

HEALTH & FREEDOM

Presentation

Come find out how USANA Health Sciences can make a difference in your life!

Thursday, October 14, 2010 7:30 pm – 9:00 pm

Meet & Greet 7:00 pm Lobby

Hotel New Yorker

481 8th Avenue at 34th Street, NY, NY 10001

Come Find Out About:

Today's Reality

Learn the Most Powerful Way to Create Health & Freedom

Industry & Trends

Lifestyle Changes for Cardiovascular Health

USANA Health Sciences

Antioxidants & Nutritional Supplements for Health & Energy

Sensé Beautiful Science® Skin Care Without Added Chemical Preservatives or Parabens

Sign up for a FREE Health Assessment Test

Never Give up on Your Future



Christy Grissom

Entrepreneur
Pharmacy Assistant
Positioned her life to build an expanding international business!

**Today's Health Reality
What You Can Do About It
The Science Behind the Products**



Tosca Haag, MD, PhD

35 years World Renown Natural Hygiene Practitioner & Educator

**The People's Choice
Highest Percentage Payout
of Profitable Reporting Companies**



Brenton Tate Haag

Entrepreneur
Amazing San Antonio leader
inspiring many of all generations!

RSVP by Sun. Oct. 10

doctorhaag@gmail.com

For More Information, contact Janis Apter,

janisnaturally@aol.com

718-419-2975 Please Leave Message

Presentation Info:

Thursday, October 14th

Admission FREE



**We Will Have a Booth @ The NEWLIFE EXPO
Gramercy Park Room 3rd Floor Hotel New Yorker
Come See Us – Fri., Sat. & Sun. Oct. 15th-17th
Dr. Haag Lectures Friday @ 9 pm Chelsea A Rm 4th Floor**

THE NEW HYGIENIC REVIEW

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

July 2010 Volume 1 Number 3



Dr. V. V. Vetrano & Dr. Tosca Haag
Photo Taken July 2010

I am SO happy to say that I am so very blessed to have my dear, sweet, wonderful mother with me all the time. And now, she is ALL MINE, after all the years of having to share her with so many Health Seekers!

For being The Wilderness Woman and preferring to be out on the trails rather than in an office, Victoria BidWell has surely learned her way around a computer, the Internet and websites. She has not only one, but multiple websites, all loaded with correct Natural Hygiene information, pictures, gift books, gift recipes, free health tips, healthy and health-promoting products at below manufacturer's prices – and MORE! Since becoming a Christian and then a back-to-nature advocate, Victoria has gone through more changes in recreating herself than most ever dream of. I encourage you to take the time to look through the materials she has for you on-line. Just because she is hidden in the woods of tiny Concrete, Washington, (population: 900), does not mean that she is not available on the web, on the phone or by snail-mail & email. She doesn't like to be called "sweet." But if you come to know her as I, you will see a sweet, endearing private side of her. The side of Victoria that most people see is a lady who has been free of the box too long and who revels in nature too much and with a love of just being alive so great that some people can only label her "wild!" So hang on for the ride of your life!

#1 www.getwellstaywellamerica.com

- THIS IS A 2001 WEBSITE THAT HAS NOT BEEN UPDATED SINCE, BUT THE RECIPE NAVIGATION BUTTON ALONE IS WORTH THE LOOK-SEE!

#2 www.naturecurerawfoodhealthretreat.com

- IF YOU HAVE TIME FOR NOTHING ELSE AT THIS MOMENT — DO TAKE "OUR AMAZING NATURE-HAVEN, 100-PICTURE TOUR!" WHERE THE 100 PICTURES ON 38 PAGES TAKE ABOUT 1 MINUTE TO SCROLL THROUGH AND WILL GIVE 10,000 WORDS' WORTH OF FUN, IF INDEED... "1 PICTURE IS WORTH 1,000 WORDS!"
- CHECK OUT THE UNBELIEVABLY LOW RATES ON PAGE 16, WHERE VICTORIA GIVES 12 REASONS WHY HER RATES ARE SO LOW!
- READ "OUR GUESTS BEST STORIES," WHERE YOU WILL FIND A LONG LETTER BY DR. VETRANO AND DR. GREG HAAG TELLING OF THEIR 3-DAY VISIT TO OUR HYGIENE HOMESTEAD IN THE WOODS.

#2 Continued:

- READ "OUR VERY BEST FOUNDATIONAL BEDROCK TEACHINGS," WHERE YOU WILL FIND THE VERY BEST SHORT INTRODUCTION TO NATURAL HYGIENE EVER PRESENTED TO HEALTH SEEKERS, ALL EDITED BY DR. VETRANO.
- READ "OUR VERY BEST NATURAL HYGIENE HANDBOOK," AS THE ENTIRE BOOK HAS BEEN EDITED BY DR. VETRANO AND SEVERAL TEACHINGS HAVE BEEN WRITTEN BY DR. VETRANO, AS WELL.
- READ "OUR VERY BEST RAW FOODS HANDBOOK," WHERE THE NATURAL HYGIENE TEACHINGS IN THE BOOK HAVE BEEN EDITED BY DR. VETRANO AND WHERE YOU WILL FIND AN ENTHUSIASTIC ENDORSEMENT OF THE LIVE FOOD FACTOR WRITTEN BY DR. VETRANO.
- READ "OUR BEST SUPPLEMENT ANSWER: USANA," WHERE YOU WILL FIND A SUMMARY OF HOW OUR ROYL RETREAT CLOSED, HOW THE 3 OF US FARED AFTER THE LAWSUIT SETTLEMENT, AND HOW WE 3 HAVE FOUND OUR NEW CALLING — NATURAL HYGIENE WITH USANA.

