



THE NEW HYGIENIC REVIEW

*NATURAL HYGIENE NEWS YOU CAN USE
IN THE 21ST CENTURY*

March 7, 2011

Volume 2

Number 1

NEW BEGINNINGS

The New York trip was in October, with Thanksgiving, Christmas and New Years following in quick succession. Shortly after the New Year I was editing an article written by my mother years ago entitled *Living the Hygienic Life*. It seemed to be a great article that I could send out to you in a newsletter. However, as I was editing it I realized that she had captured the negative tone implemented by Shelton - that certain fire and brimstone style - and I found myself so turned off and disgusted that I couldn't edit any more. Shelton taught her well! After two grueling days of reading and trying to edit, I got a "message" that I needed to write a book righting the wrongs of Shelton; pointing out areas about what Shelton didn't know and correctly defining Natural Hygiene that over the last 20 years has taken many skewed tangents.

Over the years I have worked closely with Victoria BidWell on writing projects and editing, as I really consider her an eccentric genius with words (aren't all geniuses eccentric in one way or another?). So, Victoria was the first person I called about my idea. She was speechless on the phone just long enough for me to wonder if she had hung up on me. If you know Victoria like I do, she is *never* speechless. Then suddenly she burst out laughing and said "Tosca, do you know what you are getting yourself into with a project like this?" My simplistic response; "I think so, yeah....." Then she questioned and probed into some details and we ended up with a date for me to go to Concrete, Washington to work out the basic subjects, outline, and chapters of a collaborative effort between the two of us, as well as Dr. V and Dr. Greg.

I had several projects to finalize in January before I could leave and toyed with the idea of flying directly to Concrete or driving to California first to visit and work with new friends and colleagues. Realizing that I needed to take a carload of books for some of my research prompted me to hesitate on procuring a flight, so I decided to drive. I happen to do a great deal of meditating and soul searching while driving, and love the quiet alone time listening to personal development CDs. Another reason I decided to drive is that Janis had come from New York for a Success Team International Convention in San Marcos, and was still visiting. One of her brothers lives in Long Beach and had recently been sick and hospitalized and she was trying to

get a flight to LA to visit him. Me, not knowing my geography too well thought, I-10 straight over from San Antonio to LA. I'll meet her brother and his family then head north to another little suburb to meet with my team members. Then I'm almost to Victoria's! Right..... Little did I know that driving south to north to get out of California was going to be like driving across Texas! Or, that it was going to be another nearly 1500 mile trip through the mountains with hair-pin curves *all the way* through Oregon and Washington! After all, Concrete is less than a hundred miles from Vancouver. So, without a doubt in my mind that I could handle it, Janis and I headed for California!

Anyway.....on our way to El Paso we happened to encounter, of all things, a snow storm. El Paso to Las Cruces, New Mexico had blackout areas of entire sections along the highway. And every motel we could actually see that had electricity, (it was 10 pm on a pitch black night!) was sold out of rooms for the evening! Truckers and travelers alike had been blasted with the most unusual weather Texas has seen in at least a decade. I rose to the occasion excitedly looking at the fluffy white wonderland forming around me as I drove. Janis was cringing yet trying to make jokes about how she left NY to get some sunshine. Nevertheless, we made it out of Las Cruces to some other small town and had sunshine for the rest of the trip to LA.

In LA or Long Beach - which Janis politely tells me is different from LA - I met her brother and his family and spent a day catching up on work. Then moved on to Chino Hills, (in my opinion just another offshoot of LA) to meet up with Father Joseph Kallo, the head of my business organization in California.

I could not have imagined a more hospitable, kind, generous, and loving family. What a treat and a blessing it was to meet and work with such wonderful people and be invited in as part of their family. Here again was another personal growth event!



