's 75 trillion cells. But you get the idea. Emotional balance for all who do not possess self-mastery is completely lost.

“All of this heightened neurophysiology throws the person without coping techniques into a state of great fear. They start trembling like a leaf and entertaining dreadful thoughts. Dangerous decisions can get made. They can actually see things and hear things that are not there and act upon them. Paranoia can kick in. If these fearful imaginings and poor choices are allowed and acted upon while in this unique physiological state of alarm, the situation can be made much, much worse. This is why knowledge of how the body, mind and emotions work and self-control are so important. While fasting or in emergency situations, knowing yourself and practicing self-mastery are all-important. Keeping cool and maintaining emotional balance could save your life.”

Our Final Fasting Farewells

Fasting should be a complete rest for the entire mind and body: rest from food, drugs, emotional stress, mental tasks, excitement of the five senses and all but the most mild and limited of physical activity. It's even best to stay in bed sleeping or with eyes closed 24/7, or as close to that as you can manage, for the duration of the fast. This permits the body to focus as much of its attention and energy on revitalizing, cleansing and healing as is humanly possible.

What good does it do to detoxify and heal if you simply go out and reintoxicate yourself? Next we will look at how to stay raw in a world that caters to cooked fooders. The answer begins in changing the doors of perception through which we pass. It all begins in the mind.