#3 www.4livefoodfactorfriends.com

- I ENCOURAGE YOU TO SUBSCRIBE TO THIS GIFT ELECTRONIC NEWSLETTER!

When The Live Food Factor came into print in October, 2009, Victoria started this newsletter for all who got the new book! It is a very short website that invites you to subscribe at the end. It is FREE! And she has tons of gift information already up once the technology sends you — as a registered subscriber — the special download address. Her newsletters are very fun! She has 6 planned to go out within 10 days. So to get these, do subscribe right away. Victoria also sends out a gift book from her own library and from The Dr. Vetrano Library scheduled to go out to all livefoodfactorfriends every month! Right now, here are the GIFT BOOKS already posted at...www.4livefoodfactorfriends.com's private address:

#1 — The Fruit & Vegetable Lovers' Calorie Guide by Victoria (her very first book written in 1986!)

#2 — The Salt Conspiracy by Victoria

#3 — Fundamentals of Nature Cure by Dr. Shelton (his very 1st book written in 1922!)

And in just days, livefoodfactorfriends will be sent Toxemia Explained (Dr. Tilden's most famous book written in 1926).

Victoria's Mission is to Teach Health Seekers How to GetWell & StayWell without Drug & Doctor Dependency & with Natural Hygiene! You, as the Health Seeker, Will Learn to Live "The 10 Energy Enhancers" which will Allow You

- *To Restore Your Energy*
- *To Detoxify Your Body*
- *To Balance Your Body Chemistry*
 - *To Repair Your Tissues*
 - *To Rejuvenate Your Life!*

The Sandra Mann Story Continued:

PART 1: DAY 1: THE CORRECT NATURAL HYGIENE FAST

When I first arrived at Our Hygiene Homestead in The Woods, walking up the path, I was delighted to find a replica of The 3 Bears' House right out of the Goldilocks' Little Golden Book! Sure enough, inside were rooms with cozy furniture of all different sizes and shapes to try out, all in a wilderness decor, complete with wood carvings, life-like critters everywhere, fuzzy curtains, and bowls with ferns and cattails painted on them! There were new, lovely picture windows throughout the house with woodsy-patterned drapes hanging on wooden rods and adorable lighting complementing the homey, get-comfy atmosphere. It was a cross between stepping into a *Beautiful Log Homes & Cabins Magazine* and an up-close and personal fairytale. I knew I'd entered, beyond a doubt, into a spiritual place of love and healing. There was a tiny, well-planned, and amazingly equipped kitchen as well, with a carved wooden and marble inlaid table. Although tiny, the kitchen contained every machine, gadget, and amenity. But it sported a conspicuous absence of any food, of any kind, anywhere. I wasn't concerned. I was here to fast.

You would think, at this point, all would have proceeded smoothly. But it wasn't quite as easy as anticipated. **Victoria told me my all-raw diet — with plenty of fruit — would never have taken me so thin.** I might have lost about 10 pounds tops, initially, after making the switch, and no more. Into the third day of my fast, after a few discerning questions, I was brought to tears as I confided in her, "I am so tired all the time — but I have had to just keep going and pushing myself to handle my burdens." Turns out that I wasn't so "bursting with energy" as I had been leading myself to believe. I had been running on adrenaline for years. Victoria explained: "The adrenal glands can become exhausted, and a person then simply crashes and wonders what happened!" I was, in fact, in the last stages of total exhaustion, running only on reserves. I have been a "stimulation junkie," I see, after reading Victoria and Dr. Vetrano's dissertation on the subject in *Common Health Sense* — life has always been so thrilling that I have seldom settled down.

Victoria pointed out: "I do not think you know the difference between running on full energy reserves and

running on sheer adrenaline. They can feel the same to the stimulation junkie who loves the thrills more than the steady peace with high energy used for wisely chosen projects and meted out discriminately." I was just starting to learn the basics of "It's all about energy!" — but already I tended to agree. My first reading assignment was Dr. Tilden's *Toxemia Explained*. And here I thought I had been "bursting with energy," at least that was what I had told her the day we met on the phone! Then, Victoria drew a mule carrying 5 gunnysacks — "burdens" — piled heavy and high on his back. She asked me to consider them mine and to name them. By the end of that session, I was asked to figure out how to make all of these "burdens" not only more manageable so they were no longer Energy Robbers — but to make them "FUN" to handle! Victoria says: **"Misery can be made fun — if you get the right perspective on life and, as Scripture teaches, to count it all joy! If you can learn to turn misery into fun, you can #1 — enjoy life like few others, #2 — never lose your childlike awe of life, and #3 — accomplish so much more to help yourself and serve others and serve God!"**

The Wilderness Woman and I had many, many such talks about these burdens and about energy, and she gave me reading assignments about Nerve Energy. I understand that to be "enervated" is like running almost on empty, not unlike using up that last bit of gas in your car beyond the red line on the fuel gauge to show when the fuel is gone. Full reserves are what your body must have to heal itself when sick, but I was using mine to run around on a daily basis. Some, I was just wasting being dramatic! Not only was I running on "Empty," I was running on sheer adrenaline, which was also running dangerously low. No wonder I couldn't heal my multiple, little, annoying complaints no matter what "wonderful remedies" I took! No wonder my problems were becoming worse and more chronic with every passing month, requiring more and more dosing to feel comfortable! No wonder I was close to a total collapse — even on live-foods! I was wrong, and all my concerned friends regarding my skinniness were right! They warned: "If you go under 100 pounds, we are going to do a thinnervention!" Something was really the matter with me! My body was not going to go down and then

rebuild like the website info had promised! Victoria and Dr. Tosca now had me concerned — seriously concerned.

