

NOW!
2010 Health
Seekers!
ENJOY...
1976
RATES!



“Merciful Rates”
...as Low as...
\$333 a Week
= 1/3 of the
Going \$1,000
a Week Rates!

**ANNOUNCING — INTERNET
GRAND OPENING RATES!**
**OUR HYGIENE HOMESTEAD
IN THE WOODS**

— Concrete, Washington, United States of America —
“Live & Learn Correct Natural Hygiene
at Our Back-to-Nature Haven!”





The Fence

It came to my mind, a site 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 & from the land, collected.

It would give perfect privacy
to The People, so fully protected.

It would add love, joy & peace,
be bought & paid for, not leased.

It would be dog-proof & intruder-proof
to keep them out

& horse-proof to keep High in his pen.

Cats & snakes would have to go over tops
or through crevices at their own risks,
if they insisted to get themselves in.

It would be solid-board gated,
locked & security-rated.

It would be artwork & charming,
startling & alarming

— in woodsy creativity — no doubt!

It would hold histories & stories
& be the source of Victoria folklories
— standing so firm & so stout.

Such a fence is no where else abounding!

It is — “The Fence Most Astounding!”

For no where else in the wood
— even if you searched real good —
could you find The Fence a double,
because, Deer Health Seekers, it is
made strictly of God’s Great Rubble!



WHAT ARE THE RATES & DETAILS FOR... OUR HYGIENE HOMESTEAD IN THE WOODS?



- ☞ *All Correct Natural Hygiene Teachings & The 10 Energy Enhancers Practiced Here!*
- ☞ *Our Luxurious, Rustic Elegance on a Private Nature Haven Homestead Enjoyed Here!*
- ☞ *Most Directors' \$1,000 a Week & More Compared to My \$500 a Week & Less Rated Here!*

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The Correct Natural Hygiene Retreat for The Global Health Seeker!

★	WRITE: <i>Victoria BidWell</i> AT <i>GetWell ★ StayWell, America!</i>	★
★	★ BOX 558 ★ CONCRETE ★ WASHINGTON ★ 98237 ★	★
★	★ CALL: (360) 853 - 7048 ★ E-MAIL: victoriabidwell@aol.com ★	★
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The Many Unique Features of Our Hygiene Homestead in The Woods

- **THE VERY BEST OF ALL ALTERNATIVE HEALTH CARE FOUND HERE IN NATURAL HYGIENE**
- **AS-GOOD-AS-IT-GETS-ANYWHERE, 1-ON-1 TEACHING & ASSISTANCE IN NATURAL HYGIENE**
- **The GetWell★StayWell, America! Bookstore up The Skagit River at The HighJoy Homestead**
- **A double-gated, 6' & 7' high solid board cedar fence surrounding our “complete rest” nature haven**
- **The perfect setting to take yourself on The Correct Natural Hygiene Fast with Victoria’s assistance**
- **Counseling via telephone with alternative health care doctors & other specialists available**
- **An arrangement for a no-temptation kitchen completely empty of food while you are fasting**
- **The private “Howling Wolves’ Den” bedroom looking to the woods & with a small electric-flame fireplace**
- **The private “Eagle’s Nest” bedroom looking to the woods & with a large electric-flame fireplace & mantle**
- **The shared, takes-2 “Critters’ Forest” bedroom upstairs with a full desk & a round table for study or play**
- **“Goldilock’s beds” with memory-foam topper mattresses: not too hard & not too soft — but just right!**
- **2 beds available that elevate both head & knees & that provide a gentle “tingling massage”**
- **All 3 bedrooms with heavy, thick curtains if you want the rooms darkened all day — for Rest & Sleep!**
- **Sleeping til noon & taking naps throughout the day — without being awakened by anyone for anything!**
- **All rooms throughout completely replaced or restored from ceiling to walls to floors & doors & windows**
- **An old-fashioned, metal & enameled, deep bathtub for Cleanliness & deep, daily warm-water relaxation**
- **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/cassette/VHS/CD/DVD titles**
- **Friendly electric-flame fireplace-heaters in both The Homestead Library & The Homestead living room**
- **An unlimited long-distance phone to The United States & Canada for your use**
- **DSL Internet hook-ups in each bedroom to use with your personal laptop computers**
- **Televisions for watching the many alternative health documentaries & videos on Natural Hygiene**
- **No local junk TV to babysit you or otherwise intrude upon our wilderness sanctuary setting!**
- **No cable & no satellite TV going all day & night to divert attention away from your resting & healing!**

