

# Full Recovery from Chronic Fatigue Syndrome!

(Or.. How to GetWell & Then Get... "On the Road Again with Hygiene Joy!")

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From 2 BOOKS IN 1: The Health Seekers' YearBook with The Best of Common Health Sense

## THE USED CAR MENTALITY

Chronic Fatigue Syndrome is making headlines today, and it is no wonder! People have "The Used Car Mentality." When something goes wrong with their body parts, they act like all they need is a tune-up with just a few new parts, a few wires reconnected, some bolts tightened, a new set of tires; and... they are on the road again! They think they will be as good as new again; or at least, they think that they will have a lot of mileage left! In reality, "The Used Car Syndrome," of course, is just a reflection of "The Mechanistic, Medical Mentality," at its worst; and all it will do for The Lost Health Seeker is take him further and further away from "The State of Hygiene Euphoria."

(Victoria's Note: See page 409 of *THE YEARBOOK* and "The Old Mind and Body Paradigm Versus The New Mind-Body Paradigm." The Old Paradigm sees the mind as separate from the body and the body as a machine, in "The Mechanistic, Medical Mentality" fashion. The accurate view is "The New Mind-Body Paradigm" that sees the mind and body as inseparable and both as a reflection of our Energy Enhancing values. Dr. Vetrano continues...)

## "CHRONIC FATIGUE SYNDROME" — DEFINED BY THE MEDICAL MENTALITY

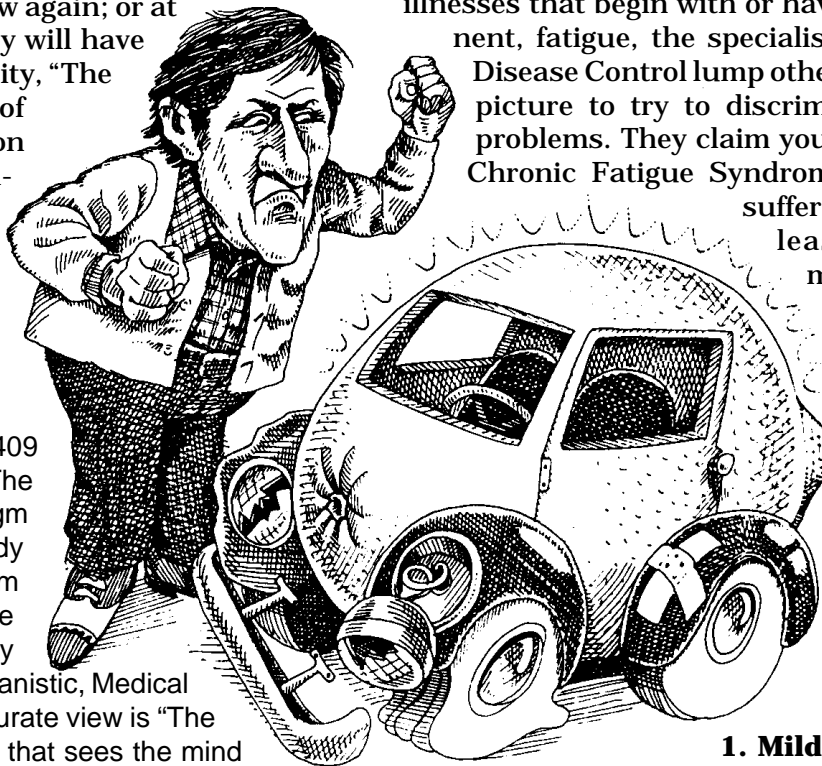
"But doctor, I'm so tired all the time! Can't you do something for me?" "Constant fatigue" is one of the top 3 complaints that doctors hear from their women patients — and men are not left out of this problem, either! "Fatigue" is right up there with "aches and pains" and "mental-emotional aberrations," such as forgetfulness, difficulty thinking clearly, and depression. It seems once a Health Seeker heads for The Medicine Man's office, he is already sick... *AND TIRED*. Not all fatigue is clinically considered to be the classic "Chronic Fatigue Syndrome," however. For this reason, the Center for

Disease Control has issued specific guidelines for the true diagnosis of Chronic Fatigue Syndrome.

**Chronic Fatigue Syndrome is just what it implies: You are tired all the time. You are tired when you get up. You are tired all day long. And you are tired when you go to bed. You are even tired of trying to get well, besides, because nothing helps.** But because of so many other illnesses that begin with or have as a main component, fatigue, the specialists at the Center for Disease Control lump other symptoms into the picture to try to discriminate it from other problems. They claim you do not have classic Chronic Fatigue Syndrome unless you have suffered with fatigue for at least 6 months and manifest at least 8 symptoms concomitantly.