Poor Victoria! I was so wound up upon arriving at Our Homestead, it took her 8 days to get me to keep still and quiet. Dr. Tosca assured Victoria that she was not doing anything wrong: “Some people just cannot be still and relax.” John had just bought me a new computer. And it took hours and hours of energy-draining agony with technicians over the phone for 8 days to get it figured out with the right software and sympatico with Victoria’s DSL. Then I spent hours and hours on it, e-mailing. She reminded me: “When we first talked about your coming, I asked you if you were bringing a computer; and you wisely told me you would not. Now, you are inviting your technology to ruin your fast.” Truthfully, the only way she could have gotten me to rest was to have chained me into the bed. **I was out of her control and not following the dictates of The Correct Natural Hygiene Fast to reap its very best benefits.** For instance, on the second day of the fast, I spent many hours shopping. Victoria had promised I could do “some shopping” when I got to Washington for items I did not have time to get before coming. After all, I only had 6 weeks to pack! She had pictured 1 - 2 hours of shopping max. I was off to a bad start. On the seventh day into the fast, I absolutely had to get many more items! So Victoria and I went on a round-trip shopping spree that went on for 10 hours. Since she could not talk Rest and Sleep into me, she decided to let me have enough rope to see how unwise this was and left me in these stores while she went on errands. “You are NOT fasting,” she admonished. “You are simply not eating!” Being a happy-go-lucky sort, all I had to say about it was, “Hey, if I’d have known, before now, that I could run around like this with no food, I could have saved a fortune on groceries all those years!” The Wilderness Woman did not think that was funny.

The whole time, Victoria had been begging me to watch the 7 videos on The Correct Natural Hygiene Fast and on Nerve Energy. She begged me to re-read her rewrite of The Live Food Factor teachings on The Correct Natural Hygiene Fast at www.naturecureawfoodhealthretreat.com. But I was enthralled with my computer and obsessed with my shopping sprees! I had even begun shopping online! Then, suddenly, on day 9, I spent 5 whole hours laying on the couch of the patio deck and not moving. I was enjoying it, too! Watching the big maple and evergreen trees sway in the breeze was my only entertainment. The next day, I watched fasters talk about rest and sleep and healing on a T.C. Fry

video at his Wellness Retreat. Their testimonies put me to shame. In the extensive library full of videos, CDs, and books, here at Our Homestead was all I needed to educate myself. But I had to be willing to be still and learn. I saw all these people talk about curing terrible ailments by fasting and resting, in 3 to 30 days! As much reading as I had done before I got here about fasting, as many talks as Victoria and I had about energy while here, as much of Dr. Tilden’s *Toxemia Explained* as Victoria could get me to read, it still took 9 days to realize I’d been squandering my valuable time here and that I had abused nearly 1/2 of my planned 21-day fast.

I’d woken up just in time, too, because Victoria told me: “I’m getting ready to tie you up in the barn with The HighJoy Horse, in order to get you to stay quiet and rest, where I can keep an eye on you and get you away from your computer!” I was glad I had woken up before that! I’d have missed my lovely, private Howling Wolves’ Den with my big picture window looking into the woods and my comfortable, adjustable, vibrating bed! Although I must admit, The High Horse, who was to have been my stall-mate, would have made an entertaining and fine companion. A beautiful, white, full-blooded Arabian, used-to-be stallion! One rarely sees a horse like this, except on a movie screen. He takes the breath away, just seeing him so alive, strutting around in front of you — then reaching out for fresh ears of corn!

My fasting benefits did proceed quickly after that 8-day false start. I spent hours lying in the sun daily. I spent an entire afternoon enthralled with Victoria’s rock collections and marbles, as my mind disengaged from its rapid thoughts and my memories took me back to childhood days of playing marbles. For a few hours there in the sun, I wanted to be nowhere else in the world but to be sitting on the tree-trunk stepping stones to Our Homestead, in child play, as the sun glistened light patterns that bounced off the marbles, one to the other. I was so at peace, so content to be fasting in Concrete! In the heat of summer, no sunscreen is required! The summer sun taken before noon and after 2:00 P.M. here is gentle, as this northern state is too far from the equator for to burn. I was really enjoying the physiological state of ketosis — “faster’s high” — of living off my fats during fasting instead of off carbohydrates in food while feeding. How else could one so enjoy playing with marbles? Often, I enjoyed the promised “heightened awareness of everything,” but especially, of the nature oasis around me. This was one of the most enjoyable aspects my fast. In addition to the live animals and

creatures that run around everywhere and fly in and out at Our Homestead, the huge yard is enhanced by a collection of landscaping characters: squirrels, frogs, fishes, eagles, cranes, turtles, even mice and rats and many others! “All God’s creatures,” Victoria explained, “are wonderful!” Hence, the mice, rats, and snakes she has cleverly positioned out and about with her nature-loving sense of humor! Everywhere you look, there is something to delight the eye and entertain the senses! Not a whit of boredom can touch you in this wonderful place! After 10 days, I was told: “Your tongue has finally begun to coat up nicely, one of the very best indicators of deep and intense cleansing. It would have happened much faster had you been a complete reستر.” By days 12 and 13, it was positively white and furry, with different colors appearing and disappearing. Victoria was impressed: “At last, a few days of The Correct Natural Hygiene Fast! Thank God!”