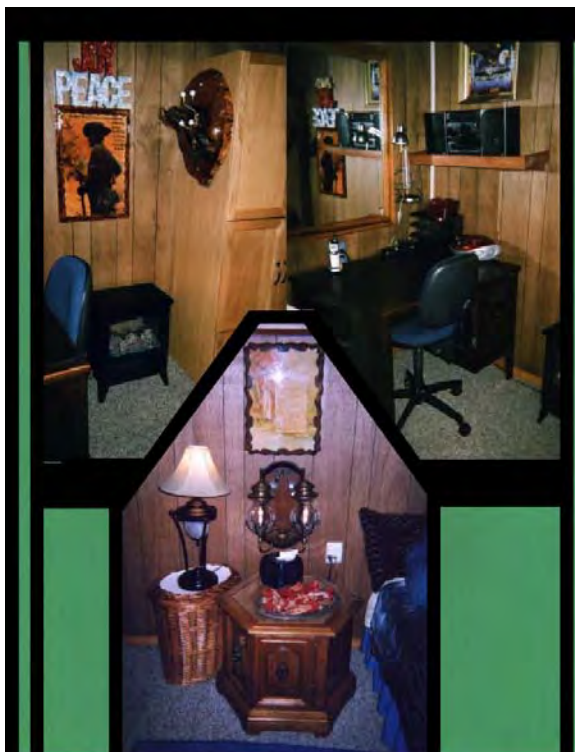
Juliet Kallo

Dr. Tosca

Father Joseph

After an oil change, I was off to Washington alone this time. All I can say is that the drive was incredibly beautiful - WOW!!! I had never been to northern California, Oregon or Washington. It took me two full days of intense driving with all those mountains!

But what I saw when I arrived, although depicted in great detail in the 100 picture tour at www.naturecurerawfoodhealthretreat.com, astounded me. From the moment I stepped through the doorway on that freezing cold wet evening, I realized that the two dimensional pictures could not impart the cozy warmth and feel of that little guest house in the woods! Every corner of the house has colorful surprises, amusing creatures, eye-catching antiques, artful decorations, delightful lighting, and gratifying warmth and coziness that took my breath away. Victoria was overjoyed to unveil one delight after another from years of her own personal handiwork. I highly encourage everyone to take the 100 picture tour just to get an *idea*, but you must visit to get the *feeling*!!!



Victoria set me up in "The Howling Wolves' Den," a cozy quiet room for one overlooking the backyard and the forest behind the fence. She knew that I would need quiet time to work on my ideas and this charming little room was just the ticket. I spent many hours working, researching and writing at the petite desk in my snug little den and taking walks to work out the kinks.

I was amply supplied with fresh melons, bananas, berries of all sorts, veggies, tomatoes and a variety of fresh nuts! Every evening Victoria prepared a large salad with avocado that was refreshing and delicious. One evening she treated me and one of her guests to what she calls her beverage tasting party. Following her guidance as to which one to taste first (because as she says, she runs the show!) she made us guess what flavors we detected in each of the various colored drinks. From the rich chocolate-tasting non-chocolate beverage to the tart berry-berry drink, they were amazing! These made up our entire meal! It was so much fun!



The most fun of all was visiting Victoria at her own dwelling, which she literally shares with High Joy, a fat and sassy white Arabian horse. Yes, I saw the Natural Hygiene library we sent to her for posterity, and yes, we spent time working on the new book-to-be in her shipping room/office. But the highlight was lounging around in her special quarters with a raging fire to keep us warm and High Joy sticking his head through the upper half of the Dutch stable-door begging for carrots or bites of grain. He would go through the most outrageous antics to get noticed in order to get another handout. He was absolutely hilarious!

Then one morning I awoke and lazily slid open the curtain, a bright and beautiful sunny winter wonderland greeted my sleepy eyes! I jumped out of bed, dressed in my warmest Texas winter duds and went for a long and invigorating walk, taking pictures of every white blanketed yard, every cloaked tree limb, every camouflaged roof and every snow covered vehicle - including mine! I looked like a tourist! It was an enchanting and fascinating sight to behold for this South Texas gal who has only occasionally been treated to such flawless eye-candy.