- Selected Hollywood movies with Natural Hygiene messages to inspire you
- A covered, carpeted wilderness back deck with comfy couches, pillows, blankets & stools
- A back deck friendly, electric campfire, complete with crackling logs & “a flickering flames light show!”
- 2 life-sized, howling wolf statues, carved in wood, on the back deck for simulated critter company
- Back deck dining spots for communing with nature while you are eating & a desk for your outdoor use
- Victoria’s feels-good massages while you totally relax on a professional table with 3" deep foam
- A massage lounge recliner in the living room for mild, passive, lymphatic exercise & pleasant relaxation
- Large & standard-sized BodySlants for antigravity relaxation & gentle head-down & heels-up exercise
- The Needak rebounder mini-trampoline for more anti-gravity exercise
- Ground mats for fresh-air, out-of-doors stretching exercises
- A standard bench press set-up with a bar & free-weights for weight-training exercises
- A long driveway on the fenced premises for strolling &/or slow walking or jogging exercises
- Peace & quiet to enjoy — from morning until night — with rural life & nature sounds only to be heard
- A bird-watching haven for viewing feathered friends who, in spring & summer, fly in & out all day long
- Binoculars to watch the bird show and spy on the squirrels and any other visitors, like our raccoons
- A grassy, mossy, user-friendly 1/2-acre lawn for bare-footing & really getting “in touch” with nature
- Sturdy, lays-back lawn lounges with comfy cushions for relaxing and sunbathing
- A seats-8, marble-topped picnic table occupied by an armadillo named “Shelton” & a turtle named “T.C.”
- A Dances with Wolves-sized, huge, open & live-flame campfire pit to seat several or just 1
- Mild Cascade Mountain temperatures: no wet & sticky humidity, seldom too hot & hardly ever too cold!
- Nature’s full glory displayed in spectacular wilderness wonders & curious critters everywhere!
- No flesh-eating insects & no poisonous snakes found here
- Fresh, pure, invigorating air: nonstop oxygenation by greenery from surrounding mountains & meadows!
- Starry, starry skies on the cloudless, clear nights — just like back in the day before electricity!
- Backwoods local color on community roads & trails just outside the gates — for walking exercise
- Endless exercise adventures in nearby National Parks & Forests & State Parks
- Year-round hiking & summer swimming in small, warm, pristine lakes — just driving-minutes away
- The sawed-off “Bronco II Buckboard” for open-air, warm-weather travel on wilderness outings & picnics
- An American Bald Eagle Sanctuary with these grand symbols of America — soaring high to amaze you!
- Several small herds of protected elk — roaming the Concrete area and curious to watch you!
- DEER — stepping from thickets to roads or seen in grasslands to remind you: “Ya’ll are... DEER Friends!”
- Personalized help on how to best live The 10 Energy Enhancers to meet your highest health potential
 - Scripturally correct counseling on health & happiness, when requested
 - Secular counseling on health & happiness, when requested
 - Endless high joy experiences for an supremely positive attitude adjustment, when requested
- Your special needs discussed with Victoria & special rates set according to your special needs



We enjoy so much more! But you do get the idea.
We’re in “Concrete Heaven” up here!
You’re invited to share the blessings...
at Our Hygiene Homestead in The Woods!



2 AREAS OF YOUR CONCERN IN MAKING YOUR DECISION TO VISIT:

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

#1... I do not take seriously ill guests who need to be patients under doctors' supervision, who need 24-hour care, who cannot walk. Such a person in advanced, chronic disease should expect to pay upwards of \$1,000 - \$1,200 a week or much more to doctors. One in this situation should contact Dr. David Scott and/or Dr. Alan Goldhamer about their fine services.

#2... If wanting to fast, you have a spectacularly cozy and delightful, 1-of-a-kind place that cannot be matched — regardless of rates! 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 and provision of my “assistance” rather than use of the term “supervision” and all it entails is crucial. I have seen directors shut down, taken to court, and lose everything by being found guilty of practicing medicine without a license for “supervising a fast.” Fasting on one's own has a long and respected history in Natural Hygiene. And in the United States today, there has never yet been a law passed to prohibit a person from undertaking a fast. Here, you pay for use of the facility and housekeeping/assisting services while so fasting and/or eating. 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 offer to you the ideal spot and my 10 Energy Enhancers' assistance and Correct Natural Hygiene Education where you do right — and fast, if you choose.