I continued to drink plenty of distilled water, as Victoria sang my praises for settling down. She told me one of the few things I did correctly right from the start, was to drink, drink water and drink some more water! She assured me that I did get benefits out of those early days, even when I had not settled down — due to the physiological rest of not eating and processing food and to my diligent drinking. Hooray!

After reading all the benefits of the complete fast, I began to speak of extending my fast beyond the 21 days planned in order to make up for the mostly “squandered” time. “I want to take this all the way since I am already here and have this good start,” I announced one day. Poor Victoria, again! She already had concerns about me, because I was the absolute skinniest faster she had ever assisted. One day, I admit, I took a good look at myself in one of the several full-length mirrors at Our Homestead. “Could that really be me?” I muttered to myself. I was scary looking — even to myself! But being a determined, little thing (really “little thing!”), **I was out of touch with reality. This Victoria is very good at pointing out, no matter the delusion!**

It’s a wonder all the woodland statuecreatures didn’t come to life, get up, and start jumping up and down and scolding me! But I’d finally gotten the hang of fasting, was loving the inner quiet and stillness, and was prepared to stay with it to the nth degree. Alas, it wasn’t to be. Victoria announced: “I am not taking anyone under 90 pounds here — ever! Are you nuts? Strip and go look in the mirror again!” By day 16, I was showing definite signs that the time to break had arrived. Even my tongue was beginning to clear.

Victoria, with her patience and wisdom, while giving me one of her “feels good massages,” explained all the whys and wherefores of breaking a fast to me, everything from my mindset, to my symptoms were thoroughly reviewed and put into context, where I started to get as concerned as she was, started to understand through her educated mind. Together, we agreed to break. Besides, it’s hard to argue with someone who is making sense and giving you a wonderful massage at the same time. One of the best things I did with this visit was to sign up for 3 “rubs” a week. Good for the adrenals, good for every one of the 75,000,000,000,000 cells in the body, and good for the soul.

The most amazing thing of all to grasp, since the day we met on the phone, was when Victoria told me: “In the spirit of ‘Time flies when you’re having fun!’ and because of the time-warp of letting go and leaving it all behind and because of all the new input of information and re-organizing the priorities in your life while here, your stay here is really like a 2-part moment. In a way, it is like just being here 2 days. The sum total of everything during the fast will be like PART 1 — or DAY 1 — of your visit at Our Hygiene Homestead in The Woods. PART 2 — or DAY 2 — is everything after the fast. Then? You go home to your new life! OH! HAPPY DAY!”

PART 2: DAY 2: BREAKING THE CORRECT NATURAL HYGIENE FAST HOW TO... CHOOSE LIFE! DO RIGHT! GAIN WEIGHT! AND GET HIGH!

I got it! With “DAY 1” at Our Homestead done, the fast, it was time for “DAY 2” and breaking the fast. This was a whole new adventure! Eating had never been such pleasure! I started out with a few mouthfuls of melon, little bites offered in a green and gold glass dish the shape of a butterfly. The melon balls were spread out to make them look like a lot. But this wasn’t simply “some melon.” It was the best and the sweetest I’d ever tasted! There were 3 to choose from, in case the first wasn’t “a sweetest-ever choice” — but it certainly was! Victoria explained: “After being forced to eat mushy and non-sweet watermelon every meal for 18 days at one retreat, I swore that if I ever had a Natural Hygiene health retreat, I would only serve the best, the tastiest food! I swore I would never make anyone eat anything that was not the right consistency, that was not yummy! And since The HighJoy Horse is in the picture? Well, no guest feels guilty about wasting perfectly-good-but-not-

yummy-food — because there is no waste! The HighJoy Horse is not picky! So? We just happily give anything not fit for us to him!” Since I served myself throughout the day and Victoria came over for the 1 lengthy visit each day, I was instructed to do 6 servings a day and to...“PUT INTO HIGH’S TAKE-OUT HORSEY-BAG ANYTHING NOT YUMMY!”

For 3 days, I had more and more at each little feeding. These “feedings” were actually gourmet presentations, the likes of which I’d only experienced in the finest 4-star restaurants! Everything was served to perfection, on fun and fascinating dishes. The first melon servings were small, delicious, and amazing! I got the finest service and linen, all laid out to perfection. I was amazed that eating those little bites wiped me out! **I rested and slept far more with breaking the fast than I ever had during the fast! It was exhausting to eat and let my body process the food! It was hard to believe how much energy it took to eat and process food! All I wanted to do was sleep until the next feeding!** I had finally — let go and let God! After all melons, then 2 days of juices were added to the melon mix. Drinks were served in little, gold-leaf trimmed glasses with little, gold-gilded spoons. We had cozy beverage parties for 2 from Victoria’s upcoming *BeverageBook* manuscript. The parties were so special, the flavor combinations so yummy, the drinks so delicious and nutritious! I could actually feel the “life force” in this food being used to enliven me! Somehow, all the time and care taken with each meal, along with the lessons in picking the fruit and veggies and how to make the drinks, caused each little serving to become very filling and satisfying. Victoria assured me that all of this was only a prelude to actually eating whole live-foods again.