What an incredible experience! And then it was time to leave. I had a very long trip back and I was eager to get started on the substance of the book. Throughout the day the sunshine melted the beautiful snow. I packed my "stuff" then later spent another couple of hours with Victoria finalizing the book's plans, watched High Joy's antics, and lastly said my goodbyes to Victoria's guests sharing the guest house with me. Early in the morning without waking anybody I headed south and eastward toward Las Vegas to pick up Janis and say hello to our daughter, Crystal.

The route took me back down through Oregon, east through Idaho, and then south through Northern Nevada where I needed to stop for the night. Unknown to me at the time, the elevation was near 7000 ft. and it was freezing!!! The young lady at the motel informed me that they were

having a heat wave - it was only 34 degrees! "If this is a heat wave, what's the normal temperature this time of year?" I asked. "Around 19 below," she answered nonplused. OK then..... She proceeded to tell me that breakfast/coffee would be available from 4 am till 9. Excuse me? Did you say 4.... in the morning??? At midnight, after 14 hours of driving, my brain wasn't picking up the clues too quickly!!! Needless to say, falling asleep was easy; though the slamming of doors, talking, diesel engines rousing to life at 4 am proved an unpleasant jarring shock. After a quick glance at the clock, and a stern word to myself that I was not about to get up *now*, I threw a pillow over my head and drifted into a sound sleep for another four hours!

Up and at 'em, yes sir! Another full day of traveling. No problem. I'm in Nevada - desert, flat land - easy drivin'! Then I opened the door to head for the car and there is a full blown snow storm going on outside! No wonder the truckers all left at 4 am!!! So as I'm filling the car with gas, I ask if I'm going to need tire chains or ropes. I'm told that as I head up into the mountain-pass, signs will let me know. I can buy them there if needed and if the signs say to "chain-up" and I don't, I could get a ticket! Oh, great, is there anything else I need to know? Yes, one more thing. They were expecting six to eight inches of snow that day and they weren't sure how much was expected in the mountains. With that last bit of exciting news I bucked up my courage and headed towards those dreaded mountains not knowing what to expect and the most incredible thing happened. The further away from the town I got, the clearer the skies became and the mountains were beautifully covered in snow but the road was clear and dry! Before I knew it (after a good eight hours) I sailed over the Hoover Dam and had the Vegas skyline in my sight.

Three days were spent visiting with our youngest daughter, helping organize files and accounting for her business (I'm not that good, but at least I got her started). After a farewell night at the Chippendale show, courtesy of Crystal, Janis and I set off back to Texas. The goal was to be back by Friday, February 25th because we wanted to attend a one day training seminar on Saturday. We left Vegas on Wednesday morning and made it back home by early evening on Thursday. Had a day to rest and unpack, then easily attended our Saturday Success Team International Conference. Yay!!!

This brings me to the last bit of really healthy news that has me yelling and laughing out loud and jumping up and down bursting with excitement.

AN INCREDIBLE BOOK TOUR!!!

A ONCE-IN-A-LIFETIME FREE EVENT IN SELECT CITIES

I am excited to tell you about a new book that is already a New York Times Best Seller from its pre-sales. It hasn't even hit the book shelves yet! But I highly encourage each of you to pre-purchase one from any major book store so that it arrives on your doorstep on its release date of March 22, 2011. The book is called.....

The Healthy Home: Simple Truths to Protect Your Family from Hidden Household Dangers

by Myron Wentz, Ph.D. and Dave Wentz with Donna K. Wallace

Published by Vanguard Press, a member of the Perseus Books Group

Dr. Wentz has dedicated his life to freeing the world from disease and suffering, and is raising awareness about hidden health dangers through a compelling new book with his son, Dave. In writing *The Healthy Home*, it is the goal of Dave and Dr. Wentz to alert readers to the dangers that lurk within the walls of their homes. By making even small and simple changes, many of which are suggested in the pages of this book and will be on the book's companion website, myhealthyhome.com, readers will be able to make a significant difference in their lives and in the lives of their families.