“TO DO RIGHT” = “TO DO THE 10 ENERGY ENHANCERS!”

- 1. Cleanliness — Inside & Out**
- 2. Pure Air**
- 3. Pure Water**
- 4. Adequate Rest & Sleep**
- 5. The Ideal Diet: Fresh, Raw Fruits & Veggies, Nuts & Seeds & Sprouts
— All, upon 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,
A Purposeful Life & Meaningful Goals**
- 10. Nurturing Relationships**

MY 2 - 3 REQUIREMENTS BEFORE MAKING YOUR DECISION TO VISIT:

• 1ST REQUIREMENT: First, there is a \$50 GetWell★StayWell, America! Membership to get you my “Merciful Rates” and on my Mailing List whereby you hear from me with 4 big mailings a year that come not through e-mail but 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, if possible, 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 for Body, Mind, Spirit & Planet

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

Fasting and Sunbathing (Not required if you are not going to fast)

STANDARD RATES ARE \$500 A WEEK: This is about 1/2 the going rate. If you look up "health retreats" on the Internet, you will find prices ranging mostly from \$1,000 a week and a few up to \$3,000 a week. And a few do go \$100 - \$200 under the \$1,000 most often listed. But right now and for the coming time while search engines become powerful enough to get the word out to Health Seekers about Our Hygiene Homestead in The Woods, I HAVE INTERNET GRAND OPENING RATES SET AS LOW AS 1/3 THE GOING RATE, depending on exactly what your plans are for number of days/weeks you plan to fast and the number of days/weeks you plan to juice and/or eat whole foods.

SEE PAGE 10 WHERE I HAVE EXPAINED TO YOU, WITH A 12-POINT LIST, THE BIG PICTURE ANSWER TO THIS QUESTION:

"WHY ARE MY RATES SO LOW AT OUR HYGIENE HOMESTEAD IN THE WOODS?"

We have "wilderness luxury" (Some call it "rustic elegance!") 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. Nearly everyone who visits does spend some with me for books, edibles, and/or very affordable feels-good massages; but these are always by the guests' choices. (One man from Canada went home with a footlocker trunkful of the seasonings, for example, to avoid mail-order shipping costs later!)

Furthermore, I have no hidden costs. (You do not pay \$2 a batch for laundry or \$2 a box for tissue paper, for examples.) Once you see The GetWell★StayWell, America! Bookstore, once you check out the good savings on pricey products, once you taste The GetWell Great & Yummy Edibles, if you want my "feels-good massages," or if you want to go on outings where I request you fill the gas tank — these kinds of further requests by you are all extras and all your choices above and beyond the merciful, standard rate of \$500 a week!

Because my rate is so low compared to the going rate of \$1,000 - \$3,000 a week and because I do expect full bookings a year in advance once Our Hygiene Homestead gets fully globalized and Our Hygiene Homestead 100-Picture-Tour has been on the Internet search engines for a time, I do ask for the full amount 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 did 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 comfortable. They make the trip with only 1 - 2 quick stops. And they cost only \$50 — far less to travel than I could begin to drive to Seattle to get you for! Buses 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 through full moon drives into our wilderness are as spectacular as daylight drives! 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 \$200 for those two 100-mile round trips, as each round trip takes up most of an entire day and gas.

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 2 or more pajamas. Bring 2 or 3 sets of lounging-around, casual clothes. Bring slippers and socks to keep your feet warm: feet tend to feel cold during a fast or while detoxing. Also, know that I have a good washer and dryer and that I have a 2-day turn-around. And I do keep an array of travel toiletries on hand from which you may help yourself, 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 really warm jacket. Bring comfy shoes for taking a walk no matter what the season. Bring a bathing suit for sunning. 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 like the groundhogs!

Many guests nowadays are bringing their laptops. I have a router for your laptops. Presently, I have just 1 phone number for the guests to share. If you want a private phone number, I can arrange that, too. But I do encourage you to minimize computers or phones while you are here so that you can maximize time for your revitalizing and healing.