IT WAS NOW MY FULL-TIME JOB TO GAIN WEIGHT! I had gone to 90 pounds. I wanted to get up to 118 to be happy. These little beverages of different flavors in darling glasses became appetizers before our whole food meals. Victoria had found a clever way to get several recipe ideas into each meal prepared so that I would go home confident to make my own. I was now on The GetWell Weight-Gain System. Victoria would keep saying, especially during the massages: “Thank God! You didn’t die!” Yes! I was on DAY 2 with veggies, nuts and seeds, but with fruit — lots of fresh fruit, lots of dried fruit — and with lots of servings throughout every day until I reached my 118! And I had put my 5 burdens into a high joy perspective! Going home to lighten the load on my mule was going to be fun! It was a good day to start my new life!

At our naturecure raw food health retreat, it is an exercise in being re-born, re-wired, re-raised — from infancy right through early adulthood — but it happens very quickly: in just 2 days! The rest of the maturing takes place after you leave. The experience was that life changing. I was very blessed (the words “fortunate” or “lucky” are not allowed onto her premises!) to have the time to stay at the retreat with The Wilderness Woman, for the entire recommended 6 weeks — “TO GET AS GOOD AS IT CAN GET” so that I could re-create myself into good health, both inside and out, learn how to make the turnaround to save my life!

The most important aspect of the DAY 2 re-feeding is, of course, the food. After we progressed from melon-only, the melon remained the starter of each new day. Every morning began with a juicy-ripe melon. Speaking of “juices,” after a few days of juices in breaking my fast, they also remained in place as appetizers 20 minutes before the tasty meals, always with the most dazzling of settings, service, dishes, and linens, each becoming more and more elaborate, as if being entertained in a palace by royalty. In short, I became very spoiled.

Let me digress slightly to the way new foods were introduced. This was both psychologically and physiologically well thought out, very carefully, on Victoria’s part: it was exciting to see the master at work! Every day, more new foods were introduced into the equation — some I had never even heard of, let alone tasted! And every night was a preparation for the next day’s new foods. For example, a charming, little glass of the sweetest orange juice ever (Yeah, OJ can be charming. But you’d have to be here to get that!) was blended with just a few cashews into a delicious, frothy, little cocktail. That night the cashew nuts were placed in a large jar, in plain view. I was told to eat a few ounces of nuts along with some lettuce and celery, as one of my 6 mini-meals the next day. This gives the mind time to anticipate and the body time to prepare for the digestion of a newly introduced food. So it went on a daily basis: a meal of introduction and the discovery of the next day’s new foods! **Since every new food tastes like the best thing you’ve ever eaten in your life, this is a very pleasurable time! This happens for 2 reasons. Number 1, this is the true after-effect of post-fast re-feeding. TASTE BUD MANIA! Every Health Seeker deserves to have this experience! All foods become awesome! Number 2, Victoria serves only the best, the ripest, the most in season, and most delicious of fruit and veggies in the world!** To quote: “If ‘this...’ isn’t tasty enough to make you happy (Insert here, ‘watermelon’ or ‘cantaloupe’ or

'carrot' or 'celery,' etc.), toss it into the bin for the horse! He is not picky! He loves it all!" What fun! GUILT-FREE TOSSING! There is no waste, no haunting memories about starving children in foreign countries instilled by grandmothers, because the horse needs and eats it all! Kind of like an ancient, Roman banquet, without the decadence — only the joy! Perhaps this is why the horse is named "HighJoy"? He certainly performs a wonderful service, and he gets extreme pleasure doing it, too! I have seen him eat out of his big dishes — he absolutely trembles while eating our raw scraps! Talk about a win- win situation! Everybody eats to the max.

We all know everything can't be "blue sky & red roses" all the time. Re-feeding is not an exception. I was cautioned about a process that takes place during this time called "retracing." It is, in short, a brief but intensive reliving of the symptoms of the illnesses you managed to help your body throw off by fasting.

In my case, there was a 1-day "earache headache." And 1 day was quite enough. One of my chief complaints when I arrived was my "sinus condition" with which I had coped from childhood. It had expanded to include an earache during a bout of flu approximately 8 years ago. This particular flu had been termed a "hanger-on-er" and included an earache. It was the first I'd ever experienced, then well into my 40s. And it didn't ever let me alone after that flu! I kept getting the earache right into my 60s. After visiting many MDs and taking many tests including an MRI, they concluded I had no actual earache! (OKAY?!?#*!) They declared it "part of a sinus allergy." (Bet you know where this is going.) After several of both years and allergy doctors, I was on daily steroid sinus spray for my "allergy." I managed to experience the "earache headache" less often after that. And when I did get one, over-the-counter pain medicine would help it go away. Before the wonderful sinus spray, nothing would help when one of these things would hit. And I experienced constant pain for 8 - 10 days at a time. So, I settled in with my spray, at over \$100 a month, and decided, as my grandmother used to say, "It is better than getting shot in the leg." During re-feeding at Our Homestead, I had one for one whole day and used only one ice-pack. (Darned if I was going to take something for an earache at this late stage of the game!) Then, lo and behold! It receded and was gone! Relief and good riddance!