In *The Healthy Home*, readers take a trip through the home of Dave Wentz, where the authors point out potential dangers of our modern living spaces. The book offers a common-sense approach to removing toxins from the environment where you live and raise your family. Throughout *The Healthy Home*, these hidden dangers are discussed in plain terms and elaborated on in a more scientific way by Dr. Wentz - allowing you to dive as deeply into the information as you want. The book also provides tips on minimizing the risks you may not have realized you were taking with your health.

The Healthy Home is a fresh way of sharing Dr. Wentz' story about the importance of health at a cellular level, as well as the importance of cellular nutrition in our often-toxic lives and this book makes it easy for you to share that message with others. You may not be a microbiologist or you may not know everything about volatile organic compounds (VOCs) or the oxidation half-life of fresh-cut fruit, like Dr. Wentz, but that doesn't mean you don't need to know what's going on in the world around you. *The Healthy Home* is the perfect way to educate yourself about things that take place in your home on a cellular level and it will help to educate you about the things that matter most to you and your loved ones.

Take a look at the short video clip at www.myhealthyhome.com to get an idea of just what you might **not** be aware of!

Finally, supporting this book is a way to support children in need across the globe. All author proceeds from *The Healthy Home* will be donated to the international non-profit Children's Hunger Fund to help provide food and medical care to impoverished children around the world.

Dr. Wentz's Book Tour and Book Signing Event is going to take place in 16 cities in the US and Canada. Find the one closest to you and **BE THERE!!!** The book has already been translated into four languages: English, French, Spanish and Chinese. This book is already a NY Times Best Seller, just from pre-sales alone. *The Healthy Home* will be available for purchase in bookstores on March 22, 2011 but can be pre-purchased now on-line at, Borders, or Barnes & Noble.

This will be a rare and life changing opportunity to meet Dave Wentz & living legend, Dr. Myron Wentz at an amazing, theatrical, hour & a half, **FREE** event and hear what they have to say first hand. Make plans to attend **EARLY** with your book in hand for Book Signing. This is going to make headlines!!! Do not be surprised to seeing them on Good Morning America, and Oprah!!! It has already received write-ups in *USA WEEKEND*, *Hollywood Life*, *Psych Center*, *OK! Magazine Online*, *She Knows - Miso Vegan*, *Mom Fabulous* and *Reader's Digest!* And you will own a book personally signed by the authors!!! This event is open to everyone. Invite your friends and family.

The cities the event will be held in and dates of this event are posted on the flyer but the venue for each city has not been released yet. You can find more info on this event and the venue addresses at the book's companion website, myhealthyhome.com **If you cannot find the information please do not hesitate to shoot me an email and I WILL find out for you!!!**

Onto
s Denver
Naperville Los Angeles
io San Diego San Antonio
g Montreal Vancouver Los Angeles
San Francisco
Naperville



THE HEALTHY HOME

NORTH AMERICAN BOOK TOUR

MARCH 25–APRIL 21, 2011

To top it off,
ADMISSION IS FREE
to this life-changing event.

Take this chance to discover what you can do to improve your family's most important resource—your health. You don't want to miss it.

Coming soon to a city near you—see back for details.

Come early to get a book signed by the authors. Seating is limited.



The Healthy Home is a unique, collaborative effort between a father and son—Dr. Myron Wentz, a well-known microbiologist, author, and philanthropist, and Dave Wentz, the CEO of an international health company and new father—that offers a glimpse into the simple ways to make your home healthier. By highlighting the dangers of hidden toxins throughout the home, they have provided a guidebook of simple solutions for families to make more informed decisions about the way they live.

Wouldn't you like to know more?

Invite your friends and family (and their friends too) to **see Dr. Wentz and Dave Wentz live on *The Healthy Home Book Tour***. The tour will be an event to remember, with audience participation and engaging presentations to demonstrate the science behind the solutions in the book. More importantly, you will walk away armed with information to start protecting your family from the toxic burdens society has created, packaged, and sold to you as “necessities” for everyday life.