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

EVERYTHING ELSE: We discuss anything else on the telephone or the Internet. The 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.



DRIVING 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 \$200 or under per round-trip. I will be picking you up at the Burlington Airporter Shuttle Bus Station.

But for those of you who will be driving, any road map to Concrete, Washington, will get you here. 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 get no driveby, scenic tours! 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. Go up the driveway, park, 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!**

WELCOME TO THE HIGHJOY HOMESTEAD!

Made Possible by Ken & Sandy Chin
& The GetWell Friends & Many livefoodfactorfriends

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

High & I Are 5 Miles from Our Hygiene Homestead in The Woods
— Where Health Seekers Live & Learn Correct Natural Hygiene!



“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 a neighbor who, after all, was having second thoughts about having a horse around. Victoria told me about another HUD property only 5 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, 2001, 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, making it suitable for serious, long-term 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 now 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, 2004

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

Victoria continues: 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 there, 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, hair-dos, 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 1983. 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 for about 10 years. It advertised Natural Hygiene and about a dozen retreats and their doctors that offered supervised fasting: Doctors Shelton, Vetrano, The Haags, Esser, Scott, and others. And several retreats were run not by doctors but by health educators: Arthur Andrews, Bernice Davison, and many 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 12 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 vowed, after experiencing all the amenities and lack thereon of these places, that if I ever had a retreat, I would give Health Seekers “the best of the best,” from my point of view.

Now, in 2010, I am able to do just that. Since committing myself to The Lord in 1983, my definition of “the best of the best” has changed — all for the best, of course! Much water has passed under my main bridge, and several side bridges I have burned since my first fast and visit to Dr. Shelton’s (7th and final) Health School in 1976. I have learned much and still have much more to learn — especially after acquiring Dr. Vetrano’s professional library! Unearthing Natural Hygiene teachings and sharing them with Health Seekers will keep me going til the day I die! This Document #3-1 celebrates offering “Merciful Rates” to Health Seekers and Our Internet Grand Opening of 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 was 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. In order to even keep going, I had to expand my definition of “fun” to “anything that moved my efforts forward and helped Health Seekers — regardless of how miserable I was or how hard it was to keep the wolves from the door.”

On the long drive back from T.C.’s memorial in Texas and while passing through Glacier and Yellowstone National Parks in their full September glory, 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 remember the moment clearly! 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: 1 had been very special. In my youth, I 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 up. And I did it on horseback! AH! The strengths and joys of being able to ride and just be around horses everyday and revel in the great outdoors — and to go on endless, woodsy adventures! They were not only wildly wonderful — they saved me! Those hours of escape by horseback from 4 older sisters beating up on me and teasing me several times a day, every day, saved me. Now, a horse was going to save me again! All through GetWell★StayWell, America! — I had not allowed myself to get a horse to recapture those childhood strengths and joys. Now, I was being ordered to! Praise The Lord. Thank God. I was soon to find my “2nd and final, most 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 10 up to 2001. 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!” From 1996 to 1998, he and I got ready for a great getaway! We had trails 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 ventured 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 hideaway. 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 had 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 laying awake at night in worry and 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 safe haven) from August, 1998 - August, 1999, and getting rejuvenated, reinvigorated, and 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 — WHERE I WOKE UP EVERY MORNING! I needed to be in the woods and the mountains! And — all the time, they had been only 30 miles away, up the Skagit River from Mt. Vernon! 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 your rent is so cheap.” I went 6 months without running water. During that time, I got on the Internet every night and began searching for the least-expensive, 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 because a retired sheriff had one. But the word was that the immediate neighbors had to approve having a horse next to them. And they had approved at the time of my purchase! But 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 unthinkable, I drove home in a daze. 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 least expensive house and 1/2-acre on the realty websites at the time: \$51,000. That night, there was one for even less. 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 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 left was 1 acre of thick woods. To my back were 100 acres of open grasslands and mountains for a backdrop. To my right was a thicket with a neighbor’s house, almost impossible to see for the blackberry bushes. And to my front 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 worn out, the 2 buildings were solid as silver dollars. With the many handywoman experiences of my youth, I knew the buildings were in better shape than they looked, 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 — and that I should have this house, too.