My second symptom to be retraced was my "bladder irritation" — the chronic discomfort and pain in my bladder that I lived with, occurring 2 - 3 times a week

during "bad times" and once every month or 2 during "good times." This had resulted from the many bladder infections I had started to experience in my 30s and that had simply settled in to Irritation (The Third Stage of Disease, according to Dr. Tilden) that I had learned to live with. I had been treating it with herbal remedies. I took these herbs constantly and prayed they would work for me. But I foresaw a bad end, since nothing was ever totally cleared up. Of course, all the MDs tested me and assured me I was fine. But I didn't ever have complete freedom from the returning discomfort. At Our Homestead, I actually waited hopefully for this bladder retracing since I knew it would be a signal that the body was healing and fine-tuning itself to re-adjust to food and wellness and that I would indeed be free of the decades-old condition after this event! It did occur and only lasted a few hours, and I knew another milestone was passed. So re-feeding also requires faith, understanding, and a bit of bravery. But is well worth the effort and is, in the end, the point that DAY 2 is leading up to. That final, little "CLICK," when all circuits and systems are... "GO!"

The Wilderness Woman can be a tough character! You must be tough to live in the wilderness, after all, with only a horse for a companion! Part of her character is to not buy into and not feed fear and not to give a great deal of sympathy when aches and pains come and then go. Most every time, I would moan or groan about a new ache or pain, I got: "WONDERFUL! SOMETHING GOOD IS HAPPENING!" If any agony persisted for days, I would get some sympathy. I see now, she is not hard-hearted. She is just trying to get us into the "This too shall pass" mode and get our attention on healing to come from the misery instead of the actual misery of the moment. She was very matter of fact about detox symptoms, healing crises, and retracing episodes and looking to the healing, which in turn enabled me to adopt the same attitude. **I wondered, "Was I, too, learning to 'COUNT IT ALL JOY'?"**

During all the dining, my responsibility was still to rest, be calm, and reclaim my strength. As just mentioned, I actually rested more deeply and completely while eating than I had on my fast. When the body is waking up to digesting, it is also experiencing a huge energy-expenditure load that simply doesn't exist while fasting. In short, I would eat and go to sleep, with barely a choice in the matter. Sometimes, the food would "hit" me. I would begin to droop at table, toward the end of the meal, as if finishing a long banquet, even though these delicious meals were, in reality, quite small. Victoria was

always very understanding and would insist that I stand up and walk to bed immediately, even walking with me and tucking me in, sometimes, which was very sweet. Little by little, my strength began to return in earnest. Like during DAY 1 of fasting, I could sit and talk with Victoria for a while, always a treat, with so much to learn about food combining, energy conservation, and menu planning. (“One should best always include celery and /or cucumber, with lettuce — at least 2 of the 3 — with every meal: essential for the high water content, digestion, and necessary minerals,” is one such example) Eventually, I was able to do the dishes. In fact, I was required to do them. “Part of the low rates, part of getting active again,” Victoria would explain. “And to keep me off my feet until I get knee replacements.” But since she had spent the previous weeks waiting on me hand and foot, I was happy to help and pleased to be able to do so.

Another fine and fun aspect of re-feeding were the recipes. While Victoria was preparing the meals, she would pull out all the ingredients and explain and demonstrate the food preparation. I was attending a live live-food preparation show! Some of the recipes were so delicious, I actually felt like they might not be “legal” in the live-food world. (That was due to her “secret ingredients!”) They tasted too good! But they also seemed a little complicated, although most had just 2 to 4 ingredients. I was later to realize how simple they really were! Remember, I had been a Sheltonian whole-raw-live-fooder for 10 months before my arrival (except for a few nut-based recipes for weight-gain right before I came. That was where John started making the funny faces!) I was used to plain fare. I watched Victoria do her fascinating food preps and thought to myself, “This is fine for while I was here, but I am going back to my regular, no-recipe, plain-served veggies, nuts and seeds — but with fruits — on my plate when I get home.”

I told her not to overextend herself teaching me, because I probably wouldn’t utilize the teachings. She retorted: “Fine! All the easier for me! That will save me hours and hours of time and energy. Why would I fix you all these yummy recipes if you want to eat how you did before you came — except now you will just add fruit? Why would I even put out the effort? Fine.” Somehow though, a couple of the recipes had stuck in my craw, most notably the cashew dressing and the various avocado butters and dressings. I began to make them on my own and pour them over veggie salads and to dip veggies into them. Then one day, I got really curious and found the recipe for tahini in *The Live Food Factor*. I tuned in, turned on, and got high on recipe possibilities! From that moment on, I told

Victoria, “Forgive me! I recant. I want it all!” A whole new live-food world opened up! I took the crash course in food prep, not only from Victoria but from lots of live-food recipe books and videos in Our Wonderful Homestead Library! I now have a live-food gourmet repertoire that will make meals exciting!

When John and I would entertain friends with our Sheltonian meals, guests were really turned off to Natural Hygiene and live-foods! Victoria commented: “You were doing the very smartest, the very best thing you could possibly do to alienate your friends and to get them to turn away from becoming Health Seekers! Just putting a whole avocado, a whole tomato, 3 big romaine lettuce leaves, a red bell pepper, and 3 pickling cucumbers on the plate? Are you kidding? Take the average folks off the street and feed them like that? They will leave early and head for the closest restaurant, laughing all the way at the ridiculous evening of ‘entertainment’ they had been sucked into! OH — but give them a beverage-tasting appetizer of several flavors of fresh fruits and veggies and maybe nuts and seeds, wait awhile and follow up with a small and yummy and well-plated veggie salad, wait awhile and follow up with small servings of 3 frozen-fruit creams and ices with toppings spread out before them? Well, they will be charmed for life! The way to their left-brain inquiring mind and its decision-making is through their right-brain being delighted with and inspired by sight, sound, touch, taste, and smell of our foods!”