**Specialists  
at the  
Center for  
Disease Control  
Ask...  
"DO YOU HAVE  
CHRONIC  
FATIGUE  
SYNDROME?"  
Look for these:**

1. Mild chills and fever
2. Sore throat
3. Painful cervical (neck) lymph nodes
4. An unexplained, general muscle weakness
5. Muscle discomfort and pain
6. Fatigue which lasts an unusually long time following an exercise routine or physical work you formerly recovered from rather rapidly
7. Unusual headaches
8. Aches and pains in the absence of swelling or redness, that migrate from one joint to another
9. Any of the following neurological and psychological problems: forgetfulness, excessive irritability, confusion, difficulty thinking, inability to concentrate, and depression
10. Difficulty sleeping
11. A swift development of these symptoms.



**“CHRONIC FATIGUE SYNDROME” —  
DEFINED BY THE HYGIENIC MENTALITY**

As an Hygienic doctor, I say that the only valid symptom here is chronic tiredness! It is the result of chronic endogenous and exogenous poisoning! All the other manifestations are symptoms of disease: whether or not they can be classified as a specific disease yet is not the issue here. The reason for the “swift development” of these symptoms occurs when the body can no longer tolerate the Toxicosis (Toxemia) and begins a cleansing or “a healing crisis.”

**Now, what really is “Chronic Fatigue Syndrome”? It is what Natural Hygienists of the past and present call, “Enervation.” Victoria and I have thoroughly defined this term throughout this issue of *Common Health Sense*. Nevertheless, let me define it one more time here. “Enervation,” right out of the dictionary, means “to reduce the mental or moral vigor of; to lessen the vitality or strength of.” Any habit, substance, or influence which reduces your vitality or your mental and moral vigor, therefore, is an enervating, Energy Robbing influence which should be shunned. Natural Hygienists have always defined “Enervation” as “a lack of sufficient Nerve Energy for the perfect function of all the cells, organs, and systems in the body, brought about by anything which robs you of Nerve Energy and vitality.” Enervation, as you know well by now through our teachings here, is The First Stage of Disease that sets the groundwork for Toxemia — The Basic Cause of Disease in Dr. Tilden’s paradigm presented in Chapter 1 of *The YearBook*.**

A state of Enervation ensues by using up more nerve force than you recuperate during the hours you permit yourself to Rest & Sleep. Anytime you fail to sleep and rest enough for the body to fully recuperate from a day’s work and activities, you will wake up tired — this is the beginning of Enervation. If your deficit of Energy Enhancers #4 — Adequate Rest & Sleep — is continuous, you become “enervated” (low in Nerve Energy) — and the nervous system functions less perfectly. It is a gradual, physical and/or moral weakening until you have very little energy or organ power to do anything! Depression often accompanies this listlessness. The waste products of metabolism, such as free radicals and other toxic metabolites, continue to accumulate in excess. Consequently, the impairment of the nervous system and various other organs and systems becomes greater still.

The detoxifying organs of the body, such as the kidneys and the liver, can no longer eliminate the waste products as fast as they are produced; and toxic debris accumulates still more rapidly. This is

the beginning of Toxicosis, which is a blood and tissue condition replete and overburdened with impurities that impair function to an even greater degree! Your body tries valiantly to keep up with the elimination of toxins, whether engendered internally or absorbed from without or from the gastrointestinal tract — but it cannot do so.

When the toxins increase to beyond your own specific toleration point, an elimination crisis — such as a cold, flu, fever, sore throat, and any of the other symptoms listed by the Center For Disease Control — will supervene. Then, when the crisis has ended and your toxic level has been lowered to your particular toleration point, the crisis symptoms subside. But — as Health Seekers with The Medical Mentality have taken medications to get over the crisis instead of fasting or eating lightly with extra Rest & Sleep — combined with all other Hygienic measures, they feel worse after their crises. These conventional people with no knowledge of Natural Hygiene, whatsoever, usually continue their bad living habits. Consequently, their Nerve Energy and vitality is lowered in the exact proportion to the waste of energy and vitality it took to eliminate the drugs, as well as the toxins which occasioned the crisis. Now — they are enervated even more! This goes on until finally the body cannot stand any more stimulation. It is bankrupt, scraping the bottom of its bank account of Nerve Energy and vitality. Not knowing anything but The Medical Mentality, the sick person has parked his “used and abused car” at “the hospital and doctor office-garage” to be “fixed.” This is the point where he is diagnosed as having “Chronic Fatigue Syndrome.” In all Hygienic reality, he is in a very, very deep and severe state of Enervation with Toxicosis.