San Diego
New York City
Vancouver San Diego
Los Angeles New York City Winnipeg
San Francisco Bay Area Toronto
San Diego Salt Lake City Boston
Boston Tijuana Los Angeles
New York City Winnipeg Orlando
Chicago Montreal Los Angeles Denver
Toronto Chicago Naperville Los Angeles
San Antonio San Diego San Francisco
Winnipeg Montreal Vancouver
San Francisco Salt Lake City

NORTH AMERICAN BOOK TOUR

- MARCH 25 ■ VANCOUVER, CAN
- MARCH 28 ■ SEATTLE, WA
- MARCH 29 ■ SAN FRANCISCO/BAY AREA, CA
- MARCH 30 ■ LOS ANGELES, CA
- MARCH 31 ■ SAN DIEGO, CA
- APRIL 2 ■ TIJUANA, MX
- APRIL 5 ■ SAN ANTONIO, TX
- APRIL 7 ■ ORLANDO, FL
- APRIL 9 ■ BOSTON, MA
- APRIL 11 ■ NEW YORK CITY, NY
- APRIL 13 ■ MONTREAL, CAN
- APRIL 14 ■ TORONTO, CAN
- APRIL 15 ■ NAPERVILLE/CHICAGO AREA, IL
- APRIL 18 ■ WINNIPEG, CAN
- APRIL 20 ■ DENVER, CO
- APRIL 21 ■ SALT LAKE CITY, UT

THE HEALTHY HOME

Simple Truths to Protect Your Family From Hidden Household Dangers

by Myron Wentz, Ph.D. and Dave Wentz
with Donna K. Wallace

BOOK OVERVIEW

In *The Healthy Home*, father-and-son team Dr. Myron Wentz and Dave Wentz walk readers room-by-room through a typical house, pointing out the surprising health risks posed by the everyday products and behaviors of a modern family.

With the help of colorful illustrations and illuminating quizzes, you will learn about the negative effects of toxins found throughout your home and receive simple solutions to help minimize exposure without foregoing convenience.

From examining the cleanliness of the air in your home versus a city during rush hour, to determining the effects of high-frequency radiation from wireless technology, to revealing the dangerous source of that "new car smell," *The Healthy Home* gives people the power to make a long-term impact on their own health and that of their loved ones. It is an invaluable guide that will change how we live in simple yet significant ways.



All author proceeds will be donated to the international non-profit Children's Hunger Fund to help provide food and medical care to impoverished children around the world.

Published by Vanguard Press,
a member of the Perseus Books Group
Release date: March 22, 2011

ABOUT THE AUTHORS



MYRON WENTZ, Ph.D.

Dr. Myron Wentz holds a Ph.D. in microbiology with a specialty in immunology from the University of Utah. He founded Gull Laboratories in 1974 and developed the first commercially available diagnostic test for the Epstein-Barr virus. Later he founded USANA Health Sciences and the Sanoviv Medical Institute. Honored in June 2007 with the Albert Einstein Award for Outstanding Achievement in the Life Sciences, he is the author of *A Mouth Full of Poison* and *Invisible Miracles*.

In recent years Dr. Wentz has turned his attention to charitable and humanitarian concerns, founding the Wentz Medical Centre and Laboratory in Uganda and the Wentz Medical Centre in Cambodia, serving children orphaned by diseases such as malaria and HIV. In 2006, Dr. Wentz was a recipient of the Children's Champion Award, presented by the Children's Hunger Fund.



DAVE WENTZ

Dave Wentz is chief executive officer of USANA Health Sciences, a state-of-the-art manufacturer of nutritional supplements and health products. He received a bachelor's degree in bioengineering from the University of California, San Diego. In 2009 he was named one of the most powerful CEOs 40 and under on Forbes.com. Dave lives with his wife, Reneé, and children, Andrew and Sydney, in Salt Lake City, Utah, where he enjoys skydiving, playing volleyball and soccer, mountain biking, and skiing Utah's famous powder.