Glad I wised up the last weeks and learned this. Everything there was a learning experience. Even the simple act of eating! And since I had been letting others do most all of my thinking for me in this live-foods trip, I had a lot to learn! Victoria did add: “Most of us Natural Hygienists do eat our food whole and raw. We just wash off the foods and set them on plates. Many of us do make a quick dressing or other recipe of 2 - 4 items with regularity. But when we want to win over a not-so-sure-about-live-foods Health Seeker? The way to their hearts is through their senses! It is then that we want to reach into our creativity and serve stunning meals! And yes — with some recipes!”

As strength returned, I discovered the mild yet effective form of exercise that is The BodySlant routine. Simply lying on The BodySlant is good for every cell and system in the body. Also, doing so is an excellent form of deep, restorative relaxation. I made sure to slant at least 1/2 hour a day and sometimes twice a day. I will have a BodySlant waiting for me when I get home, as Victoria gets them to us for even less than the company that makes them.

I still used sunbathing for restoration and took short strolls around the grounds. One day into Day 2, I was opening the gate in anticipation of Victoria's arrival. I stepped out into the street and noticed the sun dappling the pavement. I looked down the street and saw the lovely lay of the land where Our Hygiene Homestead in The Woods was situated — in the shade of the tall evergreens with the sun shining all the way down the lane on one side. Suddenly! I was charmed! I was like a yard dog that rarely gets turned loose! I took off down the street, following the sunshine! I walked and walked, checking out surroundings and feeling — OH! SO LIGHT AND FREE! I could not make myself turn around and didn't want to! A spirit of adventure had captivated me! Finally, after rounding a large curve, I began to realize that if I veered off too many times I could become lost in the woodside. So I settled down and slowly, casually made my way back. When I returned, I felt my pulse all over my body! I felt so alive! From that day on, I made regular strolls a part of my regime. The last two days, I continued on around all the curves and found out that it was a big circle that ended up back at Our Homestead! Not being a Wilderness Woman myself, I never would have guessed that! But it was so much fun to feel the lay of the land enter my soul! My country exploration was a gold-plated, adventuresome hoot!

Now, I was looking forward to sight-seeing. Victoria had promised we'd have "into the mountains." Thinking to myself I was already "in the mountains," I wasn't prepared to see in just a 60 miles' drive a little Switzerland! Our Homestead mountains were but little foothills, after all! These were 5,000 foot mountains, snow-capped and with winds raging through the valleys. Each scenic turnout was more breathtaking than the previous. Blue and green rivers and real wilderness were all around us! The Wilderness Woman was in her most "dearly remembered and beloved habitat," as she had ridden the trails here many times in her youth with saddle bags of food and a sleeping bag and her saddle as her pillow for bedding! Being in our 60s and of the same 60s' Hippie vintage, the most fun part of the whole drive was Victoria and I singing along with tapes of oldies. The Eagles were flying high again! With big wilderness all around us, with pristine life all around us, happiness bubbled up from inside us, as from a natural well.

Victoria kept the literature coming she knew I needed throughout DAY 1 and DAY 2. She had been suggesting I listen to her 4 sets of "playful, lively, right brain affirmations" on compact discs and read the book that goes with them. I ignored her 3 suggestions

over the weeks. But one evening, I decided to listen to them: *GetWell*StayWell Affirmations for Americans, FastWell & GetWell, EatWell & StayWell, and ExerciseWell & StayWell*. By this time, I was well into DAY 2 and eating. **As they say in the cartoons: "BANG! WOW! POW! ZAP! ZOWIE!"** The book — *GetWell*StayWell Affirmations for Americans!* — is the most definitive work on fasting, eating, living, and Energy Enhancing I had ever experienced! **NOT READ, MIND YOU — EXPERIENCED!** Right there on the living room sofa, my life changed! It is a work of transformation! It is a distillate of the entire raw food movement, Natural Hygiene, the mind-body connection, and alternative health care — all in one volume! **CLEAR! CONCISE! INSPIRING!** I wish I had more descriptive words to explain a piece of literature. All I can say beyond this is that if you are bothering to read this, you owe it to yourself to read that. You will not be the same, nor will you ever want to be the same! I stayed up all night reading it. I e-mailed The Wilderness Woman in the middle of the night: "Now I know who I am with! A genius! Now I know who you are! A genius! After all our time on the phone and e-mails for 6 weeks, after all my weeks here — I never really knew who you were! A genius!" I promptly gave her the names and addresses of 6 of my best friends to have her send them the *GetWell*StayWell Affirmations for Americans!* book. I wrote her: "I don't even want to go home until John reads this book and listens to the recordings — he is a wonderful husband, but I want him to also get AS GOOD AS IT GETS! And these affirmations materials are a fast-track to getting there!"