“This is where you will live!” God proclaimed. Who was I to argue? “You will keep the other house, as well. 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 directors 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, as well. 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 directors ask." I had not the faintest idea how to make this commandment happen!

Over my 25 years at this, many GetWell Friends call me just to check in, sometimes weekly, sometimes monthly, sometimes every few months, some sporadically. Ken Chin has been one of these concerned GetWell Friends since the beginning. And when Ken called that night, it was perfect timing: I blurted out the recent turn of events. In my very latest newsletter, he had read all about my getting the HUD house and my handymen stories of fixing it up and about my fund-raising for help to move and set up. But he had not heard of the terrible "I'm not so sure about a horse." In tears and trembling, I told him of being led to "God's other 1/2 acre." And after listening to it all, he shared with me how he and his wife Sandy would help. They put in a bid for "God's other 1/2 acre." Somehow, the many bids did not go through, some electronic foul-up. So, Ken put in a 2nd bid — this time for less. And it went through! He had won it! And now, the horse had a place to live! "OH! HAPPY DAY!" This was the 1/2 acre that the HighJoy horse had 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 neighbors are not unsure about him living next to them! From October, 2001, to this 2010 day, Ken and Sandra have invested far more than they paid for their 1/2 acre to make it a fine home for horse, me, 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! 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 renovated in the process. Already, Our health4thebillions.org Campaign 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, Our 3 Texas Doctors Vetrano and Tosca and Greg Haag, T.C. Fry, Victoria BidWell, and The Natural Hygiene Pioneers since 1832 whose work is copyright-expired or copyright-free. The kitchen needs work. But all of the grounds' 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 1/2 acres are only 5 miles away. The properties and High and I 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.

Dear GetWell Friends and now our livefoodfactorfriends, ya'll have made both properties possible. But I do believe that they are Homesteads that The Lord has made. We are just His caretakers. The 2nd property was inspired by Captain HighJoy America! And that, Dear Friends, is...
"How The HighJoy Homestead came to be and got its name!"

HighJoy Lives His Back-to-Nature Hygiene to The Healthiest, Happiest, Horsey Heights!



\$ & ¢! \$ & ¢! \$ & ¢! \$ & ¢! \$ & ¢! **WHY ARE MY RATES SO LOW?**

#1... If you define “rich” as “having enough money to fulfill the needs of the imagination,” then I have been rich twice in my life — at ages 23 and 36. But my imagination was neither altruistic nor global in those days of youth and self-centricity. Then, while rising to my calling in 1982, my imagination turned infinite! Now, I could gratefully spend as much money as is put into my hands to further “The Message & Promise of Natural Hygiene” to all who will listen! Back in the day, I saw money come and go, like the tide. But now? As long as I meet obligations and make forward progress to the prize, money does not lure me like it can some others.

#2... My father Victor Bidwell spent many an hour with me from before I can remember until I left home at 21 and then whenever he could catch me, to instill in me a social conscience — and in particular, a heart for the down-trodden, the underdog, those-who-have-not. Through endless hours of history, economic, and political lectures and personal stories, he made me aware of the reality that has now hit home to most: strife, suffering, and wars are not a matter of ideology, religion, or race. They are about the uncontrolled greed and selfishness of those-who-have turning a blind eye to those-who-have-not. Victor lived through The Great Depression, then charged depression prices at Bidwell’s Auto Repair til the day he hung up his wrench at age 80. And all those years? He never relented: “HELP THE PEOPLE!” And by “THE PEOPLE,” he meant the working man and woman and their children, those in need. I tried being married to a rich man, my high school sweetheart. We got rich together. And then we got miserable together, because he had no heart for sharing. Now, it is my time to share... “TO HELP THE PEOPLE!” — with merciful rates at Our Hygiene Homestead in The Woods.

#3... These are troubled times. All businesspeople could be lowering their prices instead of appealing just to the rich. NOW is the time to... “HELP THE PEOPLE!” who really need a health retreat with “Merciful Rates!”

#4... In keeping with these Victor BidWell lessons-&-brainwashings and because of my bred-&-born, instilled heart for “THE PEOPLE” therefrom, I see the \$1,000 a week average far too much for me to ask except of those who are just, plain rich! (Perhaps, I should have a sliding scale?) Most need 4 to 6 weeks to successfully turn around: THAT’S \$4,000 TO \$6,000! WHO BUT THE RICH HAVE CAN AFFORD THAT? Furthermore, it is — for me — against the letter and spirit of New Testament teachings to ask so much: “Do unto others...”