**When you are chronically fatigued then, Hygienically viewed, it is “genuine Enervation.” When you begin to manifest symptoms such as those listed by the Center for Disease Control, you are already chronically toxic — and your organic function is failing badly. The good news is that you can prevent this situation from happening altogether and you can recover in shorter time, should it occur, than the conventional person — when you use the means of Natural Hygiene!**

Any disease a person may suffer begins with Enervation. The Enervation is usually not recognized, because to keep up with daily duties, the fatigued person usually increases the use of stimulants, such as coffee, tea, chocolate, alcohol in mild amounts; or he begins to take vitamin and mineral supplements and/or medications by the handful and do any and everything but take extra Rest & Sleep to get rid of the causes of the Enervation!

(Victoria's Note: Another reason Enervation is usually not recognized is because of The Medical Mentality of the individual, himself, which subtly teaches that to "get tired as the years go by" just naturally accompanies getting older, and that we should not expect to have the energy and strength we had in our youth as our years progress. This, of course, is pure brainwashing by The Establishment! Although some muscle power and cardiovascular capacity typically diminish with age, in Hygiene, we know that with Regular Aerobic and Weight-Training Exercise accompanied by full Hygienic living, we can maintain amazing strength and great energy for our age — for as long as we live! Dr. Vetrano continues...)

And so, with this slow onset of unrecognized and expected fatigue, by the time symptoms develop in this brainwashed person, biochemical changes have already begun. And in biochemistry, this is considered "disease," for all disease begins at the cellular level. Most of these biochemical changes are reversible; but if permitted to continue into advanced Stages, then pathological (structural and functional) damage to cells, tissues, organs, and systems occurs which is not always reversible.

### **THE HYGIENIC ANSWER TO CHRONIC FATIGUE SYNDROME**

The Hygienic Answer to the Chronic Fatigue Syndrome is simple: "Prevent Enervation before it becomes a condition of Toxicosis!" If you already have symptoms plus the fatigue, it helps speed up the elimination of the toxins by a complete fast with as total a bed rest as is possible. Then follow the fast with The Natural, Unprocessed, Wholesome Ideal Diet, coupled with more Rest & Sleep. In short, you must eliminate all the causes of Enervation and Toxicosis (the remote causes of disease and The Basic Cause of All Disease, respectively). In concrete, practical terms, this means you must stop an Energy Robbing lifestyle in all its ways, shapes, and forms; and supply all The Conditions of Health in keeping with your current capacity and ability to physically, physiologically, and emotionally use them. By persistently doing this, you will happily observe yourself slowly evolving into good health with an abundance of energy! The full, Hygienic recovery will arrive when you also feel "Hygiene Euphoria" brightening each day for you, all day long!

I have said it previously in this issue of *Common Health Sense*, and I shall say it clearly in the "Questions & Answers" to come: "The remote causes of any disease can be classified in four categories: (1) YOUR EXCESSES and (2) YOUR DEFICIENCIES in the normal needs of life (The Energy Enhancers), to include Cleanliness, Pure Air, Pure Water, Adequate Rest and Sleep, The Vivifying and Ideal Diet, Right Temperatures, Natural Sunlight, Regular Exercise, Emotional Balance,

and Nurturing Relationships, (3) YOUR EMOTIONAL HABIT PATTERNS AND OUTLOOK ON LIFE (4) and YOUR POISON HABITS, such as drugs over-the-counter, prescribed drugs (medications), and recreational drugs; dietary stimulants such as coffee, tea, alcohol, chocolate, cola and soda drinks, spices, salt, sugar; health food store stimulants, such as vitamin and mineral supplements; and the various tobacco indulgences. The poison habits are many and have been much more fully covered in *The Health Seekers' YearBook*. The environmental poisons also contribute to Toxemia; and you must also consider these remote causes of Enervation and eliminate as many as you have control over in your personal, community, and city life.

You can have an excess or a deficiency in all the needs of life. But there cannot be an "excess of any poison habit." For, by Hygienic definition, any amount, no matter how small, of the poison habit is an unmitigated evil and wastes Nerve Energy without compensation to the organism for the expenditure of energy used to get rid of it! You must want to go over your life and assess it for YOUR EXCESSES (— such as overeating, overworking or overexercising, or overindulgence in any wholesome activity —) and for YOUR DEFICIENCIES (— such as a lack of pure air and water, insufficient Rest & Sleep, lack of a wholesome diet, lack of right temperatures, inadequate sunlight, lack of exercise —) and then eliminate all your POISON HABITS. And lastly, maintain a positive frame of mind; and practice maintaining EQUANIMITY (Emotional Balance, accompanied by Nurturing Relationships). Then — you can't help but get over your so-called "Chronic Fatigue Syndrome" — in a relatively short time!