Let's go way back into the history of health, Natural Hygiene health, which has given us Victoria BidWell. Back in the 1800s, in Europe, Father Sebastian Kneipp founded Naturopathy. Dr. Henry Lindlahr brought this work to the United States as "The Nature Cure" which was comprised of several forms of hydrotherapy and much of what Victoria has neatly summarized as "The 10 Energy Enhancers," including the strict eating of fresh, uncooked fruit and vegetables and nuts and seeds. Following in his father's footsteps, Dr. Victor H. Lindlahr, carried on and produced his most famous work: *You Are What You Eat*. (My mother actually studied Lindlahr and told me about him many years ago! Imagine my surprise to see his most famous book here: *Nature Cure* at theThe Nature Cure Retreat!) In the early 1900s, Dr. Herbert Shelton studied the 1800s' Natural Hygiene Pioneers and the various off-shoot branches of alternative health care, including Dr. Victor H. Lindlahr. In rejecting hydrotherapy and in resurrecting the teachings of The Natural Hygiene Pioneers, Dr. Shelton put out 40 books on the correct

way to live and keep the body in good repair, as well as 40 years of magazines. And he opened and closed 7 Dr. Shelton's Health School(s). Health Seekers across America who found his works were smitten! Likewise, Dr. Virginia Vetrano studied The Natural Hygiene Pioneers and then worked with Dr. Shelton, herself publishing and lecturing and running health retreats for Health Seekers.

Her daughter and son-in-law, Doctors Tosca and Gregory Haag, now carry on Dr. Vetrano's work. Then Victoria comes along in 1976. While mostly self-taught ("I read everything I could find that Dr. Shelton ever wrote — all in 1 year.") and then learning even more by teaching T.C. Fry's *Life Science Health System*, she also studied with Dr. Vetrano and The Doctors Haag, and also visited and worked at retreats all over the country. She has authored and co-authored many books. But this *GetWell*StayWell Affirmations for Americans!* book, in my estimation, is the crowning achievement and final culmination of all their work, not simply her own. The baton has been passed, once again. After reading this "affirmative manual for life," I realized who I was dealing with, and bowed to her superior wisdom in all aspects of my health seeking for the rest of DAY 2. I was living with and working with "the expert of all the experts" and had finally realized it. What a feeling of security and confidence! What a wonderful privilege!

Still, Victoria cautioned me upon reading this: "I am well-pleased you have appreciated my *GetWell*StayWell Affirmations for Americans!* book and recordings in the very spirit in which I prepared them — and probably more than anyone else since they came out in 1994. But I do not want you to look at me as 'the expert of all the experts,' please! In fact, this is my final, parting word for you as you leave. It is the lesson I hope all who read this get: **Do not put your health in the hands of anyone but yourself! Do not be in awe of experts! The Medical Mentality at Its Very Worst is about giving up your life to the doctors. Natural Hygiene at Its Very Best is about taking full self-responsibility for your life! Do your own studying! Do your own research! Do your own questioning! Make your own choices! And live your own life accordingly! PLEASE! And if you do take stock in the experts? Seek first Natural Hygiene, as it is the Superlative, Alternative Health Care System!"**

All worked up, she continued with this monologue, there, our last night while in The Eagle's Nest and after my going-away dinner party: "Sandra, your

thoughtless following of John's diet taken off The Internet and given your near-death, no-fruit twist almost killed you. All this happened because you let others do your thinking for you. Letting someone else shop for your meals and fix them and clean up after you — and then deciding yourself to throw out the fruit? That almost killed you! **Here at Our Homestead, you have acquired an inquiring mind. It has been a beautiful thing to watch. Keep it, please.** I may be a genius and an expert. But it is your life. Don't give yourself away to anyone so easily — ever again, except to God, of course, and to Correct Natural Hygiene which is DNA-based on The Natural, Physiological Laws of Life! **When www.health4thebillions.org does open up in November? It will be a safe haven for Health Seekers.** Go there for your continuing education. I am furious that this "Halloween-skeleton skinny" happened to you! Since Dr. Shelton's and Our 3 Texas Doctors' names were used on that website? It gives all of Natural Hygiene a bad name. And please, no more odd twists to Natural Hygiene without at least running them past me."

DAY 1 and DAY 2 lasted for 6 weeks! I am home now and well on the mend, gaining ounces of healthy tissue built on live-foods — every day. I have left Victoria a new digital scale so guests can see the 1/10 pound at a time weight-gain or weight-loss they pray for. Victoria is leaving me with so many surprise gifts, my story is already too long to list them all. Even at Our Homestead, I was lightening my mule's load and will continue to do so. I have hauled my mule carrying my 5 "burdens" home with me — although I did have a little trouble getting him on the plane!

The Wilderness Woman and I e-mail often now. My coaches and cheerleaders — Victoria, Dr. Tosca, and John — are all still at work with me. One more thing I must share. When The Wilderness Woman wept at the airport as we held each other in good-bye hugs, I knew her rough & tough mode of communicating was mostly just a put on... sweetness resides in her soul.

I am still living the 10 Energy Enhancers strictly. I certainly do look healthy. I have a suspicious amount of high energy! Could Natural Hygiene really turn a person around so completely in just 6 weeks? I haven't had an earache or bladder infection since my fast! The USANA acidophilus and digestive enzymes make a serious improvement in how I process my meals! And I feel good! This is very, very very phenomenal!

People need to recover themselves every so often. Now, as long as we have Our Homestead, we GetWell Friends all have a home away from home to retreat into. I could never have afforded \$1,000 a week. The Nature Cure Raw Food Health Retreat is the way. Today, I am a happy 110 pounds and gaining. THANK GOD, I DIDN'T DIE! Now, instead of my own skeleton-skin-suit, I can plan a far more fun Halloween costume for our New Orleans Mardi Gras!