#5... My overhead to run GetWell★StayWell, America! is modest. HighJoy and I live resourcefully, happily! I pay a monthly mortgage and bills. But I have no full-time staff to pay, I have no live-in doctor to pay, I have no pricey advertising bills to pay, I have no fancy therapy and treatment equipment to buy and maintain. I do not draw a salary. I do not live high on the hog. I am resourceful with my own needs at The HighJoy Homestead so that I can be generous with the guests’ needs at Our Hygiene Homestead in The Woods!

#6... My money to pay bills comes from many sources: GetWell★StayWell, America! book and products’ orders, *Live Food Factor* commissions, USANA supplements, free-lance editing, favors for GetWell Friends, retreat visitations. A merciful amount of my income is donated from those who appreciate my efforts and want to keep them going. And so, I enjoy offering a nature haven for Health Seekers that brings in some income while I carry on my endless long days of work with Our www.health4thebillions.org Campaign and for GetWell★StayWell, America! THE LORD WORKS IN MYSTERIOUS WAYS — AND PROVIDES!

#7... I am enjoying putting “out there” a new, low standard for health retreat rates so others who run retreats can see them. Maybe, they will give it a think. Maybe, some will reset the trend with me, with low rates, too.

#8... I want to get this “Grand Opening Year” booked in full so that I can turn my attention to other projects.

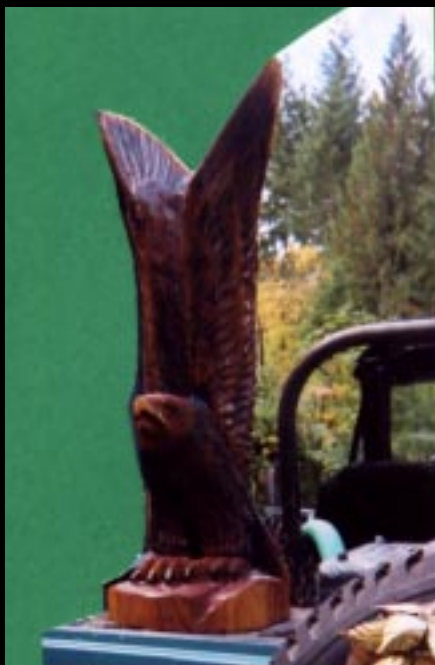
#9... Since 2002, GetWell Friends have been helping me recycle this 1/2-acre property into a nature haven for Health Seekers: it is so gratifying to see our efforts come to sweet fruition and be so well used and so enjoyed! I absolutely thrive on gratitude that Health Seekers so deeply express for all they learn/experience here!

#10... So many, for so many years, have been so generous in helping me. Now, I am so forwarding their favors!

#11... I greatly enjoy my daily visits with guests — as breaks from all the computer & Shipping Lady work!

#12... I have no choice but to set the “Merciful Rates” you see: I am taking my orders from The Father, The Son & The Holy Spirit!

Victoria BidWell & HighJOY! (AKA — The Wilderness Woman & High!)



**IF
YOU
VISIT
ON
A
SUNNY
DAY,
WE CAN
TAKE
THE
BUCK
BOARD
OUT
—
JUST
FOR
FUN!**



BELOW —

With The Buckboard full of packages
for Health Seekers, I am at The Post Office!
I hope to be sending you... *2 BOOKS IN 1:*
The Health Seekers' YearBook
with The Best of Common Health Sense
& The Live Food Factor
— in preparation for your rejuvenation visit
to Our Hygiene Homestead
in The Woods! *Victoria*



**I GIVE
1/3
THE
GOING
RATES!
AS
LOW AS
\$333
A
WEEK!**

BEFORE Victoria & The GetWell Friends: 2001



AFTER Victoria & The GetWell Friends: 2010



Washington Is . . . **“THE EVERGREEN STATE!”**
And Do We Ever **GO GREEN** at Our Homesteads!
We Just Love to Recycle & Rejuvenate Whatever
We Come Across on the Trail! Including...
Horses, Vehicles, Houses, Health Seekers, Hope & Happiness!

Victoria BidWell