(Victoria's Note: "The GetWell★StayWell, America! BookList Order Form" on Page 434 of *The YearBook*, under "Hygienic Self-Care Surveys," has 3 different tools to help you so examine and assess your lifestyle habits as Dr. Vetrano here suggests, without the help of an Hygienic doctor. See: *Personal Health Profile, Cause and Consequence Survey*, and *Self-Care*. Dr. Vetrano continues...)

### **ENERGY ENHANCERS #4 — ADEQUATE REST & SLEEP**

**I cannot emphasize Energy Enhancers #4 — Adequate Rest & Sleep — enough in bringing about the full recovery from diagnosed "Chronic Fatigue Syndrome." "Adequate," in the case of Chronic Fatigue Syndrome, however, may mean "12 or 14 or even more hours per day!" The one thing people slight the most is Rest & Sleep. They will eat right, exercise too much, and sleep too little. The loss of Rest & Sleep makes it more difficult for them to give up their stimulants. So they hang on to these, as well as to their other favorite poisons. And they expect to GetWell?**

**Where is the Common Health Sense in this approach? More Rest & Sleep, in conjunction with the elimination of the Energy Robbers, such as the stimulants and all your other poison habits, is the surest and quickest way to get you back... "ON THE ROAD AGAIN TO FULL RECOVERY, TRAVELING ALONG, SINGING A SONG, WITH HYGIENE JOY!"**

**Most people think that getting 8 hours of sleep a night is sufficient. It may be for the healthy person, but that is just not enough for one who is enervated and toxic. If you are chronically fatigued, you need to secure what may seem to conventional thinkers as "an excess" of Rest & Sleep to fully recover Superlative Health. How else can your body catch up? There is no other way! Sleep, Sleep, and SLEEP some more! Rest, Rest and REST some more! One fine morning, instead of feeling half-dead, you will finally wake up rearing to go! (Do study and take to heart our previous article "Adequate Rest & Sleep — The Missing Energy Enhancers," where we thoroughly cover the need for Rest & Sleep.)**

### **NATURE'S FINEST REWARD...**

**What wonderful bodies we have! We can overwork them terribly, and yet they keep on working so hard to get us well and keep us well! Let us endeavor to treat ourselves with the respect and reverence we would give to any fine instrument. Just remember, we are not a crude, mechanical instrument, like a used car: we are a fine-tuned, divinely-designed, living instrument — the finest ever made! The fine-tuning comes only with Hygienic living. And with Hygienic living, nature's rewards are totally exhilarating and plentiful! And GOD's very finest reward of all is to live in a high state of mind-body Victoria has most appropriately called — "HYGIENE JOY!"**

(Victoria's Note: As a mechanic's daughter, I cannot resist building on our "Used Car Mentality" metaphor here and offer this ending encouragement...

But Dear Common Health Sense Revolutionists, do remember that the human body is not a car-like instrument to be "tuned-up" and "fixed-up" in a garage, with parts to be replaced, with wires to be reconnected, with bolts to be tightened, with new tires to put on, with oil to be changed. It is time to junk "The Abused Car Syndrome." Rather, the human body is a wondrous, biochemical, musculoskeletal, neurological, living, breathing design, with 75,000,000,000,000 cells that need your understanding and cooperation to keep going with full horsepower!

When you drop "The Fix-It, Body-as-a-Used-Car, Medical Mentality" and pick-up "The Basic Tenets of Natural Hygiene," instead, you can get... "On the Road Again to Full Recovery" with the amazing power of 75,000,000,000,000 cylinders working for you! And your tune-up stations and garages will never be The Medicine Men's offices and hospitals! No! Your tune-ups will take place on your couch and in your bed. And in your toolbox will be your own marvelous and rightly educated mind, containing The 10 Energy Enhancers of Natural Hygiene! You will still be going to the repair shop — but in Hygiene, it is "The Self-Repair Shop." You will never regret the effort you put out in "Hygiene's Garage of Self-Repair." And once you reach that fine-tuned state of Superlative Health and Hygiene Joy, you will feel good and run on a full tank of gas every day! You will get better and better mileage than you ever dared hope for! And your repair bill will save you money, instead of bankrupt your pocket book and then drain your Nerve Energy batteries!)

